



Photo by [Weston MacKinnon](#)

"I close my eyes to old ends. And open my heart to new beginnings." Nick Frederickson

Whether you are an optimist who will stay up until midnight to see the New Year in or a pessimist who will stay up to make sure the old year leaves, TownAppeal wishes you a Happy and Healthy New Year!



Do you have a question or suggestion? Let us know! You can send us an email by clicking [here](#).

In this edition of our newsletter, we will give you the highlights of some of the many events happening locally and neighboring towns. For a complete listing, please visit <https://townappeal.com/brookfield/town-events/>

Sign up for our Blog and receive an email when we post a new article or our weekly "What's Happening in Our Area" post. Visit <https://townappeal.com/brookfield/blog/>

[Click Here to Subscribe to our Monthly Newsletter. Your privacy is important to us and we will never ever rent, sell or share your email address!](#)

Reminder, Brookfield Residents can bring a bucket and a shovel and pick up free sand/salt mix at Public Works behind Shoprite located at 81 Grays Bridge Rd.
Great help on an icy driveway or walk.



The New School Project has been a community-wide effort for many years and at this exciting time, the Board would once again like to include the community in choosing the name for the new school! The New School Naming Committee, consisting of Board members, CES and HHES principals, teachers, and PTO presidents, as well as 2 community members, has narrowed the field to 5 potential names that meet BOE Policy 7551. Sources for these name suggestions came from the public forums held last fall, considerations from the Municipal Building Committee, as well as students at CES and HHES. Please watch the BOE meeting from 12/16. to see the in-depth discussion and review these documents for more information on each name's rationale. Visit <http://newschoolproject.brookfieldps.org/> to view the presentations shown in BOE meetings and to students.

We invite you to complete this informational survey that will be very helpful for the BOE's upcoming decision. We would like to state clearly that this survey is not intended to be a public vote on the new school's name and the BOE may not choose the name ranked highest. Rather, for those that did not attend the public forums last fall or did not write to the naming committee, this is another opportunity for engagement and the results of this survey will be strongly considered. The BOE will review and share the results of this survey publicly and likely vote on the name at its January 20th meeting so please stay tuned!



Covid-19 Tax Deferment Program

If you are in need of an extension, the Governor has allowed the town to offer a Deferment Program for those who qualify. Please complete the link below, which is also found on the [website](#) and provide the required documentation.

LINK: [Tax Deferment Program](#)

Business Happenings

Is that a Twins BBQ food truck in the field behind the new medical Bldg on RT 133? Yes it is! The truck will be parked there Tuesday through Saturday from 11:30 to 4:00 (6pm on Wednesday). You can check their website at <https://twinsbbqco.com/> for online ordering and catering. Stay tuned for more information about their Mobile Taproom beer truck coming this summer. Reservations for bookings are already being accepted.

Local resident Andrea White has spent a lot of time exploring local hiking trails in the area. She has put together a summary which she shared with us below.

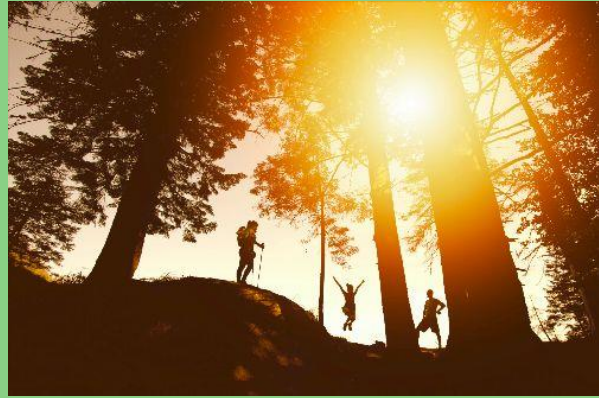
Happy Exploring in 2021!

Andrea's List of Local Hiking Trails

A few of my thoughts as we head into 2021... We are fortunate to live in an area where we are surrounded by state parks, nature preserves, state forests, and all sorts of trails to discover. I have spent the past several years exploring many of these places as a hiking guide for the Senior Center, and also in my free time with family and friends. I enjoy introducing people to new places and have seen how spending time in nature can affect us all in many positive ways. There have been some requests for recommendations as many of us are spending more time outside. I have compiled a list of places, all within a 45 minute drive (several in our own town) that I am familiar with and think others may enjoy. Many of these locations have more to offer than just hiking, such as snowshoeing, kayaking, nature programs and ranger talks. I encourage you to check them out online. This is not a complete list of our local hiking areas, just many that you may want to explore. I am always looking for new places to check out so if you have a favorite place that you'd like to share, please comment below. Wishing you all

a Happy New Year and hope to see you on the trails! Andrea White

<https://townappeal.com/brookfield/wp-content/uploads/sites/6/2021/01/Andreas-Hiking-Trails-2021.pdf>



Brookfield Boy Scouts Announce Christmas Tree Pick Up Service

Troop 5 of Brookfield is currently accepting reservations for its 11th Annual Christmas Tree Pick Up service. Boy Scouts from Troop 5 will pick up Christmas Trees the first two Saturdays in January and recycle them by grinding them into mulch to be used for other projects. Brookfield residents can schedule a tree pick up by visiting the troop's website below. There is a suggested donation amount of \$10 per tree. Donations in any amount are appreciated but not required.



Trees should be free of ornaments and left in the driveway for pick up. When making a reservation online, please select a pick up date of either Saturday January 2, 2021 or Saturday January 9, 2021.

Troop 5 is comprised of 35 local boys age 11-17. Service to the community is a central part of the Scouting program and Troop 5 Scouts participate in service projects throughout the year including Fall clean up, trail clean up, Memorial Day flag placement at local cemeteries and more. Donations collected from Christmas tree pick ups assist the troop in purchasing needed supplies to run the program as well as assist Scouts in paying for valuable summer camp experiences. Last year 220 trees were collected and recycled. The troop hopes to exceed that number this year.

<https://townappeal.com/brookfield/events/brookfield-troop-5-annual-christmas-tree-pick-up/>

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Brookfield Covid Vaccination Update

VACCINATION OF RESIDENTS

Phase I of the rollout of the vaccine has started and is being administered to health care workers, first responders and long term care facilities. The State will shortly issue guidance on the rollout for other residents.

We anticipate the earliest they will be available to the general public will be at the end of January. To be prepared once the vaccine becomes available we are gathering the names and contact details of those residents who are age 65 or older, immuno-compromised or If you are a healthcare worker offering to

assist in vaccine administration we ask that you please fill out this form and submit it to the town:
<https://brookfieldct.seamlessdocs.com/f/COVIDVaccine>

More information about Covid, including testing sites is available on the [town website](#)

The email address to send us information is: COVID19@BrookfieldCT.gov

If you do not have access to the internet, you can call our COVID19 hotline at 203 775 7314 and leave your information.



The Brookfield Library

Create • Captivate • Connect

How to Make Sense of Today's Financial Markets

On January 13, the library will hold its monthly roundtable for women on money led by financial professionals Julia Strayer and Liz Maccarone. This month's discussion will focus on how to make sense of today's financial markets. The roundtable series is open to women with any level of financial knowledge and will be held from 1:00 to 2:00.

[Dementia Care: Effective Communication Strategies](#)

On January 19th from 6:30 to 8:00, explore how communication takes place when someone has Alzheimer's and other dementias, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate in the early, middle, and late stages.

[Games, Drugs, and Rock & Roll: Artificial Intelligence in Everyday Life](#)

Explore how the power of computing can help us do everything from playing a game of chess to finding cures for cancer to understanding how we share our emotions and feelings through music. This virtual session will be held on January 25 from 7:00 to 8:00.

Part of the Yale Science Communication Series at the Brookfield Library.



YMCAS Prove to be Safe, Clean and Welcoming

After six months since re-opening, YMCAs of Connecticut report that they have had over 658,000 visits at 43 locations across the state. Each visit is

perhaps a chance that someone who is positive for COVID-19 will enter a facility. Over this period, just 42 individuals statewide have reported that they have tested positive and, after contact tracing, no cases have originated at a Y. Forty two positive cases, 658,000 visits reflect a .00638% positivity rate.

"We have done everything in our power to be good stewards of community health by providing vital community services with clean and safe environments. Member safety is our top priority and the Y is clean, safe, and in full compliance with all DECD and public health guidelines. These results speak for themselves, Ys are safe," says Marie Miszewski, CEO.

"When it's determined that a member or employee tests positive or has been in close contact with a positive case, our detailed action plan ensures the individual quarantine and contact tracing is done to ensure that there is limited or no spread of the virus," says Marie Miszewski, CEO. "The fact that COVID-19 has not spread at any of our gym facilities is proof positive that our protocols and procedures are

working.”

At the Regional YMCA of Western Connecticut, located at 2 Huckleberry Hill Road, Brookfield, CT 06804, members have access to the following amenities:

- Access to a full service Wellness Center
- Indoor Track
- Shoot around Basketball
- Lap lane swimming by reservation
- Group fitness classes onsite and virtually
- Personal training onsite and virtually

To start the New Year, the Regional YMCA of Western Connecticut is offering new members who join with friends, a 20% discount on monthly membership dues for as long as both parties remain members.

The Y's 20/20 Membership Referral Program encourages people to be advocates for healthier living, both personally and in the community.

For more information and to sign up for a YMCA membership, Contact Megan Hebert, mhebert@regionalyymca.org, call 203-775-4444 or visit www.regionalyymca.org.

According to the American Diabetes Association, diabetes affects over 34 million people; Another 88 million Americans have prediabetes, yet only about 10 percent are aware they have it. Programs like the YMCA's Diabetes Prevention Program can help. Facilitated by a trained Lifestyle Coach, the yearlong program provides a supportive environment where participants work together in a small group to learn about behavior changes that can improve overall health.

NEW SESSION STARTS:

Tuesday, January 19th 10:30 am virtually.

All classes will be conducted **VIRTUALLY**. Class access will be given at the time of registration.

To learn more attend an info session:

ENGLISH: Tuesday January 5 & 12, 2021 10:30am VIA ZOOM

SPANISH: Wednesday January 13 & 27, 2021 at 7:30pm VIA ZOOM

For more information, click [here](#)

the Y FOR YOUTH DEVELOPMENT • FOR OLDER ADULTS • FOR SOCIAL RESPONSIBILITY

You may be at risk if you are:

- At least 18 years old
- Overweight (BMI >25)
- Been confirmed as pre-diabetic via a blood test
- Been previously diagnosed with gestational diabetes
- Have a qualifying score on risk assessment

If you think you qualify, the YMCA's Diabetes Prevention Program helps reduce a high risk of developing Type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being.

VIRTUAL INFO SESSIONS:
Tuesday January 5 & 12
10:30 am via ZOOM
Registration Required

NEW SESSION STARTS
Tuesday, January 19th
10:30 am virtually
Full Grant Funding available to Danbury Residents at risk for developing Type 2 Diabetes.

To Register or for more details:
LISA D'ONOFRI
REGIONAL YMCA OF WESTERN CONNECTICUT
2 Huckleberry Hill Road Brookfield, CT 06804
203-775-4444 ext. 131

ARE YOU AT RISK?
YMCA'S DIABETES PREVENTION PROGRAM



On the Calendar

The Parent Support Network of Brookfield is having a virtual meeting on Wednesday, January 4, at 7:00pm. We will be meeting on our new platform on Support Groups Central. In order to attend the meeting, you will need to register on Support Groups Central if you haven't registered before. For more information about Support Groups Central and to attend the Brookfield or our National Virtual meetings, please register at <https://www.supportgroupscentral.com/ymhp>

Coffee with the Community

5:30 p.m. Monday, January 25

Residents are welcome to address the Selectmen with any questions, comments or concerns. View the meeting on YouTube or connect by phone to participate. Meeting information can be found on the agenda on the town website.

Find out what is happening in our town and surrounding areas as well as more details about the above events by checking out our Events Calendar at

<https://townappeal.com/brookfield/town-events/>



Advice for Living
Kerri Colombo

January 2021

Advice for Living: What's the Word?

A few years ago, around the new year, our church had a basket full of slips of paper by the door. Each slip of paper had a word on it. We were encouraged to randomly select from the basket and allow that word to be our focus for the year. My word was Joy.

I may have scoffed a little at the word. After some contemplation I allowed myself to recognize that between parenting children and pets, tending my marriage, running a household and business, working, volunteering and living life I had allowed times of Joy to go unrecognized at best and unexperienced at worst. So, I kept my slip of paper on the refrigerator that year and was regularly reminded to notice the Joy in my life. Joy became more consciously experienced for me and, in fact, seemed to result in more Joy!

That year, my word was selected randomly and turned out to be a great word for me. You may choose to approach this endeavor by selecting a word intentionally. Or you might select a random number between 1-100, check the list below, and that will be your word for 2021.

Write it down. Hang it on your fridge or your bathroom mirror, near your computer, on the dashboard of your car or make it the Home screen on your phone. Notice what happens during the year as you read and reflect on your word.

To follow are some suggestions of a word you may choose for 2021:

1. Accept	2. Achieve	3. Align	4. Anchor
5. Authentic	6. Awareness	7. Balance	8. Be
9. Believe	10. Bold	11. Brave	12. Breathe
13. Build	14. Care	15. Challenge	16. Cherish
17. Choose	18. Commit	19. Compassion	20. Connect
21. Courage	22. Create	23. Cultivate	24. Decrease
25. Delight	26. Dream	27. Embody	28. Embrace
29. Emerge	30. Enjoy	31. Experience	32. Explore
33. Faith	34. Feel	35. Flourish	36. Focus
37. Freedom	38. Grow	39. Real	40. Hope
41. Gentle	42. Give	43. Grace	44. Health
45. Heart	46. Home	47. Honesty	48. Immerse
49. Intention	50. Invest	51. Joy	52. Learn
53. Less	54. Light	55. Listen	56. Love
57. Meaning	58. Mercy	59. Mindful	60. More
61. Move	62. Notice	63. Nourish	64. Nurture
65. Open	66. Organize	67. Patience	68. Peace
69. Persevere	70. Play	71. Positive	72. Practice
73. Pray	74. Prepare	75. Progress	76. Purpose
77. Quiet	78. Reduce	79. Release	80. Renew
81. Resilience	82. Rise	83. Seek	84. Self
85. Share	86. Shine	87. Simplify	88. Smile
89. Soul	90. Space	91. Speak	92. Strength
93. Strive	94. Surrender	95. Thrive	96. Treasure
97. Trust	98. Understand	99. Value	100. Wisdom

What will your word be for 2021?

Kerri Colombo, Motivator, Speaker, Simplifier, Organizer, and Author

Kerri Colombo is passionate about motivating people to simplify life by reducing clutter and creating streamlined organization systems that support your lifestyle & free up time & energy to do what you love. Kerri works with private organizing clients, is a speaker, author and educator. She became the Expert Organizer on the national TV series, TLC's Hoarding: Buried Alive and has appeared on Better Connecticut and FOX Connecticut News. She is also the recommended Organizer by Hartford Hospital's esteemed Institute of Living: Anxiety Disorders Center. For more information, to schedule a private Virtual Organizing appointment or future public speaking engagement, please visit www.CornerstoneOrganizing.org.

Do you know that over 92% of people looking for a service or a product search on-line? Advertise your business and get found on Townappeal.com

We have over 7,000 monthly page views on our website and Facebook page. Our advertising rates are very affordable. Please contact us at admin@townappeal.com for more information.

Town Appeal.com was created to provide a free and complete business directory where neighbors can recommend their favorite local businesses and events. Our searchable database includes town organizations, non-profits as well as parks and

open space.

Town Appeal also features deals from local businesses, a calendar of events, and helpful links.

Our monthly newsletter features a Spotlight on several town businesses, deals from our local businesses, and upcoming events in town.

Please consider subscribing to our newsletter and recommending businesses or events to your friends and neighbors by visiting <https://www.townappeal.com> or following us on [Facebook](#)

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