

# 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?

Moved here 20 years ago in our early 60s. A classmate of we lived here and I visited many springs to spend a weekend.

When, where, and how did you quarantine?

We've separated from family and friends for several months. We have visited family for a few days in VT.

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?

Without a problem

How did the pandemic affect you and your family?

Loss of gathering with support groups, writing groups, neighbors, friends.

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

Time passes regardless of loss of meaningful connections. Experiencing loss of concentration, ennui.  
Getting used to doing/going less.

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

No ... other than accessing help from Proective Services for a relative in decline living in FL.

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

Very well.

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

The death of a relative from coronavirus who lived in NY. The challenge of managing loss of routine, separation from family and friends.

Is there anything else you would like to share?

Writing and reading poetry helped to come to grips with losses.

### General Demographics

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

