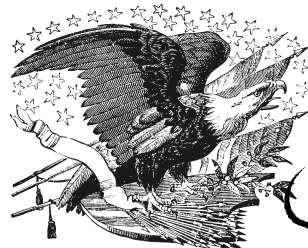




Sharon was a pleasure to work with. She went above and beyond for me. I would highly recommend her!!

- Chuck V.

# Windsor Journal



W E E K L Y

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January 19, 2024

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Priceless 12 pages

## LETICIA COLON DE MEJIAS: TENACIOUS ECO WARRIOR WHO DOESN'T KNOW WHAT 'IMPOSSIBLE' MEANS



Photo: Leticia Colon de Mejias, an environmental and social activist who lives in Windsor, enjoyed the warmth and the sea of Puerto Rico last week. Her messenger bag was packed with her IV supplies so she could continue her treatment battling an autoimmune disorder.

By Kathy Megan

On a sunny day last week, Leticia Colon de Mejias, a well known environmental and social activist living in Windsor, relaxed on the deck of a boat off Puerto Rico with her arm attached to an IV drip.

"This dying things sucks," she said by phone from the boat. "They tell me I'm dying but I'm not really interested in that. Dying is really boring, you have

to sit still. I'm interested in living."

So when doctors told her she was too sick to leave the hospital, she didn't listen.

She had promised her daughter, Amelia, that she would take her to Puerto Rico for her fifteenth birthday and she was determined to do it.

"Will this IV bag go traveling" she asked? They told her "yes, for \$5,000." Soon, she was

on a friend's boat in a Puerto Rican harbor with her family and a big messenger bag packed with her IV medication.

Not listening and instead doing what she thinks is right, is a central theme in Colon de Mejias's journey to becoming an author, an energy efficiency expert, an entrepreneur, a CEO and a fierce advocate for Connecticut utility customers, particularly those of color and with low to moderate incomes.

As she puts it, she's a "a warrior for the people and the planet."

It's part of a lesson she learned at 10 when her Puerto Rican-born father taught her to face her fear and walk on fire. "We do it because we believe it burns off the impurities and it helps remind us that we are strong" she said. "And that nobody can stop us. If we want something we just go get it, that's it."

So, she says, when people told her that she couldn't start her Energy Efficiency Solutions company years ago - "you're a girl and know nothing about it" - she didn't listen. It opened in 2010.

When they said she would never get the money to start a

See COLON DE MEJIAS page 4

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## KENNETH ROACH TO HEAD WASHINGTON LODGE #70



Photo: Brother Kenneth Roach newly elected Master receives his Gavel from his son Kenneth Roach III, Senior Warden of Washington Lodge #70

On Saturday, January 6, 2024, Washington Lodge #70 of Windsor, CT installed Brother Kenneth Duane Roach as its' 124th consecutive Master. Roach stated that becoming the Master of this Lodge in Windsor was a tremendous honor yet a very humbling experience.

Roach stated that Washington Lodge in Windsor is a proud member of the community, and he is proud of its' many contributions to the community which include conducting Blood Drives for the American Red Cross, coordinating a Child Identification Program (CHIPS), raising

money for and the awarding of youth scholarships, as well as providing aid to the widows of Masons.

He stated that becoming a Mason places you in the company of George Washington, many US Presidents, founding fathers of our country, defenders of the Alamo, several Astronauts like John Glenn, and sports heroes like Jack Nicklaus.

Roach indicated that the Lodge is planning to conduct a blood drive from 7:00 am to Noon on April 27, 2024, at the Windsor Masonic Lodge led by Past Worshipful Brother Ron Eleveld.

## FINANCIAL FOCUS

# HOW ARE YOUR INVESTMENTS TAXED?



**Dan Gilligan  
Edward Jones**

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As we begin the new year, you may be receiving various tax statements from your financial services provider – so it's a good time to consider how your investments are taxed. This type of knowledge is useful when you're doing your taxes, and, perhaps just as important, knowing the type of taxes you generate can help you evaluate your overall investment strategy.

To understand the tax issues associated with investing, it's

important to understand that investments typically generate either capital gains or ordinary income. This distinction is meaningful because different tax rates may apply, and taxes may be due at different times.

So, when do you pay either capital gains taxes or ordinary income taxes on your investments?

You receive capital gains, and pay taxes on these gains, when you sell an investment that's increased in value since you purchased it. Long-term capital gains (on investments held more than a year) are taxed at 0%, 15% and 20%, depending on your income. Also, qualified dividends – which represent most of the dividends paid by American companies to investors – are taxed at the same rates as long-term capital gains. On the other hand, you pay ordinary income taxes on capital gains resulting from sales of appreciated assets you've held for one year or less.

Because your ordinary income tax rate may be much higher than even the top long-term capital gains rate, you may be better off, from a tax standpoint, by focusing on investments that generate long-term capital gains. And the best strategy for doing just that is to buy

quality investments and hold them for the long term. By doing so, you could also reduce the costs and fees associated with frequent buying and selling.

The investment tax situation has another twist, though, because not all ordinary income is taxable – and if it is, it may not be taxable immediately. The most common example of this is tax-deferred accounts, such as a traditional IRA and 401(k). When you take money from these accounts, typically at retirement, you'll pay taxes at your personal tax rate, but for the years and decades before then, your taxes were deferred, which meant these accounts could grow faster than ones on which you paid taxes every year. Consequently, it's generally a good idea to regularly contribute to your tax-advantaged retirement accounts.

Finally, some investments and investment accounts are tax free. Municipal bonds are free from federal income taxes, and often state income taxes, too. And when you invest in a Roth IRA, your earnings can grow tax free if you don't start taking withdrawals until you're at least 59½ and you've had your account at least five years.

Ultimately, tax considerations probably shouldn't be the key driver of your investment choices. Nonetheless, knowing the tax implications of your investments – specifically, what type of taxes they may generate and when these taxes will be due – can help you evaluate which investment choices are appropriate for your needs.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC*

## TASTE OF WINDSOR

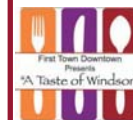
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First Town Downtown's signature event, the Taste of Windsor, has gone hybrid as an exciting online auction and Restaurant Week February 4 - 11. The public is encouraged to bid on auction items and go to or order from select restaurants during Restaurant week to support the mission of First Town Downtown and help Windsor center thrive.

This year, the organization will hold its online auction on 32auctions.com, and has organized a coordinating Restaurant Week to heavily promote local restaurants. "We think people will really enjoy ordering out from their hometown restaurants," says Ken Fredette, Executive Director, "especially when they can support their community at the same time. We're giving everyone a great excuse to go out!"

Each day of Restaurant Week features a different local restaurant or food truck. People who dine in or takeout just have to mention that they are there for First Town Downtown or Taste of Windsor, and the restaurant will donate a percentage of the order to the cause.

Diners can enter all week long for prizes by posting selfies on Facebook or Instagram from

restaurant week with their restaurant receipt and hashtag #FTDTRestaurantWeek to be entered to win \$50 Windsor center gift card.

The Restaurant Week line up is being scheduled now for dine in or take out. Make sure to tell them you are there for First Town Downtown! See the website for specific hours and other details.

The online auction features restaurant gift certificates, gift baskets, handmade woodwork items, wine, entertainment, travel opportunities and much more. The auction also runs from Sunday February 4th 8:00 am to Sunday February 11th at 8:00 pm. Register for the online auction at 32auctions.com/taste-ofwindsor2024 or call for assistance 860-247-8982.

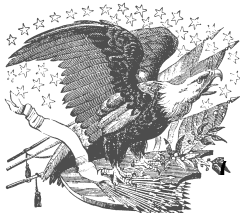
"The annual Taste of Windsor is First Town Downtown's most important fundraiser of the year," said President, Scott Hoffman. "By bidding on items and ordering food during this fundraiser, you will support First Town Downtown's mission to support Windsor center development and provide free well-loved events in Windsor Center that attract residents from all over the region to our beautiful and historic town green."

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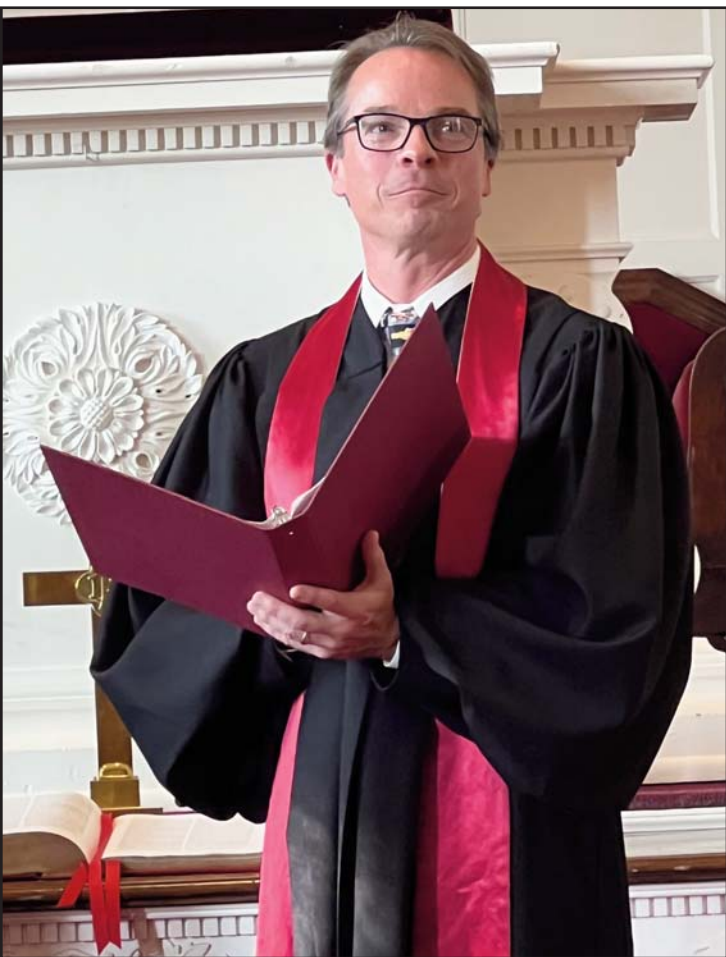
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# SOME THOUGHTS TO THINK ABOUT

## I KNOW WHAT'S GOING TO HAPPEN THIS YEAR. SERIOUSLY.



**By Pastor Shawn Fisher**

Bloomfield Congregational Church

I know what's going to happen this year. Seriously. I don't know everything that's going to happen, but I know a lot. I think that matters. Uncertainty can be uncomfortable, even scary. Reducing that uncertainty, and hence that discomfort, is important. In addition to feeling better, it leaves me more able to deal with other stuff that causes stress. I bet that's true for you too. So, what do I know?

I know that the sun will rise each morning. I know the moon will wax and wane. I know that there are amazing people in the world. I know some of those people will agree with me and others will disagree with me. I know how I deal with that fact is largely up to me. I know that people I know will die and that the emotions that come with that are not entirely up to me.

I know that I will disappoint people. I know some of that will be because I made a mistake. I know some of it will be because people have expectations of me that I

never placed on myself. I know I will still have to deal with the consequences regardless.

I know our Country is in for a lot of angst and division this election year. I know it may be hard to listen, watch, and engage, but it's important to do so. I know that our voice and our vote matters. I know the truth matters and I know we can make a difference.

I know that community matters. I know that we are stronger together. I know that when a strong sense of community exists, when bad things happen, we come together. I know that when the sense of community is weak, people split apart in crisis. I invite you to be a part of building community with me.

I know I have friends and family that I can count on. I know I am a part of a remarkable community of faith. I know this matters. I know that this community of faith will welcome you as a friend in the midst of uncertainty, just as you are, if you need a friend or want to help build

that community. I know you matter. I know you matter to me.

I know there is a God. I know this God does not cause harm or chaos but provides the guiding light to get through anything. I know God offers to heal my spirit and my soul if I only ask. I know God knows me. I know God loves me. I know that God wants good for me and the world. I know God will help me heal the world. I know that God loves you too.

I don't know everything about the future. I don't have a crystal ball. Still, these are things I know. I think that matters. I know it helps me. I hope it helps you too.

Peace, Pastor Shawn

*Rev. Shawn R. Fisher is the Pastor and Teacher at Bloomfield Congregational Church. Located at 10 Wintonbury Ave, across from the Town Green at The Heart of Bloomfield, they may be reached at (860) 242-0776, [www.MyBloomfield.Church](http://www.MyBloomfield.Church), or on Facebook, YouTube, Instagram and Tik Tok.*

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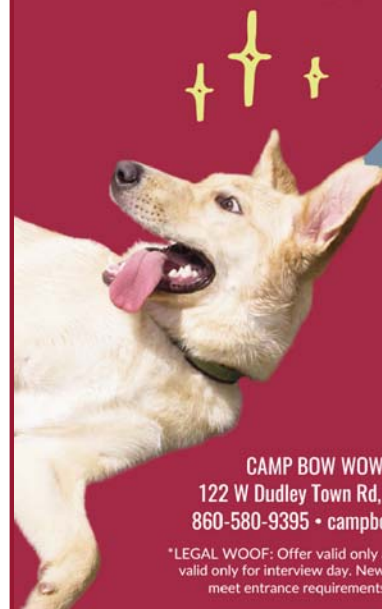
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## LETICIA COLON DE MEJIAS - A HAPPY ECO WARRIOR

From Front Page

job training program, she did it. It opened three years ago and is called Efficiency for All M=Power.

And when, "They said I couldn't have a non-profit - that I don't have a college degree," she said. "I did it." Green Eco-Warriors teaches children and families about sustainability, while Efficiency For All is a group of energy efficiency contractors and environmental advocates.

Where others see obstacles, she sees a path.

Colon de Mejias has had four kinds of cancer, starting at the age of 10, and is now suffering with an autoimmune disorder.

The illnesses have lent a sense of urgency to her work, a larger-than-life intensity and determination that drives success.

"I never know when I'm going to be gone," she said. "I worry so much that I won't do the things that I was meant to do or that I will leave something undone and that no one will pick up and then I feel so bad."

Her colleagues and fellow advocates say her impact in the field of energy conservation and her advocacy for lower and moderate income people has been tremendous.

"There's almost no one in Connecticut who hasn't been in some way impacted by Leticia's work, whether they know it or not," said Samantha Dynowski, state director of the Sierra Club Connecticut Chapter. "If you've ever had an energy efficiency audit, you've indirectly experienced the work of Leticia."

When \$175 million was swept from the rate-payer fund by the legislature to balance the state budget in 2018, Colon de Mejias led the fight to get it back. She mobilized her non-profit group of energy efficiency contractors, Energy for All, and



Photo: LCM enjoyed a boat ride last week while in Puerto Rico.

Photo for the article provided by Leticia Colon de Mejias

worked with advocates to file a suit against the legislature, arguing that the sweep violated the law. It was, after all, money rate payers paid into a fund earmarked for energy audits and energy efficiency improvements.

The lawsuit eventually failed, but Colon de Mejias is still fighting to get money restored.

"She's continued to fight to make sure the program really lives up to what it's supposed to do," said Dynowski.

Melissa Kops, project manager architect for the city of New Haven and a lecturer at Yale, said she thinks Colon de Mejias is the advocate that "people listen to the most. She makes her voice heard. She's driven and she's passionate and I think

Connecticut is definitely the beneficiary. I would say that she's made a lot of difference."

Another of her major contributions, has been recognizing the barriers that many low-income families face in attempting to reap the benefit of the state's Energy Efficiency Fund.

Leticia said her company was often unable to complete an energy audit or do any energy efficiency improvements at some homes because of unhealthy conditions such as mold or asbestos. Tightening up the house would only make health risks worse for the families. But the families or their landlords did not have the money or inclination to make the repairs.

"She's the one that brought that to the attention of more traditional environmental groups," said Tom Swan, executive director of the Connecticut Citizen Action Group. "She made a strong case that the folks living in this housing pay through electric bills into these funds and then don't have access to it. These funds were often going predominantly to white people in the suburbs. And the folks that could not get access were in many ways the folks who needed that the most. She made that

clear in a very strong way."

With the help of the Sierra Club and CCAG and other groups, Swan said, Colon de Mejias worked to pass legislation that led to the start in 2023 of a \$12.3 million program run by DEEP that provides the needed repairs to homes so that weatherization work can proceed.

The state agency has said it aims to fund the needed repairs in more than 600 homes by the end of 2025.

At times, several said Colon de Mejias' advocacy has been so intense that it could be irritating.

One former utility official, who asked not to be identified, was at many a meeting with Colon de Mejias and has high regard for her. "Everything she said was accurate," he said, "but there was lot of it."

If he spotted Colon de Mejias at a meeting, he estimated it would be at least a half an hour longer than it might have been.

"She'd say, 'I know I've said this before but I'm going to keep saying it until you do the right thing,'" he said. "And she was right."

Swan said Colon de Mejias

"is somebody who understands that to make omelets you have to break some eggs ... She fights hard. Tenacious is the word."

Colon de Mejias said, "I'm good with being a warrior. I don't care if they like me, but I'm going to do the right thing every time whether they agree or not."

Born in Hartford, Colon de Mejias, 47, graduated from East Windsor High, but moved around a bit while growing up.

As a young adult, she worked for Hartford HealthCare for 16 years in research, government and community relations. Then, in 2008 she saw a movie that changed her life. It was called "Kilowatt Ours," a film by Jeff Barrie, on the effect of personal choices on energy use and provided simple steps to reduce it.

Previously, she had not thought about how her personal choices affected the environment and the health and safety of all of us. The movie changed that.

"I was being very successful, but what good is money? If you're dead you can't drink water, you can't eat food, you can't breathe the air," she said.

See Next Page

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## GREEN NEWS

### LETICIA COLON DE MEJIAS

From Previous Page

"All that money is useless. So leaving money to my children would be irrelevant unless I changed the world, so that is why I stopped doing what I was doing and started changing the world."

As the mother of seven children, she saw the need to educate children and families about energy and started a campaign to get people to "Switch it off," whether their televisions, computers or phones and replace "viewing with doing."

For her own children, that meant getting rid of television and replacing it with books and science activities. She started a non-profit called Green Eco-Warriors to help educate children and communities about the environment.

Colon de Mejias wrote books and comic books on environmental topics for kids such as "Pesky Plastic," a book about the danger that sea animals face when they ingest plastics in the ocean.

She has handed out more than 40,000 of her books and green energy comic books to schools in Connecticut and beyond. She is also a frequent visitor to Hartford area schools where she reads aloud from her books on environmental issues.

In 2010, she started Energy Efficiency Solutions which retrofits homes and apartments, providing weather stripping, insulation or whatever else is needed to drive down energy costs.

The company retrofits about 1,200 houses a year and cuts energy costs for homeowners by 30 to 40 percent, Colon de Mejias said.



In testimony before Congress, she said she started the company "to lower carbon emissions and draw down the impacts of climate change on underserved and underrepresented communities."

"I wanted to ensure communities of color and the communities that I lived in and worked with had the support to directly draw down their energy usage, energy costs, energy related pollution and carbon emission."

Colon de Mejias also saw opportunities to create new career paths in the energy field for community members who were under-employed or unemployed or perhaps not aware of careers in the energy field.

Three years ago, she started Efficiency for All M=Power, a program that teaches participants the skills needed to do energy efficient work, while also helping them learn the soft skills that many are lacking and need for any job: planning, time management, problem-solving, communication and others. She that more than 90 percent of the trainees have been placed in jobs.

While facing serious health issues, Colon de Mejias has an ever-growing list of things that need doing and she shows no signs of slowing her frenetic pace.

On the phone Wednesday, she was directing workers setting up a community center in Windsor that she plans to open later this month while talking to a reporter on the phone.

"You can ask your questions," she tells the reporter, while also turning to a worker and asking about plans for paint colors. "I always multi-task, go ahead - ask!"

The new community center will be a place for classes, she said, and also for services like Reiki and massage. But she says the prices will be reasonable, "so people can afford it. It won't be like Fairfield County."

[Ed. Note: The newspaper wants to wish Leticia a speedy recovery. We know Leticia well and for many years - her son Jonathon was a carrier for the newspaper more than 10 years ago. She is a strong person, who has fought hard all her life and she will fight hard now too, and will persevere.]

## BLACK HISTORY MONTH

### CALL THEIR NAMES



#### STATE REPRESENTATIVE GIBSON HOSTS BLACK HISTORY MONTH EVENT

On Thursday, February 29, State Representative Bobby Gibson will be joined by Dr. Benjamin Foster for the second annual "Call Their Name - Pioneers in the Connecticut Black Political Experience" event. This celebration will be held in the First Floor Atrium of the Legislative Office Building.

In 2019, Connecticut became the first state in the nation to require all high schools in the state offer courses on African American, Black, Puerto Rican, and Latino studies when PA 19-

12 was signed into law. Rep. Gibson wrote this legislation and played a crucial role in its passage. The idea for this bill originated in the office of superintendent Dr. James Thompson of Bloomfield Public Schools.

This event is an excellent opportunity to learn more about black history that occurred here in our state. The two hosts will recognize and honor former African American political leaders of Connecticut.

Food and beverages will be provided. This conversation will run from 5 pm-8pm. Please reach out to Luwanna Johnson-Martin ([luwanna.johnson-martin@cga.ct.gov](mailto:luwanna.johnson-martin@cga.ct.gov)) or Greg Davis ([Greg.Davis@cga.ct.gov](mailto:Greg.Davis@cga.ct.gov)) with any additional questions.

The event is open to the public and press.

**WHAT: Call Their Name - Pioneers in the Connecticut Black Political Experience**

#### WHEN:

Thursday, February 29  
5:00 PM - 8:00 pm

#### WHERE:

First Floor Atrium, Legislative Office Building, 300 Capitol Ave, Hartford, Connecticut

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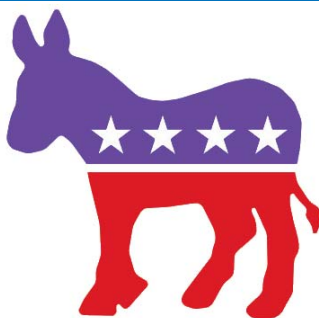
## DEMOCRATS ANNOUNCE THEIR ENDORSED SLATE FOR THE DEMOCRATIC TOWN COMMITTEE ELECTION

By Adam Gutcheon  
Windsor DTC Chair

Pursuant to the Rules of the Democratic Party and state election laws, it is hereby certified that at a Democratic Caucus called for that purpose, held on January 11 2024, at Town Hall, 275 Broad Street, by a majority vote, the persons listed below were endorsed as candidates for election to the Windsor Democratic Town Committee:

Mayela Aguirre-Ernest  
Rebecca Agyei  
Mary Armstrong  
Sharran Bennett  
Nuchette Black-Burke  
Jillian Brimecombe  
Kayon Brown-Palmer  
Cheyanne Clark  
Judy-Ann Cooke  
Christina Crosset  
Eric Crosset  
Shellye Davis  
Brandon Drummond  
Carol Engelmann  
Stephanie Famiano  
Timothy Fitzgerald

Tahj Frazier  
David Furie  
Jane Garibay  
Laschone Garrison  
Keller Glass  
Randall Graff  
Yolanda Greene  
Kathryn Grimshaw Parker  
Adam Gutcheon  
Rita Holby  
Lakisha Hyatt  
Lawrence Jaggon  
Nathan Karnes  
Elizabeth Kenneson  
Gordon Kenneson  
Maryam Khan  
Anthony King  
Darleen Klase  
Jamie Klase  
Hailey Klase  
Leonard Lockhart  
Jacqueline Lucier  
Charmaine Martin  
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Diondrea Van Houten  
Eric Weiner  
James Welsh  
Nathan Wolliston  
Elizabeth Yetman

The new DTC will hold its organizational meeting March 7. Petitions are available at the Registrar of Voters' office until January 31 for registered Democrats who wish to challenge this slate in a primary.

## LETTERS AND OPINIONS

### ONCE AGAIN, THERE WERE PROBLEMS WITH DTC ELECTIONS PROCESSES

By Lisa Bress

The Windsor Democratic Town Committee held a caucus to elect members on Thursday, January 11th 2024, and I, along with several others in attendance have concerns about the integrity of the process. According to town committee rules, only those checked in by the Registrar and certified as registered democrats, are allowed to vote. Yet, at the end of the night more ballots were cast than the number of Democrats registered.

The problem was discovered before votes were tallied when it became clear the "official" number of ballots printed wasn't enough for those in the room. I brought this to the attention of two members assisting with the election, the Registrar of Voters (who assured me she originally printed out the "correct number" of ballots), and an elected official present at the meeting who immediately informed the Town Committee Chair. Unfortunately, no action was taken to ensure the validity of the election process then, or even after, the votes were tallied.

There was no orderly or

secure way to distribute or collect ballots. People were grabbing ballots and dropping them in a box or haphazardly on a table. So, the fact that the integrity of the election was compromised didn't surprise me. One member described it to me as "chaos". Even so, there were many ways to resolve the discrepancy, such as doing a roll call of listed registered democrats in the room when the ballots were collected. But that wasn't done.

Why wouldn't the democrats in charge of the election step in to ensure a fair democratic process? One can only wonder, but this is not the first time there's been a problem with WDTC elections. Concerns were raised about rule violations at the last DTC caucus to elect members in 2022. A formal complaint was made to the State Democratic Party by several individuals, including the Mayor, Deputy Mayor, Democratic Town Councilors and DTC members. It alleged the sitting DTC Chair, had intentionally violated caucus election procedures. A hearing was held by a panel of lawyers and party representatives from outside Windsor.

They ruled unanimously in favor of those who brought the complaint, which invalidated the results of the 2022 Windsor DTC election. In addition, Democratic State Party Chair, Nancy Dinardo, held a second caucus of Windsor Democrats to form a new Windsor Town Committee. To ensure the election was conducted fairly the second time, she directed the voting process be monitored by state party officials and seated an independent State Party Chair to oversee it.

Despite the ruling, the same Chair was re-elected by a very slim margin and led this caucus. He has expressed animosity toward locally elected town officials and DTC members that have questioned his leadership decisions. A recent resignation letter sent to DTC members by attorney Hilary Carpenter in September 2023, stated under the current leadership, "the atmosphere on the committee has unfortunately become so toxic as to be unbearable." Concerned members of the Democratic party are filing the second formal complaint in two years to be submitted to the State Democratic Party. I will be one of them.

## WEST INDIAN SOCIAL CLUB OF HARTFORD HONORS LEN WALKER



Photos: (top) Group photo of the award winners. (below) Chairwoman Beverly Redd, Len Walker, Lynn Walker.

By Mary Ann Turner

The West Indian Social Club of Hartford hosted a Members Appreciation Reception on Sunday, January 14th to thank their many members for their years of service. The West Indian Social Club of Hartford is a cultural center of education, entertainment, and serves as a migrant resource of the West Indian and Caribbean-American culture in the greater Hartford area.

Len Walker was honored at their annual reception for thanking him for his many years of service and his strong sense of economics, value exchange, win-win spirit, a sense of fair play, seeing the

potential in others and intellectually honesty, coaching and mentoring capabilities to the next generation of leaders.

Chairwoman Beverly Redd presented the award to Mr. Walker and thanked him for his many years of service to organization and to the community.

Mr. Walker was humbled by the Chairwoman's comments and said, "Thank you for recognizing me this evening. I believe giving back and helping others is part of the grand scale of life. My wife, Lynn, and I, make it our mission to always have a helping hand available and a smile of encouragement for all those around us."

## DRINK AND LEARN WITH THE BEER SNOB WINDSOR HISTORICAL SOCIETY, JAN. 26

History with notes of hops! Learn by drinking with author, columnist, podcaster, and self-described beer snob Will Siss. Author of Connecticut Beer: A History of Nutmeg State Brewing, Siss provides an entertaining presentation followed by discussion and beer sampling. Try some great beers from area brewers such as Connecticut Valley Brewing, Broad Brook Brewing, and Dudleytown Brewing, and learn about their origins while enjoying Connecticut Beer History and Tasting with The Beer Snob on Friday, January

26 from 7 to 8 PM. (Snow Date March 1).

Pairs well with friends! Come alone or in a 4-pack to enjoy our fun "cabaret"-style atmosphere. Advanced registration for this fascinating and fun program is suggested, but not required, so just "hop" on down to join us on January 26th! Program fee of \$15 includes beer sampling and refreshments. Reserve a table for four at the special price of just \$50. Register at wind-sorhistoricalsociety.org, or 860-688-3813. Participants must be 21 or older.

# JANE GARIBAY NAMED '2023 ADULT DAY SERVICES CHAMPION'



**By John Karas**

The Connecticut Association of Adult Day Services recognized recently State Representative Jane Garibay as the "2023 Adult Day Services Champion" for her outstanding commitment toward advancing the mission of Adult Day Services in Connecticut.

Garibay proposed and shepherded House Bill 6677 that passed unanimously in both House and Senate. The Bill not only provides additional support to adult day centers, but

also enables and encourages the Department of Social Services to submit a state Medicaid plan amendment to add the Program of All-Inclusive Care for the Elderly (PACE) as an option within the state's Medicaid.

"A PACE program is a wonderful choice for dual eligible older adults who wish to stay and age well in their community and I believe that Connecticut's eligible older adults will truly benefit from such a program," Garibay notes. "PACE provides comprehensive

medical and social services to older adults who are assessed at nursing home level of care, but who are still living in the community and who are covered by both Medicaid and Medicare."

"Today, we are filled with immense gratitude and appreciation for the Honorable Jane Garibay, State Representative," said Chrissie Schettini (right with Garibay), President of the Association. "Words cannot express how thankful we are for your hardworking leadership and unwavering support on behalf of Adult Day Services in CT. For 15 months, day in and day out, you tirelessly dedicated yourself to achieving this important goal. Your legislation was unanimously approved and became law, bringing forth better options and choices for the care of CT elders. Your commitment and dedication have made a profound impact on the lives of countless individuals and families. We are forever grateful for your efforts."

"Thank you to my team of incredible people who helped bring awareness to our Seniors and who worked tirelessly to get HB 6677 passed," Garibay responded. "It was a great feeling to pass a bill that helped day centers state-wide but that also directly affected my district. My team and I brought awareness of the value of adult day services and passed legislation to ensure that Adult Day Center providers would be able to continue to offer important services that are needed by so many in our communities."

In the photo on the left, Garibay celebrates the unanimous and bipartisan passage of Bill HB 6677, by taking a photo of the board. Top left, Garibay with a group of adult day care services directors and officials.



## WINDSOR ADULT EDUCATION












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**SENIOR LIFE****WINDSOR SENIOR CENTER****Lunch Bunch**

As part of our weekend trip offerings, we will visit Maggie McFlys for a leisurely lunch.

To view the menu <http://www.maggiemcflys.com>

When: Sunday, January 27 from 11:00 AM to 2:00 PM

Where: Agave, Downtown Hartford, CT

Ages: 55+

Cost: Free

Cost of lunch is not included Call 860-285-1992 to register.

**Early Bird Supper**

The January Early Bird Supper will be catered by La Cocina, with a sponsorship from our friends with the S.O.S. (Serving Our Seniors Group). We will serve a delicious meal of pork loin with gravy, mashed potatoes, and mixed veggies - of course with a dinner roll and garden salad; and apple pie for dessert!

Cost: \$13 for residents/\$15 non-residents.

Call: 860-285-1992 to register

**Financial Literacy with Windsor Federal**

Financial literacy is an essential skill for everyone, but it is especially critical for seniors. As folks age, the often face unique financial challenges that require complex decision making that may significantly impact their financial security. Learn from our friends at Windsor Federal Savings how to enhance your understanding of financial literacy so you can make informed decisions about your financial future.

Time/Date: Thursday, February 1 at 10:00 AM - 11:00 AM during Coffee Connection

Location: Windsor Senior Center

Cost: Free

The Windsor Senior Center is hosting a "Community Conversation" with the State Unit on Aging

The State Unit on Aging (SUA) is writing an updated strategic plan around services for aging people in Connecticut, with an emphasis on supports funded by the Older Americans Act. To ensure the plan includes priorities important to residents in the state, the SUA is holding a series of community conversations across Connecticut. Join us at Windsor Senior Center on February 2, 2024 from 9:30 to 11:30 AM to hear about the plan and give us your input. Please spread the word as we'd like to hear from you - the Windsor community! Light refreshments will be served. Registration is requested by emailing

agingstateplan@ct.gov or by calling 860.424.5274 and speaking with a State Unit Staff member. Please let us know if you will require any accommodations as soon as possible.

**AARP Tax Aide Program**

This program for Seniors begins on Monday, February 5, 2024 and will be held every Monday and Thursday through April 8 from 8:45 AM to 11:00 AM at the senior center (no appointments held on Feb. 19). Before your scheduled appointment, you will need to stop by the Senior Center to pick up a tax package that includes instructions and an Intake Sheet that must be completed prior to your appointment. You will be required to bring the following items to your scheduled appointment: a completed Intake Sheet, last year's tax forms (i.e., 1099s, W-2s, etc.), a copy of last year's tax return, your photo ID.

**Windsor's Black Revolutionary Vet's, presented by the Windsor Historical Society:**

Michelle Tom of the Windsor Historical Society will be here to present on the history of roughly 450 of Windsor's Black Revolutionary War Vets. Black soldiers fought in the Revolutionary War on both sides - some for the Patriots and some for the British. Many were promised freedom in exchange for their service, but not all received it. Learn more about this fascinating topic with Michelle!

Time/Date: Thursday, February 8 at 10 AM during Coffee Connection

Location: Windsor Senior Center Cafe

Cost: Free

Register: call 860-285-1992

**De-stress and Laugh with Lisa!**

Laughter Yoga combines gentle yoga postures with playful laughter exercises, scientifically proven to boost mood, reduce stress, and improve overall well-being. No yoga experience needed, just a willingness to let loose and have some fun!

Join Lisa every Tuesday at 11am at the Windsor Senior Center for a dose of laughter!

**Senior Fitness Programs** - You may register for classes online. Your first class is always free! Price per offering and full schedules may be found in our monthly newsletter or on the town website.

- The Windsor Senior Center is proud to partner with: Renew Active, Silver Sneakers, Prime, Silver & Fit, and Active & Fit.

- SilverSneakers Classic, (FKA Chair Aerobics with Dee): Build confidence and endurance while safely seated in this class.
- Daily Pickleball: Enjoy friendly competition on the court while working up a sweat playing this wildly popular sport.

- Line Dancing with Connie: Have fun while learning choreographed dance with others seniors. No partner needed.

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**MEMORIAL SERVICE:**

Sacred Heart Church

26 Wintonbury Avenue

Bloomfield, CT 06002

Monday, January 29, 2024 @ 11:00 AM

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# SENIOR LIFE

## ELVISES ARE IN THE BUILDING - AT TOUCHPOINTS!



**By David Skoczulek**  
iCare Vice President of Business Development  
Last week the staff and resident at Touchpoints at Manchester were treated to a performance by a special guest, Mr. Elvis Presley. Well, Elvis times two, really. The King and the other King dropped by to celebrate his own birthday, January 8th.

The Elvises (Elvi?) made their way through the resident care units, driving the crowds wild with their dancing and playing all the hits. It appears these particular Elvi showed up from the early 1970's. Much to the King's chagrin, due to dietary considerations, no peanut butter and banana toast or butter-milk drinks were served.

Nice job booking the greats, Touchpoints at Manchester team!

Dave



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**693 Bloomfield Avenue, Suite 200, Bloomfield, CT 06002**

**Tuesday, January 23, 2024, 6:00pm-8:00pm**

**Thursday February 1, 2024, 6:00pm-8:00pm**

**Don't wait. Call (860)769-6938 today. Seating is limited!  
To Attend Virtually via Zoom email [info@weatherby-associates.com](mailto:info@weatherby-associates.com)**



*Life is complicated enough - protecting your family shouldn't be! Come to our FREE Workshop and see how easy protecting your family can be! Two hours of your time now can save your family months or years of aggravation in the future.*

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# YOUR LIBRARY: BRINGING YOU THE WISDOM OF THE AGES - AND A LOT OF FUN TOO!

## WINDSOR PUBLIC LIBRARY

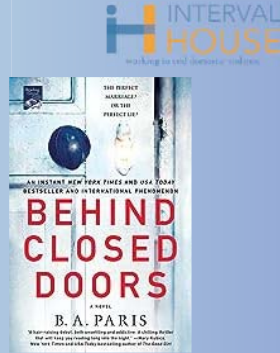
By Denise Ricotta  
IT Librarian Windsor Public Library

Book Discussion with  
Interval House

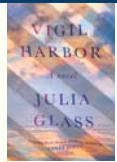
Monday, January 29  
7:00 to 8:00 PM

Meeting Room 1

To register, go to [www.windsorlibrary.com](http://www.windsorlibrary.com)



WINDSOR  
Public Library



Our January book will be "Vigil Harbor" by Julia Glass. Books can be requested at the Lending Desk.

WINDSOR PUBLIC LIBRARY PRESENTS



SUSTAINABILITY

# BOOK CLUB

Wednesday, January 31  
6 PM - 7 PM

Recommended for adults, but all ages welcome.

WINDSOR  
Public Library

## BLOOMFIELD PUBLIC LIBRARY

**Time**

Wednesdays in January 2024  
Jan. 10, 17, 24, 31  
10:30 AM

Join our BPL Youth Librarians for an Atrium Book & Craft hour at 1300 Hall Blvd., Bloomfield.  
Best for ages 2-5, but all ages welcome!

[bplct.org](http://bplct.org) | [@bplct](mailto:bplct)

**Make a Groundhog Stuffie!**

Jan. 24  
4-5:30 PM  
The Atrium

For Kids of All Ages

[bplct.org](http://bplct.org)

virtual program for adults

**SOCIAL JUSTICE BOOK CLUB**

January 23 at 6:30 pm

**WHITE FRAGILITY**  
BY ROBIN DIANGELO

Read it on the Libby app

Register at [bplct.org](http://bplct.org) Event Calendar

**VIRTUAL PROGRAM**

**Opera Talk**  
with Jeffrey Engel

**"Carmen"**

**Tuesday, January 23 at 1PM**

Sign up at [bplct.org](http://bplct.org), click "Event Calendar"

[bplct.org](http://bplct.org)

## WINDSOR LOCKS LIBRARY



**Author Lauren Asher**

On Monday, February 5th at 6:30 PM, the Windsor Locks Library, Inc. will be hosting New York Times best-selling author Lauren Asher via Zoom. Lauren's 2023 release "Love Redesigned" was the #3 best-selling book in the Paperback Fiction category, and she has also published the Booktok-famous

"Dreamland Billionaires" series. Lauren's books are available to check out from the library in print and online. Register online at [www.windsorlockslibrary.org](http://www.windsorlockslibrary.org) /programs to receive a Zoom link or call 860-627-1495 to attend and watch in person at 28 Main St, Windsor Locks.  
**Free Trivia Night**  
On Monday, February 12th

at 6:30pm the Windsor Locks Library, Inc. located at 28 Main St, Windsor Locks will be hosting a free trivia night! Questions will be "general knowledge", teams of 1-4 people are welcome to join. The individual or team with the most points will win a prize! Register online at [www.windsorlockslibrary.org](http://www.windsorlockslibrary.org) /programs or call 860-627-1495.

**VIRTUAL PROGRAM**

**RAISE THE COOP: THE ULTIMATE GUIDE TO BACKYARD CHICKEN KEEPING**

with Mark Gostkiewicz

**Thursday, January 25th at 7:00PM**

Sign up at [bplct.org](http://bplct.org), click "Event Calendar"

[bplct.org](http://bplct.org)

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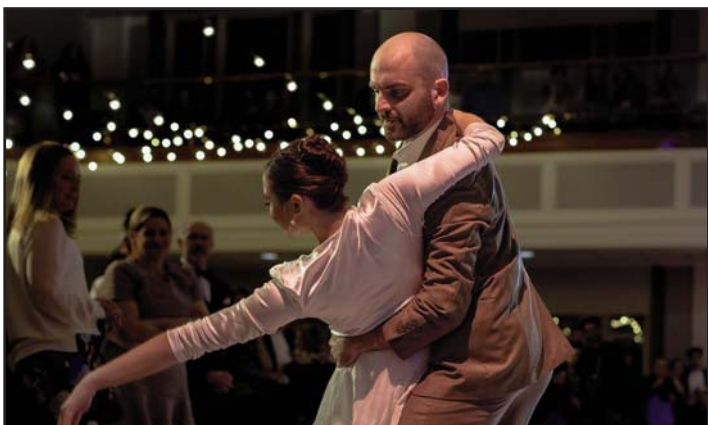
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Amy and Burt Smith

# Art & Events

## BTC INVITES YOU TO 'ONE NIGHT IN PARIS'



Photos by Michele Tereso

Hollywood", BTC is thrilled to welcome back this dynamic duo.

Finally, DJ-Q Boogie, an award-winning events DJ and founder of Female DJ Association, will be there to keep you on the dance floor all night long. Don't forget to walk the Red Carpet and strike a pose courtesy of 4AVNOW.

In addition, the event will offer a cash bar that includes

wine from BTC's Season Sponsor Brignole Vineyards and Champagne Alfred Gratién & Gratién & Meyer Cremant de Loire. There will also be a signature French cocktail on the menu.

All proceeds from the event will support Ballet Theatre Company's community performance, The Sensory-Friendly Ballet. The mission of the performance is to make BTC's main-stage performanc-

es (i.e. The Nutcracker, Cinderella) presented at The Bushnell accessible and inclusive to ALL! The Sensory-Friendly performances of each show will provide a safe, judgment-free, relaxed environment for those who have a disability, sensory, or any other types of challenge/sensitivity that may make them feel uncomfortable at a "typical" performance.

One Night in Paris will be presented for one night only on Saturday, February 10, 7:00-11:00pm. The event will take place at the West Hartford Town Hall on 50 S Main Street. Please enter through the big front doors at the top of the steps. Parking is free! General admission is \$45. Limited tickets are available. The ticket price includes charcuterie, French hors d'oeuvres and dessert. All cocktails, wine, and beer will be available at the cash bar. Although there will be some seating options available, the majority of the event includes cocktail tables and standing. We recommend wearing your favorite dancing shoes!

BTC invites you to join us for our 2nd annual "One Night in..." themed event. This year BTC travels to the City-of-Love to offer you the ultimate Parisian experience at "One Night in Paris". Held at the West Hartford Town Hall on February 10 from 7:00-11:00pm BTC encourages those interested to get their tickets today! Last year's "One Night in Hollywood" event sold out!

Your ticket includes French hors d'oeuvres served from local restaurants Cafe Louise and Le Mazet, a decadent charcuterie display by Distinctive Ideas, and delicious desserts from Weha's Nothing Bundt

Cakes.

See BTC's professional artists and Junior Corps de Ballet in a theatrical, corky performance as they present Artistic Director Stephanie Dattellas' American in Paris Suite. Featuring the beautiful sounds of George Gerswhin, Dattellas pays homage to Gene Kelly and Leslie Caron's performance in the 1951 film.

After the performance, join Javier and Janixia Reyes Johnson from Hartford Underground for a short swing dance lesson to Danny Brilliant and Django Reinhardt! After their popular appearance at "One Night in

## DO YOU LOVE TO SING?

Whether you are a beginning singer or are experienced, we would love to have you join us!

All you need is a capacity to sing, the ability to attend rehearsals and a love of music!

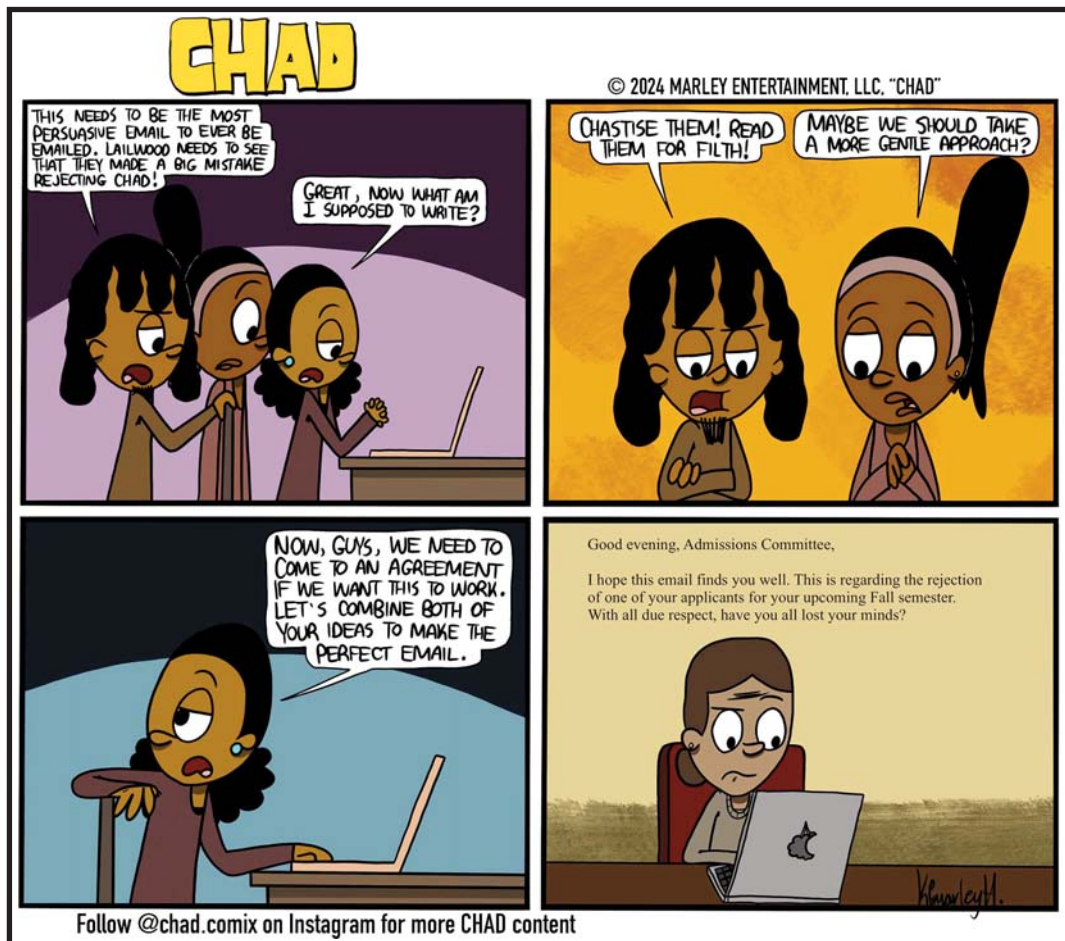
The Connecticut Women's Chorale is looking to expand its chorus with more female voices of all ages. Come check

us out and bring a friend at an open rehearsals, Monday, January 22 nd and 29th, 7-9 PM, Room 4 at Sacred Heart Church in Bloomfield. No auditions.

Come experience Joy!

Contact:

pickettbarb@gmail.com or text 203 333-6049 ( or call and leave message) Barbara Pickett if interested.



# FILLED WITH ATTENTION, KINDNESS AND KNOWLEDGE OF HIS NEEDS



*Matthew Dellomo*

A man who has given much is appreciative of what he receives. Matthew turned from teaching science to teaching special education and was given a scholarship for his Masters in Special Education. His motto has been use what you know, and he knows that life has been a magical ride.

After giving so much now he has need and is very aware of the value of caring assistance. He would like to say thank you to Fresh River for all that has come his way.

Physical Therapy with Shaina and Robin was filled with attention, kindness and knowledge of his needs: "I would gladly come back for a six month tune-up—continually!"

Mary Margaret provided her dietary skills and Janine her command of the kitchen so that together they accommodated and satisfied a demanding diet with tasty, warm and appealing meals.

The Nursing Staff brought their kindness and care and Stephanie brought all the gentle ways of a Social Worker. We say thank you for the privilege of being his choice.



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