



Colchester Coffee House Summary

April 19, 2024

Cragin Memorial Library: Zagray Room

The meeting was attended by nine community members who represented the U.S. Army, Marines, CT National Guard branches of service and military family members.

The meeting was opened with the Pledge of Allegiance and brief invocation.

While waiting for presenters to arrive, the attendees shared a little bit about their branch of service, military occupation and personal stories while serving in the military. The stories were reminders of youth and innocence lost to the realities of war as well as the brotherhood that connects strangers despite the years that pass between service members. I am sometimes a little bit surprised by how little I know of the hardships that some of our veterans have endured when I listen to their stories. I am grateful for the service they provided that has allowed me the freedom to be “a little bit surprised”.

Speakers today included: Rebekah McDougall, Alfonse Letendre, and Pamela McCauley.

Rebekah provided us with an overview of the short and long-term rehab services provided by Harrington Court. It is a full service facility complete with treatments and care that include: physical therapy, mental health services and nursing services for chronic disease and hospice care. There will be a hospice care planning brunch on July 17th at Harrington Court. And Harrington Court is always looking for volunteers to enhance the lives of their residents by spending time with them. They are looking for folks who are willing to read to residents,

participate in arts and craft projects, pet visits, or just keeping company with a resident. Click here for Harrington Court website: <https://ccharringtoncourt.com/amenities/> Rebekah's work number is: (860) 537-2339.

Al Letendre talked about the Soldiers, Sailors and Marine Fund. Eligible veterans (and spouses of deceased veterans) are evaluated for eligibility based on income. Funds may be provided for living expenses such as: mortgage interest payments, utilities, medical and dental care. More information about the fund can be found by clicking on this link: [soldiers, sailors and marines](#) Alfonse is the point of contact for establishing eligibility and participating service providers. He can be reached at (860) 917-8391

Pamela McCauley also attended us to talk about the services that Masonicare has to offer. They provide a range of at home and residential healthcare services. In addition, Pamela coordinates a monthly Veterans Coffee Hour which addresses issues such as Veteran Benefits and Entitlements, V.A. updates, shared military experiences and Veteran fellowship. Click here to learn more about Masonicare: [Masonicare](#) In addition, Pam trains volunteers to honor veterans in hospice by providing them with a certificate of appreciation for their military service. Pamela can be reached at (860) 460-1131.

We also had a special guest, Salvatore Tarantino, from The Second Continental Light Dragoons, aka Sheldon's Horse, attend our meeting. Along with their horse members, they participate in ceremonial, educational and historical events. Learn more about them here: <https://www.dragoons.info/> . Sal's contact information: (860) 537-1761

It was another successful meeting. Stories were told, jokes were made (in good fun), information was shared. Hope to see more of you at the next one on May 18, 10:15 - 12:00, Cragin Memorial Library in Colchester.

<https://www.colchesterct.gov/veterans>

[Ten Things You Can Do for Veterans](#)