

Trends & Traditions

September 2020

Madison Senior Center

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FEATURED EVENTS

ZOOM 101

Right now, it is safer to stay at home than to join large groups indoors. Zoom meetings are a fun way to engage with others socially, learn new things, or take an exercise class. All you need is a computer with a webcam and microphone, a tablet, or a smartphone and an internet connection. You could even join the class with just a regular telephone to hear the audio portion. If you would like to learn about this new way of connecting, interacting and learning, join Ellie Gillespie as she walks you through the basics of joining a Zoom meeting. You will also receive a zoom primer to help you remember the ins and outs. Please register on the date corresponding to the device you will be using. **Zoom links will be sent out to all registrants the morning of the class. Monday, Sept. 14th (computers), 21st (tablets) and 28th (smartphones) at 2pm FREE**

A JOURNEY THROUGH AMERICA'S PAST

An interactive series of seminars about the history of the United States of America. America's story will be related in a series of hour-long seminars focused on the key events, as well as the people whose life, work, and achievements shaped the destiny of this country. Philip Restifo has had a life-long personal interest in and passion for both American and European history. In the storyteller's style, he brings to life historical events as part and parcel of a complex tapestry originated in the past, but which continues to be woven in contemporary times. We will present this Zoom. If you are interested but are concerned about the Zoom platform, please feel free to reach out to the Senior Center and we will help you learn this software. **Thursdays at 10:30-11:30am** Zoom links will be sent to all registrants 1-2 days prior to the class start. **FREE**

MEDITATION WITH BETH LAZOR

We are thrilled to offer you live, Zoom meditation classes to keep you strong, healthy and happy from the inside out! Meditation is a soothing gift of inner connection and relaxation that enables your body, mind and spirit rest, calm and rejuvenation. Beth's sessions are all unique, allowing you to meditate on each level of your being: body, breath/energy, mind/emotions, wisdom/witness and bliss/healing. The benefits are numerous including better sleep, increased energy levels, strengthened immune system, lower blood pressure, healing, clarity and more. This is a class for all levels from beginner to advanced meditators. Beth Lazor is a certified teacher in meditation, Hatha Yoga, Divine Sleep Yoga Nidra, certified hypnotist, certified stress management instructor, Reiki Master, Connecticut certified elementary teacher and holds a master's degree in integrative health and healing. She has taught in the healing arts since 2002. **Classes are forming, if you are interested call the Senior Center for more information.**

VOTING DURING A PANDEMIC ZOOM MEETING

with Town Clerk: Nancy Martucci and Registrars of Voters: William Gowanlock and Paula Perry.

The Permanent Absentee Ballot for Disabled, Voter Registration and voting at the polls during COVID; as well as information for voting in November by Absentee Ballot will be discussed. This will be followed by a short Question & Answer period. Don't miss this meeting concerning voting in this important election. **Registration is required.**

Wednesday, Sept. 16th at 3:30pm FREE

GENERAL INFORMATION/NEW & NOTEWORTHY

MADISON SENIOR CENTER

29 Bradley Rd, Madison, CT 06443

PHONE: (203) 245-5627

TTY: 203.245.5638

FAX: (203) 318-0670

WEBSITE: www.madisonct.org/seniors

HOURS: Mon.-Wed. 8:30-4pm

Thurs.: 8:30 - 6; Fri.: 8:30 - 2pm

SENIOR CAFÉ: (203) 245-5627

DIAL-A-RIDE (203) 245-5695

Operates on Mondays, Wednesdays and Fridays only.

MUNICIPAL AGENT FOR

THE ELDERLY (203) 245-5687

SENIOR COMMISSION

Vice-Chairs Dr. Gerard Kerins
Wendy Oberg

Members Dale Kach
Lori Murphy
Jim Ryan
Ruth Diona
Roselyn Fahey
Chris Abbott

The Senior Commission meets on the second Thursday of the month at the Senior Center. The next meeting will be

September 10th at 5:30pm

The [Calendar on the Town Website](#) to get the Zoom link.

SENIOR CENTER STAFF

Dir. of Senior Services Austin Hall

Asst. Director Heather Noblin

Program Coordinator Ellie Gillespie

Receptionist Ari Potter

Chef Kevin Wolfe

Server Amy Butler

Server Laurie Bragg

Bus Driver: Helen Sneider

Bus Driver: Dennis Marron

Bus Driver Tom Lufsey

Facility Attendant Steve Radley

FROM THE DIRECTOR

I hope you have been able to participate in one of our Zoom classes over the past two months. It is not the same as seeing you in person, but we are glad you are staying active and engaged. Zoom may sound difficult and scary, but I assure you it is easy to get the hang of and you will benefit greatly from getting on board. As I am writing this letter we are getting set to host our first Drive Thru Lunch. This will be a fun way to see everyone and get you a terrific lunch in a safe and socially distanced manner. As we develop even more creative ways to keep in touch, I hope you find something that peaks your interest and you give it a try. Please follow us on Facebook for the latest and greatest Senior Center information. If you know someone who would benefit from knowing about the programs and services the Senior Center offers, please spread the word to them. If you have a neighbor who needs to talk, take a minute to chat (socially distanced). It can mean more than you realize to both of you.

Be well,

Austin Hall

ZOOM MEETING WITH MADISON'S HEALTH DEPARTMENT DIRECTOR, TRENT JOSEPH

We are very fortunate to have Trent Joseph, the Director of Madison's Health Department, take time out of his busy schedule to speak to us about the ongoing COVID 19 pandemic.

Trent will discuss the current guidelines in place to help control the corona virus numbers and to keep the people of Madison safe. He will also discuss the future of the pandemic in Connecticut and answer some of your questions.

Don't miss this opportunity to hear directly from Trent Joseph on this very important topic. **Registration is required.**

Tuesday, September 15th at 1pm FREE

MESSAGES FROM THE MUNICIPAL AGENT

DO YOU HAVE AN EMAIL ADDRESS & ARE ONE OF HEATHER'S CLIENTS?

Please email her so that she has your address on file at noblinh@madisonct.org

RENT REBATE: APPLICATION INTAKE UNTIL OCT. 1ST, 2020

One-time assistance that helps to offset rental expenses. Documentation of 2019 income, payments made for rent, heating, water bills, and electric are required to apply. Application intake begins after May 15th, 2020. In preparation for an appointment, call your utility/rental companies now and request a statement of your payments made in 2019. 2019 Maximum Annual Income Single: \$37,000 and Couple: \$45,100

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Application Intake has begun. Helps to offset heating expenses during the winter. All fuel sources welcome to apply. An applicant must meet income & asset guidelines. Income and assets are counted for ALL members living in the home. Asset limit for homeowners is \$15,000 & for renters is \$12,000. Proof of all income, rent, & utility expenses, & bank statements for the month prior to the application date are required.

Last year's Guidelines: Monthly Income: Single: \$3,014 Couple: \$3,941

MEDICARE SAVINGS PROGRAM

Helps to pay the monthly Medicare Part B premiums. Depending on income level this program may also lower co-pays for prescriptions to between \$3.30 and \$8.80 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test or filing deadline for this program.

Monthly Income Guidelines: Single: \$2,617.44 & Couple: \$3,535.02

SNAP/FOOD STAMP HOUSEHOLDS

If you currently receive SNAP/Food stamp benefits and lost food due to the recent Tropical Storm Isaias, you may qualify for food replacement SNAP benefits. To apply you will need to complete two forms (available for pick up at the senior center) to demonstrate proof of food loss.

The deadline to apply for these benefits has been extended to September 3rd, 2020.

FARMERS MARKET COUPONS

Farmer's Market Coupons have arrived! Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local Farmers' Markets. To be eligible: age 60 or older & participating in another program that has means testing and meet income requirements. Eligible participants receive coupons, good at the Madison Farmers' Market. The market is open on the town green on Fridays from 3 to 6pm until the end of October. An appointment is needed to pick up the coupons. Due to COVID-19, arrangements can be made for someone else to shop at the Farmer's Market for you, please contact Heather for more details. *****Maximum Monthly Guidelines*: Single:\$1,968 Couple: \$2,658**

HOLIDAY BASKETS - REGISTRATION OCTOBER 1ST-NOVEMBER 1ST, 2020

Due to the ongoing safety concerns surrounding COVID-19, the November Food Basket Program will be different this year. In lieu of prepackaged grocery bags you will receive a turkey (for families) or a chicken (for seniors and singles) and a gift card. If you are interested in receiving a Holiday Basket this year, you must register online and opt-in to receive the basket. For those that are able to pick your basket up at the pantry, you will select a pick up day and time for pick up at the Food Pantry on Tuesday, November 24th or Wednesday, November 25th. For those who are unable to pick up their items, deliveries will be made on Monday, November 23rd, by volunteer drivers. If you are unable to shop for yourself or you do not have anyone who can shop for you, please let me know ASAP. **You must register by November 1st to receive a basket.** Registrations to pick up your basket can be done by going to Madison Community Services website at <https://madisoncommunityservices.org/>

If you are unable to register online, please contact Madison Community Services at (203)245-3031

FINANCIAL RESOURCES

NEW UPDATED INFO

Eversource- (800)286-2000

Due to the COVID-19 pandemic, two new programs have been developed by the Utility Companies to provide additional assistance.

MATCHING PAYMENT PROGRAM PHASE 2 “LITE” (NEW)

MPP Phase 2 “Lite” is a new program offered to eligible low-income, heating customers who would have otherwise been eligible to enroll in MPP during the normal Program year (Nov – May) but did not. Starting in July, customers only need to make four (4) payments of \$75 (total \$300) to be eligible to receive a “match,” down to a zero balance on their electric bill. Payments must be made by the end of the Phase 2 “Lite” program which is October 31. (CEAP is not a requirement for Phase 2 “Lite”) MPP Phase 2 “Lite” (available now through Oct 31) is a completely separate program from the normal MPP which is year-round (Nov-Oct). Instead this will be for customers *who did not* participate in the MPP this program year but would have otherwise been eligible.

Below Budget Worksheets during Phase 2 (for regular MPP)

Customers who enrolled on MPP during normal Phase 1 program (Nov – May 1) have the ability to lower their MPP total monthly payment amount. This will only be available to lower **existing** MPP total monthly payment amounts up through October 31, 2020. The minimum total monthly is \$75, but the budget is calculated based on income vs. expenses. To access either program or for more information regarding how these program might assist you, please contact Heather Noblin.

INTERNET SERVICE:

According to Comcast, they are taking the following steps to assist people for the next 60-days:

- “*Xfinity WiFi Free For Everyone*”: Xfinity WiFi hotspots across the country will be available to anyone who needs them for free, including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots, then launch a browser.
- “*No Disconnects or Late Fees*”: Comcast states it will not disconnect a customer’s internet service or assess late fees if they are unable to contact them. Contact Comcast’s Care Team to make a flexible payment arrangement.
- “*Internet Essentials Free to New Customers*”: Comcast states that low-income families who live in a Comcast service area can sign-up for “Internet Essentials”. New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for a nominal monthly fee.

MORE HELP

Unemployment:

If you become unemployed due to COVID-19 you should apply for unemployment benefits. Please visit www.ctdol.state.ct.us or contact (860) 263-6000 with any questions. *If you have an existing healthcare appointment, or think you need to see your doctor, please call them first to see if your appointment can be conducted over a smartphone with video capability or any device using video technology, like a tablet or a laptop. For some appointments, a simple check-in over the phone without video capabilities may suffice.*

FINANCIAL HELP WITH YOUR PETS

Are you or someone you know having difficulty buying food or caring for your beloved companions? With the virus making people ill and the drops in people’s incomes changing lives, some folks are unable to support their animal families.

No one should have to surrender their animals. This is a tragedy, AND there’s help out there! [Red Rover](#) staff and volunteers provide temporary emergency sheltering, resources, financial assistance, and emotional support when animals and people are in crisis.

[Keep Your Pet](#): This website has lots of resources, some for specific diseases and some national resources.

The Senior Center also has some pet food available.

FINANCIAL RESOURCES

STATE OF CONNECTICUT TEMPORARY MORTGAGE ASSISTANCE PROGRAM (T-MAP)

The Connecticut Housing Finance Authority, with financial support from the State of Connecticut, has launched a homeowner assistance program for low and moderate income households in Connecticut who are struggling to pay their mortgages due to the impact of the COVID-19 Pandemic.

- ❖ Up to \$10,000,000 in emergency loan funds will be available to help homeowners pay their housing costs, allowing them to remain in their homes as they work to regain financial stability.
- ❖ Eligible Households with incomes at or below 120% of the area median income will be eligible to apply for up to \$25,000 in the form of a second mortgage loan.
- ❖ Potential applicants will be directed to a Centralized Call Center for Threshold Eligibility, after which a detailed application must be completed, including verification of documentation.

Beginning 8am on Wednesday, July 15, call the number below and speak to a Call Center Representative to determine if you qualify for T-MAP assistance. For additional information about the program, please visit <https://www.chfa.org> 1-860-785-3111

STATE OF CONNECTICUT TEMPORARY RENTAL HOUSING ASSISTANCE PROGRAM (TRHAP)

The State of Connecticut with financial support from the Connecticut Housing Finance Authority has launched a rental assistance program for Connecticut residents impacted by COVID-19, administered through the Department of Housing:

- ❖ Potential applicants will be directed to a Centralized Call Center for Threshold Eligibility, after which a detailed application must be completed, including verification of documentation.
- ❖ Initial priority for assistance will be targeted at individuals and families who have been denied unemployment assistance from the Department of Labor.
- ❖ If you are unemployed/under-employed and have not yet filed for unemployment assistance, you should do so as soon as possible.
- ❖ Please make every attempt to remain in contact with your landlord, and to make rental payments.

Beginning 8 am on Wednesday, July 15, call the number below and speak to a Call Center Representative to determine if you qualify for TRHAP assistance. For additional information about the program, please visit <https://portal.ct.gov/doh> 1-860-785-3111

GENERAL INFORMATION & ONGOING ACTIVITIES

LEGAL ASSISTANCE

Thursday, Sept. 3rd & 17th at 9-10am Attorney Patrick Sweeney of the Sweeney Law Firm is offering offer private 15 minute counseling services over the phone. **Call the Senior Center for an appointment.**

FINANCIAL COUNSELING FOR SENIORS

Madison Financial Planning will be offering general advice on financial matters for seniors on subjects such as reverse mortgages, retirement planning, credit card debt, debt consolidation, and estate planning. These **phone** appointments will be scheduled in 15-minute increments twice a month on Thursdays **by appointment only, at 9:15-10:15am Thurs., Sept. 10th & 24th FREE**

"SAFETY CHECK LIST"

Are you concerned for your safety in the event of emergency or weather event? In the days following an emergency/weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call (203) 245-5627.

DIAL-A-RIDE

Mondays: 8am - 4pm; Wednesdays: 8am - 4pm ; Fridays: from 8am - 2pm (203) 245-5695 or (203) 245-5627
Due to the pandemic our transportation is not running, check with the Center for updates.

MEALS-ON-WHEELS

The Meals on Wheels program is ongoing. For more information regarding the Meals on Wheels Program, please call (203)245-5627. Leave a message with your name and contact information. Meals on Wheels call the Madison Senior Center at (203) 245-5627 and someone will get back to you as soon as possible. Space is limited. A doctor's note is required to be eligible to receive meals. Have your doctor fax the note to: (203) 318-0670

HANDICAPPED PARKING PERMIT

APPLICATION Permit applications are available in the Senior Center office.

ASK THE NURSE IS NOW ON ZOOM!

VNA Nurse will take your Zoom appointment on the 2nd and 4th Tuesdays of the month, where she can review your medications, help you to create a medication list, help you prepare for an appointment with your doctor. To schedule an appointment please call the Senior Center, we will give then give the appointment information to the VNA and they will send you a Zoom link. Not sure about Zoom? Join the Zoom 101 class (page 1). **Tuesday, Sept. 8th & 22nd at 12:30pm**

DRIVER SAFETY – AARP REAL POSSIBILITIES

Refresh your driving skills and you could save on auto insurance

When you take the AARP Smart Driver™ online course, you could be eligible for a multi-year discount on your auto insurance.* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. In addition, *the special 25% off discount for the AARP Smart Driver online course has been extended through December 31st, 2020.* This would be helpful for participants who may not be able to renew their car insurance discount due to course cancellations.

Go to ww.aarpdriversafety.org Promo code for 25% discount: **DRIVINGSKILLS** Good through: Dec. 31st, 2020

ERRANDS ON WHEELS

Are you in need of someone to grocery shop for you? Do you need a prescription picked up or an important errand run? Are you concerned about a Madison family member getting out to get supplies? The Madison Senior Center has a program to match volunteers for grocery shopping and running errands for Seniors who need to stay safe at home. The Senior Center has developed guidelines and screened the volunteers to help. **For information on this program please email noblinh@madisonct.org or call (203) 245-5627.**

EXERCISE CLASSES, ACTIVITIES & GROUPS

SENIOR'S IN MOTION

Join Patty Velleca on Zoom, see your Senior Center friends and get moving again! All you need is a computer, a tablet or a smartphone and an internet connection, you can do this! Call us if you have any questions and we can walk you through it. Seated and standing exercise. Increase muscle tone, joint flexibility, and cardiovascular strength. **Wed. Sept. 2nd - 30th at 10:30 5 Classes FREE!**

TAI CHI VIA ZOOM

T'ai Ch'uan is a gentle way to nourish body, mind, and spirit.

The slow movements can improve health, vitality, balance, and concentration. Minimum 6 students (5 classes)

Tuesday, Sept. 1st - 29th at 10am Fee: MM\$40 | NMM\$50

SEATED TAI CHI VIA ZOOM

Join us for Seated Tai Chi via Zoom. Classes are adapted to any level of ability. Gentle rhythmic patterns of movement offer overall well-being, including increased strength and flexibility, as well as improved posture and circulation. Instructor: Kim Langley **Min.: 5 students (3 classes) Friday, Sept. 11th - 25th 10:30am. Fee: MM\$29 | NMM\$39**

THE NIMBLE THIMBLE GROUP

Cynthia Barker, an experienced needlepoint teacher was running a needlepoint group at the Senior Center, but due to the COVID-19 pandemic will be doing it via Zoom. You can join the group and share the projects you've been working on and chat with your friends as you "point" away! Never been on Zoom? All you need is a computer, a tablet or a smartphone and an internet connection. Still nervous? Call the Senior Center, we can help you become a Zoom Master! **Thursdays, 1:30pm PLEASE REGISTER FREE**

JOIN US FOR ZOOM BINGO!

We will make up packages of 2 cards and enough Bingo chips to cover the cards. You can pick them up at the senior center. The day before we play we will send out a Zoom link to you. All you need is a computer, a tablet or a smartphone and an internet connection. If you need someone to show you how to Zoom, call the Senior Center we can help! **Please remember to register for Bingo packet pick-up instructions! Wed., Aug. 12th at 1:30pm Free**

JOINT EFFORT GUIDED EXERCISE

Joint Effort is an exercise concept for seniors with locations on the shoreline, that guides their clients to improved strength, balance, posture, stamina and overall functionality in a fun, safe and effective manner! They have created a vast library of virtual classes that their members, and even non members could use to guide them to better health and fitness while quarantined! For more information or questions, you can email the owner of Joint Effort at **George@jointeffortexercise.com** and he will be happy to help!

CAREGIVERS' SUPPORT GROUP

During this time of social distancing, we have launched a virtual caregiver support group. If you are on the journey of caring for an ill or aging loved one and looking for support - particularly during this challenging time of being homebound - join us online **Wednesdays at 2 p.m. <http://connecticuthomecare.org/our-care-programs/family-caregiver-resources>.**

VNA BOOTCAMP - NOW LIVE ON ZOOM!

For those who need to increase muscle strength and improve flexibility. Enjoy live Zoom classes. Register by calling the Senior Center and you will be added to the list to receive weekly emails with the Zoom information to connect to that week's class with instructor, Sue Adnani. (12 weeks) **Begins Wed., Sept. 9th at 5:30pm Fee: \$23**

VIRTUAL EVENTS

ONLINE BRIDGE - BRIDGEBASE.COM

For our many bridge players who are missing the interactive experience of playing bridge is Bridge Base Online. This has something for everyone from learning how to play, to advanced play. You can even play with your partner. There are many ways to play some free and some require payment. So if you haven't tried it yet, check it out.

Bridge Base Online offers free and premium bridge services to bridge players of all levels. The home page lets you play bridge using your browser. Windows, Macs and Linux are all welcome. They offer duplicate matchpoints, duplicate IMPs, rubber bridge, duplicate tournaments and team matches.

The frequent "Vugraph" broadcasts present live matches from around the world and are enhanced by expert commentary. [A full list of features is available here.](#) The member community is large (over 250,000 people) and active (often over 10,000 people online). The discussion boards are busy. The friendly volunteers are usually online to help with questions and problems. BBO is a business and offers ACBL-sanctioned club games as well as the occasional advertisement.

MAHJONGG IN THE TIME OF COVID

Trying to find the things we love to do, while staying safe at home is more important than ever before right now.

[RealMahJongg.com](#) is American MahJongg and you can do a 14 day free trial and if you want to stick with it, it is \$5.99/month after that.

[MyJongg.net](#) is free but seems not quite as robust as RealMahJongg, but you could try them both and see which one you like best.

ART IN ISOLATION

Are you a visual artist making art while staying safe at home? We would love to see it and display it on our website so everyone can be inspired by your art. For more information contact: Austin at halla@madisonct.org or, Ellie at gillespiee@madisonct.org or call (203) 245- 5627

PLAY HAND & FOOT ONLINE

The classic competitive multi-card deck game where players create books while trying to burn through their two decks - [The Hand and The Foot](#). Able to support 2-8 players. Players may compete individually, or divide into even numbers of competing teams. If you need more instructions read the comments, they are very helpful! And it's FREE

THE EIGHTEEN MOVEMENTS VIDEO PRACTICE

For those who have been coming to the Senior Center and participating in the online [Eighteen Movements Qi Gong](#) class in the library, click on the above link.

THINGS TO DO AT HOME

IDEAS FOR MANAGING DAILY LIFE STRESS

Mary Ann Starkes, an Advanced Practice Registered Nurse, shares several important tips on how to maintain mental health during this time of increased isolation. Please follow the link to access the full version of these tips. [Tips for Managing Daily Stresses](#)

Maintain a schedule as closely as possible to the one you had previously. ● Get outside several times/day. ● Don't eat too much junk food. ● Take breaks from watching the news. Constant watching will contribute to anxiety.

● Take stock of your finances. See where you can cut down, where you need to contact financial institutions to ask for help. ● Think about ways to help, that maintain safety: call friends/family; check on neighbors especially elderly ones. ● Give blood This gives an excellent experience of being helpful, purposeful and being a positive contributor to the process. ● Play games with family members or people with whom you live. ● Remember that this too shall pass. ● If you become too anxious or depressed, reach out to a professional. ● Finally, look for the positives.

VIRTUAL MUSEUM TOURS

All virtual exhibits can be accessed at: www.departures.com/artsand-culture

- British Museum of London
- Guggenheim Museum, NYC
- National Gallery of Art - Washington D.C.
- Musee D'Orsay - Paris
- National Museum of Modern & Contemporary Art
- Pergamon Museum - Berlin
- Rijismuseum - Amsterdam
- The J. Paul Getty Museum - Los Angeles
- Uffizi Gallery - Florence
- Masp - Sao Paulo
- National Museum of Anthropology - Mexico City

SENIOR PLANET

Aging with attitude. [Senior Planet](#), powered by [OATS](#) (Older Adults Technology services) is a great resource for Seniors, especially in the technology areas. But Senior Planet is about more than just the gadgets and apps and websites. Those gadgets and apps and websites are just means to an end: enabling older adults and people of all ages to come together and find ways to learn, work, create, and thrive in today's digital age.

NASA

[NASA is opening up its research library](#) to the public in the newly launched web database PubSpace, and it's absolutely free. www.nasa.gov/open/researchaccess/pubspace

JOURNALING

Start a journal! These are extraordinary times. Give your eyewitness account! Here's 5 smart reasons why you should begin journal writing:

- Journals help you have a better connection with your values, emotions, & goals.
- Journals improve mental clarity & help improve your focus.
- Journals improve insight & understanding
- Journals track your overall development
- Journals facilitate personal growth.

[how to start and write a journal](#)

BACK PAGES

MSC CAFÉ DRIVE-THRU LUNCH

End of Summer Luau

Thursday, September 17th at 12pm

Registration and pre-payment via phone or your account. Space is limited.

Madison Residents sign-up: Tuesday, Sept. 1st

Non-Madison Residents sign-up: Thursday, Sept. 3rd

Fee: \$4

FACE MASKS: HOW TO WEAR THEM • SOLVING THE PROBLEMS

Cloth Face Coverings Should...

Cloth face coverings should...

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- use multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape.

HOMEMADE FACE COVERINGS

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), *especially* in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings made from household items or from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings 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 cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

SHOULD CLOTH FACE COVERINGS BE WASHED OR OTHERWISE CLEANED REGULARLY?

HOW REGULARLY?

Yes. They should be routinely washed depending on the frequency of use. How does one safely sterilize/clean a cloth face covering? A washing machine should suffice in properly washing a cloth face covering.

HOW DOES ONE SAFELY REMOVE A USED CLOTH FACE COVERING?

Individuals should be careful not to touch their eyes, nose, and mouth when removing the cloth face covering and make sure to wash hands immediately after removing.

THE FOOD HUT:

Open 24/7 | Behind Walker Loden at 788 Boston Post Road | Madison White Tower holds non-perishables alongside the porch at the end of the parking lot. Please take what you need. Leave what you can.