

SALEM CT SENIORS

NEWSLETTER

UPCOMING SENIOR EVENTS

- We will have dessert (Salem Valley Farms Ice Cream) following the September 13th meeting.
- Art Classes – there will be a demo at our September 13th meeting.
- Fall Foliage River Cruise – October 1st. (details see page 4)
- Fund-raiser bake sale to benefit the Mitchell Farm Equine Retirement Inc. Saturday October 15th at Mitchell Farm. (details see page 4)
- Flu Shots – Salem Health Mart will hold a flu shot clinic at the October 11th meeting. (details see page 2)
- Seniors' Dance at the Gardner Lake Fire House on Friday, November 11th. (details see page 4)

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.

BIRTHDAYS/ ANNIVERSARIES

- **SEPTEMBER BIRTHDAYS:**
Judy Aldricht, Peggy Coulombe
Nancy Dytko, Jack Scaduto, Neurie Testagrossa.

It is with great sadness I report the passing of our member and past VP Jean-Ann Scaduto. Condolences to the family. She will be sorely missed. I will miss her guidance as she was an immense help to me personally during my transition to President of the Salem Seniors Group.

REMINDER:

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

THINGS IN THE WORKS ★

- December Holiday Dinner - more info coming.
- A Pot Luck Dinner/Talent Show is tentatively planned for January 2023 – more info coming.
- BINGO – more info coming.
- Self Defense course for all ages – more info coming. (Planning Committee Chair – G. Closius)
- Entering a float for the Seniors in the Memorial Day Parade 2023.
- Senior Yoga and Sittercise or similar exercise program – more info coming.
- Senior Night/Day at the movies – more info coming.
- ★ 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:

SEPTEMBER 13, 2022

OCTOBER 11, 2022

NOVEMBER 8, 2022

DECEMBER 13, 2022

JANUARY 10, 2023

FEBRUARY 14, 2023



WHERE: SALEM FIREHOUSE

WHEN: SECOND TUESDAY OF THE MONTH

TIME: 10:30 AM

LUNCH PROVIDED AFTER MEETING

CONTACT US:

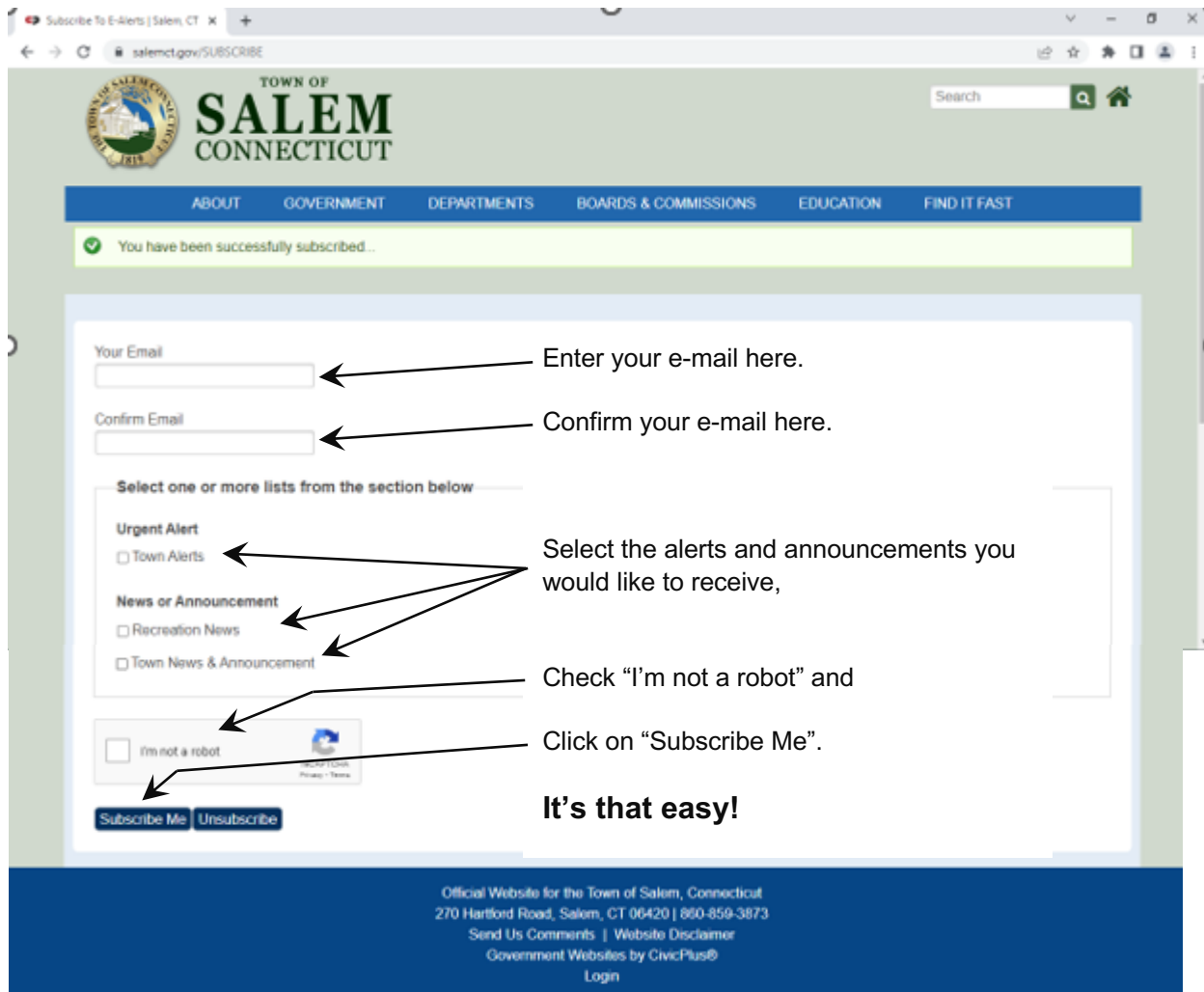
FACEBOOK PAGE:
SALEM CT SENIORS

EMAIL ADDRESS:
salemctseniors@gmail.com

HEALTH AND WELLNESS

EMERGENCY ALERT SITE:

To get on the emergency alert list contact Debra Delorimiere at 860-204-1206 or go to the website [HTTPS://WWW.SALEMCT.GOV/SUBSCRIBE](https://www.salemct.gov/subscribe) (Town of Salem, CT Municipal notifications) [PORTAL.CT.GOV/CTALERT](https://portal.ct.gov/ctalert) (State of CT Emergency alerts for your area). See below to view the website.



FLU SHOTS:

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

REMEMBER TO BRING YOUR MEDICARE CARD & ANY SUPPLIMENTAL 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.

HEALTH AND WELLNESS (continued)

COVID TEST KITS:

We still have some COVID Test Kits available. See an officer for pick up location. Some of the COVID test kits may have an expiration date that has passed; however, the kits may still be viable to use. 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 manufacturer's 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.

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.

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.

THINGS TO DO

MITCHELL FARM MUSIC FESTIVAL SATURDAY SEPTEMBER 17TH & 18TH:

MUSIC BY: *Saturday - Laurel Canyon & Broken Arrow*

Sunday - Jonathan Edwards & The Pousette-Dart Band

Parking opens at noon. Gate opens at 1:30 PM. Music begins at 2:30 PM. Bring a lawn chair or lawn blanket. Bring a picnic if you like. Food vendors available. B.Y.O.B. This is a rain or shine, tented event. Advance tickets (per day) \$50 (plus handling) \$60 at the gate.

Net proceeds support the horses retired to Mitchell Farm.

MITCHELL FARM EQUINE RETIREMENT, INC. IS A 501(C)3 NON-PROFIT ORGANIZATION.

THINGS TO DO (continued)

CONNECTICUT RIVER CRUISE:

There will be a Fall Foliage Cruise down the Connecticut River scheduled on Saturday October 1st. The boat will depart the dock located at 67 Main St. Essex at 11:30 AM. The cost will be \$20 per person for members and \$30 per person for non-members. Pack a lunch. If you are interested in attending, please contact River Cruise Planning Committee Chair - Joan Gaynor at: 860 449-3064 or e-mail: salemtech53@yahoo.com. The deadline to get your money in is September 20th.

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 September 13th 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.

DANCE TO "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. The cost will be \$10 per person (members), \$15 per person (non-members) light drinks and snacks will be provided, but you are welcome to bring your own drinks and snacks *no alcohol*. **ALL ARE WELCOME**. There will be a sign-up sheet at the October 11th meeting for those wishing to make snacks to share. For tickets, please contact Dance Committee Chair - Joan Gaynor at: 860 449-3064 or e-mail: salemtech53@yahoo.com. Tickets will be available at the door.

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 10:00AM - 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 meeting.

NATURE WALK:

Land Trust President, Linda Schroeder will be putting together a Nature walk in the fall when the weather is a bit cooler to view the wildlife in our beautiful town. This event may require considerable walking with portions on rough terrain. Wear appropriate footwear for the event and bring a beverage and binoculars. Meeting Location: *To Be Determined*

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.

THINGS IN THE WORKS

DECEMBER HOLIDAY DINNER:

Kay Zak has volunteered to plan this event. *Kay will need at least 1 person to help with this event. ★*

POT LUCK DINNER/TALENT SHOW:

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

BINGO:

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.

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 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 is contacting the movie theater corporate office to get the details.

- ★ 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.

VOLUNTEERS NEEDED:**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>

VOLUNTEER OPPORTUNITIES**CEMETARY 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 FB 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.

OFFICERS:

President: Gary Closius

Vice President: Mary Cikatz

Salem Agent for the Elderly: Agnes Miyuki

Treasurer: Michelle Horan

Secretary: Jeanette Girard

Communications Liaison: Joan Gaynor

TOWN MEETINGS

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
				Library Board of Directors Policy & Procedure Committee – 1:00pm		
4	5	6	7	8	9	10
		Inland Wetlands & Conservation Commission – 7:00pm Board of Selectmen – 7:00pm	Library Board of Directors By-Laws Committee – 6:30pm	Gardner Lake Authority – 7:00pm Board of Finance - 7:00pm		
11	12	13	14	15	16	17
	BOE Long-Range Educational Planning – 5:00pm BOE Personnel/Contract Negotiations – 6:00pm Board of Education – 7:00pm	Library Board of Directors – 7:00pm Emergency Preparedness Agency – 7:00pm Planning & Zoning Commission – 7:00pm				
18	19	20	21	22	23	24
	Gardner Lake Volunteer Fire Company Board of Directors – 7:00pm Recreation Commission – 7:00pm	Economic Development Commission – 7:00pm		Zoning Board of Appeals – 7:00		
25	26	27	28	29	30	1
	BOE Policy – 4:00pm Gardner Lake Volunteer Fire Company Meeting – 7:30pm		Salem Land Trust – 7:00			

TOWN MEETINGS

October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
	BOE Long-Range Educational Planning – 5:00pm BOE Personnel/Contract Negotiations – 6:00pm Board of Education – 7:00pm Inland Wetlands & Conservation Commission – 7:00pm	Board of Selectmen – 7:00pm	Library Board of Directors By-Laws Committee – 6:30pm	Library Board of Directors Policy & Procedure Committee – 1:00pm		
9	10	11	12	13	14	15
		Emergency Preparedness Agency – 7:00pm Planning & Zoning Commission – 7:00pm		Gardner Lake Authority – 7:00pm Board of Finance – 7:00pm		
16	17	18	19	20	21	22
	Gardner Lake Volunteer Fire Company Board of Directors – 7:00pm Recreation Commission – 7:00pm	Salem Green Cemetery Association – 2:00pm Library Board of Directors – 7:00pm Economic Development Commission – 7:00pm				
23	24	25	26	27	28	29
	BOE Policy – 4:00pm Gardner Lake Volunteer Fire Company Meeting – 7:30pm		Salem Land Trust - Annual Meeting – 7:00pm	Zoning Board of Appeals – 7:00pm		
30	31	1	2	3	4	5