

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?

Although I live in another town close by, I spend much time in Old Saybrook shopping, golf, church, social time.

When, where, and how did you quarantine?

We stayed at home and only went grocery shopping every two to three weeks. We have an extra frig/freezer in the garage. We washed our hands often and wore masks in the grocery store or any other place it was required. We walked, hiked, ran, walked the dog, worked out at home with weights, binge watched Netflix and Amazon Prime movies and shows. We cleaned out closets and did some house projects.

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?

Yes we were prepared. We shopped at grocery store as well as Amazon prime and Walmart on line.

How did the pandemic affect you and your family?

We had to learn to slow down and adjust to being together more...a new dynamic was formed. Our children who are 24 and 28 live in other cities and we were not able to see them from March until June. We had to put off doctor visits or do them through a telehealth appointment via the cell phone or ipad. We couldn't see our friends so we used Zoom for gatherings on Friday nights. We missed our family very much. It was very lonely at times and we worried for their health and safety. Personally, about a month in, I had to take some medicine for a higher blood pressure which I'm hoping to correct and go off of...also my spouse suffers from anxiety and depression and this was very difficult for him.

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

I knew I was strong and resilient but this brought it to another level. My normal good quality of being patient was extended even greater at times.

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?

Very well

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

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