

SALEM CT SENIORS

NEWSLETTER

UPCOMING SENIOR EVENTS

- **Fall Foliage River Cruise - CANCELED** (see page 3 for more info.)
- Flu Shots – Salem Health Mart will hold a flu shot clinic at the October 11th meeting. (details see page 2)
- Fund-raiser bake sale to benefit the Mitchell Farm Equine Retirement Inc. Saturday October 15th at Mitchell Farm. (details see page 3)
- Richard Chyinski of The Salem Land Trust has offered to lead a hike in Walden Preserve on October 16th (details see page 3)
- Seniors' Dance at the Gardner Lake Fire House on Friday, November 11th. (details see page 3)
- December Holiday Dinner - The SVFC (see page 4 for more information)
- Art Classes by Salem Artspace (see page 3)

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.

REMINDER:

Senior Lunch 1st & 3rd Tuesdays of each month, at 2Brothers Pizza, \$5.00 plus tip for the wait staff.

THINGS IN THE WORKS ★

- BINGO – more info coming.
 - A Pot Luck Dinner/Talent Show is tentatively planned for Spring 2023 – more info coming.
 - Self Defense course for all ages – more info coming. (Planning Committee Chair – G. Closius)
 - Senior Night/Day at the movies – more info coming.
 - Entering a float for the Seniors in the Memorial Day Parade 2023.
 - Senior Yoga and Sittercise or similar exercise program – more info coming.
 - Salem School Teachers Wish List for Valentine's Day.
- ★ See pages 4 & 5 for details.

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 fall; 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
- **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.

MEETING SCHEDULE:

NOVEMBER 8, 2022 FEBRUARY 14, 2023
DECEMBER 13, 2022 MARCH 14, 2023
JANUARY 10, 2023 APIL 12, 2023

WHERE: SALEM FIREHOUSE
WHEN: SECOND TUESDAY OF THE MONTH
TIME: 10:30 AM
LUNCH PROVIDED AFTER MEETING

CONTACT US:

FACEBOOK PAGE:
SALEM CT SENIORS

EMAIL ADDRESS:
salemctseniors@gmail.com

BIRTHDAYS/ ANNIVERSARIES

OCTOBER BIRTHDAYS:

- | | | |
|-------------------------------------|-----------------------------------|----------------------------------|
| • Catherine Teel - 1 st | Dennis Girard - 3 rd | John Mainella - 5 th |
| • Steve Gluck - 15 th | Shirley Mitsko - 18 th | Robert Jarman - 22 nd |
| • Alexander Wood - 29 th | | |

Seniors Helping Seniors Monthly Meeting Raffle

Starting with the October 11th meeting we will have a 50/50 raffle. Half 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:

Salem Health Mart will hold a flu shot clinic at the October 11th meeting.

REMEMBER TO BRING YOUR MEDICARE CARD & ANY SUPPLEMENTAL INSURANCE CARD.

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 Municipal Agent at 860-859-3873 X 125. They will provide all program and eligibility information.

COVID TEST KITS:

The COVID test kits distributed earlier this year have reached their expiration date and should be discarded. If you have a test kit that has gone past its expiration date go to the website: <https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests#list>, and you can check to see if the expiration date has been extended. **Just look up by the kits manufactures name.**

FOOD PANTRY:

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

Name:	Locations	Contact
Care and Share	East Lyme	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

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

CONNECTICUT RIVER CRUISE:

Due to Captain unavailability the October 1st cruise has been cancelled. Look for another event in the spring or summer time.

SALEM ARTSPACE:

Dawn Shumbo will provide art classes after our Tuesday meetings starting with the October meeting and will end 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 at Kay Zak at: 860-889-3989 or e-mail at: kayzak@hotmail.com.

FUND-RAISER TO BENEFIT THE MITCHELL FARM EQUINE RETIREMENT INC.:

The Salem Lions, and Mitchell Farm Equine Retirement Inc. are holding a fund-raiser on **October 15th** from 11 AM to 4 PM to benefit Mitchell Farm Equine Retirement Inc. The Salem Seniors will be holding a bake sale at the farm in support. We need bakers to make items to donate for the sale. Items can be dropped off at Kay Zak and Gary Closius' house, 294 Hartford Rd. A sign-up sheet will be at the October 11th meeting. If you have any questions contact Mitchel Farm Fund-Raiser Committee Chair - Kay Zak at: 860-889-3989 or e-mail at: kayzak@hotmail.com. There will be hay-rides, pumpkins for the kids, food trucks, vendors like Provider Farms, The Red House, Symon Says goat farm.

NATURE WALK/HIKE:

Richard Chyinski of the Salem Land Trust will be leading a hike for us in Walden Preserve. Richard will also provide a little history and background on Walden Preserve. **The hike is planned for October 16th**. We will meet at the Walden Preserve parking lot at 10:00AM. The hike is tentatively planned to follow Sonny's Trail (red trail) to the meadow. The distance out and back, including the loop, is around 3 miles. Depending on the group's make-up and desire, we could include the Laurel Trail (yellow trail loop) for an additional 0.8 miles. We will walk as far as the group feels comfortable walking. These trails are gently sloped and easy walking. Please contact Gary Closius (Hike Chair) if you have any questions or want to attend. (e-mail: gclosius@sbcglobal.net or text/call: 860-961-9173).

DANCE TO "THE ILLUSIONS":

PUT ON THOSE SHOES AND DANCE TO GREAT MUSIC PROVIDED BY:



The Illusions

Salem Senior will sponsor a dance at the Gardner Lake Fire House, 429 Old Colchester Rd., on Friday, **November 11th from 6 PM to 10 PM**. Tickets are for sale and will be available at the door, Members \$10.00 Non-Members \$15.00.--**ALL ARE WELCOME YOUNG AND OLD**--Light snacks will be provided but feel free to bring your own.

NO ALCOHOL

For tickets, please contact Dance Committee Chair - Joan Gaynor at: 860 449-3064 or e-mail: salemtech53@yahoo.com.

UPCOMING EVENTS & THINGS TO DO (continued)

QUILTING:

- The Busy Bee Quilters meet at the Salem Library from 12-4 PM on the 2nd Wednesday of the month.
- The Clam Shell Quilters meet on the 1st and 3rd 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:

We will be collecting supplies for the teachers to restock their classrooms. Supplies become scarce in the months of February until the end of school. A list will be posted in January as to what they will be needing.

THINGS IN THE WORKS

DECEMBER HOLIDAY LUNCHEON:

The Holiday Luncheon is planned for **Saturday December 10th at Noon** at the Salem Firehouse. The luncheon will be catered. Tickets will be \$10 for members and \$20 for non-members. More information will be coming. (*see questionnaire on page 9*) Kay Zak and Brenda Holmwood are planning this event.

POT LUCK DINNER/TALENT SHOW:

The dinner is tentatively planned for Spring 2023, *day and time To Be Determined. We need a Planning Committee and committee chair person for this event. ★*

BINGO:

We have the BINGO Cage, the number balls, and the cards are on order. Neurie Testagrossa has volunteered to help plan/organize and get this activity off the ground. *We need help!! If anyone is interested in helping, please contact Gary Closius: 860-961-9173 or e-mail: gclosius@sbcglobal.net. We need a Planning Committee and committee chair person for this event. ★*

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.*

A FLOAT FOR THE SENIORS IN THE MEMORIAL DAY PARADE 2023:

We need a Planning Committee and committee chair person for this event. ★

SENIOR YOGA AND SITTECRISE 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, or Kay Zak at: 860-889-3989 or e-mail at: kayzak@hotmail.com.

VOLUNTEER OPPORTUNITIES

GARDNER LAKE AND SALEM FIRE DEPARTMENTS:

Both the Salem and Gardner Lake 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>

CEMETERY CLEAN-UP:

VOLUNTEERS STILL NEEDED

For future clean up dates contact Kay Zak: 860-889-3989 (home), e-mail: kayzak@hotmail.com or watch the FaceBook website for future dates.

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.

THE CONGREGATIONAL CHURCH OF SALEM (TCCS) APPLE FEST PREP

- TCCS Pastor Jonathan, and the rest of the crew need our help!! The Apple Fest Preparation is underway!! Help is needed:

CRUMBY DAY: Saturday, October 8th. 8:30AM-noon. Got a Kitchen Aid? Bring it to help make lots of crumb topping.

PREP DAYS: Every Monday and Tuesday, 4:00PM-8:00PM 9/26 & 9/27, 10/3 & 10/4, 10/10 & 10/11, 10/17 & 10/18, 10/24 & 10/25. Every Wednesday 8AM-NOON. 9/28, 10/5, 10/12th, 10/19 & 10/26. Peel, cut and fill pies.

Come when you can, stay as long as you can. **RSVP** office@tccsalem.org. We all love the Apple Festival and this year they need our help. Please let's pitch in and help. Can you smell the apple pies?? And those fritters??

COMMUNITY NEWS YOU CAN USE

ROUTE 82 @ STRONGS BROOK IS OPEN

Route 82 @ Strongs Brook is Open to through traffic as of this minute. Daily alternating one-way construction patterns with police/flaggers may be in effect for the next month or so, but the road is OPEN.

OVERSIZE HOUSEHOLD "BULKY WASTE" AMNESTY DAYS.

SATURDAY - October 15th, SUNDAY - October 16th, & WEDNESDAY - October 19th. e.g., couches, tables, etc., which can be brought to the Transfer Station any day. These items normally each have a charge, but will be accepted free. (Does not include cfc-containing appliances, construction or demo materials). Do not bring mattresses, metal or electronics on Amnesty Days. These items are always accepted free of charge. Bring them any other day. **RECYCLING IN SALEM ... EVERYONE'S RESPONSIBILITY.**

THE ANNUAL CONGREGATIONAL CHURCH OF SALEM APPLE FEST

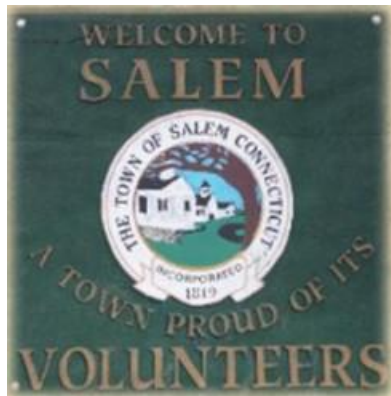
Come one come all to the APPLE FEST **Saturday October 29th 9:00AM - until sold out.** Can you smell the apple pies, those fritters, and the apple-kraut hot-dogs?? Come get some!!!

FRIENDS OF THE SALEM LIBRARY (FOSL) ANNUAL USED BOOK SALE

Come on out to the annual FOSL Annual Used Book Sale **Friday October 28th @ 6:00PM** for FOSL members (membership can be purchased @ the door), with general admission from **7:00PM - 9:00PM**, and **Saturday October 29th 9:00AM - 3:00PM**, with the bag sale running from **noon - 3:00PM**. Stock up for the winter.

11TH SALEM UNSUNG HEROES AWARDS BANQUET

The 11th Salem Unsung Heroes Awards banquet will be held at the Gardner Lake Firehouse on **Sunday November 13th at 1:00PM**. The Salem Unsung Heroes Award celebrates the generous and tireless volunteerism of those individuals who have given their time, and energy to make their community a better place for everyone. The following individuals are being honored as Salem's Unsung Heroes:



Richard Chyniski
Gary Closius
Taras Kachorowsky
Diba Kahn Bureau
Elizabeth Lane
Robert Ross
William Schultz
Vernon Vessey

Tickets are \$30 for adults, \$15 for children 4 - 12, and children under 4 are free. Please make checks payable to ***Salem Unsung Heroes***. Tickets are available at: Salem Health Mart (next to 2Brothers Pizza). Contact Mary Cikatz for additional information: 860-287-7275, or, marycikatz@gmail.com.

PUBLIC TOWN MEETINGS

- **Board of Education** Long-Range Educational Planning - 10/03 @ 5:00PM
- **Board of Education** Personnel/Contract Negotiations - 10/03 @ 6:00PM
- **Board of Education** - 10/03 @ 7:00PM
- **Inland Wetlands & Conservation Commission** - 10/03 @ 7:00PM
- **Library Board of Directors** Bylaws Committee - 10/04 @ 5:00PM
- **Board of Selectmen** - 10/04 @ 7:00PM
- **Library Board of Directors** By-Laws Committee - 10/05 @ 5:00PM
- **Library Board of Directors** Policy & Procedure Committee - 10/06 @ 1:00PM
- **Planning & Zoning Commission** - 10/11 @ 7:00PM
- **Emergency Preparedness Agency** - 10/11 @ 7:00PM
- **Gardner Lake Authority** - 10/13 @ 7:00PM
- **Board of Finance** - 10/13 @ 7:00PM
- **Recreation Commission Authority** - 10/17 @ 7:00PM
- **Gardner Lake Volunteer Fire Company** Board of Directors Authority - 10/17 @ 7:00PM
- **Salem Green Cemetery Association Authority** - 10/18 @ 2:00PM
- **Library Board of Directors** - 10/18 @ 6:00PM
- **Economic Development Commission** - 10/18 @ 7:00PM
- **Board of Education** Policy - 10/24 @ 4:00PM
- **Gardner Lake Volunteer Fire Company** Meeting - 10/24 @ 7:30
- **Planning & Zoning Commission** - 10/25 @ 7:00PM
- **Salem Land Trust** - Annual Meeting - 10/26 @ 7:00PM
- **Zoning Board of Appeals** - 10/27 @ 7:00PM

EMERGENCY NOTIFICATION

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 <https://www.salemct.gov/SUBSCRIBE> (Town of Salem, CT Municipal notifications, see below for a view of the website).

The screenshot shows the 'TOWN OF SALEM CONNECTICUT' website's emergency alert subscription page. It features a navigation menu with 'ABOUT', 'GOVERNMENT', 'DEPARTMENTS', 'BOARDS & COMMISSIONS', 'EDUCATION', and 'FIND IT FAST'. The main content area includes:

- Two text input fields for 'Your Email' and 'Confirm Email', with arrows pointing to them from the text 'Enter your e-mail here.' and 'Confirm your e-mail here.' respectively.
- A section titled 'Select one or more lists from the section below' containing three checkboxes: 'Urgent Alert', 'News or Announcement', and 'Town News & Announcement'. Arrows from the text 'Select the alerts and announcements you would like to receive,' point to these checkboxes.
- A checkbox for 'I'm not a robot' with a CAPTCHA image, with an arrow from the text 'Check "I'm not a robot" and' pointing to it.
- 'Subscribe Me' and 'Unsubscribe' buttons, with an arrow from the text 'Click on "Subscribe Me".' pointing to the 'Subscribe Me' button.
- The text 'It's that easy!' is displayed below the buttons.

At the bottom, the footer contains contact information for the Town of Salem, Connecticut, and a 'Login' link.

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.

EMERGENCY NOTIFICATION (continued)

To sign-up for the State of CT Emergency Notification System (CTALERT) go to the website: <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.

* Username
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.

* First Name

* Last Name

* Password
Password must be at least 8 characters long and contain at least one letter and one number. Special characters are limited to: ! @ # \$ % ^ & * ()

* Confirm Password

* Security Question ▼

* Answer

* Registration Email

I accept the [Terms of Use](#)

Create Your Account >

SENIOR CENTERS/ACTIVITIES AVAILABLE TO SALEM RESIDENTS

COLCHESTER SENIOR CENTER:

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. Check out their October newsletter, here is the website address for their newsletter:

https://www.colchesterct.gov/sites/g/files/vyhlf4286f/uploads/nl_10_2022.pdf

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.

OFFICERS:

President: Gary Closius
Treasurer: Michelle Horan

Vice President: Mary Cikatz
Secretary: Jeanette Girard

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

SENIOR CITIZENS' INPUT QUESTIONNAIRE

Please detach or print and bring the next meeting (October 11th)

Name (optional):	Place ✓ Below
QUESTION 1	
We are going to have the Holiday Luncheon catered. Below are three choices for the caterer, please choose one of the following caterers:	
• The Recovery Room, New London (https://www.recoveryroomnewlondon.com/)	
• Ivey's, Waterford, (https://www.ivyssimplyhomemade.com/)	
• Pappa Z's, Westchester (https://www.papazsrestaurant.com/)	
QUESTION 2	
BINGO is in the planning stage and we need your input. Please make your choice below, check all that apply.	
• Hold the BINGO during the day	
• Hold the BINGO in the evening	
QUESTION 3	
For the purposes of planning possible future trips and outings, please check all that apply below.	
COST	
• Trips or outings less than \$100	
• Trips or outings greater than \$100 but less than \$500	
• Trips or outing greater than \$500	
• What is the maximum you would feel comfortable spending?	
DISTANCE	
• Local trips or outings (within 50 miles)	
• Trips or outings anywhere in CT, RI, or MA	
• Overnight trips	
Please provide 3 or four examples of a trip or outing you would be interested in attending: (e.g., sightseeing, dinner & a show, sporting event, Foxwoods or Atlantic City): <i>(please print)</i>	
Please provide any other comments you may have to improve the Salem Senior Citizens Group: <i>(please print)</i>	