

# Haddam Killingworth News

AN INDEPENDENT COMMUNITY NEWSPAPER COVERING HADDAM, HIGGANUM, HADDAM NECK AND KILLINGWORTH Copyright ©2020 Haddam Civic League LLC

November 12, 2020 For breaking news go to HK-Now.com every day Free weekly

## KAA schedules next 'Stop the Bleed' class for November 14

By Clark Judge, Killingworth Ambulance Association

The Killingworth Ambulance Association (KAA) will hold another in its series of "Stop the Bleed" classes on Saturday, Nov. 14, 2020 at its Route 81 headquarters. The course, which is free to the public, begins at 11:00 a.m. and lasts approximately one hour.

Persons ages 12 and older are invited to attend, with all required to wear protective face masks.

Important: Interested persons are also asked to complete an RSVP form that can be found here (<http://www.killingworthambulance.org/news-events/rsvp/>) or under the "Classes"



pull-down menu at the top of the KAA home page.

"Stop the Bleed" is a nationwide awareness campaign that was launched

in 2015 by the White House and Department of Homeland Security. It is designed to empower bystanders with training to deal with traumatic events and emergency bleeding situations before emergency help arrives.

The KAA first offered "Stop the Bleed" classes in July, 2017, making Killingworth the first Connecticut town to have its citizens certified. Since that time it has conducted 21 classes and had "Stop the Bleed" stations placed at the Killingworth Town Hall and Public Library.

For more information, contact the Killingworth Ambulance Association at (860) 663-2450.

## Brainerd Memorial Library welcomes local artists' murals

By Donna Brinckerhoff

Bathrooms and coat racks are unlikely spots to find splashes of color or whimsy, but the newly renovated Brainerd Library will prove that art can pop up anywhere.

Two talented local residents, Ted Esselstyn and Gail Christie teamed up do just that to a pair of life's most routine activities, hanging up coats and visiting a public bathroom.

The new children's bathroom features a whimsical mural of frogs enjoying a good summer read at Higganum's Girl Scout Point, while around the corner, the wall behind the coat rack depicts the transformation of the monarch from caterpillar to chrysalis to butterfly.



Ted drew both pieces of art and painted the delightfully bold lower lobby piece, and Gail added the



Photos by Donna Brinckerhoff.

of painted murals, furniture commissions and public

color to the bathroom mural. Both are professional artists.

Gail taught drawing, painting, pottery making and other artistic subjects for years in Durham before changing her focus to gardening and floral arrangements. When asked how she felt about being a part of the project Gail said, "Ted is such an amazing artist, I just want to do it justice."

Ted is a medical doctor who shifted gears to become a woodworker and mural maker. The owner of City Bench, Ted repurposes wood that might otherwise find its way into landfills, by turning it into beautiful and creative works of art.

"I have been doing a mix  
*Continued on page H2*

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# HKHS joins 1BigCircle for an afternoon of soccer fun

By Valerie Williams

On the bright, sunny afternoon of Oct. 17, a group from the Haddam Killingworth High School Boys Soccer team gathered with the 1Big Circle athletes on the soccer field to learn, play and have fun together! 1 Big Circle is a social club that offers friendship-building activities for young adults who struggle with social engagement due to their disabilities.

The HK soccer players helped and encouraged the athletes through stretches, drills, and shots on goal. The group enjoyed getting some exercise and being able to be together. This was summed up by Ben Williams, a HKHS soccer player, who stated, "Now more than ever, it was good to be able to see each other."

If you would like to participate, volunteer, or learn more about 1Big Circle contact Pearl Elliott at [contact.1bigcircle@gmail.com](mailto:contact.1bigcircle@gmail.com)

For more information about 1BigCircle, see their website.



Photo by Pearl Elliott.

## CONTINUED FROM PAGE H1

# Brainerd Memorial Library welcomes local artists' murals

Continued from H1

works in such places as libraries, schools, hospitals and children's museums. This mix keeps the work diverse and satisfying" he said.

The Friends of Brainerd Memorial Library have donated one of Ted's benches that will sit beneath the coat rack.

"I thought of the monarchs as an abstraction that parallels what young readers can discover at the library," Ted said. "The monarch transforms itself through life stages before beginning its long migration, and so do readers who embark on similar journeys of discovery and transformation."

The froggy scene derives from the many visits Ted

made to Girl Scout Point on Higganum Reservoir over the years with his family.

Ted and his wife, Dr. Anne Bingham, an OB-GYN and Gail and her husband, Mark Stephens, are neighbors in the Maple/Hull Avenue area. Haddam, and Brainerd Memorial Library are fortunate to be beneficiaries of such generosity and talent.

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# GIVING TUESDAY

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**LOVE YOUR LOCAL**

# Help for parents of children who stutter is as close as your library

By Jane Fraser, The Stuttering Foundation

Thanks to some generous donations, the Stuttering Foundation has donated a new DVD, entitled Kids Who Stutter: Parents Speak, to public libraries across the country.

In this 16 minute DVD, parents and speech-language experts talk about how to promote easier talking as they interact with their children. The professionals offer simple tips that parents can follow easily.

The DVD features some of the world's leading

therapists with children who stutter: Lisa A Scott, Ph.D. of the Florida State University's School of Communication Science and Disorders; Ellen Kelly, Ph.D., of Vanderbilt University School of Medicine; speech-language consultants Frances Cook, MBE, MSc, Willie Botterill, MSc, and Elaine Kelman, MSc., from the Michael Palin Centre for Stammering Children in London.

"This is an important tool for families and teachers of children who stutter," added Jane Fraser, president of the nonprofit Stuttering Foundation. "Our

latest DVD is designed to give parents and teachers the tools they need to play a vital role in the process of helping children who stutter."

For more information about stuttering write the 73-year-old nonprofit Stuttering Foundation, PO Box 11749; Memphis, TN 38111-0749, call 800-992-9392, or visit [www.stutteringhelp.org](http://www.stutteringhelp.org)

A public library that will shelve any of the 16 free books and DVDs the Foundation offers to public libraries can email [info@stutteringhelp.org](mailto:info@stutteringhelp.org) or call 800-992-9392.

## HK TOWN/COMMUNITY CALENDAR

Please visit [www.haddam.org](http://www.haddam.org), [www.townofkillingworth.com](http://www.townofkillingworth.com) or [hk-now.com](http://hk-now.com) for the most current information, including cancellations, location changes, time changes.

### Thursday, November 12

Haddam Park & Recreation Meeting (remote access only) 7:30 p.m.

### Saturday, November 14

Super Saturday Storytime – Killingworth Library, 10:30 a.m. - 11:00 a.m.

Weekly family fun for kids of all ages! Drop-in format, no registration necessary. Adult must accompany child.

Stop the Bleed Class, KAA, 11:00 a.m.-12:00 p.m.

Designer Bag Bingo with a Heart-Virtual World Diabetes Day, 6:00-9:30 p.m. ONLINE EVENT

Join us for our special World Diabetes Day edition of Bingo with a Heart! Buy tickets by Oct.15 to save on admission. If you are a large party of eight or more please feel free to buy your tickets separately and then email us the list of people in your party to get the group bonus cards. All bingo cards will be mailed the week prior to

the event. One raffle ticket included with each admission for prizes. There will also be a virtual silent auction that weekend with some previews during the bingo event. Tickets [www.elbow-bumpkidinc.org/copy-of-event-bingo-with-a-heart](http://www.elbow-bumpkidinc.org/copy-of-event-bingo-with-a-heart)

### Monday, November 16

Haddam BOS Meeting (remote access only) 6:30 p.m.

Haddam Wetlands Comm. Meeting (remote access only) 7:00 p.m.

### Tuesday, November 17

Killingworth P&Z Meeting (remote access only) 7:00 p.m.

### Wednesday, November 18

Haddam Conservation Commission Meeting (remote access only) 7:00 p.m.

Killingworth Public Health Meeting (remote access only) 7:00 p.m.

### Thursday, November 19

Teen Write Club. Join the Killingworth Library over Zoom as we work to create our own publication 4:30-5:30 p.m.

Whether you have writing or art-work to share, or want to hone your skills as an editor, there is a place for you on our writing team! We will be creating an online collection of writing and other art from Killingworth Library patrons to be hosted on our library website and shared with the community. Meetings are every other week on Thursdays. Please register Call Us: 860-663-2000

Mystery Book Club – St. Lawrence Church Killingworth, 6:30-7:30 p.m.

Join us as we discuss Hercule Poirot's Christmas: a Hercule Poirot Mystery by Agatha Christie. This title was previously published as Murder for Christmas and A Holiday for Murder.

This group will be meeting at St. Lawrence Church in Killingworth throughout the winter – masks required. If you are interested in joining the group, please email the library at [mail@killingworthlibrary.org](mailto:mail@killingworthlibrary.org). Extra copies of the title will be available at the library.




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# Medicare Open Enrollment begins October 15th

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## Election Day 2020 results for Haddam

These are results from the Registrar on Nov. 4, 2020 (absentee ballots have been scanned and are included):

### President

Biden & Harris (D) Haddam 2728  
 Trump & Pence (R) Haddam 2693  
 Jorgensen & Cohen (L) Haddam 67  
 Hawkins & Walker (G) Haddam 23

### Representative in Congress

Courtney (D, WF) Haddam 2808  
 Anderson (R) Haddam 2461  
 Reale (L) Haddam 36  
 Martineau (G) Haddam 65

### State Senator

Needleman (D, I) Haddam 2595  
 Saunders (R) Haddam 2788



### State Representative

Palm (D, WF) Haddam 2464  
 Siegrist (R, I) Haddam 2912

### Haddam Registrar

Skarsten (R) Haddam 3559

### Haddam Question

“Shall the Charter of the Town of Haddam be amended as proposed by the Haddam Charter Revision Commission in its May 27, 2020 Report and as approved by the Haddam Board of Selectmen on June 8, 2020?” Yes 2995 No 978

Party Affiliations: D=Democrat, R=Republican, WF=Working Families, I=Independent, L=Libertarian, G=Green

Left: Morning voting lines

## Election Day 2020 results for Killingworth

These are official/final numbers from Killingworth Registrar Lauren Blaha:

### President

Biden & Harris (D) Killingworth 2343  
 Trump & Pence (R) Killingworth 1979  
 Jorgensen & Cohen (L) Killingworth 44  
 Hawkins & Walker (G) Killingworth 20

### Representative in Congress

Courtney (D, WF) Killingworth 2338  
 Anderson (R) Killingworth 1885  
 Reale (L) Killingworth 31  
 Martineau (G) Killingworth 49

### State Senator

Cohen (D, I, WF) Killingworth 2246  
 LaPorta (R) Killingworth 2035

### State Representative

Goupil (D, I, WF) Killingworth 2144  
 Hall (R) Killingworth 2070  
 May (G) Killingworth 43

### Killingworth Registrar

McCormick (D) Killingworth 2028  
 Blaha (R) Killingworth 2181

Party Affiliations: D=Democrat, R=Republican, WF=Working Families, I=Independent, L=Libertarian, G=Green

## Courtney thanks Second District voters for re-election

By Brian Coughlin, Campaign Manager

With most unofficial results in, Congressman Joe Courtney on Wednesday, November 4, declared victory in his re-election bid for another term representing the Second Congressional District of Connecticut.

“With unprecedented turnout and a significant number of mail-in ballots to count last night, I waited to comment on the outcome until our hard-working local election officials had the time they needed to count the votes and record the voice of the voters of our district and state. With nearly all precincts now reporting, I am deeply grateful that the voters of our region have given me the chance to represent them again in the upcoming 117th Congress.

“It is the honor of a lifetime to represent eastern Connecticut, and I am deeply grateful that the voters of our region have given me the chance to represent them again in the upcoming 117th Congress,” Courtney said. “Eastern Connecticut is home to hard-working men and women, and to families and front-line workers who have shown a tremendous amount of grit and smarts in the face of COVID-19. They deserve a representative in Washington who works as hard as they do, and whose top priorities reflect the needs of our region and the people who

call it home. I am committed, as I have always been, to working across the aisle to find a path forward on the most pressing needs for folks in eastern Connecticut—from finding bipartisan solutions to lower the cost of healthcare, to continuing our surge in manufacturing jobs and growing our economy, to supporting our veterans, securing more resources to help people through the economic fallout of COVID-19, and more. We’ve had success on these and several other top priorities for our region, and I’m excited to build on them as we move ahead to 2021.

“This has been a year like no other, and this was an election like no other. We relied on so many of our neighbors to donate their time and energy to volunteer and ensure that this totally unprecedented election was conducted faithfully. To the town

clerks, registrars, and volunteers who stepped up at a critical time for our democracy—thank you. Their service has been truly remarkable, and it’s thanks to them that our democracy was able to perform in the midst of a global pandemic. Their extraordinary service to our nation should inspire a sense of pride in every American.

“I also want to also thank my fellow candidates on the ballot this year, Justin Anderson, Cassandra Martineau, and Dan Reale. Running for office is not easy in a normal year, and this year was a particularly challenging time for anyone to put themselves forward and run a campaign. Each of these candidates ran campaigns that were focused on the issues at hand for eastern Connecticut, it was always a pleasure to interact with them throughout this process, and I commend them for their hard work.”

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# Killingworth Copes: update from November 2

By Cathy Iino, First Selectman, Killingworth

Hello, Killingworth—

This is the 50th Killingworth Copes message. I sent out the first one on March 20, 2020, when the second case of COVID-19 in town had just been confirmed. As of today we have had a total of 31 cases—an average, since the start, of one per week. So far, we have done a good job of preventing the virus from spreading within town.

But Connecticut is seeing COVID-19 cases return to last spring's levels. As a result, the governor has halted the reopening and has announced a return to modified Phase 2 rules for public venues and gatherings. Among the rules, which went into effect Friday, Nov. 6 are:

Restaurants will reduce to 50 percent capacity, with a maximum of 8 people at a table;

Restaurants and entertainment venues must close by 9:30 pm, with the exception of food takeout and delivery services, which will be allowed to continue after 9:30 pm;

Personal services, such as hair salons and barber

shops, will remain at 75 percent capacity;

Event venues will be limited to 25 people indoors, 50 people outdoors;

Religious gatherings will be limited to 50 percent capacity, or 100 people maximum.

Town Hall. For the safety of all, on Election Day, Town Hall will be closed for all business not related to the election. Same-day voter registration is available at Town Hall, but a limited number of people will be allowed in at a time. Entrance will be by the back door; and you will exit through the front door. Please wear a mask and maintain social distancing. Hand sanitizer will be available.

After Election Day, Town Hall will be open for all business by appointment only. Many functions can be accomplished on line or by telephone. Please call 860-663-1765 for an appointment.

Free COVID-19 testing is finally available in our area. The Community Health Center is conducting PCR nasal swab tests for both symptomatic and asymptomatic residents at several mobile testing sites. Results are available in 2-3 days and can be sent via

email or text.

Wednesday, 11/4, 9:00 a.m. – 1:00 p.m., St. Joseph's Church Parish Center, 47 Middlesex Ave., Chester

Thursday, 11/5, 9:00 a.m. – 1:00 p.m., Saybrook Point, Old Saybrook

Thursday, 11/12, 9:00 a.m. – 1:00 p.m., Saybrook Point, Old Saybrook

Tuesday, 11/17, 9:00 a.m. – 1:00 p.m., St. Joseph's Church Parish Center, 47 Middlesex Ave., Chester

Thursday, 11/19, 9:00 a.m. – 1:00 p.m., Saybrook Point, Old Saybrook

You do not need to have any symptoms to get tested, and no referral or appointment is necessary. For other dates and locations, or to download and print a registration form to bring with you (which will save you time at the test site), go to [www.chc1.com](http://www.chc1.com).

Our best wishes for a speedy recovery go out to all those in town who have contracted COVID-19. Let's keep that number as low as possible.

Stay safe and carry on!

Cathy

## CAMPUS CORNER

### Local students recognized on Goodwin University's Dean's list for Spring 2020 semester

Goodwin University announces 986 students achieved Dean's list status for the Spring 2020 session.

*Michelle Hansen from Higganum, Conn. makes Goodwin Dean's List for Spring 2020*

*Julia Nosal from Higganum, Conn. makes Goodwin Dean's List for Spring 2020*

*Wyatt Bates from Haddam, Conn. makes Goodwin Dean's List for Spring 2020*

Goodwin University in East Hartford, Connecticut, is an innovative learning community that empowers hard-working students to become sought-after employees. We tailor our programs to address the needs of employers, and we shape them to fit the lives of

students. Classes are conveniently offered year-round – days, evenings, weekends, and online. Degrees may be flexibly layered across certificate, associate, bachelor's, and master's programs in a variety of in-demand fields. Better still, we surround our students with the personal support and the professional guidance they need – not just to earn degrees, but to change lives for themselves, their families, and their communities. For more information, please visit [www.goodwin.edu](http://www.goodwin.edu)

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We are also seeking Substitute Para-Educators. Substitute Para-educators need a high school diploma or higher.

If interested please apply through our online application system that can be found on the District website, under the employment tab, at [www.easthaddamschools.org](http://www.easthaddamschools.org).

Questions can be directed to the Superintendent's office at 860-873-5090.

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# Free COVID-19 tests available for HK communities

By Editorial Staff

Both Haddam and Killingworth sent out alerts to town residents on Nov. 3 (if you are subscribed) that free COVID-19 tests are now available locally through Community Health Center. No referral or appointment is necessary.

There is a registration form that can be downloaded from their website, and filled out ahead of time.

According to their website, these are the upcoming mobile locations and dates:

### Mobile Testing Locations & Schedule

Thursday, Nov. 12, 9AM-1PM: Saybrook Point, 154

College Street, Old Saybrook, Conn.

Tuesday, Nov. 17, 9AM-1PM: Saint Joseph's Church, 47 Middlesex Turnpike, Chester, Conn.

Wednesday, Nov. 18, 10AM-2PM: Bielfeld Elementary, 70 Maynard Street, Middletown, Conn.

Thursday, Nov. 19, 9AM-1PM: Saybrook Point, 154 College Street, Old Saybrook, Conn.

Wednesday, Nov. 25, 10AM-2PM: Moody Elementary, 300 Country Club Road, Middletown, Conn.

Tuesday, Dec. 1, 9AM-12PM: Eddy Complex (Eddy Shelter & Eddy Center), 1 Labella Circle, Middletown, Conn.

Wednesday, Dec. 2, 10AM-2PM: MacDonough School, 66 Spring Street, Middletown, Conn.

Wednesday, Dec. 9, 10AM-2PM: Farm Hill Elementary, 390 Ridge Road, Middletown, Conn.

Wednesday, Dec. 16, 10AM-2PM: Wesley Elementary, 10 Wesleyan Hills, Middletown, Conn.

If you are not subscribed and want to sign up for alerts from Haddam or Killingworth:

Haddam: <https://www.haddam.org/subscribe>

Killingworth: <http://townofkillingworth.com/offices/connect.html>

## HKHS GIRLS SOCCER

By Mike Shea, Coach

### HKHS loses to Valley

The Cougars lost their second game in a row on Nov. 2, a first for Coach Shea in his second season.

Haddam Killingworth High School Varsity Girls Soccer team let in two early goals, losing some early momentum. They scored late, with 7:21 left in the half, when Maggie Singer found Morgan Madore. Madore scored the only goal in the game for HK.

After Madore's goal, HK stepped it up and dominated possession and had a strong counter press. Unfortunately, time ran out. Brianna Nugent and Sophia Torello combined in goal for HK, with five saves.

### HKHS plays strong game against Cromwell

On Tuesday, Nov. 3, the Haddam Killingworth High School Varsity Girls Soccer team played Cromwell High School.

Both Haddam-Killingworth and Cromwell both played in their second game in two days, ending in a 1-1 tie.

Cromwell scored first just before halftime. HK played a very strong game again, but just unable to finish. They did find the net in second half when Kedarjah Lewis scored with an assist from Morgan Madore with sixteen minutes left in the game.

Brianna Nugent made seven saves in goal for HK. HK's record is now 5-2-1.



Caroline Conte. Photo by Kerrie Parri.

## EDUCATION

### Regional School District 17 Kindergarten registration: January 2021

By Pamela Hensel, RSD #17

Regional School District 17 will be holding kindergarten registration on Wednesday, Jan. 6 from 9:00 a.m. to 3:00 p.m. and Thursday, Jan. 7 from 9:00 a.m. to 3:00 p.m. at both elementary schools.

Due to COVID, no one will be allowed to enter our school buildings. Please ring the bell to request a registration packet and one will be brought out to you.

Important dates will be provided in the registration packet. Children entering kindergarten must be five years old by Jan. 1, 2022.

Please bring your child's birth certificate and two proofs of residency with you at the time of registration. Acceptable forms of residency include deed or current mortgage bill as well as the following: homeowner's policy, rental agreement, bank statement, current pay stub etc.

FOR ADDITIONAL DETAILS, PLEASE CONTACT THE FOLLOWING:

Killingworth Elementary School  
Dennis Reed, Principal  
860-663-1121

Burr District Elementary School  
Brienne Whidden, Principal  
860-345-4584

## H-K YOUTH & FAMILY SERVICES

### Holiday Giving Program 2020: November 2 to December 18

By Laura Shipman,  
Office Manager, HKYFS

The holiday giving program facilitated by HK Youth & Family Services, Inc. is available for families in need that reside in Haddam, Higganum, Haddam Neck and Killingworth. New gifts and toys will be collected for children and

youth from birth through age 18. The program runs from Nov. 2 through Dec. 18. Deadline for registration is Dec. 1. For more information about how you can donate, or to register for this confidential program please call 860-345-7498 or email [office@hkyfs.org](mailto:office@hkyfs.org)

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# November – Season’s End

By Terry Twigg

Summer ended abruptly with below-freezing temperatures and snow—snow!—at the end of October. So, you think gardening is over for the year? You’re looking around at blackened stems and slimy leaves, and think it’s time to hang up your tools until spring?

Not so fast. There’s still more than enough to keep a gardener busy outdoors, until “intermittent frost” grumbles its way down to “solidly frozen soil,” still weeks away. One last mowing, which can double as a way to chop up leaves still on the lawn. Judicious tidying of flower beds is in order: you may want them to be neat, but remember, Mother Nature doesn’t leave plants to shiver, naked, over the winter, and generally speaking, neither should you. Mulch perennials with the aforementioned chopped leaves, or with purchased mulch, or take the lazy gardener’s approach and simply leave last year’s remnants in place until spring. Any plant still showing green is still making food, so don’t cut it back. Those that have turned brown may be cut back, but please realize you’re probably removing seed pods that are meant to be winter food, hollow stems that could serve as nests for overwintering insects, and a blanket of dead leaves and branches that could be protecting your precious plants from frost heaves. Perennials that die back to the ground may be mulched right up to the crown, but for woody perennials and trees, be sure to leave some space around the stem. Never pile it up into the dreaded ‘mulch volcano,’ which is a prime breeding ground for pests and disease.

You’ve probably checked out the end-of-year garden center sales, and have a few prizes you couldn’t resist buying but have no idea where to plant. Fear not. Now is the perfect time to move things around: in the more minimalist November garden, proportions and complementary textures are so much easier to get right. And there’s no better time to plant, as the bedraggled bargains you plant now will develop root systems all winter long, and be ready to outperform the big expensive counterparts the nurseries will be selling next spring.

It’s time to bring in houseplants, fragile terracotta pots, garden hoses, and lawn furniture. Shut off water to outdoor faucets (I learned that the hard way), and



if you have a shallow water feature that will freeze solid, find a winter haven for resident frogs and fish (ditto). Tender summer bulbs (more precisely, tubers) like cannas and dahlias come out, while hardy spring bulbs go in.

But don’t let your gardener’s eye be dulled by practicalities. November’s treasures are as rewarding as those of high summer. The lawn I left unmowed all season long transformed into an ocean of frosted waves one cold morning. Who would have expected so much impact from just grass? Then, even this late, some favorite native trees and shrubs may still be clinging to their leaves. In my yard the red dogwood leaves linger. Viburnums flare, and so do the under-appreciated staghorn sumacs (which are not poison sumac and won’t cause a rash). The intense red of blueberry leaves rivals that of the admittedly striking but oh-so-invasive burning bush. All these natives produce berries: pretty for us, important for hungry birds. The sumac berries (technically, drupes) form a fuzzy cone I like to include in my Thanksgiving centerpieces, and did you know the berries make a citrus-y drink, and are sometimes ground into powder and sold as a prized, hard-to-find spice? Not bad for

a plant we often dismiss as a roadside weed. Even the dreaded poison ivy comes into its own in autumn. It’s still treacherous, but how lovely to see a tree cloaked in vines of red-orange leaves, with the dark blue berries peeking through.

With the summer riot of color just a memory, shapes and textures are more readily appreciated. As you mulch, weed, and tidy, take a moment to appreciate the peeling white bark of birches, the bright red or yellow stems of osier dogwood, the orange twigs of flame willow, and the innumerable shades of grey and brown on our native oaks. Admire the lacy architecture of leafless trees, some twisty, some upright, others spreading or vase-shaped, and study Mother Nature’s knack for setting them off with just the right touch of bright green pine. And listen: you won’t miss the sound of green leaves rustling in summer breezes if you’re tuned into the crunch of brown leaves underfoot.

Finally, yes, it’s time to hang up your tools, first making sure they’re freshly sharpened, dry, rust free, and treated to a coating of oil. (Some people stash them in a bucket of oil-soaked sand for the winter.) Then all that’s left to do is give thanks: First, for the bounty of the summer just ended, and then for a season of rest.

## Haddam Killingworth News

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# Medicare/Pharmacies: DIR fees — they affect you!

By Brian Scott-Smith – [www.connecticut-east.com](http://www.connecticut-east.com)

Direct and Indirect Remuneration Fees, yes, I know you've never heard of them and you're saying, why should I be interested?

The simple reason is this – every time you get your prescription drugs filled at your local pharmacy, you're paying far more than you should for your drugs and that adds up to hundreds of dollars every year and your pharmacy is having to pay for those drugs as well and BOTH of you have no say in the matter.

And who's behind all of this? Pharmacy Benefit Managers (PBM's), you'll recall we discussed them in a previous article about who they are and what they do.

So, DIR Fees is just another way in which PBM's are making billions of dollars each year out of you, the consumer, and businesses.

In fact, in 2019, PBM Rebates raised drug costs by almost 30% and brought in around \$149 billion.

Doug Hoey is the CEO of the National Community Pharmacists Association and recently his organization launched a publicity campaign called 'The Truth' aimed at countering a big-money propaganda effort by the PBM lobby to obscure their role in the high price Americans pay for their drugs and the disappearance of neighborhood pharmacies.

"Pharmacy DIR Fees are where your local pharmacy has to pay a rebate to the PBM's. Those rebates are also billions of dollars. Where it hurts the consumer, especially someone on Medicare with Part(D), they're often paying a percentage of the cost of a drug. The consumer share is based on the price before the rebate from the drug manufacturers and the pharmacies rebates. So, if say their drug costs \$100 and their share is 25%, they're paying \$25. But in reality after the drug and pharmacy rebates are applied that drug only costs \$60, they should be paying 25% of \$60, but they're not,

they're still paying on the full \$100 cost, because that's not how PBM's are calculating their costs."

Hoey adds, "And what this does, if you're on Medicare, is that it pushes the consumer in to the catastrophic level sooner, which means the Federal Government then kicks in money to cover the consumer's spending and that money comes from not only the Medicare recipient but every taxpayer in America."

Hoey acknowledges the way PBM's go about their business of collecting these fees in such a complex and silent way through pharmacy and drug manufacturer contracts they're effectively taking money from the consumer, without the consumer's knowledge.

"Effectively yes! Both the manufacturer and the pharmacy are victims of this as well as they're being asked to pay the rebate and the pharmacy has to collect the higher co-pay from the senior. So, a lot of the time it's the pharmacy and the senior who's saying why does this cost so much and the pharmacy has to explain it, but they're in this awkward position of taking this higher amount from the consumer and then later having to pay the PBM the higher rebate too."

And it doesn't end there for your pharmacy, as the PBM's often collect money from them up to half a year later, based on what they call 'quality measures', which the PBM's say are based on that individual pharmacies performance, however there are no 'actual' measurements supplied to the pharmacy, they're often unknown, unpredictable, inconsistent and outside of the pharmacy's control and if the pharmacy does dispute or challenge them, the PBM's could strike a pharmacy off their preferred list meaning that pharmacy could lose business or over time, go out of business.

So, what can you do?

Hoey says, "People need to speak to their local State officials and say we need a better system and ask why is it that the United States is the ONLY

## What's for Dinner?

C C N D F I R S H P X Y C T L  
 A H V S L T P E O S S Q R F O  
 S Y I I H I N T D I I S E I B  
 S S H C N A A A N W P F P K S  
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- |           |            |             |
|-----------|------------|-------------|
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| CASSEROLE | HAMBURGERS | SPAGHETTI   |
| CHICKEN   | KIELBASA   | SPINACH     |
| CHILI     | LASAGNE    | STEAK       |
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| CORN      | MEATLOAF   | TERIYAKI    |
| CREPES    | PIZZA      | TORTELLINIS |
| EGGPLANT  | POTATOES   | TURKEY      |
| FAJITAS   | QUICHE     |             |
| FISH      | SCALLOPS   |             |

country in the world that's handed over the prescription drug benefits to PBM's and the United States pay the highest drug prices in the world. That's not a coincidence."

So, we can continue to pay high costs for our drugs and continue to line the pockets of the PBM's and their parent companies, or we can speak with local legislators, the office of the

Healthcare Advocate in Connecticut and our State Attorney General's office and demand they do something to actually protect the consumer and stop the continued abuse of our healthcare system.

*Brian Scott-Smith is a local broadcast reporter and producer with over 20 years experience in the news, TV and Radio business.*

## STATE GOVERNMENT

# Governor approves \$3.4 million in Coronavirus relief grants

By Editorial Staff

Governor Ned Lamont has approved the allocation of \$3.4 million in grants from the state's Coronavirus Relief Fund, which uses federal CARES Act money, to finance programs in several towns across Connecticut that will be used for homeless shelter improvements, homeless prevention services, and financial assistance for low-income residents at-risk of becoming homeless. Administered by the Connecticut Department of Housing, the grants will provide critically needed assistance to many who have been impacted by the ongoing COVID-19 pandemic.

"These grants will be used to ensure the supports are in place for those who are on the verge of becoming homeless and we can rapidly respond to the situations they are facing," Governor Lamont said. "Having a safe and secure place to call home is a critical component of responding to this public health crisis."

"When an individual or family is having a housing crisis, we can keep them stably housed in the community and prevent them from entering into homeless service system," Connecticut Housing Commissioner Seila Mosquera-Bruno said. "This funding increases the capacity to prevent, prepare, and respond to housing needs and pandemic precautions."

Several of the grants will be used for shelter diversion programs, which aim to prevent homelessness by helping those in need of shelter to identify alternate housing arrangements. This prevents the need for entering shelter, and creates a pathway toward long-term housing stability.

The grants include:

Town of Portland – \$306,800 for Portland Shelter Diversion: The Town of Portland, in partnership with the Coalition on Housing and Homelessness (Meriden, Middlesex, and Wallingford Coordinated Access Network), will use the grant to expand the

local resources that address homelessness by adding four full-time staff, deployed over an 18-month period, to expand shelter diversion and housing stabilization services for families, youth and single adults. This program will serve clients that are imminently at risk of becoming homeless.

Town of Stonington – \$350,000 for Shelter Diversion of Eastern Connecticut: The Town of Stonington will use this grant to hire diversion Coordinators for the following priorities: support day-to-day diversion activities by existing staff, improve follow-up on diversions in process, work with other systems to decrease shelter entries, improve coordination with "main line" systems, more fully engage local social service agencies, and seek out best practices. Funding would allow diversion up to 93 percent of all new families reporting for shelter. The additional staff will make the transition to housing more effective and thereby reducing returns to homelessness.



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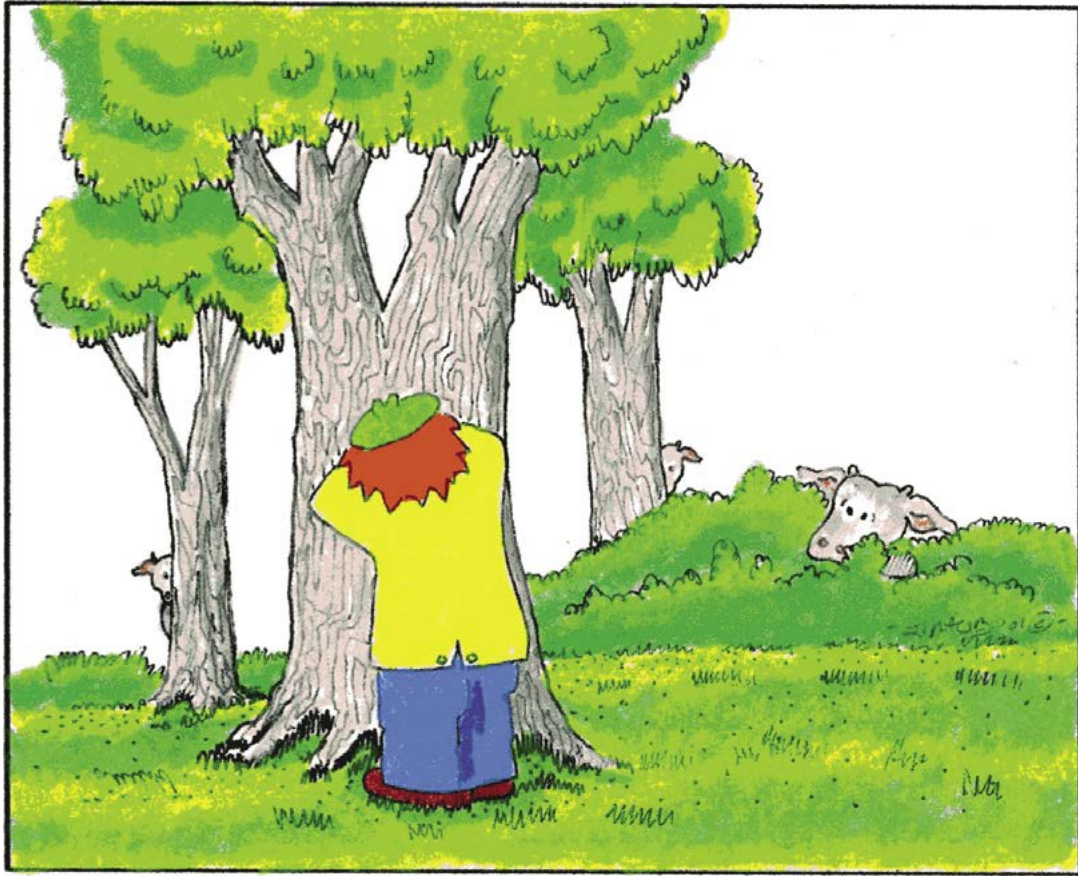
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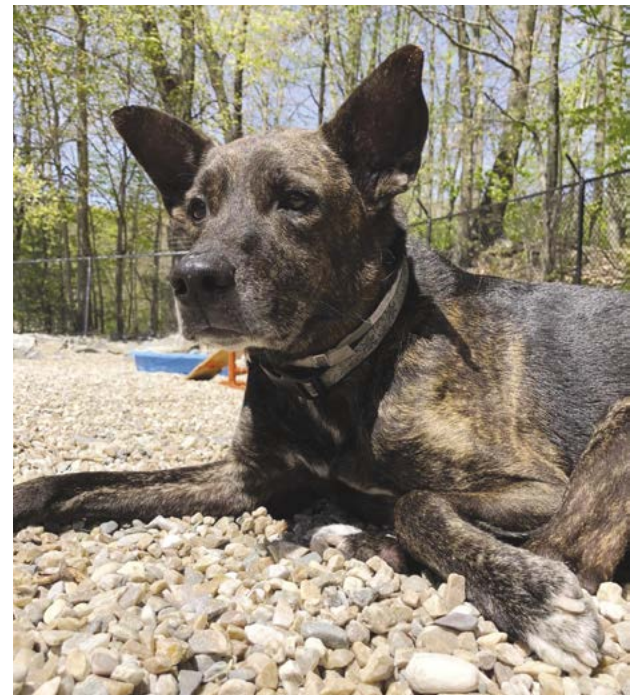
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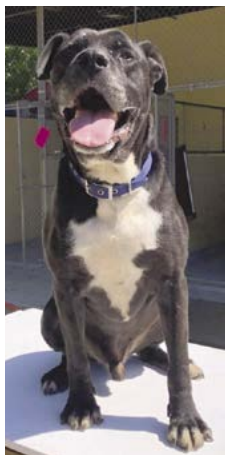
Teddy

**Adopt a Senior Dog Month – Teddy and Ice**

By Judith Levin

For all of you, November is adopt a senior dog month. There are many senior dogs in the pounds that need a loving home to live the rest of their lives out.

Here are two beautiful dogs that have so much life and love to give to someone that is willing to take them home. Dogs that have been given a second chance to be loved especially older dogs make the best pets and they are so appreciative for this.



Ice

**Teddy**– Shepherd X, age 8, NO PETS

**Ice**– Mastiff X, age 9, no cats, docile large dogs are usually okay

These two dogs are in fine health, who have been waiting for way too long! Both are from Brooklyn NY Animal Control (BACC) and both have been impounded/kenned for a year or close to it.

They are deteriorating rapidly as they have lost hope! BAAC will not subject them to another harsh winter locked inside. Winters are horribly depressing for the dogs at their shelter and these two cannot handle another winter locked up (they spent last years at BACC until March).

If you or someone you know, is willing to open their home to a very loving and grateful senior like Teddy or Ice, please fill out an application and do not delay. Apply at [www.brasscityrescue.org](http://www.brasscityrescue.org)

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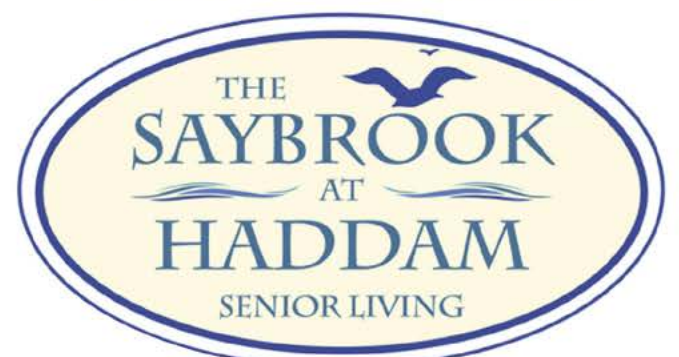


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