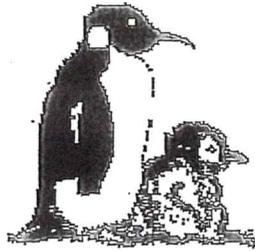


BITS & PIECES



FROM FRAN

August & September 2025

Food Distribution:

Friday, August 1st we will resume our monthly food distribution at the Preston Senior Center, 42 Long Society Road. The distribution is from 10:00 a.m. – 11:00 a.m. and all are welcome to participate. Residency is not required. United Community & Family Services along with Gemma Moran, United Way and Connecticut Foodshare are the sponsors of this program. We will also have Uncas Health Mobile Health team available to take blood pressure readings and distribute pertinent information on upcoming programs and special health alerts. All are welcome to attend.

TVCCA Café Program:

We are pleased to share our menu selections with you for the month of August. They are:

Monday, August 4th: Stuffed Chicken Cordon Bleu, Tater Tots, Peas, & Pearl Onions, Mandarin Oranges, Margarine, Bread, and Beverage.

Monday, August 11th: Beef Stroganoff, Gemelli Pasta, Zucchini, Peas & Carrots, Bread, Margarine, Beverage, and Fresh Orange.

Monday, August 18th: Salisbury Steak w/gravy, Garlic Mashed Potatoes, Corn w/Peppers & Onions, Fresh Fruit, Bread, Margarine, and Beverage.

Monday, August 25th: Country Style Chicken, Buttermilk Mashed Potatoes, Broccoli, Pineapple Tidbits, Bread, Margarine, and Beverage.

Registrations are necessary to participate in this program. Contact the senior center on Monday (9-3), Tuesday and Thursday (12:30 – 4) at 860-889-0770 or leave a message at the Senior Affairs Office at 860-887-5581 ext.6 leaving your name, telephone number and a brief message as to what day(s) you would like to attend. There is a suggested donation of \$3.00 for individuals 60 years of age and older. Individuals younger than 60 years are welcome but a fee will be assessed for their participation. We look forward to having you join friends and neighbors for lunch.

Friday Luncheons:

Our Friday Luncheon series continues throughout the month of August. On Friday, August 15th we will visit the Groton Townhouse Restaurant. The date of this luncheon was changed due to scheduling conflicts. We will travel on August 15th and leave at approximately 11:30 a.m. More detailed information will be available to passengers as we get closer to the date.

On Friday, August 22nd we will be traveling to Puffins Restaurant in Groton. It is anticipated that we will leave for the restaurant at approximately 11:00 a.m.

If you are interested in joining us, please contact the Senior Affairs Office at 860-887-5581 ext. 6, leaving your name, telephone number and choice of restaurant. Transportation is provided to the afore mentioned restaurants.

Blood Pressure Screening:

Monday, August 11th will be the next scheduled blood pressure screening at the Preston Senior Center. The program is from 12:30 – 1:30 p.m.

No appointments are necessary, and it is a first come first serve basis. The nurse is always available to answer your medical questions too.

Flu & Pneumonia Clinic:

Yes, I know it's summer and nobody wants to rush into thinking about cold, breezy, icy, snowy weather but we all know how quickly the months pass. I have scheduled our Flu & Pneumonia Clinic for Wednesday, October 15th from 10:00 a.m. until 12:00. We will offer the usual selection of vaccines again this season. They include Flu, Pneumonia, Covid, RSV, and Shingles. (As an update, anyone interested in receiving the RSV vaccine the guidelines have changed again. If you are interested in receiving the vaccine, we will assist in every way that we can to make that a reality). The registration process remains remarkably similar to last year. If you have changes in your insurance coverage, we need to make a copy of your new information. Any changes to telephone numbers are also important to report. It's not too early to register either. If you are interested, please contact the Senior Affairs Office at 860-887-5581 ext. 6 leaving your name, phone number and choice of vaccine(s). Walgreen's will be the provider for the clinic. There will be more additional information following during the next few months too.

TVCCA Nutrition Talk:

Mark your calendars for Monday, August 18th at 11:15 a.m. to join with us for an informative health program with Andrea Deedy. The topic for this month will be "Protein". The Nutrition Talk is held prior to the Monday Café Program at the Preston Senior Center. You do not need to be a participant in the luncheon to attend the Nutrition Talk. Everyone is welcome to participate in this informative program. Bring your questions too.



2025 Southeast Healthy Living Expo - Living Today for a Better Tomorrow!

SEP

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2025 Southeast Healthy Living Expo!



2025 Southeast Healthy Living Expo

Wednesday, September 10, 2025

9:30 a.m. - 12:30 p.m.

Dodd Stadium Concourse

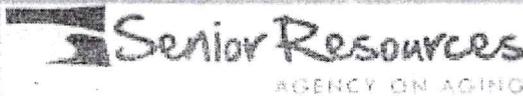
14 Stott Avenue

Norwich, CT 06360

Free information for Seniors,
Caregivers & Professionals!

"Living Today for a Better Tomorrow"

Presented by:



Free Parking & Handicap Accessible

Questions? Contact Joyce Gootkin at 860-383-1532 or
email jgootkin@seniorresourcesec.org

My Favorite Sayings:

Talk is cheap, but you can't buy it back.

A filing cabinet is where things get lost alphabetically.

Money talks, but it usually says only "Good Bye".

The entire sum of existence is the magic of being needed by just one person.

The most painful wound is a stab of conscience.

Medicaid And Medicare

What they do and
who they serve



Medicaid and Medicare are two government programs that help people pay for health care services and medical expenses. While their names may sound alike, there are many differences between the programs.

To help you understand Medicare and Medicaid, we have compared them below, including who qualifies (or is eligible) for them, what they cover, what they cost, and how to enroll.

One thing to note: older adults with low incomes and younger people with disabilities may be eligible for both Medicaid and Medicare. Often referred to as "dually eligible," they have most of their health care costs covered through these two programs.

MEDICARE

Who is eligible?

People age 65 and over, and people with a qualifying disability or medical condition.

What does it cover?

It may depend. Hospital and medical insurance are standard. Other benefits may be available, like dental, vision, fitness, hearing, and durable medical equipment.

What does it cost?

Costs to you may include premiums, deductibles, copays, and coinsurance.
How much you pay will vary based on when you enroll, what coverage options you select, and what health services and items you use throughout the year.

How does it work?

Medicare has different parts (A, B, C, and D) that cover different costs for hospital visits, doctor visits, outpatient care, medical supplies, and medications.

How is it funded?

Federally funded.

How do you enroll?

You can sign up for Medicare (Part A and Part B) online at socialsecurity.gov, by calling Social Security at 1-800-772-1213, or by visiting your local Social Security office in person.

Learn more

Visit MyPlaceCT.org on your phone, tablet, or computer to learn more about Medicare, Medicaid, and other supports and services that can help older adults and people with disabilities live with independence.

MEDICAID

Individuals, families, and children with limited income, and people with certain disabilities.

Most health care services, including doctor's care, hospital care, nursing home care, home care, lab tests, X-rays, most prescription drugs, some dental care; and medical equipment like wheelchairs, eyeglasses, and hearing aids.

Costs to you may include premiums, deductibles, copays, and coinsurance.

How much you pay depends on your income and the coverage you have. Additionally, some specific groups under Medicaid are exempt from many out-of-pocket costs.

Most Medicaid recipients use HUSKY A, B, C, or D programs that have different requirements and offer different benefits for individuals and families, persons with disabilities, and older adults. Medicaid also has special services, waivers, and programs for qualifying individuals.

Jointly administered federal-state health insurance program.

You can find application information at connect.ct.gov and ct.gov/dss/apply; or call the Client Information Line at 1-855-6-CONNECT (1-855-626-6632).



MYPLACECT.ORG

The Virtual Home of No Wrong Door



Senior Programs

Restaurant Outings

Rio Salado - Mystic

Join us on these social outings! All participants will meet at the restaurant.
August 13th at 12:00pm
Mystic, CT

Steak Loft

Join us on these social outings! All participants will meet at the restaurant.
September 10th at 12:00pm
Mystic, CT

Programs & Events

Summer Concert Series

Bring your lawn chair, invite your friends and come down to Preston Community Park to enjoy music from a variety of bands and genres!

6:30-8:00

July 17 - Nick Bosse

July 31 - 60's Explosion Show

6:00-7:30

August 14 - Red Light

August 28 - Carrie Ashton

Benton Museum/UCONN Dairy Barn

Join us on August 26th for a guided trip to the William Benton Art Museum on UCONN campus. During the trip you will get a guided tour of the three new exhibitions, all debuting that day! There will also be a hands-on activity done through the museum as well. Afterwards, we will make a quick spot at the UCONN Dairy Bar for ice cream! Transportation provided.

August 26th at 11:00am

Fee: \$20.00

Preston Summer Carnival

Come out to the Preston Summer Carnival for a weekend of fun and excitement! Enjoy thrilling rides, nightly concerts, delicious carnival food food trucks, a massive inflatable park, and a classic car show. It's the ultimate summer celebration you won't want to miss!

Dates: August 7, 8, 9

Location: Preston Community Park

Lights and Sights

Join us for a tour of Long Island Sounds, visiting different castles, lighthouses, and more! After leaving New London, this tour heads east to Rhode Island and passes Latimer Reef Light, Simmons Castle, the Ocean House, Watch Hill Light and more!

Transportation provided.

September 19th at 12:30pm

Fee: \$45.00

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 www.prestonrecreation.com or call the office at

860-887-5581. Our email is recreation@preston-ct.org

up in the attic

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| Album | Dust | Mementos | Stow |
| Attic | File | Memories | Sweaters |
| Bassinet | Furniture | Rafters | Tapes |
| Boxes | Games | Records | Toys |
| Cartons | Gate | Secrets | Treasures |
| China | Hopes | Silver | Trunk |
| Clothes | Instruments | Space | Upstairs |
| Cobwebs | Letters | Steps | |
| Dress | Maps | Storage | |