

SALEM CT SENIORS

NEWSLETTER

FOLLOW US ON Facebook: [SALEM CT SENIORS](#)CONTACT US: email address: salemctseniors@gmail.comVisit our website at: www.salemctseniors.org

What's Inside

Membership Meeting -----	p 1
Birthdays -----	p 1
Seniors News-----	pp 1-4
SSG June Calendar	
At A Glance -----	p 5
Health and Wellness-----	p 5
Community News -----	pp 5-17
Public Town Meetings -----	p 17
Photos From Recent	
SSG Activities -----	p 18-19

SENIOR INFORMATION AND SERVICES

Future Fundraisers -----	p 21
Salem Rec Calendar	
At A Glance-----	p 21
Health And Assistance-----	pp 21-23
News And Information -----	pp 23-25
Volunteer Opportunities ----	pp 25-26
Activities in	
Our Area-----	pp 26-27
Senior Centers/Activities Available to Salem Residents-----	p 28
Senior Sweatshirt/Huddie/Jacket Order Form-----	p 29

HUMOR & RIDDLES

A Little Humor-----	p 15
Riddle Me This-----	pp 17 & 19

Reminders

- **Annual Dues: \$10.00 are due NOW if you haven't paid yet.**
- **Senior Lunch: 1st & 3rd**
Tuesday 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 Membership Meeting

The August membership meeting will be Tuesday, August 11th at 10:30 AM at the Gardner Lake Volunteer Fire Co. Firehouse, 429 Old Colchester Rd.

The July monthly meeting was attended by 66 members.

The total membership is approximately 200 as of July.



August Birthdays

Doris Burr	Michael Dykas	Dennise Dube	James Moran
Rick Demers	Diana Hawes	Niki Johnson	Joseph Kanaby
Sharon Kanaby	Laura Lonardelli	Roger Loso	Alice Paulino
Deboah Fuller	Marsha Pelletier	Norm Rabe	Kim Siebert
Kathy Tourjee			

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

Salem Seniors News

Thank You:

- To Michelle Horan for organizing the mini golf outing (see pictures on p 18)
- Thanks to all who helped with the hot dog stand at the Christmas in July event.

Fundraising Committee Activities

- The **July Bake Sale** raised \$97.00.
- **The July 50/50 Raffle** raised \$40 for the Seniors.
- **The 2026 Fundraiser Schedule:** see the *Future Fundraisers Section of the Information and Services section (page 19) of the newsletter.*
- The August fund raiser will be a **Car Care Basket** and the October fund raiser will be a **Baking Supplies Basket**. If you are interested in donating to a basket, please contact **Arlene Phillips at 860-373-3357**.

Brenda Holmwood Turned 86 In July

In honor of Brenda's 86th birthday please help Brenda collect 86 jars of Peanut Butter and Jelly for Care and Share. We will collect the donations at the next SSG membership meeting or you can drop off the donations in the box in the foyer of the Salem Free Public Library.

Salem Seniors News *(continued)*

Sunshine Club

The 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 need of assistance, please contact Buffy Lane at 860-859-1125.

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 or call 860-961-9173, or Kay Zak, e-mail: 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, or call 860-889-3989.

Game Night in the Daylight

Game Night in the daylight is cancelled until further notice.

“Song Circle”

WHEN: *Every other Wednesday of the month.*

The next circles are August 5th and August 19th 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: *September 2nd, September 16th and September 30th. If you have questions, please call: Gary Closius 860-961-9173.*



Miniature Golf

New Item

The Seniors are planning a miniature golf outing.

When: *Friday, August 14th at 10:00 AM. Rain or extreme heat date: Friday, August 21st*

Where: *Knolls & Holes Miniature Golf at Camp Odeta, 38 Bozrah St. Extension #1300, Bozrah, CT*

Cost *\$10.00, \$8.00 per player for groups of 10 or more (pay at the door).*

If you are interested RSVP Michelle Horan at 860-303-5023 or e-mail at: horan.micheller@gmail.com.



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.

Cribbage starts at 12:30 PM and we also have *Wii Bowling* available.

If you are interested or have questions, please contact Elizabeth (Buffy) Lane at 860-859-1125.



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

WHEN: 2nd & 4th Thursday of each month; the next games are August 13th & 20th.

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 6th 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**, or

Michelle at: 860-303-5023 or e-mail: horan.micheller@gmail.com.

Block Island Dinner and Cruise

WHEN: Thursday August 6th, the boat leaves dock at 3:10 PM and will return approximately 8:10 PM

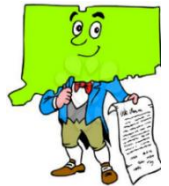
WHERE: Block Island Ferry, 2 Ferry St. New London, CT. Dinner location: TBD

COST: \$34.00 plus, Dinner at your cost. Please make checks payable to Salem Seniors and mail to Kay Zak, 294 Hartford Road, Salem, CT 06420

**Be A Tourist In Your Own State!!!****updated**

How many times have you just wondered what wonderful things are right here in CT to visit. Did you know there are 169 towns in CT! The rules are simple; to qualify you must visit a place in the town you visit. Mark the date and location on the log sheet. Log sheets can be found at the end of the April 2026 newsletter, and will be available at the monthly SSG membership meeting.

https://www.salemct.gov/sites/g/files/vyhlf4966/f/uploads/4_april_newsletter_2026_final.pdf.



Tips on things/places in CT to visit (see page 8). Visit as many or as few as you wish. But most the most important rule of all is to **HAVE FUN BEING A TOURIST IN YOUR OWN STATE!!**

Share places you have been and we will post for others to visit in future newsletters.

America's 250th Anniversary Celebration

Salem is holding a town wide picnic to celebrate America's 250th Anniversary. (see page 6 for details). The SSG will have a potluck picnic table at the picnic for our seniors to enjoy. The SSG will also have a hot dog booth with hot dogs, soda and chips for a donation. The money earned will go to the Town to help with the America's 250th Anniversary celebration costs. If you would like to help with the booth please contact **Kay Zak, e-mail: kayzak@hotmail.com, or call 860-889-3989.**

**Salem Seniors Group Website**

The Salem Seniors Group (SSG) website, www.salemctseniors.org is up and running, so, take a moment and have a look.

Sabino Steamboat Cruises**Updated**

Due to the bad weather the cruise on the Sabino Steamboat will be rescheduled.
Stay tuned for more information.

EVENT CANCELLED

Salem Seniors News *(continued)*

Senior T – Shirts, & Sweatshirts & Jackets For Sale

The "Salem Seniors on the go" T-Shirts will again be available for purchase.

There will not be any T-Shirt samples available at the July and August membership meetings so, check out anyone who is wearing a SSG T-Shirt for size. See the order form at the end of this newsletter for available sizes, & prices. The chart to the right shows the color choices.

NEW – Sweatshirts, Hoodies and Jackets will be available. See sizes, colors and prices below. Mary Cikatz will have some samples at the July and August membership meetings.

Size, price, and color chart for Sweatshirts, Hoodies and Jackets:

- **Sweatshirts**, in sizes S – 4XL, prices range from \$22.00 to \$26.50, color: Royal.
- **Zippered Hoodies**, in sizes S – 6XL, prices range from \$38.25 to \$47.75, color: Royal.
- **Pullover Hoodies**, in sizes S – 6XL, prices range from \$27.75 to \$37.00, color: Royal.
- **Jackets**, sizes S – 6XL, prices range from \$37.00 to \$48.75, color: True Royal.

Mary Cikatz will place the order in the fall. Please get your order in ASAP. There will be "fall" attire available with this order. If you have any questions, contact Mary Cikatz at salemctseniors@gmail.com.



Salem Seniors Group Website

The Salem Seniors Group (SSG) website, www.salemctseniors.org is up and running, so, take a moment and have a look.

SSG June Calendar At A Glance

Date To Be Announced	Game Night In The Daylight is cancelled until further notice.
Saturdays starting June 27 th	Free Veggies , 89 Norwich Rd./Rte. 82 Salem Community Park Pavilion 9:00 AM No Early Birds
Fridays starting, July 3 rd	Bozrah Farmers Market , July 3 rd thru October 9 th , 4:00 PM to 7:00 PM
Tuesday, August 4 th	Senior Lunch , at 2Brothers Pizza Restaurant
Wednesday, August 5 th	Song Circle , at 12:30 PM at the SVFC fire house
Tuesday, August 11 th	SSG Membership Meeting , at the 10:30 AM at the GLVFC fire house
Thursday, August 13 th	BINGO , at 12:30 PM at the SVFC fire house
Friday, August 14 th	Mini Golf , at Camp Odetah, 38 Bozrah St. Extension #1300, Bozrah
Tuesday, August 18 th	Senior Lunch , at 2Brothers Pizza Restaurant
Wednesday, August 19 th	Song Circle , at 12:30 PM at the SVFC fire house
Thursday, August 20 th	Concert , at Pavilion Route 82 " <u>Branded Country That Rocks</u> "
Thursday, August 20 th	BINGO , at 12:30 PM at the SVFC fire house (<i>note the date change</i>)
Tuesday, August 25 th	Veterans' Coffee House , picnic at the Sna-Z-Spot at 5:00 PM, weather back-up, GLVFC firehouse
Saturday, August 29 th	250th Celebration , 89 Norwich Rd./Rte. 82 Salem Community Park Pavilion 11:00 AM – 4:00 PM

GLVFC (Gardner Lake Volunteer Fire Co.), SVFC (Salem Volunteer Fire Co.)

Health And Wellness

Blood Drive

(Updated)



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

WHEN: *Tuesday August 11th, from 1:00 PM – 6:00 PM.*

WHERE: *Christian Community Center, 249 Hartford Road, Salem*

Schedule your appointment by calling: **1-800-Red Cross (1-800 733-2767)** or visit 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.

Blood Pressure Check

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

988 Life Line

If you need to talk, the 988 Lifeline is here. The 988 Lifeline is available 24/7/365. Your conversations are free and confidential. (Visit their website at: <https://988lifeline.org/>) (See the Health And Assistance section page 21) of the Senior Information And Services section of the newsletter for more information)

211 Infoline Help

211 is a free, confidential information and referral service that connects people to essential health and human services 24 hours a day, seven days a week online and over the phone. (See the Health And Assistance section page 22) of the Senior Information And Services section of the newsletter for more information)

Important Senior Services

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

(See the Health And Assistance section pages 14-17) of the Senior Information And Services section of the newsletter for more information)

Community News You Can Use

Bozrah Farmers Market

WHEN: *Fridays from 4:00 to 7:00 PM*

WHERE: *45 Bozrah St, Bozrah*

2026 Vendors

Beach Buns	Killam & Bassette Farmstead, LLC	Log Cabin Quilts	Them Nuts
Dude's Donuts CT LLC	Lemon Twist Lemon Aid	Munchies Food Truck	Thirsty Cactus
Fenner Forest Farm	Moonstone Teas and Botanicals	Paradis Pastries	Treatzles Pet Treats
Granny's Pie Factory	No Cows Harmed	Rare Breed Cheese	Whisktopia LLC
Holy Cannoli	Spray paint Art by Cowboy	Red Horse Pottery	Whoopies 'n Cream
Jeff's Kettle Corn	Whisk Together Catering	Red Lion Burger	Wilkinson Farm

The Farmers Market runs from July to October. Look in our July newsletter for details.



Community News You Can Use *(continued)*

America's 250th Anniversary Celebration, August 29th

**Come Join Your Friends And Neighbors For The
Town of Salem 250th Celebration Community Picnic!**

WHEN: August 29th, from 11:00 AM to 4:00 PM

WHERE: Salem Community Park, 89 Norwich Road/Route 82

**Music, Food Trucks, Dog Show, Dunk Tank, Bounce House,
Yesteryear Car Club Of Oakdale, and more!**

Salem Seniors selling hot dogs, snacks and drinks for a donation to fund a drone show in October!

Plus, Commemorative Tote Bags, Coins and Tie Dye 250th T-Shirts!

Decorate your picnic table and win a prize!

Bring your own picnic or partake in the food trucks.

Come celebrate our country's 250th, have fun, and support Salem!

Kindly bring a nonperishable food item for Care & Share Food Pantry.

The Town of Salem Celebrates America's 250th Anniversary

To commemorate America's 250th anniversary the Town of Salem is selling commemorative bags and coins. The bags are \$5.00 each and the coins are \$10.00 each with the proceeds going toward funding the drone show at the finale celebration in October. Supplies are limited so get them before they are gone.



SSG Supports Salem's Celebration Of America's 250th Anniversary

The SSG has been and will continue to run a free for a donation hot dog, drink and snack booth at various events to raise money for a drone show in October as the finale for Salem's celebration of America's 250th anniversary. Additionally, they SSG will also be selling the bags and coins mentioned above at various events. The proceeds will go to help fund the drone show. We are over 1/2 way to the finding goal of \$15,000. Every dollar counts so please help the SSG support the Town of Salem and help fund the drone show.

• Salem Concerts

WHERE: 89 Norwich Road (Route 82) At the Pavilion

WHEN: Thursdays, 6:00 PM

DATES

August 20th

BAND

Branded Country That Rocks

FOOD TRUCK

OZ n BONES

Bring a lawn chair and a friend.

Special thanks to our sponsors: Sid's Auto Sales, RADCOR, LLC, Anonymous Sponsor



Community News You Can Use (continued)

East Lyme Concerts

WHERE: McCook Point Park, 8-10 Atlantic Street, Niantic

WHEN: Wednesdays, 6:00 PM to 8:00 PM

Fridays, 6:00 PM to 8:00 PM



ON THE BEACH

<u>DATES</u>	<u>BAND</u>
August 5 th	Low Tiders
August 12 th	3 Hours Later
August 19 th	Boat House Blued Band
August 26 th	Five Bean Row

AT THE BANDSHELL

<u>DATES</u>	<u>BAND</u>
August 7 th	Nightshift
August 14 th	Chis Marra Band
August 21 st	Shaded Soul Band
August 28 th	Rusty Nutz

Grab your beach chairs and see you at McCook's!!

Additional Free Concerts/Performances In The Area (continued)

› Blues Connection Band

WHEN: Thursday, August 6th, 6:00 – 8:00 PM

WHERE: Colchester Town Green



• Play Of The Month – Matinees

› GOODSPEED OPERA HOUSE

6 Main Street, East Haddam

“Snow Goose A New Musical”

Saturday, September 5th, 12th, or 19th

Tickets: Orchestra: \$79 – \$92,
Balcony \$47: – \$92



› NIANTIC BAY PLAYHOUSE

279 Main Street, Niantic

“To Kill A Mockingbird”

Sunday, October 18th or 25th

Tickets: \$25–\$30

› NIANTIC BAY PLAYHOUSE

279 Main Street, Niantic

Saturday, December 5th, 13th, or 19th

“Christmas Carol The Musical”

Tickets: \$25–\$30

› CHESTNUT STREET PLAYHOUSE

24 Chestnut Street, Norwich

Sunday, November 1st or 8th

“Carrie The Musical”

Tickets: \$30–\$35

› CHESTNUT STREET PLAYHOUSE

24 Chestnut Street, Norwich

Sunday, December 13th, or 20th

“The Game's Afoot: Holmes for the Holidays”

Tickets: \$25–\$30

For more information contact Raine Spiegel: Phone: 860-918-7631, or email: ljspiegel@yahoo.com.

Community News You Can Use *(continued)*

Places to Visit in our own State



- **East Haven – Shoreline Trolley Museum, 17 River St, East Haven CT, Phone 203 467-6927**

Shoreline Trolley Museum at Sprague station. A journey on the **Shoreline Trolley**, one of the oldest continually running suburban trolley lines in the USA. The museum has 100 vintage trolleys. Ride the oldest continuously operating suburban trolley line in the U.S. and explore the history of electric rail transportation.

Best time to visit: Fall for the most scenic trip. **Fee:** Adults 16.00, Children 2-15 \$10.00, Seniors 62+ \$15.00, Children under 2 free.

- **Westport – Westport Country Playhouse, 25 Powers Ct, Westport CT Phone: 203 227-4177**

An historic theatre known for a mix of classic and new plays, musicals, concerts with high-caliber actors often with Broadway level talent. The Playhouse is a non-profit that produces theater from playwrights, actors, directors, and designers of all backgrounds, while entertaining audiences and exploring human and societal issues along the way. Plays run June – December. Outside the playhouse campus is free to visit. Ticket prices vary on production and seat location. The location also has a restaurant.

Click [HERE](#) to see the theatre's show schedule or visit their website at:

<https://www.westportplayhouse.org/whats-on/>.

New CT Law

(updated)

The new law requires that all unregistered vessels being used on Connecticut waters including kayaks, canoes, standup paddleboards, small sailboats, and rowboats be marked with or have attached to it current and valid contact information for the owner of such vessel. The law was designed to help save lives, recover missing property, and reduce the time, effort and resources expended on non-emergency search and rescues.

The town hall exhausted their supply in one day.

Don't risk a fine. Failure to comply may result in a \$120.00 fine.

- **Display Rules:**

- ▶ **What to display:** The owner's name and at least one phone number (officers recommend listing two numbers in case your primary phone is damaged or lost in the water).
- ▶ **How to display:** Information must be printed on or firmly attached to the vessel using a legible, waterproof method or a specialized weatherproof sticker.
- ▶ **Placement:** The contact details should be put in a visible, weather-protected area on the craft.
- ▶ **Getting a label:** You can write your own waterproof tag or request a **FREE "If Found"** sticker online by clicking [HERE](#) or by visiting the [CT DEEP "If Found" Sticker Resource Page](#), or emailing the Boating Division at deep.boating@ct.gov. Include the number of stickers you need and your mailing address.

- **What is current and valid contact information?**

- ▶ **Name.** If you do not want to provide your full name, either first **OR** last is acceptable.
- ▶ **Two phone numbers.** Two phone numbers are highly recommended. In the event your phone loses power, service, or goes overboard, first responders can call a secondary contact to determine if a search and rescue operation should be commenced.
- ▶ **Conservation ID number.** A Connecticut Conservation ID Number is a unique and permanent number that is assigned to you by the Connecticut Online Sportsmen Licensing System. This is the number associated with your Boating Certificate, Connecticut Hunting License, or Fishing License. If you wish to have a free Conservation ID Number assigned, please go to the **Online Sportsmen Licensing System** and request a Boating Certificate, CT Hunting or Fishing by clicking [HERE](#) or visit <https://portal.ct.gov/-/media/deep/boating/directionsonhowtoobtainaconservationidnumber.pdf?rev=67b538e2a7c5498db5905c0b8081223d&hash=C4BA97A8C69BDA67C30B352EF58C60E4> or follow these instructions by clicking [HERE](#) or visiting the following website: <https://ct.aspirafocus.com/internetsales>.

Community News You Can Use *(continued)***19th Annual Mitchell Farm Music Festival.****WHEN:** September 18th, 19th, & 20th**WHERE:** 300 East Haddam Rd, Salem, CT

Experience the Magic of Live Music At Mitchell Farm!

*You can't beat the energy generated by hundreds of people sharing the experience of LIVE 70's music surrounded by peaceful grazing horses.***Friday at 7:00 PM****Jon Pousette-Dart****Acoustic Duo****Saturday at 2:30 PM****Laurel Canyon Band****Broken Arrow****Sunday at 2:30 PM****Mystic Dead****Discounted Advance Tickets****ON SALE NOW! at www.mitchellfarm.org***Special Discount For SSG Members, \$25 For Each Show.**Contact Kay Zak: email: kayzak@hotmail.com, or call 860-889-3989.**Gates open at 1:30 PM. Music begins at 2:30 PM.**Bring a blanket or lawn chair! Bring a picnic if you like.**B.Y.O.B. Tented event! Please, NO DOGS.**Rustic StrEats food truck on-site Sat & Sun.,**The Grill by Kay on Fri.**Net proceeds support the horses & donkeys retired to Mitchell Farm.
Mitchell Farm is a non-profit 501(c)3 equine sanctuary.**Thanks to our sponsors (so far)!**Pasta Vita, Reynolds Subaru, Humble Utopia**For information on becoming a sponsor
contact Dee at: email dee@mitchellfarm.org,
visit the website: <https://www.mitchellfarm.org>
or call: (860)303-8705***NOTE:** *If you have signed up with Kay Zak to attend, please contact her to re-sign up as the list has been lost.**Kay can be reached at, phone: 860-889-3986, e-mail: kayzak@hotmail.com.*

Community News You Can Use *(continued)*

New CT Law

(updated) *(continued)*

- ▶ **Address.** An address can be extremely helpful in the event first responders are unable to make contact via phone, but please take care to guard your privacy where possible (see below).
- ▶ **Privacy Concerns:** The CT DEEP understands that privacy is a concern for some persons. It is recommended you place your information in the interior space of your vessel if feasible. The priority is for information to be legible and readily available to first responders. The use of the Conservation ID number can provide better privacy than name and phone number but may delay response time for rescue.
- **FYI,** Connecticut law requires there be a properly fitting life jacket for everyone onboard a manually propelled vessel at all times. It also requires:
 - ▶ All children less than thirteen years of age must wear a properly fitting lifejacket at any time during the year; Between October 1st and May 31st, all adults must wear a properly fitting life jacket while onboard a manually propelled vessel.

Around Town

• **Fire Marshal's Office**

- | | |
|--|--|
| <ul style="list-style-type: none"> - On-going new Career staff training - New London County Fire Marshal's training seminar - Safety Committee meeting - Fire Marshal Online Continuing Education Training – T. Main | <ul style="list-style-type: none"> - Interview Part-time Career staff candidate. - Blasting Permit 249 Rattlesnake Ledge Rd - Driver training with career staff - Fire Marshal Continuing Eastern CT Fire School – T. Main |
|--|--|

• **Calls For The Month of July**

- Fire	3	- Non-Emergency	6
- Hazards	19	- Public Service	5
- Medical	47	- Rescue	1

TOTAL: 81--

• **Station Report Details**

- Station 21*	4
- Station 27**	14
- Town of Salem	63

TOTAL: 81

* Salem Volunteer Fire Co.

** Gardner Lake Volunteer Fire Co.

• **Mutual Aid Given For The Month of July**

- Bozrah Volunteer Fire Co,	5	- Lebanon Volunteer Fire Company	1
- Colchester Hayward Fire Dept.	17	- Oakdale Volunteer Fire Company	1
- East Haddam Fire Dept.	4	- Montville	1

TOTAL: 29

• **Salem Resident State Trooper & Colchester Troop K**

During the month of March, the Salem Resident Trooper as well as Troop K Troopers responded to **137** calls for service In the Town of Salem. Calls of interest: are:

- Administrative	5	- Debris	5	- Escape Response	0
- Alarm	11	- Patrol Check	24	- Trespassing	0
- Criminal Mischief	0	- Domestic	0	- Crash	10
- Assault	0	- Larceny	0	- Narcotics	0
- Community Engagement	0	- Disturbance	0	- Untimely Death	0
- Medical Assist	2	- Assist Citizen	9	- Officer Initiated	80
- Motor Vehicle Theft	0	- OUI	0	- Non LAH Traffic Stops	25
- Burglary	0	- Suspicious Incident	0	- Weapons Offense	0

TOTAL CALLS FOR SERVICE: 171

Community News You Can Use *(continued)*

Around Town *(continued)*

• **Emergency Management**

- Heavy rain caused the Tower inspections scheduled for July 29th to be rescheduled to August 11th.
- The Starlink satellite communications system was activated on July 28th and is up and running. The receipts will be submitted to the State for reimbursement.
- The State's EPPI (disaster drill) is scheduled for September 1st at 6:00 PM at Town Hall. The invitations have been sent via e-mail. The State has informed us that drill scenario will be a flooding event along with everything which comes with it. The drill is expected to last for approximately four hours.

• **Public Works**

- Heavy rain, wind events in early July caused downed trees across roads & power lines, road wash-outs on the South-West side of town requiring clean up by Public Works.
- Two Heavy of the rain events in July required visual bridge inspections to be conducted with photos sent to the First Selectwoman's Office.
- Christmas in July set up and take down was completed,
- New catch basins needing replacement were completed on roads being Chip-Sealed.
- Liquid Organic Fertilizer was applied to Bingham field as well as all other sports fields.
- The road Chip-Sealing contractor applied rubberized Chip-Seal to 5 miles of town roads. The application of product to roads went well. The roads completed for to date are: Harris Road, Harris Road Ext., Salem Hollow Road, Old Colchester Road, Lakeview Avenue, Clark Lane, Forest Drive, Tamarac Place, Sullivan Road, Pleasant View Road, Pleasant Hill Road, and Bayberry Place.
- Training of Construction Zone and Flagger Training Certification completed by all full-time Public Works Employees.
- Grass cutting and trimming on-going at all Sports fields, Pavilion and Town Hall complex as needed.

The Southeastern CT Regional Resources Recovery Authority (SCRRRA)

SCRRRA is the waste management and recycling authority for the 12 member municipalities.

For the schedule of collection events, participation protocol, and a listing of acceptable and unacceptable items and limits see page 23 of the Senior Information And Services section of the newsletter.



Salem Free Public Library (SFPL)

• **Library News – July**

- › The library hosted 5 storytimes and 5 drop-in play groups for the month. There were a total of 131 attendees for the storytimes and a total of 70 attendees for the drop-in playgroups.
- › The library distributed 100 take-and-make kits for the month. The library also distributed 40 patriotic pinwheels and 84 history books for children donated from Salem School.
- › During the library's Summer Reading Program, there is a Scavenger Hunt happening that will last the duration of the Summer Reading Program. The theme is Plant a Seed, Read. Participants will win a prize if they complete the scavenger hunt. There have been 121 participants since the program began on June 22nd.
- › Thursday, July 9th, Library Assistant Hannah Kogut held a still life art class. There were 4 participants.
- › On Friday, July 10th, the library hosted calligrapher Debby Reelitz for the program Learn to Write Like Thomas Jefferson. Participants were able to use a variety of tools to craft calligraphy. There were 15 participants.

Community News You Can Use *(continued)*

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

• **Library News – July** *(contained)*

- › On Saturday, July 11th, Library Programming Assistant Hannah Lynch held a watermelon tie-dye program. There were 31 participants.
- › On Wednesday, July 15th, Master Wildlife Conservationist (with CT DEEP) Paul Colburn presented on Providing Habitat for Connecticut's Wildlife. There were 10 participants.
- › On Thursday, July 16th, Library Director Shannon Henson held a program to make snow in the summer time. Participants were able to use science to create "snow" in July. There were 7 participants.
- › On Saturday, July 18th, presenter Matt Yanarella held a program called Crash Course Cooking: Pizza. Participants made pizza from scratch and then the pizzas were cooked outside. This program was full with 21 participants.
- › On Thursday, July 23rd, presenter Deb Drennen held a program to teach participants how to stitch applique on a tote bag. There were 5 participants.
- › On Friday, July 24th, Library Programming Assistant Hannah Lynch held a potato chip tasting program. Participants were able to taste chips in a wide variety of flavors from lemonade, bacon grilled cheese, Maui onion, and BBQ just to name a few! There were 16 participants.
- › On Saturday, July 25th, Leslie Collins from Collins Farm presented a program on building your own bouquet. Collins Farm provided all the flowers for the program. This program was full with 15 participants.
- › On Friday, July 31st, Library Assistant Veronique Chechile held a Stuffed Animal Sleepover. There were 24 participants and an adorable reel of photos on Facebook!

• **Library Building And Collection:**

- › The library staff have started setting up for Summer Reading Program. The program began on June 22nd and run until August 8th. The theme this summer is Plant a Seed, Read. Registration began on June 22nd. There are 154 patrons registered so far!
- › There are 40 prizes for patrons to submit raffle tickets for (and win) for our Summer Reading Program.
- › The library continues to provide a meeting space for various groups in the community. Every month we have an adult book club and a middle school book club meet. On a weekly basis the library provides space for a knitters group, a seniors group, and a quilters group to meet.
- › Most recently there is a group learning to play Mahjong at the library on select Friday afternoons. Friday, July 31st, there were 5 participants.

• **In July, the SFPL served 2,102 patrons & provided 76 patrons with technical help.**

• **News& Events**

- › **Books in the Afternoon Book Club; Thursday, August 27th, at 1:00 – 3:00 PM.**
"Our Missing Hearts" by: Celeste Ng.

Twelve-year-old Bird Gardner lives a quiet existence with his loving father, a former linguist who now shelves books in a university library. His mother, Margaret, a Chinese American poet, left without a trace when he was nine years old. He doesn't know what happened to her—only that her books have been banned—and he resents that she cared more about her work than about him. Then one day Bird receives a mysterious letter containing only a cryptic drawing, and soon he is pulled into a quest to find her. His journey will take him back to the many folk tales she poured into his head as a child, through the ranks of an underground network of heroic librarians, and finally to New York City, where he will learn the truth about what happened to his mother and what the future holds for them both.

Adults over 18 are welcome. To join the group, e-mail Christine Murtha at: murthachristine@yahoo.com.

Community News You Can Use (continued)

SFPL (continued)

• **Museum Passes and Discounted Admission Passes**

The Library offers Museum Passes And Discounted Admission Passes to many of the museums in our state, visit the library, or go to the library website by clicking on: <https://www.salemct.gov/library/pages/museum-passes> to view the library website for the details on the passes available and pass availability. (see pages 25-26) of the Information and Services section of the newsletter for details).

• **Programs & Events To Enjoy With Your Grandchildren And Family**

- **Summer Storytimes**

WHEN: Every Wednesday
from July 1st thru
August 5th at 10:30 AM.
Beginning June 1st



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

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

- **SFPL Knitting Group**

WHEN: Every Thursday,
10:00 AM to Noon



Bring your knitting or crochet projects to
work on and chat with the group.

The group also works on items that will be for sale
during the holidays to support the Friends of the
Salem Free Public Library.

- **Take And Make Popsicle Stick Tractor**

AVAILABLE: August 3rd,

While supplies last.

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



- **Wee Wings**

Story Time with Small Raptors

Presented by Horizon Wings

WHEN: Saturday, August 8th, at 10:30 AM

The program will feature two small raptors along with
a story that teaches children what to do if they find a
baby bird. This 30-to-40-minute program is suitable
for ages 3-7 with a parent or caregiver

Limited to 40 participants

Call 860-859-1130 to register

(Sponsored by the Carol Eckart & Carl Nawrocki
Memorial Summer reading fund)



- **Drop-in Play Group**

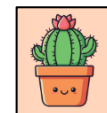
WHEN: Every Wednesday after
Storytime, from 11:00 AM – Noon.



Stop by for a drop-in playgroup for children and
their caregivers! Our playroom offers a
welcoming space to have fun, explore, and learn
together. Have the chance to make new friends,
learn through play, and build early literary skills.

- **Rock Cactus Garden**

WHEN: Saturday, August 1st,
at 11:00 AM



Learn how to turn simple river rocks into cacti!
Limited to 10 participants, ages 10 and up.

Call 860-859-1130 to register

(Sponsored by the Carol Eckart & Carl Nawrocki
Memorial Summer reading fund)

- **Horizon Wings**

A case of mistaken Identity

WHEN: Saturday, August 8th,
at 11:30 AM



Explore the defining features of certain
raptors and other birds most commonly mistaken for
one another. Includes a Crow and a Raven, a Barn
and Barred Owl and possibly two other birds.

Limited to 40 participants ages 8 to adult

(Sponsored by the Carol Eckart & Carl Nawrocki
Memorial Summer reading fund)

- **The History of Rock and Roll**

WHEN: Wednesday, August 12th,
at 6:00 PM

**Presented by Ronn Nagel president of
the Connecticut Record Club**



Ron will talk about the early beginnings of rock and
roll from the 1950's to the British invasion of the
Beatles in the 1960's and beyond, including some
musical excerpt to enhance his presentation.

To register call 860-859-1130

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

Community News You Can Use (continued)

Salem Free Public Library (continued)

• **Programs & Events To Enjoy With Your Grandchildren And Family** (continued)

- **American Doll Picnic**

WHEN: August 15th,
at 11:00 AM – 12:30 PM

Beverages and dessert provided along
with a craft for your doll.

Please bring your favorite doll, a picnic blanket
and bagged lunch.

Limited to 20 participants ages 5 through 12

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



- **Colonial Cooking**

Demonstration & Tasting

WHEN: Saturday, August 29th,
at 11:00 AM



Presented by: Matt Yanarella of MY Productions

A cooking demonstration and tasting of
Johnny Cakes, apple fritters, and succotash
a Native American dish.

Includes a discussion of Sybil Luddington's ride,
the kidnapping of Chauncey Judd, &
CT's favorite son, Nathan Hale.

**Multigenerational program limited to
35 participants, ages 7 to adult.**

Call 860-859-1130 to register

Please note this is not a hands-on cooking class

(Sponsored by a stipend from the America 250 CT Commission and
CT Humanities & the Friends of the Salem Free Public Library)

- **Cookbook Club**

The Grace-filled Homestead Cookbook

Choose a recipe, make it, and bring it
with you to **Cookbook Club!**

When: Thursday, August 20th
at 5:00 PM



* **Copies of the Cookbook will be
available behind the circulation desk.**

Call 860-859-1130 to register

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

Salem Recreation Department

• **Salem Recreation 2026 Calendar**

For the complete **Salem Recreation 2026 Calendar** (see page 19) in the Salem Recreation Calendar section
of the Senior Information and Services portion of the newsletter).

• **Free Veggie Saturdays!** **NO EARLY BIRDS, PLEASE**

WHEN: Every Saturday Morning, 9:00 AM to 11:00 AM
beginning June 27th

WHERE: Salem Community Park Pavilion 89 Norwich Road (Rte. 82)

Bring proof of Salem residency, a bag and respect for the needs of others in our community.

Limit one bag per household. The garden is a volunteer run group. Volunteers are always welcome!
Let us know if you're interested in joining, contact the Rec. Commission at:

recreation@salemct.gov or 860-859-3678 x275



Community News You Can Use (continued)

Salem Recreation Department (continued)

- 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: Round Hill Road Tennis/Pickleball
Courts April through September

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

- FUN RUN Series
Is Back**



When: Tuesdays,
July 7th, 14th, 28th, & August 4th & 11th,
Check in begins at 5:00 PM
Beginners 1 mile walk/run at 5:30 PM
3-mile Fun Run at 6:00 PM

Where: Salem School, Bingham Field

To Pre-Register Click [HERE](https://www.salemct.gov/summerfunrunseriesregistration) to download the registration form, or visit the Rec Commission website at:
www.salemct.gov/summerfunrunseriesregistration

- 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

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

- 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

A Little Humor



What did the horse say after it tripped?
Why can't you hear a pterodactyl going to the bathroom?
What do you call an angry carrot?
Where do polar bears keep their money?
What would bears be without bees?
Why shouldn't you write with a broken pen?
Why can't you trust the king of the jungle?
What do sea monsters eat?
What do you call a sad strawberry?
Why are pirates called pirates?
What do clouds wear under their shorts?
How many tickles does it take to make an octopus laugh?
What's small and red and has a rough voice?
Why couldn't the bad sailor learn the alphabet?



Help! I've fallen and I can't giddy-up!
Because the "P" is silent.
A steamed veggie.
In a snowbank.
Ears.
Because it's pointless.
Because he's always lion.
Fish and ships
A blueberry!
They just ARRRR!
Thunder pants!
Ten-tickles.
A hoarse raddish!
Because he always got lost at "C."



Community News You Can Use (continued)

Salem Recreation Department (continued)

• Personal Euphoria Virtual Fitness Classes

Summer Classes

Pilates

Tuesday **July 7th – August 25th**
 6:00 PM to 6:45 PM
 Instructor: Allison (8 weeks)
 Cost: \$70

Core Strength

Thursday **July 9th – August 24th**
 6:00 PM to 6:45 PM
 Instructor: Rob (8 weeks)
 Cost: \$70

15 Min. HIIT

Wednesday **July 8th – September 2nd**
 No Class August 5th or 12th
 8:10 AM to 8:25 AM
 Instructor: Maggie (7 weeks)
 Cost: \$30

Cardio Strength

8:30 AM to 9:15 AM
Instructor: Maggie (7 weeks)
Cost: \$60

Fall Classes Begin September 15th

• Lake Compounce Good Any Day Tickets

Click [HERE](https://www.salemct.gov/sites/g/files/vyhlf4966f/uploads/2026_lake_compounce_calendar.pdf) for the 2026 Lake Compounce Calendar, or visit the Salem Rec. Commission website at:

https://www.salemct.gov/sites/g/files/vyhlf4966f/uploads/2026_lake_compounce_calendar.pdf

Although tickets apply to all normal days and hours of operation for Lake Compounce, to avoid disappointment due to weather or an unusual situation, you are urged to call ahead to confirm days and hours for your visit. No refunds will be given once tickets have been used.

Parking: \$10.00 per vehicle. Parking fee is subject to change. Fee is payable to Lake Compounce on the day of your visit.

NOTE: Lake Compounce is a cashless park only accepting electronic payments such as debit cards, credit cards, and mobile payments like Apple Pay and Google Pay. Guests will have free access to multiple easy-to-use Cash to Card Kiosks conveniently located throughout Lake Compounce. You can transfer your cash free of charge onto a card, use it throughout the park, and if you have money left over, use it anywhere else that cards are accepted.



Veterans' Coffee House

*** NOTE THE VENUE CHANGE ***

WHEN: Tuesday August 25th, at 5:00 PM

WHERE: The Sna-Z-Spot at 5:00 PM, 310 Old Colchester Road, Salem,
 (weather back-up, Gardner Lake Volunteer Co. firehouse, 49 Old Colchester Road, Salem)



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 or call /text at: 860-303-5023

Salem Lions Club Tag Sale

WHEN: Saturday, August 15th, 8:00 AM to 3:00 PM & Sunday,
 August 16th, 8:00 AM to 1:00 PM

WHERE: 232 Hartford Road



If you have items to donate to the Lions to sell at the tag sale contact Steve Wlodarczyk at 860-334-5285. PLEASE no mattresses, bed frames or anything upholstered.

Community News You Can Use *(continued)*

Chair Yoga & Aerobics At Marissa's Dance Academy

WHEN: Tuesdays (Yoga) and Thursdays (Aerobics) from 4:15 PM to 4:45 PM.

WHERE: Marissa's Dance Academy, 1 New London Road, Unit 26.

Chair exercise classes are targeted for seniors. 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@marissasdanceacademy.com.

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!



Box Tops For Education Fundraiser

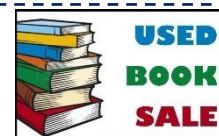
(this is a year around event)

See page 25 the Salem Information and Services section of the newsletter for details on the box tops for Salem School fundraiser.

Friends of the Salem Free Public Library Book Sale

When: Saturday, August 15th, 8:00 AM to 3:00 PM

Where: 232 Hartford Road



Public Town Meetings – August 2026

Inland Wetlands & conservation Monday, August 3 rd , 7:00 PM	Board of Selectmen Tuesday, August 4 th , 7:00 PM
Board of Finance Meeting Thursday, August 13 th , 7:00 PM	Library Board of Directors Tuesday, August 11 th , 6:00 PM
Planning and Zoning Commission Tuesday, August 11 th , 7:00 PM	Emergency Preparedness Agency Meeting Wednesday, August 17 th , 7:00 PM
Long Range Educational Planning Monday, August 17 th , 5:00 PM	BOE Personnel/Contract Negotiations Monday, August 17 th , 6:00 PM
Board of Education Regular Meeting Monday, August 17 th , 7:00 PM	Recreation Commission Monday August 17 th , 7:00 PM
Economic Development Commission Tuesday, August 18 st , 6:00 PM	Planning and Zoning Commission Tuesday August 25 th , 7:00 PM

Public Meetings Calendar: <https://www.salemct.gov/Calendar.aspx>

Riddle Me This

Question 1: Which word in the dictionary is spelled incorrectly?

Question 2: What do you call a bear with no teeth?

Question 3: Four cars come to a four-way stop, each coming from a different direction. They can't decide who got there first, so they all go forward at the same time. All four cars go, but none crash into each other. How is this possible?

Question 4: Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?

Question 5: When you stop to look, you can always see me. But if you try to touch me, you can never feel me. Although you walk towards me, I remain the same distance from you. What am I?

See page 27 for the answers.

Photos From Recent SSG Activities

Mini Golf in Hebron

July 10th the seniors got together to have a slight competition in Mini Gold. There was a small turnout but everyone had such fun time we hope to hold another event in the future.



Seniors At Christmas In July



Santa and his helper



Seniors at the hot dog stand

Photos From Recent SSG Activities *(continued)*

Sea Unicorns Baseball Game

Another great day at the ballpark



And great fireworks show

Riddle Me This

Question 6: What is it that no one wants to have, but no one wants to lose either?

Question 7: Two girls were born to the same mother, on the same day, at the same time, in the same month and year, and yet they're not twins. How can this be?

Question 8: A man calls his dog from the opposite side of the river. The dog crosses the river without getting wet, and without using a bridge or boat. How?

Question 9: I am always hungry and will die if not fed, but whatever I touch will soon turn red. What am I?

See page 27 for the answers.

SENIOR INFORMATION AND SERVICES

Future Fundraisers

Fundraising Committee Activities

2026 Bake Sale/Basket Raffle Schedule

- **August** – Car Care Basket
- **October** – Baking Supplies Basket
- **December** – Holiday Food Basket
- **September** – Bake Sale *
- **November** – no fundraiser (meeting at School)
-

* Bakers always needed, if interested contact Arlene Phillips: 860-204-0289, Deb Okarmus: 860-823-7984, or Cindy Holle: 860-908-6456

2026 Salem Recreation Calendar

MARCH 4 NATIONAL WINTER WALK TO SCHOOL DAY Bingham Field, Salem School, 8 am <i>*re-scheduled, originally scheduled February 4</i> 14 REGIONAL UNIFIED NIGHT New London Community Recreation Center 1 Recreation Way, New London, 6 to 9 pm <i>*re-scheduled, originally scheduled February 7</i> 28 Salem Lions Club 32nd ANNUAL EASTER EGG HUNT for Toddlers to Grade 4 Salem School Gym & Field, 1 to 3 pm	JUNE 6 TOUCH-A-TRUCK Salem Community Park Pavilion, 10 am to 1 pm 5 FIND YOUR FOOTPRINT! MEDALLION PROJECT in cooperation with the Salem Land Trust Start hunting for this year's Footprint hidden along select trails 25 SUMMER CONCERT Salem Community Park Pavilion, 6 to 8 pm	JULY TO AUGUST 7 SUMMER FUN RUN (Event is Rain or Shine) Bingham Field, Salem School Every Tuesday for Six Weeks (final date: August 11) 5:30 pm: 1-mile Walk/Run/Stroll. 6:00 pm: 3-mile Run.
APRIL 16 SPRING CONCERT (Rain date: Saturday, April 18) with WICKED PEACH Salem Community Park Pavilion, 6 to 8 pm TBD STARGAZING NIGHT Salem Community Park Pavilion, Time TBD Sponsored with Three Rivers United Environmentalists & the Environmental Engineering Technology Program 25 Salem Little League OPENING DAY Lou Uffers Sports Complex, 10 am	JUNE TO EARLY FALL FREE VEGGIE SATURDAYS Salem Community Park Pavilion, 9 am Bring Proof of Salem Residency, your own Bag, and Respect for the needs of others. No Early Birds, please.	SEPTEMBER 26 COMMUNITY TAG SALEM DAY Rain date: Sunday, September 27 Salem Community Park Pavilion, 9 am to 12 pm Pavilion spots open to all. Residence listings for Residents only.
MAY 6 NATIONAL BIKE TO SCHOOL DAY Bingham Field, Salem School, 8 am 25 MEMORIAL DAY PARADE & BIKE DECORATING CONTEST Salem Town Green, following Ceremony	JULY TBD Economic Development Commission 4th ANNUAL CHRISTMAS IN JULY Salem Community Park Pavilion, 9 am to 2 pm 30 SUMMER CONCERT Salem Community Park Pavilion, 6 to 8 pm	OCTOBER 7 NATIONAL WALK TO SCHOOL DAY Bingham Field, Salem School, 8 am TBD STARGAZING NIGHT Salem Community Park Pavilion, Time TBD Sponsored with Three Rivers United Environmentalists & the Environmental Engineering Technology Program 25 Gardner Lake Volunteer Fire Company MONSTER MASH + TRICK OR TRUNK Gardner Lake Volunteer Fire Company 2:00 to 5:00 pm
	AUGUST 20 SUMMER CONCERT Salem Community Park Pavilion, 6:00 to 8:00 pm	DECEMBER 5 ANNUAL HOLIDAY TREE LIGHTING Center School/Town Green, 3 to 5 pm
STAY TUNED FOR MORE EVENTS & ACTIVITIES! EVENTS ARE SUBJECT TO CHANGE. CHECK WEBSITE FOR UPDATES or SIGN UP FOR E-BLASTS! salemct.gov/recreation 860-859-3873, x275 recreation@salemct.gov Rev. 3/10/2026		

To view the **Town of Salem Events & Activities Booklet** visit :

https://www.salemct.gov/sites/g/files/vyhlif4966/f/uploads/2026_springsummer_v1.pdf.

Health And Assistance

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 click on <https://seniorresourcesec.org/>.

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

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:

saalemct.gov/sites/g/files/vyhlf4966f/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/.**

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/. 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 Assistance *(continued)*

TVCCA *(continued)*

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://www.tvcca.org) or call our main receptionist number 860-444-6600.***

988 Life Line

If you need to talk, the 988 Lifeline is here. The 988 Lifeline is available 24/7/365. Your conversations are free and confidential. (Visit their website at: <https://988lifeline.org/>)

At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. ***You are not alone.***

Using the 988 Lifeline is free. When you call, text, or chat the 988 Lifeline, your conversation is confidential. The 988 Lifeline provides you judgment-free care. Connecting with someone can help save your life.

CALLING THE 988 LIFELINE

Here is what you can expect when making a call to the 988 Lifeline:

- First, you'll hear a message that gives you service selection options including Veterans (Press 1), Spanish-language (Press 2), or your local 988 Lifeline contact center.
- They will play some hold music while you are connected to a live counselor.
- A counselor will say hello and introduce themselves. Your skilled counselor will ask you if you are safe.
- After they ask about your safety, your counselor will listen to you, understand how your problem is affecting you, provide support, and share any resources that may be helpful.

TEXTING WITH THE 988 LIFELINE

Here is what you can expect when texting the 988 Lifeline.

- When you send a text to 988, you will be given options to connect with a live counselor from the main 988 Lifeline or our Spanish-language (text AYUDA) and information on how to text the Veterans Crisis Line at 838255.
- When you text "Next" you will be accepting our Terms of Service.
- You will be asked to complete a brief survey to help your counselor understand how they can best support you.
- You'll receive a "Wait" message with a survey link to optional questions while we connect you to a counselor.
- Your counselor will say hello and introduce themselves. Your skilled counselor will ask if you are safe.
- After they ask about your safety, they will be calm and comforting, listen to you, and provide support. They may also share helpful resources.

CHATting WITH THE 988 LIFELINE

Here is what you can expect when starting a chat with the 988 Lifeline.

- After clicking "Chat" a new window with a brief survey will open. This survey helps our live counselors understand how to best support you and takes less than 5 minutes to complete.
- When you click "Start a Chat", you are accepting our Terms of Service.
- You will then see a message that indicates we are connecting you to a live counselor.
- When you are connected, a counselor will say hello and introduce themselves. Your skilled counselor will ask if you are safe.

After they ask about your safety, they will be calm and comforting, listen to you, and provide support. They may also share helpful resources.

Health And Assistance (continued)

211 Infoline Help

211 is a free, confidential information and referral service that connects people to essential health and human services 24 hours a day, seven days a week online and over the phone.

211 is fully certified in crisis intervention by the American Association of Suicidology and is certified by InformUSA. InformUSA is the professional association for over 1,200 community Information and Referral (I&R) providers.

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.

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 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.

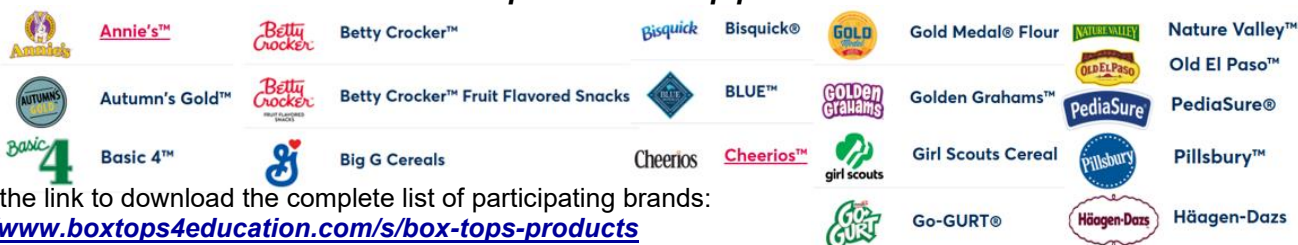
YOU CAN MAKE A DIFFERENCE FOR SCHOOLS
AMERICA'S SCHOOLS HAVE EARNED \$958,015,672 WITH BOX TOPS...AND COUNTING

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>

News And Information *(continued)*



The Southeastern CT Regional Resources Recovery Authority (SCRRA)

SCRRA is the solid waste and recycling authority for the twelve member municipalities of East Lyme, Griswold, Groton, Ledyard, Montville, New London, North Stonington, Norwich, Preston, Sprague, Stonington, and Waterford

SCRRA funds and administers a household hazardous waste (HHW) collection program for residents of our member municipalities however, residents from Salem can go to ANY of the 9 Household Hazardous Waste (HHW) collection events.

2026 Household Hazardous Waste and Confidential Paper Shredding Schedule.

- | | | |
|--|------------------|--|
| • Saturday, August 1st | Montville | Tyl Middle School, 166 Chesterfield Rd. (Oakdale) |
| • Saturday, September 19th | North Stonington | Route 2, across from Wheeler High School |
| • Saturday, October 3rd | Griswold | Griswold Public Works, 1148 Voluntown Rd. (Rte. 138) |
| • Saturday, November 7th | Ledyard | Ledyard High School, 24 Gallup Hill Rd. |

Participation Protocol

All events start at 9:00 AM and end promptly at 1:00 PM. As you enter the event line, a SCRRA team member will greet you and conduct a brief survey. Please stay in your vehicle for safety. If your items are in your trunk, pop the trunk for easy unloading by our crew. If you want your totes and other containers returned, let our crew know. For gas can returns, we will move your vehicle to the side while the gas cans are emptied and then returned to your vehicle.

SCRRA covers the costs associated with these events, so they are free to households within our participating communities. Commercial and large generators of hazardous waste are NOT accepted.

Use caution when transporting HHW materials! Use the original containers when possible. Secure items safely during transport to avoid spillage.

ACCEPTABLE ITEMS

<u>From the Shed & Garage</u>	<u>From the Lawn & Garden</u>	<u>From the Basement & Bathroom</u>	<u>NOT ACCEPTED</u>
Kerosene	Insecticides	Latex & Oil Paint, Stains & Varnish	Tires
Old Gasoline	Pool Chemicals	Paint Thinner	Ammunition / Gun Powder
Radiator Chemicals	Herbicides	Drain Cleaners	Auto & Marine Flares
Auto Body Chemicals	Rat Poison	Photographic Chemicals	Radioactive Materials
Fuel Additives	Moth Balls	Nail Polish Remover	Large Barrels or Drums
Car Battery Acid	Fungicides	Oven Cleaners	Commercial Qty's of Paint, etc.
Camp Stove Fuel	Weed Removal Chemicals	Toilet Bowl Cleaners	Businesses with large amounts of Paper Shredding
All Light Bulbs	And much more!!	All Home Batteries	

Seniors Activities at The Library

- **Busy Bee Quilters** – second Wednesday of the month, 10:00 a.m. to 4:00 p.m.
- **Charity Community Quilters** – 1st and 3rd 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.

News And Information *(continued)*

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.

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 Cikatze 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.

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**.

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**

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

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.

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**. 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.

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.***

Salem Lions Club

Do you want to make a difference and help people in our town? If the answer is **YES**, the Salem Lions' Club is always looking for new members. **Contact Bill Martin at 860-705-6062, or Kay Zak at 631-942-8169.**

Volunteer Opportunities *(continued)*

K-9 Barrett Memorial Animal Control Facility *(Montville Animal Shelter)*

The K-9 Barrett Memorial Animal Control Facility is a regional animal shelter located at 225 Maple Avenue, Uncasville. The state-of-the-art facility serves the towns of Montville, Salem, Bozrah, Colchester, and the Mohegan Tribe. It is named in honor of a fallen police K-9.

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.

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 or call 860-908-9553.

Activities In Our Region

Museum Passes Available at the Salem Free Public Library.

Library Hours: Monday-Thursday – 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)



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 clicking on 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**
- **Denison Pequotsepos Nature Center Mystic, CT**
Allows free admission for up to five people.

Activities In Our Region *(continued)*

Museum Passes& Free Admission Passes *(continued)*

- **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.***

Goodspeed Opera House *(2026 season schedule)*

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

- **"Crazy For You"** – June 19th – Aug 9th
- **"The Snow Goose"** – August 28th – October 18th
- **"Annie"** – October 30th - December 27th

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

Ivoryton Playhouse *(2026 season schedule)*

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

- **"Come From Away"** – August 6th – September 6th
- **"A Piece Of My Heart"** – October 1st – 25th
- **"Playhouse Holiday Jamboree"** – November 19th – December 20th

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

Niantic Bay Playhouse *(2026 season schedule)*

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

- **"To Kill A Mockingbird"** – October 9th – 11th, October 15th – 18th, and October 23rd – October 25th
 - **"A Christmas Carol The Musical"** – December 4th – 6th, December 10th – 13th, and December 17th – 20th,
- Check the website for times and tickets by pressing Ctrl+ Click on 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



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>

New London Adult Education

New London Adult Education Offers Day Trips.

Trips depart from Shaw's Cove Three. **For more details or to register call 860-437-2385 or go to the New London Adult Education webpage by clicking on: enrichment.newlondonadulthood.org/.**

Contact the Senior Centers in other towns to determine their requirements for membership

Answers To The Riddles

- Answer to riddle 1: ***Incorrectly***
 Answer to riddle 2: ***A gummy bear***
 Answer to riddle 3: ***They all made right-hand turns***
 Answer to riddle 4: ***Meat***
 Answer to riddle 5: ***The horizon***
 Answer to riddle 6: ***A lawsuit***
 Answer to riddle 7: ***The two babies are two of a set of triplets***
 Answer to riddle 8: ***The river was frozen.***
 Answer to riddle 9: ***Fire***

Salem Images



Officers

President ----- Gary Closius-----	Secretary ----- Jeanette Girard
Vice President---- Mary Cikatz -----	Activities Coordinator - Kay Zak
Treasurer ----- Michelle Horan-----	Health Coordinator ---- Cindy Holle
Communications	Newsletter Editors-----Joan Gaynor,
Coordinator ----- Joan Gaynor	Gary Closius
Salem Agent for the Elderly -----	Agnes Miyuki

If you or your group would like to advertise your event or function, please contact:

Joan Gaynor at salemtech53@yahoo.com, or call 860-449-3064 or Gary Closius gclosius@sbcglobal.net, or call 860-961-9173.

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: _____

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: _____

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: _____

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: _____



Name: _____

Phone: _____

Total Due: _____

Checks Payable to:
Salem Seniors