

=Short-cuts:

Cambridge, MA [Facebook group](#)

To share this page: <http://bit.ly/Cambridge-NAN-general>

Send any questions cambridgemutualaid@gmail.com

To volunteer (goods, services, misc.): <http://bit.ly/Cambridge-NAN-volunteer>

To request help (goods, services, misc.): <http://bit.ly/Cambridge-NAN-help>

To view a list of volunteers: <http://bit.ly/Cambridge-NAN-offers>

Join the **Cambridge Neighborhood Action Network** email group: [here](#)

See this in [Portuguese](#) [Spanish](#)

Cambridge Neighborhood Aid Network

****Update 3/21***

We have a new
website:

cambridgemutualaid.info

Please check there
for updates.

- ★ *Emergency Childcare Announced: (SEIU 509) Governor Baker has ordered all child care programs across the state closed to protect public health. Starting this Monday, emergency child-care centers are being set up, at no cost, for the children of those who perform essential work amid the threat of coronavirus. Learn More [here](#)*
 - ★ CHA is asking people with sewing machines to make surgical masks. Have a sewing machine? Mask shortages are so severe that hospitals and nursing facilities are now looking for volunteers to produce cloth masks. Please use this CHA-approved mask sewing pattern: [here](#) , [more information](#)
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Welcome to the Cambridge Neighborhood Aid 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. We are setting this up based on the efforts of Somerville/Medford and Jamaica Plain's mutual aid groups.

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.

Here's how we can connect and support the community right now:

1. [Current Offerings](#) Google Form

Submit what you can contribute to the community on this [google form](#). The info you provide will be directly uploaded into a **public non-editable spreadsheet** of "offerings" that others can view and reach out to you directly for support.

Please fill out the above form to share your offerings, but also check the needs list below to see if there is someone who could directly and immediately benefit from the services and support you are offering! 3/17 needs included housing, food, a washer, and monetary support.

If you need to edit anything, email us at CambridgeMutualAid@gmail.com and we will edit your listing as requested.

2. **Current Needs List**

If there is anything you need that is not found on the above offerings spreadsheet, you [can request assistance using this form](#), or edit our [spreadsheet](#) directly. Whichever way you submit your needs they both end up in the same place -- whatever is most technologically comfortable for you. There is no ask for assistance that is too big or small, and **no one will ever be shamed for asking for what they need**. If you'd prefer to not add your name + contact information on this public spreadsheet, you can email us at cambridgemutualaid@gmail.com with your request and we can add it to the sheet for you anonymously.

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. **This [toolkit](#) will get you started! Our flyer for setting up your own pod is available [here](#). A larger sign flyer for the neighborhood is available [here](#). Join our [pods Google group](#) to communicate with other pod leaders!**

Google Groups:

We are creating a google group for folks to communicate more broadly. Your membership will be approved as soon as we can! Join the **Cambridge Neighborhood Action Network** group: [here](#)

Everyone who signed up to volunteer as of 3/17 has been sent an invitation to join the group. Look for it in your email.

Share This Resource

We created a document that lets you copy and paste to share these resources to friends, family, and neighbors. Text for email, Facebook, and Twitter is available [here](#).

City and State Resources

The most current state, national, and international information can be found on the Centers for Disease Control and Prevention ([CDC](#)), World Health Organization ([WHO](#)), and Massachusetts Department of Public Health ([MDPH](#)) websites.

Information can be found on the MDPH COVID-19 Fact Sheets: [English](#), [Traditional Chinese](#), [Simplified Chinese](#), [Spanish](#), [Portuguese](#), [Haitian Creole](#), and [Vietnamese](#).

City Website with updates on closures and announcements is available [here](#).

New 3/17: City of Cambridge: Code RED Alerts Sign up to stay informed about the latest updates and cancellations in Cambridge relating to COVID-19 [Sign Up for Alerts](#)

Mayor Sumbul Siddiqui and City Manager Louis DePasquale have put out a statement on emergency measures taken by the City of Cambridge to address COVID-19. Read their statement here: <http://bit.ly/2wZY9Wg> (3/16/2020)

State of Massachusetts - dial 211 for information about testing.

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

Cambridge Public Health Department's website: [here](#)

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

Events/Webinars

1. [Massachusetts Jobs with Justice](#) is organizing an Online Workers' Town hall today, Thursday 3/19 at 3:00 PM with a presentation on worker safety and your rights at work regarding COVID-19 with MassCOSH & the Attorney General Fair Labor office. Will you join us? Sign up [here](#) and the organizer will send you the zoom info when time and logistics are finalized.
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Local Initiatives + Resources

Food

- [Rescuing Leftover Cuisine](#) is a non-profit organization that provides a volunteer platform to transport food from businesses to local human service agencies. We are providing One-Time Emergency Food Rescues free of charge in order to help local restaurants

and food businesses offload your food and get it to people who need it.

Click here to learn more about donating food as a business:

<https://tinyurl.com/RLCMA-RI-Donor-Updates-C19>.

Click here to learn more about volunteering as an individual or group:

<https://tinyurl.com/RLCMA-Rescuer-COVID-19-Info>.

Click here to learn about receiving food as a Human Service Agency:

<https://tinyurl.com/RLCMA-RI-Recipient-Updates-C19>

- Every weekday, Cambridge Public Schools will be packing and distributing bagged breakfasts and lunches to locations throughout the city, starting March 16. CPS families who are facing food challenges can pick up one bag per child. **Any Cambridge child 18 and under can pick up a bag.** Come to the location most convenient for you. Details available [here](#).
- For people concerned about accessing food, [Project Bread](#) has a hotline for food resources: 1-800-645-8333
- Elderly Hour Shopping
 - Stop + Shop will be open from 6:00am to 7:30am exclusively for shoppers over 60 beginning Thursday 3/19. This gives seniors an opportunity to shop in safer and less crowded conditions.
 - Stop + Shop's press release is available [here](#)
- Consider making a donation to [Food for Free](#) in Cambridge or joining their [COVID-19 Volunteer team](#).
- Consider purchasing a gift certificate from your favorite restaurant. Look for more ways to help small local businesses soon.
- <https://www.boston.com/boston-helps> has interactive map of food pickup locations in Boston, Cambridge, and Somerville

Housing

- Aletheia Church in Cambridge Short Term Housing
 - Link to their spreadsheet available [here](#)
- Due to office closures, families applying for Emergency Assistance shelter through the Massachusetts Department of Housing and Community development can only apply by calling this phone number: 1-866-584-0653. Please share this number with those you know, and learn more here: <http://mahomeless.org/advocacy/item/coronavirus>

Legal + Social Services

- Filing for unemployment
 - To apply for unemployment visit [here](#)
 - For a video on how to apply with step-by-step instructions, visit [here](#)
 - For directions specific to the COVID-19 emergency, see [here](#)
 - Over the phone, call 1-617-626-6800 or 1-877-626-6800; be advised that many applicants report difficulty accessing representatives over the phone and applying online will be the fastest method
- If your hours have been cut due to COVID-19, you qualify for Unemployment Insurance. On March 16, Governor Baker announced emergency regulations that will allow those impacted by COVID-19 to collect unemployment insurance. Emergency legislation is being filed that will waive the one-week waiting period for unemployment benefits. You can learn more and apply here: <https://www.mass.gov/unemployment-insurance-ui-online>

Internet Access

- Free 60-day internet connection for those without is 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](#)
- Cambridge-based weekly newsletter for aging community members: [here](#)

More Resources

- A Boston-oriented list compiled by community and grassroots organizations is available, lists many new and existing resources: <http://bit.ly/COVID-BOS>
- **All Stop & Shops will be offering Senior Citizen shopping hours from 6-7:30AM starting Thursday, 3/19.** During this time, only customers age 60 and over will be served. You can learn more here: <http://bit.ly/33rXARq>.
- MIRA has a comprehensive [resource page on our website on COVID-19](#). This page includes public health resources in multiple languages that can be shared with immigrant and refugee families, as well as relevant information on immigration policy and enforcement.

- *Cambridge Volunteer Clearing House Opportunities* [here](#)

Somerville Cambridge Elder Services Looking for Volunteers to:

- Pick up food at the agency to deliver to clients who usually get grocery delivery and are not receiving it at this time. To do this, we'd require volunteers who are able to drive to our office, carry a 15 pound bag of food and deliver it to a client's home, leaving it outside to avoid exposure to the client.
- Calling clients who may be isolated to check-in. We would match a client with a volunteer and ask that they call 1-3 times per week (or whatever is decided upon between the client and the volunteer). Volunteers must feel comfortable calling clients from their own homes with their personal phones. We would especially need volunteers who speak languages other than English, in particular Spanish, Portuguese, Mandarin and Creole.
- If you know of anyone looking to donate to local organizations, monetary donations would be very appreciated so we can address needs of clients as they come up, mainly food and supplies outside of what Nutrition and Homecare can currently provide. To do this, people can donate via our website: <https://eldercare.org/join-us/donate/>. Spread the word!

Mutual Aid

More Cambridge-based mutual aid projects:

[Cambridgeport Neighborhood Association](#)

Harvard and MIT alumni organizations both have sign-ups to assist students:

[MIT](#)

[Harvard](#)

For those close by:

[Medford + Somerville](#)

[Jamaica Plain + Roxbury](#)

[Arlington](#)

Resources for School Closures

- Every weekday, Cambridge Public Schools will be packing and distributing bagged breakfasts and lunches to locations throughout the city, starting March 16. CPS families who are facing food challenges can pick up one bag per child. Come to the location most convenient for you. Details available [here](#).
- If your last name starts with A - M, please come at 12noon.
 - N - Z, please come at 12:30PM
 - Locations:
 - Haggerty School: Cushing Street main entrance
 - Peabody School: Rindge Avenue main entrance
 - King Open School: Cambridge Street main entrance

- Morse School: Granite Street main entrance
 - Dr. Martin Luther King School, Jr.: Magee Street Entrance
 - Fletcher Maynard Academy: Harvard Avenue
 - 35 Cambridge Park Drive: Look for a parked yellow school bus nearby
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- A list of free online resources and educational activities for children of all ages available [here](#).
 - Free 60-day internet connection for those without is available [here](#).
 - Boston Free Lunch and Breakfast Map for School Aged Kids [here](#)
 - Got kids at home (aged 8-12) and beginning to get cabin fever? Discover The Universe to offer free 30-minute online astronomy classes! Starts at 2pm EDT tomorrow (Tuesday). <https://www.discovertheuniverse.ca/post/astro-at-home>

Unhoused Resources

- [The Material Aid and Advocacy Program](#) (MAAP) is continuing to offer material aid, phone charging, and food for people experiencing homelessness (especially those who are unsheltered) on Tuesdays and Thursdays from 9-3 at the Friends Meeting House (5 Longfellow Park, Cambridge, MA 02138). As information is always changing, people seeking material aid should call first if they can. MAAP's phone number is 617.876.5312. There are four ways MAAP is seeking help:
 - Donating to their emergency fundraiser to cover staff + material aid costs.
 - Donating to [amazon wishlist](#)
 - They have [an urgent needs list](#) identifying gently used goods that you may find in your closets while home practicing good social isolating! Please wash and dry material goods before bringing them to MAAP on Tues/Thurs, 9-3, 5 Longfellow Park, 02138
 - MAAP may need a few volunteers who aren't in high risk groups who could help bring material aid up and down stairs, serve food, and do other things on Tuesdays and Thursdays for blocks of 4-5 hours. If people are interested potential volunteers should email Michelle.kweder@gmail.com. It is great if people have experience working with people who are unhoused.

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](#).

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](#)
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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. Here are some roles that need to be filled:

Spreading the word - We need to spread the word about what we're doing in concise and clear ways to ALL parts of Cambridge- help us make and distribute flyers, spread the word online, and reach out to other friends. Text for email, Facebook, and Twitter is available [here](#).

Translations + Language Justice - Please reach out if you have capacity to translate some of our materials into Spanish, Portuguese, or Haitian Creole.

Org Org - Why reinvent the wheel? Cambridge 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 Cambridge students who don't have access to school lunches still get fed! Your brilliant idea! Get in touch:
cambridgemutualaid@gmail.com

We got this

