

BERLIN SENIOR CENTER

Stay Home. Stay Safe. Stay Connected.



An Important Update

In lieu of our usual program-filled newsletter, we are putting out this Special Edition newsletter this month, which is filled with helpful resources that will be useful at home, during this time when our building is closed to the public. It will include some activities to keep you busy at home, some important information on how to **Stay Home. Stay Safe.**, and best practices to stay healthy and guard yourselves against COVID-19. We look forward to the day that we can safely reopen, but until that time, we remain committed as ever to be a support and resource to our community. Together, we will get through this!

Highlights in this Issue

- Important Information on COVID-19
- Tips on Staying Busy
- Community Resources
- Senior Center Updates

IMPORTANT INFORMATION ABOUT COVID-19

Individuals at Increased Risk of Severe Illness from COVID-19 Include

- People with serious chronic medical conditions like: heart disease, diabetes, lung disease, kidney disease or those who are immunocompromised.
- Adults over the age of 60.

Take Everyday Preventative Actions

1. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing or having been in a public place.
2. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
3. To the extent possible, avoid touching high-touch surfaces in public places-elevator buttons, door handles, handrails, handshaking with people, etc.
4. Avoid touching your face, nose, eyes, etc.
5. Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).
6. Avoid crowds, and practice social distancing of a minimum of 6 feet between people when out in public.
7. Avoid all non-essential travel.
8. Consider ways of getting food brought to your home through family, social or commercial networks.
9. Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community healthy workers, etc. if you become sick.

Staying Calm & Reducing Fear During COVID-19

With coronavirus (COVID-19) now a global pandemic, anxiety and stress levels may be higher than normal for many people. If you already struggle with mental health problems, you may worry about the impact of COVID-19 on your condition. Here's what you need to know about COVID-19 and mental health, and how to keep yourself calm during the outbreak.

Why COVID-19 is Tough on Your Mental Health

There is so much uncertainty around what's going to happen with COVID-19 that people are understandably feeling anxious. Jobs may be at risk, elderly family members are vulnerable, and many of us are now forced to change our daily routines. What's more, we're constantly flooded with news, statistics, and fresh emergency guidelines, and it's mentally draining for everyone. So, how do we combat all this stress and stay calm?

1. **Practice Self Care:** With so much beyond our control right now, focus on what you can control. Get more sleep, read a new book, have a warm bath, or take a walk somewhere quiet-whatever you do, now is the time to prioritize your well-being.

2. **Limit social media use:** Set limits on how often you use social media, especially if you're home where it is tempting to check in more often. Don't let a constant stream of tweets, status updates and conflicting opinions overwhelm you.

3. **Read only reliable news sources:** Stay informed by reading only reliable sources, such as government websites, the WHO, and the CDC. Other news sources may be less accurate, and they may cause feelings of panic and concern.

4. **Talk it out:** Acknowledge any stress or anxiety you're feeling right now, and ask others how they're coping. Talk to family and friends, and make sure to check in with each other regularly

Handling Self-isolation and Quarantine

If you're showing flu-like symptoms or simply self-isolating, here are some specific tips to get through the next few weeks and months.

- 1. Maintain your routine:** It's important to maintain a sense of normalcy, where possible. Wake up on time, shower, go for a walk, do things that you would ordinarily enjoy doing.
- 2. Stay in touch where possible:** Whether you use video chats, emails or voice calls, check in with family and friends regularly. Send each other gifs, have virtual movie nights and keep your spirits up.
- 3. Ask for help:** If you're feeling lonely, or need help getting supplies during the isolation period, reach out to family, friends or your local community. You'd be surprised how many people are willing to help at a challenging time like this.
- 4. Look after your body:** Don't neglect taking care of yourself just because you're stuck at home. Try out meditation, yoga or other at-home workouts, and eat nutritious meals -your body needs all of the support it can get right now.

Reminder

Everyone reacts to stressful situations and changing circumstances differently, and it is natural to feel overwhelmed at times. Take care of yourself, your family and your friends and don't be afraid to ask for help if you need it. Remember, we're all in this together -stay connected to those around you, focus on what you can control and don't allow yourself to burn out.

Key Resource: [Coronavirus.gov](https://www.coronavirus.gov)

Watch for Symptoms and Emergency Warning Signs

1. Pay attention for potential COVID-19 symptoms including fever, cough and shortness of breath. If you feels like you are developing symptoms, call your doctor.
2. If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs: difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to wake up, bluish lips or face.

Beware of COVID-19 Scams

A new scam has arisen in 2020 where calls are being made to seniors about a new Medicare card. The callers ask you to provide them with the number on your current Medicare and may ask for additional personal info (social security number, address, etc.). There is no new Medicare card and Medicare will never call to ask for your info. **DO NOT PROVIDE ANY INFORMATION.**

Criminals looking to make a buck are calling, emailing and advertising cures to prevent and /or stop COVID-19. ***These are fake. There is currently no cure for COVID-19.***

The Department of Health and Human Services (HHS) issues information on a fake online Coronavirus map that delivers a well known malware. A malicious website pretending to be the live map for COVID-19 Global Cases by Johns Hopkins University is circulating on the internet waiting for unwitting internet users to visit the website. Visiting the website infects the user with the AZORult trojan, an information stealing program which can exfiltrate a variety of sensitive data. It is likely being spread via infected email attachments, malicious online advertisements, and social engineering. Furthermore, anyone searching the internet for a Coronavirus map could unwittingly navigate to this malicious website.

Infoline 2-1-1

2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you in finding the help you need. Dial 2-1-1 or search online. If you are outside Connecticut or have a problem using the 2-1-1 number, dial 1-800-203-1234. Text CTCOVID to 898211 for updates

2020 Census: Your Response Matters

Census results help determine how billions of dollars in federal funding flow into states and communities, they determine how many seats in Congress each state gets, and it's mandated by the US Constitution. There are three ways to complete your census: online, by phone or by mail. www.2020census.gov

Senior Center and Staff Updates

The Senior Center is still closed to the public until further notice. Staff is continuing to work from their home. The current phone number to use to reach someone is 860-828-7050. That phone number is being rolled over to the home of the Director, Tina Doyle. Please call during regular business hours 8:30-4pm Monday - Friday. If there is a critical need outside those hours please call the Berlin Police Dispatch at 860-828-7080. They will get in touch with Tina if there is a need to.

Trips Update:

April 8th - MGM Springfield trip has been moved to September 10th.

April 18th - Trip to South Carolina and Georgia has been canceled.

April 23rd - Trip to Westchester Broadway Theatre has been canceled.

Transportation Updates:

In an effort to keep our passengers and drivers safe transportation services have been suspended until further notice. We will be evaluating this decision on a weekly basis.

THINGS YOU CAN DO WHILE AT HOME

These are some ideas, links, resources, lists, printable puzzles and adult coloring sheets to help keep you entertained while you're at home.

- Watch a Movie
- Do something creative - knit, crochet, scrapbook, paint
- Write a memoir
- Write a poem or a short story
- Write a letter or card to a friend or family member
- Write a song
- Give your brain a workout with a Crossword Puzzle, Sudoku, or Word Search
- Adult Coloring - this fun and relaxing pastime is now embraced by people of all ages - and there are many free printable designs available online
- Jigsaw puzzles
- Meditate - lie down with your eyes closed, palms up and focus on your breathing. Spend 10-20 minutes in this relaxing state
- Call a friend or Skype/Facetime to see their face
- Pamper yourself - brew a cup of tea, listen to your favorite music
- Finish projects at home - whether cleaning, building, fixing, or puttering around the yard, this is a great time to do it!
- Organize your photos, labeling them with names and dates
- Clean out a closet
- Stretch - just because you're home doesn't mean you need to stop moving
- Go outside - if the weather is nice go for a walk or garden
- Gaze at the stars
- Read a good book
- Redecorate your space

HEALTH AND WELLNESS

YouTube Exercise Videos:

Did you know that you can access tons of videos online FOR FREE that you can follow along to workout? We encourage you to browse YouTube using keywords like “exercise” “yoga” “aerobics”. Here are some that we found! Exercise at your own pace.

Seated Chair Exercise: Video by HASFit. Go to YouTube.com and search “HASFIT 20 Min Exercise for Seniors, Elderly, & Older People - Seated Chair Exercise Senior Workout Routines”.

Light Aerobics: Video by Jenny McClendon. Go to Youtube.com and search “Jenny McClendon Quarantined Home?? 20 minute exercise routine for seniors and beginners”.

Fit Over Fifty: Video by Jenny McClendon. Go to Youtube.com and search “Jenny McClendon GREAT 20 minute exercise workout for Beginners and Seniors!!”

Headspace

Headspace, a guided meditation service, is offering free meditations through its app (downloaded onto your smartphone—search “Headspace”). The free programs include meditations, sleep and movement exercises and can be found in the “Weathering the storm” collection on the app. Creating a Headspace account is also free. (via Forbes.com)

Yoga Class Update

We are offering Senior Center’s Yoga class on a virtual platform. If you are interested in taking the class please email Liz Hall, Instructor to get the link to class. The class is offered at its usual time. Her email is lizhallyoga@gmail.com.

HEALTH AND WELLNESS

Core Power Yoga

Core Power Yoga, a popular yoga studio chain, is currently offering free online classes through its Core Power Yoga On Demand platform. The classes are pre-recorded and range from 30 minutes to up to an hour long. The studio is also offering online guided breathing practices and meditations. Access it by typing this URL into your web browser:

<https://www.corepoweryogaondemand.com/keep-up-your-practice>.

Golds Gym

Golds Gym is offering free access to its app GOLD'S AMP until the end of May. The app comes with more than 600 audio and video workouts. To enroll, individuals should head to goldsamp.com/promo and redeem the code FIT60 at check out. The promo code must be activated by April 30 and users will have free GOLD'S AMP access until May 31.

Planet Fitness

National gym-chain Planet Fitness is offering free workouts on Facebook Live daily at 7 p.m. ET (Facebook.com/planetfitness). For individuals who can't make it to the live workout, they will be able to view the workout afterwards on the Planet Fitness Facebook page and YouTube channel (youtube.com/planetfitness).

Food & Nutrition

Meals on Wheels deliveries will continue to go out to homebound clients, 60 years and older. To register for Meals on Wheels contact Sally Houser, at CW Resources 860-229-7700. Safeguards have been put in place to avoid contact with meal recipients during this time. For Berlin Food Bank and those with nutritional needs during this time, please call Jaymee Miller in Social Services at 860-828-7007.

Take These Virtual Tours!

Simply just type the URL's into your web browser as they are shown.

Tennessee Aquarium: <https://www.tnaqua.org/live-cams>

NASA: <https://oh.larc.nasa.gov/oh/>

National Museum of Natural History:

<https://naturalhistory.si.edu/visit/virtual-tour>

The Metropolitan Museum of Art:

<https://artandsculture.google.com/partner/themetropolitan-museum-of-art>

Explore various parts of the world (i.e. Taj Majal!):

<https://artsandculture.google.com/>

Vatican Museums:

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

Holocaust Memorial Museum:

<https://www.ushmm.org/information/exhibitions/online-exhibitions>

National Women's History Museum:

<https://www.womenshistory.org/womens-history/online-exhibits>

The Great Wall of China:

<https://www.thechinaguide.com/destination/great-wall-of-china>

Philadelphia Museum of Art

<https://artsandculture.google.com/partner/philadelphia-museum-of-art?hl=en>

The British Museum:

<https://britishmuseum.withgoogle.com/>

Science Museum:

<https://artsandculture.google.com/partner/sciencemuseum?hl=en>

Georgia Aquarium:

<https://www.georgiaaquarium.org/webcam/belugawhale-webcam/>

Grocery Options

Stop and Shop -

Peapod (Fees Vary)

Online Order Only - <https://peapod.com>

No Pick Up Available (Temporary Paused)

In Store open ONLY to age 60 and over as well as customers who may have weakened immune systems - 6:00am -7:30am Daily.

Open to Public for remaining hours.

Walmart

Fees vary

Online Order Only - <https://grocery.walmart.com/>

Offers Pick up Deliveries extremely limited currently

Shoprite

Fees vary

Online Order - <https://shop.shoprite.com>

Phone Service Order - 1-800-ShopRite - 1-800-746-7748

Telephone hold times are longer than usual

Offers Delivery - time slots for both pick up and delivery are limited at this time

Target

(Membership to Pay Annually/Monthly)

Online Order Only - shipt.com

Offers Delivery

Aldi's

Fees vary

Online Order Only <https://shop.aldi.us/>

Delivery and In-Store only

Stew Leonard's

Online Order Only for <https://shop.stewleonards.com>

Goes through Instacart

Offers Delivery

Amazon Prime

Online Only

<https://primenow.amazon.com>

Berlin Take Out and Curbside Options

Portofino's Restaurant

860-826-6374

Online over the phone

Delivery - No fee, no minimum order

Curbside Available

Bella's Pizzeria

860-829-0002

Order over the phone

Delivery - \$2 Fee, no minimum order

Curbside Available

Kensington Pizza

860-828-0949

Order over the phone

Delivery - \$3 fee, no minimum order

Curbside Available

Joey B's

860-828-3922

Order over the phone

Delivery - No fee, no minimum order

1.5 hour notice needed

The Avenue Restaurant

860-259-5755

Order over the phone

Delivery - no fee, \$15 minimum order

Curbside Available

Central Pizza

860-828-0133

Order over the phone

No Delivery

Curbside Available

Box Bistro

860-505-0074

Online online www.box.bistro.net

Delivery - No fee, \$25 minimum order,

Thursday Only

Curbside Available

Zack's Burger & Shakes

860-357-2089

Order over the phone

Take Out Available

Curbside Available

Heroes (Traditional American)

860-828-9920

Order over the phone

Take Out Available

Curbside Available

Uncle D's Diner

860-828-8981

Order over the phone

Curbside Available

The Avenue Restaurant

860-828-3581

Order over the phone

Take Out Available

Curbside Available

Himalaya Indian & Nepalese

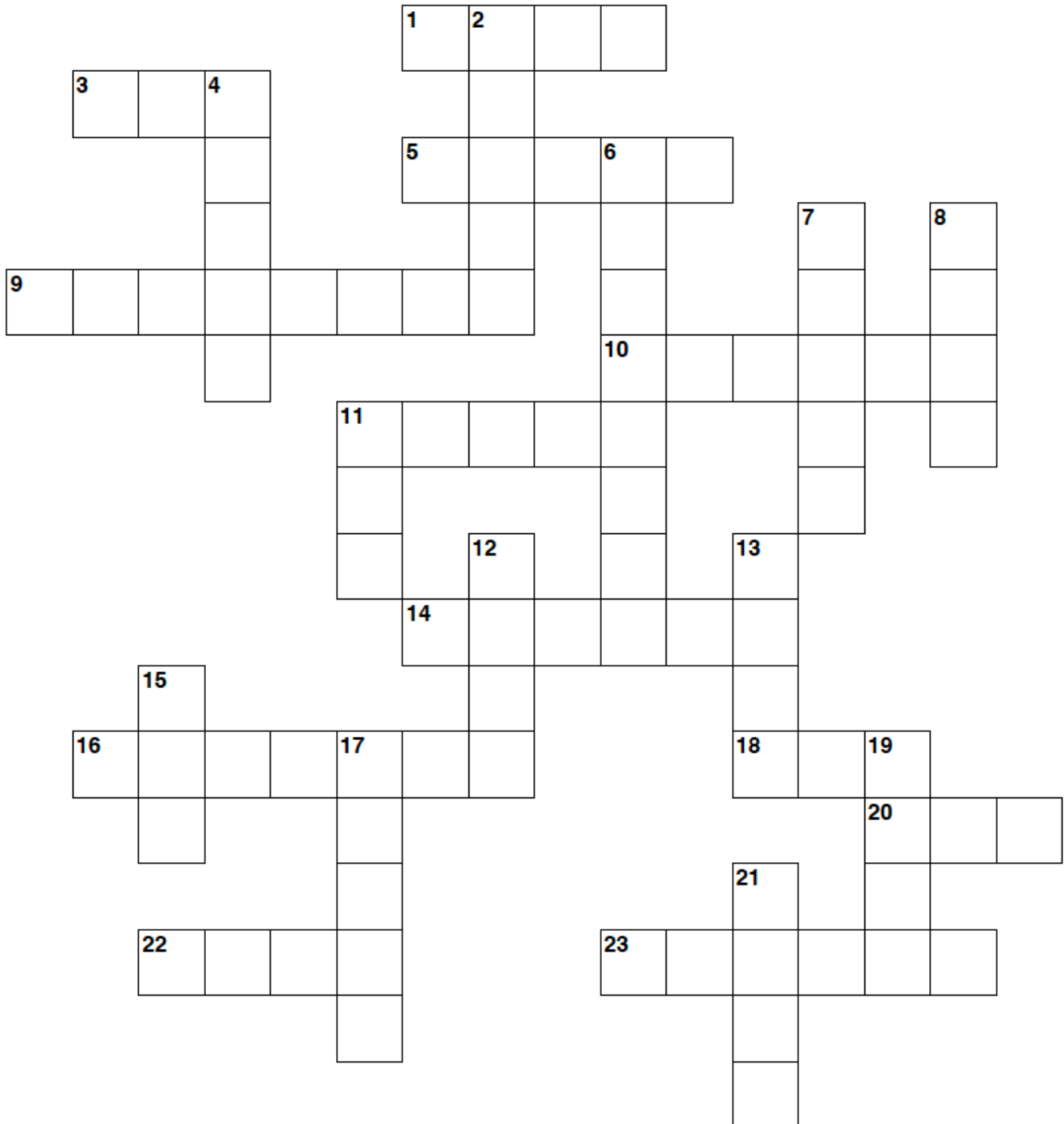
860-505-0812

Evening Hours Only

Order over the phone

Takeout Available

SPRING



SPRING

ACROSS

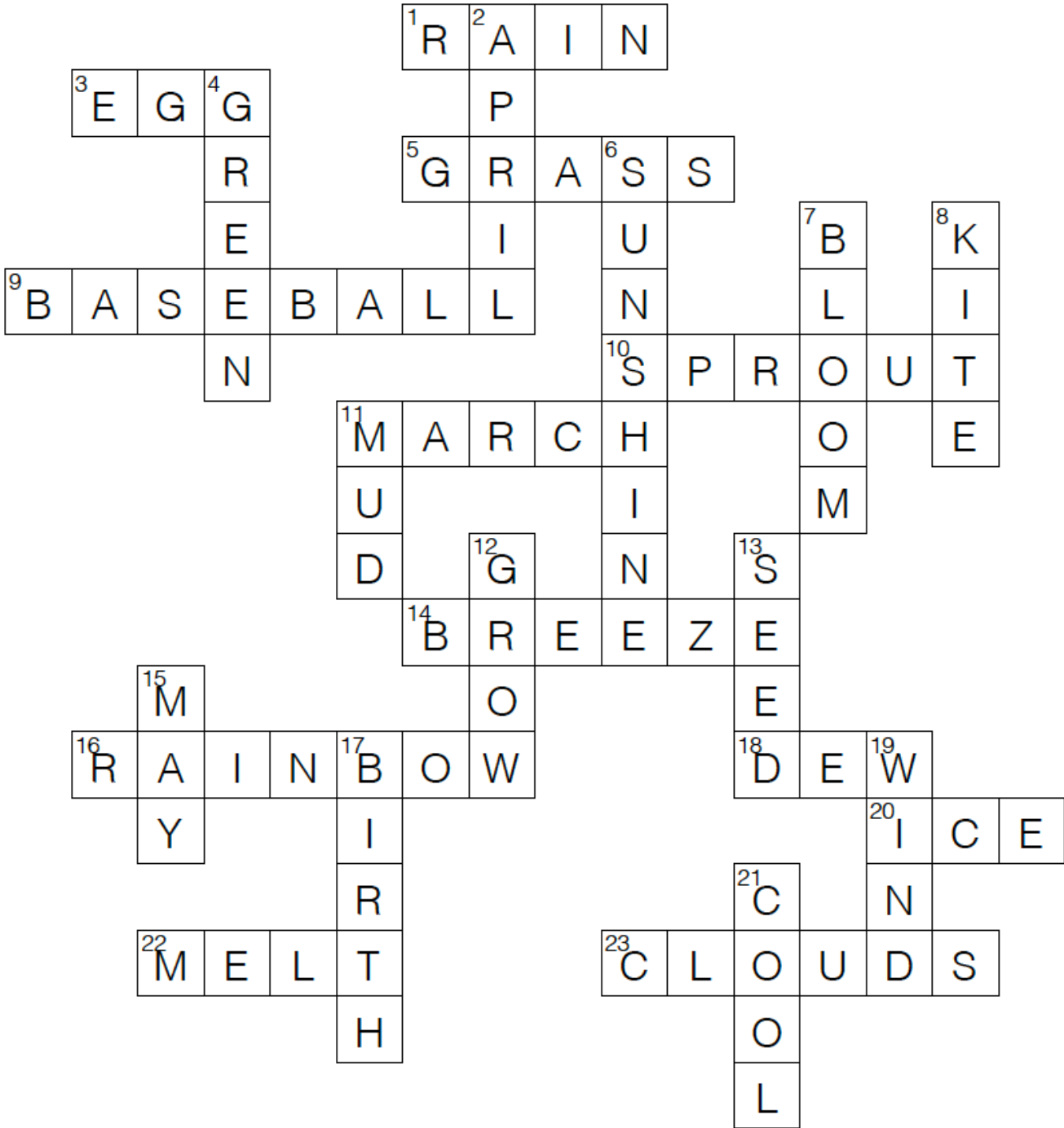
- 1** Water vapor that condenses and falls from the sky
- 3** Thin-shelled ovum of a bird or reptile
- 5** Green plant with narrow flat leaves
- 9** Game played with a bat and ball
- 10** Start to grow as a shoot or bud
- 11** Month spring begins this year
- 14** Light or gentle wind
- 16** Arc in the sky containing the colors of the visible spectrum
- 18** Water droplets that collect at night on cool surfaces
- 20** Water in a frozen state
- 22** Change from a solid to liquid state
- 23** Visible body of water droplets high in the earth's atmosphere

DOWN

- 2** Fourth month of the Gregorian calendar year
- 4** Color lying between yellow and blue on the spectrum
- 6** Bright light of the sun
- 7** Produce flowers
- 8** Toy consisting of light frame covered in paper
- 11** Earth that has turned soft by wetting
- 12** Become larger by the process of natural development to be flown in the air
- 13** Part of plant capable of growing into a new plant
- 15** Fifth month of the year
- 17** Process or fact of being born
- 19** Movement of air over the surface of the earth
- 21** Neither warm nor very cold

SPRING

Solution:



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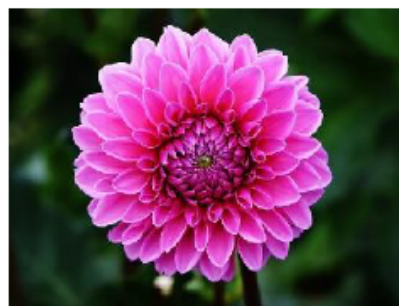
You may make unlimited copies of this original large print crossword puzzle for personal, senior center, medical facility, or classroom use. Visit www.qets.com for more large print puzzles.

Evelyn Johnson

Flower Power!

Here's a word search printable and ready for you to solve. How quickly can you find the names of 30 flowers? Answers may appear in any direction.

Here's the twist: The word list contains just 29 flowers. You need to find the 30th one on your own. **Hint:** It's a very popular flower, spelled with just four letters.



u	l	i	s	l	h	c	p	x	t	f	o	x	g	l	o	v	e
m	a	v	u	i	s	t	y	n	o	e	p	j	k	f	w	h	c
a	r	x	l	d	c	z	n	w	x	c	g	b	y	q	a	c	a
r	k	s	o	o	k	s	j	i	o	w	m	j	c	l	a	j	l
i	s	u	i	f	z	h	n	l	c	u	t	o	v	r	i	m	i
g	p	n	d	f	u	z	u	a	i	a	r	u	n	c	m	l	l
o	u	f	a	a	u	m	c	n	p	n	y	a	l	u	v	y	t
l	r	l	l	d	b	d	a	v	f	d	t	h	m	i	y	i	a
d	e	o	g	i	s	r	l	l	i	i	r	e	s	b	p	k	m
c	n	w	n	p	e	i	o	i	o	o	h	a	u	h	i	q	a
y	o	e	z	g	t	w	r	n	u	t	l	t	g	d	y	z	r
e	m	r	m	o	e	i	y	i	n	q	t	e	a	o	t	h	y
v	e	k	a	r	r	s	c	a	s	e	n	i	t	g	n	r	l
z	n	m	e	s	n	c	s	s	r	r	s	o	d	w	o	e	l
x	a	j	j	a	t	y	h	c	g	y	r	w	j	s	x	i	i
b	g	a	p	u	r	e	u	i	r	e	d	n	e	v	a	l	s
d	g	a	v	h	a	p	r	t	d	m	v	j	v	e	x	s	d
o	u	u	c	v	a	o	m	a	q	s	w	e	e	t	p	e	a

Flower Power Word List



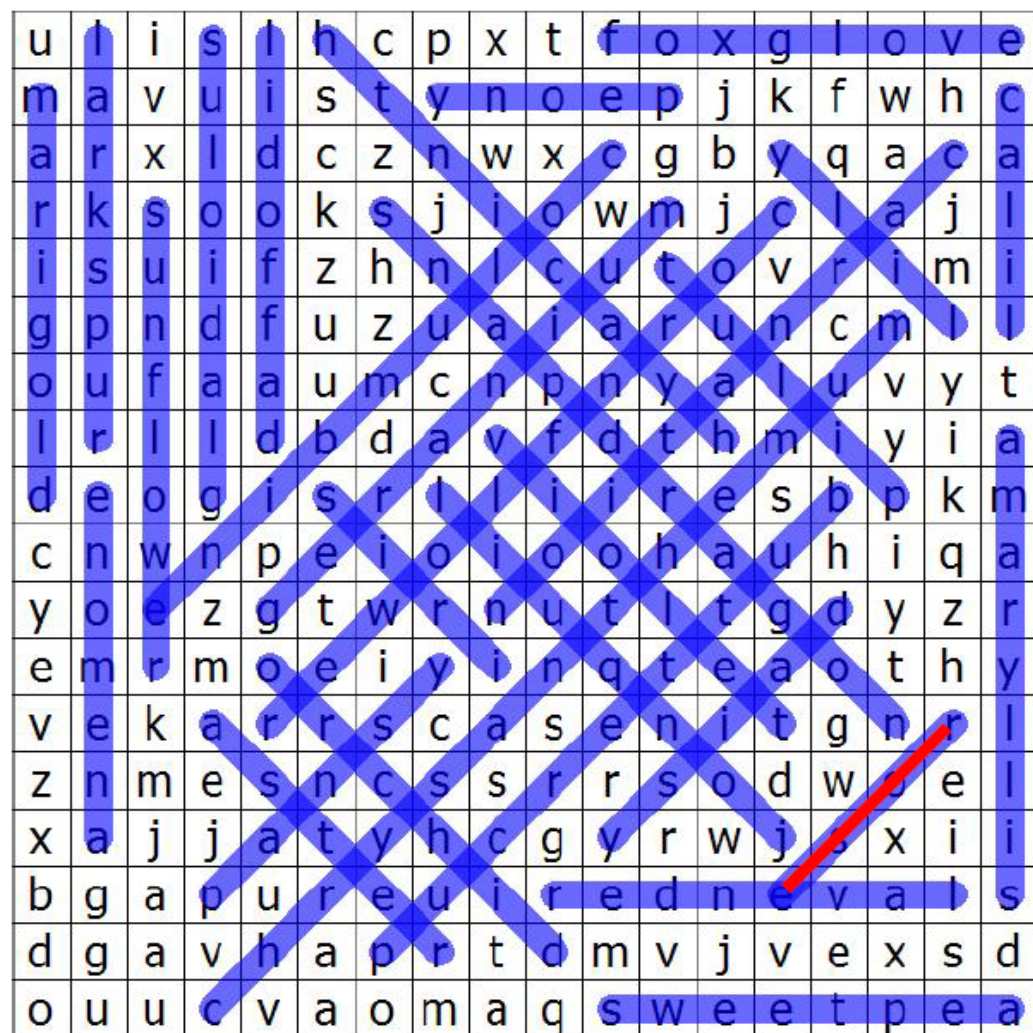
amaryllis
anemone
aster
buttercup
carnation
chrysanthemum
columbine
cornflower
daffodil
daisy
foxglove
geranium
gladiolus
hyacinth
iris

jonquil
larkspur
lavender
lilac
lily
marigold
orchid
pansy
peony
snapdragon
sunflower
sweet pea
tulip
violet

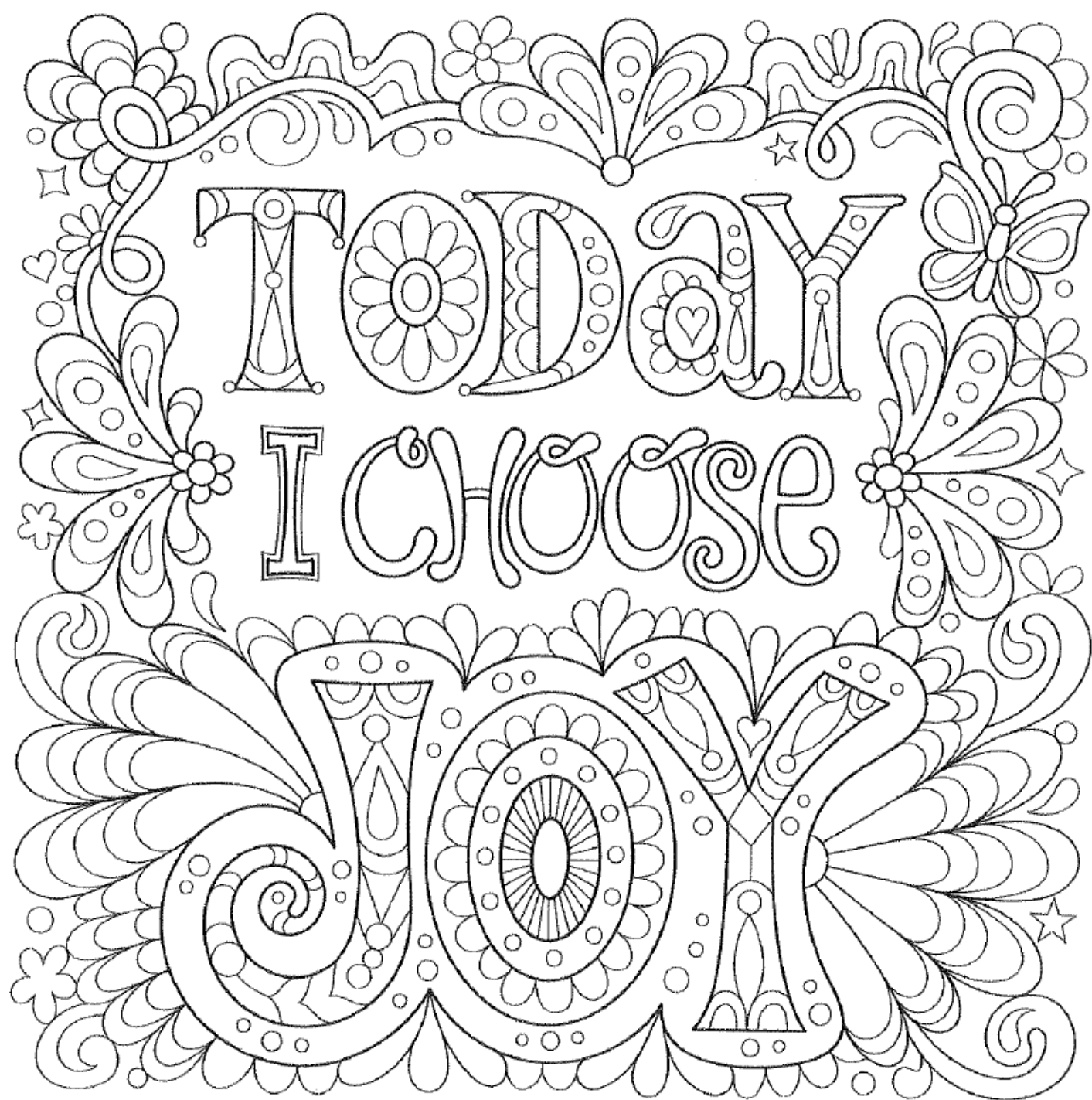
Remember, there's one more flower hidden in the puzzle that is not in the list above. What is it? Where is it?

For another fun activity, try to add to this list of flowers. Can you think of 5 more? 10? 20? Even more than that?

Flower Power Answers



The extra flower is ROSE.





Solve each Sudoku puzzle!

3			1			2	6	
1	9				8			3
		5	6		3	1		
	3			9			2	5
5	1		2				3	
9	6	2						1
		1	9	6		3		
8		3		1				6
	2				5			4

		4	6	2				1
	1			4		3		6
3	6		1				4	
		1		6		2		4
	3	5			4		1	
2					8	6		
7	2							3
		6	5	3		4		
4					1		6	

3		8			1		6	
	6		8	9				2
		1			3	9		8
6		4	2	3				
	8		1		6	4		
	1	2		4			3	
	3		6		2		8	
2				8	4			6
8						2	7	

8	5				1			6
		7		6	4	1		
		4		7		5	9	
2				5	6			4
6			1		9		7	
7		1		4				9
	1		9			4	6	
	9	6			8			7
	7		6					1



APRIL

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

E	B	F	S	E	H	S	O	L	A	G	A	P
N	U	R	O	I	L	H	Y	A	T	D	H	P
I	L	Y	U	O	T	A	S	N	N	P	I	T
H	B	L	R	I	L	T	O	O	N	E	F	A
S	S	F	S	G	G	E	M	I	A	U	Y	U
N	O	R	S	U	T	A	A	S	H	I	B	R
U	N	E	L	S	I	R	T	A	E	V	G	U
S	E	T	I	D	A	E	R	Y	R	R	T	S
S	H	T	R	I	R	R	N	G	O	I	H	Q
E	B	U	P	M	Q	F	G	W	K	T	E	K
X	M	B	A	D	A	I	S	Y	R	Q	K	S
A	A	R	B	O	R	W	E	A	T	H	E	R
T	M	B	W	A	L	L	E	R	B	M	U	P

By Evelyn Johnson - www.qets.com

April	Diamond	Grow
Arbor	Earth	Rain
Aries	Easter	Sunshine
Bulbs	Eggs	Taurus
Bunny	Fool	Taxes
Butterfly	Galoshes	Umbrella
Daisy	Grass	Weather