

BITS & PIECES



FROM FRAN

April & May 2025

ECTC Medical Transportation Program:

Important update for all participants of the Dial-a-Ride Medical Transportation Program: A review of funding availability for the remainder of the Fiscal Year was completed on March 7th. It has been determined that Dial-a-Ride livery service will operate until Friday, May 16th. Caregiver mileage will continue, hopefully, until June.

If you would like information on other possible transportation options, please contact the ECTC Mobility Manager – Barbara Currier at 860-848-5914.

The Town of Preston applies each year for the Medical Transportation Grant

Elderly and Totally Disabled Tax Relief Program;

As a reminder, the application deadline for filing for the Elderly and Totally Disabled Tax Relief Program is May 15th. It may seem like a long way away but it's just around the corner. Call 860-887-5581 ext. 6 to set up an appointment. If you file Income Tax this year, that information must be completed prior to scheduling an appointment. For additional information, please contact the Senior Affairs Office at 860-887-5581 ext.6.

Renter's Rebate of Elderly and Totally Disabled Program: (AKA Renters Rebate)

The Renter's Rebate Programs begin accepting applications on April 1st through October 1, 2025.

Participants in the program must be 65 years of age by the end of the calendar year preceding the filing period; or be 50 years of age or older and the surviving spouse of a renter, who at the time of his/her death. Applicants filing under the disability provision must be accompanied by current proof of disability. The Claimant must have been a resident in Connecticut for a one-year period of time prior to filing an application.

The qualifying income guidelines for the calendar year 2024 must not exceed \$46,200.00 if unmarried, or \$55,100.00 if married. For married couples or other, unless legally separated, income from both husband and wife must be counted in establishing qualifying income, regardless of living arrangements.

Qualifying income is considered wages, bonuses, commissions, gratuities and fees; self-employment net income, gross Social Security benefits, Federal Supplemental Security Income, dividends, interest, annuities; IRA distributions, Black Lung payments; Green Thumb payments; interest resulting from gifts received; Lottery winnings; net rental income, pensions, Railroad Retirement; severance pay, Unemployment Compensation, Workers Compensation, Alimony, etc.

The applicant must provide proof of rent and utility payments during the 2024 calendar year.

Individuals interested in making application for the Renters Rebate of the Elderly and Totally Disabled Program are requested to contact the Senior Affairs Office at 860-887-5581 ext. 6. Please leave a brief message and include your name and telephone number.

TVCCA Congregate Meal Program:

The April menu selections for our Monday senior café program include the following :

April 7th: Country Style Chicken, Garlic Mashed Potatoes, Broccoli, Diced Peaches, Bread, Margarine and Beverage.

April 14th: BBQ Pulled Pork w/Bun, Baked Beans, Green & Yellow Squash, Apple Sauce Cup, Bread, Margarine and Beverage.

April 21st: Meatballs Marinara, Penne Pasta, Zucchini, Peas, and Carrots, Fresh Orange, Bread, Margarine and Beverage.

April 28th: Stuffed Chicken Cordon Bleu, Tater Tots, Green & Waxed Beans, Mandarin Oranges, Bread, Margarine and Beverage.

All persons who are 60 years of age and older are welcome to participate in the program. There is a suggested donation of \$3.00 per person. Individuals younger than 60 years are welcome but a meal charge will be assessed. You do need to register for the meal program. If you are interested in attending, please contact the senior center on Monday (9 – 1), Tuesday and Thursday (1 – 4) at 860-889-0770 or leave a message at the Senior Affairs Office by calling 860-887-5581 ext.6.

Save The Date: Coffee & Conversation with our Resident State Troopers plus highlighting the use of Deterra Bags:

Save the date for our next Coffee & Conversation with our Resident State Troopers. That date is Thursday, May 8th at 1:00 p.m. at the Preston Senior Center. We will discuss the latest information on current scams, leave ample time for your questions and concerns too.

The Town of Preston does not have a Drop Box system currently in place for the safe and confidential way to dispose of unwanted medication. Locations which offer a Drop Box medication option would include the

Norwich Police Department which has a Drop Box located in their lobby; another location with a Drop Box for medication is the Troop E Barracks in Montville.

New to our program will be the distribution of Deterra Bags. Deterra Drug Deactivation and Disposal System is now available through the Preston Senior Affairs Office. Deterra Drug Deactivation and Disposal System is a safe medication disposal pouch that can be used at home. It is an effective way to destroy unused, unwanted and expired medications with the simple addition of tap water for safe disposal in the trash. This is an important way to dispose of unwanted medication properly to prevent misuse and to protect the environment. We will distribute a free Deterra Bag to Preston participants at our May 8th program, as long as supplies last.

Our Preston Resident State Troopers are in support of this important program. We look forward to seeing you on Thursday, May 8th at 1:00 P.M.

Food Distribution:

Friday, April 4th will be the next food distribution date at the Preston Senior Center. Our drive-through program runs from 10:00 a.m. to 11:00 a.m. and everyone is welcome to participate. We are most appreciative of the continued support of United Community & Family Service.

We are fortunate to include nursing staff from Uncas Health District to participate in the drive-through event. Nurses are there to distribute information on important health topics, provide blood pressure screenings and answer questions and concerns regarding medical issues.

Blood Pressure Screening:

Please note that we have a **time change** to our monthly blood pressure screening schedule. The next screening will be held on **Monday, April 14th**

from 12:30 – 1:30 p.m. at the Preston Senior Center. You do not need to have an appointment, first come, first served.

My Favorite Sayings:

Hanging on to anger only gives you tense muscles.

Almost right is still wrong.

The best tranquilizer is a clear conscience.

One thing you can give and still keep is your word.

The most beautiful discovery true friends make is that they can grow separately without growing apart.

Few people are fast enough to keep up with their good intentions.

Anyone too busy to say thank you will get fewer and fewer chances to say it.

It's not what we gain but what we give that measures the worth of the life we live.



BLACKSMITHING

- | | | |
|---------|---------------|----------|
| ANVIL | HACKSAW | PUNCHES |
| BEND | HAMMER | RIVETING |
| BUCKET | HARDWARE | SAFETY |
| CHISEL | HOLDFAST | GOGGLES |
| FARRIER | HORN | SMITH |
| FILE | HORSESHOES | STEEL |
| FIRE | IRON | TONGS |
| FLATTER | LEATHER APRON | |
| FUEL | MALLET | |
| FULLER | PROJECT | |

Answer on page 115

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

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

Lyman Allen Art Museum

Join us on a self guided trip to the Lyman Allen Art Museum, and see all that the museum has to offer! Transportation is provided for this trip. The bus will be leaving from the townhall at 10:30am.

May 21st
11:00am-1:00pm
Fee: \$15

Town Grill

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

Groton Townhouse

May 7th
12:00pm-2:00pm
Groton, CT

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

Community Speakers

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!

Local Preston History

Linda Christensen, a local resident will be speaking about the amazing history behind our great town!

May 15th at 5:30pm
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

Do you want to improve your Balance?

Join our Tai Ji Quan: Moving for Better Balance® Class!

Take steps now to improve your strength and balance and maintain an active lifestyle!

What is Tai Ji Quan: Moving for Better Balance®?

Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function and to prevent falls. It is designed for older adults 60+ years old and people with balance difficulties.

This program can accommodate individuals who need some assistance with walking, such as use of a cane.

No prior experience with Tai Chi is needed. You will learn the movements over the course of a 24-week class in a supportive environment.



Please join us for the next Tai Ji Quan: Moving for Better Balance® session!

April 7, 2024-Sept, 2025
Monday and Thursday
Time: 8:45 am to 9:45 am
Location: Zoom/in-person
Cost: FREE

Must be 60+ years old
Contact: Connie Capacchione
Uncas Health District
860-639-5138



TOWN OF PRESTON • DEPARTMENT OF PUBLIC WORKS

CONSTRUCTION NOTICE

RE: Preston Town Hall, Driveway and Parking Lot

Improvements to the entrance of the Preston Town Hall building, driveway and parking lot will begin at the end of March and continue through April 2025. Please note the construction schedule below.

Friday, March 21 –

Friday, March 28:

Reconstruction of Town Hall Front Steps and Ramp

During this time, only the stairs and the immediate area around them will be disturbed. When entering the Town Hall, use the back entrance for main-level offices, or the ramp on the right side of the building for the lower-level offices. The drop box has been moved from the front step to the left of the building next to the light post.

Monday, March 31 –

Tuesday, April 15:

Reconstruction of a portion of the driveway and all parking lot areas -

These first two weeks will be most critical with **very limited parking**. If possible, we ask residents and those conducting business with Town Hall staff to do so via phone, email, online, and limit in-person meetings for essential business matters only.

Remainder of April:

As construction continues, please proceed with caution and follow designated arrows and parking signs.

Curbside or Handicap

Assistance:

The Town Clerk and Tax Collector's Office is offering curbside service during the construction period with limited parking. Should you need their assistance, **please call: 860-887-5581 Ext. 2.**

Make an appointment:

If you must come to the Town Hall for vital business during this construction period, please make an appointment with the department or person you need to see. Town Hall: 860-887-5581 and listen to the prompts for the department you need to reach. As always, the Preston Town Hall is closed to the public on Mondays.