

BITS & PIECES



FROM FRAN

April & May 2024

Food Distribution:

I am overjoyed to share with you that we are back in business! Food distribution will resume during the month of April. Yes, April 5th from 10:00 a.m. to 11:00 a.m. We will be welcoming one and all to the Preston Senior Center, 42 Long Society Road, Preston. As you know, we welcome residents and non-residents alike. See you soon! Hooray!

You will also see the return of the Uncas Health Mobile van. The nurses are always very supportive and willing to address any questions regarding health issues which need clarification or guidance.

TVCCA Congregate Café Menu:

Prior to sharing what our April menu will consist of, I just wanted to give a shout out to the fantastic, hard-working staff at the Senior Center. Our St. Patrick's Day luncheon was a huge success, thanks to the dedication of some wonderful people including Cathy Brosnan, Maureen Domina, Lenny Domina and Debbie Brown. Their efforts made the celebration look effortless but, I can tell you that it took a lot of teamwork to provide lunches to a packed to capacity crowd! Bragging isn't really what I'm known for but, I can't help myself, the entire success was due to an incredible group of friends including Cathy, Maureen, Lenny and Debbie!! Thanks for making a difference! Way to Go Team! And to the attendees, thanks for coming to our senior center and bring much joy and laughter.

Now on to the other stuff:

April 1st: Pesto Chicken, Herb Roasted Potatoes, Corn w/Peppers & Onions, Pineapple Tidbits, Bread, Margarine and Beverage.

April 8th: American Chop Suey, Diced Carrots, Waxed Beans, Fresh Orange, Bread, Margarine and Beverage.

April 15th: Meatballs Marinara, Penne Pasta, Green & Waxed Beans, Mixed Fruit Cup, Bread, Margarine and Beverage.

April 22nd: BBQ Pulled Pork w/Bun, Baked Beans, Green & Yellow Squash, Diced Peaches, Beverage

April 29th: Pot Roast w/gravy, Parsley Steamed Potatoes, Corn w/Peppers & Onions, Diced Pears, Bread, Margarine and Beverage.

As a reminder, reservations must be made by Wednesday of the week prior to when you wish to attend the program. You can call in your reservation directly to the senior center at 860-889-0770 on Tuesday or Thursday between the hours of 12:30 – 4:00 p.m., you can sign-up in person or you can leave a message at the Senior Affairs Office at 860-887-5581 ext.6. The suggested donation for persons 60 years of age and older is \$3.00 per meal. Persons under the age of 60 are welcome but a set fee will be imposed. Lunch is served at 11:30 a.m.

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

The Renter's Rebate Program begins accepting applications on April 1st through October 1st, 2024.

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, had qualified and was entitled to tax relief 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 2023 must not exceed \$43,800.00 if unmarried, or \$53,400.00 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 utilities payments during the 2023 calendar year.

Individuals interested in making application for the Renters Rebate of Elderly and Totally Disabled Program are requested to contact the Senior Affairs Office at 860-887-5581 ext. When leaving a message, please include your name and telephone number. Thank You.

Elderly and Totally Disabled Tax Relief Program:

As a reminder, the application for the Homeowners Program is May 15, 2024. It may seem like a long way away but it's right around the corner. Call 860-887-5581 ext. 6 to set up your appointment. If you file Income Tax, that process must be completed prior to scheduling your appointment. For additional information, please contact the Senior Affairs Office at 860-887-5581 ext.6.

Connecticut Legal Services:

As a reminder, on Wednesday, April 24th at 1:00 p.m. we have invited Attorney Leah Pollard Schad to explain wills, living wills, health care proxies, powers of attorney and conservatorships. She will also answer questions regarding the numerous services that are offered at Connecticut Legal Services. The senior center will open at 12:30 p.m. Come early as seats are limited.

Blood Pressure Screening:

Uncas Health will continue to offer free blood pressure screening at the Preston Senior Center on the second Monday of each month. They will be at the center on Monday, April 8th from 12:45 – 1:45 p.m. No appointments are necessary, walk-ins are always welcome. Taking a few minutes out of the day to have your blood pressure taken could be a life saving measure.

My Favorite Sayings:

Nothing is a waste that makes a memory.

You're just as good as anybody else, but not a bit better.

If you ask a better question, you'll get a better answer.

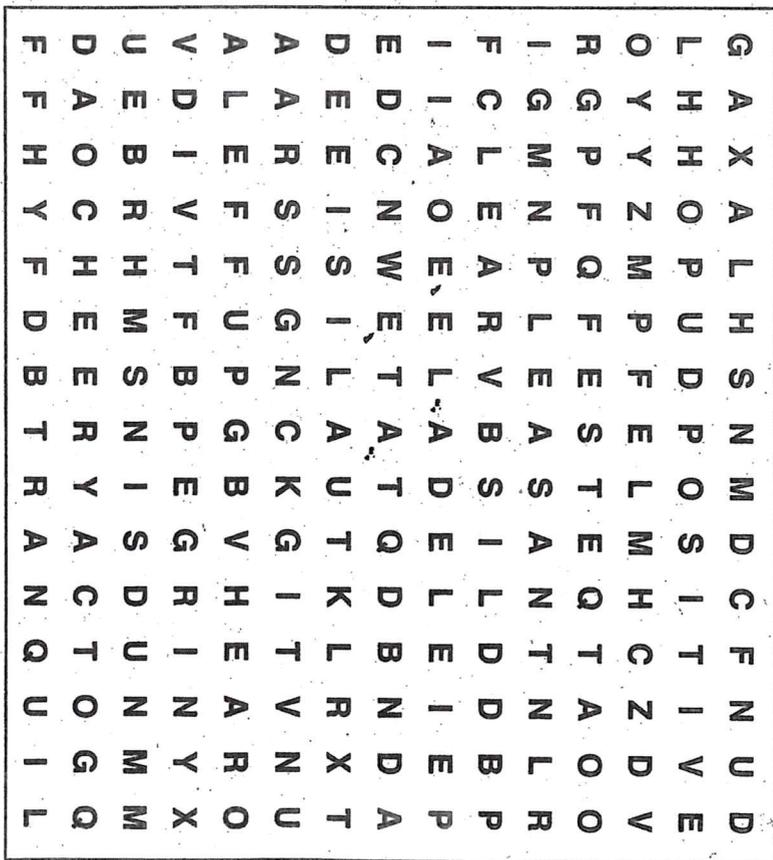
When the outlook is dark, try the up-look.

Today's preparation determines tomorrow's achievements.

If the worst happens and you get the best of it, it isn't so bad after all.

Insight is seeing what you are seeking; hindsight is finding it in the last place you looked.

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| Appased | Clear | Glowing | Satisfied |
| Approved | Elated | Ideal | Serene |
| Blessed | Enlivened | Laughing | Splendid |
| Blissful | Fortunate | Placid | Tranquil |
| Bright | Free | Pleasant | |
| Calm | Glad | Positive | |
| Cheery | Glorified | Radiant | |



feeling good



April 2024 Events

April 3rd is Library Giving Day Passports to Connecticut Libraries 2024: April 1 to April 30th

Saturdays in April at 10:30 am Community Knit and Crochet at the Library

Come join your fellow neighborhood knitters. Start a new project or bring a current one. Share tips, ideas, and patterns! Beginners to experts, all are welcome. Bring your own materials. For all ages and abilities, no registration required.

Thursday, April 4th, 10:30 am Senior Resources 101

Are you a senior looking for help in areas such as healthcare or nutrition? Or a caregiver of an individual with disabilities looking for information on resources in the community? Joyce Gootkin of Senior Resources will present an overview of this agency at the Library. This non-profit provides services to assist older adults, individuals with disabilities, their families and caregivers. It serves as the Agency on Aging in Eastern Connecticut, covering 56 towns and 2 tribal nations. Please register online at our website (see below).

Saturdays, April 6th, 13th, 20th and 27th, 11:00 am Tech Help at the Library

Do you need help with technology? Devices hard to use? We're here to help! Thanks to a grant from the Preston Fund of the Community Foundation of Eastern Connecticut, the Library is offering help with those pesky tech issues! The following slots are available: 11:00 am to 11:20 am; 11:20 am to 11:40 am; 11:40 am to 12 noon. To register for a slot, call us at (860) 886-1010.

Saturday, April 6th, 10:00 am to 2:00 pm Wood Turning with the Eastern Connecticut Wood Turners

Learn about the art of wood turning! Members from the Eastern Connecticut Wood Turners will be at the Library to help participants "turn" a beautiful pen out of wood! Slots for up to 3 people will be available on a half-hour basis between 10:00 am to 2:00 pm: participants will need to register for a particular slot. For ages 10 and up (youth will need an adult to participate). To register for a slot, please call us at (860) 886-1010.

Wednesday, April 17th, 1:00 pm Book Discussion: Book of Lost Friends by Lisa Wingate

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 Book of Lost Friends by Lisa Wingate. For ages 18 and up; to register and receive a book come into the library, or call us at (860) 886-1010.

Thursday, April 18th, 5:30 pm Senior Resources: Introduction to Medicare

Do you need information on Medicare? Laura Crews of Senior Resources will host a presentation on the basics of Medicare and answer questions for participants who need information. Topics include overview of Medicare Parts A, B, C and D; enrollment (how and when); Medicare options; and making Medicare affordable. Please register online at our website (see below).

Wednesday, April 24th at 1:00 pm New Year, New You Series: Healthy Desserts

Erica Benvenuti of the UCONN New London County Extension Office will host a workshop on creating delicious desserts that keep you healthy and satisfied! Who knew sweet stuff could be good for you? Limit: 25. For ages 18 and up. Please register online at our website (see below).

Saturday, April 27th at 11:00 am Spring Flower Workshop with Winterbee Garden

Join Pam Gray of Winterbee Garden as she teaches participants how to create a stunning Spring bouquet to take home! Principles of arrangement and design will be discussed. Limit: 10; For ages 15 and up. Please register online at our website (see below).

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