

# SALEM CT SENIORS

## NEWSLETTER

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CONTACT US: email address: [salemctseniors@gmail.com](mailto:salemctseniors@gmail.com)

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### Reminders

- **Annual Dues: \$10.00 are due at the January 2026 meeting.**
- **Senior Lunch:** 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of each month, at 2Brothers Pizza, \$5 plus tip for the wait staff. **CASH ONLY.** The Town pays the balance of your meal, so tip appropriately and be kind!!

### Monthly Meeting Location

February Meeting will be held at the **Salem School** 200 Hartford Rd. on February 10<sup>th</sup> at 10:30 AM



### February Birthdays

Susan Evanson	Frank Hawes	Kenneth Lavoie	Joel L'Heureux
Margaret McElroy	Juliette Nazro	Sue Spang	Agnes Valentini
Jane Wellbrock	Mary Whittaker		

If your birthday is not currently being acknowledged and you would like it to be, please contact Jeanette Girard at [jeanettegirard52@gmail.com](mailto:jeanettegirard52@gmail.com).

### Salem Seniors News

#### **Thank You To:**

- Michelle Horan for volunteering to chair the Vet's Coffee House effort and volunteering to be Salem's Municipal Military Representative.
- Mary Cikatz & her team for a wonderful job on the groups **T-Shirts** & logo.
- Gary Closius for helping seniors with plowing after the January 25<sup>th</sup> storm.

### January Meeting Attendance

The January monthly membership meeting was attended by **70** members, a new record.

### Senior Resources Agency On Aging



**Senior Resources** is a private non-profit organization established in 1976 and authorized by the Older Americans Act of 1965 and state statute. They serve as the Area Agency on Aging in Eastern Connecticut. Their service area covers 56 towns located in New London County, Middlesex County and Windham County as well as a small portion of Tolland County.

**Senior Resources** is a strong voice for the region's elderly citizens. Through their involvement at the federal, state and local level they work to enhance the quality of life for older persons. In addition to advocating legislatively, their continuing work with volunteers and citizen groups enables us to spread the word about benefits and services.

They work with a strong, diversified network of community-based agencies to offer a wide range of services and supports. Their community partnerships allow them to meet the needs of their consumers.

Their mission is to provide access to information and services to empower adults to live with dignity.

For more info visit their website by **pressing Ctrl + Click on** <https://seniorresourcesec.org/>.

## Salem Seniors News *(continued)*

### **Fundraising Committee Activities**

- The winner of the January Pasta Dinner Basket Raffle was June Mainella.
- **50/50 Raffle** – The January raffle collected a total of \$122.00, with \$61.00 going to our winner Cheryl Philopena.
- **There will be no raffle at our February meeting as the meeting will be held at the Salem School.**
- **Schedule for 2026 Fundraisers:** see the Future Fundraisers section (pp 12) of the Information and Services section of the newsletter.

\* Bakers are needed, if you are interested contact **Arlene Phillips at 860-373-3357.**

### **LAST CALL For Supplies For The “Re-Stock The Teachers’ Shelves” Program**

**Last Call** to donate items for the “Re-Stock The Teachers’ Shelves” program, or if you prefer, you can make a monetary donation. June and Sandy will use the money toward the cost of the items requested by the teachers.

The items collected will be presented to the teachers at our meeting, February 10<sup>th</sup> so, time is running out

**If you have any questions or you wish to drop off your last-minute donated items, please contact June Mainella at: 860-889-4027 or Sandy Swider at: 860-912-2498.**



### **Senior T – Shirts**

**T – Shirts** have been finalized for color, style, and price. Examples are shown to the right. **T-Shirt** samples will be available at the membership meeting to look at and touch.

You can place your order during the meeting or use the order form at the end of the newsletter. Please make checks out to **Salem Seniors**.

If you have any questions, contact Mary Cikatz at [salemctseniors@gmail.com](mailto:salemctseniors@gmail.com).

Please see the order form attached to the end of the newsletter

Mary will be taking **T-Shirt** order at BINGO and the next two monthly meetings.



### **Sunshine Club**

The Salem Seniors Group (SSG) has formed a group called the **Sunshine Club** whose function is to assist members who might need help and cannot get out themselves due to an illness, during recovery from surgery or an injury, etc. The assistance might include things like preparing and delivering a meal or two, delivering groceries or prescriptions, and more. Buffy Lane, has volunteered to chair the club. **If you are interested in volunteering or are in need of assistance, please contact Buffy Lane at 860-859-1125.**

## **Salem Seniors News** *(continued)*

### **Seniors Helping Seniors**

The SSG has many members with many skills and a desire to help those in need of help. If you or someone you know needs help with small repairs around the house contact Gary Closius, e-mail: [\*\*gclosius@sbcglobal.net\*\*](mailto:gclosius@sbcglobal.net) or call 860-961-9173, or Kay Zak, e-mail: [\*\*kayzak@hotmail.com\*\*](mailto:kayzak@hotmail.com), or call 860-889-3989.

### **New Events, Your Input Is Needed**

The SSG Executive Board is always looking for fun and interesting things for our members to do, but we need your ideas and help. Do you have an event or trip you would like to see the seniors do? Is there a place you think having a social event would be of interest to the group? Would you like to be in-charge of organizing an event that you enjoy and sharing it with the group? Let us know your thoughts!!

Contact Kay Zak, e-mail: [\*\*kayzak@hotmail.com\*\*](mailto:kayzak@hotmail.com), or call 860-889-3989.

### **“Song Circle”**

**WHEN:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of each month, next circle February 4<sup>th</sup> and 18<sup>th</sup> from 12:30 – 2:30

**WHERE:** Salem Volunteer Fire Co. Firehouse.

Do you play an instrument, sing, or just enjoy the sound and music? Do you have a song? Bring a copy of the music to share with all.

**Future dates:** March 4<sup>th</sup> and 18<sup>th</sup>

**If you have questions, please call:** Gary Closius 860-961-9173.



### **BINGO**

**WHEN:** 2<sup>nd</sup> & 4<sup>th</sup> Thursday of each month; next games February 12<sup>th</sup> and 26<sup>th</sup>

**TIME:** BINGO Cards are on sale from 12:30 PM to 12:55 PM. The games start promptly at 1:00 PM

**WHERE:** Salem Volunteer Fire Company firehouse meeting room.

**Cost** \$1 per card, or buy 5 and get the 6<sup>th</sup> card free.

There will be 12 games played at each session.

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)**.



### **Game Night in the Daylight**

**WHEN:** February 18<sup>th</sup>, and going forward every 3<sup>rd</sup> Wednesday of the month from 2:00 PM – 4:00 PM.

**WHERE:** Gardner Lake Volunteer Fire Co. Fire House.

Come out play games, have a few laughs – maybe a few too many, and enjoy other’s company during the winter season. *If you have a bit of a competitive streak, we have that as well. But mostly just for fun and moving during the cold months.*



**Salem Seniors News** *(continued)*

**Senior Games At The Library**

Every Tuesday a group of seniors meet at the Salem Free Public Library at 1:00 PM to play cards (Pitch, Set Back, 9 Hole Golf, Bonus 10, etc.) and other games.

We are starting Cribbage at 12:30 PM and we also have *Wii Bowling* available.

***If interested please contact Elizabeth (Buffy) Lane at 860-859-1125 with any questions.***



**It's Mardi Gras! \*\*\*NEW ITEM\*\*\***

**Gather with your Salem Krewe for a magical mystical masquerade ball and pot luck Thursday February 19<sup>th</sup> at 1:00 PM at the Gardner Lake Volunteer Fire Co. Firehouse.**



Bring your favorite dish to share. Dress in costume if you choose. Mardi Gras colors purple and green Masks provided at the door!. Join the fun to Bourbon Street!

**RSVP to Kay Zak at [kayzak@hotmail.com](mailto:kayzak@hotmail.com).**

**SSG February Calendar At A Glance**

• Tuesday, February 3 <sup>rd</sup>	Senior Lunch at 2Brothers Pizza Restaurant
• Wednesday, February 4 <sup>th</sup>	Song Circle, at 12:30 PM at the Salem Volunteer Fire Company (SVFCo.) Fire House
• Tuesday, February 10 <sup>th</sup>	“Re-Stock The Teacher’s Shelves” and SSG Membership Meeting, at 10:30 AM at the Salem School
• Thursday, February 12 <sup>th</sup>	BINGO, at 12:30 PM at the SVFCo. Fire House
• Tuesday, February 17 <sup>th</sup>	Senior Lunch at 2Brothers Pizza Restaurant
• Wednesday, February 18 <sup>th</sup>	Song Circle, at 12:30 PM at the SVFCo. Fire House
• Wednesday, February 18 <sup>th</sup>	Game Night in the Day Light, at 2:00 PM– 4:00 PM at the Gardner Lake Volunteer Fire Company (GLVFCo.) Fire House
• Thursday, February 19 <sup>th</sup>	Mardi Gras “Fat Tuesday” Potluck, at 1:00 PM at the GLVFCo. Firehouse
• Thursday, February 26 <sup>th</sup>	BINGO, at 12:30 PM at the SVFCo. Fire House
• Tuesday, February 24 <sup>th</sup>	Veterans Coffee House, at 6:00 PM at the GLVFCo. Firehouse

**The Nurse’s Corner**

**Do Grandparents Need Immunizations?**

**Uncas Health nurses** are available to provide blood pressure checks at most of our monthly meetings.

There’s so much in the news lately about immunizations. Turn on the news or read the paper and you see reports on outbreaks of communicable illnesses for which there are vaccines and you see reports on the disagreements over changing government recommendations for childhood vaccines between officials and pediatricians and other clinicians.

Most of us in the “older adult” category remember getting our polio vaccines and the DPT and MMR vaccines of our childhood. As we had children, new vaccines were introduced to offer protection for things like cervical cancer and meningitis. Then came more vaccines for newborns. As older adults we are reminded to get our COVID, RSV, influenza, shingles, and pneumonia vaccines.

Now, many in our age range are becoming first-time grandparents! Most are eager to visit the new baby in their family and shower them with love! But do we need to prepare for that moment by updating our own vaccines?

## [The Nurse's Corner](#) *(continued)*

### **Do Grandparents Need Immunizations?** *(continued)*

Older adults can receive the **Tdap** (*pertussis/whooping cough*), annual **flu**, and **RSV** vaccines to protect infants, creating a "cocoon" of immunity around them. Tdap should be received at least two weeks before visiting. Other critical, recommended vaccines include **COVID-19** and **shingles**.

#### **Essential Vaccinations for Grandparents:**

**Tdap (Tetanus, Diphtheria, Pertussis):** Protects against whooping cough, which is dangerous for infants. Adults should have this, especially if it's been over 10 years since their last tetanus booster.

**Influenza (Flu):** Annual shot recommended for everyone to prevent passing the virus to babies.

**RSV (Respiratory Syncytial Virus):** Recommended for adults 60 and older, particularly before the fall/winter season.

**COVID-19:** Updated vaccines are recommended to reduce transmission.

**MMR (Measles, Mumps, Rubella):** Ensures immunity against measles, which can be severe for infants.

**Shingles:** Recommended for adults 50 and older.

It is highly recommended to receive these vaccines at least two weeks before close contact with a newborn. Consulting with a healthcare provider is recommended to ensure all immunizations are up to date. For SOME communicable illnesses that have vaccines, a TITER may be possible, which is a blood test that can show whether or not a person is still immune to the illness. Grandparents-to-be can speak with their provider about the benefits and any contraindications for being immunized to protect young grandchildren. And, as always, anyone who has symptoms of illness including fever, cough, sore throat, and such should postpone visiting susceptible little ones.

#### **References:**

***What Vaccines Should Grandparents Get to Stay Healthy Around Grandkids?***

<https://www.ncoa.org/article/what-vaccinations-should-grandparents-get/>

***Vaccines for Family and Caregivers | Pregnancy & Vaccines | CDC***

<https://www.cdc.gov/vaccines-pregnancy/about/vaccines-family-caregivers.html>

***Vaccines for Grandparents: Protecting the Little Ones in Your Family***

<https://www.healthline.com/health/new-baby-vaccination-guide/top-vaccines-all-grandparents-need>

## [Health And Wellness](#)

### **Blood Pressure Check**

**Uncas Health nurses** are available to provide blood pressure checks at most of our monthly meetings.

### **211 Infoline Help**

Follow the link <https://www.211ct.org/> to the webpage for more information on how 211 can assist you or someone you know that needs help.

### **Important Senior Services**

- Care & Share of East Lyme
- Other Food Pantries
- Municipal Medical Transportation Service
- The CTALERT, Emergency Notification System
- Connecticut Prescription Drug Discount Card Program
- Thames Valley Council for Community Action (TVCCA)

*(See the Health And Assistance section (pp 14-18) of the Senior Information And Services section of the newsletter)*

## Community News You Can Use

### BLOOD DRIVE

The **American Red Cross** blood drive sponsored by the Salem Lions Club



**WHEN:** *Tuesday February 17<sup>th</sup>, from 1:00 PM – 6:00 PM.*

**WHERE:** *Salem Volunteer Fire Co. Fire House, 424 Hartford Road, Meeting Room*

Schedule your appointment at: 1-800-Red Cross (1-800 733-2767) or visit [www.RedCross.org](http://www.RedCross.org) and enter SalemCT to register.

Register for the blood drive and receive a \$20.00 e-gift card to the merchant of your choice.

### **Important Message from the Salem & Gardner Lake Volunteer Fire Companies.**

The Salem Fire Co. is selling **Emergency “911” Reflective Address Signs** that will have your street number on it. These signs make it easier for emergency responders to find your home or property at any time of the day or night. ***If emergency response workers can’t find you, they can’t help you! Minutes and seconds count in emergencies.*** They are 6” x 18” in size and come in green or blue.



**Cost:** \$15.00 (see the order form at the end of the newsletter)

### **Salem Free Public Library (SFPL)**

#### News & Events

- **Museum Passes:** for more information see pp 20-21 in the *Activities In Our Region* section of the *Senior Information and Services* portion of the newsletter.
- **Books in the Afternoon Book Club, Thursday, February 26<sup>th</sup> at 1:00 PM.**  
**“A Council of Dolls”** by: Mona Susan Power: From the mid-century metropolis of Chicago to the windswept ancestral lands of the Dakota people, to the bleak and brutal Indian boarding schools, **“A Council of Dolls”** is the story of three women, told in part through the stories of the dolls they carried.  
 Adults over 18 are welcome. To join the group, e-mail Christine Murtha at: [murthachristine@yahoo.com](mailto:murthachristine@yahoo.com).
- **Programs And Events You Can Do With Your Grandchildren At The Library**

#### - **Winter Storytime**

**Every Wednesday at 10:30 AM**  
*Beginning December 3<sup>rd</sup>*

**Register at the Circulation Desk**  
**Or call 860 859-1130**

*(Sponsored by the Friends of the Salem Free Public Library)*



#### - **Sailor’s Valentine Trinket Box Workshop**

**Monday, February 2<sup>nd</sup> at 4:00 PM**

**Limited to 10 participants,**  
**ages 12 to adult**

**Call 860 859-1130 to register**

*(Sponsored by the Friends of the Salem Free Public Library)*



#### - **2026 Winter Reading Program For All Ages**

**January 12<sup>th</sup> thru February 28<sup>th</sup>**

Register at the circulation desk to receive your **BINGO** reading log. Receive a raffle ticket for each BINGO completed when you turn in your completed reading log by **March 7<sup>th</sup>**.

The prize raffle will be drawn on **March 9<sup>th</sup>**.

*(Sponsored by the Friends of the Salem Free Public Library)*



#### - **LEGOS at The Library**

**1<sup>st</sup> Wednesday, of the month,**  
**February 4<sup>th</sup>, 4:00-5:00 PM**

**Recommended for ages 5+, little LEGOS will be used.**



## [Community News You Can Use](#) *(continued)*

### **Salem Free Public Library (SFPL)** *(continued)*

#### • **Programs And Events You Can Do With Your Grandchildren At The Library** *(continued)*

##### - **Cookbook Club**

**Thursday, February 5<sup>th</sup> 4:00 PM**

**Choose a recipe and bring enough to share**

**Call 860 859-1130 to register**

*(Sponsored by the Friends of the Salem Free Public Library)*



##### - **Basket Weaving**

**Wednesday, February 18<sup>th</sup> at 4 PM**

**Program limited to 24 participants age 8 and up**

**Call 860 859-1130 to register**

*(Sponsored by the Friends of the Salem Free Public Library)*



##### - **Chai & Chocolate**

**Saturday, February 28<sup>th</sup> 4:00 PM**

- \* Learn the history of Chai tea, an overview of spices used in traditional chai tea and their benefits



- \* Learn how chai is made in a variety of countries and how they differ from the U.S.
- \* Sample a variety of chai teas blended by Thyme for Tea CT paired with a variety of chocolates.
- \* Make your own chai blend to take home!

**Limited to 20 participants, ages 18 to adult**

**Call 860 859-1130 to register**

*(Sponsored by the Friends of the Salem Free Public Library)*

##### - **Pearls from Carol**

**Saturday, February 7<sup>th</sup>, at 11 AM**

Join Albert Ruggiero as he discusses his late wife Carol and her exceptional talent for writing



**This is limited to 40 participants**

**Call 860 859-1130 to register**

*(Sponsored by the Friends of the Salem Free Public Library)*



##### - **Take your Child to the Library Day**

**Xen's Critters Cute & Cuddlies!**

**Saturday, February 21<sup>st</sup>, at 11:00 AM**

One hour presentation by an animal specialist with lots of interaction with animals such as a ferret, chinchilla, hedgehog bunny, guinea pig and more!



**Call 860 859-1130 to register**

*(Sponsored by a grant from the Chelsea Groton Foundation)*

##### - **Winter Reading Program**



**Saturday, March 7<sup>th</sup> at 11:00 AM**

**There will be prizes and light refreshments!**

**Limited to 25 participants ages 7 & up**

**Call 860 859-1130 to register**

*(Sponsored by the Friends of the Salem Free Public Library)*

**Community News You Can Use (continued)**

**Salem Recreation Department**

- For the complete **Salem Recreation 2026 Calendar** see p 12 in the Salem Recreation section of the Senior Information And Services portion of the newsletter.

- **Pilates – In-Person Classes**



**WHEN:** Monday evenings,  
5:30 PM to 6:30 PM  
January 26<sup>th</sup> to February 16<sup>th</sup> (6 wks)

**WHERE:** Old Library, 216 Hartford Road

\$40 Residents, \$45 Non-Resident

Please wear comfortable clothing, bring a yoga mat, and water. Extra mats are available if needed.

Register Early, limit 6 participants:  
or call 860-859-3873 x275, or

visit: <https://www.salemct.gov/recreation/register>

- **Personal Euphoria Virtual Fitness Classes**

**Winter Classes**

**Pilates**

**Tuesday** January 6<sup>th</sup> – March 31<sup>st</sup>  
6:00 PM to 6:45 PM  
Instructor: Rob, Cost: \$111

**15 Min. HIIT**

**Wednesday** January 7<sup>th</sup> – April 1<sup>st</sup>  
8:10 AM to 8:25 AM  
Instructor: Maggie, Cost: \$52

**Cardio Strength**

8:50 AM to 9:15 AM  
Instructor: Maggie, Cost: \$111

**Skill-Based Strength:**

**unlock your push-up & deep squat**

January 8<sup>th</sup> – February 5<sup>th</sup>  
12:10 PM to 12:50 PM  
Instructor: Maggie, Cost: \$42

**Core Strength**

January 8<sup>th</sup> – April 2<sup>nd</sup>  
6:00 PM to 6:45 PM  
Instructor: Rob, Cost: \$111

- **Salem Woods Disc Golf Course**

**Where:** Bob Appleby Fields  
At Volunteer Park  
24 Forsyth Road



Come and try it out!! Discs available for loan.

Call: 860-859-3873 x275, or

Contact Us:e-mail: [recreation@salemct.gov](mailto:recreation@salemct.gov)

- **In-Person Yoga Classes**



**WHEN:** Tuesday evenings,  
5:30 PM to 6:30 PM  
January 27<sup>th</sup> to February 17<sup>th</sup>  
(4 Classes)

**WHERE:** At the Salem Volunteer Fire  
Co. fire house, 424 Hartford Rd.  
OR

Thursday Mornings,  
10:00AM to 11:00 AM  
January 29<sup>th</sup> to February 19<sup>th</sup>  
(4 Classes)

**WHERE:** Old Library 216 Hartford Rd.

\$40 Residents, \$45 Non-Resident

Register Early Limit 6 participants

Please wear comfortable clothing, bring a yoga mat, and water. Extra mats are available if needed.

To Register call 860-859-3873 x275 or

visit: <https://www.salemct.gov/recreation/register>

- **Adult Co-Ed Pickleball**

**Pick-Up Games**

**When:** Saturday mornings  
8:00 AM to 10:00 AM, &  
Tuesday evenings,  
5:30 PM to 7:30 PM

**Where:** Salem School, Multi Purpose Room  
October 4<sup>th</sup> – April 7<sup>th</sup>

For Salem & East Lyme Residents, age 18 and up.  
Sign in upon arrival

- **Find Your Footprint -Medallion Project**

Let us know when you've found your  
2025 Medallion & submit a photo!



Find a medallion in the following preserves:

Walden Preserve, Zemko Sawmill Preserve,  
Multi-Purpose Path/Harris Brook Trail,  
Darling Road Preserve, Smuggler's Rock Preserve,  
Salem Riverside Preserve

[www.salemct.gov/recreation/footprintproject](http://www.salemct.gov/recreation/footprintproject)

Special Thanks to **Kim Ford, The Salem Land Trust, Teri Natoli**, and our Volunteers

## [Community News You Can Use \(continued\)](#)

### **Veteran's Coffee House**

The next **Veteran's Coffee House** will be held on February 24<sup>th</sup> at the GLVFCo. fire house starting at 6:00 PM. Michelle is planning Taco Tuesday!

Please contact Michelle Horan if you plan to attend so we can have a headcount to ensure there is enough food.

**Michelle can be contacted at: [Horan.micheller@gmail.com](mailto:Horan.micheller@gmail.com) or call/text at: 860 303-5023**

### **Salem School Fundraiser**

See p 19 the Salem Information and Services section of the newsletter for details on the box tops for Salem School fundraiser.



### **Montville Animal Shelter**

Animal Control Officer (ACO) Bruce Rebelo of the Montville Animal Shelter now has three assistants to work with him. Bruce and his assistants cover the towns of Bozrah, Colchester, Mohegan, Montville, and Salem.

Some things of interest:

- If you witness cruelty or abuse on an animal take photos and/or videos of the incident or condition and call the police but never place yourself in danger. Montville Police 860-892-6109 or Lt Radford 860-848-7510, or CT State Police Troop K, Colchester 860-465-5400.
- The construction of the new K-9 Barret Memorial Animal Control Facility is expected to be completed soon.
- In fiscal year 2024/2025 the Town of Salem's share for the use of the animal shelter was \$14,360.32.

The animal shelter can always use Cat or Dog food, cleaning supplies\* and toys for the animals during their stay at the shelter. **Animal Control can be reached by calling the main number, 860-848-3529.**

\* **Only disinfecting bleach can be used at the shelter.**

### **Marissa's Dance Studio \*\*\*NEW ITEM\*\*\***

**Chair exercise classes targeted for seniors are held on Tuesdays (Yoga) and Thursdays (Aerobics) from 4:15 PM to 4:45 PM.**



If you are interested in enrolling please contact Marissa Ruddat, Director of Marissia's Dance Academy directly. Call/text her at: 860 207-4656, e-mail: [info@marissadanceacademy.com](mailto:info@marissadanceacademy.com). The studio is located at 1 New London Road, Unit 26.

**Salem Seniors can take advantage of a trial class by dropping in for no cost, Limited to one class.**

**Marissa's Dance Academy has been named by Google Reviews as the Best Dance School in New London County. Congratulations Marissa!**

### **Patriot Care Package**

#### **Support Our CT National Guard**

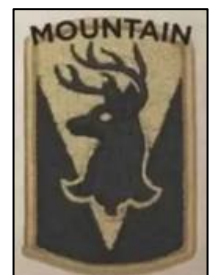


The 1-102<sup>nd</sup> Infantry BN (mountain) is deployed, so let's send them a care package and a taste of home. **Please see list of items needed on the next page for the care package or scan the QR code to the right.**



Let's show our Connecticut Troops our support that they are not forgotten.

Drop off donations at Two Brothers Pizza Restaurant, 20 Hartford, Road, Salem Tuesday – Saturday.



**Community News You Can Use (continued)**



***Patriot Care Package (continued)***

***Care Package Needs List***

Coffee (ground)	Sunflower Seeds (all flavors)	Hand Sanitizer
Flavored Coffee	Potato Chips	Good Quality Athletic Socks (black)
Tea Bags	Pretzels	Foot Powder
Hot Cocoa Packets	Trail Mix	Tylenol/Aleve
Beef Jerky	Candy (all kinds)	Cough Drops
Protein Bars (assorted flavors)	Water Additives (Mio – all flavors)	Ramen Noodles
Granola Bars	Chapstick	Cup O' Soup
Honey Sticks	Lip Balm	Magazines (appropriate)
Batteries (AAA/AA/9volt)	Sunscreen (SPF 50)	Paperback Books
Slim Jims	Handwritten Notes/Cards From School Kids	<u>Men's Toiletries:</u>
Liquid IV	<u>Women's Toiletries:</u>	Dude Wipes, Deodorant, Body Wash,
Energy Drinks (Red Bull, Monster, C4, Reign – all flavors)	Baby Wipes, Body Wash, Shampoo, Conditioner, Deodorant, Lotion, Shave Gel, Sanitary Napkins, Tampons	Shampoo, Conditioners, Disposable Razors, After, Shave, Shave Cream, Lotion

***Add anything else you can think of that you would like to have if it were you away from home for a year.***

**A Little Humor**



- Why do cows wear bells?----- Because their horns don't work!!!
- What do French fries do when they haven't seen each other in a while? -- Ketchup!
- What do you call a woman who sets fire to all her bills----- Bernadette
- My friend Tony asked me not to say his name ----- I said Y-NOT
- What's Forrest Gump's password?----- 1forrest1
- If two vegetarians get in an argument, ----- Is it still called beef?
- What happened when the blue ship and the red ship collided at sea? ----- Their crews were marooned.
- What did the drummer call his two daughters? ----- Anna One, Anna Two!
- Honey, stop looking for the perfect match ----- Use a lighter.
- Our wedding was so beautiful,----- Even the cake was in tiers!
- Where do polar bears keep their money? ----- The snow bank.
- What's a tornado's favorite game? ----- Twister!
- How does the moon cut his hair? ----- Eclipse it.
- What do you call a funny mountain?----- Hill-arious.
- I was wondering why the frisbee kept getting bigger and bigger. ----- Then it hit me.
- How many apples grow on a tree?----- All of them!

**Public Town Meetings – February 2026**

**BOE Budget/Finance**

Monday, February 2<sup>nd</sup>, 5:30 PM

**Inland Wetlands & Conservation**

Monday, February 2<sup>nd</sup>, 7:00 PM

**Board of Selectmen,**

Tuesday, February 3<sup>rd</sup>, 7:00 PM

**Planning and Zoning Commission,**

Tuesday, February 10<sup>th</sup>, 7:00 PM

**Salem Green Cemetery Association**

Tuesday February 17<sup>th</sup>, 2:00 PM

**BOE Policy Meeting**

Monday, February 23<sup>rd</sup>, 5:00 PM

**Recreation Commission,**

Monday, February 23<sup>rd</sup>, 7:00 PM

**Board of Finance,**

Thursday, February 26<sup>th</sup>, 7:00 PM

**BOE Personnel/Contract Negotiations**

Monday, February 2<sup>nd</sup>, 6:00 PM

**Board of Education Regular Meeting,**

Monday, February 2<sup>nd</sup>, 7:00 PM

**Library Board of Directors,**

Tuesday, February 10<sup>th</sup>, 6:00 PM

**Board of Finance,**

Thursday, February 12<sup>th</sup>, 7:00 PM

**Economic Development Commission,**

Tuesday, February 17<sup>th</sup>, 6:00 PM

**BOE Budget/ Finance**

Monday February 23<sup>rd</sup>, 5:30 PM

**Planning and Zoning Commission**

Tuesday February 24<sup>th</sup>, 7:00 PM

**Public Meetings Calendar:** <https://www.salemct.gov/calendar-by-event-type/16>

**Photos From Recent SSG Activities**

**Game Night in the Day Light – January 21<sup>st</sup>**

*Members of the SSG gathered at the GLVFCo. fire house to participate Game Night In The Daylight. The Seniors engaged in many games with the goal of keeping our bodies moving during the cold winter months. Everyone had a blast with laughter filling the building. Game Night In The Daylight is held on the 3<sup>rd</sup> Wednesday of the month. Come join us for the next "Game Night" on Wednesday February 18<sup>th</sup>.*



## **Photos From Recent SSG Activities** *(continued)*

### **Veterans' Coffee House**



*January's Veterans' Coffee was held on Tuesday the 27<sup>th</sup> at the GLVFCo. fire house.*

*Salem's Keaton Cooper (Air National Guard) discussed with the veterans the importance of registering with the VA and his willingness to work on a one-on-one basis with them to try and help determine the benefits they qualify for. He also talked about them getting their medical records in order and for them to identify which type of veteran each one is, as different statuses qualify for different benefits. Thank you, Keaton!*



*The SSG sponsors a Veteran's Coffee House on the 4<sup>th</sup> Tuesday of every month. If you are a Veteran or active duty, you are welcome to come join us.*

# SENIOR INFORMATION AND SERVICES

## Future Fundraisers

### Fundraising Committee Activities

#### 2026 Bake Sale/Basket Raffle Schedule

- **March** – Bake Sale \*
- **May** – Bake Sale \*
- **July** – Bake Sale \*
- **September** – Bake Sale \*
- **November** – no fundraiser (meeting at School)
- **February** – no fundraiser (at school)
- **April** – Garden Basket
- **June** – Fun Basket
- **August** – Car Care Basket
- **October** – Baking Supplies
- **December** – Holiday Food Basket

## 2026 Salem Recreation Calendar

<b>MARCH</b>	<b>JUNE</b>	<b>SEPTEMBER</b>
<p><b>28</b> Salem Lions Club <b>32nd ANNUAL EASTER EGG HUNT</b> for Toddlers to Grade 4 Salem School Gym &amp; Field, 1 to 3 pm</p>	<p><b>6</b> <b>TOUCH-A-TRUCK</b> Salem Community Park Pavilion, 10 am to 1 pm</p> <p><b>5</b> <b>FIND YOUR FOOTPRINT! MEDALLION PROJECT</b> <i>in cooperation with the Salem Land Trust</i> Start hunting for this year's Footprint hidden along select trails</p> <p><b>25</b> <b>SUMMER CONCERT</b> Salem Community Park Pavilion, 6 to 8 pm</p>	<p><b>26</b> <b>COMMUNITY TAG SALEM DAY</b> Rain date: Sunday, September 27 Salem Community Park Pavilion, 9 am to 12 pm Pavilion spots open to all. Residence listings for Residents only.</p>
<b>APRIL</b>	<b>JULY</b>	<b>OCTOBER</b>
<p><b>16</b> <b>SPRING CONCERT</b> (Rain date: Saturday, April 18) Salem Community Park Pavilion, 6 to 8 pm</p> <p><b>TBD</b> Salem Little League <b>OPENING DAY</b> Lou Ulffer's Sports Complex, 10 am</p> <p><b>25</b> <b>COMMUNITY TAG SALEM DAY</b> (Rain date: Sunday, April 26) Salem Community Park Pavilion, 9 am to 12 pm Pavilion spots open to all. Residence listings for Residents only.</p>	<p><b>TBD</b> Economic Development Commission <b>4th ANNUAL CHRISTMAS IN JULY</b> Salem Community Park Pavilion, 9 am to 2 pm</p> <p><b>28</b> <b>SUMMER CONCERT</b> Salem Community Park Pavilion, 6 to 8 pm</p>	<p><b>7</b> <b>NATIONAL WALK TO SCHOOL DAY</b> Bingham Field, Salem School, 8 am</p> <p><b>25</b> Gardner Lake Volunteer Fire Company <b>MONSTER MASH + TRICK OR TRUNK</b> Gardner Lake Volunteer Fire Company 2:00 to 5:00 pm</p>
<b>MAY</b>	<b>AUGUST</b>	<b>DECEMBER</b>
<p><b>6</b> <b>NATIONAL BIKE TO SCHOOL DAY</b> Bingham Field, Salem School, 8 am</p> <p><b>25</b> <b>MEMORIAL DAY PARADE &amp; BIKE DECORATING CONTEST</b> Salem Town Green, following Ceremony</p>	<p><b>20</b> <b>SUMMER CONCERT</b> Salem Community Park Pavilion, 6:00 to 8:00 pm</p>	<p><b>5</b> <b>ANNUAL HOLIDAY TREE LIGHTING</b> Center School/Town Green, 3 to 5 pm</p>
<b>STAY TUNED FOR MORE EVENTS!</b>		
<p><b>STARGAZING NIGHTS @ THE PAVILION</b> Salem School PTO <b>COUGARPALOOZA</b> Salem School PTO <b>BACK TO SCHOOL BASH</b></p>		

**EVENTS ARE SUBJECT TO CHANGE. CHECK WEBSITE FOR UPDATES.**

salemct.gov/recreation | 860-859-3873, x275 | recreation@salemct.gov

**News And Opportunity**

**Environmental Seminars Available**

You may register to be in class to audit the seminar(s) or simply attend, or you may choose to view the seminars virtually. The QR code and link to the right, allow you to view the seminar live online, **but attending in person is highly recommended.**

There is no cost and no homework unless you choose to take the course for credit.

If you would like to attend in person, the seminars will be held at: **CT State Community College – Three Rivers Campus, Room C101. Wednesday seminars begin at 5:30 PM**, and the guest speaker starts at **6:00 PM**.

If you are not currently a student, you may arrive at **5:55 PM**. Each seminar will be followed by a Q&A session.

You are welcome to register to audit or simply come in person.

There are so many reasons to come to the class, including the chance to meet the speakers personally, engage in meaningful conversations, build connections with others who care about environmental issues, and experience the seminar in a more interactive and dynamic setting.

For more details or questions contact Professor Diba Khan-Bureau at: [diba.khanbureau@ctstate.edu](mailto:diba.khanbureau@ctstate.edu) or call her office -860-215-9443.

**The QR code to the right or the link below will allow you to view the seminar live online: <https://tinyurl.com/EnvironmentalSeminarSpring2026> however, attending in person is highly recommended.**

## SPRING 2026

### Environmental Issues Seminars

Rm C101 or <https://tinyurl.com/EnvironmentalSeminarSpring2026>

Wednesday classes start at 5:30 PM. Guest speaker at 6 PM and will be followed with Q&A. Noncredit students/guests are also invited. Free to everyone unless you want credit!

<p>For more info, email Professor Diba Khan-Bureau <a href="mailto:diba.khanbureau@ctstate.edu">diba.khanbureau@ctstate.edu</a> office: 1-860-215-9443</p> 	<p><b>28</b></p> <p><b>JANUARY</b></p>	<p>Corrie Folsom-O'Keefe, Director Bird Conservation, and Jack Matthias, Coastal Resilience Manager of Audubon CT, Coastal Resilience at Hammonasset Beach State Park.</p> 	<p><b>4</b></p> <p><b>FEBRUARY</b></p>	<p>Dr. Christian Bruckner, Professor of Chemistry, UConn – A whirlwind tour through the periodic table of elements from an environmental perspective.</p>		
<p><b>11</b></p> <p>Brittney Izbicki, Supervisory Hydrologic Technician, United States Geological Survey (USGS), Coastal monitoring to support nutrient management in Long Island Sound.</p>	<p><b>18</b></p>	<p>Judy Preston, MS., Ecologist and Naturalist – Riparian buffers; protecting water with plants!</p>	<p><b>25</b></p>	<p>Dr. Gary Robbins, Emeritus Professor Geology &amp; Hydrology UConn – Geologic Secrets of Southeastern Connecticut.</p> 	<p><b>4</b></p> <p><b>MARCH</b></p>	<p>Kim Hargrave, Executive Director Denison Pequotsepos Nature Center – Habitat management and conservation of birds of prey.</p>
<p><b>11</b></p> <p>Bill Yule, mycological educator, forager, North American Mycological Association –fungal ecology, symbiotic relationships, and the interconnectedness of forest ecosystems.</p> 	<p><b>SPRING BREAK</b></p>	<p><b>25</b></p> <p>Dr. Mike Dietz, Professor of Water Resources, UConn, – National and global concerns of stormwater pollution: stormwater and low impact design.</p>	<p><b>1</b></p> <p><b>APRIL</b></p>	<p>Dr. Tom Meyer, Professor of Geomatics, UConn – Using GPS to reveal the secret lives of mountain lions and humpback whales!</p> 		
<p><b>8</b></p> <p>Greg Bugbee and Summer Weidman, Connecticut Agricultural Experiment Station – Invasive aquatic plants in Connecticut's lakes, rivers, and ponds.</p>	<p><b>15</b></p>	<p>Dr. James O'Donnell, Professor of Marine Science UConn, Connecticut Institute for Resilience and Climate Adaptation (CIRCA). Global climate change abroad and in Connecticut.</p> 	<p><b>22</b></p>	<p>Beth Timpe Merow, MS., Education Director, Connecticut Forest &amp; Park Association– Conserving the green heart of Connecticut: The future of our forests.</p>	<p><b>29</b></p>	<p>Dr. John Lane, United States Geological Survey (USGS) – Water resources in the developing world: volunteering to help supply water for those without.</p>
<p><b>MAY</b></p>		<p><b>6</b></p>	<p>Dr. William Quimet, Associate Professor of Earth Sciences, UConn – Using sediment cores to study environmental change in Connecticut.</p>	<p><b>13</b></p>		<p>Kevin Franklin, MS., Licensed Land Surveyor, Professor TRCC – Surveying the Earth! Using GIS and drones for surveying.</p>



## Health And Assistance

### Connecticut Electric Discount Rate



### Five discount tiers are available

#### Step 1: See If You Qualify

To qualify for the 5%, 15%, 20%, 40% or 50% discount rate, you need to:

- Meet household income requirements in **Table One** (below) **or**
- Receive a public assistance benefit for at least one household member in **Table Two** (below).

**Table One: Household Annual Income By Family Size**

**How much can you make to qualify for the electric discount rate?** Your annual household income is for all adults 18 and over.

	5%	15%	20%	40%	50%
1	\$47,764	\$33,022	\$25,040	\$19,563	\$15,650
2	\$62,460	\$44,627	\$33,840	\$26,438	\$21,150
3	\$77,157	\$56,232	\$42,640	\$33,313	\$26,650
4	\$91,854	\$67,837	\$51,440	\$40,188	\$32,150
5	\$106,550	\$79,442	\$60,240	\$47,063	\$37,650
6	\$121,247	\$91,047	\$69,040	\$53,938	\$43,150
7	\$124,002	\$102,652	\$77,840	\$60,813	\$48,650
8	\$126,758	\$114,257	\$86,640	\$67,688	\$54,150

**Table Two: Public Assistance Benefits That Qualify You**

5%	15%	20%	40%	50%
<b>Medicare Savings Programs (MSP)</b> - Additional Low-Income Medicare Beneficiary (ALMB) - Special Low-Income Medicare Beneficiary (SLMB) <b>HUSKY A, B, C</b> - HUSKY (B and 1, Prenatal) - HUSKY A Pregnant Women and Postpartum - HUSKY C Long-Term Services and Supports <b>Special/Limited Medical Benefit</b> <b>Connecticut Energy Assistance Program CEAP Level 3</b> <b>Section 8 Housing/ Rental Assistance Program (RAP)</b>	<b>Supplemental Nutrition Assistance Program (SNAP)</b> <b>Connecticut Energy Assistance Program CEAP Level 2</b> <b>Husky A children under 19</b> <b>Medicare Savings Program (MSP)</b> <b>Qualified Medicare Beneficiary Program (QMB)</b> <b>Women Infants and Children (WIC)</b> <b>Connecticut Free or Reduced Lunch*</b>	<b>Medicaid or Access Health</b> - Husky D, Husky A Parents and Caretakers	<b>Connecticut Energy Assistance Programs (CEAP Level 1)</b>	<b>Temporary Family Assistance (TFA or TNFA)</b> <b>Refugee Cash or Medical Assistance</b> <b>Medicaid/HUSKY C (non-LTSS)</b> <b>State Administered General Assistance (SAGA)</b> <b>State Cash Assistance or State Supplement Head Start</b>

\* Citywide free school meal program participants are not eligible for the discount rate, unless income is certified by the school food service manager.

**Health And Assistance** *(continued)*

**Connecticut Electric Discount Rate** *(continued)*

**Step 1** *(continued)*:

Your total discount is determined by your household income, or the type of public assistance benefit you receive. This information will need to be verified annually to continue to have your service protected from shut off during the winter months and to receive a discount on your electric bill.

If the Connecticut Department of Social Services (DSS) certifies on your behalf that you receive a DSS benefit, your enrollment will be automatically renewed with us.

Your discount will apply to a limited amount of electricity used monthly. Any usage above that amount will not be discounted.

**Step 2: Provide Proof of Income or Benefits**

You may submit your proof of income for all adults 18 or older in the household, or benefit documents securely in several ways.

- Contact your local **Community Action Agency**. Your local agency can also help you apply for other assistance, including the Connecticut Energy Assistance Program (CEAP). *(see CEAP F/Y 2025-2026 Benefit Matrix pp 16 -17)*
- Sign in to your account to **upload your documents**.
- Send them via U.S.P.S. mail at **Eversource**, Attn: Credit Dept., P.O. Box 270, Hartford, CT 06141.
- Submit documents via fax at 866-438-6476.
- Call **Eversource** at **800-286-2828**.

**How the Discount Rate Is Applied to Your Bill**

**Heating customers**

If you qualify, your next electric bill will have a discount applied to the first 1,200 kWh of your monthly electric usage.

On the monthly electric bill example below, if a customer uses 1,450 kWh of electricity in August, the first 1,200 kWh will be discounted, but the remaining 250 kWh will not.

A kilowatt-hour (kWh) is a unit that tells Eversource how much electricity something uses over time. It's like measuring how much water you use with gallons or how far you travel with miles.

You can see how many kWh of electricity you use each month in the "Monthly kWh Use" table typically shown on page two of your bill.

**Non-heating customers**

If you qualify, your next electric bill will have a discount applied to the first 800 kWh of your monthly electric usage.

On the monthly electric bill example below, if a customer uses 1,450 kWh of electricity in August, the first 800 kWh will be discounted, but the remaining 650 kWh will not.

A kilowatt-hour (kWh) is a unit that tells

Eversource how much electricity something uses over time. It's like measuring how much water you use with gallons or how far you travel with miles.

You can see how many kWh of electricity you use each month in the "Monthly kWh Use" table typically shown on page two of your bill.



**Health And Assistance** *(continued)*

**Thames Valley Council for Community Action (TVCCA)**

**TVCCA Energy Assistance Program**

The Connecticut Energy Assistance Program serves low-income households in need of assistance with their home energy bills. Program services include: financial assistance toward a household’s energy bill; emergency assistance if a household’s home energy service is shut-off, about to be shut off, or out of fuel; and a range of other energy related services including heating system repair and replacement, budget counseling, and referrals for weatherization improvements.

- **Call to schedule an appointment: (860) 425-6681**
- **Schedule Your Appointment On-line: <https://tvcca-portal.communityappointments.com/>**
- **Apply On-line: <https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating/How-To-Apply>.**
- **Or download the application, email it to ESS@tvcca.org, mail it to our Uncas (Norwich) Office, or drop it off in person.**
  - [https://www.tvcca.org/wp-content/uploads/2025/09/W-1104-CEAP-Application-Only\\_FFY26-EN-Fillable.pdf](https://www.tvcca.org/wp-content/uploads/2025/09/W-1104-CEAP-Application-Only_FFY26-EN-Fillable.pdf) (English).
  - [https://www.tvcca.org/wp-content/uploads/2025/09/W-1104-CEAP-Application-Only\\_FFY26-SP-Fillable.pdf](https://www.tvcca.org/wp-content/uploads/2025/09/W-1104-CEAP-Application-Only_FFY26-SP-Fillable.pdf) (Spanish).

**The 2025-26 Energy Season started September 1<sup>st</sup>! Schedule your appointment online by pressing Ctrl + Click [HERE](#): or by visiting <https://tvcca-portal.communityappointments.com/>.**

If you are driving or a walk-in, our program offices are located in NORWICH at 401 West Thames St. (Uncas on Thames complex), Unit 201 and in NEW LONDON at 83 Huntington St.

**Important Dates to Remember for the 2025/26 Season**

- September 1, 2025:** First day for a household to apply for the program
- November 3, 2025:** First day for fuel deliveries that can be paid for by the program
- April 1, 2026:** Deadline for fuel authorizations or deliveries
- May 29, 2026:** The last day that a household can apply to establish eligibility for benefits
- June 17, 2026:** Last day to submit deliverable fuel bills

**Categorical Eligibility:**

Any household that makes direct to vendor payments for heat and in which a household member is participating in one or more of the following benefit programs is considered categorically eligible and will automatically be considered income eligible for energy assistance at a benefit level not less than that provided for a household with income between 201% of the federal poverty guidelines (FPG) and or below 60% of the state median income (SMI):

1. Temporary Family Assistance (TFA)
2. State Supplement to the Aged, Blind and Disabled
3. Refugee Cash Assistance Program
4. Supplemental Nutrition Assistance Program (SNAP)
5. Supplemental Security Income (SSI)

Although categorically income eligible, you must meet all other eligibility requirements to receive benefits.

**View the Benefit Matrix below:**

**Connecticut Energy Assistance Program (CEAP) Fiscal Year 2025-2026 Benefit Matrix**

MAXIMUM INCOME ELIGIBILITY								
Household Size	1	2	3	4	5	6	7	8
Annual Income	\$47,764	\$62,460	\$77,157	\$91,854	\$106,550	\$121,247	\$124,002	\$126,758

**Health And Assistance** *(continued)***TVCCA Energy Assistance Program** (continued)**Connecticut Energy Assistance Program (CEAP) Fiscal Year 2025-2026 Benefit Matrix** *(continued)*

<b>BASIC BENEFITS</b>			
<b>(Available for both Deliverable Fuel and Utility - Heated Households)</b>			
<b>Benefit Level</b>	<b>Income Level</b>	<b>Vulnerable</b>	<b>Non-Vulnerable</b>
<b>1</b>	Up to 125% Federal Poverty Guidelines	\$645	\$595
<b>2</b>	126% Federal Poverty Guidelines – 200% Federal Poverty Guidelines	\$495	\$445
<b>3</b>	201% Federal Poverty Guidelines – 60% State Median Income	\$345	\$295

**NOTE:** Households that are categorically eligible but exceed the income limit are not denied benefit; instead, they qualify for a Level 3 benefit.

<b>CRISIS ASSISTANCE BENEFITS</b>				
<b>(Available for Deliverable Fuel-Heated Households Only)</b>				
<b>Benefit Level</b>	<b>Income Level</b>	<b>1<sup>st</sup> Benefit</b>	<b>2<sup>nd</sup> Benefit</b>	<b>3<sup>rd</sup> Benefit</b>
<b>1</b>	Up to 125% Federal Poverty Guidelines	\$425	\$425	\$425
<b>2</b>	126% Federal Poverty Guidelines – 200% Federal Poverty Guidelines	\$425	\$425	\$425
<b>3</b>	201% Federal Poverty Guidelines – 60% State Median Income	\$425	\$425	\$425

<b>RENTAL ASSISTANCE BENEFITS</b>		
<b>(This benefit is available to households that have heating cost included in their rent)</b>		
<b>Benefit Level</b>	<b>Income Level</b>	<b>Amount</b>
<b>1</b>	Up to 125% Federal Poverty Guidelines	\$425
<b>2</b>	126% Federal Poverty Guidelines – 200% Federal Poverty Guidelines	\$425
<b>3</b>	201% Federal Poverty Guidelines – 60% State Median Income	\$425

**Rental Assistance:**

- Rental Assistance Benefits are available to those households who do not make direct-to-vendor payments for their primary source of heat and have annual gross incomes up to 60% of state median income. Boarders are not eligible to receive Rental Assistance Benefits.

**Liquid Assets/ Bank Statements:**

- TVCCA no longer requires bank statements to be submitted as part of the Energy Assistance Application.

**Income:**

- Applicants may establish their income eligibility by providing income verification from a period of 4 consecutive weeks within the 3 months prior to their application date.

**Benefits:**

- Please note: CEAP benefit amounts are determined based upon the funding provided by the U.S Department of Health and Human Services Low Income Home Energy Assistance Program Block Grant, and are not determined by TVCCA.

For more information press Ctrl + Click [HERE](#) or visit: <https://portal.ct.gov/dss/Economic-Security/Winter-Heating-Assistance/Energy-Assistance—Winter-Heating>.

TVCCA serves residents in the following communities: Bozrah, Colchester, East Lyme, Franklin, Griswold, Groton, Jewett City, Lebanon, Ledyard, Lisbon, Lyme, Montville, New London, North Stonington, Norwich, Old Lyme, Preston, Salem, Sprague, Stonington, Voluntown, & Waterford.

## [Health And Assistance](#) *(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. (**State of CT Emergency Notification System (CTALERT)**)

To sign-up for CTALERT go to the website by clicking on: [member.everbridge.net/index/892807736721724#/signup](https://member.everbridge.net/index/892807736721724#/signup)

### **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 medical appointments.

To access this service contact: **Agnes Miyuki, Salem’s Agent for the Elderly at 860-859-3873 X 125.** Agnes can provide all program and eligibility information.

Use the following link to view the **Guidelines for the Municipal Medical Transportation Service:**  
[salect.gov/sites/g/files/vyhlif4966/f/uploads/transportation\\_fy22\\_packet\\_0.pdf](https://salect.gov/sites/g/files/vyhlif4966/f/uploads/transportation_fy22_packet_0.pdf).

### **Care & Share**

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

### **Connecticut Prescription Drug Discount Card Program**

#### **All Connecticut Residents Can Sign Up for the Free Discount Card to Receive Savings on Medication**

A prescription drug discount card program was launched in Connecticut on October 2, 2023, enabling all residents of the state to receive savings on certain prescription drugs. The program was established by a provision of Governor Lamont’s health care affordability bill (Public Act 23-171), which was approved by the General Assembly and signed into law in June. It is administered by the Office of the State Comptroller.

For more information on how the **ArrayRx discount card works**, including a list of frequently asked questions and a drug price lookup tool, visit [arrayrxcard.com/](https://arrayrxcard.com/). or review our **February 2024 Newsletter**

### **Thames Valley Council for Community Action (TVCCA)**

Senior volunteer programs, often part of AmeriCorps Seniors, provide opportunities for individuals aged 55 and older to contribute their skills and experience to their communities. These programs, such as RSVP (Retired and Senior Volunteer Program), connect volunteers with various organizations to address local needs, often in areas like education, health, and social services. Due to cuts in federal and state government funding for the AmeriCorps Seniors the RSVP/Senior Volunteer Program is no longer available. However, assistance for things like food and nutrition, energy, housing, and more is still available through TVCCA. **Please visit the website by clicking on [TVCCA.org](https://TVCCA.org) or call our main receptionist number 860-444-6600.**

### **Food Pantries**

Below 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 can arrange for delivery.

Name	Locations	Contact	Phone Number
Care & Share	12 Roxbury Road	Niantic	860-739-8502
United Way Mobile Food Pantry	Three Rivers Community College	Norwich	860-464-3327
Rosalyn Allen Food Pantry	Mobile Pantry	Norwich	860-822-4146

## [News And Information](#)

### **Salem Senior Group (SSCG) Information & Newsletters**

Previous newsletters can be found on the Town of Salem webpage by clicking on the following link:

<https://www.salemct.gov/salem-senior-citizens/pages/salem-seniors-group-newsletters>.

When the webpage opens, click on the month you want to view.

### **Seniors Activities at The Library**

- **Charity Community Quilters** – 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month from 10:00 AM to 3:00 PM.
- **Knitting & Crocheting Circle** – Thursdays from 10:00 AM to NOON
- **Fun and Games** – Tuesdays from 1:00 PM to 3:30 PM.

Contact Deb Drennen 860-222-8396 for both quilting groups information.

### **Senior Brochure**

The Salem Seniors have designed and printed a brochure to spread the word of our organization's existence. The brochure puts focus on what our group does for the seniors living in our town as well as anyone else who would like to join our group. Mary Cikatz worked hard on the content and design to describe who we are and what we do as a group. The brochure can be found at the Town Hall and the Salem Free Public Library.

### **Salem School Fundraiser**

**The Salem PTO has many fundraisers during the year.** Are you looking for an **EASY** way to support Salem School and help us reach our goal? One you can help with is the **Box Tops For Education** fundraiser.

For over 29 years, **Box Tops for Education** has given families an easy way to earn cash for schools with products they already buy! Today, you can find hundreds of participating products throughout the store. Scan or submit your receipt with the Box Tops app within 14 days of purchase, or shop with your Walmart connected account, and you'll earn for your school with every Box Tops product you buy.

**YOU CAN MAKE A DIFFERENCE FOR SCHOOLS**

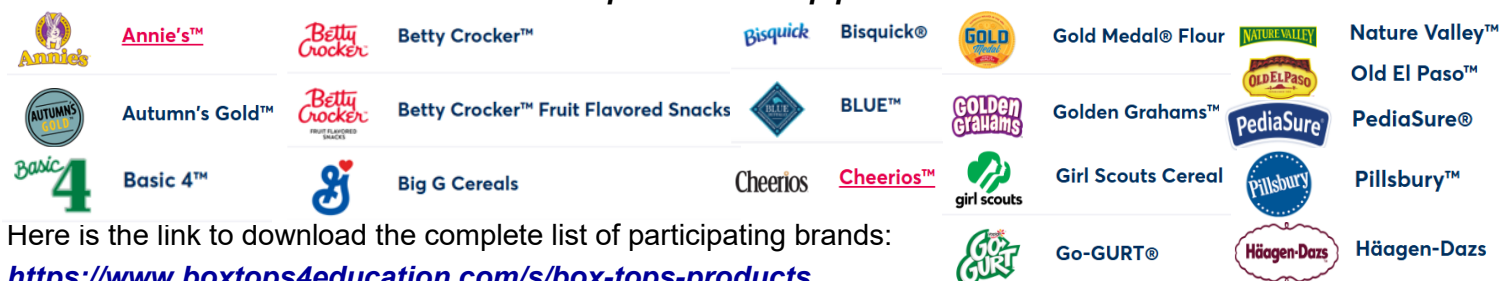
**AMERICA'S SCHOOLS HAVE EARNED \$958,015,672 WITH BOX TOPS...AND COUNTING**

**It's so simple:**

- ✓ Download the Box Tops for Education app on your device (phone, tablet, computer, etc.), here is the link to the Box Tops for Education website: <https://www.boxtops4education.com/s/>
- ✓ Select **Salem School** (or your school)
- ✓ Submit your receipts by:
  - 🛒 Linking your Walmart account (yep, even for grocery delivery!)
  - 📄 Uploading/emailing a digital receipt (ShopRite, Stop n Shop, Target, Amazon, and more!)
  - 📷 Snapping a pic of your paper receipt

**No clipping. No scanning items. Just shop like you normally do — and help us earn cash for PTO programs that benefit our school and students!**

**Examples of Box Top products:**



Here is the link to download the complete list of participating brands:

<https://www.boxtops4education.com/s/box-tops-products>

## [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. To visit their website, click on: <https://www.salemfireco.com/>.
- Gardner Lake Fire Company – NON-EMERGENCY PHONE: 860- 859-1743. To visit their website, click on: [gardnerlakevolunteerfirecompany.com/home](http://gardnerlakevolunteerfirecompany.com/home).

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### **Friends Of The Salem Free Public Library (FOSFPL)**

The **Friends of The Salem Library** could always use help sorting books for the book sale, and at the book sales. For future book sorting and book pick-up and work dates, stay tuned and watch for notifications on Facebook. Check out the FOSFPL new webpage at [www.friends-of-the-salem-free-public-library.org](http://www.friends-of-the-salem-free-public-library.org)

**If you would like to help, contact Bart Drennen at 860-235-5889.**

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### **Mitchell Farm Equine Retirement**

The Horse Retirement, Horse Sanctuary is always in need of volunteers.

Contact Dee Doolittle 860 303-8705, or e-mail: [dee@mitchellfarm.org](mailto:dee@mitchellfarm.org).

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### **Salem School**

Volunteers are always welcome at **Salem School**. Anyone interested in volunteering can go to the Salem School website by clicking on: [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.

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### **Salem Lions Club**

The Lions are looking for volunteers. **Contact Dan Holle at 860-300-7570, or Hugh McKenney at 860-303-0042.**

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### **Care & Share**

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

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### **Cemetery Clean-Up**

The Salem VFW always needs help to clean up the cemeteries. **Clean up will begin again in the spring.**

Watch for our FB postings. 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).

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### **The Salem Land Trust**

The Salem Land Trust (SLT) is an all-volunteer non-profit organization permanently conserving land in Salem for wildlife, their habitats, and for people to enjoy nature.

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

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## [Activities In Our Region](#)

### **Museum Passes Available at the Salem Free Public Library.**

**Library Hours:** Mononday-Thuursday – 10:00 AM to 6:00 PM, Friday – 10:00 AM to 4:00 PM, Saturday – 10:00 AM to 2:00 PM, Closed Sunday (hrs subject to change)



## **Activities In Our Region** *(continued)*

### **Museum Passes** *(continued)*

#### **Discounted Admission Passes**

- **Blithewold Manor, Gardens & Arboretum, Bristol RI**  
Admits up to 6 people: Adults \$8.50, Youth (6-17) \$3.00. Open in April through October, Tuesday – Sunday.
- **Connecticut Science Center Hartford CT**  
Library pass provides 20% off general admission for up to four people.
- **Mystic Seaport Museum, Mystic CT**  
One Library pass for each day of the week, 50% off full price admission for up to 2 Adults and 3 Children ages 4-17, on the day of the week printed on the pass. Children under 4 are free.
- **Niantic Children Museum, Niantic CT**  
Admits up to 4 people ½ price.
- **Roger Williams Park Zoo, Providence RI**  
Pass valid from March – December  
\$4 off each paid admission ticket for up to 4 tickets. Redeemable in-person or online. **To purchase timed entry tickets online visit the website by pressing Ctrl+ Click on [www.rwpzoo.org/tickets](http://www.rwpzoo.org/tickets).**

#### **Free Admission Passes**

- **Connecticut's Old State House Hartford CT**  
Free admission for up to four visitors
- **Connecticut River Museum, Essex, CT**  
Free Admission for 2 adults and their children or grandchildren under the age of 18.
- **Connecticut State Parks Pass**  
The pass covers the entrance fees to the historic buildings at **Dinosaur State Park, Rocky Hill, Gillette Castle State Park East Haddam & Fort Trumbull State Park in New London**. Pass waives fees for 2 adults and 4 children, 12 and under.  
Tickets are required for all visitors entering the castle, regardless of age. Tours can accommodate a maximum of 12 visitors at a time and tour tickets often sell out in advance. **To reserve tickets for tours online visit the website by pressing Ctrl+ Click on [www.connecticutstateparks.reserveamerica.com](http://www.connecticutstateparks.reserveamerica.com)**
- **Denison Pequotsepos Nature Center Mystic, CT**  
Allows free admission for up to five people.
- **Custom House Maritime Museum, New London CT**  
Pass allows two free admissions. Open year-around, Wednesday – Sunday 1:00 PM to 5:00 PM, and Saturday 10:00 AM to 5:00 PM. Closed Monday & Tuesday.
- **Florence Griswold Museum, Old Lyme CT**  
Admits 2 adults and 2 children (18 & under) into the museum.
- **Lyman Allyn Art Museum New London, CT**  
Admits 2 Adults & 2 Children 12 and up. Children under 12 are always free.
- **New Britain Museum of American Art, New Britain, CT**  
Free admission for 4 people Closed Monday and Tuesday.
- **Slater Memorial Museum, Norwich CT**  
Each pass will allow free admission for one group of up to 5 people.
- **Wadsworth Atheneum Museum of Art, Hartford CT**  
Free general museum admission for 2 adults, age 18 & up Youth 17 & under are free.
- **New Membership discount Mystic Aquarium Membership Discount coupon Mystic CT**  
Borrow the library coupon for 15% off a Mystic Aquarium Membership Not valid for admission discount.

#### **Museum Pass Rules**

- Passes are available on a first come, first serve basis.
- Passes circulate for 3 days Overdue fines on passes are \$1.00 per day.
- No holds, reserves or renewals allowed.
- Only one pass at a time per family.
- Passes must be returned directly to the circulation desk. ***Please do not place in the book drop***

***Please check each museum's website for more information & current hours of operation before visiting. Hours subject to change.***

## [Activities In Our Region](#) *(continued)*

### **Goodspeed Opera House**

**Upcoming Events at The Goodspeed Opera House** (6 Main Street, East Haddam)

- **"Jesus Christ Superstar"** – April 17<sup>th</sup> – June 7<sup>th</sup>
- **"Crazy For You"** – June 19<sup>th</sup> – Aug 9<sup>th</sup>
- **"The Snow Goose"** – August 28<sup>th</sup> – October 18<sup>th</sup>
- **"Annie"** – October 30<sup>th</sup> - December 27<sup>th</sup>

Check the website for times and tickets by pressing Ctrl+ Click on <https://www.goodspeed.org/>

### **Ivoryton Playhouse**

**Upcoming Events at The Ivoryton Playhouse** (103 Main Street, Ivoryton)

- **"I'm Connecticut"** – March 26<sup>th</sup> – April 19<sup>th</sup>
- **"Lady Day At Emerson's Bar And Grill"** – May 7<sup>th</sup> – 31<sup>st</sup>
- **"1776"** – June 25<sup>th</sup> July 26<sup>th</sup>
- **"Come From Away"** – August 6<sup>th</sup> – September 6<sup>th</sup>
- **"A Piece Of My Heart"** – October 1<sup>st</sup> – 25<sup>th</sup>
- **"Playhouse Holiday Jamboree"** – November 19<sup>th</sup> – December 20<sup>th</sup>

Check the website for times and tickets by pressing Ctrl+ Click on <https://www.ivorytonplayhouse.org/>

### **Niantic Bay Playhouse**

**The Niantic Bay Playhouse** (279 Main Street, Niantic)

- **"Legally Blonde Jr"** – March 13<sup>th</sup> – 15<sup>th</sup>, and March 20<sup>th</sup> – 22<sup>nd</sup>
- **"Little Shop Of Horrors"** – April 25<sup>th</sup> – 26<sup>th</sup>, April 30<sup>th</sup> – May 3<sup>rd</sup>, and May 7<sup>th</sup> – May 10<sup>th</sup>
- **"Barefoot In The Park"** – May 29 – 31<sup>st</sup>, June 5<sup>th</sup> – 7<sup>th</sup>, and June 11<sup>th</sup> – 14<sup>th</sup>
- **"Anastasia"** – July 16<sup>th</sup> – 19<sup>th</sup>, July 23<sup>rd</sup> – 26<sup>th</sup>, and July 30<sup>th</sup> – August 1<sup>st</sup>
- **"To Kill A Mockingbird"** – October 9<sup>th</sup> – 11<sup>th</sup>, October 15<sup>th</sup> – 18<sup>th</sup>, and October 23<sup>rd</sup> – October 25<sup>th</sup>
- **"A Christmas Carol The Musical"** – December 4<sup>th</sup> – 6<sup>th</sup>, December 10<sup>th</sup> – 13<sup>th</sup>, and December 17<sup>th</sup> – 20<sup>th</sup>,

Check the website for times and tickets by pressing Ctrl+ Click on [nianticbayplayhouse.org/](http://nianticbayplayhouse.org/).

## [Senior Centers / Activities Available to Salem Residents](#)

### **Colchester Senior Center News**

Yearly dues of \$15 which will get you on their newsletter e-mail list and provide you the ability to participate in any of their activities. **They are at their new location 15 Louis Lane, Colchester, CT 06415. Phone: 860-537-3911.**

**The NEW Colchester Senior Center is now open, come check it out!**

**To check out their newsletter, click on: [colchesterct.gov/senior-center/pages/newsletter](http://colchesterct.gov/senior-center/pages/newsletter)**



### **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.**

**<https://mycommunityonline.com/organization/east-lyme-courier>**



Short Sleeve, Crew Neck (50/50 cotton/poly)

Color: True Royal      Light Blue\*

Size: S    M    L    XL    2XL    3XL    4XL    5XL    6XL

Price: S-XL (\$10.75), 2XL (\$12.50) 3XL-6XL (\$15.75)

Total Shirts Ordered: \_\_\_\_\_ Amount Due: \_\_\_\_\_

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Short Sleeve, V Neck (65/35 poly/cotton)

Color: True Royal\*      Aquatic Blue

Size: XS    S    M    L    XL    2XL    3XL    4XL

Price: XS-XL (\$11.75), 2XL (\$13.50) 3XL-4XL (\$15.25)

Total Shirts Ordered: \_\_\_\_\_ Amount Due: \_\_\_\_\_

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Long Sleeve, Crew Neck (50/50 cotton/poly)

Color: Royal\*      Light Blue

Size: S    M    L    XL    2XL    3XL    4XL    5XL    6XL

Price: S-XL (\$15.25), 2XL (\$16.75) 3XL-6XL (\$18.25)

Total Shirts Ordered: \_\_\_\_\_ Amount Due: \_\_\_\_\_

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Long Sleeve, V Neck (50/25/25 poly/cotton/rayon)

Color: Navy Frost\*      Maritime Frost

Size: XS    S    M    L    XL    2XL    3XL    4XL

Price: XS-XL (\$15.25), 2XL (\$17.25), 3XL (\$20.25), 4XL (\$22.25)

Total Shirts Ordered: \_\_\_\_\_ Amount Due: \_\_\_\_\_

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Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Total Due: \_\_\_\_\_

**Checks Payable to:  
Salem Seniors**