Madison Senior Service’s Resources Guide for Staying Safe and Staying Engaged in the Time of Corona

Due to the fluid nature of the COVID-19 pandemic, the information contained in this publication may change without notice. Check the Town of Madison website, www.madisonct.org, for the most up to date information.

(203) 245-5627
Senior Center Website: www.madisonct.org/seniors
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During these unprecedented times, the health and wellbeing of our senior population is at the forefront of each decision Madison Senior Services makes. After discussions with our local Department of Health and Emergency Management Team, we have concluded that holding programs at the Senior Center for the time being would be detrimental to the health of our members. We are following CDC Guidelines and the Governor’s reopening plan which will allow us to make educated, thoughtful decisions on when it is safe to resume Senior Center programming.

Beginning on June 1st, The Senior Center will begin taking appointments for our Social Service platforms. This means you can make an appointment to meet with Heather or myself. These appointments will be for items that absolutely cannot be handled via email, phone or by dropping off paperwork in our mail box. Senior Center staff will determine if an in person appointment is necessary. These appointments will be scheduled and the following safety precautions will be followed.

A. If you are experiencing any flu like symptoms you will be asked to reschedule.
B. When you arrive, please enter through the main entrance, located at the back of the building by the bus drop-off overhang. Doorbells have been installed at the main entrance and the front entrance. You will be required to ring the doorbell to enter the building. Staff will then open the door for you and escort you to their office or conference room.
C. You will be required to wear a mask when entering the Senior Center for these appointments.
D. Once your appointment is complete you will be asked to leave the Senior Center to allow us to prepare and greet our next appointment.
E. If you just need to drop off paperwork, you can do so in the letterbox mounted near the main entrance of the Senior Center.

It is still important for seniors to self-isolate. Please take advantage of our ERRANDS ON WHEELS program which has a volunteer grocery shop and run errands for you. If you do go to the store, please remember to wear a mask and wash or sanitize your hands frequently. A lot of Madison restaurants will deliver your favorite meals to you. Please see the Restaurant section of this guide for more details. This is a great way to stay home and enjoy a meal while helping a local business.

Please remember that Madison Senior Services is here for you. If you are in need of anything please reach out to us at 203-245-5627. Our staff is at the ready to assist the senior population of Madison. If you are reading this and know of a senior in need, please call us or pass this information along.

We know this is not easy for anyone. But know that we are in this together and will be there for you every step along this road to recovery.
Madison Senior Services: Out of an abundance of caution, we have chosen to close the Madison Senior Center to the public. Beginning June 1st, entrance to the Senior Center will be offered by appointment only. We are checking our phone messages every half hour, if you have any questions or concerns please feel free to call and leave us a message. We will get back to you. We are issuing a credit on your account for all participants in canceled programming.

Need Assistance? - If you are a Madison resident over the age of 65 seeking assistance, or are aware of a Madison resident over the age of 65 that needs assistance, including but not limited to mental health support, meeting basic needs, delivery of essential items, call Madison Senior Services 203-245-5627 or email at madisonwillriseforseniors@madisonct.org. The Message should contain contact information and description of need.

Beach & Recreation Department Beaches: In order to reduce visitor volume and maintain social distancing at town beach facilities during the state of public health emergency, parking at all three Madison Beaches on Saturdays, Sundays and holidays is restricted to Madison taxpayers only through July 31, 2020 Gates will be attended on weekends from 9 a.m. to 5 p.m. In order to access beach parking lots, please show one of the following items to the attendant through your car window as proof of taxpayer status: 1) Driver’s License with Madison address on the front 2) Vehicle registration with Madison address 3) 2020 Madison Beach Sticker* 4) Driver’s license with copy of most recent Madison tax bill. You may pick up an application at the main entrance of the Senior Center.

*Please note that 2020 Beach stickers will be the only form of acceptable proof starting June 20, 2020. Visitor and guest parking passes will be available for purchase starting June 20th for use on weekdays only. Note the June 20th date may be subject to change so we encourage the public to monitor the town website for further updates.

CT 211: Dial 211 from any phone. 211 is a free, confidential referral and information helpline and website that connects people of all ages and from all communities to the essential health and human services they need, 24 hours a day, seven days a week. 211 can be accessed by phone or computer.

The Centers for Disease Control (CDC): www.cdc.gov For up to date COVID-19 information.
COVID-19 and Appointments with Heather

We know that these are scary and difficult times. Appointments are available via phone and in person beginning in June. We would like to encourage you to continue to stay safe, stay at home. Most appointments can be done via phone. Alternative arrangements can be made for you to fax, email, or drop off paperwork. Heather Noblin is available via email at noblinh@madisonct.org or by phone (203) 245-5627. Please leave a detailed message with your contact information, including email address if you have one and we will be in touch with you. If you have important papers you need reviewed, please drop them off in the Madison Senior Center letterbox, located at the main entrance at the back of the building.

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.

Maximum Monthly Income-Single: $2,617.44 and Couple: $3,535.02

Rent Rebate Program 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 May 15th and ends Oct. 1st, 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: $2,617.44 and Couple: $3,535.02

COVID-19 Update: Any resident already participating in the Town’s senior tax freeze program will be automatically approved for renewal for the next fiscal year. Additional changes to other senior tax relief programs guided by state statute may be forthcoming so please check the town website at madisonct.org for more details on these emergency measures. See scams for more information related to the Stimulus Package.

Income Single: $37,000 and Couple: $45,100

Free Cellphone & Monthly Minutes- Provides eligible low-income households a free cell phone, mobile access to emergency services, and 3 different plan choices with free minutes of airtime monthly for 1 year. A qualifying customer must participate in one of the following programs: state energy assistance, Federal Public Housing Assistance/Section 8, Food Stamps, Medicaid/Title 19, Personal Care Assistance, Refugee Program, Rental Assistance, SAGA, State Supplement to the Aged, Blind, or Disabled, SSI, TFA. You can apply for a free cellphone at https://www.assurancewireless.com/or https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!newHome

Connecticut HUSKY Health has made the following changes in coverage, related to COVID-19 Suspension of timeframes for renewal of Medicaid/HUSKY Health and cash assistance benefits of current beneficiaries. Initial implementation: if medical or cash assistance benefits were scheduled to end in March 2020—benefits will be automatically continued through June 2020. If medical or cash assistance benefits are scheduled to end in April 2020—benefits will be automatically continued through July 2020. Suspension of co-payments for full benefit Medicare Part D beneficiaries who are dually eligible for Medicaid. These
beneficiaries are no longer responsible for co-payments of up to $17 per month (aggregate for all prescriptions) for their medications covered by Medicare Part D. Instead, the Department of Social Services will cover the co-payment amounts in full, after any other insurer has paid, during the public health emergency.

- **Extending fills** for non-maintenance and maintenance medications for up to 90 days for Medicaid/HUSKY Health beneficiaries (except for controlled substances).
- **Allowing early refill** for prescriptions when an individual has used 80% of the prescription (reduced from 93%).
- **Telemedicine in medical and behavioral health.** HUSKY members can receive medical and behavioral health services from their health care providers by audio-only telephone or videoconferencing.

Important information for uninsured Connecticut residents—HUSKY Health coverage is available year-round for those who qualify.

The Dept. of Social Services reminds the public that applications are open year-round for HUSKY Health coverage (Medicaid and Children’s Health Insurance Program). Uninsured residents with low and moderate incomes are encouraged to:

- **Apply online:** [www.access-healthct.com](http://www.access-healthct.com); or by phone: **1-855-805-4325**

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**How Are You Doing?**

Change to routine can be difficult. The current situation can be overwhelming at times. It is important to not only care for our bodies but our emotions and thoughts as well. Do you need help? Do you need someone to talk to? Or do you know someone who needs help? Please reach out and let us know, we can get you in touch with the appropriate assistance.

*“The strongest people are those who win battles we know nothing about,”* Unknown.

**Preventing Loneliness** Face-to-face from afar: The next best thing to in-person interaction is video chat, because facial cues, body language and other nonverbal forms of communication are important for bonding.

When possible, opt for video over messaging or calling and play around with doing what you would normally do with others. For example, try having a digital dinner with someone you met on a dating app, a virtual happy hour with friends or a remote book club meeting.

**One-minute kindness:** Getting lots of likes on a social media post may give you a fleeting hit of dopamine, but receiving a direct message or e-mail with a genuine compliment or expression of gratitude is more personal and longer lasting—without taking much more time. When you find yourself scrolling through people’s posts, stop and send one of them a few kind words. After all, we need a little extra kindness to counter the stress and uncertainty of the coronavirus.

**Cultivate your community:** The basis of connection is having something in common. Whatever your special interest — there is an on-line community of people who share your passion and can’t wait to nerd out with you about it. There are digital support groups, such as for new parents, or patients with a rare disease. Use these networks to engage with others around what matters most to you.

**Deepen or broaden:** Fundamentally, there are two ways to overcome loneliness: nurture your existing relationships or form new ones. Reflect on your current state of social health and then take one digital action to deepen it, such as getting in touch with a friend or family member you haven’t spoken with in a while, or to broaden it, such as reaching out to someone you’d like to get to know.

**Use a tool:** Increasingly, apps and social platforms are being designed to help us optimize our on-line interactions with loved ones, including Ikaria, Cocoon, Monaru, Squad, FaceTime, Google Hangouts and Zoom. If you do well with structure, these resources may be a useful option for you. Or you can consider using conversation prompts, such as TableTopics or The And, to spark interesting dialogue during a video call.
Farmers Market Coupons

Eligible participants enjoy CT Grown fruits, vegetables, fresh cut herbs, & honey from local Farmers’ Markets. To be eligible: age 60 or older or are disabled and living in senior housing, & participating in another program that has means testing and meet income requirements. Eligible participants receive coupons to us at the Madison Farmers’ Market or other participating Farmer’s Markets around the state. Typically they are not available until the beginning July. More information will be forthcoming. Please don’t request coupons prior to July 1st.**

**Please note:** Due to COVID-19, we are unsure if coupons will be available this year. **Income Guidelines not available at time of printing**

The Farmer’s market will have a pre-order, pre-paid, curbside pick-up market beginning May 15th. The pick up location will be at Salt Meadow Park. More updates and information on vendors, how to order, and how to pickup will be coming soon. Stay tuned and thanks for your support! For more information regarding the Farmer’s Market only, please contact: madisonctfarmersmarket@gmail.com.

Caregiver Support Group

Join VNA’s Caregiver Support Network 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. https://connecticuthomecare.org/our-care-programs/family-caregiver-resources

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

Social Connections for Seniors during COVID-19 (SCSC)

Please join us for Virtual Peer Support Groups to connect with others during the COVID-19 crisis.

Discussions will be facilitated by a Yale Geriatric Psychiatrist.

These online meetings are open to ALL seniors.

We will cover topics relevant to older adults, including coping with uncertainty and maintaining social connections while physically distanced. Sessions may be accessed via smart phone, tablet, or computer.

To attend a Virtual Peer Support Group, please RSVP using this online form and we will send you a weblink to join the group.

Schedule

Thursday, May 14 - 12:30-1:15 p.m.
Thursday, May 21 - 12:30-1:15 p.m.
Thursday, May 28 - 12:30-1:15 p.m.
Thursday, June 4 - 12:30-1:15 p.m.
Thursday, June 11 - 12:30-1:15 p.m.
Thursday, June 18 - 12:30-1:15 p.m.

Telephone Outreach in the COVID-19 Outbreak (TOCO)

Would you or a loved one benefit from weekly, friendly one-on-one phone calls with a Yale healthcare student?

The TOCO Program offers to pair older adults coping with isolation with students to make meaningful social connections. Phone calls typically last about 30 minutes.

If interested, please call 203-871-1855 and leave a voicemail with your first name, call back phone number, and any time preferences for your first phone call. If you enjoy your phone call, you and your student buddy can schedule regular times to chat each week!
Mental Health Services

MYFS is limiting in-person contact as much as possible and offering phone consultation to our current clients, as well as any resident who may want or need mental health support and/or guidance. We continue to maintain our staff of licensed mental health professionals, and they are able to respond as needed. During these unpredictable times it’s normal for our stress and anxiety levels to rise. The CDC has also issued a helpful resource for managing stress and anxiety. Please access the article via the link here: www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html

Food & More

With the help of Madison Community Services and Bare Necessities, the MYFS Social Services Department can assist residents in need items such as food, diapers, or other household necessities. You may call or email MYFS. Please note the food pantry sponsored by Madison Community Services (MSC) can be contacted directly however may close for longer periods during this time. For updates on MSC, call (203) 245-3031 or visit their website: www.mcsct.org. Facebook: www.facebook.com/madisoncommunynityservices

We are here to help

As always if you have any questions we’re here to help, you can call us at 203-245-5645 or email us at madisonwillrise@madisonct.org.

MYFS Starfish Award

Every year, MADE in Madison takes time to recognize different community members who truly go above and beyond to make a difference in the lives of others. One of the awards presented is the Starfish Award. This award recognizes those who selfishly work to make connections that better the lives of others one person at a time. It is named after the Starfish story that really exemplifies selflessness.

A young girl was walking along a beach upon which thousands of starfish had been washed up during a terrible storm. When she came to each starfish, she would pick it up, and throw it back into the ocean. People watched her with amusement. She had been doing this for some time when a man approached him and said, "Little girl, why are you doing this? Look at this beach! You can't save all these starfish. You can't begin to make a difference!" The girl seemed crushed, suddenly deflated. But after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked up at the man and replied, "Well, I made a difference to that one!" The old man looked at the girl inquisitively and thought about what she had done and said. Inspired, he joined the little girl in throwing starfish back into the sea. Soon others joined, and all the starfish were saved.

This year the award went to Gloria Thiela a treasured member of the Senior Center and a delight to all that know her.
**Utilities**

*Eversource* (800) 286-2000 [www.eversource.com](http://www.eversource.com) and other utility suppliers are in a 30-day shut-off moratorium. At the end of the 30 days they state that they will reevaluate and update their customers. If you have questions please contact your utility supplier directly at the applicable number below:

**Utility Shut Off Protection:**
State regulators have announced that utilities will not be able to shut off the water, electricity or natural gas of residential customers if they don’t pay their bills for during the Governors State of Emergency. The order came during a week when Gov. Ned Lamont declared a public health emergency in response to the global COVID-19 pandemic. Should you need assistance with this or other Energy Assistance needs, please contact The Madison Senior Center at (203) 245-5627

**CT Water:** 800-286-5700

**Southern CT Gas (SCG):** 800-513-8898

**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](http://www.xfinity.com/wifi). Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots and 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](http://www.ctdol.state.ct.us) or contact (860) 263-6000 with any questions.

**Income Tax Deadline has been Extended:** for individuals and businesses to file their Income taxes to July 15th.

**Medicare Telehealth Benefits:**
Medicare has temporarily expanded its coverage of tele-health benefits [https://www.medicare.gov/coverage/telehealth](https://www.medicare.gov/coverage/telehealth) to respond to COVID-19. Medicare beneficiaries can temporarily use telehealth services for common office visits, mental health counseling and preventive health screenings. This will help ensure Medicare beneficiaries are able to visit with their doctor from their home, without having to go to a doctor’s office or hospital, which puts themselves and others at risk.

*If you have an existing health-care 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. [https://redrover.org](https://redrover.org)

This website has lots of resources, some for specific diseases and some national resources. [http://www.keepyourpet.com/vet-care-assistance](http://www.keepyourpet.com/vet-care-assistance)

The Senior Center also has some pet food available.
LOCAL RESTAURANTS & FOOD RESOURCES

Restaurant Delivery Services:
Grub Hub: www.grubhub.com
Door Dash: www.doordash.com

Madison Restaurants

Ashley’s Ice Cream (203) 245-1113
724 Boston Post Rd
www.ashleysicecream.net

Bradley & Wall (203) 318-0300
96 Wall St.
www.bradleyandwall.com

Brother Mike’s (203) 245-6161
56 Academy St. www.brothermikesmadison.com
Take out, curbside pick up

Cafe Allegre (203) 245-7773
725 Boston Post Rd.
www.cafeallegre.com
Serving dinner from 4-8pm Curbside pick up
Delivery through DoorDash.

Chef Paul Baron (203) 779-5713
725 Boston Post Rd. www.chefpaulbarron.com
Drop off catering service, limited selection of
home-delivered meals.

Cohen’s Bagel Company (203) 318-5090
1347 Boston Post Rd.
www.cohensbagelcompany.com
Take-out curbside pick-up for lunch and dinner

Donahues Madison Beach Grille (203) 318-8362
1320 Boston Post Road
donahuesmadisonbeachgrille.com

Friends & Company (203) 245-0462
11 Boston Post Rd.
www.friendsandcompanyrestaurant.com
Curbside pick up only.

Grand Apizza (203) 245-8438
734 Boston Post Rd. www.grandapizza.com
Take out, curbside pick up & home delivery.

James Madison House Restaurant (203) 421-2577
508 Old Toll Rd. www.jamesmadisonhouse.com
Curbside pick-up, takeout

Jia Mei (203) 421-6173
105 Wall St. www.jiameiasiankitchen.com
Take out, curbside pick up.

Lenny & Joe’s Fish Tale (203) 245-7289
1301 Boston Post Rd. www.ljfish tale.com
Take out as usual.

Life Bowls (203) 589-0741
757 Boston Post Rd. www.lifebowlsct.com
Take out, curbside pick up

Madison Coffee House (203) 421-2460
724 Boston Post Rd, madisoncoffeehouse LLC.com

Moxie (203) 421-6963
52 Wall Street
moxie-bar.com

Nick’s Place (203) 245-0433
200 Boston Post Rd. #12
www.facebook.com/NicksPlaceRestaurant
Take out, curbside pick up.

Old Schoolhouse Deli (203) 245-3354
268 Boston Post Rd. www.oldschoolhousedeli.com
Take out, curbside pick up

RJ Julia Café & Bistro (203) 318-8008
768 Boston Post Road www.rjcafebistro.com

Steamed (203) 779-5758
670 Boston Post Road steamedct.com

What’s Cookin’ (203) 245-1771
78 Boston Post Rd. www.whatscookingayle.com
Retail and grocery section remains open

Zhang’s Restaurant (203) 245-3300
44 Boston Post Rd. www.zhangsrestaurantct.com
Take out, curbside pick up.
Grocery Stores

Grocery stores will be open from 6am to 7:30am only for customers over the age of 60 who the CDC and local health officials say are the most vulnerable. Grocery stores will close at 8pm, to give employees time to restock and disinfect the store. There are many grocery stores offering delivery services now. Often they look like they are booked for days, but keep checking as people sometimes cancel orders and you can get in that day.

**INSTACART** - [www.instacart.com](http://www.instacart.com) - requires subscription and internet access

**PEAPOD** - [www.peapod.com](http://www.peapod.com) - requires subscription and internet access

**SHOPRITE** - [www.shoprite.com](http://www.shoprite.com) Requires subscription and internet access. Accepts SNAP EBT Card

**ERRANDS ON WHEELS** - For Madison Seniors, call Madison Senior Center (203) 245-5627

**Madison Community Services Food Pantry**

Madison Food Pantry - [mcsct.org](http://mcsct.org) The food pantry will reopen on June 2nd by appointment only. For more information on how this works, please contact the Madison Senior Center. For those folks who normally took the bus, home delivery service will continue at this time. Please visit the web site for Madison Community Services for up to date information.

For those in need, age 65 and older, please reach out to Heather Noblin, Assistant Director of the Madison Senior Center at (203) 245-5627 and Cristal DePietro, Social Services Coordinator at (203) 245-5655, if you have questions or need assistance.

**Food Stamps/SNAP Benefits**

On March 20th, 2020, DSS received approval from the USDA to extend SNAP cases due to close in March, April, or May for an additional six months. As a result, individuals who would have been renewed at the end of 3/2020 will be extended to 9/2020. Those with an end date of 4/2020 will be extended to 10/2020 etc. The DSS Commissioner authorized this extension on March 25, 2020.

**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.

**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 to grocery shop and run errands for Seniors who need to stay safe at home. The Senior Center has developed guidelines and screened the volunteers to help. For more information please email noblinh@madisonct.org or call (203) 245-5627.

**Food for School-aged Children**

**Free Meals for Children:** The Madison Public Schools are providing “grab and go” meals for families in need with school-aged children, Monday through Friday while schools remain closed. Parents may drive up under the bridge at Daniel Hand High School between the hours of 11am and 12pm; a meal for each school-aged child in the household will be distributed to the car. Meals will consist of a lunch and a breakfast for the next day.

**Farmer’s Market**

The Madison Farmer’s Market now operates using pre-order, pre-paid, curbside pickup. The pick up location will be at Salt Meadow Park through May 29th. On June 5th, the Market will move back to the town Green using a modified retail set-up. For more information regarding the Farmer’s Market only, please contact: madisonctfarmersmarket@gmail.com or go to their website at [www.madisonctfarmersmarket.com](http://www.madisonctfarmersmarket.com)
Here are codes for meetings we know of (as of 3/26/20). There are extra lines so you can add in your own. There are many meetings out there. This will enable you to stay connected.

Meetings should also e-mail schedules@ct-aa.org to post temporary closure status and they WILL LIST YOUR ZOOM MEETING ID, or other virtual arrangements in the on-line calendar.

<table>
<thead>
<tr>
<th>ZOOM MEETING</th>
<th>MEETING TIME</th>
<th>MEETING ID</th>
<th>PASSWORD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joy of Living (Guilford)</td>
<td>DAILY 7:30am</td>
<td>916 352 344</td>
<td>890349</td>
</tr>
<tr>
<td>Highwatch Recovery</td>
<td>DAILY 8am</td>
<td>558 322 660</td>
<td>None needed</td>
</tr>
<tr>
<td>Highwatch Recovery</td>
<td>DAILY 12 Noon</td>
<td>147 692 744</td>
<td>None needed</td>
</tr>
<tr>
<td>Highwatch Recovery</td>
<td>DAILY 7:30pm</td>
<td>162 713 326</td>
<td>None needed</td>
</tr>
<tr>
<td>Monday Survivors (Madison)</td>
<td>Monday 5:30pm</td>
<td>208 637 890</td>
<td>465888</td>
</tr>
<tr>
<td>Emotional Sobriety</td>
<td>Monday 5:30pm</td>
<td>208 637 890</td>
<td>71290</td>
</tr>
<tr>
<td>Steps into Serenity Meeting (Guilford)</td>
<td>Tuesday 5:30pm</td>
<td>856 527 704</td>
<td>tuesstep</td>
</tr>
<tr>
<td>Westbrook Tuesday Night Step Meeting</td>
<td>Tuesday 7 – 8:30pm</td>
<td>820 246 099</td>
<td>None needed</td>
</tr>
<tr>
<td>Madison Serenity By the Sea Step Meeting</td>
<td>Wednesday 7pm</td>
<td>337 747 228</td>
<td>882740</td>
</tr>
<tr>
<td>New London Mitchell College Women's Meeting</td>
<td>Wednesday 7pm</td>
<td>121 405 549</td>
<td>None needed</td>
</tr>
<tr>
<td>Wednesday Night Beginner's</td>
<td>Wednesdays 8pm</td>
<td>667 166 171</td>
<td>None needed</td>
</tr>
<tr>
<td>Willing To Go To Any Length Group</td>
<td>Wednesday 8pm</td>
<td>794 986 766</td>
<td>None needed</td>
</tr>
<tr>
<td>Thursday Women's Rovers Big Book Meeting</td>
<td>Thursday 6:45pm</td>
<td>505 304 929</td>
<td>None needed</td>
</tr>
<tr>
<td>Thursday Night Deep River Young People's Meeting</td>
<td>Thursday 7pm</td>
<td>116 532 731</td>
<td>None needed</td>
</tr>
<tr>
<td>Women's Step Study</td>
<td>Friday 10am</td>
<td>383 225 7833</td>
<td>71290</td>
</tr>
<tr>
<td>Clinton Happy Hour Meeting</td>
<td>Friday 5:30pm</td>
<td>241 003 672</td>
<td>None needed</td>
</tr>
<tr>
<td>Friday Serenity Meeting</td>
<td>Friday 7pm</td>
<td>508 496 124</td>
<td>None needed</td>
</tr>
<tr>
<td>Deep River Women's Step Meeting</td>
<td>Saturdays 8:30am</td>
<td>933 854 238</td>
<td>None needed</td>
</tr>
<tr>
<td>Women's Open Discussion</td>
<td>Saturday 10am</td>
<td>363 745 4794</td>
<td>032836</td>
</tr>
<tr>
<td>The Family Afterwards Meeting (Madison)</td>
<td>Saturday 7:30pm</td>
<td>384 505 997</td>
<td>417417</td>
</tr>
<tr>
<td>Sunday Morning Breakfast Group</td>
<td>Sunday 10am</td>
<td>804 946 256</td>
<td>None?</td>
</tr>
<tr>
<td>New Hope Group (Madison)</td>
<td>Sunday 10:30am</td>
<td>129 567 749</td>
<td>1030HOPE</td>
</tr>
<tr>
<td>Old Saybrook St Paul's Open Discussion</td>
<td>Sunday 8pm</td>
<td>397 583 968</td>
<td>None needed</td>
</tr>
</tbody>
</table>
RELIGIOUS SERVICES - ON-LINE

Christ Chapel
www.christchapelcma.org

EWTN
The Eternal Word Television Network (EWTN) is available from many local cable providers, including Comcast Digital, Frontier Fios, Cox Communications, and Cablevision www.ewtn.com. The daily Mass is televised at 12am, 8am, 12pm, and 7pm. Various prayers and devotions are offered at different hours of the day.

First Congregational Church
We are worshipping on-line! A list of on-line services and resources at FCC Madison is now available in the Virtual Services page, which you can access here. Please join us Sunday morning at 10 am on Facebook Live: www.facebook.com/fccmadison/

North Madison Congregational Church
We are now livestreaming worship each Sunday at 10am. northmadisoncc.org

ORTV:
Mass is available at 10am seven days a week. Television channels: WCCT-TV (WB20) and WCTX-TV (MyTV9). It can also be seen Saturday and Sunday at 5am on WCCT-TV Link: www.ortv.org.

Salt + Light TV
saltandlighttv.org/live to view the live stream daily Mass at 6:30am, 9:30am, 11am, 3pm, and 10:30pm.

St. Andrew’s Episcopal
Join us in worshipping on-line! www.standrewsmadison.org Worship begins at 10am on Sundays. The meeting can be accessed by computer, tablet or smartphone. To join by phone, just for audio instead of a computer, this call-in number can be used: +1 929 205 6099 US (New York) Meeting ID: 277 699 116

St. George Church in Guilford
Live Stream Weekly Mass at www.youtube.com/channel/UCNSWLUzc_nYAYpt_BdF5W2Q

St. Margaret Church:
Live Stream Weekly Sunday Mass at 10:00am from St Thomas More Chapel. Mass celebrated by Fr. Ryan Lerner (former parochial vicar here at St. Margaret Church)* stm.yale.edu/youtubelive-mass

Shoreline Universalist Universalist Society
Join us this Sunday, on-line or by phone. Between 10:15am and 10:30am this Sunday join us by Zoom by clicking here. zoom.us/j/184895036 or Enter: 184895036 You may join by phone by calling (1+929) 205-6099 and follow the prompts. When asked to enter your Meeting ID, enter: 184895036#

Temple Beth Tikvah:
www.tbtshoreline.org Offering on-line Shabbat services and much more.

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 these the full version of these tips. www.madisonct.org/1034/Ideas-for-Managing-Daily-Life-Stress

1. Maintain a schedule as closely as possible to the one you had previously.
2. Get outside several times/day.
3. Don’t eat too much junk food.
4. Take breaks from watching the news. Constant watching will contribute to anxiety.
5. Take stock of your finances. See where you can cut down, where you need to contact financial institutions to ask for help.
6. Think about ways to help, that maintain safety: call friends/family; check on neighbors especially elderly ones. C) Give blood This gives an excellent experience of being helpful, purposeful and being a positive contributor to the process.
7. Play games with family members or people with whom you live.
8. Remember that this too shall pass.
9. If you become too anxious or depressed, reach out to a professional.
10. Finally, look for the positives.
**FUN THINGS TO DO AT HOME**

**Take a Hike!:**
The trails and grounds of Connecticut State Parks and Forests are open for solitary outdoor enjoyment. If you plan on visiting a park, it should be for solitary recreation, not group activities. **Please plan ahead as many amenities and indoor facilities, such as restrooms, are closed, and visitors are encouraged to follow these guidelines to enhance social distancing:**

Reducing community spread of COVID-19 is imperative, and DEEP asks visitors to Connecticut State Parks and Forests to take the following steps to enhance “social distancing” when enjoying the outdoors. **Observe the CDC’s minimum recommended social distancing of six feet from other people, whether you’re walking, biking, or hiking. Practice it and know what it looks like.**

If you arrive at a park and crowds are forming, choose a different park or trail, or return another day or time. Warn other trail users of your presence and as you pass to allow proper distance and step off trails to allow others to pass, keeping minimum recommended distances at all times. Signal your presence with your voice, bell, or horn.

**Bring water or drinks. Public drinking fountains may be disabled and should not be used, even if operable.**

Bring a suitable trash bag. Leave no trash, take everything out to protect park workers.

**Bauer Park** located at 257 Copse Road, was established in 1990, when Erwin Bauer gave his farm to the Town of Madison. The park has been set up for open space use, agriculture, gardens, trails and nature activities.

**Rockland Preserve:** located in north Madison, is an area of rounded, rocky hills, steep gray cliffs, ledges, and lovely wooded areas. Rockland Preserve is also home to Singletracks of Rockland.

**Salt Meadow Park:** located at 1362 Boston Post Road. Open Monday - Friday

**Hammonasset Beach State Park:** 1288 Boston Post Rd., Madison
A visit to Hammonasset Beach State Park, is more than just another day at the beach. Connecticut’s largest shoreline park offers over 2 miles of beach to enjoy swimming, strolling along the boardwalk, or just relaxing in the sun and surf.

**Shoreline Greenway Trail:** [www.shorelinegreenwaytrail.org](http://www.shorelinegreenwaytrail.org)

**Chatfield Hollow**: 381 Route 80 Killingworth, CT 06419
Hike the trails in search of Indian caves, explore the jagged rocky ledges and recesses, relax by the cooling waters, or picnic in the soft pine woods at Chatfield Hollow State Park.

**Madison Land Trust:**
Lots of trails listed here, where there are likely to be fewer folk than at the larger parks. [www.madisonlandtrust.org](http://www.madisonlandtrust.org)

**MEIGS POINT:** Meigs Point is going live on Facebook!
Tuesdays – Fridays 11am from the Woods Room & 2pm from the Water Room
[Facebook.com/MeigsPointNatureCenter](http://Facebook.com/MeigsPointNatureCenter)

**Audio Books & More**

**Scranton Library:** [www.scrantonlibrary.org](http://www.scrantonlibrary.org) The library is closed to the public but has many on-line programs to help keep you occupied. Here are some of them:
You can download e-books and audiobooks on Overdrive ([www.overdrive.com](http://www.overdrive.com)), stream movies on Kanopy ([www.kanopy.com](http://www.kanopy.com)), or browse magazines and find audiobooks on RB Digital ([www.rbdigital.com](http://www.rbdigital.com)).

If you have a library card you can borrow audiobooks and load them onto your laptop, iPad or iPhone. Free Apps to check out: **Hoopla** is a web & mobile library. You can borrow movies, TV shows & more for free. **Libby** offers a selection of free ebooks and audiobooks. **Scibd** is offering unlimited books, audiobooks, magazines and more for 30 days

Another source for Audio books is [Audible.com](http://Audible.com). You can get a 30 day free trial, after that it’s $14.95 a month.

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If you have a library card you can borrow audiobooks and load them onto your laptop, iPad or iPhone. Free Apps to check out: **Hoopla** is a web & mobile library. You can borrow movies, TV shows & more for free. **Libby** offers a selection of free ebooks and audiobooks. **Scibd** is offering unlimited books, audiobooks, magazines and more for 30 days

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VIRTUAL MUSEUM TOURS
All virtual exhibits can be accessed at: www.departures.com/arts-and-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
• Rijksmuseum – Amsterdam
• The J. Paul Getty Museum – Los Angeles
• Uffizi Gallery – Florence
• Masp – Sao Paulo
• National Museum Of Anthropology – Mexico City

METROPOLITAN OPERA
Although The Metropolitan Opera has brought down the curtain at least through the end of the month over COVID-10 concerns, the NYC Institution will stream a title from its Live in HD series each night throughout the duration of the closure. The performances, original captures as live broadcasts in Movie theaters worldwide will begin at 7:30 pm at www.metopera.org The videos in the nightly service will be free for 20 hrs following the initial stream.

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

Cooking Lessons
Massimo Bottura, Chef patron of Osteria Francescana, The Michelin-starred chef is energetic as ever, and just the jolt of optimism we need as millions enter into quarantine to mitigate the spread of the virus. While some in isolation are turning to the best delivery in their cities, others are using the time at home to jump into their own kitchens, and Bottura wants to help with a nightly, free cooking series he’s launched via his Instagram: www.instagram.com/massimo-bottura/?hl=en

Julia Child Shows
You can now binge-watch every single episode of The French Chef with Julia Child. If you’ve always dreamed of cooking along with Julia Child, now’s your chance! The French Chef is streaming on Prime and PBS. Every. Single. Episode. To access through PBS Passport. To access The French Chef, you need to be a PBS member according to your local PBS station’s particular requirements you can also access it through Amazon Prime Video. If neither of the above options works for you, you can still enjoy Julia Child on PBS via the free www.pbs.org/food/julia-child Julia Child video collection, consisting of full-length episodes of select Julia Child programming (including some early The French Chef episodes) as well as shorter interviews, behind-the-scenes clips and other snippets.

BE A ZOOMER!

How to Join a Zoom Meeting
• Go to the Zoom website: www.zoom.us
• Go to the toolbar on top and click on JOIN A MEETING
• Enter the link number
• Enter the Password, if one is required.
You may need to download the zoom application the first time, they walk you through the process.

In Person Zoom Instructions: If you need assistance in setting up Zoom. Ellie Gillespie will be available by appointment to help you set up zoom on your phone, tablet, laptop. You can also check out these instructional videos:
How to sign up and download: https://youtu.be/qsy2Ph6kSf8
How to join a meeting: https://youtu.be/hLkCmbvAHQQ

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How to join a meeting: https://youtu.be/hLkCmbvAHQQ
BASEBALL ON PBS BY KEN BURNS

With events canceled & so much closed, PBS is working with Ken Burns to stream BASEBALL so we can all enjoy the national pastime together. Watch at the link below or on any streaming device. And please look out for those with greater needs. Play ball.

Watch on the free PBS Video app or here: https://to.pbs.org/2w8jTPx

Lunch Doodles with Mo Willems

Beloved children’s author Mo Willems has earned rockstar status with parents. With schools closed around the country because of the coronavirus, Willems has launched a “Lunch Doodles” livestream video series. Each weekday at 1 p.m. EST, he’ll release a new episode on the Kennedy Center’s www.kennedy-center.org/education/mo-willems

Journaling

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

• Journals Help You Have a Better Connection with Your Values, Emotions, and Goals.
• Journals Improve Mental Clarity and Help Improve Your Focus.
• Journals Improve Insight and Understanding
• Journals Track Your Overall Development

STAY CONNECTED with friends and family!

FaceTime, SKYPE or start a Google Hangout or Zoom with your family and grandchildren. It’s a great way to stay connected without exposing each other but still seeing each other’s faces!

Don’t know how, ask the kids, they’ll know.

PENPAL EMAIL Stay connected with your grandchildren emailing each other pen pal style. It’s a great way to stay connected and you can both look forward to receiving your email letter!

STREAMING TV SERVICES

Almost all streaming services offer a free 7-day trial period. Check the details before signing up.

If you have Comcast there are also streaming services you can access.

Hulu (hulu.com) is $5.99 per month (with ads). Sling TV (sling.com) starts at $20 per month.


Disney+(disneyplus.com) is normally $6.99 per month. Apple TV is $4.99 per month.

Netflix (netflix.com) starts at $8.99 per month.

Amazon Prime Video So much to watch here. Many programs and movies come free if you already are an Amazon Prime member, look here for more information www.primevideo.com/splash/getTheApp

Senior Pen Pal Program

Looking for a great activity while social distancing? The Madison Senior Center is connecting local seniors with children to brighten each other’s day, with e-mail letters. You’ll be matched with area school children to learn about each other’s lives, favorite hobbies, and tell stories.

At some point, in the not too distant future, we would love to bring these pen pals together to meet! If you are interested in participating, please email Ellie Gillespie at gillespiee@madisonct.org.

Parents interested in getting your kids involved? For more information please email Erin Corbett at corbette@madison.k12.ct.us.
**YMCA 360**
Check out your virtual YMCA! – Whether you are looking for Yoga, Barra, Boot Camp or Active Older Adult Classes – they have them all – and the best part? It’s all FREE. Check out YMCA360 Channel on YouTube! [https://www.youtube.com/results?search_query=ymca360](https://www.youtube.com/results?search_query=ymca360)

**PRIVÉ SWISS**
Privé-Swiss Fitness is trying to help the community get through this current health crisis by offering FREE content on our YouTube Channel – a combination of full 30 and 60 minute classes, as well as short workouts to build your own workout at home. They are putting more content up daily. Check it out! [priveswissfitness.com/classes](http://priveswissfitness.com/classes)

**50 Online Activities for Older Adults**

**Free Exercise Program for Seniors**
[https://www.healthline.com/health/everyday-fitness/senior-workouts#minute-strength-routine](https://www.healthline.com/health/everyday-fitness/senior-workouts#minute-strength-routine)

**Calm your Mind**
Meditate with Sarah Johnson, the Madison Senior Center’s Meditation Instructor. First go to [https://insighttimer.com](https://insighttimer.com) and you can download their free app there. Then once you’ve got that up and running on your phone or tablet, search for Sarah Johnson and you are set to go. She is also running a new private Facebook Group Peaceful Garden Meditation with Sarah. You can ask to join and that group is totally free for everyone for all of April, then by monthly subscription beginning May 1. Sarah goes live 4 to 5 times a week for about 30 min each time in that group. Recordings are available 24/7. [www.facebook.com/groups/2572556166363084](https://www.facebook.com/groups/2572556166363084)

**EkhartYoga**
EkhartYoga wants to support anyone directly affected - physically or emotionally, by the coronavirus outbreak with free online yoga & meditation classes. Our mission at EkhartYoga is to create positive change in the world through yoga. [www.ekhartyoga.com](http://www.ekhartyoga.com)

**Qi Gong**
For those who have been coming to the Senior Center and participating in the online Qi Gong class in the library, here’s the link for that: [www.youtube.com/watch?v=xBoCrEsWvQ&feature=youtu.be](https://www.youtube.com/watch?v=xBoCrEsWvQ&feature=youtu.be)

**Take Classes Online**
A world leader in open and distance learning, all OPENLEARN courses (nearly 1000!) are free [www.open.edu/openlearn/free-courses](http://www.open.edu/openlearn/free-courses).
Build skills with COURSERA courses, certificates, & degrees online from world-class universities and companies: [www.coursera.org](http://www.coursera.org)

**SCHOLASTIC**
is offering free online courses so kids can keep learning while school is [closed](http://closedclassroommagazines.scholastic.com/support/learnathome.html). Take FREE courses at HARVARD online [www.edx.org/course](http://www.edx.org/course) Listen to a TED Talk or two - [www.ted.com](http://www.ted.com).

**Music Lovers Online Concerts**

Want more? Go to [Youtube.com](http://Youtube.com) and search for what ever musician you like and I can almost guarantee you will find something you will like. How about some Classical Music? [www.radiosymphony.com/live](http://www.radiosymphony.com/live)

**SKILLSHARE Online Art Classes**
Check out SKILLSHARE - an online learning community with thousands of classes for creative and curious people, on topics including illustration, design, photography, video, freelancing, and more. On Skillshare, millions of members come together to find inspiration and take the next step in their creative journey. [www.skillshare.com/browse/art](http://www.skillshare.com/browse/art)
Coronavirus Scams

The Senior Medicare Patrol recommends:

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits. If your personal information is compromised, it may be used in other fraud schemes as well.
- Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, or treatments. Do not allow people in your home and call the police.
- To see what Medicare covers or will cover related to COVID, visit medicare.gov

Contact your local SMP for help regarding concerns related to Medicare fraud or abuse.

COVID-19 government grant and that it’s necessary to first verify your identity and process your request. Variations on the scheme involve contacts through text messages, social media posts, and messages.

Other twists on the scam suggest that you can get more money from the government - or get your stimulus check faster - if you share personal details and pay a small “processing fee.” Don’t take the bait. Stimulus checks are free money from the government. You don’t need to spend money to receive your check. And there are no shortcuts - even for a fee.

The Internal Revenue Service (IRS) will deposit your check into the direct deposit account you previously provided on your tax return (or, in the alternative, send you a paper check). The IRS will not call and ask you to verify your payment details. Do not give out your bank account, debit account, or PayPal account information - even if someone claims it’s necessary to get your stimulus check. It’s a scam.

The Better Business Bureau is already reporting that government imposters are calling about COVID-19 relief. As part of the scam, callers suggest that you might qualify for a special

Stimulus Check Scams

The ink is barely dry on the “Coronavirus Aid, Relief, and Economic Security Act” or the “CARES Act” - and scammers are already coming up with schemes to defraud taxpayers. Specifically, identity thieves are using confusion over the stimulus checks to convince potential victims to turn over personally-identifying information.

The IRS will not call and ask you to verify your payment details. Do not give out your bank account, debit account, or PayPal account information - even if someone claims it’s necessary to get your stimulus check. It’s a scam.

If you receive a call, don’t engage with scammers or thieves, even if you want to tell them that you know it’s a scam, or you think that you can beat them. Just hang up. If you receive texts or emails claiming that you can get your money faster by sending personal information or clicking on links, delete them. Don’t click on any links in those emails.

Reports are also swirling about bogus checks. If you receive a “stimulus check” in the mail now, it’s a fraud - it will take the Treasury a few weeks to mail those out. If you receive a “stimulus check” for an odd amount (especially one with cents), or a check that requires that you verify the check online or by calling a number, it’s a fraud.

If you’ve spotted a scam, you can report it to BBB.org/Scam-Tracker. Your reporting can help others avoid falling victim to scams.

The Federal Communications Commission (FCC) is also receiving reports of potential scams, warning on its website: Many consumers will receive checks as part of the federal government response to the coronavirus. No one will call or text you to verify your personal information or bank account details in order to “release” the funds.

Don’t buy the lies. Be cautious if you’re being pressured to share any information or make a payment. The FCC also advises: If you think you’ve been a victim of a coronavirus scam, contact law enforcement immediately.
April 1, 2020 was Census Day, the reference date for your answers to the decennial U.S. head-count’s questions about where you live, who lives with you and more. In the ensuing weeks and months, you can expect to hear a lot about, and a lot from, the U.S. Census Bureau. But census activity isn’t limited to years ending in 0, and neither is census fraud.

Census scammers contact you by phone, email, regular mail or home visit, or direct you to phony websites, seeking personal and financial information. Like other government impostors, they adopt the mantle of officialdom in hopes of winning your trust — and they have the added advantage of pretending to represent an agency specifically tasked with asking questions. Along with its once-a-decade population count, the Census Bureau conducts more than 130 surveys each year.

The biggest, the American Community Survey (ACS), is sent annually to more than 3.5 million randomly selected homes to gather population, economic, housing and other data that helps determine how hundreds of billions of dollars in state and federal money is distributed. With its detailed questions about things like income, assets, job status, household amenities, even your commute, the ACS does set off scam suspicions — it’s a frequent subject of calls to AARP’s Fraud Watch Network Helpline — but it is legitimate, and relatively easy to verify (see below).

There are some things no genuine census survey or agent will ask — for example, for your Social Security, credit card or bank account number. They won’t ask for money. They won’t threaten jail time if you don’t answer their questions. Any of these is a sure sign that a supposed census taker is phishing for ways to steal your identity, money or possessions.

### WARNING SIGNS
- You get an unsolicited email purporting to be from the Census Bureau. For household surveys and the decennial Census, the agency almost always makes contact by mail.
- A phony census agent asks you for money or financial data, like the number of and amount in your bank account.
- A phony census taker threatens you with arrest. Taking part in the Census is required by law, and you can be fined for not doing so, but you can’t be imprisoned.

### DO’S
- Verify that a census taker who comes to your home is legitimate. They should have a Census Bureau photo ID badge (with a Department of Commerce watermark and an expiration date) and a copy of the letter the bureau sent you. You can also search for an agent’s name in the Census Bureau’s online staff directory.
- Confirm that a questionnaire you’ve received is on the Census Bureau’s official list of surveys.
- Contact the bureau’s National Processing Center or the regional office for your state to verify that an American Community Survey or other census communication is genuine.
- Check that a census mailing has a return address of Jeffersonville, ID, the site of the National Processing Center. If it’s from somewhere else, it’s not from the Census Bureau.
- Check the URL of any supposed Census website. Make sure it has a census.gov domain and is encrypted, look for https:// or a lock symbol in the browser window.

### DON’TS
- Don’t give your Social Security number, mother’s maiden name, bank/credit card numbers to someone claiming to be from the Census Bureau. Genuine Census reps will not ask for this information.
- Don’t reply, click links or open attachments in a suspicious census email. Forward the message to ois.fraud.reporting@census.gov.
- Don’t trust caller ID — scammers can use “spoofing” tools to make it appear they’re calling from a real Census Bureau number. Call the National Processing Center at 800-523-3205, 800-642-0469 or 800-877-8339 (TDD/TTY) to verify that a phone survey is legitimate.
FACE MASKS
How to Wear Them • Solving the Problems

How to Wear Cloth Face Coverings

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.

Need a face mask?
Face masks are available at the Senior Center from 11-12am Monday-Friday. Contact the Senior Center for alternate times.

Don’t Wear Your Face Mask Like Them!

Face Masks and Foggy Glasses

If wearing a face mask causes your eye-wear to fog up, washing your lenses with soapy water may help reduce fogginess and improve clarity.

Another tactic is to consider the fit of your face mask, to prevent your exhaled breath from reaching your glasses. Make sure the top of your mask is tight and the bottom looser, to help direct your exhaled breath away from your eyes. If using a surgical mask with ties, tie the mask crisscross so the top ties come below your ears and the bottom ties go above. It will make for a tighter fit.
Tips for Wearing Your Face Mask with Hearing Aids

For adults suffering from hearing loss, wearing a face mask and a hearing aid is challenging. Here are a few ways to make this work better.

www.aarp.org/health/conditions-treatments/info-2020/hearing-aid-face-mask.html

How not to lose your hearing aids when wearing a mask

STEP 1: Purchase eye glass necklace holder with elastic hoops
STEP 2: Slip loop over ear mold or body of hearing aid
RESULT: Eyeglass necklace with hearing aids attached
If you don’t have or cannot get a eyeglass lanyard, call us and we’ll mail one to you.

OTHER MASK TIPS
Wearing a mask with soft fabric ties to relieve the pressure on the ears, instead of elastic
Using a special mask extender with buttons or other holders to attach the mask loops onto, on the back of the head, instead of the ears (many medical practitioners now use these, since they have to wear tight-fitting masks all day)
Using simple tools like plastic s-hooks to loop the mask onto, instead of your ears

To stay up to date on all the Senior Center news, follow us on Facebook and email Ellie at: gillespiee@madisonct.org if you want to receive information via email.

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.

Additionally, you’ll learn:
• Important facts about the effects of medication on driving.
• How to reduce driver distractions.
• How to maintain the proper following distance behind another car.
• Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
• Techniques for handling left turns, right-of-way, and roundabouts.
• Age-related physical changes and how to adjust your driving to compensate.

In addition, the special 25% off discount for the AARP Smart Driver online course has been extended through August 31, 2020. This would be helpful for participants who may not be able to renew their car insurance discount due to course cancellations.

www.aarpdredditsafer.org
Promo code for 25% discount: DRIVINGSKILLS
Good through: August 31, 2020
Still need help filing taxes?

VITA is going virtual!

Sign up for a free phone appointment here: https://form.jotform.com/200715549679062

Why is this happening?

To reduce the spread of coronavirus, the downtown New Haven VITA site must close. To maintain some level of service, we are offering virtual tax assistance to those who still need to file.

How will this work?

1. Complete the online intake survey at the top of this page. The survey will ask you to:
   - Fill out basic personal information,
   - Upload pictures of your tax forms, and
   - Choose an appointment time.

2. A VITA preparer will call you at your appointment time and complete your return with you over the phone. A second VITA preparer will check their work before filing.

Who is eligible for Virtual VITA?

At this time, VITA can only assist people who are filing their 2019 taxes for the first time this year. Also, we can only help those with either a smartphone or computer and reliable WiFi.

If you need to amend a tax return that has already been filed, or need to file taxes for 2018 or earlier, please try using https://www.myfreetaxes.com/.
Are you looking for a fun and delicious way to spend your summer? Celebrate the season’s bounty with fellow Madison residents through Sow, Grow, Savor. Develop and share recipes with different generations incorporating the ripe produce you’ve grown in your home garden. Attend virtual meetings with local farmers, Master Gardeners, and chefs. Appreciate the wonders of growing and cooking with fresh produce and see your recipes featured in a community cookbook to be sold in downtown Madison this September!

Each virtual session meets on Monday and Wednesday mornings, and Friday afternoons. Call the Senior Center for details.

- Session I: June 8th – 26th
- Session II: July 13th – 31st
- Session III: August 10th – 21st

Sarah has redesigned this program to allow for engagement and documentation through this website, eliminating face-to-face intergenerational contact to protect participants. Sarah intends to organize in-person activities for seniors and youth once it is safe to do so. For registration information please contact the Madison Senior Center.

Program Objectives

- Facilitate kinship and exchanges of knowledge between different generations.
- Provide interpersonal and practical skill development opportunities for youth.
- Increase awareness of the benefits of sustainable living through gardening & cooking.
- Support local businesses.

Participants Will Have the Opportunity To:

- Connect and learn from different generations on our ongoing Facebook blog and Instagram page.
- Learn gardening and cooking techniques from local experts through virtual meetings.
- Lead a virtual gardening or cooking activity for fellow participants.
- Receive vouchers to local farms.
- Contribute to a cookbook publication & fundraiser event helping to sustain this initiative in the future.

How We Got Here

Sow, Grow, Savor was launched by Sarah Platt in February 2020 with the mission to promote the long-term health and well-being of the people in Madison through gardening and cooking exploration. Sarah is a premedical student at the University of Connecticut with a passion for gardening and cooking. She is a graduate of The Country School and Choate Rosemary Hall and is the recipient of a UConn IDEA Grant.

The program will fill the need for intergenerational play and creative learning, bridging different generations through multi-sensory activities. In light of the advised COVID-19 precautions, Sarah Platt

Sow Grow Savor Links
- SGS Facebook page
- SGS YouTube video
Who do I want to be during the COVID-19 pandemic?

**Stage of Fear**
- I think of others and try to help them
- I start to let go of anything that is out of my control
- I over buy food, toilet paper and medicines that I do not need
- I cultivate fear, anxiety, frustration, worry and anger
- I share information immediately
- I watch the news obsessively and without any filter
- I understand that everyone is doing the best they can
- I cultivate modesty and actively listen to others

**Stage of Learning**
- I identify my feelings/emotions and I am able to cope with them
- I am minimizing my exposure to the news and social media
- I process the information I am exposed to and filter it before sharing
- I cultivate awareness to the changing situation and feel better able to manage
- I try to live in the present moment
- I appreciate and cherish my loved ones
- I cultivate support and empathy towards myself and others
- I practice patience, creativity and enterprise in the face of challenges

**Stage of Growth**
- I use my skills and allow other people to benefit from them
- I try to be positive and maintain an optimistic outlook
- I have compassion and empathy towards myself and others
- I think of others and try to help them
- I try to live in the present moment
- I appreciate and cherish my loved ones
- I practice patience, creativity and enterprise in the face of challenges

**EMPOWER**