



## BIRTHDAYS/ANNIVERSARIES

### NOVEMBER BIRTHDAYS

|                 |                  |                |                  |                |                  |                |                  |
|-----------------|------------------|----------------|------------------|----------------|------------------|----------------|------------------|
| Pauline Savalle | 1st              | Sue Coffee     | 5 <sup>th</sup>  | Lynn Landi     | 5 <sup>th</sup>  | Sandy Teixeria | 6 <sup>th</sup>  |
| Flora Drapeau   | 7th              | Nancy Winans   | 7 <sup>th</sup>  | Lisa Newell    | 8 <sup>th</sup>  | Mary Cikatz    | 12 <sup>th</sup> |
| Deb Okarmus     | 19 <sup>th</sup> | Katheryn Kraft | 22 <sup>nd</sup> | Joan Gaynor    | 24 <sup>th</sup> | Elaine Lyden   | 24 <sup>th</sup> |
| Jack Golubeck   | 26 <sup>th</sup> | Bart Drennen   | 27 <sup>th</sup> | Andy Pelletier | 27 <sup>th</sup> | Cindy Soler    | 27 <sup>th</sup> |
| Pamela LeBlanc  | 28 <sup>th</sup> |                |                  |                |                  |                |                  |

## SALEM SENIORS NEWS

### SALEM SENIORS INFORMATION AND NEWSLETTERS

Previous news letters can be found by using the following link to access the Town of Salem webpage: [salemct.gov/salem-senior-citizens](http://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.

### CHANGES IN THE YEARLY DUES

At the August meeting a discussion was brought to the membership that it’s getting more expensive to put on events and a motion was put to the floor to raise the yearly dues to \$10 (ten dollars). A vote was taken to approve the raise in dues and it passed unanimously. The new dues will take effect on January 1, 2024. Anyone who feels this is a strain on their financial budget can see any one of the executive board members.

### 50/50 RAFFLE FOR SENIORS HELPING SENIORS FUND

**Reminder:** During our monthly meetings we hold a 50 / 50 raffle. Half of the proceeds go to the winner and the other half go to a “Seniors Helping Seniors Fund” to subsidize trips, activities etc. The cost is \$1 per raffle ticket or 6 tickets for \$5. **(See Joan Gaynor at the meeting)**

**NOTE: DUE TO MEETING AT SCHOOL NO RAFFLES WILL BE HELD.**

A gift basket was donated at the October meeting and a drawing was held. As items are donated, other such raffles will occasionally be held during the course of the year to help raise funds.

**October Meeting Raffle Winners:** 50 / 50 Raffle: Paula Wollman won \$37.

The gift Basket was won by Dennis Girard.

### BAGS OF HOME

Bags of Hope provides monogrammed duffle bags filled with comfort items to children in local foster care. Many children in foster care carry their belongings in a trash bag as they move throughout the system. Our goal is to replace these trash bags with personalized duffle bags! Through donations they provide monogrammed duffle bags filled with comfort items. For a \$25.00 donation they can provide a bag to a child who has been placed into foster care. **See their website at [bagsofhopect.org](http://bagsofhopect.org).**

**The contacts are Steve and Kathie Perry 860 207 1202.**



## HEALTH AND WELLNESS

### 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: [saalemct.gov/sites/g/files/vyhlif4966/f/uploads/transportation\\_fy22\\_packet\\_0.pdf](https://saalemct.gov/sites/g/files/vyhlif4966/f/uploads/transportation_fy22_packet_0.pdf).**

### FLU VACCINATIONS

Flu season is here. The Salem Health Mart Pharmacy can provide Flu and COVID vaccinations at the pharmacy or you can visit your local doctor to determine the right vaccines you may require.

**NOTE: you can receive the Flu and the COVID vaccines the same day, however, if you only receive one vaccine you must wait two weeks before receiving either the COVID or the RSV (Respiratory Syncytial Virus) vaccine. Salem Health Mart suggests visiting your personal physician for the RSV vaccines because you have to wait two weeks between it and other vaccines.**

***Be sure you have your insurance and Medicare Health Insurance cards with you.***

### 211 INFOLINE HELP

For detailed information about what 211 can provide, go to our April, May or June newsletters. See **Salem Seniors** information on this page for the link to the town website and our newsletters.

### ANNUAL MEDICARE OPEN ENROLLMENT SEASON

Just a friendly reminder that the **Annual Medicare Open Enrollment season** has begun and will run from October 15<sup>th</sup> through December 7<sup>th</sup>. This is the time of year when you are encouraged to review your insurance plans, and if needed, make changes to your Medicare coverage. This includes Medicare Advantage Plans (Medicare Part C) and Prescription Drug Coverage Plans (Medicare Part D). Medicare can be very confusing to many, not to mention that the mailings and television commercials get added to the mix.

The Colchester Senior Center is holding 2 Open Enrollment Events. I reached out to Patricia Watts the Director/Municipal Agent in Colchester regarding this service and confirmed it is open to Salem Seniors.

They recommend that you schedule an appointment with a Certified CHOICES Counselor, who is trained in all things Medicare, this Open Enrollment season.

Colchester will have 2 Open Enrollment Events. ***If you would like to schedule your free and confidential appointment, please call Susan at 860-537-3911.*** They will have appointments on Friday, November 17<sup>th</sup> and December 1<sup>st</sup> from 9 AM until 2:30 PM. ***Be sure to bring a list of the medications you are on.*** This will aid in determining the Prescription Drug Coverage Plans (Medicare Part D) best for you. Note any changes which you make to your coverage will take effect on January 1, 2024.

**HEALTH AND WELLNESS (continued)**

**FOOD PANTRY (reposted from 2022)**

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

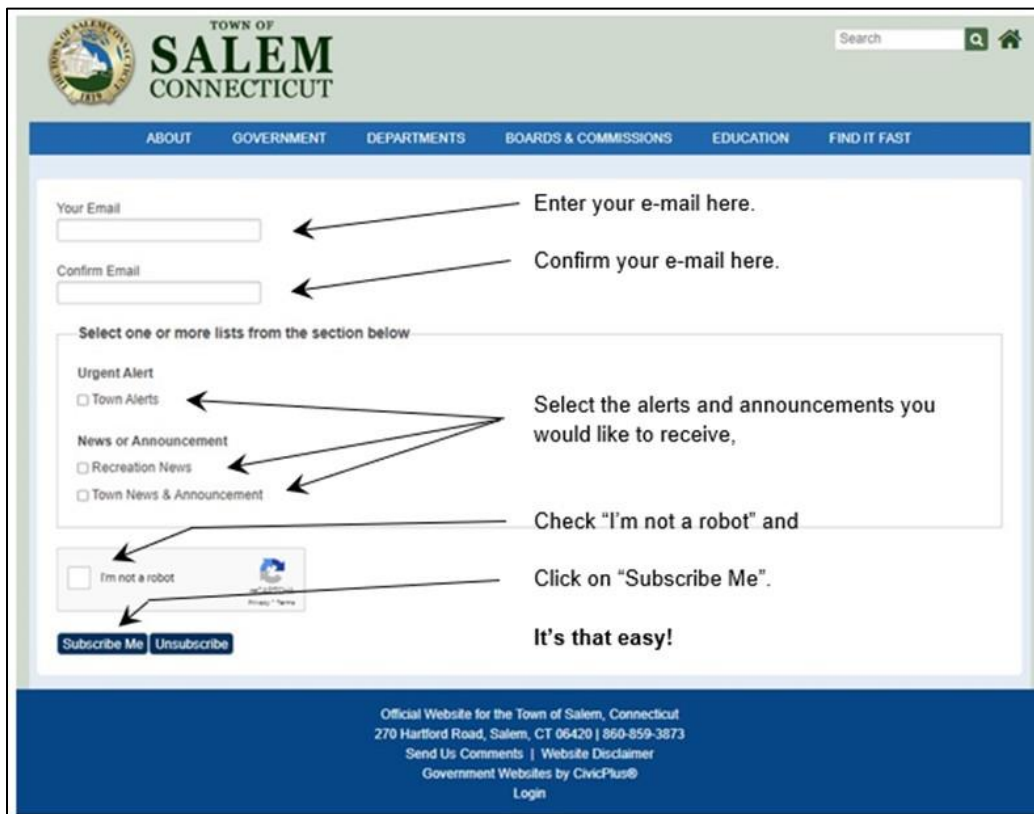
| <u>Name</u>   | <u>Locations</u> | <u>Contact</u> |
|---|------------------|----------------|
| Care and Share  | East Lyme        | 860 739-8502   |
| Shoreline Soup Kitchen<br>St. John’s Episcopal Church           | East Lyme        | 860 388-1988   |
| United Way Mobile Food Pantry<br>Three Rivers Community College | Norwich          | 860 464-3327   |
| Rosalyn Allen Food Pantry<br>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.

**EMERGENCY NOTIFICATION (reposting from 2022)**

**SALEM EMERGENCY ALERT SITE:**

To subscribe to the Town of Salem Emergency Alerts contact Debra Delorimiere at 860-204-1206 or go to the website [www.salemct.gov/SUBSCRIBE](http://www.salemct.gov/SUBSCRIBE) (Town of Salem, CT Municipal notifications, see below for a view of the website).



## **HEALTH AND WELLNESS (continued)**

### **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.

**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 CT ALERT - 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 the State of CT Emergency Notification System (CTALERT)** go to the website:

[member.everbridge.net/index/892807736721724#/signup](https://member.everbridge.net/index/892807736721724#/signup) and enter the required information the boxes provided. (see below for a view of the website).

### Sign up

Creating a profile takes just a few minutes. Remember your username and password so you can log in and change your information at any time.

|                             |  |
|-----------------------------|--|
| <b>* Username</b>           | User Name  |
|                             | This field is required.  |
|                             | Usernames must be a minimum of 4 acceptable characters. Acceptable characters are: uppercase and lowercase letters, numbers, period, dash (-), underscore (_), and at symbol (@). No other characters or symbols are permitted at this time. |
| <b>* First Name</b>         |  |
| <b>* Last Name</b>          |  |
| <b>* Password</b>           |  |
|                             | Password must be at least 8 characters long and contain at least one letter and one number. Special characters are limited to: ! @ # \$ % ^ & * ( )  |
| <b>* Confirm Password</b>   |  |
| <b>* Security Question</b>  | What is the city or town of your birth? ▼  |
| <b>* Answer</b>             |  |
| <b>* Registration Email</b> |  |

I accept the [Terms of Use](#)

[Create Your Account >](#)

HEALTH AND WELLNESS (continued)

## FOOD DATE LABELS AND UNDERSTANDING THEIR MEANING

**IS THIS FOOD EXPIRED?****UNDERSTANDING DATE LABELS**

The dates that food companies put on packages are not regulated and do not mean that the food is unsafe to eat, except in the case of baby formula. Most foods are still tasty and nutritious after the date has passed. **Not sure if food is spoiled? Check for off odor, flavor or texture.**

**"BEST BY" OR "BEST IF USED BY" DATE**

This date tells you when the food will have the **best flavor**.  
It is **still safe to eat** past this date.

**"USE BY" OR "EXPIRATION" DATE**

This is the last date that the product will be at its **peak quality**.  
It is **still safe to eat** past this date (except for baby formula).

**"PACKING/MANUFACTURING" DATE**

This is the date used by manufacturers for tracking.  
**It is not an expiration date** - it is not related to food quality or safety.

**"SELL BY" DATE**

This tells the store how long to display the product for sale.  
It is **still safe to eat** past this date.

**GOOD FOR UP TO ONE YEAR AFTER THE DATE:**

- Packaged food like cereal, pasta, dried beans, and baking mixes
- Frozen foods
- Canned goods including soup, condiments, meat, fruit, and vegetables

**GOOD FOR UP TO 30 DAYS AFTER THE DATE:**

- Butter
- Cheese
- Eggs

**GOOD FOR UP TO SEVEN DAYS AFTER THE DATE:**

- Milk
- Yogurt
- Cream Cheese

Questions? Contact us at 215-223-2220 or [info@sharefoodprogram.org](mailto:info@sharefoodprogram.org).



★ Share Food Program is a 501 (C) (3) that started in 1986 as a food co-op for communities in need of access to low-cost food in Philadelphia.

## UPCOMING EVENTS & THINGS TO DO

### SALEM SCHOOL THANKSGIVING LUNCHEON

The annual Thanksgiving luncheon will be held at the Salem School and is scheduled for Tuesday, November 14<sup>th</sup> during our normal meeting time. ***We will meet at the Salem School at 10:30 AM.***

### BINGO

Due to the holiday, the next game will be held on ***Thursday November 30th, cards go on sale from 12:30 PM to 12:55 PM and the game starts promptly at 1 PM*** in the Salem Volunteer Fire Company Firehouse back meeting room.

**Ticket prices are as follows:**

- \$1 per card, or buy 5 and get the 6<sup>th</sup> card free.
- 12 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 is the prize money for the "Fill-The-Card" game.

*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](mailto:nunusobx@gmail.com)**, or **Michelle at 860-303-5023 or e-mail: [horan.micheller@gmail.com](mailto:horan.micheller@gmail.com).***

### SALEM SENIORS HIKES AND WALKS

#### (NEW) Fall Hikes:

Kim Siebert and Heidi Buchholtz got together and came up with a fall "nature walk" to offer to our group.

- **November 15<sup>th</sup>: 9:30 AM at Hartman Park**

**Directions:** From the Salem Valley Farms Ice Cream Barn take Darling Road to the intersection of Old New Road (on the left), White Birch Road (on the right) and Darling Road straight ahead. Continue on Darling Road to Gungy Goad on left. Take Gungy Road, after passing tall power lines the Hartman Park sign and parking is on left. (122 Gungy Road, Lyme) ***Call Heidi Buchholtz at 860-917-6720 if you have any questions.***

**REQUIREMENTS:** Wear sturdy shoes or hiking boots/shoes. Bring water for 2 hours exploration.

**STRONGLY SUGGESTED:** Hat/head covering, Sunscreen, Energy bar or other high energy snack, Walking stick or trekking poles.

### QUILTING

The Busy Bee Quilters meet at the Salem Library from 10-4 PM on the second Wednesday of the month. Items are made to be sold at the library, throughout the year with the profits going to The Friends of the Salem Library.

The Charity/Community Quilters meet on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month from 10-3:30pm. Quilts, pillowcases and other items are donated to area non-profits including L&M Hospital, Safe Futures and Waterford Country School. Due to Library availability call ***Deb Drennen at 860-222-8396*** for more information and 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. ***Janet Griggs*** is available to give lessons on the craft of knitting and crocheting.

## UPCOMING EVENTS & THINGS TO DO (continued)

### DECEMBER MEETING GUEST SPEAKER:

Anges Miyuki has arranged for a guest speaker Deborah Walker to speak and connect with the Salem Seniors Group at our November meeting. Deborah is the Program Coordinator for SERAC (Southeastern Regional Action Council), the Regional Behavioral Health Action Organization for the CT Department of Mental Health and Addiction services for the region. She will be speaking about their available resources for suicide prevention, substance use, and problem gambling awareness.

### THEATRE AND CONCERTS

- **NIANTIC BAY PLAYHOUSE, NIANTIC**

#### UPCOMING EVENTS AT THE NIANTIC BAY PLAYHOUSE (279 Main Street, Niantic, CT)

- *Tickets through the Salem Seniors Group are still available to A Christmas Carol on Sunday, December 10<sup>th</sup> at 2 PM at the Niantic Bay Playhouse, \$25. The cutoff date for tickets is December 1<sup>st</sup>. **Contact/RSVP to Kay Zak at: 860-889-3989 or e-mail at: [kayzak@hotmail.com](mailto:kayzak@hotmail.com).***
- *A Christmas Carol: December 1<sup>st</sup> – 17<sup>th</sup> @ 7:30 PM. Senior Price 28.00 + Fees  
Tickets: Go to the website at this link [nianticbayplayhouse.org/](http://nianticbayplayhouse.org/) for more details.  
Tickets can be purchased by calling: 860-850-5072, e-mail: [info@nianticbayplayhouse.org](mailto:info@nianticbayplayhouse.org), or on-line by using the following link: [nianticbayplayhouse.org/ticket-sales](http://nianticbayplayhouse.org/ticket-sales).*

- **GARDE ARTS CENTER, NEW LONDON**

#### UPCOMING EVENTS AT THE GARDE ARTS CENTER (325 State St, New London)

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

- *Evil Woman, The American ELO – Friday November 10, 2023, 8:00 PM*
- *Masters of Illusion – Believe the Impossible Saturday, November 11, 2023 8:00 PM*
- *Connecticut Lyric Opera – Gala Concert Celebrating 20 Years – Sunday November 12, 2023 3:00 PM*
- *Eastern Connecticut Symphony Orchestra – Music Director & Conductor Toshiyuki Shimada – Saturday November 18, 2023, 7:30 PM*
- *Lewis Black- Off the Rails – Sunday, November 19, 2023, 7:00 PM*
- *A Magical Cirque Christmas – A Holiday Variety Show, Sunday November 26, 2023, 4:00 PM*
- *Eastern Connecticut Ballet Presents: The Nutcracker, Featuring dancers from the New York City Ballet, December 9 & 10, 2023 Dec 9<sup>th</sup> 1:30 PM and 7:00 PM, Dec 10<sup>th</sup> at 1:30 PM.*
- *Artrageous – Saturday December 30, 2023, 4:00 PM.*

- **NORWICH ARTS CENTER NORWICH**

#### UPCOMING EVENTS AT THE NORWICH ARTS CENTER (62 Broadway, Norwich)

- *New York – Italian Guitar Battle, Wednesday, November 8<sup>th</sup>, 7:30 PM, Dave Fields & Roberto Morbioli backed by Liviu on drums & Lenny Bradford on Bass. Tickets: Adults \$25 seniors/military/students \$23, members \$20.*



## UPCOMING EVENTS & THINGS TO DO (continued)

### THEATRE AND CONCERTS (continued)

- **NORWCH ARTS CENTER NORWICH (continued)**

- ***Cinderella at the Christmas Ball***, a Christmas Panto adapted from the fairy tale and traditional pantos by Diana Bishop and Fay Ringel. A panto is a traditional fairy-tale farce for both adults and kids, with broad characters, jokes, local references, audience participation, songs & more.

***Friday, December 8<sup>th</sup> – 7:30 PM. Saturday, December 9<sup>th</sup> – 7:30 PM, Sunday, December 10<sup>th</sup> – 2 PM, Friday, December 15<sup>th</sup> – 7:30 PM. Saturday, December 16<sup>th</sup> – 7:30 PM, Sunday, December 17<sup>th</sup> – 2 PM.***

***Tickets: Adults \$20 seniors/military/students \$23, members \$18, children under 10 FREE but must reserve a seat.***

Contact Norwich Arts Center: Phone: 860-887-2789, or e-mail: [administration@norwicharts.org](mailto:administration@norwicharts.org).

Order tickets by visiting the Norwich Arts Center website: [norwicharts.org](http://norwicharts.org).

### BUS TRIPS

- **DARRELL LEN BUS TRIPS**

We have been in contact with Darrell Len who runs both day and overnight bus trips. Trips are available on a first come first served basis. See below for a listing of the trips he is offering.

- **New York City**, Saturday, December 2<sup>nd</sup>, \$78.00 per person. The bus 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!

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

- **OTHER GROUPS THAT HAVE TOURS**

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

## THINGS IN THE WORKS

### STRAWBERRY SHORTCAKE BOOTH

The Seniors are considering taking over the strawberry shortcake sale during the Memorial Day celebration from the Historical Society. Mary Cikatzen has volunteered to head the committee but she needs members to help with research and decision making. ***If you are interested in serving on the strawberry shortcake committee, please contact Mary Cikatzen, e-mail: [mcikatzen@yahoo.com](mailto:mcikatzen@yahoo.com), or call: 860-287-7275.***

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

#### **HOLIDAY LUNCHEON AT THE SALEM VOLUNTEER FIRE COMPANY**

The annual holiday luncheon will be held at the Salem volunteer Fire Company Firehouse on December 2<sup>nd</sup> at 12 PM. More information to come. ***If you are interested in helping contact Kay Zak, e-mail: [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or call: 860 889-3989.***

#### **POT LUCK DINNER AND TALENT SHOW**

The Pot Luck Dinner and Talent Show was a hit this past year so planning is beginning for the next one. ***If you are interested in helping contact Kay Zak, e-mail: [kayzak@hotmail.com](mailto:kayzak@hotmail.com) or call: 860 889-3989.*** This will be discussed at a future Senior meeting.

#### **SUNDAY BOWLING AT NORWICH TEN PIN**

The Seniors are planning to go bowling again at the Norwich Ten Pin on their Sunday Special. ***If you are interested contact Michelle Horan at 860-303-5023 or e-mail at: [horan.micheller@gmail.com](mailto:horan.micheller@gmail.com).*** This will be discussed at a future Senior meeting.

#### **SUPPLIES FOR THE SALEM SCHOOL FILL THE TEACHERS' SHELVES 2024**

The Seniors are planning to collect school supplies for the Salem School teachers to be presented at the Valentine's Day luncheon again this school year. Sandy Swider and June Mainella have agreed to chairing this effort again this year. This will be discussed at a future Senior's meeting.

#### **HOLIDAY GIFT BASKET RAFFLE**

The seniors are planning a holiday gift basket raffle for our December meeting. This will be a separate raffle from our regular 50/50 raffle. The monies will help with activities the group plans. Contact Deb Drennen: e-mail: [dedkreates@comcast.net](mailto:dedkreates@comcast.net), or call ***Deb Drennen at 860-222-8396*** if you want to donated items for the basket.

### **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](http://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](mailto:dee@mitchellfarm.org).**

## **VOLUNTEER OPPORTUNITIES**

### **FRIENDS OF THE SALEM LIBRARY**

The Friends of The Salem Library could always use help sorting books for the book sale, and with the book sales.

***Now that the book sale is behind us it is time to start sorting books for next year. Mark your calendars for November 15th and December 20th at the Program Room at the New Library.*** The room booked the room from 10 AM to 3 PM. As we get closer to the 15<sup>th</sup> the schedule will be finalized. ***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](mailto:kayzak@hotmail.com), or Gary Closius at: [gclosius@sbcglobal.net](mailto:gclosius@sbcglobal.net), or 860-961-9173.**

### **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).**

### **CEMETERY CLEAN-UP**

The Salem VFW is always looking for help to clean up the cemeteries. Bring your gloves, weedwhacker, mower, rakes and tarps. ***Watch the Facebook website for future dates on other cemetery clean up opportunities.***

**If you are interested in helping or have a need contact Kay Zak at: 860-889-3989 or e-mail at: [kayzak@hotmail.com](mailto:kayzak@hotmail.com).**

### **SALEM SCHOOL**

Volunteers are always welcome at **Salem School**. Anyone interested in volunteering can mail the volunteer form (which lists volunteer options) to Jennifer Kayser, Executive Assistant to the Superintendent, Salem School District, 200 Hartford Rd. Salem, CT. ***Use the following link to go to the Salem School website: [salemschools.org](http://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.***

## **COMMUNITY NEWS YOU CAN USE**

- **CARE & SHARE – Website link: [careandshareofel.org/](http://careandshareofel.org/)**

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.

**COMMUNITY NEWS YOU CAN USE (continued)**

**SALEM FREE PUBLIC LIBRARY**

**NEWS & EVENTS**

- *The Salem Free Public Library will be closed Friday November 10<sup>th</sup> and Saturday November 11<sup>th</sup> in honor of Veterans Day, and Thanksgiving hours will be Wednesday, November 22<sup>nd</sup>, open from 10 AM – 2 PM, and closed from Thursday, November 23<sup>rd</sup> through Sunday, November 26<sup>th</sup>.*
- The Salem Free Public Library Offers Museum Passes and Discounted Admission Passes to many of the museums in our state. There are also discounted admission passes for Zoo's. For a list visit our August, September and October newsletters, visit the library, use this link [salemct.gov/library/pages/museum-passes](http://salemct.gov/library/pages/museum-passes) to view the library website and view what they have to offer and pass availability.

• **WILD TURKEYS OF CONNECTICUT**

SALEM FREE PUBLIC LIBRARY  
**WILD TURKEYS OF CONNECTICUT**  
**WEDNESDAY, NOVEMBER 8, 2023**  
**@ 6:00 P.M.**

**PRESENTED BY GINNY APPLE, MASTER WILDLIFE CONSERVATIONIST WITH THE CT DEEP**

Call 860-859-1130 to register.

**SPONSORED BY THE FRIENDS OF THE SALEM LIBRARY & THE CT DEEP**

• **HOLIDAY CENTERPIECE WORKSHOP**

Salem Free Public Library  
**Holiday Centerpiece Workshop**  
 Presented by Kim Hargrave  
 from the Denison Pequotsepos Nature Center  
**Monday, December 18, 2023**  
**@ 3:00 p.m.**

Participants will make a centerpiece with greens for their holiday table.

Call 860-859-1130 to register.  
 Limited to 10 participants, one centerpiece per family.

Sponsored by the Friends of the Salem Library

• **INTERNATIONAL STEM DAY**

Salem Free Public Library  
**INTERNATIONAL STEM DAY**  
**Wednesday, November 8, 2023**

4-H UCONN Ext. Center STEM kit

**Oil Spill Challenge**

Available while supplies last.  
 Suitable for ages 6 to 12.

• **CHRISTMAS CARD MAKING**

*Christmas card making workshop*

Make your own holiday greeting card using linoleum block carving!

**SATURDAY, NOVEMBER 18TH**  
**11 A.M**

**AGES 13+**  
**CALL 860-859-1130 TO REGISTER!**

**COMMUNITY NEWS YOU CAN USE (continued)**

**SALEM FREE PUBLIC LIBRARY (continued)**

• **HOLIDAY CONCERT**

• **A VISIT FROM MRS. CLAUS**

• **THE CARROLL SISTERS HOLIDAY MUSIC CONCERT**

*There are a number of story times, and a variety of other programs available. For additional information use the following link to visit the Salem Town Webpage for the Library at: [salemct.gov/library](http://salemct.gov/library).*

*TO REGISTER CALL THE LIBRARY AT 860- 859-1130 (some events may be filled or will have limited participation).*

**SALEM RECREATION DEPARTMENT**

*There are many activities for Salem residents of all ages:*

• **ADULT CO-ED REC PICK-UP GAMES,**

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

**PICKLEBALL**

Tues., 5:15-7 PM  
thru May 31<sup>st</sup>.



**VOLLEYBALL**

Tues., 7-9 PM  
thru May 31<sup>st</sup>.



**BASKETBALL**

Thurs., 7-9 PM  
thru May 31<sup>st</sup>.



**SIGN IN UPON ARRIVAL.**

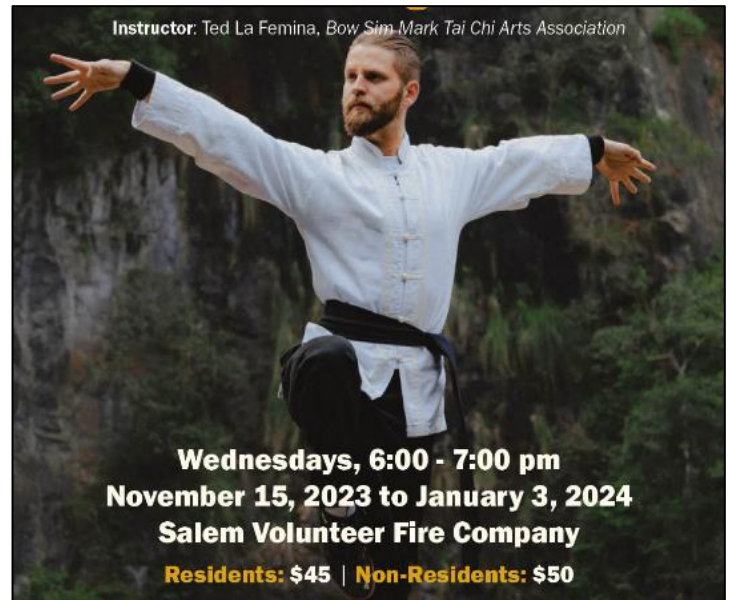
**COMMUNITY NEWS YOU CAN USE (continued)**

**SALEM RECREATION DEPARTMENT**

• **SANTA CLAUSE IS COMING**



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



Rafael Alexandorfino De Mattos | PEXELS

Minimum: 6 students – Maximum: 12 students

Contact us at: [recreation@salemct.gov](mailto:recreation@salemct.gov), or call 860-859-3873, x275.

For additional information on activities provided by the Salem Recreation Commission please visit their website at [salemct.gov/recreation](http://salemct.gov/recreation).

**OTHER ACTIVITIES IN OUR AREA**

• **NIANTIC 35th ANNUAL LIGHT PARADE**



On Saturday, December 9, 2023, the 35th annual Niantic Light Parade will once again travel through our beautiful downtown spreading holiday cheer! The parade will start at 6:00PM at the corner of Columbus Avenue and proceed down Main Street (Route 156) to Pennsylvania Avenue (Route 161), ending on Grand Street.

• **B. F. CLYDE'S CIDER MILL**, 129 North Stonington Road Mystic, CT 06355



Clyde's is open 7 days a week during our season. They are open all holidays during the season, with the exception of Thanksgiving.

September - October: 9 AM – 6 PM

November - December: 9 AM – 5 PM

Contact them at: e-mail: [info@clydescidermill.com](mailto:info@clydescidermill.com), or call 860-536-3354

**COMMUNITY NEWS YOU CAN USE (continued)****OTHER ACTIVITIES IN OUR AREA (continued)**

- **GUARDIAN ANGELS PARISH, ST ANDREW CHURCH ANGELS AND SNOWFLAKES CHRISTMAS FAIR**

**Booths Include:** Bake Shop, Baskets and More Raffle, Little gift Shop with handmade items, Tea Cup Raffle, local Crafters, and more. Lunch will be available in the Angel Dining Room.

**When:** Saturday November 18, 2023 from 9:00 AM – 3:00 PM

**Location:** 18 Norwich Avenue, Colchester

- **HOLIDAY LIGHTED BOAT PARADE 2023 – MYSTIC CT**



Event by Greater Mystic Chamber of Commerce and The Whaler's Inn, Mystic CT.

Follow Santa arriving by Tug boat and the lighting of the Mystic River Park Christmas Tree.

**When:** Saturday November 25, 2023 at 6:00 - 8:00 PM.

**Location:** Downtown Mystic.

**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](mailto:rlabonte@tvcca.org).

Visit our website at [tvcca.org](http://tvcca.org) or [facebook.com/TVCCArsvp/](https://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](mailto: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/](http://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.

**COMMUNITY NEWS YOU CAN USE (continued)**

**THAMES VALLEY COUNCIL FOR COMMUNITY ACTION (TVCCA) (continued)**

• **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.

**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 use the following link: [eversource.com/content/residential/account-billing/payment-assistance/discount-rate](https://eversource.com/content/residential/account-billing/payment-assistance/discount-rate), or call EVERSOURCE at 800-286-2828, or call TVCCA at 860-889-1365.

**PUBLIC TOWN MEETINGS FOR OCTOBER**

- **Inland Wetlands & Conservation Commission,**  
November 6<sup>th</sup>, 7:00 PM
- **BOE Personnel/Contract Negotiations,**  
November 6<sup>th</sup>, 6:00 PM
- **BOE Long-Range Educational Planning,**  
November 6<sup>th</sup>, 5:00 PM
- **Board of Education,**  
November 6<sup>th</sup> 7:00 PM
- **Board of Finance,**  
November 9<sup>th</sup>, 7:00 PM
- **Gardner Lake Authority,**  
November 9<sup>th</sup>, 7:00 PM
- **Library Board of Directors,**  
November 14<sup>th</sup>, 6:00 PM
- **Emergency preparedness Agency,**  
November 14<sup>th</sup>, 7:00 PM
- **Planning and Zoning Commission,**  
November 14<sup>th</sup>, 7:00 PM
- **Board of Selectmen,**  
November 14<sup>th</sup>, 7:00 PM
- **Recreation Commission,**  
November 20<sup>th</sup>, 7:00 PM
- **Economic Development Commission,**  
November 21<sup>st</sup>, 7:00 PM
- **Board of Education Policy,**  
November 27<sup>th</sup>, 5:00 PM
- **Board of Education Curriculum**  
November 27<sup>th</sup>, 8:00 PM
- **Planning & Zoning Commission**  
November 28<sup>th</sup>, 7:00 PM

Use the following link to go the Town Public Meeting Calendar:  
[saalemct.gov/calendar-by-event-type/16/month/2023-10](https://saalemct.gov/calendar-by-event-type/16/month/2023-10)



## SENIOR CENTERS / ACTIVITIES AVAILABLE TO SALEM RESIDENTS

### 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 newsletter, use the following link: [colchesterct.gov/senior-center/pages/newsletter](http://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 using the following link: [colchesterct.gov/senior-center/pages/programs-services](http://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. **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: [eltownhall.com/community/senior-center/](http://eltownhall.com/community/senior-center/).**

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

### EAST LYME SENIOR CENTER NEWS (continued)

- **EAST LYME SENIOR CENTER OVER THE HILL HIKING GROUP:**

| <i>Date</i>        | <i>Location</i>                          | <i>Difficulty</i> | <i>Leader</i> |
|--------------------|--|-------------------|---------------|
| <b>November 3</b>  | New London City Mural Walk, New London   | Easy Street Walk  | Susan         |
| <b>November 10</b> | The Copp Family Park, Groton             | Difficult         | Chuck         |
| <b>November 17</b> | Hoffman Preserve, Stonington             | Moderate          | Karen         |
| <b>November 24</b> | Merritt/Mortimer Nature Preserve, Groton | Moderate          | Deb & Barry   |

- **Walks begin at 9:30 AM, walkers who wish to meet at E.L. Senior Center at 9:00 AM. Hikers must register by Wednesday for each hike by calling the East Lyme Senior Center at 860 739-5859.**

- **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/](http://eltownhall.com/community/senior-center/trips/).**

**For additional information about their trips visit [eltownhall.com/community/senior-center/trips/](http://eltownhall.com/community/senior-center/trips/)**

### 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 use the following link to go to the New London Adult Education webpage: [enrichment.newlondonadulthood.org/](http://enrichment.newlondonadulthood.org/).**

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

**LOOK WHAT'S HAPPENED**  
**PHOTOS FROM RECENT SALEM SENIOR'S ACTIVITIES**

*Salem Seniors Volunteer at The Friends Of The Salem Library (FOSL) Book Sale at the Salem School on Saturday October 28<sup>th</sup>.*



*Many seniors came out to assist with the book sale to support the library.*

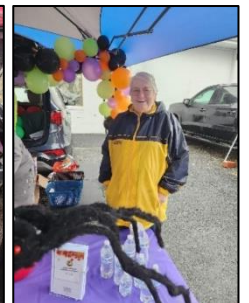
*Volunteers Baked and Sold Goods at The Mitchell Farm Harvest Festival to Support the Retirement Horse Farm*

**THANKS** to Jeanette (coordinator), Dennis, Brenda, Lisa, Joan, Kay, Gary and all those who baked for the event.



*The workers were so amazed at the visit from a UNICORN*

*Salem Seniors Volunteer to Hand Out Candy at the Gardner Lake Volunteer Fire Company Annual Monster Mash & Trick-Or-Trunk Event in Conjunction With the Salem PTO and Salem Recreation Dept. on October 29<sup>th</sup>*



*Over 100 kids stopped by to collect candy and play games. The rain didn't stop them. Our theme was feed the spider. We had three scary squishy balls to throw into the spider's mouth. The reward was candy.*

**OFFICERS:**

**President:** Gary Closius

**Vice President:** Mary Cikat

**Salem Agent for the Elderly:** Agnes Miyuki

**Treasurer:** Michelle Horan

**Secretary:** Jeanette Girard

**Communications Liaison:** Joan Gaynor

**Activities Coordinator:** Kay Zak

**Newsletter Editors:** Joan Gaynor/Gary Closius