

# MIDDLETOWN

## COVID-19 NEWSLETTER (2)



# Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

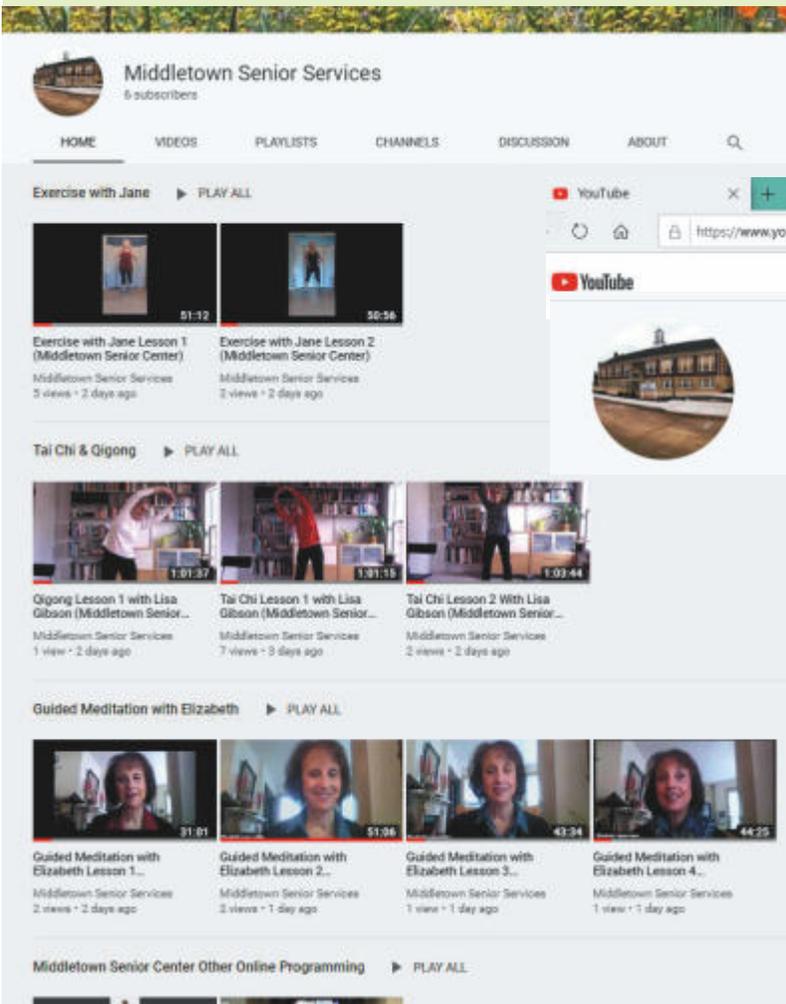


## Introducing Online Programming!!

Our staff has been working really hard behind the scenes to put together online resources and we are thrilled to tell you about it! While it's still a work in progress, there is plenty to keep you busy!

We have created a YouTube Channel (Middletown Senior Services) that includes Exercise with Jane, Tai Chi & Qigong with Lisa, and Guided Meditation with Elizabeth.

In addition, we've scoured the internet and found a good variety of virtual tours (aquariums, zoos, museums, national parks, etc.), craft projects, cooking and baking videos, entertainment (nostalgic tv, music, etc.), covid-19 videos, and computer and technical resources. We've organized these resources and put them into playlists and have them featured predominantly on our YouTube Channel.



Open up your web browser on your computer OR go to your YouTube App on your tablet or smart phone and search for: **Middletown Senior Services**. Click on the picture of our building and get started! Don't forget to "Subscribe" if you want to see updates!

If you have a smartphone or tablet, now is the time to try it out!

For those that don't have a device or internet connection, we will also be featuring some of the content on Channel 19. Check page 3 for the current schedule.

**YouTube:**  
Middletown Senior Services

**Facebook:**  
Facebook.com/middletownseniors

**Website:**  
Middletownct.gov/seniors

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My Name is *Deborah Page*

*I am a Reiki 2 Practitioner.*

*Along with usui reiki I also do chair reiki and distance reiki. I can test chakras & work with Angels.*

*I currently hold my reiki sessions at the Red Barn in Durham.*

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## Where Can I Get Information?

**City website:** [middletownct.gov](http://middletownct.gov)  
**Mayor's Facebook:** [facebook.com/BenForMiddletown](https://facebook.com/BenForMiddletown)  
**Senior Facebook:** [facebook.com/middletownseniors](https://facebook.com/middletownseniors)  
**Comcast Channel 19**  
**State website:** [portal.ct.gov/coronavirus](http://portal.ct.gov/coronavirus)  
**City's Covid-19 Hotline:** (860) 638-4965  
**Centers for Disease Control:** [cdc.gov](http://cdc.gov)  
**United Way 2-1-1:** Call 211 or text CTCOV1D to 898211

**The Senior Center building remains closed, but the employees are working remotely. Please feel free to call our main number and leave a message or email a staff member.**

**Main Number:** (860) 638-4540

**Ann:** [Ann.Gregg@MiddletownCT.gov](mailto:Ann.Gregg@MiddletownCT.gov)

**Heidi:** [Heidi.Otero@MiddletownCT.gov](mailto:Heidi.Otero@MiddletownCT.gov)

**Laura:** [Laura.Runte@MiddletownCT.gov](mailto:Laura.Runte@MiddletownCT.gov)

**Becky:** [Becky.Carroll@MiddletownCT.gov](mailto:Becky.Carroll@MiddletownCT.gov)

**We will send out an automated message to all of our members if anything changes.**

## Special Hours for Seniors at Grocery Stores

**Stop & Shop:** 6am-7:30am every day

**Shoprite:** 6:30am-7:30am every day

**Walmart:** 6am-7am on Tuesdays

**Price Chopper:** 6am-7am every day

**Price Rite:** 7am-8am every day

## Trivia Tuesdays on Kahoot

Every Tuesday, we will be hosting a trivia challenge on Kahoot for all of our members! The topics will vary. You can play whatever time you like on Tuesday until 11pm and we will send out the top 5 winners on Wednesdays. You can play from your smartphone, tablet, or computer. Simply go to [kahoot.it](http://kahoot.it) from your browser OR you can download the app.

All you'll need is the game pin. Enter the game pin for that day's game and select "enter". Please only play once each Tuesday. Enter your full name if you want to be recognized as a winner. Game on!!

**May 5th 1970's Music Trivia Quiz Code:** 04905858

**May 12th Famous Slogan Trivia Code:** 05187833

**May 19th General Trivia Code:** 06103096

**May 26th Classic TV Trivia Code:** \*Pending

**June 2nd 1970's Music Trivia #2 Code:** \*Pending

**June 9th Food & Drink Trivia Code:** \*Pending

**June 16th All Trivia Code:** \*Pending

**June 23rd Miscellaneous Trivia Code:** \*Pending

**June 30th Jeopardy Trivia Code:** \*Pending

*\*Pending—Our software won't let us give out codes more than 3 weeks in advance. We'll release those codes in a few weeks. Go to [middletownct.gov/seniors](http://middletownct.gov/seniors) and look under Online Programming for Trivia Tuesdays!*



## Comcast Channel 19 Schedule

If you have Comcast Cable, you can view our programming on the City's Channel 19 using your television. In addition, when there isn't a specific program running, you can view a slideshow of updated city information. As far as we know, this information is only viewable for Comcast subscribers. If you use a digital antenna without a provider, you might have access—you can certainly look through your channels.

**This Schedule Runs Each Day with a rotation of different videos.**

**8:00am—Exercise With Jane**

**9:00am—Middletown's Community Forum on Covid-19 Virus**

**10:15am—Tai Chi/Qigong with Lisa**

**11:30am—Guided Meditation with Elizabeth**

**1:00pm— Middletown's Community Forum on Covid-19 Virus**

**2:30pm—Exercise With Jane** (will be swapped with Zumba once Diane's videos are ready for release)

**4:00pm—Rotating Programming** (starting with a Talking Trash Recycling Program)

**5:00pm—Middletown's Community Forum on Covid-19**

## NEW INFORMATION:

The Senior Services website has been updated with all of the latest information as well as online programming.

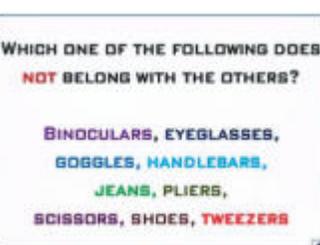
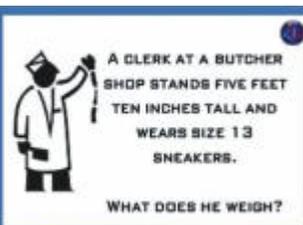
## VISIT:

[www.middletownct.gov/seniors](http://www.middletownct.gov/seniors)



AARP has published a list of online games you can play to keep your mind active. A few are for AARP members only, but most are free for all. Enjoy! [Games.AARP.org](http://Games.AARP.org)

AARP has cancelled ALL Smart Driver classes through July 1, 2020. They've delayed the price increase until 10/1.



## Tax, Sanitation, and Water and Sewer Bill Deferment

**Deferment Program.** The City of Middletown opted to defer taxes, charges, and assessments for 90 days in accordance with the Governor's Executive Order 7S and 7W.

(1) From April 1, 2020 through and including July 1, 2020, all taxes on real property, personal property, motor vehicles, water and sewer charges or assessments, and sanitation charges shall be **deferred by three (3) months from the date that such tax became due and payable.**

**For example:**

- **Sanitation Bills: Due April 1, 2020, will be delinquent after July 1, 2020**
- **Water and Sewer Bills: Due May 1, 2020, will be delinquent after August 1, 2020**
- **Tax Bills: Due July 1, 2020, will be delinquent after October 1, 2020**

(2) Notwithstanding the foregoing, **financial institutions and mortgage servicers** that hold property tax payments in **escrow** on behalf of a borrower shall continue to remit property taxes to the City of Middletown, on the due date of 7/1/2020.

(3) Taxpayers must pay all taxes, charges, and assessments deferred in full within three (3) months after the original due date. If the taxpayer fails to make payments as noted in this section, all interest, fees, and penalties will be applied to all unpaid portions retroactive to the original due date of July 1, 2020.

### **THE DEFERMENT PROGRAM DOES NOT INCLUDE:**

- Taxes, charges or assessments that are already past due, as this is not an amnesty or waiver of interest or other charges on delinquent taxes; and
- Taxes, charges or assessments charged to **LANDLORDS**. Landlords *must apply* to Tax Collector to participate in the Deferment Program **by July 1, 2020**. The link for the application is here: <https://portal.ct.gov/-/media/OPM/IGPP-Data-Grants-Mgmt/COVID19-IGPP-Documents/COVID19-Deferral-Form-REVISION-Fillablewith-Signature.pdf?la=en>

## Public Works COVID-19 Information

### **TRASH**

- Make sure trash is tightly bagged and placed in carts.
- The Sanitation District is operating with smaller crews and abiding by social distancing requirements. Please be patient as they work to make these adjustments.

### **RECYCLING**

- Recycling must be placed **LOOSE** in the container. Please **DO NOT BAG** recyclables.
- In the Sanitation District, large pieces of cardboard can be placed, flattened and bundled, next to the recycling cart so it doesn't clog up the cart.
- Please make sure you recycle the correct materials. Rinse these materials and make sure they are empty of any food items. This is very important. Magnets, blowers and conveyors, sort through the recyclables, but so do people. Please don't put the wrong items in the bin.

### **BRUSH PICK UP**

- City crews are picking up brush that is less than 6" in diameter and cut to 4' lengths. After brush is brought to the curb, call the public works office at 860-638-4850, to get your address on the pick up list. City crews are working with social distancing requirements and dealing with emergencies, so please be patient, we cannot tell you exactly when it will be picked up. Residents can bring brush to the Recycling Center themselves, if they need it removed in a more timely manner.
- Please note the City does not pick up leaves in the spring. Leaves must be brought to the Recycling Center directly. Leaves cannot be put with the regular trash. According to State law and municipal ordinance, leaves must be kept separate from trash and composted.

### **PARK CLOSINGS**

Fields, Playgrounds, Basketball and Tennis Courts will remain closed until further notice. (subject to change based on what happens with the spread/containment of COVID-19 in CT). Parks and walking trails will remain open, as long as proper social distancing is maintained.



**Trouble getting fruits & vegetables?** Lyman Orchards is open and Edible Arrangements is offering delivery of fruits and vegetables. There are also a few Durham farm stands open.

**Want to try shopping online for groceries?** There are several options: peapod.com, shoprite from home, Walmart grocery delivery, Instacart, or Mercato.

**Don't want to go out to pick up prescriptions?** Many pharmacies offer delivery, just ask.

Many of our members enjoy looking at Heidi's silly whiteboard message of the day in the Socialization Room. Since we've closed, Heidi has been sending in her message and we've been putting it on our facebook. Follow us on facebook to stay entertained: [www.facebook.com/middletownseniors](http://www.facebook.com/middletownseniors)

For those without internet access, here is some of what you've missed:

**I FINALLY HAVE ENOUGH TIME TO ASSEMBLE THAT BOOK FROM IKEA**

Does anyone have a recipe to make toilet paper from cauliflower? Asking for a friend...

We're time traveling to the year 2020!

Honey, before this quarantine is over, some of y'all gonna be beggin' Jolene to take your man!

Quarantine Day 33:

5 minutes later:

Nope, nope, nope. Bad idea.

I made a banana bread for the very first time. Follow me for more recipes!

One big difference between men and women is that if a woman says "Smell this..." it will usually smell nice.

JUST HEADING DOWN TO THE SHOPS.. ANYONE NEED ANYTHING?

I'M ABOUT 1 WEEK AWAY FROM BEING FRIENDS WITH A VOLLEYBALL.

After 2 weeks of not going out, the animals came to check if everything is OK

YOU CAN'T CONTROL EVERYTHING

LOCKDOWN UPDATE:

TODAY I MELTED AN ICE CUBE WITH MY MIND JUST BY STARING AT IT.

IT TOOK A LOT LONGER THAN I THOUGHT IT WOULD

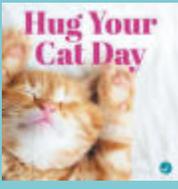
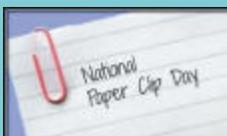
IF 2020 WAS A SLIDE

I decided to make sure my wife woke up with a big smile on her face this morning.

I can't have Sharpies in the house anymore

YOUR HAIR WAS PUT ON YOUR HEAD TO REMIND YOU OF THAT!

Crap!

Mon	Tue	Wed	Thu	Fri
  				1
4	5	6	7	8
				
11	12	13	14	15
				
18	19	20	21	22
				
25	26	27	28	29
				

**Don't forget to fill out your 2020 Census by phone or online!!**

**?** DID YOU KNOW...

**?** DID YOU KNOW...

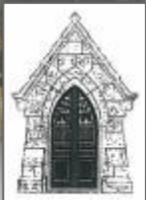
Census results affect planning and funding for healthcare—including programs such as Medicaid, Medicare Part B, State Children's Health Insurance, and the prevention and treatment of substance abuse.

Census results affect planning and funding for infrastructure—including programs for highway planning and construction, Section 8 housing, federal transit, community development, and rural water and waste disposal systems.

**Helpful Tips**

Trouble finding Clorox or Lysol Wipes? You can make your own disinfectant solution using bleach and water. The CDC recommends preparing a bleach solution by mixing 5 tablespoons (1/3 cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.

Thank You to our friends at the Russell Library for helping us "Keep Connected" with all of our members.



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Attorney

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
				
8	9	10	11	12
				
15	16	17	18	19
				
22	23	24	25	26
				
29	30			
				



**Lady Katharine Cruise**

The cruise scheduled for May 12th has been cancelled. If you had pre-registered, you have been automatically enrolled in the October 7th cruise.

There are so many of you who are working tirelessly to provide masks to the community. We all thank you so much!! We've had several members sewing and delivering masks to keep you safe! **Special thanks to Mary Ann, Kitty, Kathleen, Bonnie, Win, Nancy, and Laurie!**



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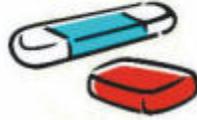


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**Cryptogram #1**

ZY CGG AL FEDQK.  
 ZY JBQDC HYEG DALZQPC  
 YK LYDCYKC CBLC AL CWCK  
 DYGC FEDQK.



**Cryptogram #2**

GSAVA MOF JDHA O MJQOD  
 MSJ FOG GJJ HYJFA GJ GSA  
 TKVA. FSA CAHOQA GSA GJOFG  
 JT GSA GJMD.



**Cryptogram #3**

M DQRIF WXI CDMB UDTTMIT  
 GXZ CZ CDMB GDQ QKPPZ.  
 XI QDMF, "MW'Q OKQWDPI FIG."



**Cryptogram #4**

WN YBKGK HGYG MQIG PVC  
 EWBQGUk HGYG YGC, ULGYG'C  
 MG P QBU BN ZBVNIKWBV WV  
 GEGYDBVG'K LGPC.



**Cryptogram #5**

ARNF X BGLYGO MNSS TFYG  
 X ANSS XFB UOGDN RTJ SNZ,  
 JGPN JXTB YRN BGL JRGQSB  
 RXIN LXONB MGO YRN JTLD  
 XFB SNMY YRN ANSS XSGFN.



**Cryptogram #6**

XR UHBBGA CRY DSVm TGRTFG  
 HAG, BCGM HAG XGQGA BRR  
 DSVm BR VBRT HXI BGFF MRS  
 CRY DSVm BCGM HAG.



**Oxymoron Scramble**

Oxymorons are a pair of contradictory words, such as *only choice* and *pretty ugly*.

In this unique and challenging word scramble, you need to separate the contradictory words, without rearranging the letters. Here's an example:

**PALERM OFESCTT** = almost perfect

Try to discover the oxymoron in each of these sets of letters.

1. SHJRUIMMBOP \_\_\_\_\_
2. SISCLERENAMT \_\_\_\_\_
3. NELWDS \_\_\_\_\_
4. MIMIRNOACRL E \_\_\_\_\_
5. FLEAVOARSITET \_\_\_\_\_
6. WOVARCAKITINONG \_\_\_\_\_
7. CROIPIGINEALS \_\_\_\_\_
8. TALIPEVDE \_\_\_\_\_
9. EESTIXAMACTTE \_\_\_\_\_
10. INATEPANTSHEY \_\_\_\_\_
11. ROSLTOLIPNG \_\_\_\_\_
12. TAFRKIEENODVELRY \_\_\_\_\_
13. MOHIDESTRONRY \_\_\_\_\_
14. NOCNREDAIAMERRY \_\_\_\_\_
15. UNPIBINAISOEND \_\_\_\_\_
16. VAWAGUAREELY \_\_\_\_\_
17. HUNESURONG \_\_\_\_\_
18. HALALRGEFR \_\_\_\_\_
19. INCLSATASNITC \_\_\_\_\_
20. DEMFAINYITBEE \_\_\_\_\_



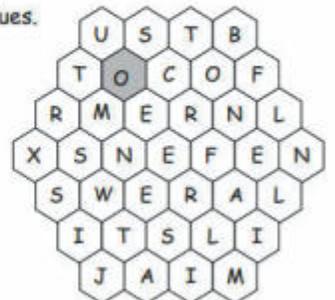
To solve one of our exclusive Buzzword puzzles, you will use crossword-type clues, search through a honeycomb of letters, and unscramble anagrams. There's no other puzzle quite like this!

Look at this sample honeycomb. The shaded O and the six letters surrounding it spell **COSTUME**, which matches one of the clues below.

Try to find 7-letter words for the remaining clues.

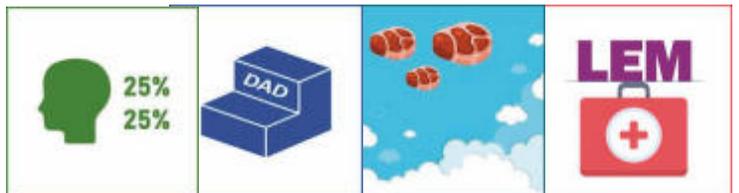
Circle the center letter of each word.

1. special set of clothes costume
2. soft cotton cloth \_\_\_\_\_
3. opposite of *eastern* \_\_\_\_\_
4. alike \_\_\_\_\_
5. wheeled toy with footboard \_\_\_\_\_
6. observer \_\_\_\_\_
7. ugly, terrifying creature \_\_\_\_\_



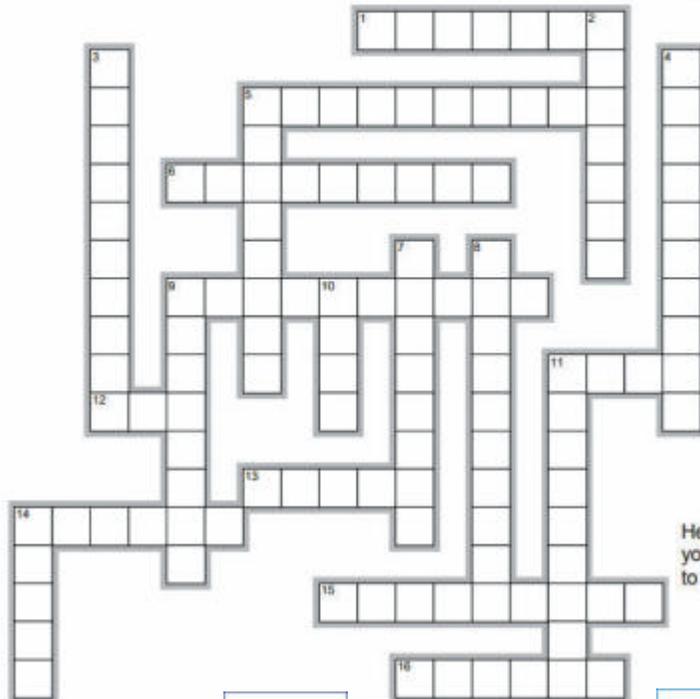
Now unscramble all 7 of the center letters to spell today's **BUZZWORD**.  
 greeting \_\_\_\_\_

Rebus Puzzles:



## D-Lightful Dishes

The answer to every clue in this crossword begins with the letter D. You'll need that extra bit of help solving some of the more *difficult* clues!



### Across

- Type of cold eggs prepared with savory seasoning
- The lower part of a chicken's or turkey's leg (plural)
- Strong coffee served after dinner in a small cup
- Dehydrated apples, bananas, apricots, etc. (2 wds)
- Oblong, fleshy fruit of an Old World palm tree
- Goes well with chips or fresh vegetables
- Chicken or turkey sliced and baked with broccoli and hollandaise sauce
- Light, rich flaky pastry
- A weed with bright yellow flowers, whose leaves are sometimes eaten as "greens"
- A large, long white winter radish

### Down

- Any sweet dish served at the end of a meal
- Kind of rich chocolate cake (2 wds)
- Hot morning beverage made with a certain kind of appliance (2 wds)
- A piece of dough cooked by boiling or steaming
- Refers to a sauce that goes on salad or to poultry stuffing
- A cucumber prepared with a certain aromatic herb (2 wds)
- A kind of thick, baked pizza (2 wds)
- The flesh of a web-footed swimming bird
- One of several cuts of beef, typically a boneless ribeye steak or a bone-in top loin steak
- A small ring of sweet dough, fried in fat, sometimes filled or frosted

## Quotable Quandary

Here is an amusing quotation about an animal that simply needs to be uncovered. Can you find it? First, decide which excess letters need to be eliminated. Then decide where to put spaces between words. Write your answers at the bottom of the page.

T A H E B G I C R A F D F E M E  
 U S F T G E G T U P A T H S I X  
 I I N J T K H E L M O M R N I N  
 G I N F I O T W A P N T S Q T O  
 H A R V E S I T S B R E T A K F  
 U A S T I V N I T W S S T O X M  
 A C Y H B Y N I Z N E

--Nicholas Murray Butler

0022334455  
blame blame

~~stand~~  
I stand

More  
Rebus  
Puzzles

\$0.00

## Hard Word Search Puzzles

We've hidden 25 words in this puzzle, but we've not listed them.

- Each word is spelled with 7 letters.
- Each word begins with a different letter of the alphabet.
- Words may appear in any direction.

Circle the words in the puzzle as you find them.



				9			6
				3	8	5	1
	6	2		1	5		
		7					6
	2	1	9	7	6	3	8
	3					1	
			4	5		9	7
2	5	8	6				
4			3				



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**CONTACT**

Contact Jim Kurmaskie to place an ad today!  
[jkurmaskie@4LPi.com](mailto:jkurmaskie@4LPi.com) or (800) 477-4574 x6425

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## Quarantine Bingo

Call A Friend	Watch A Movie	Read a Book or Magazine	Meditate	Stretch
Listen to Music	Clean Out A Closet	Journal Your Experience	Make a List of Things To Look Forward To	Take a Walk
Knit, Crochet, or Sew	Organize Old Photos	Send a card or letter	Photograph your surroundings or nature	Exercise
Watch the Sunrise or Sunset	Play Brain Games	Try a New Television Show	Go Through Your Old Clothes To Donate	Put Together a Puzzle
Play a Game Online or Play Solitaire	Spring Cleaning	Plan Your Next Daytrip or Vacation	Try Video Calling A Friend or Family Member	Sit Outside or Pack Yourself a Picnic