



**WARWICK**  
*Western Massachusetts Community  
Mutual Aid*

## **Warwick Community Mutual Aid COVID-19 Resource List**

email: [warwickmutualaid@gmail.com](mailto:warwickmutualaid@gmail.com)

call/text: (978) 633-5323

visit: [wmacma.com](http://wmacma.com)

[DIAL 2-1-1 to Receive COVID-19 Information and Referrals in your area 24/7](#)

### **COVID-19 DATA:**

[Daily Global Updates from Worldometers](#)

[IMHE Projections - Massachusetts](#)

Today, Governor Charlie Baker issued an updated COVID-19 Travel Order (effective August 1st 2020): All travelers entering Massachusetts - both out of state residents and Massachusetts residents returning home - must comply with this travel order.

From Mass.gov:

"The new travel order requires all visitors and returning residents to fill out a "Massachusetts Traveler Form" unless they are coming from a state that

has been designated a lower risk COVID-19 state or fall into an exemption category. The new travel order also provides that visitors and returning residents arriving in Massachusetts from any place other than a COVID-19 lower-risk state must quarantine for 14-days unless they can produce a negative COVID-19 test result administered on a sample taken not more than 72-hours prior to arriving in Massachusetts.

Failure to comply may result in a \$500 fine per day."

More details on this order will be posted and available at:  
[mass.gov/matraveler](https://mass.gov/matraveler)

## **WELLNESS:**

Join us from the comfort of your home and explore how the tools of yoga can help you move with more ease, balance with greater confidence, breathe more deeply, think more clearly, and sleep more soundly.

...If you've take this class, I am hoping you can write something about your experience in the comments below.

...Beginners welcome! Standing is optional. Alternatives are offered to anyone who prefers to remain seated.

...Open to anyone 60+ living in Northfield and surrounding towns.

...Donations appreciated but not required. Funded by a combination of state and federal grants administered by Lifepath, Inc. and the Town of Northfield, MA.

To register: email [libby@yogalibre.net](mailto:libby@yogalibre.net) at least one hour prior to class start time.

Questions? Need more info? Call or text me/Libby Volckening (413-834-4524).

## **EMOTIONAL SUPPORT:**

[Western MA Drug and Alcohol Detox](#)

[Western Mass RLC Peer Support](#)

[Online AA Meetings During COVID-19](#)

[A Caring Heart Nursing Service](#)

[Nature to Nurture Life Coaching](#)

## **FOOD:**

This Friday begins our 5 day Meal Kits for Distance Learning and Free Community Meals. Thank you to everyone that preordered for this event. Below is a link to the pre-ordering for next week. This needs to be done no later than Sunday the 20th at 5:00 pm because the form will close then. Those of you who had signed up for this week will see some changes to the order form in the way of deleting questions that seemed repetitive. Please enter each student separately moving forward so there are accurate counts. There is a new pickup destination as well in Warwick. We are finalizing plans to have meals delivered to the Warwick Community School Building between 9:45 am and 10:00 am. Attached you will see an updated flyer for our distance learning feeding program. Please let me know if you have any questions.

<https://forms.gle/D4ZVdctM6PKN4KTU9>

Michael Onorato

Food Service Director, PVRSD 413-498-2911 ext 602

[onoratom@pvr-sdk12.org](mailto:onoratom@pvr-sdk12.org)

We at PVRSD would like to announce that we have obtained permission to provide Summer Meals for free to all individuals 21 years of age and younger. We plan on serving these meals via community pickup at Pioneer Valley Regional School, Bernardston Elementary School, and Northfield Elementary School. Pick up area at Bernardston Elementary will be at the front drive around the circle. Pick up at Pioneer Valley Regional will be at the main entrance bus drop off location. Pick up location at Northfield Elementary will be in the rear of the building at the drop off location next to the cafeteria. We unfortunately will not have Kuzmeskus Bus Company available to deliver to all of the neighborhood drops because the school year has ended.

Meals will be handed out from 11:00am until 11:30am on Tuesdays and Fridays only, and there will be enough meals supplied on those days to cover three days of breakfast and lunch for your children.

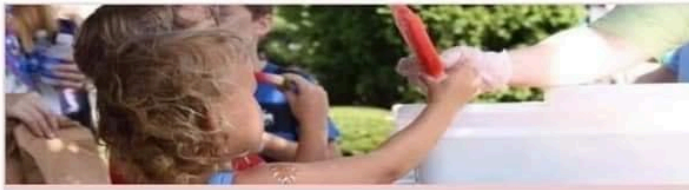
We will provide reheating instructions for meals that need it. Here is a link to a survey for families and individuals to fill out so we can prepare the proper number of meals for your households

<https://forms.gle/D6FmTPR1R5MnYgkw8> , because no one wants to arrive to find out all meals have been distributed. We will post on the PVRSD Food Service Website the menus for July and August

<https://www.pvrsk12.org/pvrsk-departments/food-services> . Meals are subject to change based on product availability. Meals will begin to be provided on Tuesday June 30th and continue until Friday August 28, 2020. Again, we do ask that you fill out the survey so we can have the meals for your households ready when you arrive.

Please feel free to visit our District Food Service page on the PVRSD website for any updates regarding meal availability, menus, and any other changes that may occur over the summer. If you have any issues with the

survey, or any meal service related questions, do not hesitate to reach out to Michael Onorato, Food Service Director at [onoratom@pvrsdk12.org](mailto:onoratom@pvrsdk12.org).



**Free Nutritious Summer Meals for kids!**

*All children ages 0 - 18  
No applications, no proof of residency. Children need not be present.  
Convenient Parent/Guardian pick up!*

**Where: Ralph C. Mahar Regional School**  
507 South Main Street, Orange, MA. 01364

**When: June 22, 2020 to August 14, 2020**  
Monday Pick Up only: for the whole week!  
11:00 - 12:30 p.m.

**(Enter from South Main street for curbside, drive thru pick up at the side door of the Mahar Cafeteria.)**

**Notes:** *Please be sure to have a cooler to keep milk and other foods cold during travel. Meals will be a combination of shelf stable and reheatable meals. Instructions will be provided. Please inform us of any allergies or special needs you may have. We will do our best to accommodate your children! 978-544-2542 x8 or 978-673-4804*

USDA Nondiscrimination Statement  
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This institution is an equal opportunity provider.

## Help with P-EBT Card Use

Dear Superintendents, Charter School Leaders, Assistant Superintendents, and School Nutrition Directors,

Families whose students qualify for free or reduced-price lunch started to receive P-EBT cards in the mail on Friday, May 29, and many are having

trouble activating their card. Please share the following information from the Department of Transitional Assistance (DTA) with families:

#### How to Activate (PIN) a P-EBT Card

You will need the letter DTA sent you in the mail to activate the card.

The Massachusetts EBT vendor was not able to change the automated prompts you hear when you call to PIN a card, and unfortunately, some of the automated instructions are inaccurate for P-EBT cards. Instead, please follow the steps below:

- Call the EBT card phone number on the back of your P-EBT card: 800-997-2555.
- Enter your P-EBT card number (it is an 18-digit number).
- You will then be prompted incorrectly to enter the last four digits of your Social Security number. Do not enter the last 4 digits of your Social Security number. For the P-EBT cards, you must enter the last four digits of your child's case number that was provided on the DTA letter you received in the mail.
- Then enter your child's date of birth using a two-digit month, two-digit day, and four-digit year (example: 04/06/2005).

For more information, visit: [map-ebt.org](http://map-ebt.org). Questions? Call Project Bread's FoodSource Hotline at 800-645-8333.

[FOOD BANKS OF WESTERN MA](#)

[Franklin County Food Access Resources](#)

[Project Bread's FoodSource Hotline](#)

[The Stone Soup Cafe](#)

**GENERAL:**

[Look4Help's resource locator for Franklin & Hampshire counties](#)

[Common Good](#)

[FindHelp.org](#)

**GRANTS:**

[Grants for Restaurant Workers](#)

[Grants for MA LGBT Youth 25 & Under and Related Orgs Impacted by COVID-19 from MA Commission on Youth](#)

[WORKERS FUNDS - APPLY! - Jobs With Justice](#)

[Western Mass Resource Generation Funds](#)

[Franklin County People's Fund](#)