

# Estuary Gazette



**HOLIDAY CLOSING**  
**Monday, February 15**

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

### WINTER CLOSING POLICY

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.



Well it's that time of year again, no, not tax time, not Valentine's Day, it's February, which means my favorite "holiday" - Super Bowl Sunday!

Is your favorite team playing in the big game this year? As for me, I am a New York Giants fan. The season didn't go so well for my team, we didn't qualify for the playoffs. Better luck next year GMEN!

Now that we have all had a nice break after the New Year's holiday it's time to head towards Spring! Time really does move quickly.

So how about some super bowl trivia:

Which coach won Super Bowl XLI, becoming the first Black coach to win a Super Bowl??

Who was the MVP of Super Bowl 1?

How much was the most expensive ticket for Super Bowl 1?

How many footballs are used in a Super Bowl?

What two teams played in the highest scoring Super Bowl, and what was the score?

Without using the internet, how many of the questions did you get right? Email or mail your answers to me and be entered into our super bowl trivia raffle! Email me at [director@ecsenior.org](mailto:director@ecsenior.org)

Do you have a favorite meal or appetizer that is a tradition for you on Super Bowl Sunday? If you do, please send me the recipe and a little story about your dish and how it came to be a tradition and we may publish it in next month's newsletter.

ENJOY!! Stan, Executive Director

### AARP TAX SERVICE UPDATE - Page 6

The Estuary Senior Center will **NOT** be making AARP tax appointments this year. If AARP Tax Service did your tax return last year at the Estuary Senior Center, Clinton Town Hall, Westbrook Library, or Killingworth Congregational Church, an AARP tax volunteer will contact you to schedule your appointment. AARP doesn't anticipate starting preparation of returns until March.

**PLEASE LISTEN** to our main message for any updates as we receive them from AARP tax volunteers. To reach AARP Tax Service directly, call 1-888-227-7669, Press Option 1.

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## VOTE FOR MEALS ON WHEELS

The Estuary Council's Meals on Wheels program has been selected for inclusion on the customer ballot for Essex Savings Bank's Community Investment Program. Each year Essex Savings Bank donates a portion of their net income to area non-profits based on their customer's preferences.

If you have an account with Essex Savings Bank, please visit one of their offices or log in online and **VOTE for The Estuary's Meals on Wheels program** as one of your three chosen charities. Monies are distributed based on the number of votes.

**2021 Voting runs from February 1 through February 27**



We would like to thank those individuals who have made a commitment to their community's future by including the Estuary Council of Seniors in their estate plans. We are grateful!

## Estuary Circle of Friends Legacy Society

Marjorie Banta\*  
Francis and Elizabeth Behling\*  
Jessie Bereza\*  
Janet Kay Cader\*  
William Childress  
Connie Cliffe  
Monica Eggert\*  
Barry Fulford\*  
Barbara Hart\*  
Dee Johnson  
Polly Johnson\*  
Philip W. Mass, Jr.\*



Dorothy MacWhinney\*  
James and Marie Mingino  
Dennis and Mary Mullen  
Eleanor Parker  
Reuben Porton\*  
Emogene Robinson  
Art and Hilde Reichenbach  
Jerome and Marlene Scharr  
Gertrude Scholz\*  
Anna Scovell\*  
Albert Swanson\*

\*denotes deceased

If you would like to receive a packet with more information on including the Estuary Council in your estate plans, please contact Heather at 860-388-1611 ext. 210 or at [development@ecsenior.org](mailto:development@ecsenior.org).

## ESTUARY COOKING DEMONSTRATIONS

A New FREE Virtual Series

We recently 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.



### 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 or just want to learn how to make desserts like a professional, you'll want to tune in for this demonstration.



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.

**\*\* The Estuary is NOT a distribution site for the COVID vaccine; please read below \*\***

**VACCINE INFORMATION FROM THE STATE OF CT WEBSITE**

***How to get access to a vaccination***

**Remain in close contact with your medical provider** as detailed plans are released.

Connecticut is currently in Phase 1a, which includes vaccinating healthcare personnel, long-term care residents, and front line workers.

**Upcoming Phase 1b:** Connecticut is committed to ensuring that vaccinations are provided to those who can have the most significant impact on public health. Eligibility phases between January and May have not been finalized, but may include:

- Critical Workforce, Certain Congregate Settings, **Adults Over 65, High-Risk Individuals Under 65**

No decisions have yet been made about the prioritization of individuals beyond Phase 1a. State decisions about priority order for Phase 1b and beyond will be made based on ACIP guidelines, State's allocation subcommittee advice, and, ultimately, the decision of the Governor.

ACIP and the state allocation subcommittee are making recommendations based on multiple factors, including maximizing the benefits of vaccine access, mitigating the spread of the pandemic, and mitigating health inequities.

**To keep up to date with the State of CT plans, please go to <https://portal.ct.gov/Coronavirus>**

**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** 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!

### 2021 AARP TAX-AIDE APPOINTMENTS

The Estuary Senior Center will **NOT** be making AARP tax appointments this year.

The AARP tax volunteers are planning for the upcoming season, however, given the current situation they will not be able to accommodate as many appointments as in previous years. AARP doesn't anticipate starting tax preparations until early March.

The Estuary will **NOT** be making the AARP appointments this year. If AARP Tax Service did your tax return last year at either the Estuary, Westbrook Library, Clinton Town Hall, or the Killingworth Congregational Church, an AARP tax volunteer will contact you to schedule your appointment. Please check the Estuary's website or automated phone message for any updates.

AARP Tax Service can be reached at 1-888-227-7669, press option 1.

*If you have a small business (e.g. you file a Schedule C), own property that you rent to others, or if you need to file a return in a state other than Connecticut, the AARP volunteers will not be doing those types of returns.*

### SAFE TAX PREP ASSISTANCE WITH VITA VOLUNTEERS & HCH LIBRARY

Tax season is back and VITA Volunteers are determined to continue providing essential tax preparation services in ways that prioritize the safety of the community. This year, that means guests will be provided with instructions to drop off their required information at Henry Carter Hull Library in Clinton for remote off-site processing, and notified when their documents are prepared and ready for pickup.

Guests requiring assistance with personal tax returns with an annual income of less than \$80K are eligible for this free community service. Appointment applications for this popular service will be taken by phone until spaces run out. To apply for an appointment, please call the library at (860)669-2342. A VITA volunteer will contact you to confirm your registration and issue instructions.

### WINTER CLOSING

## 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.

### 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**

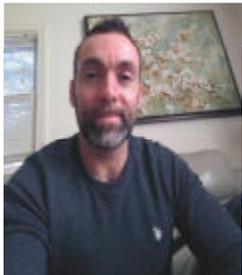
**ESTUARY GYM IS OPEN**  
**Mondays/Wednesdays/Fridays - by appointment**  
Call 860-388-1611 x202

Our gym is open by appointment. Paid memberships that were valid as of March 16, 2020 will be honored. Gym members who were Silver Sneakers or Renew Active members are also welcome to use the gym. A member is someone who completed their training and was using the gym on their own at the time of our closing in March 2020. To confirm if you are a gym member call 860-388-1611 x202.

**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.



**WELCOME PHILIP READ**  
**Estuary Fitness Trainer**

Philip has an extensive fitness background, including working as a personal trainer with the local Valley Shore YMCA.

Philip has a BA in Physical Education, a BS in Hospitality and Tourism and is certified from NASM (National Academy of Sports Medicine) as well as CPR/AED certified.

Philip grew up in Madrid and Connecticut. He has traveled extensively to Europe and Brazil. His personal interests include weight lifting, sports, music, movies, and helping others.

Philip has volunteered with an orphanage, a wild animal shelter and has helped create physical activities for people with physical disabilities.

Help us welcome Philip to the Estuary team!

**NEW GYM MEMBERSHIPS**

The Estuary will be accepting new gym members on a limited basis each month.

Gym forms, including a doctor's release form, must be completed as the first step. Once the completed forms are received the trainer will make your training appointments to teach you how to safely use the gym equipment and devise a plan to help you meet your goals.

When your training is complete you will be able to schedule appointments to use the gym on your own, following the above gym guidelines.

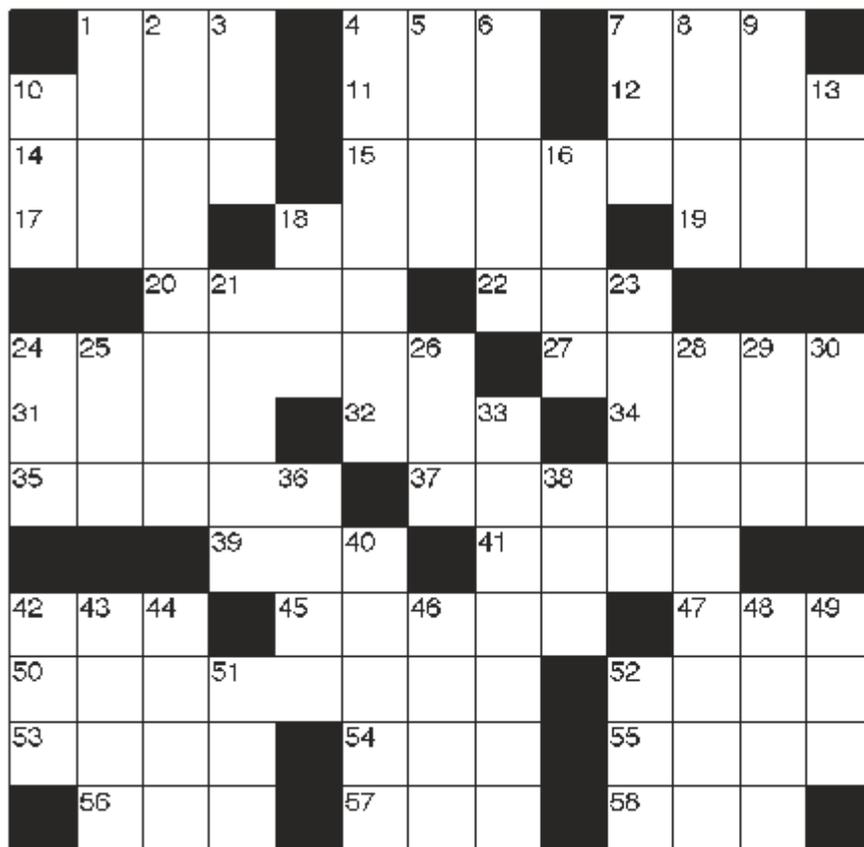
To receive the gym forms and ask questions, please call 860-388-1611 x202 or email [events@ecsenior.org](mailto:events@ecsenior.org) with Gym in the subject.

# CROSSWORD PUZZLE

This Space is Available

- ACROSS**
- 1 Compass direction
  - 4 Love (Lat.)
  - 7 Amer. Bar Assn. (abbr.)
  - 10 Cholera
  - 11 Eth. title
  - 12 Row
  - 14 Cruising
  - 15 Orris (2 words)
  - 17 Bronze Roman money
  - 18 Musical direction
  - 19 Field
  - 20 S. Afr. town
  - 22 Rapid eye movement (abbr.)
  - 24 Mating
  - 27 Hag
  - 31 Caen's river
  - 32 Sup
  - 34 Irish nobleman
  - 35 Fr. artist
  - 37 Naut. instrument
  - 39 S. Afr. hyrax
  - 41 N.Z. island
  - 42 Turk. title
  - 45 Brain tissue
  - 47 For your information (abbr.)
  - 50 Tea box
  - 52 S Afr. Boer assembly
  - 53 Offspring
  - 54 Fr. pronoun
  - 55 Ironwood
  - 56 Ancient (abbr.)
  - 57 Dance step
  - 58 Price

- DOWN**
- 1 Smear
  - 2 Benediction
  - 3 Nat'l Endowment for the Arts (abbr.)
  - 4 Daughter of Minos
  - 5 Grape refuse
  - 6 Withe
  - 7 Africa (abbr.)
  - 8 Biological (abbr.)
  - 9 Agave
  - 10 Sheep's cry
  - 13 Greek letter
  - 16 Meat dish
  - 18 Indo-Chin. people
  - 21 Step part
  - 23 Cat's cry
  - 24 Group of whales
  - 25 One hundred square meters
  - 26 Opening
  - 28 Tread (2 words)
  - 29 Raw (Fr.)
  - 30 Pronoun contraction
  - 33 Decare (2 words)
  - 36 College entrance exams
  - 38 Taradiddle
  - 40 Organization
  - 42 Atl. Coast Conference (abbr.)
  - 43 Earth personified
  - 44 Anonymous (abbr.)
  - 46 Conrad's "Victory" heroine
  - 48 U.S. mountain
  - 49 Cyprinoid fish
  - 51 Incorporated (abbr.)
  - 52 Royal Air Force (abbr.)



# Valentine Words

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

## Word List:

ADORE  
 BELOVED  
 CANDY  
 CHOCOLATE  
 DESIRE  
 FEBRUARY  
 HEART  
 LOVE  
 RED  
 SWEETHEART

AFFECTION  
 BEMINE  
 CARDS  
 CUPID  
 DEVOTION  
 FLOWERS  
 HONEY  
 LOVEBIRDS  
 ROMANCE  
 SWEETS

AMOROUS  
 BOUQUET  
 CHERISH  
 DARLING  
 EMBRACE  
 FOURTEENTH  
 HUGS  
 PINK  
 ROSES  
 TEDDYBEAR

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 DEAR  
 ENDEARMENT  
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**ESTUARY BOOK CHATS**  
**Wed., February 10**  
**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, *February 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.

Zoom links will be sent via email a couple days prior to the book discussion.

**February:** *I'll Take You There*  
 by Wally Lamb

**March:** *The Book Of Gutsy Women*  
 by Chelsea and Hillary Clinton



**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.*

**PAT'S PLACE: STAYING CONNECTED**

Now that many of us aren't wearing make-up, I thought it would be helpful to know the expiration dates of most beauty products.

Mascara - 2 months; Eye liner - 6 months; Eye shadow - 6 months; Lipstick - 1 year; Powder - 2 years; Foundation - 2 years (unless separates)

If at anytime your makeup may have been exposed to contaminants, it should be properly disposed of.

Submit your poetry, tips, recipes or stories to:

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

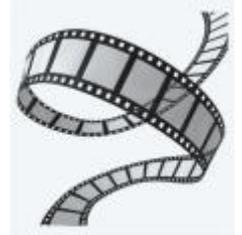
*Note: Pat's Place; Please include a phone number and the town you live in with your submissions.*

**ITALIAN FILM CINECLUB VIA ZOOM CULTURAL SERIES**

**Tuesdays at 2:30 pm on the following dates:**

**February 9, 16, 23; March 2, 9, 16, 23, 30; April 6, 13, 20**

**\$139 for the series paid directly to the instructor.**



This film series provides a window into Italian contemporary language and regional culture. The series is offered by Monica Georgeo, who is a 15 year Yale University Italian Department faculty member. You will be sent a link to watch each film in advance of class. Films can be downloaded to your computer and viewed via VLC media player for subtitles other than English (it is free!). Instructions will be sent before the film series starts. Each week, after having watched the film in the comfort of our home we will meet via Zoom to discuss it in English and in Italian as needed. All films are in Italian with English subtitles.



To sign up for the movie series, please contact Monica at [monidominioni61@gmail.com](mailto:monidominioni61@gmail.com)

For questions, you can call Monica at 203-376-6488.

# Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

# Sudoku

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

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

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DIFFICULTY: ★★★★★

## ESTUARY THRIFT SHOP

Our Thrift Shop is **OPEN** and all ages are welcome to shop with us!

### STORE HOURS:

**Monday:** Closed; Donations only (by appointment).

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

**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**



**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!*



**VIRTUAL PROGRAMS**

Many free seminars and tours are still happening while we continue to stay home. Here are a few. **DO NOT** provide credit card information for anything that is advertised as free. Beware of scammers!

**AARP CT** brings you free seminars.

For a listing of seminars to register for <https://states.aarp.org/connecticut/events-ct>

**Girl Travel Tours**

[www.girltraveltours.com](http://www.girltraveltours.com)

**Baseball Hall of Fame**

<https://baseballhall.org/>

**The National Museum of Computing**

<https://www.tnmoc.org/3d-virtual-tour>

**The British Museum**

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

**Ellis Island**

[http://teacher.scholastic.com/activities/immigration/tour/index.htm?](http://teacher.scholastic.com/activities/immigration/tour/index.htm?affiliate_id=21181&clickId=3436762987)

[affiliate\\_id=21181&clickId=3436762987](http://teacher.scholastic.com/activities/immigration/tour/index.htm?affiliate_id=21181&clickId=3436762987)

To receive a link to the article that included some of these sites and others, email [events@ecsenior.org](mailto:events@ecsenior.org) with Virtual Tour List in the subject.

Don't forget to try your local libraries and museums for more great programs!

**CHOICES COUNSELOR**

**Thursday, February 4 and 18**

**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.

**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 at 877-424-4641



**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?](https://zoom.us/j/98158257699?pwd=SHpnWUViSXNjakhZM2ExQlhmcUFTZz09)

[pwd=SHpnWUViSXNjakhZM2ExQlhmcUFTZz09](https://zoom.us/j/98158257699?pwd=SHpnWUViSXNjakhZM2ExQlhmcUFTZz09)

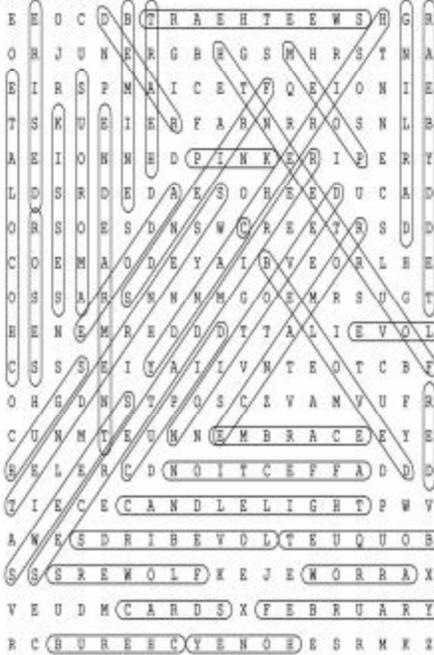
Or phone: 929-205-6099

Meeting ID 981 5825 7699

Password 057710

Call Molly Standley at 860-608-0022

**Valentine Words**



**Word List:**

- |            |           |          |             |
|------------|-----------|----------|-------------|
| ACORN      | AFFECTION | AMBUSH   | BARK        |
| BEANUT     | BENIGN    | BONNET   | CANDELINA   |
| CARDY      | CARD      | CERISE   | CHERRY      |
| CHOCOLATE  | CIVIL     | CRACKLE  | DEER        |
| DEICE      | DEVOTION  | EMERGE   | DISCERNMENT |
| FEBRUARY   | FLOWERS   | FOURTEEN | FRIDGES     |
| HEART      | HONEY     | HOPE     | ILLUDES     |
| LOVE       | LOVERING  | PIKE     | ROSE        |
| RED        | ROMANCE   | ROSE     | SECRETARY   |
| SWEETHEART | SWEETS    | TEXTURE  | TOBACCO     |

**Answer to Sudoku**

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

**Answer to Sudoku**

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



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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

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**IMPORTANT ESTUARY NEWS**

CT Vaccine information - Pg 4

AARP Tax information - Pg 6

Updated Winter Closing Policy - Pg 6

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