

WOODBURY SENIOR CENTER REPORTER



A Letter from Loryn,

June 22, 2020

Hi, everyone. First, I hope you are all staying safe and well at home. This virus has really changed life as we know it for the time being. Once again, we want you to know that while our building is closed, our community is STRONG! Here are a few important updates for you:

- Many people are asking when the Senior Center building will reopen. The State is issuing guidance for Senior Centers; it's likely that we won't be able to open our doors until fall. I realize that is hard to hear, but we are committed to continuing to provide services and programs to you at home until then. Stay up to date with our newsletters, follow us on Facebook, and sign up for phone calls if you want the latest information as we have it. We can arrange to have programs delivered to you as well. STAY IN TOUCH! A great way to do that is with our Coffee Talk on Thursday mornings; join us by computer OR by telephone to "see" us and other Senior Center members.
- I know we are all tired of hearing about the coronavirus, but as a public health professional myself, I really need to stress the fact that the virus is still among us. I see people getting very relaxed about distancing, wearing masks, etc. We are social creatures, and it is hard to take an invisible virus seriously when the summer sun calls and friends are making cocktails...but please, be careful. In fact, Seniors over 65 and those with co-morbidities are still under Stay Safe Stay Home orders! It's hard to wear a mask and to stay at home, but for the sake of your health and others, please do follow the guidelines. I was talking with a CT State Epidemiologist yesterday, and he reiterated the three basics: Stay HOME as much as possible, WASH your hands, and wear a MASK when you cannot safely distance yourself from others.
- I am really concerned about mental health and social isolation these days. It's normal in a pandemic to have "up" days and "down" days; our routines are thrown off, and so much more is disrupted. There is NO shame in seeking support, Call 211 for connection to area mental health resources, or call me at the Center for ideas and help.
- Please know that Jen Moshier, our Social Services Director and Municipal Agent, is on medical leave. Do not leave messages for her at her office phone or email! If you have a need, call 211 for a referral; in an emergency, call the Senior Center office at (203) 263-2828. WE ARE GOING TO SHOWER HER WITH GET WELL WISHES. Please send your card or note to Jennifer to the Senior Center, and we will make sure she gets them! If you want to MAKE a homemade card, we have cardstock available in our Senior Center at Home bag. Call to get yours today!