

COVID-19

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

Updated 3/29/2020



46 Church Street—Upper Level Branford CT 06405

203-315-0687

www.branford-ct.gov/canoebrook

COMMUNITY MESSAGE – POSITIVE THOUGHTS

March 27, 2020

As we continue to navigate through the uncharted waters and concerns with COVID-19 we continue to take the necessary steps to protect our employees, our residents and our entire community. During this time we also think it is important to help keep us all connected and maintain a positive outlook.

We believe that positive messaging is an important way to help each other get through this turbulent time.

- **Did you write a message at the end of your driveway in chalk?**
- **Did your child color a picture that has a positive or encouraging message?**
- **Did you take a picture of a beautiful sunset?**
- **Do you have a positive quote you would like to share?**

Send those thoughts or images to the following email address: positivethoughts@branford-ct.gov.

Each day we will select some of those thoughts or images to share with the entire community by posting them on the town departments Facebook pages. All thoughts or images will also include your first name and last initial. So if you send us something check out our Facebook pages to see if we shared it.



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, 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**

FEED BRANFORD KIDS

Trinity Episcopal Church on the Branford Green will be hosting a **Feed Branford Kids food pick up EVERY Monday from 3:00 - 5:00 PM.**

We are thrilled to partner with Trinity to offer this secondary option for our Branford families!

And the **Feed Branford Kids warehouse located at 21 Business Park Drive will continue to be open for pick up EVERY Thursday from 5:00 - 7:00 PM.**

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.**

EDGE OF THE WOODS – www.eotwm.com

to eotwmdeliveries@gmail.com

FOOD PANTRY

To follow the safety requirements to mitigate the spread of COVID-19, **[Branford Food Pantry, Inc.](#)** volunteers are now pre-packing groceries so they are ready to be picked up at the door by families in need; and the number of families coming for assistance is growing. Community members can help by donating needed food.

Anyone who is not already a regular food pantry client, but in need of emergency food, can call BFP at (203) 481-3663 or

email branfordfoodpantry30@gmail.com for information about signing up. BFP is located on the ground floor of the Volunteer Services Center, 30 Harrison Ave. **Friday hours for food distribution are 9 a.m. – 11:30 a.m. and Tuesday hours are 8:30 a.m. – 11 a.m. and 4:30 – 6 p.m.**

Right now, community members who can contribute non-perishable food items are being asked to help keep the shelves full at BFP for the long haul. The pantry is particularly hoping for donations of canned goods (beans, baked beans, vegetables, tomatoes, fruit, tuna, canned meat--chicken, ham, etc.), cereal, juice, long shelf-life milk, pasta, rice, spaghetti sauce, peanut butter, jelly, instant potatoes. BFP is also asking for donations of disinfectant wipes and sprays that volunteers use to wipe down high touch areas during and after each grocery give-away session. Beginning April 2, **BFP hopes to accept most donations of non-perishable food on Thursday mornings between 10 a.m. – noon; and can arrange for appointments to accept large drop-offs of donations, call (203) 481-3663 or email branfordfoodpantry30@gmail.com**

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.scrkog.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 & CONTEMPORTY 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](#)...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

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/massimbottura/>

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/

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>

DAIRY QUEEN DELIVERY!

Beginning March 20 you can get your Dairy Queen fix **delivered to your doorstep** by Grubhub!!

7 days a week 12pm to 8pm

<https://www.grubhub.com/restaurant/dairy-queen-of-north-branford-280-branford-rd-north-branford/2028421>

RESTAURANT CURBSIDE PICKUP & DELIVERY LIST

The Shoreline Chamber of Commerce compiled this amazing, comprehensive list of **Restaurants open for curbside pickup and/or delivery!** Check it out at:

<https://www.shorelinechamberct.com/Open-Restaurants>

Check out www.grubhub.com & www.doordash.com for more of your favorite restaurants.

Shoreline Prime – 203-208-1579 **Free Delivery for seniors!**

LaCucina – 203-481-0463 – **Prepared Meals**

Hornets' Nest – 203-483-0461

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/>

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>**

THE NATIONS P.E. TEACHER

This is great news for parents and kids who are reeling from the news of school closures due to the Coronavirus. Joe Wicks, famous as The Body Coach, has said he will become **'the nation's P.E. teacher' by giving daily online P.E. classes for kids!**

Starting from Monday he will be holding kids' workout classes on his [You Tube channel](#), and he will be doing them **every weekday at 9am during the school closures.**

The workouts are designed to be kid friendly, will last half an hour, and won't need much space so they can be done indoors if you're self-isolating.

We think this is an amazing idea, and it should help keep the kids active as well as bringing some structure and routine to the day while we're all 'home schooling'.

LUNCH DOODLES WITH MO WILLEMS

Beloved children's author Mo Willems has earned rock star status with parents. With schools closed around the country, 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

AT HOME ACTIVITIES

BROUGHT TO YOU BY

QUASSY AMUSMENT PARK

Quassy posted some great at home activities on their website & Facebook page – check it out!

- Jim & Sandy Sisti, Q's in-house magic team, heeded the call for some additional stay-at-home activities and put together a fabulous book filled with fun tricks and illusions. [Download Your Magic Book Here](#)
- Crossword Puzzle! Rides, attractions, even a fun event! Put your mind to it and solve this crossword puzzle <https://files.constantcontact.com/c745d098001/9b1cad24-6d83-4cd6-b15d-89409492639e.pdf>
- Break The Code! Math Problems! *Imagine*, and then Draw Some Of Your Favorite Things At The Park! A multi-page project that is educational and fun! <https://files.constantcontact.com/c745d098001/551375db-5924-4bc7-b676-0bbf3e2622f6.pdf>
- Calling All Engineers! Can you design an amusement park ride? Give this project a whirl!<https://files.constantcontact.com/c745d098001/10052381-3cb5-45fc-acc9-5fe6be08587c.pdf>
- We have a fantastic coloring book with outlines created from actual park photos. Click on the coloring book graphic above to download your copy: <https://files.constantcontact.com/c745d098001/1ec54bfc-a0ae-46c9-9e11-ef8e9c4da01b.pdf>

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 OR ZOOM** 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/>

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>

OBE FITNESS-SENIOR WORKOUTS

Obe is offering online senior classes free

- 10 min Upper Body & Core Strengthening
- 10 min Lower Body Strengthening
- 10 min Low Impact Cardio
- 10 min Full Body Strengthening
- 10 Full Body Circuit

<https://obefitness.com/blog/senior-programs>

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 do have a PF Membership!

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_IpceP_xQhhCMCrut_A

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/>

GAMES FOR THE BRAIN

Improve your brain performance by playing brain games designed by brain researchers and psychologists - it's free! Start playing online. www.brainurk.com/games

ART CLASSES ONLINE!

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>

CAKE DECORATING SCHOOL

My Cake School is a great way to learn cake decorating online! Whether you're interested in **free cake decorating tutorials**, great cake and frosting recipes, or becoming a member of the site (\$30 per year) for access to hundreds of additional cake tutorials, there is something for everyone on My Cake School! Scroll through [Free Tutorials](#) section for free step by step tutorials & videos, or [Recipes](#) section for our popular cake & frosting recipes!

For access to our entire **Cake Decorating Videos section, Forums, and Photo Gallery**, consider becoming a member of My Cake School! (\$30 per year) This is an invaluable tool for anyone interested in the cake decorating. They have members from all over the world, and all levels of cake decorating **Check it out at www.mycakeschool.com**

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

HOUSE PARTY!

Houseparty is a social networking service that enables group video chatting through mobile and desktop apps. Users receive a notification when friends are online and available to group video chat. But that's not all -

Houseparty goes further than other group video call apps **by offering integrated games** it's the **button with the two dice** — such as **trivia, quick draw (like Pictionary), Chips and Guac (word association), and Heads Up! (charades)**

ONLINE GAMES

If you're feeling old school, there are several online board and card games that can be played with friends — not everything has to be a "video game" in the modern sense. You can play games like **Monopoly** on Pogo, though you have to create an account in order to start a game. You can also play **Yahtzee Party** or **Scrabble**. You can also find **a Chess game online** thanks to Tabletopia. As for card games, both **UNO** and **Cards Against Humanity** are available online PlayingCards, the site that hosts the latter, also has a few other cards games, such as **Go Fish** and **Checkers**.

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 appt, or think you need to see your doctor, please call 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

STIMULUS BILL

A number of variables will affect the amount of money each person will receive from the stimulus package. The government will automatically base [the amount on your adjusted gross income from your 2019 tax filings](#). If you have not filed yet, it will be based on your 2018 filing. Here are the general guidelines:

- \$1,200 for individuals who made less than \$75,000, according to 2018 or 2019 taxes
- \$1,200 for individuals who made less than \$112,500 and filed as "head of household"
- \$2,400 for couples who collectively made less than \$150,000 and filed jointly
- Families can receive an additional \$500 per child under the age of 17 years.
- What if you are on social security or did not file taxes in 2018 or 2019? If you have a SS#, meet the income requirements and are not considered a dependent, you should qualify

Treasury Secretary Steven Mnuchin hopes to begin issuing direct payment to taxpayers 3 weeks after the package is signed into law

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

DEPT. OF LABOR

March 18, 2020

Due to health and safety concerns, the Connecticut Department of Labor Suspended in-person visits at its five American Job Centers across the state, as well as its offices in Wethersfield. Signs have been posted at the centers directing customers to go to www.filectui.com to file for unemployment benefits using a personal computer, tablet or Smartphone. The site also has a detailed unemployment FAQ for workers and employers. Those with questions related to filing an unemployment claim can use these resources:

- You should first visit our Online Assistance Center at www.filectui.com
- You may also submit your general question to dol.webhelp@ct.gov A response can be expected in 3 to 5 business days, depending on volume.

IMPORTANT: If you become unemployed due to coronavirus (COVID-19), you should file for unemployment benefits. Click <http://www.ctdol.state.ct.us/UI-Online/unemployedduetocoronavirus.pdf>

For more information. For frequently asked questions about coronavirus (COVID-19) for workers and employers <http://www.ctdol.state.ct.us/DOLCOVIDFAQ.PDF>

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/>

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

In order to better protect the health and wellbeing of our clients and staff, effective immediately, Branford Counseling & Community Services will be implementing the following procedures in response to COVID-19:

- In order to help facilitate social distancing in our waiting areas, clients are asked to please call (203) 481-4248 from your vehicle when you arrive and notify the front desk. We ask that you not enter the building before your scheduled appointment time. Your clinician will be in the waiting room to collect you at the time your appointment is scheduled to begin. Please call and speak with your clinician if you need to make alternate arrangements for your appointments.
- In addition to eliminating unnecessary wait time in our waiting areas, we are asking that you please not bring any people to your appointment that will not be attending the session with you. Family and friends will be asked to wait outside during your appointment time.
- Groups will be held in the large conference room to allow for individuals to maintain the recommended 6 feet from one another.
- Anyone exhibiting symptoms of COVID-19 (fever, cough, shortness of breath) are asked to not attend appointments at this time. Please call to speak with your clinician if needed.

We can all work together to make sure we maintain a safe and healthy environment during these unprecedented times. Thank you in advance for your understanding and cooperation!

Check their Facebook page regularly for continuing updates and resources.

www.facebook.com/BranfordCounseling

www.branford-ct.gov/departments/counseling-center

BH CARE

As a healthcare organization, deemed essential and working hard to continue providing quality care for clients and a safe work environment for staff. **Residential programs and UCDVS shelters remain fully operational**, however changes have been implemented to ensure the safety of residents and staff. The rest of the organization, **transitioned to telehealth-only appointments on Monday, March 23**. Staff worked around the clock to transform face-to-face organization into a **virtual safety net for all of our clients at BHcare, PCRC and The Umbrella Center for Domestic Violence Services. Call (203) 800-7177 for assistance.** BHcare Clothing Bank is temporarily closed & cannot 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 www.facebook.com/CTBHcare/

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.



TOWN DEPARTMENT ANNOUNCEMENTS

Effective Friday, March 20, 2020, Town Hall will be closed to the public. All offices will still be staffed during normal business hours. Protocols have been put into place to continue to provide services to the public. Please use the following link to contact the respective department directly for assistance <https://www.branford-ct.gov/departments> If you require additional service please call 203-488-8394
WWW.BRANFORD-CT.GOV

SENIOR CENTER

Senior Center – Programs and activities held at Canoe Brook Center have been suspended. Other services such as energy assistance applications will still be available by phone & email. 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**

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

PARKS & REC

As conditions continue to change during the COVID-19 outbreak, the Recreation Department has suspended all upcoming programs, activities. Please check back frequently at www.branfordrecreation.org or call the office at 203-488-8304 for updates. Please see message on next page.

TRANSPORTATION

BRANFORD MEDICAL TRANSPORTATION has suspended all transportation beginning March 16th. Contact Blair at 203-315-0681 for updates

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

FINANCE DEPARTMENT

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

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**. Branford - If you live in Branford but don't have a library card, you can fill out the online registration form and library staff will mail you a Blackstone Library card, which will give you access to their digital resources. <https://br.catalog.lionlibraries.org/MyAccount/SelfReg>

The Willoughby Wallace Memorial Library - During this time library staff will be available to answer questions by telephone or email Monday – Friday. 203-488-8702

A MESSAGE FROM PARKS & REC

March 25, 2020

Parks and Recreation – **partial closures**

We are continuing to encourage residents to remain active and exercise regularly. However, all Branford **playgrounds, outdoor sports courts**, basketball, tennis, and pickle ball courts are closed effective immediately and **should be avoided**. **Unfortunately, these activities cannot be conducted while maintaining a safe distance or avoiding repeatedly touching objects touched by others.**

All parks and natural areas and trails remain open at this time for walking, hiking, biking, running - activities which do not involve close contact and where 6 feet of social distancing can be achieved.

- People who are exhibiting symptoms of any illness should stay home.
- Follow CDC guidelines and wash your hands before and after you visit a park, trail, or natural area, or any other public space.
- Follow CDC social distancing recommendations and keep 6 feet from others at all times, including interacting with other visitors. If you can't maintain that distance, find another location or come back another time.

While on trails, announce your presence to others and step aside to let others pass.

SMALL BUSINESS LOW INTEREST FEDERAL DISASTER LOANS

The U.S. Small Business Administration is offering low-interest federal disaster loans for working capital to Connecticut small businesses suffering substantial economic injury, since January 31, 2020 and continuing, as a result of the Coronavirus (COVID-19). SBA issued Disaster Declaration **CT-00046**, for the Economic Injury Disaster Loan (EIDL) Program, following a request from Governor Ned Lamont on March 15, 2020.

This disaster declaration makes the SBA EIDL Program available throughout the entire state of **Connecticut**. These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid due to the impact of the Coronavirus.

Eligibility for Economic Injury Disaster Loans is based on the financial impact of the Coronavirus (COVID-19). The interest rate is 3.75 percent for small businesses. The interest rate for private non-profit organizations is 2.75 percent. SBA offers loans with long-term repayments in order to keep payments affordable, up to a maximum of 30 years and are available to entities without the financial ability to offset the adverse impact without hardship.

Applicants may apply online, receive additional disaster assistance information and download applications at <https://disasterloan.sba.gov/ela>.

UPDATES

Check the Town of Branford Website for continued updates:

<https://www.branford-ct.gov/community/covid19-community-updates>

TRANSFER STATION

The Town of Branford remains committed to providing essential services during this public health emergency while also ensuring the health and safety of our employees.

Currently, there are no changes to the residential garbage and recycling curbside collections.

The Transfer Station remains open to Branford residents Monday through Friday from 7:15 a.m. to 1:30 p.m., and Saturdays from 7:15 a.m. to 2:30 p.m. Please check the Town of Branford’s website, www.branford-ct.gov for updates and possible changes.

CONNECTICUT ALERT SYSTEM

The State of Connecticut has implemented a state-of-the-art **emergency notification system to alert residents anywhere in the state** about life-threatening emergency conditions.

You can get emergency alerts sent to you on any communication method you use, such as your cell phone, e-mail, text message, or certain hearing impaired receiving devices, just by providing your information, and keeping it updated on this site:

<https://member.everbridge.net/index/892807736721724/#/signup>

MY BRANFORD APP

In addition to the Town of Branford Website www.branford-ct.gov, The Town of Branford offers residents and visitors 24-hr online assistance through the **My Branford App**. Find out about news, announcements, meetings and more. **Search for My Branford in your APP Store.**

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.**

ANIMAL SHELTER

The Daniel Cosgrove Animal Shelter has **suspended all volunteer activity 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.

PET FOOD & SUPPLIES

A MESSAGE FROM DCAS FACEBOOK PAGE:

Given the fact that we have many animal loving residents especially those that may be elderly, we wanted to put it out there **that if you become sick and cannot get to the store for pet food or supplies please reach out to us at the Dan Cosgrove Animal Shelter at 203-315-4125 and we will make sure you have food and other supplies for your animals.**

Staff are committed to the communities that we serve and those who need us we are there for you. Please phone or email neighbors to let them know as many of our senior residents are not on Facebook.

If you know of residents that are not feeling well and have no family nearby you can also call our department and we will be sure to provide them with resource guidance to get them the help they need.

We are here for the animals and we are here for you- we are all in this together!

BUILDING DEPARTMENT

In an effort to continue to serve the Town of Branford's residents and businesses during the COVID-19 pandemic, access to Town Hall offices have been suspended to the public. All Building permit applications will temporarily only be accepted by e-mail. All required documents are made available either from the Town of Branford website at www.branford-ct.gov or accessed by visiting the Town Hall lobby for all Building applications, forms and supporting documentation to be submitted. We encourage you to contact us by e-mail: building@branford-ct.gov with any questions you may have regarding your submittal.

As of now all received applications will continue to be processed and you will be contacted by staffing utilizing e-mail or phone to discuss your application. You will also be provided with a fee payment amount associated with your application to be processed by staffing. Fee payments will only be accepted utilizing our new [on-line payment portal](#) located on the Building Department website at www.branford-ct.gov or mailed checks made payable to the Town of Branford.

We will continue to issue those permits which are easily processed but some permits may not be issued if we cannot access records needed for review. Applications which require review by multiple departments are expected to take longer in order to process but will continue to be conducted within the 30 day review period per CGS 29-263. Please remember those applications which require multiple department reviews may require additional applications/forms from those departments to be submitted along with your building permit application. Completed applications, forms and supporting documentation can be e-mailed to building@branford-ct.gov

In order for this process to be successful, we ask you to carefully and legibly provide all of the information required of that particular permit application including a phone number and e-mail (if available) so we may properly contact you. Incomplete applications may be delayed or rejected. Inspections will be conducted and limited to non-occupied buildings and those deemed essential or determined a safe environment to complete.

If you have any questions about the applications or what is required, please send an e-mail to building@branford-ct.gov or contact us directly at [203-315-0674](tel:203-315-0674).

FROM THE DESK OF THE EAST SHORE HEALTH DEPARTMENT

March 23, 2020

Today, the Connecticut Department of Public Health has confirmed the first positive cases of COVID-19 among two Branford residents. These individuals are male and between the ages of 63 and 70 years old.

“Positive cases of COVID-19 in Branford have been expected as community transmission of the virus has been occurring in the area” said Michael Pascucilla, Director of Health for the East Shore District Health Department. The East Shore District Health Department will work with the individual to ensure all appropriate CDC guidance is followed to limit any potential for exposure. Selectman Cosgrove wants to express that the Town of Branford’s main objective is to continue to keep residents safe and slow the spread of the virus. He also wants to assure our residents that his leadership staff and all town departments are working with the local public health department, along with state and federal officials. “The single best way to slow the spread is to practice social distancing, and the Town of Branford is recommending that all individuals both adults and children, stay home and not interact with individuals outside of the household” said Pascucilla. Social distancing is crucial in helping to reduce the spread of the virus and limit the number of people who are infected.

Selectman Cosgrove said, “We must remain diligent in exercising the prudent recommendations to slow the spread of the virus. These measures will help protect our community against a widespread outbreak.”

Everyone should be taking the everyday preventative actions to help protect themselves, these include:

- **Staying home if you are sick except to get medical care.**
- **Avoiding close contact with people who are sick.**
- **Washing your hands with soap and water frequently and for at least 20 seconds.**
- **Covering your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands after.**
- **Avoiding touching your eyes, nose, and mouth.**
- **Cleaning and disinfecting frequently touched objects and surfaces.**
- **If you do become ill, call your doctor immediate.**

COVID-19 is a Novel Coronavirus which first emerged in China in December 2019, and is now considered a global pandemic outbreak. Symptoms of the virus include fever, cough, and shortness of breath. Other symptoms may include vomiting, diarrhea and abdominal pain. For more information, resources, hotlines, testing, and how you can support local businesses while practicing social distancing, please visit: <http://www.esdhd.org/coronavirus>.

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.

CT UNITED WAY CREATES COVID-19 RESPONSE FUND

To help those financially affected by the pandemic

CONNECTICUT (March 20, 2020) --United Ways across the state of Connecticut are joining forces to respond to the increasingly dire economic consequences of the COVID-19 pandemic. Together, they have created the Connecticut United Ways COVID-19 Response Fund (Fund). The Fund is working in tandem with other philanthropic efforts being coordinated statewide. It will rapidly deploy financial resources to individuals and families economically affected by the pandemic, including those who are out of work or have reduced work hours. In the coming days the Fund will identify the priority population who will be eligible for assistance.

The Fund is launching with \$100,000 in seed money from the Aetna Foundation.

"We want to support people in the communities we serve by ensuring they have access to basic needs during this uncertain time," said Eileen Howard Boone, SVP of CSR and Philanthropy for CVS Health. "Through this donation to the Connecticut United Ways, we hope to provide access to food and financial support resources to help those most in need as a result of the COVID-19 pandemic."

The Fund will be used to help individuals and families that United Way calls ALICE® (Asset Limited, Income Constrained, Employed). These are our hard-working neighbors who already live paycheck to paycheck. Many of them provide crucial services in our community—such as caring for our children and elderly parents. Without a financial cushion, they are particularly vulnerable to the rapidly changing scenario our country now faces. United Way expects that the number of individuals and families in the state that fall into the ALICE income threshold will grow as the crisis continues.

Already struggling to pay their bills, ALICE families may now be facing even more severe challenges, such as:

- Inability to keep up with rent, mortgage, and utility payments as paychecks stop coming in or are severely reduced. People in the restaurant, entertainment, and travel industries are most affected.
- Stressors on food budgets with children home from school and eating more. Gas is needed to pick up "grab and go" meals from the schools, and the pick-up schedules don't always coincide with parents' work schedules
- Higher food and utility costs as all family members are home all day in response to social distancing guidelines
- Fewer volunteers available to provide services to those in need, as many volunteers are over the age of 60

Connecticut United Ways hope to mobilize a response quickly to get money to individuals who most need it to pay for food, utilities, and other basic necessities.

As this pandemic continues to evolve, so too will the needs of our community. This Fund will allow for flexibility in meeting those needs.

To donate to the Connecticut United Ways COVID-19 Response Fund go to www.CTUWCovid19ResponseFund.org. Donors will have the option to pay a 3.09% credit card processing fee so that 100% of their donation can go directly to those in need. Connecticut United Ways will not charge any administrative fees on donations to the Fund

United Way of Connecticut Contact:

Annie Scully
Community Results Center
860-571-7215

COVID-19 ASSISTANCE EMERGENCY FINANCIAL ASSISTANCE GRANT

Women & Family Life Center, Guilford Foundation and Branford Community Foundation have partnered together to establish a **COVID-19 assistance fund** that will provide financial support to area residents.

You can download an application here: <https://womenandfamilylife.org/covid-19-assistance>

The purpose of this application is to identify individuals that require emergency financial assistance due to the economic impact of COVID-19.

An individual must live or work in Guilford/Branford and demonstrate need due to the impact of COVID-19. Examples include but are not limited to: an individual tested positive and can't work, loss of work or reduced work hours, loss of childcare, need to care for a loved one, etc.

This application will be reviewed by staff of Women & Family Life Center. A staff member will contact you to set up a phone call to review your application. Funds will be disbursed directly to the payee, unless otherwise arranged with approval of the involved parties. This fund is made possible by partners: Branford Community Foundation & the Guilford Community Foundation.

EVICCTIONS & FORECLOSURES

- There shall be an immediate stay of all issued executions on evictions and ejections through May 1, 2020.
- Consistent with the U.S. Department of Housing and Urban Development's recently enacted 60-day moratorium on foreclosures and evictions, the Court is hereby extending its previous Orders cancelling some foreclosure sales with the following Orders: ALL foreclosure sales previously scheduled to have occurred in March and April and May are hereby rescheduled to Saturday, June 6, 2020, with no appointed Committee to begin working on the sale (i.e. place foreclosure signs on properties, etc.) prior to May 1, 2020.
- The judgment in ANY foreclosure action in which the Court set a "law day" to run on any date in March and April and May is hereby amended with the first law day now set for June 2, 2020.
- Finally, all civil trials, trial management conferences, pre-trials, status conferences, J-ADR mediations and short calendars, arguable and non-arguable, have been cancelled so long as Judicial Branch operations are limited to Priority 1 functions only. Per order of Hon. James W. Abrams, Chief Administrative Judge for Civil Matters.



Kindness is
realizing that
we're all in this
together.

