

SENIOR NEWSLETTER JANUARY 2021
MUNICIPAL AGENT FOR THE AGING/ SOCIAL SERVICES DIRECTOR
EASTON SENIOR CENTER ALISON WITHERBEE 203-268-1137
awitherbee@eastonct.gov
HOURS Monday through Friday 8:30 to 3:30

Dear Friends,

I don't know about you, but 2020 couldn't end soon enough and here we are in a new year with some possible light at the end of the tunnel. Happy New Year everybody and if you didn't attend my "*Staying Engaged & Connected During a Pandemic*" presentation I've listed some of the highlights below. Also, please, if you email, use the internet or ZOOM send me your email so I can let you know about webinars, ZOOM events and up to the minute information on Covid-19. Read a cute poem on the other side of this letter and as always, stay safe and reach out to me if need anything.

Happy New Year,

Visit the **United Illuminating** website for some tips on how to save money
www.uinet.com/HelpwithBill

Staying Engaged & Connected During a Pandemic

1. **Move a muscle**, try and stay active and get some exercise! Always check with your doctor before you start a new exercise regimen.
2. **Do Home Projects**- clean out that closet, go through your pantry, and clean the refrigerator. Not only will you feel more organized but de-cluttering is good for the soul.
3. **Socialize**, even if you're not a ZOOMER pick up that phone and call family and friends (especially ones you haven't been in touch with). Write letters, send cards to friends, grandchildren and family.
4. **Read**, libraries are offering so many ways to access books or go back and reread some of the classics.
5. **Watch TV**, there are so many good holiday movies on right now, TCM is a great channel that plays the classics with NO commercials, and if you have Netflix then the world is your oyster.
6. **Stay Optimistic**, think about the silver linings during these crazy times (traffic is lighter, essential workers are getting the recognition they deserve, families are spending more time together, people are taking home improvement to a whole new level.
7. **Limit your Exposure to the News**, you'll thank me for it at some point. It is important to stay informed, but the news can bring on sadness, despair and real fear in people.

The Commission for the Aging does not meet in January.