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www.middlesexhospital.org/lungscreening

TECHNOLOGY WITH A HUMAN TOUCHSM

First Selectman's Corner

Update - Madison Prescription Drug Plan - In our last article, we announced the new drug plan that is free to all Madison residents. This plan, sponsored by the Connecticut Conference of Municipalities (CCM), allows discounts on drug purchases at pharmacies for those who do not have insurance coverage. The cards were mailed to homes in November, and during the month of December, 79 of you took advantage of the program. These 79 saved an average of 36% of the retail price and knocked off a total of \$2,336 from their bill. I have heard anecdotally that it works well for those of you in the Medicare "donut hole" situation. If you have misplaced your card, you may pick up a new one here at Town Hall.

Strong Center - Work has started on the renovation of Strong Field at the Surf Club. The first phase was the demolition of the existing old buildings, bleachers, and septic system. This was accomplished pro bono by six local businesses who stepped up to help their town: Anderson Brothers Sanitation, Fence World, Lindahl Excavating, Testori Brothers Excavation, Madison Earth Care, and Madison Flower Shop & Garden Center. Work is now progressing on the new artificial turf and lights, thanks to a generous donation from the outside group, Strong Center at the Surf Club. Weather

permitting, the new fields will be ready for play in April. The Strong Center group still needs your financial support for the installation of new bleachers and other improvements. To find out how you can help, go to www.strongcentersurfclub.org.

East Wharf and West Wharf - The last of the major repair projects from Irene is ready to start. We finally have the necessary permits to rebuild the stone jetties at East and West Wharf. We plan to be substantially finished by summer.

Budget Calendar - The Boards of Education, Finance, and Selectmen are working hard on the budget for next year. A few key dates are:

Thursday, February 11 (7:30pm at Polson Middle School Auditorium) - Public Hearing where the Boards of Selectmen and Education present their budget requests.

Monday, April 22 (7:30 at Polson Middle School Auditorium) - Public Hearing where the Board of Finance presents its budget recommendations.

Tuesday, May 14 - Budget referendum at District 1 and 2 Polls.

Fillmore McPherson, First Selectman



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Mom is enjoying her new home at The Saybrook at Haddam, the region's premier assisted living and retirement community. Mom's days are filled with social activities, cultural events, and great meals, which she enjoys with friends and family.

We know Mom is receiving the care she needs because we worked with the nurses and caregivers to prepare her individualized care plan. Her apartment is large and bright, she's getting lots of exercise (for mind and body), and she's even baking again in the Country Kitchen.

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Resident Mae Gaudio with her son Bud, and wife Marge.



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The Scranton Memorial Library

The Scranton Memorial Library is pleased to offer two new databases you can access from the comfort of your home or office. **Universal Class** is an online Continuing Education Course with over 500 class offerings in everything from Accounting and Nursing Assistant to MS Office and Digital Photography to Stress Management and Life Coaching. Program features include 24/7 remote access, real instructors, the ability to connect with other students, and Continuing Education Units on selected courses.

Indieflix is an online movie service that provides access to thousands of award winning independent and foreign films from over 2,000 film festivals worldwide. Users can select the genre, length, festival and intended audience of the films they are interested in viewing. Both databases are available free of charge to Madison residents through the Library's website at www.scrantonlibrary.org. After logging onto the website, click on the link to the database. You will be prompted to enter the barcode from the back of your library card.

Teen Tech Help at the Senior Center - Mondays, January 28, February 25, March 25, April 22, June 24, at 5 p.m. Teen Volunteers will be available for drop-in help on topics such as: Creating and sending email, Word processing,



Facebook, Skype, Downloading e-books, Tablets & Cell Phones and general computer use. Please feel free to bring your own devices. Space is limited. Please call Katie at the library at 203-245-7365 to reserve a space.

For more information about any of these services, please call the Library 203-245-7365.

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Revaluation Team to Visit Properties in Madison

Madison Town officials remind homeowners of the revaluation project being conducted this year by representatives of the firm, Vision Government Solutions.

The first phase of the revaluation process is collecting current information on all of the properties in the Town of Madison. Data Mailers have been sent to all residential improved property owners. The mailers will be followed by a full data collection effort.

Data collectors will be wearing an identification badge and will have written documentation from the Town stating their affiliation with the project. All Vision representatives and their vehicles are also registered with the Madison Police Department. Homeowners are encouraged to ask for this identification prior to admitting anyone into their homes. If a homeowner has a question as to the identity of a data collector, they may call the Madison Police Department or the Assessor's office for further confirmation.

As the data collector visits each property, they will confirm the exterior measurements of each building and ask to inspect the interior. The interior inspections take only 10 to 15 minutes and include a quick tour of the house, including basement and attic space. The data collector will count the number of total rooms and make notations on heating systems, interior construction and extra features of the home. The homeowner will be asked to sign the data collection form to verify that the inspection took place. An interior inspection will not be conducted unless a person 18 years or older is available to sign the form.

Data collectors generally work between the hours of 8:30 a.m. to 7:00 p.m. Monday through Saturday. If the homeowner is unavailable at the time of Vision Government Solutions visit, a letter with instructions on how to schedule an appointment will be sent.

Homeowners are reminded that specific questions regarding their current assessment should be directed to the Assessor's Office. The Assessor's Office can be reached at (203) 245-5652 between the hours of 8:30 a.m. to 4:00 p.m. Monday through Friday.

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Meigs Point Nature Center Winter Calendar

No registration is required for our public programs.

Campfire Stories: March 9th at 7:00pm; meet at the Meigs Point Nature Center.

Gather round as Ranger Russ tells fables and Native American stories around a campfire on the beach. Bring blankets, chairs and marshmallow sticks. Marshmallows will be provided.

Docent Training: Meigs Point Nature Center offers an opportunity for you to get involved and help your community. If you enjoy the outdoors and nature, like to talk to the public, or to work with children, then this is the opportunity you have been waiting for. Docent duties include feeding animals, cleaning cages, public program presentations, exhibit design and greeting the public. Docents must be at least 18 years old. Thirteen- to 17-year-olds may volunteer by inquiring at the Nature Center. If you have already been trained as a docent and would like a refresher, or if you are a newcomer to the Meigs Point Nature Center, please register by calling 203-245-8743. Additional training sessions will be scheduled at a later date.

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Madison Health Department


Proper Disposal of Medications - Flushing unwanted medications down the toilet or sink can cause water pollution and has adverse effects on fish and other aquatic wildlife. These medications are not fully broken down when flushed into septic systems and these chemicals can leach into ground and surface waters. Medications are being found at detectable levels in numerous ground and surface waters and are a growing concern among wildlife biologists for their potential effects on fish, frogs, etc. The safe way to dispose of medications is to put them in the trash, where they will be incinerated. The following tips are from the State of Connecticut DEP. Leave the medications in their original container, but remove or otherwise deface the label so privacy information is unavailable.

Modify the medications to discourage consumption:

For liquids, add table salt or flour, for example to make it unpalatable. For solids; add water to partially dissolve. For blister packs; wrap in multiple layers of duct tape. Seal the container shut with duct tape. Place this container into an opaque bag or container, such as a yogurt or margarine tub. Discard the final container in the trash, not the recycling bin.

*For more information, contact the
Madison Health Department
at 203-245-5614.*

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Periodontal Disease is much more than just "bleeding gums".

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NEARLY EVERYONE has some form of gum infection, usually beginning in your 30's, sometimes earlier, but everyone should be screened.

TAKING THAT FIRST STEP CAN BE SCARY, BUT IT DOESN'T HAVE TO BE.

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Be Ready for Spring!

When spring knocks on your door be ready to welcome in the new gardening season with renewed energy. The question of when it will arrive is a mystery, known only to Mother Nature. Some years it arrives early, coming in like a lamb, and other years it keeps us prey, like a hungry lion. But we know sooner or later it WILL arrive. How can you be ready?

Have a plan. Evaluate what worked for you last year and what did not. What did you learn? Every new garden season is an opportunity to learn. Perhaps this is the year to renovate the garden bed or make a new one. Out of this evaluation will come your plan for the new season.

Get out early. There are things you can do that will give you a good start before the spring rollercoaster gets moving too fast. As soon as you can get out, rake the beds. Cut down any remaining foliage of your perennials that were left up for winter. This includes grasses. Butterfly bushes and other

summer flowering shrubs like Spirea, Caryopteris and Potentilla can be cut back early in the spring. Be careful in cutting your hydrangeas. They are complicated because there are many different varieties, some blooming on new wood and some on old wood, which determines when they can be cut. Another plant to be careful in cutting is lavender. I never cut it before Memorial Day. At that time I cut it to shape it and then I shape it again in mid summer. Roses can be cut as you notice the buds beginning to swell, usually Aprilish. When the perennials begin poking out from the ground it is a good time to topdress with compost and an organic fertilizer like Espoma Plant tone.

As you plan for the summer and you find you need a helping hand as you make your spring "to do" list, call us.

*Melissa Blundon
Madison Earth Care*

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Strong House Adult Day Center - Open House

Most people have passed the home at 546 Durham Road many times and have never really quite understood what it was all about. For 19 years, Strong House Adult Day Center has provided a unique personalized service for those living with memory impairment, neurological problems or chronic conditions.

Skilled nurses, recreation therapists, certified nurses' aides and volunteers make the Strong House Adult Day Center a warm, interactive, and nurturing, home-like environment that enables family caregivers to enjoy much needed respite. The dedicated staff are all trained in dementia care and know the importance of incorporating music, art and dance into their everyday recreation program. They also know the stimulating benefits and the morale boost field trips give their clients.

If you'd like to learn more, meet the staff and take a tour of this hidden gem, attend the **open house** on Friday, March 1 from 11:00 am. - 2:30 pm. For more information call Lori Murphy, Director at 203.245.0524 or lmurphy@vna-commh.org.

Strong House Adult Day Center is a non-profit affiliate of VNA Community Healthcare, the original visiting nurse association of Madison. For more information, visit ConnecticutHome-care.org/StrongHouse.

Madison Town Hall D I R E C T O R Y 203-245-5600

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Health Department	203-245-5681
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Planning & Zoning	203-245-5632
Police Department	203-245-2721
Probate Court	203-245-5661
Public Works & Engineering	203-245-5611
Registrar of Voters	203-245-5671
Selectmen's Office	203-245-5602
Senior Services	203-245-5627
Tax Collector	203-245-5641
Town Clerk/Vital Statistics	203-245-5672
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Zoning Board of Appeals	203-245-5632

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Healthy Eyes, Healthy Vision

When should my child receive his or her first eye exam?

It is never too early to consider taking your child for his/her first eye examination. In fact, the American Optometric Association (AOA) recommends that children receive an eye exam before their first birthday. While this may sound like an early start, infants and babies reach many developmental milestones within the first few years of life and vision plays a huge role in timely achievement. A comprehensive eye exam with an eye care professional can help to ensure that your child is on course for successful development.

No matter what your child's age, it's never too late for a first eye exam because vision plays such an integral role in the learning process. Many problems related to vision and eye health can be identified by your eye care professional before they become apparent. After the first exam, the AOA recommends a follow-up examination at around 2 to 3 years old, another when entering school, and regular check-ups every 1 to 2 years, or as recommended by your eye doctor to ensure that your child is staying on track.

To assist in recognizing children with vision problems, the state of Connecticut has mandated vision screenings in schools and at the pediatrician's office. These basic vision screenings are helpful in identifying children with obvious vision problems but may fail to catch more subtle visual difficulties. These types of

screenings predominantly focus on vision-related problems but do not include a comprehensive eye health examination with dilation to ensure healthy eye growth and development.

What are some signs that a child may need an eye exam?

Along with the school nurse and pediatrician, you too can be a vigilant advocate for your child's vision and eye health. Babies and infants who make poor eye contact or have been diagnosed as developmentally delayed may need an eye examination to rule out poor vision. In school-aged children, it is time for an eye exam if your child complains of:

blurry vision • double vision • tired or fatigued eyes • words disappearing or floating off of the page • headaches, dizziness, or nausea after a short period of close work or reading

Additional signs of a vision problem include:

eye turn (such as crossed eyes, or a drifting eye) • squinting • sitting too close to the television • holding a book too close or too far away • blinking or rubbing eyes excessively • tilting of the head or covering one eye to see better • watery or itchy eyes • low attention span when reading • confusing letters, syllables, or words • skipping words or lines when reading, or losing place frequently on a page

Finally, one of the biggest red flags for a vision problem is avoidance. Some children that don't like to read or do school-work may be avoiding these tasks because they are struggling to overcome a problem with their vision. Getting a comprehensive eye exam can help diagnose even subtle vision problems that may hinder your child from doing his or her best in school!

What can I expect at my child's first eye exam?

Your neighborhood eye care professional has all the equipment necessary to ensure that your child has excellent vision and eye health. First, your eye doctor will check various aspects of vision, including visual acuity, color vision, and peripheral vision. He/she will also assess the need for any corrective lenses or glasses. In older children, knowing letters is helpful, but eye doctors have a variety of alternative methods to assess a child's vision, including shapes, pictures, and numbers. There are also ways to evaluate vision in infants and babies with the use of special equipment. The eye care provider will check your child's eye muscles to ensure that the eyes are aligned properly, and that your child is developmentally on target with eye teaming, tracking, and focusing skills. Next, the eye doctor will perform a dilated eye examination with eye drops to ensure that the eyes are healthy inside and out. The doctor will look for health problems such as eye allergies, pink eye, and retinal or optic nerve dysfunction. Finally, your eye doctor will let you know how frequently to follow-up to safeguard your child's eyes and vision.

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Women's Club of Madison Babysitting Seminar

This year the Women's Club will be sponsoring their 42nd Babysitting Seminar. Forty two years ago it was started as a service program and has been in continuous service since then. Much to the surprise of the club they had 116 registrants which prompted a quick change of venue.



Recently we partnered with the Madison Beach and Recreation Department. The program, offered to students both male and female ages 11 through 13 is run by our members and consists of four weekly classes held at the Polson Middle School. Each week we have a different presenter from our local community emergency services. Police, Fire and Ambulance do a wonderful job of educating the students on emergencies that may occur and how to best handle them. One week is devoted to a local Pediatrician who instructs the students on the handling of babies and young children, and signs and symptoms of medical issues such as Allergies and Asthma. Certificates are awarded at the completion of the course; all four classes must have been attended.

Classes will take place At Polson Middle school March 6th, 13th, 20th 27th at 6:30pm. Registration may be done on line www.madisonct.org or in person at the Beach & Recreation Department, Cost \$25.00. For further information about the Women's Club of Madison call Membership Chair Sheila Muller at 203-245-1622.

Help Wanted - Bookkeeper

Full time. Must have experience with QuickBooks, record daily transactions, A/R & A/P, customer invoicing, sales tax and payroll, month end close, reconciliation, filing and other tasks as needed.

Hours 9 a.m. - 5 p.m.

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Senior and Disabled Tax Relief

What is the program? Any person who owns and occupies property in the Town of Madison as a primary residence may be entitled to tax relief for the elderly and totally disabled if they meet the qualifications of the program.

Who is eligible? Property owner/ occupant is 65 years or older at the end of the previous year; Property owner's spouse living with them who is 65 years or older at the end of the previous year; Under 65 and eligible in accordance with federal regulations to receive permanent total disability benefit under Social security, Railroad retirement and any government disability retirement plan; Surviving spouse of previously eligible owner, 60 years of age or older; Must have resided in and paid the property taxes in the Town of Madison for one year prior to application; Real property is house and house lot in Madison for which relief is claimed and it must be the legal domicile occupied for 250 days or more per year; Spouse of homeowner living in a nursing home on a permanent basis who is 60 years of age or older; Joint ownership tax relief will be proportional to the legal interest in the property; Applicant with life tenancy and/or property in trust is eligible if legally responsible for payment of property taxes.

What are the income qualifications? Qualifying income is the same as for the State of Connecticut program of tax credit for the elderly and disabled and includes total Social Security, General Assistance, Veterans Pensions and Disability, etc. Maximum income is \$61,672

What is the amount of tax relief? Qualifying resident of between one and four consecutive years with income up to \$61,672 may be eligible for \$100.00 in tax relief.

Qualifying resident of five or more consecutive years may be eligible for tax relief as follows:

INCOME	TAX RELIEF
\$37,005 and under	\$1,000
\$37,006 - \$49,339	\$737
\$49,340 - \$61,672	\$474

Application Procedure - Must complete application form for the State's Elderly and Totally Disabled Homeowners tax credit program. Must complete Town of Madison addendum for determination of Madison's Tax Relief. Apply between February 1st and May 15th every other year. Applications are filed with the Municipal Agent for the Elderly at the Madison Senior Center, 29 Bradley Rd., by appointment only, please call 203-245-5687.

Documentation required to authenticate income; such as federal income tax return or for those not filing a return other evidence of qualifying income.

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What to Expect with Aging

Our skin begins to age when our bodies stop growing in mid adolescence but the effects of aging show up differently for all of us. We all have one thing in common; we want to look as good as we can. In this article, I will let you know how your face changes at certain ages and what you can do to treat all the issues that come up.

Twenties - Women in their twenties are under a lot of stress that can wreak havoc on their skin. School, career and children can take their toll. And then there's some late night partying! These can all lead to inflammation, acne, dryness and the premature breakdown of collagen. The best defense in your twenties is a good sunscreen. Now is the time to start protecting your skin from environmental insults.

Thirties - Even those with baby faces in their twenties will start to notice signs of aging in their thirties. This is when many of us start to notice fine lines due in large part to collagen breakdown and sun exposure. The fragile skin under the eyes starts to thin out causing dark circles and some puffiness. Late night partying is harder to hide in your thirties. Now is the time to find a good night cream and a better eye cream. Products that contain peptides can help repair collagen gently.

Forties and Fifties - You're in the game now! Lines around the mouth are forming and lines around the eyes are deepening. Brow furrows are common and jowls start to appear. Late night partying is a distant memory as menopausal changes start. Your skin is now drier and more sensitive in addition to less resilient due to collagen breakdown. Now is the time to upgrade to more intense products with proven anti-aging ingredients and start exploring non-surgical anti-aging procedures. Botox will help relax unwanted wrinkles and Juvederm can add volume to sagging skin.

Sixties and Beyond - These women face two challenges; the cumulative effects of environmental damage, gravity, volume loss and now hormonal loss. Wrinkles deepen into folds and the change in hormone levels cause the skin to thin out. Botox to the upper face, radiofrequency skin tightening treatments and Juvederm to enhance thinning lips can dramatically change your appearance at this stage.



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When You Call 911

When you call 911, the telephone is answered by a telecommunications professional that is trained to determine the nature of the call and gather essential information from the caller. He or she will ask you to confirm the address from which, or about which, you are calling and your phone number, in case you are disconnected, and will then ask you to describe the nature of your call or need, so that they can send the appropriate emergency services in the most appropriate response mode. Please be patient and try to be calm with the dispatchers because in many cases they have a pre-scripted series of questions that they need to ask in order to prioritize the call to ensure a proper emergency response. Many calls result in several emergency services responding, for instance, police and fire often respond to medical calls. Please call 911 directly if you have an emergency. If you call your friend, family member or neighbor and have them call 911 on your behalf, there is often critical information that is not available to the dispatcher.

911 is reserved for true emergencies, such as medical emergencies involving life or limb, fires or the smell of smoke, burglary or intruders, vehicle accidents, power lines in the road, etc. Other issues such as animal complaints, general power outages, mailbox damage due to snowplows, vandalism, etc. should not be reported on 911.

Please don't abuse the 911 system. Madison's emergency communications center receives a significant number of 911 hang-ups. These not only tie up the dispatchers but result in unnecessary emergency service responses, because every 911 hang-up is investigated by the Police Department, which impairs both services from responding to true emergencies. Please do not allow young children to play with the telephone (even old, unused cell phones that are not covered by a contract are still able to dial 911). Use 911 for only true emergencies, not general information inquiries, or parade details. The dispatchers do not know, for instance, when power will be restored to a street or home or when your street will be plowed.

Madison Emergency Management Department

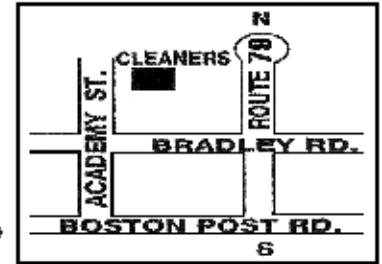
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Dissolving a Marriage ... Saving a Family


How to keep your divorce from hurting your kids - In the United States over 50% of all marriages end in divorce, meaning over 50% of all children born into a marital union suffer the loss of their family. Divorce negatively impacts a child's social emotional development, academic performance, and overall sense of self worth now and in the future. Children who experience divorce are more likely to experience emotional and behavioral problems, and report more difficulty with relationships and substance abuse as adults. However, in families where parents are successful in keeping the children out of the marital conflict, children perform on average the same as children who have not suffered a divorce at all. This is true even where only one parent is able to protect the children from the marital conflict and provide consistent parenting.

Too often parents lose sight of how their actions and reactions place their children in the middle of the battle with their spouse; even letting the children become their weapons in the fight. Although divorce is between two adults, children have rights too and it is the responsibility of both parents to ensure those rights.


Children's Rights / Parent's Responsibility - You have the right to love and be loved by both your parents. You have the responsibility to love your children. You have the right to want to

see your dad or mom at any time without feeling guilty. You have the responsibility to encourage their relationship with the other parent. You have the right to your feelings, and to feel sad, angry, scared, and unsure. You have the responsibility to listen to and accept your child's feelings. You don't belong in the middle of your parents' break-up. You have the responsibility to shelter your children from your conflict. You have the right to a good relationship with both parents. You have the responsibility not to use your children as messengers. You need to know that the divorce is not your fault. You have the right to ask questions and be given answers that you can understand. You have the responsibility to work with the other parent to provide the children with the information they need in a way they can understand. You have the right to a relationship with grandparents, aunts, uncles, and cousins. You have a responsibility to provide a connection to your child's extended family.

[Madison Youth and Family Services parent education program "Dissolving a Marriage; Saving a Family can assist parents with the challenges of parenting through divorce. For information about this program and other ways Madison Youth and Family Services can help you and your children call 203-245-8130.]



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Madison Land Conservation Trust



New timber framed steps at the entrance to the Neck River Uplands North trail, the Eagle Scout project of Stephen Hansen.

2013 Hikes - Take a hike with the Madison Land Conservation Trust! Along with the annual Groundhog Hike and Autumn Moonlight Walk, the MLCT will offer a bird hike, botany hike, amphibian hike, and marsh walk. Visit the website, www.madisonlandtrust.org, for details. Most hikes are on Sundays at 1:00 pm and last about two hours. Trail

maps can be downloaded from the website or found in the MLCT Trail Guide at Scranton Library, Madison Beach & Recreation, the Audubon Shop and R.J. Julia Booksellers.

Learn about upcoming events and see trail photo albums on our Facebook page www.facebook.com/madisonlandtrust.

Eagle Scout Project on the Neck River Uplands - Last autumn the Madison Land Conservation Trust was fortunate to be the recipient of a gift from an Eagle Scout. Stephen Hansen, a member of BSA Troup 494, grew up in north Madison and spent many happy hours hiking and exploring the Land Trust property near his neighborhood – the Neck River Uplands North. He had noticed that the trailhead on Princess Drive was steep and eroded making it difficult for hikers to access the trail. As his senior year of high school approached, he realized that he could

design a project that would improve the trail for Land Trust visitors while at the same time fulfilling his dream of becoming an Eagle Scout.

Working with Ted O'Neill, volunteer Eagle Scout coordinator, his scout leaders, Mr. John Rogers and Mr. Ian Taylor, and his parents, Stephen developed a design for improvements to the trailhead that included 15 stone and timber frame steps, water-bars to improve runoff, and grading at the top and bottom of the new trailhead. Stephen was responsible for coordinating a team of 20 people who came out to help with the project, contributing 150 hours of labor. He raised all the money to purchase the necessary materials. And when the work day arrived, Stephen acted as project coordinator, assembling all the material and tools at the site, directing his work crew, and making sure everything was constructed according to the plans he had drawn up.

Stephen's project leaves a tangible legacy to the Neck River Uplands that will be appreciated by visitors to the trail for years to come. It is a tribute to his energy and leadership ability that he was both able and willing to complete the project. The Madison Land Conservation Trust is fortunate to be the recipient of his outstanding efforts and the generosity of his donors: Madison Lion's Club, Madison Exchange Club, North Madison Wine and Spirits, Madison Veterinarian Hospital, Dr. Doug Callis, Shoreline Pediatrics, Mike Ott and the Town of Madison, and Guilford Savings Bank.

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Activities & Events



February 27	Board of Finance review of and action on Board of Education Budget, 7PM, Town Campus
March 22	Superintendent Brown Bag Lunch - bring your questions and concerns!, 12-1:30PM, Scranton Library
March 28	Kindergarten Registration, 3-7PM, Town Campus
April 1	Kindergarten Registration, 9-11:30AM and 12:30-3PM, Town Campus
April 3	Red Cross Blood Drive, DHHS gym
April 11	Jeffrey School Art Show Open House, Jeffrey School, 6:30-8PM
April 26	Superintendent Brown Bag Lunch - bring your questions and concerns!, 12-1:30PM, Scranton Library
May 2-4	Spring Musical, "Grease," DHHS, 7PM Thursday/Friday, 2 & 7PM Saturday

WHAT ELSE IS HAPPENING IN YOUR DISTRICT? FIND OUT! GO TO [HTTP://WWW.MADISON.K12.CT.US/](http://www.madison.k12.ct.us/)

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6 Ways to Add Years to Your Life

You might not be able to stop the clock but why not choose a healthy lifestyle to make your senior years all about living life to its fullest potential. Here are a few suggestions.

Stay Sharp: Turn off the TV and pull out the crossword puzzle. Giving your brain a workout can ward off dementia and cognitive decline. Stimulate your mind by learning to play a musical instrument, a new language or taking up a new hobby. Stay engaged with your community and up-to-date with current events in order to have meaningful conversations with others.

Get Moving: Remaining physically active helps you ward off chronic illness, decrease the chances of obesity and remain independent. This does not mean you exercise as strenuously as a professional athlete, but most everyone can exercise at their own level. Most experts recommend that adults get at least 30 minutes of physical activity 5 days each week. This can be in the form of group exercise classes such as aerobics, yoga or a swimming class. Or take a walk around the block or in the woods. Just keep moving. One can move arms and legs quite vigorously from the safety of a chair.

See the Doctor and Dentist: Regular visits to your doctor can help manage any chronic problems and catch some potential issues before they arise. Develop a good relationship and do not be afraid to ask questions. Dental hygiene is also very important. See your dentist regularly.

Mix and Mingle: Social interaction can be as important as exercise and medical appointments. Stay connected with your friends. Entertaining can be as easy as picking up a prepared meal and adding your own fresh salad. Social interaction can promote a healthier diet, exercise and sleep habits. Isolation can lead to cognitive decline and depression.

Eat to Live: "We are a wonder being. To be alive is a gift. Don't miss out by partaking in foods that are subpar. Keep a watchful eye on eating a moderate diet that balances the food groups. Think in terms of fresh foods with fewer processed foods. Experiment with grains, legumes and nuts to create whole proteins. The same holds true with generous amounts of fresh fish and vegetables. With the diet above, fewer meats will be consumed. Above all, enjoy the ritual of eating with joy in mind. Again, it is a gift to be able to do it." - Chris Pardue, Executive Chef, Chester Village West.

Relax: Take time to reflect on the world around you. Take some deep breaths during the busy day. According to the Mayo Clinic, the benefits of relaxation can lower blood pressure, reduce muscle tension and increase energy levels and concentration. Try yoga, tai chi or meditation. Or set aside some time each day to simply curl up in a favorite chair and read a book.

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Marian Bairstow
Marketing Director, Chester Village West

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If you live along the immediate shore south of Rte 1, you are seeing houses being lifted and reinforced. In the past two years we have had record setting flood waters caused by two major storm events. Shoreline town officials (and insurance companies) are encouraging homeowners in flood prone areas to consider raising their homes before destructive flood waters cause expensive and frustrating damages.

Unfortunately, it is not easy or cheap to raise a house out of harm's way. There are some grants and loans available through FEMA, but they come with strings attached and rules to follow. Below are the five major steps that are involved in raising your house:

Permits: Depending on your location, you may need permits from DEEP, Zoning, Building, Wetlands, & Zoning Boards of Appeal. Each of these permits may require special-

ized information and documentation that must be prepared by engineers, surveyors, & professional contractors.

Engineering: The type of foundation that is required depends on your proximity to the water, soils under your house; depth of water table, type & construction of your house, and other variables.

Lifting the house: This is actually the easy part of the job; easy, not cheap. The house can be raised as high as needed to get construction equipment under the house, and then lowered onto its new foundation. Some people want their houses high enough to park cars underneath.

Foundation: Engineering will tell you what kind of support you need; options include pile driven wood piers, helicoils, cement piers, or a more traditional concrete foundation.

Access: Now that your house is several FEET higher off the ground than it was, how do you get into the house with those groceries, and where does the grille go? This part of the project may require some real lifestyle planning and special permissions from your town.

Many homeowners will going through this process in the coming years, whether they want to or not. Prudent planning and retaining competent, experienced professionals will make this a more palatable experience.

Mark J. Reeves
Mark Reeves, Builder

Three Cheers for Events Magazines!

Town specific, each Events does something good for the town it serves; it's local on a closer level. With every issue, we hear from our Selectman/woman, and read articles about town officials and town offices. Also, we read about those other organizations in town which are not always on the forefront; it's nice to see them in the spotlight. The colorful cover gets your attention; the magazine is well-formatted and easy to read.

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Miss Representation

March 18 - 7:00 pm / Polson Middle School

Scranton Memorial Library, Walter M. Polson Middle School, and Madison Youth and Family Services are collaborating on a showing of *Miss Representation*, a 2011 American documentary written and produced by Jennifer Siebel Newsom. The film looks at the disparaging and limited views of women and girls provided by the majority of media permeating American culture. Using the line "You can't be what you can't see", the film explores the ways the constant use of media messages strongly contributes to the "underrepresentation of women in positions of power and influence in the America" (quotes are from the film). Along with examples of limited presentations of women, *Miss Representation* features interviews and observations from Cory Booker, Mayor of Newark, New Jersey, Katie Couric, Condoleezza Rice, Rosario Dawson, Gloria Steinem, Geena Davis, and Nancy Pelosi, as well as comments from young women on what they think of the

culture in which they live. *Miss Representation* takes aim at mainstream media's effect on women and girls. However, the information contained in the documentary also illustrates the ways in which media's treatment of women affects the ways that males are encouraged to see and think of women. The challenging and thought provoking film provides material for ongoing discussion among adults and youth. Thus the target audience for the film includes parents and young people of both genders in 7th-12th grades, as well as interested adults.

Miss Representation will be shown with no charge. Following the film, there will be an opportunity for a discussion led by representatives of the collaborating partners. For further information, about the film, you may contact Taffy Bowes of Madison Youth and Family Services, bowest@madisonct.org, (203) 245-5645


Can I Have A Bright White Smile?

Everybody loves a bright white smile, and there are a variety of products and procedures available to help you improve the look of yours. Many people are satisfied with the sparkle they get from daily oral hygiene and regular cleanings at your dentist's office, but if you decide you would like to go beyond this to make your smile look brighter, you should investigate all of your whitening options. Start by speaking with your dentist. Whiteners may not correct all types of discoloration. For example, yellow-ish hued teeth will probably bleach well, brownish-colored teeth may bleach less well, and grayish-hued teeth may not bleach well at all. If you have had bonding or tooth-colored fillings placed in your front teeth the whitener will not affect the color of these materials, and they will stand out in your newly whitened smile. You may want to investigate other options, like porcelain veneers or dental bonding.

If you are a candidate for whitening there are several ways to whiten your smile: In-office bleaching. This procedure is called chairside bleaching and usually requires only one office visit. The dentist will apply either a protective gel to your gums or a rubber shield to protect the oral soft tissues. A bleaching agent is then applied to the teeth, and a special light may be used. Lasers have been used during tooth whitening procedures to enhance the action of the whitening agent. At-home bleaching: peroxide-containing whiteners actually bleach the tooth enamel. They typically come in a gel and are placed in a mouthguard. Usage regimens vary. There are potential side effects, such as increased sensitivity or gum irritation. Speak with your dentist if you have any concerns. Whitening toothpastes: all toothpastes help remove surface stain through the action of mild abrasives. "Whitening" toothpastes in the ADA Seal of Acceptance program have special chemical or polishing agents that provide additional stain removal effectiveness. Unlike bleaches, these ADA Accepted products do not change the color of teeth because they can only

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Remember when selecting a whitener or any dental product, be sure to look for the ADA Seal of Acceptance—your assurance that they have met ADA standards of safety and effectiveness.



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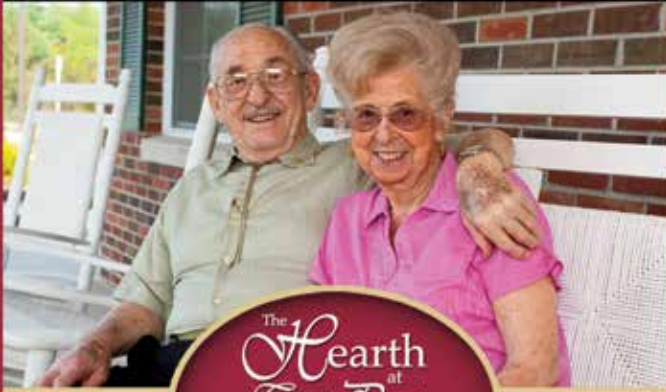
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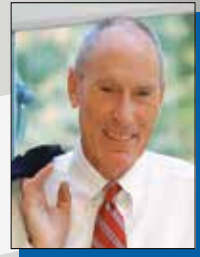
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Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

Recognizing Frostbite - At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin - frostbite may be beginning. Any of the following signs may indicate frostbite: white or grayish-yellow skin area; skin that feels unusually firm or waxy; numbness. A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

What to Do - If you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia. Hypothermia is a more serious medical condition and requires emergency medical assistance.

If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows: get into a warm room as soon as possible; unless absolutely necessary, do not walk on frostbitten feet or toes - this increases the damage; immerse the affected area in warm - not hot - water (the temperature should be comfortable to the touch for unaffected parts of the body).

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Complete Care for Lung Cancer Patients

According to the national Centers for Disease Control (CDC), more than 350,000 people alive today in the United States have been diagnosed with lung cancer. Although lung cancer is a very serious type of cancer, if it is detected in its earliest stages and appropriate and coordinated treatment is provided, a cure is possible.

The Middlesex Hospital Total Lung Care Center, offers a coordinated approach to providing everything patients with lung cancer need - including the one-to-one services of a specially trained nurse navigator, Gean Brown, R.N., O.C.N., increased surveillance improved screening, and appropriate treatment options, including surgery, chemotherapy and radiation therapy.

Surveillance - When Brown first arrived at the Cancer Center in 2009, she realized there wasn't a coordinated system to help patients suspected of having lung cancer "navigate" the steps from diagnosis, through treatment and on to potential recovery. Since that time, Brown and a number of physicians in various Hospital departments have worked hard to change that. The first step in developing the Center, according to Brown, was to begin a quality assurance (QA) program to ensure that any abnormal lung testing done through the Radiology Department would automatically be sent to her. From there, Brown takes the results and makes sure to always inform the patient's primary care physician if the finding looks serious, and then recommends a consultation with a pulmonary physician or thoracic surgeon to review the findings further. The clinicians then refer to what is called the "Fleishner Society" guidelines to assess the lung nodules. The Fleishner Society comprises a group of thoracic surgeons who developed standard guidelines to follow for appropriate actions to take based on the differences in lung tumors, i.e., size, whether or not the person is a smoker, has a history of lung disease, etc.

Screening - The Total Lung Care Center offers screening for lung cancer using low-dose CT scanning. Studies have shown that these low-dose CT scans have the potential to catch lung cancer in its early stages, which means that it is more likely to be cured. Low-dose CT scans can detect lung cancer in its early stages (Stage 1 or 2). They are recommended for people at high risk for lung cancer (smokers and ex-smokers who are 50 years old or older). The test takes only ten minutes and there is no preparation needed beforehand. In addition, Hospital pulmonologists utilize an endobronchial ultrasound (EBUS) machine, which employs sound waves to detect cancerous tumors in the lungs.

Treatment Options - In addition to the services offered by the Cancer Center's medical and radiation oncologists, thoracic surgeons now work in concert with other Hospital surgeons to treat lung cancer, using minimally invasive techniques. As mentioned before, the Total Lung Care Center is a coordinated and comprehensive one. It includes radiologists, oncologists, pulmonologists, surgeons, radiation oncologists and Brown, the Lung Nurse Navigator. She explains that although "not all the doctors are involved at every stage, everyone is at the ready to do their part. In fact, different doctors may consult on a patient, but the patient may never see them. But even if the patient does not see every member of the team, he or she can feel confident that the entire team is working for their benefit at all times." The cost for the low-dose CT scan is \$125 and is not covered by insurance. A physician order is also required for the scan. If you do not have a physician, Brown can assist you in getting a referral. She can be reached at (860) 358-2066. Middlesex Hospital also offers a smoking cessation program that provides information and counseling to motivate smokers to quit tobacco use. Call (860) 358-3003.

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A Brief Look at Alzheimer's Disease

More than 5.4 million Americans suffer from Alzheimer's disease, the most common form of memory illness known as dementia. This means millions of spouses, adult children, friends and other family members are suffering alongside the Alzheimer's patient as they progress through the different stages of the disease. It also means no one travels through dementia alone, and family and friends are needed now more than ever.

Spouses or other relatives may be the first to notice warning signs of memory loss beyond what is considered normal, such as a change in someone's ability to concentrate or work with numbers, taking much longer to do things than before, confusion of time and place, or even complications having a conversation. (Visit the Alzheimer's Association at www.alz.org for more information on early signs and symptoms of memory loss that may help determine if there should be concern). These signs may not necessarily mean someone has dementia. There can be medical reasons for them, such as depression, or the result of an infection, or even dehydration. If there ever is any doubt about changes in memory, all families are encouraged to seek a proper diagnosis from a qualified geriatrician or physician with specific geriatric experience.

If the diagnosis is indeed a memory illness, you can work together as a team to prepare a care plan that works for everyone. It is ideal for those suffering from memory-related

illnesses to be in a safe environment that also offers stimulation and engagement throughout the day. Sometimes that can be done in a home setting if they don't wander, or at an adult day care center, or at an assisted living community with a memory care specialty.

Regardless of where a person with dementia lives, it is very beneficial for them to have interaction with those who know and love them. For family and /or friends who may be uncomfortable around people with Alzheimer's, it is important to realize that although these memory-impaired folks don't recall your name or relationship, they often sense that you are a significant person to them. By talking about people and places from their past, you not only act as their memory, you validate their sense of self.

Life with dementia is a challenging one, but does not have to mean the end of a relationship with your loved one. Families dealing with this illness are encouraged to seek out educational events as well as educational reading material, to join a support group, and to view your relatives as your care partners during this journey. You may be surprised by how many special moments you will continue to enjoy and treasure with your loved one.

*Kathy Ryan, Executive Director
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