



Groton COVID-19 Resource List

Version: April 13, 2020

As COVID-19 arrives in Vermont, it will take a village to help each other through. Luckily, we have a great one! This is a working document that seeks to provide a list of general resources, health information, and ways for community members to help respond to this evolving situation.

Much of this content has been borrowed as inspiration from the NEK Collaborative and the efforts of other towns across the region (Bradford, Bethel, Craftsbury, Hyde Park, and others).

Thank you! #vermontstrong #nekstrong

If you have questions or need to visit the doctor PLEASE CALL FIRST (see list below):

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WHERE CAN I GET MORE INFORMATION ABOUT CORONAVIRUS?

- Access the Vermont Health Department's [website](#) for what you need to know and the latest updates regarding Coronavirus (COVID-19). You can also see current COVID-19 activity in Vermont here ([link](#)).
- Call Vermont's resource line by **dialing 2-1-1** with any questions about coronavirus or general questions about help and services in Vermont or visit vermont211.org
- See the [Centers for Disease Control's \(CDC's\) website](#) to find answers to questions about novel coronavirus (2019-nCoV), including disease basics, prevention, travel, etc.
- [FEMA Region 1 \(New England\)](#) has had their Regional Response Coordination Center (RRCC) create a Map Journal for New England. Whether you need accurate information about cases or are just curious, this is being kept up to date.

REQUEST ASSISTANCE

- **Groton Ryegate FAST Squad** - If you are an older person or someone with a compromised immune system in need of groceries or any other household supplies please don't hesitate to reach out for help. Contact information below - we will do our best to help.
 - Private message on Facebook ([Groton Ryegate FAST page](#))
 - Derek Curtis - 802.866.0144 or groton.ryegate.fast@gmail.com
 - Brenda Bruleigh - brendabruleighgafd@gmail.com

If you have medical concerns, please call 911 or your doctor. Do not contact one of our members directly to request an evaluation. If we do not get your message right off there could be a delay, and we have to follow certain state protocols and procedures.

VOLUNTEER TO HELP

- [Groton Together Network](#) - We all need to help reduce the spread of the virus by staying home. Together, we need to make sure that all community members have what they need to stay home, whether sick or healthy. To help coordinate potential future efforts, we're looking to compile a list of volunteers so people can be contacted as needs arise. To express interest in being part of this, visit: [Volunteer Sign-Up Survey](#)
- [Groton Food Shelf](#) - Accepting donations of shelf stable food items (Cereal, canned goods such as soups and veggies) and personal care items (toothpaste, soaps and shampoo) to help support families in need in our town. Please contact the Groton Town office to drop off items for donation.
- **Donate Material to Help Make Masks for Groton Residents** - Several residents are making cloth masks for members of the community. If you have new, unused 100% cotton fabric, 1/4" or 3/8" elastic, thread, or fabric binding tape to contribute to this project, please place in the basket located in the entryway of the Town Office / Community Building.
- **Mask Making Kits for Little Rivers** - Priscilla Connolly has kits for making masks for Little Rivers patients. She can be contacted at ps.connolly@charter.net.
- [NEK COVID-19 Volunteer Opportunities](#) - A list of organizations across the Northeast Kingdom that need help now.
- [State of Vermont Volunteer Opportunities](#) - The State of Vermont is looking for volunteers to help in communities across the State that have been affected by COVID-19. Help is needed in a variety of areas and professions.

FOOD / GROCERIES / MEALS

- **Community Meals**
 - **Groton Lunches w/ Friends (GLwF) Meal Site** - There are currently three options available for Groton residents to obtain meals from the Northeast Kingdom Council on aging (NEKCOA) through the Groton Senior Meal Site, known as Groton Lunches with Friends (GLwF).
1. Residents 60 years old and older (and spouses under 60) may pick up seven frozen meals per person at the Groton United Methodist Church on Thursdays, at noon. In order to qualify for this program, each individual must complete a NEKCOA registration form ([link](#)). This form can be handed in to the GLwF volunteer at the church when one picks up their first meals. Seniors who were previously participating in the Thursday noon meals at the site need not re-apply. The process to obtain meals is to drive up to the back door (off the parking lot) and a GLwF volunteer will ask your name and the number of meals desired. Once your order has been packed, the volunteer will hand you your

order through your car window. Please practice appropriate social distancing while placing and receiving your order.

2. Residents 60 years old and older (and spouses under 60) may receive seven frozen meals per person, delivered by the GLwF Meals-on-Wheels driver on Thursday mornings. In order to qualify for this, one must apply to NEKCOA by calling the Senior Help Line to register. The number is 1-800-642-5119, Monday - Friday 10am to 5pm. NEKCOA will add their names to our Meal-on-Wheels roster for delivery on Thursdays. Once registered, GLwF would appreciate a phone call to confirm the number of meals desired each delivery. Please call Julie Paton at (802) 222-6155 to confirm the number of meals desired.

3. Residents under 60 years old may qualify for Meals-on-Wheels by contacting the Vermont Council on Independent Living (VCIL). The description of the VCIL Meals-on-Wheels program is here ([link](#)). It provides the criteria under which individuals may qualify and a phone number to register for this service. The meals will be provided by GLwF during our regular Thursday delivery. Once registered, GLwF would appreciate a phone call to confirm the number of meals desired each delivery. Please call Julie Paton at (802) 222-6155 to confirm the number of meals desired.

Please call Julie Paton, the GLwF Site Manager, at (802) 222-6155 if you require further information about any of the above options.

- **List of [NEK Community Meal Sites](#)**

- **Kingdom Community Services Meal Sites/St. Johnsbury**

All sites offering take-out food, no dining inside:

Mondays, 11 AM--12:15, Grace Methodist Church, Central St.

Wednesdays, 11 AM--12:15 PM, United Community Church, Main St.

Fridays, 11:30 AM--12:30 PM, South Hall Church, Main St.

Saturdays, 11 AM-12:15 PM, Universalist Unitarian Church, corner of Eastern Ave. and Cherry St.

- **School Meals**

- **Blue Mountain Union School** - All students can receive free lunch and breakfast for the following day. Students or parents can stand at the bus stop to receive the meals around the timeframe after 10AM at the same time the bus takes to get to the stop (Example: If the bus takes 15 minutes to get to the stop, you should be ready to pick it up at 10:15 AM).

- **Food Shelves**

- **[Groton Food Shelf](#)**

1476 Scott Highway, Groton, VT 05046

Contact: Carrie Peters (584-3276), townclerk@grotonvt.com

Open Monday through Thursday (8am-3pm). Customers need to call ahead and set up a pickup time. In addition, during this time people who cannot or should not shop for themselves are welcome to call the Food Shelf for assistance. The

food is NOT for those in economic need only. Donations for the food are always welcome but never required.

- [Other Northeast Kingdom Food Shelves](#)
- **Faith in Action, Lyndonville VT** - Call 802.626.1212 for emergency food or transportation needs.
- [Northeast Kingdom Community Action](#) Newport area -1-802-334-7316 8:30 am - 4pm pm, Island Pond(802-723-5276) Canaan - (802-266-7134) for food, fuel, utility, housing, and childcare assistance, and navigation of other needs for the community.
- [Northeast Kingdom Community Action](#) St Johnsbury - 802-748-6040. We are serving grab and go breakfasts every day 8am - 9:30am. We are open 8:30 am - 4pm for food, fuel, utility, housing, and childcare assistance, and navigation of other needs for the community.
- **Kingdom Community Services Food Shelf** Tuesday and Thursday, 12 Noon--3:45 PM. Location is 36 Steeple Place, between United Community and St. John's Churches off Main Street. We will be practicing social distancing in our distribution. Customers will not enter the Food Shelf building but will be handed their orders on the porch. Please come prepared to stand/sit outside.
- [Vermont Foodbank](#) (800-585-2265) 3SVT (1-855-855-6181) Text VFB SNAP to 85511, use the [Foodbank's Find a Foodshelf tool](#)
- [Hunger Free Vermont](#): Flyer on "Feeding Your Family during the Novel Coronavirus/COVID-19 Outbreak" ([link](#)).
- [Upper Valley Strong](#): Two area food shelves (White River Junction, Lebanon, NH) with regular weekday hours.
- **Grocery/General Stores/Farms**
 - **Upper Valley Grill** (802) 584-3101 Open Monday to Saturday, 7AM- 6PM (the grill closes at 5pm), Sunday, 7AM-4PM. Carrying some fresh vegetables and serving regular menu as takeout, call ahead to order.
 - [P&H Truckstop](#) (802) 429-2141, Open 24 hours, 7 days a week, convenience store with Fresh Breads and Frozen dinner meals. Can order limited pick up menu.
 - [Shaw's Grocery, Woodsville, NH](#) (603) 747-3461, Open Daily 7AM-8PM
 - Walmart: Open Daily 7AM-8PM (new hours as of 3-20-20), Some items can be ordered online for in store pick up.
 - [Copies and More](#) Wells River, VT (802) 757-8105 Open Monday - Friday, 10AM to 3PM, over the phone only. Office/ School supplies and coffee. Call or email glenda@copiesvt.com for free curbside pickup.
 - [PT Farms](#) 500 Benton Rd, North Haverhill, NH 03774 (603) 787-9199, ptfarmllc@gmail.com They have fresh beef, pork and lamb for sale, call or email to order.
 - [NEK Farms](#) - This crowdsourced document lists farms with food for pickup or delivery during the COVID-19 outbreak.

- [White's Market](https://shop.rosieapp.com/dashboard) (802-748-5099; St. Johnsbury & Lyndonville) is offering online & phone ordering + curbside pickup. <https://shop.rosieapp.com/dashboard>
- **Additional Resources**
 - **WIC:** WIC gives you access to healthy foods, nutrition education and counseling, and breastfeeding support. If you're pregnant, a caregiver, or a parent with a child under five, WIC is right for you! To find out more and apply visit <https://www.healthvermont.gov/family/wic> or text 'VTWIC' to 855-11
 - **3SquaresVT:** Has your household lost pay? Have your childcare expenses increased? 3SquaresVT is here for you and your family to help put food on the table! You could be eligible to receive a 3SquareVT benefit or increase the benefit you already receive. To get help applying visit www.vtfoodbank.org/nurture-people/3squaresvt, call 855-855-6181 or text VFBSNAP to 85511. You can also visit <https://dcf.vermont.gov/benefits/3SquaresVT>
 - **Meal Programs for Older Vermonters:** People age 60 and older are especially encouraged to stay at home in order to protect themselves from COVID-19, but staying well nourished is also critical for your health. To help, you may be able to pick up meals to go or have meals delivered to your home. For more information about meals for older adults, please call the **Helpline at 1-800-642-5119**.
 - **Food assistance through the Vermont Foodbank network:** The Vermont Foodbank is dedicated to supporting Vermonters during all times of need. To find a food shelf near you, call 1-800-585-2265 or visit <https://www.vtfoodbank.org/agency-locator>
 -

HOSPITALS & HEALTHCARE CENTERS - *Please call first*

- [Dartmouth Hitchcock Medical Center](#), (603) 650-1818 (Hotline for COVID19 Questions)
- [Cottage Hospital](#), (603)747-9000, 90 Swiftwater Rd, Woodsville, NH 03785
- [Central Vermont Medical Center](#), (802) 371-4100, 130 Fisher Rd, Berlin, VT 05602
- [Northeastern Vermont Regional Hospital](#), (802) 748-8141, 1315 Hospital Dr, St Johnsbury, VT 05819
- [Little Rivers HealthCare](#), (802) 727-2325, 65 Main Street, Wells River, VT 05081
- [Danville Health Center](#), (802) 684-2275, 26 Cedar Lane, Danville, VT 05828
- [Kingdom Internal Medicine](#), (802)-748-7500, 714 Breezy Hill Road, St. Johnsbury, VT 05819
- [St. Johnsbury Community Health Center](#), (802) 748-5041, 185 Sherman Drive, St. Johnsbury, VT 05819
- [St. Johnsbury Pediatrics](#), (802) 748-5131, 97 Sherman Drive, St. Johnsbury, VT 05819

PHARMACIES / PRESCRIPTIONS

- **[Shaw's Pharmacy](#)** Open: 8AM-7PM, Monday through Friday, Saturday: 9AM-5PM, Sunday: 10AM to 5PM
 - (603) 747-5003, 15 Forest St, Woodsville, NH 03785
 - Accepts all major insurance plans, including Government and Military Plans
 - They can mail your prescription for free (everything must be prepaid in advance over the phone and you can't pay the delivery person).
 - They also deliver for free if you live within 5 miles of the pharmacy. area of the store, just call directly to the pharmacy.
 - You can also arrange to have someone else pick-up your prescription for you. Call the pharmacy in advance to discuss what's required to do that.
- **[Rite Aid](#)** Open Monday-Friday, 8AM to 8PM, Saturday & Sunday, 9AM-5PM
 - (603) 747-3300, 4976 Dartmouth College Hwy, Woodsville, NH 03785
- **[Walmart Pharmacy](#)** Open Monday-Sunday 7AM to 8:30PM
 - (603) 7474-3355, 4901 Dartmouth College Hwy, Woodsville, NH 03785, Full Service Pharmacy
 - They offer curbside pick-up. Either prepay for your prescription in advance or pay when you're picking it up.
 - They can mail your prescription under certain circumstances. Call the pharmacy directly to discuss.
 - You can arrange for another person to pick-up your prescription. Call the pharmacy directly to discuss.
- **[Hannaford Pharmacy](#)** Open Monday-Saturday 7AM-10PM, Sunday 7AM-9PM
 - (802) 222-3370, 586 Lower Plain, Bradford, VT 05033
- **[Kinney Drugs](#)** Open Monday - Saturday 7:30AM-8:30PM, Sunday 9AM-6PM
 - (802) 222-9292, 901 Lower Plain, Bradford, VT 05033
 - offers FREE prescription delivery. Plus, we can deliver other products, too, such as over-the-counter medicines, household supplies, pantry items and more. They also offer a convenient pharmacy drive-thru window at most locations.
- **[Walgreens Drugstore](#)**
 - (802) 748-5210, 502 Railroad St, St Johnsbury, VT 05819
 - You can pick prescriptions for others with the last four digits of their phone numbers.
 - They are doing deliveries, [visit their website](#) to request it. They are waiving the \$5 delivery fee at this time.

STAYING CONNECTED LOCALLY

- **[GrotonTogether.com](#)**: This website has been launched to help make information & resources available and more accessible to Groton residents during the COVID-19

pandemic. On this site you can request assistance, complete a volunteer survey, get a copy of the Groton COVID-19 Resource List (and other resources), access related news & events, and sign-up to the mail list for periodic updates.

- **Weekly COVID-19 Pandemic Update Informational Meetings:** Hosted by the Groton Social Resource Committee, these are typically held at 6:30pm each Thursday during the COVID-19 crisis to share updates, information & resources to residents. Please note that this is a remote access meeting. Details on how to participate either online or by phone can be found in the Events section of <https://www.grotontogether.com/> or by calling the Town Office (584-3276).
- **[GrotonVT.com](https://www.grotonvt.com/):** The official website of the Town of Groton provides an ongoing information source for residents and businesses as well as an introduction for new residents and visitors. It also covers COVID-19 related notices and resources.
- **[Town of Groton Facebook Page](#):** Another source of town and COVID-19 related announcements and information.
- **[Front Porch Forum](#):** A (FREE) online Neighborhood Forum for Groton & Ryegate where clearly identified nearby neighbors share postings about all sorts of topics.
- **Groton Community Discussion Group (listserv):** This (FREE) local community email discussion list allows members to post and respond to messages about their town. You can SUBSCRIBE to this group by sending a blank message to groton_area-subscribe@lists.vitalcommunities.org .

ACCESS TO MASKS & ADDITIONAL SUPPLIES

- **Masks** - Several Groton residents are making cloth masks for members of the local community. Depending on the current supply, these can be picked up in the entryway of the Town Office / Community Building. Please note, there is a limit of one mask per family member at this time.
- **[Green Mountain Distillers](#)** is offering free hand sanitizer. Just bring in your used containers for a refill. *Call to confirm first.* (802) 253-0064171, Whiskey Run, Morristown, VT 05661.
- **[St. Johnsbury Distillery](#)** is offering free hand sanitizer. Just bring in your used containers for a refill. Available during work hours 9am-3pm. *Call to confirm first.* (802) 751-8813, 1350 Main St Suite 102, St Johnsbury, VT 05819.

LIBRARY RESOURCES

- **Groton Free Public Library**
 - Email- grotonlibraryvt@gmail.com
 - Call: 802-584-3358 (messages are checked daily)
 - Call for IMMEDIATE NEEDS 802-222-0543
- **Free Online Resources**

In many instances you will need your Library card number to access the online resources listed below. Please be reminded if you have your card number at home that the “number” includes the entirety of the assigned number. Sample 2VTK+000000000 If you don’t know your card information. Call if you have any questions!

- **Internet Archive:** Internet Archive is a non-profit digital library offering free universal access to books, movies & music, as well as 418 billion archived web pages. Access – Go to <https://archive.org/>
- **Project Gutenberg:** The site offers thousands of public domain ebooks for free use on any device. Because they are public domain, they are typically limited to items published before 1924, but that still includes a wide range of classics. Access – Go to <https://www.gutenberg.org/> and download ebooks in a variety of formats
- **LibriVox:** This site offers public domain audiobooks recorded by volunteers for free use on any relevant device. Like Gutenberg, they tend to be items published before 1924. Access – Go to <https://librivox.org/> and download audiobooks.
- **TumbleBooks:** This site offers is a collection of animated talking picture books, read-alongs, ebooks, quizzes, lesson plans, and educational games. They recently announced its online products would be available for free to all public libraries until at least August 31. Access – Libraries need to email info@tumblebooks.com with subject line Free TumbleBooks in order to receive free links to all three TumbleBook databases for use by their patrons
- **FamilySearch:** This free genealogy site allows users to search for information, create a family tree, and pull records from their extensive database. Access – Go to <https://www.familysearch.org/>
- **LUV/Overdrive:** Overdrive allows you to check out ebooks and digital audiobooks to your phone, tablet, or other device. Just like print books, there’s a checkout period, and only one person can have a book at a time. Access – Install the Libby app, or go to <http://gmlc.overdrive.com> . You’ll need your library card number and possibly your password to get logged in.
- **Free ebooks** at <https://www.gutenberg.org/>.

FREE WIFI

- **[Groton Free Public Library](#):** You can access the internet outside of the library by connecting to Groton Library Guest and entering password **GFPL1234**.
- **Groton Town Offices** - The network can be access the internet from your vehicle (park by Gym entrance) by connecting to Groton Town Offices Guest and entering password: **05182011**
- **[Public WiFi Hotspots in Vermont](#)** - The Public Service Department has prepared a map of public buildings in VT where WiFi with access to the internet is publicly available. These sites are accessible at all hours from a parked vehicle on the road or parking lot.

- **[Vermont Department of Public Services](https://publicservice.vermont.gov/content/new-connectivity-resources-support-you-during-covid-19-state-emergency-vermont)** The Department of Public Service is collecting information and resources on the availability of Internet and telecommunications services during the COVID-19 emergency. This webpage will include information about what cable, telephone, and mobile carriers are doing to assist consumers and places where consumers can find internet access and be updated as new information becomes available.
<https://publicservice.vermont.gov/content/new-connectivity-resources-support-you-during-covid-19-state-emergency-vermont>
- **Charter Communications** will make its services available for free for 60 days to households with K-12 and/or college students who don't already have internet through the company. To enroll in the program, call 1-844-488-8395. Installation fees will be waived for new student households.
- **Comcast** has opened their Xfinity WiFi hotspot network nationally for free and made other changes for existing and new customers.

SUPPORT LOCAL BUSINESSES

Consider purchasing gift certificates, ordering from local stores online, or taking advantage of home delivery services.

TECHNOLOGY TO CONNECT WITH OTHERS

If you are looking for ways to stay connected with loved ones, classmates, neighbors or work colleagues, here are a few options:

- **Zoom** - You'll be hearing a lot about this video call, text, and voice application as many others are starting to use it. The free version offers unlimited 1 to 1 meetings and the ability to host video chats with up to 100 people (limited to 40 minutes in free version).
- **Facebook Messenger** - For those with a Facebook account, this is their free text, voice, and video call application.
- **WhatsApp** - A free text, voice, and video call application.
- **Signal** - A free text, voice, and video call application. Considered by many to be a more secure and private alternative to WhatsApp.
- **Facetime** - For iPhone/iOS users, a free app for mobile devices and home computers that is free on the Apple App Store.
- **Google Duo/Hangouts** - Google's FREE voice & video call application.
- **Skype** - Microsoft's text, voice, and video call application. Free to sign-up and free Skype-to-Skype calls. You can also purchase minutes to call other phone numbers.

EDUCATIONAL & CULTURAL RESOURCES

- [100 Activities to do at home during school closures](#)
- [Ten fun websites for your kids](#)
- [Anti-Oppressive/Anti-Racist Home School Options During Quarantine](#)
- [Education Companies Offering Free Subscriptions due to School Closings](#)
- [12 museums that offer virtual tours](#)
- [COVID-19 Social Distancing with Families](#)
- [Home with Kids? Advice from a Homeschool Mom](#)
- [Paris Museums](#)
- [Scholastic Learn at Home](#)
- [Mo Willems weekly live doodle!](#)
- [Kids Yoga](#)
- [Cincinnati Zoo brings the animals to you!](#)
- [Cosmic Kids Yoga](#)
- [CalAcademy Educators Lesson Plans](#)
- [Schools Out, Podcasts are In](#)
- [Met Opera](#)
- [Kids Activities Blog](#)
- [WeAreTeachers.Com](#)
- [Fairbanks Museum & Planetarium Virtual Classroom](#)
- [7 Ways to Support Kids and Teens Through the Coronavirus Pandemic](#)
- [Vermont Art Online](#)
- [Art Resource Links](#)
- [Seattle School Closure Activities](#)

DONATIONS NEEDED

- [Vermont Foodbank](#) - Communications director Nicole Whalen says cash donations are currently more helpful than food or other items. <https://www.vtfoodbank.org/give-money>
- [Donate blood](#) - The FDA has raised concerns about a blood shortage as donation drives are cancelled.
- The Vermont Community Foundation has set-up a [VT COVID-19 Response Fund](#) to help both with emergency response efforts and longer term recovery.
- [Vermont Farm Fund](#). Donations will support availability of Emergency Loan funds for Vermont food producers who are suffering COVID-19-related losses.
- **Donate Material to Help Make Masks for Groton Residents** - Several residents are making cloth masks for members of the community. If you have new, unused 100% cotton fabric, 1/4" or 3/8" elastic, thread, or fabric binding tape to contribute to this project, please place in the basket located in the entryway of the Town Office / Community Building.

STAYING HEALTHY

- [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19](#) - Info and guidance from the CDC.
- **Free Online Exercises** - To help you remain active and healthy, experts from Mass General Sports Physical Therapy share some exercises and stretches you can do at home. [Watch the video](#)
- **Tips for Keeping Hands Hydrated and Healthy** - Mathew Avram, MD, is the director of Mass General's Dermatology Laser and Cosmetic Center and offers up a couple of key tips on keeping hands healthy — and hydrated — in the weeks ahead. [Watch the video](#)
- **Yoga** - Anne Falkowski (has a yoga studio in CT) has started a free gentle online class in response to the need for social distancing. Here is a link to Day 1 ([link](#)).
- [Vermont State Parks](#) - Provides some ideas on getting outdoors close to home and connecting with nature during COVID-19.

UTILITIES

- **VT Public Utility Commission Blocks Disconnection Of Utility Service**
On March 19, 2020, the Vermont Public Utility Commission (“Commission”) directed the state’s regulated utilities to stop any disconnection of residential utility service due to nonpayment of electricity, natural gas, and telecommunications bills. This moratorium on involuntary utility disconnections will last until at least April 30.
- **Vermont Electric Coop** has suspended service for disconnections from 3/16 through the end of April. Regular billing will continue for all members.
<https://www.vermontelectric.coop/>
- **Green Mountain Power (GMP)** has suspended collection activities including disconnects until 4/30. Regular billing to continue. Details & more info:
<http://ow.ly/vaF850yMhLN>

FINANCIAL RESOURCES

- IRS: Economic impact payments: What you need to know ([link](#))
- U.S. Small Business Administration (SBA): On Friday, March 27, 2020, the President signed into law the CARES Act, which contains \$376 billion in relief for American workers and small businesses. In addition to traditional SBA funding programs, the CARES Act established several new temporary programs to address the COVID-19 outbreak: Paycheck Protection Program, EIDL Loan Advance, SBA Express Bridge Loans, SBA Debt Relief. [More info](#).
- Vermont Agency of Commerce and Community Development (ACCD): To aid Vermonters as we all respond to and recover from the COVID-19 outbreak, ACCD has

developed a RECOVERY RESOURCE CENTER of available tools including financial assistance programs, unemployment information, and a series of Frequently Asked Questions to help businesses and individuals navigate the resources available in this time of need. [More Info](#).

- Take advantage of online banking, mobile banking apps, including mobile deposit capture, ATMs and drive through tellers.
- Vermont Economic Services is waiving in-person contact requirements for benefits programs. Apply [online](#) or by phone 1-800-479-6151
- The Vermont Department of Labor has launched an online portal for employees who may be eligible for Unemployment Insurance benefits as a result of COVID-19. This new process means [initial unemployment insurance claims can now be filed online](#). The Vermont Department of Labor also recently created a set of [COVID-19 FAQs for Employers and Employees](#). [New updates](#) will be posted on the Department of Labor website. If you have specific questions, you may wish to contact the Vermont Department of Labor Employer Services line at 802 828-4344. Please understand that they are experiencing high call volume.
- [New and existing members of North Country Federal Credit Union whose income is affected by COVID-19 could be eligible to receive loans of up to \\$5,000.](#)
- [NOFA-VT](#) is offering payment to experienced milkers to help step in when farmers get sick. This relief is available to ALL dairy farmers and farm workers. Email bill@nofavt.org to learn more.

BASIC NEEDS

- [H.O.P.E Lyndonville](#) - basic services (802) 626-3228
- [Northeast Kingdom Community Action](#) 1-802-334-7316 for food, fuel, utility, housing, and childcare assistance.
- [NEK Council on Aging](#) is asking clients to call the helpline (800) 642-5119
- [Northern Counties Health Care](#) is asking patients to call our Community Resource Coordinator Team at (802) 748-9405 x1042 or e-mail crchelp@nchcvt.org. They are also offering Telehealth appointments.

MENTAL HEALTH RESOURCES

- Crisis Textline Text: "VT" to 741741
- <http://youfeellikeshit.com/> (simple but effective website for those experiencing anxiety around COVID-19)
- [Pathways Vermont Support Line](#): Reach out to your neighbors, connect with your chosen family, and call or text the Pathways Vermont Support Line. Open from 3 PM to 6 AM. Connect with an operator by dialing (833) VT - TALKS / (833) 888 - 2557
- CDC Managing Anxiety and Stress with COVID 19 [CDC](#)

- Mental Health Considerations during COVID-19 Outbreak [WHO](#)
- National Alliance Mental Illness NAMI [NAMI](#)
- Parent/Caregiver Guide to Helping Families Cope with the Coronavirus (Covid-19) [The National Child Traumatic Stress Network](#)
- [AA Online Intergroup](#)
- Telehealth Services (via phone or video) at St. Johnsbury Psychology Associates ([stjpsychology.com](#)) and other therapists in the area.
- Call to schedule Telehealth Behavioral Health Services for patients of Concord Health Center (802) 695-2512), Danville Health Center ((802) 684-2275), Hardwick Area Health Center ((802) 472-3300), Island Pond Health Center ((802) 723-4300), St. Johnsbury Community Health Center ((802) 748-5041)
- Build and Maintain Mental Health - <https://nekprosper.org/build-and-maintain-mental-health/>

CHILDCARE

The State of Vermont wants to make sure essential workers can focus on their jobs and not worry about the care and safety of their children. See a list of people considered essential at: <https://vem.vermont.gov/essentialpersons>.

CONNECT TO AVAILABLE CHILD CARE RESOURCES

If you are considered "essential" and need child care for children up to grade 8:

1. Go to this new webform created for essential workers: <https://webportalapp.com/webform/essentialworkers>
2. Complete the form including your contact information and someone will be in touch within 24 hours to discuss available child care resources.
3. You can also dial 2-1-1 and press "6" to connect to someone about the available resources.
4. If you need child care immediately, call 1-877-705-9008 to be directed to your local Child Care Support Agency.

This connection service for essential workers will be in effect while schools and general child care services are closed due to COVID-19.

BUSINESS & LEGAL RESOURCES

- The U.S. Small Business Administration (SBA) has issued [guidance](#), as well as information on the SBA's [Economic Injury Disaster Loans](#). The SBA is working with state Governors to provide targeted, low-interest loans to small businesses and nonprofits that have been severely impacted by the virus. If you are a Vermont small business being affected right now, contact the SBA district office at 802-828-4422.

- Vermont Agency of Commerce and Community Development has also established a hotline so that businesses may call to report impacts and be directed to resources: (802) 461-5143. The hotline will be staffed Monday through Friday, 7:45 a.m. – 4:30 p.m. ACCD and the Department of Labor are working to keep you updated whenever new information becomes available. We encourage you to sign-up for ACCD's [Business and Economic Response to COVID-19 Newsletter](#) and find their latest guidance [here](#).
- The Department of Labor will be issuing guidance for Employers and Employees, including information on the potential impact on unemployment insurance benefits, employee sick-time and other issues as a result of COVID-19. More information and further updates can be found at labor.vermont.gov.
- [Consumer Assistance Program of Vermont](#) - (scroll down to COVID-19 Guidance and click on +)
- SCORE Resources: [How Small Businesses Can Prepare for COVID-19](#), [Small Business Disaster Preparedness \(Resources\)](#), [Disaster Preparedness and Continuity of Your Business](#)
- NOFA-VT will make funds available through our [Farmer Emergency Fund](#) to pay the relief workers. If you have experience working on dairy farms, and are willing to show up for our community in this way, please respond to Bill Cavanaugh on our Farmer Services team: bill@nofavt.org, with your contact information, relevant experience on dairy farms, availability, and location. Again, you will be paid for your time and crucial service.
- North Country Federal Credit Union [Launches COVID-19 Financial Relief Loans](#). New and existing members of North Country Federal Credit Union whose income is affected by COVID-19 could be eligible to receive loans of up to \$5,000.
- Legal Services Vermont and Vermont Legal Aid's legal help website: <https://vtlawhelp.org/coronavirus-updates>