TREES FOR FREE WAS AN AMAZING SUCCESS

By David & Sharon Mann

TREES FOR BLOOMFIELD Initiative (TFB), a volunteer group consisting of the Bloomfield Beautification Committee (BBC), Conservation, Energy, & Environment Committee (CEEC) and residents, created and completed a unique project to plant 80 trees for free in areas of town where the tree canopy is thin. Their initial motivation was to combat the effects of Climate change and beautify our community. Trees are highly regarded for their contribution to cooling, soil protection and maintenance, as well as improving the character of our properties and adding to their value. In the end, the project achieved much more.

Metacomet Elementary School and Carmen Arace Intermediate School have been identified by the Connecticut State Department of Education as “Schools of Distinction” for the 2021-2022 school year. The recognition is connected to the recently released Next Generation Accountability Report, which measures how well a school is preparing students for college and meaningful careers. Both Metacomet and CAIS were in the Top 10% of Connecticut schools for

By Woodrow Dixon
Last Saturday December 10, Bloomfield and Ansonia met for the seventh time in a State CIAC Class S Championship football game. Both teams entered this year's championship game with three wins apiece. Unfortunately for the Warhawks (10-3), they dropped a hard-fought and flag-filled 28-21 contest to the Chargers.

WARHAWKS DESERVED BETTER

JUDGE DAVID BARAM HONOURED FOR PROBATE COURT SERVICE

Photo: Lt. Governor Bysiewicz offers Judge David Baram a Proclamation honoring him for his service in the Great Tobacco Valley Probate Court, and to the community, during a Reception that was held on December 8.

See TREES page 7

See SCHOOLS page 6

See WARHAWKS page 6

See BARAM page 2

CARMEN ARACE, METACOMET SCHOOLS OF DISTINCTION

Tree Photo Contest Artists Honored See Page 4

WINDSOR'S #1 LISTING AGENT

SHARON DILLON RISPOLI

Client Testimonial

"I highly recommend Sharon Rispoli to anyone looking to buy or sell a home in the Windsor area. She provides a level of unparalleled service and knowledge that cannot be matched. There is no one better."

- Trevor T.
David Baram Honored for His Service to Probate Court and the Community

Photo: (from left) Bloomfield Mayor Danielle Wong, Lt. Governor Bysiewicz and State Treasurer Shawn T. Wooden came to Bloomfield to honor David Baram (second from left) for his service as Judge of Probate and for his more than 40 years of public service. Photo by Howard Frydman

By John Karas

On December 8, state and town officials, along with many of Judge David Baram’s family and friends gathered at a Reception at the Bloomfield Human Services Building to honor him for completing his service as Judge of Probate of the Tobacco Valley Probate Court for the towns of Bloomfield, Windsor Locks, East Granby and Suffield.

The age of mandatory retirement for probate judges in Connecticut is 70, and David Baram who reaches that mark next year, decided not to run for reelection this November - which is why his many friends chose this occasion to honor him for all he has done for the court, the communities he has served and above all Bloomfield, his hometown.

Baram was introduced during the event by his friend and Bloomfield political leader Byron Lester, who stated that although the group was there to thank David for his extraordinary and distinguished service as Probate Judge for approximately Five and a Half years, equally important was to acknowledge the ways that Baram has served this community for more than 40 years.

Among the positions Baram has held, he pointed out, was serving as Mayor of Bloomfield, as State Representative of Bloomfield and Windsor, as Chairman of the Bloomfield Democratic Town Committee, as Chairman of the Capital Region Council of Governments (CRCOG), as Chairman of the Board for the Bloomfield Center Fire District, as President of the Bloomfield Chamber of Commerce, as Chair of the Bloomfield Charter Revision Commission, and as president or in leadership positions of numerous other organizations in the community at large and in the Jewish community.

His latest post, though, served and above all Bloomfield, his ability to resolve conflicts. “As Probate Judge, David quickly gained a reputation as a bright, insightful, fair, compassionate, and respectful Judge. He had several of his opinions published in the Quinnipiac Probate Law Journal and served on the Probate Administration’s Legislative and Public Information Committees,” he said. “He has written many articles in local papers explaining aspects of the Probate process and has spoken in each of the District’s four communities at senior centers and before organizations.

Throughout his term, attorneys and members of the public have complimented Judge Baram on his relaxed temperament, his ability to put litigating parties at ease, to be perceived and fair and evenhanded, and his ability to resolve conflicts. For those of us who worked with him when he was Mayor and State Representative, it comes as no surprise, as even in those days, the Hartford Courant referred to David as the “Peace Maker” and “Coalition Builder.”

Until then, congratulations Judge Baram.
Bloomfield High School Band Concert
Monday, December 19th
At 7:00 PM
at Bloomfield Congregational

Christmas Eve Service
Saturday, December 24th
at 8 PM
On Tuesday, the TREES FOR BLOOMFIELD Initiative honored the winners of its 2022 Photo Contest with an opening exhibit and reception at the Human Resources Facility at 330 Park Avenue. Town Officials joined the festivities to celebrate with and congratulate the photographers:

First row, from left: Deputy Mayor Greg Davis, State Representative Bobby Gibson, Councilor Shamar Mahon, Councilor Tony Harrington, Town Manager Stanley Hawthorne, Councilor Kenneth McClary; Second row: (Winners) Vincent Bygrave and Kevin Gough, Mayor Danielle Wong, Winner Linda Deabay; Third row: Winners JoAnne Mitchell, Robin Sherwood, and Gail Nolan; Fourth row: Winners Linda Blais, Danielle Morander, and Benjamin Skaught. (Not present: Winner Barbara Vita). Full coverage of the Reception and a special centerfold of the winning photographs will be in the next issue (December 23) of the Messenger.

Photo by Dennis Hubbs
The first documented meteorite strike in North America occurred right here in Connecticut!

By Phil Devlin

Before entertainer/politician Sonny Bono skied into a tree and died in 1998, he initiated changes in intellectual property rights law that have revolutionized the publishing business. Formerly hard-to-find, interesting publications such as the Memoirs of the Connecticut Academy of Arts and Sciences were difficult to access. Now, many of them have been reprinted or scanned online as public domain documents—i.e., they were published before 1923 and have no more copyright restrictions. While browsing online recently, I found an interesting account of the first-known, documented meteorite strike in North America.

It occurred 215 years ago on December 14, 1807, in Weston and raised quite a stir. Yale Professors Benjamin Silliman and James Kingsley collected eyewitness testimony and written accounts of the extraordinary phenomenon, obtained numerous samples of the meteorite, and Silliman subjected the specimens to chemical analysis. They published their findings in 1810 in the Memoirs of the Connecticut Academy of Arts and Sciences Vol. XV.

According to Silliman and Kingsley, the Weston Meteorite apparently entered the atmosphere about 6:30 a.m. near Rutland, VT, and within 30 seconds or so streaked south over western Massachusetts and western Connecticut until finally striking the ground in modern day Easton, which at the time was well within the boundaries of Weston—hence the name of the incident. The distance between Weston and Rutland is just over 200 miles. Assuming about a 30 second line of flight time, the velocity of the meteorite approached at about eight miles per second, close to 30,000 mph—that’s about 15x faster than the fastest supersonic jet and very close to the estimated speed of the Russian meteorite which struck the earth on Feb. 15, 2007.

In the context of the time, most people still doubted that rocks could fall from extra-terrestrial sources. German physicist, Ernst Chladni (1756-1827) had published a book 13 years prior to the Weston incident (1794) in which he put forth the then controversial idea that meteorites originated in outer space. Subsequent meteorite strikes in Yorkshire, England (1795) and in Normandy (1803), both of which were well documented and witnessed by many, lent support to Chladni’s thesis.

The Weston Meteorite, very well documented and analyzed by Silliman and Kingsley, continued this trend. Skeptical of the extraterrestrial origin of meteorites were people at the time, that President Thomas Jefferson is reported to have said of Silliman’s and Kingsley’s article, “It’s easier to believe that two Yankee professors would lie than the stones would fall from heaven.” Though some now regard Jefferson’s alleged comment as apocryphal, nevertheless, its attribution well reflects the skepticism of the time regarding the extra-terrestrial origin of meteorites.

Silliman and Kingsley note that when the meteorite passed through or by clouds, “it flashed with a vivid light, yet not so intense as the lightning in a thunderstorm but rather like what’s called heat lightning.” Seen by someone riding a horse in Colchester—some 50 miles east of the impact site—the meteorite seemed to be “about one half as large as the moon.” Closely following its appearance were three loud and distinct explosions, likened to a report made by the firing of a 4 lb. cannonball. The explosions, according to Silliman and Kingsley “…succeeded each other with as much rapidity as was consistent with distinctness, and altogether did not last three seconds. Then followed a rapid succession of reports less loud, and running into each other, so as to produce a continued rumbling, like that of someone rolling a cannonball over a forest, sometimes louder, and from other times so low as to be compared it to the noise of a wagon, running rapidly down a long and stony hill; or, to a volley of musketry, protracted into what is called, in military language, a running fire.”

The “explosions” were undoubtedly sonic booms followed by the disintegration of the meteorite by collision with ground objects or from the heat of re-entry, or both. Silliman and Kingsley detail the retrieval of six large specimens by various residents in the Weston/Trumbull area. The authors describe the specimens as having a “dark ash” or “lead-colour” with a “granular and coarse” texture. The scientists go on to note the similarity of the specimens: “The specimens obtained from the different places are perfectly similar. The most superficial observer would instantly pronounce them portions of a common mass.”

One resident, a Mr. Elijah Seeley, found a large fragment in a field near his cattle. In fact, Seeley noted that some of his cattle “had leaped into the adjoining enclosure, and all exhibited strong indications of terror.” After finding a “strange looking stone,” Seeley summoned his wife to examine the violent effects on their pasture.

Here were exhibited the most striking proofs of violent collision. A ridge of micaceous schistus lying nearly evenly with the ground the specimens reduced to pieces...by the impulse of the stone...and forced itself into the earth to the depth of three feet, tearing a hole of five feet in length and four and a half feet in breadth, and throwing large masses of turf and fragments of stone and earth to the distance of 50 and 100 feet.

The Yale scientists note that the largest of the found specimens was about 36 lbs. The vast majority of specimens were “less than a half a pound and from that to a fraction of an ounce.” Silliman and Kingsley speculate that the total weight of the meteorite before disintegration “could not have fallen much short of 200 lbs.” Furthermore, after subjecting the specimens to extensive chemical analysis, Silliman draws a conclusion regarding the high iron content of the meteorite:

No such iron is found in iron mines anywhere that can now be little doubt that these masses of native iron are really of meteoric origin.” The professors gathered as many specimens as possible. These and others later acquired became the core of the meteorite collection that is still on exhibit at the Peabody Museum in New Haven. (Click here to read more about that collection and the Weston Meteorite).

Hungering for your own “pet” meteorite? There are many sites on the internet to satisfy your needs. Start with Ebay. There are dozens of meteorites for sale there at any given time. Peter Marmet maintains another popular site. Marmet’s collection of meteorites includes a 6.3 gram sample of the Weston meteorite. You can see his collection here. Marmet also has meteorites for sale but beware: The value of a historically significant meteorite can approach $100 per gram. There are 28.3 grams to an ounce, placing the value of an ounce of the Weston Meteorite at more than $2,800! That’s more than twice the going rate for gold.

Extra-terrestrial strikes vary in size and importance. Many people believe that a huge, cataclysmic strike brought an end to the dinosaur era, changing the course of Earth’s history in a huge way. The Weston Meteorite, appearing in Connecticut 215 just over years ago, included a 6.3 gram sample of the Weston meteorite. Its appearance helped nudge humanity forward in our understanding that planets Earth is a constant target for rocks from who-knows-where in the universe’s shooting gallery.
From Page One

- (13-0), who won their fourth Class S Championship when facing Bloomfield.

However, this 2022 Class S Championship game will be remembered more for the lack of quality officiating that likely prevented Bloomfield from claiming the program’s eighth state football championship and fourth against Ansonia.

Chargers jumps out to first quarter lead
Ansonia scored the first 14 points of the game thanks to QB Chris Kaminski scoring on a 1 yard run and RB/K Paul Palmer tossing a 12 yard halfback option touchdown pass to RB David Cassetti.

Palmer kicked the PATs after both touchdows.

The Warhawks offense got untracked with 3:27 left in the quarter when they executed a five play 55 yard drive that saw QB Darrien Foster pick up 20 yards on a quarterback keeper, and the officials calling a rare penalty on Ansonia – a 15 yard pass interference penalty.

With a first and goal from the Chargers 10, RB Davien Kerr scored on a 10 yard run narrowing the deficit to 14-6.

Bloomfield kicker Matthew Miller added the PAT to make the score 14-7.

Bloomfield scores 14 in second quarter
The Warhawks cut the deficit to one early in the second quarter when Kerr scored his second touchdown of the game taking a pitch from Foster and racing into the end zone untouched on an 8 yard touchdown run to pull Bloomfield within one at 14-13.

However, the PAT was blocked.

Later in the quarter with 59 seconds left before halftime, the Warhawks defense put a heavy rush on Ansonia’s QB Kaminski, forcing him to throw an errant pass that was intercepted by Bloomfield DB Miller at the Warhawks 15. With under a minute before halftime, Bloomfield’s offense went on a six play 86 yard drive that included a 76 yard run by Davien Kerr to the Ansonia 4 yard line.

After a Bloomfield timeout, Foster scored on a four yard quarterback keeper picking up a key block from Kerr enroute to the end zone giving the Warhawks the lead again at 19-14.

Foster then tossed the two point conversion pass to TE Howard Simpson, enabling Bloomfield to take a 21-14 halftime lead.

Third quarter defense and referee flags
Both the Warhawks defense and the Chargers defense held the others offense in check during a scoreless third quarter.

However, in this championship game, the officials made their presence felt during the quarter.

The officials hit Bloomfield with five penalties (and they also ruled that an interception of an Ansonia pass by Warhawks player Howard Simpson near the sidelines in front of the Chargers bench occurred out of bounds when the pick clearly occurred inbounds.)

Fourth quarter scores/Bloomfield comeback
After two plays for no yards to start the quarter, the Warhawks were forced to punt from their own 21.

Ansonia started their first possession of the quarter from the Bloomfield 48.

On a third down and nine from the Warhawks 45, the Chargers ran a screen pass that picked up 10 yards.

However, the officials threw a flag against Ansonia for having an ineligible man downfield on the play.

But after Chargers head coach Tom Brockett vehemently protested the call, the officials reserved the call and picked up the flag enabling the 19 yard screen pass to stand.

This call reversal by the officials had the biggest impacted of game because three plays later, Kaminski ran around left end on a 23 yard touchdown run pulling the Chargers to within one at 21-20 with 9:08 left in the game.

After RB Cassetti scored on the 2-point run, Ansonia took a 22-21 lead heading into the final stanza.

After the kickoff, Bloomfield started its second drive of the quarter at it’s own 23 with 9:08 left in the game.

During a 2:01 span of this drive, the officials hit the Warhawks with three penalties.

With 7:09 left in the game and facing a fourth and 11 from their own 24, Bloomfield successfully executed a fake punt with Ja’Den Jesurum running the ball 15 yards to the Bloomfield 39 to keep the drive alive.

Later in the drive Foster hooked up with Davien Kerr on a 34 pass play that had the Warhawks at the Ansonia 33.

But seven penalties later, Bloomfield had to punt the ball on fourth and 17 with 4:17 left in the game.

Ansonia would score on a third and four from the Bloomfield 23 when Kaminski faked the ball to RB Cassetti, and kept it himself scoring on a 23 yard quarterback keeper upping the score to 26-21.

The two point run failed keeping the score at 28-21.

Bloomfield had a chance to go down and score after getting the ball with 2:25 left starting from their own 29.

The Warhawks moved the ball 59 yards to the Chargers 12 with 35 seconds left in the game.

On first down Foster spiked the ball.

Foster’s pass attempts on second and third downs to receivers in the end zone were incomplete.

On a fourth down pass attempt, Foster’s pass attempt was batted away in the back of the end zone by a Chargers defender with 23 seconds.

Ansonia got the ball and ran the clock out to claim the victory.

Outlaw talks to media after the game
After accepting the Class S Championship game runner-up plaque, Bloomfield head football coach Ty Outlaw fielded questions from the media.

“I am so proud of these guys,” he stated. “I know it hurts right now, but we will bounce back. We are a young team.”

Boxscore
Ansonia 14 0 0 14 28
Bloomfield 7 14 0 0 21

First Quarter
A--Chris Kaminski 1 run (Paul Palmer kick)
A--Palmer 12 pass David Cassetti (Palmer kick)
BL--Darrien Foster 10 run (Matthew Miller kick)

Second Quarter
BL--Kerr 8 run (kick failed)
BL--Darrien Foster 2 run (Howard Simpson pass Foster)

Third Quarter
A--Kaminski 20 run (Cassetti run)
Fourth Quarter
A--Kaminski 23 run (run failed)

CARMEN ARACE, METACOMET ARE NAMED SCHOOLS OF DISTINCTION

From Page One

growth of students identified as “high needs” in the area of English Language Arts.

“This recognition reflects the intensive work going on at those schools,” said Superintendent Dr. James Thompson, Jr. “To be in the top 10% of academic growth is a significant achievement.”

Students listed as “high needs” by the CSDE meet one or more of the following criteria:

Receive Special Educational Services
Identify as an English-Language Learner
Receive free, or reduced meals, based on household income.

As a school district, Bloomfield has about 60% of students meeting at least one of these criteria.

Thompson praised the leadership of Metacomet Principal Paul Guzzo and CAIS Intermediate Principal Sarah Williams.

“This honor and distinction validates the hard work and commitment our staff puts forth to all Carmen Arace Intermediate School students,” said Williams. “Our students use their growth-mindset to set goals and continually challenge themselves.”

Guzzo commended his Metacomet teachers and staff for their work ethic. He also gave kudos to staff at Wintonbury Early Childhood Magnet and Laurel Elementary schools for “setting the foundational skills for our students.”

“This accolade also goes out to our students and their families for being our most valued partner in educating students,” Guzzo said.

The Next Generation Accountability Systems measures progress by using such indicators as: academic achievement and growth, course work, graduation rates, chronic absenteeism, access to the arts and physical fitness.

Of the approximate 1,000 Connecticut schools ranked through the Accountability system, only 129 received “School of Distinction” recognition.
- The volunteer project that evolved had never been undertaken before. There were no guidelines to follow. What was involved in the process? Like any project, this required planning, meetings, identifying a funding source, town government support, logistics, communications, and lots of volunteers. Most notably, all trees were to be planted on private property. This required effective outreach and coordination. Our grant application to the CT Urban Forest Council (CUFC) was approved in March 2022, thereby initiating the project. Ten tree varieties (all but two were considered native) were selected after discussion with our vendor, Prides Corner Farms. The next challenge was to find eighty homeowners from four Census tracts who were willing to participate. A full-color mailed showing the trees available was designed, printed, and sent to over 1550 property owners, explaining what was involved and asking interested homeowners to register in person with Human Services staff. Fifty-seven (57) people registered on the first day, selecting a tree to their liking. All 80 trees were spoken for after week two with more requesting to be on a waiting list! Now the trees could be ordered and prepared for delivery and planting in September.

The focus of the group then turned to enlisting volunteers to plant the trees. Some 50 volunteers responded, forming the new TreeKeepers TreeForce. The plan called for teams of two TreeKeepers to plant a tree. A tree planting video was created with the help of BATV along with a PowerPoint to demonstrate to the volunteers the proper way to plant and mulch the tree. Four teams of two TreeKeepers went to each property to select and stake the best location for the tree with the homeowners’ participation. The stakes were not only useful to guide the planting process, but were critical for survey by Call Before You Dig (to avoid underground utilities). All homeowners actively participated. They signed an agreement stating their commitment to maintain their trees for two years. Treekeepers would come back and check on the trees’ progress every six months.

The trees arrived on September 1st and were staged on Department of Public Works (DPW) property along with other materials. TreeKeepers unloaded the trees and arranged them according to variety. The most popular selections were the flowering Dogwood and Eastern Redbud, followed by Maple, Black Tupelo, Crabapple, and Dogwood ‘Green Giant’, Shadbowl, Northern Red Oak, and Thornless Honey Locust. Trees were in containers up to 15 gallons and 8 – 12 feet tall. Three days later, another group of Treekeepers filled 160 burlap bags with compost and mulch. A few days later another group tagged each tree indicating the name of homeowner with the address for planting. They also placed tree watering info labels on 80 watering cans destined to each homeowner along with a maintenance manual licensed by the Department of Energy & Environment Protection (DEEP).

The trees were scheduled for planting during the last two weeks of September, a very good time of the year to plant. Each team of two TreeKeepers would plant from 5 - 6 trees during this period. Just how each tree would find its way to the right homeowner was still a work in progress. Two experienced Treekeepers came to the rescue, agreeing to deliver 10 - 20 trees at a time on their trailer. Other crews would deliver the bags of compost, mulch, watering can, and maintenance manuals. All trees had a home and were in the ground by October 1st. Pictures were taken of the homeowner with their new tree for grant documentation.

Finaly, a DPW staffer who volunteered as a TreeKeeper located each tree via GPS for CUFC records. Still to be accomplished is an accounting of all our expenses and written summaries to be submitted in a final grant report to the CUFC in January.

What started as a tree planting project soon became recognized for its community building potential. Each TreeKeeper returned with a wonderful story about their homeowner and how joyous it was to engage with fellow residents who were excited to participate and happy for the result. This relationship is scheduled to continue in the Spring when TreeKeepers will revisit.

In appreciation for those who volunteered to serve as TreeKeepers and celebrate this major milestone, a reception was held on October 11th to wrap up this phase of our project. Certificates of recognition were presented to each Treekeeper with a few speeches and refreshments to cap off the evening. It was exciting to hear the volunteers express they wanted to repeat TREES FOR FREE next year and plant 100 trees! If TREES FOR BLOOMFIELD can raise the money, volunteers will be ready to make it happen for another 100 “neighbors” in Bloomfield.

The success of this project can also be reflected by the replication in neighboring towns with Trees for Suffield and Trees for Windsor Locks actively supported and assisted by TFB. Additionally, the CT Urban Forest Council was delighted with the results of our project and asked TREES FOR BLOOMFIELD to present at its’ annual Conference in November.

If you are motivated by our project, please consider becoming a member of our Treekeeper TreeForce, or make a cash donation. Mail checks to the Hartford Foundation for Public Giving with TreeForce for Bloomfield Fund in the memo line. Checks should be mailed to HFPG at 10 Columbus Boulevard, 8th Floor, Hartford CT 06106. Or, go to www.hfpg.org/donate on the internet and type in Trees for Bloomfield Fund in the search box. The fund’s page will come up with directions to make an online contribution. For any further questions, contact us at treesforbloomfield@bloomfield-ct.org.
MEDICARE FOOD BENEFITS

ELDER CARE LAW

As people age, accessing healthy meals can become more challenging. According to Feeding America, one in five older adults was food-insecure in 2020. Some older adults struggle with affording healthy foods, whereas others have difficulty going to the grocery store and preparing meals when recovering from an illness or injury.

Although original Medicare does not offer food benefits, some Medicare Advantage plans provide a grocery allowance or cover meal delivery. Some programs also include nutrition education and cooking classes.

Certain Medicare Advantage plans may provide Part C food benefits in addition to Part A hospital, Part B medical, and Part D prescription drug coverage. They may also supply vision, dental, and hearing coverage. The Medicare Advantage plans available to you depend on your state.

Medicare Advantage

Medicare Advantage differs from traditional Medicare, as private companies contract with Medicare to offer Medicare Advantage plans. Plans vary, and finding insurance that fits your unique needs is essential.

Potential enrollees should also be wary of predatory marketing practices and evaluate their options before committing to a plan. Even if you qualify for a Medicare Advantage plan with food benefits, traditional Medicare could be a better option for you, depending on your circumstances.

Special Needs Plans

Special needs plans, which tailor membership to beneficiaries who meet specific criteria, offer grocery and meal benefits options.

Qualifying for grocery benefits through a special needs plan generally requires an individual to have an underlying condition. Examples of conditions that can qualify a person for Medicare Advantage food benefits include diabetes, cancer, heart disease, kidney disease, end-stage renal disease, arthritis, an autoimmune disorder, and obesity.

Grocery Benefits

When Medicare Advantage plans have grocery benefits, they typically give beneficiaries a card that they can use to check out at approved stores like Kroger and Walmart.

The benefits only cover whole foods such as vegetables, legumes, meat, and dairy, as well as pantry staples and water. Only covered food items can go on the card. Enrollees must pay out of pocket for soda, baked goods, and processed foods like chips.

Meal Delivery Services

Instead of grocery benefits, some Medicare Advantage Part C plans cover meal delivery services. Meal delivery services can benefit those who face challenges getting to the grocery store and preparing meals. A service must meet Medicare’s nutritional guidelines for Medicare Advantage to cover it.

Many Medicare Advantage plans only supply meal delivery for a set period. This type of plan can suit those discharged from a hospital or skilled nursing facility who only need help with meals for a set time.

Less common is long-term meal delivery coverage for those homebound with chronic medical conditions.

Other Meal Delivery Options

For older adults who do not qualify for a special needs program with meal benefits or who do not elect to enroll in original Medicare, alternative meal resources are available, like Meals on Wheels.

Speak with your attorney to access your options before selecting a Medicare Advantage program with grocery or meal benefits.

MALNUTRITION - A HEALTH CONCERN AMONG OLDER ADULTS

As people age, access to nutritious meals can become more challenging. According to Feeding America, one in five older adults was food-insecure in 2020. Some older adults struggle with affording healthy foods, whereas others have difficulty going to the grocery store and preparing meals when recovering from an illness or injury.

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by Laura Falt

Malnutrition is a serious health concern impacting many older adults. The following will look at factors that contribute to malnutrition and health problems that result, as well as community resources available to help provide nutritious meals for older adults in need.

Although many senior centers are back to pre-pandemic schedules including meal programs and other social activities, there are many older adults that live alone and don’t choose to socialize with others, there are many older adults that live alone and don’t choose to socialize with others. As people age, accessing nutrition becomes more challenging.

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Speak with your attorney to access your options before selecting a Medicare Advantage program with grocery or meal benefits.

GIVE BLOOD

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Tired of pain? Try acupuncture!

Many Rivers Community Acupuncture
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YOUR LIBRARY: QUITE TIME THAT LETS YOU HEAR THE SONG OF THE STARS

WINDSOR PUBLIC LIBRARY

By Denise Ricotta
IT Librarian Windsor Public Library

ADULT
WINTER READING PROGRAM
DECEMBER 21 - MARCH 17

1. SIGN UP

To sign up, stop by either the Main Library or the Wilson Branch and grab your review card packet and a coupon for a free hot chocolate* at The Bean @226 Broad Street. *Limit 1 per person

Registration begins December 21, 2022

2. READ BOOKS

Each time you complete a book, hand in a book review form to library staff. For each review, you’ll earn 1 entry into the grand prize raffle. And, don’t worry; book reviews don’t need to be complicated or lengthy!

Prizes include:
- $25 Stop & Shop gift card
- $25 Ruby Tuesday gift card
- $25 Shemrock gift card
- $25 Cheers gift card
- $25 Best Buy gift card
- $25 Cleverly gift certificate
- $25 Shoo Poo gift card
- Plus a free book for reviewer

3. WIN A PRIZE

Be sure to have all of your book reviews completed and submitted by 5pm on March 17.

Winners will be announced on Monday, March 20.

Windsor Public Library
Danielle Tapper: tapper@townofwindsorct.com
860-285-1925

Wilson Branch Library
Gabbie Barros: barros@townofwindsorct.com
860-285-1931

BLOOMFIELD PUBLIC LIBRARY

By Heidi Moon
Youth Services Librarian
Prosser Public Library

Paws & Pages

DEC. 17

Come read To a furry friend!

register at bplect.org for a time slot

VIRTUAL PROGRAM

ATLANTIC MAGAZINE DISCUSSION

Tues, Dec. 20
11AM

Sign up at bplect.org, click “Event Calendar”

Let’s Chat!

Wednesday
December 21
4PM

Books Kitchen
New friends

Thousands of BPL members use the virtual program to interact with each other, with a little help.

Weekly registration is required.
Registration is limited (wait list available)

Wilson Branch Library
Gabbie Barros: barros@townofwindsorct.com
860-285-1931

BPL Storytimes
Wednesdays & Fridays!
10:30 AM

DECEMBER

Virtual Teen Anime.Club on Discord

Join us at 7pm to discuss our anime picks for the month.

WELCOME TO BPL! 7pm Tuesday, December 20th

BPL Storytimes
6:30PM

Trial openings. 7pm Monday and Tuesday for kids and families.

BPL Match Party
6-8PM

Youseiden - BPL

COMING UP

PURCHASE BOOKS & GAMES

Used books & board games

OPEN
Saturday 11am-5pm
Sunday 11am-5pm
Curbside pick up available
1073 Palisado Ave, Windsor
860-219-0383

By Jane Frankel

WINDSOR LOCKS LIBRARY

Drop In Craft - Fireworks Craft

CELEBRATE THE NEW YEAR BY MAKING A FIREWORKS CRAFT!
TUESDAY, DECEMBER 27TH - FRIDAY, DECEMBER 30TH
NO REGISTRATION REQUIRED - BEST FOR AGES 4-8
DURING OPEN HOURS

HOUSE OF BOOKS AND GAMES

Amy and Burt Smith

Used books & board games

OPEN
Saturday 11am-5pm
Sunday 11am-5pm
Curbside pick up always available
1073 Palisado Ave, Windsor
860-219-0383
THE MERRIEST OF MAIN STREETS AT SEVEN ANGELS

By Howard Frydman
aka “The Howard”

Production: Meredith Willson’s Miracle on 34th Street - The Musical
Theater: Seven Angels Theater
Book: Meredith Willson
Music & Lyrics: Meredith Willson
Director: Jimmy Donohue
Choreographed by: Marissa Follo Perry
Music Director: Joe Ganci

Like a member of the family, a welcomed visit with Semina, Tom C, Co-Directors Marissa P and Jimmy D - Like a member of the family, Seven Angels during the holidays is the merriest place to be. Well let me tell you friends - Seven Angels Theater is wholeheartedly the Merriest - and it literally SPARKLES with holiday cheer!!

Yes - it’s the holidays at the “grand” 7A - Angels are overhead and we literally soar with the excitement of those who have come forth this day. In fact, without theater at the Seven Angels' life would simply not be the same! Holiday cheer abounds - we have waited all year for this 7A holiday “gift of a production” and finally it’s here - their Ho-Ho-Ho production of “Meredith Willson’s Miracle on 34th Street: The Musical”. This Stage 7 - Community Theater Production is in full “Praance and Come”t mode from December 2nd till 18th in Waterbury, Connecticut. Fun and fantasy is only a sleigh ride away!

We are 30 minutes from curtain - the place is humming like Santa’s workshop. Semina is greeting guests, Mr. R.H. Macy himself - Tom Chute is taking photos with fans, and two of our favorite stars and co-directors Marissa Follo-Perry and Jimmy Donohue are chattering away with the Howard about the production. The house this day is entirely packed - Yes - every seat is taken, children of all ages are in full holiday chatter and then the live 5-member orchestra launches into the overture and we are in off into the mists of Macy’s Thanksgiving Parade - circa 1948, NYC, 34th street and the miracle that is Santa Claus - I believe, I believe, I believe in Santa!!

I would hope that many have seen the classic holiday film offering – “Miracle on 34th Street”, which starred Maureen O’Hara, John Payne, Natalie Wood (and not Margaret O’Brien as mentioned by Semina De Laurentis) and Edmund Gwenn as Santa Claus - the man who is as “old as my tongue and a little bit older than my teeth”. Meredith Willson - so famous for his production of “The Music Man”, provided the musical adaptation of the “Miracle on 34th Street” film, with book, music and lyrics. Originally entitled “Here’s Love” the musical has some standout tunes - “Pinecones and Holly Berries” and “It’s beginning to Look a Lot Like Christmas”. I want you to take note - the beginning overture and “Big Ca-lown Balloons at the musical’s start has many similarities to Willson’s “Seventy-Six Trombones” from “The Music Man”.

The musical follows the film pretty exactly with Santa, ie Kris Kringle (Timothy Cleary) meandering into the Macy’s Day Thanksgiving Parade, being organized by Doris Walker (Marcia Maslo), and finding that their Santa a bit pixelated, not only does Kris replace him during the parade but then is offered the “role” as “the Macy Santa in their New York Store. We are quickly introduced to Doris’s doubtful young daughter Susan (Grace Denihan), who like her mom, she just doesn’t believe in Santa Claus. Enter Fred Gailey (Jimmy Donohue), who lives in the apartment next door, who takes an interest in both Susan and her divorced mom - and with Kris’s assistance, along with the US Postal Service - helps to prove that Kris Kringle IS “the one - the only” Santa Claus!

Folks, let me tell you, I am literally joyously swept away with the entire “making of” from cast, music and production - a live band mind you, choreography from the outstanding Marissa Follo Perry, and the co-directors both Marissa and James Donohue - plainly “ya did good”!! Let me say this is one holiday production that is not to be missed, it sincerely brought joy to a delighted audience. And believe you me - we also take note of our extraordinary cast who all seem to be having a great time performing for us: it shows and we are grateful. This is a large cast - and we give kudos to all - young and old especially to Marcia Maslo as Doris, Tori Sperry as Miss Crookshank, Shannon Denihan as Shellhammer, the bigger than life - he’s terrific - Tom Chute as Mr. R.H. Macy, Timothy Cleary as the “one and only” - Kris Kringle, the always outstanding Jimmy Donohue as Fred Gailey and lastly, our phenomenal young lead performer - Grace Denihan as Susan - she sparkles throughout! Folks - let me tell you - this is one holiday production that is not to be missed and will be prized as the Holiday Gift that the entire family will enjoy - a absolutely charming holiday entrée. Enjoy!

Performances for “Meredith’s Willson’s Miracle on 34th Street - The Musical” runs from December 2nd – 18th. Evenings at 7:30 PM and matinees at 2 PM. Tickets are $30 and $20 for kids. Special Adult ticket 4 pack only $100 and are on sale now at the Seven Angels Theatre website SevenAngelsTheatre.org, by calling 203-757-4676, or at the box office. Seven Angels Theatre is located on 1 Plank Road in Waterbury, Connecticut with plenty of free parking. Just off I-84.

Howard Steven Frydman is General Manager and Executive Director of BATV - Channels 5, 95 & 96 and a member of the CCC. Please feel free to contact Mr. Frydman with your thoughts and ideas at TheHoward24@gmail.com.
15TH ANNUAL GREATER HARTFORD HANDEL MESSIAH COMMUNITY SING

The 15th Annual Greater Hartford Handel’s Messiah Community Sing/Concert will be held this year on Sunday, January 1, 2023 at 4 PM at Center Church (First Church of Christ) in Downtown Hartford. (Corner of Main and Gold Streets) This Community Sing is free and part of the church’s Music and Arts Series. This annual and popular Hartford area event features the singing of the “Christmas portion” and “Hallelujah Chorus” from the Messiah. This event regularly attracts more than 100 singers from the Hartford area who join together to form a large choir. The solo work is performed by outstanding regional soloists. The sing is led by Organist/Director Bob Gilbert and regularly attracts a large audience.

Singers who are familiar with and have previously sung Handel’s Messiah are encouraged and invited to join the chorus for this annual community sing. Singers are asked to arrive early and be seated by 3:30 PM for instructions and warm up. Singers can bring their own score, or scores will be provided as needed. There is no need to register ahead of time. Singers are encouraged to wear holiday colors, or “come as you are.”

Audience members are encouraged to attend and enjoy the concert. There is free street parking as well as free parking in the Travelers Garage on Prospect Street (one Block East of the Church). The church is located at the corner of Main and Gold Streets in Downtown Hartford. For questions go to www.centerchurchhartford.org or call 860-249-5631 or email rgilbert@cchartford.org

DUNCASTER GALLERY PRESENTS ‘MOUNTAINS, BIRCHES AND BLOSSOMS’
BY DEEPTI NAGARAJA, JAN. 7 - JAN 30

Deepti’s background in project management and consulting has given her the opportunity to work in healthcare and finance for the past decade. She received her B.A. from the University of Connecticut and her Master’s in International Public Policy from Johns Hopkins University. Art has always been a passion of hers, and she has spent years experimenting with different mediums ranging from acrylic, oil, pen & ink, chalk pastel, oil pastel to watercolors. Deepti lives and works in Connecticut, and a majority of her pieces reflect the beautiful scenery of the state.

Art & Events

Please note Duncaster campus COVID-19 precautions: Visitors should arrive to our 30 Loeffler Road Aquatic & Fitness Center entrance for screening where they must show proof of vaccination OR a negative COVID-19 test result dated within 5 days of your visit.

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Pulmonary Rehabilitation Services
At Touchpoints Rehab centers we recognize that proper respiratory function directly impacts the quality of life and ability to conduct normal daily activities with ease.

Our Pulmonary Rehabilitation Program features care and therapy designed to treat and manage respiratory illnesses such as:
- Emphysema
- COPD (Chronic Obstructive Pulmonary Disorder)
- Cystic Fibrosis • Bronchitis
- Pneumonia • Lung Disease
- Asthma • Tracheostomy Care
- Secretion Management • Primary
- Pulmonary • Hypertension
- Pulmonary • Fibrosis
- Other obstructive or restrictive pulmonary-related diseases and conditions

Our Pulmonary Program includes:
- Initial and ongoing assessments from physical, occupational, respiratory and speech therapists up to 7 days per week
- Rehabilitation with respiratory and physical therapists
- Board-certified pulmonologists
- Spirometry screening pre and post bronchodilator
- Six-minute walk/activity testing
- VEST Therapy
- Exercise and endurance training
- Oxygen titration
- Extensive patient and family education
- Case Management and discharge planning services

About Touchpoints Rehab
Touchpoints Rehab is an innovative skilled nursing center that specializes in Congestive Heart Failure (CHF) and Pulmonary Rehabilitation and works closely with and accepts referrals from all area hospitals as well as placements state and regionwide. Touchpoints is well versed in a vast array of disease processes which include diabetes management, wound management, COPD, hip and joint replacement, and many others. The center also provides outpatient therapy, long term care and behavioral health services.

About the Pulmonary Team
Dr. John Rodgers is affiliated with Prime Healthcare and has been in practice for over 20 years. Dr. Rodgers received his medical degree from the University of Connecticut School of Medicine and is board certified in pulmonary medicine.

Dr. Fielding Johnson is a pulmonologist in East Hartford and specializes in Critical Care Medicine, Internal Medicine and Pulmonary Disease. He received his MD from Meharry Medical College School of Medicine, completed residency at Baystate Medical Center and a Fellowship at UConn School of Medicine and has been in practice for more than 20 years.

Maureen Orlando, RRT is Touchpoints Rehab’s Transitional Care Respiratory Therapist, providing direct pulmonary care in concert with the consulting pulmonologists. Maureen, along with the interdisciplinary team, assists residents in navigating their care journey from admission to discharge.

For more information on our pulmonary rehabilitation program or any of our Touchpoints Rehab care centers, please call (860) 812-0788 or visit Touchpointsrehab.com