



TRUST • CARING • COMMITMENT • EXCELLENCE



STONINGTON HUMAN SERVICES

www.stonington-ct.gov

- Youth & Family Services
- Senior Services
- Social Services
- Recreation

166 South Broad Street, Pawcatuck
860-535-5015

Fall | Winter 2014

Staff & Contents



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166 South Broad Street, Pawcatuck
Hours: Monday thru Friday 9 AM - 4:30 PM
or by appointment
Phone: 860-535-5015 • Fax: 860-599-8290
Email: humanservices2@stonington-ct.gov
www.stonington-ct.gov



Human Services Team:

- Leanne Theodore.....Human Services Manager/
Youth & Family Services Administrator**
- Carol Umphlett.....Social Services Administrator**
- Joseph Mendonca, Jr.....Recreation Administrator**
- Michelle Larese-Casanova.....Administrative Assistant**
- Sarah Miner.....Receptionist**
- Kristen King, Lynda MacKenzie,
Holly Hachey & Kristen Previty..... Program Coordinators**
- Jenni Llaguno & Leslie Weber..... Preschool**
- Molly Kunka, Eric Benker,
Maribeth Scahill, & Miranda Krause-Cahill Counselors**

The Mission of the Department of Human Services is to enhance the quality of life for Stonington residents from all age groups and all economic backgrounds by advocating for their basic needs and promoting self-sufficiency.

TRUST • CARING • COMMITMENT • EXCELLENCE

THANK YOU to our donors

and to those who continuously provide support to our many programs!

Mystic Congregational Church; Mystic Woman’s Club; Pawcatuck Lions Club; Quiambaug Fire Company; Rotary of the Stoningtons; Stonington Borough Fire Department; Stonington Pizza Palace; Stonington Veterinary Hospital; Terra Firma Farm; United Church of Stonington; Adult COED Soccer Spring League: docafutebol-TONY AGUIAR; Avery Point; Kick it; Bruisers; Ballsagna; Gladiators, Men’s Golf League: Ridge Runners; Bogues Alley; Elmridge Golf Course; Shoreline Chippers; Elmridge Pro Shop; O’Keefe Building Co.; Fore Grills; Beaver Pelts; Mug Clubbers; Red-Thread; Stonington Lawn Care; The Hossa’s, Men’s Softball League: Bad News Bears; Hi Tech Meds; Gringo Dingo’s; NLC Landscaping; L&D Mech, Adult COED Softball League: Team Beth; Team Missy; Team Theresa; MMRF; Team Mendonça; Team Ted, Adult COED Tennis League: Simply Majestic; Olde Mistik Village; Avies Ski/Sports; Duncklee.

Department Information



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PROGRAM REGISTRATION

All classes register at Stonington Human Services, 166 South Broad Street, Pawcatuck, CT 06379, Monday-Friday between 9AM-4:30PM, by mail or outdoor drop box after normal business hours. Completed registration form and payment are required at the time of program registration. Download registration forms for all programming at www.stonington-ct.gov (located under Human Services Department).

REGISTER EARLY!

If a program does not meet minimum enrollment one week prior to the start date, it will be cancelled. Register early to avoid disappointment, due to a full or cancelled program. Please note, some school based programs' day/date/time/location may change due to school events yet to be announced.

PAVILION RENTAL

Town of Stonington Pavilions
Available Memorial Day – Columbus Day Weekend
Cost: \$25/day
Call Human Services, 535-5015, to reserve your date.

STONINGTON HUMAN SERVICES

The Department of Human Services is one of five administrative departments established by Town Charter. Four Human Services divisions exist as a means of providing aid to residents that is both relevant to their needs and beneficial in purpose. The divisions are interdependent in order to effectively utilize departmental resources to provide program excellence and offer advocacy, information and referral.

Location Guide

- SHS..... Stonington High School
- PMS..... Pawcatuck Middle School
- MMS..... Mystic Middle School
- WVSS..... West Vine Street School
- WBSS..... West Broad Street School
- DMS..... Deans Mill School

SENIOR SERVICES

Acting as an advocate for elderly residents in the Town of Stonington, the Commission on Aging (COA) is a twelve-member commission which meets monthly in order to discuss issues with regard to the elderly. The Municipal Agent for the Elderly is on staff at Stonington Human Services. The Division's services include: CHOICES Medicare Insurance Counseling; Educational Workshops; Intergenerational Programs; local and regional access to Senior & Disabled Medical Transportation; 911 Cell Phone Program; State of CT Farmer's Market Vouchers; File of Life; and TRIAD Senior Safety Programs.

Department Information

RECREATION

The Recreation Commission, a seven-member commission, meets nine times a year. The Commission serves as an advocate for meeting the recreational needs of all the residents within the Town of Stonington. The division provides youth and adults an abundance of seasonal and year-round recreational opportunities to participate in camps, clinics, leagues, open runs, day trips, family movie nights and fitness programs. The division also maintains the Borough, Haley's Way and Spellman Park Playgrounds and town recreational fields.

SOCIAL SERVICES

Social Services programs address poverty issues within the Town of Stonington and help to increase self-sufficiency. Services include: Case Management; Energy Assistance Programs; Eviction Prevention/Budgeting Workshops; Budget Coaching; Home Visits for Homebound Residents; Insurance and State Program Applications; Job Coaching; Paperwork Assistance; and the State of CT Renter's Rebate Program.

YOUTH & FAMILY SERVICES

Youth and Family Services programs are offered as a means of promoting positive youth development and supporting improved family and community relations. Services include: After School Programs; Summer Enrichment; Counseling & Support Groups; Educational Workshops; Certification Classes; AAA Driving School; Lentz & Lentz SAT Preparation Classes; Hire-

A-Teen; Juvenile Diversion Board; Salvation Army Payless™ Shoe Vouchers; Stonington Prevention Council; Youth Programming; Teens to Tots Preschool; RSVP's Santa Anonymous Boot Program; Caring Community; Bicycle Recycling; and the USDA Summer Food Service Program.

SPELLMAN RECREATIONAL COMPLEX

Our recreational complex consists of four athletic playing fields, a playground, outdoor exercise equipment area, two outdoor basketball courts and six outdoor tennis courts, all located behind SHS.

PLAYGROUNDS IN OUR COMMUNITY

Human Services Recreation Division oversees and maintains three playgrounds in our community: Spellman Playground (located behind Stonington High School); Borough Playground (located in the Stonington Borough next to the Town



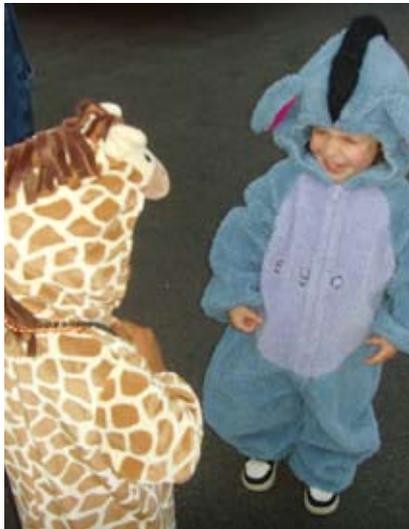
Docks); and Haley's Way Playground (located in Old Mystic behind the Old Mystic Inn). Call (860) 535-5015 with any questions regarding our playgrounds.

Volunteers – Human Services Needs YOU!

The Human Services Team is very grateful for our volunteers who share their time and talents with us. Some join us monthly, while others share their time weekly. Volunteers are especially needed for preschool, reception and clerical support. Residents of all ages are welcome! Please call (860) 535-5015 to inquire.



For the second year in a row, the Autism Parent Support Group, in conjunction with Stonington resident Julie Holland, planned a Light It Up Blue fundraising event, held on April 2nd at Twisted Vine in Westerly, RI, to support Autism Speaks®. The community response was inspiring and resulted in \$3,910 raised for the organization. A special thank you to Stonington resident, Julie Holland, for all of her work in the coordination and facilitation of the evening; Dr. Lori Liguori, Group Facilitator; our parent participants; as well as Emmye Vernet and Andy & Bethany for sharing their time and talents! We look forward to bringing continued awareness to autism in the years ahead.



14TH ANNUAL GREAT HALLOWEEN EGG HUNT

Stonington Human Services is sponsoring the 14th annual "Great Halloween Egg Hunt" for youth and their families on Sunday, October 26th from 5:00-6:30 pm. This event will be held at the Stonington Human Services Building, 166 South Broad Street in Pawcatuck. There is a \$5 entrance fee per family for this event and it will include hayrides, face painting, DJ, moonbounce and the Great Egg Hunt. Please come in costume and bring your flashlights! Food and beverages will be available for purchase. Proceeds from this event will benefit future youth programs.

11TH ANNUAL HOLIDAY PARTY FOR CHILDREN

Friday, December 12th from 6:00-8:00PM at Stonington High School Café & Commons.

Cost: \$10/family (includes all activities and pizza dinner). Join Stonington Human Services and the Stonington Police Department for a pizza dinner at 6PM. Come in your pajamas with a blanket and pillow to experience a holiday movie on the big screen. Movie begins at 6:30PM. Visit with Santa and make a craft in our winter wonderland!



TEENS TO TOTS PRESCHOOL

Every parent wants a nurturing environment for their young child's early education. Get off to a good start and enroll in our program! Open to potty-trained children ages 3-5.

- Quality Affordable Program
- Flexible Extended-Day Preschool
- Certified Preschool Teacher
- Encourages social, emotional, physical, and intellectual growth
- Structured classroom setting with a well balanced schedule of activities
- Weekly curriculum themes.

SCHOOL YEAR (ONGOING ENROLLMENT)

September 10, 2014 – May 29, 2015

9:00AM-1:30PM sessions are available, 2-5 days a week, for residents and non-residents.

Monthly Cost:

2-days - \$160	4 days - \$310
3-days - \$235	5 days - \$385

Non-resident tuition is an additional \$25/month. A \$25 registration fee applies to all.



STONINGTON COMMUNITY GARDEN

Grow your own vegetables ~ Cut food costs ~ Learn about four season gardening and sustainable living! Since the garden's inception in 2010, 89 Stonington residents have enjoyed harvesting their own organically-grown produce. The annual fee for the privately-owned, 4'x16' plot is \$25 (running from March 1st-February 28th). Thank you to Stonington resident, Peg Moran, for her continued guidance, wealth of knowledge and the countless hours of volunteer time that she's devoted to this project!

CANNING WORKSHOP

Participants will learn the process of preserving their bounty through the canning process. Participants should plan to bring goods they wish to preserve. Canning equipment and jars will be provided.

Day/Date: TU- Sep 16

Time: 5PM-7PM

Location: Stonington High School Home EC RM

Instructor: TBD

Fee: FREE to members of the Stonington Community Garden; \$10/non-members

CANNING EQUIPMENT

Presto™ pressure cookers, canning equipment and cookbooks, funded by a TVCCA grant, are available at Human Services for 3-week rental. Rental is free to members of the Stonington Community Garden and available to non-members with a \$25 deposit.

SOIL & COMPOST WORKSHOP

This soil and compost workshop is designed to help community gardeners to understand soil preparation and planting practices to enrich their soil and improve plant production. Participants will learn basic information on composting, cover crops and soil amendments, in preparation for the next growing season.

Day/Date: TU - Oct 7

Time: 5PM-6PM

Location: SHS Commons

Instructor: Tim Grimes, UCONN

Certified Master Gardener

Fee: FREE to members of the Stonington Community Garden; \$10/non-members



DONAHUE PARK CONCERT SERIES IN DOWNTOWN PAWCATUCK SUGAR



September 26th from 6:30-8:30pm

Call (860) 535-5015 for sponsorship information.

FREE ADULT EDUCATION CLASSES

Stonington Adult Education at Stonington High School
High School Diploma Program ~ GED ~ ESOL (English for
Speakers of Other Languages) ~ Citizenship Program
Registration: August 25th and 27th from 6-8pm
Classes Begin: September 2nd from 6-9pm
CT residency required for enrollment, call (860) 599-2092
for additional information.

2ND ANNUAL HOLIDAY CLASSIC 3v3 BASKETBALL TOURNAMENT

Home for the Christmas break? Get your friends together and enter a team into the 2nd Annual Holiday Classic 3v3 Basketball Tournament, offering both Youth and Adult Divisions, located at SHS Gyms. Call (860) 535-5015 for more information.

HIRE-A-TEEN JOB REFERRAL PROGRAM

Hire-A-Teen, which matches Stonington students (ages 12-18) with residents, has been providing young people with their first job experience for over 20 years. Though raking leaves, shoveling snow and babysitting are still commonly seen as needs on the employer application, more recent requests have progressed to setting up an email account and navigating the internet! The program, which offers guidance during the initial orientation, provides continued support to youth through the process of making the first contact with the employer, setting up location/transportation, job date/time as well arranging rate of pay. Before the snow begins to fall, register to be an employer! For the safety of our children, background checks are required of all potential resident employers.

SNOW SHOVELING

The Hire-A-Teen Program can match Stonington residents with student interested in snow shoveling this season. In order to hire these students, you must first register as an employer. Be sure to register now before the season's first snow fall! Residents unable to afford snow shoveling can contact Human Services. Financial information will be assessed to determine eligibility for free snow shoveling. Students, ages 12-18, are encouraged to contact Human Services to register for the Hire-A-Teen program.

MOTHER-DAUGHTER NIGHT OUT

An opportunity to connect with your daughter as she transitions into adolescence. Age-appropriate topics will include physical changes, self-image, responsibility of making good choices, media influences and social networking. Participants will have the opportunity to submit anonymous discussion topics and questions at the beginning of the workshop.

Day/Date: TH – Oct 16

Time: 5:30-7:30PM

Location: Human Services Community Room

Fee: \$10 Res Pair/\$15 Non-Res Pair (includes pizza dinner and resource materials)

Instructor: Dr. Lori Liguori, School Psychologist



COMPUTER LAB

Monday – Friday • 9:30am – 4:00pm

Come check out our computer lab! Out of work and need to brush up on Office software? We have tutorials available for Microsoft Word, Microsoft Excel, and Access to help you. Seniors, do not be intimidated by technology! Appointments are available for those in need to basic instruction. We can show you how to get started, create an e-mail account and “surf the web”!

Support Groups



SUPPORT GROUPS

All groups are held at Stonington Human Services and are provided at no cost to Stonington residents.

PARENTS OF CHILDREN WITH AUTISM

An opportunity for parents of children on the spectrum to share experiences and learn from each other

Day: First Tuesday of Every Month

Time: 6:00-7:30pm

Facilitator: Dr. Lori Liguori, School Psychologist

HEALING HEARTS

Day: Second Tuesday of Every Month

Time: 5:00-6:00pm

Facilitator: Antonio Okosky, Bereavement Coordinator, Hospice SECT

ADULT SOCIAL GROUP

Day: First Thursday of the month

Time: 11:00-12:00pm

Facilitator: Molly Kunka, LCSW

GRANDPARENTS RAISING GRANDCHILDREN

Day: Third Thursday of the month

Time: 11:00-12:00pm

Facilitator: Molly Kunka, LCSW



The mission of the SPC is to permanently change attitudes, laws, and policies to stop substance abuse and establish a safer community. Established in 2001 and comprised of community members representing youth, parents, police, youth-serving organizations, educators, religious organizations, and health care professionals, the SPC works to educate the residents of Stonington in taking a community-approach to support youth in making healthier decision regarding alcohol & other drug use. Past grant-funded council activities have included breathalyzers purchased for Stonington High School; alcohol establishment compliance checks and traffic spot checks with the Stonington Police Department; video presentations and media coverage; school district health surveys and community forums.

Statistically, the town of Stonington has a high rate of cardiovascular disease. To combat this, the SPC has become a member of ACHIEVE New London County, as well as the Tobacco-Free Parks workgroup. ACHIEVE New London County is a heart disease and stroke prevention initiative established through the CT Department of Public Health – CDC Community Transformation Grant to promote active living, tobacco-free living, healthy eating, and clinical preventive services throughout New London County. The ACHIEVE New London County Coalition includes community leaders from public health and health care, businesses, community organizations, government, schools and residents. ACHIEVE is an initiative of Ledge Light and Uncas Health Districts.

The tobacco-free parks initiative was proposed to Stonington's Recreation Commission and as of March 31st, 2014 the Commission all agreed to make Spellman, Haley's Way and the Stonington Borough playgrounds tobacco-free. Thank you to Ledge Light Health District for sponsoring the tobacco-free signs that will be posted at these locations!



Day Trips



Red Sox vs. Blue Jays at Fenway Park

Sunday, September 7th
\$65 Residents/
\$80 Non-Residents

Full-sized motor coach leaving
Stonington Human Services at 8:30AM.
Returning by 9:00PM.

All sales for this trip are final !

New York City

Enjoy a day on your own
in the Big Apple!

Friday, December 5th
\$35 Residents/
\$50 Non-Residents

Full-sized motor coach leaving
Stonington Human Services at
8:30AM; Returning by 9:30 PM.

Drop-off and pick-up at
Times Square.



Register at:

*Stonington Human Services, 166 South Broad Street, Pawcatuck, M-F, 9AM-4:30PM,
by mail or by drop box after normal business hours.*

Call (860) 535-5015 for more information.

After-school Programs



KIDS CARE® COMMUNITY SERVICE CLUB

The mission of this globally recognized program is to develop compassion and to inspire a spirit of volunteering. The club focuses on: developing life skills such as cooperation, tolerance, problem solving as well as developing improved self-awareness and confidence. Past club projects have included: intergenerational activities with Stonington senior citizens; collections for local homeless shelters and community action agencies; as well as beautifying the landscape by planting flowers at local senior housing facilities.

Age: Grades 1 and 2
Day/Date: TU – Feb 3-Apr 7
Time: 3:30-4:30PM
Location: WVS Library
Fee: \$30 (8-week session)
Instructor: Kristen King

STUDY BUDDIES

Stonington Human Services and West Broad Street School are proud to present the tenth year of Stonington Study Buddies (formerly DISKovery Hour), an after school homework club at West Broad Street School. Students will have time to work on their homework and once complete, have free time to enjoy computer-based activities of their choice. Participation in this program will provide an opportunity for students to develop their skills of organizing and accomplishing schoolwork in a nurturing environment. Thank you to the Pawcatuck Lions Club for their support of this valuable program!

Age: Grades 3-4
Day/Date: TU/W/TH – Sep 23-Jun 4
Time: 3:30-4:30PM
Location: WBS
Fee: \$100 (runs throughout the school year)



IMMERSION® MARINE MAMMALS OF THE ARCTIC!

In partnership with the Mystic Aquarium & Institute for Exploration, Immersion® helps students nationwide understand the positive roles that science and technology play in their everyday lives by exposing students to ongoing scientific expeditions to ignite their interest in real discovery learning.

Age: Grades 3-4
Day/Date: TH- Feb 5th - Mar 26th
Time: 3:30-4:30PM
Location: DMS
Fee: \$30 (8-week session)
Instructor: Kristen King

KIDZLIT® LITERACY PROGRAM

KidzLit® is designed to increase young people's motivation to read, while simultaneously building their literacy skills. Children hear engaging books, read aloud, or read them independently and make connections to their own lives. They express their feelings and grapple with big ideas through discussion, drama, art, movement and writing. The program focuses on developing core values of helpfulness, fairness, personal responsibility and respect for others.

Age: Grades 1 and 2
Day/Date: M (Grade 1) – Oct 6-Dec 1; W (Grade 2) – Oct 8-Dec 3
Time: 3:30-4:30PM
Location: WVS Library
Fee: \$30 (8-week session)
Instructor: Lynda Mackenzie

GIRL ZONE

Designed to create healthy relationships amongst adolescent girls while building confidence and positive self-esteem. Participants will practice self-reflection, goal setting as well as self-care through various activities, such as: journaling, art and yoga.

Age: Grades 6-8
Day/Date: TU – Sep 9-Nov 18 (Pawcatuck Middle School)
TH – Sep 11-Nov 6 (Mystic Middle School)
Time: 2:30-4:15PM
Fee: \$20 (8-week session)
Instructor: Kristen King

Youth Recreation Programs



FOOTBALL – YOUTH FLAG LEAGUE

Registration: TH, August 28: 5:00PM @ Spellman Recreation Complex- Rec Field. On-going until Sept 6, M-F: 9:00AM-4:30PM @ Human Services

Age: Boys & Girls: 8-14 years old

Date: Sept 3 – Nov 15

Location: DMS/ Spellman Recreation Complex- Rec Field; (1) practice per week
PMS/ Spellman Recreation Complex- Rec Field; Saturday morning games

Fees: \$55 Res/\$75 Non-Res

BASKETBALL: HIGH SCHOOL & MIDDLE SCHOOL CLINIC/ OPEN GYM

Age: Girls & Boys – Grades 7-12

Day/Date: Girls – M & W; Oct 6-Nov 19

Boys – TU & TH; Oct 14-Nov 20

Time: Girls: 3:00-5:00PM / Boys: 5:30-7:00PM

Location: SHS – Gym

Fee: \$30.00 Residents Only

BASKETBALL: HIGH SCHOOL REC BOY'S LEAGUE

Age: Grades 9-12 (open to SHS students only)

Day/Date: TU – TH; Jan 15 – Feb 26

Time: TH-Jan 15, 7:00-8:30PM Open Gym

TH-Jan 15, 8:00-8:30PM Draft - Captain's Only

Location: PMS

Fee: \$40

SOCCER- FUTSAL HIGH SCHOOL CLINIC

Age: Boys –Grades 8-12

Day/Date: M – Jan 12 – Feb 23 (No clinic on 1/19, 2/16)

Time: 7:30-8:45PM

Location: MMS

Fee: \$45 Res/ \$65 Non Res (max of 16 participants/class)

SOCCER- FUTSAL MIDDLE SCHOOL CLINIC

Age: Boys & Girls –Grades 5-7

Day/Date: Boys; TU – Jan 13 – Feb 10 • Girls; W – Jan 14 – Feb 11

Time: 7:30-8:45PM

Location: MMS

Fee: \$45 Res/ \$65 Non Res (max of 16 participants/class)

TENNIS- BEGINNER/ ADVANCED (USTA QUICKSTART)

Age: Boys & Girls – 6-12 years old

Day/Date: Fall - W – Sep 17-Oct 22 (Spellman Rec Tennis Courts)

Winter - SA – Jan 17-Feb 21 (SHS Gym)

Time: Fall – 4:30-5:30PM

Winter – 1:30-2:30PM

Fee: \$45 Res/\$65 Non-Res

Instructor: Coach George Crouse

VOLLEYBALL – YOUTH CLINIC

Intro to Volleyball, learning the basic skills, techniques and rules of the game.

Age: Boys & Girls 7-10/11-14yrs old

Day/Date: SA – Jan 17 – Feb 21

Time: 2:30-3:30PM

Location: SHS Gym

Fee: \$60 Res/ \$75 Non-Res

(Max of 10 participants per age group)

Instructor: Coach Beau Lucas & Coach John Holland

BABYSITTING- AMERICAN RED CROSS CERTIFIED COURSE

Day/Date: TU – Nov 4 or M – Mar 2 (Stonington District Staff Development Days)

Time: 9:00AM-4:00PM (please bring a bagged lunch)

Location: Human Services Community Room

Fee: \$95 Res/\$115 Non-Res

Instructor: Kristen King

INTRO TO ARCHERY

This is an introduction ARCHERY program and all participants will learn safety and the proper way to use equipment.

Age: Boys & Girls – Grades 1-4

Day/Date: F – Sept 19 – Oct 17

Time: 3:30-4:45PM

Location: WVSS

Fee: \$45.00 Res/ \$65.00 Non-Res;
Max. 16 Participants per class

Instructor: Black Bear Karate

Adult Clinics • Fitness • Leagues



SOCCER- ADULT CO-ED LEAGUE

This is a 8v8 co-ed adult soccer league. Please call (860) 535-5015 for more info.

Age: ADULT 18 & OVER
Day/Date: SU; Sept. 14 –Nov. 2
Game times: 6PM, 7PM, 8PM
Location: SHS- Palmer All Weather Field and Spellman Recreation Complex-- Rec Field
Fee: Sponsor fee \$350 – Ind. fee: \$15 Res/ \$30 Non-Res/ \$25 Non-Res College Student

VOLLEYBALL – ADULT CLINIC

Intro to Volleyball, learning the basic skills, techniques and rules of the game.

Age: 15yrs old - Adult
Day/Date: SA – Jan 17 – Feb 21
Time: 2:30-3:45PM
Fee: \$75 Res/ \$90 Non-Res (Max of 12 participants)
Instructor: Coach Beau Lucas & Coach John Holland

VOLLEYBALL-ADULT LEAGUE

Age: ADULT 18 & OVER
Day/Date: TH-Nov 13-Apr 2
 Capt.'s Meeting; M-Oct 13, 7:00pm @ Stonington Human Services
Time: 7:30, 8:30, 9:30
Fee: Sponsor \$250.00/ Ind. fee: \$15 Res/ \$30 Non-Res/ \$25 Non-Res College Student



BASKETBALL- ADULT OPEN RUN

Age: 30 and over
Day/Date: M-Oct 15 -Apr 29
Time: 8:00-10:00PM
Location: PMS
Fee: \$25 Res Only

BABY BOOMERS

Incorporate weights into fun cardio routines to tone and strengthen as you scorch calories!

Age: 50 and over
Day/Date: M, W & F - Ongoing
Time: 9:30-10:30AM
Location: Road Church, Stonington
Fee: Monthly: 1x wk \$35 Res/\$50 Non-Res; 2x wk \$50/\$65; 3x wk \$65/\$80

ZUMBA

Fuse hypnotic Latin and international music with easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away and make exercise fun again.

Age: 16 and over
Day/Date: M, W & SA - Ongoing
Time: 6PM-7PM - M, W; 7-8AM - SA
Location: Stonington COMO Annex (located next door to the Thrift Shop)
Fee: Zumba Card: \$65 for 10 classes/\$100 for 20 classes/ Drop-in \$10
Instructor: Caroline Wall



ZUMBA (WITH WEIGHTS)

Age: 16 and over
Day/Date: SA - Ongoing
Time: 8:05-8:50AM - SA
Location: Stonington COMO Annex
Fee: Zumba Card: \$65 for 10 classes/ \$100 for 20 classes/ Drop-in \$10
Instructor: Caroline Wall

BASKETBALL: ADULT OVER 30 LEAGUE

Age: ADULT OVER 30
Day/Date: Starting in January
Time: 8:00-10:00PM
Location: SHS/ PMS
 Call for more information.

CROSSFIT STONINGTON: INTRO TO CROSSFIT

Crossfit Stonington will be offering an Intro to Crossfit which will focus on proper techniques as well as the fundamentals of crossfit. Once you complete this program, participants would be eligible to join our general programming classes.

Age: 16yrs old- Adult
Day/Date: FALL: TU&TH Sept 30 -Oct 23
 WINTER: TBA
Time: 6:30-7:30PM
Location: Crossfit Stonington (100 Mechanic Street, Pawcatuck, CT)
Fee: \$75 Res/ \$90 Non-Res
Instructor: Crossfit Stonington
www.crossfitstonington.com

Certified Classes & Enrichment Programs

AAA DRIVER'S EDUCATION

30 hours of classroom activities, plus 8 hours of one-on-one private car instruction. Call 860-535-5015 for more information.

Age: Must be 16 years old by the first class date

Day/Date: Fall/Winter Classes Available

Location: SHS

Instructor: AAA Driving School

PARAPRO CERTIFICATION TEST

Test dates will be offered in the Fall/Winter. Call (860) 535-5015 for more information.

Fee: \$75/Residents; \$100/Non-Residents

SAT PREPARATION COURSE

Lentz & Lentz SAT Preparation is pleased to offer an 8-week session preparation course for the Spring 2015 SAT Reasoning Test. The course features test-taking skills, essay writing, grammar skills, advanced math review, shortcut math, reading interpretation, time management skills, speed reading improvement techniques and tip sheets. The program includes course materials, extra help at n charge, audio discs for review or as a supplement for missed lessons, compli-



mentary review sessions and live make-ups. For more information and to register: 1-800-866-SATS (7287) or www.lentzsatprep.com

Age: High School juniors and seniors

Day/Date: W, September 10- October 29

Location: SHS Room 107

Time: 6:30-9:30pm

Fee: \$330

Senior Programming

KNIT & GIVE

Crafting for a cause! Meeting at Stonington Human Services. Please bring your own supplies.

Knitters have big, warm hearts and here's proof! This past year our Knit & Give group donated many blankets, hats, knitted wash cloths, children's quilts and several handmade children's dress/sweater sets to *Safe Futures (formerly the Women's Center of SECT)*. The group also handmade and donated over 200 hats, mittens and scarves to recipients of the Santa's Anonymous Boot program which in 2013 provided 280 Stonington children in need with a pair of new warm, winter boots. A big THANK YOU to all of our current and past participants!

Day/Date: M - Ongoing

Time: 10:00-11:30AM

AARP DRIVER SAFETY PROGRAM

This program, offered by AARP, is the nation's first and largest refresher course and has been taking place for over 25 years. Seats are limited - Sign up today! AARP's new format reduces classroom requirement to one day and only four hours. The fee for the course is \$12 for AARP members and \$14 for non-members. Call Human Services to register for any of the below courses. StoneRidge residents may register at StoneRidge for the January course. Limited seating.



All courses run from 1-5pm.

2014

October 8th @ Human Services

November 19th @ Human Services

2015

January 21st @ StoneRidge

February 18th @ Human Services

April 22nd @ Human Services

June 17th @ Human Services



Senior Luncheon Series

SENIOR LUNCHEON SERIES
2014-2015 • NOON TO 1:30PM

Seniors are invited to join us for lunch at varying delicious venues. This popular program includes brief presentations on assorted topics of interest.

October 3, 2014



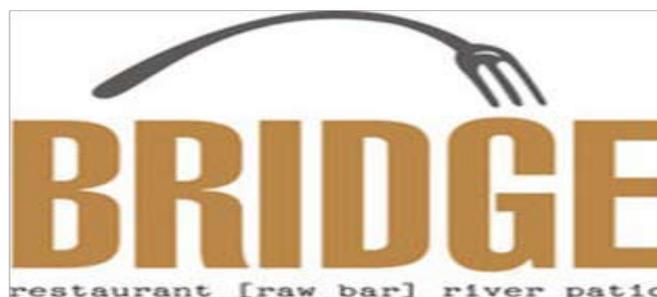
November 7, 2014



December 12, 2014



February 6, 2015



Senior Luncheon Series

March 6, 2015



April 3, 2015



May 1, 2015



Payment is due at registration. Seating is limited.

Residents: \$80 for all 7 luncheons OR \$12.50 per luncheon

Non-Residents: \$95 or all 7 luncheons OR \$14.50 per luncheon

Call (860) 535-5015 for more information.



HOW CAN STONINGTON HUMAN SERVICES HELP YOU?

Call for more information or to make an intake appointment. During the appointment, you will be screened for a wide variety of federal, state and local programs that may be able to assist your situation. Home visits are available for housebound residents.

ENERGY ASSISTANCE

Stonington Human Services has been a local fuel bank for the last fifteen years, participating with Operation Fuel, TVCCA, and United Way energy assistance grant programs. Income guidelines for TVCCA's programs range from a max of 200% of the federal poverty guidelines (CEAP) to 60% of the State Median Income (CHAP). A family of four, for example, can have a total income of up to \$62,528 (2014-15) and still be eligible. It is important to note that liquid assets in excess of \$10,000 for home owners (\$7,000 for renters) are treated as income. Assistance amounts are based on established guidelines regarding family size and vulnerability. We start taking applications as of August 1st.

Operation Fuel and United Way offer complementary energy assistance programs in an effort to help keep folks warm during the cold winter months, avoid power shut-offs, and address other crisis situations. Guidelines for these programs are also adjusted each year with changes in the economy. Contact Human Services for more information and an appointment.

Residents with Northeast Utilities "metered" heating services (through CL&P or Yankee Gas) are also eligible for heating assistance. In addition, applicants who have been approved for the TVCCA program (both CEAP & CHAP) are eligible for the Matching Payment Programs (MPP) offered by these companies. The program puts those qualified on a budget plan and will match all payments made during the winter heating month (Novem-

ber through April) dollar for dollar in an effort to reduce the customer's balance to zero. Human Services can help with these programs as well as a low-budget worksheet that may reduce the monthly payment even more. MPP begins each year on November 15th.

BUDGET COUNSELING/JOB COACHING

Sustaining self-sufficiency is at the core of maintaining one's housing, employment, and a healthy family life. Programs are designed on an individual basis given family dynamics and personal and financial needs. Do you struggle with maintaining a working budget? Are you out of work and wrestle with job resumes and interviews? Call us for an appointment to assess your situation and help develop a budget to meet your family's financial needs. Dedicated staff will offer the crucial guidance necessary to help set you on a path to self-sufficiency.

SNAP OUTREACH

SNAP, the Supplemental Nutrition Assistance Program (formerly known as the Food Stamp Program), is part of the nation's safety net against hunger. The program's debit card system allows for convenience and confidentiality. SNAP applications can be completed at CT's DSS site online and required documents uploaded (www.ct.gov/dss). Contact Human Services for more information or application assistance. Also, check out End Hunger CT's website at www.endhungerCT.org.

Residents are also referred to the Pawcatuck Neighborhood center's Food Pantry and WARM's congregate meal site, which are both supported with town funds.

In addition, in partnership with Stonington Public Schools, the United Way's Mobile Food Pantry stops by the Stonington Human Services' parking lot on the first Monday of every month. Those in need are encouraged to stop by between 5-6pm and visit the pantry for free fresh produce, meats and dairy. Set up is similar to a farmers' market and has a "no questions asked" policy. This partnership program, which began in March 2014, serves over 100 local families each month.

Supportive Programs

JUVENILE DIVERSION BOARD (JDB)

The purpose of the Juvenile Diversion Board (JDB) is to provide a community-based alternative to the juvenile Court system for resident youth, ages 17 and under, who have committed minor criminal violations of the Law within the Town of Stonington (first time offenders; class A Misdemeanor and lower) and to assist youth who have exhibited problems in the home, school and community. The goal is to provide a plan for each child by utilizing community programs, services and other resources, which will effectively deal with the particular incident, assist in positive development and encourage responsible behavior. Since the Board's inception in 1992, assistance has been provided to over 150 children and their families. At-large members are members of the community who have skills and/or experience working with youth and their families. Parents with children currently enrolled in the local school are ineligible to apply for membership.

INDIVIDUAL & FAMILY COUNSELING

Counseling services are offered to Stonington residents at no cost. Call to schedule an intake appointment.

BICYCLE RECYCLING PROGRAM

Eligible Stonington youth and adults are provided with a bicycle through this collaborative program with the Solid Waste and Human Services Departments. Bicycle donations are collected at the landfill. Call Human Services (860)535-5015 if you are in need of a bicycle.

SANTA ANONYMOUS BOOT PROGRAM

Stonington Human Services is currently accepting names of children for the 2014 Santa Anonymous Boot Program. This partnership program with TVCCA's Retired & Senior Volunteer Program (RSVP) provides new winter boots to eligible Stonington children. Children must be signed up by October 17 in order to be guaranteed to receive a new pair of boots. Please call Stonington Human Services (860) 535-5015, for more information, or if you would like to be a sponsor and help a child receive a new pair of warm, winter boots.

2-1-1 BENEFITS SURVEY

www.211navigator.org

This benefits survey will help you determine if you are eligible for food, health insurance, and child care assistance. No name or address is required so it is completely confidential.

CT NETWORK FOR LEGAL AID

Do you have a legal question? Check out www.ctlawhelp.org for self- help guides, audio/video guides, court forms, and links. The CT Network for Legal Aid provides free legal services for people with very low income. Call toll-free 1-800-453-3320.

CT DENTAL HEALTH PARTNERSHIP

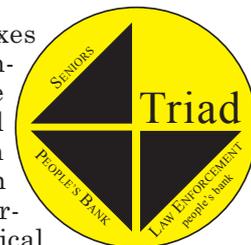
The CT Dental Health Partnership (CTDHP) is the state of CT's dental plan for HUSKY and Medicaid participants. The CTDHP provides comprehensive dental coverage and will help find a local dentist, explain dental benefits and set up an appointment. Call 1-866-420-2924 for assistance.

RENTER'S REBATE PROGRAM

The Renter's Rebate Program, administered through the State of Connecticut, Office of Policy and Management (OPM), is intended to help seniors (65+) and/or disabled (18+) meet the demands of today's housing costs, offering a one-time check each year to those who qualify. Recent legislation became effective as of the 2014 program year which re-opened the application process to all state residents who have resided in Connecticut for at least one year as of December 31, 2013. The program limits annual income to \$34,100 for an individual and \$41,600 for a married couple. There is no asset rule for this program. Call (860) 535-5015 for an appointment to apply - program ends on October 1st.

YELLOW DOT PROGRAM

This national TRIAD initiative affixes a yellow dot in the car's rear window to alert emergency response personnel to senior drivers' and passengers' medical information stored in the vehicle. Residents can register at Stonington Human Services. Please bring all current medical information when registering. Photos will be taken on site. Information cards are also utilized to alert emergency personnel of the senior's family members whose care may be dependent upon the senior, such as a homebound spouse. Sponsored by Stonington Police Department and Stonington TRIAD. Call Human Services for an appointment or information on upcoming Yellow Dot events.



FILE OF LIFE (FORMERLY VIAL OF LIFE)

Store vital medical information in your refrigerator! Emergency personnel are alerted by a sticker mounted on your refrigerator, enabling them to access your medical information, even if you are unable to communicate. File of Life packets are available at Human Services – free to all residents.

IMPORTANT NOTE:

Be sure to update your Yellow Dot and File of Life information as your medical needs and prescription drugs change.

Supportive Programs

MEDICARE INSURANCE COUNSELING (CHOICES)

Are you baffled by Medicare Parts A, B, C, and D?

Are you receiving mail advertising “special help” in paying for these programs?

Do you need help understanding the new rules associated with any of these?

Are you confused about when you should sign up for Social Security?

First and foremost, be careful! Much of the mail you are receiving (if you are approaching retirement age) may look “official,” but may actually be advertising. Seniors have reported getting phone calls from people they do not know soliciting “Medicare” programs. Be safe! Contact us for the information you need regarding your Medicare programs.

Human Services has an experienced CHOICES counselor on staff offering personal & confidential appointments for Stonington residents to discuss Medicare options, supplemental insurances, Medigap policies, HMOs, “special help” for Medicare Part D, Medicare Buy-in programs, state pharmaceutical programs, Social Security, and so on. Home visits are also available for residents who are homebound.

You may be eligible to have your Medicare Parts B and D premiums paid for you!

Medicare Part B, the part of your Medicare that pays your doctor’s visits, out-patient testing, etc. costs \$104.90/month as of 1/1/2013 and did not change in 2014. Medicare Part D premiums vary depending on the plan chosen. Both are required unless the Medicare beneficiary has creditable coverage through employment, a retirement plan, VA, or other “credible” plan. The State of CT offers a program called the Medicare Savings Program (MSP) that will pay these premiums for income qualified seniors. The income limits for 2014 are \$2393.58/mo for an individual and \$3225.06 for a married couple. The program also guarantees that your prescription drugs will never be more than \$6.30 per prescription (with a generic drug as low as \$2.35) and there is never a “donut hole” or open-enrollment period. Furthermore, the program offers seniors with monthly incomes under \$2053.03 (\$2766.21 for a married couple) supplemental insurance coverage when participating providers are utilized.

So, where can you apply? Stonington Human Services has the application for this program, as well as trained staff to help. Because it is a “self-declared” program, the application is the only paperwork needed; DSS will check all income through the appropriate state and federal agencies.

More questions? Contact us at Stonington Human Services for more info, an application, or an appointment with a CHOICES counselor, who will explain program guidelines.

ALZHEIMER’S WEBSITE

The Department of Health and Human Services has launched www.alzheimers.gov to assist families caring for loved ones with Alzheimer’s. The informative site provides a wealth of information regarding diagnosis, treatment, support services and resources.

MEDICAL TRANSPORTATION

ECTC’s Medical transportation program is a state grant-funded program that provides medical transportation for seniors (60+) and disabled individuals (18+) residing in Stonington, who are either unable to drive and are unable to utilize other area transportation programs. Transportation is available daily to and from medical providers within New London County (<http://www.ectcinc.com/>). This fiscal year’s grant provides for 20 one-way rides per individual, as well as reimbursement provisions when driven by a friend or family member to medical appointments within New London County. For more information or an application, contact Human Services.

EASTERN CT TRAVEL VOUCHER PROGRAM

This transportation service provides subsidized taxi, livery or wheelchair accessible rides for residents of eastern CT. Sponsored by the New Freedom Initiative, the program provides an affordable alternative when existing transportation services are not able to meet an individual’s needs. Enrolled participants purchase travel vouchers from ECTC. A book of 10 vouchers, normally costing \$50, cost \$25 through this subsidy program. A maximum of three books per month per enrollee can be purchased. Contact Human Services to obtain an application.

STONINGTON SEAT BUS

The Stonington SEAT bus travels to and from Mystic Village to the I-95 commuter lot in Pawcatuck. A total of twenty stops are included on the route. The bus is equipped with a wheelchair lift. The bus is available Monday through Friday, between the hours of 7:15am and 4:57pm. The cost for a one way trip is \$1.20 with a reduced fare of \$.75 for seniors and the disabled. Stonington Human Services has bus schedules available and tickets for income eligible residents. SEAT can be contacted at (860) 886-2631 or online at www.seatbus.com

CT HOME CARE FOR ELDERLY

This CT Department of Social Services program assists the elderly by providing the support services needed so they may remain in the community, rather than in a long-term care facility. The senior must be a CT resident, 65 years or older. “CHCPE does not have an income limit and the asset limit is approximately \$32,000 for an individual or \$43,000 for a couple. Primary residence and vehicle are exempt. Acceptance into the program does not mean a senior’s care needs are completely paid for by CHCPE. Depending on income, seniors may be asked to cover a portion of the costs. Between 7% - 15% of the total costs is a typical co-payment amount” (http://www.payingforseniorcare.com/longterm_care/resources/connecticut_homecare_elders.html#title2). Call Human Services for more information about this program.

NURSING HOME COMPARISON SHOPPING

Our Area Agency on Aging, Senior Resources, suggests the Medicare website at www.medicare.gov to conduct comparison shopping when searching for nursing home care for a loved one. The site provides extensive information on Medicaid and Medicare-certified skilled nursing facilities and compares the quality of care for both rehab and long-term patients.

Special Needs Registration

The Town of Stonington, in continuing efforts to promote the safety and welfare of Stonington residents, through the work of the Emergency Response Management Team, created a Special Needs Registry. The Registry will assist Emergency Response personnel with identifying residents in need of transportation to the shelter during a natural disaster or homeland security situation. Registration with the Special Needs Registry is voluntary. Human Services will provide the Registry to local Emergency Response personnel (Police; Ambulance; Fire) in the event of the town shelter being opened. The town shelter is located at Stonington High School. All information will remain confidential.

If you or a family member is in need of transportation to the town shelter and is interested in being included on the Special Needs Registry, please complete the registration form below.

Name: _____ DOB: _____

Address: _____ Zip Code: _____

_____ Phone: _____

Male: Female:

Native Language (if not English): _____

Blind: Deaf: Unable to Speak: Other (list):

EMERGENCY CONTACT INFORMATION:

Name: _____

Address: _____

Phone: _____

CONDITIONS REQUIRING SPECIAL NEEDS REGISTRATION

No Vehicle: Wheelchair Bound: Electronic Medical Device:

Other (please list):

REQUESTED ASSISTANCE

Evacuation Assistance: Shelter: Both:

MAIL COMPLETED FORMS TO:

Stonington Human Services, 166 South Broad St. Pawcatuck, CT 06379

**Town of Stonington
Human Services Dept.
166 South Broad Street
Pawcatuck, CT 06379**

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STONINGTON

HUMAN SERVICES

