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Selectmen's Corner

CELEBRATE OUR TOWN EMPLOYEES!

The theme for the Selectmen's Corner this quarter is to celebrate our wonderful Town Employees. Currently the Town of Stonington has 317 talented teachers, administrators and staff in the Education Department; 52 officers and staff in the Police Department; and 83 public employees working in various other departments in and out of Town Hall. All told, we have over 450 employees working for the Town and numerous others volunteering for our Fire Departments and Emergency Services.

They are responsible for a range of public activities in a town that covers 42 square miles, has over 18,000 permanent residents, includes the Pawcatuck and Mystic Rivers, three harbors and numerous villages such as Old Mystic, Mystic, the Stonington Borough and Pawcatuck.

Stonington is also host to two of the State's most popular tourist attractions - the Mystic Aquarium and Mystic Seaport - which draw close to one million visitors a year to their gates. Another estimated million tourists also come to Stonington for numerous recreational activities and some of the best restaurants in Connecticut.

Stonington has a grand list of \$2.6 billion dollars, an annual budget of over \$70,000,000 and bonding in the tens of millions.

We have big trucks, little trucks, snow plows, lawn mowers, back hoes, flail mowers, police cars and sedans. We also have numerous school buildings, a Police Station, Human Services Building, Town Hall, Transfer Station and multiple public parks.

This is a town with many 'moving parts,' and the skill of our public employees plays a critical role in our cost of government and quality of life. And while we value the dedicated work of all of our employees, several individuals rose to the forefront over the past several months who are worth mentioning. For example, the Stonington Police Department under the leadership of Chief Darren Stewart and Captain Todd Olson was honored at the Annual Meeting of the Connecticut Conference of Municipalities [CCM] with the 2018 Municipal Excellence Award for Towns with a population of under 20,000. The award was designated to promote the "Creative Use of Resources, Partnership and Collaborations" especially when times are tough.

Chief Stewart and his team joined with the Connecticut Division of Statewide Emergency Communications - CTS Unit - to build on an existing infrastructure for better local police communications. Stonington benefits from the lower costs of collaborating with the state; and the state gets access to a critical antennae system located in Stonington. It is a win for all involved.

continued on page 3



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COVER PHOTO

Richard Ward, Stonington Human
Services - Recreation

www.eventsmagazines.com

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Christmas Tree Collection January 7-18, 2019

Christmas trees should be placed curbside beginning January 7, 2019 for collection. They will be picked up on your normal collection day. However, Christmas trees will be collected only if there is enough room in the collection vehicle. If there is not enough room initially, it will be collected on your next collection day. Christmas trees set out after January 18th will not be collected. Trees exceeding 9 feet in height should be cut in half.

CHRISTMAS TREE RECYCLING

If you would like to recycle your tree, they can be taken to the Transfer Station where they will be turned into mulch. Trees must be free of all decorations and cannot be in a tree disposal bag.

Transfer Station Hours of Operation

Monday and Tuesday - 9:00 am to 3:00 pm
Wednesday - Closed
Thursday and Friday - 9:00 am to 3:00 pm
Saturday - 8:00 am to 3:00 pm
Sunday - 8:00 am to 1:00 pm



Selectmen's Corner... continued from page 1

The Town of Stonington was recognized by CCM as the first municipality in the state to engage in such a creative solution to the problem of expensive local police radio communications. We anticipate that others will follow our lead.



CCM Award Photo: Left to Right: Ken Slater, Halloran & Sage, LLP, Stonington Chief of Police Darren Stewart, First Selectman Robert R. "Rob" Simmons and Neil O'Leary, CCM President.

On another front, Human Services Director Leanne Theodore was nominated and selected as a finalist in the Ocean Community Chamber of Commerce's Athena Award. This nationally recognized award is presented to a local woman every year who helps women realize their full potential and improves the quality of life for others in the community. Leanne's community service involves the Stonington Prevention Council, Pawcatuck Lions Club, Rotary Club and the Stonington Non-Profit Roundtable.




HS Staff: From left to right: First Selectman, Robert R. "Rob" Simmons, Human Services Team: Carol Umphlett; Kristen King; Michelle Laresse-Casanova, Leanne Theodore, Kristine Boisoneau, Julie Holland, Cynthia Gardiner, and Richard Ward.

Last year Leanne, Information Technology Manager Roger Kizer and the Stonington Police Department won the CCM 2017 Municipal Excellence Award for their work on a Citizens with Autism Safety System. Leanne's leadership as Director of Human Services places her in the forefront of helping those citizens who are elderly, poor, homeless, disabled or underserved. What an honor for her to be nominated!


Coming back to the Police Department, on October 22nd, City of Groton Police Chief Michael Spellman of Pawcatuck honored members of his department with a special awards ceremony. Unique among the awardees was Stonington


continued on page 4





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Selectmen's Corner... continued from page 3

Patrolman Thomas Wholean who came to the assistance of the Groton City Police in tracking down a sexual predator who had tried to abduct a young girl. She escaped unharmed and based on her description, Wholean, who is a trained police artist, sketched the face of her potential abductor. With this sketch in hand, the alleged suspect was subsequently arrested.



Left to Right: Selectman John Prue, Selectwoman Kate Rotella, Stonington Patrolman Thomas Wholean and First Selectman Robert R. "Rob" Simmons.

In addition to our Town employees, others who work on contract have served the Town well over the last few months. For example, the Town's Financial Advisor, Matt Spoerndle of Phoenix Advisors supervised the sale of \$13.5 in General Obligation Bonds and Bond Anticipation Notes in a public auction in support of the completion of the Deans Mill and West Vine Street Elementary Schools reconstruction projects.



Bond Signing - From left to right: Stonington Bond Counsel, Joseph J. Selinger, Jr., of Tobin, Carberry, O'Malley, Riley & Selinger, P.C, First Selectman Robert R. "Rob" Simmons, Stonington Finance Director James Sullivan, and Administrative Services Director Vin Pacileo.

And our long serving Town Bond Attorney, Joe Selinger of Old Mystic, coordinated the final preparation of the bonds at a signing ceremony with Finance Director Jim Sullivan, First Selectman Rob Simmons and Administration Services Director Vin Pacileo.

These special people, and many others like them, are part of the "Town Team" who help make Stonington such a special place to live and work. Far too often their public service is taken for granted. But not a day goes by when we, the Members of the Board of Selectmen, are not grateful for what they do for our Town.

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

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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

Tax Collector's Office

152 Elm Street, Stonington, Connecticut 06378
 860-535-5080 | Fax: 860-535-5052 | www.stonington-ct.gov



Linda Camelio, CCMC,
 Stonington Tax
 Collector.

A question many people have been asking is why their mortgage payments have gone up. When a taxpayer has a mortgage, oftentimes the town real estate taxes are included in the mortgage payment. This year in Stonington, many noticed that their monthly mortgage payments increased. The reasons for this are threefold.

First, this was a reevaluation year, meaning that all properties in Stonington were reassessed. In many cases, the new assessment was higher than in the previous five years. Second, the tax office combined the town and fire district real estate bills. So what a taxpayer would normally pay separately (the yellow tax bill) was now included in the town real estate bill. The taxpayers' bank paid both of those bills instead of one. And lastly, because of the revaluation and the combining of the two bills, many escrow accounts went in the negative and banks needed to build a cushion into their escrow accounts.

So, while the Town of Stonington's mill rate actually went down this year, other factors came into play that may have increased the taxpayers' monthly mortgage payment.

And finally, the second installment of real estate taxes is due January 1st, delinquent after February 1st, but may be paid any time between now and February 1, 2019.

Linda Camelio, CCMC, Stonington Tax Collector

Department of Assessment

A new Public Act 18-47 provides benefits for certain veterans diagnosed with post-traumatic stress, traumatic brain injury or experience military sexual trauma. One of the benefits is a local property tax exemption that varies upon eligibility.

To be eligible for such benefits a veteran within other than honorable (OTH) discard must be diagnosed with one or more of the three "qualifying conditions" which are:

1. Post-traumatic stress disorder (PTSD) resulting from military service.
2. A traumatic brain injury (TBI) resulting from military service.

3. Experience military sexual trauma (MST) as described in 38 U.S.C. Section 1720.

The diagnosis/determination must be made by an individual licensed "to provide health care services at a United States Department of Veterans Affairs facility" which includes the following licensed persons: physicians, advanced practice registered nurses, psychologists and licensed clinical social workers, who shall complete form CT DVA OTH Form 1.

The veteran applying for State or municipal benefits must submit, along with the completed CT DVA OTH Form 1, all other required documentation (i.e., Discharge form DD-214, relevant agency application, etc.) to the agency or municipality shall then determine the veteran's eligibility for the benefits.

CT DVA OTH Form 1:

<https://portal.ct.gov/-/media/Departments-and-Agencies/DVA/Files/OTH-Form-Sept-28-2018-FILLABLE.pdf>

The effective date of the Public Act is October 1, 2018.

Marsha L. Standish, CCMail, CCMC, SPA
Director of Assessment, 860-535-5098

Town of Stonington Vacancies on Boards & Commissions

A complete list of current openings on Town Boards and Commissions can be found at: www.stonington-ct.gov. Residents interested in serving should contact the office of the First Selectman for an application at: 152 Elm Street, Stonington, CT 06378 or call 860-535-5050.

THE MOBILE FOOD PANTRY

All are welcome!

First Monday of each month

5:00 - 6:00 pm

Please bring a photo ID and your own bags.

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



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

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

Our services include: programs for all ages, reader's advisory, reference, requesting materials from other libraries, and access to computers, printers, scanners photocopying, and fax service. We will find the latest best sellers, fiction and non-fiction, magazines, movies, e-Readers, audio books and Playaway Views. We have laptops available to check out for use in the Library. There are comfortable reading areas where you can enjoy magazines or catch up on the daily papers. You can also help build a puzzle. E-books and audio books may be borrowed through our website using a valid Stonington library card and our staff are glad to offer tech help with e-readers.

We partner with the Pawcatuck Neighborhood Center to offer library services every Wednesday morning at the Center. Our volunteers are available to check out books and other materials, to take book requests, provide library cards and to offer tech help. We support the Friday Back Pack Program at the PNC with donations of gently used children's books and dvds. The Stonington Village Improvement Association has added two more Little Free Library kiosks in addition to the ones at Stonington Point and at Mathews Park (across from Dodson's Boat Yard). One is at the playground by the Town Dock especially for children's books and the fourth is in the Wimpfeimer Park at the end of the Velvet Mill - a lovely spot that is a hidden treasure of our neighborhood. Our volunteers keep the kiosks well stocked and tidy.

Upcoming Programs for Children & Teens DECEMBER 18 - FEBRUARY 18

Giggles & Wiggles Story Time. Fridays at 10:30 am, 12/7 - 12/28

50 to Grow On Winter Reading Challenge for babies - age 7. Sign up opens on 12/1 for your reading log of 40 curated books and 10 free choice selections. Get a sticker for each book read and get a prize when you finish. This program runs until April 1.

Family Reading Challenge registration opens 12/1 and the program runs until April 1. This literacy challenge is for those in grades 1 - 8, as either an independent or read aloud program. There are 18 books listed and participants will receive a prize entry for each book read. A small prize is awarded for finishing 10 of the books.

Read BOLD! is a multi-generational community read connecting teens and adults around a YA book, *The Hate U Give* by *Angie Thomas*. This program is meant to serve as a bridge between teens and adults and participants can register online through Stonington High School or at the Stonington Free Library. Teens can receive a free copy of the book while supplies last and readers can qualify for great prizes. This program will run 12/1 - 4/1.

Story Times will begin on January 15 and run through April 10.

Babies - 2 on Tuesdays at 10:30 am
Ages 2 - 5 on Wednesdays at 10:30 am

Our Library Book Group meets on the 2nd Thursday of the month at 2:00 pm. Coffee, tea and cookies are served. Ask at the desk about the current book - no registration required. All are welcome! A great way to join a friendly group and have a fun discussion in the Library. Our popular Knitting Group meets every Wednesday from 1:00 - 3:00 pm - all are welcome. Bring a project to work on - everyone shares their expertise and advice.

LIBRARY HOURS

Monday, Tuesday & Thursday 10:00 am - 6:00 pm, Wednesday 10:00 am - 7:00 pm, Friday 10:00 am - 5:00 pm, Saturday 10:00 am - 1:00 pm, Sunday, closed.
Please call 860-535-0658 or email stonlib@stoningtonfreelibrary.org with any questions. Thanks to the generosity of many members of the community we have been able to restore the Friday afternoon hours through this fiscal year. Visit our new website: stoningtonfreelibrary.org, like us on Facebook and sign up for email notifications to keep up with our news and activities.

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

Visit the Mystic & Noank Library to pick up a few good reads, DVDs or audio-books. You are always welcome to stay awhile in our upstairs Spicer Reading room which features comfortable seating, a large selection of newspapers and magazines, and a cozy window nook where you can work on a jigsaw puzzle or play a game of chess. We offer a collection of over 45,000 books, DVDs and CDs and a selection of free or discounted museum passes for check-out. We host a variety of interesting, free programs for the community. Public computers, printers, scanners and a fax machine are available for use. Visit our website to access the latest list of events and activities and to sign-up for our free monthly e-newsletter.

ONGOING ACTIVITIES:

Cribbage Club	Every Thursday at 3:00 pm.
Knitters Group	2nd and 4th Tuesday of the month at 1:00 pm.
Afternoon Book Club	1st Wednesday of every month at 1:00 pm.
Evening Book Club	1st Wednesday of every month at 7:00 pm.
History Book Club	2nd Tuesday of every month at 7:00 pm.
Captain John Porter Civil War Book Club	3rd Wednesday of every month at 6:00 pm.
CLAMS (Classic Literature at Mystic) Book Club	every other Monday at 7:00 pm.

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Human Services - Information

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



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

HUMAN SERVICES TEAM:

Human Services Director

Leanne Theodore

Social Services Administrator/

Municipal Agent for the Elderly

Carol Umphlett

Youth & Family Services Administrator

Kristen King

Counseling Services

Molly Kunka, LCSW (Clinical Supervisor)

Miranda Krause-Cahill, LCSW

Maribeth Scahill

Recreation Administrator

Richard Ward

Administrative Assistant

Michelle Larese-Casanova

Receptionist

Amanda Johnson

Program Coordinators

Kristine Boisoeneau

Pete Christina

Cynthia Gardiner

Julie Holland

Preschool

Jenni Llaguno

Leslie Weber

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.recdesk.com/>.

Human Services First Annual Benefit Golf Classic Proves to be an AMAZING Success!



On Monday, October 1st, 82 golfers met at Stonington Country Club to kick off a fun day of delicious food provided by GoFish, raffles and auctions for a fabulous selection of prizes, course contests and an overall FUN day on the beautiful green at Stonington Country Club!

We could not be more grateful to report that over \$10,000 was raised to support program scholarships (preschool, summer camp, after school programs, recreation offerings and much more!); the annual winter boot program for children; and critical energy assistance benefits for our most vulnerable residents.

THANK YOU - Without the extremely generous outpouring of support from the following local businesses, organizations and private

donors, this event would not have been possible: **Please see our special "Thank you!" located on page 7 of this Events Magazine.**

THE HEALING HEART is a support group providing a safe, non-judgmental environment for those dealing with grief in their lives. Meeting the second Wednesday of every month at 6:00 pm, at Stonington Human Services. No registration necessary.

DAY TRIP TO THE BIG APPLE

On Friday, December 7th get in the holiday spirit and enjoy a day in the NYC! Full-sized motor coach leaving Stonington Human Services at 7:00 am. Leaving the city at 7:00 pm. Drop-off: Rockefeller Center and pick-up at St. Patrick's Cathedral. Fee: \$45

15TH ANNUAL CHILDREN'S HOLIDAY PARTY

Sponsored by Stonington Human Services and the Stonington Police Department from Saturday, December 15 from 11:00 am - 1:00 pm. Caroling - Visit with Santa - Face Painting - Balloon Artistry - Crafts



Human Services - Parks & Recreation

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

**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; 860 535-5015 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 their baseball field, and we have one of the finest recreational facilities in the area. Any organized non-scholastic, sport using the fields for games or practices at the Park or both middle schools, must be registered with the Recreation Division. Please contact Richard Ward at rward@stonington-ct.gov for additional information.

PLAYGROUNDS IN OUR COMMUNITY

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

Spellman Playground: Located on Spellman Drive

- Pawcatuck

Borough Playground: Located off of High Street

- Stonington Borough

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

- Old Mystic

PAVILION RENTALS

The Town of Stonington Pavilions, located behind Spellman Park Playground are available to reserve from Memorial Day to Columbus Day Weekend. Cost \$30/day. Call: 860-535-5015.

- Pizza Luncheon and other goodies! Please bring a non-perishable donation for the Pawcatuck Neighborhood Center's food pantry.

#PROJECT21

Project 21 is a partnership between Groton and Stonington to prevent underage drinking in our local area. We are offering free TIPS e-vouchers to those who serve alcohol. Get certified and keep our community safe. TIPS vouchers available for those seeking certification!



TIPS CERTIFICATION ONLINE

Leading the way in responsible alcohol service training for over 30 years... TIPS (Training for Intervention Procedures) is the global leader in education and training for the responsible service, sale, and consumption of alcohol.

Please contact Stonington Human Services if you are interested at: 860-535-5015.

Payment required for reservation; application is available online.

ADULT FITNESS & EXERCISE CLASSES

The following fitness and exercise programs are offered through the Recreation Division. All classes are held in the Community Room at Stonington Arms, 133 South Broad Street. 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 & 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. M, W, & F Join at any time! 9:00 am to 10:00 am. Monthly Fees: 1 day/week \$15; 2 days/week \$30; 3 days/week \$45. Non-Stonington Residents add \$15

CHAIR YOGA

Instructor: Michele Gardner. Relieve stress and increase flexibility and balance with this gentle approach to yoga. Poses are done either standing or with a chair and none of the movements require floor work. All skill levels are welcome. Wednesdays, 10:00 am to 11:00 am - Join at any time. Monthly Fees: 1 day/week \$15.

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Parks & Recreation... continued from page 11

HIGH SCHOOL BASKETBALL LEAGUE

As of press time, space was still available for our REC High School Basketball league. Important dates: Registration deadline 12/11/18; Team Draft Day 12/13/2018; Start of league play 12/20/18 with the schedule still to be determined. Email Richard Ward for availability at: rward@stonington-ct.gov. The league is supported with thanks to the Rotary Club of the Stoningtons.

Age: Boys and Girls at SHS Grades 9-12
Place: Stonington High School
Fees: \$40.00 – SHS Students only

ADULT OPEN BASKETBALL

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

Ages: Adults, 30+ years old
Place: Pawcatuck Middle School
Dates: Mondays, 8:00 - 10:00 pm
Fees: \$30 for the season; Stonington/Pawcatuck residents only

NFL YOUTH FLAG FOOTBALL - INDOORS

Register Now! This year we are running 5 different age brackets for our Indoor NFL FLAG FOOTBALL League. The program runs on Sundays in two, separate, 6-week sessions at the Mystic Indoor Sports arena, off of Rt. 184 in Old Mystic! 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 winter sports. There are no practices during the week. 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!

SESSION 1 - Dec 9th - Jan 13th

- High School- Must be in Grades 9-12
- Grades 2-3
- Grades K-1

SESSION 2 - Jan 20th – Mar 3rd *No games 2/10

- Grades 4-5
- Grades 6-8

**Sessions are subject to change based on registration*

Fees: \$85/Resident
\$100/Non-Resident
Place: Mystic Indoor Sports, 90 Welles Rd, Mystic

FENCING

Acquire the reflexes of a boxer, the legs of a high jumper and the concentration of a tournament chess player. Equipment for these beginner classes is provided. Participants will have access

to purchase their own equipment. Instructor Jonathan Reid has been involved with fencing for over 12 years and has coached and officiated for the sport for 10 years. Check current Session Dates/Times/Fees at: <https://stonington.recdesk.com>.

REC MULTI SPORT BLAST

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

Dates: Sundays, Jan 20-Mar 3 (no class 2/10)
Times: 1. 4 & 5 yrs: 6:00 - 7:00 pm
2. Grades K,1,2: 5:00 - 6:00 pm
Place: Mystic Indoor Sports
Fees: \$48 / Resident
\$63 / Non-Resident

GIRLS ON THE RUN

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

Age Groups:

Stonington Human Services Building

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

Mystic YMCA

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

(Grades 3-5) Mon/Wed 4:00 - 5:30 pm

Register: from 1/22/18 through 2/12/28 at: www.gotrsect.org
or <https://www.raceplanner.com/register/index/Spring2019>

INDOOR SOCCER LEAGUE

No travel, no tryouts, no stress. Just fun - recreational play with school mates and friends! The number of teams and schedule is based upon registration. Teams and game times are to be determined. Rules from the outdoor game will be modified to accommodate indoor play. Parents who are interested in helping coach a team should note so during the registration process. For additional details and any questions please call Richard Ward at Stonington Human Services 860-535-5015. Fees include a team shirt.

6 AGE GROUPS FOR BOYS AND GIRLS*

Grades 3 & 4, Grades 5 & 6, Grades 7 & 8

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

Dates: 6 Weeks: Sundays, Dec 9-Jan 13
Times: Hour long games starting at 5:00 or 6:00 pm
Place: Mystic Indoor Sports, 90 Welles Rd, Mystic
Fees: \$85 / Residents
\$99 / Non-Resident

FUTSAL SOCCER SKILL CLINIC

A Touch of Samba this winter with TetraBrazil Futsal. Stay active finetuning those soccer skills and developing new ones! Staffed by pro coaches from Challenger Sports. Fees includes ball and shirt.

Dates: 6-weeks: Sundays, Jan 20-March 3 (no class 2/10)
Ages: 3-5 yrs old 5:00 - 6:00 pm (max 16)
11-13 yrs old 5:00 - 6:00 pm (max 16)
6-10 yrs old 6:00 - 7:00 pm (max 32)

Place: Mystic Indoor Sports
Fees: \$94 /person
Register at: <https://challenger.configio.com>

INTRO TO HORSEBACK RIDING LESSONS

Winter Semester: A chance to “test the waters!” Try it out ahead of full the winter semester - an opportunity to explore the grounds, meet the staff and more than likely fall in love with the horses!

Ages: 5-13 years. Max of 3 riders
Dates: Tues/Wed, Nov 27 & 28,
Time: 4:00 - 4:30 pm

Place: Horses Healing Humans (HHH) located on Rt. 184 in Stonington.

Fee: \$50/Introduction fee

HORSEBACK RIDING WEEKLY LESSONS

Winter Semester Series: A partnership with Horses Healing Humans (HHH) - a full equestrian center located on Rt. 184 in Stonington. For youth ages 5-7 yrs & 8-13 yrs old. The weekly lessons start January 7 and run for 12 weeks. The lessons provide a structured schedule that incorporates horsemanship with small group sessions (max of 4 each time slot). Registration is ongoing and flexible. You pick the day that works with your busy schedule. Parents/guardians drop off and pick up directly at the center.

Ages: 1. 5 to 7 years
2. 8 to 13 years
Dates: 12-weeks, Jan 7-March 29
Choose your day: Mon-Fri
Times: 4:00 - 4:30 pm
Fee: \$600/12-week session

Equipment will be provided - participants are asked to wear appropriate clothing and shoes. Indoor arena is available. Registration for each time slot is on a first come / first served basis.

RIDING LESSONS - A look ahead!

Watch for these future riding opportunities or call for details
Equizen - Yoga on Horseback! Tuesday or Fridays 1:30 - 2:30 pm
Spring Vacation Riding Camp: 10:00 am - 2:00 pm, April 15-19.
Summer Riding Camp: Week long sessions in July & August 2019!

Human Services - Youth & Family Services

The programs and services that are offered by Youth and Family Services are done so as a means of promoting positive youth development and supporting improved family and community relations. Check online for up-to-date program and after school offerings at: <https://stonington.recdesk.com/>.

Stonington Human Services is pleased to offer program scholarships to resident families who are in financial need. Please contact Human Services for more information!



STONINGTON HUMAN SERVICES PRESCHOOL 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
- * Structured classroom setting with a well-balanced schedule of activities
- * Weekly curriculum themes.

continued on page 14

Youth & Family Services... continued from page 13



Tinkergarten: An outdoor class where kids learn through play! Tinkergarten provides

high-quality early childhood learning in the healthiest classroom of all-the outdoors. Each class becomes a tight-knit group of children and adults who learn together through well-designed, outdoor play-based activities. Tinkergarten helps kids develop a host of important capabilities, including empathy, collaboration, creativity, persistence and, problem-solving. The expert-designed classes and activities help kids develop core life skills while enjoying healthy, fun, engaging experiences in the physical freedom of local green spaces.

Carol is a CT certified teacher for grades k-6 and a certified educational Consultant. She is currently a stay at home mom and marketing communication manager for her husbands' company. She enjoys taking her two-year-old son on adventures by finding new places to explore and help him learn by doing and playing. To register go to: tinkergarten.com/classes/75112

Location: Spellman Park
 Age: 18 months to 36 months, with an adult
 Day/Date: April 4th to May 16th
 (No class on April 18th)
 Time: 10:15 - 11:35 am
 Fee: \$90 per child
 Instructor: Carol Schneider



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! 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!

Day/Date: Mondays
 Session Packages: 8/\$80- 4/\$50-1/\$15
 Location: Stonington Human Services
 Time: 4:00 - 5:00 pm
 Instructor: Sara Kimball

DRIVER EDUCATION at Stonington High School provided by AAA/Briarwood Driving Academy.

30+ hour classroom study and 8 additional hours of individual in-car lesson (four private lessons) in a specially equipped training vehicle. To register, call: 860-570-4239 or 800-594-0346.

Age: Must be 16 years old by the first class
 Day/Date: Mondays and Wednesdays;
 January 1-February 27th
 Fee: Classroom Only / \$250;
 Add Private In-Car Lessons / \$595



GIFTS FROM THE HEART

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

supplies are provided to create your very own handmade gifts.

Ages: Adults with children of all ages
 Dates:
 December 4 Christmas Tea Trees, Snowman Soup Gift Box
 December 11 Gingerbread Bath Salts, Christmas Sock Cupcake
 December 18 Snow Dough, Tic Tac Toe
 Time: 3:45 to 4:45 pm
 Location: Human Service Community Room
 Fee: \$30 per child participant or \$8/class

AFTERSCHOOL STEM WITH THE CHILDREN'S MUSEUM OF SOUTHEASTERN CT

The Children's Museum of Southeastern Connecticut brings hands-on activities that promote discovery, play and wonder. This program is designed to spark interest by engaging students in hands-on experiences and help them build skills such as critical thinking and collaboration. This after school enrichment classes offer students hands-on learning opportunities with some of the coolest STEM gear around! Participate in Engineering 101, Crazy Science, Energizing Electricity, Force & Motion: Rollercoasters, and more!

Ages: Grades 3 and 4
 Date: Thursdays January 24th – February 28th
 Time: 3:30-4:30
 Location: West Broad Street School
 Fee: \$100

Scholarships are available for those who qualify. Please contact Human Services for more information



NARRAGANSETT BAY

SAVE THE BAY

Join us afterschool on Mondays as we partner with SAVE THE BAY

to learn all about Narragansett Bay, the plants and animals that live there and the habitats they live in. They need your help! Topics may include: Animal open inquiry lab, watershed, internal/external anatomy of a harbor seal, sandy beach exploration, crustaceans, fish of Narragansett Bay, horseshoe crabs, birds,

salt marsh, science of seawater, plankton, weather & climate change, and geology.

Ages: Grades 3 and 4
Date: Mondays January 7th – February 15th
(no class January 21st)
Time: 3:30-4:30
Location: West Broad Street School
Fee: \$75

Scholarships are available for those who qualify. Please contact Human Services for more information.



HORSES HEALING HUMANS (HHH) PARTNERSHIP PROGRAMS

Register online at <https://stonington.recdesk.com>. All programs are located onsite

at: HHH at 340 New London Turnpike, Stonington, CT 06378.

Literacy Programs

Come, let your thoughts run wild as you get to spend time with horses and work on literacy skills at Horses Healing Humans!

Reading with Lulu - Small groups of children will take turns reading to Lulu, our miniature horse, from an equine-oriented book, followed by creative storytelling, visual and music arts. Includes Creative Writing session.

- \$125 enrollment fee for a 12-week long program (two 6-week long semesters). First semester starts November 10th and second semester starts April 6th. Saturday sessions from 10:00 am to 12:00 pm. Ages 10 - 13. Max of 10 participants.
- \$80 enrollment fee for children of veterans. Sessions will be on Saturdays from 2:00 pm to 4:00 pm. Max of 10 participants.

Creative Writing - Participants spend some quiet time in herd observation watching the horses interact with them and with each other, before settling down to create a short story each week.

- \$100 enrollment fee for a 12-week long program (two 6-week semesters) that is done in addition to Reading with Lulu. First semester begins November 10th and second semester starts April 6th. Saturday sessions from 11:00 am to 12:00 pm. Ages 10 to 13. Max of 10 participants.

Book Making - This class expands and builds upon the above. Participants will write and illustrate original story based upon equine experiences at the farm, then bind it and present at an end-of semester creative arts show.

- \$100 enrollment for a 6-week long program that will begin on Friday, November 9th as an after-school activity from 4:00 pm to 6:00 pm. Ages 10 - 13. Max of 10 participants.

Creative Composing - Participants spend some quiet time watching the horses interact with them and with each other, before settling down to create a short song each week.

- \$100 enrollment for a 6-week long program starting April 6th. Sessions will be on Saturdays from 2:00 pm to 4:00 pm. Ages 10 - 13. Max of 10 participants.

Happy Trails - Nature and Nurture combined: Students will learn important concepts about respecting nature via trail maintenance and construction.

- \$100 enrollment fee for a 12-week long program, with two 6-week long semesters. First semester starts January 5th and second semester starts April 6th. Saturday sessions from 12:00 pm to 2:00 pm. Ages 10 - 13. Max of 10 participants.

Supportive Programs

SANTA'S ANONYMOUS BOOT PROGRAM

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

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.

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Youth & Family Services... continued from page 15

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.

The Stonington Juvenile Review Board (JRB) was awarded the Juvenile Review Board Grant in the amount of \$4473 administered by the Office of Policy and Management. These funds will help support case management, and supportive programs to help youth who are involved with the Stonington JRB.



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.



Prescription Drug Drop Box at the Stonington Police Department

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



The Stonington Prevention Council has been awarded the Connecticut State Targeted Response to the Opioid Crisis grant in the amount of \$5,000 administered by the Department of Mental Health and Addiction Services (DMHAS) and the South Eastern Regional Action Council (SERAC). This funding will aide in continuing the awareness of the already established campaigns: Break the Connection and Mental Health Matters, while continuing to educate the community on treatment resources. SPC will to reach out to pharmacies, physicians, veterinarians, mental health clinics etc. to partner together to send a similar message about opioid addiction and prevention.

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COMMUNITY BULLETIN BOARD



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Youth & Family Services... continued from page 16

NEXTSayKNOW!

NextSayKnow is a prevention campaign developed by Dr. Frank Maletz. Stonington Prevention Council is adopting this message to help educate our community through a community conversation series. The conversation series will focus on educating our community on various drug trends and risky behaviors. Please watch for more details on the first community conversation about "The Effects of Vaping." "NEXTSayKNOW" a platform intended to ignite a MOVEMENT that makes a difference. One step before YOU indulge, react, give in, accept, mindlessly participate - STOP -THINK -KNOW. Be fully aware in that moment of the consequences and implications of what you put in your mouth, your nose, your veins. KNOW - NOW. Decide wisely! ACT factually in your best interest."
- Dr. Frank Maletz



COMING SOON! Facilitated by the professionally trained and certified staff of Assured Safety LLC

PET SAFETY

This course teaches students how to be prepared for emergencies

that involve a cat or a dog and how to protect themselves and the animal from further harm, injury or suffering during emergencies by teaching prompt, effective first aid actions and care.

Content Taught:

- Approaching an injured animal.
- Stopping bleeding, splinting broken bones, and treating for poison.
- Safely transporting an injured pet.
- Creating a pet first aid kit
- How to have a healthy and happy pet.

HEARTSAVER CPR/AED FOR CHILDCARE PROVIDERS

This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory or other requirements.

PLUS... Pediatric First Aid

This optional module will immediately follow the above course and will include the pediatric supplement required by the CT Department of Public Health for certified childcare providers.

Human Services - Social Services

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



DO YOU QUALIFY FOR ENERGY ASSISTANCE?

Stonington Human Services has maintained a local fuel bank for the best part of twenty years now, participating with Operation Fuel,

TVCCA, and United Way energy assistance programs. Income guidelines for the TVCCA program caps at 60% of the State Median Income (CHAP). Assistance amounts are based on established guidelines regarding family size and vulnerability. For example, a household of four qualifies if their total income is no more than \$67,530. Now accepting applications! Deliveries started until November 14, 2018 and will continue until March 15, 2019. Call 860-535-5015 for an appointment.

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

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

LIFE COACHING

Sustaining self-sufficiency is at the core of maintaining one's housing, employment, and self-esteem. Are you ready to take 110% responsibility for your life and move yourself from your current situation to wherever it is you want to be? Call us for information on our life coaching program that offers goal setting, skill building, and accountability tools to help you achieve all the success you desire.

UNITED WAY MOBILE FOOD PANTRY

United Way's Mobile Food Pantry makes a stop in the Stonington Human Services' parking lot (and in the high school cafeteria from November - May) on the first Monday of every month from 5:00 - 6:00 pm. The pantry offers fresh fruits and vegetables, meat or other protein (eggs, beans, etc.) and more. There is no application process; those in need are simply asked to bring a photo ID and bags each time they visit

the pantry. Call 860-535-5015 for more information, or if you have an interest in volunteering.

SNAP OUTREACH

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

2-1-1 BENEFITS SURVEY

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

CT NETWORK FOR LEGAL AID

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

CT DENTAL HEALTH PARTNERSHIP

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

EASTERN CT TRAVEL VOUCHER PROGRAM

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

STONINGTON SEAT BUS

The Stonington SEAT bus travels to and from Mystic Village to the I-95 commuter lot in Pawcatuck. A total of twenty stops are included on the route. The bus is equipped with a wheelchair lift. The bus is available Monday through Friday, between the hours of 7:15 am and 4:57 pm. The cost for a one-way trip is \$2.00 (or \$4 to ride all day!) with reduced fares of \$1.00 for seniors and the disabled, and \$1.65 for youth.

Stonington Human Services has bus schedules available and tickets for income eligible residents. SEAT can be contacted at: 860-886-2631 or online at www.seatbus.com.

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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.

FRIDAY LUNCHEON SERIES

From October to May each year, seniors are invited to join us for lunch, one Friday per month, from 12:00 - 1:30 pm at various local venues. This very popular program includes a delicious meal, followed by a brief educational presentation or entertainment.

Dec 7th	Latitude 41 w/" Songbird" Judy Hall
Mar 1st	Babcock Smith House w/presentation
Apr 5th	Go Fish w/speaker
May 3rd	84Tavern on Canal w/entertainment
May 24th	Enders Island w/free time to explore the grounds

Register at Stonington Human Services 860-535-5015
- \$17.50 per event

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!

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

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

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

AARP DRIVER SAFETY PROGRAM

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

YELLOW DOT PROGRAM

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

FILE OF LIFE

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

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

Visiting Nurse Association of Southeastern Connecticut - Time to Winterize



Winterizing our homes and our cars is routine for those of us living in the northeast. But how often do you think of winterizing your body? The cold temperatures and the environmental changes in winter tend to cause changes to our skin and mucus membranes. Dry skin and cracked lips are common in winter and the treatment is simple-apply moisturizing

lotions and lip balm. Regular moisturizing will prevent the cracked and painful areas.

Our diet tends to change as well. As we find fewer fresh fruits and vegetables and turn to heavier comfort foods we put on a few extra pounds. Winterize your diet by adding whole grains and using the fruits and veggies that are available year round such as apples or frozen fruits. Leafy greens are important foods to add through the winter. And top on the list, be sure to keep your water level up! Drinking plenty of water will help with the dry skin and mucus membranes.

Last but certainly not least pay attention to your mood! Many folks begin to feel depressed or less productive as the days become shorter and darker. Make a plan to get out in the daylight for a walk or to soak up some of that winter sun when it appears. Exposing the face and hands to the sun can still help absorb vitamin D.

Stay safe and protect your body as carefully as your car!

Mary Lenzini, BSN, MA, CHCE
- VNASC



To download community and emergency notifications information visit:

www.stonington-ct.gov/pages/stonington-alerts

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Pawcatuck Neighborhood Center



Due to popular demand, the PNC will be increasing its hours from 8:30 am to 4:00 pm, Monday through Friday. Beginning in January, it will also be open on Saturdays, 9:00 am to 1:00 pm and Thursdays until 7:00 pm. New hours will allow residents to receive free items from the PNC Food Pantry, Pet Shoppe, Clothing Closet, Daily Living Program and Keeping Babies Warm and Well. In addition, additional hours are available to drop off donations of food, clothing, personal hygiene items, diapers and pet food.

Families with children who receive free or reduced school meals, will be able to pick up food from the Weekender Backpack Program on Thursday evenings or Fridays. Utilities and SNAP assistance will be available during the week.

In December, children can receive Christmas gifts through the Donor Angel program. Parents provide their wish lists to the PNC, and Donor Angels buy the gifts and bring them to the PNC for distribution. If your child would like to be part of this program, stop by the PNC at 27 Chase Street. If you would like to become a Donor Angel contact susan@thepnc.org.

Turkey baskets will be available for pick up or delivery.

Our Senior Center offers painting, writing, arts and crafts, dancing, Zumba, Book Club, Wii Bowling, tai chi and yoga and cooking classes.

Persons over age 60 are eligible for free transportation to the PNC, medical appointments, shopping, pharmacy and bank.

All information found at: www.pawcatuckneighborhoodcenter.org or by calling 860-599-3285.

New Writers in Residence at James Merrill House



The James Merrill House is welcoming two fellows as writers in residence during its fall-winter season. Jordan Jacks hails from New Braunfels, Texas, and studied poetry at Yale before receiving his MFA from Washington University in St. Louis. He's currently completing his first novel and a collection of stories. Sigrid Nunez was born in New York City, the daughter of a German mother and Chinese-Panamanian father. She is the author of seven acclaimed novels-most recently *The Friend*, a finalist for the 2018 National Book Award-and has contributed essays to *The New York Times*, *Harper's* and *The Paris Review*.

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Jordan Jacks
Photo by Curt Richter



Sigrid Nunez.
Photo by Marion Ettinger.

Both will give readings during their stay in Stonington:

SATURDAY, December 8, 2018: Jordan Jacks reads from his work at the Stonington Free Library, 5:00 pm

SATURDAY, January 19, 2019: Sigrid Nunez reads from her work at the Stonington Free Library, 5:00 pm

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

SIGN UP NOW FOR FREE MUSIC / DRAMA PROGRAMS FOR GRADES 4-12.

The LUNCH Ensemble works with kids to present music and stage productions that 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 concerts. We 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 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 and spring events.

Stonington Bears Youth Lacrosse

Stonington Bears Youth Lacrosse (formerly Stonington SEALS Lacrosse) offers Stonington and neighboring towns kids ages kindergarten to 8th grade the opportunity to learn lacrosse. Stonington Bears Youth Lacrosse teaches the value of respect, fairness, teamwork, communication, responsibility, truthfulness, non-discrimination, honesty and integrity. In February, we start indoor practices and outdoor practice in begins in April. Our season lasts through the end of the school year. Visit: www.stoningtonbearslacrosse.org for more information.

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Connecticut Cancer Foundation - John & Jane Ellis by Sigrid Kun

An enduring promise to help Connecticut cancer patients and their families.

The story of John and Jane Ellis is one of love, inspiration and dedication. She says he had the vision. He says she's the angel who does everything. Together, they are strong individuals who never wavered since John made a most solemn promise.

Born in New London, John was a high school standout in football and baseball. He went on to a 13-year major league baseball career. The catcher debuted in 1969 with the New York Yankees (1969-1972), hitting a home run in his first at bat. He also played for the Cleveland Indians (1973-1975) and Texas Rangers (1976-1981).

A routine life insurance examination revealed a spot. He had been a picture of health - jogging 10 miles a day. At age 38, the 1971 Topps All-Star Rookie had Hodgkin's lymphoma. He had already lost a brother, sister and sister-in-law, each to cancer. "Sitting there in the hole, getting your juice, and breaking it down. I made a deal," explains John. "If you let me live, I'm going to do this. I said I'd dedicate my whole life to the needs of the needy."

That was 1987. Together, the couple started a foundation whose mission has remained steadfast - to provide financial assistance to Connecticut cancer patients and their families and to fund cancer research. He is the Chairman/Founder. She is the President and Executive Director. The formula is simple. Many individuals affected by cancer struggle with basic living necessities. The foundation is there to help.

Oncology social workers in Connecticut provide referrals to the foundation. Applications are reviewed each Monday, with grants made within a week - an unheard of turnaround. If there is an emergency, they will do what they can right away. "It's all local. "You know where the money is going and that makes us unique," notes Jane. To date, the foundation has provided almost \$6 million in financial assistance to CT families and over \$2 million to lymphoma research. A \$7 million endowment ensures its future.

Their signature fundraiser is an annual celebrity dinner first held in 1988 at the Groton Motor Inn. Mickey Mantle, Whitey Ford and Billy Martin were there. "It was like a group of friends, getting together and telling stories," relates Jane. "It was special." The event raised \$100,000. At the end of the evening, Mickey observed "I hope this foundation goes on forever."

The event has grown markedly and is now hosted by a key corporate partner, Mohegan Sun. The next celebrity dinner will be held on February 8, 2019. The list of attendees are a testament to the relationships/trust that the couple forged over the years: Don Zimmer (who once released John), Yogi Berra, Derek Jeter, David Ortiz, Hank Aaron, Carl Yastrzemski, Joe Torre, Reggie Jackson, Mariano Rivera, and Roger Clemens. There are new fundraising initiatives: Cycle Against Cancer,



Left, John and Jane Ellis. Below, from the left, Derek Jeter, Didi Gregorius, Tommy Kahnle and David Robertson attending the 2018 Celebrity Dinner at Mohegan Sun.



New location, right, at 15 North Main Street in Old Saybrook.



the Fishing Against Cancer tournament, and a Speakers Program. And there is assistance for ILROG - the International Lymphoma Radiation Oncology Group. "We're global in nature but local in giving," observes John.

The foundation recently (July 2017) opened its new location at 15 North Main Street in Old Saybrook. Every aspect of the new facility focuses on the foundation's mission. There is a Hall of Fame. "It's a museum piece," says John. "A tribute to some of the wonderful baseball players who helped literally to build the foundation." There is an art gallery to hold exhibits benefitting the foundation. "It's the infrastructure for the next 30 years," says Jane.

John and Jane have assembled plenty of stories. John laughs over that second celebrity dinner when Joe DiMaggio wouldn't sign memorabilia Whitey Ford brought along for him to sign. Yogi Berra successfully intervened. And then there was a single mother whose child was suffering from a rare cancer. "I'll never forget that for the rest of my life," recounts Jane. "They were homeless. She didn't know how to feed her children that evening. We gave her \$2,000. That gave her hope. We continued to help her. We got furniture... I had John schlep it all in his truck."

Thirty years ago, the couple wondered if they'd still be needed. Surely, cancer would be beaten already. "Our mission is more relevant today than 30 years ago," explains Jane. "Everyday expenses...it's so much more expensive to live. Our help is needed more than ever." "There's plenty of work here," adds John. "We look forward to making sure the foundation goes on and on."

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37 CASTLE HILL RD. STONINGTON \$399,900

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13 ALDEN ST MYSTIC \$475,000

Newly renovated 3 bedroom 2 bath home in the heart of Downtown Mystic. Located at the end of a quiet, dead-end street, this home that sits out of the flood zone offers great privacy. As you pull into the over-sized crushed stone driveway notice the freshly painted cedar siding, new roof, new windows and a beautifully landscaped yard including a small front porch and large rear patio. Upon entering the home you will be delighted by the open floor plan that seamlessly transitions between living, dining and kitchen. The kitchen has been completely remodeled with white shaker cabinetry, granite counters and stainless appliances, anchoring the main level. Adjacent to the kitchen is a first floor master bedroom with a full tiled bath and main level laundry. Two additional and generous sized bedrooms along with another full bath and tiled tub are located on the second floor. Further adding to the ease of ownership this home offers: hardwood floors running throughout; updated electric with led lighting; new propane fired furnace; updated plumbing and insulation. If you are looking to own in Mystic, this home is not to be missed.



43 DENISON AVE. MYSTIC CT \$399,900

Own a piece of Historic Downtown Mystic. The large front porch and perfectly manicured grounds welcome you into the property. The garage (a rare find in Downtown Mystic) provides extra storage for bikes, kayaks or a covered location for your car. Impeccably maintained and cared for, this home has maintained all of its architectural charm including wide-board flooring, cozy built-ins and original window glass. Although a perfect example of 19th century history, this home also offers the modern conveniences of stainless steel appliances, granite countertops, a gas fireplace and an irrigation system to help with lawn maintenance. Perfectly located just steps to the Mystic Seaport, Downtown's shopping, restaurants and the train station, this home offers you the true Mystic lifestyle with easy access to NYC and Boston.