

Stonington events

VOLUME 2 • QUARTER 1 • 2017



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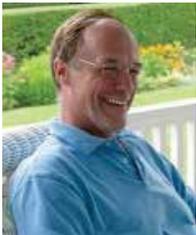
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Selectmen's Corner

While we work our way through the cold, grey winter months our thoughts are for the warmer spring days and what the New Year may bring.

A fundamental responsibility of municipal government is education. Not only will our Board of Education develop a comprehensive budget for fiscal year 2017-2018 but the K-12 School Building Committee must also continue planning for the most ambitious school building project in Town history. Deans Mill and West Vine Street Schools will be "renovated to new" while additional improvements will take place at Pawcatuck Middle School.

In transportation, we will work with the Connecticut Department of Transportation and our friends in Westerly to fix the Stillman Avenue Bridge so that fire and emergency vehicles can once again cross safely in response to calls for service. As well, we need to provide sidewalks in Pawcatuck for pedestrian convenience and safety in addition to upgrades for our town roads.

Under recreation we have the exciting challenge of building the Mystic River Boathouse Park to provide our citizens with much-desired access to the water. We also hope a citizens' fund drive will eventually provide a boathouse for the award-winning



The Stonington Board of Selectmen join Human Services Director Leanne Theodore to celebrate receiving the 2015-2016 United Way Campaign Chairman's Award for Outstanding Campaign of the Year. In addition to Town Hall employee payroll contributions which support the work of the United Way, Stonington Human Services, Stonington Public Schools along with MANY resident and business volunteers work together to host the Mobile Food Pantry, serving over 80 local families each month who are struggling with food insecurity. We are so proud to have the United Way of Southeastern Connecticut as our community partner and we are grateful for this recognition.

Stonington High School crew team and others who will access the river for passive recreation.

Conservation of our rural character and development of our grand list seem at first to be in conflict. However, with the Perkins Farm proposal and the Agricultural Heritage District we can save **continued on page 2**

An advertisement for Saybrook Country Barn. The background is a photograph of a living room with a white sofa, patterned pillows, and a yellow lamp. The text "The best sit. The sharpest style. American built." is overlaid on the image. At the bottom, there is a dark oval containing the text "Saybrook Country Barn" and "2 Main Street, Old Saybrook CT". To the right of the oval, the phone number "860-388-0891" and website "saybrookcountrybarn.com" are listed. Below the oval, the text "FURNITURE | DECOR | APPAREL" is displayed.

The best sit. The sharpest style. American built.

**Saybrook
Country Barn**

2 Main Street, Old Saybrook CT

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events

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dba Essex Printing & Events Magazines

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Centerbrook, CT 06409

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Courtesy Town of Stonington

www.eventsmagazines.com

OVER 1,000,000 READERS
17 TOWNS EVERY QUARTER

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open spaces, enhance farm-based economic activities, preserve the character of the Town and grow the grand list all at once. Surely this is a win-win for the Town, especially as we continue with the revaluation in 2017.

In a high cost state like Connecticut and in a lovely town like Stonington, housing costs are always an issue. Yet, with the Threadmill and Spruce Meadows in Pawcatuck, quality of life and affordable housing go hand in hand. Our Human Services Department, collaborating with the Pawcatuck Neighborhood and Stonington Community Centers, will provide recreation for all ages, food for the hungry, help for the addicted as well as energy, transportation and sheltering assistance for those in need.

In addition to this list of governmental activities, it is important to focus on collaboration with private sector entities and individuals. Our Beautification Committee and the new Tree Warden look forward to working with the various garden clubs and local landscapers to make the Stonington 'gateways' in Mystic and Pawcatuck more attractive to visitors and residents alike.

The Economic Development Commission will continue to collaborate with our
continued on page 4

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www.facebook/thecrookedrake

The Velvet Mill



For over 12 years the Velvet Mill has been home to artists and craftsmen including painters, photographers, printmakers, glassblowers, fiber artists, potters and sculptors, making the mill a vibrant creative community.

917-915-6340

22 Bayview Ave, Stonington
thevelvetmill.com

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STONINGTON CT
e. spfacf@yahoo.com

New Event at The Velvet Mill

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Sundays
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**100 VENDORS &
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Stonington, CT

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22 Bayview Avenue, Unit 3
Stonington, CT 06378

860-415-6215

www.smithsholidayhouse.com

The Velvet Mill Vintage & Flea Market



The Velvet Mill
Saturdays & Sundays
10:00am to 3:00pm

Selectmen's Corner... continued from page 2

lobstermen and fishermen to promote their economic value to the Town and State. As well, we will strengthen our relationships with the several Chambers of Commerce and Merchants' Associations to ensure that relations between the public and private sectors are healthy and productive.

Public service is a public trust and "customer service" is a key component of public service. Every day we must ask ourselves "What can we do to implement 'best in class' customer service?" Can we reduce costs without affecting performance? Are there better ways to provide quality public service to the Town and our customers – the citizens?

In 2016 the Stonington Board of Selectmen worked together for the best interests of the Town. We have put Stonington First. This

approach to government works well because it promotes civility and places collaboration above conflict. We hope that we can continue this tradition knowing full well that 2017 is a municipal election year.

In closing, we thank all of the Town employees, volunteers, contractors and dedicated members of our elected and appointed boards and commissions for their important work. We look forward to their continued contribution of time and talent. For without the best efforts of all our citizens, our government cannot succeed.

Rob Simmons, First Selectman
Mike Spellman, Selectman
Kate Rotella, Selectwoman

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Assessor's Office

Department of Assessment
Marsha L. Standish, CCMail, CCMC
Director of Assessment

ARE THERE ANY TAX BREAKS FOR SENIOR CITIZENS?

If Stonington is your primary place of residency, you are an owner of property in Stonington and you or your spouse are over 65 or considered to be permanently disabled, you may be eligible for a reduction in taxes. This program has certain income requirements. The filing period is February 1, 2017 to May 15, 2017. Contact the Department of Assessment at 860-535-5098 if you believe you may qualify.

Important Note: If you are receiving a "Homesteader's Exemption" in Florida or a similar exemption in any other State, you are not eligible for the exemption.

HOMEOWNERS CREDIT

To be eligible for such a grant:

1. You or your spouse must be at least 65 years of age as of December 31, 2016 or over 18 and permanently and totally disabled.

Totally disabled applicants must provide one of the following:

- A. A copy of an original award letter from Social Security; or two
- B. A Benefit verification letter with the date the applicant became totally disabled

2. You must be a permanent resident of the State of Connecticut. You cannot be receiving a Homestead Exemption in Florida.
3. Your 2016 income must not exceed specific income limits that will be available after the first of the new calendar year. Income limits are \$35,200 single \$42,900 married.
Income Definition: Qualifying income is defined as gross income for IRS purposes plus any other income not included in such gross income.
4. You must provide the Assessor with a copy of your SSA1099 for 2016, or its equivalent, from Social Security and your 2016 federal income tax return if you file one. The Assessor may require any other proof of income that may be necessary for the certification of the claim, such as interest/dividend statements and pension statements.

IN ADDITION TO THE ABOVE CONDITIONS

HOMEOWNERS MUST:

- File an application between February 1st and May 15th, at least continued on page 6



COME TO THE COMO!

Programs for youth & adults!

Summer Day Camp K-7 | Coding | Photography
Digital Illustration | Dungeons & Dragons
Video Production | Make Your Own Video Game
Minecraft | 3D Printing | Tennis & Paddle Tennis
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Basketball | Flag Rugby | Adult & High School 6v6
SAT Prep Courses | Driver's Education
Before & After School Care | Inclusive Programs
School's Out Vacation Day Program
Pottery Classes & Workshops | Drama & Acting
Summer, Full Day & Traditional Day Preschool
Beaches | Facility Rentals | Birthday Parties
Thrift Shop | College Scholarships | & More!

Stonington Community Center
860.535.2476

THECOMO.ORG



Assessor's Office... continued from page 5

- every two years, with the Assessor's Office of the town where they live.
- Own the property or hold a tenancy for life or for a term of years, which makes the applicant liable for payment of taxes (CGS Sec. 12-48). The property must be the applicant's primary residence (domicile).

- Credits are determined as a percentage of taxes. This grant includes minimum credits ranging from \$150 to \$400.

Renters: If you rent, you may be eligible for rent reimbursement. To find out current income/eligibility requirements, contact Human Services at (860) 535-5015.

From the Tax Collector's Office



Generally speaking, while no one likes paying taxes, most Stonington taxpayers can appreciate why they pay them, and they can also appreciate the town services they receive for the money spent. Occasionally, we get a taxpayer who thinks he or she is being taxed right out

of the Town of Stonington. So below, I thought I'd offer a comparison of mill rates between our town and the surrounding towns, with a few others thrown in. When viewed this way, one can see that Stonington has one of the lowest mill rates in the area, if not the State of Connecticut. For a full comparison of mill rates in the State, go to <http://www.ct.gov/opm/cwp/view.asp?a=2987&q=385976>.

| | |
|--------------------|-------|
| Bridgeport | 54.37 |
| East Lyme..... | 25.36 |
| Greenwich | 11.2 |
| Groton Town..... | 21.73 |
| Hartford..... | 74.29 |
| New London..... | 40.46 |
| N. Stonington..... | 27.00 |
| Old Lyme | 21.20 |
| Old Saybrook | 19.26 |
| Stonington | 22.31 |
| Waterford..... | 26.78 |

MASH – Making a Difference



WHAT WOULD YOU DO IF YOU BECAME HOMELESS?

For many families who live and work in our community, the risk of homelessness is very real. Paying the rent is a constant challenge for those employed in low-wage jobs – the person who plows your driveway or mows your lawn, the server at the coffee shop or the grocery store cashier. These families are so precariously housed that it doesn't take much to trigger housing instability. An unexpected car repair, sick child or a month with fewer shifts are enough to cause a hardworking family to lose their home.

Mystic Area Shelter & Hospitality, Inc. (MASH) works to Prevent Family Homelessness, One Family at a Time. Because the trauma

of homelessness can negatively impact family members, especially children, MASH works to keep families in their own housing and out of emergency shelter. Families who are at imminent risk of losing their housing receive case management support and, if needed, financial assistance to resolve an immediate housing crisis. MASH also helps families overcome common barriers to employment that can lead to homelessness. MASH's Employment and Work Skills Training, Wheels to Work and Childcare Solutions are programs that support job creation, job enhancement and job retention for economically at-risk families.

If you or someone you know is homeless or at risk of homelessness, call 2-1-1, CT's regional hotline for the homeless. To learn more about MASH's work or if you would like to help us in our mission, visit www.mashshelter.org or call (860) 245-0222.

PACE and Adult Day Center of Westerly (ADCW)

PACE and Adult Day Center of Westerly (ADCW) seek out new ways to enhance the lives of the elders who seek care in the organization. An opportunity for an innovative way to do so arose this fall, when a class from Westerly High School arrived to speak with several participants and learn about their personal stories. The high school students asked questions about the seniors' history, childhood, and memorable experiences – all prompted by National Public Radio's StoryCorps

and "The Great Thanksgiving Listen."

The students walked away reflecting on the honest tales that were shared – family values, professional pasts, and fun anecdotes of a time well before cell phones and social media. From the story of one ADCW participant working on a family farm, to another recalling a time when writing with one's left hand was not acceptable, it was a day for fond memories and strong lessons. The

seniors were engaged and enthused to share their personal history with the captive interviewers. This exciting experience provided a window for both generations into the lives of the others, and the conversations between the these Westerly-area generations, which were recorded, will be archived in perpetuity in the Library of Congress. There is always something new happening at PACE and Adult Day Center Westerly!

Some Stonington Public Works Facts

DID YOU KNOW?

- The Town maintains 227 lane miles of roadways.
- The Town has 192 linear miles of roadways.
- The Town maintains 32 miles of sidewalk.
- The Town maintains more than 330 acres of pavement.
- The Town maintains more than 1,600 catch basins.
- There are 11 Town bridges.
- The Town maintains one traffic light at Coogan Blvd and Clara Drive.

PAVING

Paving is an expensive undertaking, and one of the most misunderstood. The replacement cost of Stonington's 227 lane miles of roadways is over \$51 million. This makes our streets one of our most expensive assets. Our new Pavement Management System is a way of protecting this investment, therefore, maximizing the life of our streets and getting the most for your tax dollar. The goal of the annual program is to maintain roadways in an average to excellent condition by addressing deteriorating pavement conditions well before a total rehabilitation of the roadways are necessary.

Paving is based on an objective cost benefit analysis determined by the Pavement Management System. It takes the following into consideration

1. Pavement condition rating
2. Functional classification of the road and
3. Types of pavement treatments needed.

Please visit our Public Works website after approval of the budget for this year's paving plan.



WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service. By calling 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours-a-day, every day of the year. TDD access is available.

Visit the website for more information:
<http://www.211.org/#>

Town of Stonington

STONINGTON TOWN HALL
 152 Elm Street, Stonington, CT 06378
 Monday - Friday / 8:30 am - 4:00 pm

STONINGTON HUMAN SERVICES
 166 South Broad Street – Pawcatuck, CT 06379
 Monday-Friday - 9:00 am - 4:30 pm

STONINGTON POLICE DEPARTMENT
 173 South Broad Street – Pawcatuck, CT 06379

TRANSFER STATION
 151 Greenhaven Road – Pawcatuck, CT 06379
 Mon/Tue/Thu/Fri – 9:00 am - 3:00 pm (Closed Wed)
 Sat – 8:00 am - 3:00 pm; Sun – 8:00 am - 1:00 pm

| | |
|---|---------------------|
| Administrative Services..... | (860) 535-5000 |
| Animal Control Officer | (860) 599-4411 |
| Assessor's Office..... | (860) 535-5098 |
| Building Official..... | (860) 535-5075 |
| Emergency Management..... | (860) 535-5050 |
| Engineering..... | (860) 535-5076 |
| Finance Department | (860) 535-5070 |
| Highway..... | (860) 535-5055 |
| Human Services..... | (860) 535-5015 |
| (Recreation, Senior Services, Social Services, Youth & Family Services) | |
| Planning Department | (860) 535-5095 |
| Police Department..... | (860) 599-4411 |
| Public Works..... | (860) 535-5055 |
| Registrar of Voters..... | (860) 535-5047/5054 |
| Sanitarian..... | (860) 535-5010 |
| Selectmen's Office | (860) 535-5050 |
| Solid Waste & Recycling..... | (860) 535-5099 |
| Tax Collector..... | (860) 535-5080 |
| Town Clerk..... | (860) 535-5060 |
| Transfer Station..... | (860) 535-5088 |
| Water Pollution Control Authority | (860) 535-5065 |

www.stonington-ct.gov

Stonington Volunteer Ambulance

FAST Recognition of Stroke

Based on your family and medical history, you may be at an increased risk for stroke. Risk factors for stroke include smoking, high blood pressure, heart disease or diabetes. Do you know the FAST stroke acronym? The National Stroke Association and the American Heart Association both recommend using FAST to help recognize the symptoms of stroke:

F

FACE: Ask the person to smile. Does one side of the face droop?



A

ARMS: Ask the person to raise both arms. Does one arm drift downward?



S

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?



T

TIME: If you observe any of these signs, call 9-1-1 immediately.



The National Stroke Association states: “Knowing the signs and symptoms of a stroke is the first step to ensuring medical help is received immediately. For each minute a stroke goes untreated and blood flow to the brain continues to be blocked, a person loses about 1.9 million neurons. This could mean that a person’s speech, movement, memory, and so much more can be affected.” If you or a loved one experience SUDDEN numbness or weakness on one side of the body, call 911.

If you or a loved one experience SUDDEN confusion or trouble speaking or understanding, call 911. If you or a loved one experience SUDDEN trouble seeing in one or both eyes, call 911. A SUDDEN severe headache or SUDDEN dizziness with difficulty walking or physical coordination requires immediate medical attention.

If you are in doubt, call 911. The members of the Stonington Volunteer Ambulance Corps are trained and available to assist citizens of Stonington and our surrounding communities should stroke-like symptoms appear.

If you would like to learn more about first aid care and stroke recognition, the Stonington Volunteer Ambulance Corps offers certified First Aid and CPR classes from the American Heart Association: “first aid training teaches critical skills needed to respond to and manage an emergency in the first few minutes until emergency medical services arrives... including bleeding, broken bones and sprains, and bites and stings.” No prior medical experience is needed. With the CPR training you can learn how to handle severe choking or a heart attack. Get trained. Save a life. You’ll be glad you did!

Stonington Volunteer Ambulance Corps is an all-volunteer organization. Our staff members maintain the same credentials as professionally paid emergency medical technicians. If you are interested in obtaining training, becoming an EMT or just volunteering to help, we are always looking for new members.

For more information call (860) 535-3721 or visit www.stoningtonambulance.org.

Southeastern Connecticut Regional Resources Recovery Authority (SCRRA) Collection Schedule

Southeastern Connecticut Regional Resources Recovery Authority (SCRRA) funds and administers a regional, multi-town collection program for hazardous wastes from residents. Held April through November, these 9 annual collections change location each month, providing free, convenient hazardous waste disposal for home owners. Participating community residents can go to any or all of the 9 collections.

2017 HHW, Paper Shredding & Mercury Collection Schedule

| EVENT DATE | MATERIALS & LOCATION |
|--|---|
| Saturday, April 8th 9:00 am - 1:00 pm | Household Hazardous Waste Collection & Paper Shredding Stonington Highway Department, Stonington |
| Saturday, May 6th 9:00 am - 1:00 pm | Household Hazardous Waste Collection & Paper Shredding New London High School, New London |
| Saturday, June 3rd 9:00 am - 1:00 pm | Household Hazardous Waste Collection & Paper Shredding **New Location For Colchester: Colchester Town Hall, Colchester |
| Saturday, June 17th 9:00 am - 1:00 pm | Household Hazardous Waste Collection & Paper Shredding Norwich Public Works Garage, Norwich |
| Saturday, July 15th 9:00 am - 1:00 pm | Household Hazardous Waste Collection & Paper Shredding Groton Transfer Station, Groton |

continued on page 10





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- Giving students opportunities to apply their knowledge of science and mathematics by introducing them to the world of **ENGINEERING**.
- Providing rigorous personalized **MATHEMATICS** instruction for every student based on their current skill level and supported by online resources.
- Featuring an expanded school day that includes unique STEM-themed engaging enrichment opportunities through community partners such as: Mystic Aquarium, Denison Pequotsepos Nature Center, Roger Williams Park Zoo, Progression Music...and more!

Come join us for a tour
and information session:

Saturday, January 21 at 10 a.m.
Tuesday, January 24 at 6 p.m.

Tuesday, February 7 at 6 p.m.
Saturday, February 25 at 10 a.m.

Saturday, March 11 at 10 a.m.
Tuesday, March 28 at 6 p.m.

APPLICATIONS ACCEPTED FOR STUDENTS
ENTERING GRADES K-5
APPLICATION DEADLINE: APRIL 3, 2017

For more information contact: Angela Rasmussen · (860) 447-6033 · rasmussena@newlondon.org
winthrop elementary.org | [facebook.com/NLPS.Winthrop](https://www.facebook.com/NLPS.Winthrop)

A division of New London Public Schools

Hazardous Waste Schedule... continued from page 9

| EVENT DATE | MATERIALS & LOCATION |
|--|---|
| Saturday, August 12th 9:00 am - 1:00 pm | Household Hazardous Waste Collection & Paper Shredding Montville – Tyl Middle School, Oakdale |
| Saturday, September 9th 9:00 am - 1:00 pm | Household Hazardous Waste Collection & Paper Shredding North Stonington Superintendent's Office, North Stonington |
| Saturday, October 28th 9:00 am - 1:00 pm | Household Hazardous Waste Collection & Paper Shredding Griswold Highway Garage, Griswold |
| Saturday, November 4th 9:00 am - 1:00 pm | Household Hazardous Waste Collection & Paper Shredding *NEW LOCATION* Ledyard Public Works / Transfer Station, Ledyard |

What is Accepted?

HOUSEHOLD HHW

Paint (Oil & Latex) & Stains
Paint Thinner
Drain Cleaners
Varnish
Photographic Materials
Nail Polish Remover
Oven Cleaners
Toilet Bowl Cleaners
And Much More...

SHED & GARAGE HHW

Kerosene
Old Gasoline
Radiator Chemicals
Auto Body Chemicals
Fuel Additives
Car Battery Acid
Camping Stove Fuel
Fluorescent Bulbs

LAWN & GARDEN HHW

Insecticides
Pool Chemicals
Herbicides
Rat Poison
Moth Balls
Fungicides
Round Up
Rechargeable Batteries

What is NOT accepted?

Tires
Ammunition/Gun Powder
Auto or Marine Flares
Radioactive Materials
Large Commercial/Industrial Generators of HHW

Use caution when transporting HHW materials! Use the original containers when possible.

Commercial and Large Generators of Hazardous Waste are NOT accepted.

For more information call Jen Stackpole, Stonington Solid Waste Department at 860-535-5099.

Medication Management Basics

Effective medication management starts with informed patients. Here are seven tips to help you keep track of your medications and optimize your health:

1. Make a list of all your current medications. Include every prescription, over-the-counter medication, or supplement (vitamins, herbal remedies) you take. Note the name, dosage, frequency and reason for each, as well as how long you've been taking it.
2. Keep a copy of the list in your purse or wallet, and share it at every doctor's appointment and with your pharmacist (especially if you use more than one pharmacy).
3. If one of your doctors adjusts any of your medications, be sure to inform all other healthcare providers – primary care physician, specialists, and your pharmacists. Remember to update your list, too.
4. Read the patient information inserts that come with your prescriptions. Make sure you know which medications should be taken with food, and which on an empty stomach. Be aware of drug interactions and side effects; contact

your doctor if you have any adverse reactions.

5. Use a seven-day pillbox to organize your medications. Store morning and evening pills separately. Pick a day of the week to refill your pillboxes and build this task into your schedule. Keep in a place where you're likely to see it – perhaps an eye-level shelf near your computer.
6. Link taking your medications to your daily routine. Maybe a.m. pills at first email check, p.m. pills when you watch the news. You can program reminders into computer or cell phone until your routine is established.
7. Store your prescriptions as directed on package inserts. Protect medications from light, heat and humidity; and always keep out of the reach of children.

For more information, call the Visiting Nurse Association of Southeastern Connecticut at 860-444-1111, or visit www.vnasc.org. VNASC is a fully-accredited, nonprofit home healthcare and community wellness organization which has cared for the people of southeastern Connecticut since 1909. VNASC: Bringing the healing home.



Human Services - Information

TRUST - CARING - COMMITMENT - EXCELLENCE

The mission of the Department of Human Services is to enhance the quality of life for Stonington residents from all age groups and all economic backgrounds by advocating for their basic needs and promoting self-sufficiency.

The Department is one of five administrative departments established by Town Charter. Four Human Services divisions exist as a means of providing aid to residents that is both relevant to their needs and beneficial in purpose - Senior Services; Social Services; Youth & Family Services; Recreation. The divisions are interdependent in order to effectively utilize departmental resources to provide program excellence and offer advocacy, information and referral.

Human Services Team:
Human Services Director
Leanne Theodore

Social Services Administrator/
Municipal Agent for the Elderly
Carol Umphlett

Youth & Family Services Administrator
Kristen King

Recreation Administrator
Richard Ward

Administrative Assistant
Michelle Larese-Casanova

Receptionist
Amanda Johnson

Preschool
Jenni Llaguno
Leslie Weber

Counselors
Molly Kunka, LCSW – Clinical Supervisor
Miranda Krause-Cahill, LCSW

Linda Cunningham, MSW

THANK YOU to our many generous donors and to those who continuously provide support to our many programs! First United Methodist Church of Mystic; Mystic Congregational Church; Mystic Woman's Club; Mystic Lions Club; Ocean Community Chamber of Commerce; Pawcatuck Fire Department; Pawcatuck Lions Club; Renegade Fitness; Rotary Club of Mystic; Rotary of the Stoningtons;

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Human Services Information... continued from page 11

Stonington Borough Fire Department; Stonington Marina; Stonington Pizza Palace; Stonington Police Department; Stonington Veterinary Hospital; United Church of Stonington.

LIKE US ON FACEBOOK!

Follow the 'Stonington Human Services' page and stay in the loop with current program events and happenings.

VOLUNTEERS

The Human Services Team is very grateful for our volunteers who share their time and talents with us. Some join us monthly, while others share their time weekly. Volunteers are especially needed for reception/clerical support and gardening. All ages are welcome!

PROGRAM SUGGESTIONS WANTED!

There may be an activity or program that you enjoy which is not presently offered by Human Services. You may also have ideas for new programs or constructive comments on the improvement of existing programs and services. In either case, we encourage Stonington residents to express their particular ideas and concerns. Please help us offer to you the programs and services which you desire. Send ideas and comments to: Stonington Human Services, 166 South Broad Street, Pawcatuck, CT 06379 or via email: LTheodore@stonington-ct.gov.

PROGRAM REGISTRATION

All classes register in person at Stonington Human Services, 166

South Broad Street, Pawcatuck, Monday-Friday between 9 am - 4:30 pm, by mail, or outdoor drop box after normal business hours. Online registration is available at <http://stonington.recdesk.com>. If registering in person, completed forms and payment are required at the time of program registration. Download forms for all programs at www.stonington-ct.gov (located under Human Services Department). If a program does not meet minimum enrollment one week prior to the start date, it will be cancelled. Register early to avoid disappointment due to a full or cancelled program.



LIGHT IT UP BLUE 2017

Please join us as we kick off Autism Awareness Month! Save the Date – Tuesday, 4th from 5:00-10:00 pm at

The Twisted Vine, Westerly, RI. Music, raffles, educational materials and excellent food and beverage options available for purchase. \$5 fee at the door. Proceeds to benefit local autism awareness activities as well as Autism Speaks. Local businesses are invited to join us and Light It Up Blue with specials and promotions!

Light It Up Blue is a unique global initiative that kicks-off Autism Awareness Month and helps raise awareness about autism. World Autism Awareness Day (WAAD), celebrated on April 2 annually, was adopted by the United Nations in 2007 to shine a bright light on autism as a growing global health crisis. For more information: <http://liub/autismspeaks.org>.



Human Services - Stonington Parks & Recreation

Stonington REC serves as an advocate for meeting the recreational needs of all the residents within the Town of Stonington. The division, within the Human Services Department, provides youth and adults an abundance of seasonal and year-round recreational opportunities to participate in camps, clinics, leagues, open runs, trips, family movie nights and fitness programs.

SPELLMAN RECREATIONAL PARK

Our recreation complex consists of four athletic playing fields, a large playground area, outdoor exercise equipment area, two outdoor basketball courts, six tennis courts and two pavilions. Add Stonington High School's Palmer Field (turf) and their baseball field, and we have one of the finest recreational facilities in the area. Any organized non-scholastic, sport using the fields for games or practices at the Park or both middle schools, must be registered with the Recreation Division. Please contact Richard Ward at rward@stonington-ct.gov for additional information.

PLAYGROUNDS IN OUR COMMUNITY

The Recreation Division oversees and maintains three

playgrounds in our community. Please abide by all posted rules and regulations.

Spellman Playground: Located on Spellman Drive
- Pawcatuck

Borough Playground: Located off of High Street
- Stonington Borough

Haley's Way Playground: Located off of Haley's Way
- Old Mystic

PAVILION RENTALS

The Town of Stonington Pavilions, located behind Spellman Park Playground, are available to reserve from Memorial Day to Columbus Day Weekend. Cost \$25/day. Call (860) 535-5015. Payment required for reservation; application is available online.

SAFE BOATING / PERSONAL WATERCRAFT CERTIFICATION COURSE

Participants who successfully complete this course and pass the test qualify for the Certificate of Personal Watercraft Operation. A Safe Boating Certificate (SBC) allows an individual to operate any recreational vessel registered in Connecticut except a personal watercraft ("jet ski" type vessel) on Connecticut's waters. A Certificate of Personal Watercraft Operation (CPWO) will allow an individual to operate any recreational vessel including a personal watercraft ("jet ski" type vessel). Visit <http://www.ct.gov/deep> for additional information on how to obtain your Safe Boating / Personal Watercraft Certificate. Payments received cover the cost to attend the course only. Pre-Registration required: Max of 25 participants.

Ages: 12+
Date: Monday/Wednesday, May 8 & 10 (must attend both classes)
Time: 5:30-9:30 pm
Location: Stonington High School
Fee: \$10

FENCING

Acquire the reflexes of a boxer, the legs of a high jumper and the concentration of a tournament chess player. Equipment for these beginner classes is provided. Participants will have access to purchase their own equipment. Instructor Jonathan Reid has been involved with fencing for over 12 years and has coached and officiated for the sport for 10 years.

Days/Date 8 weeks -Thursdays, April 20-June 8
Ages/Times: Beginner Youth Program (ages 7-12) 4-5:00 pm
Beginner Program (ages 13+ & adults) 5-6:00 pm
Intermediate Program (ages 13+ & adults) 6-7:00 pm
Location: Stonington High School
Course Fee: \$75/Residents; \$85/Non-Residents



HIKE STONINGTON

We are gearing up and doing it again – adding a few extra hikes from just outside Stonington! Grab your friends and family members and get out and enjoy the numerous walking and hiking trails in Pawcatuck, Mystic & Stonington! Everybody who hikes ALL of the trails during the course of one season and tells us about it will receive a one-of-a-kind

t-shirt to proudly wear at the gym or in the park. Register early and get outside!

1st REGISTER FOR IT! <http://stonington.recdesk.com>
2nd HIKE IT! The best part!
3rd TELL US ABOUT IT (PICTURES WELCOMED)!
hikestonington@stonington-ct.gov
4th GET YOUR T-SHIRT FOR IT! Woo-hoo!

A packet with the complete list of trails and guidelines will be provided upon registration. Info on how to "report back" on each trip will also be given at that time. You will have the whole summer (even into the fall) to complete the hikes and to be eligible for the FREE t-shirt.

Fee: FREE! Registration is required.

GOALKEEPERS ONLY!

"They say where he walks, the grass never grows." – Eduardo Galeano. Soccer goalkeepers are one of the most important players on the field – the last line of defense and the first line of attack. To play the position well requires special skills and training. Join Coach Ward and special guest instructors from both the boys and

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Parks & Recreation... continued from page 13

girls soccer teams at Stonington High School for this Goalkeepers Only training. Available for both boys and girls! Instructed by Richard Ward.

Age: 3 groups: Grades 3/4; Grades 5/6; Grades 7/8
Day/Date: Tuesdays, May 2-May 23 (4 weeks)
Time: 5:00-6:00 pm
Location: Spellman Recreation Complex – REC or Piver Field
Fee: \$25 Resident / \$35 Non-Resident

UK INTERNATIONAL – SPRING SOCCER CAMP

UK International's Classic Soccer Camp program enhances player's technical development & skill building in a stimulating environment. Players are challenged to consider basic tactical components at an age appropriate level, including attacking and defending principles. Over the week, players will be self assessed using standardized National Soccer Tests focusing on the technical aspects of the game, along with the 'UK Quiz', and World Cup Competition. COACHING CURRICULUM COVERS: -Control -Passing -Dribbling -Shooting -Turning -Running With the Ball -Defending. All participants receive their own soccer ball and a camp shirt as part of the cost.

Age: 6-14
Day/Date: Spring Vacation Week Monday-Friday; April 10-14
Time: 10:00 am-12:00 pm
Location: Spellman Recreation Complex
– Palmer Field (the turf)
Fee: \$95 Resident / \$95 Non-Resident

FITNESS & EXERCISE CLASSES

The following fitness and exercise programs are offered through the Recreation Division. All classes are held at Black Bear Traditional Martial Arts Center at 829 Stonington Road (the old Porch

& Patio building). Black Bear's space provides state-of-the-art flooring and plenty of space "to get our sweat on"! It also allow us to add to our offering of classes. If you have any suggestion on the type of fitness classes you would like to see please contact Richard Ward at rward@stonington-ct.gov.

BABY BOOMERS

Incorporate weights into fun cardio routines to tone and strengthen as you scorch calories. Designed specifically for individuals ages 50 and older. Instructors: Michele Gardner; Stacey O'Donnell & Heather Bessee. Join at any time! Location: Black Bear Karate, 829 Stonington Road, Stonington

| Day | Date | Time | Age |
|--------------|---|---------------|-----|
| M, W & F | Join anytime! | 9:30-10:30 am | 50+ |
| Monthly Fees | 1 day/week \$15; 2 days/week \$30; 3 days/week \$45. | | |
| | Non-Residents add \$15. | | |

ZUMBA

Ditch the workout—join the party! Combine all elements of fitness: cardio, muscle conditioning, balance and flexibility with a boost of energy and a serious dose of awesome each time you leave class. Fuse hypnotic Latin and international music with easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away and make exercise fun again. Instructor Caroline Wall.

Location: Black Bear Karate,
829 Stonington Road, Stonington

| Day | Date | Time | Age |
|---------|---|--------------|-----|
| Mon/Wed | Join anytime! | 5:30-6:30 pm | 18+ |
| Fees: | Punch card \$65 for 10 classes; \$100 for 20 classes – Drop-In \$10. | | |

Human Services - Stonington Adult Sports Leagues

The Recreation Division of The Human Services Department is offering the following Adult Sports Leagues this spring and summer. For additional information and registration on these please contact the department at (860) 535-5015 or by email at rward@stonington-ct.gov.

ADULT CO-ED SOCCER LEAGUE:

Register as a team starting March 1. Games are held "on the turf" at Palmer Field, behind Stonington High School on Sunday evenings starting at 5, 6, 7 or 8 pm. The 8 game season schedule runs April 23 and ends with a tournament and championship games on June 18. Team fees are \$650 if paid on or before April 1st; \$750 if paid before the first scheduled game; \$825 late payment if paid after April 23.

MEN'S SOFTBALL LEAGUE:

Register as a team starting March 1. Games are held at Spellman Recreational Complex, behind Stonington High

School. The 20-25 game schedules could be played Monday through Thursday evenings starting early May and running through playoffs and World Series held first week in August (schedule TBD). An organizational and captain's meeting is scheduled for Monday, April 17 at 7:00 pm. "Cross-over" games against teams from the Westerly league will be held in addition to regular season round robin games. Team fees are \$1000 if paid on or before April 1st; \$1150 if paid before the first scheduled game; \$1250 late payment if paid after the first scheduled game. Any team registered for the season will automatically be registered for the 2nd Annual Battle of Stonington Tournament, scheduled for mid August.

CO-ED SOFTBALL LEAGUE:

Register as a team starting March 1. Games are held at Spellman Recreational Complex, behind Stonington High School. The one game per week schedule will be held on Monday, Tuesday, Wednesday or Thursday evenings starting May through first week of August (schedule TBD). Team fees are \$250 if paid on or before April 1st; \$300 if paid before the first scheduled game; \$350 late payment if paid after the first scheduled game. Any teams registered for the season will automatically be registered for the 2nd Annual Battle of Stonington Tournament, scheduled for mid August.

TENNIS, CO-ED LEAGUE:

Register as a team starting April 1. Matches are played on the courts in Spellman Recreational Complex on Monday and Wednesday evenings starting in June. Schedule consists of 1 or 2 matches per week (TBD) from late June through Mid August. Team fees are \$400 if paid on or before June 1st; \$450 if paid before the first scheduled game; \$500 late payment if paid after the first scheduled match. *An additional \$50 is charged for Non-Resident teams (less than 80% of the roster).

STONINGTON REC SPORTS TOURNAMENTS!

2ND ANNUAL BATTLE OF STONINGTON

In honor of the Battle of Stonington during the War of 1812, Stonington Recreation will be hosting a number of Adult and Youth sports tournaments taking full advantage of the facilities at Spellman Park. Watch for details on tournaments held for both kids and adults in tennis, softball, soccer, basketball, softball and lacrosse. On the morning of August 10, 1814, during a lull in the attack by the British on Stonington, Dean Gallup of Stonington, stood upon the shoulders of Jeremiah Holmes and nailed a large American flag to a pole above the battery. It was a banner of defiance that waved until the British sailed away on the afternoon of August 12, unsuccessful in their attempt to vanquish Stonington.* Turning ahead 202 years later, that same spirit will be in full display on the courts and fields with our own version of The Battle of Stonington. Please contact Richard Ward if you are interested in the planning stages of this multi-day tournament scheduled to take place the week of August 7-19 (the actual battle took place Aug 9-14, 1814).

**Taken from an article By Susan J. Jerome for Connecticut Explored.*

Human Services - Summer Camp



MORNING PLAYGROUND AND AFTERNOON ENRICHMENT CAMP

Registration for our ever popular summer playground started on February 1st. The program has full and half day options - Theme Days - Crafts - Sports - Interactive Games - Field Trips - Fun with Science - Theater - Karate - Art - and much, much more! Held

at Spellman Park (behind Stonington High School). The camp takes full advantage of the sports fields, playground and school facilities for a safe, fun filled day of summer adventure! Please contact the Stonington Human Services for details and specifics. Don't be shut out - Register early! SCHOLARSHIPS AVAILABLE (contact Human Services for details)

Dates: Monday-Friday June 19-August 11

(Start date may be impacted by snow days!)

continued on page 16

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Summer Camp... continued from page 13

Ages: Boys and Girls entering Grades 1-6 in the fall of 2017
"Early Bird" Full Summer Registration Fees*:
*available through March 31

Full Day: 8 am to 4 pm Fees: \$575 Resident /
\$725 Non-Resident
AM Only: 8 am to noon Fees: \$275 Resident /
\$350 Non-Resident
PM Only: Noon to 4 pm Fees: \$300 Resident /
\$375 Non-Resident

*All fees includes daily breakfast and lunch, provided through the USDA Summer Food Service Program Grant. Field trips are an added fee.

MIDDLE SCHOOL REC CAMP

Full and half day programs set up specifically for middle school

age group (boys and girls entering 7th & 8th grade). Held at Spellman Park (behind Stonington High School). The camp takes full advantage of the sports fields, playground and school facilities for a safe, fun filled day of summer adventure! Please contact Stonington Human Services for details and specifics. Don't be shut out - Register early! Breakfast and lunch is included with the weekly fee.

Dates: Monday - Friday starting June 19 - August 11

Times: Full day 8 am to 4 pm

Half Day: 8 am to noon or Noon to 4 pm

Fees: "Early Bird" Registration fees available through March 31

Full Day: \$125 / week Resident or Non-Resident

Half Day: \$85 / week Resident or Non-Resident

Human Services - Day Trips

BOSTON FLOWER & GARDEN SHOW/QUINCY MARKET

Day/Date: Saturday, March 25
Fee: \$45/Transportation and ticket to Flower Show
\$35/Transportation and Quincy Market drop-off

Enjoy a day in Boston! Choose either the Flower & Garden Show at the Seaport Trade Center or a day on your own exploring Quincy Market. Depart Stonington Human Services on a full-size motor coach at 8:00 am and leave Boston to return back to town at approximately 5:00 pm.

HOUSTON ASTROS AT NY YANKEES - **DEREK JETER DAY**

Day/Date: Sunday, May 14
Fee: \$179
The Yankees will be honoring Derek Jeter

during a pre-game ceremony with the retirement of his #2 uniform number and the unveiling of his Monument Park plaque on Sunday, May 14 - and Stonington Recreation will be there in style!! A limited number of reserved seating in Section 234 is available at \$179 per person. This package includes roundtrip motor coach transportation and seating in section 234. Stonington Human Services is participating in a "Share Bus Program," with pick up and drop off location based on the number of registered participants. If 25 participants register, the location will be at the Stonington Human Services parking lot (166 South Broad Street, Pawcatuck). If less than 25 register, the meeting spot will be at a convenient location, centrally located area within the region. Advanced notice on the site & time will be given

within a week of the trip. All seats to the game are guaranteed regardless of the number sold upon registration. Departure time TBD for the 7:30 pm game. The total number of seats is limited, so register NOW!

TAMPA BAY RAYS AT BOSTON RED SOX

Day/Date: Sunday, September 10
Fee: \$65

Take me out the ball game! Please join us on this fun-filled trip to the beloved Fenway Park. Tickets include round trip transportation on a full-sized motor coach and entrance into the park. We've got covered, grandstand seats - rain or shine we will have a great time! Bus leaves Stonington Human Services at 10:00 am and returns after the 1:35 pm game.

Human Services - Youth & Family Services

The programs and services that are offered by Youth and Family Services are done so as a means of promoting positive youth development and supporting improved family and community relations.

SUPPORT GROUPS

All groups are held at Stonington Human Services and are provided at no cost to Stonington residents. Call (860) 535-5015 to register.

Day: First Tuesday of Every Month

Time: 5:30 pm - 7:00 pm

Facilitator: Dr. Lori Liguori, School Psychologist

PARENTS OF CHILDREN WITH AUTISM

An opportunity for parents of children on the spectrum to share experiences and learn from each other.

FAMILIES/FRIENDS AFFECTED

BY ADDICTION

This group is for loved ones of those who are suffering from addiction.

Day: Second Wednesday of Every Month
(Beginning Jan. 11)
Time: 6:30 pm-7:30 pm
Facilitator: Molly Kunka, LCSW

JUVENILE REVIEW BOARD

The purpose of the Juvenile Review Board (JRB) is to provide an alternative to Juvenile Court for juveniles who have committed minor criminal violations in Stonington, and to assist youth who have exhibited problems in the home, school, and community. The goal is to provide a plan for each individual by utilizing community programs, services, and other resources, which will effectively deal with the particular incident, assist in positive development, and encourage responsible behavior.

FAMILY WITH SERVICE NEEDS REVIEW BOARD

Families with children who are engaging in risky behaviors such as running away from home, school truancy, and defiance of family or school rules often rely on state operated programs to help address these problems. The state of Connecticut has defined such children and parents as a Family with Service Needs (FWSN). Beginning in 2005, Connecticut began enacting a series of legislative, policy and procedural changes to address these issues. These changes were grounded in the belief that swift, community-based family services were the best approach for Families with Service Needs. The new approach to at-risk youth and families rejected the use of the justice system as the first response to FWSN cases. Research demonstrates that these behaviors are strong predictors of continued involvement with juvenile, criminal and child welfare agencies. Therefore, intervening with appropriate services at an early stage is crucial to reducing future involvement with the justice systems. Based on a need in the community, in 2015, Stonington Human Services and the Stonington Public School District, in collaboration with the Stonington Police Department, Juvenile Court and DCF, developed a Family with Service Needs (FWSN) Review Board. The purpose of the Board is to intervene and divert at risk children from entering the court system. The Board recommends diversions that encourage positive, pro-social development, school attendance, family engagement and participation in community-based programs.



STONINGTON PREVENTION COUNCIL

The mission of the SPC is to permanently change attitudes,

laws, and policies to stop substance abuse and establish a safer community. Established in 2001 and comprised of community members representing youth, parents, police, youth-serving organizations, educators, religious organizations, and health care professionals, the SPC works to educate the residents of Stonington in taking a community-approach to support youth in making healthier decision regarding alcohol

& other drug use. Past grant-funded council activities have included breathalyzers purchased for Stonington High School; alcohol establishment compliance checks and traffic spot checks with the Stonington Police Department; video presentations and media coverage; school/community educational forums; established tobacco-free parks and recreation areas in Stonington in 2014. Though many resources exist in New London County to assist those individuals and their families who are struggling with addiction, many still report that they do not know where to turn for help. To streamline this process, the SPC has recently developed a resource sheet for first responders encountering residents seeking recovery options.

In October, Stonington Prevention Council received a grant from the Southeastern Regional Action Council (SERAC) to conduct a district youth survey to be administered through Stonington Public Schools - Grades 6-12. This survey measured Stonington youth activities and/or perceptions when it comes to risky behaviors, specifically drug and alcohol use. The results from this survey will help focus the efforts of the Council as well as allow opportunity to seek out additional funding to support a safer community. Recently, the Stonington Prevention Council launched a campaign to bring awareness to the community that mental health matters. In December, the Council received a Local Prevention Council grant in the amount of \$4,152. Part of these funds will support the mental health campaign including a billboard public service announcement, which will be posted on the south bound side of Route One in Stonington. The Council continues to educate the community in regards to prevention strategies and, again, bringing awareness to the opiate crisis the nation is facing. The disease of addiction does not discriminate, it affects all walks of life in any town, even right here in Stonington.



PRESCRIPTION DRUG DROP BOX AT THE STONINGTON POLICE DEPARTMENT

Do you have unused, unwanted or expired medications? In partnership with the Stonington Prevention Council, the Stonington Police Department now has a permanent Prescription Drug Drop Box

located in their main lobby. Accepted items: prescriptions (including patches, medications and ointments); over-the-counter medications; vitamins; samples; pet medication. The following items are not accepted: needles/sharps; ointments/lotions/liquids; aerosol cans; inhalers; hydrogen peroxide; thermometers. The box is a free service and no paperwork is required to participate!

KIDZLIT® AND KIDZSCIENCE® AFTERSCHOOL PROGRAMS

These popular programs encourage reading and an enhanced **continued on page 18**

Youth & Family Services... continued from page 17

interest in science through fun activities which promote learning and creativity. Opportunities for children in Grades K-2 at West Vine Street School and K-4 at St. Michael's School

Day/Date: TBD – Watch for school-specific flyers!
Fee: \$30/8-Week Session
Facilitator: Lynda MacKenzie (WVSS) / Liz Bergel (SMS)

TEENS TO TOTS PRESCHOOL

Every parent wants a nurturing environment for their young child's early education. Get off to a good start and enroll in our program! Open to fully potty-trained children ages 3-5. Located within Stonington High School, 2, 3 and 5 day options are available.

Quality Affordable Program * Certified Preschool Teachers * Encourages social, emotional, physical, and intellectual growth * Structured classroom setting with a well balanced schedule of activities * Weekly curriculum themes.

TEENS TO TOTS SUMMER FUN

June 27-July 27
Come have fun with us in the summer! Held at Stonington High School, little learners have an opportunity to continue their preschool experience through the summer or experience the classroom for the first time. Fully potty-trained children ages 3-5 will learn through a variety of hands on, summer themed activities.

Registration for Summer Fun and the 2017-2018 School Year programs begin on March 1st.

LENTZ & LENTZ SAT PREPARATORY PROGRAM

Lentz & Lentz has had proven results helping thousands of students prepare for the SAT exams for over forty-two years. This SAT preparatory program includes course materials, extra help at no charge, live make-ups, a practice testing session, online downloads for review or as a supplement for missed

lessons and complimentary fall review sessions. The course features test-taking skills, vocabulary development, advanced math review, shortcut math, reading interpretation, speed reading improvement techniques, essay writing, grammar skills and tip sheets. We use our own copyrighted curriculum in conjunction with SAT type questions, designed to reflect the most recent changes in the format of the "NEW SAT." For more information call 1-800-866-SATS (7287) or visit our website www.lentzsatprep.com. Positive SAT results may translate into thousands of dollars saved on tuition!

Day/Date: Wednesdays - Mar. 1-Apr 26
Time: 6:30-9:30 pm
Location: Stonington High School
Fee: \$355

Driver Education provided by AAA/Briarwood Driving Academy 30+ Hour classroom study and 8 additional hours of individual in-car lesson (four private lessons) in a specially equipped training vehicle.

Age: Must be 16 years old by the first class
Day/Date: Mar. 27-May 22
Fee: Classroom Only / \$250;
add private in car lessons / \$595
Location: Stonington High School



STONINGTON COMMUNITY GARDEN

Since the garden's inception in 2010, over 100 Stonington residents have enjoyed harvesting their own organically-grown produce. The annual fee for a 4'x16' plot is \$25. Join our network to learn how to grow your own vegetables, cut food costs and

learn about four season square foot gardening. Thank you to all our committed gardeners for a successful 2016 season! Registration begins on March 1st.

Human Services - Senior Services

Acting as an advocate for elderly residents in the Town of Stonington, the Commission on Aging (COA) is a twelve-member commission which meets monthly in order to discuss issues with regard to the elderly. The division provides local and regional access to supportive services, as well as a variety of educational workshops and socialization opportunities.* Are you interested in making a difference in your community? Call (860) 535-5015 for more information on joining the Commission on Aging.

**Please be sure to check out Youth & Family Services and Recreation program offerings as well, for fitness programs and day trips, open to residents of all ages!*

WATCH YOUR MAILBOX! GRAY MATTERS IS BACK!

In collaboration with the Commission on Aging, local non-profits and other community partners, Gray Matters, a newsletter jam packed with information specific for Stonington senior citizens has returned! Gray Matters will be mailed quarterly to all senior households within the Town. If you would like to buy ad space to

support this publication or submit an article please contact Stonington Human Services at (860) 535-5015.

FRIDAY LUNCHEON SERIES

From October to May each year, seniors are invited to join us for lunch, one Friday per month, from 12-1:30 pm at various local

venues. This very popular program includes a delicious meal, followed by a brief educational presentation or entertainment. Thank you to our 2016-2017 host locations: Mystic Aquarium & Institute for Exploration; Steak Loft; Latitude 41° Restaurant; Go Fish; StoneRidge; 84 Tavern on Canal; and St. Edmund's Enders Island at Mystic.

KNIT & GIVE

This "knitting for a cause" group is ongoing, meeting every Monday from 10:00 am - 11:30 am at Stonington Human Services. Thank you to our dedicated knitters who, over the past three years, have generously crafted hundreds of hats, mittens and scarves for local children in need. Items are also regularly donated to Safe Futures of New London County and the Westerly WARM Center.

COMPUTER LAB

Monday - Friday

9:30 am - 4:00 pm

Do not be intimidated by technology - come check out our computer lab! Appointments are available for those in need of basic instruction. We can show you how to get started, create an e-mail account and surf the web!

AARP DRIVER SAFETY PROGRAM

This program, offered by AARP, is the nation's first and largest refresher course and has been taking place for over 25 years. AARP's new format reduces classroom requirement to one day and only four hours. Call (860) 535-5015 for a current class schedule.

YELLOW DOT PROGRAM

TRIAD is a national cooperative effort of law enforcement agencies (police/fire/sheriffs), senior citizens, and senior organizations, focused on reducing crimes against our most vulnerable

citizens: our elderly population. This national TRIAD initiative affixes a yellow dot in the car's rear window to alert emergency response personnel to senior drivers' and passengers' medical information stored in the vehicle. Information is also utilized to alert emergency personnel of the senior's family members whose care may be dependent upon the senior, such as a homebound spouse. Call Human Services for an appointment to register or for information on upcoming Yellow Dot events.

FILE OF LIFE

Store vital medical information on your refrigerator! Emergency personnel are alerted by a magnet on your refrigerator, enabling them to access your medical information, even if you are unable to communicate. File of Life packet magnets are available at Human Services - free to all residents.

IMPORTANT NOTE: Be sure to update your Yellow Dot and File of Life information as your medical needs and prescription drugs change.

CT HOME CARE FOR ELDERLY

This CT Department of Social Services program assists the elderly by providing the support services needed so they may remain in the community, rather than in a long-term care facility. "To be eligible, applicants must be 65 years of age or older, be a Connecticut resident, be at risk of nursing home placement and meet the program's financial eligibility criteria. To be at risk of nursing home placement means that the applicant needs assistance with critical needs such as bathing, dressing, eating, taking medications, toileting. The CHCPE helps eligible clients continue living at home instead of going to a nursing home." (Source: <http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305170>). Call Stonington Human Services for more information or if you'd like to apply for this program.

Human Services - Social Services

How can Stonington Human Services help you? Call for more information or to make an intake appointment. During the appointment, you will be screened for a wide variety of federal, state and local programs that may be able to assist your situation. Home visits are available for housebound residents.

STATE OF CT RENTERS' REBATE PROGRAM

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies. Applications will be taken between April 1st and October 1st. Last year all grant amounts were cut by 7.5% due to budget cuts. We have not yet

heard how those cuts will affect this year's program.

UNITED WAY MOBILE FOOD PANTRY

Serving over 80+ local families each month, the United Way's Mobile Food Pantry makes a stop in the Stonington Human Services' parking lot* on the first Monday of each month from 5-6 pm. The pantry is set up similar to a farmers' market and has a "no questions asked" policy. Those in need are asked to bring a photo ID and grocery bags when visiting the pantry. Call (860) 535-5015 for more information, or if you have an interest in volunteering.

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* Please note: The program will take place in Stonington High School cafeteria from November-April.

ENERGY ASSISTANCE

Stonington Human Services has been a local fuel bank for almost twenty years, participating with Operation Fuel, TVCCA, and United Way energy assistance grant programs. Income guidelines for TVCCA's programs cap at 60% of the State Median Income (CHAP). A family of four, for example, is eligible if their total gross income is no more than \$65,155.00 (2016-17). It is important to note that liquid assets in excess of \$15,000 for home owners (\$12,000 for renters) are treated as annual income. Assistance amounts are based on established guidelines regarding family size and vulnerability.

Please be aware of these important dates:

- Tuesday, March 15, 2017 is the last day you can call for a fuel delivery;
- Monday, May 2, 2017 is the last day that you can apply to establish eligibility for benefits for the 2016-17 heating season;
- Tuesday, May 31, 2017 is the last day you can submit bills for deliverable fuel that were incurred between 11/09/2016 and March 15, 2017.

Residents with Northeast Utilities "metered" heating services (electric and natural gas serviced through Eversource) are also eligible for heating assistance. In addition, applicants who have been approved for the TVCCA program (both CEAP & CHAP) are eligible for the Matching Payment programs (MPP) offered by these companies. The program puts those qualified on a budget plan and will match all payments made during the winter heating month (November through April) dollar for dollar in an effort to reduce the customer's balance to zero. Human Services can help with these programs as well as a low-budget worksheet that may reduce the monthly payment even more. MPP begins each year on November 1st and continues through May 2, 2017. ALL PAYMENTS MUST BE POSTED BY APRIL 30TH TO QUALIFY FOR THE MATCH. PAYMENTS MADE ON APRIL 30TH WILL NOT POST ON THAT DAY, SO BE SURE TO MAKE YOUR FINAL PAYMENT AT LEAST A WEEK OR TWO BEFORE THE END OF THE MONTH.

HOME ENERGY SOLUTIONSSM

Stonington wants to save you money and cut your energy bills. To do so, we've teamed up with Eversource to bring you Home Energy SolutionsSM, an Energize ConnecticutSM program. A certified and insured contractor will visit your home to evaluate your energy use and make on-the-spot improvements that lower your energy bills. You'll also receive incentives to do even more. sDuring the visit, the average household receives about \$1,000 of products and services:

- Long-lasting, energy-saving CFL and LED light bulbs
- Hot water-saving measures

- Air sealing to get rid of drafts and make your home more comfortable
- Safety tests on your heating equipment
- A report on your energy usage and ways you can save more
- Rebates, incentives, and financing options to make energy improvements more affordable

Learn how you can save money on utility bills and stay comfortable this winter. We will connect you with programs, rebates, incentives and funding sources that make energy efficiency upgrades fit. Call 877-947-3873 or visit EnergizeCT.com/HES to learn more and sign up. In 2016, 123 Stonington households took advantage of this valuable program.

SUCCESS FOR LIFE COACHING

Sustaining self-sufficiency is at the core of maintaining one's housing, employment, and self-esteem. Based on the values presented in Jack Canfield's "Success Principles" and facilitated by a Certified Canfield Trainer, this program is designed to coach clients individually and in group settings. Are you ready to "take 100% responsibility" for your life and move yourself "from where you are to where you want to be?" Call us for an appointment for information on this new and innovative program that offers you an opportunity to improve self-esteem, develop strong goal-setting proficiencies, and take the steps necessary to take control of your life and your future.

SNAP OUTREACH

SNAP, the Supplemental Nutrition Assistance Program, is part of the nation's safety net against hunger. The program's debit card system allows for convenience and confidentiality. SNAP applications can be completed at CT's DSS site online and required documents uploaded (at connect.ct.gov). Contact Human Services for more information or application assistance with the online process. Also, check out End Hunger CT's website at www.endhungerCT.org. Residents are also referred to the Pawcatuck Neighborhood Center's Food Pantry and WARM's congregate meal site, which are both supported with town funds. In addition, United Way's Mobile Food Pantry sets up shop in the Human Services parking lot from 5:00-6:00 pm on the first Monday of every month (and at the Stonington High School cafeteria from November – March), offering fresh fruits, vegetables, meats, and more to residents in need.

MEDICARE INSURANCE COUNSELING (CHOICES)

Are you confused about the difference between Medicare Part C (Medicare Advantage Plans) and supplemental insurance plans (Medigap Insurance)?

- Do you need help navigating through the various CHOICES in plans and services?
- Would you be interested in knowing if you are eligible to

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Peter Welti, Jason Kloter, Dave Schneider
(pictured left to right)*



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Social Services... continued from page 20

have your Part B premium (\$104.90/month) paid through the Medicare Savings Program?

- Did you know that you may be able to get half of your spouse's Social Security and build value in yours while you continue to work past your full retirement age?

First and foremost, be careful! Much of the mail you are receiving (if you are approaching retirement age) may look "official," but may actually be advertising. Seniors have reported getting phone calls from people they do not know soliciting "Medicare" programs. Be safe! Contact us for the information you need regarding your Medicare programs. Human Services has an experienced CHOICES counselor on staff offering personal & confidential appointments for Stonington residents to discuss Medicare options, supplemental insurances, Medigap policies, HMOs, "special help" for Medicare Part D, Medicare Buy-in programs, state pharmaceutical programs, Social Security, and more. Home visits are also available for residents who are homebound.

MEDICARE SAVINGS PROGRAM (MSP)

You may be eligible to have your Medicare Parts B and D premiums paid for you! Medicare Part B, the part of your Medicare that pays your doctor's visits, out-patient testing, etc. costs \$104.90/month. Medicare Part D premiums for your prescription drugs vary depending on the plan you choose. Both are required unless the Medicare beneficiary has creditable coverage through employment, a retirement plan, VA, or other "credible" plan. The State of CT offers a program called the Medicare Savings Program (MSP) that will pay these premiums for income qualified seniors. The GROSS income limits for 2016 are \$2435.40/mo for an individual and \$3284.10 for a married couple. Approval into the program makes you automatically eligible for the Federal Low Income Subsidy (LIS), which guarantees that your prescription drugs will never be more than \$8.25 per prescription (with generic drugs no more than \$3.30) starting in January 2017 and there is never a "donut hole" or open-enrollment period. Furthermore, the program offers seniors with monthly incomes under \$2088.90 (\$2816.85 for a married couple) supplemental insurance coverage and ensures that you never pay medical co-pays or deductibles. These incomes limits change every year in April, so be sure to check with us then for the new limit amounts.

So, where can you apply? Stonington Human Services has the application for this program, as well as trained staff to help. Because it is a "self-declared" program, the application is the

only paperwork needed; DSS will check all income through the appropriate state and federal agencies. More questions? Contact us at Stonington Human Services for more info, an application, or an appointment with a CHOICES counselor, who will explain program guidelines.

SENIOR & DISABLED TRANSPORTATION FOR STONINGTON RESIDENTS

The Eastern CT Transportation Consortium, Inc. (ECTC) provides Stonington seniors, age 60+ (and disabled residents, age 18+) with medical transportation. The cost is \$24 for the fiscal year (7/1 – 6/30) for 36 one-way rides. These grant funds enhance the current transportation programs* and provide Stonington residents with Dial-A-Ride transportation. They also reimburse caregivers for medical mileage expenses for those who have access to a driver. The Dial-A-Ride grant funding will provide transportation for residents to medical trips within New London County and Westerly. Transportation will be available 24 hours a day, 7 days a week. Please contact Human Services, 535-5015, for further information and to register.

** The Town currently funds the Pawcatuck Neighborhood Center for senior transportation.*

EASTERN CT TRAVEL VOUCHER PROGRAM

This transportation service provides subsidized taxi, livery or wheelchair accessible rides for residents of eastern CT. Sponsored by the New Freedom Initiative, the program provides an affordable alternative when existing transportation services are not able to meet an individual's needs. Enrolled participants purchase travel vouchers from ECTC. A book of 10 vouchers, normally costing \$50, cost \$25 through this subsidy program. A maximum of three books per month per enrollee can be purchased. Contact Human Services to obtain an application.

STONINGTON SEAT BUS

The Stonington SEAT bus travels to and from Mystic Village to the I-95 commuter lot in Pawcatuck. A total of twenty stops are included on the route. The bus is equipped with a wheelchair lift and is available Monday through Friday, between the hours of 7:15 am and 4:57 pm. The cost for a one way trip is \$2.00 with a reduced fare of \$1.00 for seniors and the disabled. Stonington Human Services has bus schedules available and passes available for income eligible residents. SEAT can be contacted at (860) 886-2631 or online at www.seatbus.com.

Thames Valley Council for Community Action Programs

VOLUNTEER SHOPPING & VISITING SERVICES

TVCCA's Retired and Senior Volunteer Program (RSVP) is helping seniors and disabled individuals to remain living in their homes through a national Senior Corps grant. Through support, companionship and grocery shopping volunteers make a huge im-

pact on the lives of the people they serve. Last year forty older or disabled individuals were supported in New London County. This year we hope to support eighty people. Volunteers are matched according to interest and location. They make their own schedules. Some volunteers donate as little as 2 hours every other week.

Other volunteers stop by to see the client once or twice a week spending significant time together. All of the volunteers make a difference. If you or a neighbor could use this kind of support because of illness, age or isolation or if you are caring for an older family member and would benefit from occasional respite please contact us. If you would like to serve as a volunteer and are over the age of 55 we could use your help! You can reach the Program Coordinator, Gina King at 860-425-6617.

STONINGTON RSVP VETERANS COFFEEHOUSE

The RSVP Veterans Coffeehouse had a busy day for their last meeting in January. Author Arthur Wiknik Jr. spoke about his book: *Nam Sense: Surviving the Vietnam War with the 101st Airborne Division, a memoir of my Vietnam experiences*. He was drafted into the US Army in 1968 at the age of 19 and went on to serve with the 101st Airborne Division as a Shake-N-Bake squad leader. During the famous battle of Hamburger Hill, he was the first in his unit to safely reach the top during the final assault.

Following Mr. Wiknik's presentation Congressman Joe Courtney and his Veterans Service Representative, Manny Meneses, spoke at the coffeehouse sharing information regarding the changes taking place at the VA and offering support to veterans and the RSVP Veterans Coffeehouse.

The RSVP Veterans Coffeehouse is open every 2nd and 4th Thursdays from 8:30 to 10:30 at Stonington Human Services, 166 S Broad St., Pawcatuck. All veterans are welcome. These are a few of the speakers we are looking forward to:
 February 9: Janet Barrett, Author of *Reckless, A True Story of War, Love, and One Extraordinary Horse* will share the story of a small pony that

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Community Action... continued from page 22

hauled ammunition for the U.S. Marines Fifth Regiment's Recoilless Rifle Platoon during the Korean War.

- February 23: Jan Roberta from Quilts of Valor will present quilts to a few of our vets!
- March 9: Andy Mallory (Military Services Coordinator with Department of Veterans Affairs/Submarine base) will give a brief overview of his work and resources.
- March 23: No speaker is scheduled. Join us for coffee and conversation.

MEALS ON WHEELS VOLUNTEER NEEDED

TVCCA's Meals on Wheels Program volunteer drivers deliver daily meals to several older folks in the Stonington area. Several drivers participate and Pawcatuck Neighborhood Center supports the effort with space to warm the meals. In an effort to improve the efficiency of the process RSVP, Retired Senior Volunteer Program is looking for a Volunteer Coordinator to oversee the process each morning. If you are interested in hearing more please call the RSVP Program Director, Jennifer Johnson at 860-425-6615.

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