

**Thank you to the  
Groton Long Point Association  
for this special edition  
of the GLP News!**

**We hope that by reading this issue,  
you feel a little less alone.**

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# **GROTON LONG POINT NEWS**

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## **Safer at Home, Together in Spirit**

Dear Residents,

I hope this letter finds you healthy. I want to let you know we are in this together. With these trying times, we think a special edition of the GLP News will brighten your day. GLP is a special place for all of us, and, in times like this, it helps when you can return to a place that brings you comfort. For those returning to GLP during this difficult time, we welcome you. For those year-round residents, thank you for keeping our community tight-knit.

Social distancing is extended to May 20th. The sacrifice is temporary, and flattening the curve and spread of COVID-19 is our collective goal. We encourage residents to get out and walk, but please continue to maintain a distance of at least 6 feet from others. The Association is cleaning all doors at the

Casino building, and all post office boxes, weekly. We closed the playground and basketball courts for the present time, but left one net up on each tennis court for those who choose to play. We recommend you don't share tennis balls, put your initials on your tennis balls, and only handle the balls with your initials.

Each night, we sound the whistle at 8pm and ask you all to ring your bells, bang your pots and pans, or just yell, "Hello!" We do this to let each other know we are here for each other and to thank the medical workers who tirelessly fight to protect us from this disease.

Stay healthy,

David McBride  
President, GLP Association



## **Help During COVID-19**

We're here to help:

If you or a neighbor need help maintaining "shelter in place," we have volunteers standing by to help.

- Shopping for groceries, pharmacy, or other essentials.
- Wellness calls
- Advice on simple home computer or telephone questions.

If you or a neighbor need help, please email Cal Crouch at [parksrec@glpct.org](mailto:parksrec@glpct.org) or call (860) 536-4736.

Stay Healthy!

# Hear 'N There

It's a record pre-season at GLP, with snowbirds, young families, and singles alike all emerging early from winter hibernation. From the warmth of Collier County, Florida to the chilly grey streets of Manhattan and Boston, all have come seeking refuge from the COVID-19 storm in the safety of our special community. Ironically, the reaction from locals has been mixed. Now some of us have always found New Yorkers to be a suspicious lot, but MA has received credible reports of people expressing outright hostility upon seeing orange license plates, with signs and shouts of "New Yorkers Go Home!" Taxes are still due in July of course, New Yorker or not.

Others are welcoming the early return of friendly faces, with "socially distanced" cocktail parties reported around the Point. The theory appears to be if chairs are placed six feet apart in your driveway, you are free to socialize as normal? MA is not sure Dr. Fauci would RSVP affirmatively to such a gathering until Schweppes replaces quinine with hydroxychloroquine in tonic water. All jokes aside, though, fewer parties now means more in the summer, so let's toast from the end of

our own driveways until the worst is behind us.

For locals looking for take-out nibbles, skip Ford's (closed) and the Seahorse (really closed!) And don't even get me started on The Fisherman, MA's elusive "White Whale" scoop. While MA has heard there is a large "We Are Hiring" sign presently outside the long-shuttered restaurant, another credible source advises that it was recently sold. We'll check the land records and follow up in June, but we wouldn't bother calling for reservations quite yet.

The latest update from the Yacht Club suggests an intent for the show to go on (as much as possible) this summer. Let's hope this nightmare is safely in the rearview mirror by July, but it's not a sure thing by any stretch. On some level, however, all crises present opportunities. Perhaps the YC Outfitters buyers are busy sourcing surgical masks customized with burgees for our grocery shopping needs?

Speaking of a clean look, overheard in Warwick: Rob Rivers and Mario DeLucia, local coiffeurs to the stars, both spotted at Inskip test driving grey

Maserati's, the new color of money! Interestingly, both requested delivery dates after June 1st. Too low "brow?"

On the flip side, the rapid economic crash has created some real problems in record time. The GLP News has been told by some longtime advertisers that they do not intend to advertise this summer, which affects our budget (MA clearly picked the wrong summer for contract renegotiation.) Hopefully cooler heads prevail and spirits improve by June, but fair warning from your gossip columnist, all actions have consequences. You dig?

On a serious note, while I hope this column finds us all safe and healthy, the reality is that this pandemic is unprecedented in our lifetimes and we need to follow guidelines until we are told it's safe to return to normal. Please pray for those who have or will lose loved ones and for the first responders and medical professionals working tirelessly to keep us safe. And be nice. This is stressful time for everyone, but deadly for those who are infected. This is the time to act as a community.

Locked down and loaded (after 5pm), I remain  
More Anon (MoreAnon@mail.com)

## Point Spa Comforts at Home with Lori Perrone

### PASTA E FAGIOLI

Pasta and Beans

1/4 cup olive oil

2 12-15 oz cans cannellini beans (any white bean would work)

1 28 oz can Italian Peeled tomatoes (I use CENTO brand)\*

2 cups chicken broth

3 cloves crushed garlic

2 cups cooked ditalini or small elbow pasta

1/4 teaspoon dried crushed red pepper

Few fresh basil leaves

grated Parmigiano or pecorino Romano cheese

-cook the pasta al dente. Drain and put aside.

-Make a marinara sauce: Put tomatoes in a blender. Pulse til slightly liquified. \*

-Heat sauce pan with 1/4 cup olive oil and heat garlic til sizzle. Do not brown garlic.

-Add crushed tomatoes, crushed red pepper, chicken broth. simmer slowly.

-Drain cannellini beans slightly (reserving a some liquid to add to the sauce)

-Puree 1 can of beans in food processor or use an immersion blender.

-Put both whole and pureed beans into your sauce. Cook to light simmer til beans get slightly tender.

-Serve in bowls adding pasta to each bowl with fresh sliced basil on top and grated pecorino cheese.



This quarantine music class is in session. Rock on, Tylers!

## “Home” Reads by Kara Corwin

An unexpected silver lining to the New Abnormal: the chance to connect pre-summer! Hopefully you're spending some of your newly-found time reading, both alone and together (but socially distant). I've been digging through my teetering piles (and, of course, looking at my list!) Getting lost in a good book offers a great distraction from our collective current reality. Here are a few to get you started:

Thrillers: *Marrow Island* (Alexis Smith), *Long Bright River* (Liz Moore)

Novels: *The Glass Hotel* (Emily St. John Mandel), *The Big Finish* (Brooke Fossey), *The Dutch House* (Ann Patchett), *Resistance Women* (Jennifer Chiaverini), *Nothing to See Here* (Kevin Wilson), *The Giver of Stars* (Jojo Moyes), *Half a Yellow Sun* (Chimamanda Ngozi Adichie), *Happiness* (Aminatta Forna)

Memoirs: *Wild Game* (Adrienne Brodeur), *Brother & Sister* (Diane Keaton), *Me* (Elton John), *Eat a Peach* (David Chang)

Nonfiction: *The Boys in the Boat* (Daniel James Brown), *Calypso* (David Sedaris), *I've Been Thinking...* (Maria Shriver)

Books to read together: *The Hundred Dresses* (Eleanor Estes);

*The Penderwick Series* (Jane Birdsall); *Half Magic* (Edward Eager); *James and the Giant Peach*/ *Matilda*/ *Charlie and the Chocolate Factory* (all Roald Dahl); *Sun Bread* (Elisa Kleven); *The Boy*, *The Mole*, *The Fox and the Horse* (Charlie Mackesy)

It's also the perfect time to tackle those longer reads you keep putting off, like *Pachinko* (Min Jin Lee), *Killers of the Flower Moon* (David Grann), or *Crossing to Safety* (Wallace Stegner).

If anything catches your eye, our friends at Bank Square Books are ready. Like so many small businesses, they're being hit hard by the shutdown. Please consider investing your dollars locally and supporting our beloved indie bookstore by ordering over the phone (860-536-3795) or online ([www.banksquarebooks.com](http://www.banksquarebooks.com)). They offer daily curbside pickup from 10 am-2 pm, local delivery, and media mail. The collective effort of everyone ordering a couple of books will directly impact their post-COVID viability. Reading AND supporting a local business = a win/win!

Stay healthy. In a few more books, this will hopefully be better...

## Kid's Eye View

By Riley Hurley

It's been 40 days (are we still counting?) since the Mayor of Los Angeles told us to stay home. No, really, stay home. As soon as someone tells you have to stay in your house, all you want to do is go out and be with people.

It's definitely different to be a kid right now. I feel like I lost half of my 7th grade year. I was expecting thirteen to be the best year ever, but I can't do half the things I planned on doing. Even though I get to see my teachers and friends on Zoom, it hurts to look at them for too long because they are on a screen. I miss giving my friends looks across the room and laughing behind our math books without teachers seeing. Because, let's be honest, that's half of school.

I feel happy when I see families together around town. Parents are home and kids aren't as busy as they usually are. This pandemic forced us to slow down and be together.

I'm looking forward to hugging my friends and family, seeing everybody in person, and getting back to school. I can't wait to get to GLP to watch the sunset with ice cream dripping down my face and holding the hands of my cousins as we walk down the beach.

I hope you all stay healthy and remain positive until we hug again.

## Reminders From the Association...

Parking permits are required on Groton Long Point. Call GLPA office for info 860-536-4736 or email [office@glpct.org](mailto:office@glpct.org).

No alcoholic beverages allowed on Association beaches, seawalls, docks, and boardwalk.

No pets on Main Beach Boardwalk or beaches.

No bicycles, rollerskates, or skateboards on Main Beach Boardwalk.

No Smoking on all Association areas, including beaches, boardwalks, parking lots, sidewalks, playground areas.

Pick up after your pets. Mutt Mitts are available at designated stations.

## Stress Less in Isolation

A few days ago, I received an SOS of sorts from an old friend: I haven't slept through the night in days. My kids are either irritable or can't stop laughing, but there's no in between. My husband is fixing everything. Sound familiar?

There is no playbook for surviving a global pandemic, and, unfortunately, social distancing and safer at home orders create a unique set of circumstances where people of all ages are lonely, anxious, and even depressed. We do know that there's an uptick in rates of anxiety and depression since COVID-19 changed our collective daily living habits, and suicide and crisis hotlines report a surge in calls. Long story, short: this is hard.

All feelings are okay right now, and the best thing we can do is talk openly about how we're feeling and seek support from friends, family, and/or professionals. A crisis can trigger any number of emotions, but anxiety, anger, sadness, depression, feeling helpless or overwhelmed, and feeling just plain stressed are common reactions.

And, the truth is, we all cope in different ways. The husband trying to fix every little thing in the house is attempting to shift uncomfortable emotions into something productive. Laughter and tears give kids the same emotional release, so either one gets the stress out. Sleep disturbance is often the first sign of stress, anxiety, and/or depression. If any of this does sound

familiar, know that you are not alone.

There are a few things you can do to work through your emotions during this difficult time:

\*Maintain your usual sleep cycle: Sleep is essential when it comes to managing your emotional health, and your brain relies on consistency to keep stress levels low.

\*Get moving: Regular exercise is one of the best natural remedies for stress. Get out and walk on the good days, and tap into technology for the rainy ones. There are exercise apps and livestreams for all ages.

\*Practice deep breathing: Deep breathing is the single best strategy for coping with feelings of panic, intense frustration, or anxiety. Here's how you do it: In for a count of four, hold for four, out for four. Repeat. A neat little trick I teach kids: Imagine you're smelling a rose while you inhale and blowing out a candle while you exhale.

\*Try Mindfulness: The Calm app is a wonderful resource for light meditation and taking a break from your daily stress. Try five minutes each morning to start your day. If technology isn't your thing, sit in a comfortable position, take three deep breaths, and imagine yourself sitting on Main Beach, lost in a good book, listening to the sounds of the water. Another grounding technique that works well with deep breathing: Name three things you can feel, three things you can hear, three

## GLPYC COVID-19 Update

Greetings from the Yacht Club!

We hope you and your families are doing well during these difficult times. The Board of Directors wanted to let you know that we are communicating regularly about the ongoing COVID-19 virus and are working to make plans for this summer as best we can.

As we know more, we promise to update you as soon as we are able to make decisions about the direction of summer programming, events, and registration. We are working to make the most out of this summer that we can for our community, with safety as our first priority.

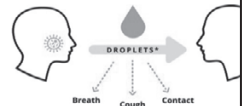
We are also designing and setting up a new website and membership registration system. We plan to begin the roll out in May.

Wash your hands, practice social distancing, and stay well!

The GLPYC Board of Directors

### How is COVID-19 spread?

- through droplets when someone coughs, sneezes, talks or exhales
- between people who are in close contact with one another (within about 6 feet)
- by touching a surface or object with the virus and then touching the mouth, nose, or eyes



### What are the symptoms of COVID-19?

Fever



Cough



Difficulty Breathing



### How can I protect myself and others from COVID-19?

There is widespread community transmission of COVID-19. You should act as though everyone is infected, including yourself. The virus can spread even if the person who has it does not feel sick.

- Stay home as much as possible.
- If you have to go out, stay 6 feet away from other people and wear a cloth face cover.
- Wash your hands often with soap and water or use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, or mouth.
- Cover your coughs and sneezes using a tissue and then wash your hands.

Right now, there is not a vaccine for COVID-19.



things you can see, and three things you can smell. Grounding yourself in your senses decreases the power of the anxious thought cycle.

\*Write: Any kind of writing can have a therapeutic element to it. Try writing a letter to an old friend.

\*Drink plenty of water: Believe it or not, a dehydrated brain is an anxious brain. Drink up!

\*Stay connected: It's very difficult to feel isolated, especially in GLP during the off-season. Though you can't visit your friends and family right now, you can call them, send notes, and head outside for that 8pm community cheer. Stay home, but reach out. You are not alone.

Katie Hurley, LCSW  
Your friendly neighborhood therapist.