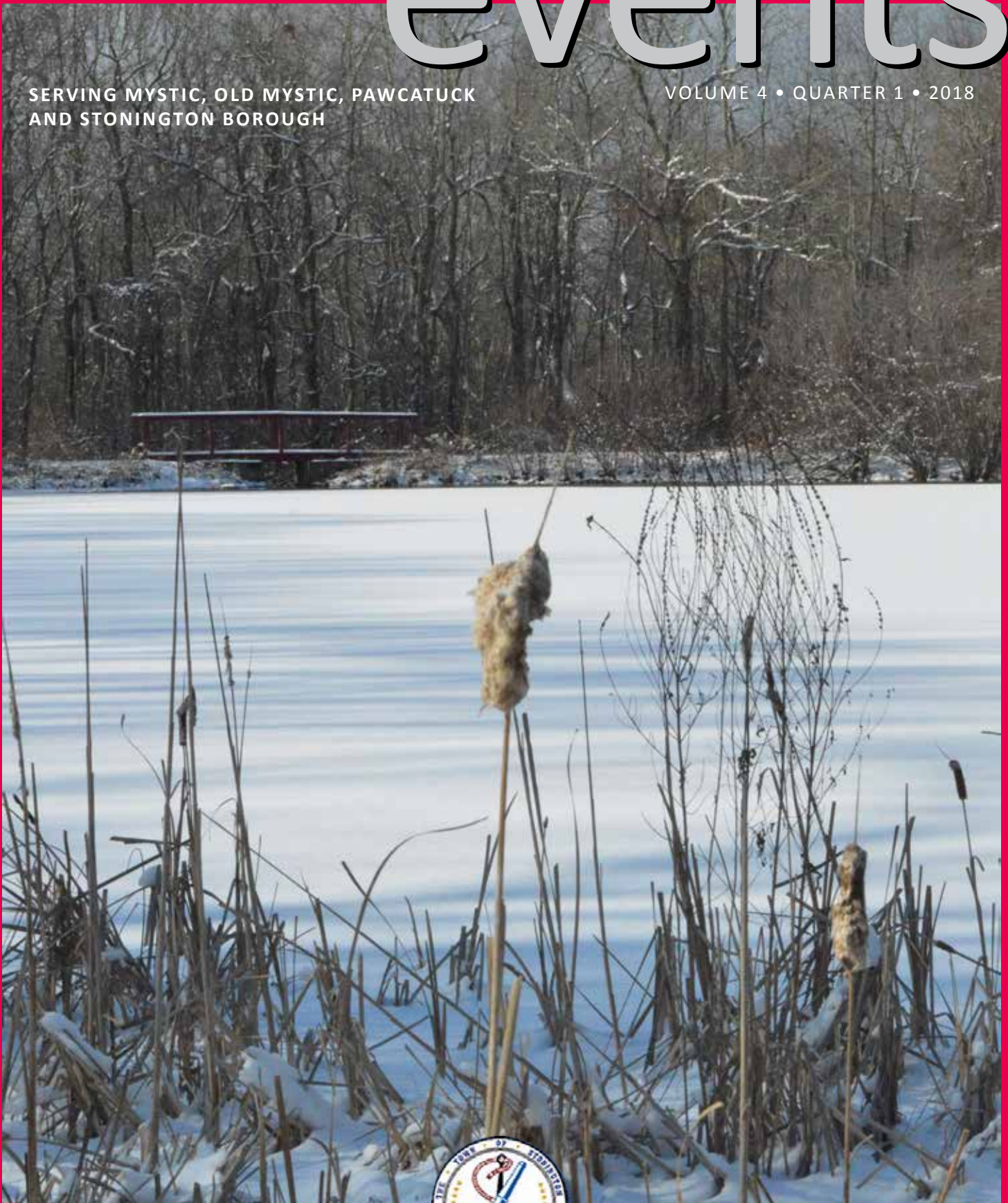


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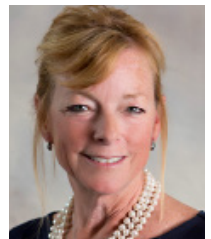
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Selectmen's Corner

The big news in the late fall was the local municipal elections where First Selectman Rob Simmons and Selectwoman Kate Rotella were elected to their second two year terms. As well, John Prue was elected to his first term on the Board of Selectmen to serve with Simmons and Rotella. All three have pledged to work together for the good of the Town, and from the looks of it, see photograph at right, they are happy and excited to get to work.

What appeared to be the best news of the quarter was the fact that the State of Connecticut finally approved a budget where 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 were fully restored as were 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.

Sadly, all of that good news changed in the interim. The State Department of Transportation just announced the cancellation of all TAR and LoCIP funding to Stonington and other towns in the region. Furthermore they said they are closing all Rest



From left to right: John Prue, Selectman, Rob Simmons, First Selectman and Kate Rotella, Selectwoman.

Areas along I-95 to include the facility in North Stonington, which services visitors to our tourist facilities in Southeastern Connecticut. Education Costing Sharing (ECS) funds are also up in the air. The message is simply that Stonington is on its own when it comes to state aide.

Earlier in the year Mother Nature hit us with a big wind storm that dropped a lot of trees on roads and power lines. Fortunately no one was killed, injured or forced to evacuate their homes 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

continued on page 2

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Selectmen's Corner... continued from page 1

figure was down to 32%, and so forth. But for those in the dark, it was not fun.

Soon after, we were hit with a major snow storm over New Year's week. Once again there were some power outages but most residents were pleased with the fine work of our Highway Department in plowing our roads with newly acquired trucks and dispatching technology. As well, we implemented a new system of sharing information using the Town and Human Services Facebook page, the Police Department's Everbridge system, and the Stonington Community Forum. This way citizens were able to report problems and we could report progress which helped keep the community informed.

Another positive development was that the Town won the Connecticut Conference of Municipalities' (CCM) Municipal Excellence Award for creating a "Citizens with Autism Safety System." The system uses the Geographic Information System that makes it easier for public safety officials to find missing persons with autism. CCM granted the award at its annual meeting and also provided a \$1,000 check, see photograph above right.

In Pawcatuck Village, the good news is that the Walton Block has been sold for renovation after years of neglect. And the recent



From left to right : Stonington IT Manager, Roger Kizer, Human Services Director, Leanne Theodore, First Selectman, Rob Simmons and CCM President, Joe Delong.

passage of Pawcatuck Village 5 Zoning will provide incentives to property owners to invest in the downtown area. Looking ahead to 2018, the town will promote grand list growth with the Perkins Farm and Mystic Color Lab developments. We also look forward to building the Mystic River Boathouse Park.

In the coming year consideration will be given to Charter Reform. For over 350 years Stonington has used a three-person Board of Selectmen to run the town. Now with a population of 18,000,

continued on page 4



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CONTENTS

| | |
|--|----|
| Selectmen's Corner | 1 |
| Changes to the July Tax Bills..... | 4 |
| Assessor's Office..... | 5 |
| 2018 Pavement Management | 6 |
| Household Hazardous Waste (HHW) Collection Schedule 2018..... | 7 |
| L.U.N.C.H - Local United Network to Combat Hunger..... | 8 |
| Human Services - Information..... | 9 |
| Human Services - Parks & Recreation..... | 10 |
| Citizens with Autism Safety System (CASS) | 12 |
| Human Services - Youth & Family Services..... | 14 |
| Human Services - Summer Camp..... | 16 |
| Human Services - Social Services | 17 |
| Human Services - Senior Services | 19 |
| Mystic & Noank Library | 20 |
| Stonington Free Library | 21 |
| Stonington Volunteer Ambulance Has a New Crew Member: LUCAS 3 | 22 |
| Denison Pequotsepos Nature Center..... | 22 |
| The Pawcatuck Neighborhood Center | 23 |
| Vista Artists Gain Exposure at NY Fashion Week | 24 |



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Selectmen's Corner... continued from page 2

a \$2.6 billion grand list, \$60 million a year budget, three sewer plants, five schools, two major tourist attractions and 2.5 million visitors yearly, it is reasonable to ask if we need a five-person Board, appointed professionals for Town Clerk and Tax Collector, and possibly a Town Manager.

Just this January the Town Board of Education voted to consolidate our middle school students into what has been Mystic Middle School building on Mistuxet Road. The Pawcatuck Middle School is slated for other uses and will no longer serve as a middle school. The vote to merge these schools was not an easy one but reflects the new economic and demographic realities of Stonington – student population is declining, costs of education are going up and state aid is uncertain at best. The merger will most likely take place in the fall of 2019 when the West

Vine Street and Deans Mill Elementary Schools are re-opened as newly renovated K-5 facilities. Thanks go to the Board of Education, the Education Department and the K-12 Building Committees for their excellent work to re-shape our schools for the future.

In closing, a recent op-ed described the challenges of managing the town without a state budget as “riding a roller coaster.” In spite of this challenge, however, the local leaders, public officials and private citizens of Stonington have risen to the challenge. Working together, we will get through these tough times.

Rob Simmons, First Selectman
 Kate Rotella, Selectwoman
 John Prue, Selectman

Changes to the July Tax Bills

First, a disclaimer. This article does not pertain to Pawcatuck or Wequetequock Fire District (FD) residents because we don't collect for them. Some taxpayers have already seen the combined Town and Fire District bills if they received a Motor Vehicle Supplemental bill in December. But beginning with the July 2018 billing, Town and Fire District Real Estate (RE) will be on one bill; Town and Fire District Motor Vehicles (MV) will be on one bill; and Personal Property (PP) Town and Fire District will be on one bill. So feasibly, instead of getting six bills, the taxpayer will only receive three.

The tax office has notified banks that Town and FD Real Estate bills will be on one bill with FD taxes still being paid in one installment in July. The taxpayer whose taxes are escrowed might also contact their banks to see exactly how this change will impact their escrow accounts because escrowed taxpayers will NOT be receiving a RE or FD RE bill. Typically, with other towns who have combined Town and Fire District bills, the banks pay both Town and

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| | | | | |
|--|---------------------------|-----------|----------------------------------|---|
| LIST NUMBER 2016 MS 0001642 | LC 4 | DIST 4 | ON GRAND LIST OCTOBER 1, 2016 | TOTAL TAX DUE January 1, 2018 \$104.16 |
| MILL RATE Town 22.9800 Dist 1.8200 | GROSS ASSESSMENT 4,200 | EXEMPTION | NET ASSESSMENT 4,200 | DELIQUENT AFTER FEB 1, 2018 |

one total

Tax Office Hours: Monday - Friday 8:30 AM - 4:00 PM. Phones: Collector, (860) 535-5080. / Assessor, (860) 535-5098.

PLEASE NOTE THAT TOWN AND FIRE DISTRICT MOTOR VEHICLE SUPPLEMENTAL BILL ARE NOW COMBINED INTO ONE BILL.

| BILL # | YEAR | MAKE | MODEL | VIN # | CC | REG # | CD | ASSESSED | % | PRORATED VAL | EXEMPT | TAX | TOWN | DIST | TOTAL | | |
|---------|------|-------|----------|-------------------|----|--------|----|-----------------|---|--------------|--------|-------|-------|-------|--------|------|--------|
| 0981207 | 2005 | HONDA | ACCORD L | 1SDCH5649SA180641 | 01 | 912Y08 | A | 4,200 X 1.000 = | | 4,200 | 0 | 4,200 | 36.52 | 7.64 | 104.16 | | |
| TOTAL | | | | | | | | | | | 4,200 | 4,200 | 0 | 4,200 | 36.52 | 7.64 | 104.16 |

FD RE taxes. However, the tax office does not want to presuppose how each bank will handle its escrow accounts.

This change will save paper and reduce postage. There will be one total on each bill that will include both the Town and the Fire District amounts for RE, MV and PP. Please see the sample bill above. Like

any change, it will take getting used to. The tax office is still working through all the changes and we'll work with taxpayers and banks to help navigate through the change as well.

Linda Camelio,
 Stonington Tax Collector

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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 INFORMAL NOTICES

Revaluation notices following the informal hearings were mailed on January 31st. New values are available on the Town of Stonington's GIS website and the public terminals located in the Town Hall. The 2017 Revaluation Book After Informal Hearings is available on the town's website at: http://www.stonington-ct.gov/sites/stoningtonct/files/file/file/2017_revaluation_book_after_informal_hearings.pdf.

Appeals to the October 1, 2017 Grand List may be taken by making application to the Board of Assessment Appeals on or before March 20, 2018. Hearings before the Board of Assessment Appeals will be held during the month of April 2018. Applications are also available on the town's website.

BOARD OF ASSESSMENT APPEAL PROCESS

General

- The Board of Assessment Appeals is an elected independent Board.
- Any information in support of your appeal must be attached to your petition or submitted at the time of the appeal. The petition must state the reason and justification for your appeal.
- You are required to submit evidence to support your appeal.
- For example, assessment or taxes are too high does not support an appeal based upon fair market value.
- Make sure that you retain copies of your appeal and support.
- The information given to the Board becomes part of the official record and cannot be returned.
- Any confidential information submitted as part of the appeal is no longer protected under freedom of information as a confidential record.
- Appraisals that are submitted should be for property tax purposes reflecting the fair market value of the property as of the date of revaluation.
- The Board is neither required to explain the reason for its decisions nor required to explain what information is required to support your appeal. It is up to you to be prepared to support your case.
- The Board of Assessment Appeals does not necessarily make its decision on the same day as the appeal. Updated schedules of upcoming Board of Assessment Appeal meetings and agendas will be posted in the Town Clerk's Office.

CONNECTICUT GENERAL STATUTES REFERENCES AND COMMENTS

Section 12-110 Connecticut General Statutes (CGS)

1. Notice of the time and place of the Board of Assessment Appeal's regular meetings are to be posted (by January 31st, Section 12-225) in the office of the Town Clerk and in the local newspaper.
2. Additional meetings of the Board are posted in the Town Clerk's Office as needed. Agendas of the business to be transacted are contained in such notice. (1-860-535-5060, Office of the Town Clerk)

continued on page 6

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Assessor's Office... continued from page 5

3. The Board must complete its duties by the last business day of the month of March, unless an extension is granted to the Assessor or Board. (Section 12-117).

Section 1-225, as amended by PA 08-3 June 11 Special Session CGS

1. Within twenty-four hours special meeting agendas are required to be posted with the Town Clerk's Office and posted on the Town's internet website, if available. (Also check the Town's website: www.stonington-ct.gov.)
2. Votes of each member shall be reduced to writing and made available to the public for inspection within forty-eight hours, and be recorded in the minutes.
3. Within seven days of any session of the Board all meeting minutes (draft form or otherwise) are to be posted with the Town Clerk's Office and posted on the Town's internet website, if available.

Section 12-111, CGS

1. Any person, including a lessee of real property whose lease had been recorded in compliance with Section 47-19 may appeal to the March session of the Board. Regular motor vehicle appeals may also be heard during the month of September.
2. Because of an extension, a petition for an appeal is to be filed by 4:00 pm March 20th for the prior October 1st Grand List or for property added subsequent to the completion of the preceding Board of Assessment Appeals duties. The petition is to be completed in its entirety. Notification of the results will be mailed as indicated on the petition. If an extension is granted to the assessor the dates are pushed forward one month.
3. (a) Following receipt of a petition by the Board, a notification is sent to the appellant no later than April 1st of the time and place to appear for such hearing. (b) The Notice must also be sent no later than seven calendar days preceding the hearing date.

4. The Board may elect not to hear commercial, industrial, utility or apartment property with an assessed value greater than five hundred thousand dollars. [2(a) applies]
5. Within one week of the Board's decision a notification of the Board's final decision is mailed to the appellant. The notice contains the decision, date of mailing, and appellant's right of appeal, (Sec. 12-117a).
6. The Board may add omitted property within one week following notification to the appellant of a time and place to appear before the Board and show cause why such increase or addition should not be made.

Section 12-112, CGS

1. Appeals must be made timely and in the format as required by Section 12-111.

Section 12-113, CGS

1. Appearance and oath before the Board is required, either in person or by the person's attorney or agent. Affidavit is required for any representative other than the person or the person's attorney.

Section 12-114, CGS

1. Evidence is required prior to adjusting personal property accounts when a person refused or unnecessarily neglected to give in such person's declaration as prescribed by law. Adjusted assessment is subject to penalties imposed in section 12-41.

Section 12-117a, CGS

1. Within two months of the date of the mailing of the notice of the Board's decision, appeal to the superior court for the judicial district in which such Town is situated. (see, Section 12-111, #5) (Consult your legal counsel on the court filing requirements).



2018 Pavement Management

The Town of Stonington Department of Public Works maintains 113 miles of town-owned roads, 32 miles of sidewalks and over 1,600 drainage structures. We use two complementary approaches to keep our roads drivable: corrective maintenance (patching potholes, clearing culverts, vegetation management, and short-term preservation methods), and Pavement Preservation.

Pavement Preservation is a network level, long-term strategy that uses cost-effective road treatments to extend pavement

life. Treatments include rebuilding roads, laying new road surfaces, and preserving existing surfaces.

A list of roads is developed every year based on data provided in our Pavement Management System. The selection process takes multiple criteria into consideration, including pavement condition, type and amount of usage, design characteristics, as well as geographic distribution of projects. Pavement Preservation is a multi-faceted approach that includes preserving roads that are in relatively good condition and

improving roads that are in poor condition. We apply lower-cost preservation treatments such as Chip Seal to the roads in good condition, while dedicating funds to roads that are in need of more comprehensive treatments, such as a Full Depth Reclamation. This year the Department has a goal to complete a million dollars of road work if the funding is approved in the budget. This amount is needed to

maintain our current rating of a C+. Roadway infrastructure is an important investment and the Department is committed to support its preservation.

maintain our current rating of a C+. Roadway infrastructure is an important investment and the Department is committed to support its preservation.

Household Hazardous Waste (HHW) Collection Schedule 2018

Below is the schedule for the 2018 Southeast Connecticut Regional Resources Recovery Authority (SCRRRA) Hazardous Waste Collection & Confidential Paper Shredding events. The first event will be held in Stonington on Saturday, April 7, 2018 at the Stonington Highway Garage located at 86 Alpha Ave. in Stonington. Stonington residents are allowed to participate in all the events listed below, free of charge. For additional information you may contact the Stonington Solid Waste Department at: 860 535-5099, go to the Solid Waste website: www.stonington-ct.gov/solid-waste-and-recycling or go to the SCRRRA website: www.SCRRRA.org.

What is accepted?

HOUSEHOLD HHW

Paint (Oil & Latex) & Stains
Paint Thinner
Drain Cleaners
Vanish
Photographic Materials
Nail Polish Remover
Oven Cleaners
Toilet Bowl Cleaners

SHED & GARAGE HHW

Kerosene
Old Gasoline (*containers are returned upon request*)
Radiator Chemicals
Auto Body Chemicals
Fuel Additives
Car Battery Acid
Camping Stove Fuel
Fluorescent Bulbs

LAWN & GARDEN HHW

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

And Much More...

What is NOT accepted?

Tires
Radioactive Materials

Ammunition/Gun Powder
Large Commercial/Industrial Generators of HHW

Auto or Marine Flares

Use caution when transporting HHW materials! Use the original containers when possible. Commercial and Large Generators of Hazardous Waste are NOT accepted.

2018 HHW, Paper Shredding & Mercury Collection Schedule

Saturday, April 7th

9:00 am - 1:00 pm

Household Hazardous Waste Collection & Paper Shredding
Stonington Highway Department, Stonington/ 86 Alpha Ave

Saturday, May 5th

9:00 am - 1:00 pm

Household Hazardous Waste Collection & Paper Shredding
Waterford Public Works, Waterford/ 1000 Hartford Rd

Saturday, June 2nd

9:00 am - 1:00 pm

Household Hazardous Waste Collection & Paper Shredding
Colchester Town Hall, Colchester/ 127 Norwich Ave

Saturday, June 16th

9:00 am - 1:00 pm

Household Hazardous Waste Collection & Paper Shredding
Norwich Public Works Garage, Norwich/ 50 Clinton Ave

Saturday, July 14th

9:00 am - 1:00 pm

Household Hazardous Waste Collection & Paper Shredding
Groton Transfer Station, Groton/ 685 Flanders Rd

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

| | |
|---|---|
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| 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

Hazardous Waste... continued from page 7

Saturday, August 11th

9:00 am - 1:00 pm Household Hazardous Waste Collection & Paper Shredding
 Montville – Tyl Middle School,
 Oakdale/ 166 Chesterfield Rd

Saturday, September 8th

9:00 am - 1:00 pm Household Hazardous Waste Collection & Paper Shredding
 North Stonington Superintendent’s
 Office, North Stonington/ 297 Rt. 2

Saturday, October 13th

9:00 am - 1:00 pm Household Hazardous Waste Collection & Paper Shredding
 Griswold Highway Garage,
 Griswold/ 1148 Voluntown Rd
 (Rt 138)

Saturday, November 3rd

9:00 am - 1:00 pm Household Hazardous Waste Collection & Paper Shredding
 Ledyard Public Works / Transfer
 Station, Ledyard/ 889 Colonel
 Ledyard Hwy

L.U.N.C.H - Local United Network to Combat Hunger

DO YOU HAVE A SONG IN YOUR HEART?

If you have a song in your heart and would like to use the power of music to help those in need in our community, the Mystic-based LUNCH Ensemble provides programs for students, ages 10 and up, to participate in music and drama productions to benefit local social services.

Kids get to work with nationally known songwriters and recording artists and perform in concerts and stage plays, with proceeds benefitting our region’s social service programs. Our recording studio has released hundreds of songs with kids from our area schools that are available worldwide. We mentor and coach students in songwriting, performance, music technology, audition preparation, provide music lessons, and much more. Our programs meet most schools’ requirements for community service hours.

LUNCH stands for “Local United Network to Combat Hunger.” The programs are free and open to all. Visit: www.lunchensemble.com for details, and contact us at: info@lunchensemble.com.



Human Services - Information

TRUST - CARING - COMMITMENT - EXCELLENCE

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

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



HUMAN SERVICES TEAM:

Human Services Director

Leanne Theodore

Social Services Administrator/

Municipal Agent for the Elderly

Carol Umphlett

Youth & Family Services Administrator

Kristen King

Counseling Services

Molly Kunka, LCSW (Clinical Supervisor)

Miranda Krause-Cahill, LCSW

Linda Cunningham, PH.D., MSW

Recreation Administrator

Richard Ward

Administrative Assistant

Michelle Larese-Casanova

Receptionist

Amanda Johnson

Program Coordinators

Kristine Boisoineau

Pete Christina

Cynthia Gardiner

Julie Holland

LIKE US ON FACEBOOK!

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

VOLUNTEERS

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

PROGRAM SUGGESTIONS WANTED!

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

PROGRAM REGISTRATION

All classes register in person at 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.reccdesk.com/>.

Upcoming Community Events



LIGHT IT UP BLUE 2018

Please join us as we kick off Autism

Awareness Month! Save the Date -

Tuesday, April 3rd from 5:00 - 9:00 pm at

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

Light It Up Blue is a unique global initiative that kicks-off Autism Awareness Month and helps raise awareness about autism. World Autism Awareness Day (WAAD), celebrated on April 2 annually, was adopted by the United Nations in 2007 to shine a bright light on autism

as a growing global health crisis. For more information: <http://liub/autismspeaks.org>.

1ST ANNUAL STONINGTON SPRING FEST

Saturday, May 5 from 10:00 am - 2:00 pm

We hope you'll join us for this wonderful collaborative, community event! Featuring booths and activities sponsored by our local non-profits and first responders. Children's games and crafts. Educational material and demonstrations for all ages. Food and beverages will be available for purchase. Local artisans/vendors welcome - call 860-535-5015 for more information.

Day Trips

ENJOY A DAY IN BOSTON!

Wednesday, March 14

continued on page 10



Choose either the Flower & Garden Show at the Seaport Trade Center or a day on your own exploring the city (drop off at Quincy Market - choose your own path from there!). Depart Stonington Human Services on a full-size motor coach at 8:00 am and leave Boston to return back to town at 2:50 pm, for a 5-5:30 pm arrival in Pawcatuck. Fees: Flower & Garden Show - \$45
Quincy Market Drop-Off - \$35

NY YANKEES VS. BOSTON RED SOX AT YANKEE STADIUM

Sunday, July 1

This is the ONLY weekend that the Red Sox will visit Yankee Stadium during the 2018 season – don't miss out! Enjoy Audi Suite seating with 5-Star dining and sweeping views of the playing field. If you have never experienced a suite level ticket at a ballgame, you are in for a treat! Fees include roundtrip motor coach transportation; performance cooking stations and a magnificent dessert station complete with an all-you-can-eat dining and ball game experience. Stonington Human Services is participating in a "Share Bus Program" with the pickup and drop off location TBD, based on the number of registered participants. If 25 participants register, the location will be at the Stonington Human Services parking lot (166 South Broad Street, Pawcatuck). If less than 25 register the meeting spot will be at a convenient centrally located area within the region. Advanced notice on the site and time will be given within a week of the trip. All seats to the game are guaranteed regardless of the number sold upon registration. The total number of seats is limited, so register NOW! Contact Richard Ward at: rward@stonington-ct.gov to work a "deposit now/pay later" arrangement, or register online 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 its baseball field, and we have one of the finest recreational facilities in the area. Any organized, non-scholastic sport using the fields for games or practices at the Park or both middle schools must be registered with the Recreation Division. Please contact Richard Ward at rward@stonington-ct.gov for additional information.

PLAYGROUNDS IN OUR COMMUNITY

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

- Spellman Playground: Located on Spellman Drive
- Pawcatuck
- Borough Playground: Located off of High Street
- Stonington Borough
- Haley's Way Playground: Located off of Haley's Way
- Old Mystic

PAVILION RENTALS

The Town of Stonington Pavilions, located behind Spellman Park

Playground are available to reserve from Memorial Day to Columbus Day Weekend. Cost \$25/day. Call 860-535-5015. Payment required for reservation; application is available online.

SAFE BOATING / PERSONAL WATERCRAFT CERTIFICATION COURSE

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

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>



HIKE STONINGTON

Over 400 participants have registered since 2016! We are gearing up and doing it again - adding a few extra hikes from just outside Stonington! Grab your friends and family members and get out and enjoy the numerous

walking and hiking trails in Pawcatuck, Mystic & Stonington! Everybody who hikes ALL of the trails during the course of one season and tells us about it will receive a one-of-a-kind t-shirt to proudly wear at the gym or in the park. Register early and get outside!

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

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

Fee: FREE! Registration is required.

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. Registration for current programs takes place at Stonington Human Services.

BABY BOOMERS

Instructors: Michele Gardner & 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.

STONINGTON CROSS COUNTRY 5K & FAMILY FUN RUN

The weekly Tom McCoy Family Fun Runs will again close out the season back in Stonington with a FREE cross country and Fun Run at Spellman Park. With close to 150 adults and kids running at last year's event, we are looking to make this year even better! Mark your calendar and plan to join us on our trails, fields, bridges and finish at the 50-yard line of the track to Coach McCoy's count! http://www.westerlytrackclub.org/stonington_xc.html.

Date: Wednesday, August 25

Time: 5:30 pm Registration
6:00 pm Children's Fun Run (1/2 mile),
Kids 10 & under

Cross Country 5K, all ages start immediately after Fun Run

Awards Ceremony to follow

Location: Spellman Park, Spellman Road, Pawcatuck

Fee: FREE! If pre-registered online by August 21
\$5 in person on race day

GIRLS ON THE RUN

Girls on the Run is an experiential afterschool program that uses the power of running to prepare girls for a lifetime of respect and healthy living. The curriculum creatively incorporates training for a 5k with lessons that encourage girls to develop essential life skills. Through interactive activities such as running, playing games, and discussing important issues, participants experience the joy of simply being themselves! During the 10-week program, girls meet twice a week and are empowered with a greater sense of self-awareness, a foundation in team building and a sense of achievement. The lessons inspire them to be strong, contented and self-confident young women who intentionally choose an authentic and healthy lifestyle. The Spring Season runs from February 26 through May 11, 2018. For additional information and registration click on www.gotrsect.org.

Stonington Human Services

(Grades 3-5) Tues/Thurs 4:00 - 5:30 pm

Stonington COMO (annex building)

(Grades 6-8) Mon/Wed 3:30 - 5:00 pm

Spring Basketball Clinics

IMPROVE YOUR GAME AND HAVE SERIOUS FUN

These clinics create an opportunity for both boys and girls entering Grades 5 & 6; Grades 7 & 8 and entering Grades 9-12 this coming fall. Participants will learn the concepts of basketball, develop their game, and improve for their basketball season ahead. Focus will be on helping athletes improve their skills and develop their talent by participating in practice drills that emphasize the fundamentals of the game.

Instructed by: Tim Sartor, Mystic Middle School Boys Basketball Coach. Check current Session Dates/Times/Fees:

<https://stonington.recdesk.com>

continued on page 12

Parks & Recreation... continued from page 11



SUMMER RIDING CAMP

We are pleased to announce a new partnership with Horses Healing Humans (HHH) - a full equestrian center located on Rt. 184 in Stonington. Join HHH for

a week-long riding camp experience for ages 6-15. The camp provides a structured daily schedule that incorporates horsemanship, art and nature awareness with small group sessions. Parents/guardians drop-off and pick-up directly at the center - lunch will be provided for the 10:00 am to 2:00 pm week-long program. Participants may register for one or both weeks for their age group. Each week enrolls a maximum of 6 participants.

Ages 6-9 yrs. old: July 9-13 and/or Aug 6-10
Ages 10-12 yrs. old: July 16-20 and/or Aug 6-10
Ages 13-15 yrs. old: July 23-27 and/or Aug 20-24

Equipment will be provided - campers are asked to wear appropriate clothing and shoes (list with details will be provided and sent ahead of each week). Registration is on a first come / first served basis. To check on current Session Dates/Times/Fees: <https://stonington.recdesk.com>.

Stonington Adult Sports Leagues

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

ADULT CO-ED SOCCER LEAGUE

Register as a team starting March 1. Games are held "on the turf" at Palmer Field, behind Stonington High School on Sunday evenings starting at 5:00, 6:00, 7:00 or 8:00 pm. The eight-game regular season schedule runs April 10, ending with a tournament and championship games on June 12. Team fees are \$650 if paid

on or before April 1st; \$750 if paid before the first scheduled game; \$825 late payment if paid after April 10.

MEN'S SOFTBALL LEAGUE

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

ADULT CO-ED SOFTBALL LEAGUE

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

ADULT CO-ED TENNIS LEAGUE

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

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 to the right, on page 13 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. Check online for up to date program and after school offerings at: <https://stonington.recdesk.com/>.

STONINGTON HUMAN SERVICES PRESCHOOL (formerly Teens to Tots) 2018-2019 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 potty-trained and 3 years of age by September 1st.

Registration opens March 5
(\$25.00 non-refundable registration fee is due at the time of sign up.)

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

- 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.



READING WITH HERO

Did You Know... Reading to dogs can boost reading skills in chil-

dren as well as help with emotional and social skills. Programs in both school and public library settings are gaining in popularity because of these many benefits. Although we know of the many social and emotional benefits that programs such as this give to young readers, research studies are now showing how reading skills have actually increased for participants as well! <http://readingtodogs.weebly.com/research.html>

Hero is an 8-year old golden retriever who began his career with Mystic resident, Gleanna Doyle - his mom and trainer. His experience includes modeling for Sperry Topsiders at 10 months and, at 18 months, performing in the movie TED. He has since continued to perform as an actor in movies and commercials. Everywhere Hero goes he gives his whole heart and makes everyone happy! He is exceedingly generous and has a beautiful smile. His favorite activity is swimming and he loves to be at the beach and go boating with his family. Gleanna Doyle has trained dogs (and cats) for local families, as well as for TV and movies, for more than 25 years! More information can be found on: rhodescollar.com.

| | |
|-----------|-----------------------------------|
| Ages: | Grades 1-3 |
| Date: | March 23 |
| Time: | 1:30 pm - 2:30 pm |
| Location: | Stonington Human Services |
| Fee: | FREE (pre-registration required!) |



COOKING CLUB AT PAWCATUCK MIDDLE SCHOOL

This six-week class includes hands-on meal preparation and teaches participants that cooking healthy foods can be simple, enjoyable, and delicious! The courses cover basic nutrition, food safety, so that

participants are able to plan and prepare nutritious meals/snacks for themselves and their families.

| | |
|-----------|----------------------------|
| Grades: | 5-8 |
| Dates: | Thursdays - May 3 - June 7 |
| Time: | 2:40 pm - 4:00 pm |
| Location: | Pawcatuck Middle School |
| Fee: | \$25/6-week session |

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 |
| Spring Session: | March 21 - May 16 |
| Summer Session: | July 9 - August 9 |
| Location: | Stonington High School |
| Fee: | Classroom Only / \$250; Add Private In-Car Lessons / \$595 |

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 also 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
Location: Stonington High School, Room 107
Fee: \$370

To register, call 800-866-SATS or go online: <https://lentzsatprep.com/>.



HEARTSAVER® FIRST AID, CPR AND AED

Heartsaver® First Aid, CPR and AED classes are regularly offered by the Youth & Family Services Division, as well as American Red Cross Babysitting Certification. Check out the course schedules for Winter/Spring 2018 at: <https://stonington.recdesk.com/>.



STONINGTON COMMUNITY GARDEN

Since the garden's inception in 2010, over 100 Stonington residents have enjoyed harvesting their own organically-grown produce, located in between the Human Services building and the Pawcatuck VFW.

The annual fee for a 4'x16' plot is \$25. Join our network to learn how to grow your own vegetables, cut food costs and learn about four season square foot gardening.

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.

JUVENILE REVIEW BOARD

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

FAMILY WITH SERVICE NEEDS REVIEW BOARD

Families with children who are engaging in risky behaviors such as running away from home, school truancy, and defiance of family or school rules often rely on state operated programs to help address these problems. The state of Connecticut has defined such children and parents as a Family with Service Needs (FWSN). Beginning in 2005, Connecticut began

enacting a series of legislative, policy and procedural changes to address these issues. These changes were grounded in the belief that swift, community-based family services were the best approach for Families with Service Needs. The new approach to at-risk youth and families rejected the use of the justice system as the first response to FWSN cases. Research demonstrates that these behaviors are strong predictors of continued involvement with juvenile, criminal and child welfare agencies. Therefore, intervening with appropriate services at an early stage is crucial to reducing future involvement with the justice systems. Based on a need in the community, in 2015, Stonington Human Services and the Stonington Public School District, in collaboration with the Stonington Police Department, Juvenile Court and DCF, developed a Family with Service Needs (FWSN) Review Board. The purpose of the Board is to intervene and divert at risk children from 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.

BIKE RECYCLING PROGRAM


If you are in need of a bicycle please contact Stonington Human Services to obtain an application for the Bicycle Recycling Program, a partnership between the Human Services and Solid Waste Departments. Bicycle donations are also welcome!

continued on page 16

GET WILD AT SUMMER NATURE CAMP!

June 18 - August 24
Ages 3-15

Wilderness Exploration - Skill Building
Animal Encounters - Nature Education



Denison Pequotsepos / Coogan Farm
Nature & Heritage Center

For decades, we've provided the area's best summer camp.
Let your child experience the joy of connection
to people and planet. **Register today!**

For information call 860.536.1216
or visit dpnc.org/summercamp

Youth & Family Services... continued from page 15



STONINGTON PREVENTION COUNCIL

The mission of the Stonington Prevention Council (SPC) is 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 the community to bring awareness about recent drug trends and advising residents to safely dispose 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 conducting the "Ask Your Doctor About... Alternative Pain Medications" campaign. A partnership with the Groton Alliance on Substance Abuse Prevention (GASP) on Project 21, will also bring Safe Serve training and educational materials, concerning over-serving and

underage drinking, to bars, restaurants and liquor stores within the Stonington and Groton sides of Mystic. Individuals interested in becoming involved with SPC should call 860-535-5015.

PRESCRIPTION DRUG DROP BOX

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 and hundreds of pounds of medication have been collected since! 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!

Human Services - Summer Camp

Please contact Stonington Human Services for details and specifics. Don't be shut out - Register early! SCHOLARSHIPS AVAILABLE to eligible families.



PRESCHOOL SUMMER FUN

Registration for New Participants Begins on March 5th Come have fun with us in the summer! Held at Stonington

High School - Room 123, little learners have an opportunity to continue their preschool experience through the summer or experience the classroom for the first time. Children will learn through a variety of hands on, summer themed activities.

Ages: 3-5 (must be fully potty-trained)
Dates: Tuesdays & Thursdays from June 26 - July 26
Time: 9:00 am - 11:45 am
Fee: \$200 Residents / \$275 Non-Residents

MORNING PLAYGROUND AND AFTERNOON ENRICHMENT CAMP

Registration for our ever-popular summer camp started on February 1st. Full and half day options available - Theme Days - Crafts - Sports - Interactive Games - Field Trips - Fun with Science - Theater - Karate - Art and much, much, more! Held at Spellman Park (behind Stonington High School). The camp takes full advantage of the sports fields, playground and school facilities for a safe, fun filled day of adventure! Fees include the full summer program; breakfast and hot/cold lunch options provided. Fantastic Friday Field Trips are offered at an additional fee (TBD).

Ages: Entering 1st - 6th grade (in Fall 2018)
Dates: Monday - Friday, June 18 - August 10

Start date may be impacted by snow days.

Early Bird Summer Registration Fees (available through March 30)

| | |
|-----------|--|
| Full Day: | 8:00 am to 4:00 pm: \$625 Resident / \$775 Non-Resident |
| AM Only: | 8:00 am to 12:00 pm: \$300 Resident / \$375 Non-Resident |
| PM Only: | 12:00 pm to 4:00 pm: \$325 Resident / \$400 Non-Resident |

MIDDLE SCHOOL REC CAMP

Back by popular demand! Full and half-day programs set up specifically for the middle school population - boys and girls entering 7th and 8th grade in the Fall of 2018. The camp is held at Spellman Park (behind Stonington High School) and takes full advantage of the sports fields, playground and school facilities for safe, fun-filled days of summer adventure! Register early to avoid disappointment. Breakfast and lunch served daily through the federally funded Summer Food Service Program.

Ages: Entering 7th and 8th grade (in Fall 2018)
Dates: Week long program, Monday - Friday - 8 weeks June 18-August 10
Times: Full-day: 8:00 am to 4:00 pm Half-day: 8:00 am to 12:00 pm or 12:00 pm to 4:00 pm

Early Bird Summer Registration Fees (available through March 30)

| | |
|-----------|------------|
| Full-day: | \$125/week |
| Half-day: | \$85/week |

Human Services - Social Services

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

STATE OF CT RENTERS' REBATE PROGRAM

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Rebates in the past couple of years have been reduced due to state budget cuts; it is our understanding at this point that the program will continue as in past years. The rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies, which means you will need to provide documentation on income and housing expenses for 2017. Applications will be taken between April 1st and October 1st. Call 860-535-5015 for an appointment.

UNITED WAY MOBILE FOOD PANTRY

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

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

ENERGY ASSISTANCE

Stonington Human Services has been a local fuel bank for almost twenty years, participating with Operation Fuel, TVCCA, and United Way energy assistance grant programs. Income guidelines for TVCCA's programs cap at 60% of the State Median Income (CHAP). A family of four, for example, is eligible if the total gross income is no more than \$66,089.00 (2017-18). It is important to note that liquid assets in excess of \$15,000 for home owners (\$12,000 for renters) are added to annual income in determining eligibility. Assistance amounts are based on established guidelines regarding family size and vulnerability.

Please be aware of these important dates:

- Thursday, March 15th - Last day you can call for a fuel delivery;
- Tuesday, May 1st - Last day that you can apply to establish eligibility for benefits for the 2017-18 heating season;
- Thursday, May 31st - Last day you can submit bills for deliverable fuel that were incurred between November 9th, 2017 and March 15, 2018.

Residents with Northeast Utilities "metered" heating services (electric and natural gas serviced through Eversource) are also eligible for heating assistance. In addition, applicants who have been approved for the TVCCA program (both CEAP & CHAP) are eligible for the Matching Payment programs (MPP) offered by these companies. The program puts those qualified on a budget plan and will match all payments made during the winter heating month (November through April) dollar for dollar in an effort to reduce the customer's balance to zero. Human Services can help with these programs as well as a low-budget worksheet that may reduce the monthly payment even more. Once you are approved for the MPP, you will remain on the program with the same payment for 36 months, as long as you continue to make payments every month. Call us for more information or an appointment. ALL PAYMENTS MUST BE POSTED BY APRIL 30TH TO QUALIFY FOR THE MATCH. PAYMENTS MADE ON APRIL 30TH WILL NOT POST ON THAT DAY, SO BE SURE TO MAKE YOUR APRIL PAYMENT AT LEAST TWO WEEKS BEFORE THE END OF THE MONTH.

continued on page 18

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County Hearing and Balance

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www.countyhearingandbalance.com

Social Services... continued from page 17

SUCCESS FOR LIFE COACHING

Sustaining self-sufficiency is at the core of maintaining one's housing, employment, and self-esteem. But life coaching is not just about being self-sufficient. It is about self-assessment and commitment to be more, to be whatever you want to be. What's your dream? What's your "WHY?" Based on the values presented in Jack Canfield's "Success Principles" and facilitated by a Certified Canfield Trainer, this program is designed to help residents realize their dreams and ambitions.

"If you can dream it, you can do it!" -Walt Disney

Are you ready to "take 100% responsibility" for your life and move yourself "from where you are to where you want to be?"

Call us for an appointment for information on this new and innovative program that offers you an opportunity to improve self-esteem, develop strong goal-setting proficiencies, and take the steps necessary to take control of your life and your future.

SNAP OUTREACH

SNAP, the Supplemental Nutrition Assistance Program, is part of the nation's safety net against hunger. The program's debit card system allows for convenience and confidentiality. SNAP applications can be completed at CT's DSS site online and required documents uploaded (at connect.ct.gov). Contact Human Services for more information or application assistance with the online process. Also, check out End Hunger CT's website at: www.endhungerCT.org.

Residents are also referred to the Pawcatuck Neighborhood Center's Food Pantry and WARM's congregate meal site, which are both supported with town funds.

In addition, United Way's Mobile Food Pantry sets up shop in the Human Services parking lot from 5:00 - 6:00 pm on the first Monday of every month (and Stonington High School cafeteria from November - March), offering fresh fruits, vegetables, meats, and more to residents in need.

Medicare Insurance Counseling (CHOICES)



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

- Do you need help navigating through the various CHOICES in plans and services?
- Would you be interested in knowing if you are eligible to have your Part B premium (\$134/month) paid through the Medicare Savings Program?

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

First and foremost, be careful! Much of the mail you are receiving (if you are approaching retirement age) may look "official," but may actually be advertising. Seniors have reported getting phone calls from people they do not know soliciting "Medicare" programs. Be safe! Contact us for the information you need regarding your Medicare programs.

Human Services has CHOICES counselors on staff offering personal & confidential appointments for Stonington residents to discuss Medicare options, supplemental insurances, Medigap policies, HMOs, "special help" for Medicare Part D, Medicare Buy-in programs, state pharmaceutical programs, Social Security, and more. Home visits are also available for residents who are homebound.

MEDICARE SAVINGS PROGRAM (MSP)

You may be eligible to have your Medicare Parts B and D premiums paid for you!

Medicare Part B, the part of your Medicare that pays your doctor's visits, out-patient testing, etc. costs \$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. The GROSS income limits for 2018 are \$2472/mo for an individual and \$3328 for a married couple. Approval into the program makes you automatically eligible for the Federal Low-Income Subsidy (LIS), which guarantees that your prescription drugs will never be more than \$8.35 per prescription (with generic drugs no more than \$3.35) starting in January 2018 and there is never a "donut hole" or open-enrollment period. Furthermore, the program offers seniors with monthly incomes under \$2120 (\$2854 for a married couple) supplemental insurance coverage and ensures that you never pay medical co-pays or deductibles. These incomes limits change every year in April, so be sure to check with us then for the new limit amounts.

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

More questions? Contact us at Stonington Human Services for more info, an application, or an appointment with a CHOICES counselor, who will explain program guidelines.

Senior & Disabled Transportation for Stonington Residents

The Eastern CT Transportation Consortium, Inc. (ECTC) provides Stonington seniors, age 60+ (and disabled residents, age 18+) with medical transportation. The cost is \$24 for the fiscal year (7/1 – 6/30) for 48 one-way rides. These grant funds enhance the current transportation programs* and provide Stonington residents with Dial-A-Ride transportation. They also reimburse caregivers for medical mileage expenses for those who have access to a driver. The Dial-A-Ride grant funding will provide transportation for residents to medical trips within New London County and Westerly. Transportation will be available 24 hours a day, 7 days a week. Please contact Human Services at: 860-535-5015, for further information or to register.

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

EASTERN CT TRAVEL VOUCHER PROGRAM

This transportation service provides subsidized taxi, livery

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

STONINGTON SEAT BUS

The Stonington SEAT bus travels to and from Mystic Village to the I-95 commuter lot in Pawcatuck. A total of twenty stops are included on the route. The bus is equipped with a wheelchair lift and is available Monday through Friday, between the hours of 7:15 am and 4:57 pm.

The cost for a one-way trip is \$2.00 with a reduced fare of \$1.00 for seniors and the disabled. Stonington Human Services has bus schedules available. 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.

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 9:00 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.

continued on page 20

Senior Services... continued from page 19

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.

Mystic & Noank Library

40 Library Street, Mystic, CT
Parking lot and entrance are on Elm Street.
860-536-7721 | mysticnoanklibrary.org
Email: info@mysticnoanklibrary.org

MYSTIC & NOANK LIBRARY'S 125TH ANNIVERSARY

2018 marks the Mystic & Noank Library's 125th anniversary of continuous service to the greater Mystic community! We thank you for your support over these many years. As winter turns to spring, we are offering a wide variety of programs for all ages. Highlights include the following:

- **Tween/Teen Art Program** offered in partnership with the Lyman Allyn Art Museum on Saturdays at 1:00 pm February 24, March 24, April 28 and May 19.

- **Great Decisions Discussion Group** on Fridays at 10:15 am beginning on March 2.
- **Our New Young Engineers Club** for STEAM fun and learning for youth ages 10 and up beginning Saturday, March 10, 11:00 am to 1:00 pm.
- **Friday Feature Films** at 3:00 pm continue through March 16, and then pick up again for the month of April.
- **Registration for Spring Preschool Storytimes** is happening now and classes begin the week of March 19.
- **Wednesday, March 21**, Harold and Theodora Niver will portray East Haddam actor, William Gillette and his wife Helen, in An Evening with the Gillettes, presented at the Union Baptist Church at 7:00 pm.

- **Saturday, April 14**, Chelsea Groton Bank is sponsoring a Shred-It Event in our parking lot from 10:00 am to 1:00 pm.
- **Also on Saturday, April 14**, in the afternoon, we are celebrating our Founder, Elihu Spicer's birthday with cake and free crafts.
- **Thursday evening, April 19** at 6:00 pm, the O'Brien String Trio is performing in the first of our three 2018 Roode Memorial Concerts.

Visit our website at: www.mysticnoanklibrary.org for complete details and to sign-up for events that require registration. All of our programs are free and open to the public!

*Want to Reach Every Home & Business in Town?
Call Stonington Events Magazines at 860-767-9087*

Stonington Free Library

Located at 20 High St. in the center of beautiful Wadawanuck Square in the Borough of Stonington, the Stonington Free Library has been serving residents of the town of Stonington since 1888. A Stonington Free Library card allows access to any public library in Connecticut. Residents of other Connecticut towns may use their home town library card to borrow our materials.

Our services include: programs for all ages, reader's advisory, reference, requesting materials from other libraries, and access to computers, printers, scanners photo-copying, and fax service. We loan books, magazines, movies, e-Readers, audio books and Playaway Views. E-books and audio books may be borrowed through our website using a valid Stonington library card. We are also partnering with the Pawcatuck Neighborhood Center to offer library services every Wednesday morning at the Center. In collaboration with the Stonington Village Improvement

Association and the Senior Shop Class at Stonington High School, Little Free Library kiosks have been set up at Stonington Point and at Mathews Park (across from Dodson's Boat Yard). A third one is already in the making at the High School and will be set up at the playground by the Dock.

Upcoming programs for Children and Teens Our Winter Reading Challenge, 50 to Grow On, is in full swing with a nursery emphasis this year. We have a NEW reading program for Teens and Adults called READ BOLD - A BRIDGE BETWEEN TEENS AND ADULTS. Please call the Library at 860-535-0658 for details. This is a partnership between Stonington Free Library, Stonington High School and Stonington Human Services. The book chosen by the teens is "The Perks of Being a Wallflower" and is available FREE TO TEENS at the Library Media Center at the High School or at Stonington Library. Special thanks for their support of this

venture go to Mystic Rotary Club, Rotary Club of the Stoningtons, Mystic Luxury Cinemas and Bank Square Books.

Our Library Book Group meets on the 2nd Thursday of the month at 2:00 pm. Coffee, tea and cookies are served. Ask at the desk about the current book - no registration required. All welcome! A great way to join a friendly group and have a fun discussion in the Library.

NEW LIBRARY HOURS

Monday, Tuesday and Thursday 10:00 am to 6:00 pm, Wednesday 10:00 am to 7:00 pm, Friday 10:00 am to 5:00 pm and Saturday 10:00 am to 1:00 pm. Sunday, Closed. Please call 860-535-0658 or email: stonlib@stoningtonfreelibrary.org with any questions. Visit our new website: stoningtonfreelibrary.org, like us on Facebook and sign up for email notifications to keep up with our news and activities.



Community and emergency notifications, directly from Town officials to you.

The Town of Stonington has implemented a state-of-the-art community notification system to alert residents about emergencies and other important community news.

The Stonington Alerts notification system provides accurate and immediate notifications to your cell, work or home phone, via text, email or voice message.

Receive notifications that may affect your home, business, workplace, school or any other locations within Stonington.

To download community and emergency notifications information visit: www.stonington-ct.gov/pages/stonington-alerts



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Stonington Volunteer Ambulance Has a New Crew Member: LUCAS 3

In January 2018, Stonington Volunteer Ambulance Corps, Inc. (SVAC) took delivery of a LUCAS 3 Mechanical CPR Machine. The addition of the LUCAS 3 allows both ambulances operated by SVAC to house a LUCAS device.

The purchase of this device was made possible by the members of the Stonington community through SVAC's annual appeal and other donations. Special thanks is given to one anonymous resident who passed away in 2017 and named SVAC in their estate. In addition, a generous grant from the Chelsea Groton Foundation provided the final funding to purchase this device.

WHY DO YOU CALL IT A "CREW MEMBER?"

The answer is simple: it takes the place of a full rescuer in the CPR process. The LUCAS' only job is to provide CPR

compressions. The LUCAS device does not get tired, and every compression is identical to the last.

SO HOW DOES IT WORK?

The LUCAS device is a battery powered device which is attached to a victim of cardiac arrest. The device uses a soft pad to apply pressure to the chest evenly, at a constant rhythm. The result is consistent CPR compressions. The LUCAS device stays attached to the victim until arrival at the hospital or the return of spontaneous circulation (ROSC). The higher quality compressions in combination with the rescuers' ability to perform other life-saving measures allows for a higher chance of survival.

The LUCAS device is one of the most important tools in SVAC's toolbox. However, it is important to note that the LUCAS device is a tool, and not

a lifeline. SVAC rescuers are well-trained and have the ability to provide high-quality compressions to a patient if the LUCAS cannot be used.

CAN I HELP BEFORE SVAC ARRIVES?

Absolutely! One of the most important interventions during cardiac arrest is early compressions. This means the most important thing you can do, other than calling 911 immediately, is hands-only CPR. We encourage everyone to search for a "hands-only CPR" video online and learn this vital technique. If you want to learn from an expert and earn a certification, please reach out to SVAC at: 860-535-2731 or stoningtonambulance@gmail.com.

WANT TO GO EVEN FURTHER?

Contact us to inquire about serving your community and becoming an EMT.

Denison Pequotsepos Nature Center

Get wild with the Denison Pequotsepos Nature Center (DPNC) which now has two locations; the Nature Center on Pequotsepos Road and Coogan Farm on Rte. 27.

The two properties are connected by a trail system, allowing people to walk between the two locations and leave their cars behind while enjoying nature. The Nature Center features trails, museum with live animal exhibits including birds of prey, classrooms and nature preschool. At Coogan Farm visitors can explore a welcome center, nature store, trails and Giving Garden which grew over 15,000 lbs of produce for the locally food insecure in 2016 alone. The Nature Center has programs that are truly for all ages, such as hikes, birding, art, cooking and gardening for adults, children, and families.

DPNC UPCOMING EVENTS

| | |
|-------------------|--|
| Friday, March 2 | 7:00 - 8:30 pm Snakes and Spirits (adult program) |
| Thursday, March 8 | 7:00 - 8:30 pm The Arctic and the Antarctic: Poles Apart (adult program) |
| Friday, March 30 | 10:00 am, 11:30 am, 1:00 pm Woodland Egg Hunt at the Nature Center (family program) |
| Sunday, April 22 | 10:00 am - 3:00 pm Earth Day Celebration (family program) |

To learn more about these and other programs, visit: dpnc.org for details or call 860.536.1216.

THE MOBILE FOOD PANTRY

All are welcome!

First Monday of each month 5:00 - 6:00 pm

Please bring a photo ID and your own bags.

Call Stonington Human Services at 860-535-5015 for more information.

The Pawcatuck Neighborhood Center



The Pawcatuck Neighborhood Center provides FREE transportation to the PNC, shopping and medical appointments for Stonington residents over age 60. Call 860-599-3285 to schedule a ride.

Stonington seniors are encouraged to try one free class at the Pawcatuck Neighborhood Center Senior Center during the months of February and March. Why not try Line Dancing, Strength and Balance, Gentle Yoga, Life Stories Writing Group, Painting, Wii Bowling, BINGO or Dominoes? Delicious lunches, good conversation and laughter provided Monday through Wednesday. Dates and times found on FACEBOOK and our website: pawcatuckneighborhoodcenter.org.

SPECIAL EVENTS FOR SENIORS

- 2/14 Music, Movement and Musical Trivia with Concetta Franchetti.
- 2/21 Singer/songwriter Dot Reiser performs after lunch.
- 3/07 Lunch and Laughter with Trevor Smith.
- 3/21 St. Patrick's Day Celebration at Aqua Turf Club with Irish Music, lunch and transportation provided. \$75.00 Be prepared to dance!

OPEN TO ALL AGES

- Free Income Tax Preparation
Thursday evenings through VITA.
- Veterans Coffee Hour
8:30 am 2nd and 4th Thursday of the month.
- FREE Community Breakfast with the PAWCATUCK LIONS
2/23, 3/30 and 4/27.
Always the last Friday of the month starting at 8:30 am.

If you are looking for a way to serve your neighbor, we are in need of volunteers for our many programs, including food pantry, clothing closet, keeping babies warm and well program, pet shoppe or Meals on Wheels. Stop by and learn more! Proposals for instructors for classes and games accepted on an ongoing basis.

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Vista Artists Gain Exposure at NY Fashion Week



Artists of Vista Life Innovations, a community-based education program supporting the personal success of individuals with disabilities, were among the more than 25 international artists whose work was selected to be featured during New York Fashion Week.

Six original works by Vista artists, including solo and collaborative pieces, were on display at the Art Hearts Fashion New York Fashion Week events Feb. 8 -11 at the Angel Orensanz Center. Individual works by Vista artists Cara Sprouls, Vito Bonanno and Thomas O'Neil were

featured along with two collaborative group projects.

“Vista constantly strives to push boundaries in order to build greater acceptance and understanding for individuals with disabilities,” said Vista CEO Helen Bosch. “Having Vista artwork fully integrated and celebrated as part of New York

Fashion Week not only allowed us to push boundaries, it demonstrated the incredible unifying power of the arts.” A premier platform for designers and artists alike to showcase their collections, Art Hearts Fashion shows—hosted annually in New York, Los Angeles and Miami—are curated by Six Summit Gallery in Ivoryton, one of Vista’s community partners.

Having showcased Vista artists in several exhibits at Six Summit Gallery over the years, most recently the “Wonderland” exhibit, Owner Leo Feroletto invited Vista to participate in New York Fashion Week.

“I’m a big believer in inclusion,” said Feroletto. “My history as a gallerist is a bit eclectic in that I show art in multiple venues with a broad range of talent and price point. Art Hearts Fashion is an equally eclectic and inclusive platform. It was a perfect fit.”

Vista Life Innovations is a 501©3 nonprofit organization accredited by the National Commission for the Accreditation of Special Education Services (NCASES). With campuses in Madison, Westbrook and Guilford, Vista’s mission is to provide services and resources to assist individuals with disabilities achieve personal success. Visit www.vistalifeinnovations.org for more information.

Vanessa Pereira, Organizational Communications Coordinator
Vista Life Innovations 107 Bradley Road
Madison, CT 06443
860-399-8080 ext. 263

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