

COVID-19

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

Updated 04/16/2020



46 Church Street—Upper Level Branford CT 06405

203-315-0687

www.branford-ct.gov/canoebrook

COMMUNITY RESOURCES

PAGE 1	Community Message – Positive Thoughts
PAGE 2	Local Update for the Town of Branford from the Office of the First Selectman
PAGE 3	Senior Meal Program • Community Dining Room • Free Meals for Children Food Pantry • Free Branford Kids
PAGE 4	Grocery Delivery • Gift Card Program • Restaurant Curbside & Delivery List • Operation Compassion
PAGE 5	SNAP Information & SNAP News
PAGE 6	Pharmacy Delivery • Comcast • Senior Social Services • Utility Shut Off Protection Energy Assistance
PAGE 7	Medicare Tele-Benefits • Stimulus Bill • Access Health Enrollment • Dept. of Labor
PAGE 8	Things to do at Home • CT Virtual Activities • Audio Books • Meigs Point • Take a Hike! Virtual Museum Tours • Metropolitan Opera • NASA • Virtual Field Trips • Zoo School
PAGE 9	Things to do at Home • Fired Up! Grab & Go • Featherly Ever After Take Home Kits Cooking Lessons Sweets on Main Cookie Kits • Petonitio's Cupcake Kits • Take Home Pizza Kits Rocco's Off Wooster & Aniello's • Dairy Queen Delivery
PAGE 10	Things to do at Home • Story Time for Kids • Baseball on PBS by Ken Burns • The Nations P.E. Teacher • Lunch Doodles with Mo Willems • At home Activities by Quassy
PAGE 11	Fitness, Art & Learning Opportunities Online • Yoga & Meditation Online • Prive-Swiss Fitness at Home • Obe Fitness Senior Workouts • Planet Fitness Free Online Classes YMCA 360 • Activities for Older People • Activities for Older People • Games for the Brain
PAGE 12	Art Classes Online • Cake Decorating School • Online Courses Free! • Online Games
PAGE 13	Journaling • Binge Watch Julia Child! • Stay Connected • Streaming TV Service • Stageit! Online Concerts
PAGE 14	Help for Homeowners & Renters • Protecting your Finances
PAGE 15	Mortgage Relief
PAGE 16	Renters FAQ
PAGE 17	Emergency Financial Assistance • Evictions & Foreclosures
PAGE 18	DSS Announcement • Emergency Shelter • Auto Insurance Premiums • Face Masks
PAGE 19	United Way – Covid-19 Response Fund
PAGE 20	Self Care • Preventing Loneliness • Protecting your Mental Health • AA Meetings
PAGE 21	Branford Counseling Center • BH Care • The Orchard House
PAGE 22	Volunteer Opportunities • ESHD • Income Tax • Presidential Primary • 211
PAGE 23	Veterans & Service Members Emergency Resources
PAGE 24	Health Resources • Health Info Lines • Drive thru Testing Sites • Covid-19 & Pregnancy Governors Covid-19 FAQ Booklet
PAGE 25	Town Department Announcements • Senior Center • Transportation • Finance Dep. • Libraries
PAGE 26	Message from Parks & Rec
PAGE 27	Transfer Station • CT Alert System • My Branford APP • Resident Stickers • Animal Shelter
PAGE 28	Building Department Info • Small Business Federal Disaster Loans
PAGE 29	From the Desk of The East Shore Health Department
PAGE 30	Helpful Resources & Links • Continuing Updates

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.





COMMUNITY MESSAGE – COVID-19

From the Office of the First Selectman

April 14, 2020

Please be reminded to continue practicing social distancing and follow the personal precaution recommendations listed below in order to reduce the spread of COVID-19 and to protect the wellbeing of your loved ones and neighbors. Remember you could spread COVID-19 to others even if you don't feel sick.

- Stay Safe, Stay Home
- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer.
- Avoid touching your face - eyes, nose, and mouth.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- Thoroughly clean and disinfect frequently touched objects and surfaces like tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks.
- Call ahead before visiting your doctor, if you have a fever and symptoms of respiratory illness, such as cough or difficulty breathing.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

**Below is link to the Centers of Disease Control and Prevention (CDC)
for making a home-made face covering:**

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

- Wash your cloth face covering frequently, ideally after each use, or at least daily. Masks should be washed with detergent and hot water and dried on a hot cycle.
- If you must re-wear your cloth face covering before washing, wash your hands immediately after putting it back on and avoid touching your face.
- Discard cloth face coverings that:
 - No longer cover the nose and mouth
 - Have stretched-out or damaged ties or straps
 - Cannot stay on your face
 - Have holes or tears in the fabric

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

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 not already a regular food pantry client, but needs emergency food, can call (203) 481-3663/email branfordfoodpantry30@gmail.com

for info 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

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 Dr. will continue to be open for pick up EVERY Thursday from 5:00 - 7:00 PM.

GROCERY DELIVERY

***Order ASAP – BEFORE you need it** - Delivery Dates are not immediate due to high demand – if slots aren't available **KEEP CHECKING** – they're constantly updated *

INSTACART – www.instacart.com

Requires subscription & internet access

PEAPOD – www.peapod.com

Requires subscription & internet access

SHOPRITE – www.shoprite.com Accepts SNAP EBTCard

Requires subscription & internet access

EDGE OF THE WOODS - www.eotwm.com

Email: eotwmdeliveries@gmail.com

BISHOPS – Curbside Pickup 203-453-2338

www.bishopsorchards.com

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

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:

www.shorelinechamberct.com/Open-Restaurants

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

Shoreline Prime – 203-208-1579 **curbside pickup**

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

Hornets' Nest – 203-483-0461

Crostini – 203-909-4509

Contact your favorite restaurant – most are doing curbside pickup or delivery.

If you need assistance navigating these or any programs, please contact Canoe Brook Center for assistance

203-481-3429

We are here to help!

OPERATION COMPASSION

NEW FREE GROCERY DELIVERY

The Y and the Ben Callahan Sports & Fitness Complex (BC2) have come together with community partners – the Branford Rotary, Bishop's Orchard and the Marketplace of Guilford to help maintain the health and wellness of our seniors, first responders and medical professionals in our area. Committed to serving those in our community – East Haven, Branford, North Branford, Guilford and Madison – especially during the Covid-19 Pandemic

Operation Compassion is set up to provide the **free delivery of healthy, fresh groceries purchased from Bishop's Orchards and the Marketplace of Guilford to seniors, first responders and medical professionals in our service area.** Operation Compassion will allow our seniors to be safe at home and our professional heroes to remain healthy and strong while serving us.

Click for [Operation Compassion Details](#)

Click for: [TheMarketplace-Y-BC2-OrderForm-Fillable](#)

TO PLACE AN ORDER: Email your grocery order form to soundviewinfo@cccymca.org or call the Y 203 481 9622. Mon/Wed/Fri 9:00am-noon (leave a message if necessary).

DELIVERY DAYS: Tuesday or Thursday. You will receive a call when our volunteer arrives. Groceries will be left near your front door. A store receipt for your purchase will be stapled to the bag.

QUESTIONS: Please contact Matt Laprino at mlaprino@cccymca.org or Doug Shaw at doug@bc2sports.org

NEW FOOD GIFT CARD PROGRAM

If you lost your job or cannot work as a result of the COVID-19 pandemic, you may be eligible to receive a food gift card. This fillable form located here:

www.branford-ct.gov/files-docs/20-04-08/bccs-food-gift-card-application can be e-mailed or scanned to Hollye Lane at hlane@branford-ct.gov or mailed to Branford Counseling at 342 Harbor St, Branford. You will be contacted once your application is processed.

SNAP

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

The Supplemental Nutrition Assistance program (SNAP), formerly known as Food Stamps, helps eligible individuals and families afford the cost of food at supermarkets, grocery stores and farmers markets.

Monthly Income Limits

Household Size	Gross Income Limit (applies to most households, except those w/ at least one person is 60 years of age or older, or receives disability income)	Net Income Limit (applies to ALL households)
1	\$1,926	\$1,041
2	\$2,607	\$1,410
3	\$3,289	\$1,778
4	\$3,970	\$2,146

You can apply for these benefits by completing a state application form. This form can be done online or you can mail a paper application

For application information, visit

www.ct.gov/dss/apply, or see information below:

- Households and individuals who wish to apply for SNAP (food stamps), Medicaid for the Aged/Blind/Disabled (HUSKY C), Medicaid for Employees with Disabilities (MED-Connect), and/or cash assistance can download this application: [W-1E Application for Benefits](#); [W-1ES Solicitud de Beneficios](#).
- To apply online, please visit www.connect.ct.gov, under 'Apply for Benefits.'

You may also use the DSS ConneCT pre-screening tool: <https://www.endhungerct.org/prescreener/> to see if you qualify

SNAP NEWS

NEW! Extra SNAP Benefits in April for Nearly 100,000 Households

The Department of Social Services (DSS) is providing Emergency Supplemental Nutrition Assistance Program (SNAP) benefits to nearly half of Connecticut SNAP participants on **April 9 and April 20, 2020**. Authorized by the federal [Families First Coronavirus Response Act of 2020](#), the extra food benefits will go to approximately **97,000** households not currently receiving the maximum benefits allowed for their household size. This means that all households enrolled in SNAP will receive the **maximum food benefit** allowable for their household size, even if they aren't usually eligible for the maximum benefit. **Specifically:**

- Emergency benefits will be issued to households that are not already receiving the maximum benefits for their household size. These extra benefits will be provided in addition to the benefits these households normally receive each month.
- The first emergency benefit allocation will be available in electronic benefit transfer (EBT) accounts on **Thursday, April 9, 2020**. The second emergency benefits allocation will be available on **Monday, April 20, 2020**.

For more information:

www.portal.ct.gov/dss/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP

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 Adelpkopf, 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 again to April 30th.

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 recording 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 deadline to apply for energy assistance for utility heated households has been extended to June 1

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

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
- **The U.S. Dept. of Treasury & the IRS announced that Social Security beneficiaries who are not typically required to file tax returns will not need to file - payments will be automatically deposited into their bank accounts.**

ACCESS HEALTH SPECIAL ENROLLMENT PERIOD

As the Coronavirus (COVID-19) continues to threaten public health, Access Health CT announces a **New Special Enrollment Period is in effect until April 17, 2020**. Qualified Connecticut residents who currently do not have health insurance can enroll in a health insurance plan.

To see if you qualify, call 1-855-365-2428 Monday through Friday 8:00AM to 5:00PM

Please note: Individuals who experience a Qualifying Life Event (for example, loss of coverage due to job change, move to CT, getting married, having/adopting a child, etc.) OR who qualify for Medicaid/Children's Health Program (CHIP) **can always enroll online, in person or over the phone — and all help is free.**

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>

THINGS TO DO AT HOME

CT VIRTUAL ACTIVITIES

Check out this link full of virtual activities for at-home experiences:

www.ctvisit.com/articles/virtual-activities-for-at-home-experiences

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 free ebooks & 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](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/booking-a-class-workshop>

2: email featherlyeverafter@gmail.com

Will email/call you when your order is ready

FRANK LLOYD WRIGHT VIRTUAL TOUR

NEW

Ever wanted to go inside [Frank Lloyd Wright's](#) iconic Fallingwater? Now's your chance (even if the US is on lockdown) thanks to a new series of digital tours

<https://thespaces.com/12-frank-lloyd-wright-buildings-are-now-hosting-virtual-tours/>

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/

TAKE HOME PIZZA KITS!

Looking for something fun to do with the kids?

Pick up your own Pizza kit today!

ROCCO'S OFF WOOSTER in Guilford –

has a great **PIZZA KIT** that includes **a Kid Sized Chefs Hat & Apron, Small Dough, Sauce, Shredded Mozz., Grated Cheese & Rocco's Spice Blend** for only **\$17.95!**

Curbside Pickup & No Contact DELIVERY available

203-533-5032

www.facebook.com/roccosoffwooster

www.roccosoffwooster.com

ANIELLO'S in EH Pick up your make your own

pizza kit today! Includes dough, sauce, cheese and 1 topping. Call at **203-467-5694** to order. **Only \$10!**

www.facebook.com/Aniello's-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>

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>

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 to 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**.

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

HELP FOR HOMEOWNERS & RENTERS

HELP FOR HOMEOWNERS

Lenders and companies that service mortgage loans are offering options to homeowners that are having trouble making loan payments due to the Coronavirus. You can find out about these options by calling your bank, credit union, or loan servicer that you make payments to, or by visiting their websites.

Many credit unions and banks do not sell their mortgages and choose to keep them local and on their own books. For these mortgages, please be sure to call your credit union or bank for more information.

The majority of mortgage loans in the state are owned by Fannie Mae, Freddie Mac or guaranteed by FHA, which are entities sponsored by the U.S. government. All these entities have options for homeowners impacted by the Coronavirus. To find out if your loan is owned by Fannie Mae, click [HERE](#). To find out if your loan is owned by Freddie Mac, click [HERE](#). A borrower can find out if their loan is guaranteed by FHA by calling their lender.

Borrowers can find information on programs available from Fannie Mae's website by clicking [HERE](#).

Borrowers can find information on programs available from Freddie Mac's website by clicking [HERE](#).

If a borrower's loan is guaranteed by FHA, information on how to find help can be found [HERE](#).

HELP FOR RENTERS

If you rent your home and your landlord has a loan from Fannie Mae or Freddie Mac, you may be eligible for programs that provide relief to renters affected by Coronavirus. Find out more about Fannie Mae's program for renters [HERE](#) and Freddie Mac's program [HERE](#). Ask your landlord if they participate in these programs. If not, ask your landlord if they participate in any other Coronavirus relief program for landlords and renters.

PROTECTING YOUR FINANCES

Banks: To find out more about the safety of your deposits with a federally insured bank, you can visit the Federal Deposit Insurance Corporation's resource page for consumers [HERE](#).

Credit Unions: To find out more about the safety of your credit union deposits, please visit the National Credit Union Administration [HERE](#).

Both: You can also find a statement by Connecticut's Banking Commissioner on the safety of Connecticut banks [HERE](#).

For useful tips on protecting your finances during the Coronavirus pandemic visit the Consumer Financial Protection Bureau [HERE](#).

Consumers should be on the lookout for potential scams related to the Coronavirus. You can learn how to identify and respond to possible scams from the Federal Trade Commissioner [HERE](#).

MORTGAGE RELIEF

Governor Ned Lamont has reached an agreement with over 50 credit unions and banks in Connecticut to offer mortgage relief to the state's residents and businesses who continue to face hardship caused by the global COVID-19 pandemic. For more information, visit the [Department of Banking webpage](#) regarding mortgage relief.

If you are experiencing financial hardship due to COVID-19, the federal government is offering relief options to homeowners through the recently passed CARES Act. In addition, for those borrowers who do not qualify, many [banks and credit unions in Connecticut](#) are offering relief consumers may qualify for. Please read the information below provided carefully, in order to determine which option meets your needs.

Watch this helpful video by the Consumer Financial Protection Bureau:

[CARES Act Mortgage Forbearance: What You Need to Know](#)

If you are able to pay your mortgage, continue to pay as usual.

If you cannot pay your mortgage, immediately contact your mortgage servicer or financial institution. Please note that mortgage servicers are getting a lot of calls from homeowners experiencing difficulties due to the pandemic, and wait times are much longer than usual. Be prepared to wait, and also check your company's website for online options.

What options do you qualify for? Your mortgage relief options depend on who owns or backs your mortgage.

Find out if your mortgage is federally backed. The majority of mortgage loans in the state are owned by Fannie Mae, Freddie Mac or guaranteed by other federal agencies like the Federal Housing Authority (FHA) or the U.S. Department of Veteran's Affairs, which are entities sponsored by the federal government. All these entities have options for homeowners impacted by the Coronavirus.

- [Find out if your loan is owned by Fannie Mae.](#)
- [Find out if your loan is owned by Freddie Mac.](#)
- A borrower can find out if their loan is guaranteed by FHA by calling their lender.

If your mortgage is federally-backed:

There is a new federal law, the CARES Act (Coronavirus Aid, Relief, and Economic Security) Act, which offers the following protections for homeowners with federally backed mortgages:

1. **Mortgage Forbearance.** Servicers required to provide 180 days of mortgage forbearance (with option to extend for an additional 180 days) to borrowers attesting to COVID-19 financial hardship. Servicer may not charge any fees, interest, or penalties beyond amounts scheduled or calculated as if borrower made payments on time and in full. Applies to federally-backed mortgages (FHA, VA, RHS, Fannie Mae and Freddie Mac).
2. **Foreclosure Moratorium.** 60-day moratorium on foreclosure proceedings, foreclosure-related evictions, and foreclosure sales for federally-backed mortgages. 60-day period begins Mar. 18, 2020.
3. **Credit Protection During COVID-19.** Requires that furnishers of information to credit reporting agencies who agree to account forbearance or modified payments due to COVID-19, report a consumer's obligations or accounts as "current" or as the status reported prior to the accommodation during the period of accommodation unless the consumer becomes current. This applies only to accounts for which the consumer has fulfilled requirements pursuant to the forbearance or modified payment agreement. This credit protection is available from January 31, 2020 and ends at the later of 120 days after enactment of the bill or 120 days after the national emergency declaration related to the coronavirus is terminated.

COVID-19 FAQs FOR RENTERS

1. Are there any protections for tenants during the COVID-19 emergency?

- Connecticut has placed a temporary freeze on eviction cases. Eviction cases are on hold and will not be processed until May 1, 2020.
- For details, please read the other FAQs here about evictions. You can also find more [information about the eviction process here](#).
- All protections against discrimination in housing [apply during this health emergency](#). If you have any questions or concerns about fair housing protections, or believe you have experienced discrimination in housing, call the Center at (860) 247-4400 or (888) 247-4401 (toll free), or write to info@ctfairhousing.org.

2. I am unemployed or lost income because of COVID-19. Is any agency or government program giving out money to help tenants pay rent?

- Government relief for people who have lost work or income because of COVID-19 includes the \$1,200 which will be given to people with Social Security numbers making less than \$75,000 and [unemployment benefits](#).
- There is no additional money at this time for people who cannot pay their rent.
- The Center and its allies are asking the State and federal governments to provide additional funds for people who cannot pay their rent as well as money to prevent a utility shut off once the moratorium ends. Please [check our webpage for the latest information](#) on this effort.

3. What can I do if I lose my job and can't afford to pay rent next month?

- You can tell your landlord that you lost your job and ask if they will let you pay back rent when you get a new job or receive unemployment benefits. You should put in writing any agreement your landlord makes with you. You can use a letter or an e-mail to your landlord to document your agreement.
- If you lose income and you live in public or subsidized housing, or pay the rent with a RAP or Section 8 voucher, report the change in income immediately to the administrator of your voucher (the Housing Authority, Imagineers, or J D'Amelia).
- You may file for [unemployment benefits](#) if you lost your job due to the COVID-19 emergency. Connecticut has [provided instruction for faster claims processing](#).
- People who don't usually qualify for unemployment benefits may qualify now, including partially employed people, independent contractors, and the self-employed. You can [find more information here](#) or call 860-263-6975 or 203-455-2653 if you have questions.

4. Is there any financial assistance for people in Connecticut who have lost income due to COVID-19 and cannot pay rent?

- You may file for [unemployment benefits](#) if you lost your job due to the COVID-19 emergency. Connecticut has [provided instruction for faster claims processing here](#).
- Congress also passed a law to give people some financial help. This assistance will be available to U.S. citizens and residents with a social security number.

5. What else can I do?

- If your landlord takes eviction action and forces you to move, you should contact your state, local, and federal legislators to tell them what happened.
- You should ask them to protect individuals and families during this health crisis. Things they could do to help people include suspending rent and mortgage payments, providing paid sick leave, providing affordable and better access to healthcare, and increasing resources to test and treat COVID-19 cases.
- **Contact us if you have any questions or concerns. Visit www.ctfairhousing.org, write to info@ctfairhousing.org, or call (860) 247-4400 or (888) 247-4401 (toll free).**

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 ejectments 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.



DSS ANNOUNCEMENT

NOTICE: The Department of Social Services has suspended in-person visits to our field offices as a protective measure for customers and staff. We are continuing to provide services. Customers can access benefit and application information, 24/7, at www.connect.ct.gov and www.ct.gov/dss/apply; or 1-855-6-CONNECT. Full information on ways to contact DSS online, by phone and by mail is at www.ct.gov/dss/fieldoffices. Thank you, and please also visit www.ct.gov/coronavirus for latest State of Connecticut updates.

EMERGENCY SHELTER

- www.211.org/services/covid19#Resources
- www.homelessshelterdirectory.org/cgi-bin/id/city.cgi?city=New%20Haven&state=CT
- CT Fair House Center
www.ctfairhousing.org

AUTO INSURANCE PREMIUMS

The state Department of Insurance is calling on insurers to consider lowering rates for personal vehicle plans and non-owned auto insurance due to the coronavirus pandemic.

Commissioner Andrew Mais said fewer cars are on the roads due to social distancing, meaning fewer miles driven & lower risk of traffic accidents. **The department is requesting insurance companies that offer auto and motorcycle coverage in Connecticut look at lowering premiums due to the reduced risks during the stay home period.**

Officials are also asking insurers to work with business owners, restaurants in particular, who have started delivery services in response to the crisis to give them options for commercial hired and non-owned automobile insurance.

The department is also encouraging customers to reach out to their insurer directly to see if they will consider a reduced premium.

Consumers and insurers with questions can contact the department at 800-203-3447 or 860-297-3900, or by emailing cid.pc@ct.gov.

FACE COVERINGS

CENTERS FOR DISEASE CONTROL

Instruction for making a home make face covering: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

CANOE BROOK VOLUNTEERS are working on face coverings on a limited basis for seniors who don't have one (while supplies last). **IF YOU NEED A FACE COVERING, please contact Blair 203-315-0681 bmckenna@branford-ct.gov. If you are interested in helping,** please contact Nancy 203-315-0684 ncohen@branford-ct.gov or Ellen 203-315-0681 emaron@branford-ct.gov

LUCY'S TAILORS BRANFORD has

produced nearly 1000 face coverings for those who need them – To request one please contact **Lucy's Tailor's at 203-315-6666 – Coverings are limited to ONE PER PERSON PLEASE.** There is no charge, but donations for supplies are gratefully accepted

To support Lucy's efforts, donate sheets of muslin from Walmart or Ocean State Job Lot or wherever muslin is sold. **To volunteer to cut material and thread, call 203-315-6666. Masks will be provided and all volunteers will be spaced at least six feet apart.**

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

SELF CARE	
PREVENTING LONELINESS	PROTECTING YOUR MENTAL HEALTH
<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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/</p>	<p>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.</p> <p>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/</p>
AA MEETINGS ONLINE	
<p>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/</p>	

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.



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.

NEW**SERVICE MEMBERS & VETERANS EMERGENCY RESOURCES**

Air Warrior Courage Foundation – The Foundation work closely with Red River Valley Fight Pilots Association in Virginia. They serve active duty, guard, reserve, retired military personnel and their families with financial assistance for medical, educational, other extraordinary expenses not covered by current military support systems. <https://www.airwarriorcourage.com>

Army Emergency Relief – Emergency financial assistance organization and dedication to “Helping the Army take care of its Own.” Help with emergency travel, rent or mortgage, appliance maintenance, minor home repairs, food purchases, health care expenses, utilities, initial rent and deposit. <https://www.armyemergencyrelief.org>

Code of Support – Dedicated to leveraging the nation’s full spectrum of resources to ensure all members of our military, veterans and their families receive the support they need and have earned. <https://www.codeofsupport.org/>

Disabled American Veterans – The DAV launched a COVID-19 Unemployment Relief Program. The program was established to provide assistance to service-connect disabled veterans who have lost employment as a direct result of the COVID-19 pandemic, including veterans who are self-employed as contractors or small business owners <https://www.dav.org/covidrelief/>.

DoD Hardship Duty Pay – the DepT.created a new pay authority called “Hardship Duty Pay – Restriction of Movement”, or HDP-ROM, that allows Services to pay up to an additional \$1500/month (prorated per day) for members and their families who are impacted during PCS or have to acquire temporary lodging that goes beyond normal TLE limit (which is 14 days) because of COVID-19. Read the memo [here](#).

EverFi – Remote learning for K-12 students on a variety of topics, including financial literacy courses, character-building courses, our prescription drug safety program, digital wellness programs, etc. <https://everfi.com/k-12/parent-remote-learning/>

Navy-Marine Corps Relief Society – Financial, educational, & other assistance to military members, & families, & survivors in need. They use financial & non-financial resources to identify solutions to meet emerging needs & are committed to using funds responsibly to help the most people <https://www.nmcrcs.org>

Operation Home Front – their programs offer relief by providing critical financial assistance and transitional housing programs, resiliency through permanent housing and caregiver support, and recurring family support to help military families overcome the short-term “bumps in the roads” so they don’t become long-term chronic problems. <https://www.operationhomefront.org>

Semper Fi Fund – Provides financial assistance & vital programming for combat wounded, critically ill & catastrophically injured service members & families during hospitalization & recovery <https://semperfifund.org>

Tax Provision: [Internal Revenue Code, § 139. Disaster Relief Payments](#). is a little-known tax code provision exempts certain payments from taxation during a disaster or terrorist attack. As a national emergency was declared which triggered the disaster provisions of the tax law, including this one—where both you and your employees can reap benefits during this COVID-19 pandemic. <https://penfedfoundation.org/tax-provision-may-help-small-business-owners-and-employees/>

USA Cares – Provides financial and advocacy assistance to post-9/11 active duty US military service personnel, veterans and their families. <https://usacares.org/>

Vets4Warrior – provides sustained, confidential peer support to any veteran, service member, family member, or caregiver whenever they have an issue, wherever they are in the world. They help before challengers turn into crises. <https://www.vets4warriors.com>

Wounded Warrior Project – Support services for wounded warriors <https://www.woundedwarriorproject.org/programs>

Yellow Ribbon Fund – Dedicated to helping caregivers of wounded warriors. <https://yellowribbonfund.org/>

Yellow Ribbon Network – A tool Heroes can use to simplify their search for support when it’s needed, connecting one request with multiple non-profits positioned to help. Membership is free. <https://www.yellowribbonnetwork.org/who-are-heroes>

HEALTH RESOURCES

- Yale New Haven Hospital COVID-19 Hotline: 833-275-9644
- East Shore Health Department: 203-481-4233 Ext 562 www.esdhd.org/resources
- CDC: 800-232-4636 www.cdc.gov/coronavirus
- 211 CT: Call 211 or Text CTCOVID to 898211 www.211ct.org

HEALTH INFORMATION LINES

If you are displaying symptoms consistent with those of COVID-19, and are unable to get into contact with your primary care physician, please reach out to one of the following hotlines:

- Hartford Healthcare Hotline: (860) 972-8100
- Yale New Haven Health: (833) 484-1200
- Bristol Hospital Coronavirus Info Line: (860) 261-6855
- Stamford Health: (203) 276-4111

DRIVE THRU TESTING SITES

Drive thru testing – Doctors order REQUIRED

- Bridgeport Hospital
- Bristol Hospital
- Charlotte Hungerford Hospital (Torrington)
- Danbury Hospital
- Greenwich Hospital
- Hartford Hospital
- Johnson Memorial Hospital (Stafford Springs)
- Lawrence Memorial Hospital (New London)
- Manchester Memorial Hospital
- Mid-State Medical Center (Meriden)
- Stamford Hospital
- Saint Francis Hospital (Hartford)
- Saint Mary's Hospital (Waterbury)
- Saint Vincent Hospital (Bridgeport)
- Waterbury Hospital
- Yale-New Haven Hospital

PLEASE DO NOT GO TO ANY MEDICAL FACILITY UNANNOUNCED FOR THE SAFETY OF ALL PATIENTS & MEDICAL PROFESSIONALS.

COVID-19 & PREGNANCY & BREASTFEEDING

For information on Covid-19 in Pregnant & Breastfeeding Women, please click the following link: www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html

GOVERNORS COVID-19 FAQ BOOKLET

Comprehensive Booklet of Frequently Asked Questions from the State of Connecticut.
www.portal.ct.gov/-/media/Coronavirus/COVID-19-FAQs.pdf?la=en

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 additional message on next page.**

FINANCE DEPARTMENT

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

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

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

April 15, 2020

Staying [physically active](#) is one of the best ways to keep your [mind](#) and body healthy. In many areas, people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air, soak up some Vitamin D, stay active, and safely connect with the outdoors.

Know Before You Go: While these facilities and areas can offer health benefits, it is important that you follow the steps below to protect yourself and others from COVID-19.

Do:

- Visit parks, trails, & open spaces that are close to your home.
- Prepare before you visit. "Go Before You Go" and limit the length of your trip. (restroom facilities are closed)
- Use appropriate social distancing. Stay at least 6 feet away from others and take other steps to prevent COVID-19. When you are passing someone on a trail, make sure to yield and allow for plenty of space
- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer.
- Avoid touching your face - eyes, nose, and mouth. Be careful about what you touch.
- Avoid close contact with people. If you get to a place that is already crowded, find another place to go
- Cover your cough or sneeze with a tissue or cough/sneeze into your sleeve, then throw the tissue in the trash and wash your hands.
- Everyone should wear a cloth face cover when they have to go out in public, (example to the grocery store or to pick up other necessities).
- The cloth face cover is not a substitute for social distancing.
- Take out what you take in (this is always good to do, but especially important now since you put others in jeopardy if you leave infected trash behind).
- Follow all posted signs.

Do Not:

- Visit parks/trails if you are sick or were recently exposed to COVID-19.
- Visit crowded parks, trails, or open spaces.
- Use playgrounds/tennis, basketball, pickleball or any other courts.
- Participate in organized activities or sports.
- Throw trash on the ground.

We would love your feedback and photos of you enjoying our distance recreation and more. Email us or visit us on social media Email us: recreation@branford-ct.gov

Facebook: facebook.com/BranfordParksandRec

Instagram: [@branfordparksandrecreation](https://www.instagram.com/branfordparksandrecreation)

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](http://www.branford-ct.gov) 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).

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>.

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>.



HELPFUL RESOURCES & LINKS

- <https://www.branford-ct.gov/community/covid-19-helpful-resources-and-links>
- [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19 from The CDC](#)
- [State of Connecticut- Official page- COVID-19 updates](#)
- [Sign up for CT and Local Alerts](#)
- [US Small Business Administration- COVID-19 Guidance Loans Resources](#)
- [SBA Loans- Corona Virus](#)
- [SBA Loans - Corona Virus - Espanol](#)
- [Connecticut Small Business Development - COVID-19 Business Resources](#)
- [East Shore District Health Department](#)
- [World Health Organization \(WHO\)](#)
- [Centers for Disease Control and Prevention \(CDC\)](#)
- [Town of Branford, CT - COVID-19 Community Resources Guide](#)
- <https://www.ctvisit.com/articles/virtual-activities-for-at-home-experiences>

CONTINUING UPDATES

Check the Town of Branford Website for continued updates:
<https://www.branford-ct.gov/community/covid19-community-updates>

Check the State of Connecticut for continued updates:
<https://portal.ct.gov/coronavirus>

