

SALEM CT SENIORS

NEWSLETTER

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THANK YOU

- To **Sandy Swider, June Mainella, Brenda Holmwood, Neurie Testagrossa & Pam LeBlank** for a great holiday luncheon. **"Well Done All."**
- To **Burnetts** for the center pieces, **Sandy & June** for the prizes and **Pam** for the coffee.

WELCOME NEW MEMBERS

Please welcome new members to the group. If you are sitting next to someone you do not know please introduce yourself and welcome them.

HELP NEEDED



See page 8

- Are you looking for help or need assistance? **Call 860-739-8502 or go to their web site: careandshareofel.org**
- **FOOD PANTRY NEEDS**
Care and Share is always in need of food donations. If you can, please bring a non-perishable food item to the next Seniors meeting as well as all events.
- **OTHER ITEMS NEEDED**
Items for Winter: Winter hats, gloves, mittens, and, lightly used coats are also needed.

SALEM SCHOOL "FILL THE TEACHER'S SHELVES"

The presentation of the Salem School **"Fill The Teacher's Shelves"** items to the teachers will be at the Salem School on Tuesday, February, 13th, during the regular monthly Senior's Group meeting.

OFFICERS

- President-----Gary Closius
- Vice President----- Mary Cikatz
- Treasurer-----Michelle Horan
- Secretary----- Jeanette Girard
- Salem Agent for
the Elderly-----Agnes Miyuki
- Communications
Coordinator----- Joan Gaynor
- Activities Coordinator----- Kay Zak
- Newsletter Editors-----Joan Gaynor
Gary Closius

If you or your group would like to advertise your event or function, please contact Joan Gaynor at salemtech53@yahoo.com, or call 860-449-3064 or Gary Closius gclosius@sbcglobal.net, or call 860-961-9173.

REMINDER

FEBRUARY MEETING:

This meeting will be held at the Salem School. Lunch will be provided by the school and the donations to the teachers will be presented.

REMINDERS

Annual Dues: \$10.00 Effective January 1, 2024.

SENIOR LUNCH: 1st & 3rd Tuesdays of each month, at 2Brothers Pizza, \$5 plus tip for the wait staff

MEETING SCHEDULE:

February 13, 2024 (at the Salem School) March 12, 2024
 April 9, 2024 May 14, 2024
WHERE: SALEM VOLUNTEER COMPANY FIREHOUSE
WHEN: SECOND TUESDAY OF THE MONTH
TIME: 10:30 AM
LUNCH PROVIDED AFTER MEETING

VISIT US ON:

FACEBOOK PAGE: [SALEM CT SENIORS](https://www.facebook.com/salemctseniors)

CONTACT US:

EMAIL ADDRESS:
salemctseniors@gmail.com

BIRTHDAYS/ANNIVERSARIES

FEBRUARY BIRTHDAYS

Joel L'Heureux	3 rd	Agnes Valentini	7 th	Susan Evanson	14 th	Frank Hawes	19 th
Irene Jarvis	20 th	Janet Wellbrock	24 th	Catherine Zachas	28 th		

SALEM SENIORS NEWS

SALEM SENIORS INFORMATION AND NEWSLETTERS

Previous news letters can be found on the Town of Salem webpage by clicking on: salemct.gov/salem-senior-citizens. When the webpage opens, click on the box that says "**Click here to check out our new Salem CT Seniors Newsletter**" then click on the month you want to see.

50/50 RAFFLE

The 50/50 Raffle was won by Arlene Phillips (\$65.50) who in turn donated the money back to the senior's fund. A very big thank you for her generosity.

***SPECIAL MARCH RAFFLE**

A March Basket Raffle will be held during our regular meeting. Debra Drennen will put a basket together with a Spring/Easter theme and tickets will be sold during the March Meeting to benefit the "Seniors Helping Seniors" fund.

POT LUCK LUNCH/TALENT SHOW

Mark your calendar, our annual Pot Luck/Talent Show Luncheon is scheduled for Saturday, April 26th, time TBD, at the Gardner Lake Volunteer Fire Company Firehouse. **A sign-up sheet for food and talent will be available at the monthly meetings.**

If you have any questions, please contact Kay Zak at: e-mail kayzak@hotmail.com or call 860-889-3989.

SUNDAY BOWLING AT NORWICH TEN PIN

The Seniors are hosting a bowling event again at the Norwich Ten Pin on their Sunday Special **Scheduled for February 18th at 10:30 am.** Cost is \$9.00 for three games and \$4.00 for shoe rental if needed. *If you want to participate, please send payment to Michelle Horan at: 860-303-5023 or e-mail at: horan.micheller@gmail.com. Payment can be made during the February 13th meeting to reserve your spot and bowl with the group.*

BINGO

When: 4th Thursday of each month (for February it will be the 22nd)
Time: Cards are on sale from 12:30 to 12:55 PM, Games start promptly at 1:00 PM

Location: Salem Volunteer Fire Company firehouse back meeting room.

Ticket prices are as follows:

- \$1 per card, or buy 5 and get the 6th card free.
- 12 games will be played.

*The **BINGO** coordinators are: **Neurie Testagrossa and Michelle Horan.** If anyone is interested in volunteering, please contact **Neurie** at 860-884-4902 or e-mail: nunusobx@gmail.com, or **Michelle** at: 860-303-5023 or e-mail: horan.micheller@gmail.com.*



SALEM SENIORS NEWS (continued)

SENIORS ACTIVITIES @ THE LIBRARY

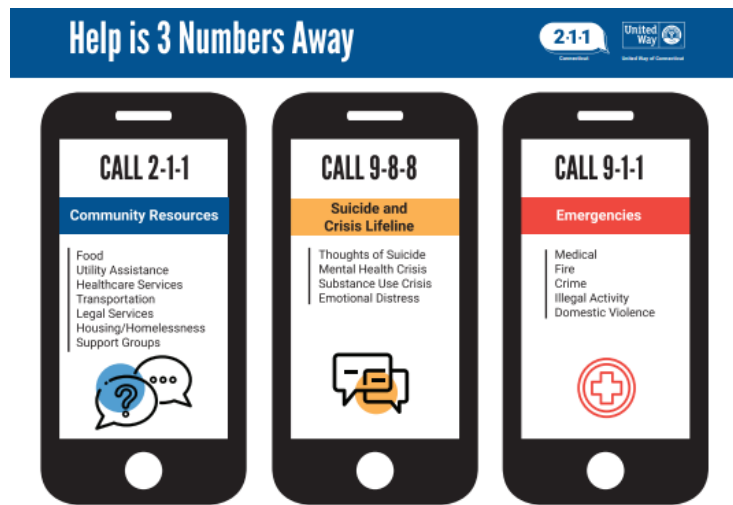
- Busy Bee Quilters** – 2nd Wednesday of the month from 10:00 AM to 4:00 PM.
- Clamshell Quilters** – 1st and 3rd Fridays of the month from 10:00 AM to 3:30 PM.
- Knitting & Crocheting Circle** – Thursdays from 10:00 AM to NOON
- Fun and Games** – Tuesdays from 1:00 PM to 3:30 PM.

HEALTH AND WELLNESS

BLOOD PRESSURE CHECK

Uncas Health will be available to provide blood pressure checks at our monthly meetings. (schedule TBD).

EMERGENCY, ASSISTANCE, AND INFORMATION PHONE NUMBERS



WHEN TO CALL: 211 / 988 / 911

Call 211 (Community Resources)

For: Food, Utility Assistance, Healthcare Services, Transportation, Legal Services, Housing/ Homelessness, Support Groups.

Call 988 (Suicide and Crisis Lifeline)

For: Thoughts of Suicide, Mental Health Crisis, Substance Use Crisis, Emotional Distress.

Call 911 (Emergencies)

For: Medical, Fire, Crime, Illegal Activities or Domestic Violence.

MUNICIPAL MEDICAL TRANSPORTATION SERVICE

The Caregiver Mileage Reimbursement and Medical Transportation program is for adults 60+ and persons with disabilities who are unable to drive and need transportation to a medical appointment. **To access this service contact: Agnes Miyuki, Salem’s Agent for the Elderly at 860-859-3873 X 125.** She can provide all program and eligibility information. **Use the following link to view the Guidelines for the Municipal Medical Transportation Service:** salemct.gov/sites/g/files/vyhlf4966/f/uploads/transportation_fy22_packet_0.pdf.

FOOD PANTRY:

Food pantries in the area that can provide aid and assistance as needed:

Name	Locations	Contact	Phone Number
Care and Share	12 Roxbury Road	Niantic	860-739-8502
Shoreline Soup Kitchen	St. John’s Episcopal Church	East Lyme	860-388-1988
United Way Mobile Food Pantry	Three Rivers Community College	Norwich	860-464-3327
Rosalyn Allen Food Pantry	Mobile Pantry	Norwich	860-822-4146

Above are a few of the local food pantries available in our area. Please contact them directly to get on their list and for more information as to when they are open for pick up. If you need assistance with pick up let the agency know and they will arrange for delivery.

HEALTH AND WELLNESS (continued)

CONNECTICUT PRESCRIPTION DRUG DISCOUNT CARD PROGRAM

All Connecticut Residents Can Sign Up for the Free Discount Card To Receive Savings on Medication

A prescription drug discount card program was launched in Connecticut on October 2, 2023, enabling all residents of the state to receive savings on certain prescription drugs.

The program was established by a provision of Governor Lamont’s health care affordability bill (Public Act 23-171), which was approved by the General Assembly and signed into law in June. It is administered by the Office of the State Comptroller.

To launch the program, Comptroller Scanlon has entered Connecticut into the multi-state consortium known as **ArrayRx**, which also operates in Nevada, Oregon, and Washington. All residents of Connecticut will soon become eligible to sign up for an **ArrayRx discount card** at no cost to them nor the state. When purchasing prescription drugs, consumers present the card at their pharmacy and they can receive savings of up to 80% on certain medications. All FDA-approved drugs are eligible for a discount.

Beginning October 2, 2023, Connecticut residents who want to receive an **ArrayRx discount card** can fill out the form that is available online at arrayrxcard.com. A valid physical Connecticut address and e-mail address are required to enroll. The card will be provided to consumers digitally via e-mail and can be downloaded to smartphone wallets. It is anticipated that the card can be used at approximately 98% of pharmacies in Connecticut.

“Rising costs make accessing health coverage a barrier for far too many people, and entering Connecticut into this multi-state consortium is a way to provide the residents of our state some savings on the medications they need to stay healthy,” Governor Lamont said. “Our administration remains committed to working with all parties – insurers, hospitals, doctors, pharmacies, employers, and consumers – in the effort to provide real solutions that will lower health care costs. I strongly encourage all Connecticut residents to sign up for a prescription drug discount card when this program launches in October.”

“Prescription drug costs are out of control, and no one in our state should have to decide between paying for essentials like rent or food and paying for the prescription they need to live,” Comptroller Scanlon said. “Thanks to our partnership with **ArrayRx**, every Connecticut resident will have access to a free, user-friendly way to save at the pharmacy counter beginning this October. Our discount card program can mean big savings for seniors and families in our state, and I’m proud to be partnering with Governor Lamont to tackle the high cost of health care.”

Some examples of savings using the **ArrayRx** discount card on commonly filled prescription drugs in participating states include:

Name	Approximate Cash Price*	Approximate Price with ArrayRx discount*
Omeprazole (20 mg – 30 tablets)	\$93.01	\$12.27
Atorvastatin Calcium (40 mg – 30 tablets)	\$127.32	\$9.89
Hydrocodone Bitartrate/Acetaminophen (325 mg / 5 mg – 12 tablets)	\$24.92	\$6.70
Lisinopril (30 mg – 30 tablets)	\$28.51	\$8.38
Amlodipine Besylate (5 mg – 30 tablets)	\$50.64	\$8.22

* This is the approximate cost at the time of publishing and is subject to change.

On February 6th @ 10:00 AM @ the East Lyme Senior Center, Representative Holly Cheeseman and Comptroller Sean Scanlon will hold a forum to explain how the program works. If you are interested in attending, please call East Lyme Senior Center 860-739-5859 to register.

For more information on how the **ArrayRx discount card works**, including a list of frequently asked questions and a drug price lookup tool, visit arrayrxcard.com. See next page for **Frequently Asked Questions (FAQs)**.

HEALTH AND WELLNESS (continued)**CONNECTICUT PRESCRIPTION DRUG DISCOUNT CARD PROGRAM (continued)****How It Works****Sign up for free**

The discount card is available for
All residents of Connecticut,
Nevada, Oregon, and
Washington

**Show your pharmacist**

Your digital ID card is accepted
by most pharmacies

**Save Money!****Frequently Asked Questions (FAQs)**

Q After I sign up, when can I start using my digital **ArrayRx Discount Card**?

A Once you receive your digital **ArrayRx Discount Card**, you can use it immediately at any participating pharmacy. Please download, save or take a photograph of your digital card, to bring to the pharmacy.

Q Can I use the **ArrayRx Discount Card** at my current pharmacy?

A The digital **ArrayRx Discount Card** is valid at most pharmacies. The **ArrayRx Discount Card** network includes over 64,000 pharmacies nationally. Use our **Find a Pharmacy** tool to locate one where you can use the card.

Q What if I don't have an email address?

A The **ArrayRx Discount Card** is a digital program. Enrolling with an email address is required. If you don't have an email address, we can help. Please call us at 800-913-4146.

Q Can I use the **ArrayRx Discount Card** if I already have insurance or Medicare?

A You can use the digital **ArrayRx Discount Card** instead of insurance or Medicare if your insurance does not cover a medication. You can also use it when the digital **ArrayRx Discount Card** gets you a better price than your insurance or Medicare plan. **ArrayRx Discount Card purchases will not count toward your deductible or out-of-pocket maximum.**

Q Which prescriptions can I purchase with the digital **ArrayRx Discount Card**?

A You can use the digital **ArrayRx Discount Card** to purchase any FDA-approved drug including:

- Smoking cessation medications
- Diabetes supplies
- Vaccinations (travel, flu, shingles, pneumonia, and more)
- Some over-the-counter (OTC) drugs. The OTC item must have a National Drug Code (NDC) for it to be covered. NDCs identify drugs for the FDA.

You can look up prescription prices using our Find a Drug tool. Choose the correct form, strength, quantity and days' supply of the medication to ensure you are viewing accurate prices for your prescription.

Q Can my family use my **ArrayRx Discount Card**?

A Each person in your family needs to get their own digital **ArrayRx Discount Card**. Each person will need to sign up separately. Family members can use the same email address. Each family member will receive their own digital **ArrayRx Discount Card** with a unique subscriber ID number.

Q Where can I go to sign up or find more information?

A Go to the arrayrxcard.com home page to learn more and sign up.

EMERGENCY NOTIFICATION (reprinted from 2022)

THE CTALERT – EMERGENCY NOTIFICATION SYSTEM

Overview:

The State of Connecticut has a state-of-the-art emergency notification system to alert residents about emergencies in your area. (**State of CT Emergency Notification System (CTALERT)**)

The CTALERT – Emergency Notification System, enables State and Local 911 Emergency Communication Centers to provide essential information quickly in a variety of emergency situations.

How will the CTALERT - Emergency Notification System Work?

- The process begins when the State of Connecticut or your Local 911 Emergency Communication Centers issues a message about a potential safety hazard or concern. Messages will be sent to all standard voice and text communication devices, including land line phones, mobile phones, e-mail, and more.
- If you don't confirm receipt of the message, the system may try to reach your second contact number or email address if the message is critical and requires your confirmation.
- Voice calls from **CTAlert** will come from (860) 920-3337. Save this number as an emergency contact.
- Text message may come from 88911, 888777, 89361 or 87844. All of these are text message short codes you can also save as a contact and identify with a unique ring or alert.

To sign-up for CTALERT go to the website by clicking on:

member.everbridge.net/index/892807736721724#/signup and enter the required information the boxes provided.

CARE & SHARE

Care & Share of East Lyme, Inc. provides food, financial and emergency support to individuals and families in East Lyme, Niantic, and Salem. ***If you are interested in receiving assistance, contact them at 860-739-8502.*** Leave a message with your name, telephone number and the type of assistance you are looking for, as well as the best time you can be reached. A responder will confidentially return your call. **To see what other services they provide visit their website by clicking on: careandshareofel.org/.**

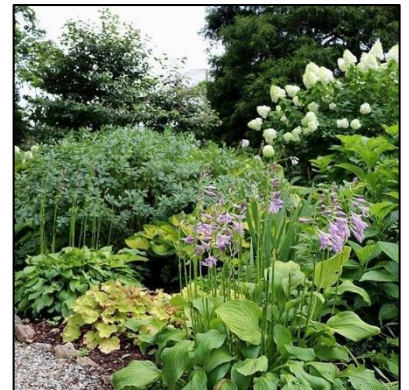
EVENTS & THINGS TO DO

CONNECTICUT FLOWER AND GARDEN SHOW

The Seniors will be going to the Connecticut Flower and Garden Show at the Connecticut Convention Center (100 Columbus Blvd, Hartford), Friday, February 23rd.

The discount ticket cost is \$18.28 purchased on-line. We will meet at 9:00 AM at Kay Zak's house (294 Hartford Rd. Salem). We will leave as soon as all arrive, carpooling is encouraged. Parking at the CT Convention Center is **NOT** included in the ticket price.

Ticket purchase deadline is the Salem Senior Meeting February 13th. Kay will purchase the tickets. Please make checks payable to Salem Seniors. ***If you have any questions, please contact Kay Zak at: e-mail kayzak@hotmail.com or call 860-889-3989.***



Salem Seniors Bus Trip to Newport, RI

The Salem Seniors will be taking a Bus Trip to Newport, RI, Monday, April 15th with Salem's own Darrell Len. The cost of the trip is \$149 per person and includes: the bus from Salem to Newport and return, the bus tour of Newport, lunch at Johnny's Restaurant at the Atlantic Resort, and a self-guided tour of the grand Gilded Age Mansion "***The Breakers***". **The deadline for payment is March 25th please make checks payable to Salem Seniors.**

EVENTS & THINGS TO DO (continued)

Itinerary:

Monday April 15th:

- 8:00 AM Depart Salem with a rest stop en route to Newport.
- 10:30 AM AM Arrive in Newport.
- 10:30 AM Begin 90-minute narrated tour from our motorcoach with a local step-on guide who knows the in's and out's of Newport. Enjoy the charm of Newport's historic buildings as well as the rugged shoreline beauty of Ocean Drive and fabulous mansions on Bellevue Avenue.
- 12:30 PM Enjoy a scrumptious full course lunch at Johnny's Restaurant at the Atlantic Resort. (2 menu selections).
- 2:30 PM Visit to the Breakers Mansion for a self-guided tour of the inside of this grand Gilded Age mansion.
- 4:00 PM Depart Newport to return to Salem with a rest stop en route to Salem.
- 6:15 PM Arrive back in Salem.



If you have any questions, please contact Kay Zak at: e-mail kayzak@hotmail.com or call 860-889-3989. SEATS ARE LIMITED!

THE IVORYTON PLAY HOUSE (103 Main Street, Ivoryton, CT)

Tickets are available for the following shows, the cost is \$48.00. Please contact Kay Zak @ kayzak@hotmail.com or call: 860 889-3989.

- **Everly – the music of the Everly Brothers**, Created by Ben Hope and Eric Anthony, April 4th – 21st.
One of the first 10 artists inducted into the Rock and Roll Hall of Fame, The Everly Brothers were pioneers of country rock, known for tight harmonies and steel string acoustic guitar with hits, "**Bye Bye Love**," "**Wake Up Little Susie**," "**When Will I Be Loved**," and so many more. Created by, and starring, Ben Hope and Eric Anthony, this show pays homage to these legends, sharing over 30 songs and intimate stories with personal tales of their own influences, music making, and family.
- **Swingtime Canteen**, Book by Linda Thorsen Bond, William Repicci and Charles Busch, May 16th – June 9th.
It's London, 1944. Join MGM star Marian Ames and her all-girl band from the Hollywood Canteen for the rip-roaringest canteen show of them all. Laughs, tears, emotional fireworks, air raids and a celebration of women during the war punctuate this hilarious and heartwarming story. Songs include "**Don't Fence Me In**," "**I'll Be Seeing You**," "**How High the Moon**," "**A Nightingale Sang in Berkeley Square**," "**Ac-Cent-Tchu-Ate the Positive**," "**Sentimental Journey**," and "**Apple Blossom Time**."
- **Mystic Pizza, Book by Sandy Rustin**. Based on the MGM motion picture with story and characters by Amy Holden Jones, June 27th – July 28th.
Based on the beloved 1988 MGM rom-com, **Mystic Pizza** is a new musical about three working-class girls who navigate the complexities of life, love and family in a small-town pizza joint in our very own Mystic, CT. The infectious score features megahits of the 80s and 90s, "**Girls Just Want to Have Fun**," "**The Power of Love**," "**True Colors**," and "**Nothing's Gonna Stop Us Now**."
- **Jimmy Buffett's Escape to Margaritaville**, Book by Greg Garcia and Mike O'Malley. Music and Lyrics by Jimmy Buffett, August 8th – September 8th.
This musical comedy features the most-loved Jimmy Buffett classics, "**Cheeseburger in Paradise**," "**Margaritaville**," "**It's Five O'Clock Somewhere**," "**Fins**," "**Volcano**," and many more. With a book by Emmy Award winner Greg Garcia and Emmy nominee Mike O'Malley, this hilarious, heartwarming musical is the party you have been waiting for!

EVENTS & THINGS TO DO (continued)

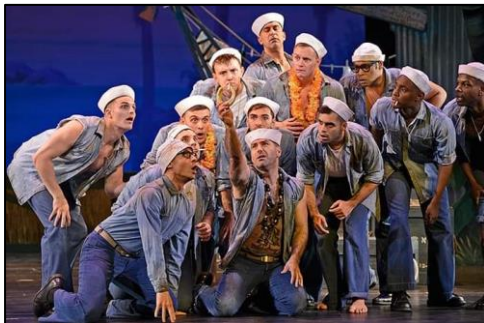
THE IVORYTON PLAY HOUSE (continued)

- **Alabama Story**, By Kenneth Jones, October 3rd – 20th.

As the Civil Rights movement is brewing, a controversial children's book about a black rabbit marrying a white rabbit stirs the passions of a segregationist State Senator and a no-nonsense State Librarian in 1959 Montgomery, Alabama. Political foes, star-crossed lovers, and one feisty children's author, Garth Williams, famous for his illustrations of E.B. White's **Stuart Little**, **Charlotte's Web**, and Laura Ingalls Wilder's **Little House on the Prairie**, inhabit the same page in a Deep South of the imagination that brims with humor, heartbreak, and hope. Inspired by true events.

GOODSPEED OPERA HOUSE (6 Main St, East Haddam CT)

- **SOUTH PACIFIC**, Wednesday July 17th 2PM Matinee \$66.50 Center Orchestra. Music by Richard Rodgers lyrics by Oscar Hammerstein II.



On a lush tropical island during World War II, battles of the heart are center stage in the Goodspeed premiere of the soaring Rodgers and Hammerstein classic. A love-struck nurse and a young lieutenant are pulled into the tide of separate romances in world of risk and passion. But prejudice clouds their potential paradise. Get swept away by twin love stories and a rapturous score that includes "**Some Enchanted Evening**", "**I'm Gonna Wash That Man Right Outta MY Hair**", "**Bali Ha'I**" and more. **Matinee seats are almost sold out.**

The Salem Seniors have 20 Center Orchestra seats at \$66.50 each. **Please make checks out to Salem Seniors and mail to Kay Zak 294 Hartford Road, Salem, CT 06420.**

- **MAGGIE**, September 11th, 2:00 PM Matinee \$66.50.

A Scottish mother's unbreakable love for her three sons is tested in an inspirational new musical about family bonds and changing times. After suffering the unthinkable loss of her husband, Maggie must rely on her strength, sense of humor and fiercely loyal friends to protect her family from a harsh world. Spanning over 20 years, a hardscrabble working-class life blossoms with a soul-stirring pop-folk score. A generation of courageous mothers is celebrated in this rousing American premiere!



- **A CHRISTMAS STORY THE MUSICAL**, November 6th 2:00 PM Matinee \$66.50, Book by Joseph Robinette, Music and Lyrics by Benj Pasek and Justin Paul.



Based on the motion picture A Christmas Story distributed by Warner Bros., written by Jean Shepherd, Leigh Brown and Bob Clark, and upon "**In God We Trust: All Others Pay Cash**" written by Jean Shepherd.

Directed by TBA. Produced by special arrangement with **DRAMATIC PUBLISHING**, Woodstock, Illinois.

Goodspeed unwraps a glittering musical version of the beloved movie classic just in time for the holidays. The only thing little Ralphie wants for Christmas is a BB gun. But to get it, he must navigate all the obstacles of the yuletide season. Will a neighborhood bully, a strict school teacher, a distracted dad and a department store Santa thwart his quest? There's something for everyone in this hilarious love letter to Christmas past. A package of naughty and nice nostalgia to warm your winter!

THINGS IN THE WORKS

SENIOR CITIZEN'S GROUP FUNDRAISER COMMITTEE

- **Fundraising Committee**

We are looking to form a committee to investigate and develop fundraising opportunities to raise money for the Senior's Group's activities. *If you are interested in being on the committee, contact Kay Zak, e-mail: kayzak@hotmail.com or call: 860 889-3989.*

- **Learn to Make Asian Dumplings from Attorney General Tong's mother Fundraiser.**

The Seniors Group is planning a fundraiser after the first of the year (date to be determined). AG Tong has offered to have his mother teach how to make Asian dumplings. We need volunteers to help. *If you are interested in helping contact Kay Zak, e-mail: kayzak@hotmail.com or call: 860 889-3989.*

MINIATURE GOLF AT CAMP ODETAH BOZRAH, CT

The Seniors are planning a miniature golf event to be held at **Knolls & Holes Miniature Golf & Ice Cream in Camp Odetah**, 38 Bozrah St Extension #1300, Bozrah.

Their 18-hole championship mini golf course offers demanding play with true adventure style mini golf. Water hazards, sand traps and extreme course contours.

If you are interested contact Michelle Horan at 860-303-5023 or e-mail at: horan.micheller@gmail.com.

This will be discussed at a future Senior meeting.

* **NOTE:** the price for 2024 hasn't been determined.

SALEM SENIOR STRIDERS

Get ready to put your hiking boots on when the ground thaws and the birds start to sing (April) Kim Siebert and Heidi Buchholtz will start to put together some "nature walks" to offer to our group.

DARRELL LEN TRIPS

The activities coordinator is working with Darrell to potentially bring some great opportunities for the Group. Stay tuned for more information.

SENIOR SITERSCISE/YOGA CLASSES

Marissa's Dance Academy has agreed to provide exercise programs for the Salem Senior Citizens Group. Marissa would like to offer two different classes in the week; a sitercise session (more upbeat aerobic workout), and a slower gentle yoga session. Tentatively she is suggesting two time slots, Tuesday and Thursday 4:45 and Wednesday and Thursday at 6:45. The proposed cost would be \$10 a class. The sessions are generally 6 weeks long, so \$60/session. She would prorate the cost if anyone wanted to join mid-session. This allows for some flexibility but also lets her know approximately how many people would be attending each session planning purposes. She would like to advertise this to the general public in case there are Salem seniors who have not yet joined our group or are from neighboring towns. She would give our group preference by allowing a week more notice to sign up and a lower rate. Classes are tentatively planned to start in early March.

If you are interested in participating, please be prepared to select a session type (up-beat sitercise, and/or slower gentle yoga session) and preferred time slot, at our February 13th meeting. I will forward the e-mail contact information for those that are interested to Marissa Ruddat, Director of Marissia's Dance Academey. Those that have indicated their interest will receive an e-mail directly from Marissa with instructions on how the sign-up and proceed.

VOLUNTEER OPPORTUNITIES

GARDNER LAKE AND SALEM VOLUNTEER FIRE COMPANIES

Both the Salem and Gardner Lake Volunteer Fire Companies are looking for volunteers of **ALL AGES**.

- Salem Volunteer Fire Company – NON-EMERGENCY PHONE: 860-859-0942
- Gardner Lake Fire Company – NON-EMERGENCY PHONE: 860- 859-1743

Website: gardnerlakevolunteerfirecompany.com/home.

MITCHELL FARM EQUINE RETIREMENT

The Horse Retirement, Horse Sanctuary is looking for help. **Contact Dee Doolittle 860 303-8705, or email dee@mitchellfarm.org.**

SALEM SCHOOL

Volunteers are always welcome at **Salem School**. Anyone interested in volunteering can **to go to the Salem School website by clicking on: salemschools.org. Put the cursor over the “Our School” tab, & click on the “Forms tab” to access the form. OR visit the school and fill out the form at the front desk of the school. Make sure you bring a picture ID with you.**

FRIENDS OF THE SALEM LIBRARY

The Friends of The Salem Library could always use help sorting books for the book sale, and at the book sales. we will be sorting books Wednesdays, February 24th, and March 27th at the Salem Free Public Library 264 Hartford Road from 10:00 AM – 12:00 PM. For future book sorting dates, stay tuned and watch for notifications on FaceBook.

If you would like to help, contact Carl Nawrocki at 860-608-9970, or Bart Drennen at 860-235-5889.

HOME REPAIR AND HANDY-MAN SKILLS

Would you like to volunteer, or do you need help?

Please let us know:

- What your skills are and / or what you can help with?
- What your needs are? (i.e., pull a pool cover on in summer; reset a knocked down mailbox; change the oil in a lawn mower; etc.).

Contact Kay Zak at: 860-889-3989 / e-mail at: kayzak@hotmail.com, or Gary Closius at: 860-961-9173 / e-mail at: gclosius@sbcglobal.net.

THE SALEM LAND TRUST

The Salem Land Trust (SLT) is an all-volunteer non-profit organization permanently conserving land in Salem for wildlife, their habitats, and for people to enjoy nature. Many volunteers begin by helping to keep our miles of hiking trails clear. Each of our 9 Preserves have experienced land Stewards assigned to them, so new volunteers start learning the job from them and other SLT members experienced with being “in the woods.” Out in the field, experienced hikers and wildlife lovers cannot help but pass on their knowledge of nature on to all new volunteers. We also have volunteer opportunities in our Membership and Events Committee as we are always looking for new ways to bring the wonder of nature to more people.

For more information or if you are interested in volunteering contact Linda Schroeder: e-mail: lschroeder@snet.net or call 860-908-9553.

VOLUNTEER OPPORTUNITIES (continued)

LION'S CLUB

The Lions are looking for volunteers. **Contact Bill Martin 860-705-6062 (home) or 860-705-1227 (mobile), or Hugh McKenney at 860-303-0042 (mobile).**

CARE & SHARE

Care & Share of East Lyme, Inc. provides food, financial and emergency support to individuals and families in East Lyme, Niantic, and Salem. **If you are interested in volunteering your time, contact them at 860-739-8502.**

COMMUNITY NEWS YOU CAN USE

SALEM FREE PUBLIC LIBRARY

News & Events

- The Salem Free Public Library Offers Museum Passes and Discounted Admission Passes to many of the museums in our state, **visit the library, or go to the library website by clicking on: salemct.gov/library/pages/museum-passes** to view the library website and view what they have to offer and pass availability.

- **ALL ABOUT OPOSSUMS: BACKYARD WILDLIFE**

Presented by Ferncroft Wildlife Rescue
 Saturday, February 3rd @ 11:00 AM.
 (snow date: February 10th, @ 1:00 PM)



- Slide show and discussion on wildlife rehabilitation with an emphasis on opossums.
- Meet & greet with live animal ambassador opossums.
- The children's book, **From Pouch to Couch**, by Pam Lefferts of Ferncroft Wildlife Rescue, will be available for sale & signing.

(Sponsored by the Eight Mile River Wild & Scenic Watershed)

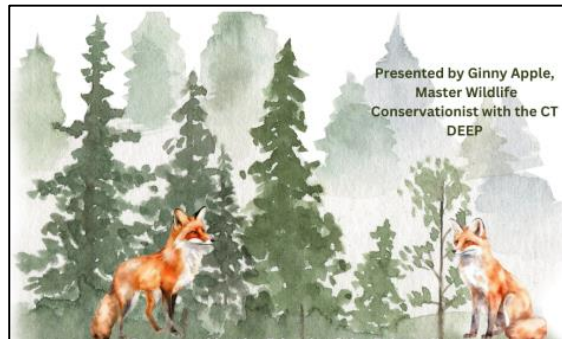
- **TOOTHBRUSHING WITH MAGGIE & MOMMY**

With local author, Heidi Rocha RDH,
Wednesday, February 7th @ 10:30 AM.



Books will be available for sale & signing.

- **FOXES**



Saturday, February 10th @ 11:00 AM.

To register call: 860-859-1130.

(Sponsored by Friends of the Salem Library)

- **WIND POWER: PINWHEELS & PUFF MOBILES**



Presented by Kimberly McLean, Saturday, February 24th @11:00 AM

Participants will start by making a pinwheel to see how air moves things, then see if they can make a toy car move using the same principles.

Limited to 12 participants, ages 7-12.

To register call: 860-859-1130.

COMMUNITY NEWS YOU CAN USE (continued)

SALEM FREE PUBLIC LIBRARY (continued)

News & Events (continued)

• **MONDAY MOVIE MATINEE**

What Happens Later

Monday, February 12th @
2.00 PM.

To register call: 860-859-1130 or just stop by.

Sponsored by The Friends of the Salem Library.



Rated R

• **STILL LIFE WORKSHOP**



Saturday, March 9th from 11:00 AM – 1:00 PM.

Bring your own materials.

To register call: 860-859-1130.

• **FEBRUARY IS LOVE YOUR LIBRARY MONTH**

Complete the scavenger hunt then come to the desk for a prize!!



• **IRISH MUSIC CONCERT**

Irish music concert with Kip & Mic,
Saturday, March 16th, @ 11:00 AM.

To register call: 860-859-1130.



(Sponsored by Friends of the Salem Library & The Bobbie Ziegler Memorial Fund.)

SALEM RECREATION DEPARTMENT

There are many activities for Salem residents of all ages:

The Recreation Commission will be starting an indoor walking program for the winter at the Salem School. **They need a person to sign people in at the school for each session. Please contact Salem's Recreation Commission by clicking on: recreation@salemct.gov if you are interested in helping. Stay tuned, for more info.**

• **ADULT CO-ED REC PICK-UP GAMES**

Open gym for Salem & East Lyme residents age 18 & over in the Salem School gymnasium.

SIGN IN UPON ARRIVAL

Pickleball: Tuesdays 5:30- 7:30 PM
Oct 3rd to May 28th

Volleyball: Fridays 7:00-9:00 PM
Oct 6th to May 31st

Basketball: Thursdays 7:00-9:00 PM
Oct 5th to May 30th

• **VIRTUAL FITNESS CLASSES – KEEP MOVING**

Winter Fitness Schedule:

- **Mondays: Jan 8th – Mar 8th, 5:45 – 6:30 PM (9 wks.)**
(No class 1/15 or 2/19)
Barre Pilates Fusion, Instructor: Allison – \$65.
- **Tuesdays: Jan 9th – Mar 26th, 6 – 6:45 PM (12 wks.)**
Pilates, Instructor: Rob – \$85.
- **Wednesdays: Jan 10th – Mar 27th, 8:30 – 9:15 AM (12 wks.)**
Cardio Strength, Instructor: Maggie – \$85.
- **Thursdays: Jan 11th – Mar 28th, 6 – 6:45 PM (12 wks.)**
Core Strength, Instructor: Rob – \$85.

COMMUNITY NEWS YOU CAN USE (continued)

SALEM RECREATION DEPARTMENT

• **LIVE CLASSES ONLINE**

There are dozens of on-line classes for adults and children are available through Salem’s Recreation Commission. To explore what courses are available and sign up, click on the following link:

saalemct.gov/recreation/pages/live-classes-online.



HURRY UP! Limited classes! Reserve your place now!

• **MEDITATION...CHI KUNG...TAI CHI CHUAN**

Winter classes end February 28th. Watch for the announcement of spring classes on the Salem Recreation Commission page on the Salem Town website. (saalemct.gov/recreation)



• **VIRTUAL FITNESS CLASSES – KEEP MOVING (continued)**

Spring Fitness Schedule

- **Tuesdays: Apr 16th – Jun 18th, 6 – 6:45 PM (10 wks.) Pilates, Instructor: Rob \$70.**
- **Wednesday Apr 17th – Jun 19th, 8:30 – 9:15 AM (10 wks.) Cardio Strength, Instructor: Maggie – \$70.**
- **Thursday Apr 18th – Jun 20th, 6 – 6:45 PM (10 wks.) Core Strength, Instructor: Rob \$70.**

For Details visit recreations website by clicking on: saalemct.gov/recreation/personaleuphoria

• **PASTA DINNER**

Help Support The Salem Little League Saturday, March 9th

Gardner Lake Firehouse, 429 Old Colchester Rd.

TAKE OUT ONLY PICKUP 5:00 PM – 7:00 PM

Includes pasts, meatballs, & bread



Contact the Recreation Commission at: recreation@saalemct.gov, or call 860-859-3873, x275.

For additional information on activities provided by the Salem Recreation Commission please visit their website by clicking on: saalemct.gov/recreation

OTHER ACTIVITIES IN OUR AREA

NORWICH ARTS CENTER

Upcoming Events @ The Norwich Arts Center (62 Broadway, Norwich)

Neal & the Vipers: Wednesday, February 14th @ 7:30 PM.

Tickets: Adults \$25 seniors/military/students \$23, Members \$20.

Contact Norwich Arts Center: Phone: 860-887-2789, or e-mail: administration@norwicharts.org.

Order tickets visit the Norwich Arts Center website by clicking on: norwicharts.org.



NIANTIC BAY PLAYHOUSE

Upcoming Events At The Niantic Bay Playhouse (279 Main Street, Niantic)

2024 Season

- Ken Ludwig’s Lending me a Tenor – March 22nd – April 7th,

OTHER ACTIVITIES IN OUR AREA (continued)

NIANTIC BAY PLAYHOUSE (continued)

Upcoming Events At The Niantic Bay Playhouse (continued)

2024 Season (continued)

- **Willy Wonka Jr** – April 26th – May 5th,
- **Nunsense II** – June 7 – June 23rd,
- **The Wedding Singer, The Musical** – July 18th – August 4th,
- **The Miracle Worker** – October 18th – November 3rd,
- **A Christmas Carol Spectacular** – December 6th – December 22nd.

Check the theatres website for season tickets by clicking on: nianticbayplayhouse.org/

GARDE ARTS CENTER

Upcoming Events At The Garde Arts Center (325 State St, New London)

2024 Season

- **The Artimus Pyle Band** – Friday, February 9th @ 4:00 8:00 PM,
- **Swan Lake (Community)** – Sunday, February 11th @ 6:00,
- **Eastern Connecticut Symphony Orchestra** – Saturday, February 24th @ 7:30 PM (Sounds of Scotland),
- **Les Ballets Trockadero de Monte Carlo** (world foremost all male comic ballet co) – Tuesday, February 27th @ 7:30 PM,
- **Banff Centre Mountain Film Festival** – Saturday, March 2nd @ 7:00 PM,
- **The Life and Music of George Michael** – Sunday, March 3rd @ 7:30 PM,
- **360 ALLSTARS** – Friday, March 8th @ 7:30 PM,
- **DOT, DOT, DOT A NEW MUSICAL** (Dominion Energy School Time Performance Series) – Friday, March 15th @ 10:00 AM,
- **Red Hot Chilli Pipers** – Saturday, March 16th @ 8:00 PM,
- **A Bronx Tale** – Saturday, March 23rd @ 8:00 PM.

For tickets contact the box office Monday thru Friday from 10:00 AM to 5:00 PM & two hours prior to ticketed performances, by calling 860-444-7373 ext. 1, or by visiting the Garde Arts Center website by clicking on: gardearts.org/events/.

NEW LONDON ADULT EDUCATION

New London Adult Education Offers Day Trips.

Trips depart from Shaw's Cove Three. For more details or to register call 860 437-2385 or go to the *New London Adult Education webpage* by clicking on: enrichment.newlondonadulthood.org/.

Office Hours are: 8:00 AM – 4:00 PM, Mon-Fri and 6:00 PM – 8:00 PM, Mon-Thurs.

BUS TRIPS

Darrell Len Bus Trips

Contact Darrell Len P.O. Box 2141, Salem, CT 06420, e-mail: darrellsbus@gmail.com, or call: 860-884-2754 to get departure, and return locations and times, payment instructions and other information.

OTHER ACTIVITIES IN OUR AREA (continued)

OTHER GROUPS THAT HAVE TOURS

- **Tours of Distinction Trips:** call (800) 426-4324, or visit their website by clicking on: toursofdistinction.net/.
- **Colchester Senior Center trips:** call 860-537-3911, or visit their website by clicking on: colchesterct.gov/senior-center/pages/travel-opportunities.
- **East Lyme Senior Center trips:** call 860-739-5859, or visit their website by clicking on: eltownhall.com/community/senior-center/trips/.
- **New London Adult Education:** call 860-437-2385, or visit their website by clicking on: <https://enrichment.newlondonadulthood.org/CourseCatalog/categoryView.asp?id=695>

SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS

COLCHESTER SENIOR CENTER NEWS

Yearly dues of \$15 which will get you on their newsletter e-mail list and provide you the ability to participate in any of their activities. They are located at 95 Norwich Avenue, Colchester, CT 06415. Phone: 860-537-3911. **To check out their newsletter, click on:** colchesterct.gov/senior-center/pages/newsletter

The Colchester Senior Center has so much to offer. They serve adults (ages 55 and over) from Colchester and surrounding communities with programs and services to meet every interest and ability.

Use the Colchester Senior Center webpage to view Available Programs & Services and other information by clicking on: colchesterct.gov/senior-center/pages/programs-services

EAST LYME SENIOR CENTER NEWS

East Lyme offers Salem Seniors **55+** the opportunity to participate in any of their activities. There is no annual fee to belong. **Call their office at 860-739-5859 to get on their e-mail mailing list. Click on the following link to view the East Lyme Senior Center webpage to see the Available Programs & Services, Regularly Occurring Programs, and a host of other information:** eltownhall.com/community/senior-center/.

The Senior Center plans events monthly. See the Monthly Brochure for a detailed schedule. **To view their newsletter "The Courier" click on:** eltownhall.com/community/senior-center/ **and scroll down to "News" and click on "Senior Center Monthly Brochure (The Courier)."**

- **EAST LYME SENIOR CENTER OFFERS DAY TRIPS.**

Trips depart from Old Lyme, East Lyme, and Waterford. **For more details or to register call 860-739-5859 or use the following link to go to the East Lyme Senior Center webpage:** eltownhall.com/community/senior-center/trips/.

For additional information about their trips click on eltownhall.com/community/senior-center/trips/.

PUBLIC TOWN MEETINGS FOR FEBRUARY

- | | |
|--|--|
| • Board of Education Budget/Finance
February 5 th , 5:30 PM | • Emergency preparedness Agency,
February 13 th , 7:00 PM |
| • BOE Personnel/Contract Negotiations
February 5 th , 6:30 PM | • Salem Green Cemetery Association
February 20 th , 2:00 PM |
| • Board of Education,
February 5 th , 7:00 PM | • Economic Development Commission,
February 20 th , 7:00 PM |

PUBLIC TOWN MEETINGS FOR FEBRUARY (continued)

- **Inland Wetlands & Conservation Commission,**
February 5th, 7:00 PM
- **Board of Selectmen,**
February 6th, 7:00 PM
- **Board of Finance,**
February 8th, 7:00 PM
- **Library Board of Directors,**
February 13th, 6:00 PM
- **Planning and Zoning Commission,**
February 13th, 7:00 PM
- **Board of Finance,**
February 22nd, 7:00 PM
- **Board of Education Policy**
February 26th, 5:00 PM
- **Board of Education Budget/Finance**
February 26th, 6:00 PM
- **Planning & Zoning Commission**
February 27th, 7:00 PM

To view the Town Public Meeting Calendar, click on: saalemct.gov/calendar-by-event-type/16/month/2024-02

THINGS TO KNOW

THAMES VALLEY COUNCIL FOR COMMUNITY ACTION (TVCCA)



CONNECTION – Volunteering & Veterans Coffeehouses

Now more than ever community support is so important and impactful! AmeriCorps Seniors offers the support someone needs to remain living at home. Our volunteers lend a hand with grocery shopping needs, visiting, phone reassurance or local medical rides. If you are 55+ contact us to hear how your help may improve the quality of life of an elderly or disabled person by volunteering to help a neighbor in your community.



Our volunteers are here for the community! Our services are available free of charge to seniors or disabled people that are homebound and need help with grocery shopping, medical rides, and visiting.

Contact: Renee LaBonte, Program Coordinator of Senior Volunteer Services at 860-425-6608 or e-mail: rlabonte@tvcca.org.

Visit their website by clicking on tvcca.org or facebook.com/TVCCArsvp/.

- **Connect with veterans!** TVCCA hosts monthly veteran coffeehouses to meet and socialize with other veterans and their spouses and receive information about veteran benefits and services. We host coffeehouses in Groton, Mystic, New London, Pawcatuck, Norwich, and Montville.

Contact James Hodge, Veterans Coffeehouse Coordinator at 860-425-6615 or e-mail: jhodge@tvcca.org.

- **ENERGY ASSISTANCE AND OTHER ASSISTANCE PROGRAMS AVAILABLE FROM TVCCA**
TVCCA provides energy assistance among other community assistance services. Use the following link to visit the TVCCA website: tvcca.org/energy-assistance/ for more information and a direct link to the application. If you have any questions or need help completing the application form, contact TVCCA at 860-889-1365. Note that not only does TVCCA provide funding for oil, but also for wood. TVCCA also has a Senior Nutrition Program for seniors 60 and over & Volunteer programs for seniors age 55 or over.

EVERSOURCE

Connecticut Electric Discount Rate

A bill discount will be available for residential electric customers starting in December 2023.

You must have financial hardship status on your electric account. If you do, there are two tiers of discount depending on your annual household income or receipt of a public assistance benefit.

THINGS TO KNOW (continued)

EVERSOURCE (continued)

- **Eligible income for 10% Discount Rate**

To qualify, your household annual income for all adults over 18 must be at or below 60% of the state median income, or you can show receipt of a public assistance benefit for at least one household member.

Family Size	1	2	3	4	5	6	7	8
Income Level	Up to \$41,553	Up to \$54,338	Up to \$67,124	Up to \$79,910	Up to \$92,695	Up to \$105,481	Up to \$107,878	Up to \$110,275

- **Eligible income for the 50% Discount Rate**

To qualify, your household annual income for all adults over 18 must be at or below 160% of the federal poverty guidelines, or you can show receipt of a public assistance benefit for at least one household member.

Family Size	1	2	3	4	5	6	7	8
Income Level	Up to \$23,328	Up to \$31,552	Up to \$39,776	Up to \$48,000	Up to \$56,224	Up to \$64,448	Up to \$72,672	Up to \$80,896

To apply for the 10% or 50% Connecticut electric discount rate visit the **EVERSOURCE** webpage click on the following link: [eversource.com/content/residential/account-billing/payment-assistance/discount-rate](https://www.eversource.com/content/residential/account-billing/payment-assistance/discount-rate), or call **EVERSOURCE** at 800-286-2828, or call TVCCA at 860-889-1365.

LOOK WHAT'S HAPPENED

CHRISTMAS LUNCHEON – SATURDAY, JANUARY 6, 2024

The Salem Senior's Group Holiday Luncheon was held at the Salem Firehouse. Forty-three of our members came out to celebrate with good food and great company.

Special THANKS to organizers Sandy Swider, June Mainella, Brenda Holwood, Neurie Testagrossa, and Pam LeBlanc for a job well done.

Food: salad, roasted potatoes, penne alla vodka, chicken, sausage and peppers, stuffed fish, rolls, and cake for dessert.

Raffle tickets were handed out to each guest and a multitude of prizes were available to win.

