

COVID-19

Due to the fluid nature of the COVID-19 Crisis – information contained in this booklet may change without notice.



46 Church Street—Upper Level Branford CT 06405

203-315-0687

www.branford-ct.gov/canoebrook

COMMUNITY RESOURCES

SENIOR MEAL PROGRAM

A limited supply of frozen meals will be available to participants of Canoe Brook's Lunch Program.

Contact:

Ellen Maron 203-315-0687 or

Nancy Cohen 203-315-0684 for more information.

COMMUNITY DINING ROOM

Effective immediately: To assist the state with mitigating the spread of COVID-19 the

Community Dining Room will be operating on 'reduced services' until further notice.

Specifically, we will be serving meals as 'to-go' and take-out containers will be provided by CDR.

Wednesday & Friday Take-Out Meals will remain in effect.

Homebound delivery meals in Branford and North Branford will continue at this time

- **WEDNESDAY NIGHT TAKEOUT**
- **FRIDAY NIGHT TAKEOUT Every 2nd & 3rd Friday**

Pick up from 1 to 3 pm - Must be registered

203-488-9750

www.communitydiningroom.org

The Diaper Bank will be available to any community member in need if they have diapers available. 203-488-9750

FREE MEALS FOR CHILDREN

Meals are available for pick up at the Branford High School for children under the age of 18 whose household has a student. **Grab and Go Breakfast and lunch can be picked up Monday through Friday from 7:30 am to 1pm**

***SHORELINE PRIME** is also offering free meals to school aged children

GROCERY STORES

GROCERY STORES will be open from 6 am to 7:30 am ONLY for customers over the age of 60 who the CDC & local health officials say are most vulnerable. Grocery Stores will close at 8 pm.

GROCERY DELIVERY

INSTACART – www.instacart.com

Requires subscription & internet access

PEAPOD – www.peapod.com

Requires subscription & internet access

SHOPRITE – www.shoprite.com

Requires subscription & internet access

Accepts SNAP EBT Card

**Delivery Dates may not be immediate because of high demand – order asap.

FOOD PANTRY

The Food Pantry will be closed for shopping **INSIDE** the pantry starting Tuesday, March 17th; however, **they will pack bags with emergency food supplies & hand them out near the conveyor in the back of the building during regular service hours.** They will give as much as possible but it won't be usual. Requests for delivery will be met to the best of their ability but relies on volunteers. Anyone that is not a regular food pantry client but in need of emergency food should call the Food Pantry at 203-481-3663 or email foodpantry30@gmail.com for information about signing up

203-481-3663

RESTAURANT DELIVERY

GRUB HUB: www.grubhub.com

DOOR DASH: www.doordash.com

We have just listed just a few local restaurants that have advertised delivery – call your favorite restaurant to see if they are offering delivery service or search on grub hub or door dash

LACUCINA: Prepared Meals 203-484-0463

HORNETS NEST: 203-483-0461

CROSTINI: 203-909-4509

SHORELINE PRIME: 203-208-1579

(Shoreline Prime FREE DELIVERY for seniors!)

COMMUNITY RESOURCES

PHARMACY DELIVERY

CVS – 203-488-9485

WAIVING DELIVERY FEE (NO SAME DAY)

WALGREENS – 203-488-9059 – W. MAIN ST

WALGREENS – 203-481-0386 – E. MAIN ST

WAIVING DELIVERY FEE (NO SAME DAY)

COMCAST FREE INTERNET

Comcast is taking steps to implement the following new policies for the next 60 days, and other important initiatives:

Xfinity WiFi Free For Everyone

Pausing Our Data Plan

No Disconnects or Late Fees

Internet Essentials Free to New Customers

As announced yesterday, it's even easier for low-income families who live in a Comcast service area to sign-up for Internet Essentials, the nation's largest and most comprehensive broadband adoption program. New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for \$9.95/month. Contact Comcast 1 (800) 934-6489 <https://corporate.comcast.com/covid-19>

SENIOR SOCIAL SERVICES

While we have suspended in person appointments during the outbreak of Covid-19, **we are still available by phone, email, fax or US Mail** to assist you with your Social Service needs. Please contact either:

Marlowe Ioime, Assistant Director 203-315-0682
mioime@branford-ct.gov

Nicole Adelkopf, Caseworker 203-315-0686
nadelkopf@branford-ct.gov
Fax # 203-315-3370

Mailing Address:

Canoe Brook Center
46 Church Street – Upper Level
Branford CT 06405

UTILITY SHUT OFF PROTECTION

State regulators have announced that utilities will not be able to shut off the water, electricity or natural gas of residential customers if they don't pay their bills for **during the Governors State of Emergency**. The order came during a week when Gov. Ned Lamont declared a public health emergency in response to the global COVID-19 pandemic. **This protection is for 30 days beginning March 13th, this may be re-evaluated at that time.**

Should you need assistance with this or other Energy Assistance needs, please contact The Town of Branford Canoe Brook Center Energy Hotline at 203-315-0610

ENERGY ASSISTANCE

Due to the Covid-19 Outbreak, and out of an abundance of caution, our office has suspended in person appointments, however we are available to take applications by phone, email, fax or US Mail.

The deadline for oil deliveries on approved applications have been extended to April 1st. If you already applied and were approved and need a delivery please call the CRT energy hotline at 1-800-798-3805 – please follow the prompts until the recoding says "Goodbye" – otherwise your request isn't complete and oil will not be delivered. If you have difficulty, please contact us and we will do our best to assist you.

As of March 13th there is a 30 day extension on Utility Shut offs for all households.

If you would like to apply for energy assistance, call us with your name, phone number and email address if you have one and we will get back to you as soon as possible.

The last day to apply for energy assistance for utility heated households is May 1st – if you have a shut off notice, the last day to apply is May 15th

For an appointment or information contact:
Nicole Adelkopf, Caseworker 203-315-0686
nadelkopf@branford-ct.gov

THINGS TO DO AT HOME

AUDIO BOOKS

If you have a library card you can borrow audio books and load them onto your laptop, iPad or iPhone. Free Apps to check out:

Hoopla is a web & mobile library. You can borrow movies, TV shows & more for free.

Libby offers a selection of free ebooks and audiobooks.

Scibd is offering unlimited books, audiobooks, magazines and more for 30 days

MEIGS POINT

Meigs Point is going live on Facebook

Tuesdays – Fridays

11:00 from the Woods Room

2:00 pm from the Water Room

Facebook.com/MeigsPointNatureCenter/

TAKE A HIKE!

Get outside in Nature and hike some of Connecticut's beautiful trails, **including right here in Branford!** You'll find trail maps at

www.branfordlandtrust.org/explore/trail-maps/

www.scrcong.org/regional-planning/regional-trails/

www.shorelinegreenwaytrail.org/

VIRTUAL MUSEUM TOURS

BRITISH MUSEUM OF LONDON

GUGGENHEIM MUSEUM NY

NATIONAL GALLERY OF ART – WASHINGTON D.C

MUSEE D'ORSAY – PARIS

NATIONAL MUSEUM OF MODERN & CONTEMPORARY ART

PERGAMON MUSEUM – BERLIN

RIJSMUSEUM – AMSTERDAM

THE J. PAUL GETTY MUSEUM – LOS ANGELES

UFFIZI GALLERY – FLORENCE

MASP – SAO PAULO

NATIONAL MUSEUM OF ANTHROPOLOGY
MEXICO CITY

All virtual exhibits can be accessed at:

www.departures.com/art-culture/museums-with-virtual-tours

METROPOLITAN OPERA

Although The Metropolitan Opera has brought down the curtain at least through the end of the month over COVID-10 concerns, the NYC Institution will stream a title from its Live in HD series each night throughout the duration of the closure. **The performances, original captures as live broadcasts in Movie theaters worldwide will begin at 7:30 pm @ www.metopera.org** The videos in the nightly service will be free for 20 hrs following the initial stream

NASA

NASA is opening up its research library to the public in the newly launched [web database PubSpace](http://www.nasa.gov/open/researchaccess/pubspace)...and it's absolutely free.

www.nasa.gov/open/researchaccess/pubspace

VIRTUAL FIELD TRIPS

Check out Facebook Page:

Chris Field - Serial Disruptor

"A Week of Awesome Afternoon Adventures!"

Open to all ages but focused on kids ages 5-10.

Each day at 2pm CST you can log in for free and your kids can go on a LIVE and one of a kind adventure with some awesome people.

Check the page for some cool "field trips"

ZOO SCHOOL!

Join Elmwood Park Zoo for a program full of STEM-based learning and discovery designed specifically for cyber school and homeschool students. Series encourages students, ages 5-12 to investigate science and the natural world through an engaging and interactive 2-hour program. Workshops designed to be collaborative, grade-appropriate, includes immersive hands-on activities. Students will have the chance to participate in lessons that include both classroom work & exploring the zoo.

<https://www.elmwoodparkzoo.org/homeschool-workshops/>

FIRED UP! GRAB & GO

Fired Up is offering pottery to go kits. Buy your pottery at regular price, \$6 studio fee for 1 piece, \$10 family studio fee for up to 4 pieces. And you can chose up to 6 paint colors to take with you. Then, when you're done painting your pieces, bring them back for to them to fire. **203-481-1015**

www.firedupbranford.com

FEATHERLY EVER AFTER TAKE HOME KITS!

Taking orders for Custom Wood + Paint which can be picked up by appointment! Only be available by order due to the high demand. **Two ordering options available**
1: <https://www.featherlyeverafter.com/book-a-class-workshop>
2: email featherlyeverafter@gmail.com
Will email/call you when your order is ready

TAKE HOME PIZZA KITS!

Need something to do with your kids? Pick up your make your own pizza kit today! Includes dough, sauce, cheese and 1 topping. Call **ANIELLO'S in EH** at 203-467-5694 to order. Only \$10!
<https://www.facebook.com/Aniellos-Pizza-Italian-Restaurant->

COOKING LESSONS

Massimo Bottura, Chef patron of Osteria Francescana, The **Michelin-starred chef** is energetic as ever, and just the jolt of optimism we need as millions enter into quarantine to mitigate the spread of the virus. While some in isolation are turning to the **best delivery** in their cities, others are using the time at home to jump into their own kitchens, and Bottura wants to help with a nightly, free cooking series he's launched via his instagram

<https://www.instagram.com/massimobottura/>

SWEETS ON MAIN COOKIE KITS!

Sweets on Main is offering local delivery and decorate your own cookie kits (available by pre-order). Cookie Kits include 12 Spring Themed cookies, 3 bags of icing, and sprinkles to decorate.

203-208-0317 – www.sweetsonmain.com

PETONITO'S CUPCAKE KITS!

Looking for something fun to do while cooped up in the house. Kids and adults alike will love this Cupcake Kit to do at home! Comes with 9 delicious cupcakes, frosting, color of your choice and sprinkles! Also an adorable carrying case you can decorate! Only \$20! 203-469-1817
www.facebook.com/PetonitosPastryandCupcakeShope/

BASEBALL ON PBS BY KEN BURNS

With events canceled & so much closed, **PBS** is working with **Ken Burns** to stream BASEBALL so we can all enjoy the national pastime together. Watch at the link below or on any streaming device. And please look out for those with greater needs. Play ball.

Watch on the free PBS Video app or here: <https://to.pbs.org/2w8jTPx>

LUNCH DOODLES W/MO WILLEMS

Beloved children's author Mo Willems has earned rockstar status with parents. With schools closed around the country because of the coronavirus, Willems has launched a "Lunch Doodles" livestream video series. Each weekday at 1 p.m. EST, he'll release a new episode on the Kennedy Center's www.kennedy-center.org/education/mo-willems

STORY TIME FOR KIDS

Books read by the world's best story tellers – free and ad free! Emmy Nominated – great resource for the little ones <https://www.storylineonline.net/>

JOURNALING

Start a journal! **Here's 5 smart reasons why you should do journal writing:**

- **Journals** Help You Have a Better Connection with Your Values, Emotions, and Goals. ...
- **Journals** Improve Mental Clarity and Help Improve Your Focus. ...
- **Journals** Improve Insight and Understanding
- **Journals** Track Your Overall Development
- **Journals** Facilitate Personal Growth.

<https://penzu.com/how-to-start-and-write-a-journal>

BINGE WATCH JULIA CHILD!

You Can Now Binge-Watch Every Single Episode of The French Chef with Julia Child

If you've always dreamed of cooking along with Julia Child, now's your chance! The French Chef is streaming on Prime and PBS. Every. Single.

Episode. **To access through PBS Passport.** To access *The French Chef*, you need to be a PBS member according to your local PBS station's particular requirements **you can also access it through Amazon Prime Video.** If neither of the above options works for you, **you can still enjoy**

Julia Child on PBS via the free www.pbs.org/food/julia-child/julia-child-video-collection/, consisting of full-length episodes of select Julia Child programming (including some early *The French Chef* episodes) as well as shorter interviews, behind-the-scenes clips and other snippets

STAY CONNECTED!

FACE TIME or **SKYPE** with your family and Grandchildren. It's a great way to stay connected without exposing each other but still seeing each other's faces!

EMAIL PENPAL Stay connected with your grandchildren emailing each other pen pal style. It's a great way to stay connected and you can both look forward to receiving your email letter!

STREAMING TV SERVICE

Almost all streaming services offer a free 7-day trial period. Check the details before signing up.

[Hulu](#) is \$5.99 per month (with ads).

[Sling TV](#) starts at \$20 per month.

[Amazon Fire TV Stick](#) is currently \$49.99. Service is \$14.99 per month.

[Disney +](#) is normally \$6.99 per month.

[Apple TV](#) is \$4.99 per month.

[Netflix](#) starts at \$8.99 per month.

STAGEIT! ONLINE CONCERT

Stageit is an online venue where artists perform live, interactive, monetized shows for their fans directly from a laptop, offering fans unique experiences that are never archived. From multi-Grammy nominee Sara to Grammy winner Jason Mraz and actress Nina Dobrev, Stageit allows any genre or type of act to take the stage. Artists decide when to play, what to play and how much they want to charge. Fans then buy virtual tickets to the show using our virtual currency called "Notes" (1 Note = 10¢ USD). Fans can chat with artists and other like-minded fans and tip performers throughout the show.

www.stageit.com

FITNESS, ART & LEARNING OPPORTUNITIES ONLINE

YOGA & MEDITATION ONLINE

Free online yoga & meditation classes
EkhartYoga would love to support anyone directly affected - physically or emotionally - by the coronavirus outbreak.

Our mission at EkhartYoga is to create positive change in the world through yoga. Therefore we're offering you 12 free yoga and meditation classes, specifically designed to help relieve stress and anxiety.

100% free, no payment details required.

<https://relief.ekhartyoga.com/>

PLANET FITNESS FREE ONLINE CLASSES

Starting Monday, **tune in to Facebook Live ON Planet Fitness' Facebook Page for FREE at-home workouts for anyone and everyone.** Get moving with our trainers and even some surprise celebrity guests for a 20 minute workout to relieve stress and stay healthy. Let's workout through this. United We Move.

You don't have to have a PF Membership!

PRIVE-SWISS FITNESS AT HOME

Privé-Swiss Fitness is trying to help the community get through this current health crisis by offering FREE content on our YouTube Channel – a combination of full 30 and 60 minute classes, as well as short workouts to build your own workout at home. They are putting more content up daily. Check it out!

<https://www.facebook.com/PriveSwissFitness>

YMCA 360

Check out your virtual YMCA! – Whether you are looking for Yoga, Barra, Boot Camp or Active Older Adult Classes – they have them all – and the best part? It's all FREE. Check out YMCA360 Channel on YouTube!

https://www.youtube.com/channel/UCOGt_lpc_eP_xQhhCMCrut_A

ONLINE ART CLASSES

Check out **SKILLSHARE** - an online learning community with thousands of classes for creative and curious people, on topics including illustration, design, photography, video, freelancing, and more. On Skillshare, millions of members come together to find inspiration and take the next step in their creative journey.

<https://www.skillshare.com/browse/art>

ACTIVITIES FOR OLDER PEOPLE

Online activities for older people – games, travel, spirituality etc! Check it out!

<https://www.goldencarers.com/50-activities-for-the-elderly-in-lockdown-and-isolation/6265/>

ONLINE COURSES – FREE!

A world leader in open & distance learning, all **OPENLEARN** courses (nearly 1000!) are free www.open.edu/openlearn/free-courses

Build skills with **COURSEUSA** courses, certificates, & degrees online from world-class universities & companies: www.coursera.com

SCHOLASTIC is offering free online courses so your kids can keep learning while school is closed classroommagazines.scholastic.com/support/learnathome.html

Take FREE courses at **HARVARD** online www.edx.org/school/harvardx

Listen to a **TED talk** or two - www.ted.com

SELF CARE

PREVENTING LONELINESS

Face-to-face from afar: The next best thing to in-person interaction is video chat, because facial cues, body language and other nonverbal forms of communication are important for bonding. When possible, opt for video over messaging or calling and play around with doing what you would normally do with others. For example, try having a digital dinner with someone you met on a dating app, a virtual happy hour with friends or a remote book club meeting.

One-minute kindness: Getting lots of likes on a social media post may give you a fleeting hit of dopamine, but receiving a direct message or e-mail with a genuine compliment or expression of gratitude is more personal and longer lasting—without taking much more time. When you find yourself scrolling through people’s posts, stop and send one of them a few kind words. After all, we need a little extra kindness to counter the stress and uncertainty of the coronavirus.

Cultivate your community: The basis of connection is having something in common. Whatever your niche interest - there is an online community of people who share your passion and can’t wait to nerd out with you about it. There are digital support groups, such as for new parents, patients with a rare disease. Use these networks to engage around what matters most to you.

Deepen or broaden: Fundamentally, there are two ways to overcome loneliness: nurture your existing relationships or form new ones. Reflect on your current state of social health and then take one digital action to deepen it—such as getting in touch with a friend or family member you haven’t spoken with in a while—or to broaden it—such as reaching out to someone you’d like to get to know.

Use a tool: Increasingly, apps and social platforms are being designed to help us optimize our online interactions with loved ones, including [Ikaria](#), [Cocoon](#), [Monaru](#) and [Squad](#). If you do well with structure, these resources may be a useful option for you. Or you can consider using conversation prompts, such as [TableTopics](#) or [The And](#), to spark interesting dialogue during a video call.

<https://www.scientificamerican.com/article/how-to-prevent-loneliness-in-a-time-of-social-distancing/>

PROTECTING YOUR MENTAL HEALTH

Human beings like certainty. We are hard-wired to want to know what is happening and to notice things that feel threatening to us. When things feel uncertain or when we don’t generally feel safe, it’s normal to feel stressed. This very reaction, while there to protect us, can cause all sorts of havoc when there is a sense of uncertainty and conflicting information around us.

A large part of anxiety comes from a sense of what we think we should be able to control, but can’t. Right now, many of us are worried about COVID-19, known as the “Coronavirus”. We may feel helpless about what will happen or what we can do to prevent further stress. The uncertainty might also connect to our uncertainty about other aspects of our lives, or remind us of past times when we didn’t feel safe and the immediate future was uncertain.

In times like these, our mental health can suffer. We don’t always know it’s happening. You might feel more on edge than usual, angry, helpless or sad. You might notice that you are more frustrated with others or want to completely avoid any reminders of what is happening. For those of us who already struggle with our mental wellness, we might feel more depressed or less motivated to carry out our daily activities.

It’s important to note that we are not helpless in light of current news events. We can always choose our response. Find information and guidance here:

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

AA MEETINGS ONLINE

With the COVID-19 pandemic spreading rapidly and AA meetings shutting down or becoming harder to access, High Watch will be providing a remote access online meeting every day of the week. This way friends and alumni can still get the recovery they need from the comfort of their own home. It is important to stay connected despite social isolation, and we must work together to protect our sobriety.

<https://highwatchrecovery.org/aa-online/>

TOWN DEPARTMENT ANNOUNCEMENTS

We are strongly encouraging residents to utilize online resources as much as possible. At this time, all town departments will be staffed during normal business hours. The town remains committed to providing essential services during this public health emergency while also ensuring the health & safety of our employees **WWW.BRANFORD-CT.GOV**

SENIOR CENTER

Senior Center – Programs and activities held at the Canoe Brook Center have been suspended. Other services such as social service assistance applications will still be available. For more information go to: www.branford-ct.gov/departments/senior-center or call **203-315-0684**. **CANOE BROOK SOCIAL SERVICES** in person appointments have been suspended but we are available by phone or email. **Please call 203-315-0686 or 203-315-0682** for assistance.

SENIOR CENTER CONTACTS

Dagmar Ridgway, Director – 203-315-0683
dridgway@branford-ct.gov

Marlowe Ioime, As't. Director – 203-315-0682
mioime@branford-ct.gov

Nicole Adeklopf, Caseworker – 203-315-0686
nadelkopf@branford-ct.gov

Nancy Cohen, Program Coord. – 203-315-0684
ncohen@branford-ct.gov

Ellen Maron, Program Ass't – 203-315-0687
emaron@branford-ct.gov

Blair McKenna, Transp. Coord. 203-315-0681
bmckenna@branford-ct.gov

LIBRARIES

The James Blackstone Memorial Library and Willoughby Wallace Library are closed to the public. Please contact the libraries via phone or email for additional information. For more information, go to: www.branford-ct.gov/facilities/ or call JBML 203-488-1441 or WWML at 203-488-8702.

ANIMAL SHELTER

The Daniel Cosgrove Animal Shelter will suspend all volunteer activity for 2 weeks and the building will be closed to walk in visitors. Please contact the shelter directly to schedule an appointment. For more information, go to: www.branford-ct.gov/departments/animal-shelter or call 203-315-4125.

RESIDENT STICKERS

Resident Stickers – The expiration date for the current resident sticker (transfer station/beach pass) will be extended from **March 31, 2020 to May 31, 2020**.

PARKS AND REC.

As conditions continue to change during the COVID-19 outbreak, the Recreation Department has suspended all upcoming programs, activities, & events for 2 weeks beginning March 16th. Please check back frequently at www.branfordrecreation.org or call the office at 203-488-8304 for

BOARD OF FINANCE

The Public Hearings for the FY '21 Budget are postponed until further notice.

TRANSPORTATION

BRANFORD MEDICAL TRANSPORTATION has suspended all transportation for 2 weeks beginning March 16th. Contact Blair at 203-315-0681 for updates after March 27, 2020

MYRIDE is currently running their regular service. They are putting extra effort into disinfecting “high touch” areas like hand rails, hand holds, seat backs, and seats, & also installed hand sanitizer dispensers in every vehicle. **203-288-6282** www.gnhtd.org

UBER – APP based or www.uber.com

LYFT – APP based or www.lyft.com

METRO TAXI – 203-777-7777

MEDICARE TELEHEALTH BENEFITS

Medicare has temporarily expanded its coverage of telehealth benefits www.medicare.gov/coverage/telehealth to respond to COVID-19. Medicare beneficiaries can temporarily use telehealth services for common office visits, mental health counseling and preventive health screenings. This will help ensure Medicare beneficiaries are able to visit with their doctor from their home, without having to go to a doctor's office or hospital, which puts themselves and others at risk. If you have an existing healthcare appointment, or think you need to see your doctor, please call them first to see if your appointment can be conducted over a smartphone with video capability or any device using video technology, like a tablet or a laptop. For some appointments, a simple check-in over the phone without video capabilities may suffice.

ACCESS HEALTH SPECIAL ENROLLMENT PERIOD

Due to exceptional circumstances, qualified UNINSURED CT residents can enroll during a **NEW SPECIAL ENROLLMENT PERIOD** from **March 19 to April 2, 2020**. Call 855-365-2428 from 8am to 5pm Monday through Friday. If you or someone you know is uninsured, this is your chance to get coverage.

If you are losing your job, you will have a special enrollment period OUTSIDE of this new special enrollment period.

THE ORCHARD HOUSE

Beginning Monday, March 16th, programs and activities held at the Orchard House Medical Adult Day Center will be suspended for two weeks ending March 30, 2020. Re-opening will be subject to government guidance. Please check www.theorchardhouse.org for updates.

BH CARE

Adult outpatient clinics in Ansonia and Branford **will remain open** Mon- Fri 8:30 am to 5:00 pm, however all outpatient groups and IOP are temporarily suspended. **Call (203) 800-7177 for assistance.** The **BHcare Clothing Bank** is temporarily closed & accept donations at this time. Please do not leave donations outside the doors as they will have to be discarded. Check or call for updates <https://www.facebook.com/CTBHcare/>

BRANFORD COUNSELING CENTER

Contact Branford Counseling Center **is open and available to the community**; seeing clients virtually and by telephone.

IF YOU ARE IN NEED OF ASSISTANCE

please contact BCC

203-481-4248

Check their Facebook page regularly for continuing updates and resources.

www.facebook.com/BranfordCounseling
www.branford-ct.gov/departments/counseling-center

VOLUNTEER OPPORTUNITIES

NEIGHBORS HELPING NEIGHBORS may have volunteer opportunities to help others in our community.

Contact Amy Johansson at 917-359-5231 or amyjohansson@smileanywaybranford.org

THE COMMUNITY DINING ROOM has their wish list on their website – they are in need of supplies and food so that they can keep their shelves stocked and keep on cooking!

check out the list at www.communitydiningroom.org they will gratefully accept monetary donations as well.

EAST SHORE HEALTH DEPT

The East Shore District Health Department is not taking in-person appointments or walk-ins at this time. **Staff will conduct essential business by phone and email:**
Monday through Friday, 9 am to 2 pm

QUESTIONS ABOUT COVID-19/CORONAVIRUS?

Feel sick and/or have questions about medical care or testing? -Call your doctor

Have general questions about COVID-19?

Call 2-1-1, or -Text "CTCOVID" to 898211

Have questions about exposures and need guidance?

Call the Health Department:

(203) 481-4233 Ext. 562

INCOME TAX DEADLINE EXTENDED

The deadline for individuals and businesses to file their income taxes

will shift from April 15 to July 15

PRESIDENTIAL PRIMARY

Due to the ongoing Covid-19 situation, Connecticut's presidential primaries has been

postponed until June 2

211 CT – UNITED WAY OF CONNECTICUT

2-1-1 is a program of United Way of Connecticut and is supported by the State of Connecticut and Connecticut United Ways. 2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you find the help you need. Dial 2-1-1 or search online. If you are outside of Connecticut or have a problem using the 2-1-1-number, dial 1-800-203-1234.

DIAL 2-1-1

Dial 2-1-1 from anywhere in Connecticut and you will reach a highly-trained contact specialist who will assess your needs and provide referrals to the resources in your community. Everyday, contact specialists help callers find assistance for complex issues such as financial problems, substance abuse and suicide prevention and for simpler issues such as finding volunteer opportunities and donation options. 2-1-1 is available 24 hours a day every day of the year. Multilingual assistance and TDD access is also available.