

BITS & PIECES



FROM FRAN

June & July 2025

**Farmers Market Card:**

We just received information regarding the distribution of the Senior Farmers Market Nutrition Program (SFMNP) cards this year. The guidance from the Dept. of Agriculture regarding the program states that the 2025 season starts on June 1<sup>st</sup>. The information regarding the dollar amount each eligible recipient will be eligible for has yet to be released from the Ct. Dept. of Agriculture.

The eligibility guidelines are as follows:

\*The recipient must be: 60 years of age or older (some younger individuals in specific senior housing locations may also qualify).

\*Have income at or less than 185% federal poverty level AND have NOT received benefits yet this season.

\*Household of 1 = \$2,413 gross income per month or \$28,953 gross income annually.

\*Household of 2 = \$3,261 gross income per month or \$39,128 gross income annually.

When applying for the program, each person must provide a complete name, address, date of birth and telephone number for each participant. Each recipient must also sign a paper stating they meet the eligibility requirements for 2025.

Please note that we have been advised that the Senior Farmers Market Nutrition Program will be limited this year due to the state budget.

People who register for the program are expected to attend a brief presentation prior to receiving their Farmers Market Card. At that time, instructions will be provided on locations of participating Farmers Markets, the proper way to use your Farmers Market card and who to notify in case of loss.

**I have arranged for a brief presentation of the Farmers Market Card Program on WEDNESDAY, JULY 2<sup>ND</sup> AT 1:00 P.M. AT THE PRESTON SENIOR CENTER, 42 LONG SOCIETY ROAD. AT THIS TIME, THOSE INDIVIDUALS REGISTERED FOR THE PROGRAM WILL RECEIVE THEIR FARMERS MARKET CARD.**

**TO REGISTER FOR THE PROGRAM, PLEASE CALL THE SENIOR AFFAIRS OFFICE AT 860-887-5581 EXT. 6 LEAVING YOUR NAME, PHONE NUMBER AND BRIEF MESSAGE STATING THAT YOU ARE INTERESTED IN PARTICIPATING IN THE PROGRAM. I WILL RETURN YOUR CALL AS SOON AS POSSIBLE. PLEASE REMEMBER THAT THE TOWN HALL OFFICES ARE CLOSED EVERY MONDAY.**

#### **TVCCA Café Program:**

We are pleased to provide the TVCCA Café menu selection for the month of June. Registrations are necessary for participation in this program. You can register in person or by telephoning the senior center on Monday (9-3), Tuesday and Thursday (1:00 – 4:00 p.m.) at 860-889-0770. If you choose, you are welcome to leave a message at the Senior Affairs Office by phoning 860-887-5581 Ext.6.

Monday, June 2<sup>nd</sup>: Stuffed Chicken Cordon Bleu, Gemelli Pasta, Mixed Vegetables Medley, Sweet Treat, Orange Juice, Bread, Margarine and Beverage.

Monday, June 9<sup>th</sup>: Salisbury Steak w/gravy, Parsley Steamed Potatoes, Corn w/Peppers & Onions, Fresh Orange, Bread, Margarine and Beverage.

Monday, June 18<sup>th</sup>: BBQ Pulled Pork w/Bun, Baked Beans, Peas & Pearl Onions, Diced Peaches, Bread, Margarine and Beverage.

Monday, June 23<sup>rd</sup>: Country Style Chicken, Buttermilk Mashed Potatoes, Zucchini, Peas & Carrots, Tropical Fruit Cup, Bread, Margarine and Beverage.

Monday, June 30<sup>th</sup>: Meatballs Marinara, Penne Pasta, Zucchini, Peas & Carrots, Fresh Orange, Bread, Margarine and Beverage.

There is a suggested donation of \$3.00 per meal. For further information, please contact the Senior Affairs Office at 860-887-5581 ext. 6.

### **Uncas Health District: Blood Pressure Screening:**

Mark your calendar for Monday, June 9<sup>th</sup> as the next day that the Uncas Health District Nurse will be offering a free blood pressure screening at the Preston Senior Center. The Nurse will be there from 12:30 – 1:30 p.m. No appointment is necessary as it is a first-come, first-serve basis. If you have health concerns which you would like to discuss with the Nurse, she is always willing to answer questions and offer guidance. All are welcome to participate in this program. Taking ten minutes out of your day may make a difference in your life. Feel free to contact the senior center at 860-889-0770 with any questions regarding this program.

### **Food Distribution:**

On Friday, June 6<sup>th</sup> from 10:00 – 11:00 a.m. we will conduct our monthly food distribution at the Preston Senior Center located at 42 Long Society Road. We are most grateful to United Community & Family Services for their continued support of this important program. In addition to UC&FS, we receive assistance from Gemma Moran Labor Food Center, United Way and the Connecticut Food Bank, all partners in helping our community. We will not conduct a food distribution on Friday, July 4<sup>th</sup> due to the holiday. We will not

postpone the distribution date or have a make-up session. All are welcome to participate in our monthly food distribution program.

Uncas Mobile Van will attend the food distribution on Friday, June 6<sup>th</sup>. Uncas Health does offer free blood pressure screenings as well as providing pertinent information on health issues. The Nurses are always willing to discuss health issues with you as well as providing a copy of their latest newsletter.

### **Puzzles:**

Looking for something to help pass the time? We have recently received a donation of puzzles; big ones, small ones and those in between. Come to the senior center and browse our display. The Senior Center is located at 42 Long Society Road and is open on Monday (9:00 a.m.– 1:00 p.m.), Tuesday & Thursday (1:00 p.m.– 4:00 p.m.). The telephone number is 860-889-0770

### **Yarn:**

Thanks to a very generous individual, we have been given many beautiful skeins of yarn. Great for projects of making scarves, gloves or whatever your heart desires. Knitters and crocheters are welcome to view the display and begin a new project. Come to the senior center on Tuesday or Thursday afternoon between 1:00 – 4:00 p.m. and peruse our inventory.

## **Medicaid And Medicare**

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**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 sound alike, there are many differences between the programs. To help you understand Medicare and Medicaid, we have compared them below, including who qualifies for them, what they cover, what they cost and how to enroll.



## 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](http://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](http://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](http://connect.ct.gov) and [ct.gov/dss/apply](http://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

### **My Favorite Sayings:**

Drive carefully! Remember, it's not only a car that can be recalled by its maker.

Don't count your years; make your years count.

The mind is like a stomach: It is not how much we put into it that counts, but how much it digests.

Just about the time you think you can make both ends meet, somebody moves the ends.

Enthusiasm is the yeast that raises the dough.

None are so old as those who have outlived enthusiasm.

It's better to say, "thank you" and not mean it and mean it and not say it.

### **Friday Luncheons:**

Yes, back by popular demand are the summertime luncheons to local eateries. Enjoy the company of friends and possibly make new ones. Lunch is at your own expense. We are always open to suggestions regarding specific restaurants that you would like to visit. To register for a particular restaurant, please contact the Senior Affairs Office at 860-887-5581 ext. 6.

Departure times for the restaurants will generally be 11:30 a.m. More detailed information will be available to registered people as the specific schedule unfolds.

\*Friday, June 27<sup>th</sup>: Panda Buffet – New London.

\*Friday, July 11<sup>th</sup>: Mr. Z's – Plainfield

Transportation is provided to these restaurants. Seating is limited and it is a first come first serve basis.

PRESTON CONNECTICUT

**Parks, Recreation,  
& Youth Services**

# Senior Programs

### Essex Steam Train & Riverboat

Essex Steam Train & Riverboat's 2 1/2-hour train and riverboat journey begins at the historic 1892 Essex Station for a 12-mile, narrated round-trip into the heart of the unspoiled Connecticut River Valley. The bus will be leaving from Preston Town Hall at 10:45am.  
**June 26**  
**12:30pm-3:00pm**  
Fee: \$55

### 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 One: June 3rd-July 8th**  
**Session Two: July 15th-August 19th**  
**\$35 for One Session**  
**\$65 for Both Sessions**

### Restaurant Outings

#### Fat Cat Bar & Grill

Join us on these social outings! All participants will meet at the restaurant.  
**June 11th at 12:00pm**  
Norwich, CT

#### Senior Picnic

Join us at Preston Community Park for a senior picnic! During this social gathering there will be food trucks, music, and resources for you to explore.  
**June 18th at 11:00am**

#### La Stella

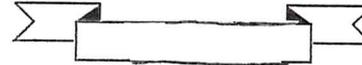
Join us on these social outings! All participants will meet at the restaurant  
**July 9th at 12:00pm**  
Norwich, CT

### Walk and Run Club

Looking to get involved with a walk or run group? Come to Preston Community Park during the times below to socialize, exercise and motivate each other!

**Monday & Wednesdays**  
**9:00am-10:00am**  
**Tuesday & Thursdays**  
**6:00pm-7:00pm**

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](http://www.prestonrecreation.com) or call the office at 860-887-5581. Our email is [recreation@preston-ct.org](mailto:recreation@preston-ct.org)



## **PRESIDENTS' FIRSTS**

ABRAHAM	GROVER	RUTHERFORD
ANDREW	HARRY	THEODORE
BARACK	HERBERT	THOMAS
BENJAMIN	JAMES	ULYSSES
CALVIN	JOHN	WARREN
CHESTER	LYNDON	WILLIAM
DWIGHT	MARTIN	WOODROW
FRANKLIN	MILLARD	ZACHARY
GEORGE	RICHARD	
GERALD	RONALD	

Answer on page 128

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



Preston  
Public Library  
A place to grow since 1898

## June 2025 Events

### **Summer Learning Program Kick-Off Show!**

**Thursday, June 5th 5:30 pm to 6:30**

### **Summer Learning Program Kick-Off Show: Steve Elci and Friends at the Preston Community Park**

Kick off your summer Learning with an amazing performance of family music by the Emmy-nominated and award-winning band of Steve Elci & Friends! Steve and his band put on an energetic show for all ages with great themes full of fun that leave everyone smiling! And while you're there, pick up your Summer Reading Program kit to read and earn great prizes! This event is co-sponsored by the Library and Preston Parks & Rec. Register online at Parks & Rec: <https://secure.rec1.com/CT/preston>

**Saturday, June 14th at 11:00 am**

### **Pollinator Colors with Denison Pequotsepos Nature Center**

Learn about native pollinators and why they are vital to both wild ecosystems and global food systems. Explore their different flower color preferences and create a wildflower seed craft to bring home to turn your yard into a rainbow of pollinator-friendly flowers!

No registration required: for all ages and abilities.

**Wednesday, June 18th, 1:00 pm: Book Discussion**

### **Mala's Cat by Mala Kacenberg**

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

**Saturday, June 28th at 11:00 am**

### **Sea Glass Art Class**

Join artist Heather O'Connor as she teaches participants how to create a beautiful scene out of sea glass! Create a design that reflects the beauty of the season!

***Please note there is a \$15.00 for materials.***

Limit: 12; For ages 15 and up. Register online through the link below.

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