

# Madison events

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# Selectmen's Corner

## WHAT'S HAPPENING IN THE FALL

As summer winds down, the action in Madison only grows. Long Island Sound waters are at their warmest in September and beachgoers enjoy the tranquility of late summer. The school year starts up, this year AFTER Labor Day, so the kids get a longer summer break, and with it the many activities in which the students are involved. There is a full schedule of sporting events including Madison's own "Friday Night Lights" football games as well as soccer and cross Country. Youth sports are in abundance as the leagues crowd everyone's schedules on Saturdays and Sundays. Clubs and other activities as well as school Open Houses will keep parents busy. It's easier to get a table in our great restaurants, since the summer crowds are gone.

On Labor Day Weekend the Rotary Club will once again host their annual "Carnival" at the Academy Fields. Rides, games and food are the highlights of this well-attended event. Our farmers' market attendees will continue enjoying the abundant late-summer harvest from local farms into October.

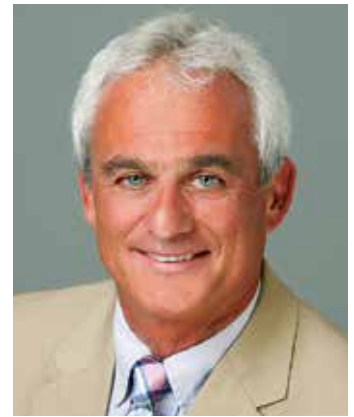
Later in the fall we'll have "Trunk or Treat," our few years old tradition of gathering on the Green for a safe and fun Halloween celebration.

## DOWNTOWN CENTER PROJECT UPDATE

This early autumn, we hope to see the completion of the Madison Center Project as the new light posts are illuminated and the unsightly utility poles and overhead wires are removed.

## THE ARTS IN MADISON

The Sculpture Mile remains as an attraction to visitors to Madison who can wander around town or get a guided tour. Arts Center Killingworth's Annual Outdoor Autumn Arts Festival will be held on Saturday and Sunday October 10 and 11, and they are seeking artists in all media to exhibit on the Madison Town Green. The Madison Lyric Stage will present Aaron, Lenny and Friends on the Town on Friday & Saturday, September 23 & 24 at 7 pm and Sunday, September 25 at 4 pm. They will present Blithe Spirit by Noël Coward on Friday & Saturday, November 4 & 5 and Friday & Saturday, November 11 & 12 at 7:00 pm - both at a location to be determined.



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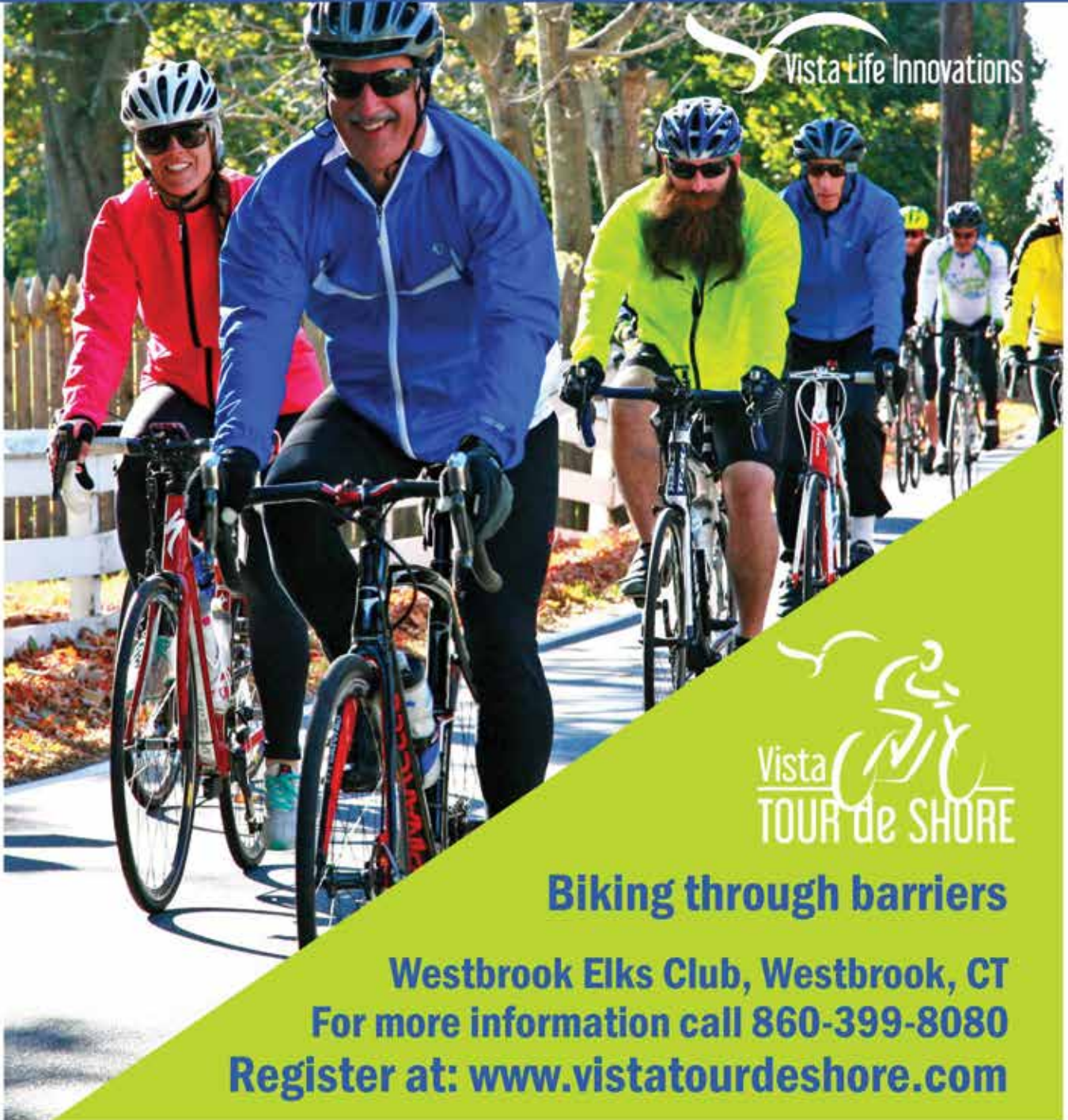
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# Madison Land Conservation Trust and Bauer Park Fall Events

Saturday, September 3, 8:30 pm.

## CREATURES OF THE NIGHT, BAUER PARK

Take an evening field walk with John Himmelman, author of *Night-Singing Insects of the Northeast* and many other natural history books. Come look (and listen) for katydids, coneheads, tree crickets and other night-singing insects. Learn how to identify them by their calls and get some up-close looks at these cryptic critters. Bring a flashlight, and meet in the parking lot by the Bauer farmhouse at 257 Copse Road.



Join the International Coastal Cleanup at the Surf Club on September 24th.

Saturday, September 24, 10:00 am - 12:00 pm.

## INTERNATIONAL COASTAL CLEANUP, SURF CLUB

Join the world's largest cleanup event by participating in the 31st annual International Coastal Cleanup at the Surf Club. Each year thousands of volunteers from around the world take part in this international effort to document coastal debris and promote a cleaner environment. This annual event makes our beaches cleaner and removes potential deadly hazards to marine life.

Along with picking up trash, we will record the types and quantities of debris removed. The Ocean Conservancy and Save the Sound will use this data to better understand what types of materials are polluting our beaches.

Biodegradable trash bags, gloves, data cards, pencils and educational information will be provided. After the beach has been cleaned, we'll pull a seine net through the water to collect and learn about some of the marine life that we helped to protect. For all ages. Children must be accompanied by an adult. Beach Captain: Julie Ainsworth

# WRIGHT'S

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**Saturday, October 15, 11:00-3:00 pm.**

**BAUER PARK HARVEST FESTIVAL**

Fun for all ages! Food, music, old-fashioned games, crafts, pony rides and more.

**Sunday, October 16, 7:00 pm.**

**AUTUMN MOONLIGHT WALK, SURF CLUB**

Bring a flashlight and join an evening stroll on the Garvan Trail at the Surf Club. As always, a bagpiper will lead the way. After the walk, refreshments will be served in the Surf Club building, and members of the Astronomical Society of New Haven will set up telescopes for viewing the moon, planets and stars in the night-time sky.

**Sunday, November 6, 1:00 pm.**

**AUTUMN HIKE, MICA LEDGES TRAIL**

This is one of the area's most challenging and interesting trail systems, maintained jointly by the Middlesex and Madison Land Trusts. Be prepared to hike up granite ledges to enjoy spectacular views, and across streams to the edge of a beautiful pond. Dogs are welcome, but must be on a leash. Meet at the trailhead on Cream Pot Road in Durham.

**Wednesday, November 16, 7:00 pm.**

**LAND TRUST ANNUAL MEETING,  
MEMORIAL TOWN HALL**

Dr. Kealoha Freidenburg, of the Yale School of Forestry & Environmental Studies, is studying amphibians living on Madison Land Trust properties to learn how they are impacted by suburban environments. Come hear about her surprising discoveries at the Land Trust's annual meeting. Refreshments will be served.

Find Madison Land Trust trail maps and directions at [www.madisonlandtrust.org](http://www.madisonlandtrust.org).

Visit [www.madisonct.org/recreation](http://www.madisonct.org/recreation) or the Madison Beach & Recreation office to read about and register for Fall classes at Bauer Park. Educational programs can also be arranged for school, scout and community groups at Bauer Park, Rockland Preserve and the town beaches.

Questions? Call 203-245-5623.

See event updates at [www.facebook.com/madisonlandtrust](https://www.facebook.com/madisonlandtrust) and [www.facebook.com/bauerparkmadisonct](https://www.facebook.com/bauerparkmadisonct).

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# Beach & Recreation Department News



Please visit our website  
[www.madisonct.org/recreation](http://www.madisonct.org/recreation)  
to see a complete listing of our  
program offerings.  
Please call us with any questions.  
(203) 245-5623 – M-F 8:30 am  
to 4 pm.

## MADISON YOUTH RECREATIONAL BASKETBALL LEAGUE

2016 Madison Beach & Recreations Youth Basketball League  
Separate League for boys and girls entering grades 3-8.  
Divisions breakdown are Grades 3 & 4, Grades 5 & 6,  
Grades 7 & 8  
Kindergarten and First and Second Grade clinics will also be  
available  
Registration is in Sept., Games are in Dec., Jan., and Feb.  
More information will be available in Sept. on our website:  
<http://madisonct.org/507/Programs-Forms>

## BAUER HARVEST FESTIVAL

**Saturday, October 15, 2016 – 11 am-3 pm**  
Special events scheduled include pony rides, hay rides, old  
fashioned games, food, cider pressing, and more. Music by the

Shoregrass Band. Free family event. Bauer Park is located at 257  
Copse Road, Madison.

Volunteers are still needed for this year's Harvest Festival. Plan-  
ning meetings are being held throughout the year. If you are  
interested in becoming involved please contact Carrie Gazda,  
Recreation Supervisor at 203-245-5623 or by email [gazdag@madisonct.org](mailto:gazdag@madisonct.org).

## HOLIDAY TREE LIGHTING

**Friday, December 2, 2016 – 5:30 pm**

Join us at the old Memorial Town Hall, by the green, to help light  
the tree and sing some carols. Troop 490 will also be providing hot  
chocolate and helping us light our candles for the candle lighting  
ceremony. We all want to enjoy the Tree Lighting Ceremony but  
ask parents not to let their children go up on stage. The winners of  
the Tree Lighting Contest should be the only children up on stage  
at this event. Thank you in advance for your cooperation!

## TREE LIGHTING CONTEST:

Our Annual Tree Lighting Contest begins November 1, 2016.  
Draw or paint a picture of what the holidays mean to you. Three  
children will be chosen out of the entries to help Santa and our  
very own First Selectman light the tree on the Town Green. Ages  
will vary from young to old.

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**Tree Lighting Contest Rules:**

Entries should include the following:

1. Child must be a Madison resident.
2. Artwork must be child's own work. Parents should not help.
3. Child must be able to go up on stage and state their name.
4. Entries will be disqualified if not done by child. Ages up to 13 will be accepted.

5. All entries must include name, age, valid email address, home address and phone.
6. Form can be picked up in the Recreation Office beginning November 1st or may be downloaded from our website [www.madisonct.org/recreation](http://www.madisonct.org/recreation) beginning November 1.

All entries must be turned in to the Madison Beach and Recreation Office by 4:00 pm on November 25th, 2016.

## The Madison Art Society



The Wanderer by Jay Babina, acrylic

The Madison Art Society will hold an Elected Artist Show October 2-28, 2016. This will be the first time the society has recognized its elected artists with a separate show. Elected Artist status is earned by having one's work selected for two juried shows within a 5 year time frame.

The exhibition and sale will be held in the Community Room of the Scranton Memorial Library, 801 Boston Post Road, Madison, CT. The public is invited to meet the artists at the opening reception on October 13 from 5-7 pm.

The Madison Art Society's 250 members are dedicated to the support of the arts along the shoreline. The society offers its members a variety of exhibition venues throughout the year. An active plein air group paints outside during warm weather and a studio group paints inside during the winter months. Artist demonstrations and lectures, part of the society's educational outreach, are held seven times a year.

To learn more about membership or upcoming events visit: [madisonartsociety.blogspot.com](http://madisonartsociety.blogspot.com)



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# The Madison Arts Barn



The Madison Arts Barn is a youth center and creative hub for teenagers to express and explore a multitude of interests. Teens

and pre-teens (grades 5th through high school) from all over the shoreline area can participate in programming designed to provide instruction, encouragement, and entertainment through the Arts. Better known as just "The Barn," is located on the Madison Town Campus just past the police station, up the hill, in the woods, on the right. Town Campus is off of Old Duck Hole Road, less than a mile from Exit 62 on I-95 and the Hammonasset connector intersection. A full description of programming and registration can be found at [www.madisonartsbarn.org](http://www.madisonartsbarn.org).

## SEPTEMBER EVENTS:

- 11th – 2:30-3:30 pm**    **Informational meeting for Vibrations** – A middle school Show Choir run by award winning and nationally ranked members of Daniel Hand VIBE show choir.
- 11th – 4– 5 pm**        **Informational meeting for Teen Talk TV** – A cable TV series run by local teens. Anyone interested in writing, filming, producing, editing, acting or marketing for this TV series come and find out more. Some paid positions available.
- 18th – 4-6 pm**        **5th Grade Back to School Bash** - Great Music, Interactive DJ, Games and Fun!
- 20th – 5:30 – 7:30 pm**    **Auditions for the Fall Play** – Check out the website for details.
- 23rd – 7-10 pm**        **6th Grade Dance** - Great Music, Interactive DJ, Games, Neon lights and Fun!
- 25th – 4 – 6 pm**        **Auditions for the Fall Play** – Check out the website for details.

The Barn is always looking for enthusiastic people of all ages who share our vision. All types of experience and talents are needed including but not limited to creative, organizational skills, marketing, film production, lighting, sound, theater, and almost anything else. In addition to needing volunteers, the Barn also

hires high school students and adults for events, productions and special projects. If interested in volunteering, becoming a Board member or seeking part time employment email us at [madisonartsbarn@gmail.com](mailto:madisonartsbarn@gmail.com). Hope to see you soon at The Barn!



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# Hammonasset Festival 2016



**NEW LOCATION: GUILFORD FAIRGROUNDS, GUILFORD, CT**  
 The 6th Hammonasset Festival will take place on Saturday and Sunday, October 1 and 2.

Because of planned construction throughout Hammonasset Beach State Park, this year's festival will be held at the Guilford Fairgrounds, located at 111 Lovers Lane in Guilford. The Fairgrounds offer a larger event space with ample free parking and protection from the wind, in a comfortable outdoor setting.

This popular event honors Native American culture and tradition and celebrates the Natural World. Returning for multiple performances each day will be "Celtic Indian" Arvel Bird, international award-winning recording artist, as well as the Native Nations Dance Troupe led by Erin Meeches. There will be an opening

blowing and smudging ceremony at 10:30 am on both days.

In addition, the Festival features authentic Native American art and crafts, music, dance and food; live wildlife shows; museum outreach programs and environmental exhibits; and the ever-popular New England Atlatl Championship.

Admission is \$5/person; children under 12 are admitted free. Pets are not permitted. Participating vendors and exhibitors must be pre-approved and pre-registered.

**Saturday and Sunday  
 October 1-2, 2016 / 10 am to 5 pm**

Contact:  
**HammonassetFestival@gmail.com**  
 for more information. The Hammonasset Festival is presented by Friends of Hammonasset, a 501(c)(3) non-profit organization.

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# The Madison Historical Society



Limited edition illustration by Robert Karr entitled "Nieuports of Lafayette Escadrille."

The Madison Historical Society and the Charlotte L. Evarts Memorial Archives (CLEMA) opened a joint exhibition on July 30 to commemorate the centennial of the First World War.

The collaborative effort, titled *Over Here, Over There: Madison in World War I*, tells the story of the town and its inhabitants during the Great War. The individual stories of Madison people, both military and civilian, who served overseas or at home, are the central focus.

The exhibit, open on Saturdays through November 27, will have two main venues: the exhibition hall at Lee's Academy and a companion installation at the Memorial Town Hall.

The exhibition explores such key

themes as attitudes to the war and neutrality, political censorship, the rise of the media, the propaganda machine, the art and music that flourished at the time, and the post-war experience. It features artifacts culled from both organizations' collections.

The Scranton Memorial Library and other town institutions will offer musical performances, lectures, book discussions, and film screenings throughout the year. These events will enhance visitors' experience and deepen their understanding of the impact of the war on Madison.

Bob Gerard, CLEMA board president, will launch the programming in October with a talk on Madison native Paul Pavelka who was part of the Lafayette Escadrille, an elite

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French air force composed largely of American volunteer fighter pilots.

Readers interested in learning more about the Great War will enjoy the book discussion series with Mark Schekner, Associate Dean of Yale College, to be held at Scranton Library in the fall:

**Thursday, Nov. 10**

A Farewell to Arms  
(Hemingway: 1929)

**Thursday, Nov. 17**

All Quiet on the Western Front  
(Remarque: 1929)

**Thursday, Dec. 1**

Poems by British soldiers of World War I  
(Handout)

**Thursday, Dec. 8**

Regeneration (Barker: 1991)



Detail of WWI khaki cotton field jacket c. 1918

Music historian Rick Spencer will offer songs from the war at a musical presentation to be hosted in November.

The library will also offer screening of films later in the year.

For more information on the joint exhibition and the many events planned, visit [www.madisoncthistorical.org](http://www.madisoncthistorical.org) and [www.evartsarchives.org](http://www.evartsarchives.org).



Photo of Paul Pavelka Jr.- Madison native who served in the Foreign Legion and was a member of the Lafayette Escadrille.

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# Madison Public Schools Information



Welcome back!  
The Madison Public Schools is pleased to provide the following information:

**FIRST DAY OF SCHOOL:**  
**Tuesday, September 6, 2016**

Polson Middle School's **new hours will be 8:00 am. – 2:38 pm.**  
In the event of a delayed opening, start time will be 10:00 am; early dismissal will occur at 12:00 pm.  
Visit our website for all your back to school information:  
[www.madison.k12.ct.us/back\\_to\\_school](http://www.madison.k12.ct.us/back_to_school)

## Some important dates to keep in mind:

### ALL ELEMENTARY SCHOOLS

**Orientation: Thursday, September 1, 2016**

Grades K-2: 12:30 – 1:15 pm.

Grades 3-4: 1:45 – 2:30 pm.

**Open House: Wednesday, September 21, 2016**

Grades K-2: 6:00 – 6:45 pm.

Grades 3-4: 7:15 – 8:00 pm.

### BROWN MIDDLE SCHOOL

**Orientation: Wednesday, August 31, 2016**

Grade 5: 9:00 – 9:45 am.

**Open House: Wednesday, September 14, 2016**

Grade 5 & 6: 6:30 – 8:00 pm.

### POLSON MIDDLE SCHOOL

**Orientation: Wednesday, August 31, 2016**

Grade 7: 10:15 – 11:15 am.

**Open House: Thursday, September 29, 2016**

Grade 7 & 8: 6:30 – 8:00 pm.

### DANIEL HAND HIGH SCHOOL

**Orientation: Friday, September 2, 2016**

Grade 9: 2:00 – 4:00 pm.

**Open House: Thursday, September 15, 2016**

Grade 9: 6:00 – 8:00 pm.

The district is also pleased to announce changes to the school lunch program. There will be a wider variety of food choices at all levels, as well as larger portion sizes for students at our secondary schools. In addition, breakfast options will be expanded, including bagels from Cohen's Bagels at Polson Middle School and Daniel Hand High School. Free and reduced lunch will continue to be provided to qualified families and a **new point of sale system** will be used to grant parents improved web access to view their child's lunch choices.



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# Big Changes In Store for the Madison Public Schools Cafeterias



There are some huge changes coming to the Madison Public Schools cafeterias this September. The District has decided not to participate in the National School Lunch Program (NSLP). While still committed to providing wholesome, nutritious meals, the District is no longer

subject to the restrictions associated with the NSLP. Changes at the elementary schools and Brown Middle School will be modest, primarily improved pizza and pasta with more age appropriate portion sizes.

The biggest changes will occur at Polson Middle School and Daniel Hand High School where there will be some great new bread choices including Cohen's Bagels and fresh baked breads from Chaves Bakery delivered daily. Try these for breakfast or lunch with our Boar's Head Deli meats, new larger burgers, and daily special paninis. Salads featuring whole grain-based proteins will add to our vegetarian and vegan offerings.

Daniel Hand High School will unveil a new Latin station: Sono, which will feature made to order burritos, quesadillas and taco salads.

All schools will still offer lots of fresh fruits and veggies at every meal, with an emphasis on produce from local Connecticut farms when in season. Soups are back on the menu as well. Snacks and desserts are better too. We will have lots of fresh baked items made right here in our cafeterias, and a larger assortment of chips and cookies will be available.

Check out our website for menus and great new specials. Be sure to follow the Madison Cafeterias Instagram!

<https://www.instagram.com/madisoncafeterias/>



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# Back to School: A Handy Health & Safety Checklist

By Killingworth Pharmacy

It's just about that time again. Time to switch from swimsuits to school clothes and from beach bags to backpacks. That's the easy part. What about preparing your child to have the healthiest and safest school year possible?

## HERE'S A HANDY CHECKLIST TO HELP.

### 1. Schedule medical, eye, and dental checkups.

Before school starts, check with the pediatrician to see if your child needs any immunizations. Vision and hearing tests are also a good idea, although schools perform hearing tests during certain grades. If your child is playing sports, ask the pediatrician whether a special checkup is needed. With certain sports, concussions can be a serious problem. Talk to the doctor about ways to protect your child.

### 2. Organize your child's medical history records.

Provide copies to your child's school or daycare providers. I can help you pull some of this together, but the list should include your child's:

- Prescription medications
- Medical problems such as asthma or allergies
- Previous surgeries
- Emergency contacts

### 3. Communicate about transportation.

Some kids get dropped off and picked up by parents. Others carpool. Still others walk, bike, or take the bus. And, of course, teens may have their own wheels. Regardless, it's important that your kids be—and feel—safe getting to and from school.

- If you or another adult picks up your child, agree on a time and place for pickups. Explain what to do if the driver is running late.
- If your child walks or bikes, do a dry run and explain any potential traffic hazards.
- If your child or teen takes the bus, find a safe route and agree on a visible pick-up and drop-off spot. Ideally, this is a place where other kids are around and adults can clearly see them.
- If your teen drives to school, be crystal clear about safe driving—including ditching that teen temptation: texting while driving.

### 4. Create an emergency plan in case anything goes awry.

In fact, make sure your child knows what to do in an emergency—whether at home or at school or anywhere in between.

## NUTRITION AND EXERCISE

Remember that there's more to school than hitting the books.

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For example, good nutrition and exercise are essential for brain health. Here are a few other reminders:

- Be consistent about bedtime and wake-up times. Growing kids need at least 8 hours of sleep—and teens need even more.
- Make homework a habit by having clear routines. But don't overlook free time and friend time.
- Explain ways to prevent infection such as by regularly washing hands and by not sharing hats or other clothing. That's one way lice get around!
- Keep lines of communication open. Listen for signs of bullying or other concerns. Many parents find that car rides are a great time to have nonthreatening conversations with their kids. Contact the school if a problem like bullying does arise.

#### NOW ABOUT THOSE SCHOOL SUPPLIES....

Come by the store to stock up. And while you're here, we can talk over your health and safety plans for the school year.

*Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.*

#### SOURCES

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2. EmergencyCareForYou: Homework for Parents—Your Child's Back-To-School Health Checklist.  
Available at: <http://www.emergencycareforyou.org/Health-Tips/Child-Emergencies/Homework-for-Parents-%E2%80%94-Your-Child-s-Back-To-School-Health-Checklist/>  
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3. National Association Of School Nurses:  
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# Vista Graduates Celebrate New Beginning



Vista's Class of 2016 graduated in a ceremony at Westbrook High School on Friday, July 15.

Smiles, laughter and tears of joy were a common sight at the Westbrook High School auditorium on July 15 as 15 students from Vista Life Innovations—a nationally accredited education program for individuals with disabilities—celebrated the start of a new life chapter during a graduation ceremony.

Graduation is a significant milestone in the lives of Vista students that acknowledges the independence and success they worked

hard to achieve in the Discover Program, Vista's transitional program. More than 175 people attended this year's ceremony, including family, friends, community members and elected officials.

"I'm extremely confident in what you're going to accomplish going forward as you move into this new phase of life," state Rep. Devin Carney (23rd District) told the graduates. "There's really no end to your possibilities, so go forth

into the world and do wonderful things."

Joining Carney at the ceremony were state Rep. Noreen Kokoruda (101st District) and state Rep. Sean Scanlon (98th District), who was there in his capacity as Director of Community Affairs for U.S. Senator Chris Murphy.

This year's commencement speech was delivered by Keynote Speaker Joseph Comerford, executive director of the Estuary Transit District. Comerford, who began his career with the ETD in 2009, became a friend and supporter of Vista after getting to know the many students and members who utilize the 9 Town Transit buses daily. "I have the pleasure of working with Vista staff and members on a regular basis," Comerford said. "They add to our community with their strong sense of giving back and are a part of what makes the shoreline a great place to live."

With campuses in Madison, Westbrook and Guilford, Vista has been providing services and resources to individuals with disabilities for over 26 years.

## The Cemetery Project

In general, there are three types of cemeteries in Connecticut: Private, municipal and religious.

Madison has 6 cemeteries, five of which are still active. The largest and most active cemetery is West Cemetery on the Boston Post Road, of which one-half is municipal (the front portion on the Post Road) and one-half is private. This is not to be confused with West Cemetery. The West Side Cemetery on Race Hill Road is also one-half private and one-half municipal. Rockland Cemetery on County Road and Indian Cemetery (now dormant) are both municipal cemeteries. Summer Hill Cemetery on Route 80 (east of the circle) is a private cemetery, as was Hammonasset Cemetery on River Road until just recently.

We need to talk about this because as time goes on and things change, the Town needs to be prepared. State law says that if a cemetery is abandoned, the municipality MUST take it over. That is currently the case with Hammonasset Cemetery.

Last year the Sexton, Don Lewis, passed away and the family is unable to maintain the cemetery privately, so we must assume responsibility. While it is a challenge, it is not a burden. Many notable people are buried there including Daniel Hand and many of his family members and Sherman Griswold, of Griswold Airport fame.

We are currently formulating a plan of action to deal with the challenges of updating the information we have and need for Hammonasset Cemetery. An intern who worked for us this summer, Patrick Fahey, has been very helpful in moving the project along and I look forward to developing a coherent plan for cemetery management in Madison into the future.

Tom Banisch  
First Selectman  
Madison, CT

# Madison Police Department



Dear Friends,

The entire country and particularly all policing communities at the state, municipal and federal levels have been deeply touched, angered and saddened by the recent ambushing of innocent police officers.

Nationwide, I think the outpouring of grief is genuine against such mindless and brutal attacks.

The generosity of Madison residents to its police, in light of all that has been happening across the country, expresses appreciation and has gone a long way in ensuring them how much they and their work are valued – as officers and community members. I am proud to serve in this profession with the Madison Police Department and most honored to serve the community we protect.



Words cannot fully express or show our appreciation for your kindness during this difficult time.

Thank you.  
Chief John "Jack" Drumm

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Zoning Board of Appeals	203-245-5632

[www.madisonct.org](http://www.madisonct.org)

# Scranton Memorial Library Programs

## Programs for Adults

### BLACK BEARS IN CONNECTICUT

**Thursday, September 1 @ 7:00 pm**

Certified Master Wildlife Conservationist Paul Colburn presents an overview of black bear habitat, diet, behavior, reproduction, current research efforts, and practical tips on human-black bear coexistence. This program is free and open to all. Black bear artifacts will be on display for the audience.

Registration preferred at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling 203-245-7365.

### MEDICARE 101

**Wednesday, September 14 @ 6:30 pm**

Whether you're turning 65 or just confused about Medicare, this presentation will educate you on the various laws and programs that may be most relevant to you. Learn about maximizing social security, protecting your assets, and other strategies that best meet your needs.

Registration required at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling 203-245-7365.

### PAINT PARTY

**Thursday, September 15 @ 6:30 pm**

A talented instructor will walk this class through the steps of painting and in the end everyone will bring home their very own piece of art work! All materials are provided.

Class size is small and registration is required at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling 203-245-7365.

### FASCINATING FACTS ABOUT THE FOUNDING FATHERS

**Thursday, September 22 @ 7:00 pm**

Bestselling author Stephen Spignesi's illustrated lecture (based on his upcoming book 499 Facts about Hip-Hop Hamilton and America's Founding Fathers) takes a closer look at the most prominent Founding Fathers, uncovering fascinating facts about George Washington, Alexander Hamilton, Thomas Jefferson, Benjamin Franklin, and several more.

Registration preferred at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling 203-245-7365.

### SUNDAY SONGS: PETER BIEDERMANN, SOLO INSTRUMENTAL GUITARIST

**Sunday, September 25 @ 2:00 pm**

Peter Biedermann returns for his second concert at the Scranton Memorial Library. The Arizona-based Peter has been composing and performing for over 40 years. This concert will focus on pieces from Peter's latest recording, *Tales from the Desert*.

Registration preferred at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling 203-245-7365.

### SINATRA @ 100

**Thursday, October 6 @ 7:00 pm**

Professor, author, radio show host, and Sinatra aficionado

Gil Gigliotti presents *Sinatra @ 100*. We'll listen and view some of Frank Sinatra's most entertaining, powerful, and significant performances in song and film, with a peek behind the scenes at his wives, lovers, friends, and politics.

Registration preferred at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling 203-245-7365.

### A PASSEGGIATA (STROLL) THROUGH ITALY: PAST, PRESENT, AND FUTURE

**Thursday, October 20 @ 7:00 pm**

Whether you're planning a trip, reliving a past adventure, or simply curious about Italian culture, this program is a great way to experience Italy by learning about the country's history, geography, language, cuisine, politics, and economics. Enjoy a rich visual presentation sprinkled with personal anecdotes about working as a tour guide in Italy, finding long-lost Italian relatives, and learning to speak Italian as an adult.

Registration preferred at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling 203-245-7365.

### WORD WAR I PRESENTATION: PAUL PAVELKA

**Thursday, October 27 @ 7:00 pm**

Paul Pavelka was a Madison resident and aviator in the Famous Lafayette Escadrille during the First World War. He left our small town at an early age to lead an adventurous life traveling across the United States and around the world. Robert C. Gerard, President of the Charlotte L. Evarts Memorial Archives, will share photos, stories and interesting anecdotes about Pavelka.

Registration preferred at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling 203-245-7365.

### WORLD WAR I FILM & DISCUSSION

**Thursday, November 3 @ 6:30 pm**

Enjoy a free viewing of Stanley Kubrick's 1957 *Paths of Glory*, with an introduction and post-film discussion by Connecticut film professor Kevin Hinchey.

Registration preferred at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling 203-245-7365.

### WORLD WAR I BOOK DISCUSSION SERIES

**Thursday, November 10 @ 7:00 pm**

**Thursday, November 17 @ 7:00 pm**

**Thursday, December 1 @ 7:00 pm**

**Thursday, December 8 @ 7:00 pm**

Dr. Mark Schenker of Yale College will lead a series of book discussions on World War I literature. Featured titles are Ernest Hemingway's *A Farewell to Arms* (Nov 10), the German classic *All Quiet on the Western Front* (Nov 17), *Poems by British WWI soldiers* (Dec 1), and *Pat Barker's Regeneration* (Dec 8).

Registration preferred at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling 203-245-7365. Copies of these titles will be available at the library.

## Programs for Children

### REGISTRATION

#### Children's Fall Programming Begins September 6

Tuesday, September 6 @ 9:00 am

This year the registration will begin from September 6 – 11 and be done online, by phone or in person. To register online go to [www.scrantonlibrary.org/kids](http://www.scrantonlibrary.org/kids), then go to our calendar.

The library is offering a wide variety of programs for all age groups, including our popular baby and preschool programs as well as many after school clubs, such as chess with Ted O'Neill.

Programs begin the week of September 12. Contact Jane Ash at [Ashj@scrantonlibrary.org](mailto:Ashj@scrantonlibrary.org) with any questions.

### PRESCHOOL HALLOWEEN PARTY

Monday, October 31 @ 10:00 am

Come in costume to celebrate Halloween with us. This program is for preschool age children. We will have crafts, stories, songs, and refreshments.

Registration is required online or by calling 203-245-7365.

## Programs for Teens

### Pokémon GO

#### ON THE MADISON GREEN

Saturday, September 10 @ 10:00 am

Calling all Pokémon GO Trainers. Join us at the Madison Green for a group Pokémon hunt! Lures will be in effect during the program! Show us your best Pokémon costume during our costume contest for a chance to win a prize! Refuel and relax with Pokémon-themed snacks and crafts! Registration recommended. This event is inclusive and open to all ages and all ability levels.

Registration is available on our webpage at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling the library at 203-245-7365.

### WRITING THE COLLEGE ADMISSIONS ESSAY WITH JILL LECAR

Tuesday, September 13 @ 7:00 pm

Experiencing writer's block on your college admissions essay? Get some help from Jill Lecar! In this lecture, she will cover topics such as choosing the topics that will work best for you, what to avoid, putting your best foot forward, making the most of what you have, planning, outlining, and writing the essay. Parents

continued on page 20

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## SCRANTON LIBRARY ... continued from page 19

welcome. Registration recommended. Registration is available on our webpage at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling the library at 203-245-7365.

### NANOWRIMO NOVEL WRITING WORKSHOP

with Local YA Author: Rachel McMinn

Wednesday, November 2 @ 3:30 pm

Kick off National Novel Writing Month with a Novel Writing Workshop with local YA author Rachel McMinn! Rachel is the author of *The Other Side of Loneliness*. Rachel will break down what it takes to write your first novel including where to get your inspiration, how to develop realistic characters and why a bad first draft is okay. Registration required. Registration is available on our webpage at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling the library at 203-245-7365.

### COLLEGE4LESS: FINANCIAL PLANNING WORKSHOP

Wednesday, November 16 @ 6:30 pm

Join us for an Educational College Financial Planning workshop with College4Less. Learn about the FAFSA form and all the other information you need to understand in order to maximize the amount of financial aid you are eligible to receive! Even if your family isn't eligible for need-based aid, hear the best strategies on how to pay for college. Sophomores, juniors, and seniors in high school and their parents are encouraged to attend. Registration recommended. Registration is available on our webpage at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling the library at 203-245-7365.

### EARLY DISMISSAL MOVIE DAY: THE DIVERGENT SERIES: ALLEGIANT

Wednesday, November 23 @ 1:00 pm-3:00 pm

School's out early, so you can get to the library sooner! Bring your friends to watch the third installment of the Divergent series: *Allegiant*! After the earth-shattering revelations of *Insurgent*, Tris must escape with Four beyond the wall that encircles Chicago, to finally discover the shocking truth of the world around them. Rated PG-13 for intense violence and action, thematic elements, and some partial nudity. Registration recommended. Registration is available on our webpage at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling the library at 203-245-7365.

### EARLY DISMISSAL MOVIE DAY: THE NIGHTMARE BEFORE CHRISTMAS

Friday, December 23 @ 1:00 pm-3:00 pm

School's out early, so you can get to the library sooner! Bring your friends to watch the holiday classic: *The Nightmare Before Christmas*! Jack Skellington, the pumpkin king of Halloween Town, stumbles into Christmas Town one day, and is so taken with the idea of Christmas that he tries to get the residents of Halloween town to help him put on Christmas instead of Halloween. But alas, they can't get it quite right. Rated PG for some scary images. Registration recommended. Registration is available on our webpage at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling the library at 203-245-7365.

### TEEN TECH SUPPORT AT THE MADISON SENIOR CENTER

Monday, September 26 @ 4:00 pm

Monday, October 24 @ 4:00 pm

Monday, November 28 @ 4:00 pm

In collaboration with the Madison Senior Center and Madison Youth and Family Services we offer tech support for senior citizens with a teen volunteer. Se-

rior citizens: Registration is available on our webpage at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling the library at 203-245-7365.

**Teens:** If you want to help seniors understand Facebook, smart phones, laptops, and other basic computing, please visit our website and fill out a volunteer application.

#### TEEN CRAFTERNOON

**Tuesday, September 20 @ 3:30 pm**

**Tuesday, October 11 @ 3:30 pm**

**Tuesday, November 8 @ 3:30 pm**

**Tuesday, December 13 @ 3:30 pm**

Join us each month as we learn a new art style or craft skill while creating our own custom masterpieces. Check the website for each month's activity! All supplies will be provided. Registration recommended. Registration is available on our webpage at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling the library at 203-245-7365.

#### TEEN ADVISORY GROUP

**Tuesday, September 27 @ 3:30 pm**

**Tuesday, October 25 @ 3:30 pm**

**Tuesday, November 22 @ 3:30 pm**

**Tuesday, December 27 @ 3:30 pm**

Join the Teen Advisory Group and help the library grow! Members of T.A.G. will help the library by assisting with computer and technology projects in the library, choosing new materials and equipment for the teen collection, planning programs and events for teens, and much more! Interested teens should have an interest in technology and media. Volunteer hours are recorded for each meeting. Applications for membership are available at [www.scrantonlibrary.org](http://www.scrantonlibrary.org).

#### TEEN WRITER'S WORKSHOP

**Wednesday, September 7 @ 3:30 pm**

**Wednesday, September 21 @ 3:30 pm**

**Wednesday, October 5 @ 3:30P pm**

**Wednesday, October 19 @ 3:30 pm**

**Wednesday, November 2 @ 3:30 pm**

**Wednesday, November 16 @ 3:30 pm**

**Wednesday, November 30 @ 3:30 pm**

**Wednesday, December 7 @ 3:30 pm**

**Wednesday, December 21 @ 3:30 pm**

During this twice-monthly workshop we will play games and complete fun exercises to get creativity flowing. Join fellow teen writers to share current pieces, write new material, and expand your creative process! No prior experience is required. Registration recommended. Registration is available on our webpage at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling the library at 203-245-7365.

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## SCRANTON LIBRARY ... continued from page 21

### TEEN COLORING CLUB

Wednesday, September 14 @ 3:30 pm

Wednesday, October 12 @ 3:30 pm

Wednesday, November 9 @ 3:30 pm

Wednesday, December 14 @ 3:30 pm

Want to relax from the stress of the day? Join us monthly for an afternoon of coloring, relaxing music, and friendly conversation. We will have a different theme each month. Pages and coloring utensils will be provided, but feel free to bring your own! Registration not required.

### TEEN GAMING CLUB

Wednesday, September 28 @ 3:30 pm

Wednesday, October 26 @ 3:30 pm

Wednesday, November 23 @ 3:30 pm

Wednesday, December 28 @ 3:30 pm

Join us monthly for an afternoon of gaming! We have board games, computer games, and console games available. Teens can explore different types of games or bring their favorites. Registration recommended. Registration is available on our webpage at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling the library at 203-245-7365.

### TEEN FANDOM CLUB

Friday, September 23 @ 3:30 pm

Friday, October 28 @ 3:30 pm

Friday, November 18 @ 3:30 pm

Friday, December 23 @ 3:30 pm

Each meeting we will screen our favorite shows or movies, make nerdy art, and talk about all things geek culture. Check the website for each month's celebrated fandom! Registration recommended. Registration is available on our webpage at [www.scrantonlibrary.org](http://www.scrantonlibrary.org) or by calling the library at 203-245-7365.

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Sunday: 9:00 am-3:00 pm / Mon-Fri: 8:30 am-7:00 pm  
Saturday: 9:00 am-5:00 pm

## Woman's Club of Madison

The Women's Club of Madison is holding a Whist on Friday, October 28, 2016 at St. Margaret's Church Hall/downstairs at 6:30 pm.

Whist is a 18th Century card game that is very easy to follow and lots of fun! A caller will guide the evening. Prizes and light refreshments! \$10 a ticket.

Advance ticket sales only. Get tickets through any member or call Kathy at 203-245-2269. All proceeds support community programs!



# Madison Senior Center Municipal Programs



Messages from Madison Senior Services Municipal Agent, Heather Castrilli. For further information on Senior Programs, please call 203-245-5627.

through Wednesday, December 7, 2016. Please be on the lookout for information from your health plan regarding changes for next year. Review the documents for major changes to your coverage, changes in the provider network or prescriptions. Please contact Heather Castrilli for an appointment if you need assistance in changing your coverage.

## “TURNING 65”

### MEDICARE & SOCIAL SECURITY SEMINAR

Thursday, September 15th at 6 pm.

Madison Senior Center

Are you confused about Medicare? Have questions about Social Security? Concerned about your finances for retirement? The key to a successful retirement is planning. Join Carlos Maynard, our Medicare expert, & Craig Bernard of Madison Investment Center for a very informative and interactive session on Medicare, Social Security, and planning your finances for retirement. Presentations will include Medicare A, B, C, and D, along with strategies on how to maximize your Social Security benefits. Don't miss this opportunity to learn from the experts.

Pre-registration required, space fills quickly, Refreshments provided.

### MEDICARE OPEN ENROLLMENT PERIOD

Medicare's Open Enrollment period is Saturday, October 15th

### RENT REBATE

If you rented an apartment in CT in 2015 you may be qualified to receive a one-time payment of up to \$700 to help offset rental expenses. If you wish to file, please contact your electric company, landlord, the water company, and heating company to get proof of payments you made to them in 2015.

2015 Income Guidelines:

Single: \$35,200 and Couple: \$42,900

### CONNECTICUT ENERGY ASSISTANCE PROGRAM

Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for ALL members living in the home. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required. Income guidelines will be available in mid-October.

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## SENIOR CENTER Municipal Programs... continued from page 23

2015-2016 guidelines were: Monthly Max Single - \$2,761, Monthly Max Couple - \$3,610.

### MEDICARE SAVINGS PROGRAM

#### \*Updated Program Limits\*

Helps to pay the monthly Medicare Part B premiums for qualifying participants. Depending on income level this program may also lower co-pays for prescriptions to between \$2.95 and \$7.40 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.

#### \*NEW INCOME GUIDELINES\*

Monthly Max. Income: Single: \$2,435.40 & Couple: \$3,284.10

### FARMERS MARKET COUPONS

Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local Farmers' Markets.

**Eligibility:** age 60 or older or are disabled and living in senior housing, & participating in another program that has means testing and meet income requirements. Eligible participants receive \$18 in coupons, good at the Madison Farmers' Market. Max. Income Single: \$1,814. 59 & Couple: \$2,455.92.

Coupons are valid thru October.

### MADISON SENIOR CENTER DINING PROGRAM ASSISTANCE

The cost of the lunch program is \$4.00 per meal. We understand that the cost could be burdensome for some seniors and we have developed the following guidelines for assisting those who cannot afford to eat at the Senior Center each day. We will use Energy Assistance guidelines to help us determine what level of assistance you can receive. Please see the guidelines listed below:

Income	Number of Possible Meals Subsidized Per Week
<\$990/Month	4 meals/week maximum
\$991-\$1,238/Month	3 meals/week maximum

This program is offered through a donation from Neighbor to Neighbor and is on a first come, first served basis



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# Madison Senior Center Trips and Programs

## FLU & PNEUMONIA VACCINES

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All Vaccines Administered by Licensed and Experienced Nurses

- CDC recommends a yearly flu shot for all ages
- Pneumonia vaccine may be available
- Participating insurance or private pay (cash, check or MC/VISA)
- Bring all insurance cards with you

## INSURANCES ACCEPTED

**65 Years or Older:** Medicare Part B, Aetna Medicare, Anthem BCBS Medicare, Connecticare VIP

**All Ages:** Aetna, Anthem BCBS, Connecticare

**DATES:** Mon., Oct. 5th 5-7 pm, Tues., Oct. 13th 1-3 pm, Tues., Oct. 26th 2:30-3:30 pm, Thurs., Nov. 3rd 4:30 – 6 pm, Tuesday, Nov. 29th 11:30 am – 1 pm

## AARP DRIVER SAFETY COURSE

A refresher course aimed at the 60+ driver. Call your insurance company you may be eligible for a discount after completing this course! The class will be held on the second Wednesday of the month from 12:30 pm to 4:30 pm at the Madison Senior Center.

Preregistration required by stopping at the Senior Center with your AARP card.

**Sept. 14th**

**Oct. 12th & Nov. 9th**

**Fee:** AARP Member: \$15, Non-Member: \$20

Please make checks payable to AARP

## MADISON SENIOR CENTER ART EXHIBIT

View our next exhibit by Christopher Toothaker's photography. The show will run from August 29th through October 7th and is open Monday through Friday from 8:30 am-4 pm (Please call the Senior Center for alternate times.)

The Art Gallery is a rotating gallery with a new local artist every 6 weeks. If you are an artist or know of a local artist with interest in exhibiting, please contact the Senior Center.

## ASK THE NURSE

VNA Nurse can check your blood pressure, pulse and weight. She can also review your medications, help you to create a medication list, help you prepare for an appointment with your doctor.

**2nd and 4th Tuesdays of the month 12:30 pm**

continued on page 26

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## SENIOR CENTER Trips & Programs... continued from page 25

### Ongoing Activities at the Senior Center

Bridge	Thursdays & Fridays	1 – 4 pm
Canasta	Tuesdays	1 – 4 pm
Coloring	Wednesdays	1:30- 2:30 pm
Hand & Foot	Fridays	1 – 4 pm
Knitting Group	Tuesdays & Thursdays	10 am – 12 pm
Poker	Wednesdays	12:45 – 3 pm
Quilts of Joy	Tuesdays	1:15 – 3:30 pm
Walking Club	Mondays – Wednesdays	10 am

### TRIPS

#### SOUTH PACIFIC WONDERS:

#### AUSTRALIA AND NEW ZEALAND'S SOUTH ISLAND

Tuesday, March 21st - April 4th 2017

This is a once-in-a-lifetime, bucket-list trip!

15 days, 19 meals: 12 breakfasts, 2 lunches and 5 dinners.

**Days 3-6:** You will land in Cairns, Australia, the tropical gateway to one of the world's most spectacular natural attractions - The Great Barrier Reef. Established as a marine park in 1975, the reef is a haven for thousands of species of sea life, as well as turtles and birds. You will board a catamaran for an exciting tour of the

reef, where you will have the choice of snorkeling and seeing the sea life up close, or exploring a small sand island and the end of the reef. You will also have the opportunity to learn about the original inhabitants of Australia and learn to play a didgeridoo or even throw a boomerang.

**Days 7-9:** you will fly to Sydney, where you will tour the city, enjoy a guided tour of the Sydney Opera House. You'll have one day of guided tours and one day on your own.

**Days 9-15:** Next day you fly to Christchurch, New Zealand, where you will make yourself right at home as a New Zealand family welcomes you into their home for dinner! The next day you will visit a Canterbury farm to see how a family farm operates, and perhaps even catch a sheep shearing demo. Next day you will travel to Mt. Cook National Park. You may choose to view the massive glaciers on an optional flightseeing tour, or perhaps enjoy a nature walk through the park. You will continue to Queenstown where you'll stop at a local fruit stand and enjoy the local produce of New Zealand. The next day one of the activities will be a breathtaking cruise of Milford Sound and see why this fjord is one of the most visited places on the South Island. After your cruise you'll return to Queenstown.

**Day 13:** You have several options - shop and people watch, go on a jet boat ride on the Shotover River, or join the optional "Journey through Middle Earth" which takes you through



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many of the spots where Lord of the Rings was filmed.

**Day 14:** Visit the Gold Rush town of Arrowtown. Take time to explore its quaint streets and sights. Next go to the Central Otago region where many of NZ's best wines are produced and stop at a local winery for a wine tasting.

**Pricing:** \$5,999 (pricing based on double occupancy).

**Travel Insurance:** \$350 covers medical, travel delay, baggage protection, theft and to be flown home early due to death in immediate family.

Final payment due January 20, 2017. Come to the travel presentation on Tuesday, August 30th at 10:30 am, and get all your questions answered.

### NEW YORK CITY FOOD & MARKETS TOUR

NYC, Saturday, October 1st

New York City is home to a smorgasbord of cultures and the incredible culinary traditions that have been tantalizing the palates of native New Yorkers and their guests for many, many years. What better way to experience NYC than by walking its streets and "noshing" your way through the affordable culinary treats that are readily available? Weave your way through a combination of Asian, Italian, Jewish, Middle Eastern, Eastern European and American bakeries, delicatessens, pizzerias, bagel, bialy and knish

shops, gourmet donut shops, vintage candy shops, pasta makers, meat markets, street vendors and more! The best way to learn about this incredible city is to walk, taste, smell and best of all sample its iconic foods.

**Some of the places we could go are:** Arthur Avenue, Chinatown and Little Italy, Greenwich Village. Bring coolers to pack and bring home!

**Fee:** \$67

### ADIRONDACK HOT AIR BALLOON FESTIVAL

Lake George, September 23rd - 25th

Selected as a Top 100 Event by the American Bus Association! The Hot Air Balloon Festival is the oldest and largest balloon event on the east coast. Set against the backdrop of the Adirondack Mountains, 2016 will be the Festival's 44th year. All balloon events are held weather permitting. Experience the hot air balloons launch from the grounds of the Floyd Bennett Memorial Airport in the town of Queensbury at sunrise on Saturday. The opportunity to view the launching of numerous multi-color balloons is so unique—you won't want to miss it! Enjoy a Lunch Cruise on the Lac du Saint Sacrement. This is the largest ship on the inland waters of New York State. At noon, enjoy lunch & entertainment in the elegant dining room while cruising by beautiful mountain wilderness on the crystal clear

Continued on page 28



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## SENIOR CENTER Trips & Programs... continued from page 27

waters of Lake George. See Millionaire's Row where millionaires built mansions for use during the summer months. Although sometimes called "cottages," these grand houses had dozens of bedrooms and 20,000+ square feet. See Prospect Mt. Scenic Highway & Overlooks, Fort William Henry and much more.

Departing the Commuter Parking Lot at Exit 61.

**Registration Deadline:** September 2nd.

**Fee:** \$473 for a Double, \$619 for a Single, \$461 for a Triple/Quad, and \$345.50 for a child w/adults.

## Madison Health Department Seasonal Influenza Information

Each year several strains of influenza (flu) circulate in the U.S. Flu season usually begins in the fall and peaks in January or February, but each flu season is unique. Flu viruses are constantly changing and it is common for new strains to appear each year. It is likely that the H1N1 virus from several years ago will still circulate in the U.S. this coming flu season, along with other strains.

Flu causes a number of annoying symptoms but can lead to more serious complications in the elderly and other people

with certain health conditions, such as asthma, diabetes or heart disease. Experts estimate that each year, about 30,000 flu-related deaths occur in this country.

There are several steps you can take to reduce the chance of catching the flu or passing the flu on to others. During flu season, it is important to observe proper "cough etiquette" by coughing or sneezing into a tissue or your sleeve to prevent viruses from becoming airborne. You should wash your hands with soap and

water regularly to prevent picking up from and passing viruses to others.

### 2016-17 INFLUENZA VACCINE SUPPLY

The CDC's Advisory Council on Immunization Practices (ACIP) recently issued an interim recommendation that Live Attenuated Influenza Vaccine (LAIV) should not be used during the 2016-17 flu season based on data showing poor effectiveness of LAIV during recent influenza seasons. The Connecticut Vaccine Program (CVP) anticipates having



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adequate supply of influenza vaccine although they had to diversify the flu brands that will be available this year.

Also, for the 2016-17 flu season the CVP will be providing influenza vaccine for all children 6 through 59 months of age regardless of insurance status as well as

vaccine for all VFC-eligible 5-18 year old patients. All vaccines offered will be quadrivalent, preservative-free formulations.

## Madison Health Department Mosquito Exposure & Zika Virus

### MOSQUITO EXPOSURE & ZIKA VIRUS

Zika is disease caused by a virus that is primarily spread to people through the bite of an infected mosquito. Many people who get infected never have symptoms. In people who get sick, symptoms (fever, rash, joint pain, and red eyes) are usually mild and resolve completely. Zika can cause serious birth defects in babies born to women who were infected with Zika virus during pregnancy. Zika has also been linked to Guillain-Barré syndrome (GBS), a rare disorder that can cause muscle weakness and sometimes paralysis. Most people fully recover from GBS, but some have permanent damage and, in some cases, people have died.

Zika can also spread when a man who has Zika has sex with female or male sex partners. A man can pass Zika to his partners even if he does not have symptoms at the time, or if his symp-

toms have gone away. We do not know how long a man who has had Zika can pass it on to his partners from sex. The mosquitoes that spread Zika usually do not live at elevations above 6,500 feet (2,000 meters). People who live in areas above this elevation are at a very low risk of getting Zika from a mosquito unless they visit or travel through areas of lower elevation. Currently there is no vaccine or treatment for Zika, so people living in areas of increased mosquito exposure should take steps to prevent infection.

### HELP REDUCE MOSQUITOES

Mosquitoes require water for reproduction. The following are measures that can help reduce mosquitoes:

- Elimination of standing water suitable for mosquitoes. Dispose of water-holding containers, such as ceramic pots, used tires, and tire swings.

**continued on page 30**



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September 23 - November 6  
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## HEALTH DEPARTMENT... continued from page 27

- Drill holes in the bottom of containers such as those used for recycling.
- Clean clogged roof gutters.
- Turn over objects that may trap water when not in use, such as wading pools and wheelbarrows.
- Change water in bird baths on a weekly basis.
- Clean and chlorinate swimming pools. When pools are not in use, use pool covers and drain when necessary.

### WHEN OUTDOORS:

- Cover exposed skin by wearing long-sleeved shirts and long pants.
- Be particularly careful at dusk and dawn when mosquitoes are most active.
- Stay and sleep in screened-in or

air-conditioned rooms.

- Sleep under a mosquito bed net if air conditioned or screened rooms are not available or if sleeping outdoors.
- Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them from mosquito bites.
- Use insect repellents that are registered with the Environmental Protection Agency (EPA) and use as directed.
- Also, be sure door and window screens are tight fitting and in good repair to avoid mosquito bites when indoors.

For more information, feel free to contact the Madison Health Department at 203-245-5614.

## Time to Refresh Your Gardens

The crisp refreshing air in the fall gives us all a lift after the hot humid days of summer. It is a time of new beginnings; the start of the school year, a home and garden makeover....a time to refresh. Fall is an excellent time to plant because the earth is warm from the summer but the air is cooler and less stressful for establishing roots. And it is a good time to take advantage of the end of season sales. It is also the best time to reseed your lawn. Other fall chores include deadheading and catching up on the weeds that may have gotten ahead of you during the summer. Pull out any annuals that are ragged and pop in some fall color like mums, pansies, cabbages, grasses. Though mums are wonderful you don't have to be limited. Adding perennials such as heucheras with warm autumn colors, or asters with shades of purple, is a fun way to create something a little different. If you are planting in a container you can plant the perennials in the garden before winter sets in to enjoy the following season. If you are planting in the garden don't be afraid to think of perennials as annuals. In other words, next spring you may want to switch it up by popping annuals back in to provide more

color for the following season. Or not, but the choice is yours.

An annual is a plant that dies with the first frost and so lives only one season. A perennial generally comes back every season. The difference is that an annual will bloom all season but a perennial will bloom anywhere from 2-3 to 8-10 weeks depending on the variety. Often people will complain that they don't want to replant annuals every year but at the same time complain that their garden does not have enough color. In order to have a garden with lots of color all season long it's a good idea to mix in annuals to provide constant color. Think of your planting as refreshing your décor - Perhaps like changing pillows or adding a seasonal decoration. Don't be afraid to mix annuals and perennials. And don't be afraid to treat a perennial as if it were an annual. If it has served its purpose then get rid of it. You can give it to a friend, throw it in the woods or whatever but do not to feel guilty. Plants are Mother Nature's gift. They are meant to be enjoyed and appreciated.

Melissa Blundon – CANP, AOLCP  
Madison Earth Care





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## Sunglasses Now or Botox Later

We all wear sunglasses in the summer, but do you wear them all year round? When you think of wearing sunglasses, chances are you are thinking about protecting your eyes. But it's not just your eyes that will benefit from the protection. The skin around your eyes will thank you too.

Squinting is a natural reflex caused by exposure to bright light. It's the body's way of protecting your eyes until they adjust to their surroundings. However, when you squint you contract muscles around your eyes that are responsible for the development of crow's feet and also deep furrows in-between your eyebrows.

The skin around your eyes is the thinnest skin on your body and one of the first areas to show signs of aging. Also, there are no oil glands in the skin under your eyes, which hastens wrinkle formation.

Wearing sunglasses will help your aging eye skin in a few ways. First the sunglasses will protect your skin from direct exposure to sunlight which is the number one cause of premature aging. Secondly, sunglasses will prevent you from squinting and thereby overusing your muscles. And let's not forget about protecting your eyes themselves from harmful UV damage.

Because the muscles of the face are attached directly to your skin, overusing these muscles will lead directly to wrinkling, crow's feet and eyebrow furrows. But fear not if you already have crow's feet or furrows. Botox injections will temporarily reverse these problem areas, returning the skin around your eyes to a much smoother texture.

Botox is the number one non-surgical cosmetic treatment in the country. The injections are not painful and the procedure can be done on your lunch break. Results are temporary and usually last between three and four months.

So if you lost another pair of sunglasses, you can still have the look!

Dr. Susan O'Malley, owner and Medical Director of Sonas Med Spa, is dedicated to helping women look younger without surgery. To learn which non-surgical procedures are right for you, please call **203 245-2227** for a free consultation with or visit [www.sonasmedspa.com](http://www.sonasmedspa.com).

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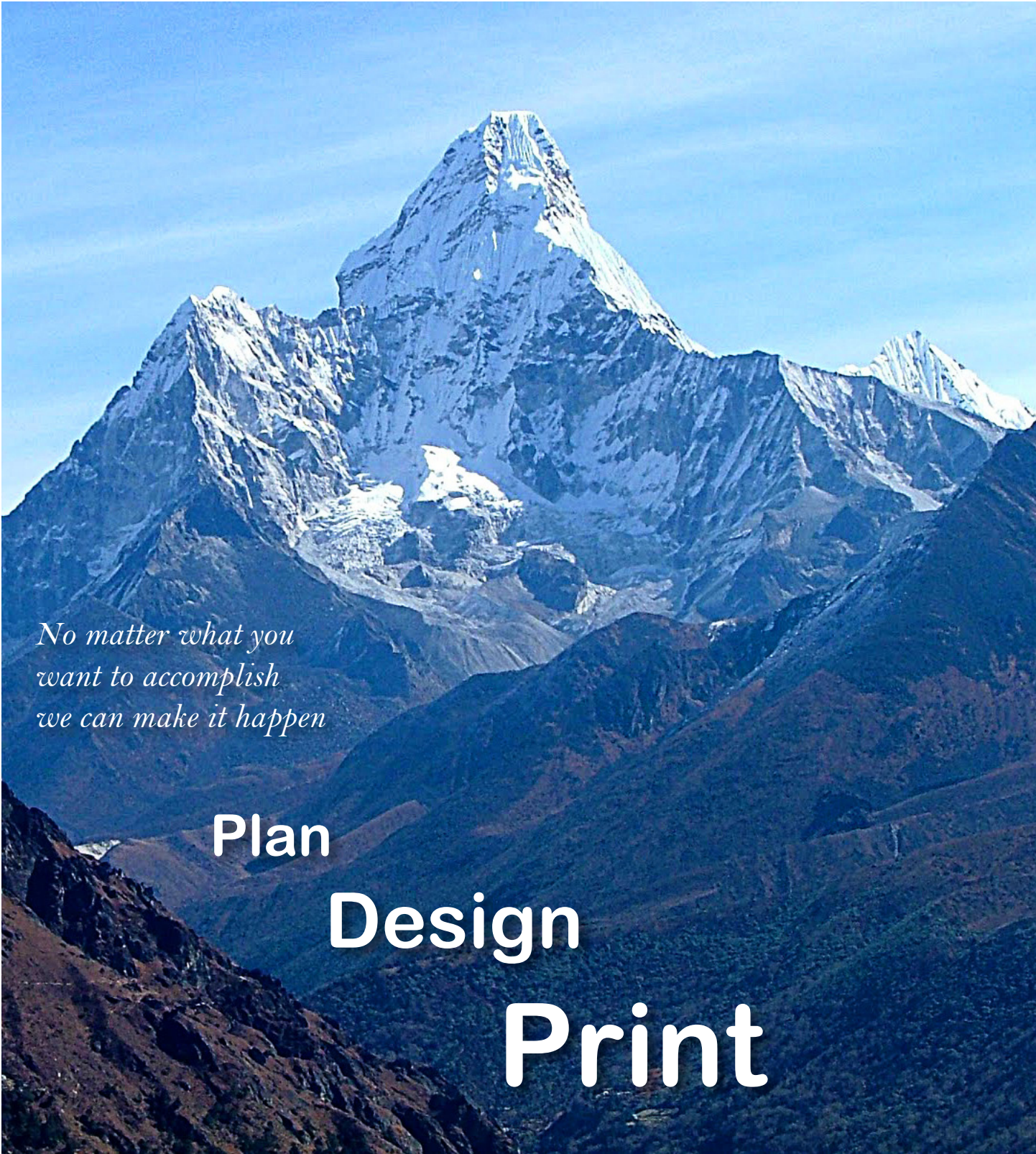
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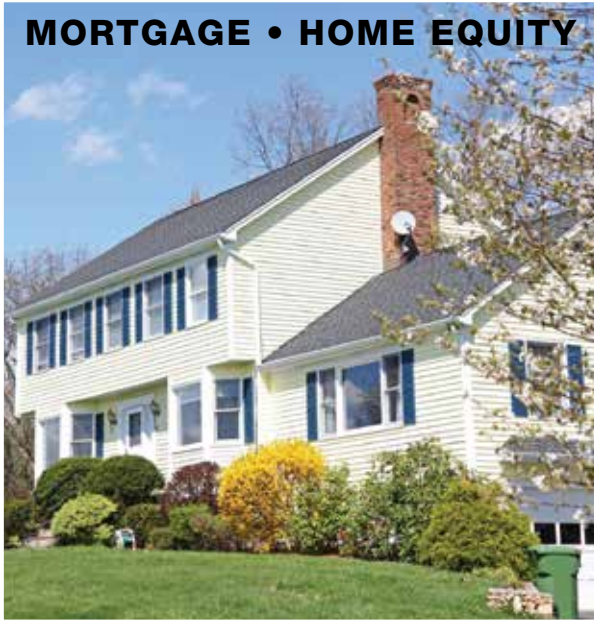


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