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middlesexhospital.org/mayo





### First Selectman's Corner

I am very pleased to be your newly elected First Selectman. I hope to meet you out and about town. We want to thank Willie Fritz for his 10 years of service and dedication to Clinton and wish him the best of luck. Thanks to all who serve our town as employees and volunteers.

Fall is coming to a close and the weather has been delightful. It's time now to switch gears and prepare for the approaching winter. The Departments of Public Works, Emergency Management, Police and Fire are well prepared to meet whatever challenges Mother Nature presents us.

On the Town business side, there is much to do. Budget season is upon us. Departments, Boards and Commissions are working hard to prepare their budgets. The Board of Selectmen will review their requests in January. A finalized Town and Board of Education budget will be presented to the Board of Finance in February. The Board of Finance will hold budget workshops in February.

A public hearing will be held in April to gather input from the community before finalizing the budget. The Annual Budget Meeting and Budget Referendum will take place on the first and second Wednesday in May. Everyone is welcome to attend these public meetings.

There are many projects all around Clinton including the new Morgan School (which is top notch), new business development, arts events, etc. I hope you will get out there to support businesses, both old and new, in town.



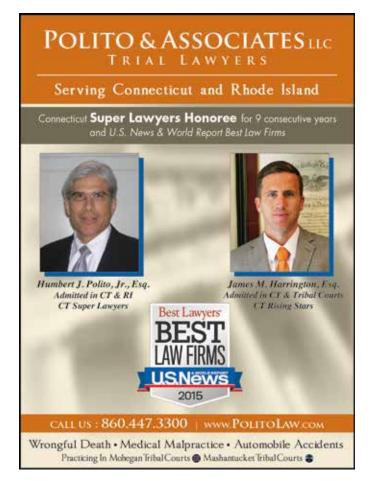
We hope to launch the town's new website in early 2016. It should be

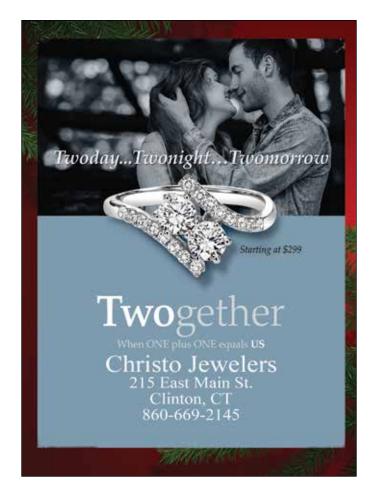
Bruce Farmer First Selectman

a great resource for everyone in Clinton to keep informed of the town's happenings. We look forward to your feedback.

I intend to communicate with the residents and business owners of Clinton often as we continue to move forward. I wish all of you a happy and healthy holiday season.

Bruce





# events

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### The Water Pollution Control Commission

The Water Pollution Control Commission continues to meet with neighborhood groups to hear public opinion and questions about the Town's wastewater problems and the Draft Facilities Plan. Meetings with the Coastal Area residents have been very productive and the Harbor View Association was the most recent group to hold a meeting. Meetings with small neighborhood groups and other stakeholder groups throughout the Town will continue into 2016.

Discussions are also continuing regarding the Town extending public water on Route 81 to address the Rocky Ledge study area. By bringing in public water and eliminating the wells, additional area would become available on individual lots for septic systems. This solution would be much less expensive for the Town than sewering the Rocky Ledge Area. It has been requested that this proposal be taken out of the Wastewater Facilities Plan so that it may proceed more quickly as a town project. It would not be eligible for Clean Water Funding through DEEP, but instead for Drinking Water SRF funding through DPH, the DW SRF loan is 20 years at a 2% interest rate. The town can also apply for a STEAP grant and also expects assistance from the Connecticut Water Company. The Rocky Ledge study area will not be removed from the facilities plan, but will be included in the Decentralized Wastewater Management Program with on-site upgrades or monitoring. This is a positive step forward for solving one of the wastewater problems in one section of town with a potentially accelerated schedule.

The WPCC also recently held a workshop with the DEEP to gain a better understanding on costs and regulations of wastewater facility projects. The BOS and BOF were invited and all who attended had the opportunity to have their questions answered by representatives of the DEEP. All learned that state statutes form the framework for financing and costs to individuals. The town would be eligible for 25% grant reimbursement from the Clean Water Fund on Capital costs (i.e. construction and engineering) for projects implemented as a result of the Wastewater Facilities Plan. The remainder would be a 20 year 2% loan, but any other grants would be taken off the initial balance before the Clean Water Fund 25% grant. The project could be phased and the DEEP will allow some future expansion for economic development if the pollution problem is addressed first. The condition of funding is to solve an environmental pollution problem and to protect environmental resources.

Citizen outreach will continue through 2016 along with finalizing the Wastewater Facilities Plan. Reviews and approvals will be needed from the DEEP, DPH, CRAHD, BOS, and BOF before bringing the plan to a town-wide vote. The WPCC is committed to balancing the needs of the town with solving an environmental pollution problem and protecting our valuable water resources. Please attend one of our meetings held on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of most months in the Rose Room of the Town Hall.



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### **Board of Finance**



The Board of Finance is at the early stages of preparing for review of the Town and Board of Education budgets for fiscal year 2016/17 I aspire to keep The Board strongly principled in this process. All meetings are open to the public and I encourage you to participate-remember this is your money that we manage. Check out the meeting dates and times at: www.clintonct.org. Attend as many public meetings as you can, make comments and ask questions and air your concerns and ideas. Democracy requires leadership, will, initiative and true engagement in policy.

Our community is diverse and strong, and our financial future is at stake. Our goal is to produce a balanced budget that is reasonable for both the Town and the BOE.

New law has changed an old policy. Now when the Board of Finance receives the Board of Education budget estimate as part of the annual budget process, the Board of Finance is required to make spending recommendations and suggestions as to how the Board of Education may consolidate Non Educational Services and to help its budget realize financial efficiencies. The Board of Finance must do this in writing; within 10 days of the date the Board of Education submits their itemized estimate of expenses.

If the Board of Education rejects such recommendations, the Board of Education shall provide the Board of Finance the reasons for that decision in writing.

The goal is to aspire to have excellence and efficiency in our Schools, Fire Dept., Police Dept., Public Works Dept., and general government. Be proud to be part of this community; be informed and participate. We are all stewards of Clinton. The tax/ spending process should give taxpayers the basic freedoms to lead a life one has reason to value. The elected officials, volunteers, employees and taxpayers have a responsibity in that goal.

Ona Nejdl The Board of Finance chair





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### CLINTON INSURANCE CENTER



### **Families Helping Families**

2016 will mark Families Helping Families tenth year of our mission to provide support to Clinton families. When we started out our sole purpose was to provide energy assistance but since then our mission has expanded into five separate community out-reach programs. Our goal is to be there and support Clinton families in any way we are able.

As we reflect on 2015 we realize that we would not be able to achieve the goals we have established without the unwavering support from the entire Clinton community. For all those who have so generously donated to us thank-you does not even to express our feelings and emotions. At every function or event we have hosted, the people of Clinton have expressed how much they care. Thousands of pounds of food and thousands of dollars have been given in support of our programs. We so much appreciate the trust that you have placed in our organization.

We again look forward to having numerous events in 2016 where we can come together as a community not only to help others but to catch up and visit with friends and neighbors.

Our first scheduled event will take place on January 31<sup>st</sup>. This will be the 10<sup>th</sup> annual Clinton Lions Club Pancake Breakfast to benefit Families Helping Families. The Clinton Lions Club hosted the very first event for us and every year since has done an amazing job of preparing one of the best breakfast gatherings along the Shoreline.

Follow us on our Facebook page for announcements of upcoming events and activities. Again our thanks for all who have helped in providing for our Clinton families. If you have any questions about Families Helping Families or our mission please call us at 860-669-5592.

Miner T. Vincent President Families Helping Families

### **Town Clerk**

The holiday season is approaching. A great gift for your loved ones is their Fishing and Hunting license. Licenses will be available beginning in December.

The Town Clerk's office is open Monday – Wednesday 9am to 4pm, Thursdays 9am to 7pm, and Fridays 9am to noon.

Happy Holidays! Sharon Uricchio, CCTC Clinton Town Clerk

### Great Grown Up Spelling Bee

The Second Annual Great Grown Up Spelling Bee will be held on Saturday, March 5, 2016 at 7 pm in the Andrews Memorial Town Hall. This event is hosted by the Clinton Education Foundation (CEF) in conjunction with Families Helping Families.

We need teams of 3 (with an alternate) to participate. Form a team with your neighbors, friends and families or colleagues. Teachers, book clubs, doctors, lawyers and librarians make great teams!

Proceeds from the event will go to scholarships for students from CEF and to Families Helping Families.

Registration has begun. For more information email Clinton. foundation.education@gmail.com.

Look for more information on https://sites.google.com/ clintoncef/ and on the Clinton Education Foundation Facebook page.



### **CONNECTING YOUR CONNECTICUT!**

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#### Call 860.510.0429 www.9towntransit.com



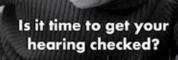
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### Happy Winter from HCH Library!

We're so happy to once again be showing the Oscar nominated short films on February 14 (Live Action & Animation) at 12:30 pm, and on February 21 (Documentary) at 12:30 pm. Join us for the only FREE screening of these exciting films in the state of Connecticut, with popcorn generously donated by Chip's Pub III. Seating is first come, first served, so mark your calendars and get here early!

HCH Library will host a 6- session class on the Redesigned SAT. Learn strategies and content for the math test, reading, and written language test. Master the techniques and tips to make your test taking experience a confident one. This class is limited to Clinton students who are current members of the junior class. This class is limited to 15 students and requires advance registration. Each participant is required to attend all six sessions.

Classes are held on January 20, 25, 27 & February 1, 3, 8, 2016 from 6:30-8:00 pm at HCH Library.

Please contact Cathleen@hchlibrary.org or call 860-669-2342 with questions and to register.

It's winter in the Children's Room at the HCH Library, and that means that Crafty Sundays are back! Drop by anytime between noon and 4 pm each Sunday to make an awesome craft. If you love Angry Birds, check out our live version of the video game on Saturday, January 23<sup>rd</sup> at 2 pm.

On Saturday, February 6<sup>th</sup> at 2 pm, the 5<sup>th</sup>annual Take Your Child to the Library Day will take place. This year, the Singing Principal Al deCant, will help us celebrate with his music show Rockin' & Reading with Pete the Cat. It's going to be great fun!

Check out the NEW www.hchlibrary.org for the latest information on all library programs and happenings, and if you have a moment, let us know what you think!

> Town of Clinton website www.clintonct.org

### **The Clinton Parks & Recreation Department**

#### 2015 - 2016 Winter Programs

### CT COMPUTER EDUCATION CLASSES:

#### BACKYARD BUGS AND THEN SOME

Ages: 3 – 5 years Dates: Thursdays: January 28, February 4, 11, 18 & 25, 2016 Location: P & R Building, Time: 1 – 2:15 pm Fee: \$50.00 (Non-residents: \$60.00)

Build wild and crazy bugs with KNEX building blocks. Mix science and technology for a buggy time but no bug repellent required! Come change how you feel about bugs. Technology will be provided for the students and not needed to understand to attend class. Children will build by themselves and in groups for larger projects. No equipment will be taken home. Individual pictures and surprises will be taken home.

#### MOTOR MOVERS TO THE RESCUE

Ages: 5 – 11 years Dates: Wednesdays: January 27, February 3, 10, 24 & March 2, 2016 Location: P & R Building, Time: 4 – 5:30 pm Fee: \$85.00 (Non-residents: \$95.00)

It's a whole new dimension of LEGO<sup>™</sup> building when you create your own Motor Mover. Build a monkey, a bird and other fascinating creatures that move. This monkey moves hand-over-hand on the high wire, or use your imagination (the sky is the limit) to create dozens of other motorized creations. Put it together, take it apart, and build whatever you choose. Please bring a snack to class. No Lego's will be taken home. Children will work individually and in groups. CT. Computer Education Staff

#### LEGO MINECRAFT 3D IN THE CAVE

Ages: 5 – 11 years Dates: Wednesdays: March 16, 23, 30, April 13, 2016 Location: P & R Building, Time: 4 – 5:30 pm Fee: \$80.00 (Non-residents: \$90.00)

This class combines Engineering and Lego<sup>™</sup> building in one class. Come join the fun with Steve as he takes an adventure through the caves of Tikki Land exploring zombies and spiders. Have fun making a pickaxe and playing various games. Bring your tablet with Minecraft already installed or make a new friend and share their tablet. No Lego's will be taken home. Please bring a snack to class. Pictures will be e-mailed home. Children will work individually and in groups. CT. Computer Education Staff

Continued on page 8



#### Parks & Rec ... continued from page 7

#### **LEGO 101**

Ages: 5 – 11 years Dates: Wednesdays: May 4, 11, 18, 25, June 1, 2016 Location: P & R Building, Time: 4 – 5:15 pm Fee: \$85.00 (Non-residents: \$95.00)

This class makes all the Lego<sup>™</sup> bricks go haywire. Use our books to create androids, machines and cars to create your own invention. Children will work individually and in groups. No Lego's will be taken home. Please bring a snack to class. Pictures will be e-mailed home. CT Computer Education Staff

#### TONY PINTO'S

MARTIAL ARTS ACADEMY

(Off Site Program) 130 Fort Path Rd., Unit 10 Madison, CT, 06443 (203) 530-4730

#### TAEKWONDO

Ages 3 – Adult **CARDIO-KICKBOXING** Ages 10 - Adult Session 1: Jan. 1<sup>st</sup> – Feb. 13<sup>th</sup> Session 1: Jan. 1<sup>st</sup> – Feb. 13<sup>th</sup> Session 2: Feb. 15<sup>th</sup> – Mar. 26<sup>th</sup> Session 2: Feb. 15<sup>th</sup> – Mar. 26<sup>th</sup> Session 3: Mar. 28<sup>th</sup> - May 7<sup>th</sup> Session 3: Mar. 28<sup>th</sup> – May 7<sup>th</sup>

FEE: \$65.00 Non-Resident FEE: \$75.00 FEE: \$65.00 Non-Resident FEE: \$75.00 See registration form for more detail.

#### ZUMBA (Adult)

Adults, \$5.00 per session. No Contracts. Program offers a healthy workout at your own pace to fun music. Location: P & R Building, Indian River Complex Monday Evening; 6:00 – 7:00 pm, Susie Kane, Instructor Thursday Morning; 10:00 – 11:00 am, Mary-Lou Capobianco, Instructor. Saturday Morning; 9:00 – 10:00 am, Mary-Lou Capobianco, Instructor

### ADULT CO-ED VOLLEYBALL: (Adults Only)

Open gym! Have some fun and join us fora friendly game of volleyball! The gameswill be played on Monday evenings from7:30-9:30 pm at the following locations.January: Eliot GymFebruary: Eliot GymMarch: Morgan Gym AApril: Morgan Gym AMay: Eliot Gym

#### MEN'S BASKETBALL: (Adults only)

Open gym! Stop in for a quick pick-up game of basketball. The games will be played from 7:30-9:30 pm. The following schedule shows all the details: January: Thursday evenings at the Eliot Gym. February: Thursday evenings at the Eliot Gym. Tuesday & Thursday evenings March: at Morgan, Gym A. Tuesday & Thursday evenings April: at Morgan, Gym A. Tuesday & Thursday evenings May: at Morgan, Gym A.

#### MEN'S 40+ BASKETBALL

Open gym! Stop in for a quick pick-up game of basketball. More info to follow.

#### **GUITAR LESSONS**

Ages 9 - 13 If you are interested in Guitar Lessons, please contact the P & R Office. We need at least 4-5 students. We have two very qualified instructors. Please call 860-669-6901.

#### AMERICAN GIRL WORKSHOPS

Please check our website for more information.

#### ARTS & CRAFTS WITH CLAUDIA MATHISON

Please check our website for more information.

#### KIDS' KITCHEN

For Students in Grades:1, 2 & 3. All classes are held at the Joel School from 3:15 – 4:45 pm Class Size: Min. 6 - Max. 12

Dates: January 13<sup>th</sup>: Homemade Raviolis & English muffin pizzas, February 10<sup>th</sup>: Chocolate covered Apples & Tortilla Snowflakes, March 9<sup>th</sup>: Shamrock Pretzels & Green Chocolate covered Pretzel rods, April 13<sup>th</sup>: Homemade Fudge,

May 11<sup>th</sup>: Homemade Pizza Dough & Pizza,

June 8<sup>th</sup>: Homemade Granola Bars & Smoothies.

Provided by: Lois A. Ruggiero, Assistant to P & R Director.

### **Home Alone**

#### A Program for Parents and their Children

Home Alone is an interactive program for parents of Pierson aged children who leave or are going to leave their children home for a short period of time, including those parents who arrive home from work after their children are home from school. The program will cover house rules, safety, emergency situations, activities, schedules and more. Each parent must be accompanied by their child. **When**: Monday, January 25<sup>th</sup>, 6:30 – 7:45 pm.

Where: Pierson Library.

**Registration is required**: There is no charge, but space is limited. Call 860-669-1103 or email akaye@clintonct.org to register.

Sponsored by Clinton & Family Services with the cooperation of the Clinton Police and Clinton Volunteer Fire Departments.

# www.TeamJermainne.com



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Brian Jermainne, ABR, ASR, CRS, ePRO, GRI, SRES, SRS Broker/Owner Brian@TeamJermainne.com

Leslie Jermainne, ePRO Realtor Leslie@TeamJermainne.com

'HAP



HOLIDAYS

MLS.

'Twas the night before Christmas and all through the house, The owners were selling with Brian and spouse. The listing was signed and explained with care, The photos were taken and disclosures were there.

> The owners were nestled all snug in their beds, While visions of moving danced in their heads. Brian and Leslie were working so fine On the web, in the papers, ads all the time.

When out on the lawn there was placed a sales sign "Call TeamJermainne" it said, any old time. And what to the seller's eyes did appear, But a qualified buyer who loved the house dear. With a little negotiation, a deal is struck Now is the time to call a big moving truck.

More rapid than eagles the deposit it came The inspections were done, not a problem to name. Now sorting, now packing, now boxing and stacking. Onto walk thru and closing and conveyance taxing. To the attorneys they went, ready to sign Brian, the sellers, the buyers...oh my!

Brian and Leslie were more than just agents, Friends they'd became over time and with patience. Better service the sellers never have found. From Old Saybrook to Essex and all other towns.

And now a year later, the owners at home, Get a call from Brian with a happy tone. "We've been thinking of you, are you happy there?" "Yes," said the owners, "you're such a nice pair." "Our friends need to sell can we refer them to you?" "Of course you can," said Brian "referrals we do!" "Oh, one more thing to make this call right, Happy Holidays to all and to all a good night."

### **5 End-of Year Tips from Your Pharmacist**

As the days keep getting shorter, does it feel as though there are fewer than 24 hours in a day? With the holidays right on the horizon, there's so much to think about and so much to do. Here are a few end-of-year reminders to make sure your health - and your pocketbook - doesn't get the short end of the stick.

1. Get your flu shot. If you're like many people, getting a flu vaccination can easily slip your mind. But a flu shot is too important to get bumped to the bottom of your priority list. Every flu season is different, and every person responds to the flu in a different way. The flu can lead to hospitalizations and even death. The flu season often began in October, so there's no better time than the present.

 Plan for Medicare open enrollment. Every year, the open enrollment for Medicare is October 15 through December 7. This is when you can change your health plan and prescription drug coverage. You can get more information here: Call 1-800-MEDICARE or go to www.medicare.gov. You'll find a wealth of resources to help you compare hospitals, doctors, drug plans, and other health care services. But if you need more help making comparisons and choices, we can help. Just ask.

3. Switch to generics. Generic medications are identical to brandname drugs in dosage, form, safety, strength, route of administration, quality, performance traits, and intended use. Here's how they're different: They're usually much less expensive than brandname drugs. Not all medications have a generic equivalent for a brand-name drug. One way to find out is to go to Drugs@FDA. Or, we can also talk this over. Switching to a generic medication might put a few (maybe more than a few) extra dollars back in your pocket. Wouldn't it be nice to have a little extra money for the holidays - or to use however you choose?

4. Use or lose it. Do you have a flexible spending account (FSA)? This is a special account you put money into to pay certain outof-pocket health costs. That might include copayments, deductibles, drugs, and other health care costs. Limited to \$2,550 each year, this money is not taxable. If you have an FSA, now is the time to use up your health benefit dollars—or you'll lose them! Schedule eye or medical checkups before the end of the year. Some employers make allowances, though. So check to see if you have a grace period for using up the money or if you can carry over a limited amount of funds to the next year.

5. Schedule a "tune-up." Why not schedule a meeting with me to see if your medications are working as well as they can for you? We can help you come up with ways to remember to take your drugs and to order refills - before you run out. Not happy with your drug's side effects? Both your doctor and I can work with you to adjust your dose or to find a substitute. There's no need for you to suffer in silence.

Keith Lyke, Registered Pharmacist Killingworth Family Pharmacy

### Local Parkinson's Exercise Program Shows Great Results in Helping People with Parkinson's Feel Better

East Shore Region Adult & Continuing Education is hosting classes by *Beat Parkinson's Today*, an exercise program designed specifically to improve Parkinson's symptoms. There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson's clients participating.

Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered their dosage of their medications.

Beat PD Today has classes for people of all ages and all stages of the disease. BeatPD Today is a program developed through personal trial and error by Michelle Hespeler, who said: "these classes were born out of the desire to offer People with Parkinson's a way to feel better – both physically, and emotionally. We've found that, in addition to the endorphins that are generated, the results are incredibly positive.

As a person with Parkinson's, I can attest to that personally. Exercise has made a huge difference for me" The Beat PD Today program is an affordable exercise class based on national research around the benefit of exercise to alleviate Parkinson's symptoms and slow the progression of the disease. Every workout is scalable to each individual within the group class. The Beat PD Today program focuses on full functional body movements that we use in everyday life. Our sessions use a variety of basic equipment such as ropes, TRX, kettle bells, BOSUs, weights and medicine balls. We create work-outs in each session specific to the group's needs. The classes will encourage brain stimulation, challenge balance and stability and teach proper technique and form – all in an encouraging group setting.

Please register by phone/text, 860.463.3747, email at info@beatpdtoday. com, or web-site www.beatpdtoday.com.

### Middlesex United Way Volunteers Needed for Tax Preparation Assistance

Volunteers are needed for the Volunteer Income Tax Assistance (VITA) program to help low-to moderate-income households prepare and file their taxes to ensure they get back the money they have earned.

VITA is a national program of the IRS, and volunteers are trained and certified to ensure that working families and individuals are filing for all of the appropriate tax credits. The program also helps families who might be struggling financially by saving them costly fees associated with tax preparation and rapid refund loans.

The program is looking for volunteers for two VITA sites located in downtown Middletown to provide free tax preparation assistance for eligible taxpayers. Tax preparation is offered January 23–April 12, 2016 at Middlesex United Way's office in 100 Riverview Center and at NEAT's office on Main Street.

No prior experience is necessary. Volunteers complete training and are certified by the

IRS. Training will be held January 4-7 or January 11-14, 2016, and volunteers need to attend consecutive evening sessions. Volunteers will be trained to let taxpayers know if they qualify for additional tax credits, such as the federal and the state Earned Income Tax Credits and the Child and Dependent Care Tax Credit. VITA volunteers must complete a minimum of one 4-hour shift per week during tax season in the late afternoons and evenings or on Saturdays; maintain confidentiality of all client information; and interact with the public in a helpful and supportive manner. Opportunities to become certified as an advanced tax preparer are also available.

In 2015, the two VITA sites in Middletown helped more than 570 Middlesex County area residents file their taxes for free and returned more than \$770,000 back to taxpayers. Those who filed with Middletown VITA sites had an average adjusted gross income of about \$21,000 and received an average refund of \$1,656, money they



Volunteer Jay Keiser helps a client prepare their tax return at the Volunteer Income Tax Assistance site at the Middlesex United Way office.

have earned. This impacts not only those who filed their taxes, but also their families and the local economy.

To volunteer or learn more, contact Leah Meyer at 860-227-7409 or leah.meyer99@ gmail.com.

VITA is a free program offered by the federal government. Local VITA sites are coordinated by the Middlesex VITA Coalition, a partnership of Middlesex United Way and the North End Action Team. The Middlesex VITA Coalition receives support from the Connecticut Association of Human Services.



### **Middlesex Hospital Joins Mayo Clinic Care Network**

Middlesex Hospital is the first health care organization from Connecticut to join the Mayo Clinic Care Network. Through the network, Mayo and Middlesex physicians will collaborate so more patients can get answers to complex medical questions and gain additional peace of mind, all while staying close to home.

Network members remain independent, but share a common philosophy, commitment and mission to improve the quality and delivery of health care.

As a member of Mayo Clinic Care Network, Middlesex will have access to the latest Mayo knowledge. Network tools and services include:

- eConsults that enable Middlesex physicians to connect electronically with Mayo specialists when they want additional input on a patient's care.
- AskMayoExpert that provides Middlesex physicians with point-of-care, Mayo-vetted information on disease management, care guidelines, treatment recommendations and reference materials for medical conditions.

• eTumor Board Conferences that enable Middlesex physicians to present and discuss management of complex cancer cases with a multidisciplinary panel of Mayo Clinic specialists and other network members.

Through network resources, Middlesex providers also will be able to consult with Mayo Clinic on operational and business processes such as patient engagement; quality, safety and accreditation; nursing leadership; and physician engagement.

Providers also will have access to Mayo's extensive library of educational materials for use with their patients and grand rounds presentations that feature Mayo physicians and scientists.

Since its inception in 1904, Middlesex Hospital has continuously maintained the highest standards in medical care while focusing on delivering the very best patient experience possible. It does this through state-of-the-art medical technology and innovative approaches to care, along with a highly experienced staff that embraces the mission and culture of the organization.



### **Calling all Businesses!**

MARC Community Resources (MARC) has advocated for the rights of people with disabilities since 1955. Since that time MARC Community Resources has grown into a multi-service agency with nearly 100 paid staff and over 100 volunteers.

Today we serve more than 200 people with disabilities throughout Middlesex County and the Greater Hartford area by providing choices for housing, employment, advocacy and social/recreational life.

MARC's largest program is its Group Supported Employment Program. Small Group Supported Employment crews provide a vast array of companies with eager and enthusiastic employees capable of a multitude of tasks. We provide a low cost work force while improving productivity.

"The Crew from MARC has been an integral part of our Connecticut operation since 1996, and has contributed to our company's growth here during this period. They are a pleasure to work with; they have become family. There is no Greenwald without MARC," said Helmut Henry, Traffic Supervisor, Greenwald Industries (Chester)

Hiring a work crew from MARC provides companies with many benefits including increased profitability, employees who happily accept repetitive tasks without complaint, lower insurance risks, and a richer work environment for their own employees.

"The MARC crews are a valuable part of our stores, not only do they keep our stores clean and safe, they brighten the experience of our staff and guests. They bring inspiration, cheer and good work ethic everyday they are here," said Gino Pacitto, Facilities Maintenance Manager, Shop Rite East Hartford/Manchester

No job is too big or too small for MARC's work crews. Work crews are available Monday through Friday from 10am-1pm.

If you are interested in receiving more information on hiring a MARC work crew, contact Erin Gasparini, Vice President of Vocational & Leisure Services at (860) 635-5151.

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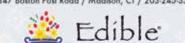
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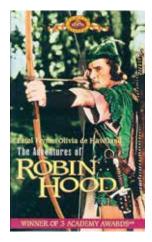
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### **Clinton Family Film Festival**

Beginning in January 2016, the Town of Clinton will host a Family Film Festival. The first year there will be six movies, each to be shown on a Saturday at 5:00 pm. The screening dates for 2016 are: January 9, February 20, April 9, September 10, October 8, and November 12. All will be shown on the new, large, rear projection screen in Clinton's Andrews Memorial Town Hall's auditorium. Admission is FREE and all children under the age of 14 must be accompanied by a responsible adult. Almost every movie screened will have premiered at least twenty to seventy years ago and all will be suitable for kids, as well as adults. The film festival has been created for the Town of Clinton by Peggy Adler and is under her direction.



On January 9<sup>th</sup> the movie to be screened will be "The Adventures of Robin Hood" (1938), starring Errol Flynn, Olivia de Havilland, Claude Rains; Basil Rathbone, Alan Hale, and a "cast of thousands".

February 20<sup>th</sup> will bring the 1958 musical comedy, "Merry Andrew", which is based upon the short story, "The Romance of Henry Menafee", by Paul Gallico. The film stars Danny Kaye and Pier Angeli and was directed and choreographed by Michael Kidd. The musical score is by Saul Chaplin, with lyrics by Johnny Mercer.

Clinton Family Film Festival can now be found on FaceBook, where it is a page, a group and an event.

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### help make middlesex county a bully-free community

#### STAND UP TO BULLYING AND MEAN-SPIRITED BEHAVIOR.

Did you know that one out of seven kindergarten through grade 12 students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school every day for fear of intimidation or attack? Bullies are everywhere, on the playground, in the classroom, at the workplace and, more and more often, online. It is up to each and every one of us to put an end to mean-spirited behavior in our communities by learning more about the issue and the resources available for empowering individuals and preventing bullying. For more information call the Community Foundation of Middlesex County at 860-347-0025 or go to bullyfree.MiddlesexCountyCF.org.

#### STAND TOGETHER FOR CHANGE. TAKE THE PLEDGE.

### **Advanced Cataract Surgery**

Lasers have saved vision in patients with Diabetes, eliminated the need for glasses with LASIK, and now assist in Cataract Surgery. In the past, the surgeons would use blades and eye markers to create openings and guides for lens implantation; new technology shines a digital reflection onto the cornea eliminating the marking on the eye, uses a laser to break up your cataract and create near perfect openings for surgery.

With this new technology, the plan starts from your visit in the office. Most patients complain of glare, halo, yellowing of colors, and blurred vision when having cataracts. Typical aging cataracts are seen in patients at approximately 50 years of age. With a dilated exam by your surgeon at Middlesex Eye Physicians, they determine if your cataract is ready for removal. Small cataracts are left alone until they "grow".

Once diagnosed with a cataract and deemed ready for surgery, our patients are sent to the surgical schedulers. The scheduler will educate the patient and make appropriate appointments.

The process begins. Patients will have an ultrasound of their eye with specialized equipment. After this measurement, patients will be placed on a machined that will capture fine details on the eye for surgery such as the eyes external blood vessels and the iris composition (color part of the eye). This precise computer information is transferred to the physician to view and create a plan for cataract surgery. More precise measurements customized to our patients own eyes means better visual outcomes.

Speak with your ophthalmologist for more details or visit us at www.middlesexeye.com and learn about cataracts.

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