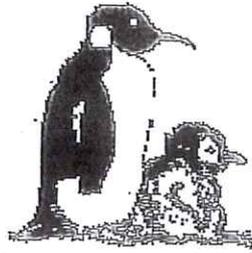


BITS & PIECES



FROM FRAN

December 2023 & January 2024

Turkey Giveaway:

Well, there were 124 residents that participated in our November 15th turkey giveaway. Thanks to the efforts of our Resident State Troopers Sean Bresnan and Kris Fisher, we had a successful event. Coordination of such an event takes lots of planning and scheduling to meet everyone's requirements and the Troopers completed the task flawlessly! Unfortunately, traffic was causing us some delay issues during the return trip to Preston but thank goodness, everyone was PATIENT and the turkeys were still frozen upon arrival! We would like to recognize the Hometown Foundation HungerLESS program for donating the turkeys. Also supporting the efforts were Cathy Brosnan and Debbie Brown both with much stronger arm muscles today because of lifting all of those frozen birds. Hopefully we will be able to continue this worthwhile project in the future.

Coffee & Conversation:

If you haven't marked your calendar yet, you need to do it soon. Our Resident State Troopers have requested this important meeting for all seniors in Preston. Scams are becoming more and more prevalent and the skill in which these criminals operate and persuade their victims becomes more plausible than ever before. The newest scam is that of a Publishers Clearing House in which the individual is sent a letter congratulating them as a winner and a CHECK! We have someone willing to attend the Coffee & Conversation event, share their story, tell us what actions taken and what signs to look for that are red-flags. The program will be held at the Preston Senior Center on Wednesday, December 6th. The doors

open at noon and the program will begin at 12:30 p.m. Registrations are not necessary and Preston seniors are cordially invited to participate. With the holidays fast approaching, you can be certain that the scam artists are already planning their next move. The event is open to discussion from residents as well as the afore mentioned topics. Bring your concerns to the Resident State Troopers and partake in an informative afternoon.

Senior Center Potluck Luncheon Club:

Wednesday, December 13th we will be holding the annual Potluck Luncheon Club event at the Preston Senior Center. Lenny Domina will begin the event with his enthusiastic singing and guitar playing from 11:15 – 12:00 p.m. Lunch will be served immediately after his session. Lenny always has the crowd tapping their toes and singing along to the music. It always proves to be an enjoyable event! The participants are asked to bring a dish to share. Should you need to keep your items warm, we have ample oven space to accommodate your requests. The senior center will furnish the turkey and the rest of the meal is of your choosing. Please register at the senior center or by phoning the Senior Affairs Office at 860-887-5581 ext. 6. Hope to see you on Wednesday, December 13th.

TVCCA Senior Café Program:

There are only three short weeks to enjoy the Café program during the month of December. We welcome anyone 60 years of age and older to participate in the Monday Café Program. We ask that interested parties call one week prior to the date you choose to participate in as we call in our meal count one week in advance. The menu selections are as follow:

Monday, December 4th, American Chop Suey, Snap Peas, Diced Carrots, Applesauce Cup, Bread, Margarine and Beverage.

Monday, December 11th, Swedish Meatballs, Egg Noodles, Mixed Vegetables Medley, Tropical Fruit Cup, Bread, Margarine and Beverage. THIS MENU HAS BEEN CHANGED FROM A PREVIOUSLY ADVERTISED SELECTION.

Monday, December 18th: Country Style Chicken, Buttermilk Mashed Potatoes, Broccoli, Pineapple Tidbits, Bread, Margarine and Beverage.

We look forward to welcoming you to our Café Program. Call the Senior Center at 860-889-0770 to make your reservations. The center is open Mondays (9:00- 3:00), Tuesday and Thursday (12:30 – 4:00). Or call the Senior Affairs Office at 860-887-5581 ext. 6 leaving your name, phone number and brief message. Thanks.

Food Distribution:

Our Food Distribution will continue during January 5th and February 2, 2024. The distributions are from 10:00 – 11:00 a.m. on the first Fridays of each month. We cosponsor the event with United Community and Family Services. All are welcome to participate whether you are a Preston resident or not. Uncas Health District mobile van will be present as well disseminating information regarding health concerns, taking blood pressures of interested persons and available to answer questions. See you soon.

Crochet Club:

Unfortunately, we have to cancel our proposed Crochet Club program due to limited responses.

Elderly and Totally Disabled Homeowners Program Reminder:

Officially the Elderly and Totally Disabled Homeowners Program doesn't begin until February 1st of 2024 but I wanted to send an important reminder out to persons who have qualified in the past or are anticipating applying for the upcoming year. Save all of the 1099's that come to you during the beginning of the new year! This is important documentation which needs to be submitted during the application process. All sources of income must be reported including Social Security benefits, Retirement income, Interest, W-2's, etc. If you file Income Tax, proof of that information must be made available too. Yes, I know it's early to

think about a program that doesn't start until February 1st but, I have seen the results of what happens to individuals who misplace or dispose of these important documents. This is a simple reminder, more detailed information regarding the Elderly and Totally Disabled Homeowners Program, Additional Veterans Program and Local Option Program will be addressed during an upcoming newsletter.

My Favorite Sayings:

In order to love yourself, you must behave in ways that you admire.

Happiness is that state of consciousness resulting from the achievement of one's values.

Do not cry because they are past – smile, because they once were!

Well done is better than well said.....Benjamin Franklin

Pride is concerned with who is right. Humility is concerned with what is right...Ezra Taft

Most of the shadows of this life are caused by standing in your own sunshine.

Above all things, give the gift of love.

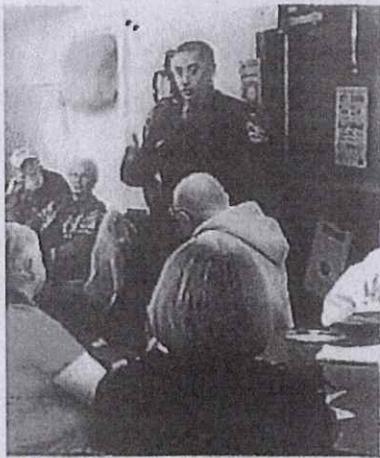
Enjoy today.....it won't come back.

SAILS

BAND	FLY	JIB	OUTER	BOOM	FORESAIL	JIGGERMAST	OUTHHAUL	BRACE	GAFF	LINE	POINT	REEF	ROYAL	SHEET	SLOOP	SPANKER	STAYSAIL	TACK	TOPSAIL	TOWER	TRYSAIL			
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COFFEE & CONVERSATION

WITH PRESTON RESIDENT STATE TROOPERS



Wednesday
December 6, 2023
12:30 to 2:30 pm
Preston Senior Center



Join your fellow Preston neighbors and
Preston Resident State Troopers
Kris Fisher & Sean Bresnan for

COFFEE & CONVERSATION
and light refreshments!!

Get updated on the latest issues affecting Preston
residents/seniors, ask questions & voice concerns

Doors open at 12:00 pm. Maximum seating of 40 people.
First-come, first-serve basis.

...last time it was a full house, so come early!!

Hosted by: Preston Resident Troopers & Preston Senior Affairs