

BITS & PIECES



FROM FRAN

July & August 2025

TVCCA CAFÉ MENU:

We are pleased to share the July 2025 menu for the TVCCA Café Program. Please note that reservations are necessary to participate in the luncheon program. You may sign-up in person at the Senior Center on Monday (9-3), Tuesday and Thursday (12:30 – 4:00) or by calling the center at 860-889-0770. Or you can leave a message at the Senior Affairs Office by calling 860-887-5581 Ext. 6.

Monday, July 7th: Chicken Primavera, Gemelli Pasta, Diced Carrots, Applesauce Cup, Bread, Margarine and Beverage.

Monday, July 14th: Pub Burger w/Bun, Baked Beans, Corn w/Peppers & Onions, Sweet Treat, Grape Juice, and Beverage.

Monday, July 21st: Meatballs Marinara, Penne Pasta w/Herbs, Zucchini, Peas, Carrots, Mixed Fruit Cup, Bread, Margarine and Beverage.

Monday, July 28th: Beef Hot Dog w/Bun, Baked Beans, Corn w/Peppers & Onions, Sweet Treat, Apple Juice, and Beverage.

You do not need to be a Preston resident to participate in this program. All individuals 60 years of age and older are welcome to participate. There is a suggested donation of \$3.00 per person. Individuals younger than 60 years will be assessed a fee for participation.

Municipal Medical Transportation Service:

Guidelines for the Municipal Medical Transportation Service and Caregiver Transportation Program

The towns of Bozrah, East Lyme, Franklin, Griswold, Groton, Ledyard, Lisbon, New London, North Stonington, Salem, Preston, Stonington, and Waterford collaborate with the Eastern Connecticut Transportation Consortium (ECTC) and the CT Department of Transportation to offer transportation services for medical appointments to individuals age 60 and over and disabled adults. *Please note, this is a grant-funded service and there is no guarantee that the funding will be available for the entire year.* To keep the service running smoothly, please follow the guidelines outlined below.

Who qualifies for this program?

This program is open to individuals who reside in the above-listed towns and have completed a registration form. Individuals residing in: Private Homes; Retirement Living Facilities; Independent Living Facilities; Assisted Living Facilities; and Residential Care Homes are eligible for transportation under this program.

Individuals who reside in Skilled Nursing Facilities are **not** eligible for transportation through this program.

Individuals who are eligible for free transportation through Medicaid are asked to use that program instead.

What are the limitations of this program?

Twenty (20) one-way rides for the period of July 1, 2025 - June 30, 2026, can be provided for medical appointments in New London County **as long as funding is available**. Please refer to the map in the brochure for specific towns to which the grant will provide a ride.

Reservations must be made no later than 48 business hours in advance but can be scheduled up to 2 weeks ahead.

Trips can be scheduled during normal business hours:

Mon-Fri. 8:30-4pm; however, requests for Sunday & Monday trips must be made no later than Friday by 2 p.m.

Note: ECTC is closed on these days New Year's Day, President's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas. (Please schedule rides accordingly)

Personal Care Attendants (or family members acting as an escort) must accompany passengers who need extra help with entering and exiting the vehicle or have other needs that make traveling independently unsafe.

In order to protect the health of others, passengers must be free from acute illnesses such as flu, fever, vomiting, diarrhea, and infections such as pneumonia. **You may be asked to wear some sort of face covering by your transport provider (unless it is medically contraindicated).**

What information should I have when calling to request a ride?

- **Your complete name and address.**
- **The address of your destination and the physician's name.**
- **The date and time of your appointment.**
- **An estimated time that you will be picked up from your appointment to return home.**

How does the Caregiver Mileage Reimbursement Program work?

The rider retains a volunteer driver (friend, neighbor, family member). The driver and rider must complete the "Request for Mileage Reimbursement" form.

Mileage is calculated by ECTC based on the shortest distance to the destination. The mileage from the caregiver's home to the passenger going to the medical appointment is NOT included.

Form must include appointment date, start address, destination address, and must be signed and dated by client and driver after the last trip has been entered on the form. Participants submit completed mileage

reimbursement forms to their town senior center or town representative by the end of the month for processing. When the form is submitted, the town representative reviews the form for accuracy and verifies the mailing address of the Caregiver. Town Representatives may perform audits to verify that the appointments did occur. The Town Representative will sign and fax the form to ECTC. ECTC will issue a check to the Caregiver for the authorized trips performed. If you are currently enrolled in the program, you do not need to complete a new application. If you have questions or are interested in applying for the Medical Transportation Program, please contact the Senior Affairs office at 860-887-5581 extension 6.

Fiscal Budget 2025-2026:

Please take note that the Fiscal Budget 2025-2026 process continues with another Town Meeting on Thursday, July 10th at 7:00 p.m. at Preston Veterans Memorial School, Route 165. This is the forum where you have an opportunity to express your feelings regarding both the General Government Budget and the Board of Education Budget.

Following that Town Meeting on July 10th, there will be a Referendum on Thursday, July 24th at Preston Plains Middle School, Route 164. Time to be determined. (Usually 6 am – 8pm) Every vote is important so don't forget to vote!

Friday Luncheons: sponsored by Preston Senior Center

We're on the road again visiting new and familiar places to enjoy lunch. During the months of July and August, we're scheduled to visit the following locations:

Friday, July 11th: Mr. Z's Restaurant, Plainfield CT.

Friday, July 25th: Riverview Restaurant, Moosup, CT.

Friday, August 8th: Groton Townhouse, Groton, CT.

Friday, August 22nd: Puffins, Groton, CT.

If you are interested in attending any of the afore-mentioned restaurants, please contact the Senior Affairs Office at 860-887-5581 ext. 6, leaving your name, telephone number and choice of restaurant you are interested in attending. Information on the transportation schedule will be available as we draw closer to a specific date. (Usually, departure time for each location is 11:00 a.m.) Seating is limited so call early to reserve a spot.

Preston Senior Center:

Looking for a clean, comfortable location to cool off in? The Preston Senior Center is here for you to enjoy. Read a book, knit, crochet, sit back and enjoy yourself. We always have coffee and tea brewing plus plenty of ice-cold water to quench your thirst. When those weather ALERTS are issued and you are looking for a safe place to spend time, give us a call. The telephone number is 860-889-0770 or call the Senior Affairs Office at 860-887-5581 ext.6.

My Favorite Sayings:

We don't have to agree on anything to be kind to one another.

People fail in life because they major in minor things.

Don't worry about the tricks of the trade....learn the trade.

In the summer, children slam the doors they left open all winter.

Tough times never last, but tough people do.

Some people are making such thorough preparations for rainy days that they aren't enjoying today's sunshine.



How to sign up for notifications from the Town of Preston

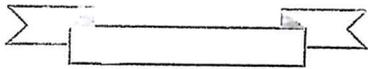
Residents of the Town of Preston have two options to receive automatic notifications. Visit the Town's website home page newsflash section for more info (www.Preston-CT.org).

1. Emergency Notifications for Preston Residents

- Preston residents may voluntarily sign up on our Town website to receive emergency notifications via Everbridge. Everbridge is a critical event management platform used for emergency and safety notifications.
- This platform allows us to quickly notify individuals about emergencies and other events happening now, or warnings of impending events, such as severe weather, flooding.
- You select the preferred method to receive these notifications via text, phone or email.
- Note: You will be prompted to enter a Preston address. If entering an address outside of this community, you will not be permitted to join this notification system.

2. Meeting and Calendar Notifications

- When agendas, minutes and calendar events are posted to our website, you may request to receive notifications via email or text.
- This feature is available to Preston residents and the public. Sign up on our website, under the Agendas and Minutes Center.
- You have the option of selecting the categories of your choice for our various boards, commissions, agencies or town meetings/referendums, calendar postings; or select all.
- You may edit your selections at any time.



POLICE WORK

AUTHORITY	GENDARME	SENTINEL
BLUECOAT	GUARD	SENTRY
CAPTAIN	INSPECTOR	SERGEANT
CHIEF	LAW	SHERIFF
COP	MARSHAL	SPOTTER
DEFENDER	MILITIA	WARDEN
DEPUTY	MOUNTIE	WATCHMAN
DETECTIVE	OFFICER	
ESCORT	SCOUT	

Answer on page 123

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

Parks, Recreation, & Youth Services

Senior Programs

Restaurant Outings

La Stella

Join us on these social outings! All participants will meet at the restaurant.
July 9th at 12:00pm
Norwich, CT

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!

July 17 - Nick Bosse
July 31 - 60's Explosion Show
6:30-8:00 PM

August 14 - Red Light
August 28 - Carrie Ashton
6:00-7:30 PM

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

Chair Yoga

Join us at Preston Senior Center for Chair Yoga! This is a gentle form of yoga that involves doing yoga poses while seated.

Tuesdays from 11am-12pm
Session Two: July 15th-August 19th
\$35 for One Session

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



July 2025 Events

The Library will be closed for the Fourth of July Holiday

Thursday, July 10th at 5:30 pm

Native American Archaeology of Connecticut

Join State Archaeologist Sarah Sportman as she discusses the indigenous history of our state. The human history of Connecticut stretches back at least 12,000 years before the arrival of European colonists, but people are far less familiar with the Indigenous history of our state. This talk will cover the human history of Connecticut from the end of the last Ice Age to the present day. This program is sponsored by the Library, Preston Parks & Rec, and the Preston Historical Society. For all ages and abilities. Register online through the link below.

Wednesday, June 16th, 1:00 pm: Book Discussion

Eleven on Top by Janet Evanovich

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

Saturday, July 19th 10:30 am to 12:30 am

Magic Pillowcase Workshop with Glimmering Girl Studio

Calling all makers: create a colorful "magic" or "burrito method" pillowcase/pillow cover utilizing a sewing machine and other tools. During this hands-on workshop, participants will learn the following skills: planning a project, cutting safely and accurately, pinning, the operation of a sewing machine, and ways to sew sustainably. Workshop participants will take home a finished pillowcase or pillow cover. For ages 12 and up; limit: 16. Register online through the link below.

Saturday, July 23rd, 1:00 pm

Henna with Jamilah Henna Creations

Join Jamilah Henna Creations for a workshop on this fascinating, ancient art! Learn about the history and origins of henna as well as how the stain works! Each participant will receive a tattoo. For ages 15 and up. Limit: 25. Register online through the link below.

Saturday, July 26th at 11:00 am

Spring Flower Workshop with Winter Bee Garden

Join Pam Gray of Winter Bee Garden as she teaches participants how to create a stunning Summer 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.

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