

An easy step to help the environment:

Think before you buy plastic water bottles

Some quick facts about Connecticut and water:

- ◆ Because of Connecticut's regulatory diligence and ongoing investments in clean water, we are one of the top five states in the U.S. for the quality of our tap water.
- ◆ Connecticut residents purchase over 425 million water bottles per year.
- ◆ 40% of all bottled water is simply tap water.
- ◆ 60-70% of all bottled water is exempt from water safety standards.
- ◆ While the Environmental Protection Agency (EPA) regulates the quality of public water supplies, the agency has no authority over bottled water.
- ◆ You can save money and help the environment by drinking tap water.

Why is it important for us to reduce the use of plastic water bottles and increase the use of tap water?

- ◆ A plastic water bottle takes over 1,000 years to decompose in a landfill.
- ◆ 80% of plastic water bottles end up in landfills (only 20% are recycled).
- ◆ The energy cost in the lifecycle of a bottle of water is equivalent, on average, to filling up a quarter of each bottle with oil.

PRSRT STD
U.S. POSTAGE
PAID
HARTFORD, CT
PERMIT NO. 3937

State Representative Joan Lewis
Legislative Office Building
Hartford, CT 06106-1591
Telephone (860) 240-8585 or 1-800-842-8267
E-mail: joan.lewis@cga.ct.gov



State Representative
Joan Lewis

8th District - *Serving*
Coventry - Vernon - Columbia



*Helpful Programs for
You and Your Family
&
Helping the Environment*

Protecting Your Credit

You can block fraudulent access to your credit history that could be used to secure illegal loans, mortgages or credit cards in your name. Did you know you can ask credit bureaus to put a security freeze on your credit report so you can control who views it?

Since January 1, 2006, under Public Act 05-148, credit agencies must freeze the release of a credit report at the consumer's request. The agencies must keep the freeze in effect unless the consumer authorizes its temporary or permanent removal.

The bureaus have five business days from the date of a request to freeze the report and 10 business days thereafter to send a written confirmation with a unique personal identifier code. The consumer can use this identifier to lift the freeze and release the report to authorized parties.



The Three National Credit Bureaus:

1-888-9029-8872 * www.transunion.com

1-888-397-3742 * www.experian.com

1-800-525-6285 * www.equifax.com

Connecticut Veterans Wartime Service Medals

All Connecticut veterans with qualifying wartime military service are eligible to receive the Connecticut Veterans Wartime Service Medal.

For more information, please call the Veterans Info Line at 1-866-9CT-VETS. (1-866-928-8387)

ELIGIBILITY: In order to receive the Connecticut Veterans Medal, the veteran must meet all of the following requirements:

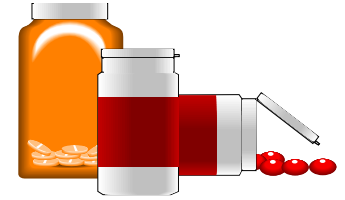
1. Submit documented proof of qualifying military wartime service (90 days wartime service, unless the war or operation lasted less than 90 days).
2. Submit proof of an honorable discharge from military service (or discharge due to injuries received in the line of duty) for the qualifying wartime service.
3. Submit proof that you currently are a resident of the State of Connecticut or that you were a resident at the time of your qualifying wartime service.



The Partnership for Prescription Assistance

Many people have difficulty affording health care, including prescription medicines. The Partnership for Prescription Assistance helps those who lack prescription coverage. As a member, you can:

- Enroll in more than 150 company patient assistance programs.
- Access more than 1,200 medicines for free or nearly free.
- Learn how to contact government programs for which you may qualify, such as Medicaid, Medicare or the State Children's Health Insurance Program.



For more information please call **1-888-477-2669** or visit the web site at **www.pparx.org**.

CONNECT-ABILITY

CONNECT-ABILITY can assist those who have had a disability for years or have recently experienced an illness or injury by providing the information, support and tools necessary to gain meaningful employment. To contact CONNECT-ABILITY's Career Center please call **1-866-844-1903** or *e-mail*: **info@connect-ability.com**.

Statewide Respite Care Program

This program offers relief to stressed caregivers by providing information, support and services for the individual with Alzheimer's Disease or related dementias. There is a maximum of \$3,500 in services available per year to each applicant, and a maximum of 30 days of out of home respite care services (excluding Adult Day Care) available per year to each applicant. For more information on the Connecticut Statewide Respite Program, call **1-800-994-9422**. The Eastern Connecticut Area Agency on Aging in Norwich can be reached at **(860) 887-3561**.

Questions?

Contact me at **Joan.Lewis@cga.ct.gov**
(860) 240-8585 or toll-free 1-800-842-8267