



THE SENIOR CONNECTION

A Monthly Publication of programs, events, trips and news
for South Windsor residents 55+

150 Nevers Road 860-648-6361 www.southwindsor.org



May 2020



Like us on Facebook: [Facebook.com/swseniorcenter](https://www.facebook.com/swseniorcenter)

1980

Celebrating 40 Years

2020



May is Older American's Month! This year's theme, ***Make Your Mark*** encourages and celebrates countless contributions that older adults make to our communities. Your time, experience, and talents benefit family, peers, and neighbors every day. This year's theme highlights the difference *everyone* can make – in the lives of older adults, in support of caregivers, and to strengthen communities. You make your mark in many ways within Human Services programs and for that we are so thankful. In this time of social isolation, we have seen it even more; the selflessness, the can-do attitude, the donations of masks, food and money to help those in need. Thank you from the bottom of our hearts. Stay well, we miss you!

Andrea Cofrancesco, Director of Human Services

Blacktop Banter!

In keeping with social isolation, yet still trying to connect with you, we are starting "blacktop banter" where you come to our parking lot, take out a folding chair, sit at least 6 feet away from us, and "banter!" We are looking to start towards the end of May when it's better weather! If you are interested, please contact Andrea via email at swseniors@southwindsor.org or call 860-648-6357 and we will schedule a date based on weather! Limiting this to no more than four people (plus one staff person to make it five), maybe we can order take out (to support local business) and eat outside, too! Let's do it!

Now that We've Made it to 2020...

An Original Poem by our very own Carol Gilbert

Let's hope that it will be a year of Plenty—

Plenty of fun and Plenty of friends,

And plenty of laughter that never ends!

That was before our lives turned around

When this nasty 'ole virus came into town!

So instead of my wish for a year of Plenty,

It's turned into a year of Empty—

Empty shelves and Empty streets

And Empty places where we used to eat ...

And empty arms for our family and friends

Wondering when this nightmare will end?!

So the new norm is that we must stay apart

Even though it tugs at our hearts!

And we have to sanitize after we clean

To hopefully wipe out this COVID-19!

Zoom Programs

We are excited to say that our Zoom Programs are in full swing! See everything we have to offer inside. **If you would like us to help you connect with your friends over Zoom, let us know!** We will be more than happy to walk you through it and even do a practice meeting with you. We would also love to meet with you one on one just to chat, we miss you! Using Zoom is easier than you might think.

Joining and Downloading Zoom:

<https://youtu.be/qsy2Ph6kSf8>

How To Join A Zoom Meeting:

<https://youtu.be/hlkCmbvAHQQ>

Cinco De Mayo Fiesta!

We're going to have a Cinco De Mayo Zoom Party on **Tuesday, May 5 at 4:30 PM!** We'll listen to Traditional Mexican Music while we talk about the holiday and do some fun trivia! **BONUS** if you have Mexican Cuisine! Cook up some tacos or call in for take out or delivery from Mexicali in South Windsor—call them to place your order: 860-432-2205! (ID: 965-177-7163 password: fiesta)

Online Whist Party

We're going to have our try at playing Whist together....online!....on **Thursday, May 14.** Victoria will host the party (**NOT a ZOOM Meeting**). Call Victoria at 860-648-6399 if you are interested. Only 4 people can play at a time. The first game will be at **1:00 PM.** Victoria will call you when it is your turn to play. We will do a conference call with the players so we can chat while we play!

SOUTH WINDSOR SENIOR CENTER
CHARLES ENES COMMUNITY CENTER
150 NEVERS ROAD
SOUTH WINDSOR, CT 06074

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Visit our Website:
www.southwindsor-ct.gov/adult-senior-services

**Adult and Senior Services
Contact Information:
Main Number: 860-648-6361**

Transportation: Cindy Malone ext. 3310

Program Sign Ups: Liz O'Brien ext. 3335

Lunch Reservations: Sharon Bosco ext. 3328

Program Coordinators: Susan Gouin ext. 3339
Victoria Hellberg ext. 3340

CARES Coordinator: Amy Patterson ext. 3311

Caseworkers: Stephen Clapp ext. 3325

Assistant Director of Adult & Senior Services: Lindsey
Ravalese ext. 3319

Director of Human Services:
Andrea Cofrancesco ext. 3316

Quotes from our April Scavenger Hunt!

~~Be Kind to One Another (submitted by Kathie S.)

~~It's not about what you have or have not...it's
about what you give (submitted by April H.)

~~Attitude is a choice. Happiness is a choice.

Optimism is a choice. Kindness is a choice. Giving is a
choice. Respect is a choice. Whatever choice you make
makes you. Choose wisely.



Mission

The South Windsor Department of Human Services is a multi-generation service agency incorporating youth, adult and senior services. Our mission is to enable South Windsor residents to achieve and maintain personal and social well being by providing a variety of services, programs and resources that are both proactive and responsive to the community's needs.

**Adult and Senior Services
Division Mission:**



The Adult and Senior Services Division responds to the economic, social and emotional needs of the adult and older citizens of South Windsor. This is accomplished through social service delivery, senior center programming, outreach and other supportive services.

Zoom and Other Virtual Programs

Special Programs

Pet Corner: Wednesdays at 2:00 PM beginning May 6, Susan will be hosting a Pet Corner where folks can zoom in live and “show and tell” their favorite pet. It is all about having fun and staying in the positive spirit. Dog, Cat, Bird, all pets welcome!

(Zoom ID: 890-898-4476 Password: 006420)

Facebook 101: Thursday, May 7 at 3:00 PM Have all of your Facebook questions answered! Victoria will go through the basics, starting with how to create a profile.

(Zoom ID: 965 177 7163 password: SWfriends)

Fit as can Be: Wednesday, May 13 at 2:00 PM Susan will be hosting a dialogue on how folks are staying fit during this time of “shelter in place”. Let’s share advice and talk about difficulties, strategies, and motivational tools to keep moving through to stay fit! All levels of fitness welcome!

(Zoom ID: 890-898-4476 Password: 006420)

Jukebox BINGO: Tuesday, May 19 at 1:00 PM We’ll be playing BINGO with a fun, musical twist. Please contact us if you would like to pick up a card. We will deliver to those who do not drive.

(Zoom ID: 965 177 7163 password: SWfriends)

Morning Tunes with T-Bone!: Thursday May 21 at 10:00 AM Grab your morning cup of coffee or tea and hop on to Zoom to listen to the comedic musical styles of Tom “T-Bone” Stankus, “America’s Musical Pied Piper.”

(Call Victoria to register 860-648-6399; we must have enough interest to run this program).

The Plant Guy: Tuesday, May 26 at 1:00 PM We will feature a tour of Jeff the Plant Guy’s personal plants including his bonsai collection showing plants breaking dormancy and their transitions from winter to spring.

(Call Victoria to register 860-648-6399; we must have enough interest to run this program).

Netflix & Zoom: Thursday, May 28 at 1:00 PM Calling all Netflix bingers! Watch *I’ll See You in My Dreams* (2015) and join us for discussion. Don’t forget the popcorn! *I’ll See You in My Dreams Synopsis:* Comedy, Drama, Romance, Rated PG-13. After the passing of her dog, a long-widowed senior citizen is in need of companionship. Two very different possibilities present themselves....

(Zoom ID: 965 177 7163 password: SWfriends)

Zoom Support Groups

Diabetes Support Group: First Friday of the Month at 10:00 AM: Laura Estan is now offering the diabetic support group through Zoom.

(ID: 904 478 9422 Password: Diabetes20)

Meet n Greet: Mondays at 11:00 AM Join us to chat and discuss how we are all coping with our “new normal” everyday life. Diana Gunther will be your host. She will guide you through some light stretching and meditation at the end of each session.

(ID: 8993401834, Password: breathe)

Women’s Cancer Support Group: Tuesdays at 6:00 PM Facilitated by Cindy Sheridan Murphy, Life Coach and Cancer Survivor. Grab a coffee and join us for added support during this pandemic. Call 413-204-4682 or email coachcxmurphy@gmail.com for more information.

Other Virtual Support Groups

Call-In Dementia Caregivers Support Group: Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: Communication techniques, Caregiver support, Benefits of activities, Stages of disease, Family dynamics, and Safety issues. **Mondays: 10am, Tuesdays: 3pm, Wednesdays: 10am, & Fridays: 2pm.** To join Call: 860.972.6338. Access code: 19623#. Facilitated by Hartford HealthCare Center for Healthy Aging’s Certified Dementia Specialists. **For more information, please call 877.424.4641. No RSVP needed.**

Prevent Type 2 Diabetes: Thursdays at 10 AM A trained lifestyle coach leads the program to help you change certain aspects of your lifestyle, like eating healthier, reducing stress, and getting more physical activity. The program also includes group support from others who share their goals and struggles.

Use this link to register:

<https://www.echn.org/events/virtual-prevent-type-2-diabetes-session-starting-today/>

Stay Home, Stay Fit, Stay Well!

National Senior Health and Fitness Day is Wednesday, May 27. This day is usually celebrated by seniors getting together to exercise. Since we should not do this in person at this time then let's celebrate by joining in on one or more exercise classes offered through Zoom or YouTube!

ZOOM Exercise Classes

Please have your mat or chair in a space that is comfortable for you.

- **Chair Yoga with Lorelei, Tuesdays at 10:00 AM** (ID: 9885930460, Password: Qigong\$W)
- **Chair Exercise with Diana, Wednesdays at 10:00 AM** (ID: 8993401834, Password: breathe)
- **Chair Yoga with Diana, Thursdays at 12:00 PM** (ID: 8993401834, Password: breathe)
- **Mat Yoga with Diana, Saturdays at 10:00 AM** (ID: 8993401834, Password: breathe)

Youtube Exercise Videos

1 Hr. Cardio/Strength training by Jenny McClendon

<https://www.youtube.com/watch?v=ejlElt8BaS4>

30 Min. Standing & Seated Exercise for Seniors, Obese & Limited Mobility by HASFit

<https://www.youtube.com/watch?v=1zyWa3vko6k>

30 Min. Gentle Yoga Flow for All Levels by Ashton at YogiApproved

<https://www.youtube.com/watch?v=g13nVd7OLYs>

20 Minute, Walking Fat Burning Workout by Leslie Sansone at WalkatHome

<https://www.youtube.com/watch?v=kqaNUjTR70A>

Tips for staying active

- Don't sit all day. Get up every 15-30 minutes and walk a lap around your home or do a set or two of the stairs. March in place while sitting, do some toe and heel raises, move your arms.
- Put on motivating music and dance finding an exercise video or live class, or use home cardio machines if you have them.
- Walk briskly if you can. Stay 6 feet away from others. Or go for a walk or hike at a local park. Start your gardening and lawn work.
- Use your body weight to do squats or sit down and stand up from a chair several times in a row to strengthen the lower body. Pushups against a wall, the kitchen counter or the floor help to strengthen the upper body.

Online Courses:

Basic Bone Healing: Maybe you have broken a bone before and are curious about what happened inside the body while it was healing. This course is quick review that covers the structure and function of bones and how they heal. 4 lectures. Visit this page to register and for more information: <https://www.udemy.com/share/101Qm8/>

Everyday Mindfulness: This course will teach you how you can bring mindful practice into your daily life. Mindfulness is an incredibly effective method for combatting stress and anxiety. It will allow you to enjoy the calm of living in the present moment. 3 sessions. Visit this page to register and for more information: <https://www.udemy.com/share/101rRI/>

A Note About Trips

The day will come again when we will be able to venture to somewhere other than the mailbox and a quick trip to the grocery store. Until then we have had to unfortunately cancel a few more of our trips. We have cancelled our tour of Switzerland, Austria, and Bavaria scheduled to depart May 1. The trip planned for June 1 to Crestview Club for *Father Misgivings* along with all other June trips mentioned in the April newsletter are also cancelled. Everyone who signed up for a cancelled trip will receive a refund. The trip to Lancaster for Queen Esther will go at the discretion of Tours of Distinction.

Additionally, the trip to Wood Library for *Lizzie Borden and the 40 Whacks* scheduled for April 29 has been **rescheduled to Wednesday, September 30**. Those who cannot make this date will be refunded. Please call Victoria with any questions 860-648-6399.

Take a trip virtually to these places right here in CT...it's like you're really there!

CT Historical Society Museum:

chs.org/online-exhibition/

Mark Twain House and Museum:

marktwainhouse.org/about/the-house/virtual-tour/

Mystic Seaport: stories.mysticseaport.org/

New England Air Museum:

www.neam.org/virtual-tours.php

The Answers Will Be on the Tip of Your Tongue.....!

Don't look below for the answers until you have tried it out! Thank you, Norene K. for the fun trivia!

01. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, Who was that masked man? Invariably, someone would answer, I don't know, but he left this behind. What did he leave behind? _____.
02. When the Beatles first came to the U.S. In early 1964, we all watched them on... The _____ Show.
03. 'Get your kicks, _____.'
04. 'The story you are about to see is true. The names have been changed to _____.'
05. 'In the jungle, the mighty jungle, _____.'
06. After the Twist, The Mashed Potato, and the Watusi, we 'danced' under a stick that was lowered as low as we could go in a dance called the '_____.'
07. Nestle's makes the very best '_____.'
08. Satchmo was America 's 'Ambassador of Goodwill.' Our parents shared this great jazz trumpet player with us. His name was _____.
09. What takes a licking and keeps on ticking? _____.
10. Red Skeleton's hobo character was named _____ and Red always ended his television show by saying, 'Good Night, and '_____...'
11. Some Americans who protested the Vietnam War did so by burning their _____.
12. The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by? _____ & _____.
13. In 1971, singer Don MacLean sang a song about, 'the day the music died.' This was a tribute to _____.
14. We can remember the first satellite placed into orbit. The Russians did it. It was called _____.
15. One of the big fads of the late 50's and 60's was a large plastic ring that we twirled around our waist. It was called the _____.
16. Remember LS/MFT _____ / _____ ?
17. Hey Kids! What time is it? It's _____ !
18. Who knows what secrets lie in the hearts of men? The _____ Knows!
19. There was a song that came out in the 60's that was "a grave yard smash". It's name was the _____ !
20. Alka Seltzer used a "boy with a tablet on his head" as it's Logo/Representative. What was the boy's name?

01. The Lone Ranger left behind a silver bullet; 02. The Ed Sullivan Show; 03. On Route 66; 04. To protect the innocent; 05. The Lion Sleeps Tonight; 06. The limbo; 07. Chocolate; 08. Louis Armstrong; 09. The Times watch; 10. Freddy, The Freeloader and... 'Good Night and God Bless'; 11. Draft cards (Bras were also burned. Not flags, as some have guessed); 12. Beetle or Bug; 13. Buddy Holly; 14. Sputnik; 15. Hoola-hoop; 16. Lucky Strike/Mean Fine Tobacco; 17. Howdy Doody Time; 18. Shadow; 19. Monster Mash; 20. Speedy

A Little Something to Make You Smile, From Lucy B!

Just be careful because people are going crazy from being in lock down! Actually I've just been talking about this with the microwave and toaster while drinking coffee and we all agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant. In the end the iron straightened me out as she said everything will be fine, no situation is too pressing. The vacuum was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip. The front door said I was unhinged and so the curtains told me toyes, you guessed itpull myself together!

Need Groceries?

MASKS ARE REQUIRED

Geissler's:

Delivery is available at a reduced charge of \$5.

Pick up Service: For no additional charge, place an order and the groceries can be brought out to you. Orders should be made online, but if you prefer to call: 860-623-0176. Community hour shopping for seniors is from 7-8 AM every day of the week.

Stop and Shop:

Community hour shopping for seniors is from 6-7:30 AM.

*Our bus will provide transportation to
IN TOWN GROCERY STORES:*

Stop and Shop and Geissler's

Wednesdays and Fridays mornings. Times vary, as we are only allowed to transport one person at a time. You will be given an approximate pick up time at time of registration.

We reserve the right to ask you how you are feeling and respectfully request that you tell us if you have a cough and fever.

Help us keep our dedicated staff safe.

Please call 860-648-6361 ext. 3310 to schedule your ride by noon the day before.

Transportation Services

Medical Transportation

We know that getting to appointments is important, so we are continuing to offer this service. However, we reserve the right to ask you how you are feeling and respectfully request that you tell us if you have a cough and fever. Help us keep our staff safe.

MASKS ARE REQUIRED

Medical transportation is available on a limited basis to Manchester, South Windsor, Glastonbury, Vernon, East Hartford and Hartford. Please call us for a schedule. To book an appointment, please register at least two days in advance. 860-648-6361 ext. 3310

Updates on Financial Assistance Programs:

Property Tax Relief for Elderly and People With Disabilities:

Anyone new to this program needs to apply by MAY 15. All those who applied previously and is due to reapply this year, you will be granted automatically so you do not need to reapply this year. Questions, call us at 860-648-6361 ext. 3319.

Renter's Rebate Program: Staff will start processing applications JUNE 1. This is subject to change. The deadline is not until October so there is time. Watch our June newsletter for more information.

Income Tax Appointments: AARP hopes to accommodate appointments at a later time. If you already have an appointment scheduled with us, we will call you to schedule a new appointment when a decision has been made. If they decide not to continue with these appointments, we will also call you. At this time, we are not taking any additional appointments, we are only accommodating existing appointments.

Energy Assistance: If you need help with energy assistance, please call us at 860-648-6361 ext. 3325

Stay Connected With Us!



Follow us on Facebook @swseniorcenter



Follow us on Instagram: SWSeniorCenter



Do you want to get emails with helpful information from us?

Email: swseniors@southwindsor.org to sign up!

5 Day Fitness Challenge

Directions: Decide what day you would like to start and complete for 5 consecutive days. Use the last column to place a check in the box when completed. On paper add any comments or modifications for each day.

Day 1	Workout to a Youtube Exercise Video (see list in the newsletter)	
Day 2	Join in on one of our Zoom Exercise classes (see details in the newsletter)	
Day 3	Briskly walk outside (1-3 miles) add hills or steps depending on fitness level	
Day 4	Take a bike ride (30—45 min) substitute indoor bike or treadmill	
Day 5	Repeat any day's workout	

Craft At Home Contest!



Calling crafters of all skill levels! With all of this time we're spending at home these days, why not use some of it to tap into your creative abilities?! We want to see what you

can do!

WHO: South Windsor Residents age 55 and older

WHAT: Open to ANY craft—painting, drawing, knitting, sewing, bird houses, jewelry, macaroni art, origami, cross-stitch....be creative! **We highly suggest that you use materials that you already have in your home.**

WINNERS: 3 top prize winners will be chosen. Everyone who participates will also receive a participation prize.

SUBMISSION: Email a photo of your craft to:
swseniors@southwindsor.org

DEADLINE: Please submit your photo by Wednesday, May 27. The winners will be contacted in June!

Have Fun.....and Happy Crafting!

Thank you to all those who participated in our April Our Scavenger Hunt!

Lucy Bednarczyk, Norene Kilburn, Carole Stroud, Kathie Stroh, April Holt, Daria Plummer, Jane Jachym, Kathy O'Bryant, Sandi Plummer, Toni Baer and Dotty Armstrong.

Shout-Out to Norene K. for completing all of the BINGO tasks!

Check out these links!

Beardsley Zoo Live Cams: beardsleyzoo.org/zoo-cams.html

Florence Griswold Online Exhibitions:

florencegriswoldmuseum.org/exhibitions/#Online

Yale University: <https://www.youvisit.com/tour/yale>

Live Online Meditation:

copperbeechinstitute.org/online-offerings

Online Jigsaw Puzzles: jigsawpuzzles.io/

National Museum of US Navy: history.navy.mil/content/history/museums/nmusn/explore/photography.html

We have a lot more links for activities to do online!

Contact us if you would like us to send them to you.



Triad for Senior Safety

2020 Medicare Card Scam

A new scam has arisen in 2020 where calls are being made to seniors about a new Medicare card. The callers ask you to provide them with the number on your current Medicare and may ask for additional personal info (social security number, address, etc.). **There is no new Medicare card and Medicare will never call to ask for your info. DO NOT PROVIDE ANY INFORMATION.**

COVID-19 Scam (Coronavirus)

Criminals looking to make a buck are calling, emailing and advertising cures to prevent and / or stop COVID-19. **These are fake. There is currently no cure for COVID-19.**

Malware Related to COVID-19

The Department of Health and Human Services (HHS) issues information on a fake online Coronavirus map that delivers a well-known malware. A malicious website pretending to be the live map for Coronavirus COVID-19 Global Cases by Johns Hopkins University is circulating on the internet waiting for unwitting internet users to visit the website. Visiting the website infects the user with the AZORult trojan, an information stealing program which can exfiltrate a variety of sensitive data. It is likely being spread via infected email attachments, malicious online advertisements, and social engineering. Furthermore, anyone searching the internet for a Coronavirus map could unwittingly navigate to this malicious website.

Veteran's Corner

The PenFed Foundation maintains a list of financial resources that active duty service members and veterans are eligible for. These resources may be especially helpful during the COVID-19 pandemic. Please see the following links and resources on the the PenFed Foundation's website here: penfedfoundation.org/community-resources-for-veterans-and-service-members/

You can learn more about the PenFed Foundation Here: penfedfoundation.org/about-us/



Zoom in with the Mayor

Our April “meet and greet” with Mayor Andrew Paterna was so popular (and fun!) that we are hosting it again! **Thursday, May 7 at 10:00 AM.** To be notified of the zoom ID and password, please call Andrea at 860-648-6357 or email Andrea at swseniors@southwindsor.org.

Wellness Wednesdays via Zoom at 3:00 PM

Zoom on in for a teaching moment. We will discuss a different topic each week on “Healthy Aging.” Our first series will be on Nutrition & Healthy Aging. You do not have to join in on all 4 discussions. You can choose one or two or all if you’d like. Each topic is its own class.

- 5/6 Specific Nutrients needed for Older Adults, including Vitamins & Minerals.
- 5/13 The Benefits of Fiber, Probiotics and Water in the Diet
- 5/20 Anti-Inflammatory foods that can relieve pain in the body
- 5/27 The United States Nutritional Guidelines: How to use ChooseMyPlate.gov

Presented by Susan Gouin, MS and certified in Health Aging from Allegra Learning, LLC.

ID 8908984476 Password 006420

MASKS

Thank you to all those who made masks and donated supplies! You have no idea how much you have made a difference! If you are in need of a homemade mask, please call the office at 860-648-6361 ext. 3335 or email swseniors@southwindsor.org. When we run out, we will notify you when we get more in.

Grab and Go Lunches

Community Renewal Team (CRT), the agency that provides our lunch program, is continuing to offer “Grab and Go” meals for people 60 and over. They can be picked up on Tuesdays from the Community Center between 11:15-11:45 AM. Five frozen meals are provided along with other items such as fruit cup, cheese sticks, etc. (varies weekly). If you are interested in picking up (delivered to those who don’t drive), please order by Thursday for the following Tuesday. We will keep you on the list every Tuesday until you tell us to stop. This is a great opportunity for you to get additional food items to keep you out of the stores. Stay home. Stay safe. Call 860-648-6361 ext. 3335 to order or email swseniors@southwindsor.org



Welcome, Sue!

Susan Grundstrom started with us in April as a caseworker (taking over Penny Shea’s position when Penny retired). She comes to us from the North Central Area Agency on Aging and has a specialty in Medicare and is a certified resource specialist in aging disability. Her degree is in Human Development and Family Studies with a minor in Psychology from the University of Rhode Island and also holds a certificate in gerontology from MCC. She is a great addition to our team! She can be reached at susan.grundstrom@southwindsor.org or 860-648-6359.

CAREGIVERS SUPPORT GROUP

Susan Grundstrom, our new caseworker, will be taking over The Caregiver Support Group. Would you be interested in a Zoom meeting to be able to “meet” from the comfort of your own home? If you are interested, please call 860-648-6359 or email Susan.grundstrom@southwindsor.org

LANCASTER, PA TRIP UPDATE

The trip to Lancaster, PA for *Queen Esther* has been rescheduled to **October 13-15, 2020**. Those who want to cancel will receive a \$100 credit voucher to use toward *any* Tours of Distinction trip, which does not expire. Please contact Victoria with any questions.

How long the new coronavirus can live on surfaces

SURFACE	LIFESPAN OF COVID-19 VIRUS
Paper and tissue paper**	3 hours
Copper*	4 hours
Cardboard*	24 hours
Wood**	2 days
Cloth**	2 days
Stainless steel*	2–3 days
Polypropylene plastic*	3 days
Glass**	4 days
Paper money**	4 days
Outside of surgical mask**	7 days

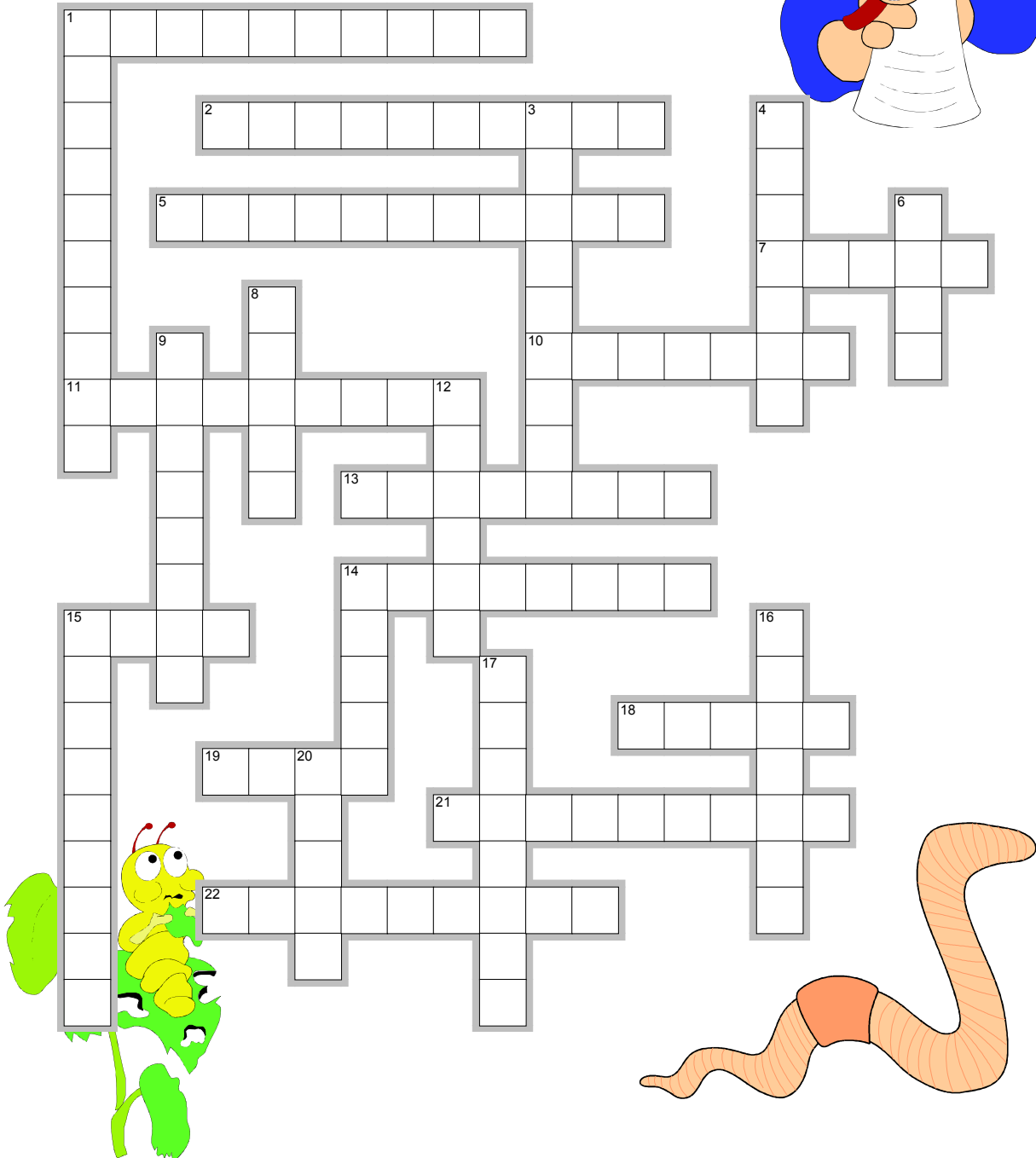
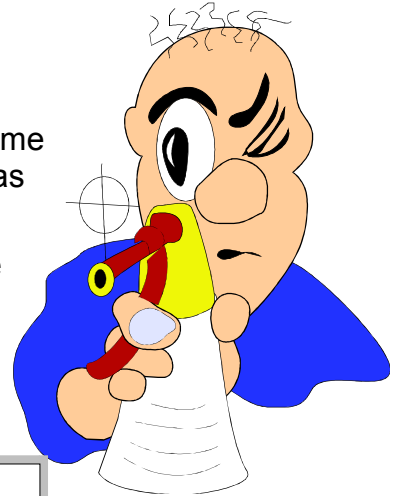
*At 69.8 to 73.4°F (21 to 23 °C) and 40% relative humidity **At 71°F and 65% relative humidity

Source: New England Journal of Medicine*; The Lancet Microbe**

The Grimacing Gardener

Every gardener finds himself or herself in a pickle, a jam, or even some hot water from time to time. If you've ever found yourself grimacing as a gardener, you'll have little trouble with this crossword... Or not?

Check your knowledge of all sorts of gardening plights and pestilence as you complete this puzzle.

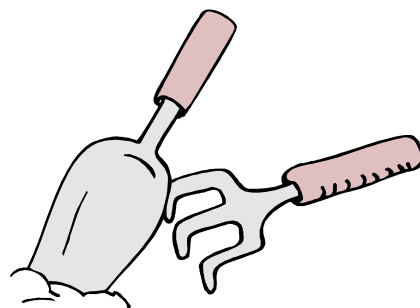


Across

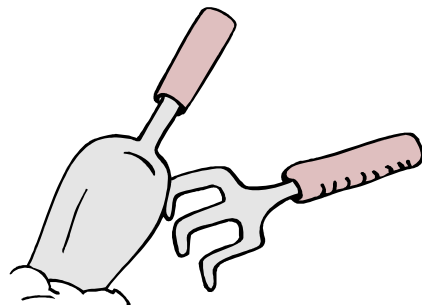
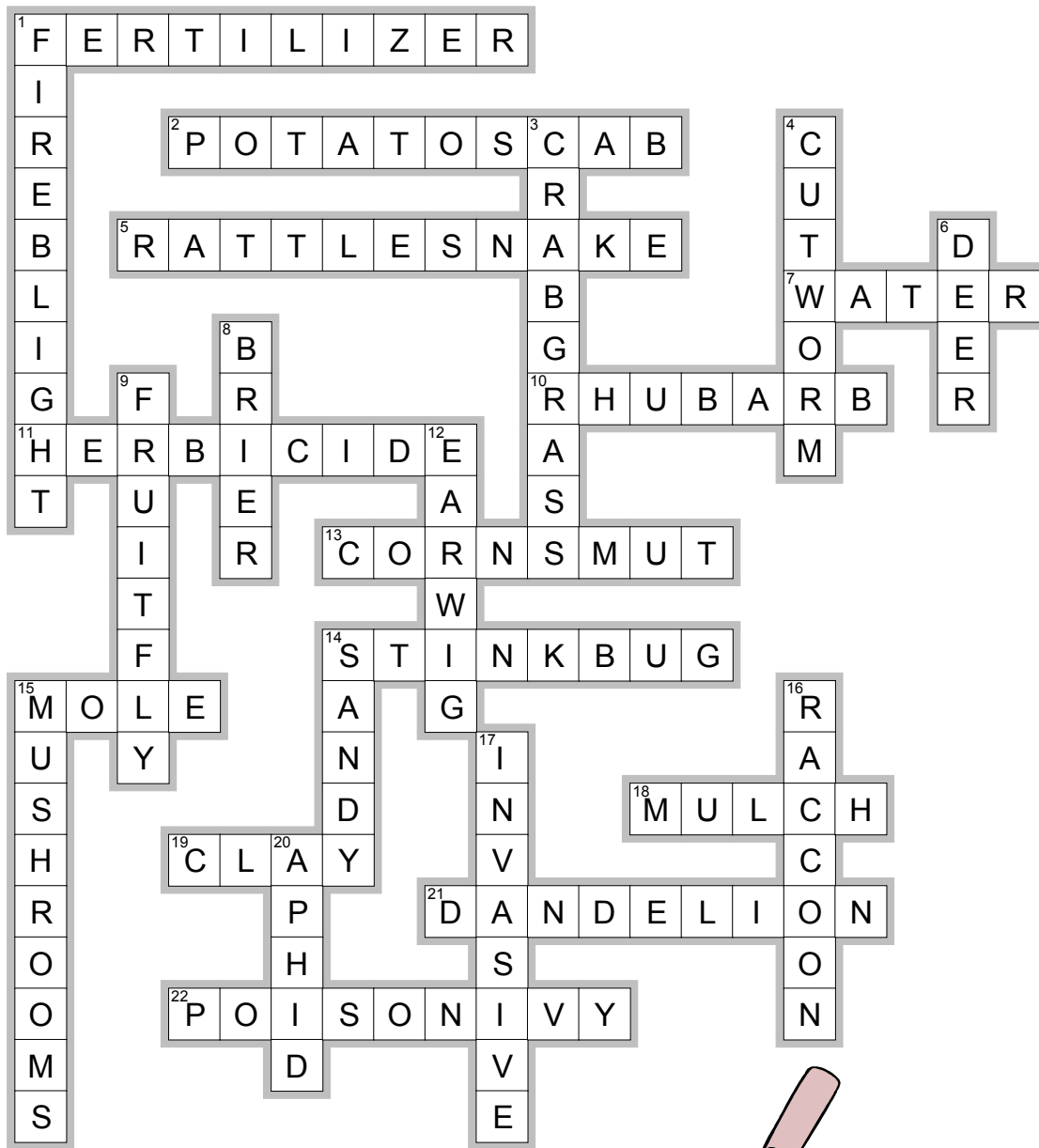
1. Overuse can lead to runoff that damages surface waters
2. Small pits on tubers indicate this disease (2 wds.)
5. Noisy unwanted reptile
7. Too much or too little of this is a common problem.
10. Plant with edible, tart stalks but poisonous leaves
11. Overuse of this class of weedkiller can injure plants
13. Fungus that infects corn plants
14. Shield-shaped insect that gives off an unpleasant odor when crushed (2 wds.)
15. Insect-eating underground dwellers
18. Used to suppress weeds, but too much can cause rot
19. This type of soil drains slowly and can cause root damage
21. Showy springtime problem
22. Rash-causing weed (2 wds.)

Down

1. Disease that causes scorched-looking new leaves
3. A thick type of unwanted grass
4. Type of caterpillar that cuts off seedlings just above the ground
6. Animal that grazes, leaving damaged woody plants, roses, fruits and vegetables
8. Prickly plant or shrub
9. Winged annoyance, especially around fresh fruit (2 wds.)
12. Ugly nocturnal insect that feeds on tender new growth
14. Type of soil that often does not retain water or nutrients
15. Umbrella-shaped fungi
16. Nocturnal animal that loves sweet corn and strawberries
17. Non-native plant type that spreads on its own
20. Prolific insect that sucks the sap from stems and leaves



The Grimacing Gardener - Answers



Pushing Pencils

The first pencil with an eraser top was patented on March 30, 1858 by Hymen Lipman. But today, many people write and correct their words with another device.



To find out what it is, follow each step below. Write the letters that result from each step in the blanks. Be sure to work with a pencil and eraser in case you need to change an answer!

1. Begin with PENCIL.

PENCIL

2. Add INK at the beginning.

3. Drop the last consonant.

4. Add AD in front of the last vowel.

5. Replace the 7th letter with the letter that comes just before it in the alphabet.

6. Insert YOU between the 5th and 6th letters.

7. Remove the 3rd consonant.

8. Move the 6th letter so that comes immediately after the B.

9. Remove any letters that appear in FUN.

10. Add an R so that it is the 3rd letter from the right. _____

11. Remove the first and last letters. _____



Answers for Pushing Pencils

2. INKPENCIL
3. INKPENCI
4. INKPENCADI
5. INKPENBADI
6. INKPEYOUNBADI
7. INKEYOUNBADI
8. INKEYUNBOADI
9. IKEYBOADI
10. IKEYBOARDI
11. KEYBOARD



Reference: <https://pencils.com/hymen-lipman-pencil-patent/>



Penny for your thoughts?

There's more to a penny than you might think!



Identify the following on the penny:

**Hint* You may need to think outside the box!*

- | | |
|-----------------------------------|---|
| 1. A serving of corn | 7. Part of a needle |
| 2. A fruit | 8. Part of a stream, as it enters a river |
| 3. A type of flower | 9. A messenger is.... |
| 4. A type of hot or cold beverage | 10. A sacred place |
| 5. Large body of salt water | 11. Wooden part of railroad tracks |
| 6. A rabbit | 12. The side of a road |



Solve each Sudoku puzzle!

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

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

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

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



EARTH DAY WORD SEARCH

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

ANIMAL
ENERGY
OCEANS
RECYCLE
ELECTRICITY

CONSUME
ENVIRONMENT
POLLUTION
EXTINCTION
POPULATION

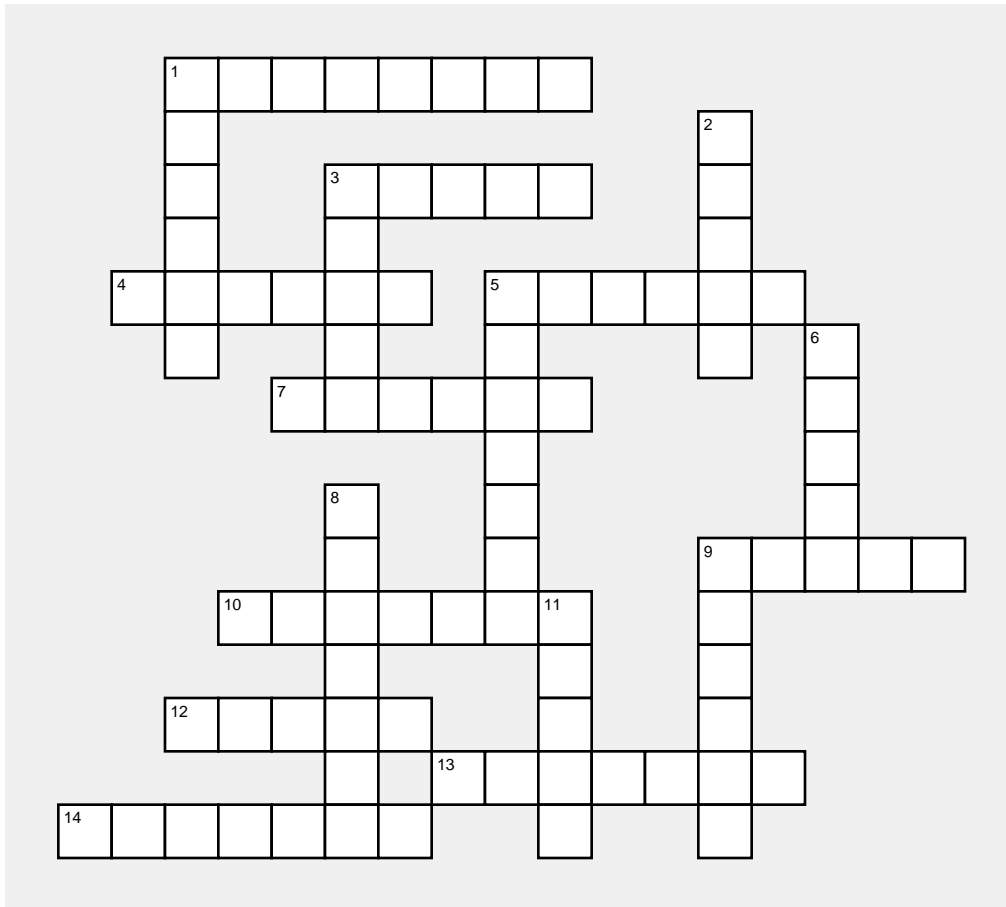
EARTH
FOSSIL FUEL
WILDLIFE
HARMFUL
ACID RAIN

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Golden Age of Hollywood Crossword



ACROSS

- 1) Gilda Mundson Farrell, 1946
- 3) Rhett Butler, 1939
- 4) Charlie Allnut, 1951
- 5) Stanley Kowalski, 1951
- 7) Kitty Foyle, 1940
- 9) John T. Chance, 1959
- 10) Dorothy Gale, 1939
- 12) Roger Thornhill, 1959
- 13) Heathcliff, 1939
- 14) Holly Golightly, 1961

DOWN

- 1) Judah Ben-Hur, 1959
- 2) Mister Douglas Roberts, 1955
- 3) Felicitas von Rhaden, 1926
- 5) Ilsa Lund, 1942
- 6) Joe Wilson, 1936
- 8) Kitty Collins, 1946
- 9) Charles Foster Kane, 1941
- 11) Margo Channing, 1950

[illegible]