

Self-isolating? Here are 3Rs for getting through this difficult time

By Patricia Villers

ANSONIA - Given the social distancing we are all practicing at home, we try not to lose sight of the blessings we still have. Here are the ways to simply reflect and deal during these unique times:



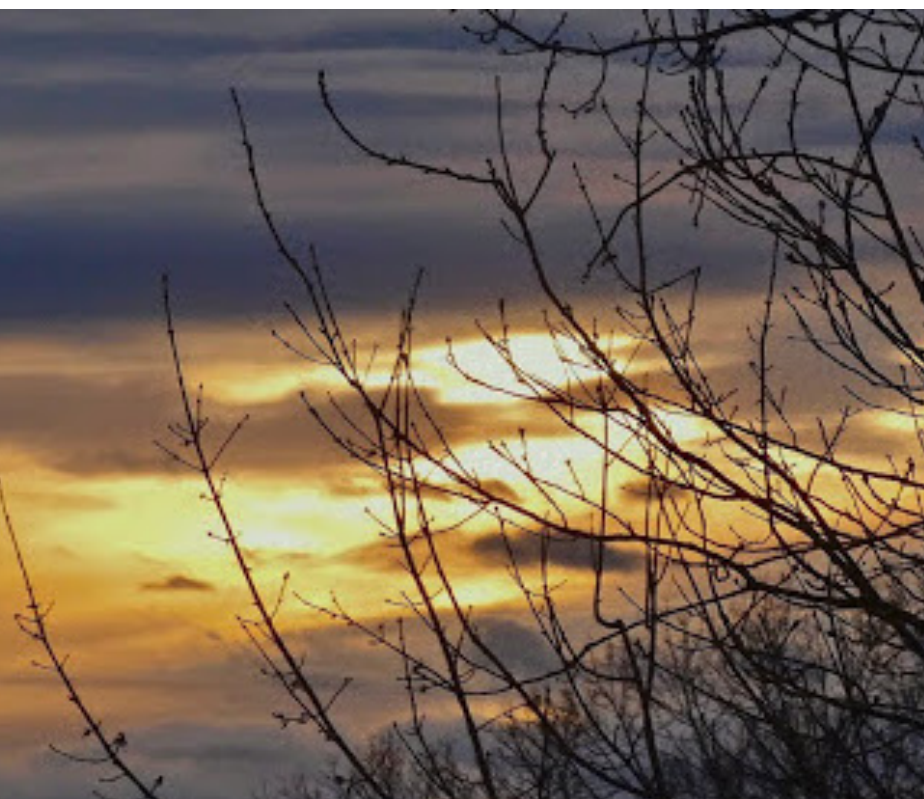
- **Reconnect:** I believe we would all feel better by taking at least a few minutes a day to reconnect with nature. It can be quite calming.
- **Review:** Look around you - take stock of your blessings. We all have problems but we also have many things for which to be grateful. Review them in your mind!
- **Relax:** Do what it takes to fight fearful feelings. Walk around your neighborhood, participate in an online exercise class, listen to music, or do whatever puts you in a less anxious mood.

I enjoy going outside and taking photos of birds, sunrises, sunsets, and more at our Ansonia Home.

Yesterday it was the bright yellow forsythia in our yard that caught my eye.

** I'm sure there are more than three, but these are the ones that first came to mind!*

Stay safe and healthy!



Seymour Pink offering lawn signs to demonstrate unity, spirit

In these challenging times, we all look for ways to ease stress, to bring comfort and hope for a better day.

In that effort, Seymour Pink is offering these complimentary lawn signs as a way for us to be united in our resolve.

It is our hope that these lawn signs will bring all of us the promise that we will get thru this more united than ever.

Over 400 signs have been delivered so far.

- Our lawn signs are FREE (however donations will be kindly accepted)

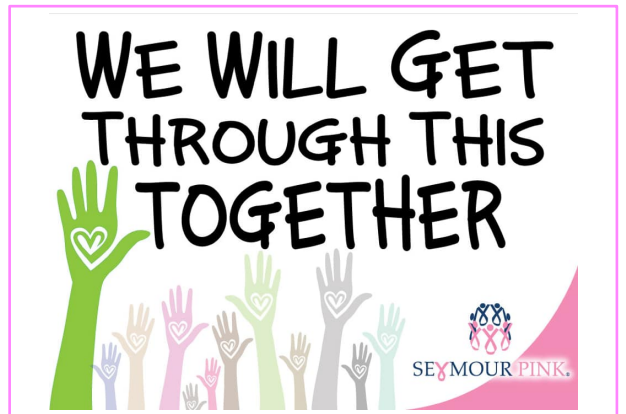


- We will deliver to your front lawn - no contact
- The supply is limited.
- If you live outside of the Lower Naugatuck Valley (Ansonia, Derby, Shelton, Seymour, Beacon Falls, Oxford) we will set up a pick up location with designated day and time, always practicing social distancing.

These signs have been sponsored by a very generous anonymous donor! Thank you for your generosity!

We also thank Grand Concepts of Seymour for their partnership in this idea.

Contact seymourpink09@aol.com to reserve your lawn sign.



**SEYMOUR
PINK**

The Art of Aging

Every year the nation celebrates Older Americans month in May, recognizing the contributions of older adults in our communities.

As part of this celebration, The Agency of Aging of South Central CT holds an annual art exhibition featuring artwork from artists 60 and older.

This event is central to our core mission (as well as being loved by so many!), so rather than cancelling, we are going virtual. The art show will be posted online, so people will be able to "walk through" the exhibition without leaving the comfort of their chair.

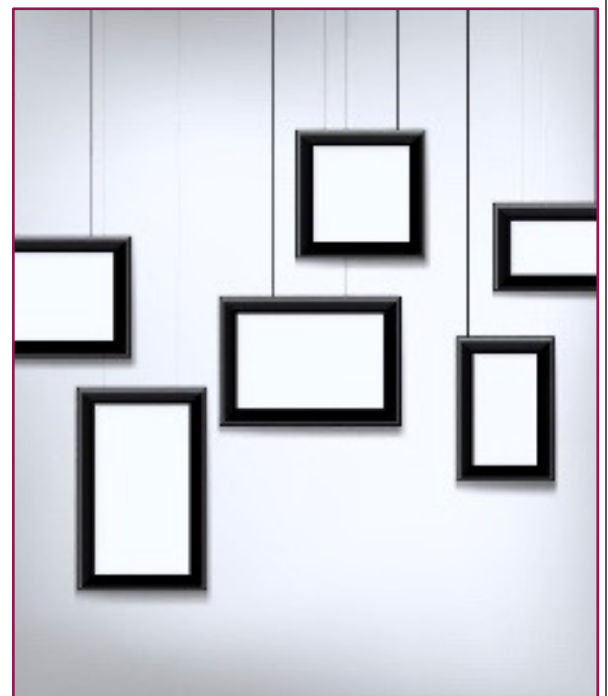
All artists 60 and over are welcome to submit their paintings or photography.

Registration and submission are completely online.

There are 2 simple steps to submit artwork.

1. Complete an online form for each artwork submitted.
2. Email in a picture of your artwork as an attachment.

[Register Here!](#)



**Agency
on Aging**
of South Central Connecticut

Thank you to our sponsor

KeepMeHome

AOASCC serves the following areas: Ansonia, Derby, Oxford, Seymour and Shelton. Learn more at: <https://www.aoascc.org/>

