Federal:
Best COVID-19 information sites per the Center for Disease Control and Prevention (CDC)


State:
Stay informed about COVID-19 and the latest information from CT Governor Ned Lamont

https://portal.ct.gov/coronavirus

COVID-19 Data Tracker and Connecticut town by town information

https://portal.ct.gov/Coronavirus/COVID-19-Data-Tracker

Local:
Town of Kent Emergency Management

https://www.townofkentct.org/emergency-management

Torrington Area Health District

https://www.tahd.org/

Other Resources:
For COVID-19 updates telephonically call United Way Infoline by dialing 211.
News from Kent Park and Rec...

COVID POLICY: When visiting the parks, remember to maintain social distancing of at least 6 feet; wear a mask when this isn't possible. Wash hands or use hand sanitizer after using the playgrounds, tennis courts, benches, picnic tables. Adhere to signs posted in the parks.

Kent Town Parks are Open!

Emery Park, 42 Segar Mountain Road, is open for picnicking, playground and hiking trail (steep terrain) from sunrise to sunset. Kent Common Park, Swifts Lane, is open for playground, tennis courts (park pass required), pavilion rental (call 860-927-1003 for information), walking path (1/4 mile, easy terrain). The park also is open from sunrise to sunset.

Seasonal Flu Clinic: A drive-thru seasonal flu vaccination clinic, for ages 4 and up, will be offered at Kent Town Hall parking lot on Wednesday, Oct. 7, 2020. The hours are 10–Noon and 12:30–3. Pre-registration is required. To register for an appointment, call the First Selectman’s Office 860-927-4627. Registration deadline is Oct. 6, 2020. List of accepted insurances and registration forms are available at Kent Station Pharmacy and online at https://www.townofkentct.org/. There is financial assistance available to any Kent resident without insurance. Prior to your appointment have all necessary forms filled out/signed and provide a photocopy of both sides of your medical card(s).

Drive thru procedure:
- Do Not Arrive Early. Be prepared to wait.
- When you arrive for your appointment, follow the route indicated.
- Do not exit your vehicle. All occupants must wear a facemask.
- Provide all necessary forms to the Nurse when requested to do so.
- Once you are done, please leave the parking lot.

The clinic is sponsored by the New Milford Visiting Nurse Association and Kent Community Fund in conjunction with the Town of Kent.

Energy Assistance Program: Beginning in September, Kent Social Services will be accepting applications for the CT Energy Assistance Program (EA). Kent Social Services serves as a voluntary intake site for all Kent residents that qualify for EA. Application review and final approval is completed by Community Action Agency of Western CT. During the winter months, this program assists with the purchase of heating fuel including oil, propane, kerosene, electric, wood, and wood pellets. EA has specific gross income and asset limit requirements. Since the entire household benefits from this program, income and asset verification will be required for all household members. This year’s gross income guidelines are: Household size 1/Max income $37,645.00; Household size 2/Max income $49,228.00; Household size 3/Max income $60,811.00; etc. Please check the Town of Kent, Social Services page for updates. This year, there will not be any face-to-face appointments scheduled. Applications will be completed through email, telephone, and mail. To determine if your household qualifies for this program or to ask any further questions, contact Leah Pullaro or Debbe Christensen at Kent Social Services 860-927-1586 or socialservices@townofkentct.org.

Kent Senior Center is closed until further notice.

With many Senior Centers, parks, and gyms closed, many are taking advantage of virtual programs. Here are a few examples of ways to keep your mind and body active.

- Armchair travel takes people to faraway places without leaving home. It provides a sensory experience and the opportunity to learn about exotic lands and important past events in a meaningful manner. https://www.cntraveler.com/story/the-ultimate-guide-to-armchair-travel
- Virtual tours of national parks. https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park
- SilverSneakers is a popular fitness program offered, at gyms throughout the United States, for Medicare beneficiaries 65 and up through select Medicare Advantage plans or a few Medicare Supplement (Medigap) plans. Now you can access classes safely at home through Silversneakers on Demand. More information is available through this link. https://tools.silversneakers.com/

****** Right now Silversneakers is offering free exercise classes for members and non-members through their Facebook page. If you are a Facebook user, just like their page and join in! ******