

COLCHESTER SENIOR CENTER



Special Edition April 2020

In lieu of our usual program-filled newsletter, we are putting out this Special Edition newsletter this month, which is filled with helpful resources that will be useful at home, during this time when our building is closed to the public. It will include some activities to keep you busy at home, some important information on how to **Stay Home. Stay Safe.**, and best practices to stay healthy and guard yourselves against COVID-19. We look forward to the day that we can safely reopen, but until that time, we remain committed as ever to be a support and resource to our community. Together, we will get through this!

TRANSPORTATION SERVICES

During this time of closure, our senior buses will continue to run. We are providing transportation for members of the Colchester Senior Center who reside in Colchester. In-Town transportation priorities are for grocery shopping, pharmacy and banking errands, and local medical transportation for anyone with routine appointments, who are not showing symptoms of the Coronavirus. Out-of-Town medical appointments continue to run, as well. To make reservations for a ride, please call 860-537-3911 before 12 noon, for service the following day, up to 30 days in advance. For the safety of our drivers and passengers, we are limiting a maximum of 3 passengers on board at a time to practice social distancing protocols and disinfecting in between each ride.

FOOD & NUTRITION

Meals on Wheels deliveries continue to go out to homebound clients, aged 60 and over. To register for Meals on Wheels, please contact TVCCA at 860-934-1006 if you are interested in enrolling in this service. Safeguards have been put in place to avoid contact with meal recipients, during this time.

Community Café Meals for those who typically eat their lunch meal at the senior center and are dependent upon senior bus transportation, TVCCA has made a frozen entrée meal drop option. On Tuesdays, 5 frozen lunches are delivered to their homes. Again, this is a no-contact drop-off, for the protection of both staff and meal recipients. Call Nutrition Site Server, Valerie Webster at 860-537-3911 with any questions.

Food Bank those with nutritional needs during this time, please call the Social Services Department at 860-537-7255. The Colchester Senior Center can assist with delivery of Food Bank items for those without transportation resources or who are recommended to stay at home due to age or health status.

OFFICE STAFF

Effective March 23, 2020, the office staff (Patty, Justine, Susan and Missy) began working from home on a rotational basis. During our hours of operation of 8:00 a.m. to 4:00 p.m. on Monday through Friday, someone will be in the office to assist you. Daily, we have 2 office staff in and 1-2 office staff working from home, to minimize potential for exposure to illness and keep the department operational. We continue to answer phone calls, assist with resources, answer emails, send out our weekly email blast and have implemented a new weekly robo-call for the duration of this crisis, to aid in communication. Patty is preparing grant applications for next fiscal year. The entire staff also began placing wellness check-ins by phone for every registered member of the Colchester Senior Center on a weekly basis. This important safety check has been welcomed by most members, however, if you do not find them to be necessary, just let us know and we can remove your name from our call list. We are using this time to catch up on projects around the senior center, as well. Everything has been cleaned and disinfected and we are reorganizing some of our items in storage like decorations, craft and program supplies. Should you need anything, please don't hesitate to reach out at 860-537-3911, we are always happy to hear from you.

Individuals at Increased Risk of Severe Illness from COVID-19 Include

- Adults over the age of 60
- People with serious chronic medical conditions like: heart disease, diabetes, lung disease, kidney disease or those who are immunocompromised

Take Everyday Preventative Actions

1. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing or having been in a public place.
2. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
3. To the extent possible, avoid touching high-touch surfaces in public places—elevator buttons, door handles, handrails, handshaking with people, etc.
4. Avoid touching your face, nose, eyes, etc.
5. Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).
6. Avoid crowds, and practice social distancing of a minimum of 6 feet between people when out in public.
7. Avoid all non-essential travel.
8. Consider ways of getting food brought to your home through family, social or commercial networks.
9. Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community healthy workers, etc. if you become sick.

Watch for Symptoms and Emergency Warning Signs

1. Pay attention for potential COVID-19 symptoms including fever, cough and shortness of breath. If you feels like you are developing symptoms, call your doctor.
2. If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs—*difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to wake up, bluish lips or face.

*this list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

LOOKING FOR COVID-19 UPDATES?

Colchester Town Website posts regular updates at www.colchesterct.gov

Facebook Live Mary Bylone, First Selectman, brings daily updates on a live broadcast at 8:15 p.m. Search "First Selectman's Office Town of Colchester" in the search bar, while logged into Facebook. Archived broadcasts are posted on the Town website.

State Updates <https://portal.ct.gov/coronavirus>

BEWARE OF COVID-19 SCAMS!

"Medicare beneficiaries are often the target of scams. Scammers obtain Medicare numbers and bill for services not medically necessary or possibly not received by the beneficiary. It is estimated that 60 billion Medicare dollars are lost each year due to scams. Everyone, not just Medicare beneficiaries, should be aware of COVID-19 Scams. Scammers will take advantage of what's going on to appear as though they are a legitimate agency or healthcare provider trying to help. Be wary of anyone asking for Medicare, Social Security or bank account numbers. Personal information can be used to bill Medicare and commit medical identity theft." To see what Medicare covers or will cover related to COVID-19 visit <https://www.medicare.gov/medicare-coronavirus>

Senior Medicare Patrol Fraud Alert

With coronavirus (COVID-19) now a global pandemic, anxiety and stress levels may be higher than normal for many people. If you already struggle with mental health problems, you may worry about the impact of COVID-19 on your condition. Here's what you need to know about COVID-19 and mental health, and how to keep yourself calm during the outbreak.

Why COVID-19 is Tough on Your Mental Health

There is so much uncertainty around what's going to happen with COVID-19 that people are understandably feeling anxious. Jobs may be at risk, elderly family members are vulnerable, and many of us are now forced to change our daily routines. What's more, we're constantly flooded with news, statistics, and fresh emergency guidelines, and it's mentally draining for everyone. So, how do we combat all this stress and stay calm?

1. **Practice Self Care:** With so much beyond our control right now, focus on what you can control. Get more sleep, read a new book, have a warm bath, or take a walk somewhere quiet—whatever you do, now is the time to prioritize your well-being.
2. **Limit social media use:** Set limits on how often you use social media, especially if you're home where it is tempting to check in more often. Don't let a constant stream of tweets, status updates and conflicting opinions overwhelm you.
3. **Read only reliable news sources:** Stay informed by reading only reliable sources, such as government websites, the WHO, and the CDC. Other news sources may be less accurate, and they may cause feelings of panic and concern.
4. **Talk it out:** Acknowledge any stress or anxiety you're feeling right now, and ask others how they're coping. Talk to family and friends, and make sure to check in with each other regularly.

Handling Self-isolation and Quarantine

If you're showing flu-like symptoms or simply self-isolating, here are some specific tips to get through the next few weeks and months.

1. **Maintain your routine:** It's important to maintain a sense of normalcy, where possible. Wake up on time, shower, go for a walk, do things that you would ordinarily enjoy doing.
2. **Stay in touch where possible:** Whether you use video chats, emails or voice calls, check in with family and friends regularly. Send each other gifs, have virtual movie nights and keep your spirits up.
3. **Ask for help:** If you're feeling lonely, or need help getting supplies during the isolation period, reach out to family, friends or your local community. You'd be surprised how many people are willing to help at a challenging time like this.
4. **Look after your body:** Don't neglect taking care of yourself just because you're stuck at home. Try out meditation, yoga or other at-home workouts, and eat nutritious meals –your body needs all of the support it can get right now.

Everyone reacts to stressful situations and changing circumstances differently, and it is natural to feel overwhelmed at times. Take care of yourself, your family and your friends and don't be afraid to ask for help if you need it. Remember, we're all in this together –stay connected to those around you, focus on what you can control and don't allow yourself to burn out.

Key Resource: [Coronavirus.gov](https://www.coronavirus.gov)

Volunteer Appreciation Week is April 19-25th

We are so grateful for the active volunteers who participate in many ways to make our senior center so wonderful. Ordinarily we would hold a very special Volunteer Appreciation Event on the final Friday of the month, but due to the many interruptions caused by the coronavirus, we will be postponing our celebration this year. As schedules become more predictable and social distancing precautions are lifted, it is our intention to gather and celebrate in grand fashion, as we do every year. As is our usual practice, any volunteer who has logged 25 or more hours in the previous year (2019) will receive a personal invitation by mail to the event. Until we have better clarity on that date, please know that your individual and combined efforts make an enormous difference! We appreciate all of you so very much and we can't wait to celebrate all of you, when the time is right.

Renter's Rebate Program

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. This program runs from April 1-October 1, annually. Appointments can be scheduled by contacting Stephanie Turbes in the Social Services Department at Town Hall at 860-537-7255. Please note that appointments may be postponed until Town Hall reopens.

AARP Tax Aide Appointments

We have received many phone calls in regards to the AARP Tax Aide program. Federal and State tax filing and payment deadlines have been extended until July 15, 2020. AARP has suspended all of their tax programs and we do not have any tax preparation appointments scheduled at this time. You may call AARP at the end of the month to get an update at 1-888-227-7669. If AARP reinstates the program before the new tax deadline, we will honor the appointments which were cancelled. If you would like to prepare your own taxes for FREE online, please visit www.myfreetaxes.com.

Do NOT Mix These Cleaning Products

As all of us have been more mindful of cleaning and disinfecting our home environments, please remember the dangers of some chemical combinations

Bleach & Vinegar: produces chlorine gas, which can cause coughing, breathing problems, burning and watery eyes.

Bleach & Ammonia: produces a toxic gas called chloramine. It causes shortness of breath and chest pain.

Bleach & Rubbing Alcohol: produces a highly toxic gas called chloroform.

Hydrogen Peroxide & Vinegar: produces peracetic/peroxyacetic acid which is highly corrosive.

For further questions or help, please contact Poison Control at 1-800-222-1222

Status of Upcoming Trips

We have received many calls about upcoming trips and whether or not they will be going, as scheduled. As of right now, we have not cancelled any of our scheduled trips, but that is subject to change. If you are registered for a particular trip, you will be contacted by a staff member and updated, about a week before the travel date.

Foxwoods Casino-April 29, 2020: All Casinos are currently closed. We don't know if that will be the case at the end of the month. If they are closed, this trip will be rescheduled and all reservations will be honored.

Goodspeed Opera House "South Pacific"-May 27, 2020: The Goodspeed is currently closed. We don't know if that will be the case at the end of May. If the show is on, we will be going. If the show is cancelled, we will be in touch about a rescheduled performance or a refund, depending upon the venue.

These are some ideas, links, resources, lists, printable puzzles and adult coloring sheets to help keep you entertained while you're at home. If anyone has additional suggestions to add, we'd love to hear them. Please call us at 860-537-3911.

- ☐ Watch a movie-VCR, DVD or Netflix
- ☐ Do something creative-knit, crochet, scrapbook, draw or paint
- ☐ Write a memoir
- ☐ Write a poem or short story
- ☐ Write a letter or card to a friend or family member
- ☐ Write a song
- ☐ Give your brain a workout with a Crossword Puzzle, Sudoku or Word Search
- ☐ Adult coloring-this fun and relaxing pastime is now embraced by people of all ages—and there are many free printable designs available online
- ☐ Jigsaw puzzles
- ☐ Meditate-lie down with your eyes closed, palms up and focus on your breathing. Spend 10-20 minutes in this relaxing state.
- ☐ Call a friend or Skype/FaceTime to see their face
- ☐ Pamper yourself-brew a cup of tea, listen to your favorite music
- ☐ Finish projects at home-whether cleaning, building, fixing or puttering around the yard, this is a great time to tackle those projects
- ☐ Organize your photos, labeling them with names and dates and put them into albums
- ☐ Clean out a closet-with spring weather on the horizon, go through your clothes and see what you might like to donate, sew on buttons, mend and hem, when needed.
- ☐ Stretch—just because you're home doesn't mean you need to stop moving.
- ☐ Go outside—if the weather is nice, take a walk, garden, sit on the porch.
- ☐ Gaze at the stars
- ☐ Redecorate your space
- ☐ Read a good book
- ☐ Last but not least-make a list of everything you'd like to do, when this is all over and life returns to normal



ARTS & CULTURE

Documentary Movies <https://www.documentaryheaven.com/>

Metropolitan Opera

https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm_campaign=nym&utm_source=fb&utm_medium=s1&fbclid=IwAR1TXT9zz_sNyRYp_oy7lpXF_FBsDmpcEn0Gkqm5JfgT2l_lf5mOuoYoMlwI

Museum of Modern Art (MoMA) Classes

https://www.coursera.org/learn/modern-art-ideas?ranMID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&siteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=Cu8bOePBZBg

Virtual Tours of 14 World Class Museums

<https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/>

GAMES

Online Games, Crosswords & Crossword Puzzles <http://games.courant.com/category/allgames/>

HEALTH & FITNESS

Free Fitness Classes Online

<https://www.9news.com/article/news/health/coronavirus/free-home-workouts/73-ca117ae0-6de3-42ba-a68c-aa67eab158c5>

Silver Sneakers Online

<https://www.silversneakers.com/blog/coronavirus/>

LIFELONG LEARNING

Free Ivy League College Classes - Harvard & Yale

<https://www.classcentral.com/collection/ivy-league-moocs>

National Forest Webcams of Yellowstone National Park

<https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm#north>

Smithsonian Museum Classes

<https://www.edx.org/school/smithsonianx>

Ted Talks

<https://www.ted.com>

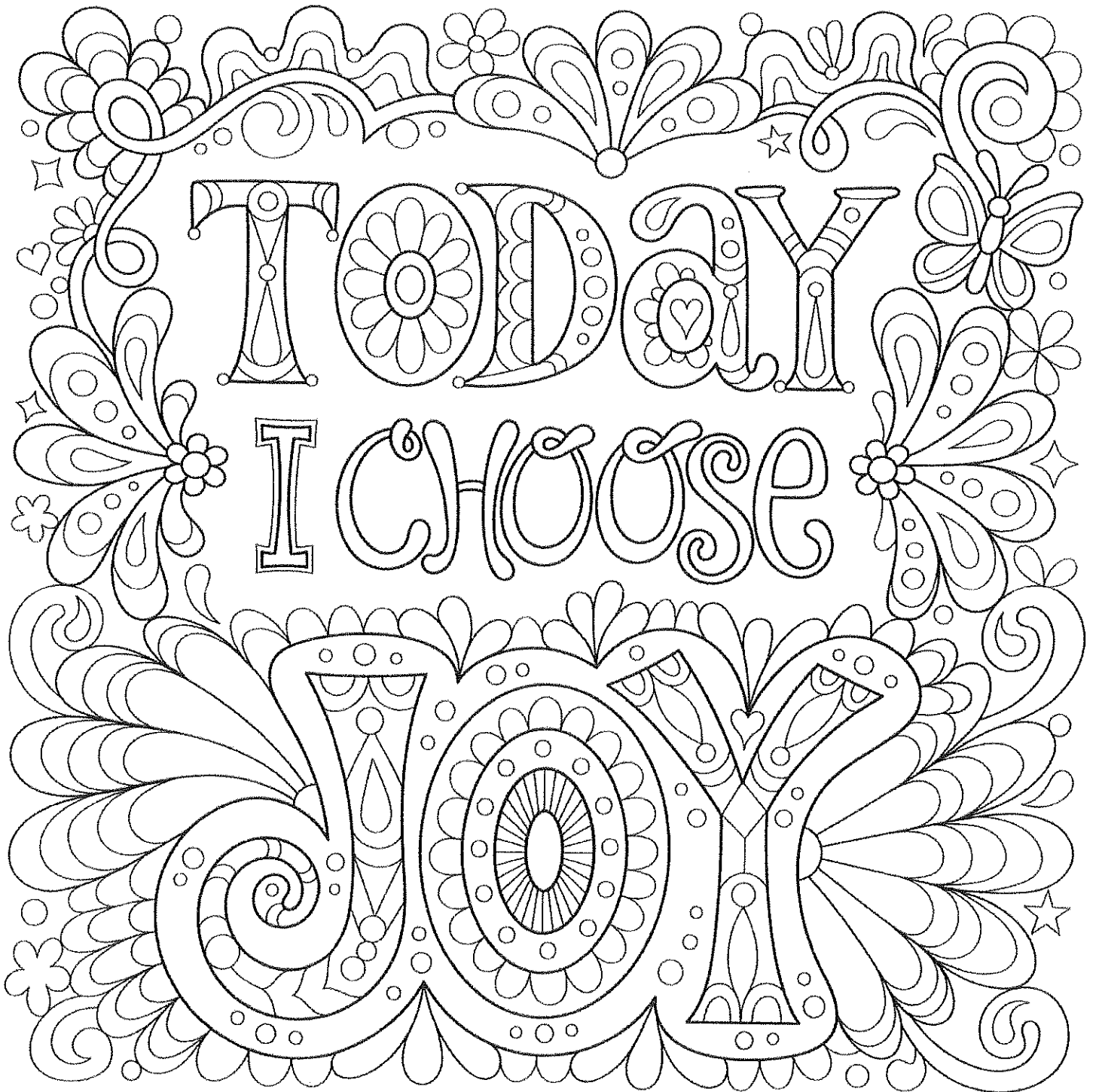
B	I	N	G	O
List 3 places: You want the senior center to go to when this is all over!	Complete: 20 arm curls 20 knee lifts 20 ankle rolls	Take a Walk OR Get some Sun!	Take 3 deep breaths! -In through your nose, count 1...2...3 -Hold, count 1...2...3 -Out through your mouth, count 1...2...3	Clean out your junk drawer! Throw away garbage, wash the drawer and share the weird items you find with us!
List 3 things: You are grateful for today!	Call: A senior center friend or a family member !	Clean out your pantry/cupboards. How many expired items do you have?	Share: An easy recipe you love!	Name ALL 50 States! NO CHEATING!
Drink 64 oz. of water in one day! Daily Suggestion Source: Webmd.com	Stimulate your mind! Complete one crossword, word search, Sudoku or other puzzle		Reminisce! Look through old photos !	Listen to music that makes you happy !
Attempt a self portrait! Look in the mirror put your skills to work!	Write about: A positive & memorable time in your life!	How many words can you come up with in two minutes using the letters from: CORONAVIRUS	Mail: A letter to a friend or family member	Play a Card Game
Make something creative (Ex: Cooking, drawing, craft, etc..)	Pay it forward! Give someone a compliment	List 3 things: Of which you are grateful	Write down: A piece of advice you would give to younger generations.	Purge ! Go through your phone and clean out apps / pictures that you no longer want or use.

HOW TO PLAY: Complete a row vertically, horizontally or diagonally. Let us know when you have achieved a BINGO and we will enter one ticket into our raffle with your name on it!

Contact us via email at: cscprograms@colchesterct.gov or 860-537-3911

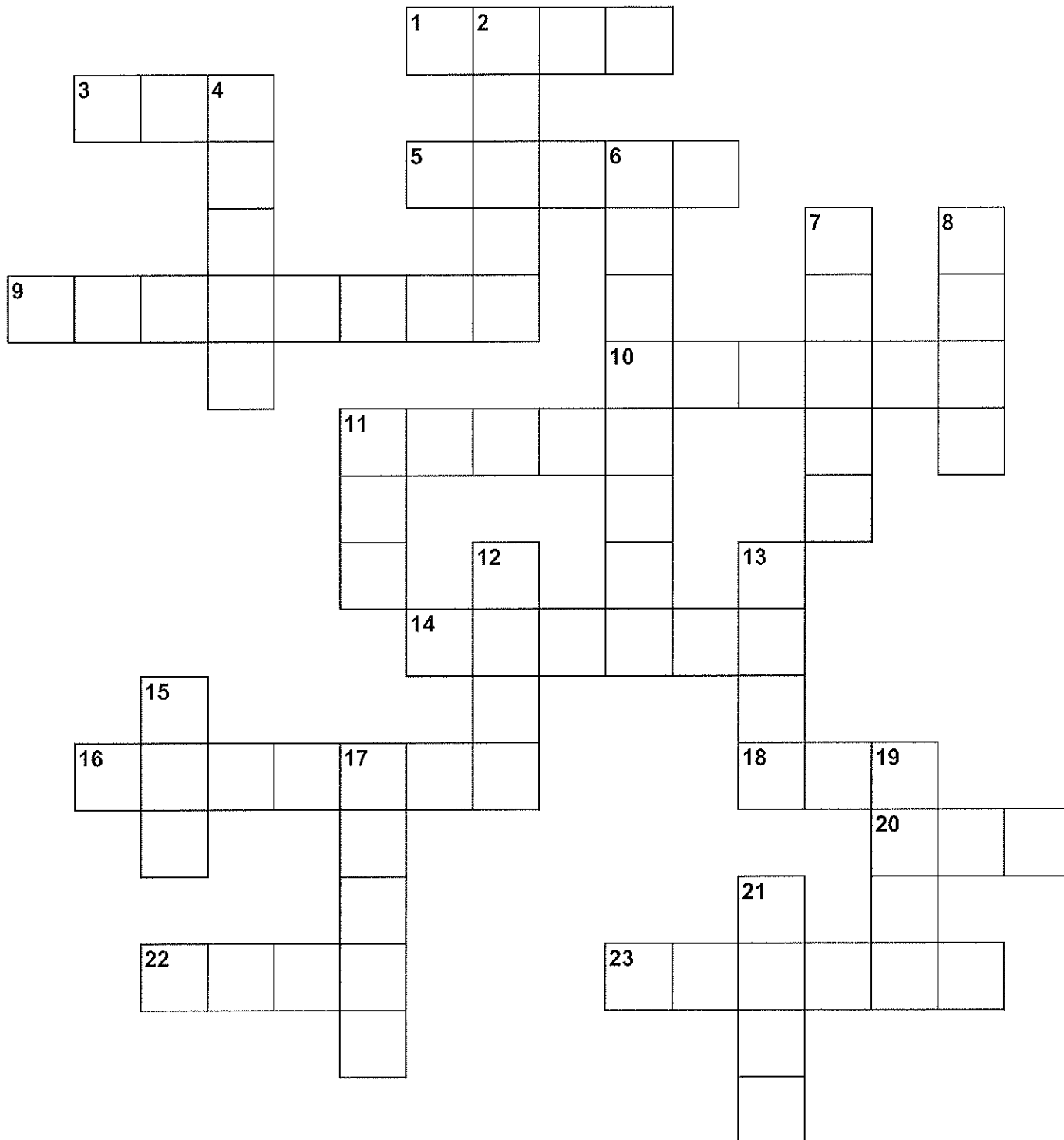
FIVE BINGO MAXIMUM = 5 RAFFLE TICKET MAXIMUM

Winner will be drawn on **Monday, May 4.**



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SPRING



SPRING

ACROSS

- 1 Water vapor that condenses and falls from the sky
- 3 Thin-shelled ovum of a bird or reptile
- 5 Green plant with narrow flat leaves
- 9 Game played with a bat and ball
- 10 Start to grow as a shoot or bud
- 11 Month spring begins this year
- 14 Light or gentle wind
- 16 Arc in the sky containing the colors of the visible spectrum
- 18 Water droplets that collect at night on cool surfaces
- 20 Water in a frozen state
- 22 Change from a solid to liquid state
- 23 Visible body of water droplets high in the earth's atmosphere

DOWN

- 2 Fourth month of the Gregorian calendar year
- 4 Color lying between yellow and blue on the spectrum
- 6 Bright light of the sun
- 7 Produce flowers
- 8 Toy consisting of light frame covered in paper
- 11 Earth that has turned soft by wetting
- 12 Become larger by the process of natural development to be flown in the air
- 13 Part of plant capable of growing into a new plant
- 15 Fifth month of the year
- 17 Process or fact of being born
- 19 Movement of air over the surface of the earth
- 21 Neither warm nor very cold

APRIL

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

E	B	F	S	E	H	S	O	L	A	G	A	P
N	U	R	O	I	L	H	Y	A	T	D	H	P
I	L	Y	U	O	T	A	S	N	N	P	I	T
H	B	L	R	I	L	T	O	O	N	E	F	A
S	S	F	S	G	G	E	M	I	A	U	Y	U
N	O	R	S	U	T	A	A	S	H	I	B	R
U	N	E	L	S	I	R	T	A	E	V	G	U
S	E	T	I	D	A	E	R	Y	R	R	T	S
S	H	T	R	I	R	R	N	G	O	I	H	Q
E	B	U	P	M	Q	F	G	W	K	T	E	K
X	M	B	A	D	A	I	S	Y	R	Q	K	S
A	A	R	B	O	R	W	E	A	T	H	E	R
T	M	B	W	A	L	L	E	R	B	M	U	P

By Evelyn Johnson - www.qets.com

April	Diamond	Grow
Arbor	Earth	Rain
Aries	Easter	Sunshine
Bulbs	Eggs	Taurus
Bunny	Fool	Taxes
Butterfly	Galoshes	Umbrella
Daisy	Grass	Weather

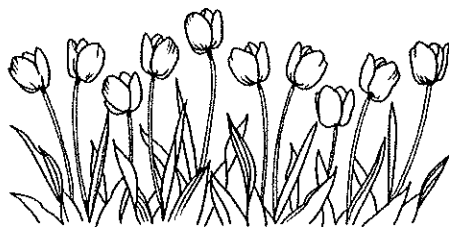
Solve each Sudoku puzzle!

3			1			2	6	
1	9				8			3
		5	6		3	1		
	3			9			2	5
5	1		2				3	
9	6	2						1
		1	9	6		3		
8		3		1				6
	2				5			4

		4	6	2				1
	1			4		3		6
3	6		1				4	
		1		6		2		4
	3	5			4		1	
2					8	6		
7	2							3
		6	5	3		4		
4					1		6	

3		8			1		6	
	6		8	9				2
		1			3	9		8
6		4	2	3				
	8		1		6	4		
	1	2		4			3	
	3		6		2		8	
2				8	4			6
8						2	7	

8	5				1			6
		7		6	4	1		
		4		7		5	9	
2				5	6			4
6			1		9		7	
7		1		4				9
	1		9			4	6	
	9	6			8			7
	7		6					1



Flower Power!

Here's a word search printable and ready for you to solve. How quickly can you find the names of 30 flowers? Answers may appear in any direction.

Here's the twist: The word list contains just 29 flowers. You need to find the 30th one on your own. **Hint:** It's a very popular flower, spelled with just four letters.



u	l	i	s	l	h	c	p	x	t	f	o	x	g	l	o	v	e
m	a	v	u	i	s	t	y	n	o	e	p	j	k	f	w	h	c
a	r	x	l	d	c	z	n	w	x	c	g	b	y	q	a	c	a
r	k	s	o	o	k	s	j	i	o	w	m	j	c	l	a	j	l
i	s	u	i	f	z	h	n	l	c	u	t	o	v	r	i	m	i
g	p	n	d	f	u	z	u	a	i	a	r	u	n	c	m	l	l
o	u	f	a	a	u	m	c	n	p	n	y	a	l	u	v	y	t
l	r	l	l	d	b	d	a	v	f	d	t	h	m	i	y	i	a
d	e	o	g	i	s	r	l	l	i	i	r	e	s	b	p	k	m
c	n	w	n	p	e	i	o	i	o	o	h	a	u	h	i	q	a
y	o	e	z	g	t	w	r	n	u	t	l	t	g	d	y	z	r
e	m	r	m	o	e	i	y	i	n	q	t	e	a	o	t	h	y
v	e	k	a	r	r	s	c	a	s	e	n	i	t	g	n	r	l
z	n	m	e	s	n	c	s	s	r	r	s	o	d	w	o	e	l
x	a	j	j	a	t	y	h	c	g	y	r	w	j	s	x	i	i
b	g	a	p	u	r	e	u	i	r	e	d	n	e	v	a	l	s
d	g	a	v	h	a	p	r	t	d	m	v	j	v	e	x	s	d
o	u	u	c	v	a	o	m	a	q	s	w	e	e	t	p	e	a

Flower Power Word List



amaryllis
anemone
aster
buttercup
carnation
chrysanthemum
columbine
cornflower
daffodil
daisy
foxglove
geranium
gladiolus
hyacinth
iris

jonquil
larkspur
lavender
lilac
lily
marigold
orchid
pansy
peony
snapdragon
sunflower
sweet pea
tulip
violet

Remember, there's one more flower hidden in the puzzle that is not in the list above. What is it? Where is it?

For another fun activity, try to add to this list of flowers. Can you think of 5 more? 10? 20? Even more than that?



From "Nature Mandalas Coloring Book" - www.art-is-fun.com/nature-mandalas

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SPRING

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

G	R	O	W	R	A	I	N	B	O	W	N	D
B	U	T	T	E	R	F	L	Y	B	O	H	A
W	I	N	D	N	T	E	R	L	L	G	T	Y
A	S	N	E	S	W	T	S	F	O	N	R	L
O	I	S	R	E	G	A	V	E	S	I	I	I
W	T	R	N	O	S	G	H	P	S	R	B	G
S	D	U	O	L	C	R	E	T	O	P	I	H
R	T	N	I	A	R	S	B	N	M	S	G	T
E	U	S	H	K	S	R	I	B	D	P	S	I
W	O	T	S	A	E	T	U	U	I	R	N	K
O	R	F	R	E	T	V	B	F	R	R	L	P
L	P	G	Z	V	Y	C	B	P	N	K	D	T
F	S	E	K	E	N	I	H	S	N	U	S	S

By Evelyn Johnson - www.qets.com

Birds
Birth
Blossom
Breeze
Buds
Butterfly
Clouds

Daylight
Eggs
Flowers
Grass
Grow
Hatch
Nest

Rain
Rainbow
Spring
Sprout
Sunshine
Thaw
Wind