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OCT. 5 - NOV. 5

PAGE 29

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TECHNOLOGY WITH A HUMAN TOUCH

Selectwoman's Corner

The Summer of 2012 has been a terrific and busy one, full of all that summer brings: hot weather, muggy days, storms, humidity, traffic, construction, laughter and fun.

STUDENT VISITS TO TOWN HALL: On Friday, June 8th, we had the entire second grade class from the Mile Creek School pay a visit to Memorial Town Hall as part of their "Our Town" unit, and the Lyme Street Tour. Thankfully, the teachers understood that bringing in 200 students at one time would be overwhelming, so they came in 5 groups, with 5th grade Tour Guides from Center School. We visited the Selectmen's Office, where they all knew this is where to get BEACH STICKERS! Then it was on to the Town Clerk's vault, where we were in awe of the old Land Records with such beautiful script from the 1800's and before. The two gentlemen doing research in the vault were surprised as they were surrounded by these students, but they handled themselves well, and did not run in panic. The group then had an opportunity to find a familiar name on one of the plaques gracing our front stairwell, and finally, after we all voted AGAINST banning apple juice in Old Lyme, we enjoyed a snack of everyone's favorite juice with cookies. Congratulations to the parents who have raised such curious, well-behaved students, and the teachers who braved bringing such an active bunch onto Lyme Street to enjoy "Our

Town". Special thanks to Emily Zemba, whose Gold Award Girl Scout project from 6 years ago gave the students the guide for this tour. Everyone in Town Hall enjoyed the visit, and yes – even the noise they brought with them! Thank you letters were received and our staff got some chuckles out of the letters.

CONGRATULATIONS TO THE CLASS OF 2012! We are all very proud of you and your many accomplishments. June 18th, graduation day, brought beautiful weather, and the graduation was held outdoors. More people were able to celebrate with graduates, family and friends because of this. Special congratulations to Selectmen Sibley and his family as his son, Dustin, was among the graduates. On June 30, Superintendent Betty Osga retired after many years of dedication in the field of education. We thank her for all the good work she has done




First Selectwoman
Bonnie Reemsnyder

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Sajda Malik, MD
Lauren Kopyt, MD

Jessie Brutus, MD
Sonia Stavens, LPN

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• *Selectwoman's Corner continued from page 1* •

for Old Lyme and wish her well. On July 1, Mr. Ian Neviasser joined our District as Superintendent of Schools. We welcome him to our community and wish him the best as we strive to work together to maintain our excellence in education.

NEW OFFICES/NEW STAFF: As of July 1st, we have some changes in staff and offices to report. After 25 years serving the people of Old Lyme in our Health Department, **Marilyn Swaney** retired on June 30. It was sad to say goodbye, but we celebrated her service to Old Lyme with a lunch in her honor. Thank you Marilyn for all your hard work, and now – RELAX and enjoy yourself! Taking her place is **Patti Myers**, from East Lyme. Patti comes to us with great office experience and has already proven herself quite capable, and has fit right in. Our Senior Center Director is working 25 hours a week focusing only on Senior Center programs. **Sherry White** (formerly Meyer) no longer divides her time between Social Services and Senior Center. **Ruth Roach**, who has served as Information Technology (IT) Coordinator and Tax Clerk, now divides her time between IT and Social Services (SS). The old Probate Judge offices (Lower Level, rear) have been renovated to accommodate the new SS Department. **Toni O'Connor**, who has worked in the Tax Collector's office previously, has returned as our new Tax Clerk. We are delighted to have her back. Welcome to all of our new staff!

NEW SOCIAL SERVICES OFFICE NOW OPEN: The Old Lyme Social Services office is now in the lowest level of Town Hall at 52 Lyme St., Old Lyme. You can access the office by parking in the parking lot at the rear of the building, and turning right after you enter the building. The office hours are Tuesday and Thursday from 9 am to 12 pm, and on Wednesday from 1:00 pm to 4:00 pm. It is essential that you make an appointment.

GOVERNOR MALLOY VISITS OLD LYME: In a surprise visit, Governor Dannel Malloy included Old Lyme in his tourism sweep of Southeastern Connecticut on Wednesday July 25th. Gov. Malloy spent about an hour at the Florence Griswold Museum, having the chance to tour the historical home of Florence Griswold, as well as the grounds and the gallery. Following that, he stopped in at the Old Lyme Inn and enjoyed some light summer refreshments and a tour of the new Inn. We were honored to have him visit our community and understand how Old Lyme is an integral part of the draw for tourists to Connecticut.

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• *Selectwoman's Corner continued from page 4* •

POLICE AND YOUTH GRANT AWARD: For the second year in a row, our local police have secured a grant from the State of Connecticut for \$9,973. This grant will be used to work with students in our community on a variety of topics, as well as have some fun. Last year, the police were able to provide a ping pong table, as well as a pool table for the students at LYSB. They also enjoyed field trips designed to nurture a good rapport between our youth and local police. With this grant, the planning will be done primarily by the students, which will make it quite interesting! Congratulations to our Old Lyme Police who worked so hard on this grant!

STATEWIDE EMERGENCY PREPAREDNESS DRILLS: For the last two days of July, the Town of Old Lyme has taken part in the Statewide Emergency Drills, hypothetically preparing and responding to a Category 3 Hurricane (as was the Hurricane of 1938). These drills include all towns, the utility companies and the state, and will assure that our team is prepared, should the "real thing" come along. Many of our department heads, first responders and support staff took part in this exercise, and I was quite impressed with the thought process that goes into planning for any disaster.

As the town prepares for stormy weather, it is a good time to remind YOU how you can prepare before all the watches and warnings come out. Here are some things you can do:

- Register on CT Alert to get up-to-date warnings and announcements. Once registered, you will automatically be notified with bulletins and updates. Sign up at <http://www.ctalert.gov>.

- Subscribe to our town website. By doing this, you will receive email notifications of news and announcements as soon as they are posted to our website, keeping you informed in real time. Subscribe at www.oldlyme-ct.gov.

- Register with us if you have special needs. See page 34 for the Special Needs Form or upload one from our website. We want to make sure we know where you are and how to prepare to take care of you.

Our primary concern is, and will always be, the safety of our citizens and visitors when storms come our way.

BLOOD DRIVE: July started off on a good note, with a very successful Blood Drive on July 3rd. I was amazed at the number of people who came in to donate blood. By the end of day, 50 units of blood were donated, which was nearly twice what was expected. A big thank you to all who came out and waited so long, just to make a donation.

LANDFILL CLOSURE: After years of discussions, preparations and anticipation, the closure of the Town of Old Lyme Landfill has begun. As you know, we changed over to a Transfer Station some time ago, but we still had the Landfill for limited

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• *Selectwoman's Corner continued from page 5* •

and restricted use. Over the past several years, the Board of Finance has set aside funds for the closure, so that we would not have to bond for this expense when the time came. On July 9, ET & L Construction began the process of closing and capping the Landfill, and we anticipate it will be completed by October of this year. Our planning for this eventual closure has put us in an advantageous situation, as the funds set aside will cover the cost of the closure. During this time, the Transfer Station will remain open and it will be business as usual.

ELECTION DAY: On November 6, 2012, the Presidential Election will take place. Polls will be open from 6:00 am to 8:00 pm. Please take the time to vote – it is one of the most important things you can do!

DON'T FORGET - TAKE THE TIME TO SUBSCRIBE! We continue to try to increase our number of subscribers to the website, which is the FASTEST way to get information on what's happening in town hall. Please take the time to subscribe to our website by going to www.oldlyme-ct.gov. Scroll all the way down, and in the bottom right corner, click on Email Subscriber. Once you enter your email address, you will get all published news and announcements.

The Board of Selectmen wish you all a healthy and enjoyable Fall Season.

— *First Selectwoman Bonnie Reemsnyder*



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Lyme: A landmark ca.1750 blacksmith shop carefully reconstructed on a stunning five-acre site & restored with an impeccable renovation, has created a remarkable country home, with vaulted ceilings, chef's kitchen & first-floor master suite! Simply beyond compare!
M9136198 \$2,350,000
Jennifer & Jane Associates 860.227.6634



Niantic: New to the market. This custom designed shingle style house is just under 5,000 sq.ft and sits on just under 1-1/2 landscaped acres with a pool in coveted Old Black Point. Luxurious and beautifully designed with 5 spacious bedroom suites and 5 1/2 baths.
M9132697 \$1,495,000
Jamie Childs 860.501.2110



Lyme: Storybook Country Escape in mint condition with gorgeous indoor & outdoor spaces. Chef's Kitchen, 3 bedroom Suites, each on its own floor, large sunroom, stone patios and walkways, fountains, & an in-ground pool in a most serene setting. A perfect retreat.
M9135070 \$1,295,000
Jennifer & Jane Associates 860.227.6634



Lyme: Historic Alberta Pfeiffer residence in superb condition. This stunning 1780 renovated & expanded cape combines Old World charm with New World comfort. Elegant open kitchen & LR, 5 BR, 3.1 BA, CAIR, wood floors, barn, open meadow, Gunite pool - perfection!
M9135341 \$1,150,000
Sydney Anderson 860.510.3449



East Lyme: Charming beach house in Giants Neck Beach Club with panoramic views of Giants Neck Harbor and Long Island Sound. Short walk to beach and tennis. Still time to enjoy the summer at your very special beach house.
M9135702 \$699,000
Joe Kelly 860.287.1222



East Lyme: Charming 1920's era Giant's Neck Beach cottage owned and enjoyed by the same family for over 63 years. Only a 1/2 block away from a white sandy beach with dock, this delightful oasis is located next to the community club house, playground & tennis court.
M9134729 \$425,000
Jennifer & Jane Associates 860.227.66634
John Garufi 860.510.6804



Lyme: Historic 5BR, 3873 SF Colonial on 4.33 acres. French doors, stone patio. Includes 1300 SF live-in artist studio, oversized stone fireplace and amenities. A second small studio. Stone work, beautiful mature gardens. Needs TLC.
M9127337 \$400,000
Colette Harron 860.304.2391



Old Lyme: Stunning town house unit in desirable Wyckford condominium complex in the heart of Old Lyme village. Hardwood floors, eat-in kitchen, 9' ceilings, fireplace, central air, garden area and terrace. Close to area beaches, golf courses and farmer's markets.
M9136009 \$389,500
Jamie Childs 860.501.2110



Niantic: Fantastic Townhouse! Great floor plan, updated kitchen and new carpeting! Sunken living room w/sliders to private deck. Less than 5 minutes to highways and shopping, 10 minutes to beaches, village shops and restaurants.
M9136279 \$159,900
Peter Allam 203.605.4320

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Shoreline Legislative Update

Two new laws important to shoreline residents were passed during the recently concluded legislative session. Both new laws - *Enhancing Emergency Storm Response* and *Changes to the Coastal Management Act* - addressed storm related issues. Late last August, Tropical Storm Irene buffeted the shoreline with high winds and rising tides leaving many residents without power for days that stretched into a week or longer for some.

In the aftermath of Tropical Storm Irene - one of the most powerful storms to hit the shoreline in 70 years - new legislation requires that utility companies execute a faster, more coordinated level of emergency response and preparedness. The new law, Public Act 12-148, An Act Enhancing Emergency Preparedness and Response sets forth the following performance standards for utility companies:



- establishes new performance standards for utility companies to restore service when an emergency results in 10% or greater of the utility's customer base without service for 48 hours or longer;
- requires regulators to review utility company staffing levels and implement a viable communications plan between the utility company and its customers;
- reviews each utility company's plan for tree trimming and tree removal; and

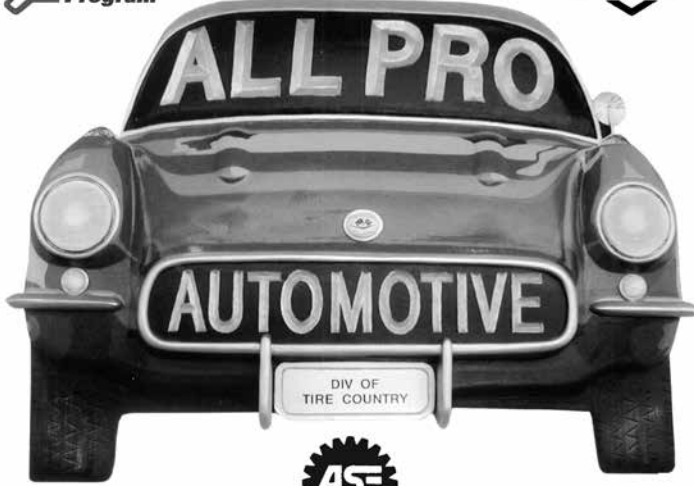



State Representative Marilyn Giuliano

- establishes standards for how utility companies communicate and organize communications with local and state officials for a coordinated emergency/storm response.
- Changes to the Coastal Management Act, Public Act 12-101, were also enacted in response to Tropical Storm Irene's damage to so many shoreline properties. This new legislation

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Town Clerk's Office

Congratulations!

We congratulate the following on their recent marriages:

- Ryan Derek Lee & Melanie Beth Mauro - April 28
- Paul Russell Dorothy III & Amber Lyn Eglise - May 26
- Raymond Joseph Stawski & Amber Clark Stolz - May 26
- Michael Paul Iaia, Jr. & Kimberly Lynn Heilweil - June 9
- Christopher Paul Garvin & Jessica Lynn Hetrick - June 16
- Joshua R. LaMay & Kristin E. Malaro - June 23
- Vernon Joseph Sumara & Patricia Ann Cromarty - June 23
- Daniel Patrick Driscoll & Lauren Danielle Meo - June 30
- Nicholas Albino III & Catherine Joan Williams - July 7
- David Leonard Robertson & Jina Marie Tucker - July 15
- Thomas J. Stopa & Lindsay L. Boehme - July 21
- Andrew Calvin Hansen & Kevin Bruce Smith - July 26
- Stephen Carl Keller & Meredith Colleen Phelps - August 4

With Sympathy

We would like to express our condolences to the families of recently deceased Old Lyme residents:

- | | |
|----------------------------|--------------------------|
| Hilmar Bruno Ahnert | Esther Perkins Jackson |
| Marilyn A. Anderson | Paul H. Johnson |
| Edwin C. Breeding, Jr. | Salvatore Lacana |
| Bonnie Buratti | Joachim Hans Muhlfriedel |
| William Michael Carey, Jr. | Harold A. Olson |
| Arlene Mae Dean | Myron A. Robinson |
| Marlene Linda Douglas | Deborah June Sikora |
| Grace Hamilton | James R. Stanley |
| Mary Jane Ibelle | James R. Stanton |

— Eileen K. Coffee, Town Clerk,
Vicki Urbowicz, Assistant Town Clerk

• Legislative Update continued from page 10 •

- strengthens the rights of shoreline property owners;
- assists in defining reconstruction solutions after storm damage to protect inhabited structures; and
- permits the Department of Energy and Environmental Protection (DEEP) to work with communities to prevent shoreline erosion.

This new law offers responsible environmental stewardship while maintaining the property rights of shoreline residents.

— State Representative Marilyn Giuliano

State Rep. Marilyn Giuliano represents Lyme, Old Lyme, Old Saybrook and Westbrook in the Connecticut General Assembly.

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Assessor's Office

Assessment Date of Taxable Property in the Town of Old Lyme is October 1st. The Town of Old Lyme has complied with the provisions of Section 12-41 of Connecticut General Statutes. It is no longer necessary for persons liable for taxes of Real Estate and Automobiles registered with Connecticut Motor Vehicles Department to file Tax Lists with the Assessor annually as covered under Section 12-42 of the General Statutes.

Owners of tangible Personal Property, other than registered automobiles, such as commercial furniture, machinery and equipment, leased equipment, unregistered automobiles, camp trailers, etc., must file personal property list with the Assessor annually during the month of October. Failure to file prior to November 1, 2012 forces the Assessor, by law, to file the list and add a 25% Penalty (Sec. 12-42, PA 87-245).

Totally Disabled Persons, if they meet the requirements of Section 12-81(55) of the General Statutes, are eligible for the \$1,000. Exemption upon submission of proof of such a disability between October 1, 2012 and January 31, 2013.

Any individual who is Blind is entitled to an exemption under Section 12-81(17) shall provide proof to the Assessor and must file between October 1, 2012 and January 31, 2013.

Ex-Servicemen claiming statutory exemption, because of physical disability, in addition to regular exemption must submit exemption certificate from the Veterans Administration annually to prove claim.

Veterans must have filed this discharge (DD214) in the Town Clerk's office by September 30, 2012 in order to receive exemption. Section 12-81(g) provides for an increase in the property tax exemption amount granted to a qualified veteran if certain income requirements could be met.

Persons on active duty must present to the Assessor (Sec. 514) of the Soldiers and Sailors Act or a letter from their Commanding Officer stating date of entry and they are on active duty. Any service person on active claiming Connecticut as their legal residence is entitled to one car exemption if the car is garaged out of State.

An application for property owners claiming land as farm, forest or open space should file an application before October 31. The only exception is during a revaluation year, when the deadline is extended to December 30th. No other extension of the filing period is available, and failure to file within the prescribed time period is a waiver of the right to the classification for the assessment year commencing October 1st.

List must be filed at the Assessors Office, 52 Lyme St., Old Lyme, and Connecticut 06371. OFFICE HOURS ARE MONDAY THROUGH FRIDAY, 9:00 am TO 4 pm.

— Walter E. Kent, Jr. CCMA II, Assessor

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Election Day

Election Day is Tuesday, November 6. Voting takes place at the Cross Lane Firehouse from 6 am to 8 pm.

This is a Presidential Election year. In addition to President and Vice-President, voters in Old Lyme will elect a representative to the US Congress, a State Representative and State Senator. Local Registrars of Voters will also be on the ballot.

You can check your voter registration status and register with either the Registrars or the Town Clerk. Please make note of these important dates:

Oct. 5: Absentee ballots available at the Town Clerk's office

Oct. 20: Special voter registration session 10 am to 2 pm

Oct. 23: Cut-off date for mail-in registration forms: includes hand delivered mail-in and mailed mail-in voter registration forms.

Oct 30: Last day to register in person; registrars will be available from 9 am to 8 pm.

Nov 5: Last day to register in person for people who have moved, attained age of 18 years, or have become a citizen after Oct 30. Limited registration session from 9am to 5 pm.

The Old Lyme-Lyme Volunteer Connection

The Old Lyme-Lyme Volunteer Connection is a new website for volunteer organizations located in or serving Old Lyme and Lyme. Any organization which uses volunteers can request to create a page on this website, and then use this page to post volunteer opportunities for the community to see. A search tool, monthly calendar, and agency guide are some of the many features on this website which help bridge the gap between volunteers and organizations.

To create a listing, organizations should contact Noah Christiano, the high school junior who founded and administers this website at ollvolunteer@gmail.com.

Community members can visit the website (volunteer.truist.com/ollvolunteer) to begin browsing opportunities and get involved. A one-stop-shop for volunteering, the Old Lyme-Lyme Volunteer Connection is a convenient resource for all community members, regardless of age, skill, or background.


<http://volunteer.truist.com/ollvolunteer>

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Lymes' Youth Service Bureau

Empowering Youth for a Better Future

59 Lyme Street, PO Box 589, Old Lyme, CT 06371
860-434-7208

PLAYGROUPS. Starting the week of September 10th. For children and parents or caregiver. Groups meet weekly at LYSB for 75 minutes and includes circle time, stories, crafts, snacks, and parent/child social time. Check our website for complete fall schedule www.lysb.org 860-434-7208.

BABIES FIRST. LYSB's group for new and expectant parents. Join us for social time and parenting discussions. Designed for parents of children up to age 12 months and is casual, comfortable, and informative. Weekly topics are based on parent's concerns and interests including feeding, sleeping, infant massage, babysitters and childcare, and more. Nursing and diaper changing are always welcome! Call LYSB for more info at 860-434-7208 www.lysb.org.

HOLISTIC MOMS NETWORK. "Living Healthy, Living Green." Meets the first Monday of the month at 7 pm at LYSB. HMN connects parents interested in holistic health and green living. Each month we explore a new topic including organic gardening, yoga, home birthing, self-defense, herbs, nutrition, etc. Check the LYSB website (www.lysb.org) for current topics and guest speakers. Not just for babies, HMN is for parents at all stages of parenting.

MIDDLE SCHOOL AFTER SCHOOL PROGRAM. Meets Tuesdays and Thursdays from 2:15 to 4:00 pm. Come hang out with LYSB and participate in a variety of crafts, games, and fun activities. Students can walk to LYSB after school and passes for the Late Bus will be provided. This is a drop in program open to any LOLMS student. Registration fee of \$25 and permission form required, available on our website www.lysb.org.

3rd, 4th, & 5th GRADE AFTER SCHOOL PROGRAM. Every Wednesday 3:00 to 5:00 pm starting September 12. Come to LYSB's Activity Center with your friends to play games, enjoy crafts, snacks, and more. Fun is guaranteed!! Students from Center School will be escorted to LYSB. Students from Lyme School will take the bus directly to LYSB. Fee is \$100 for the year. Pre-register by calling LYSB at 860-434-7208 x0.

YOUTH ADVISORY COUNCIL (YAC). Every Wednesday 7:00-8:00 pm. YAC is a high school community service club that participates in a variety of fun projects throughout the year. All high school students in L/OL are welcome to join us any Wednesday night! For questions call 860-434-7208 x0.

1-2-3 MAGIC: Effective Discipline for Children 2-12. Parents! Who's in charge at your house? Two Mondays: Sept. 17th & 24th, 7:00-9:00 pm \$20 per family - Pre registration necessary - 434-7208 x 0. A humorous look at parenting, a serious look at discipline. In this two part workshop you will learn:

continued on page 15

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• *Youth Service continued from page 14* •

- How to discipline without arguing, yelling or spanking.
- How to control obnoxious behavior.
- How to handle the 6 kinds of testing and manipulation.
- 5 tactics for encouraging good behavior.
- What to do about bedtime, messy rooms, lying & chores.
- Homework, practicing and more.
- How to strengthen your relationship with your child.

Lymes' Youth Service Bureau offers 1-2-3 Magic to help parents find solutions to the challenges of disciplining children ages 2-12. This program is based on the best selling book by Thomas W. Phelan, Ph.D. published by ParentMagic Inc. Group will be led by Arleen Sharp, LYSB Parent Educator. Learn more about the 1-2-3 Magic curriculum at www.Parentmagic.com Pre-register by calling LYSB at 860-434-7208 x0.

GUITAR LESSONS After School at LYSB. On Tuesdays and Thursdays after school at LYSB. 45 minute private lessons are taught by teachers from Corner Music. Group lessons may also be available. For grades K-12. Guitars available for rent if needed. For more information contact Corner Music at 860-395-3500 or info@corner-music.com.

ENGINEERING FUNDAMENTALS WITH LEGOs® for HOME SCHOOLERS. Tuesdays 10:00 to 11:30 a.m. at LYSB. Design and build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension bridges, buildings, and other constructions. Explore concepts in physics, mechanical engineering, and architecture while playing with your favorite creations. This is a hands-on and minds-on class suitable for LEGO® novices to "maniacs." Contact 860-395-1861 for more information.

DRUG TAKE BACK DAY. Saturday, September 29, 10-2 at Lyme Street Fire House. National Prescription Drug Take-Back Day is a great opportunity for you to safely dispose of unwanted and unused prescription drugs. Abuse of prescription drugs is on the rise both nationally and locally. Let's keep these drugs out of the wrong hands. Drop off your medications at the fire house and we will safely dispose of them. Co-sponsored by LYSB, CASFY and the Old Lyme Police.

SITTER SAFETY CLASS. Four Mondays: November 5, 12, 19, 26, from 2:15 to 4:00 p.m. An intense sitter safety and training course appropriate for babysitters, big brothers and sisters, and children staying home alone for the first time. This course touches on a variety of safety skills such as basic first aid, fire safety, and 911 skills. Fee is \$40 and includes supplies, snacks, and guest speakers. Call LYSB to pre-register at 860-434-7208 x0.

MOTHER/DAUGHTER WORKSHOP. Fall date TBA. Open the lines of communication with your daughter. Designed to give girls a better understanding of the changes that her body will go through during puberty. Topics will include the importance of a positive body image and how to deal with difficult situations. A fun and educational night out for girls in 4th - 5th grade and their mothers. Cost \$40 per pair and includes resource materials, goodie bags and a pizza dinner. 860-434-7208 x0.

MADHATTERS THEATER COMPANY FALL PRODUCTIONS. Winter Wonderland. To be performed at The Ivoryton Playhouse.

continued on page 16



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• Youth Service continued from page 15 •

No audition required. Registration is now open by calling 860-395-1861. Rehearsals begin at LYSB Sat Sept 22nd and every Saturday 10 am-1 pm. Show week December 17th - 23rd at Ivoryton Playhouse. Production fee \$350 - payment options available. Winter Wonderland is open to ages 3 - 17 years.

CHRISTMAS WIZARD OF OZ... To be performed at the Chester Meeting House. Auditions: September 15th by appointment at LYSB. Auditionees should have song prepared. Rehearsals begin Sat Sept 22nd and are every Saturday at LYSB 1:30 pm - 4:30 pm. Performance week in Chester December 10th - 16th. Fee for production \$350 - payment options available. Oz is open to ages 6 years thru adult. To register contact 860-395-1861.

LET'S GET SEWING WORKSHOPS. Four Thursdays: Oct. 4, 11, 18, 25 ~ 4:00 to 6:00 pm, Fee: \$90. Ages 8 and older Here's your chance to learn machine and hand sewing techniques while creating beautiful accessories for you and your family. You'll design decorative pillows, cute and cuddly animals and a small purse. No prior sewing experience necessary although experienced sewers are welcome to join in on the fun. Sewing machines provided. Pre-register 860-434-7208 x0.

AMERICAN GIRL CRAFTS & COOKING WORKSHOPS. Four Thursdays: November 1,8,15,29 ~ 4:00 to 6:00 p.m., Fee: \$90. Ages 5 and older. Calling all American Girl fans! Join your friends for a fun afternoon writing with Felicity's feather pen and copy book, sewing Molly's felt pillow, cooking kits

apple sauce and designing Julie's fall scarf and hat. We'll have time for AG stories and games at each session. Bring a favorite doll if you like. Pre-register 860-434-7208 x0.

LYSB HOLIDAY PARTIES. Sunday, December 2, 5-7 p.m. LYSB's annual fundraiser brings together neighborhoods during our thirty two simultaneous parties in Lyme and Old Lyme while raising funds for our youth programs. To volunteer to host a party or help our committee, please contact us. To make sure your name is on our invitation list, please let us know. We don't want to leave anyone out!! 860-434-7208 x0.

GIRLS CIRCLE. December 3, 10 & 17, 2:15-4:00 p.m. For grades 6 to 8, Fee: \$20. Our girls self-esteem workshop. Hands on activities are designed to increase girls' self-esteem, body image, and social support. During this program girls will *develop connections and feel included, *build strong interpersonal relationships, *dissolve barriers to respect, confidence, and empathy. Call to register at 860-434-7208 x0.

CRAFTY HOLIDAY WORKSHOPS. Two Thursdays: December 6 and 13 ~ 4:00 to 6:00 p.m. Fee: \$50. Ages 7 and older. Let's get into the holiday spirit! Sew and decorate a festive felt holiday stocking and beautiful ornaments for your tree. We'll also cook special treats for you and your family. Hand sewing and embroidery techniques will be taught. Pre-register 860-434-7208 x0.

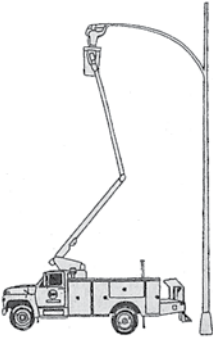
GINGERBREAD HOUSE FAMILY WORKSHOP. Sunday, December 9th, 1:00-4:00 p.m. An LYSB tradition. Your family

continued on page 17



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Fire Prevention Week

To commemorate Fire Prevention Week, the Old Lyme Volunteer Fire Department hosts an Open House at the Lyme Street Firehouse on Friday, October 12 from 6 to 8 pm. The fire trucks and ambulance are all opened with firemen and medical technicians on hand to answer questions.

There will be a smokehouse to demonstrate what happens when a fire starts in a house. The firemen demonstrate auto extrication and fire extinguisher use. Children are able to put out a simulated fire with a real fire hose. There will be free plastic firemen hats and window stickers for children's bedrooms.

• *Youth Service continued from page 16* •

will make your own Gingerbread House to take home. Leave the mess with us! We supply all the ingredients. Bring your camera! \$10/family. Pre-register by calling 434-7208 x0.

BABYSITTING DAY. Saturday, December 22, 9:00 am to 1:00 pm. Let the elves at the LYSB watch your kids while you finish your holiday errands. This event is for children of all ages, who will be entertained by members of the LYSB Youth Advisory Council. Cost of this event is \$20 and includes lunch, crafts, games, snacks, movies and fun. Must register in advance by calling LYSB @ 434-7208. All proceeds benefit the Youth Advisory Council Scholarship Fund.

AN AMERICAN GIRL VICTORIAN TEA AND CRAFTS. Saturday, December 15 ~ 2:00 to 4:00 pm. Fee: \$15. Ages 5 and older. Celebrate this special time of the year designing American Girl crafts and enjoying a tea party. You'll decorate a beautiful Victorian "Cornucopia" just like Samantha would have made as well as a small stocking for your doll. Enjoy yummy desserts, tea and American Girl stories. We'll have time for games too. Bring a favorite doll if you like. Pre-register 860-434-7208 x0.

CASFY: Community Action for Substance Free Youth. Meets the First Monday of the month at LYSB at 7 pm. CASFY is the prevention coalition for Lyme and Old Lyme and our goal is to reduce substance use among youth through a variety of strategies. We are fortunate to have a strong group of citizens who care about this issue. Please join us at an upcoming meeting. Newcomers are most welcome! To learn more about our work, visit www.lysb.org and click on CASFY.

JOB BANK. Do you need help with your lawn? Need a new babysitter? Have odd jobs waiting for attention? Call the LYSB Job Bank for names of area youth interested in working for you. (860-434-7208). Kids who want to be listed in the Job Bank need to register at LYSB with a parental permission form available at www.lysb.org For middle and high school youth ages 12 to 18.

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Fire Safety Tips for Fall

When the weather turns cold most people spend more time inside their homes using fireplaces, furnaces and heaters to keep warm.

- Make sure your home heating system is in good working order before the cold weather sets in.
- Have chimneys cleaned and furnaces inspected.
- Use a fireplace screen to keep sparks from flying out of the fireplace.
- Allow at least three feet of empty area around space heaters.
- Never leave a burning fire unattended.
- Make sure a fire in a fireplace is completely out before going to bed.
- Never leave candles burning if you go out or go to sleep.
- Never use your stove or oven to heat your home.

Back to School Fall Safety Tips

As children return to school in the fall, they are excited and may not be paying as much attention to their surroundings as they should. Keep them safe with these fall safety tips.

- If your child's school bus is equipped with seat belts make sure your child uses them.
- If your child walks to school or waits at a bus stop, wearing clothes that are brightly colored makes them more visible to drivers.

- Children who ride bicycles to school should always wear a helmet.
- Have your child use a rolling backpack if possible.
- A loaded backpack should not weigh more than ten to twenty percent of the weight of the child.

Safety Tips for Fall Driving

With the fall season comes shorter days making it more difficult to see children playing or people walking and riding bicycles. It is also harder to see motorcycles and other cars.

- Children love to play in piles of leaves. Use extra caution where leaves are piled at curbside.
- Always drive carefully making sure to be aware of poor visibility during certain weather conditions and times of the day.
- Keep a safe distance from the car in front of you. Wet roads make it more difficult to stop.
- Use your dimmed headlights in bad weather with decreased visibility.

Safety Tips for Fall Boaters

Although there are many more boating accidents in the summer season, boaters involved in accidents during the fall months have a higher risk of the accident being fatal. The following are a few tips to make the fall boating season as safe as possible.

- Since fall weather can change quickly be prepared for possible cold and wet weather even if the sun is shining. Small open boats combined with cold wet weather can lead to possible hypothermia.
- Make sure you tell a friend or family member your boating plan and your expected return time. There are fewer boaters in the fall to help in the case of an accident or emergency.
- Always wear your life jacket. If you should accidentally fall overboard, the cold water will quickly drain away your strength.

Fall Season Safety Tips for Home Maintenance

Fall is the time for yard clean-ups and readying your house for the cold winter ahead.

- Change the batteries in your smoke alarms and carbon monoxide detectors when you turn back your clocks. Make sure to check the alarms with the new batteries installed.
- Use extra caution when climbing ladders for fall jobs such as cleaning gutters or hanging holiday decorations. Shoes or boots may be wet causing you to slip as you climb the ladder.
- Keep your driveway and walkway clear of falling leaves. They get very slippery when they are wet.
- Check and replace any home fire extinguishes that have expired.
- Always wear work gloves when doing outside yard work.

As the fall season approaches us, remember to stay safe out there.

— Firefighter John J. Cody, LFD Safety/Public Affairs Officer

* Excerpts from Lovetoknow Safety, Author Terry Hurley were used in the development of this addition of Size Up.



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High Hopes SYMPHONY Invitations Achieve Gala & Design Success

Julia Balfour, LLC & High Hopes Therapeutic Riding, Inc. are pleased to announce that the invitations designed for the High Hopes 2012 Symphony Fundraiser have been honored with a Connecticut Art Directors Club Award. The invitations were designed by Julia Balfour, LLC, a full service creative agency. Both organizations are proud of the work that was created, and are thrilled that it was acknowledged by the professional design community.

The Julia Balfour, LLC team created the work through their pro-bono partnership with High Hopes Therapeutic Riding. Hand drawn illustrations and watercolors were utilized to create an invitation that spoke to the elegance of this biennial event. 2,500 invitations were wrapped and packaged by hand, speaking to the dedication of volunteers from both organizations. Essex Printing in Centerbrook, CT also generously donated their expertise and services in printing the invitations.

This year's Symphony fundraiser took place on June 9th, at the High Hopes Center in Old Lyme, CT. The event, which included a silent auction and a performance by the New England Orchestra, was a huge success. Ticket sales were up 10% from previous years. The evening raised over \$200,000 in donations. The funds will all be used to support the operations of the High Hopes programs, as well as their scholarship program.

The Connecticut Art Directors Club hosts an annual award show to honor exemplary design work from around the state. The High Hopes Symphony Invitations were showcased on June 15th, 2012, along with the other award recipients. The Julia Balfour, LLC team netted 16 total awards that evening.

Julia Balfour, LLC is located in Lyme, CT. As fellow horse lovers, they have been overjoyed to work with High Hopes; citing their incredible work with those who have cognitive, physical, and emotional disabilities as a constant source of inspiration.

To learn more about the High Hopes Therapeutic Riding Program, visit them online at: <http://www.highhopestr.org/>. Find more information about Julia Balfour, LLC online at: www.juliabalfour.com or www.facebook.com/juliabalfourllc. Essex Printing can be reached at: <http://www.essexprinting.com/>.

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Lyme Academy College Welcomes The Class of 2016

Lyme Academy College proudly welcomed a new freshman class in late August, who come from as near as our own town of Old Lyme to as far as the Shandong Province in the eastern part of China – with many American states in between. These students will follow four years of study and ultimately graduate with a Bachelor of Fine Arts (BFA) degree.

Lyme Academy College has grown from a small art academy to a nationally accredited fine arts college. This national recognition is due in part to the exceptional skills of its faculty, all of whom are outstanding and highly respected working artists in their field.

An exhibition showcasing their varied talents opens with a reception on Friday, Oct. 5, from 6 to 8 p.m. The public is invited to attend the reception. This *Studio Faculty Exhibition 2012* continues in the College's Chauncey Stillman Gallery through Saturday, Nov. 17. Visitors are always welcome at the College. Our galleries are free and open to the public from 10 a.m. to 4 p.m. Monday through Saturday.

Currently on display at the College is the Selected Student Work exhibition. These works have been chosen by College faculty and will remain in the College's Chauncey Stillman Gallery through Saturday, September 22, when the exhibition will be moved into the Sill House Gallery.

On Saturday, Oct. 6, from 11 a.m. to 2 p.m. the College will host an Admissions Open House. This is the perfect opportunity for prospective students to learn about the College's BFA degree program with majors in Drawing, Illustration, Painting, and Sculpture and minors in painting, drawing and art history. Information on the College's Post-Baccalaureate, Three-Year Certificate programs and wide array of Continuing Education and Pre-College programs will also be available.

There will be opportunities to attend faculty presentations, take a guided tour of the campus, view the current exhibitions and enjoy a light brunch. Time will also be set aside for portfolio reviews, which may be conducted by a member of faculty or the Admissions Department.

To register for Open House or for more information, please contact Michael Hayes, Director of Admissions, at 860.434.3571 ext. 118 or mhayes@lymeacademy.edu.

The College will be conducting more portfolio reviews throughout the country at a number of National Portfolio Days (NPD). These events are designed to bring together those interested in an education in the visual and related arts with representatives from colleges accredited by the National Association of Schools of Art and Design (NASAD). Prospective students are invited to visit with Lyme Academy College representatives at any one of these local NPD events:

- Saturday, Nov. 3: Hartford, Conn., Hartford Art School
- Sunday, Nov. 4: Boston, Mass, Hynes Convention Center hosted by School of the Museum of Fine Arts, Boston
- Sunday, Nov. 18: New York City, N.Y., hosted by Parsons The New School for Design

The College is always pleased to share alumni news with the community. Jim McKie, who studied at the College in the



College greets Fall with a new exhibition opening, Oct. 5, a host of Continuing Education & Pre-College Classes and an Open House.



Portrait drawing with a live model provides a great opportunity for students to advance their drawing skills.

mid-90s, is exhibiting 21 sculptures created between 1975 and 2011 at the University of Connecticut's Alexey von Schlippe Gallery in Groton through Sept. 2. Additionally, the National Sculpture Society (NSS) will run a two-page profile of photos and a question and answer text about Jim and his work in the next issue of the NSS News Bulletin. Also, Brad Guarino, Class of 2001, has an exhibition *What Manner of Men?* at Real Art Ways in Hartford through Sept. 9.

A wide range of Continuing Education (CE) and Pre-College classes are beginning this fall. These include foundation, intermediate, and advanced courses in digital illustration, drawing, painting, and sculpture. The CE program is scheduled to complement work and school schedules while also offering the opportunity for adults to work in a studio setting with skilled artists who provide expert instruction at all levels.

The Pre-College program, which is designed especially for students' aged 15 to 18, aims to foster creativity, build artistic skill and mentor personal vision in young artists. Anyone

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• *Lyme Academy College continued from page 20* •



Pre-College students developing their technique in Classical Painting class.



Student improves her craft learning mold-making and casting.

interested in the College's extensive fall program of CE or Pre-College classes should contact the Director of Continuing Education, Jessie McCoy at 860.434.3571 ext 139 or email her at jmccoy@lymeacademy.edu.

Volunteer opportunities are available in many departments at the College and can accommodate many different schedules and interests. Please contact Ann de Selding, Director of Alumni and Volunteer Relations, at 860.434.3571 ext. 117 to explore the possibilities.

The community is encouraged to visit the College's Art Store for discounted prices on painting, drawing, sculpture, and printmaking supplies. Gift cards are also available. Call 860.434.3571 ext. 137 for store hours.

For further information about the College and its numerous upcoming events, contact Olwen Logan, Director of Marketing and Public Relations, at 860.434.3571 ext. 135 or ologan@lymeacademy.edu.

The College is located at 84 Lyme Street, Old Lyme CT 06371 860.434.5232 www.lymeacademy.edu.

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www.oldlyme-ct.gov/Pages/OldlymeCT_Emergency/index

Our beautiful Connecticut shoreline is vulnerable to high winds and flooding. After a catastrophic storm, your street could be flooded or blocked by debris; your power and phone lines could be down; the nearest cell tower could be destroyed. Have you got the recommended supplies on hand to get you through the worst until emergency crews can arrive? Do you know how to secure your home and possessions before the storm hits? Does your family know where to go and how to connect? What will you do with your pets?

ACT NOW- THERE'S NO BETTER TIME!

Chamber Update

Our Chamber provided American Flags for participants in the Memorial Day Parade and information for the thousands of visitors in town for the Midsummer Festival.

Rosemary Barclay (Bonne Sante), Linda Improte (Lemon 'n Lyme), Sheila Wertheimer (Wertheimer & Associates), Tammi Flynn (Florence Griswold Museum) and Judge's Farm donated prizes for a gift basket we awarded to lucky Festival-goers.

Chamber businesses are invited to participate in our Wee Faerie Village (& Shops) promotion in October. The Chamber will provide two "faerie ornaments" – one to hide and one to display, and award prizes to visitors who search for our Faeries. Also scheduled in October: our Annual Pet Parade. Please join us on Saturday, October 13.

On December 8, Chamber businesses and local organizations will work together to Light Up Old Lyme. Visit our brand new website for more info, to register & pay for Chamber events or to find out more about our Chamber members: www.visitoldlyme.com.

Also Coming Up

First Dinner Meeting of the Year at The Hideaway on Thursday, September 20. Todd Gipstein will talk about & sign copies of his book, *Legacy of Ledge Light*.

Business After Hours at the Florence Griswold Museum on Tuesday, October 16, co-sponsored with the Clinton Chamber of Commerce.

Business After Hours at the Lieutenant River Center on Thursday, November 15 with SalonPure, Old Lyme Stone, and Nina Peck.

Holiday Dinner Meeting at The Old Lyme Inn on Thursday, December 20.

The Lyme-Old Lyme Chamber has also been invited to participate in a Business After Hours at Reynolds Garage & Marine on Thursday, October 18, by the Old Saybrook Chamber of Commerce.

Congratulations to Chamber scholarship Recipients:

N. Rutherford Sheffield Junior Year Award: Alex Brault, Jennifer Kowalski, George Logan, Audrey Spina, and Samuel Sweitzer.

Lyme Academy College of Fine Arts Awards

Sabrina Catlett and Eli Kuhn.

Lyme Academy College of Fine Arts summer program Awards

Emily Rose Ogland and Alexis Thornton.

Our Lyme-Old Lyme Chamber membership is diverse: both brand new & well-established businesses of all sizes & types - gift shops, galleries, restaurants, convenience stores, & more; non-profits, attorneys, contractors, physicians, retirees, etc.

We have been working hard to ensure that our Chamber remains a vibrant organization, supportive of our community and responsive to the needs of our members.

If you are interested in becoming more involved in Chamber activities, please let us know. And, if you are not a member yet, please consider joining us – membership is only \$50. Applications are available online at www.visitoldlyme.com. Don't forget: BUY LOCAL!

— Catherine Frank, Lyme Old Lyme Chamber of Commerce President

HunterDouglas holiday style event

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Walk for the Health of It

Lymes' Senior Center

All Tuesdays in September, 9:00 am to 10:00 am. Program Leader: Diane C. Blackwell, retired Health & Physical Education Teacher.

- Walkers to meet at the center parking lot in comfortable clothing.
- Walking shoes or sneakers.
- Initial session goal will be to attain 30 minute sustained casual walk.
- Heart rate monitoring and cool down activities.
- Please bring bottled water.
- Starts September 4th!

Free Program

Estuary Council

ESTUARY COUNCIL OF SENIORS, INC. has been serving seniors in the nine-town Estuary region for 35 years. Call us to receive our *Gazette Newsletter* or go to www.ecsenior.org for our online newsletter, events calendar, menu, and more.

CAFÉ MEAL SITES - Old Saybrook, Old Lyme, Chester, Clinton, and Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance.

MEALS ON WHEELS – hot meals delivered to your home. Call Diane at 860-388-1611. A \$3.00 donation request for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION For medical appointments, to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35.

CLASSES AND ACTIVITIES: Board Games, Billiards, Ping Pong, Yoga, Exercise Classes, Mah Jongg, Wii, Cribbage, Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot, and more! Check the Gazette for all of our programs.

ESTUARY THRIFT SHOP: Hours are from 10 a.m. – 4 p.m. Mon. – Fri. and 9 a.m. – 1 p.m. on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available. Donations are accepted and volunteers always needed.

ESTUARY QUILT RAFFLE TICKETS AVAILABLE. A quilt top donated by Kathy Kundel was finished and quilted by three Old Saybrook residents: Mike Neville, Diana Marino and Joan Pollock. The quilt will be displayed in various places throughout the summer. Raffle tickets are available for \$1.00 each at our welcome desk, from members of our Board of Directors and at local fairs. Drawing will be on September 16th. Winner need not be present to win.

THE 8TH ANNUAL AUTUMN ON THE DOCK - SEPT. 30, 5 - 8:00 pm. Join us at the new Dock and Dine Restaurant for an evening of live and silent auctions, wine tasting and hors d'oeuvres to benefit Meals on Wheels. Tickets \$40. Call Sandy at 860-388-1611.

DONATE YOUR CAR OR BOAT TO THE ESTUARY COUNCIL. Turn your car or boat into a tax deduction by calling 1-800-716-5868. Vehicle does not have to run. Proceeds benefit the vital services we provide in the nine town Estuary Region.

YOU'VE GOT MAIL! - Be the first to know what is happening by getting our newsletter emailed to you. Visit our website at www.ecsenior.org and click on the Newsletter icon to follow the link and sign up! Please let us know to remove you from the mailing list once you've decided to go paperless.

VOLUNTER OPPORTUNITIES: Call Judy at 860-388-1611.

Old Lyme Town Hall • 860-434-1605 www.oldlyme-ct.gov

Old Lyme Municipal Departments

Department	Contact	Phone
Animal Control	Sandra Bannon	434-3047
Assessor	Walter Kent	434-1605 x218
Board of Selectmen	Bonnie A. Reemsnyder	434-1605 x211
Board of Selectmen	Mary Jo Nosal	434-1605 x212
Board of Selectmen	Skip Sibley	434-1605 x212
First Selectwoman	Bonnie A. Reemsnyder	434-1605 x211
Building	Ron Rose	434-1605 x230
Emergency Management	David Roberge	434-1605 x231
Finance	Doris Johnson	434-1605 x215
Finance Director	Nicole Stajduhar	434-1605 x232
Fire Marshal	David Roberge	434-1605 x231
Harbormaster	Michael Moran	434-1605 x212
Health	Vijay Sikand, M.D.	434-1605 x214
Information Technology	Ruth Roach	434-1605 x237
Town Historian	John Pfeiffer	434-8829
Land Use	Kim Groves, Kim Barrows	434-1605 x236
Parks and Recreation	Don Bugbee	434-1605 x235
Police	TFC Gary Inglis	434-7080
Probate Court	Hon. Jeffrey McNamara	739-6052
Public Works	Ed Adanti	434-2461
Registrar of Voters	Sylvia Peterson & Don Tapper	434-1605 x226
School District #18	Superintendent of Schools	434-7238
Senior Center	Sherry White	434-4127
Social Services	Town Hall	434-1605
Tax Collection	Judith Tooker	434-1605 x216
Town Clerk	Eileen Coffee	434-1605 x221
Treasurer	John Bysko	434-3632
Zoning Enforcement	Ann Brown	434-1605 x225
Other Agencies		
Library/Passports	Mary Fiorelli, Director	434-1684
Youth Services Bureau	Mary Seidner, Director	434-7208



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OLD LYME NEWCOMERS' GUIDE

Welcome to Old Lyme!

On behalf of *Events Magazines*, welcome to Old Lyme. Whether you are new to Connecticut or just new to Old Lyme you will find wonderful people and places to visit in town. From the Old Lyme Midsummer Festival to the Holiday Tree Lighting & Carol Sing, Old Lyme has something for everyone. Below are important phone numbers. Please tear out this page and keep it for future reference. We at *Events Magazines* and Essex Printing support local businesses.

Please use this guide and "Buy Local" – we do!

BUSINESS & PROFESSIONAL SERVICES

USEFUL NUMBERS

CAMP CLAIRE (860) 434-0368
 CONSUMER PROTECTION (860) 566-2294
 LYMES' YOUTH SERVICE BUREAU (860) 434-7208
 SENIOR CENTER (860) 434-4127
 OLD LYME VISITING NURSE (860) 434-7808
 OLD LYME HISTORICAL SOCIETY (860) 434-0684
 9 TOWN TRANSIT (860) 510-0429
 LYME/OLD LYME CHAMBER
 OF COMMERCE (888) 302-9246
 LYME/OLD LYME JR WOMEN'S CLUB (860) 501-9773
 DEMOCRATIC TOWN COMMITTEE (860) 434-2271
 REPUBLICAN TOWN COMMITTEE (860) 434-0740
 LYME ART ASSOCIATION (860) 434-7802
 VETERANS OF FOREIGN WARS -
 LYMES' POST 1467 (860) 434-4207
 AMERICAN LEGION - POST 41 (860) 664-0047

SCHOOLS

SUPERINTENDENT'S OFFICE DISTRICT 18 (860) 434-7238
 MILE CREEK SCHOOL (860) 434-2209
 CENTER SCHOOL (860) 434-7838
 MIDDLE SCHOOL (860) 434-2568
 LYME/OLD LYME HIGH SCHOOL (860) 434-1651
 MULTICULTURAL MAGNET
 (NEW LONDON) (860) 437-7775

ARCHITECT

JOSEPH BERGIN ARCHITECT (860) 767-2765

ATTORNEYS

POLITO & QUINN (860) 447-3300
 GREGORY P. CARNESE (860) 434-9440

AUTO REPAIR

ALL PRO AUTOMOTIVE (860) 434-2265
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 MARK REEVES, BUILDER (860) 388-3825

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GUILFORD COIN EXCHANGE (203) 453-9363

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WESTBROOK DANCE ACADEMY (860) 664-4308

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BENTLEY HEATING & AIR CONDITIONING (860) 388-1967

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BUDGET BLINDS OF OLD SAYBROOK (860) 399-6442
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EAST LYME PEDIATRICS (860) 739-7444

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ESSEX PRINTING CO (860) 767-9087

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 TEAM JERMAINNE (860) 662-0230
 WILLIAM PITT SOTHEBY'S (860) 767-7488
 WILLIAM RAVEIS - BETTY MARTELLE (860) 333-7117

RESTAURANTS

THE HIDEAWAY RESTAURANT & PUB (860) 434-1455

SANITATION SERVICES

SHORELINE SANITATION (860) 434-0052

SENIOR LIVING

SAYBROOK AT HADDAM (860) 345-3779
 CHESTER VILLAGE WEST (860) 526-6800

TRANSIT

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Want to be listed on the Newcomers' page?

Call Betty Martelle at (860) 333-7117

Old Lyme Phoebe Griffin Noyes Library

Attending a program? Please register! It's simple and easy to sign up online. Online registration can be found at www.oldlyme.lioninc.org under Events. Having difficulty with registering? Call the Library at 860-434-1684 and the staff will be happy to assist.

Get the Smartest Card @Your Library® Card Sign-up Month. September is Library Card Sign-up Month, and the Library wants to make sure that residents in Old Lyme have the smartest card of all – a library card.

Activities at the Phoebe Griffin Noyes Library during Library Card Sign-up Month include story times for children ages birth to five and afterschool activities for older children. School visits to kindergarten classrooms will take place during September to provide an introduction on how to use the library and learn about all the great collections it has to offer. Teens and adults have a wide array of new programming from classes on painting and Mah Jongg, to movie nights, crafts, technology, game days, book discussions and afterschool activities to share with friends! More details can also be found at our website under the Events tab.

Getting a library card is easy. Children can apply for a library card at the age of five with parental permission. Most kids are really excited to have their very own card that coincides with the milestone of entering kindergarten! For all others, cards are issued at time of registration during library hours. We hope you will visit us soon!

Adult Events

Fall Book Discussion Series

Coming Home: Contemporary Prize Winning Novels with Marsha Bansavage, Facilitator. Mondays, September 10, October 1, November 5 and December 3 from 7-8:30 pm. The new series explores the themes of home and coming home. These novels, as in real life, have many meanings both literal and psychological. However close your heart is to your family hearth, coming home is never easy. These superbly written novels cause us to reflect on what home means to others and to ourselves. Copies of each book are available at the Circulation Desk. Co-sponsored by the Connecticut Humanities.

September 10, *Snow Falling on Cedars* by David Guterson, **October 1, *The Shipping News*** by E. Annie Proulx, **November 5, *The Stone Diaries*** by Carol Shields, and **December 3, *A Thousand Acres*** by Jane Smiley.

Mah Jongg Classes with Joanie Fitton. Wednesdays, September - December from 1-3 pm. Mah Jongg classes are one of the Library's most popular programs and a great way to meet new friends. It's a fun, challenging and competitive game that was brought to America in the early 1920s from China. It is commonly played by four players with a set of 136 tiles based on Chinese characters and symbols. Mahjongg is a game of skill, strategy and calculation, involving a certain degree of chance. Learn how to play and focus on the skills that will make you a patient and avid player while keeping the brain active and agile. Beginners and experienced players are all welcome. Joanie Fitton is a well known Old Lyme

instructor of both yoga and Mah Jongg. All classes will take place in the Community Room.

All classes are ongoing with beginners taking lessons and more experienced players separated into groups to improve their skills and have fun! The cost is \$10 per person per class with checks made out to Joanie Fitton. A portion of the fees goes to the Library. All participants must register at their first class and pay in advance. Registrations accepted on a first come basis.

Watercolor Classes for Beginners with Local Artist, Joan Bernard. Tuesdays, August 21-September 25 and October 2 – November 13. Advanced Beginners meet from 10:00 am -12:30 pm. Beginners meet from 1:00 pm 3:00 pm. Experience the joy of painting with watercolors and discover the artist within you! The six week course is an introductory level class on watercolors for beginners or anyone who has done some painting previously. Participants will explore the basics of using the three primary colors. Joan Bernard has studied fine art at Syracuse University, The Silver Guild Art Center and Lyme Academy College of Fine Arts. She has been painting in watercolor for 40 years. Joan is a member of the Friends of the Library for three years as a member of the Art Committee who donates her expertise to hanging the Library's art exhibitions. Registration is required with payment in advance. Checks should be made out to Joan Bernard. Class size is limited to 10. Class fee is \$140 per person for six weeks. Beginners will be provided with a list of necessary supplies at the time of registration.

Phoebe's Morning Book Chats – the 2nd Thursday of the month at 11:00 am. Facilitated by Linda Alexander, Information Specialist. September 13, *Brooklyn* by ColmToibin. October 11, *Autobiography of Mrs. Tom Thumb* by Melanie Benjamin, November 8, *Reading Lolita in Tehran* by Azar Nafisi, December 13, *Wishin' and Hopin': A Christmas Story* by Wally Lamb.

Connecticut River Film Forum Series Season 2012-13. Third Thursdays of the month from October to April (No December show), 7:30 pm. Welcome to the 8th year of screenings that deliver a mix of genres, including classics, animation, documentary and award winning films presented with thought-provoking introductions as well as discussion and socializing afterwards! Formed by a local contingent of avid cinema aficionados who partner with the Library, the series brings acclaimed and independent films to the public. Membership fee is \$25 per person for the series of six films or \$5 per showing. To register, send your name(s), address, phone and email address to Stanford Brainerd, Treasurer, CT River Film Forum, 6 Lyme Street, Old Lyme, CT 06371.

October 18, *Kamikaze Girls*: 2004 Japan, Lolita dress-alike befriends a delinquent biker chick. Madcap fashion adventure set in Tokyo. Delightful but kooky. 103 minutes, Director Tetsuya Nakshima.

November 15, *Grand Illusion*: 1938 French Director Jean Renoir's masterpiece. The quintessential anti-war movie and prison escape adventure. Stars Erich Von Stroheim. 114 min.

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January 17, Nowhere in Africa: 2002 German Winner of Foreign Film Academy Award. Fleeing Nazi Germany family reunites on Kenyan farm. Director Caroline Link "This is a fully character-driven film, played against the largely unseen backdrop of the holocaust." amazon.com. 141 min

February 21, History is Made at Night: or A Histoire comencu a Noitre 1937 French Director Frank Barzage with Jean Arthur and Charles Boyer. "One of the most beautiful and romantic films ever to grace a movie screen." An overlooked gem. Also amazon.com 97 min.

March 21, The Beaches of Agnes: 2010 France. A unique impressionistic autobiographical documentary by the director/videographer Agnes Varda. Everyone loves it. Winner of many awards. 110 min.

April 25, The Conformist: 1970 Italy, Director Bertolucci hits the big time with this, his first film. He takes on the secret police of Italy and politics and psycho sexuality. "What, exactly. IS normal?" Well constructed. Unusual beauty. 107 minutes.

October is Wee Faerie Village Month on Lyme Street! Watch for upcoming events surrounding the Faerie Village theme as we join the Florence Griswold Museum and our fellow Lyme-Old Lyme Chamber members creating a faerie ornament trail along Lyme Street. Find the faerie ornament at each location and fill a "paper quilt" with a stamp tracking your visits. Quilts will be available at participating venues and merchants. Completed quilts can be entered into a special drawing for a Museum gift bag and additional prizes from participating merchants! Bring your family and join the hunt for our faeries on display at each location.

Art, Yule, Love: Art Exhibition & Opening Reception. Thursday November 8 from 5-7 pm. The Library's annual fall art exhibition returns! *Art, Yule, Love* will take place on Thursday November 8 with a public reception for the artists from 5 to 7 pm. The exhibition and sale, which benefits the library's programs, will continue through December 30. Featuring two talented artists from the Mystic area, Mary Jane Brush and Louise Hoffman, both artists have extensive experience painting in various mediums to create landscapes, still lifes and capturing local scenes. The exhibition will feature small works that will make exceptional holiday gifts for friends and family. Free and open to the public.

Lectures and Lunch Series

The Women of Verdi's Operas: Othello, Un Ballo in Maschera and Aida. Guest Lecturer James Kuslan. October 27, December 8 and December 15 at 10:30 am Location TBA. Outstanding opera lecturer, James Kuslan returns to share his expertise with audiences familiar with or seeking to better understand the various components of opera. Our speaker will investigate the female roles and expand on the significant components of the operatic form: libretti, musical score and acting interpretation. The three part series will focus on Verdi's women characters in the masterpieces *Othello, Un Ballo in Maschera* and the world renowned *Aida*. Scheduled to coincide with the Metropolitan Live In HD 2012-13 season from the Metropolitan Opera in New York City and offered at

the Katherine Hepburn Center in Old Saybrook. Attend the lecture, enjoy a prix fixe box lunch before viewing a matinee performance at the Kate! Free lecture. Series funded by a generous grant from Bring Our Music Back!

The Friends Annual Holiday Book Sale. Date TBA 10-3 pm in the Community Room. Start your holiday shopping early at The Friends of Library Annual Holiday Book Sale! Prices are below retail on excellent copies of the latest best sellers, classics, a wide array of children's' books, and a broad selection of nonfiction titles. This is a wonderful chance to purchase like-new books at reasonable prices for everyone on your holiday list. All proceeds go to benefit the library. Complimentary cider will be served Saturday. Donations of books in good condition are welcome at any time. Support the Library by patronizing the Friends!

Children's Programs

Story and Craft Time: Monday's 10:30-11:00am. Drop in for a story and a themed craft. Children ages 2-4 are welcome.

Baby Time: Thursday's 10:15-10:45am. Drop in with your baby for story books to share, finger plays and songs. Children birth through age 2 are welcome.

Tuesday September 4, Lullaby Nights Program Series 6:15-6:45 pm. This program series will take place the first Tuesday of every month from September-December (9/4, 10/2, 11/6, 12/4). Join Eleanor Robinson to sing lullabies before tucking in for the evening. With our voices, her stringed instruments and quantities of percussive instruments for the families gathered, we will enjoy a melodic close to the day. Miss Eleanor has taught music and movement classes for over a decade in libraries, nursery schools, community centers and churches. She has performed in classic rock and blue grass bands. Children in jammies welcomed! Favorite stuffed animals too!

This series is great for families with children ages birth to 5. Registration is encouraged. Register at www.oldlyme.lioninc.org under the "Children's Programs" tab, or call the Library at 860-434-1684.

Thursday September 20, 2012 3:30-4:30 pm Make Your Own Faerie Necklace. Just in time for the Florence Griswold Museum's Wee Faerie Village exhibit. Grades 3-5 are welcome to come to the Library to make your own faerie inspired necklace. Using acorns, fairy dust and other materials create a faerie necklace to wear to the exhibit. Materials will be provided, snacks will be served. Registration is required for materials planning purposes. Register online at www.oldlyme.lioninc.org under the "Children's Programs" tab, or call the Library at 860-434-1684. We hope to see you there!

Friday October 12, 2012 4:30-6:00 pm Make Your Own Faerie Wand, Crown and Tutu. The perfect outfit for the Florence Griswold Museum's Wee Faerie Village exhibit! Kindergarten-Grade 2 are welcome to come to the Library to make this faerie craft. Materials will be provided. Snacks will be served. Registration is required for materials planning purposes. Register online at www.oldlyme.lioninc.org under the "Children's Programs" tab, or call the Library at 860-434-1684.

Saturday October 20, 10:00-11:30am Paint Your Own Pumpkin. Children grades Pre-K through Grade 5 and their families are welcome to come to the Library to paint your

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Tune in to Public Access Channel 14

Old Lyme's Conservation Commission has produced two programs for public access television, Channel 14. One features the basic facts associated with radon gas in the home environment as described by First Selectwoman Bonnie Reemsnyder who has professional experience with testing and remediation of the potentially deadly gas.

A second program features Jim Tripp and his salmon egg hatchery at the Lower Mill Pond in Old Lyme. Each year a variety of fish arrive to spawn and Jim has underwater cameras

to view their activities. Alewife, herring, eels, perch, and sea run trout all arrive each spring and the eagles and ospreys arrive to pluck the fish from the brook and deliver them to their nestlings.

Conservation Corner airs on Channel 14 on the 1st & 3rd Mondays of each month at 7:30pm. Tune in, or borrow a program disk from the Selectman's office or the Town Library. We hope to make the shows available on the town web site soon.

• *Library continued from page 27* •

own pumpkin. Materials will be provided. Parental involvement is encouraged. Registration is required for materials planning purposes. Register online at www.oldlyme.lioninc.org under the "Children's Programs" tab, or call the Library at 860-434-1684.

Wednesday October 31, 5:00-7:00 pm Halloween Trick or Treat on the Lawn. BOO! We want to see you! Happy Halloween from Old Lyme Phoebe Griffin Noyes Library. While you are parading down Lyme Street, don't forget to visit us on the front lawn of the Library for Trick-or-Treating fun!

Monday November 5, 5:30-6:30 pm Tellebration! Help us celebrate the 200th anniversary of the publication of Grimm's Fairy Tales in honor of former trustee and storyteller, Rosalind Hinman. Ro was a founding member of the Connecticut Storytelling Center that brings Tellebration to libraries annually. Bring the family to hear one of Connecticut's leading storyteller's share spellbinding tales that will enchant children and all those who attend! Free and open to the public. Registration required.

Saturday November 17, 10:00-11:30 am Make Your Own Paper Bag Turkey. A terrific Thanksgiving Centerpiece. Children grades Pre-K through Grade 5 and their families are welcome to come to the Library for some pre-Thanksgiving fun. Materials will be provided. Parental involvement is encouraged. Registration is required for materials planning purposes. Register online at www.oldlyme.lioninc.org under the "Children's Programs" tab, or call the Library at 860-434-1684.

Teen Scene Programs September-October 2012

Coming to the Library this fall: Teen Scene Analyzing and Composing Musical Scores Program Series with Professor of Music Education, Joseph Abramo from the University of Connecticut, Storrs NEAG School of Education. Presented by the Old Lyme Phoebe Griffin Noyes Library and generously sponsored by the Bring Our Music Back (BOMB) Foundation. Students grades 6 and up will learn to create soundtracks for films. Through this lesson of study, students will engage in theories of narrative in language and music learning how to manipulate the elements of music and engage in composition and improvisation. This program is a 7 week series event, with

students needing to commit to the full program series. Space will be limited. Check out www.oldlyme.lioninc.org under the "Teen Programs" tab for details on this exciting event!

Friday September 21, 5:00-7:00 pm Teen Scene Songwriting Workshop. Grades 6 and up are welcome to attend. Come to the Library to learn from local musicians how you too can write your own lyrics and put them to music. Program presented by the OLPGN Library and generously sponsored by the Bring Our Music Back Foundation (BOMB). Registration is requested. Register at www.oldlyme.lioninc.org under the "Teen Programs" tab, or call the Library at 860-434-1684.

Friday October 5, 6:30-9:00 pm Teen Scene Movie Night featuring the movie based on the book: *The Hunger Games*. Watch the blockbuster movie on the Big Screen. Popcorn and drinks will be provided, bring your own movie snacks. Registration is requested. Register online at www.oldlyme.lioninc.org under the "Teen Programs" tab, or call the Library at 860-434-1684.

Friday October 19, 2:30-4:00 pm Teen Scene Decoupage Pumpkins. Come to the Library to decorate your own pumpkin, decoupage style. Registration is required for materials planning. Register online at www.oldlyme.lioninc.org under the "Teen Programs" tab, or call the Library at 860-434-1684.

Coming in November 2012

Teen Scene Scrapbooking with Tracie Larson owner of Papercraft Clubhouse of Westbrook, CT. Grades 6 and up are welcome to attend. Check the Library website for details www.oldlyme.lioninc.org under the "Teen Programs" tab.

Skype Author Talk with Young Adult Author Jennifer Brown. Jennifer is the author of the bestselling books: *The Hate List*, *Bitter End*, and *Perfect Escape*. (Some of my favorites!). Come in to learn how Jennifer writes such gripping and real stories. Grades 6 and up are welcome to attend. Program presented by the Old Lyme Phoebe Griffin Noyes Library, using technology generously sponsored by the Lyme-Old Lyme Education Foundation. Check the Library website for details www.oldlyme.lioninc.org under the "Teen Programs" tab.

Friday November 30, 6:30-9:00 pm, Teen Scene Movie Night Featuring the movie *Marvels Avengers*. Watch the blockbuster movie on the Big Screen. Popcorn and drinks will be provided, bring your own movie snacks. Registration is requested. Register online at www.oldlyme.lioninc.org under the "Teen Programs" tab, or call the Library at 860-434-1684.

Florence Griswold Museum



First Congregational Church Old Lyme. Photo by Steve Rosenthal.



Vonnoh Ellen Daughters by Ellen Axson Wilson.



Faerie Houses.

Few buildings are more closely identified with New England than its meetinghouses. *White on White: Churches of Rural New England* (October 5, 2012– January 27, 2013) brings together forty of photographer Steve Rosenthal's images, including new photos of churches in Connecticut.

The Art of First Lady Ellen Axson Wilson: American Impressionist (October 5, 2012– January 27, 2013) illuminates the artistic career of Ellen Axson Wilson, wife of President Woodrow Wilson. Beginning in 1905, Ellen brought her family to Old Lyme so that she could study with artist Frank Vincent DuMond. The Wilsons and their three daughters befriended Florence Griswold and stayed at her boardinghouse. They

became full-fledged members of the colony until Ellen's death in 1914.

From October 5 through November 5, 2012, the grounds and gardens of the Florence Griswold Museum in Old Lyme become a site for creativity and wonder. *Wee Faerie Village: In the Land of Picture Making* is sure to delight all ages. Over 30 artists transform the Museum's eleven acres into a magical land featuring faerie dwellings that represent subject matter found in landscape paintings, including trees, flowers, sunlight, and wind. Children will delight in the fun and whimsical creations while adults marvel at the creatively conceived and handcrafted works of art.

Social Services

Social Services has moved from the Lymes' Senior Center to The Old Lyme Town Hall, 52 Lyme St. Hours are Tuesday and Thursday from 9 am to 12 noon and Wednesday from 1 to 4pm. Appointments are requested.

The new office of Social Services is located on the lower level of Town Hall with easy access from the back parking lot. The new "face" of Social Services is Ruth Dillon Roach. Phone Ruth at (860) 434-1605 ext. 228. If you wonder where you have seen her before, it was most likely in the Tax Office where she had worked for several years.

As we are getting closer to cold weather, please think about coming in to apply for Renter's Reimbursement, Energy Assistance. For those of you over 60 and living in a rental unit we also have a coupon book for local Farmers Markets that will help with the purchase of fresh fruits and veggies.

It is the mission of the Town of Old Lyme Department of Social Services to enhance the quality of life and self-sufficiency of people in need of EMERGENCY, NON-CURRENT financial services. We provide advocacy, planning, resources and deliver these services in partnership with public and private organizations. Services will be provided confidentially, courteously and promptly. No one will be discriminated

against due to race, color, natural origin, religion, sex, age, disability or marital status.

Donations to the Town's Emergency Fund are always welcome.

Please do not hesitate to call with questions. If the answer is not readily available, we will get back to you as soon as possible.



Old Lyme
Visiting Nurse Association, Inc.
 Homecare license via Interim Health Care
 of Eastern Connecticut

*At time of hospital discharge or whenever
 in need of homecare services, please call*
(860) 434-7808 or (860) 434-9003

Lymes Senior Center

Can you donate a DVD Player for use at the Senior Center? Please contact Sherry White – Thanks!

The Lymes' Senior Center has plenty of activities to offer. Bridge, Sittercise, Tai Chi, Exercise Classes, Watercolor Paint Class, Creative Writer's Workshop and etc. Please feel free to call for more info. A delicious nutritious lunch is served Monday through Friday at 12:00 pm for a small donation of \$3.00. Meals on Wheels are available for any senior who is homebound. Please call 388-1611 to make a reservation.

The Lymes' Senior Center Celebrated the Roaring Nineties!

Twenty-four Old Lyme and Lyme residents collectively celebrated birthdays on August 1st that put them into the nineties at the Lymes' Senior Center.

The Lymes' Senior Center celebrated birthdays in a big way with a party for everyone whose age put them at least 20 years over the three-score and 10 that used to be the norm.

Twenty-four residents of Old Lyme and Lyme fall into that category this year, with the oldest being Hilma Berggren, who turns 98 this year. Jim Noyes joked that he was included in the bunch because he's 89 and three-quarters and they didn't think he'd make it!

They celebrated with songs and games, including a sexiest leg contest that Lymes' Senior Center Director Sherry White somehow conned Lyme First Selectman Ralph Eno into joining. In addition to sharing cake, they also shared a few of their secrets to longevity.

Agnes Birzell, 94, attributed her long life to "drinking a little beer." Margaret Leathers, 93, said that keeping up with her younger friends helped her stay young. George F. King, 90, said he thinks everyone would live as long as he has if they also had "a good better half!"

A big **thank you** for the following people who made this celebration a success:

Rebecca Sears, Bride Brook Health & Rehab Center
 Marilyn Giuliano, State Representative
 Ralph Eno, Lyme First Selectman
 Bonnie Reemsnyder, Old First Selectwoman
 Linda Camarra, VNA Nurse
 Ann Griffith/Judy Dutton/Steve Carpenter



Senior Center Director Sherry White (right) with Hilma Berggren, 98, who is the oldest member of the Lymes' Senior Center. Credit: Jayne Keedle

2012 Special Events

- Sep 19**, Senior Club Meeting/Bingo, 1:00 pm
- Sep 20**, Men's Breakfast, 9:30 am
- Sep 21**, Senior Club Jonah Day Trip, TBD
- Oct 03**, Senior Club Meeting/Music Entertainment, 1:00 pm
- Oct 17**, Senior Club Meeting/Bingo, 1:00 pm
- Oct 17**, Lions Club Low Vision Clinic, 1:00 pm
- Oct 27**, VFW Halloween Pig Roast, 6:00 pm
- Nov 06**, Election Day ("Red, White & Blue Luncheon"), 12:00 pm
- Nov 07**, Senior Club Meeting/Music Entertainment, 1:00 pm
- Nov 15**, Thanksgiving Luncheon, 12:00 pm
- Nov 21**, Senior Club Meeting/Bingo, 1:00 pm
- Dec 05**, Senior Club Meeting/Music Entertainment, 1:00 pm

— Sherry White

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Local M.D. Named Full-Time Hospice Medical Director

When people think of hospice care, they often focus on death and dying. But according to Middlesex Hospital's new, full-time Hospice Medical Director (and Haddam resident) Bill Zeidler, M.D., the essence of hospice care isn't about dying.

"One of the big misconceptions out there is that a lot of people think that hospice is just about dying. It's truly not. It's truly about trying to live to the best of one's ability until the moment you die," said Dr. Zeidler.

And Dr. Zeidler should know. He has been certified in the specialty of hospice and palliative care since 1997. He is also a founding member of the American Academy of Hospice and Palliative Care Physicians.

Modern-day hospice care in the United States only started back in the mid- to late-1970s, explains Dr. Zeidler. He adds, "It's seen amazing growth since then. This means that a lot of people are coming to understand the worth of hospice and palliative care."

A recent *Wall Street Journal* article stated that, according to the National Hospice and Palliative Care Organization, an estimated 1.58 million patients received hospice care from more than 5,000 programs nationwide in 2010, more than double the number of patients served a decade earlier. More than 40 percent of all deaths in the United States that year were under the care of hospice, which provides medical care, pain management and emotional and spiritual support to patients with terminal illnesses.

The Middlesex Hospice and Palliative Care program began as an inpatient unit at the Hospital back in the mid-1980s. At that time, Dr. Zeidler became its first, part-time medical director. The original, six-bed inpatient unit has now expanded to a 12-bed hospice and palliative care unit and the program also provides hospice care in the home setting throughout Middlesex County and beyond.

Dr. Zeidler has a long history with Middlesex Hospital. He became a Family Practice Resident in 1975. In 1978, upon graduating from the program, he set up a private family



medicine practice in Higganum. In 1997, he became a member of the Middlesex Hospital Primary Care network with offices on Saybrook Road in Middletown. Dr. Zeidler left his primary care practice this year to become the Hospital's first, full-time Hospice Medical Director. As such, Dr. Zeidler will be caring for virtually all the Hospice patients on the inpatient unit, and some in the home and in area nursing homes as well.

But, according to Dr. Zeidler, "My function is part of a large, interdisciplinary care team that includes inpatient and homecare nurses, social workers, physical therapists and occupational therapists. We use the expertise of pharmacists, who are well trained in pain medications. We have wonderful volunteers who serve a whole host of functions, from playing music on the unit to creating legacy stories about patients' lives for their families to cherish. There are clergy members who are also a key part of what we do; along with the many home health aides and patient care technicians who are also part of the caregiver team."

Dr. Zeidler admits that managing a patient's pain is an important aspect of hospice care. But he adds that the ultimate goal is to control the pain, while still keeping the patient as alert and oriented. This not only benefits the patient, but the family as well.

"When we get the patient's pain under control, the patient often relaxes, which means the family can relax as well," Dr. Zeidler added.

Dr. Zeidler is looking forward to his new, expanded role in the Hospice and Palliative Care program, and for good reason.

"It's a wonderful program and it is truly amazing how much patients and families benefit from it. The message is that we're just trying to make things a little bit better for patients, and significantly better for the family. And the more support you give the patient, family and other loved ones, the better everyone does. Often, we are actually able to bring some joy into their lives during a very difficult situation."

Interior Inspirations 2012

Eight prominent designers, including Old Lyme's Nina Cuccio Peck, present designer vignettes to inspire home decorators. Interior Inspirations 2012: Designer Showcase takes place October 26-27, 10 am to 4pm, and October 28, 10 am to 3pm at the Lyme Art Association. Honorary Chair for the weekend event is legendary designer Larry Laslo of New York.

In addition to the design vignettes and boutique sales at the Lyme Art Association, a speaker series to include author Jane Green, Alexandra Stoddard, Roxanne Coady and Louis Raymond will take place at the Old Lyme Inn.

A Preview Party takes place Thursday evening, October 25 with limited ticket availability.

See www.ChildAndFamilyAgency.org for more details including a complete list of designers and speakers as well as ticket information. Proceeds benefit Child & Family Agency of Southeastern Connecticut. Event contact is Lynn Fairfield-Sonn: (860) 443-2896 ext 901.

Town News

Curbside trash removal is performed by Shoreline Sanitation (860-434-0052). There is no trash pick-up on the following Holidays: New Year's Day, Memorial Day, July 4th, Labor Day, Thanksgiving Day, and Christmas Day. Trash that would normally be collected on Thanksgiving will be picked up the next day, along with the regular Friday pickup. For other holidays, garbage pickup moves up a day, until Thursday and Friday, which remain on schedule. Please feel free to call Michele Hayes-Finn (860-434-1605, ext. 212) with additional questions.

Please have trash container out at curbside by 6 am on your assigned day. Containers should be three feet away from any other objects, such as mailboxes, cars, other containers, planters, etc. Please do not block breakdown/emergency lanes or obstruct walkers and/or cyclists. Thank you!

Additional automated trash and recycling containers can be ordered through Michele Hayes-Finn (860-434-1605, ext. 212) in the Selectman's Office at the Memorial Town Hall on Lyme Street. Containers cost \$80 each.

Curbside recycling is performed every other week by Shoreline Sanitation (860-434-0052). Single Stream Curbside recycling pick-up is provided for clean bottles, cans, #1 - 7 plastics and paper products co-mingled in the new green recycling carts. Corrugated cardboard boxes need to be

flattened for recycling. A complete list of acceptable single stream recyclables is available on the Town's website (www.oldlyme-ct.gov), trash and recycling link on both the Selectman's and Public Works pages, as well as on Shoreline Sanitation's website (www.shorelinesanitation.com) and in the Selectman's Office at Memorial Town Hall on Lyme Street, or at the Landfill/Transfer Station. Please phone Michele Hayes-Finn (860-434-1605, ext. 212) with additional questions.

Recycling Holidays: There is no recycling pick-up on the following Holidays: New Year's Day, Memorial Day, July 4th, Labor Day, Thanksgiving Day, and Christmas Day. Recycling that would normally be collected on Thanksgiving will be picked up the next day, along with the regular Friday pickup. For other holidays, recycling pickup moves up a day until Friday, which remains on schedule.

Please have recycling container out at curbside by 6 am on your assigned day. Containers should be three feet away from any other objects, such as mailboxes, cars, other containers, planters, etc. Please be mindful when positioning your container not to block breakdown/emergency lane or obstructing walkers and/or cyclists. Thank you!

Transfer Station Hours are Tuesday-Friday, 7:30 am-3:45 pm, Saturday, 8:30 am-4 pm. Closed Sunday and Monday. Transfer Station is located on Four Mile River Road, Exit 71 off I-95N (860-434-2337). Bulky Waste and Demolition: Vehicles will be charged by weight at a 110/ton rate. Recyclables should not be mixed in the same load with Bulky Waste or Demolition debris. Loads of less than 100 lbs will be charged a minimum fee of \$5. Brush will be charged on a per load basis. Grass clippings are not accepted. Please phone either the Transfer Station or Michele Hayes-Finn (860-434-1605, ext. 212) with additional questions.

Electronic Recycling is now available at the Old Lyme Transfer Station. Covered and non-covered electronic devices (CEDs) including computers (personal computers, mainframes, mid-range computers, laptops); networking equipment (hubs, switches, control cards, etc.); computer monitors, televisions, printers; keyboards; mice; adaptors; stereos; speakers; VCRs; scanners, fax machines; copiers; telephones and telephone systems; computer wire and cable; computer drives and storage devices (floppy drives, scrap aluminum; (machine and machine parts, cable extrusions, etc); fluorescent light bulbs; UPS (uninterrupted power supply) batteries; and related computer and electronic equipment.

Phone Michele Hayes-Finn in the Selectman's Office at the Town Hall (860-434-1605, ext. 212) to report a streetlight outage and/or trash or recycling problem. When reporting a streetlight, please make note of the pole# and exact location.

Town Hall will be closed: Monday, October 8th in observance of Columbus Day. Monday, November 12th in observance of Veterans Day. Thursday and Friday, November 22nd and 23rd in observance of Thanksgiving.

Deadline for the next issue of

OLD LYME EVENTS

is November 13, 2012.



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Old Lyme Visiting Nurse Association

Flu Clinic: The Old Lyme Visiting Nurse Association will conduct its 2012 Flu Clinic at the Lymes' Senior Center, 26 Town Woods Road, Old Lyme on Saturday October 6th from 9 am to 12 noon. This clinic is for Old Lyme residents age 50 and older and for age 18 and up who have a chronic medical condition. There is no charge for the vaccination. Donations to help cover costs are always appreciated.

Health & Wellness Day: The Association will also host the annual Health & Wellness Day on Saturday, November 3, 2012 from 8 a.m. to 12 noon at the Christ the King event hall located at 1 McCurdy Road, Old Lyme. This health fair is open to the general public.

The free services offered will include consultations with doctors for eye examinations and podiatry screenings, sessions with nurses for blood pressure and heart rate checks and consultations with dietitians, physical therapists and other health care related professionals. Complimentary literature, samples and refreshments will be available.

New this year will be the presence of the Yale New Haven Hospital Digital Mobile Mammography Van. It is necessary to have a certain number of appointments scheduled in order for the van to make the trip to Old Lyme. If in need of this important screening procedure, please call 203-688-6800 for more information and to make an appointment.

In addition, the Association is working to procure a dentist for oral cancer screenings, an audiologist to administer hearing tests, and arrangements for environmentally safe disposal of old prescription drugs and over the counter medications.

Another popular feature is the availability of a menu of low cost blood tests. The test results are sent directly to the client

after a review by a doctor with notations for personal follow-up where needed. Further details of this event will be made available in local print and online media in the fall.

Expanded Nurse's Office Hours: Town Nurse, Linda Camarra R.N. is available every Monday and Wednesday from 11 am to 1 pm and on Tuesday, Thursday and Friday from 12 noon to 1 pm at her office in the Lymes' Senior Center, 26 Town Woods Road, Old Lyme. Residents can receive free consultations, blood pressure checks and doctor ordered vitamin or allergy injections during office hours. No appointment is necessary. For additional information please call 860-434-7808.

Scholarship Awards: The Old Lyme Visiting Nurse Association, Inc. announces the names of 2012 Lyme - Old Lyme High School graduates receiving awards:

The Mary H. Noyes Memorial Scholarship awardees are: Cynthia Espinoza who will be a Nursing major at Three Rivers College. Taylor Miller whose major will be Physician Assistant at George Washington University. Nicolette Strizzi who will major in Nursing at Regis College.

The Old Lyme Visiting Nurse Scholarship awardees are: Cynthia Espinoza who will be a Nursing major at Three Rivers College. Allison Fiscus who will be an Occupational Therapy major at Quinnipiac University. Kaitlyn Mueller who will be a Physical Therapy major at Ithica College. Nicolette Strizzi a Nursing major at Regis College. Samantha Ward a Physical Therapy major at Southern Connecticut State University.

The Association congratulates all the scholarship recipients and wishes them continued success in their future studies.

Great Wines for Grilling

Although summers' end is approaching there is still plenty of time for grilling out. I would like to explore a few less widely known red wines to pair with your grilled fare. Both of these wines come from Italy, however they are very different. The first of the two is Barbera. This wine has medium fruit and a light, dry, acidic finish. Barbera is one of the top 5 most widely grown red grapes in Italy. Some of the most popular are Barbera D'Alba and Barbera D'Asti. The latter part of the name represents the town in which the grapes are grown within the Piedmont region. There are representations of this wine in California which tend to have soft fruit and a little bit of spice.

The other wine that is overlooked is Valpolicella. Sometimes thought to be a light, inexpensive Italian wine, it can actually be quite full and delicious. It comes from the Veneto region and is made mostly of Corvina grapes and occasionally blended with a small amount of other varietals such as Molinara and Rondinella. Valpolicella gives way to flavors of black cherry and dark red fruits with a soft, slightly dry finish. Even more interesting is enjoying this wine when it has been produced in the "Ripasso" method. This term means "re-passed," which consists of re-fermenting the wine over un-pressed, dried skins

of Amarone grapes. Many people call this style of Valpolicella a "Baby Amarone." This process develops the wine into a richer, fuller bodied wine with a raisin like characteristic that is slightly higher in alcohol.

It is easy to go to the local wine shop and pick up a Cabernet or Merlot, but sometimes it is fun to change it up and try something new. The next time you are grilling out with family and friends tantalize your palate with these exciting wines. They are sure to not only impress your guests, but keep them coming back for more!

— Art LiPuma, Manager
SeaSide Wine & Spirits

For town updates & information:

www.oldlyme-ct.gov

Help Us to Help You in an Emergency!

Town of Old Lyme Special Needs Registration Form

Name: _____ Phone: _____

Address: _____

Emergency Contact Name: _____ Phone: _____

I may need assistance in case of an evacuation for the following reasons:

(Please Circle "YES" or "NO" for each response)

Sight Impaired YES NO Hearing Impaired YES NO Confined to bed YES
NO Need a Wheel Chair Ride YES NO Use TDD/TTY YES NO Using Oxygen
YES NO

Need a Ride for Evacuation YES NO Using a Machine to Help You Breathe YES
NO

Any other medical equipment that needs electricity to keep you alive? YES NO

Description of
equipment _____

Service Animals YES NO Pets YES NO Type DOG CAT OTHER

Number of Pets: _____ Will the Pet be coming with you? YES NO

Please clip, complete & return to the Town Hall. Thanks!

Essex Printing Goes “Computer-to-Plate”

Essex Printing is proud to announce the installation of a new computer-to-plate system. The PlateWriter 3000 offers our clients digitally accurate registration and the highest quality imaging. As a result, our clients receive the benefit of accurate registration as well as the quality of offset printing. While carrying forward our environmentally friendly approach to plate making and printing, it delivers press ready

plates without the use of any chemicals or chemical processing (and therefore, no chemical disposal costs). It also has the lowest energy usage output in its class and requires no water supply. Bill McMinn, President of Essex Printing, stated: “We are very excited about the new system because our customers will receive the benefit of higher quality imaging. Plus, it allows us to deliver an environmentally friendly product.”

Primary Results

A Primary took place in Old Lyme on August 14. The results were as follows:

Democratic – US Senate

* **Chris Murphy 257**

Susan Bysiewicz 90

Republican – US Senate

* **Linda McMahon 310**

Christopher Shays 197

Republican – US Congress

* **Paul Formica 411**

Daria Phelps 75

Christmas Sale

The annual Elephants in Winter Christmas sale will be held on Saturday, Dec. 1, at The First Congregational Church of Old Lyme, on Ferry Road from 8 am to 12 noon and also between services on Sunday, Dec. 2nd, in the Fellowship Hall.

The Christmas decorations and gift items donated at the summer White Elephant Sale are sold at this sale. Some of the left over fabric and clothing is made into beautiful pocketbooks, gift bags, mittens and baby blankets by the Sewing Group. In addition are international gifts and Native American jewelry, and coffee and donuts.

Come to The Elephants in Winter Sale and do your Holiday shopping!



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The Joys and Benefits of Staying Active

We humans are social creatures. This means we have the natural desire to interact and be with other people during every stage of our lives – including our senior years. However, some seniors, through a variety of reasons, find themselves living alone with limited interaction or engagement with friends or family.

This is unfortunate since social involvement is a major component of the overall well-being and good health of any senior. Consider the 2008 study by the Harvard School of Public Health, which found evidence that elderly people in the U.S. who have an active social life may have a slower rate of memory decline. Or “The Nun Study,” which detailed how positive emotions and thoughts in life (often a result of being active and involved) are linked to less disease and lower mortality rates, and can help develop a natural immunization against Alzheimer’s disease.

These and other research illustrates that when seniors maintain an active social life, and each day is filled with purpose and friendship, seniors have a greater opportunity to enjoy a high quality of life during their retirement years. Social activity also greatly reduces or even eliminates loneliness or depression, something that affects more secluded people.

Being social is achievable through purposeful planning. Individuals can create opportunities to be with other people and be involved in groups by:

- Contacting local senior centers, church groups or other organizations that offer a schedule of daily activities
- Signing up for art, music, or physical fitness classes through the local community college or parks and recreation department
- Volunteering or mentoring at a local school, library, or museum
- Joining a local club (such as gardening, writing, reading, chess, knitting)
- Taking part in travel programs designed specifically for senior citizens
- Attending lectures at a local university or other organization

One time of day when socialization is most important is meal time – which most people share with others at least once a day. Senior citizens are encouraged to attend community meals at a senior center, church, or other organization, or to invite friends and family to dinner at a favorite restaurant, or at their home or retirement community. Additionally, seniors should try to accept invitations to join others at mealtime as often as possible.

Competitive sports are becoming more conducive to active seniors, with the growing popularity of organizations such as the Olympic-style “Connecticut Senior Games” for those over age 50. These events include badminton, table tennis, racquetball, golf, basketball, track and field, tennis, volleyball, bowling, cycling, shooting, softball, and swimming – and athletes up to age 89 take part. Additionally, seniors can be on the



Research illustrates that when seniors maintain an active social life, and each day is filled with purpose and friendship, seniors have a greater opportunity to enjoy a high quality of life during their retirement years.

lookout for competitions in art, music, gardening and more at local fairs and other regional events.

As seniors age, they may consider moving into a retirement community, assisted living residence or a continuous care retirement community (CCRC), all of which typically have suitable social and cultural programs available daily, under one roof. These communities often include some type of van or transportation service – which helps those who no longer drive maintain a level of independence. These communities also have scheduled mealtimes, so gathering with friends and family for lunch or dinner is easily accommodated (and strongly encouraged).

If there is a senior in your life – or if you are planning for your own retirement – be sure to include as much social, physical and cultural activity as you can manage. You will be impressed by the benefits, and will enjoy a higher quality of senior living!

— Kathy Ryan, Executive Director,
The Saybrook at Haddam

Kathy Ryan is executive director of The Saybrook at Haddam (www.thesaybrookathaddam.com), a 74-apartment assisted living retirement community located at 1556 Saybrook Road in Haddam (860-345-3779). The community provides independent retirement living services as well as assisted living services provided by its state-licensed Agency, and a special memory care unit.

The Shoreline Soup Kitchens & Pantries provides food and fellowship to those in need. Serving the towns of Essex, Chester, Clinton, Madison, Old Saybrook, East Lyme, Lyme, Old Lyme, Killingworth, Westbrook and Deep River.

**Learn how you can help at:
www.shorelinesoupkitchens.org**

Roses for Autism

Roses for Autism is the first business endeavor for Growing Possibilities - a nonprofit social enterprise founded by Ability Beyond Disability that is dedicated to growing independence in the business world for individuals with autism and other disabilities.

Our Roots: Jim Lyman's dream was to improve the quality of life for his son Eli, through meaningful work and continued opportunities to grow as an individual. Jim's search brought him together with Pinchbeck's Rose Farm, Connecticut Autism Spectrum Resource Center, and then to Ability Beyond Disability. Collectively, they planted the seed that would bloom into Growing Possibilities.

Did you know? Adults on the Autism Spectrum hold many talents...yet today only 12% of adults with ASD are employed.

Our Mission: To grow independence in the business world.

How We Grow: In 50,000 square feet of heated glass greenhouse, our premium roses and lilies are cut and packaged daily. Working with young adults on the autism spectrum we strive to: build transferable job skills, build social independence, build generalization of learning.

Call us today to plan for your next recognition event. We will customize...so call us with whatever you can dream up!

We personally deliver to CT, NY, NJ, MA and we ship ANYWHERE in the United States! Let us help you recognize your staff! Flowers for every occasion: *anniversaries, birthdays, special accomplishments, employee recognition events.*

Fragrant roses are available in 16 varieties! We offer 3 varieties of lilies too! Say "thank you" or "great job" with:

- Custom arrangements
- Signature dozens
- Single stems
- Boutonnieres and corsages
- Engage your employees in supporting a great cause
- Host a corporate rose sale for your employees and help employ people with autism.

We grow amazing fragrant roses with amazing people! Order online at: www.rosesforautism.com or www.rosesforautism.com. (203) 453-2186. We are a local farm planting the seeds of possibilities for the autism community. Your rose purchase supports the development of inclusive work place opportunities for adults on the autism spectrum.

Pinchbeck's Rose Farm
929 Boston Post Road
Guilford, CT
(203) 453-2186



Fall Fair & Festival Schedule

Guilford Fair	September 21-23
Harvest Fun Day - Old Lyme Christ the King Church	September 22
Durham Fair	September 27-30
Berlin Fair	October 5-7
Portland Fair	October 12-14
Guilford Harvest Festival Guilford Town Green	October 13

High Hopes

Volunteers. High Hopes is seeking volunteers 14 years or older to assist with all aspects of our program. No matter your interest or skill, we have a place for you at High Hopes! Love horses? Volunteer by assisting in the riding program as a leader or sidewalker, or help care for our horses. Have office experience? Help file, type, answer phones and more. With special events all year round we always need volunteers to help with planning and supporting our annual June major benefit, our fall holiday market and numerous receptions and demonstrations. If you have experience as a photographer, videographer or IT skills we need you too! For more information contact Courtney Bernard at cbernard@highhopestr.org or 860-434-1974, ext. 121.

Volunteer Orientation and Training Dates: High Hopes Therapeutic Riding, Inc., Old Lyme, CT. CONTACT: Courtney Bernard 860-434-1974, ext. 121 or cbernard@highhopestr.org. **September 15**, 3:30 pm-5:30 pm. **October 10**, 4 pm-6:30 pm. **October 27**, 3:30 pm-5:30 pm. **November 7**, 4 pm-6:30 pm. **November 17**, 3:00 pm-5:30 pm. **December 1**, 3:00 pm-5:30 pm. **December 12**, 4:00 pm-6:30 pm.

Lord Creek Farm Events To Benefit High Hopes and The Connecticut Valley Pony Club: September 23, LORD CREEK FARM HUNTER PACE – Lord Creek Farm, Lyme, CT. CONTACT: Sarah Carlson, 860-434-1974, ext. 115 or scarlson@highhopestr.org.

Learn, Grow, Advance! Announcing Unique Seminars

- **Physical Disabilities and Neurologic Impairments**, November 2-4.
- **Business, Development and Administration**, February 21-22, 2013.

Developed for...

- New and experienced therapeutic riding professionals
- Equine professionals looking to improve their management techniques
- Nonprofit business professionals who want to improve current practices
- High Hopes volunteers seeking advancement

For more information, contact Laura Moya at (860) 434-1974 ext. 118 or lmoya@highhopestr.org. Visit us online at www.highhopestr.org.

High Hopes Annual Meeting - Sunday, October 14. High Hopes will hold its 38th annual meeting at its facility on Town Woods Road. For more information call 860-434-1974 or visit our website www.highhopestr.org.

High Hopes Hoedown and Holiday Market - Sunday, November 18. Come to a festive celebration with a kick at the High Hopes Hoedown & Holiday Market to be held on Sunday, Nov. 18, 12 noon-4 pm at High Hopes Therapeutic Riding, Inc., in Old Lyme, Conn. Connecticut Light & Power (CL&P) is partnering with High Hopes for this second annual event, which brings community together to give back as the season of giving thanks approaches. Admission is free with a nonperishable food donation to the Shoreline Soup Kitchens. There will be 50 booths with crafts, gourmet food and other items for sale, live music, childrens' entertainment, a raffle with great prizes including an iPad 2 and door prizes. For more information call 860-434-1974 or visit our website www.highhopestr.org.

Like us on Facebook <https://www.facebook.com/#!/pages/High-Hopes-Therapeutic-Riding-Inc/69344422992>.

Connecticut Cookie Platoon

Mission: Our mission is to get America baking homemade cookies once a month for our troops, veterans, or recovering soldiers.

Next Platoon Event: November 17. Our shipment/packing party will be at the Whelen Engineering, located at 51 Winthrop Road in Chester. Cookies may be dropped off beginning at 9:00 a.m. We'll start packing at 9:30 am. Finished cookies must be 2 inches in diameter. They must be homemade, not store-bought. Please put your cookies in large Ziplok Bags before giving them to us for shipping. You can stay at the site for our packing party. We'd love to meet you, and we'll be happy to have your help. If you can't get to the packing site, we can pick up your cookies. Please call Debbie Schaefer at 860-526-2789 to make arrangements.

If you'd like to make a monetary contribution, please make your check out to The Connecticut Cookie Platoon, and send it to P.O. Box 635, Chester, CT, 06412-0635. If your family or your company would like to sponsor a soldier by defraying the cost of one our shipments, please contact us at info@cookieplatoon.com. We encourage our sponsors to send notes, photos, or gifts in their soldiers' cookie packages.

Ask Marian

When is the right time to consider moving to a senior living community?

Many of our residents will say they wished they had made the move earlier. Some feel they made the decision at the right time. Some may have waited too long to realize the benefits this lifestyle offers.

When I meet with future residents, we explore their current living situations and determine if they continue to thrive, or if the beloved garden has suddenly become too large to maintain. Are they able to easily attend the concerts that were once so thrilling? Are they spending all their energy just maintaining their home, rather than enjoying it? Clues like these help illuminate and clarify the right time to make such a significant change.

The move to a senior living community is a positive experience and something to look forward to. Our residents have time to explore new interests, travel, socialize, exercise and enjoy excellent dinners that they did not have to prepare. It is important to take full advantage of these opportunities while one is able. The right time to move is different for everyone. It is important for our future residents, as well as their families and advisors, to make their own determinations. However if they ask me, I will say, "Don't wait."

— Marian Bairstow,
Marketing Director, Chester Village West

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Since we are located on the shoreline, we can easily come to your home or office or other location to discuss how our extensive trust services can meet your specific needs. Contact Granville Morris or Moira Martin at 860-767-4414 to schedule an appointment and to learn how you can keep your trust right here in Connecticut.



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