



Email: liftinglowelliansmutualaid@gmail.com

Welcome to the Lifting Lowellians: Assistance & Mutual Aid (LLAMA) network! In these fast moving and uncertain times, it's important that we show up for each other and remember that we are not alone. **Please share this doc widely- [Hello Lowell Neighbors](#).**

The Coronavirus pandemic is rapidly changing the way society functions. In order to mitigate the spread of the disease, people are practicing social distancing. This slows down the rate of infection enough to both lower the ultimate number of people infected, and spread those infections out over many months to ensure adequate care as the healthcare system becomes overwhelmed. However, **neighbors need to help neighbors right now**, and this is especially true for vulnerable populations such as the elderly or immunocompromised. People may need help obtaining groceries or remote support. **Most importantly, they will know they are not alone.** The Neighborhood Aid Network has one simple goal: To provide a platform for volunteers to coordinate care on a neighborhood basis. Also, we are partnering with the [Human Network Initiative](#) at Harvard Medical School to help coordinate these efforts across the region.

Mutual aid is a powerful way to build strong connections- **we all have something to offer and we all have something we need.** This group is still building out infrastructure, but here's what we have so far:

1. [Lifting Lowellians: Assistance & Mutual Aid](#) google form:

Tambien en espanol: [Estamos aquí para ayudar! LLAMA](#)

The info you provide will be directly uploaded into a non-editable "offerings" and "needs" spreadsheet and needs and requests will be matched up by volunteers to the best of our ability. I can't edit the letter but #1 looks good. If you requested something, you can expect a volunteer to call or email you shortly - but please be patient. Please remember that any background checking and vetting of resources is up to you.

2. Google Groups:

We are creating google groups for folks to communicate more broadly and self-organize around needs. These groups are self-organized, please feel empowered to take on leadership in organizing! We will be triaging requests for support to these groups. Connect to the google groups here: [Google Groups](#)

3. Neighborhood Pods:

Pods are hyperlocal text message groups or phone trees of you and your neighbors. Since not everyone has access to online communication or will ever see these google docs, neighborhood pods are how we reach more people. We are asking for folks to sign up as neighborhood point people, where you'd take on the responsibility of reaching out to your neighbors, moderating a neighborhood group chat or phone tree (on whatsapp or another communication tool), and staying in touch with the other point people for resource sharing. If you have the capacity to take on this role, please let us know ASAP by [filling out the google form](#) and we'll set you up with [a toolkit](#) of how to get started.

4. LLAMA Facebook Group

Join our facebook group to connect with other community members, help, and resources.

5. LLAMA Website:

Visit our website for additional resources. This is being updated regularly..

Helpful links

Lowell:

The city of Lowell has activated its Emergency Operation Center (EOC). The EOC will serve to assist Lowell residents in situations related to coronavirus and to provide immediate responses to inquiries related to the situation, and will be operational from 8:30 AM to 4:30 PM, Monday through Friday until further notice. The EOC can be reached by phone at 978-674-4052.

[Coronavirus Website](#)

[Sign up for city alerts](#)

[Lynne Lupien's blog](#)

[Richard Howe's blog](#)

Information about LPS free lunch program:

LPS will be providing lunch for students during the weekdays at nine sites while school is closed: Bartlett, Butler, Greenhalge, Lincoln, Moody, Murkland, Pawtucketville, Robinson, and STEM (Rogers). There will be a truck on location at each site with food available to pickup and take home. Neighbors, friends, and volunteers can pick up lunches for families who are unable to do the pick-up themselves. The details on this are subject to

change, so check the LPS site before leaving: <https://www.lowell.k12.ma.us/domain/48>.

Current info on times: [LPS lunch truck](#)

State Resources:

State of Massachusetts - dial 211 for information about testing.

State of Massachusetts launched a website for updates: [here](#)

Legal + Social Services

Filing for unemployment

(What to do if you've become unemployed in Massachusetts : [here](#)

- To apply for unemployment visit [here](#)
- For a video on how to apply with step-by-step instructions, visit [here](#)
- Over the phone, call 1-617-626-6800 or 1-877-626-6800

Resources for Working & Employment

[Accessible Teaching](#) A guide to tools for communication to ensure online courses are accessible at the university level.

A guide to hosting a web conference is available [here](#), with web conferencing tips for nonprofits available [here](#).

Health

Partners in Health, videos and other information to share: [here](#)

For those home sick and needing a meeting, [Pause a While](#) will host a free conference call for AA meetings, 2pm EST everyday. Dial-in number: (425)-436-6360 with the access code 422932#

Managing Fears and Anxiety around the Coronavirus (COVID-19) : [here](#).

Other resources:

A list of free online resources and educational activities for children of all ages available [here](#).

All Stop & Shops will offer Senior Citizen shopping hours from 6-7:30 AM starting Thursday, 3/19. During this time, only customers 60 and over will be served. For more information see: <http://bit.ly/33rXARq>

Hotlines:

Safelink: Casa Myrna is Boston's largest provider of shelter and supportive services to survivors of domestic violence, providing safety, resources, advocacy and information. Their hotline number is: 877-785-2020.

The Network/La Red is a survivor led organization working towards ending partner abuse in LGBTQ/T, poly, and kink communities. They have a 24/7 hotline, a remote telephone based support group for LGBTQ/T survivors of partner abuse, and other

services which are listed on [our website](#), hotline number: 617-742-4911

La línea de crisis de 24 horas de The Network/La Red proporciona apoyo emocional, información y planificaciones de seguridad para la gente lesbiana, gay, bisexual, queer y/o transgénero (LGBQ/T), y también para la gente en las comunidades SM/kink y poliamorosas que está siendo abusada o ha sido abusada por una pareja. Numero: 617-742-4911

Jewish Coalition Against Domestic Violence has a hotline to support safety planning with people who may be quarantined with their abuser. Please let people know that our helpline is available during business hours for just this purpose! 877-88-JCADA

Covid-19 Resources in Other Languages

- [Cartoon Explanation with Details for Service Workers--Spanish](#) - From Organized Communities Against Deportations (OCAD)
- [Hesperian's Guide to the Virus--Spanish](#)
- [Comprehensive set of resources on the virus, including videos and flyers--Spanish, Traditional Chinese, Simplified Chinese & Vietnamese, with more in the works](#)
- [Flyers in Arabic and Bangla](#)
- [FAQ sheets--Spanish, English, Portuguese](#)

Help us build: We are looking for support: these documents were put together in a few hours by some friends, and we definitely need help from more people to get this thing going on the scale that we need. **Spread the word** - We need to spread the word about what we're doing in concise and clear ways to ALL parts of Lowell- help us make and distribute flyers, spread the word online, and reach out to other friends.

Translations/Language Justice - Please reach out if you have the capacity to translate some of our materials into Khmer, Spanish, Portuguese, Arabic, Haitian Creole, and other languages. .

Org Org - Why reinvent the wheel? Lowell is filled with awesome organizations that already have tons of resources and skills. We want to form networks with them to maximize mutual aid! Help us reach out to existing networks and figure out how to power up together.

Budgeting - Determining financial needs and distribution based on principles of harm reduction and effectivity.

Something else! We are dreaming of a hotline! A way that Lowell students who don't have access to school lunches still get fed! Your brilliant idea! Get in touch: liftinglowelliansmutualaid@gmail.com

We got this

