

BITS & PIECES



FROM FRAN

**December 2020/January 2021**

**Alice Relief Fund:**

This will be the second time that I post this information for your review. There are still a few gift cards available. If you are interested, you need to act quickly in order to access the Alice Relief Fund. TVCCA, 401 West Thames Street, Norwich is the contact agency. The telephone numbers are: 860-425-6629 or 860-425-6575. Don't procrastinate if you believe that you may qualify. (flyer included in this newsletter)

**Pop-Up Drive -Thru Food Pantry:**

The Town of Preston is sponsoring a Pop-Up Drive-Thru Food Pantry on Friday, January 8<sup>th</sup> from 10:00 a.m. – 11:00 a.m. **WEATHER PERMITTING!**

The distribution will be held at the Preston Senior Center, 42 Long Society Road. The program is provided through the efforts of UCFS Healthcare (United Community Family Services) and Gemma E Moran United Way/Labor Food Bank, AFL-CIO.

After the January distribution, we will make a determination as to whether we can safely host the event during the remainder of the winter months or if we will direct individuals to another location, possibly one of the UCFS locations in the Norwich area. I will keep you posted as to changes in our schedule.



United Way of Southeastern Connecticut

# United Way ALICE® Relief Fund

Your United Way and key agency partners are working together to respond to the growing needs of households we call ALICE® (Asset Limited, Income Constrained, Employed) as the economic consequences of the COVID-19 Pandemic become more dire by the day. These are our neighbors who already live paycheck to paycheck, and their lack of financial cushion make them particularly vulnerable to the rapidly changing scenario our country now faces. Funds were made possible through generous donations.

## Who is ALICE® ?

### ASSET LIMITED

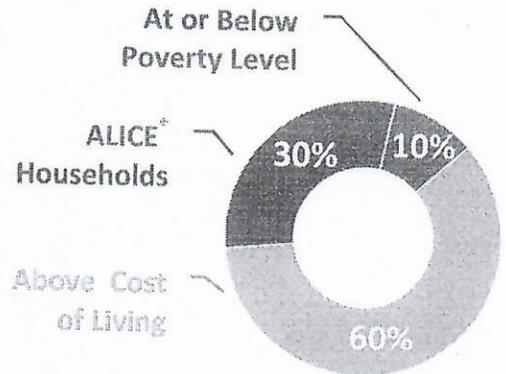
ALICE® has no safety net for emergencies

### INCOME CONSTRAINED

ALICE's income falls short of basic necessities

### EMPLOYED

ALICE® is working, but can't afford the cost of living



ALICE® Households in New London County, 2018

## ALICE Relief Fund

The United Way of Southeastern Connecticut's ALICE® Relief Fund provides support directly to households who are in the below ALICE® income ranges and have lost a job or wages due to the COVID-19 pandemic. Those who qualify may receive a \$200 mobile cash card for use at most online retailers and stores that accept mobile payment.

Single Adult  
\$15,000-24,000

Family  
\$32,750-75,000



You or a household member had COVID and lost income

or



Lost a job or lost hours, even if you have the job back now or lost child care resulting in loss of wages



= \$200 Mobile Card

## Our Commitment

**\$100,000**  
Direct Support



**500**  
Households

- Rent or Mortgage
- Medical Expense
- Transportation / Gas
- Baby Products
- Utility Bills
- Medications
- Household Supplies
- Personal Items
- Groceries
- School Supplies

# TOUR OF LIGHTS

**\* Saturday, December 12, 2020 ~ 6:00 - 8:00 pm \***

Preston residents...who has their houses decorated for Christmas?? We are looking to form a list addresses so we can distribute maps of where people can find all the holiday displays around town. This will be a drive by event...so make sure your display is visible from the road. Sign up your house online at [www.preston-ct.org](http://www.preston-ct.org) by Monday, December 7 so we can add your house to our map for our Tour of Lights on December 12.

We are combining our Tour of Lights with our Holiday Light Contest and this year every family who participates in the Tour of Lights will get to vote on these three categories: Reason for the Season, Clark Griswold Award, and Winter Wonderland -- last year the Preston Parks & Recreation Commission voted on the winners for each category. Winner from each category will receive a \$50 gift card.

In addition, staff will be handing out treat bags to Preston kids (details will be sent out in an email before December 12). In order for your child(ren) to be eligible to receive a treat bag, kids must be registered online at [www.preston-ct.org](http://www.preston-ct.org) by Wednesday, December 9, 2020. All Preston kids in 8th grade and below, are eligible to sign up to receive a treat bag. All kids must be pre-registered for contact tracing and so we have a head count, in advance.

**Happy Holidays everyone!!**

Nutrition Program.

We would love to hear how these programs have an impact on your life!

19 Ohio Avenue, Norwich, CT 06360; [www.SeniorResourcesEC.org](http://www.SeniorResourcesEC.org); Phone 860-887-3561 or 800-690-6998 Our Registered Dietitian, Alison, is at Extension 115.

## Step It Up & Stay Active for So Many Reasons

According to the Physical Activity Guidelines Advisory Committee Summary Report:

**Physically active individuals sleep better, feel better, and function better.**

**Physical activity improves cognition, including memory, processing speed, attention, and academic performance.** Regular physical activity reduces depressive symptoms among people with and without clinical depression, reduces anxiety and increases perceived quality of life.

**Physical activity improves physical function among individuals of all ages.** This reduces risk of falls and fall-related injuries and increases the ability to maintain independence.

**Some benefits happen immediately.** Reduced blood pressure, improved insulin sensitivity, improved sleep, reduced anxiety symptoms, and improved cognition can be seen on the first day of physical activity and continue to improve with continued activity.

**Physical activity reduces the risk of many diseases and conditions.**

- Prevents or minimizes excessive weight gain in adults, maintainance within a healthy range, and prevents obesity.
- Reduces the risk of dementia and improves other aspects of cognitive function.
- Reduces the risk of falls and fall-related injuries.
- Reduces the risk of breast, colon, bladder, endometrium, esophagus, kidney, lung, and stomach cancers.
- Reduces the risk of developing a new chronic condition and progression of an existing chronic condition.

**The benefits of physical activity can be achieved in a variety of ways.** Every minute of activity counts and any increase in activity from you do currently is helpful. Pick several activities that you would enjoy: Walking, Gardening, Pickleball, Dancing, Cycling, Swimming or any form of moving are all excellent! If mobility is an issue, do chair-based activities, moving what you can through arm motions or leg marches. Find lots of tips and ideas through National Institute of Health's Go4Life program <https://www.nia.nih.gov/health/exercise-physical-activity> or join a LiveWell class near you or by phone through contacting Senior Resources!



# "D" WORDS IN SIX

DEBATE  
 DECIDE  
 DECODE  
 DEDUCE  
 DEDUCT  
 DEFEND  
 DEFINE  
 DEFRAY  
 DELETE  
 DELUDE  
 DEMAND  
 DEMOTE  
 DENOTE  
 DEPEND  
 DEPICT

DEPLOY  
 DEPORT  
 DERAIL  
 DERIVE  
 DESERT  
 DESIGN  
 DESIRE  
 DETACH  
 DETAIN  
 DETEST  
 DEVISE  
 DEVOTE  
 DEVOUR

D	D	N	E	F	E	D	U	L	E	D	E	T
D	E	C	I	D	E	D	D	B	T	N	L	
D	D	P	K	A	M	V	E	J	O	I	D	
D	E	Y	O	D	T	V	I	V	O	H	F	E
E	F	D	T	R	I	E	E	R	O	D	E	P
R	R	F	U	S	T	D	D	C	E	U	D	E
A	A	I	E	C	E	E	I	M	U	D	R	N
I	Y	F	S	T	T	A	D	E	D	D	D	
L	C	O	A	E	R	N	E	T	O	M	E	D
R	Z	B	L	E	D	S	O	D	F	P	T	D
B	E	E	S	P	I	N	C	D	I	Z	A	C
D	D	E	L	G	E	D	O	C	E	D	C	R
D	D	W	N	D	U	D	T	H	P	A	H	B

## My Favorite Sayings:

In one American Indian language, the word for friend means "one who carries my sorrows on his back."

To apologize, you sometimes have to take your foot out of your mouth.

A balanced diet is more than a cheeseburger in each hand.

People who do things that count never stop to count them.

If you have a hill to climb, waiting won't make it smaller.

If you must boast, learn from the hen; she cackles after she lays the egg.

Think of problems as puzzles; they can be maddening, but also rewarding.

We should swap problems....it seems everyone knows how to solve another person's.