Woodbridge's Exclusive Newspaper

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Superintendent: Graduation Will Be "The Best We Can"

By Bettina Thiel

Woodbridge Town News Correspondent

Amity School Supt. Dr. Jennifer Byars said she is anticipating "some form of graduation ceremony" to take place on June 10 to send off the school's Class of 2020, but as of last week it was unclear what form that may take. "We have ideas, but any plan will have to be cleared by the Department of Health," she cautioned. The Quinnipiack Valley Health District did not react to any inquiries in this matter.

Byars and High School Principal Anna Mahon had a Zoom meeting with some 170 parents hosted by the Parent-Teacher-Student Organization, during which they shared their ideas and expressed guarded optimism. At the time of the conversation, the state was still under the Governor's executive order allowing only five people or fewer to congregate.

Mahon's message to parents was

that there are lots of moving pieces to consider. For the administration, an important aspect is to hand students their diplomas so they can get on with their plans for the future.

An earlier suggestion to postpone graduation to a date later in the summer is no longer on the table. "There is going to come a point in the summer where we have to turn our attention to the new school year," Dr. Byars said she told the senior parents who were in the meeting.

As for 6th grade graduates, those entering the Amity system, the district is thinking about producing a virtual introduction to middle school, Dr. Byars said. The traditional visits for eighth graders at the high school however did not take place, due to the school closure. Come the new school year, the school is hoping to use the

See "Graduation" On Page 2

Town Settles Into 'New Normal'

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

It was exactly two months after Town Hall closed to foot traffic on March 13, that First Selectman Beth Heller first brought up the prospect of an eventual re-opening. Well, she didn't actually announce a relaxing of social distancing, rather than putting the safety committee to work trying to figure out how municipal offices can open with safe practices in place.

"We continue to take every precaution to make sure that our staff are safe while they complete their duties to keep our town running," she said at the May 11 selectmen's meeting. "We are now working toward a plan to perhaps begin the slow and deliberative work to think about how to begin reopening our Town Hall."

Since the numbers of confirmed cases and of deaths from Covid-19 had not increased in three days, she felt it was time to prepare for the next phase. Police Chief Frank Cappiello on May 13 reported 96 confirmed cases in Woodbridge, with 28 deaths, of which 26 were associated with patients at the extended care and nursing facilities.

The governor's office on May 13 meanwhile published a list of cases reported from nursing homes and assisted living facilities around the state, which would put the Woodbridge count slightly higher. According to that table, The Willows, a nursing home, had 59 confirmed cases of Covid-19 and 14 deaths, with another four probable deaths; the two assisted living facilities, Coachman Square (6 cases, with 2 confirmed deaths and one probable death

from the disease) and The Linden (32 cases with 2 confirmed deaths and 4 probable additional deaths) fared somewhat better.

"We must proceed cautiously. We may re-open slower than other towns," Heller said at the May 13 Selectmen meeting. "As we've seen during these last two months, our employees are devoted, smart and creative and we have been able to provide all services to our residents remotely," she said. The transfer station is open, and the library and Recreation Department are offering a number of virtual programs.

The tennis courts and playgrounds; however, remain closed for now, as is the dog park. The walking trails at Fitzgerald Tract are open, but marked for one-way traffic, to allow people to spread out more. Heller said more people have been walking the cart paths at the former Country Club of Woodbridge, a less populated recreation area.

Summer camp canceled: The announcement was made later that evening that the Recreation Department decided not to run its popular summer camp this year, nor the basketball camp or wrestling camp. The logistics to run the camp were complicated and expensive, Heller said, starting with the problem of procuring protective gear for all camp counselors. Instead, plans are in the works to offer a virtual camp for kids. Families who had already signed up can email the department at recreation@woodbridgect. org to request a refund or credit.

Concerts on the Green have been

See "New Normal" On Page 18





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"Graduation" From Page 1

Link Crew — a group of student volunteers — to help welcome the incoming freshmen and help them navigate their way around the high school.

Last day: In Bethany, Orange and Woodbridge the much-anticipated last day of school for students is June 12, about three weeks from now. Students have not been to school since the Governor ordered schools closed on March 13, in an effort to stem the spread of corona virus. But students were expected to continue their work at home, facilitated by virtual platforms. It seems that this year families in the Amity District — as in most other districts across the nation — are counting down more fervently than usual to reach the finish line of the school year.

In the meantime, students need to clear out lockers and retrieve their personal items. To ensure that this does not become a social occasion the school is encouraging families to choose a time slot to come in one at a time, similar to booking a parent-teacher conference slot. Come June the district will also start collecting items that need to be returned to the school, such as text books and library books and such.

Summer plans unclear: What happens after June 12 was still unclear as of last week. The Governor's order allowed summer camps to open after June 29, but locally many decisions had not been taken. "We are not clear yet on what we are doing for the summer," wrote music teacher Phil Dolan.

Dr. Byars said the school was planning to run the Extended School Year program for students with special needs. The Amity Adult Education program has several programs running as part of its spring program and is looking to move some programs online, Byars said in one of her reports to the community.

Woodbridge Recreation meanwhile has canceled its popular summer camp, since the parameters made it too complicated and expensive to run. Private organizations such as the Woodruff YMCA, the JCC and Holiday Hill are advertising their camps starting June 29.

Looking to a new year: School is scheduled to re-open August 26 for students; teachers start two days prior.

Amity Budget: After conducting a virtual hearing, the Amity Board of Education on May 4 approved its \$50.7 million budget for the Fiscal Year 2020-21, which represents a 2.49% increase. For the hearing, residents were encouraged to submit their comments by e-mail ahead of the meeting. As is typically the case, some expressed their support of education in general, and this budget in particular, while others asked the board to take the looming economic downturn into consideration. The letters, split evenly five for, five against and one just asking a number of questions, are available to read on the district website, https://resources. finalsite.net/images/v1589396807/ amityregion5org/cthq8zhclx9hcftmsotz/BOE_Draft_AnnualMtg_Minutes_050420.pdf.

Most of the budget increase is due to a further roll-out of the one-onone technology plan, Dr. Byars said. The program will provide, over the course of several years, a laptop for every student to support instruction. The program has been implemented for grades 7 and 8, and in the upcoming year will be extended to grades 9 and 10. The unexpected switch this spring to distance learning has shown just how crucial it is for students to have computer access, she said.

The budget also pays for an additional social worker and administrative support to the special education program. The district will be hiring two School Security Officers, one each at the two middle schools. These are typically retired police officers, and are being used by many schools for security around the country. Originally, the Amity board had sought to hire School Resource Officers who are part of the local police force.

Of the three member towns, Woodbridge will be particularly hard hit by the budget increase as its student population has increased as well. Woodbridge's share of the Amity budget will increase by 5.28% to \$15.7 million; Orange will be contributing \$25 million, up by 1.08%; and Bethany will be contributing \$9 million, up by .84%.





Banner Sends Message To Neighbors – And The World

By Bettina Thiel

Woodbridge Town News Correspondent

ilknur and Eser Akdeniz painted and attached a home-made banner at their Johnson Street home, where they have been living since 2013. The message, "Thank You – health heroes, first responders and essential workers" is to honor all those who help keep the world running, namely firefighters, police, the UPS drivers — anyone working on the front lines, said Ilknur in a phone interview in April.

"Everybody has too much stress in this very sensitive time," she said. So, she and her husband were hoping that their banner would bring a smile to people's faces. She said she used an old bedsheet and her husband bought blue paint for the background. The letters are stenciled, making the white letters stand out from the blue background.

And they did get feedback from people driving by and honking, and from neighbors who appreciated the message. The Akdenizes originally hailed from Turkey, and their hearts go out to people who suffer all over the world. They have two daughters, 11 and 5 years old.

"We're all human," Ilknur said. "We're all human, and we have to respect each other."

Like the virus itself, kindness can also be contagious. "If you smile, maybe people will smile back," she said.



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"A Different Way: Living Simply in a Complex World"

ONLINE COURSE BEING LAUNCHED

Notice To Former Amity Students

Amity Regional School District #5, as per state guidelines, is properly disposing of student special education records. The records of any student who has received special services are maintained for six years after his or her class graduates.

Former Amity students who were born between 1994 and 1996 and/or having graduated in 2013 or 2014 who have received special services at the Amity Middle School, Orange; Amity Middle School, Bethany; or Amity Regional High School may obtain their special education records.

You must call 203-397-4820 prior to claiming records in order to allow sufficient time to retrieve your records from our archives.

Due to the current health crisis the District Office is closed to visitors. If you wish to obtain records, please call 203-397-4820 and leave a detailed message with student name and a phone number or email beth.moffat@ amityregion5.org. Records will be held until the office reopens and arrangements can be made to pick up records.

If no contact has been made by June 30, 2020 records will be destroyed.

Everyone is invited to participate in a community led course over Zoom called "A Different Way: Living Simply in a Complex World". Designed by the Northwest Earth Institute (NWEI.org) this course connects our individual values and actions to the larger picture and helps us to find power to make real change in our lives, communities, and in the world at large.

> The course is co-hosted by Massaro Community Farm and the Town of Woodbridge's Sustainability Task Force. Discussions will take place from 7 - 8 pm every other Wednesday beginning on July 8 and continue through September.

> The course book, "A Different Way," is a collection of articles on the following six topics:

- ✓ Finding your "Why": Living a Life of Happiness and Meaning;
- ✓ Times Change: Busyness, Distraction, and Mindfulness;
- ✓ Lighten Up! Consume Less, Create More;
- ✓ Technology: Connection and Disconnection;
- ✓ Media Literacy: Resisting Materialistic Values;
- ✓ Moving Forward.

To view the titles and authors of the articles for each of these six topics, see A Different Way and scroll down.

The course is designed to be led by the participants, who share in its facilitation, rather than relying on a teacher. Participants read the course's curriculum materials between meetings, then gather to discuss them and relate them to their own experience. There are no tests, grades, or credit, but simply an opportunity to learn, get to know fellow residents, have fun, and motivate positive action. Gatherings will be via Zoom and occasionally outside with social distance if our weather and health safety concerns permit.

Anyone interested in finding out more about the course and/or signing up should email Massaro Community Farm at info@massarofarm. org with the subject line "A Different Way course" by June 10th. Please indicate a phone number in your email that you can be reached at to discuss logistics. Those living in the greater Woodbridge, CT area may place an order for the book through the farm at the discounted \$25 bulk order price with no shipping costs and pick up their copy at the farm when it arrives. Those who cannot get to the farm may purchase the book directly from the Northwest Earth Institute at https:// store.ecochallenge.org/products/a-different-way for \$30 plus shipping.

Dean's List Virginia Tech

Woodbridge, CT - Spencer K. Paragas, a Sophomore majoring in Statistics in the College of Science from Woodbridge, CT, is among the Virginia Tech students named to the Dean's List for the Fall 2019 semester. Spencer graduated from Amity High School in 2019 and entered Virginia Tech as a Sophomore. In conjunction with a degree in Statistics, Spencer is working towards an additional degree in Computer Modeling and Data Analytics (CMDA) and minors in Math and Computer Science. To qualify for the Dean's List, students must complete at least 12 credit hours graded on the A-F option and earn a 3.4 grade point average (on a 4.0 scale) during the semester.

Graduations

The Citadel

Josef Monteiro, a 2016 Amity High School graduate, will be awarded 2 Bachelor degrees from The Citadel, The Military College of South Carolina in May 2020. He will be awarded a BA in Political Science (with specialty in military and international relations), and a BA in Intelligence and National Security Studies. Josef also attended a summer semester at The University of Tartu in Estonia and this past fall semester at The University of Aberystwyth in Wales, UK. He will be commissioned as a 2nd Lieutenant into The U.S. Army. He is the son of Amy Radivoy of Woodbridge and the brother of Dolores and Antonella Silva.

Frozen Food, Made Locally and Delivered To Your Door

A Wilton resident is creating a new category in frozen foods by delivering these foods directly to your home. We are all a bit nervous to shop at grocery stores these days. All Day Snacks is a line of frozen arepas (these arepas are gluten free, nut-free, high protein, simple to prepare, and delicious corn flour & cheese pancakes, sometimes sweetened, known throughout South America as FREAKN AWESOME that get delivered to your door. All Day Snacks is extending its line to include frozen, ready-to-bake gluten free cheesy breads in 3 flavors. All Day Snacks is looking to hire self-starters around the country to distribute its products - all you need is a chest freezer, the positive/go-getter attitude to market to folks in your county, and an ability to deliver. Currently, All Day Snacks is live in Fairfield County and is expanding to New Haven county and can deliver to Orange and surrounding towns. If interested, website: www.alldaysnacks. com, email michael@alldaysnacks.com.

Scholar-Athletes Feted Virtually

By Bettina Thiel

Woodbridge Town News Correspondent

Ella Marin of Woodbridge and Raymond Lu of Orange were named the 2019-20 CAS-CIAS scholar athletes from Amity Regional High School. They are both members of the Class of 2020.

The CIAS award ceremony, which typically takes place in conjunction with a banquet at the Aqua Turf Club, this year was held virtually with pretaped segments. Amity High School Principal Anna Mahon was the keynote speaker. The May 3 event was broadcast on Fox 61 and can now be viewed on the CAS-CIAC YouTube page.

The scholar-athlete program recognizes two high school seniors from each of the 183 member schools for academic excellence, athletic talent, sportsmanship and leadership on the field and in the classroom, said host Bob Picozzi, retired ESPN radio personality. UConn women's basketball

star Rebecca Lobo sent a congratulatory message.

Anna Mahon, an Olympic athlete in her own right, had an inspirational message on resilience for the students. She said she was not involved in organized sports until her high school years, at which point "being a college athlete became my goal," she said. At the University of Vermont, she started where everyone else starts — the hammer throw, she said. "I was not good at it," she admitted, but she kept on practicing until in her junior year she developed a knack for it.

Her biggest disappointment was when she did not qualify for the Olympics, but during the next round of qualifiers in 2004 she did. She realized that succeeding in sports was not about talent by any means, rather than going on when being knocked down." Grounding



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Email us at: bulletinboard@woodbridgetownnews.com

All articles, photographs and letters must include your name, address and daytime telephone number for confirmation. The Woodbridge Town News reserves the right to reject any advertisement, article, photograph or letter. Letters to the Editor must be unique to the Woodbridge Town News.

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Woodbridge Town News

Below are the next three issue dates and deadlines of the Woodbridge Town News.

Thank you for your submissions to Your Home Town Newspaper.

<u>Upcoming Issue Date</u>	<u>Issue Deadline</u>
June 26 Independence Day Issue	June 19
July 31 Summer Issue	July 24
September 4 Labor Day & Back To School Issue	. August 28
Note: Copy due by 4:00p.m. Thank you.	

FROM OUR READERS

Donating to Goodwill

There are many issues with our current shelter-at-home situation, both positive and difficult. One thing many people have done to take advantage of the time and feel productive is to clean-out closets and storage. I would urge people to consider donating gently-used items to Goodwill. This is a "green" thing to do and it also helps others in the community in many ways. Donating gently-used clothing or household items to Goodwill keeps these things out of the trash, out of landfills. It's like recycling only better.

Donating to Goodwill gives others in the community a chance to purchase these items at a tremendous discount. This may fill a great need with so many in our community now unexpectedly unemployed.

When you donate to Goodwill, you put people to work, right here in our community. Goodwill of Southern New England works tirelessly to enhance employment, educational, social and recreational opportunities for people with disabilities and other challenges right here in Woodbridge. For more information about what to donate and how it helps, visit Goodwillsne.org. Please, as you clean house this spring, don't throw in the trash those things that others may find useful. You will be

doing so much good if you'll bag or box them to donate to Goodwill once the virus restrictions are lifted. Thank you! Roger Hess, Woodbridge

Roger Hess, Woodbridge Member, Board of Directors, Goodwill of Southern New England

Help Support Your Community Newspapers

Both congratulations and thanks to publisher Rocky Salperto for his relentless news and events coverage in the Woodbridge and Orange Town News. During the current virus crisis, and over the previous five years I don't believe I've missed reading an issue for their comprehensive coverage by a talented staff.

I urge local business people, and the broad readership in Woodbridge and Orange, to support his papers in a time when cross channel communications and digital media are highly competitive and offer a threat to the livelihood of community newspapers.

So, thanks, Rocky. While we've never met, perhaps someday when social distancing is behind us, I can give you a pat on the back, or perhaps even a hug. But not now, All best to you and your staff for your continued good work informing and promoting Woodbridge and Orange.

Russ Madison, Woodbridge

WTN LETTERS POLICY

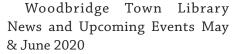
Submit your letters for our **"From Our Readers"** section to: Woodbridge Town News, P.O. Box 1126, Orange, CT 06477 or email: letters@woodbridgetownnews.com.

Please limit letters to 500 words and include a daytime phone number in case we have any questions. Letters must be exclusive to the Woodbridge Town News for publication. We reserve the right to reject any letter.



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WOODBRIDGE LIBRARY



"Join us" online for the following programs. Please see our website for event descriptions, registration information, and any other preparation you may need to do. Invitations to join our virtual events will be sent a few days prior to the program.

Adult Programs Virtual New England Legends Program

Thursday, June 4 at 7 pm

Gather 'round the virtual campfire with Jeff Belanger, one of New England's premier storytellers! For over 20 years, Jeff has been exploring the unexplained. He seeks out history, folklore, ghosts, monsters, and legends all over the world and in your backyard. New England Legends offers a tour of haunts, monsters, aliens, and weird history from our region. Based on Jeff's popular weekly podcast and his Emmy-nominated television series on PBS and Amazon Prime, the program presents highlights from his own adventures and work. The bizarre is closer than you think! Each one of Jeff's virtual programs will be different every single time!

Strawberry Season with Robin Glowa

Wednesday, June 10 at 7 pm

Strawberry Season is here! Join Robin Glowa, "The Conscious Cook", for a celebration of strawberries, one of nature's sweetest crops. You'll discover new ways to prepare this naturally nourishing berry in your kitchen.

Children's Programs

The Cactushead Puppets will present a Paper Bag Princess workshop in June. Check our website for more information, including what you'll need to have on hand to create your own puppet!

Save the Date!!

Food Explorers with Katie Shepherd will be back on July 1, with Fourth of July Red, White, and Blue cupcakes. Two sessions will be held: 10:30 am and 1:30 pm. Details coming soon.

More programs are in the works! Remember to check our website for new additions.

Library Services Available at Home

Woodbridge Town Library cardholders can visit our website to access many downloadable and streaming



WOODBRIDGE TOWN LIBRARY

digital resources. You can download ebooks and audiobooks on Overdrive or Hoopla, stream movies on Kanopy, or browse magazines on RB Digital. We have raised the fine threshold to \$100, so that more may borrow and stream. If you need a new library card and live in Woodbridge, please email your name, address, and phone number to askus@woodbridgetownlibrary.org.

Some of our digital services have been available for years and some are quite new, but we know that many of you are just discovering them (or re-discovering them) now. Here is a run-down of what we offer, what each service provides, and who may use it. You will need your library card to access these products! You can also go directly here, to access our services: https://www.woodbridge.lioninc.org/wtl-at-home-digital-resources.

Remember, if you need a card or can't find your number, send an email to askus@woodbridgetownlibrary.org.

For Woodbridge residents only*

Consumer Reports: unbiased ratings and reviews for 9000+ products and services, plus trusted advice and in-depth reporting on what matters most.

Ancestry: discover your family history. Special home use during the quarantine.

Kanopy: stream full-length movies and The Great Courses. KanopyKids has children's programming, including PBS shows. Watch on a SmartTV via app or on your handheld device.

hoopla: stream ebooks, audiobooks, comics, music, movies, and TV shows for all ages. No waitlists! Watch on a SmartTV via app or on your handheld device.

NEW! ReferenceUSA: data on businesses, consumers, healthcare providers, new movers and homeowners, as well as historical business information. Access via trial subscription.

NEW! Creativebug: online video arts and crafts workshops and techniques taught by the experts; classes available for all ages.

For all LION-library towns*

OverDrive: downloadable ebooks and audiobooks for all ages. OverDrive also offers Libby, which is an app for mobile devices across all platforms and computers using Windows 10. Kindle Fire users and those with computers

using Windows 8 and older—you will need to use the classic OverDrive app or access materials via your browser.

RBdigital: formerly Zinio, downloadable magazines from cooking to politics and more. Read via app or on your computer.

For anyone with a Connecticut library card

researchIT CT: from the Connecticut State Library, access to current newspapers and magazines, as well as archival material and databases for research.

For ANYONE

The State Library also provides a collection of ebooks and audiobooks—no library card required!! All information is here: https://researchitct.org/eaudioebooks/.

*These services MAY be available to non-Woodbridge residents if your town's library subscribes. The best place to check is on your town's library website.

Visit our social media accounts and our website with information and resources for all ages, including library materials and fun things, such as museum tours, read-a-longs, free classes, and more! Much of the same information will be shared in eblasts, released on Monday and Thursday. If you would like to sign up for library news via email, please send an email to askus@woodbridgetownlibrary.org and you will be added to the list.

- Our website:www.woodbridgetown-library.org
- Facebook:@woodbridge.town.library
- Instagram:@woodbridgetownlibrary

Reminders:

- You need your Woodbridge library card number to access digital resources through the Library website;
- Holds will not be placed on physical items as all LION libraries are closed;
- All library card expiration dates have been extended, and the fine threshold for digital content has been raised from \$25 to \$100. You can access all digital content at home without fear of being blocked out;
- All physical materials currently checked out have been extended.
 The new due date is June 1. No fines will be charged for late items;
- > Please do not return library items

- to the book drop; it is not being monitored;
- Please do not bring donations for the Friends as they are not stopping by the building. (However, as you spring clean, please DO consider The Friends for your book donations for when we re-open;)
- Programs have been cancelled and many will be rescheduled once an opening date is determined. Online museum pass reservations are temporarily not available;
- › If you do not have a library card, you may request one via email: askus@ woodbridgetownlibrary.org. Provide your full name, date of birth, address, phone number, and email;
- You can also email askus@woodbridgetownlibrary.org if you have questions or need help with digital media.

The Friends of the Woodbridge Library has asked us to share the following update:

When the Woodbridge Town Library closed in mid-March, the Friends could no longer prepare for our June Book Sale. We have decided to postpone this well-attended and well-loved event. When we figure out new dates, we'll let you know.

In this sad, difficult time we also decided not to send our Annual Appeal/Newsletter. We always appreciate your support, but believe this is not the time to ask for donations. There will be a time when we ask for that support, for our gem of a library will face new challenges when it reopens.

While the Bookstore Alley is closed, please continue to gather your donations of gently used books, CDs, DVDs, and puzzles. Keep them in a safe, clean place until we are once again able to accept them. Visit the new library website and sign up for its weekly email newsletter to learn about all the online opportunities available to you, many provided through funding by the Friends, while you are keeping safe at home.

Take care, everyone.

-Your Friends of the Library woodbridgectfriends@gmail.com

P.S. You can still support the Friends of the Woodbridge Library even while the bookstore is closed! While you're scrolling through Amazon looking for more cleaning supplies or pet food, why not have your purchases serve a bigger purpose? Go to smile.amazon.com and search for the Friends of the Woodbridge Library as your designated charity. Supporting the Friends supports the library!

"Patriotism is supporting your country all the time, and your government when it deserves it." — MARK TWAIN

From the First Selectman BY BETH HELLER



The Town of Woodbridge, and our entire world today, look very different than they did just a few months ago. We continue to work together to fight this insidious disease that has crippled our nation. By staying home and wearing a mask while out in public YOU are doing your part to help save lives. Your cooperation and patience have been wonderful.

We are also working hard to keep each other safe, and informed, and to provide a safe workplace for our staff so they can continue to serve you, our residents. Please join me in thanking all Woodbridge employees for being flexible, responsive, and understanding during these unprecedented times.

If you have not yet done so, please sign up to receive the Town's e-newsletters. In normal times, the emails are sent monthly but they are now being sent weekly. Sign up here: tinyurl. com/WoodbridgeEnews. You may also follow news from the Town on Facebook for daily updates at Facebook. com/WoodbridgeCT. Previous e-newsletters and other local Coronavirus updates are available on our town website at woodbridgect.org/COVID19. The e-newsletter and Facebook page are full of timely information including the number of positive cases (and deaths) in Woodbridge, opportunities for residents to help, business guides, and links to other important information.

Our Town buildings have been closed to the public since mid-March. The Transfer Station remains open during regular hours to residents with permits. Most Town services are available over the phone, via email or by curbside drop off or pick up, including the donation of food and masks to help our Human Services Department help our residents.

Town staff are beginning the work of thinking through how and when our buildings will re-open to the public. As a former nurse, wife of a physician with an MPH in Statistics and Epidemiology, and mother to a son who is a Public Health physician in New York City, I take these matters very seriously. Both continue to warn me that we must not take this lightly. It is incredibly important to me that we do this in a thoughtful and measured way.

Safety of all has been, and will continue to be, my most important objective. This means that we may open more slowly than other towns. As we've seen during these last two months, our employees are devoted, smart, and creative and we have been able to provide all essential services to our residents remotely. This will continue as long as necessary – we will continue to be able to run the Town and also keep people safe.

Governor Lamont has announced that certain types of businesses – restaurants (outdoor only), hair salons, some retail shops and offices (work from home is encouraged) – may reopen starting on May 20th if they follow certain guidelines outlined on the State website (ct.gov/coronavirus). No business is required to reopen on May 20.

A collaborative, difficult decision between members of the Recreation Department and the Town has been made to cancel the most popular Woodbridge Recreation Camp for this summer season. This was perhaps one of the hardest decisions we have had to make during this pandemic. Despite the Governor's Executive Order allowing this, there were many regulations and guidelines that must be in place prior to opening. Safety procedures for staff include wearing of personal protective equipment, however over a dozen vendors that were called could not deliver the gowns, gloves, masks, and shields by the opening date. The items are very expensive. Another regulation insisted that custodial services require that a bathroom be completely cleaned constantly following use by children. Additionally, rules require that children be in groups of no more than ten, which would add more counselors and supportive staff, and social distancing of six feet between each child would prove almost impossible.

As you may be aware a new COV-ID-19 related illness in children has been found in many states, and little is known about it at this time. As of this writing, ten children in Connecticut have developed this rare disease. It is believed that this illness is connected with the coronavirus, somehow influencing the body's immune system, but the correlation with COVID-19 has not yet been proven to be a cause of the inflammatory disease. Saving lives has always been paramount to every decision we have made, and our concern for the health of the children of Woodbridge remains a top priority.

The good news is that the Woodbridge Recreation Department WILL be offering a Virtual Camp for six weeks from June 15th through July 24th. Camp will run from 10 am to 12 noon. The cost is \$30 per week for the first child, \$20 per week for the second child and \$10 per week for the third child. A fourth child or more per household will be free. Please stay tuned for further information as these plans develop.

Whether or not our local businesses have chosen to open on May 20, you can still support them! Some service and retail businesses are offering gift cards, restaurants are providing to-go meals and wellness practitioners are providing relief remotely. Visit the Town's business website for details at woodbridgect.org/business. Now more than ever it is important to "Shop

Did You Know?

Here to help you with your legal matters through COVID-19

Like you, we are monitoring the latest news about the novel COVID-19. Our primary focus is the health, well-being and safety of our team, clients, and community.

Although we are a small business we are fortunate to have already established technology that allows our entire team to work remotely and our clients to communicate with us remotely (phone, email, teleconferencing, etc.) to experience as little disruption as possible. Our systems enable us to continue to serve our clients during this unprecedented time.

Estate Planning clients:

We are providing telephone and video conferences for estate planning intake meetings for new clients and making safe arrangements for the signing of final estate planning documents. If you need to create your essential estate planning documents please contact us so that we can assist you.

Estate Administration clients:

We can timely prepare the required Probate Court documents, send the documents to clients electronically to sign, and e-file them with the Probate Court. We can receive any statements or documents electronically through our secure email system.

Medicaid clients:

We can perform intake meetings through telephone and video conference. Our technology allows us to timely prepare the required Medicaid application documents, send them to you electronically to sign, and file them with the Department of Social Services. We can receive any statements or documents electronically through our secure email system.

We are committed to working with you to find ways to process your legal matters as quickly and conveniently as possible with safe, outdoor signings.



Steven P. Floman, Allison M. DePaola-Drozd, and Nicole Camporeale of the law firm Floman De-Paola, LLC are the authors of this article. This article has been prepared for general informational purposes only and is not intended to constitute legal advice or to create an attorney client relationship. Readers should not act upon the information contained in this article without seeking advice from an attorney regarding the specific facts and circumstances of your case.

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See "First Selectman" On Page 16

ARTS & LEISURE



"Gifting Guitar" Entertains Seniors During Quarantine

Evan Gorelick is a junior at Amity Regional High School. In addition to excelling academically and being involved in many extracurricular activities, Evan has long had a passion for playing electric guitar. He began playing at age 8 and has consistently devoted many hours every week between lessons and practicing over the years. Last summer these efforts were rewarded with a scholarship to attend The Berklee College of Music in Boston which was an incredible experience that deepened his love of playing as well as his appreciation for music even that much more. He came home energized to come up with unique ways to share his love of music with others.

This past year, Evan began to spread the joy of music by giving concerts one Sunday every month to the residents of The Willows Nursing Home in Woodbridge, where his grandfather is a permanent resident. His singular hope was to lift the spirits of the many residents who would regularly attend his concerts. Evan became a big hit! He spent countless hours preparing music for his one-hour monthly concerts which often meant he was learning unfamiliar songs and music from decades well before he was born but that he knew the residents would recognize and enjoy. He encouraged the residents to make musical requests which he would then master and include in the next month's concert.

Then came Covid 19 and The Willows was required to close its doors to all visitors in an effort to minimize the risk of infection among its residents

and staff. Determined to continue to provide the residents with his music, particularly during a time when he felt the residents would be particularly isolated and vulnerable, Evan began making weekly music videos dedicated to The Willows residents, their families, and the nursing home staff, which he has been posting every week to his website www.giftingguitar.org. He calls them 'Willows Quarantine Jams' and to date there are six weeks of videos available to view.

With the help of the activities department at The Willows, Evan's songs are shared with the residents using a special Willow's iPad that enables the residents to continue to benefit from Evan's gift of music. Evan starts and ends each video with a personal message of encouragement to the residents, as he understands very acutely the difficulty and challenges each resident is facing especially without their family or friends being there to support them.

Gifting Guitar is a charitable organization originally started by Evan with the aim of providing education in guitar proficiency, music theory, and musicianship to underprivileged children who may not otherwise have this opportunity. Given the practical constraints resulting from the current coronavirus pandemic, Evan has expanded the original goals of his organization to include other forms of giving the gift of music to others. He intends to continue to post his weekly 'Quarantine Jams' until he is able to return in person to The Willows once again!



CALL TODAY TO RESERVE YOUR AD SPACE!

Display ads start at only \$110 per issue. Call 203-298-4399 to place your ad!

The Farm 'Ramps' Up for Busy Season

Massaro Community Farm has canceled its in-person educational offerings through May 20, in accordance with Governor Lamont's "Stay Safe, Stay Home" executive order. May is a busy month as our staff transitions to outdoor work, temperatures warm up and vegetables are planted with fervor to fill our seasonal CSA subscriptions.

A Note of Gratitude: The farm is grateful to be open for business during these stressful times. We especially want to thank everyone in the community who supported us with pledges during the annual Rock to Rock Earth Day event and The Great Give 2020. With generous matches from The Werth Family Foundation and the King family, the farm raised approximately \$31,000 from the two events. These events helped raise funds for the farm's farm food donations and educational programs. Thank you!

The farm's vision has never been more relevant: "We envision a world where everyone has access to fresh, local and healthy food, where communities feel connected to the land and each other, and where hands-on engagement helps individuals build a healthier future for themselves and for the planet."

Farm 2020 Vegetable Subscription is Sold Out: Due to an overwhelming demand for local farm products, our 2020 CSA season is sold out! We greatly appreciate the support from the Greater New Haven community. If you subscribed to our seasonal CSA, you should receive an email from us in the next couple of weeks letting you know the exact start date (anticipated the first or second week of June) distribution will begin at the farm, with specific instructions for pickup. Please pay close attention to new protocols we may have in place for your safety. Though we are finalizing the details of exactly how weekly distribution will occur, you can expect your share to be pre-boxed or bagged. We also plan to eliminate any u-pick on the farm this season, but you'll still receive a bounty of certified organic produce from your neighborhood farm!

If you missed signing up for the seasonal subscription, please check the farm's website or sign up for our newsletter to receive information about where else you can find Massaro Community Farm produce. You may find us at the New Haven farmer's markets or purchase products through our weekly online store (MassaroFarm.square. site). The online store also includes Before & After Farms pork products, Seacoast Mushrooms, and Five Acres Farms' dairy and eggs. Purchasing your

vegetables from a local farm gives you the added assurance of keeping dollars in your local economy, supporting local producers of nutritiously dense food, and reducing your carbon footprint.

Farm Learning at a Distance: While youth education is currently on hold, the farm's Nature Trail remains open for your enjoyment. We hope to provide news on summer educational offerings by the end of May. In the meantime, consider ordering an education kit from the farm's online store, that is accompanied by a live engagement with farm educator, Corey Thomas. Please also consider joining us for one of the upcoming virtual workshops.

Honeybee Nucleus and Summer Hive Management will take place as scheduled on Saturday, May 23 at 9:30am. As a reminder, this workshop will be an interactive live webinar led by veteran beekeeper Ted Jones of Jones Apiaries. Tune in live to get your beekeeping questions answered or listen to the recorded version at your leisure. Register online at Eventbrite. com no later than 5:00pm the day before the workshop to receive links to the Zoom conference and the website. Please consider making a small suggested donation online to the CT Beekeeper's Association to support these continued programs.

Reduce your food waste and make an impact on climate change by joining us for Composting 101, Saturday, June 6 at 9:30am. Learn all about composting – indoor vs outdoor composting, passive vs. active, and how using worms will speed up the process. Again, please make sure to sign up through Eventbrite.com no later than 5:00pm the day before to receive a link to join us for this live webinar in the farm's Learning Garden. \$5/pp.

Lastly, the farm is partnering with the Woodbridge Town Sustainability Task Force to lead a community discussion course, "A Different Way: Living Simply in a Complex World" beginning July 8. Designed by the Northwest Earth Institute (NEWI), this course connects individual values and actions to the larger picture and helps individuals make real change in their lives, in their community and in the world at large. Group discussions will take place virtually every other Wednesday from 7:00-8:00pm and will continue through September. Interested participants can email the farm by June 10 at info@massarofarm.org and use the subject line "A Different Way." Individuals living nearby can take advantage of a bulk book purchase by making a check for

Friday, May 22, 2020 Woodbridge Town News Page 9

ARTS & LEISURE



Virtual Arts & Crafts

Online Recreation Programs Available

The Recreation Department continues to work with our instructors and vendors to build on our distance learning/online courses, some of which are free of charge, and for all ages. Go to woodbridgect.org, click on Recreation Programs in the Services tab, then click "Current Programs" for weekly list of Online Programs and

Adult Program updates or use this link: https://www.woodbridgect.org/512/Current-Programs. Programs include, but are not limited to, stretching, arts & crafts, short stories, first aid, yoga, T'ai Chi, piano, voice, hip hop, and more. To register, contact Theresa at: woodbridgetown pool@gmail.com or recreation@woodbridgect.org.

Ansonia Nature Center

May 2020

Please note, the nature center and all outside properties are closed until further notice.

All May events are Facebook videos. Facebook Page: https://www.facebook.com/Ansonia-Nature-and-Recreation-Center

Fairy Houses and Tea Party Saturday, May 23, 2 pm

Join Ranger Amie for this Facebook video. Learn how to design a tiny home for fairies and gnomes from bark, moss, stones, and other natural decorations. Materials for the fairy houses will be provided. Celebrate these magical creatures with a fairy tea party.

"Massaro Farm" From Page 8

\$25 payable to Massaro Community Farm. The farm will purchase books for the discussion group (without shipping charges) and distribute books to registrants. Individuals may also purchase their own copy directly from NEWI on its website, store.ecochallenge.org/products/a-different-way.

Massaro Community Farm is a nonprofit, certified-organic farm on the border of Woodbridge and Ansonia, CT. It is committed to supporting the legacy of farming, feeding neighbors in need, and engaging community through events and hands-on education for all ages. Pledge your support now to the farm's continued food donation and farm education programs. You can find out more by calling the farm office at (203) 736-8618 or visiting the farm's website at www.MassaroFarm.org.

THANK YOU!

To all of the essential workers putting their lives on the line to help keep us safe and healthy, and for giving us access to all of the resources we need.

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UP TO AND PLACE YOUR DONATIONS

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B'Nai Jacob Livestream & Zoom Events

Our Building is Closed, but Our Community is Open!

Please join us on livestream or zoom! To register for a Zoom event, please call the office at (203) 389-2111

Shavuot

livestream or Zoom

Thursday, May 28

- > 8:00 pm Ma'ariv (Evening service)
- 8:15 pm Study session with Rabbi Shapiro
- 9:00 pm Singing and learning with Cantor Kanfer

Friday, May 29

- > 9:30 am Morning Service
- > 6:00 pm Evening Service

Saturday, May 30

 9:45 am - Morning Service with Yizkor (at 11am)

B'nai Jacob Book Group

Thursday, June 25 at 7:00 pm on Zoom Join in a discussion of "The Last Kabbalist of Lisbon," by Richard Zimler

"The Last Kabbalist of Lisbon," an international bestseller, is an extraordinary novel that transports listeners into the universe of Jewish Kabbalah during the Lisbon massacre of April



Congregation B'nai Jacob

1506. Winner of the Herodotus Award in the USA for best Historical Novel. Discussion led by Linda Cedarbaum.

Morning Minyan at 7:45am (Monday-Friday), 9:00am (Sunday)

Evening Minyan at 6:00pm (Sunday-Thursday)

Shabbat Shmooze a 6:00pm Friday

6:00pm Friday **Kaballat Shabbat** at 6:30pm Friday **Shabbat Morning** at

9:45am Saturday

Havdalah at 8:46pm Saturday
Bread & Torah at 10:00am Sunday
Pirkei Avot Class at

7:30pm Monday

Tea with the Rabbi & Cantor at 9:00pm (Tuesday & Thursday)

203-389-2111 info@bnaijacob.org • BnaiJacob.org

Virtual Events at Temple Emanuel

Stay connected with our community. Keep your physical distance while maintaining your social connections. Check out the on-line options at Temple Emanuel:

Friday nights at 7:30 – virtual Kabbalat Shabbat (or at 6:30 pm on the first Friday of the month for families with young children);

Saturday mornings at 10:00 – virtual Torah Study.

Details about these events and all other events and services at TE are on the Temple Emanuel website, www.



Temple Emanuel

tegnh.org. You can also call the temple office at 203-397-3000. Hope to "see" you soon!



ATTENTION CHURCHES, SYNAGOGUES, AND HOUSES OF WORSHIP!

Send us your organizations events listings and items of interest. We will publish them for free.

Woodbridge Town News – P.O. Box 1126, Orange, CT 06477 edit@woodbridgetownnews.com



Congregation Beth El - Keser Israel Events

Daily Services via Zoom

- > Sunday 9:00 am & 5:45 pm
- > Monday 7:00 am & 5:45 pm
- > Tuesday 7:00 am & 5:45pm
- > Wednesday 7:00 am & 5:45 pm
- > Thursday 8:15 am & 5:45 pm
- > Friday 7:00 am & 6:00 pm



Family Program Director Hired

Anne Norman-Schiff, who is completing a Ph.D. in religious studies at Yale, has been hired as BEKI's first Youth and Family Programming Director. She will coordinate and support the children's Shabbat and High Holiday programs, which are led by parent volunteers, and will be the advisor to BEKI's Kadima and USY youth groups.

"BEKI is a thriving and growing community with many young families," President Yaron Lew explained. "Our youngsters represent our synagogue's future. Even in these tough times, BEKI is committed to serving our congregants and enriching our children and young adults. We committed the funds to make it happen."

Tehillim in Times of Trouble

Throughout the generations, Psalms have been recited in times of trouble. Prof. Corinne Blackmer leads a BEKI Psalms study group each Sunday 3:30-4:30pm. They read the Hebrew original, then the JPS English translation, and then discuss. If you would like to join this Zoom meeting, email bekitefilla@gmail.com.



 $Congregation\ Beth-El\ Keser\ Israel$

Talmud and Rashi Study Groups

The Rashi Study Group, which meets online Mondays 8:00-8:30 am with Rabbi Jon-Jay Tilsen, is reading Second Kings with commentary. A weekly study of the Talmud B. Masekhet Berakhot with Rabbi Tilsen meets online Thursdays 10:00-10:50 am. For details and texts, email jjtilsen@beki.org.

Erev Shavuot Study

BEKI's annual Erev Shavuot night of study will be a day early and via Zoom. Classes will be on Wednesday, May 27 at 7 pm, 8 pm, 9 pm, and 10 pm. For details, email office@beki.org.

BEKI on Facebook

During the COVID-19 pandemic, the BEKI Facebook page keeps congregants informed about community resources, volunteer opportunities, online learning and entertainment, and much more. If you would like to join this Facebook group, please ask the moderator online or call the BEKI office, 203-389-2108.

Daily Services via Zoom Meeting

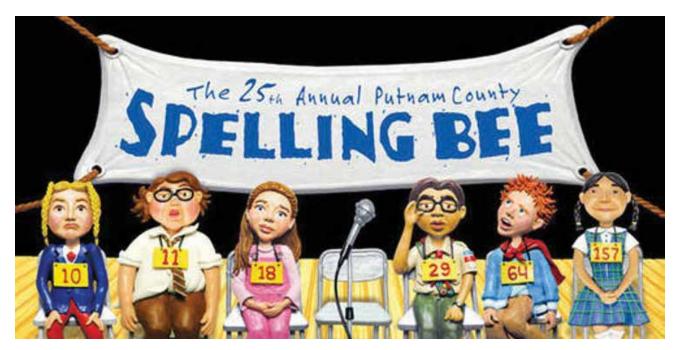
Anyone wishing to participate in BEKI daily minyan via Zoom should email Ritual Committee Chair Rachel Wiseman Gerber at bekitefilla@gmail. com to request a Zoom invitation. The minyanim, led by BEKI volunteers, also include time to check in with one another and offer support. For updates on when the building will re-open, check www.beki.org.

Located at 85 Harrison Street (corner of Whalley Avenue - Route 63 - in Westville)

RESERVE YOUR AD SPACE TODAY. CALL US AT 203-298-4399.



Congregation B'nai Jacob Happenings



Our Building is Closed, but our Community is Open! Our clergy, staff, and lay leaders are working to keep our B'nai Jacob community connected and cared for. Here are some of the things we have set in place and continue to develop.

Ways To Stay Connected

Live Stream Services

All services in the Chapel, including Shabbat and daily Minyan, are live streamed and easily accessible on our website. Look for the LIVE STREAM link on the right panel of the B'nai Jacob homepage.

Live Stream Schedule:

- > Morning Minyan at 7:45am daily (Mon-Fri);
- > Evening Minyan at 6:00pm daily (Sun-Thur);
- Kaballat Shabbat at 6:30pm Fridays;
- Shabbat Morning Service at 9:45am Saturdays.

Guest Speaker Series Hearing Loss: Listening and

Communication Tools and Tips

Date: TBD

Debra Sachs, M.A.

Do you have a hearing loss or do you know someone who does? Are you ever frustrated in your efforts to relay or receive a spoken message in an acoustically challenging environment? 10.6% of Americans have hearing loss.

CBJ member Debra Sachs, an award-winning teacher of students with hearing loss, will lead an interactive program about hearing loss where you will be given the opportunity to listen as if you had one. It will consider the impact of hearing loss on individuals, particularly aging adults, and identify listening strategies and spoken language techniques

to maximize communication.

Climate Change: A New Perspective Date: TBD

Daniel Headrick, Ph.D.

CBJ member, scholar, and author of the new book, "Humans Versus Nature: A Global Environmental

History," Headrick will speak with us about the state of our planet. Almost all scientists, most political leaders (outside the US), and much of the people, especially young people, agree that climate change is real, that it is caused by anthropogenic greenhouse-gas emissions, and that we must start doing something soon to reverse it; yet the amount of emissions continues to grow. Headrick argues that two powerful forces - developmentalism and consumerism - stand in the way of meaningful action.

Special Events 5th Annual Elm City Kallah

Date: TBD

Rabbi Ethan Tucker

President and Rosh Yeshiva at Hadar and chair in Jewish Law

Navigating the World as a Jew and as a Human Being - A weekend of Learning and Exploration

BJ Players presents 25th Annual Putman County Spelling Bee

Date: TBD

Winner of the Tony and The Drama Desk Awards for Best Book, "The 25th Annual Putnam County Spelling Bee" has charmed audiences with its effortless wit and humor. A group of quirky kids with a passion for spelling and wildly entertaining back-stories have flocked to Putnam Valley Middle School to compete (and sing!) in the 25th Annual Putnam county Spelling Bee. As the words tested become more difficult and the spellers get eliminated one by one, friendships are formed and the characters' inner troubles and hilarious backstories are slowly revealed!

Congregation B'nai Jacob Book Group Date: TBD

Join in a discussion of "A Pigeon and a Boy" by Israeli author Meir Shalev

Winner of the Brenner Prize, Israel's highest literary recognition

During the 1948 War of Independence—a time when pigeons are still used to deliver battlefield messages—a gifted young pigeon handler is mortally wounded. In the moments before his death, he dispatches one last pigeon. The bird is carrying his extraordinary gift to the girl he has loved since adolescence. Intertwined with this story is the contemporary tale of Yair Mendelsohn, who has his own legacy from the 1948 war. Yair is a tour guide specializing in bird-watching trips who, in middle age, falls in love

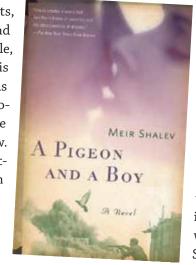
again with a childhood girlfriend. His growing passion for her, along with a gift from his mother on her deathbed, becomes the key to a life he thought no longer possible.

Unforgettable in both its particulars and its sweep, "A Pigeon and A Boy" is a tale of lovers then and now—of how deeply we love, of what home is, and why we, like pigeons trained to fly in one direction only, must eventually return to it. In a voice that is at once playful, wise, and altogether beguiling, Meir Shalev tells a story as universal as war and as intimate as a winged dec-

laration of love.

"Stunning...This gem of a story about the power of love...brims with luminous originality."—Publishers Weekly

Discussion will be led by Kinneret Chiel, MA, MALS — Kinneret Chiel has been an educator for over 40 years. She served as school principal at B'nai Jacob and at Mishkan Israel in Hamden and was director of Gan Hayeled Nursery School. At Southern Connecticut State University, she was Assistant Professor in the Education Department and ran its Child Development Center.



The First Church of Christ Continues Virtual Services

While the First Church of Christ Woodbridge is currently closed during this time of social distancing, we are pleased to be able to conduct virtual Sunday services via ZOOM during the COVID 19 Pandemic. The Sunday service is also posted on our website at uccw.org each week for those who wish to view the service at a later time. Click on the "Services" tab to view the service, see each week's program or read the week's sermon. Previous Sunday services remain posted via

the same tab.

As always, we invite all members of the community to join us for our weekly services:

Sunday Services – 10 a.m. via ZOOM. To join in the ZOOM service, please email your request to be on our ZOOM list to the Rev. Shepard Parsons at shepard_parsons@mac.com before the first Sunday you wish to be included. Please put "ZOOM in church" in the subject line. You will then be on the list to be invited to join in the service.

To avoid ZOOM bombing, we have set this as the only way you can join our services live.

Church School –In-person church school and youth activities are cancelled during the pandemic. A Sunday school message and activities for 3-4-year olds is posted each week on the website at the "Sunday School Lessons" tab.

Boy Scout Troop 907 – meets weekly on Thursdays at 7 p.m. During the pandemic, the troop is holding its

meeting via ZOOM.

Weekly Bible Study - Wednesday, 10-11 Bible study continues to meet via ZOOM. To get on the ZOOM list, please follow the instructions given for Sunday Services. We study both Old and New Testament passages based on the Lectionary.

For more information on these events, please contact us at (203) 389-2119 or office@uccw.org. Visit our website at uccw.org or on Facebook at www.facebook.com/uccwoodbridge.

CLUBS & ORGANIZATIONS

Operation Prom Helps High School Seniors With Virtual Prom

STREAMING PROM 2020 NATIONWIDE!

The Operation Prom National Network, Inc. is the not-for-profit organization that provides free prom dresses and tuxedos to underprivileged teens. For the past 16 years, the mission has remained the same, to help thousands of students across the U.S. attend their prom at little or no cost. But, now the Class of 2020 faces the reality of prom being canceled due to Covid-19.

Headquartered in New York, the state with the highest virus rates, plus locations in 9 other states, Operation Prom chapters canceled dress and tuxedo giveaways back in March, but remained hopeful that schools would reopen and host proms. As that possibility faded away, the organization started to plan a virtual prom that would allow students from across the country to "Prom at Home".

"This is a very different kind of event we're hosting," says Operation Prom National Network, Inc. Founder and President, Noel D'Allacco. "We have to acknowledge that thousands of students were not able to receive our services, or given the opportunity to purchase a dress or tuxedo, so we are trying to message to students that they can stream our prom at home without all the glitz and glam, that so many teens cannot afford".

Operation Prom 2020 will be streamed nationwide on Saturday, June 6th from 12pm EST through 11:59pm EST, on a variety of different social media platforms, including Facebook and Instagram Live. There will be a schedule with links of entertainment and performances ranging from fitness to music, on its website www.OperationProm2020.org. Students can also sign up for a chance to win giveaways during the event on June 6th using the hashtag #Prom2020.

Orange Strawberry Festival Cancelled

Due to the ongoing pandemic and with guidance from government officials, the Orange Strawberry Festival scheduled for June 13, 2020 is CANCELLED. We will miss the delicious food, rides, flashy Red Car show, entertainment, and especially all of our

festival-goers!

Please message the Orange Strawberry Festival page on Facebook or email occhurch@snet.net with questions.

Please stay safe, stay healthy, and we will persevere. See you next year!

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One Bradley Rd. Woodbridge



Garden Maintanance in Woodbridge

Pat Croasmun, chairwoman of Civic Beautification for the Garden Club of Woodbridge, assisted by Jane Gelernter and other members from the club, continue to maintain gardens at the Darling House, the Woodbridge Town Library and the Adella Baldwin Stuart garden (at the corner of Meeting House Lane and Center Street) during the COVID-19 pandemic. The Adella Baldwin Stuart garden is shown in the photo above from last year.

Gardeners wear masks and abide by

the Governor's Executive Order, working for the most part individually or with one other person, maintaining the required social distance. The members are cutting back spent flowers, edging, pruning and doing all other upkeep that is necessary. When the garden care is completed, club members will lay down mulch and plant annuals at the various locations.

The club will continue to maintain the gardens throughout the summer and fall seasons.

Woodbridge Garden Tour Cancelled

With the increased social distancing and uncertainty around the resolution of the Covid-19 pandemic, the Garden Club of Woodbridge has decided to cancel the 2020 Secret Gardens of Woodbridge Garden Tour scheduled for Friday, June 5.

We were very excited to share a day in the gardens with our friends and neighbors and were thrilled so many people purchased tickets as soon as they went on sale. We hope to present the 2021 Secret Gardens of Woodbridge Garden Tour in June of next year.

Tickets purchased through Eventbrite, including all fees, have been refunded. Patrons who purchased tickets at Amity Gardens and Write Approach also have received refunds. Thank you all for your generous support. We look forward to celebrating the gardens next year.

"Scholar-Athletes" From Page 4

yourself and resilience is where success comes from," she said. "Things are not necessarily going according to plan," Mahon said, but yet it's good to have a plan. "Learning from setbacks is the most important thing."

As for the two local honorees, they have exciting plans going forward.

Ella Marin, who played soccer since she was in elementary school, said she also ran long-distance and was part of the Amity ski team. Sports helped her create strong ties of friendships. She has been accepted to Dartmouth College, where she is interested in environmental science or a related field.

Raymond Lu, a swimmer, also started diving during his senior year. He plans to go into Environmental Science and Health at the University of Southern California. Both athletes hope to participate in club sports at college.

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Historical Societies Want to Hear from You!

Now is the time to Write It Down. Your history is Woodbridge's history too, so please share it.

Capture and share your stories, journal entries, photos, calendars, notes, even the jokes that are lifting your spirits—anything that is special to this time, so they can be shared not just now amongst our neighbors and friends but later with our grandchildren and future historians. The story of Woodbridge and its residents during the pandemic is History.

In addition to being added to AWHS's permanent collection, we hope to make a selection for a display to be called We are Woodbridge History.

Some things you can write about include: How are you spending your days? Are you self-isolating, working from home, on the frontlines as a healthcare worker, or an essential employee? Tell us how your life has changed and what your daily routine is like. Are you cooking, hiking, exer-

cising, binge-watching Netflix, helping your children with schoolwork, reading? Who is with you? What are you eating? How do you feel? What do you think about? What are you grateful for? Your documentation can be written as a:

Journal; diary entry; news article; poem; report; letter.

You may include a photograph, draw/paint a picture, or copy a good meme. Make it personal. Make it informative. Then please email OR mail your submissions to AWHS. It is helpful to include your name, address, and age, but this information is not required. Email: info@woodbridgehistory. org; subject line: Coronavirus 2020, or Mail it to Amity and Woodbridge Historical Society, 1907 Litchfield Turnpike, Woodbridge, CT 06525. We look forward to receiving your submissions. Be a part of History!!! The Amity and Woodbridge Historical Society wants to hear from you!



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Grand List Reflects Lower Property Values

By Bettina Thiel

Woodbridge Town News Correspondent

The most recent revaluation cycle which concluded in December 2019 showed what many homeowners had already feared, that the fair market value of their property had declined since the previous assessment in 2014.

Assessor Betsy Quist updated the Board of Selectmen and the Board of Finance at their respective meetings about the result of the revaluation. The bad news for town leaders was that the Grand List — the list of all the taxable property in town — is down in value by 4.43% or \$45 million.

Finance Board Chairman Matthew Giglietti warned, "even if we come in with a 0% budget increase, the mil rate is going to go up," to make up for the lost income. "The town still has to pay the bills," Quist said.

With the lower property values a mil rate of 41.84 (current mil rate is 40.23) would support this year's budget of \$50 million. Even so, an increased mil rate does not automatically mean higher taxes for everyone. Due to the decreased value, the majority of homeowners will see a lower tax bill. At a mill rate of 41.84, 35.6% of households will see a tax increase, while 64.4% will see a tax decrease, Quist said.

The revaluation showed how some types of houses were more sought after than others and held their value better. Multi-family homes for instance saw the most robust increase of 29% in value over the five years; ranches stayed

unchanged, raised ranches increased in value by 4%. Colonials, however, which are by far the most common style in this area, lost 7% of their value. Antique homes held their value; while modern homes lost about 4%; Cape Cod style houses lost 5%.

Analyzed by size, the largest houses lost most in value, with those over 5,000 square feet losing 12.6%. Houses between 2,000 and 3,000 square feet lost 4.5% of their value; while small houses between 1,000 to 1,500 square feet held steady at .5% increase.

Similarly, the most expensive houses, those costing \$1 million and up, lost 17%; homes costing between \$700,000 and \$1 million lost 13%; homes costing between \$500,000 and \$700,000 lost 9.8%; houses between \$400,000 and \$500,000 lost 6.9% in value; those between \$300,000 and \$400,000 lost 3.7%; those between \$200,000 and \$300,000 gained .014 and those under \$200,000, of which there are 148 in town, gained 7%.

All these numbers are generated by comparing sales figures, Quist said. The average home value in Woodbridge is \$400,000, down from \$428,000 five years ago. The average assessed value is \$280,000.

The biggest taxpayers in town are the utilities and the senior living facilities. They are CL&P (\$25.1 million), UI (\$12.1 million); Coachman Square (\$7 million); The Linden (\$4.9 million); 1764 Litchfield Tpk. (\$4.2 million); Willows of Woodbridge (\$3.7 million); OP

Inc - Bruce D. Schaefer and Taylor M. Schaefer (\$3.2 million); Crest Woodbridge LLC (\$2.7 million); Research Development at Bradley Road (\$2.52 million) and JP Morgan Chase Bank (\$2.2 million).

Giglietti said the problem of the shrinking Grand List is not unique to Woodbridge. "Residential real estate in Connecticut is not doing well," he said, even in towns with low mil rates. When the Woodbridge mil rate hit 40 last year, many considered it the end of the world, he said. "I just don't agree with that." Giglietti said when he first joined the Board of Finance in late 1980s then-First Selectman Russ Stoddard already predicted that once all the land is developed, eventually the Grand List will stop growing.

Giglietti said people in the community suggest to him to just cut expenses. "Where do you want to start cutting," he said. "Give me some detailed information."

The town has already eliminated or reduced a number of positions in the past few years. They have eliminated the parks director; a town clerk; the lieutenant at the police department; a circulation assistant at the library; a payroll clerk in the finance department; the grant writer and a mechanic. Once they cut more, it will affect services, he said. For instance, if they cut people at the library, the building may have to be closed some nights; or if they reduce the public works crews, streets will not be plowed as quickly.

The Board of Finance even considered closing the Transfer Station and Recycling Center for a day to allow those employees to support grounds keeping at Beecher Road School. But the town just installed a scale at the Transfer Station, which allows them to more accurately charge the commercial haulers. The concern was that if they close the station, the haulers will go elsewhere and the town will lose out on that income.

The Board of Finance took on the 2021-22 budget on March 4. Giglietti said at that time that he hoped to get the budget increase to under 1%. "There is going to be some pain," he said.

Selectmen's budget: The Board of Selectmen in the meantime made its budget recommendation for the 2021-22 fiscal year. The board shaved items from the capital requests as well as the operating budgets. In the end, its recommendation to the Board of Finance represented a 2.27% increase over this year's budget, and a 42.71 mil rate.

The selectmen's vote for the budget recommendation was unanimous. However, Selectman Joseph Dey expressed his reluctance to take responsibility for a budget that eventually is approved by the Board of Finance. He suggested, as he has in previous years when it comes to budget time, that Selectmen set tighter parameters so as to get taxes under control. The board decided to schedule a budget conversation in June, which would make the budgeting process truly a year-round process.

AT THE WOODBRIDGE CENTER

The Woodbridge Center announces new exercise classes on TV Channel 79! Tune into local access Altice Optimum Cable TV channel 79 for Exercise with Laurie on Tuesdays and Thursdays at 10 am beginning June 9th. Please send \$20.00 to The Woodbridge Center, 11 Meetinghouse Lane per every ten classes you watch in order to defray the instructor cost- indicate exercise on the memo line. Those who wish to watch on-line can tune into the You-Tube channel at wgatv79. Additionally, The Center is now offering Accessible Gentle Yoga with Julie Luciani which will be aired on Mondays at 11 am beginning June 8th on channel 79 and on YouTube. Join in for health and wellness in the comfort of your own home! Please send \$5.00 per class watched to The Woodbridge Center.

Music Bingo: Listen up! No really, listen...because Bingo is about to get musical! The traditional numbers on the bingo card have been replaced with song titles. When you call in to the number provided, you'll hear 30 seconds of an upbeat song from the 50s or 60s. Figure out the song title, look for it on your card and if it's there,

mark it off. When you get 4 in a row (16 box card), yell "BINGO!" This free event is accessible via phone or internet. Call The Center for more details: 203-389-3430 on dates, times and to get your bingo card.

Transportation for medical appointments is available for those 60+ or disabled. Call to arrange transportation needs.

Meals: Woodbridge seniors may also reserve fresh, flash frozen, prepared meals which will be delivered to your home on Tuesdays. Cost for these meals is \$4.00 and they must be reserved by noon on Monday.

Memoir Writing Project: Everyone's story is different and each creative process unique. Use memoir writing to write down some of your most interesting memories and include letters, postcards, photos, recipes, etc. Contact The Center to get a list of prompts to start your writing project. All entries will be bound for each participant and their families and a copy of the collection of stories will be available at the library. All entries must be submitted by September 30. Many thanks to Bailey, Moore, Glazer, Schaefer and Proto



Ladies from Chatfield Farms in Beacon Falls show off the masks they've been sewing! The group, known as the Mask Stitchers at Chatfield, have been sewing and donating masks since March. Recently, they dropped 100 masks at Woodbridge Human Services for distribution to the residents of Woodbridge.

LLP for their generous sponsorship.

Intergenerational Letter Writing: The Woodbridge Center, in conjunction with Woodbridge Youth Services, is hosting letter writing between local residents ages 5-18 and the senior population 70+ years old. This intergenerational writing campaign will help stave off boredom and isolation during the COVID 19 pandemic quarantine.

Letters may contain drawings, poems, observations and general communications and should be placed in an un-sealed envelope. The Woodbridge Center will address and seal all envelopes and mail them to appropriate community members. Older students may receive community service for Friday, May 22, 2020 Woodbridge Town News Page 15

TOWN DEPARTMENTS & AGENCIES

Virtual Camp Designed To Inspire, Offer Fun

By Bettina Thiel

Woodbridge Town News Correspondent

The Recreation Department staff is working full steam to come up with a fun-filled, yet meaningful camp experience, even if the in-person summer camp is canceled. "This is brand-new for us," said Recreation Director John Adamovich. The program is scheduled to be up and running June 15 and run into August.

They are setting up two 3-week blocks of activities for kids to take part in, then possibly add some themed weeks, such as cooking and nutrition. There are three 40-minute periods every day, 9 a.m. to 12 p.m., ranging from educational to exercise and creative arts and crafts. The program will have its own Facebook page and a Zoom link, where everyone can

communicate live.

Some of the activities, such as kids' yoga and arts and crafts are offered already through the Recreation website. There will be story times and drama, scavenger hunts in your backyard and more. The fee will be \$30 per week for the first child, \$20 for the second, and those who sign up for six weeks will get the last week free.

There will also be a blast from the past, with pictures of John Adamovich greeting campers at the Beecher Road School driveway every morning. "Guess what the first picture will be," he said – "toilet paper man." In the photo he sat on the island, with toilet paper "garlands" draped around him. Little did he know when that photo was taken how it would take on a special commentary.

Town of Woodbridge Meetings for the Month of June 2020



(Subject to Change, Check with Town Clerk's Office, 203-389-3422)

6/1	Human Services Commission7:00 PM Town Plan & Zoning Commission7:30 PM	· ·
6/8	Library Commission6:30 PM Zoning Board of Appeals7:30 PM	Library Town Hall
6/9	Police Commission6:15 PM	Police Department
6/1	0 Board of Selectmen5:00 PM	Town Hall
6/1	4 Economic Development Commission7:00 PM	Town Hall
6/1	5 Fire Commission6:00 PM	Fire House
6/1	7 Inland Wetlands Agency7:30 PM	Town Hall
6/1	8 Board of Finance6:00 PM Conservation Commission7:30 PM	Town Hall Town Hall
6/2	2 Recreation Commission7:00 PM	Beecher Rd School So
6/2	3 Gov't Access TV Commission7:30 PM	Town Hall

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Youth Services

BY NANCY PFUND





Chalk Art Challenge for Woodbridge & Bethany Families

Let's fill our towns with beauty and color! Make a chalk picture on your driveways or sidewalks to celebrate spring, thank our essential workers or depict your feelings.

Forward a photo of your chalk art to Youth Services for a chance to win gift cards to our local businesses. Use your favorite chalk colors and inspiration to share your artistic talent or your pavement poetry.

Email photos by June 26th to nf-pund@woodbridgect.org, and include the Family Name(s), address, and phone number to be reached. Photos and family names may be shared with the community. No addresses will be published. Call 203-389-3429 for more information.

Thanks to a generous donation from Bailey, Moore, Glazer, Schaefer, and Proto, LLP we can provide gift cards to support local businesses. Donations of gift cards and financial support for this and other programs to benefit youth are appreciated. See the Town of Woodbridge website for more details.

Job Bank

Residents who wish to hire teens for outdoor work (with social distancing), and responsible teens who wish to join the Job Bank should call 203-389-3429 for more information.

Virtual Classes

Woodbridge Youth Services provided free virtual classes in Yoga and in Mindfulness in May, and advises families to check out the Town of Woodbridge website and Facebook for additional classes. Contact Youth Services at 203-389-3429 with questions or suggestions.

"Woodbridge Center" From Page 14

participating. Letters may be dropped off to the Human Services department by no-contact appointments. All dropoffs will be at the bench outside The Woodbridge Center and arranged by phone or email. Call 203-389-3429, 203-389-3430 or email jglicksman@woodbridgect.org or npfund@woodbridgect.org for more information.

Woodbridge Human Services will assist seniors and families in need with non-perishable food items from the food pantry as well as gift cards to Stop & Shop for perishable items. Please call 203-389-3429 to speak with a member of the staff. For a list of non-perishable food items needed please visit the Town's website. Please make sure all donations have not expired. Monetary contributions and gift cards are welcome. Call 203-389-3429 to arrange a no-contact drop-off appointment.

Masks! Woodbridge residents and others are busy making masks! To receive a mask, please call 203-389-3430 to be put on the distribution list.

www.WoodbridgeTownNews.com

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Jerry Kelly

Jerry Kelly, 57, of Bethany, passed away suddenly on May 4, 2020. He was a long-time employee of the Woodbridge Public Works Department.

Jerry was the loving husband of Sue Gedansky Kelly and a devoted father to Cheyann and Dakota Kelly. He was born in New Haven on September 12, 1962 to the late Jerald L. and Rosealla Ortseifer Kelly.

Jerry truly enjoyed his job and his coworkers. He loved woodworking, cooking dinner on the grill (even on a snowy night), working around the yard, and taking a nice long ride on his motorcycle. He could fix just about anything, and loved finding a new piece of equipment that he could use in the yard. Jerry looked forward to the Gedansky annual Father's Day lobster bake. He especially loved watching his daughters participate in sports and activities. Jerry coached both daughters in soccer and softball for many years. When he wasn't coaching, he was the loudest supporter in the stands and never missed a game. You could always count on Jerry for a good story or joke, and he could always lighten the mood. "Big Jer" had a heart of gold, and all who had the pleasure of knowing him knew he was the kindest most thoughtful

guy and could always be counted on.

In addition to his wife and daughters Jerry is survived by his faithful dog Dani, his mother- and father-inlaw Rita and Stan Gedansky, his sisters Kim Wollman (Bill), Claudia Donovan, and Cindy Reynolds, sister-in-law Beth Young (Ken), brothers-in-law Steven Gedansky, Matt Gedansky, and Bob Squeglia. He is a favorite uncle to Carly, Jordan, and Zach Young, Natalie and Rachel Gedansky, Alyssa (Nikki) and Chelsea Wollman, Robbie and Taylor Squeglia, DT Reynolds, and Michael Donovan. He was predeceased by his nephew Brian Gedansky and his faithful dogs Bubba and Rylie.

Friends and family paid their respects with a drive-by procession May 9 at Northwest Cemetery, near the town line between Bethany and Woodbridge. Due to the current Covid-19 restraints, burial services were private. A celebration of Jerry's life will take place as soon as we are all able to get together.

Donations in Jerry's memory can be made to the Town of Woodbridge, 11 Meetinghouse Lane, Woodbridge, CT 06525, Attn: to benefit the DPW. To light a virtual candle or to leave an online condolence, please visit www. millerwardfuneralhome.com.



DEATH NOTICES

The Woodbridge Town News will publish Death Notices for Woodbridge and Bethany families free of charge as a service to our readers. Family members please email notice (limit 250 words, please) to: edit@woodbridgetownnews.com

"First Selectman" From Page 7

Woodbridge, Dine Woodbridge, Try Woodbridge."

At our recent May 13th Board of Selectmen Regular meeting, members moved forward on two items. The Board is working collaboratively on finishing a new agreement between the Town and the Amity Woodbridge Historical Society. Several outbuildings at the property will be repaired and repainted. We have also taken the opportunity to correct several building code and fire safety issues in the building prior to installing a new caretaker/ tenant. The Darling House is a valued treasure in our Town, and I look forward to the day when the Society again hosts the very popular Tavern Nights, and the summer Ice Cream Social.

Secondly, the Board voted unanimously to sign a Letter of Intent with the Connecticut Green Bank to explore installing non-penetrating solar panels on the roofs of both the new Firehouse and the new Public Works facility.

I am so very proud of ALL our townspeople. The caring and hard work everyone has shown to keep us safe is unprecedented. I remain hopeful that we will get through this. We are staying apart now so we can come together later!

As always, my door remains "virtually" open to you. Residents may contact me with any questions or concerns at bheller@woodbridgect.org or 203-389-3401. Thank you and please keep safe.

"I have long believed that sacrifice is the pinnacle of patriotism." — BOB RILEY

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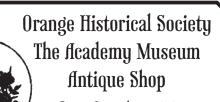
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How To Support Local Businesses During Mandatory Restrictions

The outbreak of the novel coronavirus COVID-19 throughout the United States in March 2020 transformed American lives in ways many might never have imagined possible. Social distancing recommendations and restrictions on gatherings of more than a handful of people had a ripple effect on the economy that adversely affected many small businesses.

Small businesses are the backbones of local communities. According to the U.S. Small Business Administration, small businesses make up 99.9 percent of all businesses in the United States and employ 59.9 million employees. The SBA notes that the accommodation and food services sector is the second largest small business industry. Many of these businesses have been hit especially hard as more and more of their regular customers stay at home in the wake of government advisories promoting social distancing.

But small businesses are vital to local communities, and there are ways to support them and help them stay afloat as they confront the challenges



posed by the COVID-19 outbreak.

Order delivery. It's still possible to enjoy foods from your favorite local restaurants. Many restaurants that had not previously done so have begun to offer delivery services, be it curbside or at-home, and this can provide a great respite for families who have had to cook three meals a day at home for their entire families for extended periods of time. Curbside delivery has made it possible to get takeout meals without compromising social distancing recommendations.

Recognize that more than food is available for takeout. In response to the COVID-19 outbreak, Governor Andrew Cuomo of New York announced relaxations on laws governing what can and cannot be obtained via takeout, allowing takeout on goods that were previously restricted in regard

to takeout. For example, Cuomo announced that the New York State Liguor Authority intended to temporarily relax regulations regarding the takeout and delivery of alcohol. Utilizing such services can be a great way to support local businesses while still adhering to recommendations designed to slow the spread of COVID-19.

Purchase a gift card. Gift cards can help small businesses generate revenue at a time when their doors are largely closed to the public. This can be vital to these businesses' survival, and it gives consumers something to look forward when life returns to normal.

Help market local businesses. Spread the word when local businesses deliver in the wake of the restrictions put on them due to COVID-19. Share these experiences via social media or online reviews, and urge your neighbors to patronize these businesses.

Local businesses are suffering during the COVID-19 outbreak. But communities can come together to support business owners and their employees to help these vital businesses stem the tide.

ELECTION 2020

DeBarba Announces Candidacy for State Rep in the 114th District

Dan DeBarba, a longtime Orange resident, announced today that he will be seeking the Republican nomination for the $114^{\rm th}$ State Representative



Dan DeBarba

district. State Representative Themis Klarides recently announced that she will not be seeking re-election.

"I first want to thank State Rep. Themis

Klarides for her leadership and tireless commitment to the communities of Woodbridge, Orange, and Derby," said DeBarba. "Our state is faced with extraordinary challenges and we need a representative in Hartford who can get right to work and continue to fight for our state and communities as Rep. Klarides has."

Professionally, Dan is a health care executive, small business owner, and CPA. He currently serves as the Chief Financial Officer of a large hospital and health care system in New York. Prior to his current role, Dan was the president of both Norwalk Hospital and Danbury Hospital.

"Each and every day, I am amazed by the tremendous work and sacrifice made by our nurses, doctors, and first responders. Hospitals and health care professionals in Connecticut and across the nation are doing everything they can to restore patient lives and to keep us all healthy. I have spent my career advocating for the needs of hospitals and their staff members and will continue to be a strong advocate for all of Connecticut's hospitals, nurses, doctors, and first responders."

Dan continued, "As a small business owner, I understand the significant challenges that small businesses face in Connecticut and will work diligently to improve the environment in which they operate. Small businesses form the economic foundation upon which we all depend, and they must be supported."

A lifelong resident of Connecticut, Dan grew up in Wolcott and attended the University of Connecticut. While earning his undergraduate and graduate degrees, he served in the Connecticut Army National Guard for six years as a medic.

While at UConn, he met his wife Lynn, a nursing school student from Orange at the time. Dan and Lynn have two sons and a daughter, who all graduated from Amity High School. Dan and his wife have recently been blessed with their first grandchild.

"I look forward to speaking with residents throughout the district and listening to their thoughts and ideas about how we restart, rebuild, and reshape Connecticut's economy," explained DeBarba. "It is imperative that during this crisis we put political differences aside and work together as good neighbors to meet the extraordinary challenges we all face".

For more information or to contact Dan, he can be reached at debarbaforstaterep@gmail.com or call (203) 699-6569.

Welander Helps "Fill The Bucket" For Hunger

When the call went out that the Orange Food Bank was in need, Mary Welander, State Representative candidate for Orange, Woodbridge, and Derby, jumped into action. Welander organized a town-wide food pick up to support the "Fill the Bucket" food drive at F&W Equipment in Orange. The idea was to fill the bucket of a frontend loader.

Recognizing the increasing needs of Orange families and the challenges facing the Food Bank in keeping its shelves filled, Welander put out the call for "no-contact" food donation pick-ups from residents across town. On Friday, Saturday, Sunday, and Monday, May 8-11, Welander crisscrossed Orange picking up donations left for her on doorsteps as well as gathering those dropped off at her home.

In an incredible show of generosity, enough food, household supplies, and personal hygiene products were collected to need two separate drop-off trips. "As a one income household living in Orange, I understand the challenges our families face under normal circumstances. Take those challenges and pile on the fact that so many families have lost income during this pandemic; it's easy to understand that more people may need a little help right now," said Welander, who herself was furloughed from a part time job when Covid19 hit. She added "I'm grateful that I can help the Orange Food Bank in this way so that more families in town are supported through these tough times."

Realizing that many are facing challenges in reaching out during this time, Welander encourages anyone needing assistance to contact the Community Services Dept. at High Plains Community Center at 203-891-4788, or to feel free to contact Mary directly, at 203-881-6207, or welanderforct@gmail.com.

"New Normal" From Page 1

cancelled.

The new normal: Heller felt that people had settled a little more into the new reality, she said in a phone interview on May 15. The first few days of the lockdown, she would field a lot of questions about what is open and what is not. But now, most comments are about people not wearing masks or not adhering to safe distancing rules.

For Heller, personally, it means that there have been no off days. "I don't go home," since work is conducted from home. Her days are filled with virtual meetings, phone calls and emails. Every morning starts with a call checking in with the department heads. Every afternoon they check in with the governor. When a conference call with the department heads failed one morning last week, Betsy Yagla quickly arranged for video conferencing. "I realized I had to quickly change into a more professional-looking outfit," Heller said with a chuckle.

The Safety Committee, which Heller mentioned at the selectmen's meet-

ing, is a standing committee every town is required to have according to Occupational Safety and Health Administration (OSHA) rules, explained Assistant Administrative Officer Betsy Yagla. Serving on the Woodbridge committee are Yagla, Administrative Officer Tony Genovese, Library Director Eric Werthmann, Human Services Director Jeanette Glicksman, Police Chief Frank Cappiello, and Fire Chief Sean Rowland; also Tim Anderson representing Parks Department staff, Bob Hauser (Maintenance), Cathy Trzaski (Building office), and Jim Franco (Recreation). Other staff members can be invited to the meetings, Yagla said.

The committee will think through issues that may not already be covered by Gov. Lamont's guidance on how to reopen an office safely, Yagla wrote. "Since the Safety Committee comprises a variety of positions, departments and buildings, we thought it would be a good representation of staff views and concerns. We anticipate that they will identify issues and potential solutions to help ensure the safety of staff and residents."





HEALTH & FILINESS

E-Visits and Telehealth During Covid-19

By Kyle Branday, MSPT

The last few weeks have hit everyone like a punch to the gut. Our world and day to day lives have been rocked in ways few of us could have imagined. Schools and restaurants closed, grocery stores with lines out the doors, and all of us attempting to limit interactions.

Social distancing has been at the center of what we are doing currently in our society. The attempt to limit the spread of COVID-19 has created a societal need for distance. And while medical facilities and grocery stores remain open, many people are locking their doors and throwing away the key until the storm clears and the Lysol kicks in.

The reality is that during a period of time such as this, it is imperative that we move often and move well to stay healthy. Yes, some people are tentative about leaving the house for even simple outdoor exercise. Others are spending the vast majority of their day setting up their work station at their dining room table, perched on a barstool at the kitchen counter, or lounging with a laptop on their lap with their feet on the coffee table. All of this to adapt to the new temporary norm of working from home.

Bottom line is...we are more home bound and we are bound to be more sedentary. This is going to lead to more spinal pressure, stiffer joints, weaker muscles, and more pain. This is bad enough for everyday people, but imagine all those patients that suddenly lost access to their care. Some of whom can't leave because they fall into higher risk categories with immune systems that are compromised or have other conditions that would lead to a higher risk of COVID-19.

Luckily, we have been hard at work for our patients. While we are still in clinic as essential healthcare workers, we have also launched E-Visits! These are one to one visits held through a web site (very similar to FaceTime) in the comfort of your own home.

While these visits are not a new thing in the world of healthcare, insurance companies have been finally getting their ducks in a row to allow Physical Therapists to bill them for these sorts of online visits. They are essential to allow us to provide proper care to the abundance of patients who are unable to access their Physical Therapists currently.

All you need is a smart phone or a computer with a webcam. The process is as quick and easy as opening your email. But what about patients who don't have technology that can accommodate an E-visit? Most insurance is



Kyle Branday

also permitting telephone-based visits such as telehealth which will allow your provider to give you advice and direction in your medical care over the phone.

Like every other profession that provides telehealth services, there are limitations to providing online medical services. For most of you that have been through PT, there is typically a handson portion whether it be stretching, massage, or joint mobilization. Lucky for all of us that one of the best skill sets we have as therapists is our ability to detect dysfunction, improper movement, or weaknesses without laying a set of hands on a patient. The quality of movement speaks volumes to us about the problems going on.

Working through that assessment visually allows us to then prescribe the proper changes. Whether stretching, strength training, specific muscle isolation and engagement, physical therapists can change those faults through a virtual medium.

During these difficult times we have to get creative in our solutions to the more complex problems challenging our lives. For those of you with orthopedic or neurological dysfunction, don't think that social distancing halts your care. Allow your physical therapist to show you the difference E-Visits can make for you.

Kyle Branday, MSPT is a licensed physical therapist and partner at Amity Physical Therapy, founded fifteen years ago by Michael Dow MSPT CEO/Director with offices in Woodbridge, Hamden and Branford. Kyle is a graduate of Quinnipiac University with his Masters in Physical Therapy. He works with patients of all ages and ability levels, treating high level athletes with fractures and sprains to gait and balance dysfunction in the elderly. Kyle can be reached to set up an evaluation at (203) 389-4593 or visit www. amitypt.com.

Amity Physical Therapy Combats Covid-19

Treating Patients In Complete Safety

"Early in the game we began formulating a strategy to limit the effectiveness of this pandemic on our practice," said Michael Dow, CEO/Director. "It was clear that this unprecedented virus would be the most disruptive and disastrous for our global society. We now know it takes no prisoners."

Amity Physical Therapy is the Woodbridge-based practice with additional offices in Hamden and Branford. Well known for its award-winning compassionate treatment of physical injuries, combined with personal fitness/wellness programs, Dow conceived his own set of "guidelines" for all three offices. "We wanted to be well ahead of the curve," Dow said, "so that our patients undergoing injuries and pain could be safely cared for while we adhered to the social distancing directions of the federal government, together with the lockdown mandate of Governor Lamont.

Here are Dow's safety procedures: New and existing patients receive strict in-clinic safety measures and social distancing as prescribed by the CDC. Our staff is fully equipped with approved PPE protective gear that allows effective, safe, necessary physical therapy to patients of all ages, pediatrics to geriatrics;

For at-home musculoskeletal care, patients can choose Telehealth communication or online viral E-visits for which insurance companies have waived co-pays and deductibles in most cases. All three offices offer in-clinic visits by appointment;

Office hours remain the same while our ability to rotate our staff offers ultimate patient accommodation. We also realize the demands of remote at-home work and provide flexibility for patients who have the added task of assisting children with online learning.

LOCAL SPORTS



Runner Trains for Marathon, Runs Every Woodbridge Street

Local runner Chris Merrill was training for the Vermont City Marathon that was to take place on Memorial Day. Though it has since been cancelled this year, Chris continued to train - with the goal of running every street in Woodbridge! This week Chris completed his training, having run on every single street in town, and he finished at Woodbridge Running Company.

It took Chris only 3 weeks to do it because he was in the higher mileage runs of his marathon training, but he ran all 236 streets and 187 miles of roads! He tracked every run on his Strava running app so he could see what roads he needed to cover and planned out each day's run like fitting puzzle pieces together.

Congrats to Chris on turning training into a real fun run!

HAPPY MEMORIAL DAY!



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