

The Gem



September 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**

Transportation Services are available please see inside for more information.

LETTER FROM DIRECTOR

TRANSPORTATION PHASE ONE

The Town of Columbia's Transportation Program is running with limited seating. We Operate Monday Through Friday from 8am to 3pm we will provide transportation for our seniors and disabled persons. The seating will be limited on the 14-passenger van to 1 wheelchair and 4 passengers plus your driver. The Town of Columbia has purchased a Ford Escape SUV 2020 for medical transportation. 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!

T R I P S

A Note from Director

As I am writing this note, I think about the times when I was able to say hello to all of you in person and ask how you are. I hope you all are doing well, keeping busy-as busy as you like to, staying safe, and practicing social distancing. It was five months in August since we have been together socializing, playing games, or having lunch. I miss each of you and your daily life stories. The Beckish Senior Center is very busy with transportation services and food distributions.

In July, a new addition to the transportation services arrived at the Beckish Senior Center. Along with the bus, a new 2020 Ford Escape will provide transportation to seniors and disabled adults to and from medical appointments, shopping, or wellness visits. Please do not hesitate to ask for a ride for any reason. Please call Lisa or Margaret at 860-228-0759 ext 2., who will be happy to assist you.

Since the start of the pandemic, the Senior Center's tables are full of non-perishable food items, toiletries, and goodies. We are busy shopping, sorting, packing, and distributing goods to our residents in need. Thank you to all the volunteers who participate in the program.

While the Corona Virus has affected our daily lives, our spirit keeps going. I am looking to find a way to stay connected to all of you. There are several possibilities I can think of for us to meet in town. Of course, at any gathering, we must practice proper social distancing and wear a mask.

Continued next page...

T R I P S

A Note from Director

Additionally, iPads will be available soon to rent. With an iPad, you may Facetime or Zoom with your family and friends. These platforms allow you to see and speak with your family and friends. I will keep you posted when they become available.

I am visiting the possibility of re-opening of the senior center with limited capacity. Most Connecticut senior centers will not open until January 1, 2021. Many centers are curious to see how schools will re-open following protocols and guidelines. Only time will tell us and give us that answer.

We are all hoping that the virus passes quickly, and we can resume our lives. Please stay in touch with us. The staff will continue to reach out to all of you weekly. If you are not receiving wellness calls and would like to be on the call list, please call me at 860-228-0759 ext 1.



I am sending this virtual hug  and always thinking of you. If you need anything, please do not hesitate to contact me.

Sincerely,

Bernadette Derring
Director Senior Services & Transportation
Municipal Agent for the Elderly

MOBILE FOODSHARE

COLUMBIA'S

MOBILE FOODSHARE

NEW SITE LOCATION

Beckish Senior Center
188 Route 66, Columbia

EVERY OTHER THURSDAY

**Sept 10th, Sept 24th, Oct 8th, Oct 22nd, Nov 5th,
Nov 19th, Dec 3rd, & Dec 17th**

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 SAFTELY.**

**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

TUE / WED / THU* • SEPT 1 THROUGH SEPT 30 • 8:30 AM - 12:00 PM

Drive-Thru Process



For the Greater Hartford community

More Food Resources → WWW.FOODSHARE.ORG/CORONAVIRUS

*Closed Mondays & Fridays | One allocation of food per car to ensure that we have enough food for everyone

FOODSHARE

860-286-9999
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

How to Protect Yourself and Others

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact



- **Limit contact with others as much as possible.**
- **Avoid close contact** with people who are sick.
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html



12/04/2020 04:10:00

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

SENIOR INFO

Cover your mouth and nose with a mask when around others



- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a mask in public settings** and when around people not living in their household, especially when social distancing is difficult to maintain.
 - ✦ Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The mask is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others**. The mask is not a substitute for social distancing.

Cover coughs and sneezes



- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** You can see a list of [EPA-registered household disinfectants here](#).

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!

EXERCISE AT YEOMANS HALL

ZUMBA

**MONDAYS
7 PM – 8 PM
YEOMANS HALL**

\$6 WALK-IN

\$50 PREPAID

(10 CLASS PUNCHCARD)

\$90 PREPAID

(20 CLASS PUNCHCARD)



ZUMBA[®]
fitness

**Columbia Parks & Recreation
860-228-8513
recreation@columbiact.org
<http://columbia.recdesk.com>**

EXERCISE AT YEOMANS HALL

FIT FUSION

MON. & WED.

4:30 PM – 5:30 PM

YEOMANS HALL

Bring...

- Water bottle
- Matt
- Exercise band (if you want)
- A friend!

\$6 WALK-IN

\$50 PREPAID

(10 CLASS PUNCHCARD)

**A FUSION OF ALL DISCIPLINES:
CARDIO, MUSCLE, CORE AND
BALANCE TO ROUND OUT A
COMPLETE WORKOUT.**



Carol is a veteran group fitness instructor with a background in aerobics, step, core & muscle conditioning, Pilates, interval conditioning, Senior Fitness, Tabata Bootcamp, Bigger Losers Live, and HIIT (High Intensity Interval Training).

Columbia Parks & Recreation

860-228-8513

recreation@columbiact.org

<http://columbia.recdesk.com>

EXERCISE AT YEOMANS HALL

COLUMBIA PARKS & RECREATION

YOGA

\$10 WALK IN / \$8 PREPAY (10 CLASS PUNCH CARD)

WEAR COMFORTABLE CLOTHING AND BRING A
TOWEL/YOGA MAT

TUESDAYS 6:00 PM
YEOMANS HALL

860-228-8513
recreation@columbiact.org
<http://columbia.recdesk.com>



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

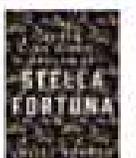
What you will need: Proof of income- copy of their tax return if they file one and copy of their SSA-1099(s), either copies of all their rent receipts or a letter from their landlord stating what they paid for rent for the 2019 year, and either copies of all their payments for electric bills or a statement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

BECKISH BOOK WORMS

Beckish Book Worms

2020-2021 **Zoom Code: 818 9532 7779**

Beckish Center, Columbia, Connecticut
4th Thursday of the Month – 1:00 PM

Meeting Dates	Book Cover	Book Selection
September 24		The Husband's Secret Liane Moriarty
October 22		The Bluest Eye Toni Morrison
November 19: **3rd Thursday**		Know My Name Chanel Miller
December		No meeting - Happy Holidays!
January 28		The Blind Assassin Margaret Atwood
February 25		The Vanishing Half Brit Bennett
March 25		The Seven or Eight Deaths of Sella Fortuna Juliet Grimes (Author may join us!)
April 22		Before We Were Yours Lisa Wingate
May 27		Born a Crime Trevor Noah <i>Please also come with suggestions for next year's selections!</i>



AHM Youth & Family Services is very excited to announce the start of our NEW Health Matters Program!

Health Matters is a mind and body wellness program developed by AHM's Leadership, Mental Health and Prevention Teams; funded by a Grant from the Cigna Foundation.

Over the course of the next eight months, members of your household will have the opportunity to participate in activities and workshops that will focus on healthy engagement activities!

The Health Matters Program has three phases of virtual, online programming – each with a different focus:

- Phase 1 focuses on the Self
- Phase 2 focuses on the Family
- Phase 3 focuses on the Community

For only \$25 per household, you will have access to the Health Matters Calendar 2022 which includes the following workshop and activities:

- Back to School in a COVID-19 Environment: Self Care Tips for Parents Workshop
- Introduction to Yoga
- Yoga Flow for All
- Storyline Yoga
- Martial Arts: Introduction to Tai Chi
- Family ZUMBA!
- Zentangle Drawings

Everyone who registers will have access to this calendar, and can participate in as many or as few activities as they choose! Phase 1/First Four Weeks begins the week of August 24 and runs until the week of September 24.

For detailed program descriptions, visit our Health Matters page!

Register Now!

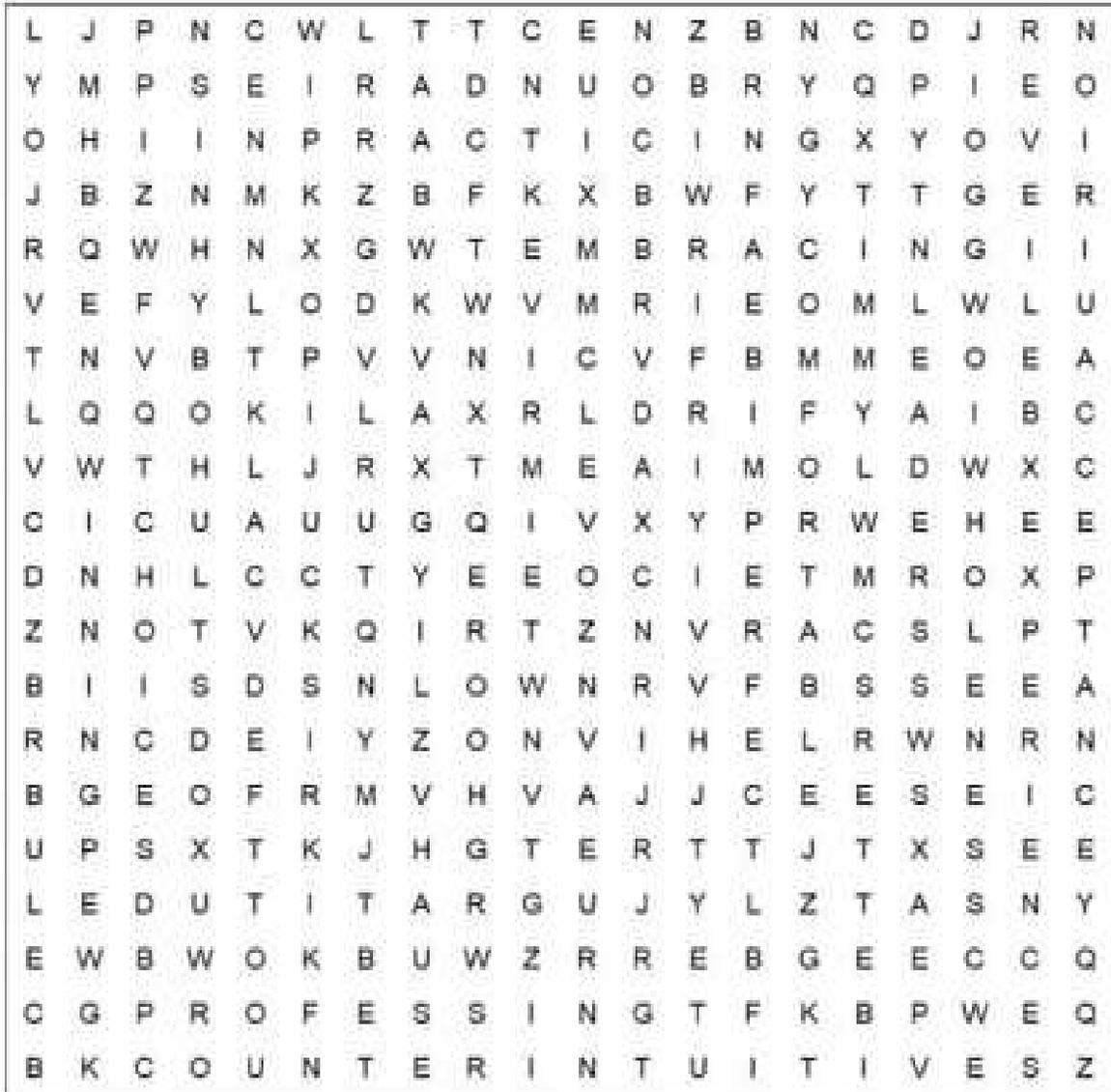
If you have any questions about these programs, or registration, please contact our Health Matters Program Coordinator, Jennifer Boehler at jennifer.boehler@ahmyouth.org.

Health Matters Program brought to our community by a Cigna Foundation Grant, and AHM Youth & Family Services.

For updates, follow us on social media @ahmyouth



BRENÉ BROWN INSPIRATIONAL WORD SEARCH



ACCEPTANCE
BELIEVE
BETTER
BRAVER
BOUNDARIES
CHOICES

COMFORTABLE
COUNTERINTUITIVE
EMBRACING
EXPERIENCES
GRATITUDE
IMPERFECT

INNOVATION
INTEGRITY
JOY
LEADERS
LOVE
PRACTICING

PROFESSING
REVOLUTIONARY
RISK
TRUTH
WINNING
WHOLENESS

THIS & THAT

goodbye, august

hello, september

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

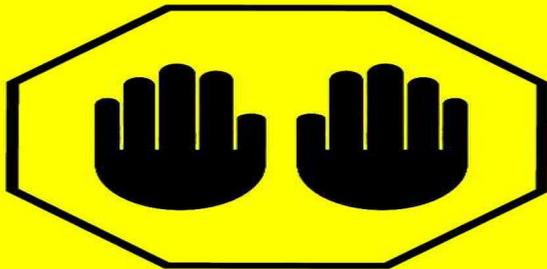
Treasurer - Margaret Schatz

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

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 ~



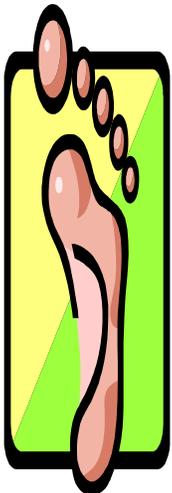
Bernadette Derring ~ Newsletter Production /Editor

... 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 until further notice.**