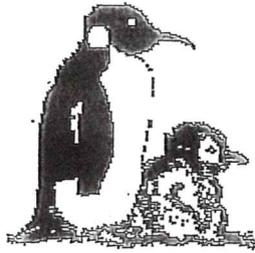


BITS & PIECES



FROM FRAN

March & April 2024

TVCCA Café Program:

We will be offering a "Special Meal" on Monday, March 18th to our participants. It will be the St. Patrick's Day Celebration meal which will include Corned Beef & Cabbage, Steamed Potatoes, Sliced Carrots, Dinner Roll & Margarine, Irish Soda Bread, Apple Juice, and beverage. There is a suggested donation for this meal only of \$4.50. To register for the meal, please make your selection by Monday, March 11th. Contact the senior center directly at 860-889-0770 or by leaving a message at the Senior Affairs Office at 860-887-5581 ext.6 leaving your name, phone number and day(s) which you choose to participate.

The entire calendar of March menu selections includes the following:

March 4th: Stuffed Chicken Kiev, Rice Pilaf, Green Beans, Fresh Oranges, Bread, Margarine and beverage.

March 11th: Meatballs Marinara, Pasta Shells w/Herbs, Peas, Mandarin Oranges, Bread, Margarine and beverage.

March 18th: Corned Beef & Cabbage menu as previously stated with the suggested donation of \$4.50 per person 60 years of age and older.

March 25th: Beef Stew, Steamed Parsley Potatoes, Broccoli, Birthday Treat, Orange Juice, Bread, Margarine and beverage.

The suggested donation for the meal program is \$3.00 per person who is 60 years of age or older with the exception of a "Special Meal" which has an increase over the normal suggested donation amount. If you have any question regarding

this information, please contact the Senior Affairs Office at 860-887-5581 ext. 6. There are no take-out meals provided for this program.

Uncas Health District Mobile Van:

We have a time change to our Blood Pressure Screenings conducted on the second Monday of each month beginning on March 11th. Nurses from Uncas Health District will be available from 12:45 p.m. – 1:45 p.m. at the Preston Senior Center to take blood pressures and answer health question which you may have. There is no charge to this important service and all are welcome to participate. No appointments are necessary and it is a first come, first serve basis.

Connecticut Legal Services:

We are pleased to announce that we have invited Attorney Leah Pollard Schad of Connecticut Legal Service to attend a special presentation on Wills, Living Wills, Health Care Proxies, Powers of Attorney and Conservatorships on Wednesday, April 24th at 1:00 p.m. The doors to the Preston Senior Center will open at 12:30 p.m. Limited seating is available. Bring your questions and concerns and have them addressed by Atorney Pollard Shad.

CLS is Connecticut's largest not for profit law firm. "Our mission is to provide access to justice and protect the critical civil legal rights of low-income individuals and families through representation, systemic advocacy, advice, collaboration, and education. We serve low-income families in 122 of the 169 Connecticut communities (our sister agencies serve areas of greater Hartford and greater New Haven). Our service area includes hundreds of thousands of families eligible for our services. We protect and secure critical civil legal rights for our clients and advance access to justice for all Connecticut residents. We produce optimal individual and community results, and continuously strive to increase the impact and efficiency of our work. Our staff are our greatest asset. They are supported by their work environment and enriched by the individual and collective difference they make.

Our partners, funders, and the communities we serve view us as a trusted partner and recognized leader. Our Board members are active ambassadors for our organization and create access to resources, expertise, and relationships to support our work”.

Preston Public Library:

TECH help is available at the Preston Public Library on Saturdays during March. The dates available are March 9th, 16th and 23rd. Sign up for a 20-minute session from 11:00 – 11:20, 11:20 – 11:40 and 11:40 – 12:00 noon. Please call the Preston Public Library at 860-886-1010 to schedule your appointment. This program was made possible by a grant from the Preston Fund of the Community Foundation of Eastern Connecticut.

My Favorite Sayings:

Some people are like blisters, they don't show up until the work is done.
What you do today is important because you're exchanging a day of your life for it.

Do not neglect to show hospitality to strangers; you might be entertaining angels unawares.

Humor is the harmony of the heart.

The greatest reward for doing is the opportunity to do more.
One way to be happy ever after is not to be after too much.

To speak kindly does not hurt the tongue.

Education is what you get from reading the small print; experience is what you get from not reading it.

Preston Senior Center hours:

The Preston Senior Center, 42 Long Society Road, Preston is open on Mondays for the congregate meal program luncheon which is served at 11:30 a.m.

From 1:00 p.m. until 3:00 p.m. there is an enthusiastic group of friends enjoying the game of cribbage. They welcome anyone interested in enjoying the game and fellowship.

The senior center is regularly open on Tuesdays and Thursdays from 1:00 p.m. – 4:00 p.m. to play pitch or assorted board games. All are welcome.

Special programs such as AARP Tax-Aide, Coffee & Conversation with the Troopers, flu clinic, guest speakers are usually conducted on Wednesdays and announced in advance in the Bits & Pieces newsletter. We are closed on legal holidays. The telephone number of the senior center is 860-889-0770.

Transportation:

The Town of Preston does offer weekly shopping trips to the Lisbon area. For those interested in participating, please contact the Senior Affairs Office at 860-887-5581 ext. 6. Additionally, we participate with 11 other towns to provide medical transportation to residents. You do need to register for the program and the application is available by contacting the Senior Affairs Office at 860-887-5581 ext. 6.

SOCIAL SECURITY FORM

ADDRESS	NET	PROGRAMS	TAXABLE
CHECK	NUMBER	PROOF	TOTAL
COMPUTER	OFFICIAL	RETURN	TREASURY
CONGRESS	PERSON	SPOUSE	WITHHELD
EARNINGS			
FEDERAL			
INCOME			
JOINTLY			
LAW			
MARRIED			
MEDICARE			
NAME			
H L L N S A D D R E S S			
Y A A O N P Y U S S R Z S			
W R M T U S R O M O E I E			
F E E M O U R A U M A Y R			
O D B T S T R E O S M N G			
O E E A U G F C P E E Y N			
R F E I O P N J D Y L I O			
P R F R R I M I A T B W C			
T N P I A R C O N Z A S P			
K C E H C A A I C R X D O			
O Z F T R I O M Y E A P F			
N L G E E J A N R U T E R			
C W I T H H E L D T H G Z			

NEW Food Scrap Recycling Program



Brought to you by the
Town of Preston and
Blue Earth Compost



Preston residents now have the opportunity to participate in a food scrap drop-off program at the Transfer Station. The Town's partner, Blue Earth Compost, will collect the scraps and turn them into compost and renewable energy.

Every ton of food composted also means less money paid in tip fees for trash. Starter kits are available for free while supplies last and can be picked up by visiting the Transfer Station or the Planning Department at the Town Hall during regular business hours. Starter kits include: One 6 gallon transport bin and one roll of 25 compostable bags. Proof of residency will be required.

You may use any reusable bins that you like, but these are available.

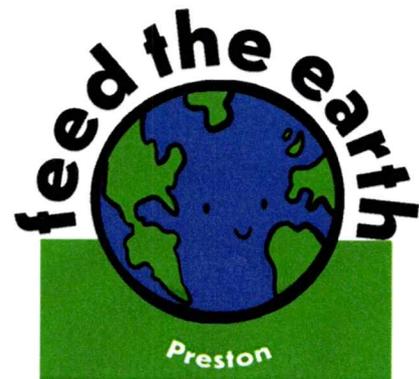
PLEASE NO PLASTIC BAGS IN THE COMPOST BIN. ONLY BPI CERTIFIED COMPOSTABLE (NOT BIODEGRADABLE) BAGS ARE ALLOWED.

COMPOST

- Meat and bones
- Shellfish and fish products
- Dairy products
- Egg shells
- Vegetable and fruit scraps including pits and peels
- Condiments and spices
- Pasta, bread, and cereals
- Coffee grounds, filters, and tea bags
- Soiled food paper
- Muffin and cupcake wrappers
- Parchment or baking paper
- Plants and herbs

DO NOT COMPOST

- Metal of ANY kind including aluminum foil
- Plastic of ANY kind
- Glass of ANY kind
- Styrofoam
- Candles, corks, and gum
- Twist ties and rubber bands
- Artificial flowers and plants
- Disposable mop and cleaning sheets
- Fireplace or barbeque ashes
- Hot liquids
- Plastic gloves
- Pizza boxes
- Paper Towels
- Milk cartons
- Coffee pods



**Feed the Earth,
not landfills and
incinerators!**

For more information, visit: <https://www.Preston-ct.org> or call: 860-887-5581

Why is Preston removing food scraps from municipal waste?

Food scraps make up about 22% of trash. By sending these valuable materials to compost, rather than incineration we can improve our air, soil and water.

Food Scraps are NOT Trash. Food can be converted into compost. Compost improves soil quality for plant growth, reduces the need for chemical fertilizers, helps to retain water in the soil and reduces soil erosion. Putting food scraps into a landfill creates methane, a greenhouse gas which contributes to climate change. The Quantum BioPower anaerobic digester in Southington is able to use the methane to create renewable energy while also making compost.

You can help! The more Preston residents that participate in this program, the more pounds we will remove from the municipal waste stream. We hope to see this program grow with more and more bins being filled. **Transfer Station stickers are available at the Transfer Station with proof of residency.**

THANK YOU for participating in Preston's Food Scrap Composting Program!

For more information visit:

<https://www.preston-ct.org> or call (860) 887-5581

IT'S SO EASY!

1. **Collect** your food scraps in a BPI Certified compostable bag or a container of your choosing. If using a bag, when full, close off the bag by tying a knot at the open end. Please don't use twist ties or rubber bands.
2. **Bring** your food scraps to the Transfer Station at 108 Ross Road and dump them into the larger bins supplied by Blue Earth Compost. It's important to completely fill one bin before moving on to the next.
3. **Repeat!** You can go to the Transfer Station at any point during operating hours. They are:
 - Friday and Saturday - 8AM-4:15PM

All food scraps will be picked up by Blue Earth Compost and composted at an anaerobic digestion facility in Southington, CT. They'll be turned into nutrient rich soil and renewable energy!

Free starter kits are available while supplies last. You may pick up these free kits by visiting the Transfer Station or the Planning Dept., lower level of Town Hall during business hours. If you pick up a kit at the Town Hall, proof of residency is required (current driver's license or government issued photo ID and tax or utility bill showing Preston residency).

The starter kit includes:

- One 6 gallon transport bin and
- One roll of 25 compostable bags for the counter top bin

You can use any bins that you like, but these are available. **PLEASE NO PLASTIC BAGS. ONLY BPI CERTIFIED COMPOSTABLE (NOT BIODEGRADABLE) BAGS ARE ALLOWED.**

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 1, 2024-Sept, 2024

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