

# 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?

Beginning March 13, 2020. At home, in addition to going to work part time in a very isolated capacity.

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?

I did not feel that there were any shortages at all. I felt like we were amply prepared.

How did the pandemic affect you and your family?

Initially, we spent more time together, but after some weeks we were badly craving outside company. Everything seemed to slow down at home and in our schedules. We took rides to places just to get out of town and for a change of scenery. We missed our extended family a lot! We also became increasingly acclimated to spending more time alone in solitary pursuits. We all experienced swings between acceptance and frustration, depression and humor, boredom and contentedness.

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

I hadn't realized just how important social contacts were to me and how much prior time I had spent engaged in social interactions. Alternately, I realized that I am good at entertaining myself with hobbies and pursuits that I enjoy at home.

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?

Outstandingly. They were a constant source of information and security.

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

How very difficult this quarantine was on children and teens in school, and how many exciting annual events they missed out on for life. How very, very difficult these times were for people who live alone, and especially the older people who had to exercise extreme caution. Also, how I knew there would be another pandemic eventually, but I never expected to experience one to this degree, in my country, and in my lifetime. Also, what a bad idea it was to binge on the news! I feel it was very important to keep current, but, to then disconnect and get the pandemic "out of your head" to reduce stress and maintain some sense of normalcy.

Is there anything else you would like to share?

There will be another pandemic, and another. We need to use this experience as a valuable lesson to prepare for the next pandemic.

### General Demographics

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

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