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Selectman's Corner

Thanks for taking the time to read this article. I'm writing it on June 17th, almost a month before most of you'll see it.

The pandemic continues to impact us. The town's budget was approved by the Board of Finance, as required by various executive orders, on June 11th. Our mill rate remains the same as the last three years. You should have received your tax bill by now. If you haven't please contact the Tax Collector's office. The Town Clerk's, Land Use/Building Department's, Tax Assessor's and Tax Collector's offices are open to walk-in traffic on Monday through Thursday from 8:30 to 2:00 and Fridays from 8:30 to 12:00. Monday and Wednesday from 8:30 to 10:00 are reserved for seniors (60+). After walk-in hours, those offices are open by appointment. The Finance Department and my office are only open by appointment. (Please check our website for the most current information.)

The phased in reopening of businesses and events continues. Phase 2 allowed most businesses to reopen albeit with some restrictions. It's certainly nice to go out for a meal, hit the gym and enjoy some recreational activities again. The phase 3 reopening is tentatively scheduled for about the time this article appears.

Unfortunately, an event many of us look forward to will not be held this year. The Haddam Neck Fair board of directors cancelled this year's fair. It looks like all of the summer agricultural fairs have cancelled including the Durham Fair. Fairs begin incurring

significant costs months before they start. I'm sure concern over not being able to open or not getting a good crowd after taking on those costs drove many of the decisions. Fair boards wanted to ensure they had the funds to continue the fairs in future years.

As of press time, the Hebron Fair in September and the Portland Fair in October have been cancelled. The Wapping Fair (South Windsor) in September has not been cancelled. Check their websites or the Association of Connecticut Fairs' website for updates. The fairs are important events in our communities. They support local businesses and are often the major fund raising opportunity for local non-profit organizations.

I continue to be concerned about our ability to staff three polling places for the upcoming primary and the November elections. Most of our poll workers said they won't work during the pandemic. I understand, most are in the high risk group. A few new people have expressed an interest in being poll workers but not yet enough to give us what we need. If you're interested, please see the announcement in the Home News and Announcements **continued on page 4**



First Selectman
Robert McGarry



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section of our website for more information. These are paid positions. You should have received an application for an absentee ballot by now. They were sent to all registered voters by the Secretary of State's office. If you didn't, you can get one from the Town Clerk. I encourage you to vote by absentee ballot in the primary. Let's test the system now before the November election. Absentee ballots are more secure than some will have you believe. I wrote about this in the last edition of the Haddam Bulletin; I won't repeat the details here.

In spite of the pandemic, we're getting projects done in town. The Dublin Bridge is done and road work has started. Clarkhurst Road, Hurd Park Road, and Rock Landing Road are done. Injun Hollow Road should be finishing up and work began on Christian Hill. Dublin Hill and LT Shubael roads will follow. We selected an engineering firm to do an environmental and structural assessment of the Scovil Buildings (state garage) in Higganum Center. They'll begin as soon as we get the required access paperwork from the state.

Please enjoy your summer and stay safe. I'm in my office most days. Please contact me if you have questions or concerns.

First Selectman, Robert McGarry

Labor Day Weekend Scavenger Hunt

The Haddam Historical Society is hosting a family scavenger hunt over Labor Day Weekend to inspire residents to learn more about the heritage of their community and what makes it so special.

Groups will be tasked to “hunt” for remnants of our past and legacy items we honor today. The adventure may bring you to places you have never visited or teach you about people who had a significant effect on our town’s character.

Groups will be able to complete the “hunt” at their own pace over the three-day weekend. Clues will be distributed on Saturday morning. Registration is required for a nominal fee of \$10 per group/family.

All groups who complete the “hunt” will receive a prize and entered in a grand prize drawing. For more information please visit www.haddamhistory.org.

Elizabeth Hart Malloy, Executive Director ~ Haddam Historical Society



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Info from the Assessor's Office

Tammy Anderson CCMAI, Assessor
Deborah Copp, Assistant Assessor

IMPORTANT DATES TO REMEMBER

Active Duty Servicemen – Active Duty Servicemen or Servicewomen, stationed outside of Connecticut, must file written application yearly for the exemption of one passenger motor vehicle. Non- resident Servicemen or Servicewoman stationed in Connecticut need to file under the Federal Service Members Civil Relief Act. The forms are available in the Assessor's Office or on our web page.

Veterans are reminded to file their Honorable Discharge with the Town Clerk's Office on or before October 1, 2020. Those veterans who have already submitted their DD214 need not file again.

Totally Disabled and Blind exemption forms must be filed on or before October 1, 2020.

Additional Veteran's Exemption – The filing period for Additional Veteran's exemptions is February 1, 2020 to October 1, 2020. The exemptions for income qualifying applicants will be based on the income maximums as follows: the maximum income for single applicants will be \$37,000 and the maximum



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for married applicants will be \$45,100.

Farm, Forest or Open Space - New applications for property owners claiming land as Farm or Forest must be filed with the Assessor's Office before December 30, 2020 during a revaluation year. The certificate from the Forestry Department must be dated on or before October 1, 2020. The Forestry department will no longer be responsible to certify parcels as forest land. They will provide a list of state foresters who will recommend to the Assessor's Office the number of acres to be considered as forest land. The Assessor is now responsible for certifying land as forest.

All forms for the above programs are available in the Assessor's Office and on our web page at www.haddam.org.

Business Personal Property Declarations – Personal Property Declarations will be mailed from the Assessor's Office sometime during the last two weeks of September. Notice is hereby given to all persons liable to pay Personal Property taxes in the Town of Haddam that they must return to the Assessor's Office, on or before the first day of November 2019, their personal property list (declaration). Failure to declare will force the Assessor to apply an arbitrary assessment and a 25% penalty. The personal property declaration shall include all furniture, fixtures, equipment and machinery of all commercial and industrial businesses; unregistered motor vehicles, snowmobiles, farm machinery and horses. Manufacturing Machinery Exemption Applications must also be filed at this time.

Anyone not receiving a personal property declaration should contact the Assessor's Office. Even though a declaration was not received, it does not preclude you from filing.

*****PLEASE NOTE:** if you do not receive a personal property declaration and you are a resident business in the town of Haddam it is your responsibility according to Connecticut State Statutes to file one. Failure to declare will force the Assessor to apply an arbitrary assessment and a 25% penalty.***

If you have received a personal property declaration and will not be conducting any business in Haddam as of October 1, 2020 you must complete the Affidavit on the front page of the declaration and return it to the Assessor's Office prior to November 1, 2020. This signed affidavit is mandatory as proof to allow the Assessor to remove you from the Grand List. If the documentation is not received it will force the Assessor to apply an arbitrary assessment and a 25% penalty. If the business closed after October 1, 2020 you are still responsible for the whole year of taxes, for Personal Property taxes are not proratable.

Commercial Vehicle Exemptions (M-65 MV) – Certain newly registered (never registered in any state or jurisdiction prior to August 1, 2015, but must be registered in Connecticut on or after that date) commercial trucks, truck tractor and semi-trailers in excess of 26,000 pounds, gross vehicle weight rating, and used exclusively 100% of the time for the interstate or intrastate transportation of freight for hire, may be exempt as outlined

in 12-81(74) of the Connecticut General Statutes. Guidelines, information and applications are available in the Assessor's Office. Please note that the application deadline is November 1, 2020.

A few COVID-19 Updates...

Suspension of Reapplication Filing Requirement for the Homeowners' Elderly/Disabled Circuit Breaker Tax Relief Program and for the Homeowners' Elderly/Disabled Freeze Tax Relief Program. The biennial filing requirements under Sections 12-170aa(e) and (f) and Sections 12-129b and 12-129c of the Connecticut General Statutes for any taxpayers who were granted the benefit for the Grand List year 2017 and who is required to recertify for the Grand List year 2019, are suspended and such taxpayers shall automatically maintain their benefits for the next biennial cycle ending in Grand List year 2021.

The filing of the Additional Veterans was not included in this order so if you were due to file this year and have an additional vet exemption we will be sending out the applications for you to sign and return with your income information or call the office to set up an appointment before October 1st 2020.

The Revaluation Guidelines were adjusted per Executive Order 7S, Section 9 to allow for data mailers instead of physical inspections for all October 1, 2020 Grand List revaluations.

The Office of Policy and Management wanted to notify you that all data mailer work should be completed no later than **continued on page 8**



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Assessor's Office... continued from page 7

September 9, 2020 in order to be compliant with the Executive Order.

Substitution of Full Inspection Requirements Pertaining to October 1, 2020 Grand List Revaluations. The requirement set forth under Section 12-62 of the Connecticut General Statutes pertaining to October 1, 2020 Grand List revaluations that require a full interior inspection of property, for which such interior inspection that has not yet been completed, is suspended and replaced with the alternative requirement to send a questionnaire to the owner as outlined in Section 12-62(b)(4).

Note: The return address of data mailer is P.O. Box 2054, Waterbury, CT 06722-9980

Extension of Deadline to File Income and Expense Statement. The taxpayer filing deadline set forth under Section 12-63c of the Connecticut General Statutes is extended to August 15, 2020.

If you need any assistance on any of the above deadlines or programs, we would be happy to assist you. Please call our office at 860-345-8531 Ext. 213 or 226.

July in the Tax Office

By this time, you should have received your new tax bills for Real Estate, Motor Vehicles and Personal Property. These bills are for the 2019 Grand List; this covers a time period from October 1, 2019, to September 30, 2020. For the fourth consecutive year, the mil rate has stayed at 31.69. This means that for most of us, our real estate taxes have not gone up during this time.

The first installment for Real Estate, Personal Property and the total Motor Vehicle bills are due by August 3, 2020.

Due to the COVID-19 pandemic, a reduced interest rate will apply through September 30, 2020. For the specified time period, the interest rate will be calculated at .25% a month. After September 30, 2020 the interest rate will resume at 1.5% a month or 18% a year. The interest is calculated from the original due date of July 1, 2020. We accept postmarked dates.

If you received a bill for a vehicle or a business you do not own any longer, notify us immediately to avoid any additional fees or penalties. These bills will not go away if they are not addressed. Do not assume the DMV has told us anything about your vehicles.

If you are escrowed, you should not receive your Real Estate bill. If you received a bill, and an escrow company is responsible for payment, please call them directly. If you are responsible for a bill and do not receive it, it is still your responsibility. Escrow compa-

nies do not always tell us when you have paid off your mortgage. If you received a bill and you sold your house, please let us know so we can get the bill to the correct owner. We try our best to get bills back out quickly that are returned to us. If you made adjustments close to the end of the fiscal year the Tax Office might not have the most current information. Any help you can give us to get all bills to the right place is very much appreciated.

If you cannot pay the total amount due partial payments are always accepted. This is not considered a payment plan. However, it is the best way to keep some of the interest down. Interest will be calculated on the amount due, not the original bill.

In order to cut down on foot traffic in the Town Office Building, a drop box has been installed outside the front door. If you would like a receipt, include a self-addressed stamped envelope with your payment and use the drop box or mail to the Town Office Building, Tax Office C/O Kristin Battistoni, 30 Field Park Drive, Haddam, CT 06438. Checks can be made out to the Town of Haddam. Please no cash.

Payments will be processed daily and deposited weekly. If you do not see a payment has been posted contact us immediately.

If your cancelled check will be your receipt, use the included
continued on page 8

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Tax Office... continued from page 9

envelope addressed to the lockbox in Hartford.

To use a credit or debit card online or in the office, a service fee of 2.95% will be added. The fee is calculated based on the total payment. A flat fee of \$1.50 is charged for an Electronic Funds Transfer from your checking account.

If you have questions about using the on-line payment system please call us. We do not take payments over the phone.

Please allow some extra time for payments to be reflected on the website, they are not in real time. All online payments need to be posted manually. If you received an email confirmation, your payment was processed. If you are not sure if a payment was processed please call before you try it again.

We do not mail bills in January hold on to the remainder bill stub. If you are looking for a copy of your tax bills, go to Haddam.org under the Tax Collector link. If you have a question on using our website we

can walk you through most questions. The Town Office building hours have changed due to the COVID-19 pandemic. Starting in July, the Tax Office will be open for walk in's Monday - Thursday 8:30 am - 2 pm and Friday 8:30-12. Senior hours are Monday and Wednesday mornings from 8:30-10:30. Appointments can be made for additional times. Email is the best way to contact the Tax Collector.

Kristin Battistoni, CCMC
taxcollect@haddam.org
860-345-8531 X 207

Middlesex Health ~ Continuing to Provide the Care You Need

You have been told to stay at home - and to wear a mask - but what happens when you have a doctor's appointment scheduled or if you experience a possible medical emergency such as chest pain?

Even during a pandemic, it is important to keep up with your medical care, including routine physicals, and you should absolutely seek emergency care if you need it. Nationwide, there has been a significant increase in mortality rates - more deaths than can be attributed to COVID-19. The worry is that people are not seeking emergency care when they feel very sick.

Middlesex Health knows the idea of leaving home to go to a medical facility can be anxiety provoking, but it is doing everything it can to ensure that you get the care you need safely. This includes offering virtual (telehealth) visits when appropriate.

Please know that visiting a Middlesex Health Emergency Department location is safe. Patients in a Middlesex Health Emergency Department are separated: one area for possible COVID-19 patients; another for patients who may have other problems. All


patients, regardless of why they are visiting, are expected to wear masks.

Middlesex Health is also taking extraordinary measures to ensure your safety in its primary care and specialist offices. From extra cleaning and screening staff and patients, to making sure everyone is properly masked and limiting the number of patients in its waiting rooms, Middlesex's goal is not only to keep you safe, but to make you feel comfortable.

If you have put off getting the care you need, now is the time to make an appointment. Putting off annual exams and important tests and procedures can have unintended long-term consequences. It could mean that you miss identifying a problem early, allowing it to become a much bigger problem. The goal is to stay healthy - not to make things more challenging.

For more information about Middlesex Health during this pandemic, visit

MiddlesexHealth.org/safe.



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Board of Assessment Appeals

David Beckman, Craig Salonia and Jo Ann Woickelman

Understanding Motor Vehicle Assessments

Ct. Motor Vehicle Department uses NADA (National Auto Dealers Assoc.) for values. The department ASSUMES all vehicles are clean, retail and average mileage. Since the state uses NADA, the town must follow suit.

In September, the Board of Assessment Appeals will hold hearings to give those of you who disagree with the town's assessment of a motor vehicle an opportunity to challenge the assessment.

When will the Board meet:

Thursday, September 17, 2020 at 4:30 pm at the Community Center, 7 Candlewood Hill Road, Higganum.

How to make an appointment:

Call (860-345-8531) or visit the Assessor's Office in the Town Office Building, 30 Field Park Drive, Haddam.

What you will need to bring to the hearing:

- (1) Your tax bill;
- (2) The motor vehicle for our inspection, if possible;
- (3) If you can't bring the vehicle, bring photos that clearly show the condition of the vehicle;
- (4) Supporting evidence, such as a written estimate of value and/or retail sales price listings for similar vehicles. All supporting documentation will be retained for our files.

What happens next:

An Action Letter with the Board's decision will be sent to you within 1 week of your hearing.

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Summer Programs at HK Recreation

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The Haddam-Killingworth Recreation Department is offering many fun and exciting programs this summer.

Please check our website for updates at www.hkrec.com.

Online registration is available! Visit our website and see how you can set up your household account for easy registration.

*****The following upcoming programs will include pre-school programs, camps teen programs, and sports camps. Please check our facebook page <https://www.facebook.com/HKRec/> and website for updates.**

Everson Soccer Clinic

(Tuesdays or Thursdays beginning July 7 from 5:00 – 6:00 pm)
(ages 3-4)

Abrakadoodle Space Adventure Via Zoom

(July 27– 28, 9:00 – 11:00 am) (ages 3-5)

Abrakadoodle Paws, Claws & Hooves Via Zoom

(August 3– 7, 9:00 – 11:00 am) (ages 3-5)

HK Summer Camp / Extended Care

(June 29 – August 14 (no 7/3) / weekly sessions)

Kidscapades Staycation Camp Via Zoom

(June, July, August)

Karate Kids

(Mondays and Wednesdays starting July 20, 4:00 – 5:00 pm)

Horseback Riding

(Tuesdays or Wednesdays beginning July 21)

Crossroads Driving Via Zoom

(Mon – Th.)

Babysitter's Training

(July 27, 28 & 29, 5:45 – 7:45 pm)

Everson Soccer Clinic

(Tuesdays or Thursdays beginning July 7 from 6:00 – 7:00 pm)
(ages 4-6)

Kidscapades Princesses Camp Via Zoom

(June 22 – 25, 9:00 – 9:30 am)

Abrakadoodle Artosaurus STEAM Camp

(June 29 – July 7, 9:00 – 1:00 pm)

Casablanca's Modeling/Fashion Camp

(July 6 – 10, 9:00 – 1:00 pm)



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Abrakadoodle Space Adventure Via Zoom
(July 20 – 24, 9:00 – 11:00 am)
(ages 6 +)

Chess Live Via Zoom
(July 27 – July 31, 10:00 – 10:30 am)

Gross & Cool Jr. Experiments
(August 4 & 5, 1:00 – 5:00 pm)

Jr. Investigator of Science
(August 6 & 7, 1:00 - 5:00 pm)

Abrakadoodle Paws, Claws & Hooves Via Zoom
(August 10– 14, 9:00 – 11:00 am)
(ages 6+)

Kidscapades Adventureland Camp Via Zoom
(August 17 – 20, 9:00 – 9:30 am)

Skyhawks Golf Camp
(June 29 – July 2)

Skyhawks Baseball Camp
(June 29 – July 2)

Skyhawks Basketball Camp
(July 6 – 10, 9:00 – 12:30 pm)

Running Rams
(August - Dates to be Determined)

Skyhawks Mini-Hawk for ages 4 – 7
(July 13 – 16 or August 10 – 13, 9:00 – 1:00 pm)

Skyhawks Tennis Academy
(July 13 – July 16, August 3 – August 6, 9:00 – 1:00 pm)

Skyhawks STEAM & Play Flag Football Camp
(July 20 – 23, 9:00 – 1:00 pm)

UK International Soccer Camp
(July 27 – July 30, 9:00 -1:00 pm)

Skyhawks Multi-Sport Camp for ages 7 - 12 (August 10 – 13, 9:00 – 1:00 pm)

Skyhawks Volleyball Camp
(August 10 – 14, 9:00 – 1:00 pm)

Children's Swim Lessons
(ages 4+) beginning July 6– August 14 (M – F morning classes, one-week sessions)

Parent/Tot Swim
(Session 1, July 6 - 10 from 11:45 – 12:15 pm, Session 2, July 20 – 24 from 11:45 – 12:15)

Aqua Aerobics
(Mondays / Wednesdays, July 6 – August 12, 6:45 – 7:45 pm)

Fitness Yoga Via Zoom
(Tuesdays & Thursdays, June 30 – August 6; 7:00 – 8:15 pm)

Active Adult Exercise Via Zoom
(Mon, Tues., Th., Fri., June – August, 9:00 – 10:00 am)

Summer Entertainment:
Please check our facebook page <https://www.facebook.com/HKRec/> and website for updates.

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Community matters...now more than ever.

This is the time for us to join together. Let's put our hearts and dollars to work for the benefit of all in Middlesex County.

Support our community with a donation of any size to the **Live Local Give Local Emergency Fund**. 100% of your gift will be granted to our local nonprofits.



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No Job Too Small!

HK Recreation... continued from page 13

Outdoor Family Concert Series

(all shows are at 7 pm on Fridays) Sponsored by New Image Auto, LLC, GCI Outdoors, Higganum Veterinary Clinic, Jacks Country Restaruant, RAD Computing and Wiese Enterprises, LLC.

July 10: (Big Deal Rock at Higganum Green) / July 17 (Unfinished Business at Parmelee Farm) / July 24 (Dynamite Rhythm at Higganum Green) / August 2 (Rotary at Parmelee Farm)

Excursions:

R.I. Lighthouse Cruise (August 11), MGM Springfield (September 10).

Discount Tickets:

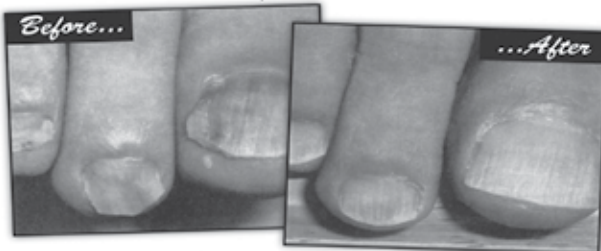
Available through September 3 for Six Flags New England, Lake Compounce CT Science Center & Adventure Park (Storrs or Bridgeport)

Again, please check our facebook page <https://www.facebook.com/HKRec/> and website for ALL updates.

For information about any of our programs, please call the HK Recreation Dept. at 860-345-8334 or visit www.hkrec.com.

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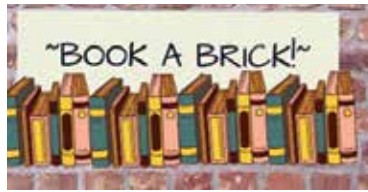
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Brainerd Memorial Library

Although the Library building was closed on March 13th due to the COVID-19 pandemic, we remain open virtually! Our staff has been providing online, digital resources and programming. BML will be implementing Contact-less pickup in the coming weeks.



BOOK-A-BRICK CAMPAIGN - BML will be announcing an engraved brick campaign to support the renovations. Patrons will be able purchase 4x8, 8x8 and 12x12 bricks to have inscribed and installed in the new walkway areas.

Please continue to visit our website to explore activities and resources:

- Monthly challenges: Book Title Sentences and Haiku with awards
- Musical, yoga, and craft videos from the Children's Department
- A new Job Page with search resources, videos, resume help, and other support
- A new Tech Page offering links and how to information for: Video Conferencing, phone Internet Tethering, Cloud storage and much more!
- Online Adult programming like: book club meetings, author talks, films, Gardening Q&A, and an E-Museum page for virtual tours and presentations
- Our Poetry Blog for poetry lovers to read and contribute
- The Teen Advisory Board which continues online with crafts and activities
- And many free sites to download books, take classes and access children's learning and entertainment!



BML SUMMER READING PROGRAM

"Imagine Your Story" This year's summer reading program will be similar to last year's where children use a sticker chart to record minutes read according their age group/school level. There will still be weekly prizes as well as a larger drawing for those who complete the entire program. The only difference is that parents will receive the entire summer reading packet, complete with weekly prizes, when BML begins curbside/touchless pickup later this month. Parents/caregivers can monitor their children's progress and distribute prizes as earned. Summer reading lists are on our Summer Reading webpage.

In addition to the Summer Reading Program, themed make-it, take-it craft kits will be available for curbside pickup beginning in July.

BML RENOVATIONS CONTINUE

During the building closure, the renovations to the exterior parking and entrances as well as the interior have been ongoing and nearing completion. We are very pleased at their progress and anticipate our patrons will be as well!

www.haddam.org

We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.



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Community Foundation of Middlesex County ~ Proud to Support Haddam

Haddam exemplifies A Community That Cares. The Community Foundation of Middlesex County (CFMC) is proud to support the nonprofit organizations in Haddam going the extra mile to help everyone connect and thrive, especially during these challenging times. Let's pause and take a moment to salute some of the organizations that make Haddam a great place to live, work, and play.

From the Inside: From Little Free Library Projects to Early Literacy Stations for the Children's Room, Brainerd Memorial Library leads the way in making learning and reading fun - and accessible to all. **THANK YOU!** Your staff and Board have worked tirelessly to keep the positive momentum going. You have translated "social distancing" into "social differencing"! (Special thanks to Gerry Matthews, Shagbark Lumber & Farm Supply, and Higganum Vision Group for their support of the Little Free Library Project.)

To the Outside: From inside the library walls, to the great outdoors, Haddam's nonprofit organizations and volunteers make certain that open space is preserved and land is maintained for the benefit of all - now and well into the future.

THANK YOU, Haddam Land Trust for making certain that the Swan Hill Land Acquisition is on track and the property is permanently protected. It will long be available for recreation for all to enjoy.



THANK YOU, Haddam Citizens for Scouting, for ensuring that all the "t's" were crossed "i's" dotted for the Camp Gus Land transfer. Your attention to detail and caring ways guaranteed that local youth will enjoy Haddam's natural wonders well into the future.

GREAT PEOPLE DOING GREAT THINGS. CFMC is surrounded by *Great People Doing Great Things* every day. This is never more evident than right now during so much change and uncertainty. We see it through the generosity of individuals and businesses who reach out to us every day asking, How can I help? What can I do for my community?

We see it in our nonprofit organizations that are on the frontline doing what they do best - meeting the critical needs of our friends and neighbors.

With generous support from Guilford Savings Bank and Pratt & Whitney, the Community Foundation launched the **LIVE LOCAL GIVE LOCAL EMERGENCY FUND** to give added support to community organizations, such as those listed above, that are meeting the basic and long-term needs of local residents.

Let's put our hearts and dollars to work for the benefit of all. Please consider a donation of any size to the Live Local Give Local Emergency Fund. To donate, please visit www.MiddlesexCounty-CF.org. 100% of your gift will be granted to our local nonprofits.

Thank you for being **GREAT People doing Great Things** right here in Haddam.



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A Window of Opportunity

By Jennifer Armenia, Marketing Director for The Saybrook at Haddam

If you are an older adult or know someone who is, and you're considering a senior living community, now may be a great window of opportunity. During this time of uncertainty with Covid-19, a group environment may seem like a risky option. However, if you consider the extra precautions senior living communities are putting in place, it may be just what you need to ensure you get appropriate support while maintaining your independence. People living at The Saybrook at Haddam enjoy many benefits:

- Social engagement – at a safe distance, of course. Residents are encouraged to meet in public areas with reminders to stay 6 feet apart and wear masks. We help residents stay connected to their families, friends, and more through the use of technology and safe, in-person visits (currently outdoors).
- Physical exercise – small group exercise classes, a gym, and wide, open spaces (both inside and out) encourage residents to stay active.
- Reliable care – for those who need support, our staff is here 24/7, 365.



- Three meals per day.
- Weekly housekeeping.

The window of opportunity we are seeing is while Connecticut's infection rates are lower and routine testing of staff is occurring. During this time, families are better able to assist their loved one with a move and can help them transition into a new setting. If you're interested in a carefree lifestyle and considering senior living, please call to learn how we are keeping our residents safe and happy. We look forward to hearing from you!



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New Questions; Some Silver Linings by Morgan McMinn

The COVID-19 pandemic has turned our lives inside out. We went from the normalcy of work and school, attending events, going to gyms, restaurants and bars to a state of emergency, social distancing and new protocols. As we continue to grapple with the struggles that have come with the pandemic, it is important to reflect upon what we have learned to date. Uncertainty remains, but perhaps we are better prepared for what may lie ahead.

THE HEALTHCARE INDUSTRY RESPONDS TO CHALLENGING TIMES



We have been living amid constantly evolving information about just what COVID-19 is? Is there immunity from the virus? Will the virus mutate? How is the virus transmitted? “We are always

learning new information” notes Amanda Falcone, Public Relations Director for Middlesex Health. “As of today, there is still much that is unknown. There’s no clinical playbook - no established standards of care for this virus. Knowledge changes rapidly.”

COVID-19 has altered what “normal” health care entails. Insurance has, at least for an interim period, approved telehealth visits. Telehealth is an important option especially for those who may lack mobility, access to transportation or the time for typical health care appointments. Middlesex Health stresses the importance of keeping up with your medical care. “Putting off annual exams and important tests and procedures can have unintended long-term consequences,” states Falcone.

Organizations like Middlesex Health are working to find out more about COVID-19. Middlesex Health is a part of a national initiative, led by the Mayo Clinic, that is investigating the use of convalescent plasma. Middlesex Health is also part of a study on Remdesivir, which, according to Falcone is the only medicine so far to show even a moderate benefit with respect to treating COVID-19.

Early on the healthcare industry faced worldwide supply shortages with respect to items such as personal protective equipment and cleaning supplies. Middlesex Health quickly made adjustments in how care is provided (additional cleaning, masks, care areas segregated based on COVID-19 status, additional safety equipment, etc.)

“We are actually using our pandemic plan as we work,” states Falcone. “When things get better, we will take a close look at our emergency and pandemic plan and adjust accordingly so that we are even more prepared should we ever need to use them again. Over the past several months we’ve learned a lot. We are now more knowledgeable and more prepared as we move forward, and we recognize that we will be dealing with this virus for a long time to come. It will likely be a moving target for a while yet to come.”

A RETURN TO NATURE?

With families and individuals confined to their homes across the globe, our planet was able to take its own breath and get slightly healthier. Startling images show clear waters in the Venice canals and the India Gate War Memorial in New Delhi became more visible as air pollution decreased (above right).



Some studies indicate that, while pre-pandemic levels of daily emissions were rising steadily every year, COVID-19 restrictions brought numbers comparable to 2006, mainly due to a reduction in surface transportation, power and industry (cars, electricity, fossil fuel, etc).

Mr. Robert Klee, Lecturer at the Yale School of Forestry and Environmental Studies, notes that “clean air is important and this is a link to the pandemic being a respiratory pandemic - those who suffer from dirtier air and depressed or compromised health from dirty air are more susceptible to the likes of COVID-19. There are correlations with bad air quality and higher incidents.”



People are taking walks, running, hiking, biking, kayaking, etc. The pandemic “reconnected people in interesting ways,” observes Klee. “People locked in the house go on walks, hike on a trail, want to go out and experience nature.”

Cities like Bogota, New York, Paris and Berlin, along with local communities, have made new street spaces for safer individual mobility (walking, cycling etc.). Will this lead to more permanent change? “Part of the question as we restart our economy is what are we restarting it for and to? What is our goal?” And don't forget climate change is still an existential threat and a huge crisis and we can't forget about it for one moment.”

MENTAL HEALTH – RESILIENCE AMID UNCERTAINTY

COVID-19 has taken an emotional toll. “There is so much uncertainty. It's unprecedented,” observes Nancy Randall, a psychologist at East Lyme Psychological Associates. “People are more isolated than they have been. People are stressed about going back to work. They are anxious about the reopening and not sure what it will look like. The anxiety is really the biggest thing. Not knowing what's coming next.”

Is there a silver lining? “We adapt pretty well to things,” she says. Many are enjoying nature, adopting pets, finding time for relationships and hobbies. People connect via facebook groups or Zoom. They have found ways to make a difference, whether sewing face-masks or checking in on others. “People are resilient,” notes Randall. “We've found ways to adapt and try to find the positive in things. Things we learned we can take with us. That doesn't have to go away.”

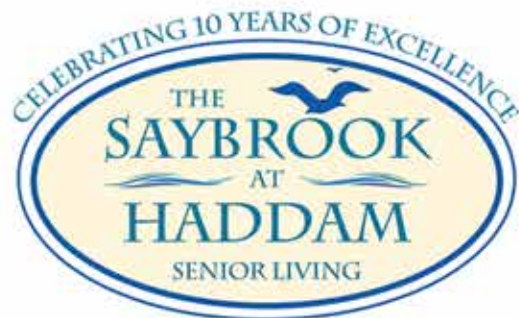
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