

Westbrook events

VOLUME 16 • QUARTER 4 • 2016



DELIVERING TOWN NEWS

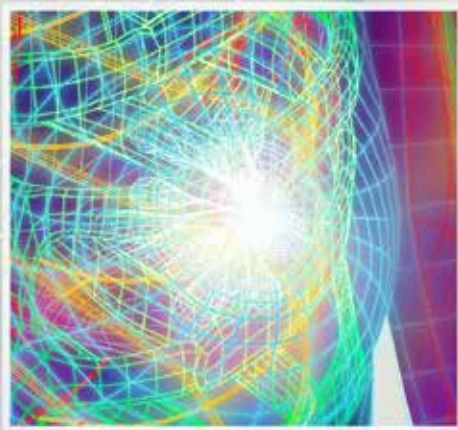


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First Selectman's Corner

A COMPELLING NEED

As the State of Connecticut's assistance to towns has been cut dramatically, local communities are compelled to provide the basic needs for their residents.

According to a recent study on Middlesex County conducted by the United Way, in Westbrook, 3% of the population is below the poverty level and another 37% fall into the ALICE category (Asset Limited Income Constrained, Employed), second only to Middletown. ALICE consists of low income working families who cannot afford basic necessities. Combined with the people below the poverty level, 34% of our Westbrook residents and neighbors experience food insecurity.

Jim Crawford, End Hunger CT!, has commented as follows: "Our children are at risk and some of our Westbrook children are ill prepared to learn because of poor nutrition. The United States, the wealthiest and most powerful country in the world, has a serious problem with hunger. Structural changes are necessary to affect long term solutions to this issue."

These families are our neighbors and fall under the radar. Many are just an incident away from being in serious financial difficulty, i.e., meeting mortgage and tax payments, fuel and energy bills,

housing costs, necessary car repairs, illness, etc.

As a community, religious and civic groups, businesses and concerned citizens are actively working together to develop awareness of the growing number of struggling individuals and families in Westbrook and surrounding communities.

There are many opportunities for individuals to get involved; for example, St. Mark's Church, for several years, has been operating a food pantry on Tuesday afternoons from 1:30 to 2:30. The YMCA, through its Community Garden, has provided fresh produce to be distributed through the food pantry.

The Congregational Church in Westbrook recently sponsored an orientation session for individuals who will join teams to coordinate a community meal on Friday evenings. Westbrook's very active Council of Beaches has already solicited many of

continued on page 3



Noel Bishop, First Selectman

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in town?*

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at 914-806-5500**

FIRST SELECTMAN'S CORNER... continued from page 1

their members who are interested in being involved. The most often asked question is "what can I do to be of assistance in this critical area?" Any questions regarding donations should be directed to Elizabeth Carpenter, Social Services Coordinator, Town of Westbrook, 860-399-3090. Items of particular need include: gift cards to Stop & Shop, Shop Rite or Walmart (any denomination), and canned protein items (tuna, chili, beans, etc.).

You can make a difference by being informed of this critical issue; talk to your friends and neighbors and together we can raise the necessary awareness of this compelling need in our respective communities.

Noel Bishop
First Selectman

Westbrook Garden Club—Grow with Us!

Our annual Mum Market, September 14, was a great success, thanks to the many workers, club members, merchants, and shoppers who made it happen. We all enjoyed a splendid early fall day with friends and neighbors on the Green. Proceeds help to support our annual college scholarship, educational programs that are free and open to the public, and town beautification.

Speaking of beautification, we're proud to announce our planting, October 8, of a

12-foot native red oak at the entrance to Salt Island Overlook. The tree, purchased with garden club funds and grant funds from the Federated Garden Clubs of Connecticut, was planted behind the overlook sign by garden club members and Boy Scout Troop 38. Thanks also to Acer Gardens for donating delivery and to the Conservation Commissioners and First Selectman Noel Bishop and his wife Kit Bishop for attending to cheer us on. In the spring we'll place a plaque

at the oak which serves as a tribute to Tom O'Dell, long-time environmentalist and Westbrook's Conservation Commission chair in tribute to his many years of service to Westbrook and the state of Connecticut's conservation initiatives.

If you have planted trees yourself, you know our work isn't over. Although fall, with its cool temperatures and usually abundant rainfall is the best time for **continued on page 4**

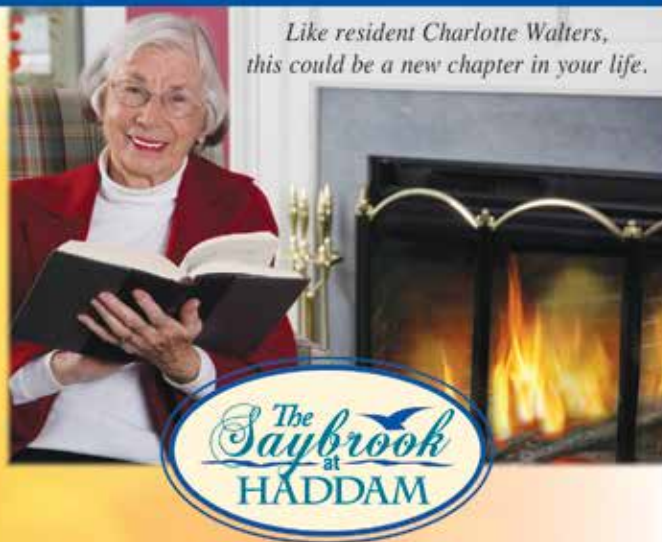
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WESTBROOK GARDEN CLUB... continued from page 3

planting young trees, the garden club will still need to watch and water the new oak—a year of TLC well worth the effort!

Lastly we wish to extend our thanks to the many people in town who consistently support our efforts year after year including Lew Daniels and the Library staff,

The Friends of the Library, The First Selectman's office and the Public Works Department. We hope you will enjoy our seasonal winter displays.

“Being and Time” and Westbrook History

For centuries philosophers have pondered the relationship between Being and Time, a concept this once 1960s student has contemplated after reading Martin Heidegger's book of the same name. When “in” the moment, life is so engaging yet while reflecting back in time life is already “past.” Bringing “history” to life, interpreted through today's eyes, while also attempting to remain true to the past, is a daunting task. The looming question is how Westbrook's history is relevant today? Can anything not Harry Potter be fascinating? Well, yes, when one thinks of how our ancestors once did so much with so little and without Walmart!

Through the generous support of the Westbrook Foundation, Museum Curator/

Consultant Brenda Milkofsky has just completed a Collection Assessment, Phase I, for the revitalization of your Westbrook Historical Society and Research Center. Phase II will organize the artifacts into areas that will tell our story using the latest museum techniques with enlarged photographs and storyboards while concurrently retaining the architectural features of the former library. Implementation of these changes will begin when closed early winter, 2017. We are excited to bring to you, “Westbrook, Tales of Land & Sea.”



1960, Trio from “Most Happy Fella” sing “Happy Birthday” to Bill Hahn

Just before this Westbrook Events publication, we will have dedicated our Civil War Memorial plaque on Veteran's Day. Also, we will have celebrated Bill Hahn with an afternoon

Westbrook Tree Lighting Committee

Save the Date:

SUNDAY, DECEMBER 4, 2016
AT 4:00 PM
AT THE WESTBROOK TOWN GREEN

THE ANNUAL HOLIDAY PARADE AND TREE LIGHTING CEREMONY

Bring the Family
Visit with Santa & Mrs. Claus
Sing Carols
Make Crafts
Watch Some Great Performances
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1940, Bill Hahn Resort at Stannard Hill

at Water's Edge featuring a talk by Phil Bassett and a reunion of former workers. In Bill Hahn's honor, we asked for donations to the American Cancer Society.

After 36 years, the Day on the Green was canceled this year. We plan to

have a Crafters Day on the Green in 2017. Hope to see you at the Annual Tree Lighting, December 4th at 4 pm.

Catherine Neidlinger Doane, President, Westbrook Historical Society

Our "Holiday Giving Tree"...

To benefit homebound Westbrook Residents... will be on the main floor of Westbrook Town Hall, from November 24th through December 15th.

The tree will be displayed with paper "mittens," and the needs of an individual will be on the back of them.

Please bring your unwrapped gift(s) along with a gift bag, to the office of the Westbrook

VNA, ASAP, but no later than December 12th. Gift delivery will begin to our neighbors the week of December 12th.

Thank you for your willingness to share with others in our community!!



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Want to Recycle Your Christmas Tree & Support the Boy Scouts?

When the Holidays are over and it's time to take your tree down, contact Westbrook Boy Scout Troop 38!

For a donation of \$10, the Westbrook Boy Scouts will pick up your Christmas tree (2 tree max) and find a way to reuse the tree, such as turning it to mulch. Tree pickups will be done Saturday, December 31st or Saturday, January 7th between 9 am and 12 pm (pickups at

other times may be arranged). The proceeds of this fundraiser will help support troop activities throughout the year.

HERE'S HOW:

1. E-mail troop38westbrook@gmail.com or call (860) 339-5433.
2. Leave message stating when you'd like to have your tree picked up and where you live.

3. Leave your donation (check payable to Westbrook Boy Scouts Troop 38) in mailbox or attached to tree OR give donation to the Scouts when they pick up your tree.

Westbrook Boy Scout Troop 38 appreciates your support and wishes you Safe and Happy Holidays!

From the Building Department

Do I Need Carbon Monoxide Detectors in My Home?

IF YOU HAVE ANY OF THE FOLLOWING YOU DO:

- Gas or Oil-fired furnace.
- Gas or Oil-fired water heater.
- Any fuel burning appliance such as a gas stove or gas drier (natural gas or propane).
- Fire places (wood or gas), wood stoves and pellet stoves.
- Any other type of appliance or fixture


in your home that burns any of the above fuel types.

- All fuel burning appliances have the potential to produce carbon monoxide regardless of the age of the appliance.

WHAT IS CARBON MONOXIDE?

Carbon monoxide is known as the "silent killer" because it is odorless, tasteless and colorless. On average, 430 people in the

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United States die from carbon monoxide poisoning each year. If inhaled in high concentrations, carbon monoxide poisoning can happen quickly; it can also occur slowly if toxic gas levels build up slowly over time.

WHAT ARE THE SYMPTOMS OF CARBON MONOXIDE POISONING?

People who have been exposed to carbon monoxide experience a range of symptoms that may include headaches, confusion, drowsiness, dizziness, burning eyes and loss of consciousness.

An acute case can result in brain damage and death. Note that children, seniors and people who have pre-existing respiratory or heart conditions are often more sensitive to the effects of carbon monoxide.

WHAT ARE CARBON MONOXIDE ALARMS?

Carbon monoxide detectors, also known as CO alarms, function similarly to smoke alarms. Please note that CO alarms cannot be installed in place of smoke detectors. Both are required for the safety of your family. If carbon monoxide levels are present in your home, the detector will emit a sharp beeping sound to alert you to the danger. Like smoke alarms, it is important to change your CO detector batteries regularly. I like to schedule

new batteries for the Daylight Savings Time change, since they make it easy to remember this twice-yearly swap.

HOW DO I INSTALL A CARBON MONOXIDE ALARM?
Heat and smoke rise, which is why we place smoke alarms high on the wall or ceiling. Carbon monoxide, however, mixes with the air. For this reason, it is preferable to install CO alarms at knee level – the approximate height of a sleeping person's nose and mouth.

If you have young children or pets that could tamper (play) with your detectors, you can move them up to chest height. Another option is to place them in a hard-to-reach area, where even curious hands and overzealous tails would have a hard time reaching. Bear in mind that a CO detector should never be blocked by furniture, curtains or other objects, as restricted airflow can affect its function.

A single-function carbon monoxide alarm is recommended, but if you are installing a dual smoke-CO detector, place it on the ceiling so it can detect smoke.

Where should I place carbon monoxide detectors in my home? Since we are most vulnerable to the effects of carbon monoxide poisoning while we sleep, it is important to place alarms near your
continued on page 8

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DETECTORS... continued from page 7

family's bedrooms. If you only have one CO alarm, place it as close to everyone's sleeping area as possible.

The Connecticut State Building code requires that you install a smoke detector in every bedroom and one smoke detector on every floor to include basements and habitable attics. A CO detector is required outside of each sleeping area with a minimum of one CO detector on each habitable floor. A single CO detector can serve multiple bedrooms if the rooms are located in close proximity to each other. Bedrooms located in different areas of the home or on different floors will require a CO detector outside of each bedroom area. It is further recommended that if you have children or elderly family members living with you, provide extra protection near their rooms. If your furnace is located in the basement, be sure to place a CO detector there, as well. Likewise, if you have a gas clothes dryer, put an alarm in the laundry room. Place one in the garage, if you park your cars there. Wherever you have a solid fuel-fired appliance – anything that could produce carbon monoxide – you should also have a CO alarm.

CARBON MONOXIDE SAFETY TIPS

- CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where there is a potential for CO emissions. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.

- Choose a CO alarm that has the label of a recognized testing laboratory.
- Test CO and smoke alarms at least once a month; replace them according to the manufacturer's instructions. If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- If the CO alarm sounds, immediately move to a fresh air location outdoors and make sure everyone inside the home is accounted for. Call 911 to report the alarm from a fresh air location and stay there until emergency personnel arrive.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- Gas or charcoal grills can produce CO — only use outside.
- Use care when using any type of kerosene appliance.

If you have any questions regarding the selection and placement of CO and/or smoke detectors in your home please call the Building Department at 860-399-0339.

How to Reach Your Elected Officials

STATE

Governor Dannel P. Malloy
State Capitol Building, Room 200
Hartford, CT 06106
(860) 566-4840 – (800)406-1527
Fax (860)524-7396
Governor.Malloy@po.state.ct.us

LT Governor Nancy Wyman
State Capitol Building, Room 304
Hartford, CT 06106
860-524-7384, Fax (860) 524-7304
ltgovernor.wyman@ct.gov

Secretary of the State
Denise Merrill
30 Trinity Street, Hartford, CT 06106
(860) 509-6000 Fax (860) 509-6209
<http://www.sots.state.ct.us/>

State Treasurer
Denise Nappier
55 Elm Street, Hartford, CT 06106
(800) 618-3404 Fax (860)-702-3043
<http://www.state.ct.us/ott/>

Attorney General

George Jepsen
55 Elm Street, Hartford, CT 06106
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<http://www.cslib.org/attygen/>

Rep. 23rd District

Devin Carney
CT House Republican Office,
L.O.B. Room 4200, Hartford, CT 06106
860-240-8700, 800-842-1423
devin.carney@housegop.ct.gov

Senator 33rd District

Art Lineras
Legislative Office Building, Room 2705
300 Capitol Avenue, Hartford, CT 06106
(860) 240-8800, 800-842-1421
Art.Lineras@cga.ct.gov

Rep. 35th District

Jesse Maclachlan
CT House Republican Office
L.O.B. Room 4200, Hartford, CT 06106
860-240-8700, 800-842-1423
jesse.maclachlan@housegop.ct.gov

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www.blumenthal.senate.gov

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Washington, DC 20510
(202) 224-4041 Fax (202) 224-9750

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Norwich, CT 06360
(860) 886-0139
2348 Rayburn HOB
Washington, DC 20515
(202) 225-2076, Fax (202) 225-4977
www.courtney.house.gov

News from Westbrook Social Services

CRT WINTER HEATING ASSISTANCE PROGRAM

The Connecticut Energy Assistance Program is designed to help offset the winter heating costs of Connecticut's lower income households, specifically those households whose incomes fall at or below the federal poverty guidelines.

On behalf of eligible households, the winter heating assistance helps with such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood.

Homeowners and renters may apply. Households eligible for the winter heating program may also be eligible to receive weatherization assistance. This can help conserve energy and lower heating bills.

The Connecticut Energy Assistance is administered by the Department of Social Services and coordinated by regional Community Action Agencies, in cooperation with municipal and other non-profit human service agencies.

Applications will be taken by appointment only. Interested Westbrook residents may call Westbrook Social Services at 860-399-3090 for general information. The program runs through March 15th 2017.

From the Tax Office

THE WESTBROOK TAX OFFICE WOULD LIKE TO REMIND YOU OF SEVERAL IMPORTANT ISSUES.

Reminder that taxes are due for January. We do not rebill for the January payment. The last day to pay without penalty is February 1st. If your tax payment is received after the due date you will be charged a 1.5% interest rate on the balance due back to the original due date. If you would like to receive a receipt for your payment, please come in with your full tax bill or mail it in with a self addressed stamped envelope. Please provide the tax office with all of your tax bills when paying.

If you can't make it into the office to pay you can always mail your payment in to 866 Boston Post Road, Westbrook or online at www.westbrookct.us. Credit cards are accepted with a fee of 2.5% for credit cards, \$3.95 for a visa debit card and \$2.00 for e-check.

The time to dispute your assessment is in the month of March. Applications must be received by the Board of Assessment Appeal no later than February 20th. Postmark is accepted.

continued on page 10

WESTBROOK Community Listings

IMPORTANT TOWN HALL NUMBERS

| | |
|--|--|
| Accounts Payable..... | (860) 399-3008 |
| Animal Control Officer | (860) 790-1075 |
| Assessor | (860) 399-3016 |
| Assessor Clerk..... | (860) 399-3045 |
| Building Official | (860) 399-2035 |
| Emergency Management | (860) 577-0622 |
| Emergency Management website..... | www.westbrookem.com |
| Environmental Health | (860) 399-3018 |
| Finance Director..... | (860) 399-3004 |
| Finance Director / Assistant | (860)399-1235 |
| Fire Department / Business calls..... | (860) 399-9492 |
| Fire Marshal Office / Business calls..... | (860) 552-4496 |
| Harbor Master | (860) 399-2477 |
| Health Director..... | (860) 399-9869 |
| Inland Wetland Enforcement..... | (860) 399-3017 |
| Transfer Station | (860) 399-6356 |
| Land Use - Planning/Zoning/IWWC Admin. Asst | (860) 399-3091 |
| Land Use - Building/Health Dept. Admin. Asst | (860) 399-0339 |
| Probate Court | (860) 510-5028 |
| Recreation | (860) 399-3095 |
| Registrar of Voters | (860) 399-3042 |
| Selectman's Office | (860) 399-3040 |
| Senior Center Director..... | (860) 399-3048 |
| Social Services..... | (860) 399-3090 |
| Tax Collector | (860) 399-3043 |
| Town Clerk | (860) 399-3044 |
| Town Garage | (860) 552-4496 |
| Town Planner..... | (860) 399-3201 |
| Town Web site..... | www.westbrookct.us |
| Treasurer | (860) 399-3040 |
| Westbrook Senior Center | (860) 399-2029 |
| Zoning Enforcement | (860) 399-3041 |

SCHOOLS

| | |
|--|----------------|
| Daisy Ingraham Elementary School | (860) 399-7025 |
| Junior-Senior High School | (860) 399-6214 |
| Middle School..... | (860) 399-2010 |
| Superintendent of Schools..... | (860) 399-6432 |

HOME HEALTH CARE

| | |
|---|----------------|
| Visiting Nurses of Westbrook..... | (860) 399-3088 |
| Ambulance & Oxygen Business Calls | (860) 399-7000 |

POLICE DEPARTMENT

| | |
|------------------------|----------------|
| Resident Trooper | (860) 399-7304 |
| State Trooper..... | (860) 399-2100 |

LIBRARY

| | |
|--------------------------------|----------------|
| Westbrook Public Library | (860) 399-6422 |
|--------------------------------|----------------|

USEFUL NUMBERS

| | |
|--|--|
| 9 Town Transit | (860) 510-0429 |
| Community Foundation of Middlesex County | (860) 347-0025 |
| First Congregational Church of Westbrook..... | (860) 399-9367 |
| Garden Club..... | westbrookgardenclub@yahoo.com |
| Historical Society..... | (860) 399-7473 |
| Westbrook Youth & Family Services..... | (860) 399-9239 |
| St. Mark's..... | (860) 399-9207 |
| St. Paul's Episcopal Church | (860) 399-5402 |

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TAX OFFICE... continued from page 9

CHECK YOUR CAR REGISTRATION.

With the issues that DMV has been having some renewal registrations have not been mailed. Please check your registration to make sure it has not expired. If your vehicle has an outdated registration please go to the DMV to renew your registration immediately.

If you should have any questions or concerns about your tax bills, please do not hesitate to contact the Tax Office at 860-399-3043. We look forward helping in any way we can.

Kimberly Bratz
Tax Collector

Westbrook Water Pollution Control Commission

SEPTIC PUMPOUT REMINDERS ARE COMING!

The Westbrook Water Pollution Control Commission (WPCC) is beginning a new program to ensure that maintenance of all on-site septic systems is being performed a minimum of once every 5 years. The WPCC office will send out reminder notices to residents whose records show they have not serviced their tank in 5 or more years. The notices will be grouped by neighborhood and sent out gradually over the coming months.



If you receive a reminder notice and have pumped your septic tank within the 5 year timeframe, please contact your service provider to have them update your records on our online tracking program called Carmody.

Otherwise please call a septic contractor to service your tank as soon as possible. You may choose any septic service company you like as long as they use the Carmody system. There is a list of local service companies on our website at: <http://www.westbrookct.us/water-pollution-control-commission.php>.

What should you expect when scheduling a pump-out? For starters, know where your septic system is. The Land Use Department in Westbrook Town Hall can check your property file for a septic as-built plan. You may want to send a copy to the service provider if this is the first time they will be servicing your tank. It is a good idea to be present the day of the pump out, but not necessary. If your tank is greater than 12 inches below ground level, risers need to be installed for easier access. If a plastic riser is present and/or the cover is less than 59 pounds, it is recommended that the tank cover be left on for safety reasons or a secondary safety lid or child-catcher device be added. The service company will advise you if this equipment is needed.

During the actual clean out, the service provider should note the tank size and depth of sludge and scum layers. They will then pump out the tank and should

visually check for leaks or cracks. The inlet and outlet baffles should be inspected and the effluent filter, if present, should be rinsed and cleaned. (Have a garden hose handy). Your septic tank includes a T-shaped outlet which prevents sludge and scum from leaving the tank and traveling to the drainfield area. Your service provider may recommend more frequent clean outs based on the sludge and scum levels.

An effluent filter protects your leaching field by removing particles from the liquid that might otherwise clog the leaching field and eventually cause a backup or sewage breakout. Removing the effluent filter to prevent the filter from clogging is not recommended and in certain leaching systems will void the manufacturer's warranty. In single compartment tanks an effluent filter is not recommended.

Last but not least, the service provider must report the pump-out on Carmody within 30 days of servicing the tank. You may check on the website www.septicsearch.com to see if this was done. Proper maintenance will ensure your septic system functions properly for many years. Thank you for your cooperation!

Westbrook Health Department / Did You Know?

NOVEMBER IS ALZHEIMER'S AWARENESS MONTH.

Alzheimer's is defined as a type of dementia that causes problems with memory, thinking, and behavior. The symptoms associated with the disease usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Dementia is a general term for memory loss and other intellectual abilities serious enough to interfere with daily life.

KNOW FACTS ABOUT ALZHEIMER'S DISEASE:

- Alzheimer's is the most common form of dementia, accounting for 60 to 80 percent of dementia cases.
- Alzheimer's is not a normal part of aging.
- Alzheimer's worsens over time, and is considered a progressive disease.
- Alzheimer's has no current cure, but treatments for symptoms are available and research continues.

Although the greatest known risk factor for Alzheimer's is increasing age, with the majority of those affected over age 65, up to 5% of people with the disease have early onset Alzheimer's beginning in their 40's and 50's.

continued on page 12



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SOME OF THE MOST COMMON SYMPTOMS TO LOOK FOR INCLUDE:

- Difficulty remembering newly learned information
- Disorientation
- Mood and behavior changes
- Deepening confusion about events, time, and place
- Unfounded suspicions about family, friends, and professional caregivers
- More serious memory loss and behavior changes
- Difficulty speaking, swallowing, and walking

The Alzheimer's Association reports that although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's Disease and their caregivers. In addition, they indicate that there is great effort to find better ways to treat the disease, delay its onset, and prevent it from developing.

For more information and resources for anyone diagnosed with Alzheimer's or a related dementia, please visit <http://www.alz.org> or call the 24/7 helpline at 800.272.3900.

Westbrook Town Information

For Town Updates & Information: www.westbrookct.us

TOWN HALL HOURS

Mon. – Wed.: 9:00 am – 4:00 pm
Thursday: 9:00 am – 7:00 pm
Friday: 9:00 am – noon

TOWN EVENTS

Tree Lighting Town Green
December 4th at 4 pm

TOWN HALL CLOSED

November 10th Close 4:00 pm
November 11th Veterans Day
November 24th & 25th Thanksgiving
December 23rd & 26th Christmas
January 2nd New Years

TRANSFER STATION HOURS

Mon., Wed., Sat.
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Chronic Dry Eyes

Dry eye is a disease that affects millions of people. Normally, blinking helps replenish our tear film which provides the moisture eyes need to stay comfortable. A healthy cornea facilitates clear vision and a healthy tear film supplies nutrients that are necessary for corneal health. The tear film protects our eyes by fighting off infection and removes environmental debris that can cause ocular allergies.

The high usage of electronic devices has resulted in a decrease in our blink rate causing red, itchy, gritty, burning, and tired eyes. Contrary to what people may think, excessive tearing is a sign of dry eye disease. Though dryness can be transient, it becomes problematic and potentially vision threatening when it persists into Chronic Dry Eye disease.

A poor tear film on your ocular surface can lead to inflammation of the cornea which can lead to blurry vision. In severe cases, corneal scarring may lead to permanent vision impairment.

Certain medical conditions may also cause Chronic Dry Eyes. Autoimmune diseases (e.g., Sjogrens, Rheumatoid Arthritis, Lupus, etc.), Bell's Palsy, Menopause, Skin disease (e.g., Rosacea, eczema, etc.), and thyroid disorders are only some of the more common conditions. Medications such as anti-histamines, anti-depressants, birth control pills, tranquilizers, and certain blood pressure medications can also cause dry eyes.

Fortunately, there are many treatment options available for dry eye disease. It is important to customize and tailor these treatment options to each individual and what is best for their eyes. Regardless of the severity or cause, dry eye disease should be addressed and treated accordingly before it threatens vision.

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Westbrook Youth & Family Services



COUNSELING SERVICES

WYFS provides support and therapy for individuals, families and couples. Our therapists help strengthen family functioning, and support children and families working through life's challenges,

including emotional and behavioral issues, stress, anxiety, grief, depression, trauma, peer issues and life transitions.

Call 860-399-9239 for an appointment.

Check out these fabulous FREE WYFS Programs for everyone in the family!

WYFS AFTER-SCHOOL PROGRAMS!

Girl Code is back! Starting January middle school female students will gain leadership skills and enjoy making lifetime connections.

Relaxation Club teaches students difference between healthy and unhealthy stress and what to do about it.

Stepping Up comes back this May where 3rd and 4th Grade Daisy students learn what it means to be a leader in their school community.

CARE selects eight middle school students to partner up with high school students in a mentoring partnership where they can discover new strengths about themselves.

Helping Hands: High School students find ways to give back to their community!

WYFS DIDN'T FORGET ABOUT THE ADULTS EITHER!

Parent Exchange: On the Last Thursday of every month, 6-7:30 pm, at Valley Shore YMCA single parents have an opportunity to build a network of support. We provide FREE dinner and YMCA provides FREE Childcare!

****New Program****

P.A.U.S.E: Parents of Adolescents Using Substances. Meet First Tuesday of the month 5:30-6:30 @WYFS. Parents who want to prevent possible use, parents who have teens experimenting, and for parents who have teens using and abusing substances will learn STRATEGIES and GAIN SUPPORT.

Like us on Facebook!

Westbrook Recreation

This fall has been very successful with registrations and attendance in all our programs. We have programs that will interest everyone from tots to seniors. Our K-4th Grade Karate had 30 children registered and 6 children on the waiting list. We also had over 24 children registered for our After School Program in the Middle School.

BADMINTON

Our next fall sports activity will be badminton. Badminton officially starts on November 12th for children kindergarten through seventh grade. Sign up soon for this program because class size and space is limited. It's been a very busy fall and it looks like it will continue into the winter.

LETTERS TO SANTA

Our "Letters to Santa" program will start on November 9th. Mail boxes will be located at the Post Office, Daisy Elementary and the Library. Please be sure that each letter has a return address so we can send a Santa letter back to your child. Santa will personally respond back to each child.

ADULT WINTER PROGRAMS

All our adult Winter Programs officially start right after January 1st. We have Yoga, Pilates, Aerobics, Senior Fitness and Zumba for all adults and seniors. Our new aerobics instructor has just recently started with classes for us. This class is one of the best-kept secrets on the Shoreline. Please come and try out the class for free (one time)

and you'll be hooked. The class is on Tuesday nights at 5:00 pm.

YOUTH PROGRAMS

Youth Basketball starts on January 7, 2017. The program runs for 7 weeks at different times on Saturday mornings depending on what grade your child is in.

Youth Floor Hockey will start on March 11 and will also run 7 weeks also on Saturday mornings. Floor Hockey is a fast-moving, safe and fun sport for both boys and girls.

Try one of our Youth Sports programs and you'll come back each year for more.

Estuary Council Regional Senior Center

220 Main Street, Old Saybrook 860-388-1611

The Estuary Council of Seniors, Inc. is a community center for the region's residents over 50 years old providing meals, transportation, health services, educational classes, exercise programs, and socialization activities. We have been promoting healthy and active lifestyles through quality programs and services in the nine-town Estuary region for over 40 years.

Please visit us at www.ecsenior.org for additional information or call us at 860.388.1611.

HOLIDAY CRAFT FAIR

Our annual HOLIDAY CRAFT FAIR is Saturday, November 19. Local crafters display an incredible array of hand crafted items for sale. In addition, the wonderful "Bake Shop" is filled with homemade dessert and candy.

NEW this year – breakfast will be served! The Fair will be open from 8 am until 1 pm. All ages are welcome to come and get their holiday shopping done! Contact Judy for more information, 860.388.1611 extension 203.

BINGO AT THE ESTUARY!

Every Thursday evening at the Estuary! Games begin at 6:30 pm. Doors open at 5:30 pm. Admission, including game package, is \$12 per player. Cash prizes with the progressive jackpot maximum payout of \$1,000. (increases \$100 each week). Open to all ages! Snacks and food sold during the evening.

ESTUARY GYM IS SILVER SNEAKERS APPROVED!

The Estuary Gym is a Silver Sneakers wellbeing fitness location! If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT apply to fitness classes. Check eligibility by contacting the Estuary at 860-388-1611.

ESTUARY THRIFT SHOP

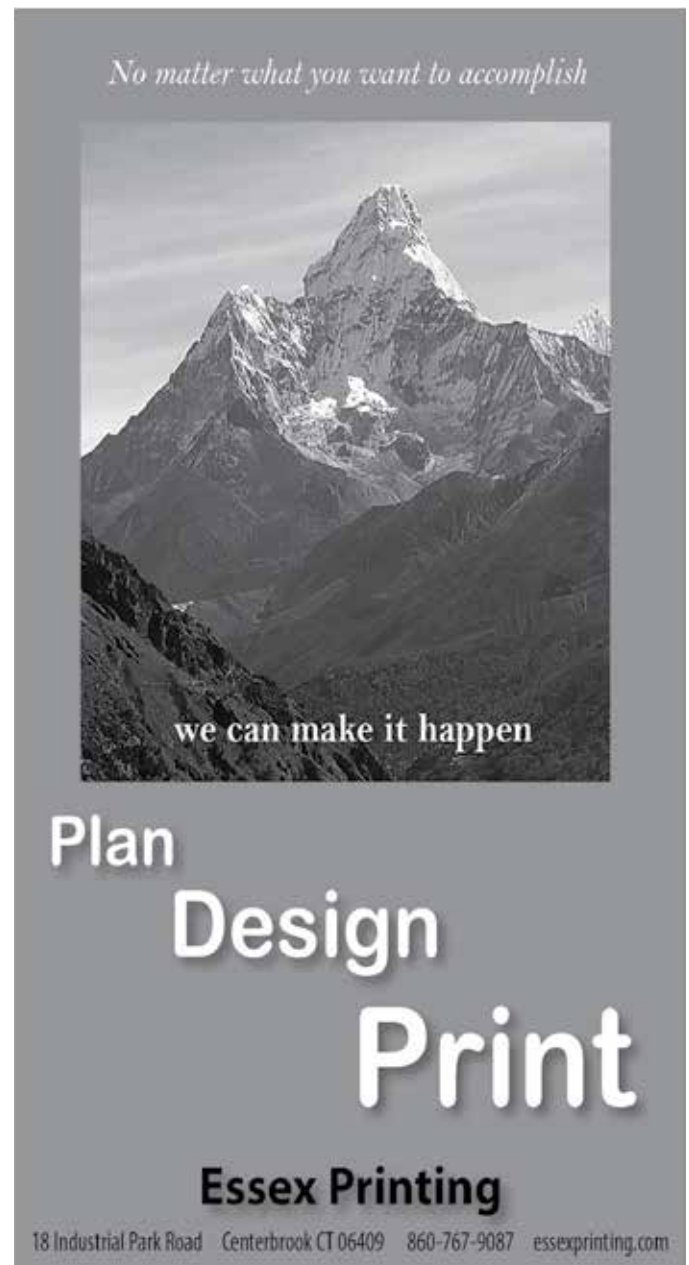
The Estuary Thrift Shop offers the best bargains on the shoreline! Clothing, furniture housewares, decorations, and jewelry are just a few of the things you will find. Every day is different! All ages are welcome to come in and shop. Open Saturdays! New Daily Specials!

The Shoreline Soup Kitchens & Pantries

The Shoreline Soup Kitchens & Pantries is an interfaith service that provides food and fellowship to those in need and educates our community on hunger and poverty. We recognize that we all end up needing food and fellowship at some point in our lives and that empathy makes us committed to being here for you with open arms and hearts.

LOCATION OF FOOD PANTRY

St. Mark's Roman Catholic Church,
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Simple Steps for Your Dental Health

Simplicity is a wonderful thing. Everyone needs an easy-to-maintain daily routine at home to keep their teeth and gums healthy and their smiles bright. “Clean, healthy teeth are incredibly important, not just for the health of the mouth, but for the entire body” explained Dr. Vincent J. Michael, of Michael Dental Care in Guilford, CT.

Michael recommends a simple daily care schedule for his patients. Brushing with a quality powered tooth brush twice daily puts more power behind the wrist to remove plaque and food particles. Flossing ensures there

is no debris hiding between teeth or deep under gums, cutting the bacteria count in the mouth and helping to prevent cavities. If your floss is getting stuck between your teeth or shredding, try a tape floss that easily slides through teeth.

If you notice staining in between your teeth, rub some toothpaste across your teeth and then floss it through to really polish those hard to reach areas. Waterpicks have been available for years and the newer models have incredible strength. They flush everything

clean and are advantageous for those with bridges, implants or limited dexterity. Tongue scraping scoops plaque and bacteria from the surface of the tongue, and mouth rinsing with a therapeutic rinse is advantageous to the health of teeth and tissues. Dr. Michael states: “Simple routines are inexpensive and very important to tooth longevity, dental health and overall health.” To help keep yourself smiling, keep gums and teeth clean and healthy at home and don’t forget to schedule regular check-ups and cleanings with your dentist.

News from Westbrook Public Library

Free Family Nature Programs

Potapaug Audubon Society and the Friends of the Westbrook Public Library are sponsoring a series of free family nature programs once again this year. Everyone is welcome and no pre-registration is necessary. The programs are generally one Saturday a month and begin at 1 pm. The programs are usually held in the Westbrook Public Library community room on the lower level of the library.

PROGRAMS COMING UP THROUGH DECEMBER INCLUDE:

Creepers & Leapers: Native Amphibians and Reptiles

A naturalist from Denison Pequotsepos Nature Center in Mystic will have live native frogs, toads, snakes, and salamanders and will discuss their anatomy, behavior, and interesting survival adaptations.

Saturday – November 19

Landforms: The Forces that Shape the Earth

A naturalist from Denison Pequotsepos Nature Center will present an informative and entertaining look at the dynamic processes like volcanic activity, earthquakes, glaciation, and erosion that shape the earth’s surface.

Saturday – December 3

Other Programs Include

TEEN BOOK CLUB

The Westbrook Public Library is happy to announce the return of the Teen Book Club. Open to all high school students, including Oxford Academy and Westbrook High School, the club meets to

discuss books picked by the teens and eat pizza. All meetings start at 6:30 pm and meet in the lower level conference room of the library.

Tuesday – November 8: Uglies by Scott Westerfeld

Thursday – December 6: Rot & Ruin by Jonathan Maberry

Thursday – January 26: The House of the Scorpion
by Nancy Farmer

Thursday – March 16: Thirteen Reasons Why by Jay Asher

Thursday – May 25: Revenge of the Witch by Joseph Delaney

Interested students should speak with Youth Services Librarian, Brittany Pearson, and stop by the library or call to register for dates at 860-399-6422. Copies of the book are available to be checked out at the library. Registration is encouraged as dinner will be provided by the library.

HOLIDAY CRAFT WORKSHOP

A special holiday craft workshop for school age children will be held on Saturday, December 10 from 1 to 2:30 pm in the community room. Sharon Schoenberger and the Shoreline Community Women run this fantastic event. Please call or visit the library to register. The popular Holiday House Workshop will be Saturday, December 3 from 10 to noon. Space is limited, so pre-registration is essential. Great family fun for ages 9 and up, it will be held at Westbrook High School cafeteria. Thank you WHS!

For more information call the Westbrook Public Library at 860 399-6422.

Miss Mulvey



"Happy Turkey Day"
Photo taken by Catie Marino

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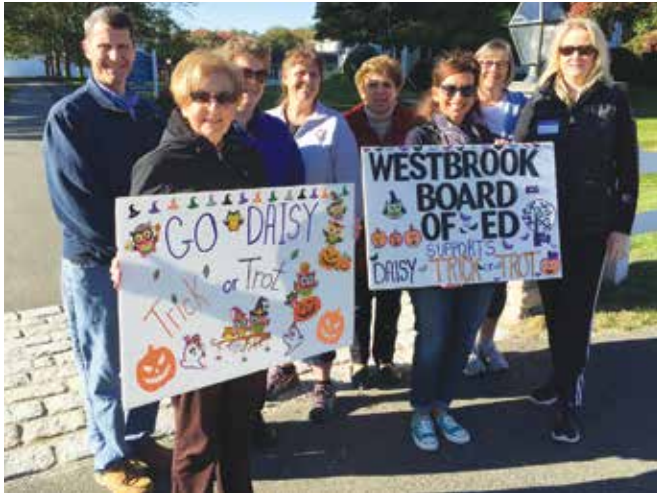


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Westbrook Board of Education



The month of October is viewed as a milestone month for the new school year. Data collections regarding school and district census are confirmed and reported to the CT State Department of Education (CSDE). The Board of Education begins to turn its attention to budget building for the next fiscal year. The establishment of the new school year initiatives and goals are identified and evaluation structures/visits are calendared. These and many other protocols are annual occurrences and to be expected every fall. This year, however, the Westbrook Board of Education undertook both the planning and discussion of a new endeavor, a Board Retreat.



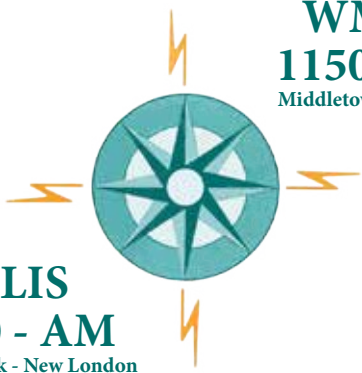
Understanding the complexities of local Board of Education governance as impacted by Connecticut's current national, state and local realities, the members of the Westbrook Board of Education gave their support to the superintendent to plan and co-facilitate a Saturday retreat for the purpose of

generating new learning regarding Board of Education processes and procedures. With last November's election results, the Board of Education membership changed and new officers of the Board were elected. Lee Bridgewater was elected Chair, Marti White became Vice Chair, and Kim Walker was elected as Board Secretary. Despite the orientation materials each new Board member received as well as their attendance at an orientation into Board of Education legal and parliamentary procedures with the Board's law firm, Shipman & Goodwin, Board members agreed that a retreat day that focused specifically on Westbrook's Board of Education operation and conduct would offer these benefits:

- Reacquaint Board members with their respective roles and responsibilities in governing and establishing policies for the school district,
- Offer Board members an opportunity to work together in a clinical setting to practice providing school district stakeholders with a truly engaged and focused Board during meetings, and
- Review meeting norms and other Board protocols that can impact Board member's participation and support for the work of the Board and its subcommittees.

The Retreat was held on Saturday, October 15th, in a meeting room donated by Oxford Academy. Board members assembled with their facilitator and superintendent at 8:00 am. The facilitator was an experienced Board of Education trainer and attorney specializing in school and education law. The superintendent provided Board members with background and technical specifics on one of the school district's primary initiatives, use of Restorative strategies and practices.

Throughout the day, the Board members modeled the use of a Restorative Circle in their work together which included scripted Board meeting scenarios. Board members assumed roles and responsibilities and deconstructed each scripted scenario. Those facilitated conversations created rich experiential learning and insight into the role of the Board of Education in education governance. Retreat activities continued until approximately 2:30 pm. Board members also enjoyed taking a brief 15 minute morning break to show their support for those participating in the Daisy Ingraham PTO Annual Trick or Trot 5K road race.



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Did you know that one out of seven students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school each day for fear of intimidation or attack? Mean-spirited behavior is everywhere - the playground, school hallways, the workplace, and more often, online. It is up to each and every one of us to put an end to bullying by learning more about the issues, and the available resources for empowering individuals to stand up for themselves and others.

Help make Middlesex County a bully-free community. Join us as we work together to make each and every community a positive place for change. For more information, call the Community Foundation of Middlesex County at 860-347-0025 or go to www.bullyfreemiddlesexcountycf.org.

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