

BITS & PIECES



FROM FRAN

**September & October 2018**

**Annual Flu & Pneumonia Clinic:**

Our Annual Flu & Pneumonia Clinic will be conducted on WEDNESDAY, OCTOBER 17th from 10:00 a.m. until 11:30 a.m. We will be accepting ALL INSURANCE providers. That means whether you are on Medicare, Medicaid, United Health, Blue Cross, Blue Shield, etc., we will have the ability to bill your insurance carrier.

We will offer a variety of vaccines too. For persons who are 65 years of age and older the higher strength influenza vaccine, as recommended, will be provided. For those individuals younger than 65, the lower strength influenza vaccine will be administered. Need a pneumonia shot? We will be able to administer that as well. Due to the fact that we are utilizing a new provider, we ask that you provide proof of your insurance (card). Individuals insured by **MEDICARE do not need to bring proof of coverage**. If you are insured by a different insurance carrier and have a separate RX card, we need a copy of that as well. WE WILL MAKE THE COPIES FOR YOU-FREE OF CHARGE.

**The date of our Annual Flu & Pneumonia Clinic will be WEDNESDAY, OCTOBER 17th from 10:00 a.m. until 11:30 a.m. at the Preston Senior Center, 42 Long Society Road, Preston.**

Please register for the Flu & Pneumonia clinic as soon as possible. The telephone number is 860-887-5581 ext. 6.

We do provide ample parking to participants. It's only a short walk into the senior center too. If you need to use a wheelchair, let us know in advance of clinic day and we will provide one for your use.



There are many different programs available to Connecticut's low-to-moderate income individuals which may help achieve economic security!

Senior Resources Agency on Aging's **Benefits Enrollment Center**, located at the **Preston Senior Center** provides one-on-one screening assistance and help with completing the application process for individuals who may qualify for programs such as:

- **Medicare Savings Program** – a program intended to help afford Medicare Part B premiums and sometimes Medicare Part A&B deductibles, cost-shares and copays
- **Low Income Subsidy (Extra Help)** – a program intended to help afford Medicare Part D premiums, deductible and copays for covered prescription drugs
- **Medicaid** – a program intended to help with basic non-Medicare covered services, in home assistance and possible long-term care placement
- **Low Income Home Energy Assistance Program** – a program intended to help afford basic costs of heating/cooling
- **Supplemental Nutrition Assistance Program** – a program intended to help supplement and access nutritious food

To see if you qualify for programs, please call Senior Resources Agency on Aging at **(860) 887-3561** or our toll-free number at **(800) 690-6998** to schedule your appointment at the **Preston Senior Center!**

Are you already on one or more of the programs and need assistance with completing your yearly renewals? No problem! Our Benefits Enrollment Specialists will be happy to assist with paperwork!

Benefits Enrollment Center continued:

Our plans are to offer this program once per month beginning on Wednesday, September 12<sup>th</sup>. The program will continue on during the following months: October 10<sup>th</sup>, November 14<sup>th</sup> and December 12<sup>th</sup>. Appointments will begin at 9:00 a.m.

**Poetry Reading by Margaret Gibson:**

Friends of the Preston Public Library will present Not Hearing the Wood Thrush: Poems, a poetry reading by, Preston resident, Margaret Gibson on Tuesday, October 16<sup>th</sup> at 6:30 p.m. at the Preston Public Library. Not Hearing the Wood Thrush grapples with existential questions that come after experiencing a great personal loss. A number of poems meditate on loneliness and fear; others speak to "No one"-a name richer than prayer or vow". Please join us, as Margaret shares her poems. Refreshments will be provided and books may be purchased and signed following Margaret's readings.

**Just a reminder:**

**The application filing period for the Renter's Rebate Program** will conclude on October 1st. If you have been procrastinating, the deadline is fast approaching. If you have questions concerning the program or are interested in scheduling an appointment, please call 860-887-5581 ext. 6.

**Blood Pressure Screenings** are conducted on the second Tuesday of each month at Lincoln Park Housing from 1:30 - 2:30 p.m. You do not need to schedule an appointment, walk-ins are always welcome.

**TVCCA Energy Assistance Program** appointments continue to be scheduled in the Senior Affairs Office, Preston Town Hall, 389 Route 2, Preston, Lincoln Park Housing and the Preston Senior Center. Please call for a listing of required documentation necessary to bring to the appointment and to schedule your appointment. The telephone number is 860-887-5581 ext. 6.



Join a growing movement of people like you who are helping fellow community members living with dementia. A little support can make a big difference in their lives. Be a Dementia Friend!

### What Makes You a Dementia Friend?

You become a Dementia Friend by attending a one-hour informational session to learn about this worldwide movement, about living with dementia, and the simple things you can do to support someone living with the disease.

### What Happens at the Information Session?

The one-hour session is a discussion led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into a practical action that can help someone living in your community. The action can be as big or as small as you choose—every action counts!



### Remember...

- You don't need to be a dementia expert to become a Dementia Friend.
- You don't need to know someone with dementia to become a Dementia Friend.
- After you attend the session, you decide about becoming a Dementia Friend.

### Dementia Friends...

...is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Connecticut and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia.

When & Where:

**Wed. September 26 at 3:00 pm**

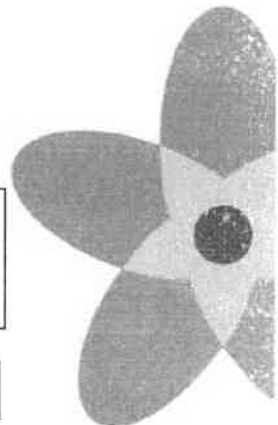
**Groton Senior Center, 102 Newtown Rd, Groton CT**

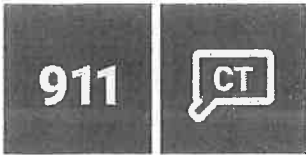
Champion:

**Senior Resources: Joan Marshall & Robin Brewer**

Learn More:

**Call Seniors Helping Seniors, Mystic CT @ 860-536-4767  
OR Groton Senior Center at 860-441-6785**





## NEED 9-1-1? CALL IF YOU CAN. TEXT IF YOU CAN'T.

Text-to-911 is now available in Connecticut. If you need help, but can't safely speak on the phone or are unable to speak, use your mobile phone to send a text message to 9-1-1.

### When to use it

Calling is the best and fastest way to reach 9-1-1. But you should text if:



You're deaf, hard of hearing, or have a speech disability.



You're in a situation where it's not safe to call 9-1-1 for help.



You're having a medical emergency and cannot speak on the phone.

### How it works

1. Enter the numbers 911 in the "To" field
2. Text the exact location of the emergency
3. Briefly describe what kind of help you need
4. Push the "Send" button
5. Respond to any questions
6. Follow instructions
7. If you're driving, pull over when it's safe. Do not text and drive!

# Answers to Frequently Asked Questions about Text-to-911

**Q: Can I include photos or video in my message?**

**A:** No. Photos and videos cannot be sent to 9-1-1 at this time.

**Q: Can I send 9-1-1 a text message in Spanish?**

**A:** No. At this time, 9-1-1 can only receive text messages in English.

**Q: Can I send a group text to 9-1-1 and another person?**

**A:** No. Messages sent to 9-1-1 cannot include other people.  
If you include 9-1-1 on a group text, it may not be received.

**Q: What should I do if I don't receive a response?**

**A:** If Text-to-911 is temporarily unavailable, you should receive a message indicating this, plus instructions on how to contact 9-1-1 by other means.  
If you do not receive any replies from 9-1-1, try to contact 9-1-1 another way.

**Q: I accidentally sent a text to 9-1-1. What should I do now?**

**A:** Text-to-911 is for use in an emergency only. If you accidentally send a message to 9-1-1, send a reply indicating that you have made a mistake, there is no emergency and you are not in danger. Promptly answer any questions so we can determine that 9-1-1 is not actually needed. Intentional misuse of 9-1-1 is a punishable offense.

**Q: Where does a text message to 9-1-1 go?**

**A:** Similar to 9-1-1 calls, texts to 9-1-1 are routed to one of Connecticut's 100+ public safety answering points (PSAPs). All PSAPs (9-1-1 call centers) are operated on a 24-hour basis, receive 9-1-1 calls and texts and dispatch emergency response services.

**Q: Do I have to provide my exact location when I send a text to 9-1-1?**

**A:** Yes. Text-to-911 location information is not equal to current voice call location technology. In order to get help, you need to provide your exact location.

**Q: Can I send a text to 9-1-1 from any mobile device?**

**A:** No. In order to use Text-to-911, the mobile device you are texting from requires a mobile phone number with a wireless carrier that will allow the device to send and receive text messages.

## **My Favorite Sayings:**

Don't think you are on the right road just because it is a well-beaten path.

The great trouble with an idle rumor is it doesn't remain so.

Humility is a strange thing...when you think you've gained it, you've lost it.

A budget is that which helps you live below your yearning.

The heart holds things the mind forgets.

Three essentials of happiness are something to do, someone to love and something to hope for.

A has-been is better than a never-was.

We make a living by what we get....we make a life by what we give.

## **Foot Health Center:**

If you need foot care, Dr. Thomas H. Walter, D.P.M. continues to offer a clinic at the Lisbon Senior Center, Newent Road, Lisbon. To schedule an appointment, call 860-376-2329.

Please remember to bring your insurance cards and a photo I.D. along to the appointment. Most insurances accepted. (no Title 19 or Husky). Co-pays and deductibles apply. House calls available for housebound patients. If non-covered: Cost is \$45.00 for the initial visit and \$35.00 for follow-up visits.

## **Café Menu for Preston Senior Center :**

On September 17th we will be offering Stuffed Chicken Cordon Bleu, Rice Pilaf, Capri Vegetable Blend, Pears w/mandarin Oranges, bread, butter and beverage. The suggested donation is \$3.00 per person (age 60 and over).

On September 24<sup>th</sup> the menu consists of Chicken Sausage & Peppers, Bow Tie Pasta, Italian Vegetable Medley, Fresh Orange, bread, butter and beverage.

Reservations must be made in advance by telephoning the Preston Senior Center at 860-889-0770 or the Senior Affairs Office at 860-887-5581 ext. 6. (reservations must be made by Thursday for the upcoming Monday meal).