

Northeast Kingdom of Vermont

COVID-19 Resource List

We've turned this resource list into a [website](https://nekstong.com). Please visit [NEKstong.com](https://nekstong.com) for updated information and resources.

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WHERE CAN I GET MORE INFORMATION ABOUT CORONAVIRUS?

Call Vermont's resource line by dialing 2-1-1 with any questions about coronavirus or general questions about help and services in Vermont.

For the latest health guidance, visit:

- Vermont Health Department at www.healthvermont.gov
- Northeastern Vermont Regional Hospital at <https://nvrh.org>
- North Country Hospital at <https://www.northcountryhospital.org>
- Centers for Disease Control at www.cdc.gov/coronavirus/2019-ncov/index.html

REPORT A PUBLIC HEALTH OR SAFETY CONCERN

Vermont Department of Public Safety: <https://dps.vermont.gov/>

The Vermont Department of public safety has launched a reporting tool for the public to file concerns regarding COVID-19 and essential businesses. Public complaints regarding businesses believed to be operating outside parameters of the executive order, may be submitted online at

https://forms.office.com/Pages/ResponsePage.aspx?id=O5O0IK26PEOcAnDtzHVZxp8VolcMV9NNu0QyG_vdGAVUN1pLSTdOMERRR1dXOVpZMDBZUEtNVlhXMi4u

ACCD: [State of Vermont Critical Business List](#)
[Stay Home Safe Sector Specific Guidance](#)

MEDIA RESOURCES

- The Caledonian Record [COVID-19 Updates](#)
- [The Barton Chronicle](#)
- VTDigger COVID-19 [email list sign-up](#)
- Vermont Public Radio [COVID-19 coverage](#)
- NY Times, "[Coronavirus Briefing](#)"
- Washington Post [COVID-19 updates](#)

RESOURCES FOR INDIVIDUALS

REQUEST HELP

Do you or someone you know need help getting groceries, childcare, prescriptions, running errands, transportation to, healthcare, chores, animal care or other things? [To request help – sign up here.](#)

VOLUNTEER TO HELP

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 volunteer to help people affected by the COVID-19 pandemic sign up here.](#)

→ See here for the latest [volunteer opportunities](#) in the region.

MASKS

To supplement the inventory of Personal Protective Equipment (PPE) for regional healthcare facilities and essential workers, a group of community volunteers have started to sew masks, surgical gowns, and caps.

GET INVOLVED

If you're interested in joining the effort, visit <https://www.nekoperationfacemask.com/> to find directions on how to make masks and gowns.

TO DONATE MATERIAL

If you can't sew but want to donate, the group needs 1/4" or 3/8" flat elastic and 100% cotton fabric (new and unwashed!). Drop off or mail materials to 1422 Main Street, St. Johnsbury, Vermont 05819.

TO REQUEST A MASK

If you live in the Northeast Kingdom of Vermont, are over 60 years old or immunocompromised, and are in need of a face mask, you can complete a request form at <https://www.nekoperationfacemask.com/>

TO BUY A MASK

FOOD ACCESS

Grocery Stores: Many are offering curbside pick and delivery options. Call your local store for assistance. Vermont Retail Grocers Association has created a [webform](#) to help people find stores providing designated store hours and alternative shopping methods.

Large network of volunteers to assist with grocery shopping or errands for those who do feel they can get out for those items. To volunteer or request help contact the NEK Council on Aging helpline 800-642-5119.

Local Farms: Many farms are offering pickup or delivery options. [See list here.](#)

Restaurants: See a list of restaurants offering takeout and curbside service at www.nekeats.com/local-restaurants-respond-to-covid-19

Schools Meals: Many schools are providing FREE meals for ALL children aged 18 and under. Call 211 to be connected with the person in their school district who will help their family access food or visit Hunger Free Vermont's [list of school meal delivery programs](#). NEK schools:

- North Country Supervisory Union (Brighton, Charleston, Coventry, Derby, Jay, Lowell, Newport City, Newport Center, Troy, Westfield) at www.ncsuvt.org
- Orleans South Supervisory Union (Craftsbury, Hardwick, Greensboro, Wolcott, Woodbury) at www.ossu.org
- Orleans Central Supervisory Union (Albany, Barton, Brownington, Glover, Irasburg, Orleans) at www.ocsu.org
- Caledonia Central Supervisory Union at <http://www.ccsuonline.org/COVID-19-Resources>
- St. Johnsbury School District (St. Johnsbury) at www.stjbsd.org
- Kingdom East (Burke, Concord, Lunenburg, Lyndon, Newark, Sheffield, Sutton, or Wheelock) at www.kingdomeast.org
- Essex North Supervisory Union (Beecher Falls, Bloomfield, Canaan, Lemington, Norton, Stewartstown and West Stewartstown) at www.ensuvt.org

3SquaresVT: If you're struggling to pay for food, 3SquaresVT can help! Visit www.vtfoodbank.org/nurture-people/3squaresvt, call 855-855-6181 or text 'VFBSNAP' to 855-11.

WIC: If you're pregnant, a caregiver, or a parent with a child under five, WIC gives you access to healthy foods, nutrition education and counseling, and breastfeeding support. Call 800-479-6151, Text 'VTWIC' to 855-11, or visit www.healthvermont.gov/family/wic.

Home Delivered Meals for Older Vermonters: For information about pickup and delivery meals for older adults, please call the Northeast Kingdom Council on Aging Helpline at 1-800-642-5119 or 802-748-5182.

Commodities Supplemental Food Program: Provides free monthly food to lower income older adults. Find out more [here](#).

Food shelves: Because of the current situation with COVID-19, food shelf and meal site operations are changing regularly. Please call the food shelf or meal site first to ensure they are open. To view a map of VT Foodbank member food shelves, visit <https://www.vtfoodbank.org/agency-locator>

Name	Location	Towns Served	Hours & special notes	Phone
Albany Food Shelf @ Albany Methodist Church	960 Main St. (Rt. 14) Albany, VT	Albany, Craftsbury, Irasburg	Saturdays 2:00-5:00pm	802-754-2790 802-323-1517
Colebrook Area Food Pantry	55 Pleasant Street Colebrook, NH	No. Essex Co. and bordering NH towns	Tues & Thurs 10 AM - 2 PM	603-237-8030
Danville ECC Food Shelf	29 Hill Street Danville, VT		Mon. & Wed. 10 AM- 1 PM Friday 10 AM - 3 PM	802-684-2515
Faith in Action	101 Main Street Lyndonville VT	Lyndonville area	Tues. & Thurs. 9 AM - 3 PM Must call in advance	802-626-1212
Faith in Action	3339 Main Street Cabot, VT	Cabot area	12 - 2 PM Two distributions per month Must call in advance	802-563-3322
First Congregational Church of Brighton	21 Middle Street Island Pond, VT	Island Pond area	By Appointment Only	802-723-5037
Green Mountain Bible Church	567 Rt 105 West Island Pond, VT	Island Pond area	Thursdays 10 AM - 4 PM	802-723-6143
Groton Emergency Food Shelf	1476 Scott Highway Groton, VT 05046	Groton and Ryegate residents	Call ahead to arrange pick-up	802-584-3276
Hardwick Area Food Pantry	39 W. Church Street Hardwick VT	All are welcome	Mon. 12 - 2 PM Sat. & Thurs. 9 - 11 AM Pre-packed boxes Now offering delivery	802-472-5940
Jay Area Food Shelf	1036 VT Rte. 242 Jay, VT	Jay, Lowell, Troy, North Troy, Westfield	Thursday 9 AM to Noon	802-988-2996
Kingdom Community Services Food Shelf	36 Steeple Place St. Johnsbury, VT	Southern Caledonia County	Tues. & Thurs. 12 PM - 3:45 PM Please come prepared to	802-751-8581

			stand/sit outside	
Lyndon Area Emergency Food Shelf @ Saint Peter's Mission	51 Elm Street Lyndonville, VT		Wednesday 1pm - 4pm	802-626-5706
McIndoes Academy	By delivery	Barnet area	Call ahead to arrange	802-633-4978
Northeast Kingdom Community Action	70 Main Street Newport, VT	Orleans County	Mon, Tues, Thurs, & Friday 12 - 3 PM	802-334-7316
Northeast Kingdom Community Action	115 Lincoln Street St. Johnsbury, VT	All towns	Pick up box every other Monday	802-748-6040
Northeast Kingdom Community Action	49 Mill Street Island Pond, VT	Essex County	Tuesday 1 - 5 PM Thursday 8 AM - 12 PM	802-266-7134
Northeast Kingdom Community Action	253 Gale Street Canaan VT	No. Essex Co. and bordering NH towns	Tues. 8 AM - 12 PM Wed. 2 - 6 PM Thurs. 1 - 5 PM	802-266-7132
Orleans Community Food Shelf	24 School Street Orleans, VT	Towns in Orleans Central Supervisory Union	Monday 8:30 AM - 10:30 AM	802-754-6486
Sheffield Food Pantry	3210 Route 122 Sheffield, VT	People within 20 miles of Sheffield	Two Thurs. per month By delivery	802-328-0960
United Church of Newport	63 Third Street Newport, VT		Tues. 10 AM - 1 PM Weds. 10 AM - 12 PM after 1st Thurs. of each month	802-334-6033

Community Meals: Community meal centers prepare nutritious meals to share with friends and neighbors. Due to the current health crisis community meals have been stuck suspended. Some meals sites are preparing to go meals: Contact the Northeast Kingdom Council on Aging to learn about current meal options 800-642-5119 or 802-748-5182.

Veggie Van Go: Fresh produce market in partnership with Vermont Foodbank and NVRH. Third Thursday of the month from 10 – 11 at NVRH. For April (and possibly May), it will be held outdoors at NVRH. Please arrive after 9:30 AM, stay in your vehicle and they will bring the veggies to you. Volunteers will be on site directing traffic.

NOFA-VT Farm Share Program

The 2020 Summer application is now open. It will close April 30th.

The Farm Share Program provides limited-income Vermonters with the opportunity to support their [local CSA farmer](#) and receive reliable access to high-quality produce on weekly basis through an innovative cost-share model. Each year, the Farm Share Program assists hundreds

of individuals and families in accessing a season's worth of fresh farm products by partially subsidizing the cost of shares.

Drawing on NOFA-VT's long history working with farmers committed to community food production, we established the program as a way to link food producers with limited-income Vermonters. The program began in 1995 as a response to the increase in food insecure children and adults in Vermont, as well as the recognition of the gap that exists between social service providers seeking food for limited-income individuals, and farmers seeking a local market for their food. The program has grown from serving a dozen individual families and three farms in 1995 to more than 600 Vermonters and 30 farms in 2018.

Click [HERE](#) to learn more about Community Supported Agriculture (CSAs).

Contact Emmet@nofavt.org or call (802) 434-7162 with questions.

BENEFIT ASSISTANCE

Agency of Human Services-Economic Services Division: Use our [online application](#) to apply for 3SquaresVT, Essential Person, Fuel Assistance & Reach Up. You can apply for benefits or call to have your questions answered by calling the Benefits Service Center at 1-800-479-6151

[Northeast Kingdom Community Action](#) is available to help community members access food, fuel, utility, housing, and childcare assistance programs. Call:

- Newport: 802-829-2450
- Island Pond: 802-723-5276
- Canaan: 802-266-7134
- St Johnsbury: 802-748-6040

[NEK Council on Aging](#) has Information & Referral Specialists to help older Vermonters in need of food and fuel access the resources of our community partners. Call: 1-800-642-5119.

[RuralEdge](#) is offering financial counseling to folks who may have lost a job or are concerned about making payments through it's Home Ownership Center. To talk with a certified counselor call 802-535-3555 or by email at Homeownership@ruraledge.org to make an appointment.

[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

Need help finding a healthcare provider? Connecting with services or support groups? Not even sure what services you qualify for or how to access them? The [Community Health Workers of Community Connections](#) will take the time to talk with you to determine which social and community services you need, and then help connect you to the right people at the right services. The Community Health Workers are uniquely familiar with the many agencies,

organizations, and individuals in the area. They know who to call to get you an appointment, health information, legal services, medical transportation assistance, or a place to live.

HOUSING NEEDS

Call Vermont's resource line by dialing 2-1-1

Agency of Human Services-Economic Services Division [Economic Services Division & COVID-19](#). You can apply for benefits or call to have your questions answered by calling the Benefits Service Center at 1-800-479-6151

RuralEdge has subsidized and fair market rental units. Please call: 802-535-3555. Applications are also available [online](#).

NEKCA has transitional housing and shelter supports for single adults and housing for precariously housed families during this pandemic. NEKCA also has a landlord list for people in need of rental housing. To find out more, contact 802-829-2450.

Northeast Kingdom Youth Services support youth in the NEK overnight shelter for runaway/youth and after-hours crisis line call 802-748-8732.

Umbrella has a 24-hour hotline for survivors of domestic and sexual violence. Please call the hotline for support and if you are fleeing domestic/sexual violence to determine eligibility for housing/shelter assistance. In Caledonia and southern Essex counties call: 802-748-8645. In Orleans and northern Essex counties call: 802-334-0148.

NEK Council on Aging can assist with assessing housing options relative to the person and assist in completing applications. For more information, contact 800-642-5119

HEATING ASSISTANCE:

Crisis Fuel from Department for Children and Families: You may call 1-800-479-6151 toll-free — on weekends and holidays — to apply for emergency heating assistance. You can only do this starting the last Saturday in November until the first Sunday in April. It is best to do this as early as possible, as funds do run out.

HEALTHCARE

Covid Testing now available (all by appointment, call your doctor to schedule):

- NVRH: M-F, 9-4 PM
- North Country: MWF, 1-3 PM
- Island Pond Health Center: Tu & Th, 1-3 PM
- Copley: M-F, 2-4 PM

Health Insurance: VT Health Connect has a Special Enrollment Period. If you don't have health insurance, sign up with Vermont Health Connect by April 17 at www.vermonthealthconnect.gov or 855-899-9600.

NEK Health Centers - please call first:

- Concord Health Center - 201 East Main Street, Concord, VT 05824, (802) 695-2512
- Corner Medical - 195 Industrial Parkway, Lyndon, VT 05849, 802-748-9501
- Danville Health Center - 26 Cedar Lane, Danville, VT 05828, (802) 684-2275
- Hardwick Area Health Center - 4 Slapp Hill, Hardwick, VT 05843, (802) 472-3300
- Island Pond Health Center - 82 Maple Street, Island Pond, VT 05846, (802) 723-4300
- Kingdom Internal Medicine - 714 Breezy Hill Road, St. Johnsbury, VT 05819, (802)-748-7500
- St. Johnsbury Health Center - 185 Sherman Drive, St. Johnsbury, VT 05819, (802) 748-5041
- St. Johnsbury Pediatrics - 97 Sherman Drive, St. Johnsbury, VT 05819, (802) 748-5131

Dental Care: People needing to discuss urgent dental care should call their dentist. Community members without a dentist may call the Orleans Dental Center to discuss urgent or emergency care at (802) 754-6973.

Domestic Violence, Sexual Assault Support: Umbrella has a 24-hour hotline for survivors of domestic and sexual violence for safety planning, options counseling, legal advocacy, and other supports. In Caledonia and southern Essex counties call: 802-748-8645. In Orleans and northern Essex counties call: 802-334-0148.

Mental health, substance use, or intellectual and developmental disability needs:

Northeast Kingdom Human Services crisis services are available 24 hours a day, seven days a week for. Call (802) 334-6744 in Derby or (802) 748-3181 in St. Johnsbury. Additional information at: www.nkhs.org/covid-19. Call 749-1111 from anywhere in VT.

Support groups: Kingdom Recovery Center offers peer support over the phone support or by Zoom meetings for individuals and family members affected by alcohol, drugs, or other substance use disorders. Call 802-751-8520 for more information. BAART offers medically assisted treatment for individuals seeking recovery from an Opiate addiction. Call 802-748-6166 for help. Alcoholics Anonymous meetings online at www.aavt.org.

Northeast Kingdom Human Services (NKHS) have set up a Behavior Support Line for parents needing help with their children during this time at home. Currently it is being staffed from 8:30 am to 5:00 pm with hopes to expanding it to 24/7 coverage. You will be asked to leave your number and you will receive a call back within 15 minutes. The telephone number to access these services is (802) 749-1111.

The Crisis Textline offers 24/7 emotional help. Text: "VT" to 741741

Crisis, case management and therapy: Lamoille County Mental Health provides comprehensive community mental health, children, family, and person-centered developmental

disability services. LCMHS continues to provide services to the community and can be accessed via telephone. Services offered include crisis, case management and therapy. If consumers have the internet capacity, we are also offering tele-health services. Monday through Thursday 8am – 4:30pm, Friday 8am – 3:30pm Phone number: 802-888-5026 After-hours crisis services: 802-888-8888

National Suicide Prevention Hotline: 1-800-273-8255

Vermont Suicide Prevention Center: Text VT to 741741

National Domestic Violence Hotline: 1-800-799-SAFE

Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746

TRANSPORTATION

Essential Service Transportation: Rural Community Transportation (RCT) coordinates travel for residents to their non-emergency medical appointments and to access essential services such as nutrition needs as grocery shopping or community dining sites. **All riders must call (802) 748-8170 to request a ride.**

- The Jay-Lyn/Jay-Lyn Express and Highlander shuttle bus services will operate on a Dial-A-Ride basis for access to essential goods and services throughout St. Johnsbury, Lyndonville, Newport, Derby and Derby Line. Call one business day in advance to schedule your ride.
- We continue to ask all passengers to refrain from using the bus if you are able to self-transport in order to maximize social distancing and minimize the risk of transmission.
- All passengers will be required to call to request a pick-up the day before their planned trip. Capacity of buses will be kept low to allow for social distancing onboard. Please leave at least one empty row of seats between you and the nearest passenger/driver.
- All passengers will be screened by ride coordinators for potential exposure to the COVID-19 virus, whether you are exhibiting symptoms of illness, and to confirm your travel meets the definition of “essential.” Your trip may be approved or denied based on this screening.

Grocery delivery assistance: the NEK Council on Aging has a large network of volunteers to assist with grocery shopping or errands for those who do feel they can get out for those items. To volunteer or request help contact our helpline 800-642-5119.

GARDENING RESOURCES

- Search google for “your garden topic” then add in the word “extension” to your search, and look for publications from UVM, in addition to other land-grant Universities with

similar northern climates (NH, Maine, Minnesota, etc.). This will give you reliable research-based gardening information.

- go.uvm.edu/gardening-during-covid-19/ Our covid response webpage with resources such as videos, fact sheets, info about the Vermont Victory Garden Project and our Vegetable Gardening Resource Map. The goal of the map is to connect people looking for vegetable gardening resources with those willing to share what they have. Please widely share with both groups.
- The Master Gardener Helpline. Volunteers are answering questions from home and checking messages. Call 802-656-5421 to leave a message or go to this page and fill out the online question form. go.uvm.edu/gardeninghelpline
- Request a Master Gardener to teach a gardening class, [go to this request form here.](#)
- If you are food insecure, have lost your job, or are wanting to contribute to help feed neighbors in this situation, High Mowing Organic Seeds and NOFA-VT are partnering to supply you with free seeds to start/expand your community garden to help with food security for you and your community. You can request either 1 bundle (10 seed packets) or 5 bundles (50 seed packets). In the interest of efficiency, there is not the option to request specific varieties or vegetables. Each bundle will include roughly 80% vegetables, 10% herbs and 10% flowers. If you can share seed with your neighbors feel free to request 5 bundles (50 seed packets). Please do not contact High Mowing with questions as they are inundated with seed orders. High Mowing's founder, Tom Stearns is running this program with volunteers out of his house. To request seeds, fill out the form at <https://nofavt.org/blog/create-resilience-garden>
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PHARMACY

FREE Prescription Delivery: [Walgreens](#) and [Kinney Drugs](#) are offering FREE prescription delivery. Visit their websites or call for more information.

HAND SANITIZER

- [Green Mountain Distillers](#) is offering hand sanitizer - just bring in your used containers for a refill.
- [St. J Distillery](#) is producing hand sanitizer. Order online or by phone for curbside pick up.
- <https://smallbatchsanitizers.com/>

FREE WIFI

Internet access: Comcast, VTel, Charter Communications, and other providers are offering discounted rates to households with K-12 and/or college students who don't already have internet through the company. [See options for Internet list](#)

Discount internet options for remote learning [here](#).

Map of WiFi access from public parking lots: These spots are accessible all hours from a parked vehicle: www.publicservice.vermont.gov/announcements/public-wifi-hotspots-vermont

- [Spark](#) Co-working Space (Greensboro, VT) - also available from the parking lot! WiFi info is posted on Fellowship Hall doors at the GUCC, and WonderArts is putting out free takeaways for families every Monday, including creative materials, books, and activities.
- While many libraries are closed, Wifi is still on and patrons can use our wifi from outside the building.
- [Do North Coworking](#) members will retain the ability to access Do North's high-speed internet from the parking lots and immediate proximity outside the coworking space; access to the coworking space itself is not possible. Reduced priced day passes to access internet from the parking lot can be purchased at DoNorthCoworking.com.
- Lyndon Live Public WIFI (Town of Lyndon and Envision Lyndon) Secure Public Access Wireless on Depot Street and around Bandstand Park (Coverage/Signal Strength Map [Here](#)) no password, agreeing to terms of service allow for access
- The Burke Connection in East Burke in and around the Green and Country Store and Kingdom Trails Headquarters has Secure Public Access Wireless (heat map [here](#)) no password, agreeing to terms of service apply for open access
- Outside the kingdom across river in Littleton NH there is Public Wireless on Main Street and near the River District Area (Heat Map [here](#)) access is secure, with no password and a click through splash page for access.
- In Canaan anyone can come to the Canaan Schools parking lot or surrounding areas of the schools and access the Canaan-Public network without having to use a password to access the internet.
- Canaan, VT: Alice M. Ward Memorial Library free wifi from your parked car. Network: AWML password: AliceWardLibrary1

FINANCIAL RESOURCES

Banking: Take advantage of online banking, mobile banking apps, including mobile deposit capture, ATMs and drive through tellers.

Benefits programs:

- Vermont Economic Services is waiving in-person contact requirements for benefits programs. Call 1-800-479-6151 or visit www.dcf.vermont.gov/mybenefits.
- If you've been laid off, you may qualify for unemployment benefits. Call 1-877-214-3330 or visit <https://vermont.force.com/DOLClaim/s/>.
- Get student loan forbearance info for students, borrowers, and parents: www.studentaid.gov/announcements-events/coronavirus
- See "benefit assistance" section for more information about agencies that can help enroll in programs.

Emergency loans:

- Existing members of [North Country Federal Credit Union](http://NorthCountryFederalCreditUnion) whose income is affected by COVID-19 could be eligible to receive loans of up to \$5,000. www.northcountry.org
- VSECU is offering a \$2,000 loan with a 24-month loan term and an annual percentage rate APR as low as 0% to help any Vermonter: www.vsecu.com/memberemergencyloan.
- [US Small Business Administration's Economic Injury Disaster Loan Program](#)

Utilities: The Vermont Public Utility Commission ordered a temporary moratorium on involuntary natural gas, electric and telecommunications service disconnections. This means that if you are not able to make your payments for natural gas, electricity or land-line telephones, you will not be shut off. However, charges will still accrue during this time. You will have to make up the payments at a later date.

- Hardwick Electric Department will suspend all residential disconnection processes as of 8 AM on 3/18/20 until 5/1/20. Questions should go to Mike Sullivan, HED General Manager, msullivan@hardwickelectric.com or 472-5201
- 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/>

Farm help: 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.

Taxes: Follow [this link](#) to find out what you need to know about filing and paying your taxes this year.

Grant programs:

- [New England Grassroots Environmental Fund](#) - Rapid Response Seed grant program available to grassroots groups responding to local needs and building resilience in their community in response to the COVID19 pandemic and associated events. We commit to making decisions and getting dollars out the door as fast as we can. Our Seed grant program has a brief online application and requests can be up to \$1,000

- [Startup Relief Fund](#) - This grant is for anyone in the Entrepreneurship community. You may have an existing business being impacted by COVID-19 or you may be studying Entrepreneurship (currently having a full time job). If you've lost your income, lost your job and are in serious short-term need - please let us know below. We are considering anyone who urgently needs money for groceries, gas, medications, transportation and other necessities.
- [Freelancers Relief Fund](#) - Freelancers Relief Fund will offer financial assistance of up to \$1,000 per freelance household to cover lost income and essential expenses not covered by government relief programs, including: Food/food supplies; Utility payments; Cash assistance to cover income loss. 100% of all donations will be distributed directly to freelancers in need. Applications for funding will open on April 2, 2020.
- [Verizon Small Business Recovery Fund](#) - LISC will use the Verizon funding to provide grants of up to \$10,000 to businesses facing immediate financial pressure because of COVID-19—especially entrepreneurs of color, women-owned businesses and other enterprises in historically underserved communities who don't have access to flexible, affordable capital.
- [VT COVID-19 Response Fund](#) - to support nonprofits that are particularly equipped to address community impacts of the spread of the novel coronavirus in Vermont. Working with state, federal, municipal, public health, and nonprofit leadership, the Community Foundation will provide flexible resources to nonprofits working to address the most immediate public health and economic impacts of the disease, focusing on vulnerable populations and the service providers that support them.
- [Hello Alice COVID-19 Small Business Resource Center](#) - Among other resources, offering \$10,000 grants being distributed immediately to small business owners impacted by coronavirus, as part of our broader mission to ensure Business for All.
- The [U.S. Chamber of Commerce](#) is opening applications for their [Save Small Business Fund](#) starting Monday, April 20, 2020. In an effort to help our overall economy, the [U.S. Chamber of Commerce](#) will offer \$5,000 grants through the [Save Small Business Fund](#). Funds will be administered on a weekly basis (although, you only need to apply once!) in an order to assist business owners through these challenging times. To qualify, businesses must be within a qualifying region, employ 3-20 individuals, and have been negatively impacted due to COVID-19. The application is only expected to take approximately ten minutes to complete and will open Monday morning. [Learn more and sign up for updates on the Save Small Business Fund →](#)
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Federal Emergency Relief Package

What You Need to Know about Direct Aid to Individuals:

- \$1,200 one-time, direct payment to all eligible adults making \$75,000 and under per year
- \$500 one-time, direct payment per child per household

- One-time, reduced income-based payment for individuals making between \$75,000 and \$99,000 and for couples making between \$150,000 and \$198,000

[Economic Impact Payment Information Center](#)

How to Receive Your Economic Relief Check:

[See if you are eligible for an economic impact payment](#)

If you've filed a tax return for 2018 or 2019:

[Check on the status of your economic impact payment](#)

If you are income eligible, you will receive a payment. No action is required on your part. If the IRS has your direct deposit information, it will be deposited into your bank account. The IRS will soon make a website available to update your direct deposit information to speed up delivery of the payment, otherwise you will receive a check in the mail. Please note: if the IRS does not have your bank information, it may take several months for you to receive a check.

If you are normally not required to file a federal return and you are a Social Security beneficiary who receives a SSA-1099:

You also will receive a payment and no action is required on your part. It will be directly deposited into your bank account – or you will receive a check in the mail.

If you are normally not required to file a federal tax return and you receive Supplemental Security Income (SSI) with no other types of Social Security benefits:

You may receive a notification from the Treasury for the additional information you will need to file to receive your check. The IRS is encouraging anyone who has not filed a tax return for 2018 or 2019 to file a simple tax return as soon as possible and to include direct deposit information on the return. The IRS will be issuing details on what additional actions SSI recipients need to take in the coming days. Visit the following IRS website for updates:

<https://www.irs.gov/coronavirus>

If you are normally not required to file a federal tax return and currently qualify for public assistance programs:

For example, the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), and Medicaid — at this point in time — you will not automatically get the check. You will need to file a tax return for 2019. Visit the IRS website for updates on when the simple tax return will be available: <https://www.irs.gov/coronavirus>

[Non-filers. Enter Payment Info here](#)

If you are required to file a tax return and have not for 2018 and 2019:

You can file for free using IRS' Free File program here: <https://apps.irs.gov/app/freeFile/> As stated, the IRS is developing a simplified tax return form that will be available on the IRS website soon to make this process even easier.

FOR MORE INFORMATION - The IRS has created a special page on their website with the latest official updates on the disbursement of the economic relief checks and other tax-related coronavirus relief programs. You can find the page here: <https://www.irs.gov/coronavirus>

UNEMPLOYMENT CLAIMS

- [Vermont Department of Labor](#) website offers [step-by-step instructions](#) for Vermonter's filing for Unemployment Benefits

ESTABLISHING YOUR CLAIM: If you are laid off from your employer and need to file for Unemployment Insurance benefits, or [establish an unemployment claim](#).

- Establish your initial claim online: www.labor.vermont.gov **OR**
- Establish your claim by calling: 1-877-214-3330 or 1-888-807-7072
- Existing UI Claimants: If you have specific questions, please view the [frequently asked questions](#) or contact the Vermont Department of Labor Claimant Assistance line at 877-214-3332. Please understand that they are experiencing high call volume.
- The Vermont Department of Labor is offering a weekly [Virtual Town Hall](#), Unemployment 101 for claimants on Wednesday's from 8:30-9:15. The event will be recorded and available on the department's [YouTube Channel](#).
- Register for the [UI Newsletter](#) to receive ongoing updates and notices.

EMPLOYMENT OPPORTUNITIES

Employment Opportunities: Visit [Vermontjoblink](#) and create or log into your account to search and apply for work. Businesses featured below and more, are hiring. Contact your local [Vermont Department of Labor Resource Center](#) for remote assistance updating your resume, writing a cover letter and/or submitting your application.

Featured Jobs:

[High Mowing Organic Seeds](#)

VJL Job Order #658714

[US Customs & Border Protection](#)

[Cabot Creamery](#)

VJL Job Order #624366

BUSINESS RESOURCES

GUIDANCE

Small business owners and nonprofits are currently eligible to apply for a low-interest loan from U.S. Small Business Administration (SBA) due to COVID-19. Loan info and additional guidance at www.sba.gov/funding-programs/disaster-assistance.

Vermont Agency of Commerce and Community Development guidance, including essential business information, technical assistance resources, and financial resources at accd.vermont.gov/.

Vermont Department of Labor guidance, including information on the potential impact on unemployment insurance benefits, employee sick-time, paid leave, and other issues at labor.vermont.gov/. [Employer Virtual Town Hall Series](#).

Main Street Alliance resource list for small businesses at www.smallbizcovid19.com/resources.

SMALL BUSINESS LENDERS

Community Capital of Vermont, Flexible Capital Fund, Northeastern Vermont Development Association, Northern Community Investment Corporation, Opportunities Credit Union, Vermont Community Loan Fund, Vermont Economic Development Authority, Vermont State Employees Credit Union, and local banks.

COACHING & MENTORING

The VT Small Business Development Center is here to help curate, decipher, and disseminate critical information into manageable, practical action steps specifically for your business: www.vtsbdc.org/coronavirus/. Small Businesses should contact Ross Hart, the SBDC Area Advisor: rhart@vtsbdc.org or (802) 535-4240.

Northeastern Vermont Development Association (NVDA) provides business financing, technical assistance, training and education, grants, and other support to businesses in the region. See www.nvda.net.

Northern Community Investment Corporation (NCIC) offers local businesses technical assistance, financial management, marketing support, and business loans. See www.ncic.org. Direct lending questions to Mark Butterfield, mbutterfield@ncic.org, 603-991-0236 or business support to Jon Freeman, jfreeman@ncic.org, 802.535.7229.

SCORE offers free business mentoring and education at www.score.org/.

Center for Women & Enterprise offers no-cost business counseling and online workshops for entrepreneurs and owners of small businesses at <https://cweonline.org/>. They are offering weekly [online 'Brain Trusts'](#) that allow entrepreneurs to connect with each other and strategize solutions for each other's businesses.

MENTAL HEALTH AND RECOVERY RESOURCES

Mental Health Resources: 24/7 emotional help Crisis Textline Text: "VT" to 741741 or call National Suicide Prevention Lifeline at 1-800-273-TALK.

Mental Health, Substance Use, or Intellectual and Developmental Disability Services:

Northeast Kingdom Human Services crisis services continue to be available 24 hours a day, seven days a week. Call (802) 334-6744 in Derby or (802) 748-3181 in St. Johnsbury. Additional information at: www.nkhs.org/covid-19

Support Groups: Kingdom Recovery Center offers peer support over the phone support or by Zoom meetings for individuals and family members affected by alcohol, drugs, or other substance use disorders. Call 802-751-8520 for more information. BAART offers medically assisted treatment for individuals seeking recovery from an Opiate addiction. Call 802-748-6166 for help. Alcoholics Anonymous meetings online at www.aavt.org. Additional resources at [Online recovery resources/ meetings](#)

Domestic Violence, Sexual Assault Support: Umbrella has a 24-hour hotline for survivors of domestic and sexual violence for safety planning, options counseling, legal advocacy, and other supports. In Caledonia and southern Essex counties call: 802-748-8645. In Orleans and northern Essex counties call: 802-334-0148.

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

Parent Support Line: This line is a dedicated warm line for parents and guardians to access when having difficulty managing their children's behaviors at home. It is staffed by NKHS's Children's Department clinicians. Call 802-749-1111.

Additional resources:

- <http://youfeellikeshit.com/> (simple but effective website for those experiencing anxiety around COVID-19)
- Vermont Telephone Recovery Support line: 802-808-8877
- 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](#)
- Narcotics Anonymous meetings online: <https://www.neveraloneclub.org/>
- 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/>
- [VT Alcoholics Anonymous](#)
- [Craftsbury Mental Health Resources Booklet](#) lists therapists and other mental health resources in the NEK.
- [Craftsbury Mental Health Resources Group website](#) has a wealth of information about suicide help/prevention and mental health and wellbeing.

FAITH GROUPS

- Congregation Beth El in St. Johnsbury serves the Jewish community of the Northeast Kingdom. Currently, we offer via Zoom (phone or online): Friday evening worship (candle lighting, abbreviated worship, community conversation; Passover Second Night Seder, Thursday, April 9. Contact Jill Minkoff, mjsminkoff@gmail.com, phone 802.748.5683
- Convivia/StJ Working to connect neighbors, have meaning in our lives, and experience the holy. The Rev. Ann Hockridge and the Rev. Susan Ohlidal, priests in the Episcopal tradition, are the pastors of Convivia/StJ . Two on-line gatherings via Zoom video conferencing (video and phone access) : Pub Theology, weekly on Wednesday, 6 PM, interfaith discussion group; The Table Gathering, 1st and 3rd Tuesdays each month, 6:30 PM, worship with Eucharist/Communion. Contact: conviviastj@gmail.com
<https://www.facebook.com/ConviviaStJ>
- St. Johnsbury Shambhala Center 1. Sunday Meditation Hour, 10 - 11 am every Sunday on Zoom. The session includes meditation instruction, practice, a reading and a discussion. All are welcome. Click on this link:<https://st-johnsbury.shambhala.org/> Click on 'Sunday Meditation'. 2. Learn to Meditate, every Wednesday, 6 - 8 pm. This session includes meditation instruction, practice, a brief talk and discussion. All are welcome. Click on this link:<https://st-johnsbury.shambhala.org/> Click on 'Learn to Meditate' to register Contact Caroline DeMaio, cdemaio5@gmail.com, 802-748-9338
- Third Congregational Church and the Lower Waterford Congregational Church, gathering together on Sunday mornings at 10am via Zoom. Prayer, music, scripture, and conversation. Contact the Rev. Ann Hockridge at pipersville1280@gmail.com
- Universalist Unitarian Congregation of St. Johnsbury Worship service every Sunday from 10:30 am - 11:30 am. Services available on Zoom; can use the land and cell phones to participate as well. Contact: Rev. Susan-Lynn Johns, reflectionsforuu@gmail.com (Phone: 802-748-2442). Connection information on our website: www.stjuuc.org

WASTE MANAGEMENT

NEKWMD can connect individuals with companies that offer pick up in their area for the 49 towns served by NEKWMD. Call 802-626-3532 or 1-800-734-4602. Drop off services for recycling centers have changed. See updates at nekwmd.org.

A complete list of registered haulers can be found at <http://nekwmd.org/pdf/haulerlist.pdf>

EDUCATIONAL 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](#)
- [ECHO Science and Stories](#) series updated weekly through April
- Education Reimagined [Distance Learning Resource Center](#)
- Free loan of ebooks and audiobooks [here](#)

LIBRARIES

- Free ebooks at <https://www.gutenberg.org/>
- Free loan of ebooks and audiobooks [here](#)
- [ATHENAEUM](#) The foyer facing Main Street will remain open while we are closed. Resources available: free books, checked-out books for patrons who have contacted us via phone or requests through their own account, 2 computers for information look up, request box for library materials, flexible return dates for library materials (no fines).
- [Alice M. Ward Memorial Library](#) We are answering phone messages and emails at this time. Please visit our Facebook Page for up to date links about COVID-19, educational

resources, read alouds and motivational cheer. When time allows we are calling patrons to continue that friendly hello you get at our library, please call or email us too at alice.ward.library@gmail.com to get on that call list if you wish, we are happy to stay in touch with you. We are offering others to participate in "The Rainbow Connection" where we paint or draw rainbows and tape these images up in our windows for the children to count on their daily walks and bicycle rides. "After Every Storm is a rainbow." Our wifi is free and on 24/7 from your parked car use the AWML network, and password AliceWardLibrary1 802-266-7135

- [Jeudevine Memorial Library](#) - Visit the Jeudevine website or Facebook page for information and services we are offering online at this time. Under the Kids' Space tab you can find links to free audio and ebooks, films, crafts, and more plus Social Distancing Storytime videos!
- [Craftsbury Public Library](#)
- Greensboro Free Library <https://www.greensborofreelibrary.org/> Currently we are open for curbside pickup Tuesdays, Thursdays, Saturdays 9am-3pm. Contact greensborolibrary@gmail.com. Please visit our website or Facebook page for up to date information and services we are offering at this time including audiobooks, online classes, free resources, crafts, storytimes, etc. Wifi is available from your car outside the library. Stay safe.

LEGAL RESOURCE:

If you are having a legal or benefits problem related to the COVID-19 Coronavirus outbreak, contact Vermont Legal Aid at 1-800-889-2047 or www.vtlawhelp.org/coronavirus-updates

HOW TO DONATE TO COVID-19 RESPONSE FUNDS:

- Consider purchasing gift certificates from local small businesses and donating directly to local nonprofit organizations.
- Green Mountain United Way [COVID-19 Relief & Response Fund](#) 100% of the dollars raised through this fund will be used to support organizations and people in Central Vermont and the three counties of the Northeast Kingdom. Understanding your commitment to your local community, we have included the choice to support the entire region, or you can target your donation to serve your neighbors in Central Vermont (Washington & No. Orange Co.), the Northern NEK (Orleans & N. Essex Co.), or Southern NEK (Caledonia & S. Essex Co.).
- The Vermont Community Foundation has set-up a [VT COVID-19 Response Fund](#) to help both with emergency response efforts and longer term recovery.
- Donate PPE: Donations of N95 masks, medical and industrial grade or surgical masks can be brought to your nearest State Police Barracks. You can find the location nearest to you here: <https://vsp.vermont.gov/stations>.

- Give blood: Visit the American Red Cross to learn how to safely donate blood: <https://www.redcross.org/local/new-hampshire-vermont.html>.
- Support your local Food Bank. Donate online at vtfoodbank.org or you can text GIVEHEALTH to 85511. If you're in need of help, please visit vtfoodbank.org/gethelp.
- [Vermont Farm Fund](#) Donations will support availability of Emergency Loan funds for Vermont food producers who are suffering COVID-19-related losses.

CONTACT INFO FOR ORGANIZERS

Here's a [list of local community organizers](#) working to coordinate community level response and resources - SEE NEK TAB for more information.

- If you are not already on this list and are actively involved in organizing in your community, we strongly encourage you to add your name so that you receive communications about meetings for organizers.
- We are hoping to identify ONE point person for each town. If you are the central point of contact for your town's organizing efforts, please add your name and information on the green line with a * for your town. Thank you.

Join us for weekly NEK COVID-19 Community Organizing Calls. These meetings are focused on these community response efforts, what's happening now, what are the gaps/needs, and next steps.

Previous meeting minutes [here](#).

Next meeting: Tuesdays at 2:30 PM email Katherine@nekcollaborative.org for meeting invitation)