

COLCHESTER SENIOR CENTER news

Special Edition May 2020

During this uncertain time, we want you to know that our seniors are very important to us. Although our building is closed to the public, the Colchester Senior Center remains as committed as ever to your health, safety and welfare. We know that in recent week and months, it's easy to seem as if everything is different, but we are working hard to make sure that some services remain the same for you during this critical time. Below, you will find a listing of the services that are still being provided through the Colchester Senior Center. We are still here, working for you. If you should need anything at all, please don't hesitate to reach out to us at 860-537-3911.

TRANSPORTATION SERVICES

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 passengers to two on board at a time in order to practice social distancing protocols, we are asking both drivers and passengers to wear a mask and we are disinfecting in between each ride.

FOOD & NUTRITION

Meals on Wheels deliveries continue to go out to homebound clients, aged 60 and over. To learn more about Meals on Wheels or register for this service, please contact TVCCA at 860-934-1006. 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.

WELLNESS CHECK PHONE CHECKS

We weren't created to be in isolation and in many ways, it's not good for us—it can lead to sadness, depression, anxiety and loss of hope. During this time of closure, the Colchester Senior Center staff are reaching out to check in with every registered member to see how you are doing and if there is anything that you need. After cleaning up our database, we have 1,316 active members and each one has received a personal call from us. Some folks have opted out of the calls, but many of you have expressed your appreciation for this service and expressed how meaningful it is to know that someone is looking out for you. It has been wonderful for us, too, to be able to spend a few minutes connecting and catching up. We miss you and it helps us to talk with you, too. Please know that it takes us about 1.5 to 2 weeks to get through our database in its entirety.

"FRIENDLY VISITOR" VOLUNTEER CALLS

If you feel like speaking to someone on a more frequent basis would be beneficial to you, let us know. There are community volunteers who are willing to call seniors to check in, at least once weekly. You need to consent for your name and phone number to be shared with a volunteer. To receive this service call 860-537-3911.

As we come into the month of May, we find ourselves still in the midst of unprecedented circumstances. The Governor's order is still to **STAY HOME. STAY SAFE.** and Town offices remain closed to the public, at least through May 20th. Throughout this time, many of you have perhaps wondered how the senior center staff are spending our time. Although it clearly isn't the same without our building bustling with friends, activities and laughter, (We miss you all so much!) there is still so much that we've been able to do to find ways to continue to serve you.

During our hours of operation of 8:00 a.m. to 4:00 p.m. on Monday through Friday, someone will always be in the office to assist you. Each day our Drivers, Sheri, Ginny & Noella, report for duty. They continue to provide rides to the grocery stores, pharmacies and banks; they are delivering Meals on Wheels and Café meals, as well as Food Bank deliveries, and they've continued providing transportation to medical appointments. Do you know that we routinely drive seniors to dialysis and chemotherapy appointments? Those life-saving treatments are still vitally important, and we want to make sure those folks can get there. Our Nutrition Site Server, Valerie, comes in daily to organize Meals on Wheels and Café meal deliveries. She's making sure everyone is getting milk, bread, fruit and a daily meal, either ready to heat at home or delivered hot and ready to eat. We've worked collaboratively with TVCCA to create a two-week meal surplus for all meal recipients on the event that either our office or theirs were to be closed for an extended period of time. We've continued to focus on the wellness, health and safety of our many members, despite not being able to see you in person, which is obviously all of our preference.

Daily, we have 2 office staff in the office, this would include Justine, Susan, Missy and myself, with 1-2 of us working remotely from home. Information and Technology (IT) support has made sure that each of us have remote access to our work computers, which enables us to access our desktop from home. Either while in the office or working at home, 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. Grant preparations and reporting continue on, as if COVID-19 didn't exist. The entire staff is making wellness check phone calls for every registered member of the Colchester Senior Center on an every-other-weekly basis. This important safety check has been welcomed and appreciated by most members. Many of our out-of-town members have even remarked that the Colchester Senior Center has done more for them during this time than their own towns, as they've expressed their gratitude.

The first few weeks of our closure was understandably focused upon how to meet the most critical needs of our members. Now that this has gone on for some time and the meals, rides and calls have become somewhat routine, we find that the needs have shifted somewhat. The phone in the office rings frequently throughout the day; and that seems to be on the rise. Although meeting the critical needs of our members remains our priority, we are recognizing the importance and value of the social engagement that our programs provide. For the month of May, we have taken a closer look at retooling some of our programs to make them accessible to you from home. Located in this month's Special Edition digital newsletter, you will find some of the programs that you're used to enjoying, packaged in an innovative way, which addresses the particular constraints caused by COVID-19. We hope that for as long as we have to remain closed, you are able to reengage with our staff, instructors and your friends in some of the fun programs which you have previously enjoyed or maybe ones that you've never tried before. In doing so, it is our hope that this may bring some excitement and fun back into your lives. This Special Edition digital newsletter will be filled with program and activity opportunities, which will hopefully make things feel at least a bit better and give you access to some social engagement, which we are all longing for after so many weeks of isolation. We hope that you will join with us in whatever ways you are able or prefer. As many of you have also discovered, we've also added a link for printable games and puzzles on the senior center's webpage at www.colchesterct.gov, under "Town Services" click on "Senior Center" and then "Stay-at-Home Printable Activities"—many of which have been sent to me from our members at home. Until the day we look forward to most, when we can reopen and celebrate together, the Colchester Senior Center takes great pride in the ways that we are able to continue to serve you! Stay home. Stay safe. Stay well.

Warmly,

Patty Watty

Conference Call Weekly Bingo Game**Tuesdays from 1:30-3:00 p.m., beginning May 5th**

While we are prohibited from gathering together, we think we've figured out a way to play Bingo remotely through a conference call app. If you are interested in playing Bingo by phone, please call the senior center at 860-537-3911 and we will mail you out 2 reusable bingo cards and markers. On the day of the game, we will send you a robo-call with the call in information. Play along with your friends, as Justine calls the games weekly. Although there will not be cash prizes for each round, we will be giving out \$15.00 gift certificates, generously provided by Maria's Pizza, which will be mailed out weekly to the lucky winner of the final Fill-Your-Card round.

Strength & Stretch with Anne Beauregard**Thursdays from 9:15-9:45 a.m., beginning April 30th**

Invitations will be sent to Exercise with Anne and Strength and Stretch class members, but is open to anyone who would like to participate. Using the Zoom platform, log on or dial in by phone and follow along with all of your friends to a 30 minute version of Anne Beauregard's exercise class in the comfort of your own home. One of the benefits of Zoom is that you don't need a home computer to use it. Computer, tablet or smart phone will allow you to follow along with Anne visually; but even if you call in, you'll be able to hear Anne's instructions and follow the class for a great high-energy workout, designed to increase your strength and flexibility. Please call the senior center to register your email address or phone number and you will be sent the class log-in or call-in number. The usual fee of \$3.00 per class will be waived, at this time. See step-by-step instructions for Zoom on page 10.

Sittercize with Anne Beauregard**Thursdays from 10:00-10:30 a.m., beginning April 30th**

Invitations will be sent to Anne's regular Sittercize class members, but is open to anyone who feels it would be beneficial. You will need an armless chair, as these exercises are seated, and some room to spread out. Using the Zoom platform, log on or dial in and follow along with all of your friends to a 30 minute version of Anne Beauregard's exercise class at home. One of the benefits of Zoom is that you don't need a home computer to use it. Computer, tablet or smart phone will allow you to follow along with Anne visually; but even if you call in, you'll be able to hear Anne's instructions and follow the class for a great low-impact and safe, seated workout. Please call the senior center to register your email address or phone number and you will be sent the class log-in or call-in number. The usual fee of \$3.00 per class will be waived, at this time. See step-by-step instructions for Zoom on page 10.

Virtual Book Club**Tuesday, May 19th at 10:30 a.m.**

Join your Book Club friends for a discussion on Zoom. Either log on or dial in to join a lively discussion about this month's title, *Where the Crawdads Sing*. Books are on reserve at Cragin Memorial Library, please contact them at 860-537-5752 to arrange a book delivery or download for your tablet. See step-by-step instructions for Zoom on page 10.

Senior Golf League**Tuesdays at 9:00 a.m., beginning May 26th**

Chanticlair Golf Course is open for business and we're not going to let a little social distancing keep us from hitting the links. The Senior Golf League is a co-ed group of senior center members who enjoy the friendly competition and camaraderie that they find in this fun group. The season, which will begin on Tuesday, May 26th, includes 16 weeks of greens fees and an end-of-season banquet for \$200. If you are a Chanticlair member, just send in \$8.00 to cover the cost of the banquet. Please notify the office at 860-537-3911 if you'd like to join the league. Mail your check made payable to "CSC" to: Colchester Senior Center 95 Norwich Ave. Colchester, CT 06415, attn.: Susan Plefka. Pay in full, or make 4 monthly installments of \$50.00 each by May 1, June 1, July 1 and August 1. Rain dates can be made up at Chanticlair, at your convenience.

B.Y.O.B. Mother's Day Brunch Virtual Gathering
Wednesday, May 13th at 9:00 a.m.

All of our holidays which have fallen during this season have been a little different than usual...but we're going to go with it. B.Y.O.B. for our purposes means "Bring Your Own Breakfast" and log in or dial into this Zoom party. Celebrating Mom's, whether you are one or whether you had one, gather together for some fun and fellowship. Just call into the senior center at 860-537-3911 to register by Thursday, May 7th and we will make sure that you are sent the log in credentials to join the party. Share a favorite memory of Motherhood and maybe even a favorite family photo, too. All are welcome. See step-by-step instructions for Zoom on page 10.

Adult Coloring Pages

Adult Coloring is a relaxing past time that has been shown to reduce stress and anxiety, improve motor skills and vision and even improve your sleep. Sounds perfect, right? The Colchester Senior Center has a group that meets on a weekly basis to create and share their art. Let us know if you would enjoy receiving Adult Coloring Sheets while at home, by calling Justine at 860-537-3911. No previous experience is required. Provide your own markers, crayons or colored pencils. Maybe when the building reopens to the public, we can all share what we created in an Adult Coloring Exhibition.

Stay-at-Home Printable Activities

On the Town website at www.colchesterct.gov under the "Town Services" tab, click on "Senior Center" to navigate to our webpage, find "Stay-at-Home Printable Activities" and click it. There you will find a variety of mazes, word puzzles, crossword puzzles, Sudoku games, coloring pages and more! Those sheets have been posted for your enjoyment. Print them out and complete whichever ones are enjoyable to you, at a pace that is right for you. Keep that brainpower working to its maximum capacity and have fun!

UPDATES ON TRIPS & TRAVEL OPPORTUNITIES

There is no denying that the travel industry, like many others, has been hard-hit by this global pandemic. The travel and tour companies whom we partner with are working hard to notify us if any of the upcoming trips we have scheduled are impacted by cancellations or scheduling changes.

Foxwoods Casino-April 29, 2020: The Foxwoods Casino Trip has been cancelled but will be rescheduled when the Casinos reopen. Those who have reservations currently may choose to cancel and be issued a full refund or you may opt to keep your reservation, which will be honored for the rescheduled date, when it becomes known to us. A robo-call did go out to everyone scheduled to go on this trip.

Goodspeed Opera House "South Pacific"-May 27, 2020: The "South Pacific" show at the Goodspeed is being rescheduled for the fall. When that date is released, we will notify everyone who currently holds a reservation. Should the rescheduled date not work, we will issue a full refund. Please note that this show was sold out and we cannot get any additional tickets, unless we have cancellations.

Lancaster in Style-June 9-11, 2020: This trip has been cancelled and will not be rescheduled. At the time of cancellation, we did not have anyone registered for it. If there is interest and the show will still be running, we can look into rescheduling this trip for next summer.

Canadian Rockies & Glacier National Parks-June 16-22, 2020: This trip will be postponed until mid-June 2021. All travelers have been notified and have either chosen to cancel and have been issued a refund or will be joining this tour next year, when the threat of COVID-19 is behind us.

Mangia, Mangia-June 24, 2020: This trip has been cancelled. Travelers who had registered for this trip have been notified and will be issued refunds. Due to low interest in this trip, it will not be rescheduled.

Sunday Brunch Jazz Cruise, July 26, 2020: We are still selling for this cruise with the hopes that travel restrictions will be lifted by the end of July. Cost is \$125 per person. Fliers can be mailed upon request.

Social Security Recipients Will Automatically Receive Economic Impact Payments

The U.S. Department of the Treasury and the Internal Revenue Service today announced that Social Security beneficiaries who are not typically required to file tax returns will not need to file an abbreviated tax return to receive an Economic Impact Payment. Instead, payments will be automatically deposited into their bank accounts. The IRS will use the information on the Form SSA-1099 and Form RRB-1099 to generate \$1,200 Economic Impact Payments to Social Security recipients who did not file tax returns in 2018 or 2019. Recipients will receive these payments as a direct deposit or by paper check, just as they would normally receive their benefits. The IRS has created a tool on their website to tell you when you will receive your payment at www.irs.gov under the "Get My Payment" link. Please call Patty, if you need assistance.

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 you may schedule your appointments at any time, however, in person appointments will begin on or after June 1st.

SPECIAL SENIOR HOURS AT LOCAL GROCERY STORES

There are several options for seniors to get groceries during this time of self-quarantine. All of the grocery stores located in Colchester and Westchester are offering exclusive shopping hours for those who are seniors and/or immune-compromised persons. Please note that some options may not be eligible for SNAP/EBT payments, please inquire with the store for additional information.

Noel's Market is offering early shopping hours for seniors from 7:00-8:00 a.m. daily. They are also offering a curbside pickup options for a \$5.00 fee. Order by phone at 860-537-5988 or online at www.noelsorders@gmail.com for next day pickup. Shop on Mondays and Wednesdays for a 5% senior discount.

Stop & Shop is offering early shopping hours for seniors from 6:00-7:30 a.m. daily. For early morning shoppers, please note that only the left door (floral entrance) will be open at those hours. Peapod Home Deliveries are available, but may be delayed through some stores. To order from Peapod, please go to their website at <https://www.peapod.com> delivery fess will apply.

Westchester Market is offering early shopping hours on Tuesday, Wednesday and Thursday mornings from 7:00-8:00 a.m. These days they also offer a senior discount of 5%, as well.

PHARMACY INFORMATION

CVS Pharmacy: During this time, CVS is offering free prescription delivery by mail. This takes 1-2 business days, so please call before your prescription runs out. For additional information, please call 860-537-0711

Stop & Shop Pharmacy: Stop & Shop is offering free delivery on prescriptions during weekdays (Monday through Friday). For additional information, please call 860-537-2570.

Walgreen's Pharmacy: Walgreen's Pharmacy deliveries are available in some cases, to see if you are eligible for deliveries, please contact 860-537-9034.

MEMORIAL DAY HOLIDAY

The Colchester Senior Center will be closed on **Monday, May 25th**, in observance of the Memorial Day Holiday. All other town offices including Town Hall and Cragin Memorial Library will also be closed. We think of those individuals whose ultimate sacrifice paid the cost for our freedom with soberness and heartfelt gratitude.

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

IMPORTANT INFORMATION ABOUT COVID-19 from Chatham Health District

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 every day 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 health 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 feel 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.

MAKE YOUR OWN NO-SEW CLOTH FACE COVERING

Please see instructions on Page 9 for two styles of cloth masks you can easily make yourself at home.

Perspective is everything and during this time of change, stress and high-anxiety for many, I came across these beautiful sentiments about how to look at the COVID-19 crisis through different lenses. I hope you will enjoy and feel encouraged by them.

When you go out and see the empty streets, the empty stadium, the empty train platforms, don't say to yourself, "It looks like the end of the world."

What you are seeing is **LOVE IN ACTION**. What you are seeing is how much we do care for each other, for our parents and grandparents, for our children, for our immune compromised brothers and sisters, for people we will never meet.

People will lose jobs over this. Some will lose their businesses and some will lose their lives. All the more reason to take a moment, when you're out on your walk, or on your way to the store, or just watching the news, to look into the emptiness and **MARVEL AT ALL THE LOVE**.

LET THAT LOVE FILL AND SUSTAIN YOU.

It's not the end of the world. It is the most remarkable act of global solidarity we may ever witness.

Author Unknown



GOOD THINGS TO COME OUT OF THE COVID-19 PANDEMIC

by Russell Hope, news reporter

1. Community Spirit

"People want to do something to help others, which is fantastic."

2. Help for the Elderly

"Panic buying is especially hard on older people, some of whom are less able to get to the shops regularly. So supermarkets have responded, offering slots reserved for the elderly to make sure that they don't miss out on the essentials. Some banks are taking similar steps."

3. Pollution is Down

"As the burning of fossil fuels has dropped, air quality has improved significantly...and the impact will be felt worldwide."

4. Venice Cleans Up its Act

"Venice has been benefiting from the lockdown in Italy. The city's famous canals have never been cleaner, according to many reports."

5. Clean Hands are Back in Fashion

"The owner of fashion giant Louis Vuitton will provide French authorities with hand sanitizer for as long as necessary as the country battle against the coronavirus outbreak. What's more, it will be free."

6. There's Never Been a Better Time to Stay In

"Whether it's The Sopranos, The Wire or Breaking Bad, we're constantly told that this is a golden age for television drama. What better time to watch that box set you never got around to in the past?"

7. Sing-a-long-a-Lockdown

"Italians have been making their own entertainment since the country went on lockdown, not least in its crowded cities, where people have been channeling their inner Pavarotti to help pass the time."

Colchester Parks & Recreation Department

The Parks & Rec department have created some virtual programs and classes through Zoom and Facebook Live applications. To learn more about what they have available, go to the town website at www.colchesterct.gov, under "Town Services" listing, click on "Recreation Department" to navigate to their webpage and explore all that they have to offer.

Cragin Memorial Library

Our local library has some great resources available for you to explore and can provide variety to your time of quarantine. On the town website at www.colchesterct.gov, under the "Town Services" tab, click on "Cragin Memorial Library" to navigate to their webpage and explore some of the great links, virtual programs and more!

SHARE YOUR SELFIE

Let's bring a little fun and senior center-inspired silliness back into our lives. We miss your faces! It's true, we do! Snap a quick pic of yourself and show us how you are keeping busy during self-quarantine—joining us for Zoom class? Winning at Conference Call Bingo? Working on a game or puzzle? Reading the latest Book Club selection? There are so many ways that you can keep yourself connected with the Colchester Senior Center, even at this time of social distancing. We will share photos (with your permission) on our Facebook page to let the community see for themselves how Colchester Seniors are doing and print them to display in the halls here, so you can all enjoy them when we get back. Email photos to pwatts@colchesterct.gov.

GUESS WHO'S WHO?

It's been a while since you've seen us, but you've never seen us look quite like this! Can you figure out which CSC staff member is which when we're in our COVID-19 mandated masks?



1.



2.



3.



4.



5.



6.



7.



8.

Answers:

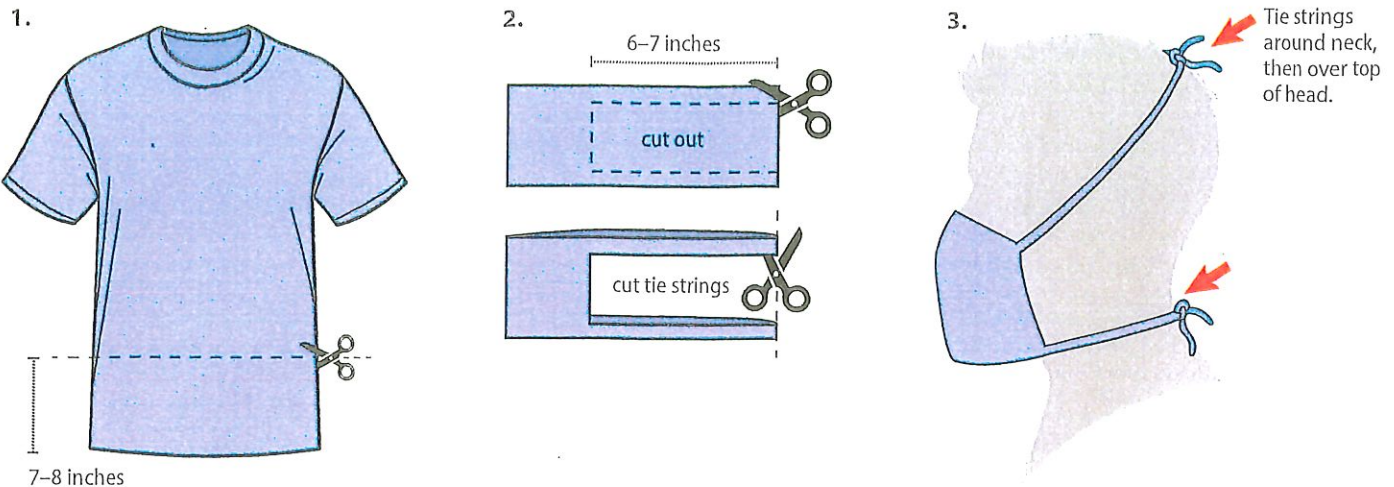
1. Sheri Blesso, 2. Justine Kowinsky, 3. Noella Daigle, 4. Missy Bauman, 5. Valerie Webster, 6. Susan Plefka, 7. Patty Watts, 8. Ginny Stephenson

Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

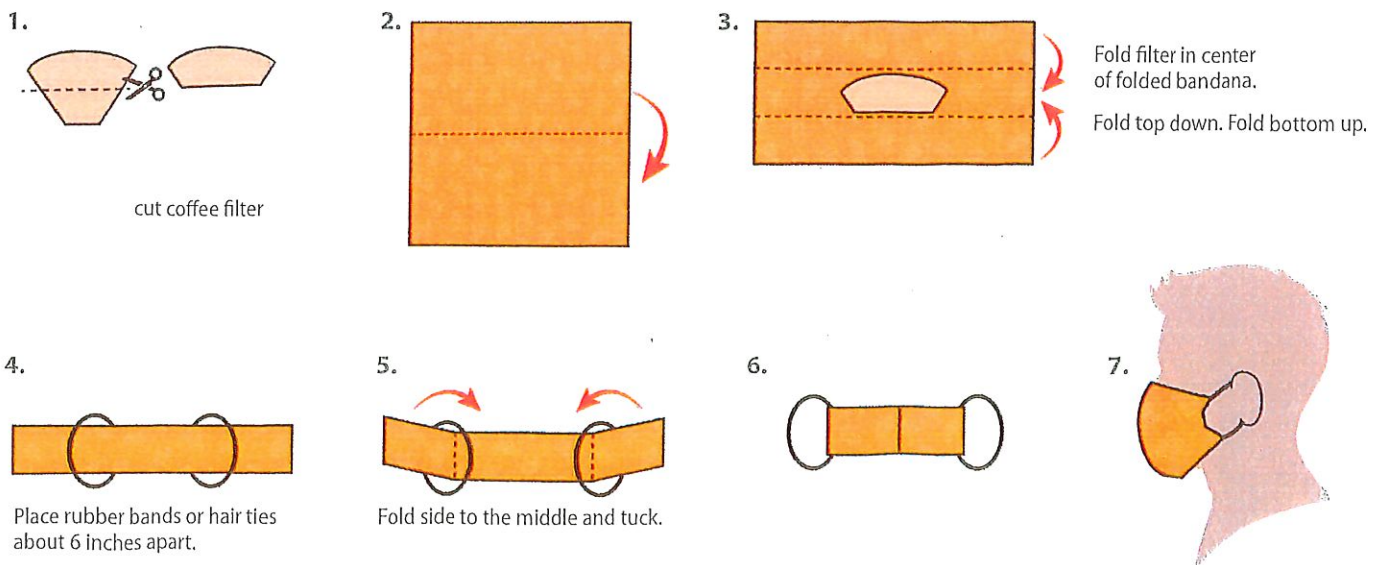


Bandana Cloth Face Covering (no sew method)

Materials

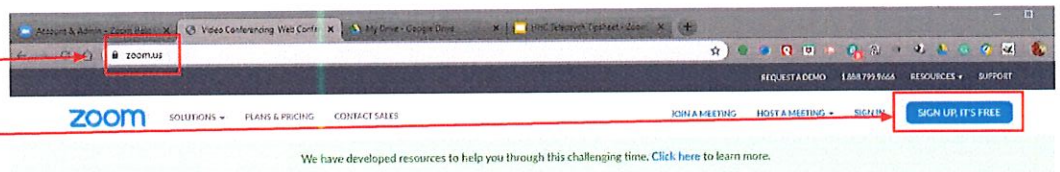
- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



HOW TO SIGN-UP FOR AND INSTALL ZOOM VIDEO PLATFORM

1. Go to "zoom.us"



2. Sign up for an account

3. Enter your email then click "Sign Up"

4. You will receive a confirmation link email in your email. Click the button to activate your account

Welcome to Zoom!
To activate your account please click the button below to verify your email address:

Activate Account

Or paste this link into your browser:

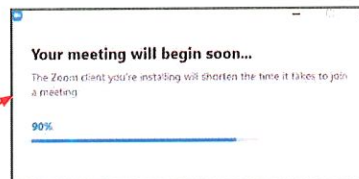
<https://us04web.zoom.us/activate?code=eP-5awKhEBHcSABkY9e9KnMj6fbhASZzNcC-z7naaBQgAAAFw9QR3PAAnjQAYcmFIZG9jaGFydGFpZ2hAZ21haWwY29lAQ8kAAAWTIRJYzIamRmRSN0tXbnpCMHNsdUJaQQAAAAAAAAAA&fr=signup>

5. This will bring you to an open tab in your web browser that features a sign-in area. Complete the sign-in information including a password and then click "Continue"

6. You can SKIP the next step to invite

7. Click "Start Meeting Now" to automatically start download the Zoom platform to your desktop

8. Run the downloaded .exe file - either by clicking the icon at the bottom of your browser or locating the file in your computer's "downloads" folder
The following window will then appear



9. If the download is successful this ICON should appear in your task bar and This window (the Zoom program) will open



10. At this point you have successfully signed-up for and installed Zoom. You are ready to schedule your first meeting

