

Old Saybrook Life During COVID-19...So Far

We would like to know how you are making it through this historic time in Old Saybrook. We would like to document this time to make it available for future generations. We do understand that we are not through with COVID yet, but please tell us how you are doing so far. Please answer as many of the question that you can. If you have any questions email us at actonlibrary@actonlibrary.org

What is your connection to Old Saybrook?

Formerly weekenders but since retirement we are here 90% of the time

When, where, and how did you quarantine?

we stayed in starting in March, ordered food deliveries only. Able to stay in our comfortable home, Started short walks only after a few weeks

Did you feel prepared for the pandemic? How did you navigate the shutdown of services and shortage of supplies, such as hand sanitizer and paper products?

Shutdown did come as a rather quick wake up call. We had some paper products on hand from previous COSTCO shopping As long as we felt this was part of the greater plan we were OK with a few less things that in the big picture were certainly not essential

How did the pandemic affect you and your family?

Cancelled trips, certainly missed activities we were doing weekly. ie Tai Chi . Geneology REALLY missed my routine of 3x/week gym! We felt very isolated from friends here in OS and family in NY and NJ

Did you learn anything about yourself during this experience that surprised you?

Had to really concentrate on keeping somewhat of a routine in daily life Balancing watching too much TV news was challenging!! I learned I can make the best of a situation most days and the importance of sharing feelings with friends and family

Did you require help or social services during the shutdown and how did you navigate that?

No

How do you feel the Town of Old Saybrook responded to the COVID-19 crisis?

I thought the daily briefings were well done and helpful

What will be the experiences and stories you will share with people in the future when you talk about the pandemic?

Stories about focusing on staying strong and the importance of not falling into the POOR ME PIT!! Learning to enjoy ZOOM for many areas of life I will share that I kept in touch with old friends with letter writing, always a favorite thing but greatly increased during stay at home orders

Is there anything else you would like to share?

This questionnaire was a great idea!

General Demographics

- Adult (18+)
- Teen (13-17)
- Child (12 and under)

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