

# The Gem



June 2020

**B E C K I S H   S E N I O R   C E N T E R**

## **SPECIAL EDITION**

**The Beckish Senior Center is closed to the public until further notice due to the Corona Virus. We ask that you please stay home and stay safe.**

**WE ARE AVAILABLE**  
**BY PHONE AND EMAIL:**  
**Monday—Friday 8am-3pm**

**Bernadette Derring—Director of Senior Services**  
**Beckish@columbiact.org**  
**860-228-0759 ext. 1**  
**Town Administrator's Office**  
**860-228-0110**

**Limited Transportation Services will begin Monday, July 6, 2020. See inside for more information.**

## LETTER FROM DIRECTOR

# TRANSPORTATION PHASE ONE

The Town of Columbia's Transportation Program will start back up with limited seating. Starting, Monday July 6th from 8am to 3pm we will begin providing transportation for our seniors and disabled persons. The seating will be limited on the 14-passenger van to 1 wheelchair and 3 passengers plus your driver. The Town of Columbia is also in the process of purchasing a Ford Escape SUV 2020 for medical transportation. We are hoping to have the medical car ready to go by the start of Phase One on Monday, July 6, 2020. The medical car will also only allow for 2 people plus the driver to insure proper distancing.

If you have a medical appointment or would like to go food shopping please call the senior center to book your rides. Please call Lisa or Margaret at 860-228-0759 ext. 2 only. I am sure we will be filling up fast due to limited space on the van. To ensure the safety of you and our drivers the following rules will need to be followed:

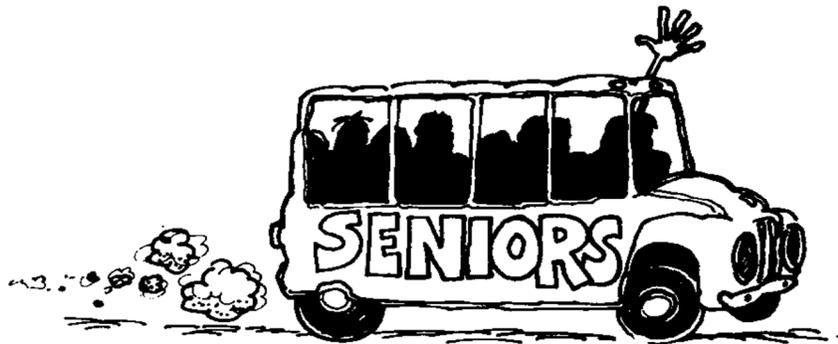
- 1.) You and your caretaker must always wear a mask during your ride.
- 2.) We will be using a scanner to check your temperature. If you are running a fever of over 100 degrees, we will not be able to transport you.
- 3.) After each round trip per person the driver will wipe down all surfaces of the van to properly sanitize.
- 4.) If you are feeling sick on the day of your ride please contact our office as soon as possible to reschedule.
- 5.) Sanitizer and gloves will be available on the van.

Thank you!

## TRIPS

# A Note About Trips

Unfortunately we have had to put our trips on hold for the time being but are hoping they will be back up and running soon! Everyone that was signed up for a cancelled trip will be receiving a full refund. Please be patient as it will take longer than usual for you to receive your refund. For trips that have been cancelled but are rescheduled in the future, those already signed up will be prioritized for the new date. We will contact you when we have a new date to re-register you. Refunds will be issued for anyone who can't make the new date.



MOBILE FOODSHARE

COLUMBIA'S

**MOBILE FOODSHARE**

NEW SITE LOCATION

**HORACE W. PORTER SCHOOL**  
**3 SCHOOL HOUSE ROAD**

**EVERY OTHER THURSDAY**  
**June 18th, July 2nd, July 16th, July 30th,**  
**August 13th, August 27th**  
**1:00PM TO 1:30 PM**

**DRIVE THROUGH ONLY—NO CONTACT  
OPEN TRUNK OR CAR DOOR AND WE WILL  
PLACE ITEMS IN YOUR CAR AND YOU CAN  
DRIVE AWAY SAFELY.**

**EVERYONE IS WELCOME—NO PERSONAL INFO  
REQUIRED FOR PARTICIPATION**



# MOBILE FOODSHARE

Anyone and Everyone can participate no questions asked. Simply drive up with your car and they will put the food in your trunk.



# FREE FOOD DISTRIBUTION

## Rentschler Field

615 SILVER LANE, EAST HARTFORD, CT 06118

WEEKDAYS • JUNE 1 THROUGH JUNE 30 • 8:30 AM - 12:00 PM

Drive-Thru Process



For the Greater Hartford community

*More Food Resources* → [WWW.FOODSHARE.ORG/CORONAVIRUS](http://WWW.FOODSHARE.ORG/CORONAVIRUS)

*One allocation of food per car to ensure that we have enough food for everyone*

# FOODSHARE

860-286-9999  
[www.foodshare.org](http://www.foodshare.org)



## SENIOR INFO

### OLDER ADULTS

**Older adults, 65 years and older, are at higher risk** for severe illness. COVID-19 is a new disease and we are learning more about it every day.

#### What you can do:

If you have a serious underlying medical condition:

- **Stay home** if possible.
- **Wash your hands** often.
- **Avoid close contact** (6 feet, which is about two arm lengths) with people who are sick.
- **Clean and disinfect** frequently touched surfaces.
- **Avoid all cruise travel** and non-essential air travel.
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#)

### Stress and Coping

Older people are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis.

Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.

Things you can do to support yourself

- **Take breaks from watching, reading, or listening to news** stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row.
- **If you, or someone you care about, are feeling overwhelmed** with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

## SENIOR INFO

# What you need to know about coronavirus disease 2019 (COVID-19)

## What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

## Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

## How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

## Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



CS14617-A 01/29/2020

[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

## SENIOR INFO

# BEWARE

## Various Scams

### **2020 Medicare Card Scam**

A new scam has arisen in 2020 where calls are being made to seniors about a new Medicare card. The callers ask you to provide them with the number on your current Medicare and may ask for additional personal info (social security number, address, etc.). **There is no new Medicare card and Medicare will never call to ask for your info.**

**DO NOT PROVIDE ANY INFORMATION.**

### **COVID--19 Scam (Coronavirus)**

Criminals looking to make a buck are calling, emailing and advertising cures to prevent and /or stop COVID-19. These are fake.

**There is currently no cure for COVID**

### **Malware Related to COVID--19**

The Department of Health and Human Services (HHS) issues information on a fake online Coronavirus map that delivers a well-known malware. A malicious website pretending to be the live map for Coronavirus COVID-19 Global Cases by Johns Hopkins University is circulating on the internet waiting for unwitting internet users to visit the website. Visiting the website infects the user with the AZORult trojan, an information stealing program which can exfiltrate a variety of sensitive data. It is likely being spread via infected email attachments, malicious online advertisements, and social engineering. Furthermore, anyone searching the internet for a Coronavirus map could unwittingly navigate to this malicious website.

## SENIOR INFO

**Infoline-2-1-1**

2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you find the help you need. Dial 2-1-1 or search online. If you



Get Connected. Get Help.™

are outside Connecticut or have a problem using 2-1-1 number, dial 1-800-203-1234. Text CTCOVID to 898211 for updates

## Food Pantry Meal on Wheels & Donations

**Phone Number to call Bernadette: 860-228-0759 ext. 1**

**Food Pantry:** is open Tuesdays—8-3pm please call and we will make deliveries to your doorstep ONLY!

**Meal on Wheels Program**—If you are homebound and would like to have meal on wheels delivered please call Bernadette

**Donations:** Donations are welcome— please call ahead before dropping items off. Monetary donations can be made Payable to "Town of Columbia" and mailed to 188 Route 66, Columbia CT 06237.

Thank you!

## SENIOR INFO

# Renter's Rebate

This year due to the COVID-19 you will have to mail in your information to the town hall to receive your renter's rebate.

**Mail to:** Town of Columbia—323 Route 87  
Columbia CT 06237 Attn: Assessors Office

**What you will need:** Proof of income- copy of their tax return if they file one and copy of their SSA-1099(s), either copies of all their rent receipts or a letter from their landlord stating what they paid for rent for the 2019 year, and either copies of all their payments for electric bills or a statement from their provider for all payments made in 2019.

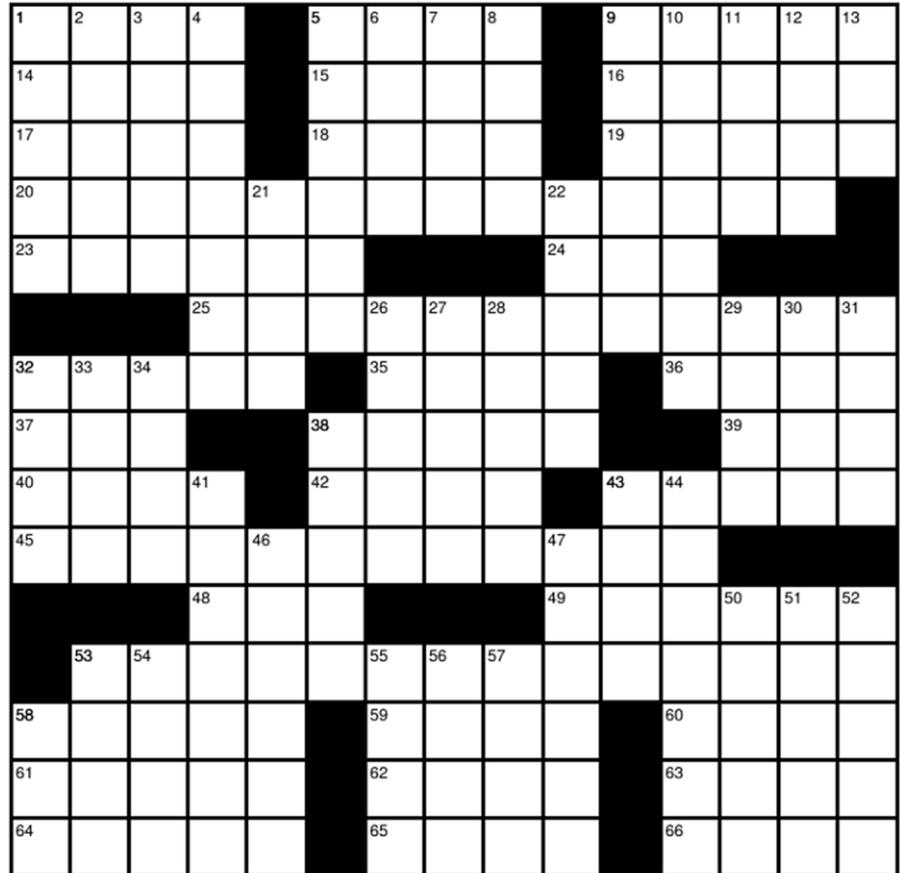
## The Wrath of....

### ACROSS

1. He may cross the line
5. Literary Finn
9. Divide
14. Desire
15. Eye with desire
16. Desire
17. Made mad
18. "Kaboom!"
19. Loosen up
20. CON
23. Affirm at the altar
24. Liza Doolittle's dwelling
25. CON
32. Drilled
35. Domain of Eos
36. Put to flight
37. Hollywood Gardner
38. Stan's comedic pal
39. Former fort near Salinas
40. "99 Luftballons" singer
42. Freshman, typically
43. Dates with a Dr., perhaps
45. CON
48. Word with go or by
49. Recited in rhyme, perhaps
53. CON
58. Tartan garment
59. "Night Sins" author Tami
60. SASE, typically
61. Dancer's support
62. Fit
63. "Dollhouse" heroine
64. Jerk
65. Mexican sauce
66. Eye affliction

### DOWN

1. Sends to stores
2. Jazz Chick
3. Rich Little's trade
4. Place for a glasses case
5. Rub elbows
6. Unpleasant-sounding citrus
7. They may have their own tartan
8. 1996 VP candidate
9. Cut corners
10. Factory configurations
11. "Mission: Impossible" composer Schifrin
12. "Meatbals" director Reitman
13. Popular cowboy nickname
21. Was laid low by a high?
22. Broadcasting pioneer Arledge
26. Jung contemporary
27. Yarns
28. "Dallas" family name
29. "Breakfast for Dinner" eatery
30. \_\_\_\_ cloud (home for comets)



© 2010

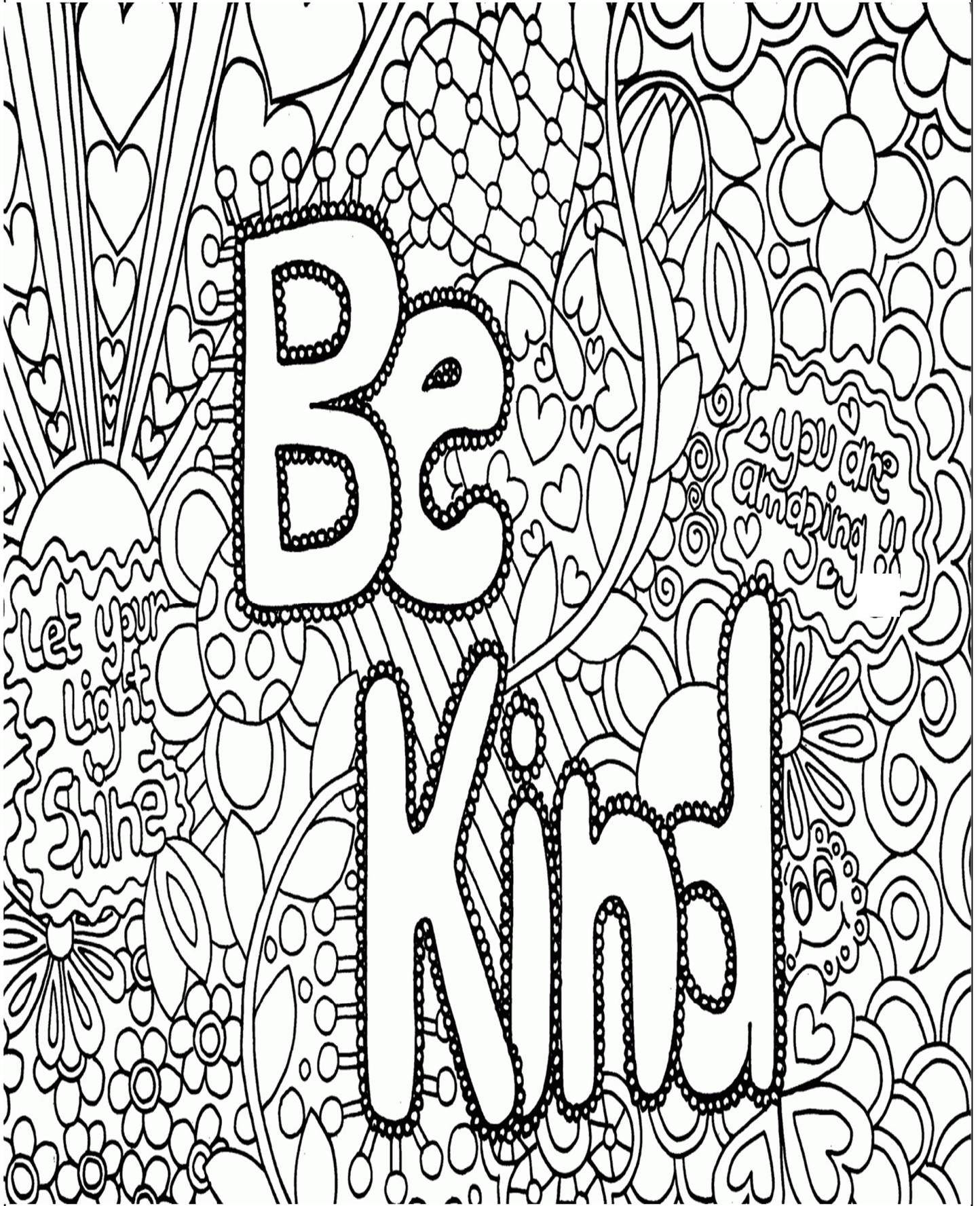
31. Assents
32. "Kaboom!"
33. Out's partner
34. Punjabi princess
38. SNL alum, Cheri
41. Surreptitious romances
43. Love personified
44. Jazz-men Ellis and Russell
46. Type of bicycle
47. High point
50. Color lightly
51. Like wool sweaters, for some
52. Daphnis's love
53. Response to a rake
54. Legal opening?
55. Imitation
56. Bindlestiff
57. Eden event
58. NOVA network

# US Presidents Word Search

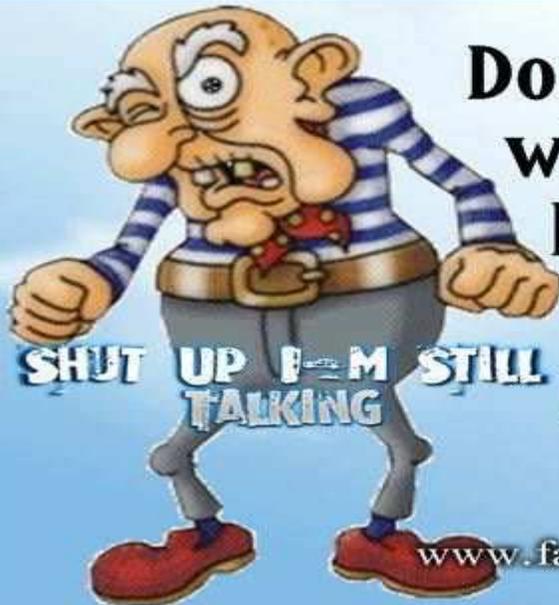
J X J N J E F F E R S O N Y P B  
 N I X O N C E R O M L L I F U D  
 M D G T N U L S T I N T T R R L  
 P A Y G E A E E N A R Y E T O E  
 O P D N N Y N C V E Y N S Y O I  
 L I E I A I O A W E H L E L S F  
 K E N H S L D O H A L L O E E R  
 J R N S N O H R R C N A V R V A  
 A C E A E N N R A I U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

Washington	Taylor	Harrison	Eisenhower
Adams	Fillmore	Cleveland	Kennedy
Jefferson	Pierce	McKinley	Johnson
Madison	Buchanan	Roosevelt	Nixon
Monroe	Lincoln	Taft	Ford
Adams	Johnson	Wilson	Carter
Jackson	Grant	Harding	Reagan
Van Buren	Hayes	Coolidge	Bush
Harrison	Garfield	Hoover	Clinton
Tyler	Arthur	Roosevelt	Bush
Polk	Cleveland	Truman	Obama

Adult coloring pages can be therapeutic, relaxing and calming.



# THIS & THAT



**Don't stop having fun when you get older because you will get older when you stop having FUN...!!**

[www.facebook.com/ShutUpImStillTalking](http://www.facebook.com/ShutUpImStillTalking)

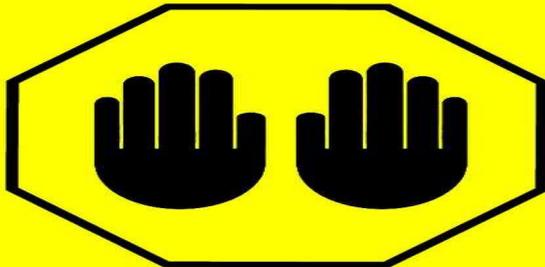
Please be reminded that any articles for THE GEM must be to Bernadette no later than the 15th of each month to insure their inclusion in the following month's newsletter. Thank you for your cooperation.



### Columbia Seniors Organization, Inc.

President - Sheran Smith  
Vice-President - Pat Lanza  
Secretary - John Allen  
Treasurer - Margaret Schatz  
Member at Large: Yvon Desautels  
*All seniors are invited to attend our meetings.  
Please see calendar for date/times*

**The Beckish Senior Center will be closed until further notice due to COVID-19**



# WASH YOUR HANDS

**Just a reminder:** A Social Services agent, is here as a representative of the ACCESS Agency every Tuesday from 8:30 AM to 3:00 PM. They can direct you to programs that are available throughout the community and in the Town of

### DONATIONS

**PLEASE NOTE:** When donations are made and intended for the organization, the checks must be made out to: COLUMBIA SENIORS ORGANIZATION, INC. or CSO, INC. The Town Administrator has been authorized by the Board of Selectman to contact donors and ask their intent for the donation if the check is made out otherwise. Thank you.

# C O L U M B I A   S E N I O R S   O R G A N I Z A T I O N



## CSO Board Members



President: Sheran Smith  
 Vice President: Pat Lanza  
 Treasurer: Margaret Schatz  
 Secretary: John Allen  
 Member at Large: Yvon Desautels  
 Finance/Budget: Pat Lanza  
 Membership—Vacant  
 Gifts/Memorial—Sheran Smith  
 Publicity—Vacant  
 Way & Means—Pat Lanza/Sheran Smith  
 Program Committee—Maureen Allen

## Committees & Chairmen

Get up & Go—Margaret Schatz/John Allen/Henriette Sardi  
 Women's Club—Gert Naumec  
 Bridge Group—Noreen Steele/John Allen  
 Duplicate Bridge—Noreen Steele/John Allen/George Waller  
 Quilting—Kathleen King/Alice Desautels  
 Book Club—Su Epstein  
 Pool Group—Yvon Desautels  
 Set Back—Beverly Taft  
 Wood Carving—Art Austin  
 Movie—Maureen Allen  
 Art Committee—John Allen/Margaret Schatz/Henriette Sardi/Janice Knight/Andrea  
 Stannard/Kathy Tolsdorf



## BECKISH SENIOR CENTER

Columbia Seniors Org. Inc.  
Beckish Senior Center  
188 Route 66  
Columbia, CT 06237

BERNADETTE DERRING, Director  
Phone: 860-228-0759  
Email: beckish@columbiact.org  
Website: www.columbiact.org

Senior Center HOURS:  
Monday - Friday  
8:00 AM to 3:00 PM

**THE GEM ~**



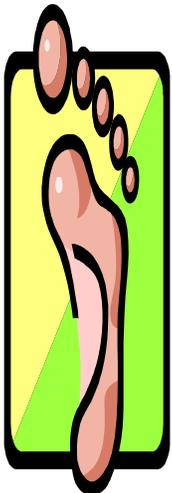
Bernadette Derring ~ Newsletter Production /Editor

## ... AND MUCH MORE

Dr. Morgan the  
Colchester Foot Specialist

**Please call their office  
for an appointment.**

**860-537-5520**



**Podiatry**

**The Senior Center is closed  
to the public.**