

Northeast Kingdom of Vermont

COVID-19 Resource List

The document was created by the [NEK Collaborative](#) but we appreciate your help in creating this resource - please add comments or suggestions for additional resources. If you have questions or need to visit the doctor, PLEASE CALL FIRST (see health center list below).

TABLE OF CONTENTS

WHERE CAN I GET MORE INFORMATION ABOUT CORONAVIRUS?	2
REQUEST HELP	2
VOLUNTEER TO HELP	2
FOOD ACCESS	2
BASIC NEEDS	5
HEALTHCARE CENTERS - Please call first	6
PHARMACY	6
SUPPLIES	6
FREE WIFI	6
FINANCIAL RESOURCES	7
UNEMPLOYMENT CLAIMS	7
SUPPORT LOCAL BUSINESSES	8
UTILITIES	8
BUSINESS RESOURCES	8
MENTAL HEALTH AND RECOVERY RESOURCES	9
EDUCATIONAL RESOURCES	10
LIBRARIES	10
LEGAL RESOURCE:	11
DONATIONS:	11
CONTACT INFO FOR ORGANIZERS	11

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
- See the Vermont Health Department's latest [info here](#)
- See the [Centers for Disease Control's website](#)
- [Positive Coronavirus cases in Vermont](#)
- [Positive Coronavirus \(COVID-19\) Cases In New England](#)

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:

- [Southern NEK Delivery Request Form](#)
- [Northern NEK Delivery Request Form](#)
- [Craftsbury Need & Volunteer Form](#)
- [Greensboro/Stannard Stay Connected & Mutual Aid Form](#)
- [Peacham Mutual Aid Sign up](#)

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:

- [Southern NEK Mutual Aid Sign Up](#)
- [Northern NEK Mutual Aid Sign Up](#)
- [Craftsbury Need & Volunteer Form](#)
- [Greensboro/Stannard Stay Connected & Mutual Aid Form](#)
- [Peacham Mutual Aid Sign up](#)

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

FOOD ACCESS

- **School Meals:** Most districts will still be providing meals to students during this closure. If your family's financial situation changes you can apply or re-apply for free school meals at any time during the school year, even if you have not qualified in the past! Contact your school for an application or for information about how your school is providing meals to students during closure.
 - [North Country Supervisory Union](#) meal info

- [OSSU meal info](#): Craftsbury, Hardwick, Greensboro, Wolcott, Woodbury
- [OCSU meal info](#): Albany, Barton, Brownington, Glover, Irasburg, Orleans
- St. Johnsbury School District [meal delivery info](#)
- Kingdom East [meal info](#): Burke, Concord, Lunenburg, Lyndon, Newark, Sheffield, Sutton, or Wheelock.
- **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>
- **Grocery Stores**:
 - [Buffalo Mountain Coop](#) has online ordering. Customers are welcome to call the Coop anytime and place orders at 802-424-6989. Volunteer Coop members are available to deliver groceries or the Coop can arrange curbside pick up.
 - **C Village Store**, Craftsbury (586-2554)
Prefer order be called in and put on credit card and either they can deliver for free (as soon as they are able) or have curbside delivery. They can also call back with total and pay cash instead. If you enter store, please use their hand sanitizer first.
 - **Craftsbury General Store**, Craftsbury (586-2440)
For safety, they are now closed to walk-ins, but they are taking orders at their front door. Curbside service is encouraged. Just call in order, have payment ready when you stop by to pick up. Payment can be made by credit card, cash or check. If you can't pick up, they will deliver for free too.
 - **Tops**, Hardwick (472-6504)
People can call in their order, up to 15 items. The volunteer would then pick up the check on their door and the items would be ready for them in Tops, just needs to be picked up and paid for.
 - **Hannafords**, Morrisville (888-9848)
They do not have delivery or curbside service. They have time for

seniors/compromised people 6-7 AM Tuesday-Thursday. The only option for delivery people is to pay personally for the purchases ahead of time, call the person at the store and have them reimbursed you by leaving check/money on their door.

- **Price Chopper**, Morrisville (888-1220)
They do not have delivery or curbside service. They have time for seniors/compromised people 6-7 AM Tuesday-Thursday. The only option for delivery people is to pay personally for the purchases ahead of time, call the person after shopping so they know the amount and have them reimbursed you by leaving check/money on their door.
- [Newport Natural Foods](https://www.newportnaturalfoods.com) (802-334-2626) is offering phone ordering and curbside pick up.
- [White's Market](https://shop.rosieapp.com/dashboard) (802-748-5099) is offering online/phone ordering and curbside pick up. <https://shop.rosieapp.com/dashboard>
- [C&C market](https://www.candcmarket.com) (802-525-3444) is offering home delivery on Tuesdays and Fridays place orders by 9 AM. Curbside pickup available Mon, Wed, Thurs.
- [Smith's Grocery](https://www.smithsgrocery.com) 802-533-2631 offering home and business delivery (excludes alcohol & tobacco) during our open business hours. Advance notice is appreciated.
- Troy General Store in Troy (802-744-2200) is offering phone order with curbside pickup
- Price Chopper is open early for 6 -7 AM senior shopper
- Tops Market in Hardwick - On Tuesdays and Thursdays, they will be open from 6am to 7am for ONLY older people, and people with compromised immune systems that makes them more vulnerable to the virus.
- Willey's Store ([533-2554](https://www.willeysstore.com)) is offering curb-side delivery and has local volunteers to assist with home delivery by calling the store.
- List of [grocery stores and restaurants in St. J Area](#) with hours and operations
- The Littleton Food Co-op is providing a curbside pickup in which orders of up to 15 items are taken Monday through Friday by calling 444-2800. The co-op is also offering a grocery buddy program for people who need a grocery delivery or who would like to help deliver, and is matching volunteers with those needing assistance.
- **Local farms:**
 - [Hillside Farm](#) Offering free delivery of frozen chicken, pork, eggs, and apple sauce to your home. In addition, for local customers who would like to stock up, we will offer our chicken at the reduced price of \$3.60/lb. Deliveries outside a 15 mile radius must be an order of \$50 or more, but I am also willing to make accommodations! Email hillsidefarmvt@gmail.com
 - [Snug Valley Farm](#) is providing home delivery or pick up at the farm with an online "store" for purchasing Grass-Fed and Finished Beef and Pastured Heritage Pork. They have frozen cuts, small and large! Visit them [online](#) or call 802-472-6185

- **Restaurants offering take-out and delivery:**
 - Visit [this link](#) at NEK Eats of restaurants throughout the NEK offering take out and curbside service.
 - [Sustainable Kitchen](#) - Weekly meal delivery service, ranging from Craftsbury to Waterbury, as well as Hardwick and Greensboro! Starting Friday, we will have deliveries run on Monday, Wednesday and Fridays with delicious, nourishing meals including a special ordering sheet ranging from Spring Rolls, Kis Kombucha, to Energy Balls, Quiche and more!
- **Food Shelves:**
 - List of [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. Orders taken 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](#)
- **Community Meals:**
 - List of [NEK Community Meal Sites](#)
 - [Burke Mealsite](#) - Open Monday, Wednesday and Friday. We offer home cooked meals on site, home made meal delivery and group activities. Has seen an increase in meals on wheels requests and will likely end up doing some more food and essentials deliveries
 - **Kingdom Community Services Meal Sites/St. Johnsbury.** Sites offering take-out food, no dining inside:
 - Mondays, 11 AM--12:15, Grace Methodist Church, Central St.
 - CLOSED AS OF 3-26-2020--Wednesdays, 11 AM--12:15 PM, United Community Church, Main St.
 - Fridays, 11:30 AM--12:30 PM, South Hall Church, Main St.
 - CLOSED AS OF 3-29-2020 Saturdays, 11 AM-12:15 PM, Universalist Unitarian Church, corner of Eastern Ave. and Cherry St.

BASIC NEEDS

- [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

HEALTHCARE CENTERS - *Please call first*

- Concord Health Center, (802) 695-2512, 201 East Main Street, Concord, VT 05824
- Corner Medical, 802-748-9501, 195 Industrial Parkway, Lyndon, VT 05849
- Danville Health Center, (802) 684-2275, 26 Cedar Lane, Danville, VT 05828
- Hardwick Area Health Center, (802) 472-3300, 4 Slapp Hill, Hardwick, VT 05843
- Island Pond Health & Dental Center 82 Maple Street, Island Pond, VT 05846, (802) 723-4300
- 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

PHARMACY

- Walgreens:
 - 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.
- [Kinney Drugs](#) offers FREE prescription delivery. Plus, they 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.

SUPPLIES

- [Green Mountain Distillers](#) is offering free hand sanitizer - just bring in your used containers for a refill.
- [St. J Distillery](#) is offering free hand sanitizer - just bring in your used containers for a refill Available during work hours 9 am to 3 pm

FREE WIFI

- [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.
- 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.
- The Public Service Department has prepared [a map of public buildings in Vermont 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. As a safety precaution, we discourage users from entering the premises or congregating outside. These sites should be accessed from within a parked vehicle. This information was compiled through an email survey of schools, libraries, and town offices conducted in March 2020. The PSD will continue to update this map as new information is received. If a password for the WiFi network was provided, you can view it by clicking on the icon.

FINANCIAL RESOURCES

- 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
- Coronavirus and Forbearance Info for Students, Borrowers, and Parents
- <https://studentaid.gov/announcements-events/coronavirus>
- [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.
- 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.
- VSECU has a [Member Emergency Loan Fund](#) and is offering a \$2,000 loan with a 24-month loan term and an annual percentage rate APR as low as 0% to help Vermonters cover lost or reduced income due to the COVID-19 pandemic. Thanks to a unique partnership with The Vermont Community Foundation*, they are able to expand this loan offering, beyond our membership, to all Vermonters!

- Taxes - Follow [this link](#) to find out what you need to know about filing and paying your taxes this year.
- [New England Grassroots Environmental Fund](#)
- [USCRI Vermont Neighbor Relief Fund](#)

UNEMPLOYMENT CLAIMS

- Vermont Department of Labor - HOW DO I ESTABLISH MY CLAIM?
 - Establishing an initial Unemployment Insurance Claim - 1-877-214-3330
 - The Full-Service Unemployment Insurance Claims Center can be reached at 1-877-214-3330.
 - The Department of Labor has created an electronic form for establishing initial Unemployment Insurance Claims - [complete the form by clicking here](#).
 - A supplemental phone line has also been established for assistance in establishing initial claims, and may be reached at 1-888-807-7072.
 - More information about filing establishing a NEW claim can be found at <https://labor.vermont.gov/unemployment-insurance/ui-claimants/establishing-unemployment-claim>.
- Effective 3/24/2020, all official work search requirements are suspended until further notice. This applies to all unemployment insurance claimants, not just those that have a return to work date. This action is being taken to mitigate the risk associated with work search efforts as they relate to the COVID-19 Pandemic and the guidance provided by the Center for Disease Control and the Vermont Department of Health.
- 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.

SUPPORT LOCAL BUSINESSES

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

- Visit [this link](#) at NEK Eats of restaurants throughout the NEK offering take out and curbside service.

UTILITIES

- 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/>

BUSINESS 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](#). 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.

MENTAL HEALTH AND RECOVERY RESOURCES

- 24/7 emotional help Crisis Textline Text: "VT" to 741741 or call National Suicide Prevention Lifeline at 1-800-273-TALK
- <http://youfeellikeshit.com/> (simple but effective website for those experiencing anxiety around COVID-19)
- Vermont Telephone Recovery Support line: 802-808-8877
- Kingdom Recovery Center 802-751-8520
- 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
- Alcoholics Anonymous AA Online Intergroup
- 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
- Online recovery resources/ meetings

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](#)
- Education Reimagined [Distance Learning Resource Center](#)

LIBRARIES

- Free ebooks at <https://www.gutenberg.org/>.
- [Craftsbury Public Library](#) is offering pick-up/home delivery. Call (586-9683) or email (craftsburylibrary@gmail.com) to ask for specific titles or ask us to pack up a selection of books or movies
- [Jeudevine Library](#) is offering pick up/home delivery and a free lending library in the outside vestibule. A offering printing services. Call 472-5948 or email jeudevinelibrary@hardwickvt.org
- [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).

LEGAL RESOURCE:

- Legal Services Vermont and Vermont Legal Aid's legal help website: <https://vtlawhelp.org/coronavirus-updates>

DONATIONS:

- 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 Foodbank](#) Communications director Nicole Whalen says cash donations are more helpful than food or other items at this time.
- [Donate blood](#). The FDA has raised concerns about a blood shortage as donation drives are cancelled.
- [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:
 - [Monday, March 23rd](#)

 - Next meeting: Friday, March 27th 9:30 AM
 - Welcome
 - Updates from last call
 - List of organizers and town captains
 - Step by step checklist and templates for community response teams
 - List of regional agencies
 - Sample script for PSA
 - Volunteer opportunities google doc
 - Stay home pledge language
 - Gaps/needs
 - Next steps
 - Next meeting

 -

 - Join Zoom Meeting
 - <https://zoom.us/j/463408930?pwd=ZTIURFILTFk4TEhxL2UzN1RTT21Zdz09>
 - Meeting ID: 463 408 930
 - Password: 865412
 - Dial by your location
 - [+1 301 715 8592](tel:+13017158592) US