

# 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](mailto:actonlibrary@actonlibrary.org)

What is your connection to Old Saybrook?

Resident

When, where, and how did you quarantine?

At our home beginning March 8, 2020. At first I went out only for food. I grocery shopped every 2-3 weeks. Once everyone began to wear masks and follow respectful distancing I began to see people for outside visits.

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?

The dire news from China and Europe, especially Italy prodded me to prepare. I changed my prescriptions over to mail order. I did not get my haircut or buy unnecessary items.

How did the pandemic affect you and your family?

Isolating from our children and grandchildren was especially difficult. Not being able to celebrate major family events like weddings and the birth of a grandchild born far away amplified the feeling of isolation. I worried about the education of our country's children. Initially I watched too much news and later I learned the peaceful satisfaction of working in the garden and growing our own food. We posted a daily joke or pun on a sign in our front yard and the neighborhood seemed to really appreciate it.

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

I was surprised to learn how much stuff that we didn't need was in our closets and cupboards. And that I really did like going to the gym, even though I grumbled about it. And if you don't go anywhere a tank of gas lasts a long time.

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?

The updates including both the bad news of infection numbers and deaths and the good news of photos of red hearts and even videos of K-9 dogs doing online school were useful. Although our world shrank to only Old Saybrook, I was grateful to know kids were still getting lunches at schools, Youth and Family was still providing support, Estuary and meals on wheels were serving food to the elderly and that residents supported local businesses once they were able to open. People in Old Saybrook are for the most part very kind.

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

I will tell about how even in the pandemic people gathered to protest the racism and inequalities in our country and I hope to share that a record number of people voted in the 2020 national election. That love is stronger than fear.

Is there anything else you would like to share?

### General Demographics

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

This content is neither created nor endorsed by Google.

Google Forms