

BITS & PIECES



FROM FRAN

November & December 2024

Uncas Health District:

Uncas Health District Homebound Program Provides At-Home Vaccines. For many people, getting a flu shot or COVID-19 vaccine is as simple as visiting their local pharmacy or doctor's office. But for some, mobility challenges or health conditions make leaving home difficult, if not impossible. To meet the needs of these individuals, Uncas Health District proudly offers a homebound vaccine program – a crucial service ensuring that everyone, regardless of their circumstances, has access to potentially life-saving vaccinations.

Uncas Health District's homebound vaccine program provides two essential vaccinations directly to homebound individuals.

*Flu Vaccine: Available in both standard-dose and high-dose options, depending on patient needs.

*Comirnaty (Pfizer) COVID-19 Vaccine: For protection against COVID-19.

Depending on your insurance provider, these vaccinations may be free.

For additional information, please contact Uncas Health District at 860-823-1189.

COVID-19 Tests:

Every household in the United States is eligible to receive four additional free at-home COVID-19 rapid tests, delivered straight to your door. You can order these tests at no cost, including free shipping, by visiting [covidtests.gov](https://www.covidtests.gov).

Blood Pressure Screening:

Due to the November 11th Veterans Holiday, and to serve as a reminder, Uncas Health District will come to the Preston Senior Center on Monday, November 4th from 12:30 – 1:30 p.m. to complete blood pressure screenings. No appointments are necessary, and walk-ins are encouraged to attend. This service is offered free of charge. If you have any questions, please feel free to contact the Senior Affairs Office at 860-887-5581 ext.6.

TVCCA Café Program:

Our Café Menu for the month of November offers the following selections:

November 4th: Salisbury Steak w/gravy, Herb Roasted Potatoes, Peas & Pearl Onions, Tropical Fruit Cup, Bread, Margarine and Beverage.

November 11th: Program Closed due to Veteran's Day Holiday.

November 18th: Chicken Pot Pie w/Biscuit, Snap Peas, Carrot Coins, Fresh Orange, Margarine and Beverage.

November 25th: Braised Beef Tips, Gemelli Pasta, Green & Yellow Squash, Apple Sauce, Bread, Margarine and Beverage.

For those individuals wishing to join us for lunch, please make your reservation one week prior to the day on which you plan on attending. The

senior center phone number is 860-889-0770 (Monday 9 – 3), Tuesday and Thursday 12:30 – 4:00.) Or if you choose, you can contact the Senior Affairs Office at 860-887-5581 ext.6 leaving a brief message and phone number.

Preston Veterans Memorial School Reading Program:

We are interested in knowing whether there is any interest in resuming the senior reading program to children in Preston Veterans Memorial School. In the past, seniors volunteered to read to the children or in many cases, listen while the children read to us. It was rewarding in so many ways, lots of friendships developed, and a great opportunity to see the young people flourish in their reading skills. At the conclusion of each monthly reading program, seniors that were interested could purchase tickets to enjoy a delicious luncheon. We're exploring ways to implement an important program beneficial to the students and adults as well.

If you're interested in participating in this program, please contact the Senior Affairs Office at 860-887-5581 ext.6.

Food Distribution:

Friday, November 1st will be the next date of our monthly Food Distribution. The program starts at 10:00 a.m. and closes promptly at 11:00 a.m. All residents and non-residents are welcome. We are most appreciative to United Community & Family Services for their continued support of this valuable service to the Town of Preston. In the past, there have been several fresh vegetables, eggs, milk, frozen meats and poultry available to participants. We never have advance notice of what's going to be available but we're always appreciative of what they give. Look forward to seeing you on Friday, November 1st. If you haven't joined us in the past, this may be a great opportunity to see who we are and what service we can provide.

Sample Ballot:

In response to inquiries made as to where residents can find a sample ballot for the November 5th Election, I have attached a copy for your review. Polls open at 6:00 a.m. and close at 8:00 p.m. Voting will take place at the Preston Plains Middle School on Route 164. If you have questions regarding the November 5th vote, please contact the Registrar of Voters Office at 860-887-5581 ext. 116.

My Favorite Sayings:

Wise men talk about ideas, ordinary men talk about things, and fools talk about each other.

All anybody needs to know about prizes is that Mozart never won one.

Kindness is a language the deaf can hear and the blind can see.

Blessed are those who have nothing to say....and don't.

Life is what happens while we are making other plans.

The best gifts are tied with heartstrings.

Potential has a short shelf life.

TVCCA Nutrition Education:

On Monday, November 25th we have scheduled Andrea Deedy to share information on the Relationship Between Inflammation and Diet. She is scheduled to speak at 11:15 a.m. at the Preston Senior Center (just prior to the Café meal.) All are welcome to attend her presentation. You do not need to participate in the luncheon if your interest is in the health education component only.

**State of Connecticut
Official Ballot**

Preston
Connecticut

State Election

November 5, 2024

Congressional District 2
Senatorial District 18
Assembly District 45

Sheet 1 of 1

VOTE ON THE
QUESTION(S)

YES NO

1. "Shall the Constitution of the State be amended to permit the General Assembly to allow each voter to vote by absentee ballot?"

OFFICE → PARTY ↓	1 PRESIDENTIAL ELECTORS FOR VOTE FOR ONE	2 UNITED STATES SENATOR VOTE FOR ONE	3 REPRESENTATIVE IN CONGRESS VOTE FOR ONE	4 STATE SENATOR VOTE FOR ONE	5 STATE REPRESENTATIVE VOTE FOR ONE	6 REGISTRAR OF VOTERS VOTE FOR ONE
DEMOCRATIC PARTY	<input type="radio"/> 1A HARRIS AND WALZ	<input type="radio"/> 2A CHRISTOPHER S. MURPHY	<input type="radio"/> 3A JOE COURTNEY	<input type="radio"/> 4A ANDREW M. PARRELLA	<input type="radio"/> 5A KAYLA THOMPSON	<input type="radio"/> 6A LAURIE CASTRONOVA
REPUBLICAN PARTY	<input type="radio"/> 1B TRUMP AND VANCE	<input type="radio"/> 2B MATTHEW M. COREY	<input type="radio"/> 3B MIKE FRANCE	<input type="radio"/> 4B HEATHER SOMERS	<input type="radio"/> 5B BRIAN L. LANOUE	<input type="radio"/> 6B CHARLES RAYMOND
WORKING FAMILIES PARTY	<input type="radio"/> 1C	<input type="radio"/> 2C CHRISTOPHER S. MURPHY	<input type="radio"/> 3C	<input type="radio"/> 4C	<input type="radio"/> 5C	<input type="radio"/> 6C
INDEPENDENT PARTY	<input type="radio"/> 1D	<input type="radio"/> 2D	<input type="radio"/> 3D	<input type="radio"/> 4D HEATHER SOMERS	<input type="radio"/> 5D	<input type="radio"/> 6D
GREEN PARTY	<input type="radio"/> 1E STEIN AND WARE	<input type="radio"/> 2E JUSTIN C. PAGLINO	<input type="radio"/> 3E	<input type="radio"/> 4E	<input type="radio"/> 5E	<input type="radio"/> 6E
LIBERTARIAN PARTY	<input type="radio"/> 1F OLIVER AND TER MAAT	<input type="radio"/> 2F	<input type="radio"/> 3F	<input type="radio"/> 4F	<input type="radio"/> 5F	<input type="radio"/> 6F
CHEAPER GAS GROCERIES PARTY	<input type="radio"/> 1G	<input type="radio"/> 2G ROBERT FINLEY HYDE	<input type="radio"/> 3G	<input type="radio"/> 4G	<input type="radio"/> 5G	<input type="radio"/> 6G
PETITIONING CANDIDATE	<input type="radio"/> 1H KENNEDY, JR. AND SHANAHAN	<input type="radio"/> 2H	<input type="radio"/> 3H	<input type="radio"/> 4H	<input type="radio"/> 5H	<input type="radio"/> 6H
WRITE-IN VOTES	<input type="radio"/> 1I	<input type="radio"/> 2I	<input type="radio"/> 3I	<input type="radio"/> 4I	<input type="radio"/> 5I	<input type="radio"/> 6I

Be sure to check the reverse side of this ballot.

Turkey Distribution ?:

Will we or won't we have a Turkey distribution similar to what we have had for the past several years? Well, the request has been made and we will not know whether we are approved for distribution until sometime after November 4th.

Therefore, I will send a separate mailing after the official confirmation has been received. Good or bad, you will receive a special newsletter publication informing you of the latest update.

Unfortunately, I can't make the acceptance process any quicker!

INVENTORS IN THE U.S.



ARMSTRONG GOODYEAR THOMSON

BELL HOE TIFFANY

BIRDSEYE KETTERING WESTINGHOUSE

BISSELL LAWRENCE WHITNEY

CARRIER MCCORMICK WRIGHT

DEERE MERGENTHALER YALE

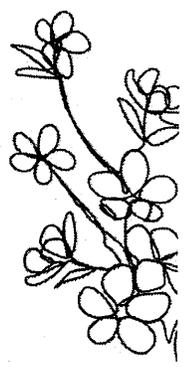
FOREST MORSE

FRANKLIN SEELEY

GILLETTE SPERRY

Answer on page 123

R	A	Z	Y	F	R	A	N	K	L	I	N	B	D	
D	Y	R	G	E	T	T	E	L	L	I	G	N	E	
W	N	G	M	R	N	T	A	C	F	S	C	R	X	
E	O	O	Z	S	T	T	A	C	T	E	E	L	O	
S	L	F	S	E	T	R	I	I	Z	E	S	A	K	
T	L	A	R	M	R	R	F	H	D	L	E	W	C	
I	W	I	Y	I	O	F	O	W	W	Y	E	R	I	
N	N	R	E	L	A	H	T	N	E	G	R	E	M	
G	S	R	I	N	F	S	T	S	G	O	S	N	R	
H	M	P	Y	R	G	E	W	D	Z	R	R	H	C	O
O	V	W	E	R	R	H	R	O	Y	O	B	R	E	C
U	M	D	O	R	R	I	T	G	M	Y	B	E	D	C
S	M	F	N	B	R	R	B	I	S	S	E	L	L	C
E	F	G	O	O	O	D	Y	E	A	R	O	B	C	L



CHAIR YOGA

Chair yoga is a gentle form of yoga that is done while seated or using a chair for balance.

Fee: \$35

Wednesdays

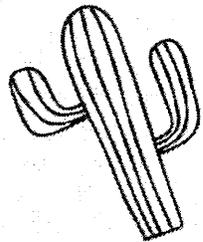
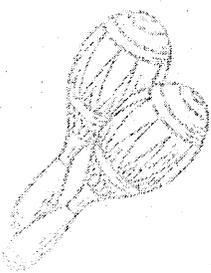
November 13 - December 18

11:30-12:30

Preston Senior Center

Mystic and Margaritas

COME OUT TO MYSTIC AND ENJOY A LUNCH AT MARGARITA'S MEXICAN RESTAURANT!



**NOVEMBER 12 AT 12:30
12 WATER ST, MYSTIC, CT**

IF YOU ARE IN NEED OF TRANSPORTATION ASSISTANCE CALL THE PARKS & RECREATION OFFICE

****DEADLINE IS NOVEMBER 4TH****



Go to the Preston Parks & Recreation website to register or call the office at 860-887-5581