

Old Saybrook



Events

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Volume 13 • Quarter 2 • 2012



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TECHNOLOGY WITH A HUMAN TOUCH

First Selectman's Corner

First things first: thank you to those who voted in the budget referendum held on May 15. The budget passed by an overwhelming margin. This is the first budget that begins to lay out a 5 year plan for the Town, a plan that will address infrastructure needs while always keeping the taxpayer in mind. You should know that I am working tirelessly to find new and better ways to drive costs down and to do more with less. In doing so, there will be changes in Town Hall. Some of them may be uncomfortable in the beginning, but ultimately we will streamline government to make sure we have the right people in the right positions. Here are some (but not all) of the changes that are happening that will benefit the taxpayer.

Purchase Orders: One change I will be implementing in Town Hall is to institute a purchase order system. While it may be surprising that this is not something that is already in place, old habits die hard. We currently use a "voucher system" whereby I sign off on check requests weekly. The problem as I see it is that the item on which I am signing off has already been purchased. The Purchase Order system will allow me to pre-authorize purchases or not allow them at all. The idea is that we will be better able to control spending. There is little to no investment required for the

Town to implement this system. The software is already installed in our accounting office. Some computers may have to be upgraded.

Health Insurance: Some of the other activity that has occurred this spring involves health insurance. Many of you may have seen a previous article written by me discussing "public sector" benefits. Again, it is my opinion that we need to bring the public sector more in line with what is happening in the private sector, at least with regard to benefits. Towards this end, we are attempting to better explain to our employees the advantages of high deductible health care plans (Health Savings Accounts, or HSA's). These have a benefit to both the consumer/employee and to the Town's bottom line. While a traditional plan will still be available (and a very good plan at that) the conversation has to change and this is a start.



Continued on page 3

Welcome our new Pediatrician



East Lyme Pediatric Clinic is pleased to announce a new addition to our practice. Please join us in welcoming Dr. Lauren Kopyt to our family. Dr. Kopyt is board certified in Pediatric Medicine and looks forward to providing the best quality care and support for you and your family. East Lyme Pediatric Clinic has served the Old Saybrook community

for the last 13 years. We have a warm and personal atmosphere. Dr. Kopyt is currently accepting new patients. Please call 860.739.7444 to schedule an appointment.

**Sajda Malik, MD
Lauren Kopyt, MD**

**Jessie Brutus, MD
Sonia Stavens, LPN**

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First Selectman ... continued from page 1

Also on this topic, the Town switched health insurance carriers this year after going out to bid. We are now insured with ConnectiCare which was able to offer an excellent provider match and still provide all our employees with coverage that is equal to or better than the CIGNA plan under which we were previously covered. There are essentially three providers in the market in this part of the State: Anthem, CIGNA and ConnectiCare. The Town will continuously strive to keep our costs down in this category by going with the most competitive carrier. However, as most of you well know, this is a difficult task and there is no silver bullet. Ultimately, high deductible plans and/or ever increasing employee cost share must take place (President Obama's Affordable Care Act notwithstanding).

Municipal Reserve Account: In my final year as Chair of the Board of Finance, we started a Municipal Reserve Account, which will be the Town's main savings account

for capital non-recurring expenses. Simply put, when we

embark on a capital project, ie, if the Town votes to replace windows at the Goodwin School, or the roof at the Middle School (both projects which will need to be done reasonably soon), this is an account we can use to pay partly in cash. The account will replenish with every budget cycle and will prevent the Town from bringing on additional bond issues for smaller projects (under 1 million). This will not be a substitute for bonding but will be a supplement in addition thereto. This is good financial management, similar to the way you might run your household.

In the next Saybrook Events, I will write about some exciting new developments going on in Town. The Board of Selectman, Scott Giegerich, Steve Gernhardt and me, will be discussing ways to bring increased economic vitality to our Town, both in the Summer AND Winter. Stay tuned!

Carl P. Fortuna, Jr., First Selectman

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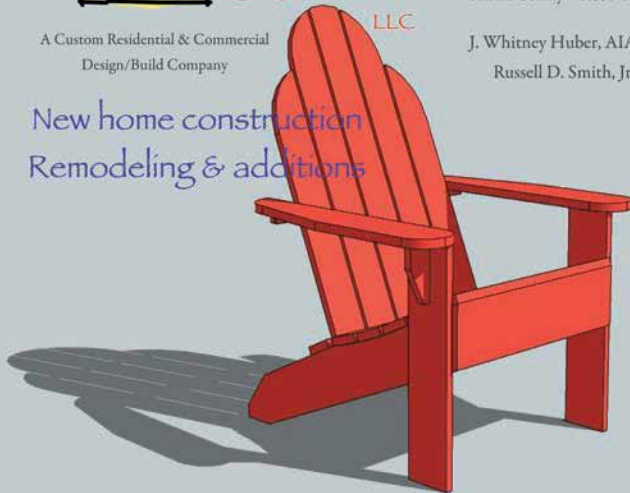
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Planning for the Future ...

Seniors who have an independent lifestyle and want to keep it should take a look at senior living communities. Gone are the days of your grandmother's rest home. Modern communities no longer even call themselves "retirement communities" because it gives the image of a "retiring lifestyle." Therefore, we have Senior Living Communities where the emphasis is on life.

Senior Living Communities provide opportunities to look ahead and enjoy an engaging lifestyle. The burdens of home maintenance disappear, allowing time to pursue other interests. Residents live in attractive houses, or apartments. Amenities include dining, housekeeping, fitness center, swimming pool, comfortable community space, and scheduled transportation for those who need it. There is an array of educational opportunities both on and off site. On-site health care is available.

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Marian Bairstow, Marketing Director - Chester Village West

Employment Workshops

July-August Mondays at Acton Public Library

To register, call Acton Public Library at (860) 395-3184 or email actonref@gmail.com, unless otherwise stated.

July 2: 10:15 a.m. -12:15 p.m. - Are you Linked In?

July 9: 10:15 a.m. - 4 p.m. - One on One with Ivonne, CTWorks job counselor, by appointment. To register call Ivonne at (203) 624-1493 or email iquintero.ctwbs@ct.gov

July 16: 10:15 a.m. - 12:15 p.m. - Job Networking Group, meets once a month, open group.

July 23: 9 a.m. - 10 a.m. - Technology Creating Linked In profiles. 10:15 a.m. - 4 p.m. - One on One with Ivonne, CTWorks job counselor, by appointment. To register call Ivonne at (203) 624-1493 or email iquintero.ctwbs@ct.gov.

July 30: 10:15 a.m. -12:15 p.m. - Mock Interviews, Dress for Success.

Aug. 6: 10:15 a.m. - 4 p.m. One on One with Ivonne, CTWorks job counselor, by appointment. To register call (203) 624-1493 or email iquintero.ctwbs@ct.gov.

Aug. 13: 10:15 a.m. - 12:15 p.m. - Job Networking Program.

Aug. 20: 9 a.m. -10 a.m. - Technology: Create business cards and reference sheets. 10 a.m. - 4 p.m. - One on One with Ivonne, CTWorks job counselor, by appointment. To register call Ivonne at (203) 624-1493 or email iquintero.ctwbs@ct.gov.

Aug. 27: 10:15 a.m. - 12:15 p.m. - Job Networking Group, meets once a month, open group.



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Long Island Sound Caucus Forms



A dozen legislators who represent shoreline communities have come together in bipartisan cooperation to form a steering committee whose purpose is to steward, preserve and protect the magnificent natural resource that we all share - Long Island Sound. Six state senators, five state representatives and myself are working together as the Long Island Sound caucus to address the regional needs and issues confronting this shared natural resource.

Long Island Sound is a vast watershed which is home to 8 million people. It is an economic engine of equally vast proportions generating nearly \$10 billion per year in recreational and marine commerce. Long Island Sound is regarded at Connecticut's premier natural resource. The goals of the Long Island Sound caucus will focus on the economic, maritime and environmental dimensions of the Sound, and how best to frame public policy initiatives that affect and protect this important body of water.

As a maritime corridor of commerce, policy making for Long Island Sound must address dredging, clean water initiatives and the shellfish industry. Environmental issues are prominent in balancing commercial and recreational usage. Long Island Sound is environmentally vulnerable. Water quality, storm water runoff and pollutants that threaten its watershed demand proactive interventions that that will sustain the Sound's ecosystem.

As a shared resource with New York, the Long Island Sound caucus seeks to engage our regional neighbor in bi-state cooperative initiatives protective of the Sound.

As shoreline residents were so vividly reminded last Fall during Tropical Storm Irene, living along the shoreline embraces risks and the need for improving storm preparedness. The Long Island Sound caucus seeks to protect the Sound's beaches and businesses, and to protect private property and homeowner rights.

In protecting and preserving this statewide treasure that is Long Island Sound, the caucus has many challenges ahead. Our goal is to enhance the natural resources, recreational, wildlife, commercial and economic interests of this invaluable watershed.

By State Rep. Marilyn Giuliano

[State Rep. Marilyn Giuliano represents Lyme, Old Lyme, Old Saybrook and Westbrook in the Connecticut General Assembly]

*The next deadline for
 Old Saybrook Events
 is August 28*

Diabetes Care Program Available on the Shoreline

Essex CT - Local shoreline residents can take advantage of diabetes care services offered by Middlesex Hospital, at a new location at the Middlesex Hospital Shoreline Medical Center, 260 Westbrook Road, Route 153, in Essex.

The Middlesex Hospital Diabetes Care Program is designed to help all people with diabetes better manage their disease. Services include individual counseling by a registered dietitian/certified diabetes educator about healthy eating for weight management and blood sugar control; insulin administration; taking medications; being active and managing risks and problem-solving related to diabetes. The program is based on the national standards for diabetes self-management education programs and is recognized by the American Diabetes Association and is accredited by the National Committee on Quality Assurance (NCQA). There is a fee for the services, but Medicare and most insurances cover services for diabetes education with the customary copay.

For more information about the Middlesex Hospital Diabetes Care Program in Essex, call (860) 358-3003.

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CAFÉ MEAL SITES – Old Saybrook, Old Lyme, Chester, Clinton, and Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance.

MEALS ON WHEELS – hot meals delivered to your home. Call Diane at 388-1611. A donation of \$3.00 is requested for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION - For medical appointments to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35.

SATURDAY FAMILY BREAKFAST at the Old Saybrook Café, 8 am- Noon. Join us on Saturdays for made to order breakfast - just \$5.00 per person. Menu choices include the Estuary Omelet, Pancakes, Oatmeal, or Eggs-any style. All served with home fries and bacon or sausage, juice or fruit, coffee and milk.

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Needlecrafters, Hand and Foot, and more. Check the Gazette for all of our programs.

ESTUARY THRIFT SHOP: Open 10 am - 4 pm, Monday - Friday; 9 am – 1 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available. Donations are accepted and volunteers always needed.

WINE ON THE WATER – August 9th Proceeds benefit the Stan Greimann Estuary Medical Outpatient Transportation Service (EMOTS). Call 860-388-1611 for more information.

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VOLUNTEER OPPORTUNITIES: Call Judy at 860-388-1611.

SAVE THE DATE for our Annual Autumn on the Dock Auction - September 16th.

*Estuary Council Regional Senior Center
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WPCA Update

The second, third, and fourth contracts of the Wastewater Management District's (WWMD) septic system upgrades in Saybrook Acres are all in process. Construction for the second contract, SA2, began in April and SA3 in May. It is anticipated that both contracts will be completed in August. The final contract for Saybrook Acres was released for bidding on May 2nd, with a bid opening date of June 5th. The next bid contract to be released will be Oyster River East, with Cornfield Park to follow.

Although the bidding and construction aspects of the project have not been going as quickly as planned, the WPCA is working diligently to catch up, and is actually ahead on the investigation portion of the Phase I neighborhoods.

The overall schedule for Phase II has been developed and the WPCA will begin setting up the program specifics like the Clean Water Fund Package, entry materials, and individual contracts. The neighborhoods slated for septic system upgrade in Phase II are Ingham Hill, Meadowood, Fenwood, Great Hammock, and Indiantown. Site investigation for Phase II is anticipated to begin this Fall. This process was described in the Winter 2011 issue of Saybrook Events.

Note: The WPCA will have 3 construction projects going on at once in Saybrook Acres and Phase II soil testing in the fall.

The contractors and WPCA field crew, staff, and members all follow safety requirements such as wearing protective gear onsite. Town Hall, the Police Department, and the Health District are notified of all work done in the WWMD. Individual worksites will be posted with "No Trespassing" signs to ensure workers' safety and protect homeowners' property. Residents are asked to please respect the boundaries and avoid properties, equipment, and vehicles in construction areas.

WWMD Bid Process - In order to take advantage of the Clean Water Fund grants and loans, the Connecticut DEEP (Department of Energy and Environmental Protection) requirements are very specific about the bid process. Here is a short explanation.

The septic system upgrade designs and bid manual are prepared by the WPCA consultants (engineering and legal firms.) The bid release is announced in a newspaper of statewide circulation, on the Town and WPCA websites, and via an email distribution list (subscribed to by e-mailing the WPCA.) The bid packages are available via website links or in the WPCA office in Town Hall with a \$100 deposit.

Continued on page 10

Time Really Is Money

Did you know that if a property goes under contract in 30 days or less, the seller receives a higher percentage of their asking price?

Therefore, the longer it takes for your property to get an acceptable contract, the less money you as a seller, receive when it closes. Don't forget you have to pay all the monthly carrying costs of the property too. You know...like the mortgage, taxes, insurance, until your home closes. The more time it takes the more money **OUT** of your pocket.

So the next logical question is how do you get an acceptable contract in the shortest amount of time so you can get the most money in the end? It's a quick and easy answer...price your home correctly.

If you choose the right price for your home, you can sell it for more money in a shorter time with less carrying costs.



So now you want to know how do you determine the correct price, right? Contact us and we'll help you figure it all out. We'll show you the recently sold homes similar to yours, the properties that are currently under contract, and which homes might be your competition for buyer's attention. We're here to help you get the most money when selling your home.

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Shoreline Social Services Help Days

July 19 and August 16 / 10 a.m. - 2:30 p.m.

On April 12, we held our first Social Services Help Day in conjunction with Shoreline Soup Kitchens, the Connecticut Department of Social Services (DSS) Mobile Bus, Community Health Center (CHC) and the Community Renewal Team (CRT) along with other social services regional and community providers at the Grace Episcopal Church, 336 Main Street in Old Saybrook. That day DSS took 30 applications on the bus with state workers who came down to help process residents needs for food (SNAP), medical (HUSKY, MEDICARE, MEDICAID) and other available assistance programs. An additional 15 applications were taken back to Hartford when our day ended and residents were still in line for help. Our dental clinic was also well attended with 16 people being cared for that day as well as two more referred for service the following day. CRT, provided direct energy assistance to 6 electric utility customers most of whom were elderly and were in danger of utility shut offs on May 1 when the winter protection program ended. An additional 192 applications for heating help had been taken here through Social Services earlier in the season.

We are pleased to announce that July 19 and again on August 16, we will again be having a Social Services Help Day with the DSS Bus coming down from Hartford, as well as sponsoring another dental clinic on-site continuing our dental initiative to provide needed dental services to uninsured or underinsured residents in need. Social Services Help Day will again be held at Grace Church, 336 Main St. in Old Saybrook. We are also pleased to announce that we will also have the CT Food Bank truck coming to distribute food with volunteer help from the Shoreline Soup Kitchens.

Shoreline Soup Kitchens runs a weekly food pantry and soup kitchen site here in Old Saybrook and saw 541 Old Saybrook families in the first quarter alone in this year and the need is growing as more families face economic challenges and food insecurity. The Department of Social

Services has seen a nearly 45% increase in state medical applications for HUSKY/Medicaid this year as well while the staffing has decreased 35% in the same time period creating a bottle neck and major delays in processing both medical and food applications. Many residents have also been faced with food or medical help being denied or cut off due to redetermination processing delays causing frustration and hardship for residents who are often in crises when they call our local Social Services office. In response to the growing need here in Old Saybrook, which has nearly tripled in the past few years, due largely to unemployment, Old Saybrook Social Services is sponsoring the Social Services Help Days with the idea that we can bring residents needed services on-site here in our community.

Social Services coordinators from Shoreline Soup Kitchens area towns will also be available in the Church hall to help with local programs and resources for those from our neighboring towns. The Salvation Army will also be joining us. Local help is also available through local churches and civic groups for things such as, eye care and glasses, back to school supplies and shoes for children in need, local food resources, help with utility shut offs, heat, eviction and more. Information on local programs here in Old Saybrook will be available in the Church Hall for residents.

Appointments are needed for both the DSS bus for state application processing and for the CHC dental clinic and must be arranged in advance by contacting the program coordinator, Susan Consoli, MA, LPC, Social Services Coordinator, 860-395-3188 or by email at sconsoli@town.old-saybrook.ct.us. Walk-ins are welcome both days for local information, help and to receive food from the CT Food Bank truck. Please call if you would like more information or would like to donate. More information on state programs and income guidelines can be found on line at www.ct.gov/dss.

WPCA ... continued from page 8

There is a mandatory pre-bid meeting that contractors must attend in order to bid. At the pre-bid meeting the project is described along with items like bid forms and security, prevailing wage, change orders, work guidelines, and schedules. Addenda may be issued if necessary. The sealed bids are due in 30 days, opened publically, and sent to the WPCA consultants. Upon recommendation by the WPCA engineer to accept the lowest responsive (all

forms completed accurately), responsible (good references) bidder, the Board votes to award the bid and send it to the requisite CT DEEP departments for review and approval (like the Bureau of Water Protection and Planning and Standards Division.) The bid contract is signed and then the contractor must substantially complete the work within the specified number of days.



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Nutrient Pollution - The Problem

Nutrient pollution is one of America's most widespread, costly and challenging environmental problems, and is caused by excess nitrogen and phosphorus in the air and water.

Nitrogen and phosphorus are nutrients that are natural parts of aquatic ecosystems. Nitrogen is also the most abundant element in the air. Nitrogen and phosphorus support the growth of algae and aquatic plants, which provide food and habitat for fish, shellfish and smaller water-borne organisms.

But when too much nitrogen and phosphorus enter the environment – usually from a wide range of human activities – the air and water can become polluted. Nutrient pollution has negatively impacted many streams, rivers, lakes, bays and coastal waters for the past several decades, resulting in serious environmental, human health and economical issues.

The Effects - Excess nitrogen in the atmosphere can produce pollutants such as ammonia and ozone, which can impair our ability to breathe, limit visibility and alter plant growth. When excess nitrogen comes back to earth from the atmosphere, it can harm the health of forests, soils and waterways.

Too much nitrogen and phosphorus in the water causes algae to grow faster than ecosystems can handle. Large growths of algae are called algal blooms and can severely reduce or eliminate oxygen in the water, leading to illnesses in fish and the death of large numbers of fish.

Some algal blooms are harmful to humans because they produce elevated toxins and bacterial growth that can make people sick if they come into contact with polluted water or consume tainted fish or shellfish.

Nutrient pollution in ground water – which millions of people use as their drinking water source – can be harmful, even at low levels. Infants are vulnerable to a nitrogen-based compound called nitrates in drinking water.

Nutrient pollution also takes a toll on the economy, negatively affecting sectors such as tourism, commercial fishing, recreation, hunting, real estate, and water treatment. Federal, state and local governments spend billions of dollars per year to combat nutrient pollution or prevent its effects.

Where This Occurs: Coasts and Bays - According to a 2009 EPA report, about two-thirds of the nation's coastal areas and more than one-third of the nation's estuaries showed impairment from nutrient pollution. Nitrogen and phosphorus pollution in rivers, lakes and streams flows downstream and ultimately enters bays and coastal waters. These coastal ecosystems are a key part of the local economy. Bays and estuaries are more vulnerable to the effects of nutrient pollution because they are often shallow, narrow or confined, which limits the opportunity for water to circulate oxygen to the plants and animals.

Case Study: Long Island Sound - The Long Island Sound estuary suffers from low dissolved oxygen conditions because of nutrient pollution – from sewage treatment plants, septic systems, atmospheric deposition, fertilizer and animal waste – from New York City, Long Island and Connecticut. In 1985, EPA, Connecticut, and New York formed the Long Island Sound Study,

(<http://longislandsoundstudy.net/>) a partnership consisting of federal and state agencies, universities, industries and community groups. In 1998, the Long Island Sound Study set a goal to reduce nitrogen loads from human sources by 58.5 percent from 1990 levels by 2014. Connecticut and New York have targeted sewage treatment plants, with upgrades that have decreased the amount of nitrogen discharged to the Sound. Local watershed organizations and municipalities are working to reduce nonpoint sources of nitrogen by educating homeowners.

Between 1998 and 2008, the areas of low oxygen in Long Island Sound shrank most years, but the duration of low oxygen conditions has increased some years. In 2009, the Long Island Sound Study estimated that New York and Connecticut were approximately 55 percent of the way toward their 2014 goal, a marked accomplishment given that population and urbanization have increased in the surrounding areas. The states plan on continuing to implement additional innovative strategies to meet their 2014 reduction goal.

Sources - The primary sources of nutrient pollution are from human activities. Our homes, yards and streets contribute to nitrogen pollution in a variety of ways, but solutions exist to address this pollution at its source.

In and Around the Home: Fertilizers, yard waste, and certain soaps and detergents contain nitrogen and phosphorus, and can contribute to nutrient pollution if not properly used or disposed of. Pet waste contributes excess nutrients to our waterways when manure is improperly managed. The amount of hard surfaces and landscaping can also increase the runoff of nitrogen and phosphorus during wet weather.

Agriculture: Animal manure, excess fertilizer applied to crops and fields, and soil erosion make agriculture one of the largest sources of nitrogen and phosphorus pollution in the country.

Stormwater: When precipitation falls, it runs across hard surfaces – like rooftops, sidewalks and roads – and carries pollutants into local waterways.

Wastewater: Our sewer and septic systems treat large quantities of waste, and these systems do not always operate properly or remove enough nitrogen and phosphorus before discharging into waterways.

Fossil Fuels: Electric power generation, industry, transportation and agriculture have increased the amount of nitrogen in the air through use of fossil fuels.

Act - We can all reduce nutrient pollution through the choices we make. Residents can access resources online (see links below) to find out more about the health of our local waterways and participate in community efforts to make their environments healthier and safer. Here are some tips to be a part of the action to reduce nutrient pollution.

In and Around Your Home - Become an environmentally-friendly consumer; consult EPA's Design for the Environment website <http://www.epa.gov/dfe/> and choose phosphate-free detergents, soaps, and cleaners.

Continued on next page

Nutrient Pollution ... continued from previous page

Select the proper load size for your washing machine. Only run your clothes or dish washer when you have a full load. Use the appropriate amount of detergent; more is not better. Learn more about the effect of detergents and soaps on your environment.

Septic Systems - Improperly maintained septic systems can contaminate ground water and surface water with nutrient pollution and pathogens. You can help ensure that your system continues to function properly. Inspect and pump out your septic system regularly. (Every 2 to 5 years is recommended for a 3-bedroom house with a 1,000-gallon tank; smaller tanks should be pumped more often). Do not use septic system additives. There is no scientific evidence that biological and chemical additives aid decomposition in septic tanks; some additives can be detrimental to the system or contaminate ground water. Do not divert storm drains or basement pumps into septic systems. Avoid or reduce the use of your garbage disposal. Garbage disposals contribute unnecessary solids to your septic system and can increase the frequency of pumpouts. Don't use toilets as trash cans. Excess solids can clog your leach-field and necessitate more frequent pumping. Use hazardous waste collection programs to dispose of harmful items such as drain cleaners, solvents, oils, paint, pharmaceuticals and pesticides. Know where your onsite wastewater system is located, (when transferring property to a new owner, provide a copy of the "as built").

Plant only grass on the leachfield; avoid planting trees, bushes, or other plants with extensive root systems that could damage the system.

Check out the EPA Homeowner's Guide to Septic Systems for additional information about maintaining a septic system. http://www.epa.gov/owm/septic/pubs/homeowner_guide_long.pdf.

Water Efficiency - Homeowners can significantly reduce the volume of wastewater discharged by conserving water as well as preventing their system from overloading and contaminating ground and surface water. Use low-flow faucets, shower heads, reduced-flow toilet flushing equipment, and water-saving appliances. Choose WaterSense labeled products which are high performing, water efficient appliances. Repair leaking faucets, toilets and pumps. Use dishwashers and clothes washers only when fully loaded. Take short showers instead of baths and avoid letting faucets run unnecessarily. Wash your car only when necessary; use a bucket to save water. Alternatively, go to a commercial carwash that uses water efficiently and disposes of runoff properly. Do not over-water your yard. This can increase leaching of fertilizers to ground water. Use slow-watering techniques such as trickle irrigation or soaker hoses. Such devices reduce runoff and are 20 percent more effective than sprinklers.

Continued on page 14

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283 Airline Road, Clinton	399,000
382 Round Hill Road, Salem	359,000
10 South Road, Niantic (under contract)	349,000
12 Massachusetts Road, Old Lyme (under contract).....	325,000
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15 Sunrise Trail, Old Saybrook.....	179,000

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Nutrient Pollution ... continued from page 13

Energy Efficiency - Using less electricity can reduce emissions of nitrogen pollution from energy production: Turn off lights, computers, television, and other electrical equipment when not in use. Buy equipment and appliances that use less electricity. They will have the Energy Star label. Purchase a programmable thermostat to automatically adjust temperatures or re-set the temperature before leaving the house. Adjust the thermostat to be slightly warmer in the summer and cooler in the winter. Replace old light bulbs with new energy efficient bulbs. Use a power strip to turn on and off electronic devices. Unplug your cell phone charger or other infrequently used electronics when not in use. Open shades to utilize daylight and to keep rooms warmer in winter. In the summer, close shades when not in the room to keep rooms cooler. Activate power management features on your computer. Hang-dry clothes instead of using the dryer. Find out if it is possible to switch to wind generated energy. Check out EPA's Energy Star homepage, <http://www.energystar.gov/>, for more tips on how to reduce your electricity use.

Car Washing - After it washes down your driveway, the dirt, grime, and soap likely go down a storm drain, where it will be sent untreated to a local stream or river. To prevent polluted water from going down the storm drain: use a commercial car wash; which are required to properly dispose of wastewater; many filter and recycle their water. Wash your car on a pervious

surface such as grass or gravel (not concrete or asphalt) so water is filtered before reaching a water body. Use nontoxic, phosphate-free soaps. Use soap sparingly. Minimize runoff by reducing water use; use a spray nozzle to restrict water flow. Wring out sponges and rags over the bucket or in a sink, not the ground. Empty wash water into the sink or toilet, or the grass if you wish to dispose of it outside. Use waterless car wash products for spot-cleaning or a car wash kit, which redirects water from storm drains. For car wash fundraisers use a car wash kit; town or organizations will lend kits to groups conducting car washes for fundraising. Consult EPA's Design for the Environment website when shopping for car detergents.

Driving - When we drive we burn fossil fuels and create nitrogen oxides that exit our automobiles' tailpipes and end up in the atmosphere. What you can do to reduce emissions of nitrogen pollution from vehicles:

Plan errands for one trip so you can reduce the amount of time you have to drive.

Carpool with friends or coworkers.

Take public transportation.

Consider alternative means of travel, such as biking or walking whenever practical.

Telecommute from home.

Choose flex fuel, diesel, hybrid, compact, or other fuel-efficient vehicles.

Get better gas mileage; routinely check tire pressure, avoid using the air conditioning during city driving, use smooth acceleration and deceleration and maintain a constant speed.

Regularly service and perform maintenance on your car.

Avoid driving with extra weight in the car; transport only necessary items.

What YOU Can Do to Make a Difference - Become a volunteer and monitor water quality conditions, build community awareness about water pollution, and help identify and restore problem sites. Visit the EPA directory of volunteer monitoring programs (<http://yosemite.epa.gov/water/volmon.nsf/Home?readform>) or learn how to start out in volunteer monitoring, <http://water.epa.gov/type/rsl/monitoring/startmon.cfm>.

Organize a trash cleanup or join a nationwide river cleanup campaign: (National Rivers Cleanup <http://www.americanrivers.org/our-work/restoring-rivers/national-river-cleanup/>) or an international beach cleanup campaign (International Coastal Cleanup <http://www.oceanconservancy.org/news-room/marine-debris/>)

Build a Rain Garden: Rain gardens planted with native vegetation help reduce the adverse effects of storm water runoff by soaking up excess rainwater. http://www.lowimpactdevelopment.org/raingarden_design/whatisaraingarden.htm.

Organize a Storm Drain Marking Project: Rain water that flows into storm drains goes untreated to nearby watercourses. Produce a flyer or door hanger to encourage pollution prevention. <http://cfpub.epa.gov/npdes/stormwater/menuof-bmps/index.cfm?action=browse&Rbutton=detail&bmp=15>.

Continued on page 15







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Nutrient Pollution ... continued from page 14

Visit EPA's Stormwater Web site for free educational materials that can be downloaded or ordered <http://cfpub.epa.gov/npdes/stormwatermonth.cfm>.

Greenscape Your Yard: Greenscaping is a set of landscaping practices that can improve your lawn and garden while protecting and preserving natural resources. <http://www.epa.gov/epawaste/conservation/rrr/greenscapes/owners.htm>.

Educate Your Community About Water Quality Protection: Use this collection of Public Service Announcements and downloads to raise awareness about water pollution and stormwater runoff. <http://cfpub.epa.gov/npstbx/index.html>.

Advocate for Low Impact Development in Your Community: An approach to land development (or re-development) that works with nature to manage the adverse impacts of storm water. <http://water.epa.gov/polwaste/green/index.cfm>.

Start a Watershed Organization: with partnerships, organizational priorities, a watershed plan and more, <http://water.epa.gov/type/watersheds/start.cfm>.

The WPCA has many different materials available in our office on the 1st floor of Town Hall; feel free to stop in.

CAN YOU HELP?

Old Saybrook Youth and Family Services Social Services provides help to children, the elderly, families, and individuals in need.

Last year we received 1720 requests for assistance. Your donation can help those less fortunate.

We help with

- School Supplies
 - Food
- Clothing and Shoes
- Youth Programs and Camps
- Medical and Dental
- Heat and Utilities
- Holiday Giving

Thank you for your help!

Checks should be made payable to Youth and Family Services, and donations can be mailed or dropped off at 322 Main St., Old Saybrook, CT 06475.

Donations are tax deductible.
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Old Saybrook Historical Society

SUMMER HOURS - The Gen. William Hart House is open Saturday and Sunday, 1:00 - 4:00 p.m. or by appointment. Admission is free although donations are welcomed. The Frank Stevenson Archives & Library is open Thursday, 9:00 - 12:00 p.m. and 6:00 - 8:00 p.m. and Friday, 1:00 - 4:00 p.m. There is no charge for admission.

FALLEN OUT OF LOVE - If you have some once loved items for which you no longer feel attached, we would welcome your donations for our "Down from the Attic" tag sale, July 21, 9:00 - 2:00 on the grounds of the Hart House, 350 Main Street, Old Saybrook. Arrangements can be made to drop off items (in good condition only please) by calling 860-395-1635 or bringing them to the POD in the Historical Society parking area. Please no clothing or large appliances. And, be sure to stop by the sale to re-ignite your love for some new-old items.

WHO DO YOU THINK YOU ARE? - Learn how to travel through the generations to discover your unique background. The Historical Society is again offering the popular Genealogy for Beginners workshop. This program provides all the information and materials needed for you to trace your family history. Genealogy for Beginners is a five week program scheduled for Tuesday nights from 6:00 - 8:00 p.m. beginning July 17 through August 14 at the Stevenson Archives, 350 Main St., Old Saybrook. Greg Thompson, professional genealogist and Archivist of the Old Saybrook Historical Society, will be the instructor. Registration, including course materials for members if \$40, non-members \$65, which includes a one year membership in the Society. Space is limited and will be filled on a first registered, first enrolled basis. For further information or to register please phone 860-395-1635 or email: contact@saybrookhistory.org.

"DICK AND JANE" NOW AT ARCHIVES - The popular reading series "Dick and Jane" was illustrated by Robert Childress who used his family and several local residents as models for these publications. A sizeable collection of books and illustrated material related to "Dick and Jane" has been contributed to the Historical Society by his son and prominent local attorney William Childress and his wife Randi Bradbury. These items have been placed in the Stevenson Archives where they are available for researchers and others interested in learning more about this reading series and its Saybrook connection.

'GET LOST' PAMPHLET PROMOTES HERITAGE - Representatives from six area museums and historical societies recently developed and distributed an informative brochure that highlights the historic treasures in the Lower Connecticut River Valley. With the lighthearted title of "Get Lost in Heritage," the



"Get Lost in Heritage" brochure developed by six lower CT River Valley Museum and Historical Societies.

brochure locates each of the six cooperating museums or historical societies on an attractive map showing the major routes that connect them. Each organization will provide visitors with a free colorful bracelet and those collecting all six can enter a drawing to win a deluxe overnight stay and breakfast for a family of four at Saybrook Point Inn and Spa, Old Saybrook or the Inn at Middletown. In addition to Old Saybrook's Gen. William Hart House, the cooperating museums and historical societies include the General Mansfield House in

Middletown, the Thankful Arnold House in Haddam, the East Haddam Historical Society Museum, the Chester Museum at the Mill, and the Stone House in Deep River. The program is sponsored by the CT Humanities Council to showcase the museums and encourage visits to these local treasures. Brochures are available at the Chamber of Commerce building.

BRIDGE MYSTERY SOLVED - In the last issue of *Saybrook Events* we asked if anyone knew about the missing plaque honoring Native American steel worker Edward Kezer, the only person who died in the construction of the Raymond Baldwin Bridge. Our good colleague Mark Lander, from the Old Lyme Historical Society, has informed us that the plaque is mounted on the first pier in the water on the Old Saybrook side, about six feet above the high tide mark and visible (with binoculars) only from the Old Lyme side. Given its "hide-away" location, Mark has asked the State Department of Transportation if it could relocate the plaque to a more visible spot. We applaud his efforts in tracking this down and join with him in urging that Edward Kezer be given proper recognition. How about leaving the "hide-away" plaque for wayward boaters and placing a new memorial for Mr. Kezer along the walkway where plaques list the politicians?

HISTORICAL SOCIETY MEMBERSHIP - Membership in the Old Saybrook Historical Society is open to, and composed of, people of all ages, interests, and from Old Saybrook and around the country. We are dedicated to preserving, protecting, and promoting the history of Old Saybrook. As a volunteer organization, we participate in and conduct a number of programs for the community. We welcome your membership and, if interested, your participation in the Archives, the historic Gen. William Hart House, our heritage gardens, or in any of our numerous public programs. We currently have a special need for volunteers interested in working in our heritage gardens or becoming a docent in the Hart House. We would also be interested in a volunteer with website skills. For further information or to volunteer for these or other opportunities, please call 860-395-1635.

THE BEACON

THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

Goodwin "Green Efforts"

The entire Goodwin School Community continues to strive to be as Green as they can be. They know it is not "easy being green" but it is the right thing to do in order to take care of themselves, the earth, and ultimately their future. Mrs. Lawrie, a first grade teacher, is the originator and leader of the Goodwin Green Team, made up of parents and students. Their charge is to keep the efforts to Reduce, Reuse, and Recycle



alive. Several years ago this group began with simply collecting recyclables each Friday. Since then rain barrels have appeared around the school for watering, a huge green monster collects cans in the hallway, a wonderful "Green House" is situated in the front entry that collects ink cartridges, batteries and glue sticks and our cafeteria has become a recycle center for Capri Sun pouches (20,000 to date), and plastic bags. A compost bin has also been placed at the end of the tray return counter where students deposit appropriate scraps from their lunch trays.

At the end of each year the Green Team hosts a school wide Goodwin Gathering to provide a forum for all students and teachers to celebrate the results of their efforts. On Friday, April 27th, everyone wore green and students from each grade shared a project or made a presentation to showcase their commitment to "being green."



A new addition to the Goodwin commitment to be stewards of the earth is the development of Green Thumbs. Kindergarten teacher Monica Goldstein's gardening project began last fall thanks to a



grant from the Community Health Center. On a weekend in November, materials for 3 cold frames were purchased and constructed by a group of volunteer parents. Since December the kindergarteners have been growing romaine lettuce, spinach and garlic and Mrs. Goldstein's students

began harvesting the crop in February. Each week they deliver their vegetables to the cafeteria to be used in the teachers' salad bar and on the student lunch trays. Also, basil, rosemary, oregano and parsley were grown inside in indoor labs and under classroom grow lights. The cafeteria uses the basil weekly in the school pasta sauce. Starting in April, three "Goodwin Gardening" Saturday work sessions were held. Parents, grandparents, teachers, a neighbor with a backhoe and children cleared old broken garden beds, and built eight 4 X 2 foot raised garden beds, with wood again purchased with the remaining monies from the grant.

In the spring the second graders began starter plants of two kinds of tomatoes, yellow squash, zucchini, beans and pepper plants from seeds. This week, the kindergarten classes planted all of these vegetables outside in the newly constructed garden beds. Over the summer, parents and teachers will water and harvest the crop. These vegetables that grow over the summer will be donated to the Shoreline Soup Kitchen to be distributed to families in need. When school resumes at the end of August, whatever continues to grow will again go to the Goodwin cafeteria. In October, a new crop will be planted in the cold frames. They will again produce lettuce and spinach throughout the winter for the cafeteria. The goal is for the students to learn how to garden, to make great use of the earth, and most importantly to recognize and enjoy healthy eating. Goodwin School is also most fortunate to have Mrs. Jane Weimar, a retired Goodwin teacher serve as a mentor for the gardening project. She is a student in Master Gardener classes through UCONN and comes to the school regularly to share what she is learning about plants with the students and staff.

Teachers and families are thrilled with the results of their hard work and Goodwin will be applying for additional grants next year to install more cold frames based on the incredible success of their efforts this year.

Goodwin School students and staff still have a lot of work to do and each year a committed faculty and excited students look forward to additional projects to assist them in their Green efforts.

Old Saybrook Middle School's World of Work Day 2012

The 8th grade students at Old Saybrook Middle School have an opportunity each April to participate in a program called World of Work. World of Work is an experience for students to explore a career of their choice. As an extension of National "Bring Your Child to Work" Day, students are required to choose either a day of work with their parent or a family member or to choose from one of the many predetermined sites that have graciously agreed to host Old Saybrook 8th grade students.

In order to prepare for this experience, students learn how to identify their interests and use them as a way to connect them to a "career cluster" (a general category of careers that have a shared basis in learning). Within that career cluster, students learn which high school courses would be a good choice to start them on the path to that career cluster in which they have an identified interest. There is also discussion within the classroom to advise students of expected work site behavior, professional dress code, and a reminder to use good manners because this could be your future employer's first impression of you. Since some of these teachers and sites have participated in years gone by, the teachers can share with the students more specific details of what each site has in store for them.

Within the community, there are several sites that host students at their place of business to support teens in making the connection between school courses and career choices. Among some of the sites students are fortunate enough to visit are Whelen Engineering, Centerbrook Architects, Maritime Education Network, The Sherwood School, Old Saybrook Fire Dept., Old Saybrook Police Dept., Animal Hospital of Old Saybrook, Luigi's Restaurant, Saybrook Point Inn and Spa, Old Saybrook Youth and Family Services, Middlesex Clinic. Of course, all three schools within the Old Saybrook Public Schools are participating sites, and are routinely a popular choice of many students.

Students depart from Old Saybrook Middle School in the morning to attend their chosen site for a half-day work experience. Upon their return to Old Saybrook Middle School, students share their experiences, write thank you notes and complete a shadowing questionnaire. Even the teacher chaperones are enthusiastic to share their perspectives of the experience with the students in their "work place" setting.

It is the goal of this program to expose young teens to the potential careers in which they are interested, and to highlight the connection between current course selection and the ability to someday pursue what could be their dream career.

A very special thank you to M&J Bus Service who provide the transportation to and from the sites. As well, many thanks to all the generous people at each site who take time out of their busy work day (some several days prior in order to prepare) to educate Old Saybrook Middle School 8th graders in their chosen careers. If you are interested in being a part of this wonderful program, please contact Old Saybrook Middle School at 860-395-3168.

Old Saybrook Middle School Anti-Defamation League Program

On May 4, the Anti-Defamation League, with the assistance of Old Saybrook High School students, presented a thought-provoking program on bullying. Many students shared their personal experiences of being bullied.

Following the program, all students and staff joined schools

throughout the country in *Stand4Change Day*. At noon, students and staff stood together, holding hands to unite against bullying. The event hoped to set a record for the largest number of people standing for a single cause at one time.

Internet Safety for All: Protecting Yourself Online

Mrs. Watts-St. Germain's 5th grade class from Old Saybrook Middle School won 1st place in the state in an internet safety poster design contest sponsored by the Office of the State of CT Attorney General. National Consumer Protection Week was held March 7-13, 2012 to educate consumers about internet safety, scams, identity theft and marketing. The contest was intended to raise awareness regarding these issues among elementary age students.

The poster contest was themed "Internet Safety for All: Protecting Yourself Online" and was only offered to 5th grade classes in CT. The tricky part was that entries needed to be submitted from the entire class, vs. individual student entries. After an informative class discussion with their teacher about these issues, the class was able to get to work on their design!

All 22 fifth graders spent a lot of thoughtful time brainstorming ideas for illustrations, as well as, messages that they wanted to convey in their poster design. Then they effectively carried out their layout for the 11"x17" poster with beautiful artwork and pointed advice.

CT State Attorney General George Jepson visited Old Saybrook Middle School personally on Tuesday, April 24th to deliver citations to each student! The Attorney General's Office also issued a press release and posted the design on their website! The poster may be viewed at <http://1.usa.gov/xLW5Nt> on the Attorney General's website. In addition, the winning poster was displayed at the State Capitol during National Consumer Protection Week March 7-13.



Old Saybrook First Selectman Carl Fortuna, Old Saybrook Chief of Police Michael Spera, Superintendent of Schools Joseph Onofrio, and Principal Michael Rafferty were all in attendance at the brief ceremony with the Attorney General to celebrate and congratulate the students in their achievement!

Old Saybrook High School

Old Saybrook High School received a Gold Medal Award from U.S. News and World Report. The award recognizes schools where students at all ability levels are successful on state tests and college-bound students demonstrate excellence in Advanced Placement/College Level classes. The high school is ranked #11 out of 195 in the state and ranks nationally as a Gold Level school.

Twenty-seven students from Old Saybrook attended "Calculus the Musical" on May 22nd and then participated in the first annual Shoreline Math competition. Old Saybrook's team, named Euler's (pronounced oilers) Edge, came in first (out of 25 teams) and brought home the trophy!

The theme of the 2012 edition of the school literary magazine *Musings* is simplicity, which is shown in the thoughtfully selected and placed student poetry, prose, and black and white artwork. Copies may be purchased at the high school.

The Environmental Field Biology class installed four Bluebird boxes at the Preserve to support town/Land Trust efforts to strengthen the population of this species native to Connecticut.



AP French students completed a audio-visual project to explain to French 4 students how to be successful in this class and in the AP Exam from College Board. Their advice included maximum participation, internet research, connections to news and current issues, and immersion in 100% spoken and written French.

Four OSHS students competed at the annual COLT World Language Poetry competition at Bristol Eastern HS on April 26th.

They recited classic works in foreign languages, winning Silver Medals in Modern Greek and Portuguese, and recognition in Spanish 2 and French 4.

The Old Saybrook Girls Lacrosse team made it to state level competition for the first time since 2004! Congratulations to all the players!

The 2012 varsity wrestling team, a co-op with Westbrook High School, won the state championship building on intense and hard-fought season-long competition. This is completely unprecedented for a co-op team that has only been in existence four years. Congratulations to the entire team.

The Eleventh Annual walk to Cure Cancer was held from 6:00 pm to 11:00 pm on Friday May 25 at Old Saybrook High School. Two seniors organized this event as their senior project with help from math teacher Annette Hall and Associate Principal Tara Winch. The event brought in about \$ 4,800 in gross earnings, the majority of which will go to research through the Terri Brodeur Foundation and to local families in need through small grants of assistance. We are grateful to everyone who supported the cause financially and through their presence.



Saybrook's fall dramatic production was Woody Allen's "Don't Drink the Water", a comedy about life in an American embassy behind the iron curtain. Historical context was explored by the cast and in American History classes.



Three seniors produced the critically acclaimed play "The Laramie Project" as their senior project. They recruited, trained, and directed twenty-nine students in the production, which was performed at the high school and at the state drama competition, where several students won awards for their roles. Members of the cast are pictured above and below.



A Letter from the Superintendent

Dear Members of the Community,

On behalf of our Board of Education, our Administrators, and our entire staff, I want to thank our school families and the Old Saybrook Community for the solid support during our recent Public Hearings, Town Meetings, and Town Referendum. The strong partnership of our Community and School District benefits every citizen of Old Saybrook. In addition, we would like to congratulate Old Saybrook High School on receiving a Gold Medal Award from *US News and World Report* for being ranked 11th from among 195 eligible public high schools in Connecticut and 365th in the United States out of a possible 21,776 public high schools. This independent award is based upon standardized skill assessment of students in math, science, reading, and writing as well as college readiness as measured through student success in advanced placement courses and student-teacher ratios. This distinction represents the partnership of everyone in Old Saybrook Public Schools and the collaboration and support of all constituents in the Town of Old Saybrook.

Last year we worked very hard to define a Five-Year Strategic Plan that would create an academic roadmap and ensure that teachers and administrators are working collaboratively towards the shared mission of continuous improvement for each and every child and the school district as a whole. I am pleased to report that we have made great progress on these identified goals and strategies.

In technology alone we have expanded access to student information in PowerSchool for parents, initiated improvements to our school websites, extended school and district web calendars of activities all in an effort to increase both content and ease of obtaining information from these sources. The newly established Superintendent's Wiki/Blog is another improvement and expansion in the modes of school communication offered to parents and the community.

In early June, I hosted a Community Conversation with our Administrative Team to present a summary of the first year of our Strategic Plan, an overview of the Common Core of States' Standards (CCSS), and a brief summary of the new education legislation that our Governor recently signed into law. This forum provided an opportunity for some dialogue on these important topics and was open to all members of the Old Saybrook community. Notification of this forum and other general events are publicized on our district home webpage.

Thank you for the privilege of working together with our wonderful staff and community for all citizens of Old Saybrook.

I wish you and your families much enjoyment during this summer season in picturesque Old Saybrook.

*Sincerely,
Joseph Onofrio II, Superintendent of Schools*

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Exciting Whites for Summer

Summer is just around the corner and it is time to start planning on enjoying great times with friends and family. Whether it be picnics, the beach, barbeques or just relaxing on the deck at home there are always exciting summer wines to enjoy with your festivities. Although Chardonnay and Pinot Grigio are very popular, there are other very interesting and tasty whites worth experimenting with.

One of the lightest whites is from Portugal and is called Vinho Verde, meaning "Green Wine," and is meant to be drunk young. It is a very light and refreshing wine with a small amount of effervescence. This type of wine is low in alcohol and fairly inexpensive.

Austria produces a popular white called Gruner Veltliner which is grown in over one third of their vineyards. This wine is medium-bodied with a dry finish and can also take on some spicy qualities. Over time it will develop into a fuller wine, much like a White Burgundy from France.

Up and coming is the varietal Chenin Blanc, a grape that has been around for a long time. Chenin Blanc has been growing in popularity in California and is known as Vouvray in France, which is the appellation where it is grown and produced. Chenin Blanc from these regions are soft and fruity. If you try a Chenin Blanc from South Africa however, you will be presented with a crisper, dryer finish with a small complexity of fruit. This grape is typically used for blending but is becoming more common on its own.

All of these wines are perfect to pair with seafood dishes, salads, cheeses and lighter meals, or just as a refreshing treat on a hot summer day. The next time you are looking for a white wine try something new, you just may be surprised at what you find!

Art LiPuma, Manager, SeaSide Wine & Spirits

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Town Clerk's Office

We congratulate the following on their recent marriage:

Anthony Infelice and Piara Ciccone – Feb 29th
 Carlos Dias and Stacey Bucci – March 22nd
 Mark Armantano and Joann Tregger – April 14th
 Donald Wheeler Jr. and Sherri Hamlyn – April 14th
 John Retkowski and Rachael Munafo – April 21st
 Brian Cousineau and Lori Ann Smogowicz – April 28th
 Samuel Martin and Jennifer Campbell – May 5th
 William Longo and Amanda Finkelstein – May 5th
 Michael McCarthy and Stephanie Kocal – May 11th
 John Kot and Tracy LeClair – May 12th
 Jonathan Browne and Shay Meisinger – May 19th

DOG LICENSE RENEWAL – Due by June 30, 2012
 You may put the fee as well as any necessary documentation in the mail to us (Town Clerk, 302 Main St., Old Saybrook 06475) and we will mail the license(s) to you.
 FEE: \$19.00 = male/female
 8.00 = neutered/spayed
 LATE FEE: if mailed or submitted after June 30.
 Hours: M-F, 8:30 am-4:30 pm. 860-395-3135
www.oldsaybrookct.org

*Sarah V. Becker, Town Clerk
 Christina Antolino, Assistant Town Clerk
 Cindy Kane, Assistant Town Clerk*

With Sympathy - We would like to express our condolences to the families of recently deceased Old Saybrook residents:

Joyce Bowes	George Hart Jr.	Jeannine Martino	Barbara Sardinha
Josephine Casella	Nicholas Hill	Richard Maslar	Ronald P. Scott
Virginia Catalano	Thomas Kenny, Jr	John O'Sullivan	Edna Spooner
Patricia Cennamo	Beverly Kingsley	Burnes Parker	Arlene Sullivan
David Clark	Maria Krauland	Warren Pierro	Joan Swain
Barbara Enborg	Henry Malinowski	Philip Rieth, Sr.	Jerry Toedtemeier
Scott Fitzsimmons	Joseph Mals	Suzanne Reitwiesner	Arline Wightman
Rosemary Griffin	Anthony Mammola	Philip Rieth Sr.	
Edgar Harder	Dorthe Martin	Mary Lou Ruty	

Where Will You Vote?

AUGUST 14, STATE PRIMARY - Middle School, High School, 6:00 a.m. - 8:00 p.m.

NOVEMBER 6, PRESIDENTIAL - Middle School, High School, 6:00 a.m. - 8:00 p.m.

Some Old Saybrook Residents will now be voting in a different location than previous years. Changes occur from population shifts resulting from the ten year census. The State Reapportionment Committee determines the new redistricting boundaries, and local Registrars in all towns implement the changes.

In Old Saybrook, shifts occurred with our two Senatorial Districts, the 20th district (previously Eileen Daily) and the 30th District (currently Andrea Stillman). While Andrea Stillman picked up more population in the Bozrah area, a portion of population

in Old Saybrook then went to the 20th District. The majority of the street and population changes that took place were in the Maple Avenue area with the side and cross streets included. Several streets, where the redistricting boundary cut through a street, became "split streets" and neighbors on the same street may be voting at different places. Registered voters in the Maple Avenue area, who were mostly affected, will now be voting in District 2 at Old Saybrook High School instead of District 1, Old Saybrook Middle School. Residents are encouraged to check where they vote before upcoming sessions.

As a general rule, primaries and state/federal elections are held at both schools as separate districts; and Town Budget Referendums are typically in one location, Old Saybrook High School.

There are several ways to find out where you vote. Postcards were mailed to voters with changes in April. The Acton Library will have a street list available, as well as the Estuary Center, and the Chamber of Commerce. The Town website has information: link to state map and an attached Town Street List coded as to where you vote. The Registrar's office can always be called at 860-395-3134.

General reminder regarding voting; unaffiliated voters cannot vote in the Primary unless they change to a Major Party. All voters should bring I.D's to polls.

To view the actual map and State Reapportionment website: <http://www.cga.ct.gov/red2011/maps.asp>.



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Selectmen's Office

Carl P Fortuna, First Selectman 395-3123 cfortuna@town.old-saybrook.ct.us
 Georgiann Neri, Administrative Secretary gneri@town.old-saybrook.ct.us
 Elaine Seaforth, Administrative Clerk eseaforth@town.old-saybrook.ct.us
 Roland W. Laine, Executive Assistant 395-3127 rlaine@town.old-saybrook.ct.us

Accounting

Sharon Migliaccio,
 Accounting Supervisor 395-3132 smigliaccio@town.old-saybrook.ct.us

Assessor

Norman Wood, Assessor 395-3137 nwood@town.old-saybrook.ct.us
 Rick Pine, Assistant to Assessor rpine@town.old-saybrook.ct.us

Building Department

Don Lucas, Building Official 395-3130 dlucas@town.old-saybrook.ct.us
 Kathleen Marshall, Administrative Secretary

Economic Development

Wilma Asch, Executive Director 395-3139 wasch@town.old-saybrook.ct.us

Fire Marshal

Donn Dobson, Fire Marshal 395-3133 ddobson@town.old-saybrook.ct.us

Land Use

Christine Nelson, Town Planner 395-3131 cnelson@town.old-saybrook.ct.us
 Christina Costa, Enforcement Officer ccosta@town.old-saybrook.ct.us
 Sarah Lyons, Administrative Assistant slyons@town.old-saybrook.ct.us

Parks and Recreation

Vicki Duffy, Director 395-3152 vduffy@town.old-saybrook.ct.us
 Ray Allen, Assistant Director rallen@town.old-saybrook.ct.us
 Judy Sherman, Administrative Clerk jsherman@town.old-saybrook.ct.us

Public Works

Larry Bonin, Director 395-3123 lbonin@town.old-saybrook.ct.us

Registrars of Voters

Carol Conklin 395-3134 vr.oldsaybrook@po.state.ct.us
 Jean Winkler vr.oldsaybrook@po.state.ct.us

Tax Collector

Barry E. Maynard 395-3138 bmaynard@town.old-saybrook.ct.us
 Wendy Morison wmorison@town.old-saybrook.ct.us

Town Clerk

Sarah Becker, Town Clerk 395-3135 sbecker@town.old-saybrook.ct.us
 Christina Antolino, Assistant Town Clerk cantolino@town.old-saybrook.ct.us

Treasurer

Robert Fish 395-3070 rfish@town.old-saybrook.ct.us

Water Pollution Control Authority

Robbie Marshall, Coordinator 395-2876 admin@oswpca.org

OTHER TOWN DEPARTMENTS

Acton Public Library - 60 Old Boston Post Road

Michele Van Epps, Director 395-3184 mvanepps@actonlibrary.org

Police Department - 225 Main Street

Non-emergency 395-3142
 Michael Spera, Chief of Police 395-3142 mspera@town.old-saybrook.ct.us

Probate Court - 302 Main Street

Terrance Lomme, Judge of Probate 510-5028

Social Services - 322 Main Street

Susan Consoli,
 Social Services Coordinator 395-3188 sconsol@town.old-saybrook.ct.us

Transfer Station

499 Middlesex Turnpike 395-3187

Youth & Family Services - 322 Main Street

Heather McNeil, Executive Director 395-3190 hmcneil@town.old-saybrook.ct.us
 Linda McCall, Administrative Assistant lmcCall@town.old-saybrook.ct.us

www.oldsaybrookct.org

Old Saybrook Community Foundation, Inc.

Old Saybrook Youth and Family Services Foundation, Inc. is now Old Saybrook Community Foundation, Inc.

The reason for the change is to avoid confusion between the Town's Department and the independent foundation. Some organizations require, and some individuals prefer, awarding grants or making donations to a 501(c) 3 corporation. These were the original reasons for the Foundation's development in 2005. When the Foundation was established, our efforts were solely in conjunction with Youth and Family Services. As we embrace our new name, we are also expanding our mission to embrace the entire community of Old Saybrook in efforts to raise funds for those in need. While we continue to work with Social Services at Youth and Family Services to distribute money to qualified individuals, we are available to individuals and groups who wish to fund raise for other worthy causes in the community and will have their success increased by having donations qualify for federal tax exemption by our 501(c)3 status.

Since 2005, the Foundation has accepted and dispersed funds from organizations and individuals for the benefit of many Old Saybrook residents. Examples include: \$85,000 in H.E.A.T. donations, dispersed through YFS for fuel oil, propane, furnace repairs, and electricity; \$2,000 collected in honor of a couple's 50th Wedding Anniversary which funded sailing lessons for qualified Old Saybrook youth at North Cove Yacht Club; \$1,500 Team Avery Donations, and \$20,000 raised by "Christmas is For Kids" which funded holiday gifts for children whose families qualified for financial assistance.

Moving forward, our vision is to be available for varied fundraisers whose passion to help our community is made possible by donations being qualified for federal tax exemption. Perhaps you realize a specific need that could be met by inviting your friends over for dinner, which you might do anyway, but ask them each to contribute money for the cause you're championing. It might only require a small amount of money and be accomplished in one evening, or maybe it's more extensive and you hope sponsoring fun dinners catches on. Perhaps you are planning a Legacy Endowment and want the money to benefit our community. We'd like to help you structure the donations and will restrict the use of the funds per your instructions or take the responsibility of dispersing the funds for qualified purposes as they present. Whatever your idea, we stand ready to help you succeed.

Our mission remains: To provide a framework for charitable gifts, legacy endowments and community group fundraisers that are intended to cultivate and sustain programs that empower, inspire, and strengthen our community and are supportive of our citizens.

Continued on page 26

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Community Foundation ... continued from page 24

Part of our growing includes growing the Board. At present, we are especially looking for people with grant writing and website design/management skills. Please contact us if you would like to participate in either the work of the Foundation, in a fundraising effort, or if you know of an unmet need in Old Saybrook. Current Board members include Maureen Auger, President, Mike Cronin, Vice President, Ed Lyons, Treasurer, and Lisa Carruthers, Secretary.

*Lisa Carruthers, Board Secretary
Old Saybrook Community Foundation, Inc.
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OLD SAYBROOK NEWCOMERS' GUIDE

WELCOME TO OLD SAYBROOK!

On behalf of Events Magazines, welcome to Old Saybrook. Whether you are new to Connecticut or just new to Old Saybrook, you will find wonderful people and places to visit in town. From the Old Saybrook Torchlight Parade to the Arts & Crafts Festival, Old Saybrook has something for everyone. Below are important phone numbers; tear out this page and keep it for future reference. We at *Events Magazines* and Essex Printing support local businesses. Please use this guide and "Buy Local" - we do!

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 Chamber of Commerce860-388-3266
 Estuary Council of Seniors860-388-1611
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 Old Saybrook Garden Club860-388-3213
 Old Saybrook Historical Society
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 Old Saybrook Lions Club860-399-6850
 Old Saybrook Woman's Club860-395-1206
 Rotary Club860-388-4271
 Veterans Affairs & Memorial Day Parade
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 Middlesex County Community Foundation
860-347-0025

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 Goodwin School860-395-3165
 Middle School860-395-3168
 Senior High School860-395-3175
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 St. John's Roman Catholic Church
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 East Lyme Pediatrics860-739-7444

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 Coldwell Banker, Susan Malton.....860-227-0117
 Coldwell Banker, Terry Kemper860-908-7820
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 William Raveis, Betty Martelle.....860-339-5251

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WANT TO BE LISTED ON THE NEWCOMERS' PAGE?

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Preliminary 2012 FEMA Flood Insurance Rate Maps

The Federal Emergency Management Agency (FEMA) is updating Old Saybrook's community flood map with the ultimate goal of protecting Old Saybrook and its citizens from flood-related losses. FEMA additionally works with Town officials to use the information in the new flood map to better plan community development and protect the community from increased flood risks in the future.

FEMA develops new Flood Insurance Rate Maps across the country because the floodplains are constantly changing due to construction, environmental changes (such as rain, wind & snowmelt), flood plain widening or shifting, poor drainage systems, and failed levees or dams. Flood Insurance Rate Maps are the result of an engineering report called the Flood Insurance Study that identifies the limits and elevations of flooding.

Flood Insurance Rate Maps are used by insurance agents and lenders to determine where flood insurance must be purchased and how much that insurance will cost. Flood insurance is required to secure a loan from a federally regulated lender if the structure is located in the Special Flood Hazard Areas (100-year flood) as shown on the Flood Insurance Rate Map. This web page is intended to serve as a resource to assist residents in finding information and answering questions regarding the National Flood Insurance Program, Flood Insurance Rate Maps and Flood Insurance Study.

Since 2008, FEMA has conducted a new Flood Insurance Study for Middlesex County. This study is extensive and includes contributing engineering factors that were not included in the 2008 Flood Insurance Rate Map Modernization Study. The new study includes updated factors including still water elevations, wave height analysis, wave breaking data, wave overtopping data, erosion, shoreline protection structures and development.

The maps released to the Town of Old Saybrook are still preliminary. It is anticipated that after required review and appeal periods that the Town of Old Saybrook will adopt these maps in late 2012. Once the maps are adopted, the new flood insurance requirements will go into effect.

The new flood maps will provide updated information about flood risk that will allow property owners to make more informed decisions about protecting their homes. You may find that your flood risk has increased, decreased or stayed the same since the last flood map was developed for the community.

If your home is shown on the Preliminary 2012 flood map as being relocated into a Special Flood Hazard Area, and you have a loan on your property, then your lender will now require you to buy flood insurance.

If your property was previously in a Special Flood Hazard Area and the new maps indicate that your property is now in a lower risk area then your lender may no longer require you to purchase flood insurance as a condition of your mortgage; however, FEMA strongly encourages you to consider carrying flood insurance because these properties are still at risk for flooding, just not as great of a risk. You additionally may be eligible for a Preferred Risk Policy, with premiums starting at \$119 per year.

It is up to the property owner to review the maps and make a determination if the property will be classified as being located in a Special Flood Hazard Area - 100 year flood zone. The Town does not employ staff to make flood determinations. However, you may retain a licensed surveyor or civil engineer to assist you in making a flood zone determination on the preliminary maps. As a courtesy, the Town has provided property owners with the best information possible to assist each property owner in making their own determination.

Approximately 600 properties in Old Saybrook have moved into the Special Flood Hazard Area - 100 year flood zones (Zones A, AR, V & VE) that were previously either not located in a flood zone or within the unregulated 500 year flood zone (Zone X).

The Town of Old Saybrook has posted the preliminary 2012 Flood Insurance Rate maps on the Town of Old Saybrook website at www.oldsaybrookct.org. The preliminary maps are not available on the FEMA website.

Floodplain Focus: Flood Insurance Primer

Floodplain management requirements translate into flood insurance for the average homeowner. However, if you are not an insurance agent, flood insurance can be a confusing topic. The Flood Disaster Protection Act of 1973 required that structures located in the 100-year floodplain have National Flood Insurance Program (NFIP) flood insurance coverage as a condition of a loan from a bank or lending institution that is regulated, supervised or insured by a federal agency, such as the Federal Deposit Insurance Corporation (FDIC). If a loan is made, increased, renewed or extended, the lender is required to check if the structure is located in 100-year the floodplain. The requirement also applies to all mortgage loans purchased by Fannie Mae or Freddie Mac in the secondary mortgage market. The purchase of flood insurance is voluntary for structures located

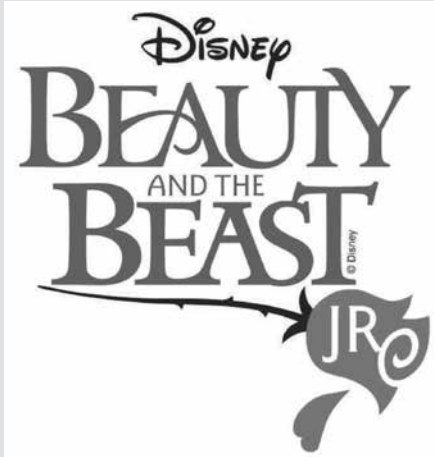
outside of the 100-year floodplain.

The Standard Flood Insurance Policy (SFIP) covers direct physical losses by "flood", defined as "a general and temporary condition of partial or complete inundation of two or more acres of normally dry land area or of two or more properties (one is the policyholder's property) from overflow of inland or tidal waters or from the unusual and rapid accumulation of runoff or surface waters from any source". In Connecticut, where all communities participate in the NFIP, a flood insurance policy may be purchased from any local, licensed insurance agent or broker. The agent may sell a policy through one of the Write Your Own (WYO) insurance companies or a direct policy through the Federal Emergency Management Agency (FEMA).

Continued on page 29

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860-395-3190 or www.oldsaybrookct.org/youth

Flood Insurance Primer ... continued from page 28

The WYO Program allows participating insurance companies to write and service the SFIP in their own names. The insurance companies receive an expense allowance for policies written and claims processed while the federal government retains responsibility for underwriting the losses. A list of participating WYO companies in CT at <http://www.fema.gov/nfipInsurance/companies.jsp>.

NFIP flood insurance is available to all owners of insurable property (a building and/or its contents) in a community participating in the NFIP. Almost every type of building may be insured. For flood insurance purposes, a "building" is defined as a walled and roofed structure, including a manufactured (mobile) home, which is principally above ground and affixed to a permanent site. The terms "walled and roofed" means it has two or more exterior rigid walls and the roof fully secured. The phrase "principally above ground" means at least 51% of the actual cash value of the structure, including machinery and equipment (but not land value), is above ground. Some structures and property are not insurable by the NFIP, including: buildings entirely over water or principally below ground, gas and liquid storage tanks, swimming pools, tennis and swimming pool bubbles, open picnic pavilions, bleachers, carports with open sides, tents, sheds on skids, land and landscaping, shrubbery, crops, animals and livestock, aircraft, docks, wharves, piers, bulkheads, fences, driveways, roads, machinery or equipment in the open, and licensed motor vehicles including campers, travel trailers and recreational vehicles. New construction or substantially improved structures located within a designated Coastal Barrier Resources System (CBRS) areas are not eligible for flood insurance, but existing structures that pre-date CBRS designation are eligible for flood insurance coverage. More on CBRS at: www.fema.gov/nfip/cbrshist.htm

Building coverage is for the structure only. This includes all things that remain with the building if its ownership changes, including: utility equipment (such as a furnace or water heater), wall-to-wall carpeting, built-in appliances, wallpapering, and paneling. Contents coverage is for the removable items inside an insurable building. A renter can take out a policy with contents coverage, even if there is no structural coverage. Certain contents are not insurable, including: animals and livestock, licensed motor vehicles, money and valuable papers, jewelry, paintings and artwork, furs and similar items valued at more than \$250, and items in a structure that do not qualify as an "insurable building" (such as garden tools stored in an open carport). The NFIP defines a basement as any area of a building with a floor that is below ground level on all sides. There is limited coverage in basements. While flood insurance does not cover basement improvements, such as finished walls and floors, or personal belongings, building coverage will cover structural elements and essential equipment normally located in a basement such as furnaces, hot water heaters, oil tanks, electrical boxes, staircases, well water tanks and pumps, and foundation elements. In a basement, clothes washers and dryer, food freezers and the food in them are covered separately under contents coverage.

Insurance Limits	Basic	Additional	Total
Building Coverage	\$50,000	\$200,000	\$250,000
Contents Coverage	\$15,000	\$ 85,000	\$100,000

Coverage for a single-family dwelling is as follows. More coverage information at: www.fema.gov/nfip/c_cov.htm.

This article was provided to the Town of Old Saybrook from the Connecticut Department of Energy & Environmental Protection. More information on flood insurance can be found at the FEMA website: www.fema.gov/fima/.

49th Annual Arts & Crafts Festival

July 21 and 22

The Old Saybrook Chamber of Commerce is honored to host the 49th Annual Liberty Bank Arts and Crafts Festival. The festival has grown over the years to include over 140 fine artisans and crafters. The two-day event sponsored by Liberty Bank, Middlesex Hospital, Web Solutions, Penny Lane Pub and Estuary Council of Seniors will be held on Old Saybrook's beautiful Town Green on Main Street. Admission and parking are free. Hours: Saturday 10 a.m. - 5 p.m. & Sunday 10 a.m. - 4 p.m.



John Deng, Photography



Caroline Kuas, Oils

Over 20,000 visitors attend each year. As an added plus, local musicians will be offering entertainment. A community art tent will be available for children and families to decorate unique fabric squares, which will in turn be made into quilts and donated to charity.

A food court offers a variety of food hosted by local civic organizations. Media Contact: Judy Sullivan, Executive Director, Old Saybrook Chamber of Commerce. P.O. Box 625 Old Saybrook, CT 06475, 860 388-3266 or judy@oldsaybrookchamber.com

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The clinic is open to any homeowner facing difficulty paying their mortgage. There is no charge.

The clinics will offer homeowners information about the judicial foreclosure and mediation process along with guidance on preparing for court from the Connecticut Fair Housing Center and materials describing the state and federal resources available to homeowners with financial difficulties.



Registration Is Recommended, But not required. To register, contact Susan Consoli, MA, LPC, Social Services Coordinator at (860) 395-3188 or sconsoli@town.old.saybrook.ct.us

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Old Saybrook-based Godiva Chocolatier, Inc. Honored



Godiva employee Karin Nelson accepts the company's Employee Participation Award

Volunteers and community leaders gathered at the Crowne Plaza in Cromwell to honor more than ninety companies, organizations, and individuals that contributed \$1,925,000 to the 2011-12 Middlesex United Way Campaign.

After announcing the final amount raised, Gary Simonsen of PrimePay, President of the Middlesex United Way Board of Directors, noted, "The economic environment continues to be a struggle for the average person. And we

manufacturing company located in Cromwell. The Corporate Spirit Award is the highest honor a company can receive for running a United Way campaign. Other top honors included:

The Leadership Award to Matt DeRienzo of The Journal Register, which includes the Middletown Press;

Coordinators of the Year to Jewell Jones and Brian Hedge of Liberty Bank; and Funding Partner of the Year to Middlesex Habitat for Humanity.

Special Achievement Awards for outstanding United Way campaigns were presented to: Community Health Center; Cooper-Atkins Corp.; Henkels & McCoy; Standard-Knapp; and Webster Bank.

Godiva Chocolatier Inc, was presented with two Employee Participation Awards for 75% or more participation and for a 10% or more increase in participation.

Other local awards included: Campaign Achievement Awards to First Niagara Bank Clinton, Old Saybrook and Westbrook branches and Stop & Shop Clinton and Old Saybrook stores recognizing \$10,000 or more in total giving;

Honor Roll Award to AAA Allied Group recognizing five or more consecutive years of campaign growth; and

Employee Participation Awards to AAA Allied Group, Stop & Shop Clinton and Old Saybrook stores and TJX Companies in Clinton and Old Saybrook.

Simonsen recognized the 2011-12 Campaign Co-chairs, Harry Burr and Buddy McDowell, for the leadership during the campaign. He introduced the incoming Honorary Campaign Chair, Gary Gomola of Mahoney Sabol & Company.

"The theme of the day is 'you make the difference,'" Gomola said. "And when I think about United Way, there is no better expression of how someone can make a difference. It's where you can meet people from all walks of life who share your passion for giving back and serving others."

Middlesex United Way is advancing the common good by creating opportunities for a better life for all. Our focus is on education, income, health and housing - the building blocks for a good quality of life. United Way recruits people and organizations that bring the passion, expertise, and resources needed to get things done. You are invited to be part of the change by giving, advocating and volunteering. That's what it means to Live United.

Middlesex United Way is a locally-based organization serving the towns of Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Old Saybrook, Portland, and Westbrook.

want to be sure the programs we fund are able to help the people who need it most."

The top honor of the day, the Corporate Spirit Award, was presented to GKN Aerospace Services Structures, a

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The Benefits of Staying Active in Your Senior Years

We humans are social creatures. This means we have the natural desire to interact and be with other people during every stage of our lives - including our senior years. However, some seniors, through a variety of reasons, find themselves living alone with limited interaction or engagement with friends or family. This is unfortunate since social involvement is a major component of the well-being and good health of seniors. Consider the 2008 study by the Harvard School of Public Health, which found evidence that elderly people in the U.S. who have an active social life may have a slower rate of memory decline. Or "The Nun Study," which detailed how positive emotions and thoughts in life (often a result of being active and involved) are linked to less disease and lower mortality rates, and can help develop a natural immunization against Alzheimer's disease.

Research illustrates that when seniors maintain an active social life, filled with purpose and friendship, seniors have a greater opportunity to enjoy a high quality of life during their retirement years. Social activity also greatly reduces or eliminates loneliness or depression.

Being social is achievable through purposeful planning. Individuals can create opportunities to be with other people and be involved in groups by:

- Contacting local senior centers, church groups or other organizations that offer a schedule of daily activities

- Signing up for art, music, or physical fitness classes through the local community college or parks and recreation department
- Volunteering or mentoring at a local school, library, or museum
- Joining a local club (such as gardening, writing, reading, chess, knitting)
- Taking part in travel programs designed specifically for senior citizens
- Attending lectures at a local university or other organization

One time of day when socialization is most important is meal time - which most people share with others at least once a day. Senior citizens are encouraged to attend community meals at a senior center, church, or other organization, or to invite friends and family to dinner at a favorite restaurant, or at their home or retirement community. Additionally, seniors should try to accept invitations to join others at mealtime as often as possible.

Competitive sports are becoming more conducive to active seniors, with the growing popularity of organizations such as the Olympic-style "Connecticut Senior Games" for those over age 50. These events include badminton, table tennis, racquetball, golf, basketball, track and field, tennis, volleyball, bowling, cycling, shooting, softball, and swimming - and athletes up to age 89 take part. Additionally, seniors can be on the lookout for competitions in art, music, gardening and more at local fairs and other regional events.

As seniors age, they may consider moving into a retirement community, assisted living residence or a continuous care retirement community (CCRC), all of which typically have suitable social and cultural programs available daily, under one roof. These communities often include some type of van or transportation service - which helps those who no longer drive maintain a level of independence. These communities also have scheduled mealtimes, so gathering with friends and family for lunch or dinner is easily accommodated (and strongly encouraged).

If there is a senior in your life - or if you are planning for your own retirement - be sure to include as much social, physical and cultural activity as you can manage. You will be impressed by the benefits, and will enjoy a higher quality of senior living!

*Kathy Ryan
Executive Director, The Saybrook at Haddam*

[Kathy Ryan is executive director of The Saybrook at Haddam (www.thesaybrookathaddam.com), a 74-apartment assisted living retirement community located at 1556 Saybrook Road in Haddam (860-345-3779). The community provides independent retirement living services as well as assisted living services provided by its state-licensed Agency, and a special memory care unit.]

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For a personal tour of Safe Harbor, call The Saybrook at Haddam today at **860-345-3779**.



A Memory Care Neighborhood
1556 Saybrook Road, Haddam, CT

www.thesaybrookathaddam.com

Protect Your Skin

The Department of Public Health reminds the public to protect their skin while enjoying the outdoors. It is important to take simple steps like putting on sunscreen and wearing protective clothing to protect your skin from the sun's harmful rays. Protecting your skin not only helps prevent skin damage, it also helps prevent skin cancer. According to federal health officials, skin cancer is the most common form of cancer in the United States and the most common cancer among 20 to 30 year-olds. It's estimated that one American dies every hour from melanoma, the deadliest form of skin cancer. In Connecticut, there were 930 cases of malignant melanoma diagnosed in 2009, and 100 deaths from the disease.

Fortunately, skin cancer can be prevented and is highly curable if found early. The best way to detect skin cancer early is to examine your skin regularly and recognize changes in moles and skin growths.

For more information, visit the National Council on Skin Cancer Prevention website at www.skincancerprevention.org or call (301) 801-4422.

The Connecticut Department of Public Health is the state's leader in public health policy and advocacy with a mission to protect and promote the health and safety of the people of our state. To contact the department, please visit its website at www.ct.gov/dph or call (860) 509-7270.

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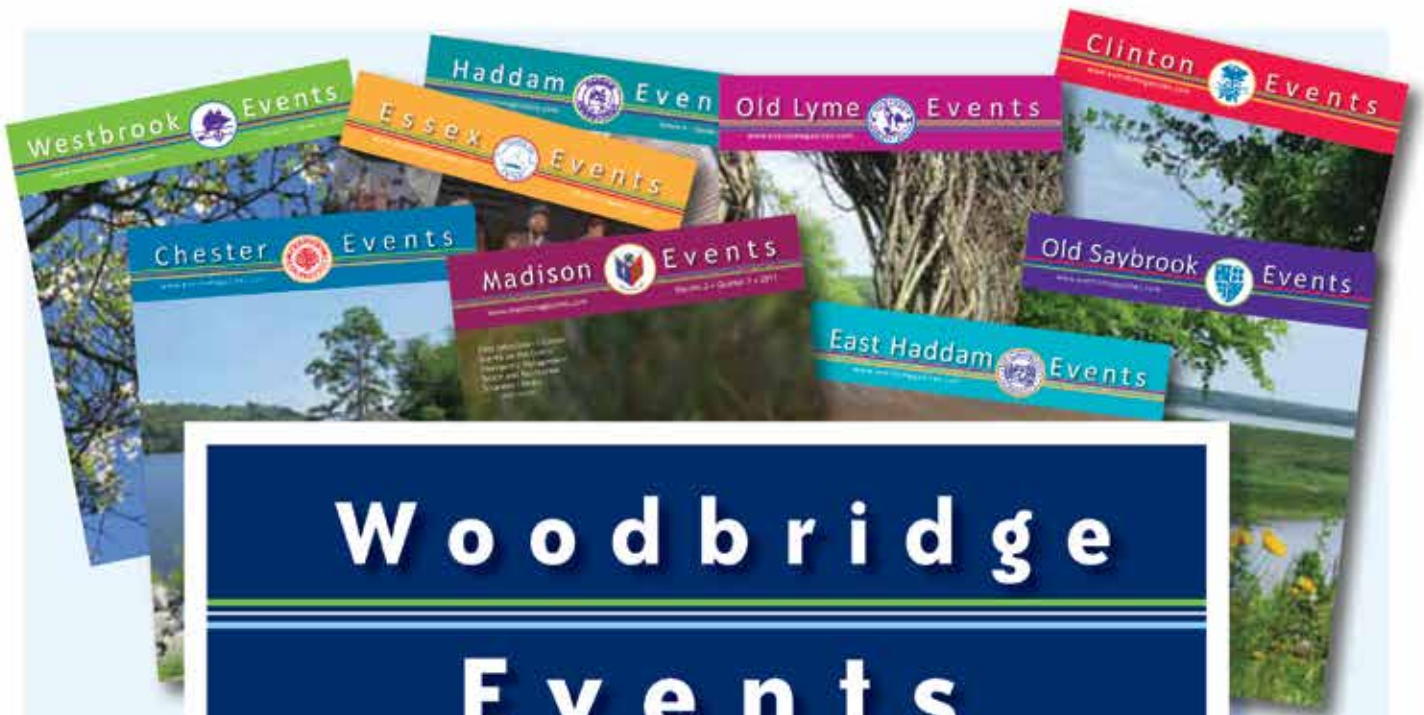
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