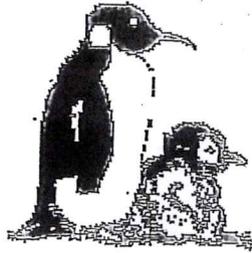


BITS & PIECES



FROM FRAN

May & June 2024

AARP Tax Aide Program:

We have just completed another successful year providing residents with an opportunity to complete their state and federal income tax forms free of charge. Thanks to the outstanding efforts of volunteers Vicky, Pat, Toula and John we exceeded all past records of participation. They worked tirelessly on deciphering through the maize of documents which were presented, when necessary, sent individuals home scrambling for additional paperwork and took great care to ensure that each participant was afforded the time and energy necessary to complete their income tax documents. Without hesitation, even with internet failures creating huge roadblocks, when the clock said "the day's over" they continued their work! We are most fortunate to have been the beneficiaries of the knowledge, expertise, compassion and friendship of such a great team of volunteers. Indebted to Vicky, Pat, Toula and John for their years of service as AARP Tax Aide Volunteers and taking the Preston Senior Center participants under their wings!

Uncas Mobile Health Team:

On Monday, May 13th from 12:45- 1:45 p.m. we will have a nurse from Uncas Health District providing blood pressure screenings. Registrations are not necessary and it's a first come, first served basis. All are welcome to attend! Taking a few minutes of your time to have your blood pressure checked can make a difference in your future health care. Be safe, not sorry.

TVCCA Elderly Nutrition:

During the month of May, our Café Program will offer the following menu selections.

May 6th: Beef Hot Dog w/bun, Baked Beans, Mixed Vegetables Medley, Mixed Fruit Cup, and Beverage.

May 13th: Country Style Chicken, Buttermilk Mashed Potatoes, Green & Yellow Squash, Diced Pears, Bread, Margarine and Beverage.

May 20th: Meatballs Marinara, Penne Pasta, Cauliflower, Carrots & Snap Peas, Diced Peaches, Fresh Orange, Bread, Margarine and Beverage.

If you've ever participated in the TVCCA Café Program, you know from experience the value that this program offers. You have great comradery with your friends and neighbors, enjoy relaxing at table and having your lunch brought to you, (don't have to wash dishes), and have the opportunity to make a suggested donation of \$3.00 per meal if possible. Registrations are necessary and we ask that you sign-up in person at the senior center or contact the Senior Affairs Office at 860-887-5581 ext. 6 at least one week prior to the day you plan on attending. If you choose to contact the senior center directly, the telephone number is 860-889-0770. The center is open on Monday (9-1:00), Tuesday & Thursday (12:30 – 4:30) 860-889-0770. Look forward to hearing from you soon.

It's Budget Time!

Yes, it's that time of year when the General Government and Board of Education budgets are presented to the public for discussion. Have you ever attended one of the Public Hearings? Do you wait for your property tax bill to arrive and say "This is crazy, what's going on?" This is your opportunity to get the real story on what the driving forces are behind those tax bills. Don't voice your concerns after the fact, be proactive and make a difference.

Public Hearing: April 25th at 7:00 p.m. in the Preston Veterans Memorial School gymnasium, Route 164, Preston

Town Meeting: May 9th at 7:00 p.m. in Preston Veterans Memorial School gymnasium, Route 164, Preston

Referendum: May 23rd, (time to be announced) Preston Plains Middle School, Route 164, Preston.

Your voice does matter! You may also use this web address to view budget information. <https://town-preston-ct-budget-book.cleargov.com/16026>

ECTC Medical Transportation Grant:

Due to increased ridership and remaining funds for this fiscal year; the Municipal Grant Medical rides will suspend the brokered/livery trips for the month of June.

The caregiver mileage portion of the program will remain open as funding permits.

We are currently working on the grant for next year and if awarded the brokered/livery rides would be restarted for July 1st.

I will keep you advised of any additional changes.

Elderly and Totally Disabled Homeowner Program:

May 15th is right around the corner and if you haven't scheduled your appointment to complete your application, time is running out! If this is your year to reapply, you would have already received a letter from the Town of Preston Assessor inviting you to reapply. Additionally, you would have received a reminder call from my office too. For individuals who still hadn't responded, another letter was forwarded to again remind you of your need to reapply. We're trying to help you continue this benefit but, we can't do it alone. To schedule an appointment, please call the Senior Affairs Office at 860-887-5581 ext.6.

Food Distribution:

As a reminder, we have resumed our monthly food distributions on the first Friday of each month between the hours of 10:00 – 11:00 a.m. All are welcome to participate in this free program at the Preston Senior Center, 42 Long Society Road. Thanks to United Community & Family Services for their efforts to continue this important service to our community. We will see you on May 3rd and June 7th. We'll continue throughout the summer months as long as there is a need.

Uncas Mobile Health van will also participate in our monthly events. They are available to answer health questions and provide important updates too.

My Favorite Sayings:

A bank without tellers is for people who believe that money talks.

Treat your visitors like family and your family like visitors.

The greatest ability is the ability to discover ability in others.

The key to triumph is its first syllable.

early american diet

Y	B	S	U	P	P	A	W	N	T	O	F	E	I	S
S	N	A	E	B	Y	E	N	D	I	K	C	E	C	E
R	S	N	U	H	P	J	N	L	O	I	G	E	R	S
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- Apples
- Black peas
- Bluefish
- Cabbage
- Clam
- Cod
- Corn
- Deer
- Duck
- Egg
- Geese
- Grits
- Halibut
- Ham
- Hominy
- Kidney
- beans
- Lobster
- Mush
- Mussels
- Nuts
- Oysters
- Porridge
- Rabbit
- Raccoon
- Rice
- Scrod
- Squash
- Squirrel
- Suppawm
- Turnip
- Turtles