

BITS & PIECES



FROM FRAN

March & April 2025

News From Uncas Health District:

What you need to know about Bird Flu.

Bird Flu, also known as avian influenza, is a viral infection that primarily affects birds but can occasionally spread to humans. While the current risk to the general public remains low, it's important to stay informed and take simple precautions to protect yourself and your community.

Bird Flu is caused by influenza viruses that naturally occur in wild birds, such as ducks, geese, and swans. These viruses can sometimes spread to domestic poultry, like chickens and turkeys, and, in rare cases, to humans. While most strains of bird flu don't infect people, certain types, such as H5N1 and H7N9, have caused serious illness in humans.

The good news is that there are easy steps you can take to reduce your risk of exposure to Bird Flu.

1. Avoid contact with sick or dead birds
2. Be cautious around poultry
3. Cook poultry and eggs thoroughly.

Blood Pressure Screening:

Nurses from Uncas Health District provide free blood pressure screenings at the Preston Senior Center monthly. They are available from

12:45 – 1:45 p.m. on the second Monday of each month. Appointments are not necessary, and it is a first-come, first served system. Take a few minutes to stop in.....it may be the best decision you make for the day. All are welcome. The nurse is available to answer questions and concerns which you may have.

TVCCA Café Program:

We are pleased to share our March menu selections for your review. Our program is conducted on Mondays (except holidays or inclement weather) at the Preston Senior Center. Reservations are necessary to participate in the luncheon.

Monday, March 3rd: Stuffed Chicken Kiev, Rice Pilaf, Green Beans, Sweet Treat, Grape Juice, Bread, Margarine and Beverage.

Monday, March 10th: Crisy Cod w/Bun, Home Fries, Squash Mix w/Carrots & String Beans, Mixed Fruit Cup, Bread, Margarine and Beverage.

Monday, March 17th: Salisbury Steak w/gravy, Herb Roasted Potatoes, Corn w/Peppers & Onions, Applesauce Cup, Bread, Margarine and Beverage.

Monday, March 24th: Country Style Chicken, Garlic Mashed Potatoes, Mixed Vegetables Medley, Fresh Orange, Bread, Margarine and Beverage.

Monday, March 31st: Beef Tips w/Peppers & Onions, Gemelli Pasta, Zucchini, Peas, & Carrots, Sweet Treat, Orange Juice, Bread, Margarine and Beverage.

Persons 60 years of age and older are encouraged to participate in the luncheon. Suggested donations for elderly participants is \$3.00. People younger than 60 are welcome to attend but, will be charged a fee for participation.

To register for the program, please contact the senior center on Monday (9-1), Tuesday and Thursday (1-4 p.m.) The telephone number is 860-889-

0770 or you may leave a message at the Senior Affairs Office , 860-887-5581 ext. 6.

Food Distribution:

Friday, March 7th will be the next date of our monthly food distribution program. The food distribution is from 10:00 a.m. to 11:00 a.m. only at the Preston Senior Center, 42 Long Society Road. We are appreciative of the continued participation of United Community & Family Services staff and contributions from Gemma Moran Food Center, Connecticut Food Bank and United Way. All are welcome to participate in this valuable service.

PVMS Reading Program:

Friday, March 27th will be our next scheduled program with the children at PVMS. Reports are in! What a delightful way to spend time, once a month, with our future generation. Amazing, talented children all vying to be part of your day and share what they have learned. It truly warms the heart! The program is from 10:30 – 11:30 a.m. and lunch is available to participants. If you are interested in signing up to volunteer for this program, please contact the Senior Affairs Office at 860-887-5581 ext. 6.

AARP Tax Assistance Program:

Please be advised that all appointment slots have been filled for this year's free income tax assistance program. A wait list has been established for those individuals who are interested. To have your name added to our waiting list, please contact the Senior Affairs Office at 860-887-5581 ext. 6 leaving your name, telephone number and a brief message. (when cancellations occur, we contact individuals on the waiting list). Just a little observation regarding our AARP Tax Assistance volunteers – they are truly incredible individuals with hearts of gold and work tirelessly to complete each and every income tax form.



Preston Plains Middle School Jazz Ensemble



You are cordially invited to attend the Preston Plains Middle School Jazz Ensemble Concert on Thursday, March 27th at 1:00 p.m. at the Preston Senior Center, 42 Long Society Road, Preston, CT.

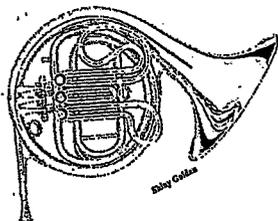


Light refreshments will be provided for attendees.

We look forward to your participation and help to encourage these talented children.



Almost Ready for Stage





**Preston
Public Library**
A place to grow since 1898

March 2025 Events

Saturday, March 15th All Day!

Shamrock Celebration!

Stop by the library on Saturday, March 15th to celebrate shamrocks and all things green! Craft stations will be available to create St. Patrick's Day crafts to make or give to someone special! *At 12:00 pm, enjoy a performance by the dance troop Crow and Cauldron!*

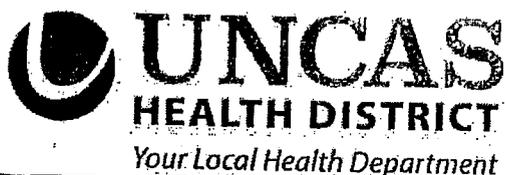
Take a challenge at our green scavenger hunt for a sweet treat, and enjoy our green giveaway! For all ages, no registration is required.

Wednesday, March 19th, 1:00 pm: Book Discussion

Piranesi by Susanna Clark

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 Piranesi by Susanna Clark.

For ages 18 and up; to register and receive a book come into the library, or call us at (860) 886-1010.



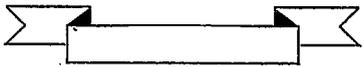
Mobile Health
Team Newsletter



MARCH 24

Each year, we commemorate World Tuberculosis (TB) Day on March 24 to raise public awareness about the devastating health, social and economic consequences of TB, and to step up efforts to end the global TB epidemic. The date marks the day in 1882 when Dr Robert Koch announced that he had discovered the bacterium that causes TB, which opened the way towards

diagnosing and curing the disease. But TB still remains one of the world's deadliest infectious diseases. Throughout the year, your local health departments and public health nurses work diligently towards eliminating tuberculosis (TB) in our community. We employ crucial strategies like surveillance, timely case detection, and effective contact tracing to substantially decrease TB incidence rates. Through providing essential services including testing, treatment, and case management, local health departments are able to improve outcomes for individuals affected by TB.



NUMBER-FIND

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4	3	7	2	4	0	9	4	1	6	6	7	9	0	
7	6	3	4	7	9	6	2	7	5	3	0	2	4	

My Favorite Sayings:

Confidence is keeping your chin up; overconfidence is sticking your neck out.

Consideration for others can mean taking a wing instead of a drumstick.

Yesterday brings perspective, today brings opportunity, and tomorrow shines with promise.

The one thing worse than being alone is wishing you were.

People who know what they're talking about spoil some of the best arguments.

You can never make your dreams come true by oversleeping.

Nothing lasts longer than something you don't like.

Senior Programs

Mashantucket Pequot Museum

Join us on a trip to Mashantucket Pequot Museum where you will learn about the history and today's vibrant Native American cultures. Transportation is not provided for this trip.

March 20th
10:00-11:30am
Fee: \$16

Tantaquidgeon Museum

Join us at the Tantaquidgeon Museum and learn about Mohegan Tribal history! This museum tour is free of charge. Transportation is not provided for this trip.

April 23
10:00am-12:00pm

Mr. Z's Pizza

March 11th
12:30pm-2:30pm
Plainfield, CT

Tox Brewing

March 14th
2:00pm-5:00pm
New London, CT

Town Grill

April 9th
12:00pm-2:00pm
Voluntown, CT

Join us on these social outings! All participants will meet at the location.

Community Speakers

Gardening with Native Plants

Felicia Millett a Plant Diagnostician will lead the conversation about how gardening with native plants can conserve water, provide habitats for wildlife, and protect natural ecosystem.

March 27th 5:30-6:30pm
Preston Public Library
Free of charge!

Spring & Summer Gardening Tips

Dr Yonghao Li, a plant pathologist will be leading the conversation about how spring and summer is a great time to be working in the garden for beauty and foods, and answer questions on issues you might encounter!

April 10th 5:30-6:30pm
Preston Public Library
Free of charge!

If you are in need of transportation please call the office for assistance.

Registration is required for all of these programs.

Visit our website at Preston Parks & Recreation or call the office at 860-887-5581. Our email is recreation@preston-ct.org