

# Estuary Gazette



**HOLIDAY CLOSINGS**  
**Friday, January 01**  
**Monday, January 18**

We promote independent healthy aging through supportive programs, services, and advocacy for older adults.

**Servicing:**

- Chester
- Clinton
- Deep River
- Essex
- Killingworth
- Lyme
- Old Lyme
- Old Saybrook
- Westbrook

**AARP TAX PREPARATION Status - Unknown**

At the time of this printing, no decisions have been made regarding if or how AARP Tax Service will be conducted in 2021.

The only certainty at this time is that it will be DIFFERENT this year.

We will update our phone message and website as soon as we hear from AARP Tax Service.

Their direct number is 1-888-227-7669. Press option 1.

Hello All,

Happy New year!! I hope you all had a great start to 2021. 2020 sure was such a crazy year! We could sure use some positivity in the coming months. So, I hope you all will have a positive outlook and look forward to what 2021 holds.

What are some of your goals and hopes for the coming year? Mine is to be able to welcome you all back to the center where we can see each other's smiling faces and once again hear the laughter and joy that comes with a packed dining room, a bustling gym, Thrift shoppers hunting for bargains, and all the other programs and services once again being utilized to the fullest.

My friends, I know we are not far off from that goal. You have all been so patient and we do appreciate all the well wishes you send to me and the staff. It lifts us up and keeps us going! We are fighting hard so that you have a better than ever center to return to. Currently your health and safety and that of the staff continues to be our main priority.

For now, let's all look forward to Super bowl Sunday in February and the longer days and warmer nights ahead. Please continue to let us know how you are doing and that you haven't forgotten us, we sure have not forgotten you!

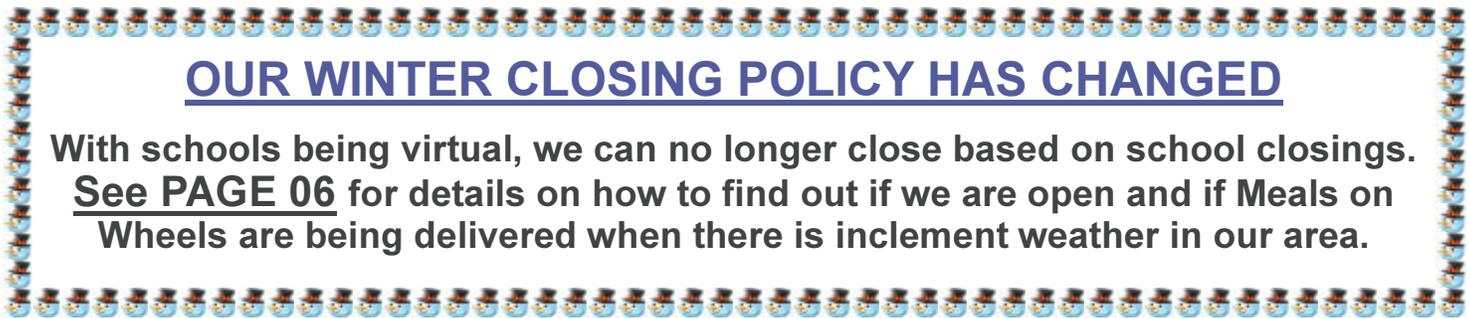
Miss you all, see you soon!



Stan, Executive Director

**OUR WINTER CLOSING POLICY HAS CHANGED**

With schools being virtual, we can no longer close based on school closings. See **PAGE 06** for details on how to find out if we are open and if Meals on Wheels are being delivered when there is inclement weather in our area.



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# thank you

We'd like to say a HUGE **THANK YOU** to everyone who supported us throughout last year. To say it was a challenging year for everyone would be an understatement. The silver lining was that there was so much support from our entire community and we are grateful to have been able to connect with so many of you who came through for us with contributions that kept the nutrition program running.

As you know, we never shut down Meals on Wheels and were able to quickly transition congregate meals to "Grab & Go" meals so that every older adult living in our nine towns who needed a meal from us, received it. This was possible because YOU were there for your friends, family, and neighbors and financially supported the program when we had no other internal revenue sources to draw from.

Our last appeal of the year surpassed our expectations and we are grateful that, despite likely facing your own hardships, you embraced a giving spirit and made sure that there was support to keep our essential nutrition program going.

So thank you again to everyone who made last year possible. We wouldn't be here without you; our folks received safe and reliable meal service because of you and your generosity.



## ESTUARY COOKING DEMONSTRATIONS

A New FREE Virtual Series

Last month we started a new series that we will be continuing throughout the year. The virtual cooking demonstrations will take place every other month and feature a complete walk through on how to make a different dish. The demonstrations are lead by Aaron Pratt, ECSI's Food Service Manager, and are designed to be interactive so that you can cook along at home, if you wish, and ask questions.

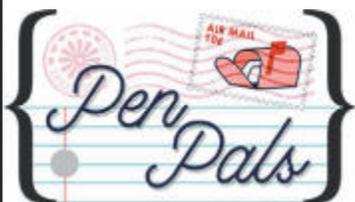
NEXT UP:

**Chocolate Mousse and Tempered Chocolate with Dipped Fruits**  
Friday, February 12 at 6:30 pm

If you are looking for a special Valentine's program and or just want to learn how to make desserts like a professional, you'll want to tune in for this one.



This series is free and open to the public. Donations to support our Meals on Wheels program are appreciated. Registration is required so that we can send you the Zoom link and recipe ahead of time. To sign up, please email [events@ecsenior.org](mailto:events@ecsenior.org) and include "Feb Cooking Demo" in the subject line.



## BE A PEN PAL - NO TECHNOLOGY NEEDED!

Dust off those notecard and stamps! There's still time to sign up for our shoreline Pen Pal Program. A wonderful way to connect with a local teenager and share ideas and experiences together. Help get through the quiet winter months by meeting a new friend!

If you are interested in corresponding with a local Old Saybrook high school student, please call Heather at 860-388-1611 ext. 210 or email [development@ecsenior.org](mailto:development@ecsenior.org).



### IMPORTANT MESSAGE PLEASE READ

*Your safety as well as the safety of our employees, volunteers and service providers is very important to us. Please help us continue to keep everyone safe and healthy!*

**Please read the guidelines and protocols before entering the building.**

### COVID 19 GUIDELINES AND PROTOCOLS

Services are by **appointment only**. Do not arrive more than 5 minutes before your appointment.

Please take your temperature before leaving to come for your appointment.

**If you have a fever of 100.4 or higher, call immediately to cancel your appointment.**

For everyone's safety and well being, if you are **experiencing ANY** of the following symptoms, stay home and do not enter the building to avoid potentially exposing others.

- Fever/felt feverish
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain
- Recent onset of headache or sore throat
- Any flu-like symptoms
- Recent loss of taste or smell
- Any recent GI upset or diarrhea

**PLEASE DO NOT ARRIVE MORE THAN 5 MINUTES BEFORE YOUR APPOINTMENT**

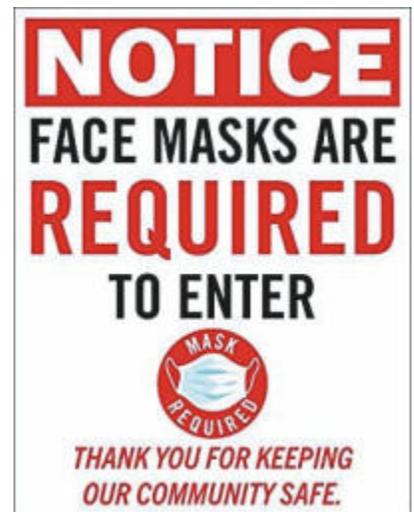
Please **DO NOT** make an appointment if you or anyone in your household has travelled outside of CT in the past 14 days or have had recent contact with anyone who has tested positive for COVID-19.

A COVID-19 prescreening will be conducted over the phone when you call to make your appointment.

You will be required to wear a mask to enter the building and must keep the mask on at all times while in the building.

**Anyone not wearing a mask will not be permitted inside.**

*By entering the building on the day of your appointment, you are acknowledging that you do not have a fever and are not experiencing any COVID-19 symptoms and that you have not knowingly been in contact recently with anyone who has tested positive for COVID-19.*



**You are entering the building agreeing that doing so is at your own risk.**

**Healthcare Appointments: Priority will be given to those clients who live within the nine towns that we service. If you do not live within our nine-town region, you will be placed on a waitlist and called 2 business days before the date, if an appointment is available.**

### FOOT CARE WITH GRETCHEN

**Mondays, by appointment; Cost is \$35**

Call 860-388-1611 x202 to schedule your appointment.

Foot care helps maintain physical mobility, health, and comfort. Gretchen O'Connor, RN, will be providing foot care services including trimming of toenails and calluses as needed, sanding/filing to reduce length and thickness of nails, gentle debridement of dead skin, massage with lotion.

Gretchen is a Certified Foot Care Nurse. **See Page 4 for all the guidelines.**



### HAIRCUTS - Carrie (Tuesdays) and Stephanie (Thursdays)

**By appointment; Call for available dates and times; Cost is \$10 (tips appreciated)**

Call 860-388-1611 x202 to schedule your appointment **See Page 4 for all the guidelines.**



### CARE MANAGEMENT NURSING WITH TINA BELMONT

**Wednesdays by appointment**

Call 860-388-1611 x202 to make your appointment.

Tina Belmont, RN, will be offering blood pressure screenings, diabetes screenings, cholesterol screenings, and more. **See Page 4 for all the guidelines**

### ESTUARY MEDICAL OUTPATIENT TRANSPORTATION SERVICE (EMOTS)

EMOTS is Transportation to Medical appointments. Advance notice is required.

A driver picks you up at your home in a car, takes you to your appointment, and brings you home.

**OUT OF AREA DESTINATIONS: FEE: \$40 for up to 5 hours or \$75 for over 5 hours**

**LOCAL DESTINATIONS: FEE: \$20 Call David at 860-388-1611, ext. 203, to schedule.**

**For everyone's safety, Please note the following transportation procedures:**

1. As mandated by the state, everyone will be required to wear a face mask at all times, including the driver, while in the car. Any client who refuses to wear a mask will not be transported.
2. Clients will only be allowed to sit in the back seat safely distanced from the driver.
3. Only one passenger is allowed in the car at a time.
4. Drivers are not authorized to touch canes, walkers, or rollators. You must be able to get yourself safely in and out of the vehicle unassisted.
5. Driver will not go into the appointment with you. You must be able to go in on your own.

**Cancellation Policy:** We ask that clients kindly give 24 hours notice of any change in schedule or cancellations. Cancellations of less than 24 hours will be charged a \$30 cancellation fee.

All rides will be suspended for one month after 3 no shows. Contact David with any questions at 860-388-1611 x203.



**CAN WE FIND YOU?** Sometimes our drivers have a difficult time finding an address as the house does not have a number displayed that can be easily seen when driving by. Reflective numbers that contrast the color of the building they are on are recommended by safety personnel. Please take a moment and make sure your address is visible from the road. It could save your life during an emergency situation when every moment counts. Thank you!

**How do you know if we are Open or Closed?**

Please call 860-388-1611 **AFTER 8 am** and listen to the recorded message.

**If we are Open**, the message will be our regular message.

**If we are Closed**, the message will clearly state that the facility is Closed and Meals on Wheels will **not** be delivered that day.

**If we are Closed**, it will also be posted on local news media, such as WTNH, our website at [ecsenior.org](http://ecsenior.org), and our Facebook page at Estuary Council of Seniors Inc.

**MEALS ON WHEELS PACKERS** - Please make sure Laura or Lisa has your current email address. An email will be sent to volunteers if Meals on Wheels won't be going out that day. If you don't have an email address, make sure Laura or Lisa has your current phone number to contact you.



**BE A PEN PAL - NO TECHNOLOGY NEEDED**

We have several students who are interested in corresponding with some of the adults in our Shoreline community.

Share stories, learn about what is fun and interesting to teenagers these days and share what life was like for you as a teenager. A fun way to get a new perspective on what is happening in today's world and to make a new friend. Don't be shy—contact us to join this great program!

If you are interested in becoming a Pen Pal, please email Heather at [development@ecsenior.org](mailto:development@ecsenior.org) Put PEN PAL in the subject or Call Heather at 860-388-1611 Ext. 210.

**TAI CHI VIRTUAL CLASSES**

Kim Langley is offering her Tai Chi classes via Zoom.

Tai Chi is soft and gentle movement for the entire body.

Classes include breathing exercises and balance exercises to help you cope with stress and strengthen your balance. All can be done standing and/or in a chair.

**Contact Kim directly via email at [mik120455@yahoo.com](mailto:mik120455@yahoo.com) for class pricing and details.**



**VIRTUAL CHAIR YOGA WITH RACHEL BAER, Yoga Keeps Me Fit**

**Mondays, Wednesdays, and Fridays at 10:00 am via Zoom**

You need to sign an online waiver to receive the email with the link to the class

Waivers are at <https://www.yogakeepsmeffit.com/online-waiver>

**Contact Rachel directly for class information at 860-859-7217**

**ONLINE SOCIAL INTEGRATION PROGRAM**

Quinnipiac University researchers are interested in testing the effectiveness of an online program to enhance social integration. They're looking to enroll seniors (60+) You need access to the internet as well as a device with video and audio such as: a computer, tablet, or smartphone.

**The Purpose:** Provide an opportunity to participate in a structured evidence-based program designed specifically to reduce social isolation and increase social integration.

**What to expect:** Participants will take part in a digital/ online program. You will participate in this six-week program, which meets 90 min per week.

**Voluntary:** Participation is voluntary, and participants may withdraw at any time.

**Whom to Contact:** If interested in participating in this research study or for additional details contact **Dr. Nicholson by email [nicholas.nicholsonjr@gmail.com](mailto:nicholas.nicholsonjr@gmail.com) or by phone 203-582-6542.**

## THRIFT SHOP GUIDELINES

Our Thrift Shop is **OPEN** with the following changes and guidelines, please read carefully.

**STORE HOURS:** Monday: Closed; Donations only.

Tuesday: 10 am to 2 pm

Wednesday: **Closed**

Thursday: 10 am to 2 pm

Friday: 10 am to 2 pm

**NO ENTRY AFTER 1:45 PM**



**DONATIONS:** By appointment. Call 860-388-1611 x219 to schedule.

**SHOPPERS:** Entrance is via the upper level main entrance. Masks must be worn at all times—no exceptions. Dressing rooms are closed—clothing may NOT be tried on. Please allow 6 feet for proper social distancing. We will be limiting the number of shoppers in the store at one time. We appreciate everyone's patience and kindness.

*By shopping and donating, you help us keep our vital Meals on Wheels program going along the shoreline. THANK YOU! The need is greater now more than ever!*

## ESTUARY GYM OPEN FOR CURRENT MEMBERS

**Mondays/Wednesdays/Fridays - by appointment**

Call 860-388-1611 x202

Our gym will be open to **current members** only to use. Accepting appointments on a limited basis.

Paid memberships that were valid as of March 16 will be honored. **Current** gym members who are Silver Sneakers or Renew Active memberships are also welcome to use the gym.

A current member is someone who completed their training and was using the gym on their own.

To confirm if you are a current gym member please call 860-388-1611 x202.

*We apologize that we are not able to accept new members at this time.*

### **To use the gym you must agree to the following guidelines:**

1. Appointments required to use the gym—No Walk Ins.

45 minute time slots are available on the hour from 8 am to Noon and 2 - 4 pm.

*The 15 minutes before the next hour will be used to sanitize the gym.*

2. Masks must be worn at all times—even while using the machines—no exceptions.

3. Wipe down machines after each use with available sanitizing wipes.

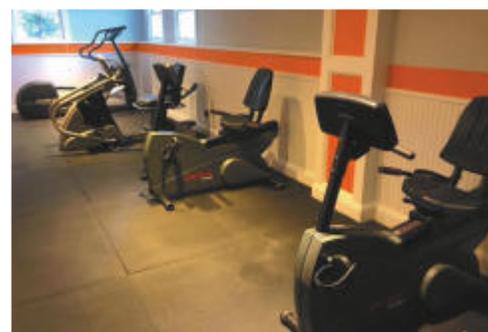
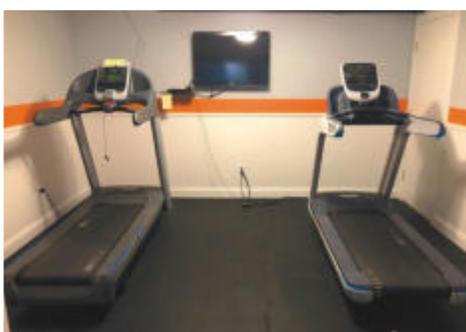
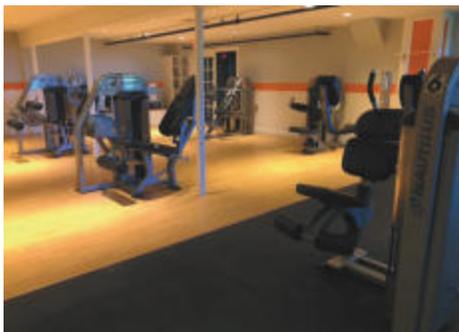
4. Follow Social distancing of 6 feet between yourself and others.

5. Bring your own water as water will not be available at the center.

*At this time, due to safety concerns, fans cannot be used in the gym.*

Our gym equipment has been moved to allow proper distancing between the machines.

Each 45 minute time slot will be limited to 5 participants maximum at a time.



# Winter Olympics

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

## Word List:

ATHLETES  
CEREMONIES  
COUNTRIES  
FLAGS  
ICE  
NATIONALANTHEM  
SHORTTRACK  
SLALOM  
SPORTS  
UNITEDSTATES

BIATHOLON  
CHAMPION  
CURLING  
GOLDMEDAL  
LOSERS  
NORDIC  
SILVERMEDAL  
SNOW  
TEAMSPTS  
WINNERS

BOBSLED  
COLDWEATHER  
DOWNHILL  
HOCKEY  
LUGE  
OLYMPICS  
SKELETON  
SNOWBOARDING  
TELEVISION  
WINTER

BRONZEMEDAL  
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- ACROSS**
- 1 Fr. month
  - 5 Sinbad's bird
  - 8 S. Afr. dialect
  - 12 Forest ox
  - 13 Fiddler crab genus
  - 14 Scientific name (suf.)
  - 15 Sacred image
  - 16 Daughters of the American Revolution (abbr.)
  - 17 Gain
  - 18 Tenant
  - 20 Attic
  - 22 Sound perception
  - 23 Office of Economic Development (abbr.)
  - 24 One of the Seven Hills of Rome
  - 28 Joint part
  - 32 Father of

- Jehoshaphat
- 33 Science class
  - 35 Presidential nickname
  - 36 Stair post
  - 39 Fire basket (torch)
  - 42 Month abbr.
  - 44 Last Queen of Spain
  - 45 Wading bird
  - 48 Suitcase
  - 52 Firstborn of Benjamin
  - 53 Yale student
  - 55 Design
  - 56 Elbe tributary
  - 57 Female ruff
  - 58 Death (pref.)
  - 59 Eucalyptus secretion
  - 60 Row
  - 61 Starch (pref.)

- DOWN**
- 1 Metal suit

- 2 Quality (suf.)
- 3 Ger. landscape painter
- 4 Jap.-Amer.
- 5 Waste growth
- 6 Wood sorrel
- 7 Load
- 8 Fencing guard position
- 9 City in Judah
- 10 Rhine tributary
- 11 Penitential season
- 19 Belonging to (suf.)
- 21 At the age of (Lat.)
- 24 Foremost part
- 25 Honshu bay
- 26 Stomach
- 27 Resin
- 29 Nose (pref.)
- 30 Laconian clan group
- 31 Ensnare
- 34 Type size
- 37 Ditchside fortification
- 38 Shelter
- 40 Alfonso's queen
- 41 Salt pond
- 43 Wing (pref.)
- 45 Brother of Cain
- 46 Blue star
- 47 Olive genus
- 49 Same (Lat.)
- 50 Secretary (abbr.)
- 51 Male noble
- 54 Pasture

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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52					53	54			55			
56					57				58			
59					60				61			



## ESTUARY BOOK CHATS Wed., January 13 at 1 pm via Zoom

Sylvia Pawlick is going virtual with the Estuary Book Chats. They will meet the second Wednesday each month at 1 pm.

Registration is required by sending an email to [events@ecsenior.org](mailto:events@ecsenior.org)

Please put the month and "Book Club" in the subject. Example, *January Book Club* for this month's discussion.

If you do not have email, but would like to join by phone, call 860-388-1611 x202 and leave your name and phone number. We will call you with the access phone number and codes to join by phone.

**January** - *Go Set a Watchman*, by Harper Lee

**February** - *I'll Take You There*, by Wally Lamb

***We ask that everyone please be patient as we begin, this is new for all of us!***

## WADSWORTH ANTHENEUM

Register at [www.thewadsworth.org](http://www.thewadsworth.org)  
January 11 at Noon—FREE

Artist Kristin Emilyta is the great great granddaughter of famed Mohegan Chief Matahga, aka Burrill Fielding (1862–1952).

Her grandmother was beloved Mohegan Elder Margaret LaVigne (1930–2010). Her mother, Laura LaVigne, spent her career working for the Mohegan Cultural & Community Programs Department. Kristin continues her family's legacy of service to the Mohegan community through her art.

In conjunction with the exhibition *Made in Connecticut*, Kristin joins Melissa Tantaquidgeon Zobel, historian and Medicine Woman for the Mohegan Tribe of Connecticut, in this virtual discussion.

Register at [www.thewadsworth.org](http://www.thewadsworth.org)

## GRAB & GO LUNCH PROGRAM

Pick up in Clinton, Old Lyme or Old Saybrook  
Reserve at 860-388-1611 x216

Receive your meals without leaving your car. Meals are made fresh every day by our professional kitchen staff. Meals are frozen so you can easily reheat at home.

*Suggested donation is \$3 per meal.*

*This vital Meal Program is supported by the Senior Resources Agency on Aging with Title III funds made available under the Older Americans Act.*



## Grab & Go Meals

## PAT'S PLACE: STAYING CONNECTED

Happy New Year! May it be a healthy one for all!

### The Mask - by Pat Schneider

Put on the Mask.

That's what they asked.

I, Gasp! Is that really me?  
Look the best I'll ever be?

No powder, no gloss needed.  
Do think I've succeeded.

I'm looking my very best.  
But, no one to impress.

To a pub, I did go.  
But, no one must ever know.

30 year guy "Hit on me".  
But, guess he really couldn't see.

My age is 30x3! \*(not actual age)  
Now, WHAT did you say to me?

You can't "Have your way".  
But, you "Made my day"!!!!

Submit your poetry, recipes or stories to:

Email: [events@ecsenior.org](mailto:events@ecsenior.org) or mail to  
220 Main St., Old Saybrook CT 06475

*Note: Pat's Place; Please include a phone number and the town you live in with your submissions.*

# Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

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DIFFICULTY: ★☆☆☆☆

# Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		9				8		3
4			3					
6		3	2			7		
	4		6	5				
7			8					
				9	7	6	2	
	5			8				
	9				4			5
					2			

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DIFFICULTY: ★★★★★

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## WINTER WORD SCRAMBLE



1. PCONENEI \_\_\_\_\_
2. IEC \_\_\_\_\_
3. TTFMISN \_\_\_\_\_
4. ATOC \_\_\_\_\_
5. RPIECEFLA \_\_\_\_\_
6. AEGEDNRIGBR \_\_\_\_\_
7. EZRNFO \_\_\_\_\_
8. YBURARFE \_\_\_\_\_
9. SONW \_\_\_\_\_
10. OWOD \_\_\_\_\_
11. EBDMECER \_\_\_\_\_
12. TEAKS \_\_\_\_\_
13. OIHOS \_\_\_\_\_
14. YEOKHC \_\_\_\_\_
15. LIICFG \_\_\_\_\_
16. UAYRAJN \_\_\_\_\_
17. OLCD \_\_\_\_\_
18. KSSCO \_\_\_\_\_
19. INHMCEY \_\_\_\_\_
20. ARSFC \_\_\_\_\_



AARP CT brings you a suite of free seminars.  
**Virtual seating is very limited and available on a first come, first served basis.**  
 Contact Nora Duncan, AARP CT  
**860-548-3161 or [nduncan@aarp.org](mailto:nduncan@aarp.org)**  
<https://states.aarp.org/connecticut/events-ct>

**Coping in the age of COVID: Don't Navigate Alone**  
**Thursday, January 14 @ 12:30 PM**

Join us for a conversation led by Erin Leavitt-Smith, Asst. Director Statewide Services from the Department of Mental Health & Addiction Services (DMHAS) in CT as she walks you through the support systems in place for families and individuals when it comes to coping with the stress brought on by living in the age of COVID. Learn about the CT resources and people around the state who offer support where you live.

**Getting to Know Your Area Agency on Aging**  
**Wednesday, January 27 @7PM**

Join AARP CT as we host one of our 5 Area Agencies on Aging here in CT to offer you a conversation to learn about the programs, services and events that are offered. Our guest Lisa Alhabal, will walk us through a conversation designed to help anyone navigate through helping themselves and their loved ones live a life of dignity and purpose as the move through the stages of life. Topics include understanding Medicare, caregiver supports and community-based programs.

**CHOICES COUNSELOR**

**Thursday, January 14**  
**By appointment**  
**Call 860-388-1611 x202**

*Nancy will be at the Estuary senior center to meet in person to help answer your Medicare questions.*



**CHOICES** helps Connecticut's older adults and persons with disabilities understand their Medicare coverage and healthcare options. Certified counselors provide objective,

free person-centered assistance so recipients can make informed choices about their benefits. CHOICES also provides community outreach, application assistance, and information and referral services on a variety of topics including long term care services and support.

CHOICES is managed by the State Department on Aging through a partnership with the Center for Medicare Advocacy and Connecticut's Area Agencies on Aging, with funding from the State of Connecticut and the Administration for Community Living.



**All are Welcome!**

**HEALTHCARE & HOSPICE CAREGIVER SUPPORT GROUP**  
**Wednesdays at 2 pm**

Join Molly and her Caregiver Support Group virtually every week via Zoom.

Access via Zoom  
<https://zoom.us/j/98158257699?pwd=SHpnWUViSXNjakhZM2ExQlhmcUFTZz09>

Or phone: 929-205-6099

Meeting ID 981 5825 7699

Password 057710

Call Molly Standley at 860-608-0022

**VIRTUAL DEMENTIA CAREGIVERS SUPPORT GROUP**

- Mondays at 10 am
- Tuesdays at 3 pm
- Wednesdays at 10 am
- Fridays at 2 pm

Facilitated by Hartford HealthCare Center for Healthy Aging's Certified Dementia Specialists  
 Do you care for someone diagnosed with dementia? A support group provides emotional, educational, and social support.

Topics include: Communication techniques, Caregiver support, Benefits of activities, Stages of disease, Family dynamics, Safety issues.

For information call Hartford HealthCare's at 877-424-4641

Winter Olympics

- Word List:
- |              |             |              |               |
|--------------|-------------|--------------|---------------|
| ATHLETES     | BLAZHON     | BOSBOD       | BROKEMEDAL    |
| CEREMONIES   | CAMPION     | COLUMBATHS   | COMPETITORS   |
| COUNTRIES    | CURLING     | DORRHILL     | FIGURESKATING |
| FLAGS        | GOLMEDAL    | HOCKEY       | FOOT          |
| ICE          | LISERS      | LAKE         | MOGELS        |
| NATIONALISM  | NORFOLK     | OLYMPICS     | PODIUM        |
| SHORTTRACK   | SILVERMEDAL | SKELETON     | SKIJUMP       |
| SLALOM       | SNOW        | SNOWBOARDING | SPEEDSKATING  |
| SPORTS       | TRANSPORTS  | TELEVISION   | TURCH         |
| UNITEDSTATES | WINNERS     | WINTER       | WORLDRECORDS  |

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8	7	9	5	2	4	3	6	1
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3	6	4	1	7	8	2	5	9
5	4	1	8	3	2	7	9	6
6	9	2	7	4	5	1	3	8
7	8	3	6	1	9	5	2	4

1	2	9	7	4	5	8	6	3
4	7	5	3	6	8	9	1	2
6	8	3	2	1	9	7	5	4
9	4	2	6	5	1	3	7	8
7	6	1	8	2	3	5	4	9
5	3	8	4	9	7	6	2	1
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3	9	6	1	7	4	2	8	5
8	1	7	5	3	2	4	9	6

MARS	ROC	TAAL
ANOAA	UCA	IDAE
ICON	DAR	EARN
LESSEE	GARRET	
	EAR	OEC
VIMINAL	TENON	
ASA	LAB	ABE
NEWEL	CRESSET	
	SEP	ENA
AVOCET	VALISE	
BELA	ELI	IDEA
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LAAP	OAR	AMYL

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M. Monica Eggert Senior Center

*All programs and activities are held at the Estuary Senior Center, unless otherwise noted.*

**220 Main Street, Old Saybrook, CT 06475**

Phone 860-388-1611, Fax 860-388-6770

Email: [info@ecsenior.org](mailto:info@ecsenior.org) [www.ecsenior.org](http://www.ecsenior.org)



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**OUR WINTER CLOSING POLICY HAS CHANGED**

**See PAGE 06** for details on how to find out if we are open and if Meals on Wheels are being delivered when there is inclement weather in our area.

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If you would like to make a recurring donation, please visit our website [www.ecsenior.org](http://www.ecsenior.org) and click on the Donate Now button and follow the steps. Call 860-388-1611 x210 with any questions. Thank you!

**Please check all that apply:**

- Please add my/our name to the mailing list for The Estuary Gazette (suggested donation of \$10)
- My company will match my gift. I have enclosed the proper form.
- This donation is in memory/honor of: \_\_\_\_\_

**For maximum impact, please consider a recurring monthly donation or call us to find out how you can make a multi-year pledge.**

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