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Selectmen's Corner

Writing this on the last day of April 2018, it seems like the winter has not left us and spring has not yet 'sprung.' For those of you with vegetable gardens, sunflowers and sweet corn to plant, we have not yet planted. It was just too cold. That being said, good things are happening in the Town of Stonington.

For example, just this month USA Today travel experts declared that the "Town of Mystic" was nominated as one of the best 20 coastal towns in America. Of course, we all know that Mystic is not a town. It is actually a "village" spanning the Mystic River and located equally in the Towns of Stonington on the east and Groton on the west. But the quality of life we have in Mystic extends to Old Mystic, Stonington Borough and Pawcatuck Village - all in the Town of Stonington.

We have the world renowned Mystic Seaport Museum and Aquarium both of which together draw close to a million visitors a year. We have the famous Bascule Bridge, still operating, up and down, as well as 150 food establishments from award-winning, five-star fine restaurants to soft ice-cream and hot dogs.

Tourism is big in southeast Connecticut - and it is really big in Stonington. Tourism pays the bills that the state won't pay. We all know that our state's economy has suffered in recent years - with business losses, job losses and even population loss.



Board of Selectmen, pictured left to right: John Prue, Selectman, Rob Simmons, First Selectman and Kate Rotella, Selectwoman

For example, the US Census for 2015-2016 said that 145 of 169 Connecticut towns and cities have lost up to 3% population. Of the fifteen that have gained, fourteen have gone up less than 1% - and only one has grown by 2%. That town is Stonington!

Another good news story for our region is the US Navy Submarine Base and Electric Boat. In 2005 we 'dodged the bullet' as the Bush Administration tried to shut down our 150-year-old Submarine Base during the Base Realignment and Closure [BRAC] process. Banding together we saved the base and, in so doing, guaranteed the survival of what we call the "Submarine Capital of the World."

continued on page 3

An advertisement for Saybrook Country Barn. The background is a photograph of a patio with a swimming pool, featuring white plastic outdoor furniture with blue cushions. The text "Outdoor Furniture Built To Last" is overlaid on the top right. The Saybrook Country Barn logo is in a dark blue box at the bottom right. The address "2 Main Street - Old Saybrook CT" is below the logo. The phone number "860-388-0891" and website "saybrookcountrybarn.com" are in the bottom left. The slogan "Home is better when you love where you live." is at the bottom center.

Outdoor Furniture Built To Last

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Country Barn**

2 Main Street - Old Saybrook CT

860-388-0891
saybrookcountrybarn.com

Home is better when you love where you live.

events

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www.eventsmagazines.com

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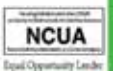


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Selectmen's Corner... continued from page 1

The synergy that exists between the Submarine Base and the Electric Boat [EB] Division of General Dynamic's makes us a 'center of excellence' for submarine technology that is unmatched in the world.

In years past, EB employment, procurement and production has gone through periods of 'feast and famine' that reflect the national priorities for submarine production. Lucky for us, EB is now in the process of hiring literally thousands of young, talented engineers to design and build the next generation of nuclear submarines.

While Electric Boat is our neighbor in Groton, many of its workers live in Stonington, which guarantees that an otherwise tepid housing market is warming up. And Electric Boat is acquiring industrial spaces in Stonington for expanded operations - especially in Pawcatuck Village along the Rhode Island border.

Speaking of Pawcatuck, one of the issues that came up recently was the relationship between Stonington and the Westerly Water Company. For over 100 years Westerly has provided us with water for commercial, industrial and residential uses. When a problem arose, the Board of Selectmen invited leadership members of the Westerly Town Council, the Town Manager and Westerly Water representatives to Stonington for discussion



Stonington Board of Selectmen and Westerly Town Council, pictured left to right: LLHD Supervisor of Environmental Health Ryan McCammon, Westerly Town Councilman Jean Gagnier, Westerly Town Manager Derrik Kennedy, Stonington First Selectman Rob Simmons, Stonington Selectwoman Kate Rotella, Westerly Town Council President Edward Morrone, Stonington Selectman John Prue, Westerly Director of Public Works Paul Corina and Westerly Town Council Vice President William Aiello.

(see photo above.) Within a few short weeks the problem was resolved to everyone's satisfaction.

Looking ahead to the summer of 2018, the town will promote grand list growth with the Perkins Farm and Mystic Color Lab developments. In fact, Perkins Farm just received approval from the Planning & Zoning Commission to begin the first phase of the project. We also look forward to building the Mystic River
continued on page 4

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56 Whitehall Avenue, Mystic, CT / 860-415-4666

www.FranksGourmetGrilleinMystic.com

Selectmen's Corner... continued from page 3

Boathouse Park which will provide public access to the water for the passive recreation for all of our citizens.

Consideration will also be given to Charter Reform. For over 350 years Stonington has used a three-person Board of Selectman to run the town. Now with a population of 18,000, 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.

Several months ago we published an op-ed describing 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

Greetings from the Town Clerk's Office

June is dog license registration month in the State of CT. Our office will be sending out postcards in late May reminding all registered dog owners to renew their dog licenses. Dog licenses can be renewed in person or through the mail. The fee for the dog license is \$8.00 for neutered/spayed dogs and \$19.00 if they are not. Please note that the delinquent dog list is turned over to the Animal Control Office in August. They will start to canvass the list, so make sure you register your dog or you will be subject to a fine.

For the first time in over 20 years, the CT Veterinary Medical Association will not be holding a rabies clinic in Stonington nor anywhere in New London County in the interests of reducing their costs. They have reviewed their records and feel that the numbers have been declining over the years and are going to focus on providing greater publicity to boost attendance at the remaining clinics in other parts of the State that they oversee. I did let them know that it was unfortunate that there are no CVMA rabies clinics in New London County at all. They responded by saying they are sorry for the inconvenience.

Summer is also a very busy month for the Town Clerk's Office issuing fishing licenses. Being on the water, Stonington gets many vacationers who want to enjoy our coastline and fish.
continued on page 6

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Town Clerk... continued from page 4

There is a new Trout & Salmon Stamp for \$5.00 which is required for any angler 16 years of age and older (including age 65+) fishing in a Trout Management Area, Wild Trout Management Area, Trout Park, or Atlantic Salmon Broodstock Area; or keeping trout, Kokanee Salmon or broodstock Atlantic Salmon anywhere statewide. The new stamp was

implemented by the State of CT at the end of February.

Stonington has become quite the destination wedding venue. With our many beautiful locations and venues people want to get married in Stonington. In 2017 the office issued 337 marriage licenses. Of those 337, 281 were issued

to non-residents. So according to our Director of Planning Jason Vincent, the average cost of a Connecticut wedding is \$43,942 and as such, Stonington businesses have the ability to bring \$14,808,454 into our local economy.

As always, it is a pleasure to serve all of you.
Cindy Ladwig, Stonington Town Clerk

Town of Stonington Citizen's Budget Guide



GENERAL FUND

The General Fund provides for general purpose government services. In other words, the General Fund finances the regular day-to-day operations of the Town. This is also referred to as the operating budget.

What types of activities does the General Fund provide for?

The General Fund provides services such as education, public safety, street maintenance, senior services, and general administration.

Where does the money for the General Fund come from?

The money that funds the General Fund comes from a variety of sources. The primary source of revenue is local property taxes (89.35%). Other sources include intergovernmental revenue, such as state aid (2.00%); local revenue, such as inspection fees, fines, interest, permits, and solid waste charges (4.59%); use of undesignated fund balance (4.06%).

UNDERSTANDING YOUR TAX BILL

What is a mill rate?

The mill rate is used to calculate the amount of taxes a property owner pays to the Town of Stonington. The Town established a mill rate of 22.98 mills for Fiscal Year 2017/2018 (excluding the



From Today to Tomorrow—From One Generation to the Next

Wealth needs to be more than managed. It needs to be developed, preserved, and when the time is right, passed along. June Strunk, Shane O'Brien, and Lisa Cayer of The Mystic Harbor Group understands that wealth—like life—is more than just an event. It is an ongoing process of growth and development.

We are here to help you manage all of life's transitions:

- Change in Marital Status
- Job Changes
- Inheritance
- Estate Planning / Trust Services
- Relocation
- Retirement

The sooner you begin planning, the sooner you can begin working to build and protect your assets for when you need them.



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Where does the money go?

FY 18/19 PROPOSED OPERATING BUDGET EXPENDITURES

Education	\$38,016,336
Police	\$5,499,514
General Government	\$8,119,032
Public Works	\$6,599,319
Human Services	\$1,360,240
Capital Improvement	\$2,510,064
Debt Service	\$8,146,981
Total:	\$70,251,486

Fire Districts). Under the First Selectman's proposed Fiscal Year 2018/2019 budget the mill rate would decrease to 22.68 mills for real estate, personal property, and motor vehicles. One mill produces one dollar for each \$1,000 of property value. In other words, under the proposed budget, a property owner would pay \$22.68 in property taxes for every \$1,000 of "assessed" value.

How are my taxes calculated?

In Connecticut, your property taxes are calculated based on 70% of your home's current market value, which is its "assessed" value. For example, the median single-family home price in Stonington is \$289,500. The assessed value of a \$289,500 home is \$202,700 rounded. Your tax bill is calculated as follows:

$$(\text{Assessed Value}/1000) \times \text{Mill Rate} = \text{Amount Due in Taxes}$$

Using the example of a home valued at the median single-family home price in Stonington, a typical single-family homeowner would pay the following property taxes next fiscal year (excluding the Fire Districts):

$$(\$202,700/1000) \times 22.68 = \$4,597.24 \text{ (rounded)}$$

Property taxes are generally perceived as a less progressive means of taxation than an income tax. Due to statutory limitations, the Town has a nearly impossible task of diversifying its revenue base in such a way that would create a more progressive tax structure.

FIRE DISTRICTS

Why isn't the Fire District included in the budget?

The Fire Districts are separate and independent taxing districts. While residents pay taxes to fund the Fire Districts, these budgets are not approved by the Board of Selectmen and Board of Finance and residents do not vote on these budgets at referendum. Instead, the Fire Districts pass their budgets and set the mill rate at their annual meetings held in May, which are open to the public. The Fire Districts establish their own mill rates for the Fiscal Year 2018/2019.

THE GRAND LIST AND PROPERTY REVALUATION

What is the Grand List?

Stonington's Grand List is the total assessed value of all taxable property within the Town. The Grand List includes residential and business properties, personal property (business equipment), and all motor vehicles. Per Connecticut state statutes, the revaluation of all real estate occurs every five years. Revaluation occurred in 2017 and will first affect property taxes for Fiscal Year 2018/2019. The Grand List increased by 4.62% after board of assessment appeals adjustments; this growth will result in a mill rate decrease for the 2018/2019 budget.

PROPERTY TAX RELIEF

I need help paying my taxes. Where do I go for help?

Stonington offers a number of property tax abatement programs. Taxpayers that may be eligible for property tax relief include veterans, seniors, and disabled persons. Information about tax abatement programs, including eligibility requirements, can be obtained by contacting the Assessor's Office at: 860-535-5098, or online at: www.stonington-ct.gov/assessment-department. The Human Services Department also offers energy assistance, medical assistance and various forms of financial assistance. For more information, call: 860-535-5015 or visit: www.stonington-ct.gov/human-services.

CAPITAL IMPROVEMENT PROGRAM

What is a capital project?

Capital projects are those that help the Town maintain, improve, or expand capital assets and infrastructure. These could be items such as building renovations, construction of new facilities, and large equipment purchases.

What is a capital improvement plan?

Annually, the Town prepares a five-year plan for all capital projects. The plan accounts for anticipated revenues and expenditures that will be used to fund capital projects. A variety of revenue sources are used to fund projects in the plan, including the General Fund, grants, and bond issues.

What is the Capital and Nonrecurring (CNR) Fund?

The CNR Fund is included in the General Fund budget and is typically used to fund capital projects under \$100,000 in value, special studies, and one-time expenditures.

What are some upcoming capital projects?

Examples of some upcoming capital projects include street paving, and purchases of Public Works trucks and equipment used in snow plowing and maintenance operations.

Why do we vote on some capital projects but not others?

Capital purchases or additions not accounted for in the annual capital improvement budget, with a value greater than .5% of the total annual General Fund operating budget, are presented as

continued on page 8

Town of Stonington

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

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

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

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

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

www.stonington-ct.gov

Budget Guide... continued from page 7

separate referendum questions for the voters. Capital items under .5% do not require a vote.

DEBT MANAGEMENT

How do we pay for capital projects?

Just like citizens often borrow money for large purchases such as homes and vehicles, so do towns. The largest source of financing for capital projects is borrowing through the issuance of general obligation bonds in accordance with the Town Charter. Examples of projects that are being funded for by bonds are the renovations to the Dean's Mill and West Vine Street Elementary Schools.

What is debt service?

Debt service provides for the payment of debt related expenses including principle and interest on debt obligations. The Town has adopted a policy specifying that the Town's annual debt service (principal and interest payments) should be no greater than 10% of the total annual general fund operating budget.

Why is it in the Town's interest to have a favorable bond rating?

A favorable bond rating means that the Town's bonds are considered to be a good investment and result in a lower cost of borrowing. A good bond rating is also evidence that the Town is financially healthy. A bond rating is the primary factor in determining the interest rate that the Town needs to pay on debt. The better the bond rating, the more likely it becomes that the Town will pay lower interest rates on debt. Stonington currently has a AA+ bond rating from Standard and Poor's. This is one notch away from the highest rating that a municipality can receive. A bond rating is equivalent to an individual's credit score.

SPECIAL REVENUE FUNDS

What are special revenue funds and why aren't they in the General Fund budget?

Special revenue funds are funded by specific revenue sources hence the term "Special Revenue Funds," rather than by taxes. A typical special revenue source may be user fees for specific services, such as sewer use fees or State and/or Federal grants. Because these funds do not impact the mill rate and are not funded by property taxes, they are not included in the General Fund or as part of the annual budgeting process.

FUND BALANCE

What is a fund balance?

Fund balance is the cumulative excess of revenues over expenditures for a fund that has accumulated over time. Having an adequate fund balance ensures the Town against

catastrophic revenue losses and major unexpected expenditures that the Town would otherwise be unable to absorb. Examples include severe economic downturns and extreme weather events such as hurricanes, other natural disasters and unexpected capital or infrastructure failures.

How much needs to be in the General Fund balance for the Town to be considered financially healthy?

The Town adopted a policy specifying that the Town's fund balance should maintain a reserve equivalent to at least two months operating expenditures of the General Fund's annual operating budget which is 16.67% of the annual budget. A healthy fund balance contributes to the Town's favorable bond rating. Bond rating agencies have typically given "full credit" for fund balance levels between 10-15%; however, since the state's financial crisis, maintaining fund balance at even higher levels, between 15-17% for example, would be prudent to help maintain the Town's current rating and help offset the negative impact of the State. At this time, it is estimated that as of June 30, 2018, Stonington's General Fund balance will be at 22.26% of the 2018/2019 proposed General Fund operating budget.

BUDGET APPROVAL

The Board of Finance must hold one or more public hearings

to gather citizen input on the budget. According to the Town Charter, this hearing must be held no later than the 1st Monday in May. The Board of Finance must approve a budget and file it with the Town Clerk, within (15) days of the final public hearing, for submission to the Annual Town Budget Meeting. The Annual Town Budget Meeting must be held no later than the 3rd Monday in May at such place and time that the Board of Selectmen may determine. The referendum on the Fiscal Year 2018/2019 budget is tentatively scheduled for Tuesday, May 8, 2018. The Board of Finance convenes subsequent to the vote on the budget to set the mill rate.

BOARD OF EDUCATION BUDGET PROCESS

The Board of Education independently creates and manages the Education portion of the budget. In February, the Superintendent submits his proposed budget to the Board of Education, which reviews and adopts the budget. This budget is then submitted to the Board of Finance for its consideration no later than March 1st.

View the proposed budget at: www.stonington-ct.gov/budget
Residents can also view a hard copy of the budget at Town Hall during normal business hours.

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

FREE FALL MUSIC/DRAMA PROGRAM FOR GRADES 4-12 - SIGN UP NOW!

The LUNCH Ensemble begins its 29th season in September, with concerts and a stage production to benefit local social services. Any student who likes to participate in music and drama productions is invited to audition for the annual LUNCH

Holiday Show and fall concerts. Work with nationally known songwriters and recording artists in benefit performances for 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, 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 more information, and contact us now at: info@lunchensemble.com or: 860-572-9285 to be involved in fall events.

The Bill Memorial Library

ROCK & ROLL SUMMER SCHOOL!

Saturday, July 7th 1:00 pm

The Bill Memorial Library
240 Monument Street, Groton
(next to historic Fort Griswold and the Groton Monument)
860-445-0392
www.billmemorial.org
Facebook: <https://www.facebook.com/billmemoriallibrary/>

Nick Johns of the New London-based rock band Marvelous Liars is bringing Rock 'n' Roll to the library! This talented local musician will talk about the evolution of rock music, from blues

to rockabilly to classic and modern rock, and will showcase the guitars, drums & gear that make the music. Marvelous Liars drummer Ben LaRose will also be on hand to demonstrate rhythms with assorted drums, bongos and percussion instruments.

ALL AGES WELCOME!

Kids, teens and adults will have an opportunity to try out some gear and jam at the end with an assortment of percussion instruments. Three lucky rock 'n' roll fans will win a copy of the latest Marvelous Liars CD! You can check out Marvelous Liars on their Facebook page: <https://www.facebook.com/marvelousliarsmusic/>.

Department of Planning & Zoning

PLANNING & ZONING COMMISSION (PZC)

The Planning and Zoning Commission (PZC) is a volunteer appointed board consisting of five (5) regular members and three (3) alternates serving three year terms. The Commission was created in 1958 by Town Meeting. The Commission fulfills the roles of both a Planning Commission and Zoning Commission as spelled out in Connecticut General Statutes Chapter 124. The Commission is responsible for several areas of land use regulation and planning including preparation and adoption of the Town's Plan of Conservation and Development, adoption of land use regulations, review of several types of land use applications and oversight over enforcement of land use regulations.

Time: First and Third Tuesdays of every month at 7:00 pm.
Location: Mystic Middle School
204 Mistuxet Avenue, Mystic, CT

Commission Members List:

David Rathbun (Chairman)	Ben Philbrick
Curtis Lynch (Vice-Chairman)	Lynn Conway (Alternate)
Shaun Mastroianni (Secretary)	Robert Hannon (Alternate)
Gardner Young	Fred Deichmann (Alternate)

INLAND WETLANDS & WATERCOURSES (IWWC)

Currently seeking new Members!

Inland Wetlands & Watercourse Commission (IWWC) is a volunteer nine (9) member appointed board consisting of seven (7) regular members and two (2) alternates serving three year terms.

The Stonington IWWC was established by Town Meeting on May 6, 1974 to uphold the Connecticut State Inland Wetlands and Watercourse Act of 1972.

The Commission regulates and permits activities near wetlands, watercourses, and bodies of water is to assure the proper use, preservation, protection and maintenance of the Town's fresh-water wetlands and surface water resources.

Time: First Thursday of every month at 7:00 pm.
Location: Police Station meeting room
173 South Broad Street, Pawcatuck, CT 06379

Board Members List:

Lee Reichart (Chairman)	Raul Ferreira
Alisa Morrison (Vice-Chairman)	Nathaniel Trumbull
Nick Salerno (Secretary)	Deborah Downie (Alternate)
Dennis Unites	Michael Finiguerra
Alternate (open)	

ZONING BOARD OF APPEALS (ZBA)

Currently seeking new Members!

The Stonington ZBA is a volunteer appointed board consisting of five (5) regular members and three (3) alternate members serving three year terms. The Stonington ZBA was adopted in 1958 by Town Meeting.

The Board is empowered to hear any appeals of the application of the zoning regulations in harmony with their general purpose and intent, after due consideration for conserving the public health, safety welfare convenience, property values and to issue a variance, if appropriate, pursuant to C.G.S. Sec. 8-6 and the Town's Zoning Regulations. Additionally, the Board hears, considers and decides any appeal of an order or decision of a Zoning Enforcement Officer (ZEO).

Time: Second Tuesday of every month at 7:00 pm.
Location: Police Station meeting room
173 South Broad Street, Pawcatuck, CT 06379

Board Member List:

Matthew Berger (Chairman)	Mark Mitsko
Bill Lyman (Vice-Chairman)	James Kading (Alternate)
Virginia McCormack (Secretary)	Raymond Dussault (Alternate)
Russell McDonough	J. Jeffery Walker (Alternate)

Lyme Disease & Other Tick-Borne Diseases

Lyme disease and other diseases carried by small deer ticks are common in our shoreline towns. Those most at risk include children, seniors, and people who live and work near wooded areas. Warm weather means ticks are active, so protect yourself and your children by minimizing your exposure - use tick resistant landscaping practices on your property, stay on the path when walking or hiking, check your body daily for ticks that might be hiding and remove ticks promptly. For more information about tick borne disease, tick identification and tick testing contact Ledge Light Health District at: 860-448-4882.



Both photos courtesy of Ledge Light Health District.

Engineering Department & Stormwater Quality

It's that time of the year again when residents begin to enjoy the outdoors including caring for their lawns, washing their cars & boats and walking their pets. These simple everyday activities can contribute to the pollutant levels that migrate into our waterways resulting in impaired waterbodies. As a coastal community, it's imperative that we all take incremental steps in reducing pollution and strive towards maintaining a healthy environment, safe for recreation, shell fishing, and supportive of healthy aquatic life. The Engineering Department is implementing clean stormwater runoff initiatives and raising awareness through public education, which is key to having an effective program.

Nitrogen and bacteria are some of the leading causes of impaired waterbodies in Stonington from the Pawcatuck River, to the Inner Stonington Harbor, to the Mouth of the Mystic River. Nitrogen from fertilizers and failing septic systems which enters the water supply and ultimately the Sound, leads to excessive algae growth and low oxygen levels in the water. This condition is detrimental to aquatic life. Bacteria from pet waste and waterfowl can enter waterways, contaminating shellfish beds and recreational areas.

Please Remember These Helpful Tips:

1. Use organic fertilizers sparingly and avoid the use of pesticides and herbicides unless absolutely necessary. Always follow instructions for proper application rates and timing.
2. NEVER dump ANYTHING down stormdrains or directly into streams and wetlands.
3. Wash vehicles on the grass or other pervious surfaces to eliminate soaps, detergents, and dirty water from entering the stormdrain system.
4. Pick up after your pet and properly dispose of the waste.
5. Avoid feeding waterfowl and wild animals which may congregate in areas as a result of being fed.

For more information please contact the Town Engineer @ (860) 535-5076 or visit the Engineering Department's, Phase 2 Stormwater Permitting section of the town website @ www.stonington-ct.gov.

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



**The courts are waiting.
Are you game?**

Stonington Community Center tennis courts are now open! Offering youth and adult lessons and clinics on **NEW DecoTurf** courts.

LEARN MORE AT THECOMO.ORG



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



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 Boisoneau

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 9:00 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

DAY TRIPS

June 27 - Broadway Your Way!

Design your own day on Broadway! - New York, NY

Round trip coach transportation and Orchestra/Front Mezzanine seating. Choice of The Lion King or Wicked for \$199; Hello Dolly or Beautiful - the Carol King Story for \$219. Lunch on your own. 25 reservations or more will secure a pickup and drop-off at Stonington Human Services (otherwise in Old Saybrook, CT).

July 18 - Lighthouse Cruise

Explore historic lighthouses in Long Island Sound - New London, CT.

Meet at the dock at 1:30 pm. Cruise departs at 2:00 pm returning at 4:00 pm. Fee \$25/person, includes a snack.



SUMMER FAMILY MOVIE NIGHTS AT MYSTIC RIVER PARK

Calling All Sponsors!

Stonington Human Services' Youth & Family Services Division is actively seeking sponsorship for their upcoming series of Family Movie Nights, held each summer at the Mystic River Park on Cottrell Street (the Stonington side of Mystic). As I'm sure you are well aware, the setting of the park could not be more perfect for an outdoor family movie directly on the river and in the shadows of the historic drawbridge. On average, close to 200 individuals, families and friends attend each date but our publications and marketing pieces reach all 18,000 residents of the Town - within Mystic, Stonington and Pawcatuck. Sponsor fees help to offset the cost of licensing the particular movie as well

as other direct expenses involved in hosting these FREE events for the community. Any monies paid are tax deductible and a receipt will be provided for your records. Please feel free to call: 860 535-5015 or email: LTheodore@stonington-ct.gov for more information.

Shows start at sundown (approximately 8:15 pm). Bring a picnic dinner, blankets and beach chairs to enjoy these FREE family nights out!



June 29 - Wonder

Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heart-warming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time.

July 27 - Grease

Filmed in 1978, Grease is a musical about teens in love in the 50s! It's California 1959 and greaser Danny Zuko and Australian Sandy Olsson are in love. They spend time at the beach, and when they



go back to school, what neither of them knows is that they both now attend Rydell High. Danny's the leader of the T-Birds, a group of black leather jacket-wearing greasers while Sandy hangs with the Pink Ladies, a group of pink-wearing girls led by Rizzo. When they clash at Rydell's first pep rally, Danny isn't the same Danny from the beach. They try to be like each other so they can be together.
Written by Alex Schultz.



August 24 - COCO

Despite his family's baffling generations-old ban on music, Miguel (voice of newcomer Anthony Gonzalez) dreams of becoming an accomplished musician like his idol, Ernesto de la Cruz (voice of Benjamin Bratt). Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead following a mysterious chain of events. Along the way, he meets charming trickster Hector (voice of Gael García Bernal), and together, they set off on an extraordinary journey to unlock the real story behind Miguel's family history.



Human Services - Parks & Recreation

Stonington Recreation 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>.

**All Stonington Human Services programs are inclusive. If your child has physical limitations and/or special behavior or developmental considerations, please call Stonington Human Services at; 850 535-5015 to arrange a support plan to ensure their success.*

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.

Adult Fitness & Exercise Classes

If you have any suggestion on the type of fitness classes you would like to see please contact Richard Ward at rward@stonington-ct.gov. Register for programs through Stonington Human Services.

BABY BOOMERS

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

ZUMBA®

Ditch the workout—join the party! Combine all elements of
continued on page 14

Parks & Recreation... continued from page 13

fitness: cardio, muscle conditioning, balance and flexibility with a boost of energy and a serious dose of awesome each time you leave class. Fuse hypnotic Latin and international music with easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away and make exercise fun again.

SAFE BOATING / PERSONAL WATERCRAFT CERTIFICATION COURSE

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

COWBOY KITCHEN - DINNER SERIES!

We are pleased to announce a new partnership with Horses Healing Humans (HHH) - a full equestrian center located on Rt. 184 in Stonington. Join Chef Robert Ramsay from the Cultivator Kitchen at the RD86 restaurant incubator project in New London. This hands on cooking class and dinner will happen the 3rd Tuesday of the month from June through September. Only ten people per session will join Chef Robert in the kitchen to learn how to cook like a cowboy then enjoy a meal together. Each class is \$25 with dinner. Proceeds go to benefit HHH. Participants may register for one or all 4 dates. Adults 18+

Each date enrolls a maximum of 10 participants:

- **Class 1: Tuesday, June 19**
Chili Marinated Charred Shrimp Fajitas, Grilled Spanish Onions & Poblano Peppers, Roasted Tomato Salsa, Ayocote Black Beans, Grilled Tortillas.
- **Class 2: Tuesday, July 17**
Asian Glazed Salmon, Toasted Garlic Sesame Rice, Baby Bok Choy w/ Oyster Sauce
- **Class 3: Tuesday, Aug 21**
Skillet Chicken w/ Bacon, Wild Mushrooms, & White Wine Sauce, Pappardelle Pasta
- **Class 4: Tuesday, Sept 18**
Marinated Strip Steak - Chimichurri, Pan Seared Roasted Potatoes w/ Shallots, Swiss Chard.

Fee: \$25/person per date

Everything will be provided. Registration is on a first come / first served basis.

SUMMER RIDING CAMP

Join HHH for a week-long riding camp experience for youth 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: July 9-13 and/or Aug 6-10

Ages 10-12: July 16-20 and/or Aug 13-17

Ages 13-15: 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.

Fee: \$450/week

OPEN SHOOT BASKETBALL FOR GIRLS

Basketball Open Gym for shooting and possibly pickup games.

Pre-registration required; students may join at any time.

Ages: Girls entering Grades 9-12 in fall 2018

Day/Date: Mon, Wed & Fri - July 2-August 10

(no program 7/4)

Time: 8:00 am - 10:00 am

Location: Stonington High School Gymnasium

Fee: \$25/Stonington Students

WOMEN'S OUTDOOR BASKETBALL LEAGUE

All league games are held at the outdoor courts in Spellman Recreational Complex (behind Stonington High School). Games are moved indoors due to weather if needed. Contact Denise Domnarski at ddomnarski09@gmail.com for additional information and registration forms.

Ages: 18+

Day/Date: Wednesdays - June 27-August 15 (no games 7/4)

Time: Schedule TBD - 6, 7 or 8 pm start times

Location: Spellman Recreation Complex

YOUTH TENNIS LESSONS

Instructed by George Crouse. Held in conjunction with our Morning Playground portion of Summer Camp, young athletes learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game. Limited availability outside of pre-registered Summer Camp participants. Mr. Crouse is the long-standing coach at Stonington High School and is a USTA & USPTA trained tennis instructor.

Level: Beginners - 8:00 am - 9:00 am

Intermediate/Advanced - 9:00 am - 10:00 am

Days: Tuesday and Thursdays

Sessions: 1. June 26-July 12, 6 classes

2. July 31-August 16, 6 classes

Location: Spellman Park, George Crouse Tennis Courts
Fees: \$45/person

YOUTH TENNIS CAMP

Week long intense camp for beginners through advance instructed by George Crouse with a particular focus on:

1. STROKES & TECHNIQUE to develop and improve all strokes within tennis.
2. DOUBLES PLAY to learn the fundamentals of doubles play while becoming a better partner.
3. MATCH PLAY to see how you stack up against the competition.
4. HAVE FUN to join activities that will allow your child to enjoy just being a kid.

Age: 7 to 17 years old
Dates: Monday-Friday, July 23-July 27
Times: 8:30 am to 12:30 pm
Location: Spellman Park, George Crouse Tennis Courts
Fees: \$125/Resident; \$150/Non-Resident



HIKE STONINGTON!

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! <http://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.

STONINGTON SUMMER SLAM! The Hoop Academy

Great opportunity for players of all abilities to continue to develop and learn about the game of basketball in a positive environment. Directed by George Hardison. Coach Hardison is the Head Womens' Basketball Coach at UConn-Avery Point and The CT Storm AAU Girls Basketball Club. He also has taught and coached at a number of local schools. For additional information on staffing along with other camp details please visit www.thehoopacademy.com or facebook.com/thehoopacademy.

Camp Includes:

- Individual & Group instruction
- Camp t-shirt

- Outstanding, dedicated staff
- Fantastic guest speakers
- Shooting instruction w/ related drills
- Two games daily
- Fully insured w/medically certified staff
- Contests with prizes

Who: For Boys and Girls entering grades 3-8 who love to play basketball

When: Monday-Friday, July 9-July 13
AM Session - 8:30 to 11:30 am
PM Session - 12:30 to 3:20 pm

Where: Stonington High School Gymnasium

Fee: \$90 for a single session (am or pm)
\$160 for both session - includes lunch

SUMMER BOYS BASKETBALL CLINIC

Improve your game & have serious fun! These clinics create an opportunity for players entering Grades 7 & 8 and in Grades 9-12 (two age groups). Participants will learn the concepts of basketball, as well as develop and improve their game for the 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. Note: Dates and times were not available for this popular program as of press time. Please check <https://stonington.recdesk.com> for details or call 860 535-5015.

HS BOYS SOCCER WEEKLY CLINIC

Instructed by Marc Davis, UK International; Ben Bowne, Head Coach, Stonington Track & Field; Kristen Ullrich, BarreCoast Fitness Studio Challenging game-related situations are utilized to develop player's technical ability and tactical knowledge. Returning this summer will be a fitness component lead again by Ben Bowne where players will work on agility and conditioning two of the four days the program runs each week. Added this summer will be "split squad" sessions at BarreCoast Fitness Studio where players will have an opportunity to learn the foundations of yoga which lead to both physical and mental benefits. A regular yoga practice not only increases flexibility; helping to prevent injury, but also teaches mind body awareness—a critical skill for any athlete. All players will receive an individual evaluation highlighting specific strengths and areas for improvement. Camp jersey is included in the fees. Max of 45 participants

Age: High School Boys entering Grades 9-12

Day/Times: See website for details

Date: July 9-Aug 17 (6 weeks)

Location: Spellman Recreation Complex - Palmer Field and/or Piver Field

Fee: \$125 Residents only

MS & HS GIRLS WEEKLY SOCCER CLINIC

Instructed by Mario Costa, & Diane Macera. Challenging game-related situations are utilized to develop player's technical

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Parks & Recreation... continued from page 15

ability and tactical knowledge. One of the three program days will focus on soccer-specific agility and conditioning, the other two days out of the weekly program will concentrate on related skills and touches on the ball. Coach Costa is the Head Coach at Fitch High School (2nd Year) and Coach Macera is a certified personal trainer by the National Academy of Sports Medicine and is also a certified Performance Enhancement Specialist. Register early for this wonderful opportunity - "guaranteed results or your money back!"

Age: Middle and High School Girls
- Entering Grades 7-12
Day: Mondays, Wednesdays and Thursdays
Dates: July 9-August 17 (6 weeks)
Time: 6:00 pm - 7:30 pm
Location: Spellman Recreation Complex
- Multi-Purpose and/or Piver Field
Fee: \$85/Residents; \$95/Non-Residents

HS BOYS SOCCER PRE-SEASON CAMP

Advanced Team Program that provides a great opportunity to prepare for the coming season. The aim of the program is to create an environment conducive of both individual and team development. A quality camp experience that includes: sports and health topics including nutrition, flexibility, strength and fitness for soccer; camp t-shirt for all players; written individual player evaluations and a detailed team evaluation. Instructed by professional soccer coaches from UK International Soccer Camps - the best of the best! Max of 45 participants

Age: High School Boys entering Grades 9-12
Day/Date: Sunday-Wednesday Aug 19-22
(HS season starts 8/23)
Time: 5:00 - 7:30 pm
Location: Spellman Recreation Complex - Piver Field
Fee: \$85 Residents only

HS GIRLS PRE-SEASON SOCCER CAMP

Advanced Team Program that provides a great opportunity to prepare for the coming season. The aim of the program is to create an environment conducive of both individual and team development. A quality camp experience that includes: sports and health topics including nutrition, flexibility, strength and fitness for soccer; camp t-shirt for all players; written individual player evaluations and a detailed team evaluation. Instructed by professional soccer coaches from Challenger Sports!

Age : High School Girls entering Grades 9-12
Day/Date: Sunday-Wednesday Aug 19-22
(HS season starts 8/23)
Time: 8:00 - 10:00 am
Location: Spellman Recreation Complex – Piver Field
Fee: \$85 Resident only

STONINGTON ADULT LEAGUES

The Recreation Division of the Human Services Department is

pleased to offer the following Adult Sports Leagues this spring and summer. For additional information and registration, please call 860 535-5015 or email: rward@stonington-ct.gov.

- ADULT CO-ED SOCCER LEAGUE
- MEN'S SOFTBALL LEAGUE
- ADULT CO-ED SOFTBALL LEAGUE
- ADULT CO-ED TENNIS LEAGUE

STONINGTON TRACK & FIELD YOUTH CLINIC

Specifically developed for children in Grades 1-8. GREAT coaches from SHS Track & Field staff, with special guest speakers throughout! Participants will be exposed to the various disciplines of Track & Field, including: sprinting; distance running; hurdling; jumping and throwing. Children will work in groups based on age-level to master relevant skills as they relate to each event. The first five weeks will include clinics where children will learn the techniques of the events, and the sixth week will be an exhibition track and field meet so that the athletes can show off their hard work in front of a crowd. Jumping, throwing, running, starts, fun runs, shirts, medals, hurdling, sprinting, meets, and much more!

Ages: Grades 1-3; Grades 4-6; Grades 7-9
When: Tuesdays, July 10-August 14 from 5:00-6:30 pm
Where: Stonington High School Track
Fee: \$120 (5 Clinics and 1 Meet); includes T-shirt

SHORELINE TRACK CLINIC

Take your track & field abilities to the next level! Athletes will experience college-level coaching in the track and field event of their choice! This year we are offering the clinic to all event groups. Athletes will learn drills and techniques either in the sprints, hurdles, distance, jumps, pole vault, or throwing events. On top of a high level of coaching, this clinic will include short lectures on body mechanics, video analysis, fun track related activities, and some friendly competition. Hosted by Brendan Wilkins, Assistant Track & Field coach at The United States Coast Guard Academy and Chris Wilber, Assistant Track & Field coach at SUNY Oneonta, as well as many other college coaches. Cost includes lunch and t-shirt. For more information visit facebook.com/shorelinetrackclinic or email shorelinetrackandfield@gmail.com.

Age : High School Boys & Girls entering Grades 9-12
Day/Date: Session 1: Wed/Thur/Fri, July 11-13
Session 2: Wed/Thur/Fri, Aug 8-10
Time: 9:30 am - 3:00 pm
Location: Stonington High School Track
Fee: \$165 per session or \$275 for both sessions

CHEER, DANCE & GYMNASTICS CAMP

First-hand experience learning and perfecting the different aspects of the competitive sport of cheerleading! Cheerleading is unique in that it incorporates a variety of sports into one: cheering, stunting, dancing, and gymnastics. Join the Stonington High School Varsity Cheerleaders and their coaches in a cheer

camp where we will focus on motions, jumps, stunts, gymnastics, and dancing skills while learning about teamwork and making new friends! Head Coach, Natalie Lucy has over 20 years' experience in coaching cheerleading. She holds 11 level certifications and all coaches are First Aid & CPR trained. Camp is open to all students in grades K-12 and of varying levels of cheer, gymnastics and dance experience. Participants will receive a camp t-shirt. Lunch is provided.

Ages: Boys and Girls entering Grades K-12
Day/Date: Mon-Fri, July 23-27
Time: 9:00 am - 3:00 pm
Location: Stonington High School Gymnasium
Fee: \$125 / 3-day option (Mon, Tue, Wed)
\$165 / 5-day option (Mon-Fri)

UK INTERNATIONAL - CLASSIC SOCCER CAMP

UK International's Classic Soccer Camp program enhances player's technical development and skill building in a stimulating environment. Players are challenged to consider basic tactical components at an age-appropriate level, including attacking and defending principles. Over the course of the week, players will be self-assessed using standardized National Soccer Tests focusing on the technical aspects of the game, along with the 'UK Quiz' and World Cup Competition. Coaching curriculum covers: control; passing; dribbling; shooting; turning; running with the ball and defending. All participants receive their own soccer ball and a camp shirt, included in the fee.

Age: 6-14 years old
Day/Date: Monday-Friday; July 23-July 27
Time: Evening Session - 5:00 pm - 8:00 pm
Location: Spellman Recreation Complex
- REC and/or Piver Field
Fee: \$135

UK INTERNATIONAL - MINI SOCCER CAMP

UK International's 'Fun In The Sun' Program is for the youngest players just beginning the game. Our focus is fun, exciting games to build confidence and teach the fundamentals of soccer. Within this curriculum players will cover: ball familiarization; small group dynamics; coordination skills and social interaction - all with maximum participation in a fun-oriented environment. All participants receive their own soccer ball and a camp shirt, included in the fee.

Age: 4-6 years old
Day/Date: Monday-Friday; July 23-July 27
Time: Evening Session - 5:00 pm - 6:30 pm
Location: Spellman Recreation Complex
- REC and/or Piver Field
Fee: \$95

MIDDLE SCHOOL BOYS SUMMER SOCCER CAMP

Instructed by Paul deCastro, Mario Costa & Brendan Hinchey. Weeklong camp with daily practices, round robin games and skill development with GREAT COACHES! During the course of the

camp participants will work on ball control, passing, dribbling, shooting, turning with the ball, running with the ball and defending. Max of 30

Age: BOYS entering grades 6, 7 & 8
Day/Date: Monday-Friday; July 30-August 3
Time: Evening session 5:00 - 7:30 pm
Location: Spellman Recreation Complex
- REC and/or Piver Field
Fee: \$75 Resident / \$85 Non-Resident

SUMMER CAMP

Morning Playground & Afternoon Enrichment

Join us for half-day or full-day options for our ever-popular Summer Camp! Activities include: 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 summer adventure! Please contact the Stonington Human Services for details and specifics. Don't be shut out - Register early! SCHOLARSHIPS AVAILABLE to eligible families (contact Human Services for details).

Dates: Monday-Friday June 25-August 10
Ages: Boys and Girls entering Grades 1-6
in the fall of 2017
Full Day: 8:00 am to 4:00 pm
Fees: \$650 Resident / \$800 Non-Resident
AM Only: 8:00 am to noon
Fees: \$325 Resident / \$400 Non-Resident
PM Only: Noon to 4:00 pm
Fees: \$350 Resident / \$425 Non-Resident

**All fees includes daily breakfast and lunch, provided through the USDA Summer Food Service Program Grant. Field trips are an added fee.*

MIDDLE SCHOOL REC CAMP

Full and Half-Day Programs set up specifically for middle school age population (boys and girls entering 7th & 8th grade). 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 summer adventure! Please contact Stonington Human Services for details and specifics. Don't be shut out - Register early! Breakfast and lunch is included.

Dates: Monday - Friday starting June 25 - August 10
Times: Full day 8 am to 4 pm
Half Day: 8:00 am to noon or noon to 4:00 pm
Fees:
Full Day: \$125 / week Resident or Non-Resident
Half Day: \$85 / week Resident or Non-Resident

Looking Ahead...

STONINGTON CROSS-COUNTRY 5K & FUN RUN

The weekly Tom McCoy Family Fun Runs will again close out the **continued on page 18**

Parks & Recreation... continued from page 17

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!

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
Register at: www.westerlytrackclub.org/stonington_xc.html

STONINGTON REC NFL YOUTH FLAG FOOTBALL LEAGUE FALL PROGRAM - Register now!

Rec Flag Football runs from early Sept into Nov (schedule

TBD) with practices and games held at Spellman Park behind Stonington High School and/or Pawcatuck Middle School. Each team will practice once during the week, with games being played on Saturdays. Goals of the league are that all participants will develop their social and mental skills, as well as physical strength and character while safely learning how to play flag football. Teamwork and active participation are key components. Every child plays—no cuts! This is strictly a recreational league and commitment to the league will not conflict with other fall sports.

New this Year

Each player will receive an Official NFL Flag reversible Team Jersey. Also, our coaches and referees will have access to amazing trainings and support tools to better teach and prepare for practices and games!

Age: Boys & Girls - Four Divisions:
Ages 5-7, 8-9, 10-11 & 12-14
Dates: September - November (Schedule TBD)
Where: Spellman Park Fields and/or
Pawcatuck Middle School
Fees: \$65/Resident; \$85/Non-Resident

The Stonington Community Center

Summer Camps

The Stonington Community Center (COMO) has a robust summer schedule for students including leadership opportunities, athletic camps, S.T.E.A.M. camps, a state-licensed traditional day camp, and Preschool Explorers. The COMO Preschool is a state-licensed and nationally-accredited (NAEYC) program. Flexible scheduling allows families to build a half-day, full day or extended camp day around their needs and student's passions. Qualified, caring staff guide campers through activities across the entire COMO campus, Stonington Borough and duBois Beach.

Tennis

The COMO offers professionally instructed tennis lessons and clinics for adults and youth on its four regulation-sized decoTurf

tennis courts. Private and semi-private lessons are available with the professional instructor. Clinics are four weeks long and can include up to six players. A create-your-own-clinic option allows four to six players to schedule a pro-led clinic with friends specific to the group's instruction level.

Pottery

The COMO's pottery studio provides instructional programs, workshops, sip-and-spin pottery socials and independent programs for potters of all abilities. Participants can try their hand at pottery for the first time, or get back into the fundamentals. Other pottery programs offered at various times throughout the year include creating your own dinnerware, exploration of ceramics, sculpture and others.

Childcare

The COMO offers state-licensed before and after care for children in grades K-4 at Deans Mill and West Vine Street School campuses from 7-9 am and until 6 pm. Activities include time for homework, gym games, outside play, and seasonal projects under the supervision of highly-qualified staff. Middle school enrichment programming occurs onsite at the COMO campus after school. Programming incorporates outdoor activities, games, collaborative projects and more.

For more information, please visit thecommo.org or call the COMO's front office at 860.535.2476 between the hours of 9:00 am and 4:00 pm, Monday through Friday.

Stonington Sounds Summer Music Festival

On Saturday, June 23, 2018, La Grua Center presents a free music festival with concerts happening throughout the day at various venues in Stonington Borough, anchored at La Grua Center at 32 Water Street. The festival features a diverse line-up of musicians and includes a children's concert; patriotic, jazz, classical, and Irish music; and ends the day with sea chanteys. Venues are Wadawanuck Square, La Grua Center and its adjacent Stonington

Commons Green, and the Portuguese Holy Ghost Society. A perfect way for the region's residents and visitors alike to spend the day with family and friends. Audiences are asked to bring lawn chairs or a blanket; the rain location for all concerts will be at La Grua Center. For more information: 860/535-2300; lagruacenter.org.

Mystic & Noank Library

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

Summer is busy at the Mystic & Noank Library! Stop by to pick up a few good reads on the way to the beach, or stay awhile – we have plenty of comfortable chairs for reading, thinking, a puzzle nook and a friendly cat named Mito. Sign up for Libraries Rock! Summer Reading Program begins on June 26.

FEATURED ADULT PROGRAMS INCLUDE:

Annual Friends Library Fair – Saturday, June 2, 10 am to 2:30 pm on the library lawn (rain or shine!)

Weeklong Friends Book Sale – June 2 to June 9 during library hours

Wednesday, June 13 at 10 am – Legal & Financial Planning for Alzheimer's Disease, presented by Attorney Wade Jensen, sponsored by the Alzheimer's Association of CT

Monday, June 18 at 7 pm – Learn about Great Orange Apes, presented by naturalist, Katherine Meier

Wednesday, June 20 at 6 pm – Contracting 101, presented by Small Business Association educator Lisa Powell

Thursday, June 21 at 7 pm, doors open at 6:30 pm, Seat of Our Pants – folk and bluegrass concert hosted by the Union Baptist Church at 14 High Street, Mystic

Monday, July 16 at 7 pm – Author Charles Monagan presents Classic Symbols of the Nutmeg State, part of the CT Author Trail

Wednesday, July 18 at 7 pm – Steven King-land presents recitations of Australian Folk Literature

Wednesday, August 15 at 7 pm – “One Book, One Region” Book Discussion

Monday, August 20 at 7 pm – Mary Drake presentation on her Habitat for Humanity Build in Thailand

FEATURED CHILDREN'S PROGRAMS INCLUDE:

Terrific Tuesdays at 2 pm

- June 26 – Magic by Scott Jameson
- July 3 – Animal Show on the Go by Mostly Fur and Feathers
- July 10 – “The More We Get Together” campfire-style sing-a-long by Mary Jo Maichack
- July 17 – The Mr. Gym Show with music and movement
- July 24 – Rolie Polie Guacamole kids' band
- July 31 – Nappy's Puppets sing-a-long

Tween Wii U Gaming, Tuesdays, July 3 – August 14, 3:30 – 5:00 pm

Wednesday Morning Wiggles for Pre-schoolers (with caregivers) at 10:30 am

- June 20 and August 8 – Eastern CT Ballet presents Book and Creative Movement
- June 27, July 11, 18, 25 and August 1 – Li'l Yogis with Miss Kim yoga program

Pre-school Drop-In Story Times for Ages 2-5, Thursdays, June 21 – August 6, at 10:30 am

Science Thursdays begin June 28 at 2 pm – visit www.mysticnoanklibrary.org for details

Lego Fun Fridays, July 6 – 27, 10:30 am to 12 noon

Friday Family Moves, June 15 – August 17 at 3 pm – titles are listed on our website

Sit! Stay! Read! With Phantom the Therapy Dog, Saturdays, 6/16 & 7/21 at 12, 7/14 & 7/21 at 11

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!

Friends of Stonington Crew

Stonington Community Rowing Center Boathouse Design Review

With the selection of Anmahian Winton (AW) Architects in April, the Friends of Stonington Crew (FOSC) have made exciting progress on the Hart Perry Boathouse project. The boathouse will store rowing shells and equipment, and provide indoor training space for the Stonington High School Crew and the new Stonington Community Rowing Club.

In September 2016, the Town of Stonington voted to purchase waterfront property on Greenmanville Avenue in Mystic for a public park. The site will also be the home of the new community rowing center. A public review of initial plans for the boathouse will be available in early summer. The review will be an excellent opportunity for the community to learn more about this exciting project and to provide input. Please visit the Stonington Community Rowing Center website (www.stoningtoncrc.org) for details on the event.

New England Science & Sailing Foundation

The community is invited to New England Science & Sailing Foundations' fifth annual **NESS Fest** on Saturday, June 23rd, from 11 am – 3 pm, at 72 Water Street in Stonington. This free event features fun activities including sailing, kayaking, and stand up paddle boarding. Visit nessf.org or stop by the office at 72 Water Street in Stonington to learn more.

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/>.



DID YOU KNOW...?

Reading to dogs can boost reading skills in children 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>) Early readers joined us over the week of April vacation at Stonington Human Services as we partnered with Rhodes Collar Gleanna Doyle to offer Reading with Furry Friends. Please call: 860-535-5015 for more information on upcoming dates.



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: Tue/Thu or Mon/Wed/Fri

Program Hours: 9:00 am-12:30 pm

Quality Affordable Program

Certified preschool teachers encourages social, emotional, physical, and intellectual growth. There is a structured classroom setting with a well-balanced schedule of activities. Weekly curriculum themes.



FAMILY YOGA

The most important part of a yoga practice is that you do it. Whether you think you need more strength, flexibility, calming of the mind, or someone told you that you should

try yoga, YES—here's a great opportunity! Together, let's eliminate some of the excuses that have stopped us in the past. All levels of experience are welcome! Bring the kid(s) and a yoga mat or towel, wear your comfy clothes, and we'll figure out together how to make your practice work for you in this stage of your life, using vinyasa, an active flow-based practice as our medium. All you have to do is show up and breathe!

Instructor: Sara Kimball
Day/Date: Tuesdays, May 29-July 3
Time: 10:30 am - 11:30 am
Fee: \$35/5-week session (add \$5/child)
Location: Stonington Human Services

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: Mon/Tue/Thu - July 9-August 9
Fee: Classroom Only / \$250;
Add Private In-Car Lessons / \$595

Specialty Summer Camps

YOUNG HACKS ACADEMY

YOUNG HACKS ACADEMY: Agent Training

Blending computer programming, problem-solving, and teamwork, YHA Agent Training teaches kids to build cool video games about big challenges facing the world today, such as climate change, homelessness, and endangered wildlife. Whether its public speaking or collaborating with peers, YHA models' essential leadership techniques that will immediately help students in and out of the classroom. Agents tackle daily missions using Scratch, a user-friendly, visual programming tool that enables students to quickly start developing their own interactive projects. Students will be required to bring a laptop to camp. No programming experience is required. For more information, visit: younghacks.com.

Ages: 9-12 (Beginners)
Dates: July 9-13
Time: 9:00 am - 4:00 pm

Tuition: \$ 255
Location: Stonington High School Media Center

YOUNG HACKS ACADEMY: Beta Masters for Ages 12-15 (Beginner-Intermediate)

Imagine a small indie game studio that has 5 days to pitch, design and build a new video game. Following a real-world production cycle, YHA Beta Masters work in teams to develop an innovative game prototype from conception to completion. The program culminates with a beta release party in which friends and family act as investors. Students will be required to bring a laptop to camp. No programming experience is required. For more information, visit younghacks.com.

Ages: 12-15 (Beginners/Intermediate)
Dates: July 16-20
Time: 9:00 am - 4:00 pm
Tuition: \$255
Location: Stonington High School Media Center

Horses Healing Humans (HHH) Youth Programs



We are so excited to announce our partnership with Horses Healing Humans (HHH) to offer a variety of creative opportunities this summer! Please also check out the upcoming

Riding Camps offered by our Recreation Division. All camps will be held on the HHH campus: 340 New London Tpk, Stonington, CT. Jane Bishow-Semevolos LCAT, ATR-BC, PCL2 is a creative arts therapist and adventure-based counselor. She facilitates various art groups, to all ages, to promote creativity, self-awareness and remind participants of the importance of fun and relaxation.

CREATIVE KIDS

Youth will be encouraged to be creative and be true to themselves, with projects that stimulate creativity and supports their own unique ideas. Sessions will give kids a space to be imaginative, self-driven and inspired by others!

Painting Paper and Collage

Work in the style of Eric Carle (Yes, the man who wrote The Very Hungry Caterpillar and Brown Bear!). First, we will paint, exploring textures and different tools to paint with (a toothbrush? a fork?). Then we will use our new custom-made paper to collage our own animals!

Ages: 8-12
Date: July 9
Time: 11:00 am - 1:00 pm
Fee: \$20 (includes supplies)

Found Landscapes

Using recyclable materials create a landscape. It could be the city, country, real or make believe, a castle, a garden, it can

be an environment on Mars! Let your imagination travel and design and construct your own landscape.

Ages: 8-12
Date: July 23
Time: 11:00 am - 1:00 pm
Fee: \$20 (includes supplies)

Creature Pillows

Design and create your own creature in pillow form. First sketch and design creature. Then utilize felt and other materials to create creature, no sewing needed all done with hot glue! Then customize your creature with fun buttons, feathers and more!

Ages: 8-12
Date: July 19-20
Time: 11:00 am - 12:30 pm
Fee: \$50 (includes supplies)

Superhero Attire

Figure out what your alter-ego is, then create your own custom attire! Either make a shield, mask, cape, or another unique feature of your superhero. Various materials will be available to encourage super creativity!

Ages: 8-12
Date: August 20-21
Time: 11:00 am - 12:30 pm
Fee: \$50 (includes supplies)

continued on page 22

Good hearing is
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Youth & Family Services... continued from page 21

Team Horse Challenge!

Yes, a horse challenge. Think Project Runway meets LuLu (our mini-horse!). This session will focus on working as a team and, through some problem-solving initiatives, participants will be challenged to work and create together. The final goal will be to create a piece of wearable art for our own Lulu to flaunt in a photoshoot. Bring your fashion ideas, teamwork skills and sense of fun!

Ages: 10-15
Date: July 19-20
Time: 2:15 pm - 3:45 pm
Fee: \$50 (includes supplies)

GMA - GIRLS MAKING ART

In this art group girls will create art that encourages, leadership, creativity and reflection. Art is an opportunity to have fun but also a chance to learn more about oneself and improve self-esteem. The group will be filled of teambuilding activities, unique art directives and fun materials.

Session 1: All About Me!

In this session girls will be creating a self-esteem shield. Girls will be led in games that help them get to know each other. They will then create their own shields about themselves. The group is working in an open studio format. Some may be using paint or cray-pas. Others may go a collage route using magazines and tissue paper. Some may work small, some may work big. The goal is to be inspired and let your artist side out!

Ages: 10-15
Date: July 9
Time: 2:15 pm - 4:15 pm
Fee: \$25 (includes supplies)

Session 2: Word Art!

Create your own word art on a canvas! Girls will engage in fun activities to figure out just what words and quotes should be on their canvas. Then they may paint or use sharpies to write design their canvas. Then they will embellish it with sequins, beads and other fun items.

Age: 10-15
Date: July 23
Time: 2:15 pm - 4:15 pm
Fee: \$25 (includes supplies)

Session 3: Mask Making

Masks have been used throughout art history in various ways, disguise, performance, alter-egos, entertainment and more. In this session girls will decide what they want their mask to do. First girls will engage in a few group games to stimulate their creativity. Each participant will be given a choice of various plain white face masks to choose from. They will then cut, paint, decorate and create a one of kind piece that represents some part of themselves. They will also learn ways to display their mask.

Ages: 10-15
Date: August 20-21
Time: 2:15 pm - 3:45 pm
Fee: \$50 (includes supplies)

Horses Healing Humans (HHH) Adult Programs

ART FOR RELAXATION

You don't have to be an all-star artist to enjoy the art making process. Art offers participants an opportunity to relax, gain self-awareness, and enjoy more of life. When we create art, we don't need to hang it on the wall and show it off. Instead making art can be a time for ourselves and a chance to de-stress, be creative and most importantly have fun

Session 1: Peaceful Painting and Painting Positive

This evening we will focus on things that bring us peace and comfort. The group will be guided in meditation that will promote inspiration. From there we will engage in various painting techniques. Ones that encourage colors to flow, and for the artist to be open to whatever happens, which often turns out more beautiful than expected! We will also raise the energy to create a painting that involves movement and lots of fun! Think of how happy a 5-year-old is when painting, you can be there too!

Ages: 18+
Date: July 9
Time: 6:00 pm - 8:00 pm
Fee: \$25 (includes supplies)

Session 2: Conversation Cards

In this session we will be exploring the art of collage. One to the easiest steps into artmaking. First, we will create conversation cards. A method that requires your left brain to go into action, looking at images and seeing what stands out. No thinking just collecting images and then placing and gluing. We will then let the art speak to us. Come join a relaxing, intriguing and fun step into art making.

Ages: 18+
Date: July 23
Time: 6:00 pm - 8:00 pm
Fee: \$25 (includes supplies)

Session 3: Making Mandalas

The word mandala comes from the ancient Sanskrit word signifying "circle." Many feel mandalas represent the wholeness and can reveal information about the self. In addition creating mandalas has been proven to reduce stress. In this session participants will learn about mandalas and be guided in a meditation. From there participants will create mandalas utilizing different materials including paint, cray-pas and yarn. There is no need for artistic ability, the group is about finding relaxation through art making. If you can draw a circle you can mandala!

Ages: 18+

Date: August 20th
 Time: 6:00 pm - 8:00 pm
 Fee: \$25 (includes supplies)



special visit from two furry friends!

STAND UP FOR ANIMALS (SUFA)

Thank you to Stand Up For Animals (SUFA) for partnering with us this past May to offer a free 4-week animal education program at West Vine Street School, facilitated by Jane Greco Deming, a Humane Education Specialist. Topics included: Playing It Safe With Dogs; Pet Responsibility; Who Lives in Your Backyard; All About Cats and a

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!

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Youth & Family Services... continued from page 23



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 adopting the "Change the Script" a state-wide campaign designed by Governor Malloy. SPC also partnered with Stonington Police Department and the South Eastern Regional Action Council (SERAC) to conduct tobacco compliance checks at all area businesses which sell tobacco products including vaping paraphernalia.



Between daily collections through the Stonington Police Department's medication drop box and participation in the 15th National

Drug Take Back Day, the agency was recently able to destroy 61 pounds of unused medications. The below picture captures the on-site collection from local senior housing facilities, conducted by Kristen King (Stonington Human Services) and Officer Theresa Hersh (Stonington PD).

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 their 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!



SUMMER FOOD SERVICE PROGRAM (SFSP)

Stonington Human Services is pleased to announce its

15th year of participation in the federally funded Summer Food Service Program (SFSP). Under the program, a partnership with Stonington Public Schools, nutritious meals are provided to all children, 18 years and under, free of charge, Mon-Fri at the following site:

Stonington High School:

June 25-August 10 Breakfast: 8:00 - 9:00 am - Spellman Park
Lunch: 11:30 am-12:30 pm - SHS Café

Human Services - Social Services

How can Stonington Human Services help you? Please call us for more information or to set up a time to come in. During your appointment, you'll be screened for a wide variety of federal, state and local supportive programs that may be able to assist your situation. Please do not hesitate to reach out! Our team of friendly, knowledgeable staff are happy to help you in any way they can. If we cannot meet your needs on a local level, we will advocate for you to find an agency/organization that can!

ENERGY ASSISTANCE

Stonington Human Services has been a local fuel bank for the last sixteen years, participating with Operation Fuel, TVCCA, and United Way energy assistance grant programs. Income guidelines for TVCCA's programs cap at 60% of the State Median Income (CHAP). Assistance amounts are based on established guidelines (set to be released in October) regarding family size and vulnerability. We will start taking applications on August 1, 2018, so residents can call services in July for an appointment. Fuel deliveries do not start until the first part of November and will continue until March 15, 2019.

OPERATION FUEL AND UNITED WAY

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

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

ARE YOU STRUGGLING TO MEET YOUR MONTHLY EXPENSES?

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

UNITED WAY MOBILE FOOD PANTRY

Serving an average of 85 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 every month from 5:00 - 6:00 pm. (And during the cold winter months, Stonington High School offers the warmth of their cafeteria.) 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 when visiting the pantry. Call 860-535-5015 for more information, or if you have an interest in volunteering.

SNAP OUTREACH

SNAP, the Supplemental Nutrition Assistance Program, 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 online at CT's DSS site and required documents can be uploaded directly to DSS at <http://connect.ct.gov>. Contact Human Services for more information or application assistance with the online process.

Residents are also referred to the Pawcatuck Neighborhood center's Food Pantry and WARM's congregate meal site (both supported with town funds), as well as the food pantry at Stonington Arms.

2-1-1 BENEFITS SURVEY

www.211navigator.org - This benefit survey will help you determine if you are eligible for food, health insurance, and child care assistance. No name or address is required, so it is completely confidential.

CT NETWORK FOR LEGAL AID

Do you have a legal question? Check out www.ctlawhelp.org for self-help guides, audio/video guides, court forms, and links. The

CT Network for Legal Aid provides free legal services for people with very low income. Call toll-free 1-800-453-3320.

CT DENTAL HEALTH PARTNERSHIP

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

RENTER'S REBATE PROGRAM

The Renter's Rebate Program, administered through the State of Connecticut, Office of Policy and Management (OPM), is intended to help seniors (65+) and/or disabled (18+) meet the demands of today's housing costs, offering a one-time check each year to those who qualify. The program limits annual income in 2018 to \$35,300 for an individual and \$43,000 for a married couple. There is no asset limit for this program. Each year the program runs from April 1st through September 30th.



CHOICES

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, Social Security, and more. Home visits are always available for residents who are homebound.

SENIOR & DISABLED TRANSPORTATION FOR STONINGTON RESIDENTS

The Town funds the Pawcatuck Neighborhood Center to provide senior transportation to residents age 60+. Please contact them directly at 860-599-3285 for more information. The Eastern CT Transportation Consortium, Inc. (ECTC) also provides Stonington seniors, age 60+ (and disabled residents, age 18+) with medical transportation (Dial-A-Ride), as well as reimburse caregivers for medical mileage expenses for those who have access to a driver. The Dial-A-Ride program 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 for further information and to register.

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

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Social Services... continued from page 25

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.

DIABETES WORKSHOP

A self-management educational workshop for people with

diabetes to learn what to eat, when to exercise, monitoring blood sugar, foot care, communication with family and health providers, low and high blood sugar, sick day guidelines, tips for stress and setting small achievable goals! Programs are run 9:30 am – 12:00 pm on Fridays, August 17, 24, 31, and September 7, 14, 21 at the Pawcatuck Neighborhood Center. No Cost. Register by calling the Pawcatuck Neighborhood Center at 860-599-3285.

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.

THANK YOU TO OUR VOLUNTEERS

- Many Hands Make Light Work!

Each quarter Stonington seniors come together to help us compile our Gray Matters newsletter mailing, by folding, labeling and sealing 1,300+ items! To encourage participation and socialization, we travel to different senior housing facilities throughout the year and also welcome volunteers from the community at-large. Thank you to our winter 2018 host site, Stonington Arms! If you're interested in volunteering, please call: 860-535-5015 for

more information.

SENIOR SERVICE PROVIDERS NETWORK

Agencies and organizations serving Stonington senior citizens are invited to join us, as we come together quarterly to share group updates and discuss regarding gaps and needs in service, client trends, as well as suggestions on how we can increase collaborate to address these issues and develop creative solutions for the benefit of our mutual clientele - Stonington residents. Call: 860-535-5015 for more information.



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

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

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

AARP DRIVER SAFETY PROGRAM

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

YELLOW DOT PROGRAM

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

FILE OF LIFE

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

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

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Stonington Ambulance

WHOSE VEHICLE IS THAT?

Calling 911 is something everyone hopes they will never have to do. Luckily, the residents of Stonington know emergency personnel will arrive within minutes of their call. However, many have asked why so many emergency vehicles respond to a 911 call. For example, a resident may call to request an ambulance but that ambulance may be accompanied by a police officer, fire trucks, paramedic unit, and/or additional responders in their personal vehicles. In the world of emergency response having additional resources readily available is a critical asset. It is important to understand the purpose of each of these responders/vehicles on the scene.

There is the ambulance, which is a necessity in a medical emergency for the transportation of the patient to the hospital. In the case of Stonington Volunteer Ambulance, during a response, each ambulance is operated by two medical technicians, often coming from their home. One responder may pick up the ambulance while the other takes their personal vehicle to the scene to begin caring for the patient. Although these responders are well trained and certified, they cannot perform certain advanced procedures. This is the reason a Paramedic Unit is sometimes called to the scene as well. A Paramedic is trained to a higher level of care and can perform more advanced procedures when needed.

A Stonington police officer is also dispatched to medical emergencies as they are medically trained. In the event they arrive before the ambulance, they are able to start caring for the patient until the ambulance arrives. If they arrive concurrently or after the ambulance, they will assist where needed.

The fire departments in this area rely heavily on volunteer responders, so when they are dispatched, many responders come right to the scene from different areas of the town, in their personal vehicles. Depending on the fire department they can be dispatched to every medical call within their district or dispatched for manpower.

Imagine the patient is located on the third floor and unable to walk. This leaves the emergency responders with the task of making a plan to safely get you to the ambulance. Keeping in mind that an ambulance will typically have two responders, having additional responders available to assist makes moving the patient safer for all parties involved.

So to answer the question: Are all of those responders/vehicles necessary? The answer is simple: yes. Emergency vehicles and personnel are the backbone of any first responder organization and all resources which respond in an emergency are necessary.

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