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
Hello from Beckish Quarantine:

Hello everyone,

I hope everyone is Safe and Healthy! I miss each and every one of you. I have many volunteers calling everyone to do a check in a few times a week. If you are not receiving a call and would like to be on our call list please call me at the center. Please reach out to your neighbors, friends and family, I am sure they would love to hear from you. During this time of quarantine, isolation and depression can really set in and become an issue. A phone call can really brighten the day of someone feeling alone and scared.

As of right now there is no news on when we will be reopening. If we do it will be closer to the end of June or early July. Your safety as well as staff is my highest priority. I look forward to seeing everyone back into their normal routines when the pandemic is over.

Stay Well and Stay Safe! I look forward to hearing from you all!

Bernadette Derring
Director Senior Services & Transportation
Beckish@columbiact.org  860-228-0759 ext 1
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 STARTING:
THURSDAY, MAY 21, 2020
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
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)
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.

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

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.

cdc.gov/COVID19
**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.
Infoline-2-1-1

2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, childcare, 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 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!
WHAT IS THE 2020 Census?
The 2020 Census COUNTS EVERY PERSON LIVING IN THE UNITED STATES and FIVE U.S TERRITORIES (Puerto Rico, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam and the U.S Virgin Islands)

Fill out your 2020 Census with confidence knowing your personal information will not be shared with any other governmental department at the federal, state or local level. Hundreds of billions of dollars in federal funds are distributed annually based on Census data.

Fill out your 2020 Census today –

**Online:** [2020census.gov](http://2020census.gov)

**Phone:** 844-330-2020

Hours of Operation: Phone lines are open every day from 7am to 2am

**Mail:** your completed form (you will only receive this if you have not completed it online or on the phone):

U.S. Census Bureau
National Processing Center
1201 E 10th Street
Jeffersonville, IN 47132

Visit [2020census.gov](http://2020census.gov)

You might miss your initial letter in the mail. Every household that hasn’t already responded will receive reminders and will eventually receive a paper questionnaire. It doesn’t matter which initial invitation you get or how you get it—we will follow up in person with all households that don’t respond.

**SPREAD THE WORD!**
President Primary

The Republican and Democratic Primary has been postponed to June 2\textsuperscript{nd}, 2020. Primaries in CT are “Closed Primaries”, meaning that only voters registered in the party which is holding the Primary may vote. So only registered Republicans can vote for Republican candidates, and only registered Democrats can vote for Democratic candidates. If you are not currently registered to vote, or not currently affiliated with a political party (registered as Unaffiliated), you can enroll in a party via mail until May 28\textsuperscript{th}, 2020 or in person until noon on June 1\textsuperscript{st}, 2020 and still be eligible to vote in the Presidential Primary.

For information about obtaining an Absentee Ballot, please contact the Town Clerk at (860) 228-3284.

Please check our Registrar of Voters page on the town website or contact our office for more information.

 Registrars of Voters  
Karen Butzgy – Democratic  
Katherine Morrison – Republican  
(860) 228-6843 x113  
registrar@columbiact.org
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.

What’s the Scoop?
Clues

Across
2. WATERYBSRR
4. MIPUSON
6. EMOSON SCRTK
8. NILAVAL
10. POANANTILE
11. LARMCECA
12. TRUBET NAEPC
14. GROANE THREEBS
15. CLAKB RYECRH
16. TACOOCHEL

Down
1. TAPEUN RUBETT
3. NAABNA
5. COMAH
6. PLEAM TULAWN
7. THISOCAPI
9. FRONTIO (2 words)
11. IOCEKO HUDOG
13. CHAPE
What’s the Scoop?

You’ll want to enjoy a bowl of your favorite ice cream while you solve this puzzle! First unscramble the name of each popular flavor of ice cream, then write it into the puzzle. What could be more simple (or delicious)? There are no spaces between words in the crossword.

Answers on page 23
John Who?

We’ve hidden the last names of 26 famous men named John from the past and present. They come from sports, government, entertainment and more.

But you’ll notice there are only 25 names on the list. Number 26 belongs to the man in the picture. Who is he?

See how long it takes you to find all 26. Names may appear in any direction.

1. ADAMS
2. BARRYMORE
3. BELUSHI
4. BROWN
5. BUNYAN
6. CALHOUN
7. COLTRANE
8. DEERE
9. DENVER
10. DEWEY
11. ELWAY
12. GLENN
13. GOTTI
14. HANCOCK
15. JAY
16. KNOX
17. LENNON
18. MADDEN
19. MCENROE
20. MELLENCAMP
21. ROBERTS
22. STEINBECK
23. TRAVOLTA
24. TYLER
25. WAYNE
Adult coloring pages can be therapeutic, relaxing and calming.
The Answers Will Be on the Tip of Your Tongue.....!

Don't look below for the answers until you have tried it out! Thank you, Norene K. for the fun trivia!

01. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, Who was that masked man? Invariably, someone would answer, I don't know, but he left this behind. What did he leave behind?

02. When the Beatles first came to the U.S. in early 1964, we all watched them on... The ______ Show.

03. 'Get your kicks, _______ ___ ___ ___ ___.'

04. 'The story you are about to see is true. The names have been changed to _______ ___ ___ ___ ___.'

05. 'In the jungle, the mighty jungle, _______ ___ ___ ___ ___.'

06. After the Twist, The Mashed Potato, and the Watusi, we 'danced' under a stick that was lowered as low as we could go in a dance called the _______ ___ ___ ___ ___.

07. Nestle's makes the very best .... ' _______ ___ ___ ___ ___.'

08. Satchmo was America's 'Ambassador of Goodwill.' Our parents shared this great Jazz trumpet player with us. His name was _______ ___ ___ ___ ___.

09. What takes a licking and keeps on ticking?

10. Red Skeleton's hobo character was named _______ ___ ___ ___ ___ and Red always ended his television show by saying, 'Good Night, and _______ ___ ___ ___ ___.'

11. Some Americans who protested the Vietnam War did so by burning their _______ ___ ___ ___ ___.

12. The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by? _______ ___ ___ ___ ___ & _______ ___ ___ ___ ___.

13. In 1971, singer Don MacLean sang a song about, 'the day the music died.' This was a tribute to _______ ___ ___ ___ ___.

14. We can remember the first satellite placed into orbit. The Russians did it. It was called _______ ___ ___ ___ ___.

15. One of the big fads of the late 50's and 60's was a large plastic ring that we twirled around our waist. It was called the _______ ___ ___ ___ ___.

16. Remember LS/MFT _______ ___ ___ / _______ ___ ___ ?

17. Hey Kids! What time is it? It's _______ ___ ___ ___ !

18. Who knows what secrets lie in the hearts of men? The ______ Knows!

19. There was a song that came out in the 60's that was "a grave yard smash". It's name was the _______ ___ ___ !

20. Alka Seltzer used a "boy with a tablet on his head" as it's Logo/Representative. What was the boy's name?
What’s the Scoop?
Answers

John Who?
Answers

The man in the picture is John F. Kennedy, former U.S. President.
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

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

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.

As you get older three things happen. The first is your memory goes, and I can't remember the other two.
-Sir Norman Wisdom

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.

I always try to cheer myself up by singing when I get sad. Most of the time, it turns out that my voice is worse than my problems.

DespicableMeMinions.org
Columbia Seniors Organization

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
Dr. Morgan the

Colchester Foot Specialist

Thursday, July 2, 2020
1-2:30pm

Please call to set up an appointment or stop in. If you have any questions please call Bernadette at 860-228-0759