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# First Selectman's Corner

*God, Grant me the serenity to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.*

- Reinhold Niebuhr (1892-1971)

This simple prayer has been by my side through this pandemic. It has been a crutch and a source of peace during times when there were no answers...no end in sight...no restful night's sleep. These words were there for me when I received notices of those in our community who were stricken with COVID-19...and again when I was sent death notices. When complaints and tempers flared from community members, counting to ten and repeating these calming words rescued me.

Maybe you can relate. Perhaps you too have had periods of time of complete frustration, depression, or anxiety that would not give way. I suspect we all have. We could all use a hug (yet, that isn't allowed.)

I printed this prayer and taped it to my computer. It sits on the right side of my screen opposite the St Francis of Assisi Prayer. Both have brought me comfort and serenity during this stormy time. At a time when churches, therapists and other support groups are suspended, I pray that you find a way to bring peace to your life. This Too Shall Pass but the waiting can be unbearable.

I admit, these prayers don't always work for me...mostly because "I" get in the way. I cannot close my heart or act selfishly and expect positive and peaceful thoughts. I've made plenty of mistakes in the past 4 months (actually my whole life.) They mostly come when ego and selfishness take me away from my spiritual groundings. Occasionally, I have reacted harshly or in a tone that is regrettable.

If you have been on the receiving end of this, I apologize. Please know that the actions of my office and those in our town's leadership has always been to do the next right thing. During this crisis, especially early on, we were making decisions to save lives. While these actions may have been inconvenient or disagreeable to you, they were all done with the best intentions.

I know that these times have brought out negative behavior in many. I have witnessed it. I have received complaints about it and I have watched the negativity spike on social media platforms. Some comments are cringe-worthy; some are just evil. I urge all to be respectful to one another.

While it may seem that we have hit the pause button on life, we **continued on page 5**



Mark C. Nickerson  
First Selectman

A photograph showing a group of people gathered around a stone fire pit on a lakeside patio. The scene is set at sunset, with the sky transitioning from blue to orange and yellow. Several people are seated in white Adirondack chairs, some facing the fire and others talking to each other. A man stands near the fire pit, holding a drink. The background features a calm lake and a line of trees under a clear sky.

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**COVER PHOTO**

East Lyme Parks & Recreation Department

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## CONTENTS

First Selectman's Corner.....	3
Director's Note Fall 2020.....	5
Parks & Recreation Department.....	6
Park and Beach Information .....	9
Pool Foundation Offers Financial Assistance .....	10
Parks & Recreation Youth Programs.....	12
Parks & Recreation Adult Programs .....	12
East Lyme Public Library .....	15
East Lyme Senior Center.....	16
School is coming! .....	17
Fall is a GREAT Time to Prepare for Winter!.....	18
Trash and Recycling.....	19
East Lyme Veterans .....	20
Community Matters .....	21
The Last Word... New Questions;	
Some Silver Linings .....	22

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## First Selectman's Corner... continued from page 3

haven't. Although events have been cancelled, things closed and many activities are suspended, we must still find ways to live a purposeful life. There are many in our community who are financially and spiritually hurting right now. Reach out and help. Consider donating to Care and Share or the Shoreline Soup Kitchen and Pantry. Check in on neighbors. For many, this crisis is far from over...and the recovering (or struggle to survive) is just beginning. Always remember that we don't know what others are going through. Let's be respectful, caring, and carry with us a heart full of forgiveness, tolerance and acceptance.

When I sit to write these quarterly columns, I start with a blank "slate" and a clear mind. I guess it was time to get away from "events, activities and politics" and speak from the heart. If you've read this far, I thank you for allowing me the opportunity to go slightly off-script this time. I am grateful to be in this leadership position in our great town and being given the opportunity to serve you. Please pray, meditate, or send up positive vibes to the universe for the people of our planet, our country, our state and our community. And I will do the same for you...

Mark Nickerson, First Selectman  
July 30th, 2020

## Director's Note Fall 2020



David M. Putnam

I would like to take this opportunity to thank my entire staff for all their hard work, flexibility, and professionalism during these past few months. Many decisions were made on our parks, beaches, special events and programs. I believe we did a good job on trying to create a balance of offering some programming and opening parks and beaches while following State of CT Guidelines to keep

our patrons safe and healthy. It is the first time and hopefully last time that our department will have to take down basketball rims.

I'd also like to thank you, our patrons and residents, for your cooperation and patience as we navigate our way through this pandemic. I certainly understand some of your frustrations on tough decisions that were made by our staff. I can speak for our entire staff in that we cannot wait to get back to a somewhat normal.

I hope that next summer we can Celebrate East Lyme properly,  
**continued on page 6**



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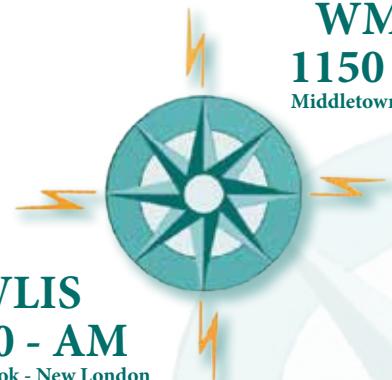
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## Director's Note... continued from page 5

re-energize our Playground Program, bring our community together for Summer Concerts and lift capacity restrictions on our parks and beaches.



Kevin's Court is an accessible basketball court on the completed Miracle League field.

On a bright note the Miracle League Field at Flanders School was completed in early June. The fully accessible athletic field is now up and running. We sponsored a two-week program this summer called "Let's Play." A huge thanks to Parks and Recreation Commission member Todd Donovan for stepping forward and organizing the program. Please keep a look out for additional programming this fall.

As always, I encourage you to keep abreast of our upcoming program offerings by going to our website: [www.eltownhall.com](http://www.eltownhall.com) or our Facebook page at East Lyme Parks. A continued huge thanks to the advertisers in this publication for your support of the community and the Parks and Recreation Department.

Sincerely,  
David M. Putnam, Director

## Parks & Recreation Department

860-739-5828 | fax 860-691-2409

[www.eltownhall.com](http://www.eltownhall.com)

## Contact Information, Websites & Email Addresses

**Executive Director:** David M. Putnam

dputnam@eltownhall.com

**Program Coordinator:** Carolann Rossiter

crossiter@eltownhall.com

**Administrative Assistant:** Robin Grandieri

rgrandieri@eltownhall.com

**Administrative Secretary:** Arlene Wilbur

awilbur@eltownhall.com

**Special Events Coordinator:** Michael R. McDowell

mmcdowell@eltownhall.com

**Park Foreman:** Jason Alves

**Maintenance Support:** Michael Rak, Austin Grouten

**continued on page 8**



+

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**Parks & Recreation... continued from page 6**

## Parks & Recreation Commission Members

**Chairman:** J. Robert Pfanner

William Willets, Jr. Emeritus Member, Jackie Curry, Patrick Larkin, Roger Nadeau, Sue Kumro, Thomas Beebe, Todd Donovan

*The Parks and Recreation Commission meets in the Parks and Recreation conference room on the second Thursday of each month at 7:00 pm. The public is welcome to attend the meetings.*

East Lyme Police Department: 860-739-5900

East Lyme Public Library: 860-739-6926 | [www.ely.lioninc.org](http://www.ely.lioninc.org)

East Lyme Public Works: 860-691-4118

East Lyme Senior Center: 860-739-5859

East Lyme Town Hall: 860-739-6931 | [www.eltownhall.com](http://www.eltownhall.com)

East Lyme Youth Services: 860-739-6788

Commission Meetings are 2nd Thursday

Rocky Neck State Park: 860-739-5471

DEP Old Lyme: 860-434-8638

Children's Museum of SE Connecticut: 860-691-1255

East Lyme Aquatic & Fitness Center (Pool): 860-691-4681

[www.nutmegaquatics.com](http://www.nutmegaquatics.com)

East Lyme Business Organization

Contact Lynnea Mahlke: 860-691-1611

## Athletic Organizations

### EAST LYME BABE RUTH LEAGUE

Steve Licitra: 860-460-4018 | [eastlymebaseball@yahoo.com](mailto:eastlymebaseball@yahoo.com)  
[www.eastlymebaberruth.com](http://www.eastlymebaberruth.com)

### EAST LYME LACROSSE

Rich McCaffrey: 860-608-0465 | [smongo51@gmail.com](mailto:smongo51@gmail.com) /  
[www.ella.uslaxteams.com](http://www.ella.uslaxteams.com)

### EAST LYME LITTLE LEAGUE

Joel Farrior: 860-460-8922 | [eastlymelittleleague@gmail.com](mailto:eastlymelittleleague@gmail.com)  
[www.eastlymelittleleague.org](http://www.eastlymelittleleague.org)

### EAST LYME SOCCER CLUB

Kristina Bartelt: [me2ma2ct@aol.com](mailto:me2ma2ct@aol.com)  
[www.eastlymesoccer.org](http://www.eastlymesoccer.org)

### EAST LYME YOUTH FOOTBALL

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[www.elyb.org](http://www.elyb.org)

## Clubs / Town Organizations

### NEW COMERS CLUB

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### MOMS CLUB OF EAST LYME:

[www.eastlymemomsclub.org](http://www.eastlymemomsclub.org)

### WOMENS CLUB OF SE CONNECTICUT:

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**EAST LYME GARDEN CLUB**

www.eastlymegardenclub.org or elgclub@gmail.com

**EAST LYME VETERANS COUNCIL**

Joyce Harris: 860-303-1718 | joymh1@aol.com

**GIRL SCOUTS REGIONAL OFFICE**

Caitlyn Dorrington: 800-922-2770 x 3728

Monica Sistaire: 860-638-7151 | gsfeastlyme@gmail.com

**NIANTIC LIONS CLUB**

Ed Keens: 860-451-8333 | www.nianticlions.org

**NIANTIC ROTARY CLUB**

Donna Gada: 860-739-9280 | www.nianticrotary.org

**DISTRICT SCOUTS REGIONAL OFFICE**

Mike Cooney | 860-373-0097

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www.pack24eastlyme.org | pack24eastlyme@gmail.com

**BOY SCOUT TROOPS**George Sisson, #7: 860-691-2165 | Troop #24: 860-443-5492,  
Richard Cushing, #240: 860-739-5239

## Park and Beach Information

**MCCOOK POINT PARK,****HOLE N' WALL, & CINI PARK**

- Open daily from 8:00 am to sunset
- Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY\*\*; must be under owners control at all times and it is the owner's responsibility to clean-up all pet waste. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.

- Restrooms will remain open until

mid-November as weather permits.

- Contact the Parks and Recreation office for Pavilion reservations/availability.
- Tobacco Free Parks

**STATE STATUTE 22-364 STATES THAT**  
dogs must be under the direct control of their owners at all times when using town parks. It is the dog owner's responsibility to clean up all dog waste.

**\*\*NO PETS MAY 22 – SEPT 7, 2020****AT ANY BEACH FACILITY:****SEE BELOW REGULATION**

State Regulation (Public Swimming Area Regulations) Section 19a-36-B61 (10) states domestic animals shall be prohibited in the water and the land immediately adjacent to the water of a public swimming area when the public swimming area is open for use.

continued on page 10

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## Park & Beach... continued from page 9

### PAVILION/TENT/BANDSHELL RENTAL

The pavilion, tent, and bandshell are available for full day or half day rental (9:00 am to 1:00 pm or 1:30 pm until dusk) during the summer season (Memorial Day weekend through Labor Day) for East Lyme/Niantic residents/taxpayers. Rentals are also available before Memorial Day and after Labor Day; Non-Residents are able to rent during that period. Please contact the Parks & Recreation office for information and availability.

### PARKS & BEACHES ADDRESSES

#### Cini Park

- Route 156, Niantic - (located at end of boardwalk by Niantic Bridge)

#### Hole-N-Wall Beach

- Baptist Lane, Niantic

#### McCook Point Park

- 8-10 Atlantic Street, Niantic Main beach, pavilion, picnic area, restrooms, Hole-N-Wall beach, playground, bocce court, outdoor showers

#### Peretz Park at Bridebrook

- 221 West Main Street, Niantic Baseball, soccer, basketball court, softball, lacrosse, utility fields

#### Smith-Harris Park

- 31 Society Road, Niantic (Behind EL Middle School) Little League, Pee-Wee football

#### Veteran's Memorial Park

- 10 Memorial Park Road, Niantic Baseball, softball

## Pool Foundation Offers Financial Assistance

The East Lyme Aquatic & Fitness Center Foundation, Inc., offers financial support to East Lyme and Salem residents who wish to participate in pool and/or fitness center activities at the Aquatic and Fitness Center located at the East Lyme High School. Scholarships are granted on a

need and interest basis and encompass facility membership, program lessons, and sports camp activities.

If you wish to utilize and enjoy this great facility but are held back by financial concerns, we encourage you to complete a

Scholarship Application! Scholarship applications are available in the pool lobby located at the East Lyme High School, 30 Chesterfield Road, East Lyme, CT 06333.

Alternatively, a request for an application



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may be made via the Foundation's email: elpoolfoundation@aol.com. Selection of recipients will be made by the Foundation's Board of Directors.

If you have any questions, please send the Foundation an email or leave word at the pool front desk that you would like to be contacted. More information about The Aquatic and Fitness Center and the Foundation can be found at: <https://www.eastlymeaquatics.com>.

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## Parks & Recreation Youth Programs

### BEGINNING FOIL 1 - Ages 10 & older

This class covers basic fencing movements with the foil, including the guard positions, basic footwork, simple & compound attacks, defensive actions (parries,) attacks on the blade and attacks into preparation. The student develops sensitivity to the blade, timing & distance awareness, & basic boutting skills. The class introduces the student to elementary tactics & the fencing rules.

Dates: TBA (will begin mid-September through first week in November)  
 Days: TBA (Tuesday or Thursday)  
 Time: TBA  
 Fee: Resident-\$75.00/Non-Resident \$90.00 (includes equipment)  
 Location: East Lyme Community Center activity room  
 Instructor: Thames River Fencing Club

### INTERMEDIATE/ADVANCED FOIL - Ages 10 & Older

Beginning Foil One is a prerequisite for Intermediate. Intermediate 2 is a prerequisite for Advanced. The intermediate class builds upon the skills introduced in Beginning Foil One & covers more complex footwork & blade work, including variations on attacks on the blade and blades takes (prises de fer.) Boutting skills, tactics and the fencing rules are also covered in greater detail.

Dates: Sept 17 to Nov 5  
 Days: Thursday  
 Time: 6:00 to 7:30 pm  
 Fee: Resident-\$75.00/Non-Resident \$90.00  
 Location: East Lyme Community Center activity room  
 Max: 12  
 Instructor: Thames River Fencing Club

## Parks & Recreation Adult Programs

### "FIT & FABULOUS"

This energizing fun class rotates and combines man fitness styles. Class ends with a relaxing stretch, so bring your non-slip exercise mat, plenty of water, and face mask. Our motto is "Keep on Moving & get your STEPS in!" (\*Class will be held at Community Center if raining.)

Dates: Aug 17 to Oct 2 (No class Sept 7)  
 Days: Monday - Wednesday - Friday  
 Time: 8:00 am - 9:00 am until Sept 4  
       8:30 am - 9:30 am beginning Sept 9  
 Fees: Resident \$60.00/Non-Resident \$75.00  
 Location: McCook Point Park, Upper level band shell area  
 Instructor: Donna Neaton, AFAA

### TOTAL BODY FITNESS

This 60-minute cardio & strength training class IS DESIGNED FOR ALL fitness levels. It rotates different fitness styles such as, intervals, circuits, classic aerobics and weighted-low impact cardio to keep the class moving & challenged. Handheld & leg weights, bands, balls, & tubing are utilized in class for the strength/core portion. Class ends with stretching, so please bring a non-slip exercise mat, water and face mask.

Dates: Sept 14 to Nov 18 (No class 10/12, 11/4, 11/11)  
 Days: Monday and Wednesday  
 Time: 4:30 - 5:30 pm  
 Fee: Resident \$45.00/Non-Resident \$60.00

Location: East Lyme Community Center-Activity Room  
Instructor: Gina Morris, AFAA

#### INTERVAL TRAINING

This is a 45-minute training class featuring Tabata and “minute” class. The class will use a variety of aerobic moves, weights, bands, balls, and core exercises for a complete body workout.  
IT IS A PROGRAM DESIGNED FOR ALL FITNESS LEVELS!  
Please bring a non-slip exercise mat, water, and face mask.

Dates: Sept 1 to Sept 29  
Days: Tuesday  
Time: 4:30 to 5:15 pm  
Fee: Resident \$30.00/Non-resident \$45.00  
Location: East Lyme Library/Community Center, Activity Room  
Instructor: Donna Neaton, AFAA

#### BARRE CLASS

“ABT” is a barre-based class using a combination of postures inspired by ballet and other disciplines like yoga & Pilates. The barre (or chair) is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. This class also incorporates light handheld weights to bring the burn during all those reps, as well as mats for targeted core work. Bring a mat, light weights, water, and face mask. Sneakers or “grippy socks” must be worn.

Dates: Sept 3 to Oct 1  
Days: Thursday  
Time: 4:30 to 5:25 pm  
Fee: Resident \$30.00/Non-Resident \$45.00  
Location: East Lyme Community Center, Activity room  
Instructor: Donna Neaton

#### SATURDAY MORNING ZUMBA® AEROBICS

Come and “Join the Party” with this 55-minute Zumba® class! We will Salsa, Cha-cha, Merengue, Cumbia, Calypso and dance off those calories. Then follow it up with a relaxing stretch. Bring a non-slip exercise mat, plenty of water, and a face mask.

Dates: Sept 5 to Oct 3  
Days: Saturdays  
Time: 8:30 am - 9:30 am  
Fee: Resident \$25.00/Non-Resident \$40.00  
Location: East Lyme Community Center-Activity Room  
Instructor: Donna Neaton AFAA/Zumba Instructor

#### FASCIAL MOVEMENT

This class incorporates the principles of Pilates, using as resistance body weight, different equipment, and stretching. Participants in this class will work the body in a full range of motion using the core muscles. Active isolated stretching will be used to effectively regain movement that has been restricted because  
*continued on page 14*



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## Adult Programs... continued from page 13

of injury or tight muscles. Participants are required to bring a non-slip exercise mat, water and face mask.

Dates: Sept 8 to Oct 20  
Days: Tuesday  
Time: 5:30 pm - 6:30 pm (New Time)  
Fee: Resident \$50.00/Non-Resident \$65.00  
Location: East Lyme Community Center - Activity Room  
Instructor: Kim Stirtan-BSPe, ACE & Stott Pilates. Level One Fascial Instructor

### MONDAY COED YOGA

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. Participants are required to bring a non-slip exercise mat, water, and face mask.

Dates: Aug 31 to Nov 30 (No class Sept 7, 10/12, 11/2)  
Days: Monday  
Time: 5:45 pm - 7:00 pm  
Fee: Resident \$55.00/Non-Resident \$70.00  
Location: East Lyme Community Center - Activity Room  
Instructor: Rosemary Gentile - M.S.R.D.-RYT

### WEDNESDAY NIGHT COED YOGA AND MEDITATION

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin at 5:45

to 6:45 pm followed by optional meditation, from 6:45 to 7:00 pm. Participants are required to bring a non-slip exercise mat, water, and face mask.

Dates: Sept 9 to Dec 2 (No class 11/11)  
Days: Wednesday  
Time: 5:45 to 7:00 pm  
Fee: Resident \$50.00/Non-Resident \$65.00  
Location: East Lyme Community Center – Activity Room  
Instructor: Michele Flowers, RYT 500

### YOGA FLOW

This class uses a combination of movement, postures and breath to work on strength, flexibility and balance. An all levels class with focus on alignment; beginners will safely learn the basics while more experienced students can take postures to a deeper level. Participants are required to bring a non-slip exercise mat, water, and face mask.

Dates: Sept 14 to Nov 23  
Days: Monday  
Time: 9:35 to 10:35 am  
Fee: Residents \$50.00/Non-Residents \$65.00  
Location: East Lyme Library/Community Center,  
Activity room  
Instructor: Michele Flowers, RYT 500



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# East Lyme Public Library

THE LIBRARY IS OPEN FOR BUSINESS!



Though it may look a bit different in the library we are still providing many of the services, materials, and programs you rely on. Computers and tables are limited for social distancing but you can reserve time for a computer or study table. You can still check out the latest best sellers and newly released movies. We'll even bring the materials outside to you through our popular curbside pickup service. If you still don't feel like venturing out, we have expanded homebound delivery and would love to make a delivery to your home.

## WE HAVE MOVED OUR PROGRAMS ONLINE.

Miss Rebecca continues to hold her story times several times during the week on Facebook. Join us for the monthly book discussions virtually! Check out our new virtual craft group that meets on Thursday nights at 7:00 pm. A new film discussion group will start up this fall. Check out the library's website for the latest events: [www.eastlymepubliclibrary.org/events](http://www.eastlymepubliclibrary.org/events)

## HAVE YOU BEEN TO THE STORYBOOK TRAIL YET?

The trail is a walking path around the perimeter of Samuel M. Peretz Park in Bridebrook with pages from a picture book



laminated and posted on signs along the path. The stories are changed out every few months. To read the whole story, the reader must walk (or run!) from one sign to the other. Coming in August to the Storybook Trail is East Lyme native Abi Cushman's newest children's book, Soaked. It is not to be missed!

### Our current hours are:

Monday through Friday 10:00 am to 4:00 pm  
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For more information about curbside pickup call:  
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## **East Lyme Senior Center**

37 Society Road, Niantic, CT 06357 | 860-739-5859

### **GREETINGS FROM THE EAST LYME SENIOR CENTER**

With the State of Connecticut delaying the introduction of Phase 3, the operation of the Senior Center is at an impasse. While the State remains in Phase 2, adults 60 and older and anyone with co-morbidities are still being told that their best practice is to Stay Home. Stay Safe. At this time, our doors are still closed.

### **THE STAFF OF THE SENIOR CENTER ARE IN & AVAILABLE TO ASSIST**

To that end, any older adult living in our town who is experiencing problems should call the Senior Center office at: 860-739-5859. We will be able to contact you and discuss your situation. We are very fortunate that our community has so many townspeople who are more than willing to assist their older neighbors. While we may not be able to solve every issue, it is likely we can come up with some sort of plan of action for you.

Presently, the Senior Center is planning to scale up of programs/operations in September. This date may or may not hold but it is easier to cancel/postpone programs than it is to create them on short notice. To that end, limited transportation service has been instituted as of July. If you are someone who uses our transportation service, contact the office for further details. Additionally, our Dial-a-Ride transportation service resumed in July. This service provides transportation for medical appointments only in southern New London County. For more information, call the Senior Center office.

The Senior Center will bring its Meals on Wheels volunteer drivers back in August. This too, will be under different circumstances for the drivers as we adjust to keep participants and our volunteers safe. The Senior Center is now looking for volunteers who are willing to be Meals on Wheels deliverers. If you have an interest in providing this needed service, please call the Senior Center office. We can discuss the details with you. And if you are someone or you know someone who would benefit from this program, please contact T.V.C.C.A. at: 860-934-1006 for further information regarding eligibility.

The Senior Center will be offering Zoom lessons in August as a backup plan in case we cannot re-open in September. We have talked to many of our participants and understand that this is not the preferred method of taking a class, but it is a better Plan B than having no contact with your friends. Please contact us so we can work with you about using this technology.

Once you return, you will notice that the offices have been re-arranged to accommodate the social distancing needed to keep everyone safe. We hope that you understand that this was not our choice but was a necessity to provide programs/services in the future.

We miss you. All of you.  
Stay safe. Stay strong.

Visit our website at: [www.seniorcenter.org](http://www.seniorcenter.org)

# School is coming!

## ARE YOU A PARENT OF A SCHOOL-AGED CHILD?

If so, you have questions about the quickly approaching school year. What will classrooms look like? Will my 6 year old have to wear a mask? Will we be homeschooling again? Will I be able to work? The uncertainties wear on us, and on our kids as well. How can you help your child with the anxieties fueled by such uncertainties? Especially when you are feeling them yourself? We can start with checking our own emotions, so we can model for our kids that we - and they - can manage the uncertainty. We don't have all the answers, and it's okay to let them know that. Normalize their feelings - "yes it is stressful when things are uncertain" - but also help them know that you are there to support them, and you will figure things out together.

**SOME THINGS WILL BE DIFFERENT, SOME THE SAME.** They will have opportunities to see friends (even if over FaceTime.) Whatever comes, they are not alone. You will be there to help with the adjustments and their friends will be doing the same. Remind them of how scary it felt when they first went to this school, or changed schools, or some other transition. It felt scary beforehand, but afterwards, quickly felt okay. Even if closing down in the spring was disrupting, the schools have had more time to plan, and it will be less of a sudden shock this time.



### 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 at: <http://www.211.org/#>

## BE HONEST WITH YOUR KIDS.

It feels stressful for adults too - but you can model self-care and engage in it along with your child. Listen to a relaxation script online, pamper yourselves with at-home pedicures, start a daily exercise routine, have a dance-off or sing-along. Enjoy your time together and model joy, managing emotions, positive problem solving, and utilizing good coping strategies. Keep communication open. Your children will adjust and adapt as long as you let them know you've got this!

Nancy Randall, Psy.D., East Lyme Psychological Associates

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# Fall is a GREAT Time to Prepare for Winter!

**Winter is right around the corner!**

EAST LYME PUBLIC SAFETY WANTS TO MAKE SURE YOU ARE READY!

Here are some great tips to help you prepare!

- Have your mechanic perform a complete winter checkup on your vehicle to be sure you are “road ready” before the cold temperatures and snow arrive!
- Clear rain gutters; repair roof leaks and cut away tree branches that could fall onto your home during a storm or from the weight of heavy snow.
- Fuel burning heating equipment and chimneys should be cleaned and inspected by a licensed professional every year.
- Inspect wiring on space heaters prior to use. Always place heating unit on a level flat surface on the floor and plug directly into a wall outlet. Do not use an extension cord or power strip, which could overheat and result in a fire. Do not plug any other electrical devices into the same outlet as the heater. Be sure to keep any combustibles (paper, curtains, bedding, etc.) at least 3 feet away before turning on the heating unit and turn it OFF before leaving the room or going to sleep. Never leave space heaters unattended, especially with small children and pets in the home.
- Insulate your water pipes! If you live in an older home, allow faucets to drip a little during extreme cold temperatures.

Running water, even at a trickle, helps prevent pipes from freezing. Know how to shut off water valves (in case a pipe bursts.)

- If you have a generator, be sure to have it inspected to be sure it will work if you lose power! Never use a portable generator indoors or in enclosed spaces such as garages, crawl spaces or basements. This will cause a deadly buildup of carbon monoxide and can result in serious illness or death. Always place the generator at least 20 feet from the house with the exhaust directed away from windows and doors and be sure it has 3 to 4 feet of clearance on each side to ensure adequate ventilation.
- Be sure you have working smoke and carbon monoxide detectors installed and set a reminder to test them on the 1st of every month! If detectors are more than 10 years old, it is time to replace them!
- Be sure to check in with East Lyme Public Safety on Facebook and Instagram to find out the latest on storm updates, safety recalls and other public safety information that you need to know! When the Emergency Operations Center has been activated, important updates on conditions during weather and other large-scale emergencies will be posted as we get them. Important updates will also be posted on the town website at: eltownhall.com.

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**REMODEL WITH PURPOSE**

- East Lyme Public Safety encourages everyone to sign up for CT Alert ENS (Emergency Notification System) at: ctalert.gov. CT Alert ENS uses the state's enhanced 9-1-1 (E9-1-1) database for location-based notifications to the public for life-threatening emergencies. You can get emergency alerts sent to you on any communication device that you use, such as your cell phone, email, text message, or certain hearing -impaired devices, just by providing your information, and keeping it updated.

#### **IMPORTANT CONTACT INFO**

- Emergency Management Director - Michael Finkelstein  
860-739-4434 X 2001
- Fire Marshal - John Way: 860-739-2420 X 2003
- East Lyme Police - 860-739-5900

**FOR EMERGENCIES, DIAL 9-1-1**

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**eltownhall.com**

We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.

## **Trash and Recycling**

### **Remember What's In / What's Out**

#### **WHAT'S ALLOWED in the Recycling Container**

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## East Lyme Veterans



In October 2013 the State of Connecticut established a Veterans Representative volunteer position in each town to help connect local veterans to resources, services, organizations, and events. The Town of East Lyme is fortunate to have Brian Burridge as our community's Veterans Representative.

The East Lyme Veterans Coffeehouse is held every 2nd Wednesday of the month at VFW Post 5849, 39 Columbus Avenue, Niantic from 6:00 pm to 8:00 pm and the New London Veterans Coffeehouse is held on the first Friday of each month at the New London Senior Center, 120 Broad Street, in the Library from 9:00 - 11:00 am.

The mission is to provide a comfortable location for veterans, both men and women of all ages; to meet, socialize, and receive information regarding veteran benefits through state and federal agencies and organizations.

For more information and a current list of events happening in our region, please reach out to Brian directly at:



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# Community Matters

Thanks to Todd and Jennifer Sakowski, owners of the Niantic Public House, there's a new beer in town called Niantic Shooting Star. Niantic Shooting Star is the creation of Niantic Public House for a very special purpose - to benefit the Niantic Children's Museum.



Named by the Museum, the beer is expected to be out the end of August. It will be sold at Mermaid Liquors and Village Wine & Spirits, and will be on tap at the Niantic Public House with \$2 of every 4-pack sold and \$1 from every draft to benefit the Museum.

"I am incredibly grateful to Jenny and Todd and everyone at the Niantic Public House. To have them create a special beer, with a portion of the sales proceeds to benefit the Niantic Children's Museum, means so much," said Holly Cheeseman, the Museum's Executive Director. "During these challenging times, we all need to rely on one another. Downtown Niantic is a very special place and their gesture is just one more demonstration of this fact."

The beer's label design (created by the Museum) plays off the Museum's new logo which will be unveiled the evening of September 11, 2020 during the Museum's online virtual gala and auction.

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## New Questions; Some Silver Linings

by Morgan McMinn

The COVID-19 pandemic has turned our lives inside out. We went from the normalcy of work and school, attending events, going to gyms, restaurants and bars to a state of emergency, social distancing and new protocols. As we continue to grapple with the struggles that have come with the pandemic, it is important to reflect upon what we have learned to date. Uncertainty remains, but perhaps we are better prepared for what may lie ahead.

### THE HEALTHCARE INDUSTRY RESPONDS TO CHALLENGING TIMES



We have been living amid constantly evolving information about just what COVID-19 is? Is there immunity from the virus? Will the virus mutate? How is the virus transmitted? "We are always

learning new information" notes Amanda Falcone, Public Relations Director for Middlesex Health. "As of today, there is still much that is unknown. There's no clinical playbook - no established standards of care for this virus. Knowledge changes rapidly."

COVID-19 has altered what "normal" health care entails. Insurance has, at least for an interim period, approved telehealth visits. Telehealth is an important option especially for those who may lack mobility, access to transportation or the time for typical health care appointments. Middlesex Health stresses the importance of keeping up with your medical care. "Putting off annual exams and important tests and procedures can have unintended long-term consequences," states Falcone.

Organizations like Middlesex Health are working to find out more about COVID-19. Middlesex Health is a part of a national initiative, led by the Mayo Clinic, that is investigating the use of convalescent plasma. Middlesex Health is also part of a study on Remdesivir, which, according to Falcone is the only medicine so far to show even a moderate benefit with respect to treating COVID-19.

Early on the healthcare industry faced worldwide supply shortages with respect to items such as personal protective equipment and cleaning supplies. Middlesex Health quickly made adjustments in how care is provided (additional cleaning, masks, care areas segregated based on COVID-19 status, additional safety equipment, etc.)

"We are actually using our pandemic plan as we work," states Falcone. "When things get better, we will take a close look at our emergency and pandemic plan and adjust accordingly so that we are even more prepared should we ever need to use them again. Over the past several months we've learned a lot. We are now more knowledgeable and more prepared as we move forward, and we recognize that we will be dealing with this virus for a long time to come. It will likely be a moving target for a while yet to come."

### A RETURN TO NATURE?

With families and individuals confined to their homes across the globe, our planet was able to take its own breath and get slightly healthier. Startling images show clear waters in the Venice canals and the India Gate War Memorial in New Delhi became more visible as air pollution decreased (above right).



Some studies indicate that, while pre-pandemic levels of daily emissions were rising steadily every year, COVID-19 restrictions brought numbers comparable to 2006, mainly due to a reduction in surface transportation, power and industry (cars, electricity, fossil fuel, etc.).

Mr. Robert Klee, Lecturer at the Yale School of Forestry and Environmental Studies, notes that "clean air is important and this is a link to the pandemic being a respiratory pandemic - those who suffer from dirtier air and depressed or compromised health from dirty air are more susceptible to the likes of COVID-19. There are correlations with bad air quality and higher incidents."



People are taking walks, running, hiking, biking, kayaking, etc. The pandemic "reconnected people in interesting ways," observes Klee. "People locked in the house go on walks, hike on a trail, want to go out and experience nature."

Cities like Bogota, New York, Paris and Berlin, along with local communities, have made new street spaces for safer individual mobility (walking, cycling etc.). Will this lead to more permanent change? "Part of the question as we restart our economy is what are we restarting it for and to? What is our goal?" And don't forget climate change is still an existential threat and a huge crisis and we can't forget about it for one moment."

### MENTAL HEALTH – RESILIENCE AMID UNCERTAINTY

COVID-19 has taken an emotional toll. "There is so much uncertainty. It's unprecedented," observes Nancy Randall, a psychologist at East Lyme Psychological Associates. "People are more isolated than they have been. People are stressed about going back to work. They are anxious about the reopening and not sure what it will look like. The anxiety is really the biggest thing. Not knowing what's coming next."

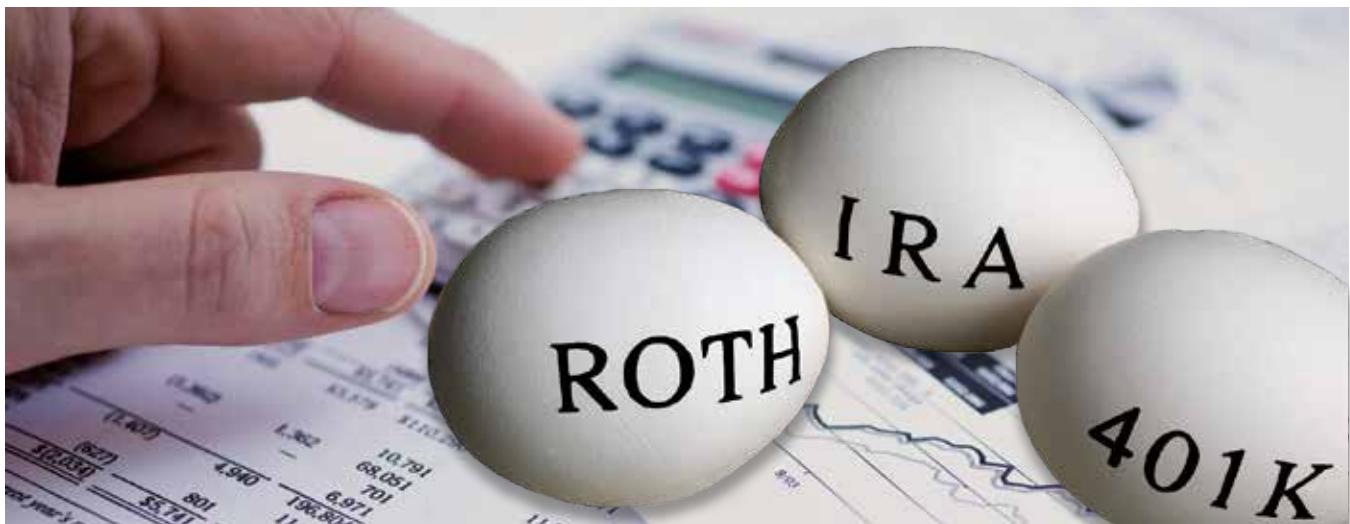
Is there a silver lining? "We adapt pretty well to things." she says. Many are enjoying nature, adopting pets, finding time for relationships and hobbies. People connect via facebook groups or Zoom. They have found ways to make a difference, whether sewing face-masks or checking in on others. "People are resilient," notes Randall. "We've found ways to adapt and try to find the positive in things. Things we learned we can take with us. That doesn't have to go away."

# RETIREMENT PLANNING QUESTIONS:

- Do you still have a 401 (k) at a previous job?
  - Have you reviewed your IRA (s) recently?
- Do you have a ROTH IRA or want to learn more about them?
  - Want a free 2nd opinion and review of your retirement accounts?

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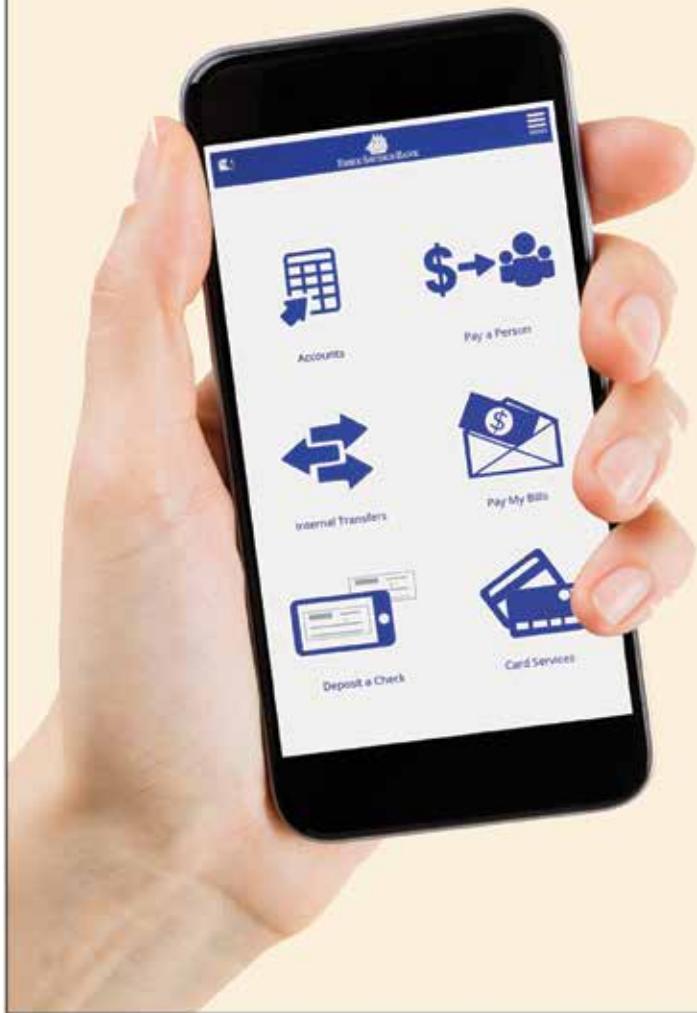


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