**NEW SHOPPING GUIDANCE:** The Town is receiving numerous calls and emails about people not taking all needed safety precautions while shopping at grocery and other stores. The Town in highly encouraging residents to take the following steps when shopping:

- If you are sick, please do not go to the store.
- Only one person from your household should be going to the store and doing the shopping.
- Try not to make multiple trips to the grocery store per week. Buy what you need for the week, and not more so that others have access to needed products.
- Before you go to the store, make a list of items you need and stick to it.
- Touch only items that you intend to buy.
- Maintain a 6ft distance from others.
- We strongly recommend that you wear a mask or cloth face covering. This will help protect those around you. Gloves are not necessary, however if you choose to wear gloves please dispose of them properly.
- Do not touch your face, and use 60% alcohol based hand sanitizer frequently when shopping.

*When you come home, make sure to wash your hands with soap and water for 20 seconds.*

**NEW CDC RECOMMENDATION - CLOTH FACE COVERINGS:** CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders.
Fairfield First Selectwoman Brenda Kupchick’s updates: https://fairfieldct.org/firstselectman

Fairfield Health Department COVID-19 Information: https://fairfieldct.org/covid19

Fairfield Human and Social Services: 203-256-3170 or https://www.fairfieldct.org/humanservices

Fairfield COVID-19 Relief Fund:
The Fairfield COVID-19 Relief Fund was established to help support the residents of Fairfield as a result of the COVID-19 pandemic. Intended use of the funds must be directly related to the effects of the virus. Funds are limited. It is anticipated that requests for assistance may be greater than the funds received. The ability to provide assistance will be based on the amount of money raised for this purpose, the validity of each request, and demonstrated need. Assistance will be granted on a first come, first serve basis.

Please go to the COVID-19 Relief Fund page for more information, to apply or to donate. For more information, please call 203-256-2891(all calls will be returned) or email covidrelief@fairfieldct.org.

Governor Lamont’s State of CT updates: https://portal.ct.gov/Coronavirus


Utilities:

Mental Health Resources:

211 CT - Mental Health Category: provides links to providers of counseling services for adults and children and mental health support groups.

HEALTHY LIVES CT: provides information and tools for maintaining or regaining wellness in the areas of emotional wellness, physical wellness, holistic wellness, financial wellness, and recovery from addiction issues.

SAMHSA Disaster Distress Helpline: provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

CDC Manage Anxiety & Stress: offers tips for reducing stress in yourself and others and offers information for parents, responders and people released from quarantine.

Mental Health and COVID-19 – Information and Resources

The HUB CT: Coping with Corona: Mental Health Supports in a Pandemic

Mobile psychiatric crisis: Dial 211, option 1

Kids in Crisis: 203-327-KIDS
Center for Sexual Assault hotline: 888-999-5545
Substance Use Access Line: 800-563-4086
Smoking QuitLine: 800-QUITNOW
Crisis Text Line: Send text to 741741

Dial 911 and ask for Crisis Intervention Team (CIT) officer
Domestic Violence Hotline: 888-774-2900
Problem Gambling Helpline: 888-789-7777
Veterans Crisis Line: 1-800-273-8255, Press 1
Suicide Lifeline: 800-273-TALK
Food Assistance:

Operation Hope is operating a drive-thru Food Pantry at its Old Post Road Site on Mondays, Wednesdays, Thursdays and Fridays. Please click here for more information or call 203-292-5588. Fairfield Social Services is partnering with Operation to operate a mobile food pantry. Please call Social Services to find out if you’re eligible 203-256-3170.

SNAP (Supplemental Nutrition Assistance Program) - If you are dealing with food insecurity and have yet to enroll in SNAP, please call the SNAP Call Center (English & Spanish – 866.974.7627).

If you are enrolled in SNAP, 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. All participating households will receive normal SNAP benefits on the first three days of each month as usual, according to last name.

Expensify.org will match SNAP groceries up to $50 for Families on SNAP- For families already enrolled in the Supplemental Nutrition Assistance Program (SNAP), is reimbursing up to $50 per family (one time) to help with additional grocery expenses.

Fairfield Social Services/Bigelow Center is providing home-delivered lunches to frail and at-risk seniors. For more information and eligibility, please call Social Services 203-256-3170.

Grocery stores have set up special hours for seniors and some are offering curbside pick-up. Stop and Shop has set aside 6:00 – 7:30 a.m. for Seniors. BJs Wholesale Club is opening at 8:00 – 9:00 a.m. for Seniors.

Use local delivery services and/or grab-n-go situations when possible (support local businesses and/or try insta-cart, Amazon Prime, or Stop and Shop’s Peapod).

The Pantry in Fairfield is offering curbside pick-up.

Spic and Span in Southport is offering curbside pickup – you place and pay for your order by phone; there’s a four hour wait for your shopping to be done, park in front, call to let them know you’re there, and staff will bring your groceries to your car.

ACE ENDICO is a large wholesale food service company. They are now doing home delivery, $200 minimum order.

Greisers Market on Center Road in Easton, a local store in Easton that will do curb side pick-up.

Homecare Agencies that will grocery shop, for a fee, for those unable to go to the store. Synergy Homecare, Senior Helpers, Sheraton Caregivers. Please click on each for more information

Insurance and Legal Services

CT Legal Services: (offices at Bridgeport, Stamford, Waterbury, New Britain, Willimantic and New London). Click here for the website.

Insurance premiums and coverage (auto, health, home)-click here for Governor Lamont’s website and work with your agents/providers

Access Health Special Enrollment Period- Individuals who lose their coverage due to qualifying life events are eligible for a special enrollment window to get healthcare through Access Health CT as an alternative to COBRA 1- 855-392-2428 or www.AccessHealthCT.com

Current Health Insurance Premiums/Payments - see Governor Lamont’s website above and work with your provider

Connecticut Department of Social Services (DSS) is working with its federal partners to modify the prescription refill processes in Medicaid/HUSKY Health and offer telehealth options.
Stay connected with others via phone support:
DMHAS Warm line:  https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines
JoinRiseBe Statewide Young Adult Warmline Initiative:  1-855-6HOPENOW 12-9pm daily
Advocacy Unlimited Phone Based Peer Support:  888-770-4478 M-F 9am-5pm
SAMHSA’s free 24-hour Disaster Distress Helpline:  1-800-985-5990 if lonely or need support
In The Rooms:  www.InTheRooms.com offers online recovery, wellness, spiritual, etc., meetings
NAMI-CT:  https://namict.org/find-support/support-groups/

Spiritual Support by Fairfield Houses of Worship:
Black Rock Church:  Contact Rev. Josh Feay, at 203-255-3401 ext. 100 or email us at info@blackrock.org. Grief Groups and Anxiety Groups meeting online weekly; volunteers to help with picking up groceries, medication or other errands.

Christ Presbyterian Church:  Contact Rev. Andrew Holbrook, 704-650-7368, andrew.holbrook@cpcfairfield.org

Congregation B’nai Israel.  Contact Rabbi Evan Schultz, eschultz@cbibpt.org

Congregation Beth El.  Contact Rabbi Marcelo Kormis, rabbikormis@congbethel.net, (203) 374-5544

Fairfield Grace United Methodist Church.  Rev. Kun Sam Cho, (203) 374-6528, kunsamcho@yahoo.com

First Church Congregational.  Contact Rev. David Spollett, dspollett@firstchurchfairfield.org, (203) 259-8396

Greenfield Hill Congregational Church.  Contact Rev. David Rowe/Rev. Alida Ward.  203-259-5596, info@greenfieldhillchurch.com

Trinity Baptist Church.  Contact Rev. Dan Van Horne.  (203) 255-3977, Dan@TrinityFairfield.org

Trinity Episcopal Southport.  Contact Rev. Peggy Hodgkins, rector@trinitysouthport.org, 203-255-0454

Volunteering:
So many of Fairfield residents have called and emailed offering to volunteer to help our neighbors. We are keeping a list to try to match volunteers with needs in the community. One way to start is to check in on your neighbors to see if any senior or person with disabilities may need help with grocery shopping or other errands. The State of Connecticut provides screening and placement services for people who would like to volunteer during the pandemic.  Click here for more information.
### April Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Baked honey ham</td>
<td>Grilled chicken w/ roasted pear compote</td>
<td>Herb crusted pork loin</td>
<td>Seared Salmon</td>
<td>Beef stew</td>
</tr>
<tr>
<td>Scalloped Potatoes</td>
<td>Red rice and chopped kale</td>
<td>Sweet potatoes</td>
<td>Broccoli</td>
<td>Dutch noodles</td>
</tr>
<tr>
<td>Green beans</td>
<td>Fruit cocktail</td>
<td>Spinach</td>
<td>Quinoa pilaf</td>
<td>Root vegetables</td>
</tr>
<tr>
<td>Pound cake</td>
<td></td>
<td>Brownies</td>
<td>Pineapple</td>
<td>Ice cream</td>
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<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Veal parmesan</td>
<td>Fried chicken</td>
<td>Battered dipped cod w/ tarter sauce</td>
<td>Spaghetti and meatballs</td>
<td>Arroz Con Pollo</td>
</tr>
<tr>
<td>Pasta</td>
<td>Potato puffs</td>
<td>Vegetable medley</td>
<td>Garlic bread</td>
<td>Beans</td>
</tr>
<tr>
<td>Green beans</td>
<td>Creamed corn</td>
<td>Watermelon</td>
<td>Squash</td>
<td>Broccoli</td>
</tr>
</tbody>
</table>
| melon | Cookies | | Cake | Fruited jell-
| 27     | 28      | 29        | 30       | Menu subject to change. |
| Grilled pork chops w/ peppers and onions | Meatloaf w/gravy | Chicken francaise w/lemon caper | Turkey and vegetable casserole | |
| Rice pilaf | Mixed vegetables | Fettuccini | Root vegetables | |
| Corn pudding | Mashed sweet potatoes | Braised greens | Watermelon | |
| Watermelon | Ice cream | Fresh fruit | | |

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Join the Discussion! Fairfield Senior Advocates is hosting a series of Zoom meetings. All are welcome to attend.

- **Monday, April 13 at 10:00** (AM of course) Our first session will be dedicated to sharing how everyone is managing during the COVID period and what's working well for them - sort of an exchange of successful practices.
- **Wednesday, April 15 at 10:00.** Mary Coe (Woods Library Reference) will discuss digital resources, online book clubs, webinars, etc. A Zoom session on FSA senior-friendly housing activities will be held the following week. This is so big a topic that there may well be multiple sessions on it. Those who sign up (i.e., if you let me know by up one hour ahead of scheduled start) will receive an email invitation.
  To enter the meeting just click the URL link in the email invitation. You will need to have Zoom downloaded. (If not downloaded by meeting time, you'll be prompted to do so when you click on the URL.) It's that easy. You shouldn't need a password. We can send you a brief Zoom instructional video, if you like.
  You can also call in by phone if you don't have a web camera. Most computers, tablets and phones do now come with this equipped.
  We encourage anyone new to Zoom to enter the meeting 10-15 minutes in advance so we can check out any technical issues.
  We'll conclude next week's sessions with everyone's thoughts on future topics. So far, suggestions have included senior/disabled tax relief program issues, tips for gardening, Covid relief programs and other FSA areas of focus. Please share with others who may be interested. Let's stay in touch. As always, we welcome your thoughts.

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### STAND UP AND BE COUNTED!

Don’t forget to fill out your Census 2020

Data collected in the census will inform the distribution of more than $675 billion in federal funds to states and communities each year for things like infrastructure, health care, and food assistance. It’s important that we all respond to shape the future of our communities. Be sure to count everyone who lives in your home on your 2020 Census form.

Your responses to the 2020 Census are safe, secure, and protected by federal law. Your answers can only be used to produce statistics. They cannot be used against you by any government agency or court in any way—not by the FBI, DHS, or ICE.

To learn how census data impact you and your community, visit [2020census.gov](https://2020census.gov).

To learn how the Census Bureau protects your information, visit [2020census.gov](https://2020census.gov). #2020Census

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### Senior Book Club Meeting:

Fairfield Public Library’s Mary Coe, will moderate a virtual Senior Book Club meeting this month! Wednesday, April 22 at 11:00 a.m.
Details about the logistics for the meeting to follow in the coming weeks.

The book this month is *Little Comfort* by Edwin Hill.
Check out the library website for more information.

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Dr. Frank DeStefano, host of the popular Foreign Film Festival and Monday Movie Film Noir Matinee writes The Weekly Bystander Blog with his Foreign Film Favorites. Check it out here.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>April 2020</strong></td>
<td><strong>Questions of the Day</strong></td>
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<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>What do you most about the outside world?</td>
<td>What do you miss least about the outside world?</td>
<td>Would you rather eat boiled potatoes for a month or dye your hair bright green?</td>
<td>What famous (or infamous!) person do you want to meet?</td>
<td>Would you rather explore the depths of the ocean or outer space?</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
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<td>24</td>
</tr>
<tr>
<td>What advice would you give your younger self at age 20?</td>
<td>What is your dream job?</td>
<td>Where do you most want to travel—reality and money no object!?</td>
<td>If you could invent something to make life easier, what would it be?</td>
<td>What five words best describe you?</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>What superpower would you want?</td>
<td>What would your super hero name be?</td>
<td>If you had to eat three foods only, what would they be?</td>
<td>What is your LEAST favorite food?</td>
<td><strong>Send us your answers. Let us know if we can share your responses. Anonymous works too!</strong></td>
</tr>
</tbody>
</table>

**No library card? No problem.**

It just takes a few seconds to sign up using your mobile number and start borrowing free digital titles from Overdrive. Over 13,000 ebooks and audiobooks are available to Fairfield residents to read on your computer, ereader, Kindle, tablet or phone. No need to worry about late fees! Items are automatically returned on the due date. You can get your Instant Digital Card here!

If you already have a Fairfield Public Library card please use it to access Overdrive along with all of our other resources. If you need your card number call, text or email us! **Ask Us!**

Contact us for help with library cards, digital resources, research, authoritative information, and more: Call (203) 256-3160, Email us at eref@fplct.org Text askfplct to 66746 to ask us a question.

**Getting the Libby App (Overdrive)**

We know these are difficult times. Many of you are home missing your library books. We hear you! Now more than ever we are encouraging you to use our online digital resources. We know for many the transition is hard going from a physical book (I love the feel) to a phone, iPad, or Tablet.

You may be asking "How do I even begin?"

Jen Laseman, our Head of Teen Services, has got you covered! She has put together an awesome step by step guide on how to get apps onto your device.

Once you know how to do this for Libby and Overdrive (one of our platforms for ebooks and audio books), the process is the same for many of our other resources. Hoopla and RBDigital to name a few.

So what are you waiting for?! Watch Jen's great video and get back to reading! **Getting Started With Libby**
Here are some ideas to keep yourself busy.
Open Culture Free Coloring Books - download-free coloring books from world-class libraries and museums

Zumba Gold Toning with Instructor, Pauline Lesko Every Monday and Wednesday at 10:00 AM. The class is free—no password needed. You do need a Zoom account; Class: 721 316 6085

Fairfield History Museum Takes History Online! Fairfield Museum staff are hard at work developing plans to move our award-winning exhibits and programs online.

Ten Historic Homes you can tour, including Buckingham Palace and Monticello.

The Dali Museum in Saint Petersburg, FL, featuring more than 2,400 works by Salvador Dali, offers virtual tours of its grounds and gallery.

The Louvre Museum in Paris, France offers virtual tours of some of its galleries.

Ten of the world’s best virtual museum and art gallery tours from The Guardian

The Monterey Bay Aquarium in California is live-streaming penguins, otters, jellyfish and more. Click the Tab that says “ANIMALS”, then on the bottom of the list on the right click “LIVE CAMS”.

The Metropolitan Opera in New York City is streaming a performance every night at 7:30 pm EST. The recordings then remain available for 20 hours (until 3:30 pm the following day).

Museums, Libraries, Zoo Offer Online Programs During Coronavirus Closures

Fourteen World-Class Museums Offering Virtual Tours Right from Your Laptop


Merritt Parkway Construction historical records from the CT State Library

Take classes at prestigious Universities such as Harvard, Yale and the University of Pennsylvania in the safe haven of your home. Free.

Beginning the week of 4/13, the Quick Center at Fairfield University will launch quick sessions: a series of free online programs designed to bring theatre, music, and visual arts to audience members in their homes.

Libraries US National Archives
Catalog Library of Congress
The National Archives, UK
Biodiversity Heritage Library Endangered Archives,
British Library Cambridge Digital Library
National Archives of Japan
Unfold Yoga and Wellness
Planet Fitness Home Work-Ins
Free Fitness Classes online
YMCA Fitness Classes

Ted Talks
MOMA Classes
Grammy Museum
Smithsonian Museum classes
Historical Portraits from the CT State Library
Arts of the New Deal from the History Channel
Connecticut State Library has tons of areas to explore:
Genealogy Search resources online
No Equipment Exercises