

Stonington **events**

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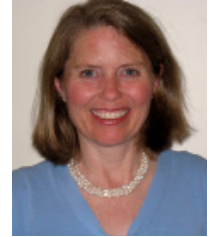
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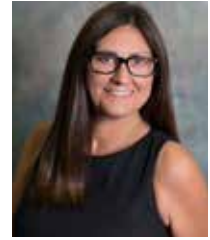
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Selectmen's Corner

Fall has arrived in Stonington with all the colorful foliage, clear skies, blue waters and cooler temperatures. And, yes, a sudden storm left a lot of residents out of power for a few days. But your Board of Selectmen has not missed a beat on working together for the good of the Town.

The best news of the quarter is that the State of Connecticut finally has a budget and the Town of Stonington will come away with a 3.7% cut. This is a dramatic reversal of the Governor's draconian cuts of state aide to our town of 100%. Town Aid Road [TAR] funds are fully restored as are the Local Capital Improvements Payments [LoCIP]. There was a 5% reduction of Education Cost Sharing [ECS] which is substantially less than the 100% cut from the Governor, and the State Teachers Retirement costs of \$1.7 million have been removed completely from the town.

Another piece of good news is that the Town of Stonington is now back in the Federal Emergency Management Agency [FEMA] Community Rating System [CRS]. Sadly, in 2015 the Town lost its 5% discount of flood insurance due to an administrative error that occurred before we were in our current positions on the Board of Selectmen. Working in a bipartisan fashion with Town Engineer Scott Deledda, we were able to fix the problems

we had with certain properties and return to the CRS system - now with a 10% discount for almost 1,000 flood insurance policy holders. Three cheers to Scott!

As well, the town sold \$20,000,000 in General Obligation Bonds for the project at a very favorable 2.6%. This is because our long term bond rating of AA+/Stable is one of the best in the State. Congratulations to the Stonington Board of Finance and our Financial Advisor - Phoenix Financial LLC - for doing such a great job over the years. This has allowed us to sell our bonds at a favorable rate even though the State of Connecticut is in poor financial shape.

In Pawcatuck, the good news is that the Walton Block has been sold for renovation after years of neglect. The new owner hopes to live in the building during and following renovation. We believe that the recent passage of PV-5 Zoning will provide incentives to Pawcatuck property owners to invest. That, plus the FEMA CRS rating of 10% discount of flood insurance provides new optimism for Pawcatuck Village.

Oh, yes, then there was the storm. Mother Nature has her own way with human kind and the wind dropped a lot of trees on **continued on page 4**



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Courtesy Town of Stonington

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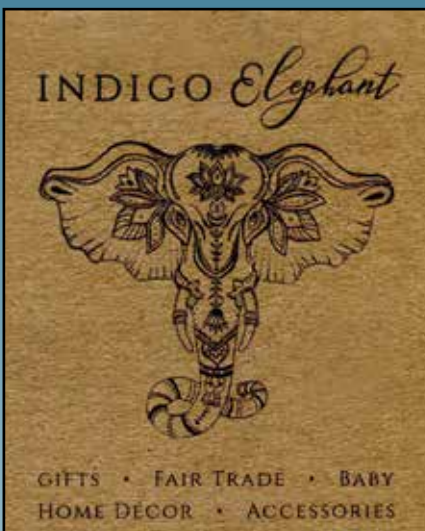
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Selectmen's Corner... continued from page 1

roads and power lines. Fortunately no one was killed, injured or forced to evacuate their home due to flooding. But the high winds did put almost 80% of residents out of power for about 24 hours. By the end of two days that figure was down to 32%, and so forth. But for those in the dark, it is never fun.

As a consequence of the storm, the Board of Selectmen has initiated a new system of sharing information using the Town and Human Services Facebook, the Police Department's Everbridge system and the Stonington Community Forum. These way citizens can report problems and we can report progress. This helps us to serve the community better.

On a final note, Selectman Mike Spellman will be leaving the Board after three years of distinguished service to pursue his career in law enforcement as Groton City Chief of Police. He has served the town with distinction and we wish him all the best.

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

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Assessor's Office



Department of Assessment
Marsha L. Standish,
CCMAII, CCMC, SPA
Director of Assessment
860-535-5098
Email: assessor@stonington-ct.gov

REVALUATION NOTICES AND HEARINGS

Revaluation notices are anticipated to be mailed the latter part of November for the 2017 revaluation. The notices will provide information regarding your new value and means for reviewing the value with a representative of Vision Governmental Solutions. New values will be available on the Town of Stonington's GIS website and the public terminals located in the Town Hall at the time of the mailings. The Informal hearings will be conducted during the month of December by appointment through Vision Governmental Solutions. Times, dates, toll free phone number, and online registration for hearings will be contained on the notice. Hearings will be located on the first-floor meeting room located at the Stonington Town Hall.

WHAT IS AN INFORMAL HEARING?

During the month of November, every property owner receives

a notice of their proposed valuation. If they have a question or concern about the proposed valuation, they are asked to call the number on the notice to set a date and time for an informal hearing. This appointment is meant to allow a brief discussion about the valuation process, review the specifics of the property in question and to answer general questions the owner may have. Most hearings last about 10-15 minutes. Homeowners are asked to come prepared with their questions and have compared their property to other comparable ones in their neighborhood. You are also encouraged to provide the hearing officer with copies of any documentation you may have regarding specific issues with your proposed assessments.

It is important to remember that an informal hearing is not a forum to discuss taxes or town politics nor is it an in-depth class on appraisal practices and theory. It is strictly meant to answer general questions on the proposed property assessments. The hearing officer takes notes during your meeting to document the information you have discussed. They will later determine if further review of your property assessment is necessary based on these notes. The proposed values are not final until all hearings and any data or value changes resulting from the hearings are completed. A second notice will follow with the results of the hearing.

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2ND INSTALLMENT OF REAL ESTATE AND PERSONAL PROPERTY TAXES DUE

For those taxpayers who don't have their taxes escrowed, the second installment of real estate taxes and personal property (business related) taxes is due on January 1st and delinquent after February 1st. However, what most taxpayers don't realize

is that 2nd installments may be paid any time between July 1 and February 1. What are the advantages of paying early? Since the tax office doesn't rebill for the January installment (the bill comes in three parts in late June - one part for the 1st installment, one for the 2nd and one for the taxpayer's records), paying early prevents the taxpayer from forgetting the 2nd installment. Also, if the taxpayer wants the deduction in 2017, pay the 2nd installment before January 1, 2018. Some taxpayers divide their 2nd installment into six monthly payments from October through February. Another advantage to paying

early or during the month of January is that if you don't pay on time, there is a 3% interest charge added to the tax bill. State statute says that we have to go back to the original due date when applying interest, so for example, if the 2nd installment is \$1800.00, if it was paid late, \$54.00 would immediately be applied to one's account on February 2nd. If the taxpayer misplaced the original bill, he/she can always print a bill off our website at www.stonington-ct.gov or call the tax office at 860-535-5080.

Linda Camelio, CCMC
Stonington Tax Collector

Snow and Winter Guidelines

The Department of Public Works clears snow and ice from approximately 220 lane miles of roadway and 2 miles of sidewalk. In addition, the Department is responsible for the clearing of snow from the public schools, municipal parking lots and all of the public parks.

SNOW PLOWING

The following is a general description of how the Department of Public Works plows snow from Town streets:

- Step 1** - When a snow storm begins, the DPW responds by salting the roads. Salting the roadways serves two purposes: to keep traffic moving, and to prevent the snow from bonding to the pavement.
- Step 2** - Snow plowing begins when snow accumulates two (2) inches, or forecasts indicate that it will. Town plows are called out and assigned to plow 14 pre-determined routes. The Town's policy is to plow the full width of the street, curb to curb, during each storm.
- Step 3** - Once snowfall has stopped and plowing is winding down, trucks begin post-storm salting.

Snow plowing operations remain underway until all roadways are cleared adequately for the safety of the traveling public. Please consider this timetable when you open your driveways or clear your front walkways and sidewalks so that you may not be disappointed when a snowplow passes by after the snow has stopped falling.

SIDEWALKS

Property owners or occupants are responsible for keeping the sidewalk in front of and adjacent to the property clear of snow and ice. Please cooperate so that school children and other pedestrians will be able to safely use the public walkways and avoid having to walk into the street.

HAVE YOU SHOVELED?

If you own a property or business please remember to do the following:

- Maintain all sidewalks abutting your property or business in a non-slippery condition free of ice and snow.
- If you are out of town or unable to clear ice and snow because of physical limitations, please be sure to have someone else prepared to maintain the sidewalk for you.
- Clear openings at intersections and crosswalks so pedestrians can cross safely.

DRIVEWAYS

While we try to minimize the amount of snow that gets plowed into driveways it is unavoidable. Clearing driveway openings is the responsibility of the property owner.

- Plow blades cannot be lifted as they pass by a driveway.
- Snow can get plowed into driveways as we perform curb to curb plowing.
- You may wish to clear your driveway several times during the storm or wait until the storm and plowing activities have ended.
- Shoveling, plowing or snow blowing snow back into the street when clearing driveways and sidewalks is prohibited. If you or a contractor, use a snow plow to clear a driveway do not push the snow into or across the road. Violators will be fined.

MAILBOX REPLACEMENT POLICY

In order to provide fair and uniform resolution to incidents involving mailboxes damaged by a Town snowplow the Town of Stonington adopted a new policy concerning the repair/replacement of mail boxes.

The Town will replace a mailbox only when the Town snowplow is found to have made direct contact with the mailbox, not when the box is knocked over by the snow or slush thrown from the

plow. Basketball hoops, sprinkler systems and other improvements within the town right of way are not permitted and will not be replaced or reimbursed by the Town.

COMPLAINTS

Plowing snow from Stonington’s streets is a formidable task. It involves coordinating plows, mechanics, administrative assistant, and foreman to inspect and control plowing activities and other support personnel. The hours can be extraordinarily long, with operations conducted during the most severe weather and driving conditions. We realize that in an operation of such size and complexity there are bound to be complaints or requests for additional service.

Calls for service should be avoided early in a storm since it may take several hours for plows to make their way to your street. If you believe that a request for service is warranted and sufficient time has elapsed for us to have responded, please call: 860-535-5055, Monday - Friday 8:30 am - 4:00 pm.

Remember, driving in winter snowstorms should be avoided whenever possible. Our work to restore safe road conditions is completed quicker and more efficiently when roads are free of traffic and illegally parked vehicles.

Engineering Department & Stormwater

The Town of Stonington will be involved in many new stormwater related initiatives over the next five years with a goal to improve the water quality in our embayments, rivers & streams, and other local waterbodies. There are approximately 1700 catch basins and 350 drainage outfalls associated with the municipal stormwater conveyance system, which discharge runoff into over 39 different major water bodies ranging from the Mystic River, Stonington Harbor to the Pawcatuck River. Initiatives will focus on “priority areas” such as densely populated/urbanized areas and impervious areas that drain into impaired water bodies. Efforts will be made to reduce impairments such as elevated levels of: bacteria, nitrogen and phosphorus. Implementation strategies will focus on 6 Control Measures:

1. Public Education and Outreach
2. Public Involvement/Participation
3. Illicit Discharge Detection and Elimination
4. Construction Site Stormwater Runoff Control
5. Post-Construction Stormwater Management in New Development or Redevelopment
6. Pollution Prevention/Good Housekeeping.

continued on page 8

Town of Stonington

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

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

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

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

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

www.stonington-ct.gov

Stormwater... continued from page 7

Public Education and Outreach is key to the success in improving our water quality. Please visit the town website under the Engineering Department/Stormwater Permitting to view different educational & outreach material. Additional education and outreach material can be found at the following sites:

1. UConn center for Land Use Education

and Research & CT NEMO:
<http://nemo.uconn.edu/ms4/implement/public-education.htm>.

2. EPA's Stormwater Outreach & Education Toolbox: <https://cfpub.epa.gov/npstbx/index.cfm>.

STORMWATER HOTLINE

If you would like to report an issue or

comment on a stormwater related topic such as illegal/illicit discharge connections, illegal dumping, municipal stormdrain maintenance & operation, stormwater quality, or concerns about ongoing land disturbance or development activities; please contact the Public Works/Engineering Department at 860 535-5055.

How safe is our public water supply?

Americans are encouraged to drink 8 glasses of water a day. But do we really know what's in our water?

Although most water utilities are in compliance with federal water quality guidelines, a passing grade from the EPA may not mean your water is safe to drink. According to the Environmental Working Group (EWG), a D.C. based non-profit, pollutants are found in "virtually all public drinking water systems."

Federal guidelines often reflect political and economic compromises as well as outdated reporting. The EPA has not added a new chemical to the list of regulated contaminants in 20 years. This translates into dozens of contaminants detected in US tap water without regulatory limits. They can legally be present at any concentration without testing requirements or an obligation to notify the public.

Harmful chemicals like chloroform, hexavalent chromium (the Erin Brochovich chemical), total trihalomethanes (TTHMs), and chlorate have been found in local water supplies. The source of these contaminants range from agriculture and industry to treatment byproducts and runoff, however, some are naturally occurring.

EWG has created a database of tap water by compiling 28 million water records from over 50,000 utilities serving 280 million people in all 50 states. You can go to EWG.org and enter your zipcode to find out what's in your tap water.

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The Pawcatuck Neighborhood Center



Pawcatuck Neighborhood Center - Granato Senior Center

The Pawcatuck Neighborhood Center is located at 27 Chase Street in Pawcatuck. Its mission is "neighbor helping neighbor." More than 72 volunteers work at the PNC each week to provide the following services - food pantry, basic needs hygiene items, pet food, free clothing and baby items. Case workers offer assistance with rent, fuel and SNAP benefit counseling.

In December the PNC will be holding its Holiday Drive, when it distributes turkey dinners, baskets of pet food and toys. To adopt a child, please contact Executive Director, Susan Sedensky at susan@thepnc.org.

The PNC is also home of the Robert Granado Senior Center, where persons over age 60 enjoy social, ed-

ucational and creative activities that include Zumba, line dancing, yoga, Wii bowling, dominoes, community lunches, guest speakers, musical entertainment, trips, painting and creative writing classes. The PNC offers senior transportation to the PNC, shopping, medical appointments and social events.

Veterans of all ages meet at the PNC on the second Friday of each month. On the last Friday of the month, all are welcome for a free community breakfast.

In addition to our loyal volunteers, the PNC relies on donations from companies, schools, churches and individuals. Food, toy and personal hygiene items are always needed. Please stop by to learn how you can become part of the PNC!



Human Services - Information

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

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



HUMAN SERVICES TEAM:

Human Services Director
Leanne Theodore

Social Services Administrator/
Municipal Agent for the Elderly
Carol Umphlett

Youth & Family Services Administrator
Kristen King

Clinical Supervisor
Molly Kunka, LCSW

Recreation Administrator
Richard Ward

Administrative Assistant
Michelle Larese-Casanova

Receptionist
Amanda Johnson

LIKE US ON FACEBOOK!

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

VOLUNTEERS

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

PROGRAM SUGGESTIONS WANTED!

There may be an activity or program that you enjoy which is not presently offered by Hu-

man Services. You may also have ideas for new programs or constructive comments on the improvement of existing programs and services. In either case, we encourage Stonington residents to express their particular ideas and concerns. Please help us offer to you the programs and services which you desire. Send ideas and comments to: Stonington Human Services, 166 South Broad Street, Pawcatuck, CT 06379 or via email: LTheodore@stonington-ct.gov.

PROGRAM REGISTRATION

All classes register in person at the Stonington Human Services, 166 South Broad Street, Pawcatuck, Monday-Friday between 9 am-4:30 pm, by mail, or outdoor drop box after normal business hours. Online registration is available at: <https://stonington.recdesk.com/>.

Upcoming Community Events

14TH ANNUAL CHILDREN'S HOLIDAY PARTY

Sponsored by Stonington Human Services and the Stonington Police Department
Saturday, December 9 from 11:00 am - 1:00 pm
Caroling - Visit with Santa - Storytelling - Face Painting - Crafts - Pizza Luncheon and other goodies!
Please bring a non-perishable donation for the Pawcatuck Neighborhood Center's food pantry.

HEARTSAVER® CPR AED AND FIRST AID CLASSES AT STONINGTON HUMAN SERVICES - FACILITATED BY STONINGTON VOLUNTEER AMBULANCE CORPS.

Heartsaver® CPR AED is a video-based, instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to

relieve choking in adults, children, and infants. Students who complete the class will receive an American Heart Association certificate good for two years. Heartsaver® First Aid is a video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Students learn first aid actions for medical emergencies, including severe choking, heart attack, and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones and sprains, and bites and stings. Students who complete the class will receive an American Heart Association certificate good for two years.

Register at: <https://stonington.recdesk.com/>.



Human Services - Parks & Recreation

Stonington Recreation (REC) serves as an advocate for meeting the recreational needs of all the residents within the Town of Stonington. The division, within the Human Services Department, provides youth and adults an abundance of seasonal and year-round recreational opportunities to participate in camps, clinics, leagues, open runs, trips, family movie nights and fitness programs. For current program listings and information please click on <https://stonington.recdesk.com>.

SPELLMAN RECREATIONAL PARK

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

PLAYGROUNDS IN OUR COMMUNITY

The Recreation Division oversees and maintains three playgrounds in our community. Please abide by all posted rules and regulations.

Spellman Playground: Located on Spellman Drive

- Pawcatuck

Borough Playground: Located off of High Street

- Stonington Borough

Haley's Way Playground: Located off of Haley's Way

- Old Mystic

PAVILION RENTALS

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

FENCING

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

Check current Session Dates/Times/Fees:

<https://stonington.recdesk.com>

ADULT FITNESS & EXERCISE CLASSES

The following fitness and exercise programs are offered through the Recreation Division. All classes are held at Black Bear Traditional Martial Arts Center, located at 829 Stonington Road, providing state-of-the-art flooring and plenty of space "to get our sweat on!" If you have any suggestion on the type of fitness classes you would like to see please contact Richard Ward at: rward@stonington-ct.gov. Register for programs through Stonington Human Services.

BABY BOOMERS

Instructors: Michele Gardner; Michelle Tebbets & Stacey O'Donnell. Incorporate weights into fun cardio routines to tone and strengthen as you scorch calories. Designed specifically for individuals ages 50 and older. Join at any time!

ZUMBA®

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

SAFE BOATING / PERSONAL WATERCRAFT CERTIFICATION COURSE

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

Check current Session Dates/Times/Fees:

<https://stonington.recdesk.com>.

HIGH SCHOOL BASKETBALL LEAGUE

As of press time, space was still available for our REC High School Basketball league. Games are played on Thursday evenings from December 7-February 8 (including playoffs and championship games). Email Richard Ward for availability at rward@stonington-ct.gov.

ADULT OPEN BASKETBALL

Get in a good "run" with some open, recreational pick-up games. Join and attend at any time but will max at 20 participants. This program does not run on any holidays and/or school closings due to weather.

Check current Session Dates/Times/Fees:

<https://stonington.recdesk.com>.

FLAG FOOTBALL LEAGUE

Are you ready for MORE Football?!? We had a blast playing indoor last year - so we are doing it again and adding a high school age group. For both boys and girls 8 years and up. Program runs on Sundays, late fall, through the winter months at the Mystic Indoor Sports arena, off of Rt. 184 in Old Mystic! Games will be scheduled early afternoons into the evenings (schedule TBD). Goals of the league are that all participants will develop their social & mental skills, physical strength & character while safely learning how to play flag football. Teamwork & active participation are key components. Everybody plays - no cuts. This is strictly a recreational league and commitment to the league will not conflict with other winter sports.

Age Groups:

limited space in each age group - register early!!

- 8-10 years old
- 11-14 years old
- High School age

Check current Session Dates/Times/Fees:

<https://stonington.recdesk.com>.

FUTSAL Soccer Skills Clinic

Weekly practices and skill development learning the "beautiful game" of soccer! FUTSAL is the way the world plays indoor soccer. The game does not require the use of walls, as other versions of indoor soccer. Without the walls, FUTSAL is a great skill developer, demanding quick reflexes, fast thinking, and pin-point passing. NEW This Year! We are going to add to our instructional FUTSAL clinics into an INDOOR LEAGUE after the holidays and run through the month of February.

6 Age Groups* BOYS

1. Grades 3 & 4

2. Grades 5 & 6

3. Grades 7 & 8

GIRLS

1. Grades 3 & 4

2. Grades 5 & 6

3. Grades 7 & 8

**Depending on registrations, some groups may be combined.*

Check current Session Dates/Times/Fees:

<https://stonington.recdesk.com>.

REC MULTI-SPORT BLAST

AGES 4&5; GRADES K,1,2. Participants are guaranteed to have a BLAST while practicing specific sport skills during games such as star wars, dog pound, coconut shy, popcorn, hungry hippos and many more. Each week will focus on a different sport and the skill sets needed for success: soccer, flag football, lacrosse, rugby, baseball, softball, volleyball. Emphasis is on learning new skills while teaching life lessons such as respect and teamwork, all while having fun and staying active.

Check current Session Dates/Times/Fees:

<https://stonington.recdesk.com>.

INDOOR SOCCER LEAGUE

NEW PROGRAM OFFERING! No travel, no tryouts, no stress.

Just fun, recreational play with school mates and friends! The number of teams and schedule is based upon registration. Teams and game times are to be determined. Rules from the outdoor game will be modified to accommodate indoor play. Parents interested in helping coach a team should note so during the registration process. For additional details and any questions please call Richard Ward at Stonington Human Services - 860-535-5015.

6 Age Groups* BOYS

1. Grades 3 & 4

2. Grades 5 & 6

3. Grades 7 & 8

GIRLS

1. Grades 3 & 4

2. Grades 5 & 6

3. Grades 7 & 8

**Depending on registrations, some groups may be combined.*

Check current Session Dates/Times/Fees:

<https://stonington.recdesk.com>.

Citizens with Autism Safety System (CASS)



Through the collaboration of several Town Departments, Human Services' Autism Parent Support Group and the Town's Geographical Information Systems vendor, the Town of Stonington has developed an application to assist first responders in locating an autistic individual if they are reported missing by using available maps and information from the persons loved ones / family. The Citizens with Autism Safety System, CASS, uses a database of Stonington residents with autism who have

opted to have their family member listed to assist first responders in finding them quickly and safely should they go missing.

Every person on the autism spectrum is different, so listing each person's individual traits, triggers, likes and dislikes gives first responders the necessary information they need to approach, interact with and bring a missing person with autism to safety. The mapping software is important as many with autism are drawn to water. The map lists all water features within a half mile radius of the persons last known location. Beaches, rivers, streams, ponds, fountains

& swimming pools are among the water features that populate on the map. The map is cloud based which means it can be used by any device with an internet connection. This is useful for first responders who have a tablet, phone or laptop in the field during a search.

To register for CASS, please complete the form on page 12 of this Events Magazine (must include a high-resolution photo of the registrant) and return to: Stonington Human Services, 166 South Broad Street, Pawcatuck, CT 06379. Call 860-535-5015 for more information.



REGISTRATION INFORMATION WILL BE KEPT CONFIDENTIAL		
FULL NAME		DATE OF BIRTH
PREFERRED NAME/NICKNAME		HEIGHT/WEIGHT
GENDER	HAIR COLOR/EYE COLOR	SCARS/IDENTIFYING MARKS
ADDRESS		
DOES THIS INDIVIDUAL LIVE ALONE?		

RISK FACTORS - Please check each box that applies:

<input type="checkbox"/> NO SENSE OF DANGER	<input type="checkbox"/> BLIND	<input type="checkbox"/> DEAF	<input type="checkbox"/> NON-VERBAL
<input type="checkbox"/> ATTRACTED TO WATER	<input type="checkbox"/> PRONE TO SEIZURES	<input type="checkbox"/> COGNITIVE IMPAIRMENT	
OTHER:			

EMERGENCY CONTACT INFORMATION

NAME		RELATIONSHIP	
ADDRESS			
CITY		STATE	ZIP CODE
PHONE (HOME)	(WORK)	(CELL)	

NEEDS

PRESCRIPTION MEDICATION
SENSORY ISSUES
DIETARY RESTRICTIONS

INDIVIDUAL SPECIFIC INFORMATION

CALMING METHODS
ATYPICAL BEHAVIOR OR CHARACTERISTICS
LIKES
DISLIKES
PREFERRED METHOD OF COMMUNICATION
WEARABLE IDENTIFICATION
TRACKING INFORMATION
ADDITIONAL INFORMATION FOR FIRST RESPONDERS

FAVORED LOCATIONS

ADDRESS / ASSOCIATION (ie. SCHOOL, PARK, ETC.)
--

PLEASE ALLOW FIVE (5) BUSINESS DAYS FOR YOUR INFORMATION TO BE UPLOADED INTO THE SYSTEM.
 FOR STAFF USE ONLY: CASS Entry Date _____ Initials _____

Human Services - Youth & Family Services

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



STONINGTON HUMAN SERVICES PRESCHOOL 2017-2018 SCHOOL YEAR

Every parent wants a nurturing environment for their young child's early education. Get off to a good start and enroll in our program! Open to fully potty-trained children ages 3-5. Located within Stonington High School, 2, 3 and 5-day options are available. **Students must be fully toilet trained and 3 years of age by September 1st.**

Program Hours: 9:00 am-12:30 pm
Operating Days: Tue/Thu or Mon/Wed/Fri

Monthly Tuition: 2-Days: \$185; 3-Days: \$260; 5-Days \$410
(Non-Residents add \$25/month)

5-day option available for second year students.

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

1-2-3-, TODDLER & ME

For toddlers able to walk (ages 2-3 years old) accompanied by a parent/guardian. Classes are designed to nurture and educate the child, parent and or caregiver. We will introduce you to movements that support your child's development through stories, songs, and nursery rhymes.. Additional activities will support the young child's language, body control, rhythm and their developing understanding of **continued on page 14**




**Denison Pequotsepos / Coogan Farm
Nature & Heritage Center**



Fun Comes Naturally Here
Explore miles of trails, meet our rehabilitated wildlife, and immerse yourself in our nature. We have nature-based, year-round programs and activities for all ages and interests.

109 Pequotsepos Rd. and
162 Greenmanville Ave., Mystic
dpnc.org 860.536.1216



lessons & socials
**POTTERY
STUDIO**
thecomoo.org/pottery

GET CREATIVE AT THE COMO!
Offering youth and adult lessons, socials and workshops for all skill levels.

**Monthly Sip & Spin Socials,
Senior Lessons, Youth Sculpture Classes,
Teen Wheel Throwing and more!**

Plan your next night out with friends at the
COMO Pottery Studio!

Learn more at thecomoo.org

Youth & Family Services... continued from page 13

the world around them. A mat or beach towel is suggested.

Instructor: Jeanne Donato Ed.D.,
Brain Gym Instructor,
Integrative Movement,
and Creative Arts Specialist
Location: Stonington Human Services
Fee: \$40 / session
Dates: Fridays - January 5, 12, 16, 19
Time: 9:30 to 10:30 am

PARENT CHILD HOLIDAY GIFT MAKING WORKSHOP

The best gifts are made with love. Parents and children work together to create several unique handmade gifts for someone special this holiday season. Each week different options will be offered. All materials and supplies are provided to create your very own handmade gifts.

Ages: Adults with children of all ages
Date: Wednesdays - November 29, December 13
and December 20
Time: 3:45 to 4:30
Location: Human Services Community Room
Fee: TBD

KIDZLIT® LITERACY PROGRAM

KidzLit® is designed to increase young people's motivation to read, while simultaneously building their literacy skills. Children hear engaging books, read aloud, or read them independently and make connections to their own lives. They express their feelings and grapple with big ideas through discussion, drama, art, movement and writing. The program focuses on developing core values of helpfulness, fairness, personal responsibility and respect for others.

Location: WVSS
Ages: Grades 1-2
Day/Date: Wednesdays - January 10 - February 28
Time: 3:30-4:30 pm
Cost: \$30/session

BABYSITTER'S TRAINING COURSE

Taught by an authorized American Red Cross instructor, this course is designed to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly care for infants and younger children. Participants learn how to create and manage a babysitting business and how to supervise children in a safe and responsible manner. Participants will also learn basic first aid skills and how identify and apply action steps in an emergency situation. A Babysitter's Training Certificate will be distributed at the successful completion of the course.

Age: 11-15 years old
Date: Thursday, December 28
Time: 9:00 am - 4:30 pm

Location: Stonington Human Services
Fee: \$115

DRIVER EDUCATION

Driver Education provided by AAA/Briarwood Driving Academy 30+ Hour classroom study and 8 additional hours of individual in-car lesson (four private lessons) in a specially equipped training vehicle. To register, call 860-570-4239 or 800-594-0346.

Age: Must be 16 years old by the first class
Day/Date: Mondays and Wednesdays from
3:00 pm - 5:00 pm
December 18- February 28

Fee: Classroom Only / \$250;
Add Private In-Car Lessons / \$595

Location: Stonington High School

LENTZ & LENTZ PSAT/SAT PREPARATION

Designed to benefit students of all ability levels, this 30-hour program is divided equally between English and math and covers all facets of the SAT and the PSAT. Class features: test taking techniques, preparation for the essay, practice tests, advanced math and shortcut math, vocabulary development, speed-reading and online downloads for supplemental review. The downloads are extremely helpful to all students, especially those with cognitive and perceptual disabilities. Extra help at no charge, course materials and complimentary refresher sessions are included in the tuition. Previous SAT and PSAT type problems are used in conjunction with our own copyrighted curriculum. Lentz & Lentz teachers have been specifically trained to teach this program and all of our instructors have a background in teaching. Lentz & Lentz also allows students the flexibility to attend live make up classes at any of its nearby locations. Positive scores on the SAT and PSAT could translate into thousands of dollars in scholarships and savings.

Free extra help and live makeup sessions included in tuition:

Students can set up free extra help by making an appointment to meet with their instructor directly before or after class. If a student misses a class or has a scheduling conflict they can contact Lentz & Lentz to set up a live make up class at a neighboring location.

Date/Day: Wednesdays, March 7-May 2
Time: 6:30 pm-9:30 pm
Fee: \$370
Location: Stonington High School, Room 107

INDIVIDUAL & FAMILY COUNSELING

Individual & Family Counseling is available at no cost to all Stonington residents. Call 860-535-5015 for more information or to schedule an intake appointment.

PARENTS OF CHILDREN WITH AUTISM SUPPORT GROUP

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

Day: First Tuesday of Every Month
Time: 5:30 pm - 7:00 pm
Facilitator: Dr. Lori Liguori, School Psychologist

Interested in a specific group? Please let us know! Residents in need of grief support are encouraged to contact Hospice of Southeastern CT at 860-848-5699.

JUVENILE REVIEW BOARD

The purpose of the Juvenile Review Board (JRB) is to provide an alternative to Juvenile Court for juveniles who have committed minor criminal violations in Stonington, and to assist youth who have exhibited problems in the home, school, and community. The goal is to provide a plan for each individual by utilizing community programs, services, and other resources, which will effectively deal with the particular incident, assist in positive development, and encourage responsible behavior. This year the Stonington Juvenile Review Board was awarded the Department of Children and Families Juvenile Review Board Support and Enhancement Grant in the amount of \$5045. This grant will help support case management, and support youth who need services such as transportation, and program scholarships.

FAMILY WITH SERVICE NEEDS REVIEW BOARD

Families with children who are engaging in risky behaviors such as running away from home, school truancy, and defiance of family or school rules often rely on state operated programs to help address these problems. The state of Connecticut has defined such children and parents as a Family with Service Needs (FWSN). Beginning in 2005, Connecticut began enacting a series of legislative, policy and procedural changes to address these issues. These changes were grounded in the belief that swift,



community-based family services were the best approach for Families with Service Needs. The new approach to at-risk youth and families

rejected the use of the justice system as the first response to FWSN cases. Research demonstrates that these behaviors are strong predictors of continued involvement with juvenile, criminal and child welfare agencies. Therefore, intervening with appropriate services at an early stage is crucial to reducing future involvement with the justice systems. Based on a need in the community, in 2015, Stonington Human Services and the Stonington Public School District, in collaboration with the Stonington Police Department, Juvenile Court and DCF, developed a Family with Service Needs (FWSN) Review Board. The purpose of the Board is to intervene and divert at risk children from the entering the court system. The Board recommends diversions that encourage positive, pro-social development, school attendance, family engagement and participation in community-based programs.

STONINGTON PREVENTION COUNCIL

The Stonington Prevention Councils (SPC) mission to permanently change community attitudes, laws, and policies to stop substance abuse and establish a safer community. Currently, the SPC is working on reaching out to the community to bring awareness about recent drug trends and advising residents to safely dispose of their unwanted prescription medications at the Stonington Police Department. With grant funding the Council is also working with youth ambassadors to spread substance abuse prevention awareness within our local schools; support affordable after school programming for at risk youth; and continue the Mental Health Matters Campaign established in 2016. A partnership with the Groton Alliance on Substance Abuse Prevention (GASP) on Project 21, will also bring a Safe Serve training and educational materials concerning overserving and underage drinking to the bars, restaurants and liquor stores within the Stonington and Groton sides of Mystic in the new year. Individuals interested in becoming involved with SPC should call 860-535-5015.

PRESCRIPTION DRUG DROP BOX AT THE STONINGTON POLICE DEPARTMENT

Do you have unused, unwanted or expired medications? Sponsored by Stonington Prevention Council in 2015, the Stonington Police Department installed a permanent Prescription Drug Drop Box in its main lobby - hundreds of pounds of medication have been collected since then! Accepted items include: prescriptions (including patches, medications); over-the-counter medications; vitamins; samples; pet medication. The following items are not accepted: needles/sharps; ointments/lotions/liquids; aerosol cans; inhalers; hydrogen peroxide; thermometers. Open 24 hours/day, 7 days/week, the box is a free service and no paperwork is required to participate!

Supportive Programs

SANTA'S ANONYMOUS BOOT PROGRAM

Stonington Human Services is currently accepting names of children for the Santa Anonymous Boot Program. The program, sponsored by TVCCA's Retired & Senior Volunteer Program (RSVP), provides new winter boots to eligible Stonington children. Please call Stonington Human Services, 535-5015, for more information, or if you would like to be a sponsor and help a child receive a new pair of warm, winter boots.

BIKE RECYCLING PROGRAM

If you are in need of a bicycle please contact Stonington Human Services to obtain an application to the Bicycle Recycling Program which is a partnership between Human Services and the Stonington Landfill. If approved recipients could receive a gently used bicycle. Bicycle donations are also welcome.

Human Services - Social Services

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

DO YOU QUALIFY FOR ENERGY ASSISTANCE?

Stonington Human Services has been a local fuel bank for the last seventeen years, participating with Operation Fuel, TVCCA, and United Way energy assistance grant programs. Income guidelines for TVCCA's programs cap at 60% of the State Median Income (CHAP). Assistance amounts are based on established guidelines regarding family size and vulnerability. For example, a household of four qualifies if their total income is no more than \$66,089. Now accepting applications! Deliveries do not start until November 15, 2017 and will continue until March 15, 2018. Call 860-535-5015 for an appointment.

Operation Fuel and United Way also offer energy assistance programs in an effort to help keep folks warm during the cold winter months, avoid power shutoffs, and address other crisis situations when the TVCCA program has been depleted or in other circumstances where a family may not have been eligible. Guidelines for these programs are also adjusted each year with changes in the economy. Contact Human Services for more information and an appointment. Residents with Eversource "metered" heating services (electric and natural gas serviced) are also eligible for heating assistance.

In addition, applicants who have been approved for the TVCCA program (both CEAP & CHAP) are eligible for the Matching Payment Programs (MPP) offered by these companies. The program puts those qualified on a budget plan and will match all payments made during the winter heating month (November through April) dollar for dollar in an effort to reduce the customer's balance to zero. Human Services can help with these programs as well as a low-budget worksheet that may reduce the monthly payment even more. MPP begins each year on November 1st.

SUCCESS COACHING

Sustaining self-sufficiency is at the core of maintaining one's housing, employment, and self-esteem. Are you ready to "take 100% responsibility" for your life and move yourself "from where you are to where you want to be?" Call us for information on our new and innovative program that offers goal setting, skill building, and accountability tools to help you achieve all the success you desire.

UNITED WAY MOBILE FOOD PANTRY

United Way's Mobile Food Pantry makes a stop in the Stonington Human Services' parking lot on the first Monday of every month from 5-6 pm. The pantry offers fresh fruits and

vegetables, meat or other protein (eggs, beans, etc.) and much more. There is no application process; those in need are simply asked to bring a photo ID each time they visit the pantry. Call 860-535-5015 for more information, or if you have an interest in volunteering.

SNAP OUTREACH

SNAP, the Supplemental Nutrition Assistance Program (formerly known as the Food Stamp Program), is part of the nation's safety net against hunger. The program's debit card system allows for convenience and confidentiality. SNAP applications can be completed at CT's DSS site online and required documents uploaded (at connect.ct.gov). Contact Human Services for more information or application assistance with the online process. Also, check out End Hunger CT's website at www.endhungerCT.org. Residents are also referred to the Pawcatuck Neighborhood Center's Food Pantry and the WARM Center's congregate meal site, which are both supported with town funds.

2-1-1 BENEFITS SURVEY

www.211navigator.org

This benefits survey will help you determine if you are eligible for food, health insurance, and child care assistance. No name or address is required so it is completely confidential.

CT NETWORK FOR LEGAL AID

Do you have a legal question? Check out www.ctlawhelp.org for self - help guides, audio/video guides, court forms, and links. The CT Network for Legal Aid provides free legal services for people with very low income. Call toll-free 1-800-453-3320.

CT DENTAL HEALTH PARTNERSHIP

The CT Dental Health Partnership (CTDHP) is the state of CT's dental plan for HUSKY and Medicaid participants. The CTDHP provides comprehensive dental coverage and will help find a local dentist, explain dental benefits and set up an appointment. Call 1-866-420-2924 for assistance.

EASTERN CT TRAVEL VOUCHER PROGRAM

This transportation service provides subsidized taxi, livery or wheelchair accessible rides for residents of Eastern CT. Sponsored by the New Freedom Initiative, the program provides an affordable alternative when existing transportation services are not able to meet an individual's needs.

Enrolled participants purchase travel vouchers from ECTC.

A book of 10 vouchers, normally costing \$50, cost \$25 through this subsidy program. A maximum of three books per month per enrollee can be purchased. Contact Human Services to obtain an application.

STONINGTON SEAT BUS

The Stonington SEAT bus travels to and from Mystic Village to the I-95 commuter lot in Pawcatuck. A total of twenty stops are

included on the route. The bus is equipped with a wheelchair lift. The bus is available Monday through Friday, between the hours of 7:15 am and 4:57 pm. The cost for a one-way trip is \$2.00 with reduced fares of \$1.00 for seniors and the disabled, and \$1.65 for youth. Stonington Human Services has bus schedules available and tickets for income eligible residents. SEAT can be contacted at 860-886-2631 or online at: www.seatbus.com.

Human Services - Senior Services

Acting as an advocate for elderly residents in the Town of Stonington, the Commission on Aging (COA) is a twelve-member commission which meets monthly in order to discuss issues with regard to the elderly. The division provides local and regional access to supportive services, as well as a variety of educational workshops and socialization opportunities.

Are you interested in making a difference in your community? Call 860-535-5015 for more information on joining the Commission on Aging.

SENIOR SERVICE PROVIDERS NETWORK

Agencies and organizations serving Stonington senior citizens are invited to join us, as we come together quarterly to share group updates and discuss regarding gaps and needs in service, client trends, as well as suggestions on how we can increase

collaborate to address these issues and develop creative solutions for the benefit of our mutual clientele - Stonington residents. Call 860-535-5015 for more information.

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Good hearing is
PRICELESS



Is it time to get your hearing checked?

County Hearing and Balance

GROTON 495 Gold Star Hwy, Ste 208 860-445-7476	NORWICH 18 Oneco Street 860-886-6268
--	--

Call us for a Free Initial Consultation
All services by Doctors of Audiology
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Senior Services... continued from page 17

FRIDAY LUNCHEON SERIES

From October to May each year, seniors are invited to join us for lunch, one Friday per month, from 12-1:30 pm at various local venues. This very popular program includes a delicious meal, followed by a brief educational presentation or entertainment. 2017-2018 host locations include: Masonicare, Go Fish, The Elms, 84 Tavern on Canal, StoneRidge, Latitude 41° and Mystic Aquarium and Institute for Exploration.

KNIT & GIVE

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

COMPUTER LAB OPEN TO STONINGTON RESIDENTS!

Monday - Friday - 9:30 am - 4:00 pm

Set up your resume, send a few emails or read the paper online! Our lab is open to all residents, Monday - Friday from 9:30 am - 4:00 pm.

NEED A HAND SETTING UP THAT NEW SMART PHONE OR FACEBOOK PAGE?

Do not be intimidated by technology! Appointments are available for those in need of basic instruction on setting up a Smart Phone or social media page, such as Facebook. Call 860-535-5015 to set up an appointment. We would be happy to help!

AARP DRIVER SAFETY PROGRAM

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

YELLOW DOT PROGRAM

TRIAD is a national cooperative effort of law enforcement agencies (police/fire/sheriffs), senior citizens, and senior organizations, focused on reducing crimes against our most vulnerable citizens: our elderly population. This national TRIAD initiative affixes a yellow dot in the car's rear window to alert emergency response personnel to senior drivers' and passengers' medical information stored in the vehicle. Information is also utilized to alert emergency personnel of the senior's family members whose care may be dependent upon the senior, such as a homebound spouse. Call Human Services for an appointment to register or for information on upcoming Yellow Dot events.

FILE OF LIFE

Store vital medical information on your refrigerator! Emergency

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

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

CT HOME CARE FOR ELDERS

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



MEDICARE INSURANCE COUNSELING (CHOICES)

Human Services has an experienced CHOICES counselor on staff offering personal & confidential appointments for Stonington residents to discuss Medicare options, supplemental insurances, Medigap policies, HMOs, “special help” for Medicare Part D, Medicare Buy-in programs, state pharmaceutical programs, Social Security, and

more. Home visits are also available for residents who are homebound.

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

- Do you need help navigating through the various CHOICES in plans and services?
- Would you be interested in knowing if you are eligible to have your Part B premium paid through the Medicare Savings Program?
- Did you know that you may be able to get half of your spouse's Social Security and build value in yours while you continue to work past your full retirement age?

First and foremost, be careful! Much of the mail you are receiving (if you are approaching retirement age) may look “official,” but may actually be advertising. Seniors have reported getting phone

calls from people they do not know soliciting “Medicare” programs. Be safe! Contact us for the information you need regarding your Medicare programs.

MEDICARE SAVINGS PROGRAM (MSP)

You may be eligible to have your Medicare Parts B and D premiums paid for you! Medicare Part B, the part of your Medicare that pays your doctor’s visits, out-patient testing, etc. costs \$134/month. Medicare Part D premiums for your prescription drugs vary depending on the plan you choose. Both are required unless the Medicare beneficiary has creditable coverage through employment, a retirement plan, VA, or other “credible” plan. The State of CT offers a program called the Medicare Savings Program (MSP) that will pay these premiums for income qualified seniors.

So, where can you apply? Stonington Human Services has the application for this program, as well as trained staff to help; because it is a “self-declared” program, the application is the only paperwork needed. DSS will check all income through the appropriate state and federal agencies.

More questions? Contact us at 860-535-5015 for more info, an application, or an appointment with a CHOICES counselor, who will explain program guidelines.

DIAL-A-RIDE MEDICAL TRANSPORTATION

Guidelines for the Municipal Medical Transportation Service and Caregiver Transportation Program (<http://ectcinc.com>)

The towns of Bozrah, East Lyme, Griswold, Groton, Ledyard, Lisbon, New London, North Stonington, Stonington, Preston and Waterford collaborate with the Eastern Connecticut Transportation Consortium and the CT Department of Transportation to expand transportation services to individuals age 60 and over and disabled adults. To keep services running smoothly, please follow the guidelines outlined below.

Who qualifies for this program? This program is open to individuals who reside in the above listed towns, meet the residency requirement described below:

- To utilize the brokered rides portion of the service you must have completed a registration form, and have submitted the annual membership fee payable to your participating senior center or municipality. Individuals residing in: Private Homes; Retirement Living Facilities; Independent Living Facilities; Assisted Living Facilities; and Residential Care Homes are eligible for transportation under this program.
- Individuals who reside in Skilled Nursing Facilities are not eligible for transportation through this program.

continued on page 20

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Senior Services... continued from page 19

- Individuals who are eligible for free transportation through Medicaid are asked to use that program instead.

If you wish to just access the Caregiver portion of the program you still must complete the registration but do not have to pay the membership fee.

What are the limitations of this program?

Brokered rides are provided for medical appointments in New London County/Westerly, RI. Rides are contingent upon available funding. Reservations must be made no later than 48 hours in advance but can be scheduled up to 2 weeks ahead. Trips can be scheduled during normal business hours. Requests for weekend & Monday trips must be made no later than Friday by 2 pm. Personal Care Attendants (or family member acting as an escort) may accompany passengers who need extra help with entering and exiting the vehicle or have other needs that make traveling independently unsafe. In order to protect the health of others, passengers must be free from acute illnesses such as flu, fever, vomiting, diarrhea, and infections such as pneumonia.

What information should I have when calling to request a ride?

- Your complete name and address.
- The address of your destination and the physician's name.
- The date and time of your appointment.

- An estimated time that you will be picked up from your appointment to return home.

How does the Caregiver Mileage Reimbursement Program work?

The rider retains a volunteer driver (friend, neighbor, family member). The driver and rider must complete the "Request for Mileage Reimbursement" form. Mileage is calculated by ECTC based on the shortest distance to the destination. The mileage from the caregiver's home to the passenger going to the medical appointment is NOT included. Form must include appointment date, start address, destination address, and must be signed and dated by client and driver after last trip has been entered on the form. Participants submit completed mileage reimbursement forms to their town senior center or town representative by the end of the month for processing.

When the form is submitted, the town representative reviews the form for accuracy and verifies the mailing address of the Caregiver. Town Representatives may perform audits to verify that the appointments did occur. The Town Representative will sign and fax form to ECTC. ECTC will issue a check to the Caregiver for authorized trips performed. Call or stop by Stonington Human Services for a registration packet.

TVCCA RSVP Volunteers



**Thames Valley Council
for Community Action, Inc.**
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TVCCA's RSVP volunteers are serving elderly or disabled individuals in Southeast CT with food delivery and visiting. Volunteers can serve as little as a couple of hours a month and make a meaningful impact on someone's life. Many volunteers visit the client(s) once a week for a light meal, game of cards or short outing. Many volunteers help their client(s) get their groceries each week. Some accompany each other to church, meet at a senior center or attend concerts together. Some of our volunteers visit with someone who has a caregiver that can enjoy a brief break. Each circumstance is different. Everyone involved benefits. Consider giving Gina King, RSVP Coordinator a call to learn more call 860-425-6617.

RSVP Volunteers are ages 55 and older and are part of a Senior Corps Program primarily funded by The Corporation for National and Community Service and sponsored by TVCCA.

ABOUT TVCCA

Thames Valley Council for Community Action, Inc. (TVCCA) is a private, non-profit organization that has been providing social services in southeastern Connecticut since 1965. TVCCA is well recognized as a community leader - and partner - in advocating for and meeting the needs of the region's economically and otherwise disadvantaged citizens. For more information visit tvcca.org.

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The Connecticut Energy Assistance Program provides cash assistance toward a home's primary source of heat (oil, gas, electric, wood, pellets, propane, etc.). Households with income falling below 60% of state median income are eligible for benefits.

INCOME GUIDELINES FOR THE 2017-2018 HEATING SEASON ARE AS FOLLOWS:

Household Size:	1	2	3	4	5
Annual Income:	\$34,336	\$44,940	\$55,514	\$66,089	\$76,663

Residents of Stonington, Pawcatuck, or the Stonington side of Mystic, may schedule an appointment by calling Stonington Human Services at 860-535-5015. Appointments are also available at the New London or Norwich TVCCA offices by calling, 860-425-6681.

Information on required documentation is available when scheduling an appointment or on the TVCCA website. Please be aware, the Connecticut Department of Social Service guidelines restrict the time available to return missing documentation. Applicants who do not return documentation within the 10 day time limit will be required to re-apply.

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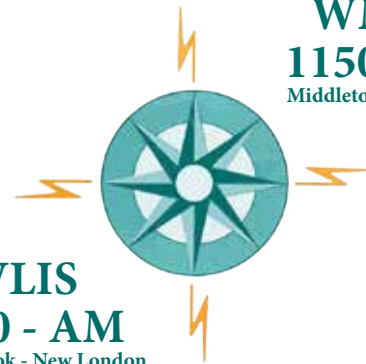
TVCCA Veteran's Coffee House

TVCCA's RSVP invites all veterans and spouses to the Veterans Coffeehouses now being held every Thursday from 8:30 am to 10:30 am. On the first and third Thursday of each month we gather at Masonicare Mystic, 45 Clara Dr, Mystic. On the second and fourth Thursday we gather at The Pawcatuck Neighborhood Center, 27 Chase St, Pawcatuck.

Our Coffeehouse attendees enjoy refreshments, conversation, excellent speakers and access to information important to all veterans. Coffeehouses rely on RSVP volunteers to organize and host. RSVP volunteers are ages 55 and older and are sponsored by TVCCA with the support of The Corporation for National and Community Service. RSVP volunteers take part in meaningful opportunities to serve their communities.

All veterans and spouses may join in any time. No membership, reservation or payment is required. For additional information you may contact Gina King, RSVP Coordinator at 860-425-6615.

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