

Town of Barkhamsted

Weekly Town Email

October 22, 2026

From the Desk of Meghan Cook, First Selectman

This week gave me a couple of opportunities to catch my breath, and I took full advantage with a much needed nap on Saturday. That doesn't happen often, so I'm calling it a small victory. It was just what I needed because Sunday found me back outside, enjoying the beautiful weather, chatting with residents, and reminding people about early voting. It's been fun to see such a steady stream of residents making their way through Town Hall to cast their ballots.

Rich Novak and I met with the engineer assisting us with our TRIP Grant to improve West River Road, with the primary goal of repaving the entire stretch from Riverton to Pleasant Valley. A final draft of the plans should be available soon, bringing us one step closer to getting this project moving.

We're also continuing to work toward acquiring an agreement for Town use of the DEEP Ranger Station on West River Road. That process is moving at a snail's pace, but forward motion is still forward motion. We'll keep pushing it along.

A resident recently shared some marketing materials they received in the mail from a company called Town Hall Guide. Just a friendly heads-up: **this material is not from Barkhamsted Town Hall**. While we're happy to support local businesses in good standing in our neighboring communities, the Town has not provided any endorsements or gift certificates for this mailing. When in doubt, feel free to check with us.

Sunday, October 25 – Charles Pack Trail Dedication Join us at 1:00 p.m. for the dedication of the extension of the Charles Pack Trail in the North Meadows of Matthies Grove. A three-mile hike is planned following the dedication, and then everyone can head over to Squire's Tavern, 100 East River Road, for a reception at 3:00 p.m.

Come for the dedication, the hike, the reception, or make a day of it and enjoy all three portions. CTFALPS has been a wonderful asset to our area, helping people connect with and appreciate the natural beauty right here in our backyard. They've also launched their own newsletter, *The Forest Rambler*. Check them out and follow along at **FALPS.ORG** or click the link on the next page.

The Recreation Committee is busy preparing for its Annual Halloween Dance on Friday, October 30. Keep an eye out for the flyer with all the details. Start thinking about your costume now because October is flying by, and this is your chance to get a little spooky!

Our Economic Development Commission is working on plans for a Fall and Winter Market, and details are beginning to take shape. We're still putting the pieces together, but things are shaping up nicely. More details coming soon, so stay tuned.

The forecast is looking promising, so get outside and enjoy it. Take a walk, explore a trail, visit a local business, or just do some good old fashioned porch sitting. As always, check in on your neighbors, spread the word about what's happening around town, and encourage folks to sign up for our Town email updates so they don't miss a thing.

Have a wonderful week.

This week's Eye on the Highway Department

Check and secure your mailbox before winter

The snow will start flying before we know it! Winter snow, ice, and plowing can be tough on mailboxes. Please make sure your mailbox and post are sturdy, properly secured, and positioned appropriately before the first storm arrives. A little preparation now can help prevent damage later.



Youth Basketball Registration now open!

Basketball registration is open for grades k-4, please register as soon as possible as registration closes November 10th. Click the link below for registration and information.

<https://www.barkhamstedbasketball.com/page/show/7456930-registration>



Can You Guess What It Is?

Answer to last week's photo – Little free library near the town hall

Hint for this week - I hum and spin, but never go far, I make dull points sharp like a star!

What am I?



FALPS News

[CLICK HERE for the FALPS Fall Newsletter](#)



November 3, 2026 Election



To Register to Vote or Check Your Voter Registration Status Visit:

<https://portal.ct.gov/SOTS/Election-Services/Voter-Information/Voter-Registration-Information>

ID Requirements: <https://portal.ct.gov/sots/election-services/fag/fag---voter-identification>

November Election / Who – When – and Where’s

Who can vote in the November 2026 Election?

U.S. Citizens who are registered can participate in voting. *Note: Former Barkhamsted residents who are U.S. Citizens should contact the Town Clerk’s office to determine eligibility*

Important Registration Dates:

October 16, 2026: Last day to register in person and mail-in. The Registrar of Voters will be open from 9 a.m. to 8 p.m. for in person registration. All mail-in voter registration applications must be received or post-marked by this date in order to be accepted. The Online Voter Registration System will also close on this date at 11:59 p.m.

Voter Registration for Early Voting: Same Day Registration (SDR) is available at the Early Voting location during the early voting period (October 19th-November 1st)

November 2, 2026: Deadline for admitting those seeking to vote in the Election whose qualification as to age, citizenship, or residence was attained on or after October 16th. Registrar of Voter’s office will be open from 9 a.m. to 5 p.m.

November 3, 2026: Same Day Registration/Voting available at Town Hall 6 a.m. - 8 p.m.

When can I vote?

- ***ABSENTEE VOTING:** October 2, 2026 - November 2, 2026
- ****EARLY VOTING:** Monday, Oct. 19, 2026 through Monday, Oct. 26, 2026
10:00 am. – 6:00 p.m. (including Saturday and Sunday)
Tuesday, October 27, 2026 8:00 a.m. – 8:00 p.m.
Wednesday, October 28, 2026 10:00 a.m. – 6:00 p.m.
Thursday, October 29, 2026 8:00 a.m. – 8:00 p.m.
Friday, October 30, 2026 10:00 a.m. – 6:00 p.m.
Saturday, October 31, 2026 10:00 a.m. – 6:00 p.m.
Sunday, November 1, 2026 10:00 a.m. – 6:00 p.m.
- ELECTION DAY VOTING:** Tuesday, November 3, 2026 6:00 a.m. – 8:00 p.m.

Where can I vote?

- ***ABSENTEE VOTING:** Town Clerk’s Office, 67 Ripley Hill Rd., Barkhamsted
- ****EARLY VOTING:** Town Hall Lower Level - Registrar of Voters Office
- ELECTION DAY VOTING:** Barkhamsted Elementary School, 65 Ripley Hill Rd., Barkhamsted
- Town Hall** Same Day Registration/Voting-for those who are not registered and wish to register and vote in person on Election Day

**absentee ballot info* visit: <https://portal.ct.gov/SOTS/Election-Services/Voter-Information/Absentee-Voting>

***The Early Voting Act (Public Act 23-5, as amended by PA 23-204) created an early voting process that allows eligible people to cast a ballot before the day of an election or primary. The number of days and period of time that a voter can cast an early ballot varies depending on the voting type. info:* <https://portal.ct.gov/SOTS>

For further information visit www.barkhamsted.us or call
the Registrar of Voters 860-738-4695 OR the Town Clerk 860-379-8665

Tax Office Update – October, 2026

Tax Office Hours: Tuesday, Wednesday and Thursday 8:30 – 4:30

Phone: 860-738-4762

Tax office personnel understand that the rising costs of food, fuel and other necessities may be putting extra pressure on household budgets and that paying taxes is probably at the bottom of the list. We have a higher number of unpaid accounts and I have received numerous phone calls from individuals concerned about paying what they owe. I want to take a minute to let everyone know that taxes can be paid over multiple payments. If you are behind in what you owe, please do not hesitate to send us what you can, when you can. Interest will continue to accrue, but only on the unpaid balance, and you will be denied motor vehicle registrations until everything is paid in full but hopefully it will be a little easier if you pay over time. Please call the office before making the final payment to ensure the correct balance due is paid.

If you are not paying a tax because you no longer own a vehicle that you are being taxed on, please call the assessor's office at (860) 379-3600 to determine if the bill should be deleted or a credit can be done. DMV does not supply us with sale information unless plates are transferred.

If you are concerned about paying your January taxes, you have the option of paying ahead. Making several smaller payments may help to spread out expenses. The last thing we want to hear is that someone needs to make a choice between taxes and food, fuel or other necessities.

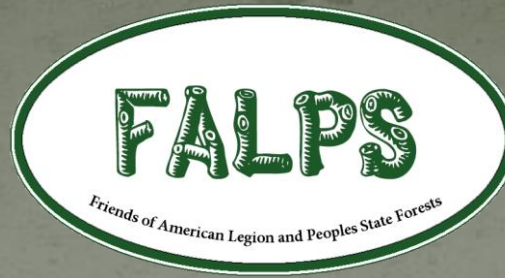
The tax office can only accept cash or checks. Checks, credit/debit cards, Venmo and PayPal are available online, however, there are fees for these services. Payments can also be mailed, dropped at the office or dropped in the black box to the left of the downstairs town hall door.

A second item I would like to mention is the increase in requests for delinquent real estate account information. These requests are being done as freedom of information requests so we must comply. Tax payment information is a public record. It is not known what is being done with the information but please be cautious if someone reaches out and makes you an offer that is too good to be true. If you are contacted and have any questions, please do not hesitate to call the tax office.

As always, the tax office is here not only to collect what we are directed to collect, but to assist taxpayers with the process. Please feel free to reach out to the office anytime with your questions or concerns.

Terri Collins

*Making a
difference...*



*...in our
forests*

Charles Pack Trail Extension Dedication and Inaugural Hike

Come join FALPS for the Dedication and Inaugural Hike on the Charles Pack Trail Extension. Following the vine cutting President Erik Landgraf and other FALPS' Board members will lead a 2.5-mile hike up the new section of the trail and back to Matthies Grove via the Agnes Bowen Trail.



**Sunday, Oct. 25th, 1 p.m.
Meet at North end of Matthies
Grove near kiosk, Peoples State
Forest, East River Rd.,
Barkhamsted**

Following the hike all are invited to attend a
Reception at Squire's Tavern,
100 East River Road, 3 p.m.



Date: Saturday, October 24th

Time: 5:00 p.m. to 7:30 p.m.

Pleasant Valley Methodist Church
93 River Rd, Barkhamsted CT

Tickets: At the door, \$20 donation
per person. Children under the age
of 15 years old are Free!

Refreshments will be provided.

Questions? Lorna Delaney
860 379 6419

Home Ground

Ticks, Vampire Season!

I used to think of “tick season” as spring through the summer. That’s just not so any longer.

I recently was out in my yard last week during a warm spell and walked through some light brush. Later that evening, I discovered five tiny deer ticks on me. Four were attached, while I felt the other crawling up my leg.

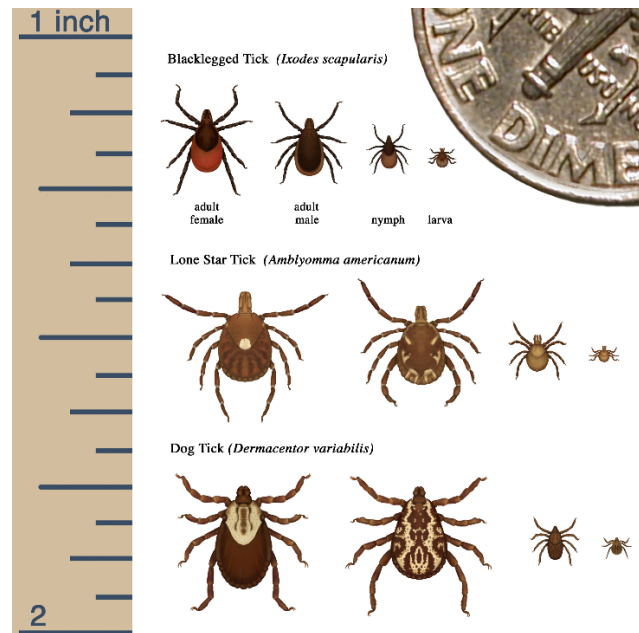
Being outside around here means sooner or later, dealing with ticks. Encounters with these arachnids- not insects, are something unfortunately we are coming to expect. But October, tick season? Really? A few years ago, I had a similar experience. Two ticks crawling on me- and it was February.

So, how do they get here and why are they around in the fall and winter? Those of us old enough will remember ticks being rare and being outside was not a risk of tick bites at any time of the year. There is good reason for no memories of ticks because there were [very few, if any](#). The increase in forests, decline in farming and explosion of white tail deer are major factors in our booming tick population, and their numbers are skyrocketing. Tick season is now a year-round occurrence, and there are more species of ticks appearing in recent years, including the lone star tick, largely responsible for [Alpha-gal Syndrome](#), a tickborne disease which can make someone allergic to eating any red meat, as bizarre as that sounds. That puts a serious damper on backyard barbeques.

Dr. Goudarz Molaei, Director of Tick and Tick-borne Pathogen Surveillance Program at CAES, (Connecticut Agricultural Experiment Station), explains that usually ticks go into an inactive or dormancy period in the winter, but as winters warm up, ticks are more pervasive and abundant. Ticks protect themselves when temperatures drop, finding insulation against the cold. Their hosts are moving around as well during warmer temperatures, which include mammals, birds, reptiles, amphibians, and of course human beings. Winter cold has little effect on tick populations, as they are becoming increasingly better at surviving our winters due to climate change.

The most common ticks are blacklegged ticks, *Ixodes scapularis*, and the dog tick, *Dermacentor variabilis*. Common names referring to deer and dogs are misleading because these ticks can and do use many additional kinds of animals for hosts. These two species account for about 90% of the ticks in identification requests. All ticks must obtain a blood meal from a host at all three stages of their development after hatching. Ticks at smaller stages usually favor smaller animals such as birds and rodents, while adult ticks favor larger animals such as deer. Mice are primary hosts for larval and nymphal (immature) blacklegged ticks. Deer are the preferred

primary host for adult blacklegged ticks. Adult ticks feed, mate, and finish development on deer. When small, ticks are difficult to see and often go unnoticed until they have attached themselves to a host.



Ticks do not jump or fly when finding a host. They position themselves where they can grasp a host usually from tips of grass or leaf litter. Adult ticks hang out several feet above the ground where they are more apt to find a larger host passing by. Ticks like shady and moist areas, so shrubs and tall grass are prime areas for them.

Here are five steps to the prevention of tick bites • Wear long pants tucked into socks

• Consider a repellent • Bathe, look and feel for ticks after leaving tick habitat, and remove any ticks • Check pets for ticks, use tick control products; consult with veterinarian about canine Lyme disease vaccine.

Protecting your property Ticks avoid dry conditions, so they hide in places that are moist and shaded. You might not realize it at first, but your yard is full of hiding places for ticks, such as:

• Piles of leaves • Tall grasses • Dense brush • Playground equipment • Patio furniture • Areas with trash

Transmission The probability of transmission of Lyme spirochetes increases the longer an infected tick is attached 0% at 24 hours, 12% at 48 hours, 79% at 72 hours, and 94% at 96 hours). Approximately 30% of blacklegged ticks, on average, will be infected with Lyme disease bacterium. Prompt removal of an attached tick will reduce the chance of infection.

I only wish garlic or wooden stakes would help. -D. Lewis

Meadow Minders

Learn how to “winter sow” native wildflowers seeds for spring planting.

Raise seeds for the wildflower meadows for **FALPS** in Peoples Forest and your own garden.

All done over the winter months when you can't garden!

All with bare minimum cost, very little effort or experience!

Special equipment? -only a milk jug, and soil!

Find out:

What winter sowing is and how to do it.

How to gather, store and plant seeds.

Interested in this free class?

Register, then meet at the pavilion at Mathies Grove in Peoples Forest-

Saturday, November 7, 3:00-4pm

Bring a milk jug or one will be provided, along with seeds and soil.

**Shoot me an email, lewisd1691@gmail.com to register,
or if you have any questions. I'll be in touch!**

Dave Lewis



Join the Scrapbooking CLUB

Memories. Creativity. Community. ♥

A place to create, connect, and
preserve the moments that matter! ♥

Bring your
own supplies
and collaborate
with others!

JOIN US!

♥ WEDNESDAY ♥

OCTOBER 14 & 28

5:30 PM - 9:30 PM

Share ideas,
learn new
techniques,
and make
beautiful
memories
together!

We will meet **ONCE A MONTH**
on the 2nd & 4th Wednesday each month!

BARKHAMSTED
SENIOR/COMMUNITY CENTER

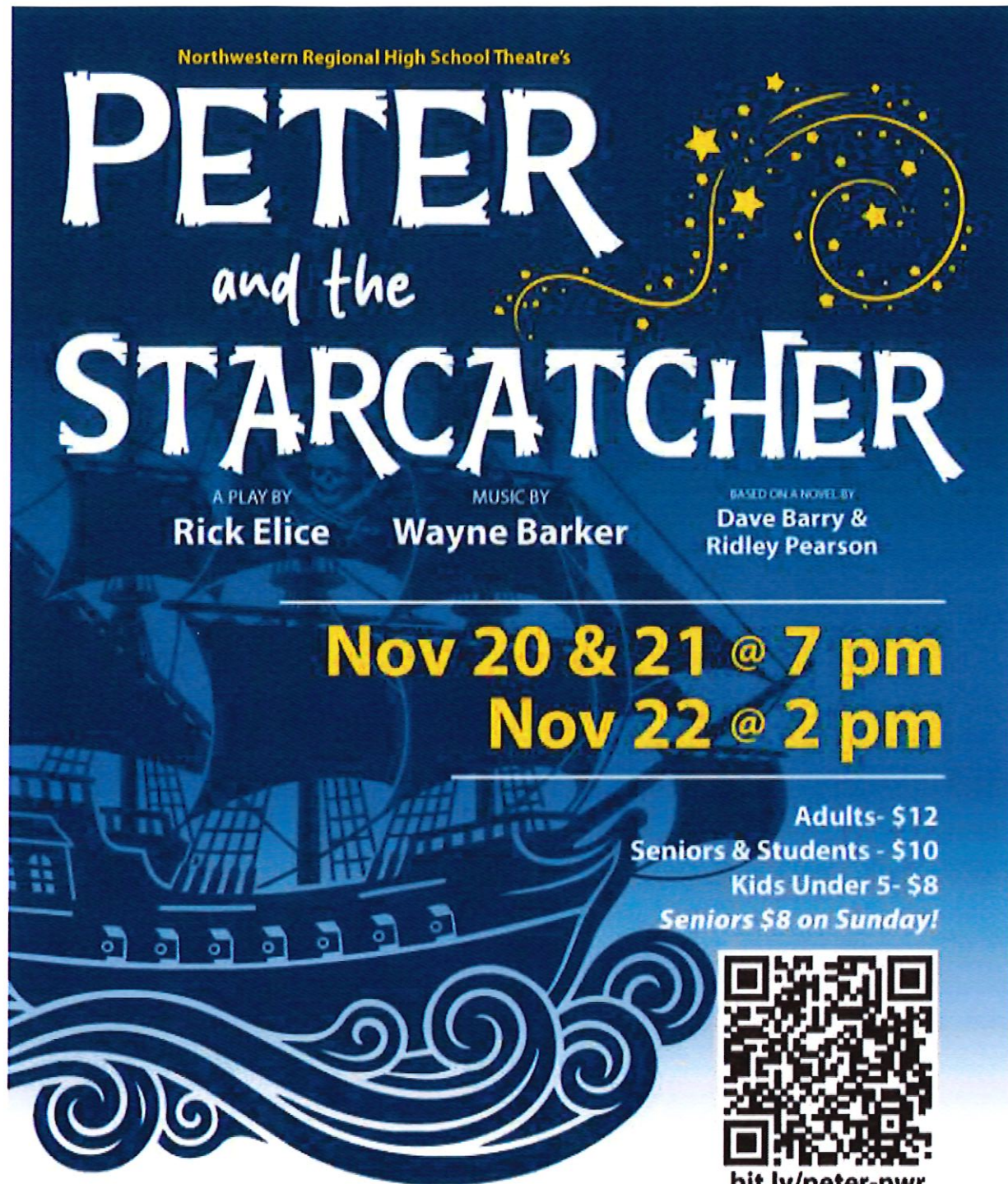
Open to all! ♥

Let's
Make
Something
Beautiful!

Any questions?

Ask Amanda North ☎ 860-921-3630 ♥

Regional School District No. 7 High School is proud to present Peter and the Starcatcher from November 20–22 (Friday & Saturday at 7:00 PM, Sunday matinee at 2:00 PM)! Bring the family to experience the heartwarming origin story of how a young orphan becomes the boy who wouldn't grow up. It's an adventurous tale of pirates, brave heroines, mermaids, and magical starstuff that is fun for all ages. The incredibly talented cast includes a number of Barkhamsted students on stage and behind the scenes. Get your tickets today at events.ticketleap.com/tickets/nwrtheater/peter and follow @nwr7theatre for updates!



Northwestern Regional High School Theatre's

PETER and the STARCATCHER

A PLAY BY
Rick Elice

MUSIC BY
Wayne Barker

BASED ON A NOVEL BY
Dave Barry & Ridley Pearson

Nov 20 & 21 @ 7 pm
Nov 22 @ 2 pm

Adults- \$12
Seniors & Students - \$10
Kids Under 5- \$8
Seniors \$8 on Sunday!



bit.ly/peter-nwr

Originally produced on Broadway by Nancy Nagel Gibbs, Greg Schaffert, Eva Price, Tom Smedes, and Disney Theatrical Productions.
Peter and the Starcatcher is presented through special arrangement with Music Theater International (MTI).
All authorized performance materials are also supplied by MTI.
www.mtishows.com

Socktober

October
13-31

DONATE CLEAN, IN
THE PACKAGE SOCKS
IN A DONATION BIN
AT THE
BARKHAMSTEAD
TOWN HALL,
RIVERTON GENERAL
STORE, ROYAL
COACHMAN TAVERN,
BARKHAMSTED
COMMUNITY CENTER,
TRACTOR SUPPLY,
AND SOCCER AND
BEYOND

SPONSORED BY THE
BARKHAMSTEAD
ELEMENTARY SCHOOL
STUDENT COUNCIL



Flyer
created by
Leah





NORTHWESTERN REGIONAL SCHOOL DISTRICT NO. 7 INVITES

OUR VETERANS & THEIR FAMILIES

TO OUR ANNUAL

Veterans Day Celebration

WEDNESDAY, NOVEMBER 11, 2026

100 BATTISTONI DRIVE, WINSTED CT 06098



HONORING ALL WHO SERVED

BREAKFAST: 8 AM

PROGRAM: 9 - 10 AM * AUDITORIUM

PLEASE ARRIVE BY 8:00 AM AND ENTER THROUGH THE CAFETERIA DOORS. RSD#7 STUDENTS JOINING YOU FOR BREAKFAST? PLEASE INDICATE ON THE RSVP. NO EARLY ARRIVALS

RSVP to Lisa Smith at lsmith@nwr7.org or

DSS

COMMUNITY PARTNER

INSIDER

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CONNECTICUT
Social Services

portal.CT.gov/dss

I M P O R T A N T !

Shelter & Utility Expense Verifications

Effective December 1, SNAP households will be required to provide verification of all reported shelter and utility expenses to receive credit during their application or renewal.

Client Statement will no longer be accepted.

If verification of shelter or utility expenses is not received, the amount loaded on cards each month may decrease, or cases may close because households will no longer get the deduction for these expenses.

In order to maximize the potential benefit amount, be sure households are ready to provide verification of shelter and utility expenses at their next touchpoint with DSS.

Verifications can be submitted online. If using the phone clients can go to <https://MyDSS.ct.gov>, by computer go to <https://www.connect.ct.gov/>



SNAP COST-OF-LIVING ADJUSTMENTS



Starting October 1, 2026, the amount of money households can make to qualify for SNAP increased, as has the maximum benefit amounts a household can receive.

See the chart below for the changes.

Remind SNAP Households they must report certain changes by the **10th of the month after the change occurs.**

These changes include:

- If the household's total monthly gross income goes over **130%** of the federal poverty limit (FPL). Households get a letter letting them know their income reporting requirement.
- If anyone in the household who is subject to the **ABAWD** work rules, works less than **80 hours** a month.
- If anyone in the household gets lottery or gambling winnings of at least **\$4,750** in a single game.

See the **DSS Programs Standards Chart** for more information on income limits and standards changes for SNAP.

Household Size	Maximum monthly income	Maximum monthly benefit amount
1	\$2,660	\$306
2	\$3,607	\$562
3	\$4,554	\$808
4	\$5,500	\$1,023
5	\$6,447	\$1,217
6	\$7,394	\$1,463
7	\$8,340	\$1,616
8	\$9,287	\$1,841
Each additional person	\$947	\$225

ELDERLY SIMPLIFIED APPLICATION PROJECT (ESAP)

ESAP helps older adults and people with disabilities continue their SNAP benefits. It uses a simpler renewal process because their situations are less likely to change. This helps SNAP run more smoothly and helps more people get the food they need.

Due to H. R. 1, also known as the One Big Beautiful Bill Act, the President signed into law on July 4, 2025, rules for ESAP have changed. This new law raises the **age for ESAP from 60 to 65**. Those who have a disability will still be eligible for ESAP if they are aged 18 and older.

This change goes into effect on **October 1, 2026**. Previously, households who were aged 60 and older, and/or disabled had a streamlined renewal process.

Specifically, those households:

- Submitted a SNAP renewal only once every 3 years
- Did not have to complete a Periodic Report Form (PRF)
- Did not need to complete an interview at SNAP renewal, unless there were questions, or if they wanted to complete one.



Individuals aged 60 through 64 no longer qualify for ESAP, unless they are individuals with disabilities. The affected households will receive a letter notifying them of the change.

Those individuals aged 60–64 who do not have disabilities may also now be considered Able Bodied Adults Without Dependents (ABAWDs). ABAWDs will need to meet work rules or an exemption to keep getting SNAP for more than 3 months in a 36-month period.

For more information on ESAP visit:

Elderly Simplified Application Project

For more information on ABAWDs visit:

www.ct.gov/snap/abawd

INSIDER

NEW!

MyAccount
Securely access your account and view information about your DSS benefits, view the detailed Benefits Tracker and apply, renew or submit changes to your case.

[ACCESS NOW](#)

New to ConneCT?
[Create an Account](#)

Apply For Benefits

For a fast and easy way to apply for benefits.

[APPLY NOW](#)

Benefits Tracker - Quick View

A quick way to track the status of your benefits and submitted documents. For a more detailed view log into your MyAccount.

[VIEW NOW](#)

DSS BENEFITS TRACKER

Check your benefit status – Anytime, online!

We're excited to introduce the **DSS Benefits Tracker**, a new ConneCT feature that gives clients an easier way to follow the status of items they have submitted to DSS.

The Benefits Tracker allows clients to view updates for their applications, renewals, Periodic Report Forms (PRFs), and eligible reported changes.

Clients can quickly see whether an item has been Submitted, is In Progress, or has been Processed, along with helpful updates and next steps.

Clients with a MyAccount can access additional case-level details and information about notices.



Benefits Tracker - Quick View

You can search and view the status of your submitted Applications, Renewals, Periodic Report Forms |

Benefits Tracker - Quick View

* Year of Birth

1996

* Last Four digits of your Social Security Number

* Client ID

350151629

No MyAccount? No problem! Clients can use the Benefits Tracker Quick View from the ConneCT landing page by entering their year of birth, last four digits of their Social Security number, and DSS Client ID.

NON-CITIZEN ELIGIBILITY CHANGES FOR HUSKY HEALTH COVERAGE

The One Big Beautiful Bill Act of 2025, also known as H.R.1, passed by Congress July 4, 2025, changes who is considered a “qualified alien” for HUSKY Health benefits. Under the new law, only the following groups are considered qualified aliens, and therefore may be eligible for **HUSKY Health**:

- **Lawful Permanent Residents (LPRs)** with LPR status for 5 or more years (often referred to as Green Card holders)
- **Cuban/Haitian entrants (CHE)** (as defined in section 501(e) of the Refugee Education Assistance Act of 1980)
- **Compacts of Free Association (COFA) Citizens** (COFA migrants from: the Federated States of Micronesia (FSM)), the Republic of the Marshall Islands (RMI), the Republic of Palau (as referenced in section 402(b) (2)(G) of the Personal Responsibility and Work Opportunity Reconciliation Act of 1996)

However, there are no changes to coverage for lawfully present children (HUSKY A and B), as well as on state-funded programs (State HUSKY A for kids and State Postpartum Coverage). Additionally, Emergency Medicaid will not be affected.

(continued on next page)

NON-CITIZEN ELIGIBILITY CHANGES FOR HUSKY HEALTH COVERAGE

Effective October 1, 2026, the following groups will no longer be eligible for HUSKY Health coverage.

- **Refugees** (Individuals who have been forced to flee their home country due to a well-founded fear of persecution based on race, religion, nationality, political opinion, or membership in a specific social group.)
- **Asylees** (Individuals who meet the same criteria as a refugee but apply for and receive protection after already arriving in the United States or at a port of entry.)
- **Trafficking victims** (Foreign nationals who are survivors of severe forms of human trafficking (such as sex or labor trafficking) and have received official certification from the Office of Trafficking in Persons (OTIP) or hold a T-Visa)
- **Humanitarian Parolees** (Individuals granted temporary permission by the U.S. government to enter and stay in the country due to an urgent humanitarian emergency or significant public benefit. Parole is temporary and does not grant permanent residency or a direct path to citizenship)

For more information and links to help non-citizens visit:

H.R.1 Non-citizen eligibility.

Scan or share the QR code to visit the page:



ONE BIG BEAUTIFUL BILL (H.R. 1) RESOURCES

As H.R. 1, also known as the One Big Beautiful Bill, changes are implemented, DSS encourages community partners to use and share the resources developed to provide clear and consistent information to HUSKY Health and SNAP members.



H.R. 1 Virtual Classroom

DSS has made a recorded Virtual Classroom presentation available on the [HR1 For Providers](#) website. The 35-minute presentation provides partners and staff with a deeper understanding of H.R. 1 changes and their impact on DSS programs. The presentation can also be accessed directly on YouTube: [Do I Have to Work to Keep My SNAP or HUSKY D \(Medicaid\)? New Rules Explained - YouTube](#)

DSS H.R. 1 Community Partner Resource Toolkit

The DSS toolkit includes ready-to-use outreach materials in English and Spanish, including flyers, graphics, postcards, and pre-screener resources. Partners are encouraged to use these materials.

H.R. 1 Community Partner Resources

Medicaid Matters CT

Medicaid Matters CT is a new public-facing landing page that complements information on the DSS website. Partners can share the page with residents as an additional place to find accessible information and resources.

Home | Medicaid Matters CT

Using and sharing these resources helps ensure that partners, staff, and residents receive consistent and reliable information about H.R. 1 changes.

Connect with Us on Social Media!



[Join or unsubscribe](#) from the
Community Partner Insider

Stay informed by receiving the most recent information, helpful tips, and valuable resources.

Click the icons below to connect with us!



How Do I Become a Community Partner?

Through the DSS Community Partner program you can help Connecticut residents apply for benefits at access points in their community.

Current community partners include residential care homes, nursing homes, town social service agencies, and advocacy groups.

If you are interested in becoming a community partner, please email

DSS.PartnerSignUp@ct.gov

Did you know?



You can print common DSS applications, forms and brochures.

[Click here to view common forms](#)

Community & Senior Center News & Events

Despite the weather, the trip to the Essex Steam Train and Riverboat was a big success. Seventeen folks went --14 on the bus and three of us drove. After the tour, we had lunch at the Old Griswold Inn, which was quite good. I have heard from a few of the folks who went on the trip that they would like to do more trips, so I would love to hear your ideas and I will try to schedule additional trips and arrange for transportation. Open to all ages!

For all the Veterans who served our country so well, NWR 7 is holding a breakfast on Veterans Day (November 11) to honor them. If you are a veteran or know any, please let them know and plan to attend. This is a wonderful opportunity for the students to learn about our history and the sacrifice so many people made.

I have not finalized a date with Geer Village about their Balance course and will let you know when we can schedule it. It is a one-time course and we still need to pick a date.

LUNCH – Tuesday, October 27 – 12:00 noon – Chicken Pot Pie, green beans, Apple Crisp

BREAKFAST – Thursday, October 29 – 7:30–9:00 – cooked to order, as usual -- your choice of eggs any way you prefer: bacon, sausage links or patties, ham, pancakes, French toast, waffles, home fries, hash, fresh fruit cocktail, orange juice and more. We also have gluten free bread and turkey bacon available. If there is interest, we can also provide gluten-free pancakes or waffles.

As always, meals are \$5.00 – additional donations are always welcome. Gluten-free options are usually available, so please let us know if those dishes are something you would like or need. We also try to accommodate other dietary restrictions for those who cannot eat certain foods.

Here are the upcoming activities:

Monday and Wednesday, October 26 and 28 – 11:30-12:30 – Tai Chi – Tai Chi is normally twice a week.. The classes are only \$5. Feel free to join us even if you have never tried it, as it is focused on improving balance and flexibility for seniors who are beginners. All of us who are there are amateurs, and no one gets embarrassed.

Monday, October 26 - 9:30-10:30 - Lorna Delaney will be holding her third of four weeks of "Yoga for Every Body".

Wednesday, October 28 1:00 PM (after Tai Chi) - there will be scrapbooking at the Senior & Community Center for everyone who is interested.

Saturday, October 24 - 5:00PM-7:30 - the Richard Badowski Band (Blues, Soul & R&B) will be playing at the Pleasant Valley Methodist Church. This is a fundraiser and the donation is \$20. If you are interested.

Saturday, October 24 - 5:30-9:30 - Scrapbooking Club, (postponed from September due to the weather)

Thursday, October 29 - after breakfast - The Weeders and Readers club meets during the Spring/Summer months as a garden club and during the Fall/Winter it becomes a book club. They typically meet on the last Thursday of the month at 9:00 (after breakfast).

Friday, November 13 - 6:30-8:30 - Sole Friends Band, a local music group based out of Hartland, will be playing at the Center. Admission is free, but donations are welcome. They sing and play great music across various genres and timelines - Rock, Alt, Blues, Indie, Folk, Country, Soul, Classics, Deep Cuts & Originals & more.

The Medicare One-on-One Counseling sessions are scheduled for November 4. They can accommodate up to 7 people that day, and the day is full at this point. The WCAAA also holds sessions in other towns. Let me know if you are interested in a session and I will try to find a spot for you.

If you would like to hold crafts or another activity or have an additional exercise class that you would like, please let me know. If you have ideas for events or programs you would like to have us schedule, please reach out to me and I will work to get them on the calendar.

We continue to collect food for the Community Food Bank in Barkhamsted. It is extremely important that those who can help, contribute what they can, even if it is a small amount. The food bank is at the Pleasant Valley Methodist Church and does a great service for those in need. Check their Facebook page for their operating hours. We also have a box at the Center if you would like to leave a donation off and we will make sure it gets to the Food Bank. If you have food or cash to donate and they are not open, you can also message them on Facebook to let them know about your donation. Their Facebook page is <https://www.facebook.com/profile.php?id=61551048540688>. They are open every other week on Monday and Thursday.

That's it for today. Please stay safe. Feel free to reach out to me if you need assistance and I will do whatever I can to help or get help from the Town.

Don Stein

