

BITS & PIECES



FROM FRAN

September & October 2024

Naloxone ?

What are we talking about? With the cooperation of **Uncas Health District**, the Preston Senior Center will be offering a training course on Tuesday, September 24th from 10:00 a.m.– 11:00 teaching you to recognize the signs of an opioid overdose and how to administer the opioid reversal drug Naloxone (Narcan). It is our hope to reach more older adults and to increase the number of people in our community with the knowledge and tools to save a life if needed. The course will last approximately 30+ minutes of instruction with additional time to be allocated for questions from the audience.

We will discuss:

- Opioid Overdose Signs and Symptom's
- What is Naloxone and Safety Considerations
- How Opioids Affect the Central Nervous System
- Naloxone Myths
- Naloxone Laws
- Naloxone Access

Registration is necessary to participate in this program. There is no fee and each adult registered will receive a Free sample of Narcan. Seating is limited. If interest warrants, we will continue to provide this training course in the future. To register, please contact the Senior Affairs Office at 860-887-

5581 ext.6 leaving your name, telephone number and a brief message. Light refreshments will be served. Will you spare 30 minutes in your day to learn how to save a life?

Annual Flu & Pneumonia Clinic:

Yes, it's that time of year again! We're planning to conduct our Annual Flu Clinic on Wednesday, October 9th from 10:00 a.m. – 12:00 – noon at the Preston Senior Center, 42 Long Society Road. You are requested to register in advance of the clinic as we need to know how much vaccine to order. Please contact the Senior Affairs Office at 860-887-5581 ext. 6 leaving your name, phone number and a brief message. For your convenience, a sign-up sheet will be available at the Preston Senior Center. Days of operation: Monday, 9:00 a.m. – 3:00 p.m., Tuesday & Thursday, 1:00 p.m. – 4:00 p.m.

We will offer:

***Flu shots** for 65+ and younger than 65

***Shingles shots**

***Pneumonia shot** (only 1 dose is needed after the age of 65 as of last year)

***RSV shots** (only 1 dose is needed for anyone over the age of 60). Last year was the first year in which we offered the RSV injection. The vaccination should be considered for older adults 60 years of age and older at highest risk of developing severe RSV infection and complications including those who have chronic medical conditions such as: Chronic Obstructive Pulmonary Disease (COPD), Asthma, Congestive Heart Failure or Coronary Artery Disease, Diabetes, Neurological or Neuromuscular conditions, Kidney Disorders, Liver Disorders, Moderate to Severe Immunocompromised State from health condition or medication, Hematologic disorders, etc. If you are considering this vaccine, it is strongly suggested that you have a discussion

between yourself and your healthcare provider before registering for this vaccine

***COVID shots** (If the new ones are out by the time we hold our clinic)

If your insurance carrier has changed, we would appreciate having you provide that updated information to us when you call to make your reservation. (For those with new insurance coverage, we will make a copy of your new insurance card when you attend on clinic day).

Light refreshments will be served. Looking forward to hearing from you.

Buttonwood Farm:

If delicious ice cream is your fancy, we've got the place for you. We're planning on taking a short trip to Griswold, CT. on Thursday, September 26th at 12:30 p.m. to visit Buttonwood Farm. Famous for their Sunflowers for Wishes program which donates all their proceeds to Make-A-Wish Foundation Connecticut, a non-profit foundation famous for granting wishes to critically ill children. The sunflowers season will have passed but we'll still be able to enjoy ice cream. Decisions, decisions, what flavors do I want? Please register by calling the Senior Affairs Office at 860-887-5581 ext.6 to reserve a seat on the bus.

Reminder:

Have you applied for Renters Rebate yet? If not, the program ends on September 30th this year. No request for an extension of the filing deadline will be honored. Call the Senior Affairs Office at 860-887-5581 ext. 6 to schedule an appointment.

TVCCA Café Program:

We are pleased to share our September menu selections with you. Please remember that registrations are necessary, and that we cannot accommodate walk-ins. Lunch is served on Mondays (except legal holidays) at 11:30 a.m. at the Preston Senior Center. You can register in person at the senior center or by calling the Senior Affairs Office at 86-887-5581 ext.6. Suggested donations for persons 60 years of age or older is \$3.00 per person.

Monday, September 2nd. The program closed due to Labor Day holiday.

September 9th: Meatballs Marinara, Penne Pasta, Broccoli, Fresh Fruit, Bread, Margarine and Beverage.

September 16th: Stuffed Chicken Kiev, Herb Roasted Potatoes, Broccoli, Sweet Treat, Apple Juice, Bread, Margarine and Beverage.

September 23rd: Beef Hot Dog w/Bun, Baked Beans, Green & Yellow Squash, Fresh Fruit, and Beverage.

September 30th: Beef and Bean Chili, Parsley Steamed Potatoes, Snap Peas, Diced Peaches, Bread, Margarine and Beverage.

If you are interested in joining us for lunch, we ask that you make your reservations early. We do place our orders one week prior to the date which we plan on serving a particular meal. Your assistance will be greatly appreciated. You do not need to be a Preston resident to participate in the program. All people 60 years of age and older are welcome. Persons under the age of 60 years are welcome to join us but, are charged a fee to participate in the meal program. If you need additional information, please contact the Senior Affairs Office at 860-887-5581 ext.6.

Food Distribution:

Friday, September 6th is the next scheduled date of our monthly food distribution from 10:00 a.m. to 11:00 a.m. at the Preston Senior Center. All

persons are welcome to participate in the program whether you are a resident of Preston or not. We are fortunate to have some new volunteers helping to distribute bags of food and make the process a little easier for everyone in attendance. Hopefully this month we won't have the sweltering hot, humid, humid and more humid day to contend with. And applause to all the folks who make the distribution possible. United Community & Family Services does a fantastic job of organizing the distribution and providing support staff to operate the refrigerated truck and manage the bus chocked full of non-perishable food items.

And we can't overlook the addition of Uncas Health District Mobile Health van to bring health information, provide blood pressure screenings and answer your questions about health issues. They're here to make a difference.

My Favorite Sayings:

It only takes a moment to be kind, but the result can last forever.

It would be better to leave people wondering why you didn't talk than why you did.

The amount of sleep required by the average person is about 30 minutes more.

All people smile in the same language.

It's hard for a fellow to keep a chip on his shoulder if you allow him to take a bow.

You should not pray for rain if it causes you to complain about the mud.

Cribbage:

Do you know how to play the game? If not, do you want to learn? We have a very enthusiastic group of people who would be delighted to have you join them on Monday afternoon between 1:00 – 3:00 p.m. at the senior center.

The game of cribbage offers exhilarating conversation, strategy building, team playing and lots of fun. No need to register for the game, just drop in to the senior center on Monday (except legal holidays) and become a participant in the excitement.

JAMES RUSSELL LOWELL

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| AUTHOR | INFLUENTIAL | SATIRE | TRAGEDY |
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September 2024 Events

September is Library Card Sign-Up Month!

If you are a Preston resident and need a library card, come into the Library with proof of residency and get your card! Plus, receive a raffle ticket for Amazon gift cards!

Thursday, September 5th, 5:30 pm-7:30 pm

Paper Quilling with Marcy Kaplan of Serial Quiller Creations

The Serial Quiller, Marcy Kaplan, is back! Join her for a fun class of creativity, making a stunning work of art from paper quilling. This month's project is a sunflower (see an image on our social media pages)!

Please note there is a \$40.00 fee for this program for materials. Limit 20. For ages 18 & up. Please register online through the link below.

Saturday, September 7th at 11:00 am

Fall Flower Workshop with Winter Bee Garden

Join Pam Gray of Winter Bee Garden as she teaches participants how to create a stunning Fall bouquet to take home! Principles of arrangement and design will be discussed. Limit: 10; For ages 15 and up.

Register online through the link below.

Connecticut Author Trail 2024 Thursday, September 12th, 5:30 pm

Norwich Author Ken Keeley

Join Norwich author Ken Keeley for a pictorial presentation on the history of Eastern Connecticut. A part of the program Connecticut Author Trail, Mr. Keeley will discuss his 12 pictorial books highlighting the history of Norwich and the surrounding area. This program is for all ages and abilities: registration is not required.

Wednesday, September 18th, 1:00 pm

Book Discussion: House in the Cerulean Sea

Join us on the third Wednesday of each month for a lively discussion on a variety of fiction and non-fiction! This month's title is **House in the Cerulean Sea** by T.J. Klune. For ages 18 and up; to register and receive a book come into the library, or call us at (860) 886-1010.

Thursday, September 19th at 1:00 pm

HealthTalks with UNCAS Health: Blood Pressure

Learn about blood pressure and the role it plays in your health: presenters from the UNCAS Health District will give a talk on this vital subject: understanding what it is, how it affects you, and the importance of getting its measurement. Conditions affected by blood pressure will be discussed. Blood pressure screenings will also be available. For ages 18 and up; limit: 25.

Register online through the link below.

Saturday, September 28th 10:30 am

Divine Denim! Teens Upcycle Sewing Workshop with Glimmering Girl Studio

Join us as we create new things from old jeans. Transform a pair of jeans into a new garment, bag, or other project while learning the basics of project design and the use of a sewing machine and other tools. Please bring a pair (or two!) of jeans or other denim item(s) to cut up for the project, if possible. Thrifted denim welcome! (There will be a small selection of denim available.) Students are encouraged to bring their sewing machines if desired. Limit: 10. For grades 7-12. Register through the link below.

To register for programs, visit <https://prestonpubliclibrary.org>