

WINDSOR COA NEWS

April/May 2020

Our mission is to serve older Windsor adults by providing opportunities and resources that advance the quality of life in a rural community.

The Executive Office of Elder Affairs provides financial support for this COA publication.

HELLO FROM YOUR WINDSOR COA

We are certainly living in challenging times, and we want you to know that we are here to help. Our Outreach Worker, Jessica Buoymaster has been busy contacting many of you by phone to check in. Chief Tom Barnaby has been checking on people, and Dave Melle has been focusing on cleaning and sanitizing every square inch of the Town Hall and Town Offices.

We've included some safety tips (which you all have heard before, but they bear repeating), as well as ideas for beating the boredom. If you have other suggestions, please share them.

Everyone has had to cancel plans, and make alternate arrangements for many of the daily activities we all take for granted. We have seen offers on our Windsor Face Book page from our friends and neighbors who are willing to make grocery and pharmacy runs, as well as offers of help in other areas.

Please, if you find yourself in a pinch and need something or have questions, call Jessica at 413-329-4364, or one of these folks on the COA: Sue Jacobs: 684-3191; Diane Pennetti: 684-1464.

We're so glad we live here in Windsor where folks are actively reaching out and looking out for each other. Please take care of yourselves.

WINDSOR EXPO UPDATE

Speaking of cancelling plans, our Windsor Senior Expo has been postponed until the fall. We'll let you know the plans as we go forward.

Smiles from Betty White...

"It's your outlook on life that counts. If you take yourself lightly and don't take yourself too seriously, pretty soon you find the humor in every day lives. And sometimes it can be a lifesaver."

"My mother used to say the older you get, the better you get.....unless you're a banana."

Windsor Library News

As you may already know, our Library is closed until further notice. Updates will be posted to the Town of Windsor web site or face book page. We look forward to re-opening and serving you soon.

Ideas to Beat the Boredom

Here are some fun things for kids and grown-ups to make home time a little more fun and educational. (With thanks to my daughter, Pamela Knight for sharing these gems! Sue)

Cincinnati Zoo Home Safaris (requires a face book sign-in)

<https://www.facebook.com/watch/61800120478/>

Yoga for Kids (& parents/grandparents)

<https://www.youtube.com/watch?v=X655B4ISakg>

Metropolitan Opera Streaming Shows

<https://www.metopera.org/>

Lunch Doodles with Mo Willems

<https://www.kennedy-center.org/education/mo-willems/>

Famous People Reading Children's Stories

<https://www.romper.com/p/famous-people-reading-childrens-books-is-one-good-thing-during-the-coronavirus-shut-in-22621288>

RECOMMENDATIONS TO AVOID THE CORONAVIRUS

(Yes, we know you've heard these before, but please read them and take them to heart).

-- Wash your hands with soap and water! A lot! Sing Happy Birthday twice while washing to be sure you are doing it long enough.

-- When you cough or sneeze, use a tissue, throw it away and then wash and/or sanitize your hands.

-- Avoid touching your eyes, nose or mouth.

-- Sanitize frequently touched areas in your home often such as door knobs, light switches, hand rails, refrigerator handles, stove knobs, sink handles, counter tops, touch screens on your microwave, coffeemaker, phone, etc. using sanitizer wipes (like Clorox), or a sanitizing spray (1 tsp. bleach to 1 cup water in a spray bottle), and let air dry.

-- Practice social distancing. Stay at least 6' away from people you see outside of your home.

-- Stay away from anyone who is sick, or anyone you know who has been exposed to someone with the virus.

-- If you have to go to a store, bring your sanitizing wipes to clean the cart before using it. Avoid using cash (the virus lives for some time on the paper and coins you may get in change), and use that sanitizing wipe on the card reader before touching the screen.

-- If you think you are experiencing symptoms of Corona Virus (sore throat, dry cough, fever, shortness of breath), your first step is to call 855-BMC-LINK (855-262-5465). You are advised to call this number BEFORE going to the hospital or your doctor's office.

-- Wearing a mask may reduce the spread of infection if you're sick, but is not recommended for prevention if you're well.