Whether you live along the eastern or southern coasts of the United States, along the Gulf or whether you’re hundreds of miles away and witnessing nature’s fury from a safe distance, there are lessons all of us need to learn about what to do when Mother Nature gets her ire up. There are basic realities of preparation and storm weathering to master that are involved enough when it’s just your immediate family that’s being protected. But when you’re a caregiver and responsible for someone who can’t otherwise help him or herself, the ante’s up considerably, if not in physical labor, then certainly in emotional toil and psychological angst.

Much of the time, those for whom we are caregivers live in our home, and so the physical act of preparing for a storm’s onslaught is not noticeably different than if that person were not present; however, it’s the intangibles that add to the stress. The worry and anxiety of how to help someone who can’t help themselves and of how to transport a disabled person to a shelter or into a car for evacuation should that become necessary can be overwhelming. But since knowledge is power, let this article serve as a tick list to help you check off the things that must be done to ensure your safety and the safety of those you love.

There are certain decisions that must be made ahead of time. Possibly the most critical is whether or not you will choose to stay in your home or evacuate, should the decision be optional. If you choose to stay, it is critical that you have everything on hand that you could possibly need. Also, you must determine the safest place in your home and have a plan in place so that each person will know where to go and what to do when the time comes. Windows and doors must be protected, loose objects like boats and outdoor furniture must be secured or stored and a plan must be in place for your pet. If you decide that leaving is in your best interest, you must make certain that your car is filled with gas, that someone else knows your evacuation plans and route and that all needed supplies are in a central location for easy access.

Let’s face it; if you live in a hurricane-prone area, chances are that you will, at the very minimum, face the real threat of a hurricane at least once during the season. Since the best time to plan for an emergency is when there isn’t one, take time on a beautiful, sunny Saturday to gather most of the supplies you’ll need should a hurricane be imminent. Know, of course, that being prepared in advance requires vigilance. You’ll need to check the contents of your various kits when their use seems at hand to ensure that nothing has expired or gone bad. And it goes without saying that there are some things you simply can’t do until the last moment, so use those precious minutes just before the storm hits to accomplish those. Here’s what you can do ahead of time:

1. Make sure you’ve got a well-assembled first aid kit. It should include sterile adhesive bandages in assorted sizes, boxes of two- and four-inch sterile gauze pads, hypoallergenic adhesive tape, triangular bandages, several rolls of two- and three-inch sterile roller bandages, scissors, tweezers, needles, moistened towelettes, antiseptic, a thermometer, tongue blades, petroleum jelly or other lubricant, assorted sizes of safety pins, a cleansing agent or soap, latex gloves and sunscreen. In addition, the kit should include the following non-prescription drugs: aspirin or non-aspirin pain reliever, anti-diarrhea medication, an antacid, syrup of ipecac (so that vomiting can be induced if the Poison Control Center so advises), a laxative, activated charcoal (again, for use as indicated by the Poison Control Center), hemorrhoid medication, cough/cold/allergy medication, denture supplies (if applicable) and sanitary/incontinent supplies. Be sure that medicines for all the various age groups in your family are included so that everyone from children to senior adults will be protected.

2. A hurricane suitcase should be assembled with enough contents for each person in the family. A suitcase or large plastic tub should be packed with cash (even though its inclusion will be probably be a last-minute addition), a first aid kit like the one mentioned above, a flashlight & batteries, a battery-operated radio & batteries, a personal list of medications for each person, large towels & washcloths, blankets & pillows, paper towels, a change of clothes, sturdy shoes (closed toe/heel), socks, a manual can opener, large and small trash bags & ties, a plastic bucket with a lid, bar soap, liquid detergent, a toothpaste and toothbrush, toilet paper, tissues, disinfectant, rubber gloves, insect repellent, sun block, protective clothing/hat, wet wipes, cards, board games, toys and books.

3. Non-perishable food should be assembled and should include crackers, jelly, nuts, canned vegetables, canned juice, canned fruit, powdered milk, bread, peanut butter, honey, canned & fully cooked meats, protein snacks, dried fruits and other non-perishable foods.

This program is supported by Senior Resources – Agency on Aging with Title III funds made available under the Older American’s Act.
4. A minimum three-day supply of water per person and/or pet should be purchased. Each person will require one gallon of water per day, and each pet will require one quart of water per day. Additionally, kerosene, gasoline, wood, pet food, pet medications, charcoal and matches should be gathered into one central location. If you have a charcoal grill, it might come in handy for cooking if the electricity is out during or after the storm.

5. Develop a plan for your pet. If you’re leaving and taking the pet, make sure you have a pet carrier. If you’ll be flying, be aware that only certain pet carriers are airline-approved. Also be aware that hurricane shelters do not accept pets.

6. Put together a list of relevant phone numbers and put this in your hurricane suitcase. As a caregiver, know how important it is to have a central location where important information and medication concerning the person for whom you are caring is kept. This will be helpful to you not only in times of stress but will be extremely helpful should others have to step in and help out.

The following things really can’t be done ahead of time, so use this list as a reminder of last-minute musts. Some of these tasks can be done during the hurricane watch, the 36-hour designated timeframe before a hurricane is due to hit. Some can’t be done until the warning period, the 24-hour designated timeframe before the hurricane is due to hit.

**During the Watch Period:**
- Obtain cash or travelers checks. Withdraw as much money as you’re comfortable carrying since it’s possible that, should the hurricane hit, ATMs won’t be working. Additionally, merchants may not be able to authorize credit card usage if the electricity isn’t working, and personal checks may not be accepted.
- Make sure your car has a full tank of gas and that oil/tire pressure has been checked. Be aware that in emergency situations like these, gas stations sometimes run out of gas and there can be long lines. Time yourself accordingly.
- Store all outside furniture and items that could be picked up by the wind. If you have a boat, make sure it is secured.
- Gather important paperwork like wills, deeds, birth and marriage certificates, social security cards and insurance policies and place them inside a waterproof container that should be put inside your hurricane suitcase.
- If you’ll be leaving your home and going to a hotel, make sure you have a reservation as well as a reservation number. Know the best and safest route to take. A hotel can be a good solution for many who are caregivers since most have emergency generators. On the other hand, hurricane shelters are also good options, though not as comfortable. Those for whom you are caring may be inconvenienced in such crowded surroundings where beds are simply sleeping bags or mattresses on the floor. Regardless of where you plan to stay, make sure that someone else knows where you will be.

**During the Warning Period:**
- Put all prescription medications and their instructions in the first aid kit. Make sure they are readily accessible.
- Lower blinds and close curtains and shutters. This will protect you if the wind blows in.
- Move important items away from the windows.
- Fill up the bathtubs with water.
- Fill any spaces in the freezer and refrigerator with milk jugs full of frozen water.
- Turn up the refrigerator to maximum cold, opening it only if necessary.
- If the power goes out, turn off appliances and lights so that the system is not overburdened when it comes back on.
- If you’re leaving, post the phone number and address of your destination prominently on an interior wall. Let neighbors and friends know where you are going.
- Leave your car radio on, tuned to a local station for news and updates.

All by themselves, hurricanes are a formidable force of nature. Coupled with the complexities of caregiving, weathering them becomes an unenviable feat, though one navigated by multitudes of people each year. In the midst of the storm, though, it is wise to remember the rainbow, for storms do pass.

There’s an old Irish blessing we can all take to heart: “May God give you...for every storm a rainbow, for every tear a smile, for every care a promise and a blessing in each trial. For every problem life sends, a faithful friend to share, for every sigh a sweet song and an answer for each prayer.”

**Storms: Learn the Facts**

- A hurricane is a tropical cyclone with wind strengths that exceed 74 miles per hour and circulate counter-clockwise. While they are formed from simple complexes of thunderstorms, the water in which they are located must be at least 81 degrees. It is the heat and moisture from the warm water that creates the energy of a hurricane, and without this, the hurricane will not survive.
- A series of thunderstorms in very warm water that reach a strength of 23-39 miles per hour is called a tropical depression, the first stage in the life cycle of a hurricane. A hurricane can live for two to three weeks.
- When sustained winds have reached a strength of 39-73 miles per hour, the tropical depression becomes a tropical storm. It can take from a half day to a couple of days to grow to this stage.
- A tropical storm becomes a hurricane when winds reach a sustained level of 74 miles per hour and there is a pronounced rotation around the central core.
- The dark spot in the middle of the hurricane is called the eye. The eye is the focus of the hurricane and the point around which the rest of the storm rotates.
- Surrounding the eye is the eye wall, the area of most intense rain and wind. Large bands of clouds and precipitation spiraling from the eye wall are called spiral rain bands.

The Saffir-Simpson Scale is used to categorize the strength of hurricanes.
A category one hurricane exhibits winds ranging from 74 to 95 miles per hour. These storms produce minimal damage. Power lines can come down, flooding can occur, and a four to five foot storm surge often accompanies the storm.

A category two hurricane exhibits winds ranging from 96 to 110 miles per hour. Inflicting moderate damage, these storms produce flooding and can bring tree branches down. A six to eight foot storm surge can accompany the storm.

A category three hurricane exhibits winds ranging from 111 to 130 miles per hour. Extensive damage occurs with minor damage to buildings. Flooding can wash away smaller structures on the coast and can occur up to eight miles inland. The accompanying storm surge is nine to twelve feet.

A category four hurricane has winds ranging from 131 to 155 miles per hour. Extremely dangerous, almost all doors and windows are destroyed in a storm of this magnitude. There is sometimes wall and roof failure. Lower floors of oceanfront buildings sustain major damage. Evacuations are ordered as far as six miles inland. Storm surges range from 13 to 18 feet.

A category five hurricane has winds that exceed 155 miles per hour. Inflicting catastrophic damage, buildings, roofs and structures are destroyed. Flooding occurs up to ten miles inland and the area is evacuated. Storm surges exceed 18 feet.

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**STEP 1:** Go to [www.peaceathomeparenting.com/norwich-human-services](http://www.peaceathomeparenting.com/norwich-human-services)

**STEP 2:** Choose and click which class is best for you from the list on the right

* Interactive Live Online Classes Get answers to your questions on the spot
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* Flash Classes 15 minutes or less

**STEP 3:** Click on the class topic and then click Register. Fill out the form. Choose School/Town Subscription when asked for source of subscription.

**STEP 4:** Enter your free discount code PEACE2020 in place of payment

That’s it! You will receive an e-mail confirmation with instructions for your next steps or a link to the class you chose. LIVE CLASSES will send reminders leading up to date of the class.

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**With each class you will receive:**

- Parent handouts you can download and print
- Access to our private, monitored Facebook group where you can get answers and feedback from other caring parents like yourself and Peace at Home experts
- Access to Free monthly online Q&A sessions to follow up on your new approaches

And if you sign up for a live, online class and miss it – we will send you access to a recording of that class in just a day or two.

Sponsored by Norwich Human Services
Grandparents Raising Grandchildren Virtual Workshop

"Maintaining Your Child's Physical & Emotional Wellbeing During COVID-19"

Tuesday, August 25, 2020 10:00 a.m. — 11:00 a.m.

Use Zoom or Your Telephone

Presented by Dr. Henry Anyimadu, Infectious Disease Specialist and Sara Jones, Social worker, These Hartford HealthCare experts will discuss keeping your child safe in school, sports, after school programs, friend and family gatherings etc.

After the presentation participants will be able to ask questions

Register by August 12th to receive a complimentary treat by mail!

But, don’t worry registrations will still be accepted up until August 24th.

Attend the program for a chance to win a $100 Visa Gift Card! Winner will be announced at the conclusion of the program and the winner must be “present” to win!

Call 860-747-5728 for more information

Please complete and return by August 12th to receive a complimentary treat by mail!

All other registrations accepted until August 24th.

A Zoom Link and/or telephone number will be provided once registered.

Plainville Senior Center, 200 East Street, Plainville, CT 06062; soucys@plainville-ct.gov, 860-747-5728

Our grant funding requires that we collect grandparents' and grandchildren's dates of birth

Name: ___________________________ Date of Birth: ___________________________

Name: ___________________________ Date of Birth: ___________________________

Address: ___________________________ Town: ___________________________ Zip Code: ___________________________

Email Address: ___________________________ Phone: ___________________________

Name of Grandchild Living with You: ___________________________ Grandchild’s Date of Birth: ___________________________

Co-sponsored by Plainville Senior Center and Plainville Youth Services

The program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc
Project Connect

The purpose of this study is to learn how online programs can give grandmothers and their teenage grandchildren information and skills to improve health and well-being.

CONTACT US
(855) 260-2433
ksuprojectconnect@gmail.com

What will you do?

Watch Online Video Clips
- Tips for living healthy and happy
- 2-10 minute videos

Answer Questions
- Tell us how the videos relate to your life
- Try it out with Family and Friends!

Take 5 Online Surveys
1. Before watching the online videos
2. After watching all 7 video modules
3. 3 months later
4. 6 months later
5. 9 months later

You may also be selected to complete short daily surveys 14 days before and after watching the online videos or share your thoughts about the videos over the telephone.
- Daily Surveys: $126
- Telephone Q&A: $30

Benefits of Participating

Amazon Fire Tablet
Your family will receive 1 Amazon Fire tablet to use during the study. You can keep it even after you are done.

Monetary Payments ($150)
1. Video Module 1 ($15)
2. Video Module 3 ($15)
3. Video Module 5 ($20)
4. Video Module 7 ($20)
5. Survey 2 ($20)
6. Survey 3 ($20)
7. Survey 4 ($20)
8. Survey 5 ($20)

Raffle Drawings
Grandmothers and Grandchildren who complete surveys and video modules at a similar pace will earn tickets for 2 separate raffle drawings.
Prizes are about $300 each and include:
- Beats wireless headphones
- Nintendo Switch
- Relaxation package

More Information & FAQs

Other Benefits
- Participate with other families like yours from all over the USA!
- Doing this study could help you and your family lead healthier and happier lifestyles.
- Your participation will help us to see if Project Connect will be helpful to other families like yours in the future.

Can I Participate Alone?
- Both of you will need to participate in the study but you should complete everything independently.

Will our Information be Secure?
- No one beyond Project Connect staff will know your answers or have access to your information (not even your family members).

If you have any questions or want more information about this study, call us toll-free at 1-855-260-2433
MEMO

To: NDDH Board Members and Medical Advisor, Town Officials, School Superintendents & Nurses, Public Health System Partners, Parents, and Community-at-Large

From: Sue Starkey, MPH, MS, RD, Director of Health

Date: Sunday, August 2, 2020

RE: Community Response to COVID-19

The Northeast District Department of Health (NDDH) is alerting the community that there has been a marked increase in the transmission of COVID-19 among adolescents in northeast CT. Between July 23rd and 31st there were 20 laboratory confirmed cases of COVID-19 among 16 to 19-year-olds compared to 13 cases in the four prior months. Through our case and contact investigations, we were able to link some cases to a multi-day, out-of-state gathering held in mid-July. We also determined that many parents and officials were aware of the gathering and the ongoing disease transmission even before laboratory results were received by NDDH. Community partners are encouraged to report such information to NDDH so we can, in turn, alert health care providers to use when evaluating patients. Timely sharing of relevant information is essential to disease control. In addition to alerting health care, elected, and school officials, NDDH is alerting the general public to the ongoing and elevated risk as well as the importance of taking all precautions and following “the Rules” to protect themselves and others. The Rules include guidance and directives from the Centers for Disease Control and Prevention (CDC), the Connecticut Department of Public Health (CT DPH) and other state agencies, the Governor, and local town and public health officials. As many as 40% of COVID cases can be asymptomatic so you may not know if you are in the company of someone who is sick until it is too late. NDDH is sharing this important update with you and proposing specific steps be taken by community partners to prevent further spread of the disease.

IMPROVING THE FLOW OF INFORMATION

FORMAL REPORTING: CT LAWS AND REGULATIONS

- COVID-19 is a reportable disease in the State of Connecticut. CT health care providers and laboratories are required to report these diseases to the CT DPH and their local health department.
- Reportable diseases are entered into the Connecticut Electronic Disease Surveillance System (CTEDSS) which is maintained by the CT Department of Public Health (DPH). Positive COVID-19 cases are then entered into ContaCT – Connecticut’s Contact Tracing Platform.
- The NDDH Public Health Nurse monitors CTEDSS and ContaCT daily and conducts investigations on these cases.

INFORMAL REPORTING

- In addition to the mandatory reporting systems, we rely on health care providers, elected officials, and concerned citizens as to alert us when they identify conditions that may impact the health of the community. NDDH may also learn about conditions in the community through news reports, social media, and events.

CALL TO ACTION

Make sure that NDDH is on your list to report an unusual occurrence of disease (e.g., when an unusual number of students present within the same time frame with similar symptoms.) Contact NDDH at 860-774-7350 and ask for the Public Health Nurse.
CONTACT TRACING

Contact tracing is a long-standing public health practice to prevent the spread of diseases like COVID-19. We identify people who are positive and people who they came in contact with to be sure they know how to take care of themselves and protect others. Contact tracing will be conducted for close contacts of laboratory-confirmed or probable COVID-19 patients. Our investigative work relies on the efficient exchange of accurate information. Our goal is to reach everyone within 48 hours. Delays may result in further spread of the disease.

CALL TO ACTION — For contact tracing to be successful, answer the phone when we call, and then answer our questions truthfully and accurately.

PROTECTED INFORMATION

Private health information is protected by Connecticut General Statutes. NDDH and the CT DPH will keep all information obtained during investigations private. During contact investigations, the sick person’s identity is not disclosed. Any potentially infected contacts are asked about symptoms, testing and other questions without saying who may have transmitted the virus to them. We take our responsibility to protect privacy as seriously as we take our responsibility to protect public health.

WHO is at risk for being infected with COVID-19?

Anyone who is within 6 feet of a person who has COVID-19 for at least 15 minutes.

HOW DO WE PREVENT THE SPREAD OF COVID-19?

MONITOR FOR SYMPTOMS OF COVID-19

One of the most important things you can do is monitor everyone in your house for symptoms. Symptoms may appear 2-14 days after exposure to the virus. If symptoms develop, isolate the sick person from others and contact your healthcare provider. This list will be updated as more is learned about COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

10 Things you can do to manage your COVID-19 symptoms at home

CALL TO ACTION — Start tracking your symptoms now. Do you have allergy symptoms that could be mistaken for COVID-19? Are you tired every day? Are you taking certain medications that produce COVID-19-like side effects? What is your typical temperature? Knowing your baseline health will help you to recognize new symptoms that might be COVID-19. This information will help you and your health care provider and school nurse make more accurate determinations about your risk.

WHAT TO DO IF SOMEONE HAS SYMPTOMS

For community, employees, school teachers and staff showing symptoms of COVID-19, CDC recommendations include separating yourself from others, contacting a healthcare provider, and staying home for 10 days and at least 24 hours with no fever, and symptoms have improved.

For students, recent CDC guidance for screening K-12 students for symptoms of COVID-19 suggests adhering to existing school illness management policies.
TESTING
Testing is recommended for all close contacts of confirmed or probable COVID-19 patients.

WHO NEEDS TO QUARANTINE? (Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.)
  - Anyone who has been in close contact with someone who has COVID-19 needs to quarantine. This includes people who previously had COVID-19 and people who have taken an antibody test and have antibodies to the virus.

WHAT COUNTS AS CLOSE CONTACTS?
  - Being within 6 feet of someone who has COVID-19 for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient was isolated.
  - You provided care at home to someone who is sick with COVID-19
  - You had direct physical contact with the person (touched, hugged, or kissed them)
  - You shared eating or drinking utensils
  - They sneezed, coughed, or somehow got respiratory droplets on you

STEPS TO TAKE TO QUARANTINE: Stay home and monitor your health
  - Stay home for 14 days after your last contact with a person who has COVID-19
  - Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
  - If possible, stay away others, especially people who are at higher risk for getting very sick from COVID-19 (parents, grandparents, those with underlying health conditions, etc.)

WHO NEEDS TO ISOLATE? (Isolation separates sick people with a contagious disease from people who are not sick.)
  - People who have symptoms of COVID-19 and are able to recover at home
  - People who have no symptoms (are asymptomatic) but have tested positive for infection with SARS-CoV-2

WHEN DOES ISOLATION END?
If you think or KNOW YOU HAD COVID-19 and you HAD symptoms, you can be with others after:
  - At least 10 days since symptoms first appeared and
  - At least 24 hours with no fever without fever-reducing medication and
  - Symptoms have improved
  - Other medical conditions may require you to isolate longer. Talk to your healthcare provider.

If you TESTED POSITIVE for COVID-19 but had NO SYMPTOMS (asymptomatic)
If you continue to have no symptoms, you can be with others after:
  - 10 days have passed since the date you had your positive test

HOW DID THIS HAPPEN IN OUR COMMUNITY?
Like it has happened in communities across the country and around the globe. Numbers have been “low” in northeast CT, so some people have let down their guard. They are drawn into complacency or boredom. They don’t wear their masks or they wear them incorrectly. They don’t carefully follow the Rules and the effective strategies listed below.
EFFECTIVE STRATEGIES TO REDUCE RISK
To reduce risk and prevent a resurgence of COVID-19, EVERYONE NEEDS TO DO THE FOLLOWING:
- When in public, wear a cloth face covering over your nose and mouth.
- Stay at least 6 feet away from other people.
- Wash your hands often with soap and water for at least 20 seconds.
- Do not touch your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneeze with a tissue. Throw the tissue in the trash and wash your hands.
- Stay home when you are sick except to get medical care.
- Get your annual flu shot when it becomes available.
- People 65 and over and those of any age with underlying medical conditions should stay safe and stay home.
- Distance yourself from any places or situations where people are not following the Rules or you do not feel safe from COVID-19.

SCHOOL REOPENING INDICATORS
The CT DPH and Connecticut State Department of Education (CSDE) have already defined the thresholds for school models and released Interim Guidance for Decision-Making (Addendum 4) on July 30, 2020. The data that is needed to make decisions by which the models apply is expected to be released by the CT DPH for use by local health departments and school systems.

CT DPH and NDDH will provide information on background levels of disease. School Boards must take many other factors into consideration as they make decisions about their model in meeting the requirements of the CSDE. These considerations include facility capacity, ventilation, personnel, bus companies, and input from finance committees on budgets, among many others.

In March, NDDH worked with the schools and a decision was made to close them slightly ahead of the rest of the State. This is one of the reasons why Covid-19 incidence was kept under control. It is not a coincidence that Connecticut reopened, outdoors events were allowed, young adults have found ways to gather after enduring a long period of social isolation, and predictably, young people began to be infected. I suspect that gatherings with school-age children—specifically reopening schools—is likely to result in higher levels of disease transmission.

This situation is rapidly evolving, and recommendations may change frequently as new information becomes available. NDDH will send updates of local importance as they arise. We recommend the CDC, CT DPH, and agency sites specific to your decision-making (CT State Department of Education, CT Department of Economic and Development, etc.) as reliable sources of up-to-date information:

CT Coronavirus Website
CDC Coronavirus Website
General Business FAQs – includes answers on suspected and confirmed cases of COVID-19 in the workplace

“This is a virus that can spread rapidly. A small cluster of cases can turn into hundreds of new infections within days. If you multiply that, we are looking at major impact to our ability to continue to reopen our economy or even send children back to school in September for in-person instruction.”
- Governor Ned Lamont, Jul 28, 2020 Press Release

Preventing Illness, Promoting Wellness & Protecting Public Health Since 1973
Brooklyn • Canterbury • Eastford • Hampton • Killingly • Plainfield • Pomfret • Putnam • Thompson • Sterling • Union • Woodstock
Stop The Spread

1. Wear A Mask
   Keep the covering on your face while out in public.

2. Stay 6 Feet Apart
   Keep space between yourself and everyone...everyone.

3. Wash Your Hands
   Scrub hands with soap and water for at least twenty seconds.

4. Get Tested
   Even if you have no symptoms, testing helps stop the spread.

www.ct.gov/coronavirus
Robin Brewer will be conducting a virtual support group in conjunction with the Norwich Youth and Family Services.

The virtual support group will be held: June 11th, June 25th, July 23rd, and August 27th.

Please contact Robin at 860-887-3561 ext. 124 for more information.

CAREGIVERS SUPPORT GROUP
[You Are NOT Alone!]

2020 Schedule

All support groups have been postponed until further notice.

If you have any questions please speak with Robin at 860-887-3561 ext. 124

Senior Resources
AGENCY ON AGING

19 Ohio Avenue, Suite 2
Norwich, CT 06360
860-887-3561 / 800-690-6998
www.SeniorResourcesEC.org

This program is supported by Senior Resources-Agency on Aging with Title III funds made available under the Older American’s Act.
We hope you find the August edition of our Caregiver of Children newsletter informative.

Senior Resources currently produces a monthly caregiver of children newsletter. We are looking for feedback on any ideas you may have for future editions.

Please contact Robin Brewer with any ideas/suggestions or if you wish to be removed from our mailing list.

Robin Brewer: RBrewer@seniorresourcesec.org or 860 887-3561 x 124.

To read previous editions of this newsletter please visit: www.SeniorResourcesEC.org/stay-informed/grandparent-newsletter