

# SALEM CT SENIORS

## NEWSLETTER

**UPCOMING EVENTS**

- Art Classes by Salem Artspace (Details see page 5)

**REMINDERS:**

- 2023 Annual Dues Due \$5.00
- Senior Lunch 1st & 3rd Tuesdays of each month, at 2Brothers Pizza, \$5.00 plus tip for the wait staff.
- Come join the Seniors at the Salem Free Library every Tuesday from 1:00-4:00PM for fun and games. Among the games played are: Wii, Sorry, Jockers & Marbles, and dice games. Among the card games played are: Pitch, Setback, 9 Hole Golf, and Bonus 10. Feel free to bring a game or snack to share.
- Salem School Teachers Wish List for Valentine's Day 2023, (Details see page 5)

**THINGS IN THE WORKS**

- **BINGO**, the first game is scheduled for Thursday February 23<sup>rd</sup> at the Salem Volunteer Fire Co. firehouse. (Details see page 6)

**THINGS IN THE WORKS**  
**(continued)**

- **Bowling** outing planned for Sunday February 5<sup>th</sup> 1:00PM (Details see page 6).
- **A Pot Luck Dinner/Talent Show** is scheduled for April 1<sup>st</sup>, (Details see page 7)
- **Self-Defense Course** for all ages, more info coming.
- **Senior Night/Day** at the movies, more info coming.
- Entering a **Seniors Float** for the Seniors in the Memorial Day parade 2023, more info coming. (Details see page 6)
- **Senior Yoga and Sittercise** or similar exercise program, more info coming.
- **Garden Team** (Details see page 6)

**THANK YOU**

- Thank you to all the volunteers for setting up, breaking down, and baking for the Christmas Luncheon (see page 12 for photos)

**HELP NEEDED:**

- **Care and share**  
Are you looking for help or need assistance? **Call 860-739-8502 or go to their web site:**  
<http://www.careandshareofel.org>
- **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 or e-mail at:**  
[kayzak@hotmail.com](mailto:kayzak@hotmail.com).
- **FOOD BANK NEEDS:**  
Care and Share is in need of donations. If you can, please bring a non-perishable food item to our next meeting and all events.

**WELCOME NEW MEMBERS**

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

**MEETING SCHEDULE:**

<b>JANUARY 10, 2023</b>	<b>APRIL 11, 2023</b>
<b>FEBRUARY 14, 2023*</b>	<b>MAY 9, 2023</b>
<b>MARCH 14, 2023</b>	<b>JUNE 13, 2023</b>
<b>WHERE: SALEM FIREHOUSE</b>	
<b>WHEN: SECOND TUESDAY OF THE MONTH</b>	
<b>TIME: 10:30 AM</b>	
<b>LUNCH PROVIDED AFTER MEETING</b>	

\* Meeting to be held at the Salem School Library

**VISIT US ON:**

**FACEBOOK PAGE: [SALEM CT SENIORS](#)**

**CONTACT US:**

**EMAIL ADDRESS:**

[salemctseniors@gmail.com](mailto:salemctseniors@gmail.com)

## BIRTHDAYS/ANNIVERSARIES

### JANUARY BIRTHDAYS

Ed Artale

Jan 4

Palma Canniff

Jan 20

## MONTHLY MEETING RAFFLE FOR SENIORS HELPING SENIORS FUND

**Reminder:** During the monthly meeting we will hold a 50/50 raffle. Half of the proceeds will go to the winner and the other half will go to a "Seniors Helping Seniors Fund". Money to subsidize trips, activities etc. \$1.00 per raffle ticket or 6 tickets for \$5.00. (See Joan Golubeck)

## HEALTH AND WELLNESS

### FLU SHOTS

If you haven't gotten your flu shot, they are available at the Salem Health Mart. **Be sure to bring your ID/driver's license and ALL of your insurance cards (Medicare, supplemental insurance, etc.)**

### BLOOD PRESSURE SCREENING

Joan Golubeck will provide blood pressure screening during our meetings.

### 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: Salem Agent of the Elderly at 860-859-3873 X 125. They will provide all program and eligibility information. **Use the following link to view the Guidelines for the Municipal Medical Transportation Service:** [https://www.salemct.gov/sites/g/files/vyhlf4966/f/uploads/transportation\\_fy22\\_packet\\_0.pdf](https://www.salemct.gov/sites/g/files/vyhlf4966/f/uploads/transportation_fy22_packet_0.pdf)

### GET HELP, STAY WARM

- **Eversource Payment Plans and Assistance**

Consider these programs if you're struggling to pay your monthly utility bills. **Use the following link to view Payment Plans & Assistance | Eversource:** <https://www.eversource.com/content/ct-c/residential/account-billing/payment->

[assistance?utm\\_source=allcustomer&utm\\_medium=Email&utm\\_campaign=winter\\_bill&utm\\_content=ppa&mkt\\_tok=NDQ2LVRETS03NDEAAAGIJ0NF6n3iQOuVuLkKfcASsVMxYnHZfnTzopjPq6NcMp5r6qQExRbNZt-dyxkjr6Hs\\_q11GQrkuwdq5WWmE3KqOhWbGte3HLvoXUwniUX](https://www.eversource.com/content/ct-c/residential/account-billing/payment-assistance?utm_source=allcustomer&utm_medium=Email&utm_campaign=winter_bill&utm_content=ppa&mkt_tok=NDQ2LVRETS03NDEAAAGIJ0NF6n3iQOuVuLkKfcASsVMxYnHZfnTzopjPq6NcMp5r6qQExRbNZt-dyxkjr6Hs_q11GQrkuwdq5WWmE3KqOhWbGte3HLvoXUwniUX)

- **Programs To Help Webinar**

Please join us for one of our free virtual customer monthly webinars Programs to Help on available financial assistance, payment plans and energy efficiency programs to help manage your monthly energy bills. **Use the following link to Register for the Programs to Help Energy Assistance Webinar:**

<https://register.gotowebinar.com/rt/5625662664822264076>

- **Programs For Income-Eligible Customers:**

Available to customers with a past-due balance that meet specific income requirements.

- **Extended Payment Plan**

Avoid shutoffs by paying a past-due balance over an extended period of time. This plan is available to most customers with a past-due balance. **Use the following link to Learn about payment plans:**

**HEALTH AND WELLNESS (continued)**

<https://www.eversource.com/content/ct-c/residential/account-billing/payment-assistance/payment-plans>. For immediate assistance, call us at **800-286-2828** (electric) or **800-438-2278** (gas).

You can also *use the following links to download a bill help fact sheet*

[https://www.eversource.com/content/docs/default-source/my-account/bill-help-fact-sheet.pdf?sfvrsn=f8aba762\\_16](https://www.eversource.com/content/docs/default-source/my-account/bill-help-fact-sheet.pdf?sfvrsn=f8aba762_16) or an *overview of balance forgiveness programs and payment plans*

[https://www.eversource.com/content/docs/default-source/my-account/programs-payment-options.pdf?sfvrsn=b646a662\\_8](https://www.eversource.com/content/docs/default-source/my-account/programs-payment-options.pdf?sfvrsn=b646a662_8).

➤ **Matching Payment Program**

Pay off a past due balance with affordable monthly payments and matching credits from Eversource. *Use the following link to Learn about the Matching Payment Programs:*

<https://www.eversource.com/content/ct-c/residential/account-billing/payment-assistance/matching-payment-program>.

➤ **New Start Program**

Eliminate your past-due balance in as few as 12 months with on-time monthly payments and Eversource balance forgiveness. *Use the following link to Learn about the New Start Programs:*

<https://www.eversource.com/content/ct-c/residential/account-billing/payment-assistance/nu-start>

• **State And Federal Assistance:**

Apply for state and federal assistance to help with your energy bills.

➤ **Get help to pay your heating bill through the Connecticut Energy Assistance Program (CEAP).**

*Use the following link to apply online:*

[https://my.eversource.com/NDQ2LVRETS03NDEAAAGIJoNF6idQrvSHdjyJN6lffo8AsYMm4xNCuS2rjp9rc5EY-Fq0XUAOyb\\_8l0voeq3envxJAo=](https://my.eversource.com/NDQ2LVRETS03NDEAAAGIJoNF6idQrvSHdjyJN6lffo8AsYMm4xNCuS2rjp9rc5EY-Fq0XUAOyb_8l0voeq3envxJAo=) or

*Use the following link to find a local Community Action Agency near:*

[https://my.eversource.com/NDQ2LVRETS03NDEAAAGIJoNF6grDFHud4JM1xb8ANkqLV80pwKriWMjTBV\\_e8TQb\\_IdaWWCqR1ehkASQrtUR-Flxcic4=](https://my.eversource.com/NDQ2LVRETS03NDEAAAGIJoNF6grDFHud4JM1xb8ANkqLV80pwKriWMjTBV_e8TQb_IdaWWCqR1ehkASQrtUR-Flxcic4=).

➤ **Use the following link to get help from Operation Fuel:**

[https://my.eversource.com/NDQ2LVRETS03NDEAAAGIJoNF6k-7VKI5-Vsl\\_64WsLzSz-0KK4UtI31JVkdPT\\_x5MSNPLq9hsfKj5mhZBRCCqVUfB0=](https://my.eversource.com/NDQ2LVRETS03NDEAAAGIJoNF6k-7VKI5-Vsl_64WsLzSz-0KK4UtI31JVkdPT_x5MSNPLq9hsfKj5mhZBRCCqVUfB0=) or

*Use the following link to find a Fuel Bank near you:*

[https://my.eversource.com/NDQ2LVRETS03NDEAAAGIJoNF6m3o9lqVe5B9UMI5Yh\\_lqzYZYMCRKfccnH2\\_qjXH9TaFYG-JBHZqyCEWkGUBIIE-vOuc=](https://my.eversource.com/NDQ2LVRETS03NDEAAAGIJoNF6m3o9lqVe5B9UMI5Yh_lqzYZYMCRKfccnH2_qjXH9TaFYG-JBHZqyCEWkGUBIIE-vOuc=).

• **Service Protection:**

Apply for temporary service protection if you meet income or medical requirements and have a past-due bill.

➤ **Protect your service from shut off** from Nov. 1 through May 1 with the Winter Protection Plan, for customers facing a financial hardship. *Use the following link to learn about Service Protection Plans:*

<https://www.eversource.com/content/ct-c/residential/account-billing/payment-assistance/shutoff-protection>

➤ **You may also be eligible for the Medical Protection Plan** if anyone in your home is seriously ill or has a life-threatening situation. *Use the following link to learn about Medical Protection Plans:*

<https://www.eversource.com/content/ct-c/residential/account-billing/manage-bill/about-your-bill/billing-rights#medical>

• **Take Control of Your Energy Bill:**

Manage your bill by controlling seasonal spikes and making your home or apartment more energy efficient.

**HEALTH AND WELLNESS (continued)****➤ Budget Billing**

Avoid seasonal spikes and pay a fixed amount each month based on your average annual usage. **To learn about Budget Billing, use the following link:** <https://www.eversource.com/content/ct-c/residential/account-billing/manage-bill/budget-billing>

**➤ Home Energy Solutions**

Energy-saving improvements, custom recommendations and access to rebates and incentives for your home or apartment. **To learn about Home Energy Solutions, use the following link:** <https://www.eversource.com/content/ct-c/residential/save-money-energy/energy-efficiency-programs/home-energy-solutions>

**➤ Home Energy Solutions for Income Eligible Customers**

If you meet income eligibility requirements, you may receive the initial visit at no-cost, incentives for energy-saving upgrades, and up to 100% off approved insulation projects. **To learn about Home Energy Solutions for Income Eligible Customers, use the following link:** <https://www.eversource.com/content/ct-c/residential/save-money-energy/energy-efficiency-programs/home-energy-solutions/home-energy-solutions-income-eligible>

**WINTER HEATING ASSISTANCE AVAILABLE FROM THAMES VALLEY COUNCIL FOR COMMUNITY ACTION, INC. (TVCCS)**

TVCCS provides winter heating assistance among other community assistance services. **Use the following link to visit the TVCCA website:** <https://www.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.

**AREA FOOD PANTRIES**

Food pantries in the area that can provide assistance as needed.

<b>Name:</b>	<b>Location</b>	<b>Contact</b>
• <b>Care and Share</b>	East Lyme	860 739-8502
• <b>Shoreline Soup Kitchen</b> St. John's Episcopal Church	East Lyme	860 388-1988
• <b>United Way Mobile Food Pantry</b> Three Rivers Community College	Norwich	860 464-3327
• <b>Rosalyn Allen Food Pantry</b> Mobile Pantry	Norwich	860 822-4146

These 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.

## UPCOMING EVENTS & THINGS TO DO

### BUS TRIPS

We have been in contact with Darrell Len who runs both day and overnight bus trips. ***For Bus Trips already scheduled see the flyers at the end of the Newsletter.*** These trips are available on a first come first served basis. Contact Darrell Len P.O. Box 2141, Salem, CT 06420 or 860 884-2754 to book a trip or get additional information.

#### Other Groups that have tours

- **Tours of Distinction** 1-800-426-4324, e-mail: [mytour@toursofdistinction.net](mailto:mytour@toursofdistinction.net),  
Website: <https://www.toursofdistinction.net/>

**New London Adult Education:** 860 437-2385, Website: <https://www.newlondonadulted.org/>

### SALEM ARTSPACE

Dawn Shumbo of Salem ArtSpace will be providing art classes after our monthly meetings starting and will ending around 2:00-2.30PM. The cost is \$15.00 per person. If there is enough interest, she will hold a class for us on Tuesday evenings either 4 – 6PM or 6 – 8PM. Contact/RSVP Kay Zak at: 860-889-3989 or e-mail at: [kayzak@hotmail.com](mailto:kayzak@hotmail.com).



*These is the ArtSpace projects for January*

### QUILTING

- The Busy Bee Quilters meet at the Salem Library from 12-4 PM on the 2<sup>nd</sup> Wednesday of the month.
- The Clam Shell Quilters meet on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays from 10 – 3:30 PM. Quilts are donated to Waterford Country School and L&M Hospital.

Due to Library availability call Deb Drennen at 860-222-8396 to verify they will be holding a meeting.

### CROCHET - KNITTING

A knitting and crocheting circle will be held every Thursday at the Library 10:00 AM – Noon. Joan Golubeck & Janet Griggs are available to give lessons on the craft of knitting and crocheting.

### SALEM SCHOOL TEACHERS WISH LIST

Please bring your donations to the January 10<sup>th</sup> meeting. If you would like to donate money the team will purchase items requested that weren't signed up for. If you cannot bring your donation to our January, bring it to the February meeting. We will be bringing the donations to the school on Valentine's Day February 14<sup>th</sup>. ***The February meeting will be held in the Salem School Library, lunch will be provided.***

### NATURE WALK / HIKE

We are looking for suggestions for the next walk/hike. Please send your your suggestions to Gary Closius at: [gclosius@sbcglobal.net](mailto:gclosius@sbcglobal.net) or call 860-961-9173.

## THINGS IN THE WORKS

### SELF DEFENSE COURSE FOR ALL AGES

Gary Closius has volunteered to plan event and will teach the course. The course materials are currently being developed. ***Day, location and time to be determined.***

**THINGS IN THE WORKS (continued)****BINGO**

We have the BINGO Cage, the number balls, and the cards and we are ready to go. We are planning BINGO to be held the 4<sup>th</sup> Thursday of the month beginning February 23<sup>rd</sup> nominally from 1:00 -3:00PM at the Salem Volunteer Fire Co. firehouse. The following are the currently proposed rules (subject to change):

- There will be one person collecting \$\$ and one person as the caller.
- \$0.50 per card with the 9<sup>th</sup> card free.
- 13 games will be played with the last game being a "Fill-The-Card" game.
- The total \$\$ taken in will be divided by 13 rounding down to the nearest \$ and will be the prize money for games 1 through 11, the remaining money the prize money for the "Fill-The-Card" game.

**Neurie Testagrossa and Michelle Horan need help!! If anyone is interested in helping, please contact Gary Closius: 860-961-9173 or e-mail: [gclosius@sbcglobal.net](mailto:gclosius@sbcglobal.net). We Need Helpers For This Event. ★**

**GARDENING TEAM**

Salem school principal, Mr. Dan Driscoll was impressed with the work that was done on the small garden, he has requested a garden in the back of the school be revitalized. We would like to setup a garden team to work on this starting in the spring when the warmer weather starts to hit. Joan Gaynor will chair the group all volunteers are welcome to revitalize this large 58 x 14-foot space. A majority of the work in the beginning will be getting all the weeds and grasses out of the area while keeping any existing plants intact. **Volunteers & Donations Needed!! ★**

**BOWLING**

Norwich Bowling & Entertainment (188 Town St., Norwich) is offering Sunday Afternoon bowling. We are putting together an afternoon of bowling on Sunday February 5<sup>th</sup> at 1:00PM. Car-pooling can be arranged. The cost is approximately \$10.00 (don't know the 2023 price yet) which allows the bowler 3 games and includes shoes. If you are interested in bowling or helping, contact Michelle Horan at 860-303-5023 or e-mail at:

**[horan.micheller@gmail.com](mailto:horan.micheller@gmail.com)**

**SENIORS FLOAT IN THE 2023 MEMORIAL DAY PARADE**

**Michelle Horan** has volunteered to Chair and Joan Gaynor to Co-Chair this event. They are looking for volunteers. They will have their 1<sup>st</sup> meeting starting in the new year for design suggestions, and help building the float. Look for more information after the 1<sup>st</sup> of the year.

**SENIOR YOGA AND SITTERCISE OR SIMILAR EXERCISE PROGRAM**

**Gary Closius** has volunteered to plan event. The course provider(s) is/are being solicited.

**SENIOR NIGHT/DAY AT THE MOVIES**

**Kay Zak** has volunteered to plan event. Kay has contacted the movie theater corporate office more details are coming.

- ★ If you are interested in helping to plan any of these events, please contact:  
 Gary Closius at: 860-961-9173 or e-mail: [gclosius@sbcglobal.net](mailto:gclosius@sbcglobal.net), or  
 Kay Zak at: 860-889-3989 or e-mail at: [kayzak@hotmail.com](mailto:kayzak@hotmail.com).

**THINGS IN THE WORKS (continued)****POT LUCK DINNER/TALENT SHOW**

We are planning to hold the Pot Luck Dinner/talent show on April 1<sup>st</sup> (time to be determined) at the Salem Volunteer Co. Fire firehouse. Kay Zak has agreed to chair this event. In the near future look for a sheet to sign-up for food to bring to this event. ***If you have some talent & want to perform, please contact Kay at: 860-889-3989 or e-mail at: [kayzak@hotmail.com](mailto:kayzak@hotmail.com).*** ***We Need Helpers For This Event. ★***

**VOLUNTEER OPPORTUNITIES****GARDNER LAKE AND SALEM VOLUNTEER FIRE DEPARTMENTS**

Both the Salem and Gardner Lake Volunteer Fire Departments 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: <https://www.gardnerlakevolunteerfirecompany.com/home>.

**LION'S CLUB**

The Lions are looking for volunteers. Contact John Houchin at 860-887-2518 or cell 860-705-1227.

**MITCHELL FARMS EQUINE**

The retirement Horse farm is looking for help. Contact Dee Doolittle: 860-303-8705, or e-mail [dee@mitchellfarm.org](mailto:dee@mitchellfarm.org).

**CEMETERY CLEAN-UP*****VOLUNTEERS STILL NEEDED***

The Cemetery Clean-up Team will resume in the spring. Watch for notices by Kay Zak. Watch the Facebook website for future dates

**COMMUNITY NEWS YOU CAN USE****PLANNING & ZONING COMMISSION PUBLIC HEARING**

**POSTED ON: DECEMBER 14, 2022, 10:07AM**

**TOWN OF SALEM  
Notice Of Public Hearing**

The Salem Planning & Zoning Commission will hold a public hearing on Tuesday, January 10, 2023 beginning at 7:00PM at Salem Town Hall, 270 Hartford Road, Salem, CT 06420. The following applications will be heard:

Salem Planning and Zoning Commission – Adoption of the 2022 Plan of Conservation and Development (POCD). Per Section 8-23 of the Connecticut General Statutes (CGS) requires each municipality to prepare or amend and adopt a POCD at least once every ten years.

At this hearing interested persons may appear and be heard and written correspondence received.

The 2022 POCD is available for viewing on the Salem Town Website at: <https://www.salemct.gov/planning-and-zoning-commission/pages/pending-applications> and is also on file in the office of the Salem Town Clerk.

**TAI CHI CLASSES**

Tai Chi classes are available to Salem residents for \$40 and for non-Salem residents for \$45. The classes are 8-week classes. Please contact Agnes Miyuki at: [amiyuki@salemct.gov](mailto:amiyuki@salemct.gov).

**COMMUNITY NEWS YOU CAN USE (continued)****SENIORS AND STROLLERS WALKING AT SALEM SCHOOL**

A request has been submitted to the Salem School to use their hallways for Seniors & Strollers Walking from October through May on MWF, 7-8AM, and Saturdays through February, 8-10AM (when the school is open). Seniors will need to sign in/out at the front desk on weekdays.

**SALEM FREE PUBLIC LIBRARY****NEWS & EVENTS**

- **FOOD FOR FINES, December – January**

Every item donated counts for \$1.00 of fines. Every donation can make a difference. Donations of non-perishable food in cans and jars are accepted. ***Please check expiration dates before donating.*** Food will be picked up by Care & Share of east Lyme.

- **STORY TIME WITH THE AUTHOR Chad Chenail**

*Mitsy the Oven Mitt Goes to School: A story about being brave.* Saturday, January 7<sup>th</sup> @ 11:00AM. Call 860-859-1130 to register.

- **MOVIE AT THE LIBRARY, Where the Crawdads Sing. Monday January 9<sup>th</sup> @ 1:00PM.**

- **WINTER READING for all ages. Tuesday January 10<sup>th</sup> – Tuesday January 28<sup>th</sup>.** When you register, you will receive a paper reading log to record the books you've read. When you've read 5 books, return the reading log to the Library by March 1<sup>st</sup>, 2023 and receive a free book of your choice.

- **SEWING FOR BEGINNERS. Saturday, January 21<sup>st</sup> 11:00AM – 12:30PM**

Limited to 6 Participants, ages 5 – 8. Call 860-856-1130 to register. Presented by Deb Drennen. Participants decorate a pillow cover with permanent markers, stuff the pillow with fiberfill & hand stitch the opening.

- **STAMP & CARD MAKING WORKSHOP, SATURDAY, JANUARY 21<sup>ST</sup>, 11:00AM – 1:00PM.**

Make your own stamp using the linocut technique, and use it to make a card. Call 860-859-1130 to register. Limited to 10 participants. Ages 13 to adult. ***The session is FULL, call to be put on the waiting list.***

- **GARDEN PARTY, January 28<sup>th</sup> 11:00AM – 1:00PM.**

Beat your winter blues and join us as we prepare for the upcoming gardening season. We will be giving out seeds and serving light refreshments.

**SNOW REMOVAL**

Street safety is the Town of Salem Public Works Department's primary concern during the winter months. Public Works treats the pavement and removes snow whenever road conditions call for these services. Residents should remember that all snow removal operations are performed under emergency conditions. Our drivers work extended hours to ensure safe and effective snow removal. Please help the Public Works Department by following the Snow Emergency Tips and Reminders listed below:

- The Town of Salem has 44 road miles to maintain. Public Works is also responsible for clearing the Town Office, School, Town Library and Transfer Station.
- There are several State controlled roads in Town. Any road that has a route number is a State controlled road. (Routes 82, 85 and 354) The State of CT plows those roads. Please remember that Public Works is not responsible for removing the snow created by plowing past your driveway.
- Please move all vehicles off of the streets or cul-de-sacs during all snow storms that have the possibility of producing at least 3 inches of snow.



## COMMUNITY NEWS YOU CAN USE (continued)

### **SNOW REMOVAL (continued)**

- The Town of Salem is not responsible for the snow that accumulates around your mailbox. It is the homeowners' responsibility to remove the accumulated snow from their mailbox.
- Please place your garbage and recycling roll out containers beyond the edge of pavement or curb and NOT in the street. Objects in the street are the biggest deterrent to efficient plowing operations. Remove all basketball backboards from the Town right of way.
- Never pass a snowplow or salt truck.
- If you use a snow blower to clear your driveway, do not blow the snow into the street.
- Never assume the snowplow drivers can see you. Stay at least three (3) car lengths behind the truck. If you cannot see the driver in his mirrors then he cannot see you either.
- If you, or your contractor, use a snow plow to clear your driveway, do not push the snow into the road.

### **TOWN MAILBOX DAMAGE POLICY**

In order to provide a fair and uniform resolution to incidents involving mailboxes damaged by a Town snowplow the Town of Salem adheres to the following policy concerning repair/replacement of mailboxes.

It is a job of the Public Works Department to remove snow from road surfaces. Snow being thrown by a plow can significantly impact the mailbox and cause damage. There is nothing that can be done to prevent snow from being thrown from the plow blade. Mailboxes must be securely fastened to a sturdy post in the ground to reduce or resist the impact of thrown snow.

The mailbox, post and arm should be at least (8") inches from the face of curb or edge of pavement in order to prevent direct contact by the snow.

If it is determined that a mailbox was struck directly by a Town snowplow, the Town will replace the existing mailbox and post with a standard mailbox and post. Custom mailboxes and posts will not be replaced in-kind.

No mailbox or post will be considered for replacement if the post shows dry rot, unstable or was placed too close into the travel way.

The Town will replace the mailbox and/or post only when the Town snowplow is found to have made direct contact with the mailbox, not when the box is knocked over by snow or slush that is thrown by the plow.

Basketball hoops and sprinkler systems within the town right of way are not permitted and will not be replaced, repaired or reimbursed by the town.

The Director of Public Works or a designated representative is authorized to use reasonable discretion in resolving matters involving unusual circumstances.

The Salem Town mailbox damage policy can be found using the following link: <https://www.salemct.gov/public-works/pages/mailbox-damage-policy>

## SENIOR CENTERS/ACTIVITIES AVAILABLE TO SALEM RESIDENTS

### **COLCHESTER SENIOR CENTER:**

#### **Status of the New Colchester Senior Center Building**

- November 16, 2021-Colchester Citizens passed a referendum to build a new senior center as recommended by the Senior Center Building Committee and as designed by Silver, Petrucelli & Associates Architectural Firm in the amount of \$9.5 million by a majority vote of 1,421 yes to 851 no votes.
- December 21, 2021-State Representative Brian Smith announced that the State of CT Bonding Commission had awarded \$2.5 million toward the cost of building the new senior center project.

**SENIOR CENTERS/ACTIVITIES AVAILABLE TO SALEM RESIDENTS (continued)**

**COLCHESTER SENIOR CENTER (continued)**

**Status of the New Colchester Senior Center Building (continued)**

- October 3, 2022-The Colchester Senior Center received the last of three installments of the Estate of Mr. Stephen J. Bendas, in a bequest totaling \$575,000.00.
- The project moved into the final design phase, the project's cost was estimated, and the project went out to bid following the standard competitive bidding process with the lowest qualified bid being eligible to be awarded the contract.
- October 13, 2022, the Senior Center Building Committee opened 11 bids with contractors for the new senior. Due to inflationary increases and historically high costs to build, a current reality, all 11 bids came in higher than what was expected, ranging in overall costs from over \$11 million to \$8,995,000. Because money for the design phases has already been expended, this leaves a budgetary shortfall of \$920,000 toward the project after alternate items deemed unnecessary by the Senior Center Building Committee have been pared from the project to reduce the overall cost.
- If the Bendas Bequest is allocated toward the cost of the project; a reasonable approach which does not increase the mil rate or pass on additional project costs to taxpayers, this reduces the budgetary shortfall to \$345,000.
- Some citizens are calling for the building to be redesigned to stay within the original \$9.5 million. Redesigning the building at this point renders the current plans obsolete and will cost the Colchester approximately \$400,000 in redesign fees. Once redesigned, the project will have to begin the bid process again, and face additional inflationary costs caused by the loss of the current lowest bid, and additional delays estimated to be an additional \$1.5-\$2 million. In essence, the redesign of the building, which will yield less space and fewer amenities and will cost the taxpayers potentially \$2.4 million more.
- Approximately 125 people attended the November 28<sup>th</sup> joint meeting of the Colchester Board of Finance and Board of Selectmen. As a way to update those that were not in attendance, First Selectman, Andreas Bisbikos, opened the meeting with an announcement that earlier that day two Colchester citizens, Taras Rudko and Selectman Jason LaChapelle had filed an injunction against the Town of Colchester and on the advice of legal counsel, all agenda items pertaining to the new senior center project would not be discussed.
- On December 15<sup>th</sup> Selectman Jason La Chapelle and Taras Rudko filed an additional emergency injunction which has been granted. It stipulates that the Colchester is not permitted to move towards awarding a contract until after the outcome of the scheduled hearing next Tuesday.
- At court hearing on December 28<sup>th</sup>, testimony heard all day. It was decided by the presiding Judge to resume proceedings December 29<sup>th</sup> at 10:00 AM.
- Testimony wrapped up on December 29<sup>th</sup> and both sides made their closing arguments. Counsel for the plaintiffs (LaChapelle/Rudko) asked the Honorable Karen Goodrow to review a 430+ page document prior to sharing her ruling, so the Judge decided to adjourn for the day. The Judge indicated that she will rule on the case on December 30<sup>th</sup> at 10:00AM.
- On December 30<sup>th</sup> the Judge denied the injunction against the new senior center project on all points cited in the complaint. Colchester can now move into the construction contract phase of and move the new senior center project forward with the apparent low bidder, before the current pricing expires.
- The Colchester BOS voted in favor of awarding the construction bid to BRD Builders, LLC. This locks in the pricing of the low bid before the 90-day deadline, and allows the Town to begin the process of negotiating a contract with them. This was an important step forward in the new senior center building project.

**SENIOR CENTERS/ACTIVITIES AVAILABLE TO SALEM RESIDENTS (continued)**

**OTHER COLCHESTER SENIOR CENTER NEWS**

Colchester has invited Salem Seniors to join their group. There are 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 January 2023 newsletter, use the following link:** <https://www.colchesterct.gov/senior-center/files/newsletter-29>

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 using the following link:** <https://www.colchesterct.gov/senior-center/pages/programs-services>

**EAST LYME SENIOR CENTER**

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. **Use the following link to go the East Lyme Senior Center webpage to view Available Programs & Services, Regularly Occurring Programs, and a host of other information:** <https://eltownhall.com/community/senior-center/>

The Senior Center plans events on a monthly basis. See the December Senior Center Monthly Brochure for a detailed schedule. **To view the December Senior Center Monthly Brochure, use the following link:**

<https://mycommunityonline.com/publication-page/east-lyme-courier?selectedPublication=https://container.parishesonline.com/bulletins/06/5011/20221201N.pdf>

**EAST LYME SENIOR CENTER OVER THE HILL HIKING GROUP: JANUARY HIKES**

- **January 6** - Coogan Farm, Mystic **Easy** Leader: Chuck
- **January 13** - Haley Farm, Groton **Easy** Leaders: Debbie & Barry
- **January 20** - Rocky Neck, Niantic **Moderate** Leaders: Debbie and Barry
- **January 27** - Mohegan Park, Norwich **Moderate** Leader: Chuck.

**NOTES:**

- Hikers from other towns are welcome to participate.
- Medium hikes may have a few hills, rocks or beach sand. The difficult hike is more strenuous; participants must have completed two medium hikes with the group before enrolling into a difficult hike.
- All hikes are approximately three to four miles long, and will begin at 9:30 A.M. Hikers who wish to carpool should meet at East Lyme Senior Center at 9:00 A.M.
- Distances, locations and leaders are subject to change, if necessary.
- All hikers must register for each hike by calling the East Lyme Senior Center – 860-739-5859.
- Hikers are to bring water and sturdy shoes; and lunch, insect repellent and sunscreen if desired.

## PHOTOS FROM RECENT SALEM SENIOR'S ACTIVITES

SALEM SENIORS HOLIDAY LUNCHEON AT THE  
SALEM VOLUNTEER FIRE CO. FIRE HOUSE, DECEMBER 10, 2022



**PUBLIC TOWN MEETINGS**

- Board of Selectmen, Jan 3, 7:00pm
- Inland Wetlands & Conservation Commission, Jan. 3, 7:00pm
- BOE Long-Range Educational Planning, Jan. 9, 5:00pm
- BOE Personnel/Contract Negotiations, Jan. 9 6:00pm
- Board of Education, Jan. 9, 7:00pm
- Library Board of Directors, Jan 10, 6:00pm
- Emergency Preparedness Agency, Jan 10, 7:00pm
- Planning & Zoning Commission, Jan 10, 7:00pm and Jan 24, 7:00pm
- Board of Finance, Jan 12, 7:00pm
- Economic Development Commission, Jan 17, 7:00pm
- BOE Special Budget, Jan 17, 7:00pm
- BOE Co-Op Jan 23, 6:00pm
- Recreation Commission Jan 23, 7:00pm
- Planning & Zoning Commission, Jan 24, 7:00pm
- Zoning Board of Appeals Special Meeting, Jan 26 7:00 pm
- Board of Finance, Jan 26, 7:00pm
- BOE Budget/Finance Jan 30, 5:30pm
- BOE Policy Jan 30, 4:00pm



**Happy New Year from the Officers of Salem Seniors Group**

**OFFICERS:**

**President:** Gary Closius  
**Treasurer:** Michelle Horan

**Vice President:** Mary Cikatzen  
**Secretary:** Jeanette Girard

**Salem Agent for the Elderly:** Agnes Miyuki  
**Communications Liaison:** Joan Gaynor  
**Activities Coordinator:** Kay Zak

BUS TRIP FLYERS

*Lunch and a show at* **MEDIEVAL TIMES**

in **Lyndhurst, NJ** **SUNDAY FEBRUARY 19, 2023**

The Queen of the Royal Court invites you to travel through the mists of time to a festive celebration where you'll be in awe of gallant knights and majestic horses. From the moment you walk through the castle gates, you'll be immersed in Medieval Spain. Royal knights battle to determine who is named the Defender of the Queen's Throne. The Queen has commanded her royal chefs to prepare a four-course feast for you. Included is a roasted chicken, though a vegetarian option is available.

**\$159 per adult**

**\$147 child thru age 12**

Includes transportation, admission to Medieval Times for show and lunch

**Join us as we feast  
and raise a goblet to the Queen!**

Deluxe motorcoach transportation departing from:

8:30am **Norwich Commuter Parking Lot**  
 Laura Blvd at RT 82 Exit 11 from I-395

9:10am **Clinton Commuter Parking Lot**  
 Route 81 Exit 63 from I-95

Returning near 7:30pm

*Inquire to* Darrell Len ~ PO Box 2141 ~ Salem, CT 06420  
 860-884-2754 ~ darrellsbus@gmail.com

Please send payment by February 5, 2023 Refunds will be given after only if a replacement is found  
 Include names, addresses, email addresses, phone number, departure location, lunch selection  
 (chicken or vegetarian)

We will travel rain or shine, the only exception is severe weather

***A SPECTACULAR EXPERIENCE AWAITS YOU  
AS YOU CHEER FOR YOUR KNIGHT***

BUS TRIP FLYERS

SOUTH BOSTON'S  
**ST. PATRICK'S DAY PARADE**

-or-

**BOSTON ON YOUR OWN**  
*Sunday March 19, 2023*

Watch this world-renowned parade as floats, marching bands, and revelers make their way through the South Boston streets to honor St Patrick and celebrate Irish heritage. We will visit Quincy Market after the parade, where there's an array of eateries to grab a bite of Boston flavor.

***A FUN DAY IN SOUTHTIE!***

Instead of the parade you can tour the magnificent city of Boston on your own. Spend the day at your leisure exploring the museums, historic sites, boutique shops, and restaurants.

**\$68** per person Please send payment by March 5, 2023

Deluxe motorcoach departing from:

**8:00 am** Norwich Commuter Lot Laura Boulevard / RT 82 (I-395 Exit 11)

**8:20 am** Moosup Commuter Lot RT 14 (I-395 Exit 32)

Returning near 8:00pm

*Inquire to* Darrell Len - PO Box 2141 - Salem, CT 06420  
 860-884-2754 [darrellsbus@gmail.com](mailto:darrellsbus@gmail.com)

No refunds will be given after March 5 unless a replacement is found  
 This trip will travel rain or shine. The only exception is severe weather

**The oldest St Pat's Day parade in the USA!**

BUS TRIP FLYERS**NEW YORK CITY**

Saturday May 6, 2023

Saturday September 30, 2023

Saturday December 2, 2023



I ♥ NY



Board our deluxe motor coach and travel worry-free  
to the center of the greatest city in the world!

Upon arrival in the city, our coach will make numerous stops, allowing you to disembark throughout uptown, midtown or downtown Manhattan. Spend the day at your leisure pursuing an activity that is unique to only the Big Apple- Broadway shows, ethnic restaurants, museums, city tours, and so much more! After a day full of excitement, settle back on to the coach from a central location and enjoy a relaxing ride home.

FAVORABLY PRICED AT **\$ TBA** per person



Deluxe motor coach transportation departing from:

**7:00 am NORWICH COMMUTER LOT** Route 82 Exit 11 from I-395 near the DMV

**7:30 am CLINTON COMMUTER LOT** Route 81 Exit 63 from I-95 across from Petco

Returning to Clinton near 9:00 pm and Norwich near 9:30 pm

Make checks payable to **DARRELL LEN** PO Box 2141 Salem, CT 06420

860-884-2754

darrellsbus@gmail.com

Payment deadline 14 days prior to trip.

Refunds will be given afterward only if a replacement is found.

Include names, address, phone number, email & departure location

We will travel rain or shine- The only exception is severe weather

**WHEN YOU TRAVEL WITH US ON THE BUS, THERE ARE**

**NO DRIVING HASSLES**

**NO PARKING PROBLEMS**

**NO TOLLS TO PAY**