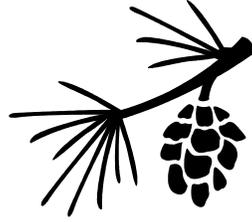


Town of Cornwall



Apart Together

Coronavirus / Covid-19 Update, Vol. 31 September 30, 2020

Hello Friends,

It has been a while since my last letter. Although we are enjoying a beautiful Fall foliage season, there is some important news about Covid-19 to share.

Firstly, the Covid-19 rates are starting to increase again in Connecticut, nearby NY, and NYC as more people are around, and students are back at school. The biggest concern is that - in addition to keeping our masks on in public and our hands sanitized, we [GET FLU SHOTS].

A Cornwall Flu Shot Clinic for Seniors being organized by Park & Rec already has over 40 residents signed up, with more spaces available.

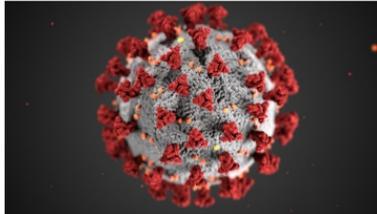
Cornwall Park & Recreation

SENIOR
FLU SHOT CLINIC
FRIDAY,
OCTOBER 16TH
CORNWALL TOWN HALL

To Register:
Email Jen Markow-
prcornwall@gmail.com or Text/Call 860-
480-0600

There is also a Covid testing clinic available.

Community Health and Wellness Center



CORONA VIRUS (COVID-19) TESTING

FREE!

Friday October 2nd
9:30am - 12pm
Coe Memorial Park
101 Litchfield Street
Torrington, CT 06790

FREE!

While Supplies Last !

Have you been tested? It's fast, free & confidential!

860-489-0931

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People feeling feverish, short of breath and generally fatigued are urged to contact their primary care physician.

Health experts are very concerned about the prospect of a twin Flu/Covid outbreak this fall and winter.

A good graphic can be found at NPR “Surviving your Pandemic Winter – Your Future Self Will Thank You.” By Elise Hu <https://www.npr.org/2020/09/21/915289747/prepare-now-for-your-pandemic-winter-your-future-self-will-thank-you>

Thanks to the ten volunteers who helped move the Food Pantry from the Parish House to the Day Room underneath the UCC Church on Bolton Hill Rd. The addition to new resident volunteers, including a spry 12-year-old, was most welcome.

Heather Dinneen's recent wish list for the Pantry is:

Cooking oils	Rice - all kinds	Soups – (especially vegetable soups)
Juice and juice boxes	Shampoo and Conditioner	Kidney Beans
Applesauce	Toothpaste	Canned Corn
Dish soap	Flour	Kid's snacks
Dishwasher Detergent	Tuna (greatest need)	Marinara Sauce
Laundry Detergent		

Donated items (including surplus garden produce) can also be sent to The UCC Church, 10 Bolton Hill Rd, Cornwall, CT 06753.

Forty families are going to get 40lbs of USDA food each, this week.

Again, thank you for the efforts that are helping use get through this difficult time together.

Sincerely,

Gordon Ridgway
First Selectman
Town of Cornwall, CT