

THE REGISTER CITIZEN

Friday, February 23, 2018

Norfolk to host FOI seminar; free dental outreach needs volunteers, professionals; smoking cessation classes starting soon; temple to hold Yiddish class; CT casino trips resume in March

NORFOLK — Tom Hennick, Public Information Officer from the Freedom of Information Commission, will be holding an Informational Seminar on Thursday, March 15 at 7 p.m., at Norfolk Town Hall, 19 Maple Ave. to discuss FOI laws and new legislation. A Q&A session will follow.

Members of area town boards, commissions and the public are invited. RSVP by emailing twnnfksec@snet.net, Subject line: FOI Seminar.

In case of inclement weather, a notice will be posted on the Norfolk Town website www.norfolkct.org by noon of that day. For more information, please call 860-542-5829.

Free dental event seeks volunteers, donations

TORRINGTON — The 12th Connecticut Mission of Mercy Free Dental Clinic (CTMOM) seeks volunteers and donations for the two-day free dental clinic, scheduled for Friday, April 20 and Saturday, April 21 at Torrington High School in Torrington. The clinic is expected to treat close to 800 patients over the course of the two days.

To date, nearly 600 people have signed up to volunteer for the CTMOM Free Dental Clinic, and event organizers are encouraging additional people and businesses to register volunteers at www.ctmom.org. Volunteer registration is scheduled to close on March 27, and roughly 1,000 volunteers, ranging from general volunteers to dental and medical volunteers, are needed over the course of set-up, clinic hours and breakdown.

The clinic will open its doors at Torrington High School, 50 Major Besse Drive in Torrington on Friday, April 20 and Saturday, April 21 at 8 a.m. and will run until it reaches capacity. Patients are seen on a first-come, first-served basis.

CTMOM is dependent on contributions and welcomes financial and in-kind donations. Individual and corporate donations are still needed to defray the cost of the Clinic. The budget for the 2018 CTMOM Free Dental Clinic and operations totals \$254,556. To contribute, visit www.ctmom.org or call 860-863-5940.

In addition to dental and medical volunteers, volunteers are needed for non-medical tasks such as traffic/crowd monitors, foreign language interpreters (all languages needed, especially Spanish),

sign language interpreters, patient escorts, and especially help to set-up and breakdown the clinic. Volunteer descriptions and volunteer registration can be found at www.ctmom.org.

“We encourage not only individuals to sign-up to volunteer for this critical outreach effort, but also area businesses to consider having employees give some of their time to help us at this year’s CTMOM Free Dental Clinic. It is a very rewarding endeavor that will help hundreds of people in need,” said Dr. Michael Perl, CTMOM Co-Chair, in a written statement. “We are immensely grateful for those who have registered to volunteer so far and donations totaling \$190,345 to support this year’s clinic. We hope to keep that momentum going and continue to receive both monetary and in-kind donations from businesses, especially in the Torrington area.”

The CTMOM Free Dental Clinic provides a full range of dental services for people of all ages. Everything is done for free and on a first-come, first-served basis, including cleanings, fillings, extractions, x-rays, fluoride treatments, sealants, root canal treatment on anterior teeth, limited partial dentures and general health screenings.

To date, major donors (including in-kind*) to the CTMOM Free Dental Clinic include The Robert G. & Marguerite M. Derx Foundation, Delta Dental of New Jersey Foundation, WFSB 3*, Beatrice Fox Auerbach Foundation at the Hartford Foundation for Public Giving, Integrity Systems & Solutions*, Connecticut State Dental Association, Connecticut State Dental Foundation, Henry Schein Dental*, Siracusa Moving & Storage*, Astor Dental Laboratory LLC*, Webster Bank, Fortress Insurance Company, Steven & Alexandra Cohen Foundation, Twenty Seven Foundation, Hoffman Lexus, Patterson Dental Supply*, Benco Dental Supply*, Dexis*, Gendex*, Benecare Dental Plans, Colony Hardware*, Dart Dental Supply*, Dentsply Caulk*, Coltene*, and Colgate.*

For a sponsorship package and an up-to-date list of donors, visit: www.ctmom.org.

Smoking cessation classes to begin

TORRINGTON — Charlotte Hungerford Hospital (CHH) is once again offering free admission to its next “Freedom From Smoking” Cessation Program beginning on Tuesday, March 20. The series includes seven interactive classes over a six week period with “Quit Day” planned for Tuesday, April 10.

The program features discussion and skills practice sessions led by a trained, certified American Cancer Society facilitator who understands the motivations and rationalizations of smoking, and uses a positive behavior change approach that teaches people how to become a permanent non-smoker.

“In this step-by step program, participants will receive the personal attention they need to help them quit smoking and transition to a healthier, smoke free lifestyle through education, relaxation techniques, and methods of preventing weight gain,” said Sandy Markus, CHH Program Facilitator, in a written statement.

The classes are being held 4-5:30 p.m. in the conference room at the Hungerford Center, 780 Litchfield Street, Torrington, just up the hill from the main hospital building. As a special

incentive, the \$75 program fee will be waived for all participants. Call 860-496-6538 to register or receive more information. Space is limited.

Temple Beth Israel to hold Yiddish class

WINSTED — Temple Beth Israel, Winsted, is holding a Yiddish class on March 3, 12-1:30 p.m. The class will be taught by service leader Max Edwards. Class runs for 90 minutes and covers a variety of topics including a brief history of the Yiddish language (with geography and dialects); basic fun language skills; and even Yiddish curses and expressions. He will also teach a Yiddish song and explain its cultural context. All are welcome; no knowledge of Hebrew or Yiddish required. Cost is \$10 per person. For information, call 860 379-8923; email: coolshul.winsted@gmail.com; FaceBook <https://facebook.com?TBIwinsted>

Casino trips resume in March

TORRINGTON — The Torrington Parks and Recreation Department will resume its monthly trips to the Mohegan Sun casinos. The trips are \$25 per person, per trip.

The bus leaves from the Torrington Plaza— Staples Plaza near 99 Restaurant — at 8 p.m. and returns at 6 p.m. Early registration is encourage, as seats fill quickly. The dates for Mohegan Sun trips are Mondays, March 19, April 16, June 18, Aug. 20 and Sept. 17. Call 860-489-2274 for more information.