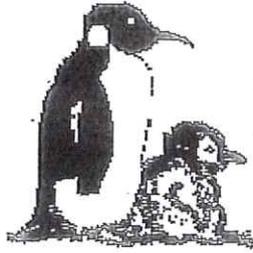


BITS & PIECES



FROM FRAN

January & February 2024

TVCCA Café Program:

Our Congregate Meal Program is held on each Monday (with the exception of holidays and power outages) at 11:30 p.m. at the Preston Senior Center, 42 Long Society Road, Preston. Reservations are necessary and we ask that you make your reservation one week prior to the day you plan on attending the program. Our meal orders are made one week in advance of the actual date of the meal. Our January schedule is as follows:

January 8th: Country Style Chicken, Buttermilk Mashed Potatoes, Cauliflower, Carrots & Snap Peas, Mixed Fruit Cup, Bread, Margarine and Beverage.

January 15th: Program closed due to Dr. Martin Luther King Jr. holiday.

January 22nd: Chicken Cacciatore, Pasta Shells w/Herbs, Green & Waxed Beans, Applesauce Cup, Bread, Margarine and Beverage.

January 29th: Italian Pork Sausage & Peppers, Penne Pasta w/Marinara, Green & Yellow Squash, Fresh Fruit, Bread, Margarine and Beverage.

The suggested donation is \$3.00 per person 60 years of age and older. Person's younger are always welcome but will be charged a fee. For reservations, please contact the senior center on Monday (9-3:30, Tuesday & Thursday 12:30 – 4) at 860-889-0770 or by telephoning the Senior Affairs Office at 860-887-5581 ext.6.

AARP Tax-Aide Program:

We are delighted to announce we will continue to offer the AARP Tax Assistance Program at the Preston Senior Center again this year. Our schedule begins with Wednesday, February 14th at 10:00 a.m. Sessions will be conducted on two-week intervals including February 14th, February 28th, March 13th, March 27th and concluding on April 10th. Appointments will be scheduled at one-hour intervals starting at 10:00 a.m. and continuing through 1:00 p.m.

AARP Income Tax Assistance Program is free of charge and will be conducted at the Preston Senior Center, 42 Long Society Road. The income tax preparation assistance is designed for low and middle-income tax payers of all ages, **with special attention to those individuals who are 60 years of age or older.**

We also request that you bring your Income Tax documents from 2022 which you filed.

If married, we ask that both husband and wife are present during the income tax counseling session. **Taxpayers must bring all documents which they have received that apply to their 2023 income tax.**

If you are interested in scheduling an appointment with a Certified AARP Tax Counselor, please call the Senior Affairs Office at 860-887-5581 extension 6 leaving your name and telephone number and a brief message. You will be contacted regarding scheduling availability.

When coming to your appointment, we strongly recommend that you bring your 2022 income tax documents with you.

The AARP Tax Assistance Program is provided FREE of Charge by extremely well trained and Certified Counselors. We anticipate having three counselors available this season. The Counselors make every effort to ensure accuracy and they complete each and every income tax appointment in a professional manner. On occasion some income tax appointments take a little longer to complete than others. We ask you to be patient as its not the intent to complete as many returns as possible but to allow ample time to complete each return accurately. If you need to cancel your appointment, a courtesy call letting us know would be helpful.

AARP Foundation[®] Tax-Aide

How We Can Help You Today

In conjunction with the IRS, we offer free tax return preparation to anyone who needs it.

AARP Foundation Tax-Aide volunteers are trained to help you file a variety of income tax forms and schedules. In certain situations, however, our volunteers may be unable to provide assistance. The Volunteer Protection Act requires that our volunteers stay within the scope of tax law and policies set by the IRS and AARP Foundation. Here's a guide to what our Tax-Aide volunteers **can** and **can't** do.

We can prepare most returns with:

- Wages, interest, dividends, capital gains/losses, unemployment compensation, pensions and other retirement income, Social Security benefits, among other types of income.
 - Self-employment income, with limits.
 - Most income reported on Form 1099-NEC, Form 1099-K, or Form 1099-MISC.
 - Schedule K-1 that includes only interest, dividends, capital gains/losses, or royalties.
 - IRA contributions — deductible or not.
 - Health savings accounts (HSA).
 - Certain adjustments to gross income and itemized deductions, including noncash contributions to charity that total no more than \$5,000.
 - Qualified business income deduction, with limits.
 - Cancellation of nonbusiness credit card debt.
 - Most credits, including earned income, education, child/dependent care, simplified method foreign tax credit, among others.
 - Repayment of first-time homebuyer credit.
 - Estimated tax payments.
 - Injured spouse allocation, depending on state.
 - Amendments to filed returns.
 - Tax returns for certain prior years.
 - Other tax situations specific to this state or site, including sites with volunteers certified in Military or International may assist with matters within their certification, as listed here:
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We can't prepare returns with:

- Self-employment if there are employees, losses, expenses that exceed \$35,000, depreciation, business use of home, 1099 filing requirements, or other complicating factors.
 - Hobby income or other activities not for profit
 - Complicated capital gains/losses, such as futures or options.
 - Schedule K-1 with other than permitted items.
 - Rental income, except land-only rentals or rentals of personal residence less than 15 days.
 - Royalty income with expenses if not from self-employment.
 - Tax on a child's investment and other unearned income (kiddie tax).
 - Farm income or expenses.
 - Some income, deduction, or credit items that are not included in our training.
 - Alternative minimum tax, additional Medicare tax, or net investment income tax.
 - Foreign financial asset reporting requirements.
 - Any return where the answer to the digital asset (virtual currency) question on Form 1040 is "yes."
 - Other tax situations specific to this state or site as listed here:
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Preston Senior Affairs Committee:

The Preston Senior Affairs Committee currently has a vacancy. The Committee members serve one-year increments from January 1st to December 31st of each year and may request to be reappointed for additional terms. Meetings are conducted on the First Tuesday of the month at 1:00 p.m. Meeting locations may vary between the Preston Town Hall, Preston Senior Center and periodically meetings are conducted via conference call. If you are interested in considering applying to fill this vacancy, please contact the Senior Affairs Office at 860-887-5581 extension 6.

Elderly and Totally Disabled Tax Relief Program:

The application filing period for the 2023 Elderly and Totally Disabled Tax Relief Program begins on February 1, 2024. Qualifying income for the 2023 Benefit year is \$43,800.00 for unmarried individuals and \$53,400.00 for married persons.

You will need to provide proof of all sources of income including but not limited to Social Security, pensions, interest statements, employment, etc. If you filed Income Tax, a copy of the SIGNED and dated document including supporting documentation is necessary to provide. It is extremely important that all necessary income documentation be provided when you arrive for your appointment. Items to be included as part of qualifying income are as follows:

*Wages, bonuses, commissions, gratuities and fees, self-employment net income (Do not include depreciation expenses).

*Net Social Security (Box 5 from SSA-1099), Federal Supplemental Security Income, payment for jury duty (Excluding travel allowance).

*Dividend and Interest

*IRA-include only "taxable amount" NOT "total distribution"

*Black Lung payments

*Green Thumb payments

Interest or proceeds resulting from gifts received

- *Lottery winnings
- *Net income from sale or rental of real or personal property (Do not include depreciation, receipts for expenses required when no tax return has been filed)
- *Pensions and annuities-include only "Taxable " amount
- *Veteran's pension and veteran's disability payment
- *Railroad Retirement
- *Severance pay; UNEMPLOYMENT COMPENSATION
- *Worker's compensation
- *Alimony
- *DSS cash assistance (SAGAP)
- *Legal Settlements-Net Proceeds
- *Dependency and Indemnity Compensation from Dept. of Veterans Affairs
- *Cancellation of Dept
- *If property is owned in trust any distributions received from the trust (Verified with a copy of the trust Federal Tax return)
- *Capital gains total from previous year only (a capital loss carryover from a previous year should be excluded from qualifying income calculations)

Persons already participating in the Elderly and Totally Disabled Tax Relief Program benefits will receive correspondence from the Preston Assessor's Office indicating that this is the year in which you need to reapply for your benefits.

Please contact the Senior Affairs Office at 860-887-5581 ext. 6 to schedule your appointment or inquire for further information.

Food Distribution:

During the months of January and February 2024, we will conduct our distribution on Friday, January 5th from 10:00 – 11:00 a.m. Friday, February 2nd

during the same time frame. All are welcome to participate in this service, you do not need to be a Preston resident to participate.

Thanks to the fantastic efforts of United Community and Family Services staff we are able to continue this valuable service to the Town of Preston. Uncas Health District staff will be available to distribute important information, answer questions and when appropriate (warmer weather) provide Flu shots.

Chasing the Winter Blues Away: Provided by Uncas Health District

Minimizing the Impact of Seasonal Affective Disorder:

As the days grow shorter and the temperatures drop, many people experience a shift in their mood and energy levels. This seasonal change can trigger a type of depression known as Seasonal Affective Disorder (SAD). SAD is characterized by a recurrent pattern of depressive symptoms that begin and end at about the same time each year, typically during the fall and winter months.

Symptoms of SAD:

- Feeling sad or depressed most of the day
- Loss of interest or pleasure in activities you used to enjoy.
- Changes in appetite or weight (overeating or loss of appetite).
- Trouble sleeping or sleeping too much.
- Feeling sluggish or having low energy levels.
- Difficulty concentrating or making decisions.
- Feeling hopeless or worthless.
- Thoughts of suicide.

For additional information regarding SAD and ways in which you can seek assistance, please contact Uncas Health District at 860-823-1189.

My Favorite Sayings:

Wrinkles merely show where the smiles have been.

Miles create faraway friends...memories bring them back again.

To err is human, but to really foul things up requires a computer.

Swallow your pride occasionally...it's non-fattening

Sending a letter is a good way to go somewhere without moving anything but your heart.

The optimist says we live in the best of all possible worlds...the pessimist fears this is true.

Silence can speak like thunder.

A person with a clenched fist can't shake hands.

One can never consent to creep when one feels an impulse to soar....Helen Keller

We know what happens to people who stay in the middle of the road. They get run over.

No one ever hurt their eyesight by looking at the bright side of life.

OIL PAINTING

ARTIST	MIX	PIGMENTS	TEXTURE
CONTRAST	TIVE	STROKE	VARNISH
DETAIL	I L L U S I O N W T C G E		
DRYING	Y E K O R T S G G O I D V		
EASEL	O Y U G S H D E M L A N I		
GESSO	D E T A I L S P N H V S T		
GRADATION	F Z P S N S O I S O R Q C		
ILLUSION	S M E K O S T L N C T L E		
IMPASTO	I G S T I L E N O R H A P		
LINE	T V L T T S V N E D A F S		
	T S I V A E Í E R M I V R		
	S O I E D R L Y N F G M E		
	N J B T A C I A K T G I P		
	C A F S R N N J P U Q X P		
	Q P T W G A E R U T X E T		