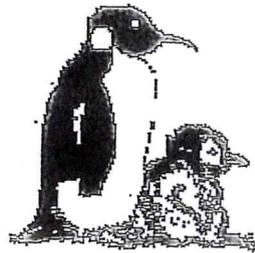


BITS & PIECES



FROM FRAN

August & September 2024

TVCCA Café Program:

During the month of August, we will provide the following menu items for your enjoyment. As a reminder, individuals who are 60 years of age or older are encouraged to participate. There is a suggested donation of \$3.00 per meal for each participant. People younger than 60 are welcome to participate but a charge will be imposed for their meal. We cannot accommodate walk-in visitors. Reservations must be made one week prior to the day you plan to attend the meal. Reservations can be made at the Preston Senior Center (860-889-0770) or the Senior Affairs Office (860-887-5581 ext.6).

August 5th: Stuffed Shells w/Marinara, Diced Carrots, Green Beans, Tropical Fruit Cup, Bread, Margarine and Beverage.

August 12th: Beef Stroganoff, Genelli Pasta, Zucchini, Peas & Carrots, Fresh Orange, Bread, Margarine and Beverage.

August 19th: Whole Grain Fish Sticks, Tater Tots, Squash Mix w/ Carrots & String Beans, Sweet Treat, Orange Juice, Bread, Margarine and Beverage.

August 26th: Country Style Chicken, Buttermilk Mashed Potatoes, Broccoli, Pineapple Tidbits, Bread, Margarine and Beverage.

We look forward to having you join us on Monday's (except for holidays) at the Preston Senior Center, 42 Long Society Road at 11:30 a.m. to enjoy lunch, and lively conversations.

Nutrition Talk:

Monday, August 19th we will have a Nutritionist from TVCCA as our guest speaker. The topic of the day will be "Fiber, Fiber, Fiber". Andrea will begin her presentation at approximately 11:15 a.m., just prior to the congregate meal being served. Participants in the Health Talk are not required to participate in the scheduled meal if they choose.

Food Distribution:

We're back! Yes, after a brief suspension of services (July 4th holiday), we're back to regular programming. We will see you on FRIDAY, AUGUST 2ND between 10:00 a.m. and 11:00 a.m. at the Preston Senior Center, 42 Long Society Road. Through the efforts of United Community & Family Services, United Way, Gemma E. Moran Food Center and the Connecticut Food Bank we are fortunate to continue this valuable service. All are welcome to participate in the "Pop Up Drive-Thru Food Pantry Distribution".

As our guest, nurses from Uncas Health District will be available to answer medical questions/concerns, complete blood pressure screenings, and distribute important information on health issues.

We look forward to seeing you on Friday, August 2nd.

Free Blood Pressure Screenings:

We are pleased to inform you that a Nurse from Uncas Health District will be at the Preston Senior Center on Monday, August 12th from 12:45 p.m. to 1:45 p.m. to provide free blood pressure screenings. The name of "silent

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 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 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-four (24) one-way rides for the period of July 1, 2024 - June 30, 2025 can be provided for medical appointments in New London County **as long as funding is available**. Please refer to the map on the brochure for specific towns to which the grant will provide a ride.

Reservations must be made no later than 48 hours in advance but can be scheduled up to 2 weeks ahead. Trips can be scheduled during normal business hours. Requests for weekend & Monday trips must be made no later than Friday by 2 p.m. **Personal Care Attendants (or family member 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 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 authorized trips performed.

Medical Transportation for Individuals who are Seniors or who have Disabilities

MEDICAL TRANSPORTATION FOR SENIOR OR DISABLED INDIVIDUALS

The Caregiver Mileage Reimbursement and Medical Transportation program is for adults 60+ and persons with disabilities who are unable to drive and need transportation to a medical appointment that is occurring outside of the hours or area that the town funded transportation services operates.

This program is provided through the Eastern Connecticut Transportation Consortium, Inc. ECTC is a private, non-profit agency that brokers and provides transit services. This program is only available to qualifying residents of the following towns:

Bozrah Senior Services	860-917-5672
East Lyme Senior Center	860-739-5859
Griswold Senior Center	860-376-2604
Franklin Senior Center	860-642-3936
Groton Senior Center	860-441-6785
Ledyard Senior Center	860-464-0478
Lisbon Senior Center	860-376-2329
New London Senior Center	860-447-5232
N. Stonington Senior Center	860-535-8188
Preston Senior Center	860-887-5581
	x104
Salem Municipal Agent	860-859-3873
	x125
Stonington Human Services	860-535-5015
Waterford Senior Services	860-444-5839

HOW TO ACCESS THIS SERVICE

Call or visit the Town Representative at the number listed above to request an Eligibility Form.

This service is funded through a state grant. Rides and reimbursements are contingent upon the availability of grant funds. When funds run out, the provision of rides will be stopped until funds become available again.

HOW TO OBTAIN CAREGIVER MILEAGE REIMBURSEMENT (for persons unable to drive)

This portion of the grant is for anyone unable to drive but who has a family member, friend or caregiver who can drive them. Both the driver and rider must complete the form : **"Request For Mileage Reimbursement"** .

Mileage will be calculated by ECTC based on the shortest distance. Caregivers are not reimbursed for mileage from their home to the client's. Completed forms must include the appointment date, start address, destination address, and must be signed and dated by client and driver after the last trip is entered.

Participants should submit completed mileage forms to their local town representative by the end of the month for processing.

The Town Representative will review the form for completeness and accuracy. This will include verification of the caregiver's mailing address at the time the form is submitted. The town rep may also conduct random audits to verify that the trips were made for medical appointments.

The town rep will submit the completed form to ECTC. ECTC will issue a check to the Caregiver for the authorized trips performed.

ECTC'S PAYMENT PROCESS

Checks will be processed on the last Monday of each month for the Caregiver's "Request For Mileage Reimbursement" forms received before noon that day. Reimbursements due in a total amount less than \$10 will be carried over to the next month or until the \$10 limit is reached. Checks will be made payable to the Caregiver and mailed directly to them unless otherwise requested.

HOW TO USE DIAL-A-RIDE SERVICE

Registered participants who cannot have their needs met by existing services will be provided a limited number of one-way trips per grant year (24) or as the grant dollars allow.

ECTC will arrange the medical transportation for eligible participants. Each trip request will be reviewed to determine if it can be met by existing transportation services. If so, we will refer the client to the appropriate services.

Transportation may be available 24 hours a day 7 days a week provided sufficient notice is given by the client. Requests must be made at least 48 hours in advance and can be made up to 2 weeks ahead. Requests for Monday rides must be made by the preceding Friday at 2 pm. Requests left on the answering machine on weekends & holidays for service for the next business day cannot be accommodated by this program.

Please be aware, **you may be asked** to wear some sort of face covering by your transport provider while riding in the vehicle (unless medically contraindicated).



CAES

The Connecticut Agricultural Experiment Station

Putting Science to Work for Society since 1875

123 Huntington Street

New Haven, CT 06511

203.974.8500

Toll free: 1.877.855.2237

Fax: 203.974.8502

Email: caes@ct.gov • portal.ct.gov/caes

PRESS RELEASE

FOR IMMEDIATE RELEASE

Tuesday, July 23, 2024

MEDIA CONTACTS:

Dr. Philip Armstrong
The Connecticut Agricultural Experiment Station
203-974-8510
Philip.Armstrong@ct.gov

John Shepard
The Connecticut Agricultural Experiment Station
203-974-8517
John.Shepard@ct.gov

State Reports First Positive Mosquitoes for EEE Virus in Eastern Connecticut

New Haven, CT – The State of Connecticut Mosquito Management Program (MMP) announced that mosquitoes trapped in Canterbury on July 16 tested positive for eastern equine encephalitis (EEE) virus. These results represent the first EEE positive mosquitoes identified in the state by The Connecticut Agricultural Experiment Station (CAES) this year. The mosquitoes were *Culiseta melanura*, a predominately bird-biting species and *Coquillettidia perturbans*, a species that feeds opportunistically on both birds and mammals. West Nile virus (WNV) has also been detected in mosquitoes in 12 towns throughout the State. Connecticut residents are reminded to protect themselves from mosquito bites and mosquito-borne diseases.

"The detection of EEE virus in July is reason for concern as conditions are suitable for further build-up and spread of the virus in the coming weeks and months" said Dr. Philip Armstrong, Chief Scientist at CAES. "We are also detecting the virus in mosquitoes that feed on mammals which increases the risk for human infection. We will continue to closely monitor mosquitoes for virus amplification and encourage everyone to take simple measures such as wearing mosquito repellent and covering bare skin, especially during dusk and dawn when mosquitoes are most active."

To reduce the risk of being bitten by mosquitoes, residents should:

- Minimize time spent outdoors between dusk and dawn when mosquitoes are most active.
- Consider the use of mosquito repellents containing an EPA-registered active ingredient, including DEET, Picaridin, IR3535, oil of lemon eucalyptus, para-methane-diol (PMD), or 2-undecanone when it is necessary to be outdoors.
- Wear shoes, socks, long pants, and a long-sleeved shirt when outdoors for long periods of time, or when mosquitoes are more active. Clothing should be light-colored and loose-fitting and made of tightly woven materials that keep mosquitoes away from the skin.
- Be sure door and window screens are tight-fitting and in good repair.

Protecting Agriculture, Public Health, and the Environment
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- Use mosquito netting when sleeping outdoors or in an unscreened structure and to protect infants when outdoors.

EEE is a rare but serious illness in humans with 4-8 cases reported in a typical year in the U.S. The last major outbreak occurred in 2019, involving 38 human cases nationally with 19 cases occurring in New England. EEE is the most severe mosquito-transmitted disease in the U.S. with approximately 40 percent mortality and significant brain damage in half of survivors.

Connecticut Mosquito Management Program

The response to mosquito transmitted diseases in Connecticut is a collaborative inter-agency effort involving the Department of Energy and Environmental Protection (DEEP), The Connecticut Agricultural Experiment Station (CAES), the Department of Public Health (DPH), the Department of Agriculture, and the Department of Pathobiology at the University of Connecticut (UCONN). These agencies are responsible for monitoring mosquito populations and the potential public health threat of mosquito-borne diseases.

The CAES maintains a network of 108 mosquito-trapping stations in 88 municipalities throughout the state. CAES begins mosquito trapping and testing in June and continues into October. Positive findings are reported to local health departments and on the CAES website at <https://portal.ct.gov/caes>.

For information on EEE, WNV and other mosquito-borne diseases, what can be done to prevent getting bitten by mosquitoes, the latest mosquito test results, and human infections, visit the Connecticut Mosquito Management Program web site at <https://portal.ct.gov/mosquito>.

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