

# STAY WELL! STAY CONNECTED! STAY PROTECTED!

# PLEASE WEAR YOUR MASK!

A Bulletin from the Orleans and Northern Essex Community Response Team

## DO YOU NEED A CLOTH MASK?

Contact **NEKCA 802 334 8224**, the *Council on Aging 1 800 642 5119*  
or *Green Mountain United Way [www.gmunityedway.org/one-masks](http://www.gmunityedway.org/one-masks)*

## 3 FACTORS TO WEIGH THE RISK IN ANY SITUATION



**FOR UP TO DATE INFORMATION ABOUT COVID & VERMONT GUIDELINES GO TO:**  
[COVID-19 | Vermont Department of Health \(healthvermont.gov\)](https://www.healthvermont.gov)

## FREE COVID TESTING:

North Country Hospital

- » M – F 7:30 a.m. – 6:30 p.m. (not available on Hospital Holidays)
- » Register at [www.healthvermont.gov/covid-19/testing/where-get-tested#where](https://www.healthvermont.gov/covid-19/testing/where-get-tested#where)
- » Or call the VDH COVID Call Center during business hours at 802 863 7240 option 0 to speak with someone who can help with registration

## CONNECTING & REACHING OUT RESOURCES:

**For Your Needs and the Needs of Your Family/Friends**

- » If you need to connect to services: **Dial 2-1-1.**
- » If you need emotional support, a listening ear, connections to community supports, reach out to **COVID Support Counselors**, now available Monday-Friday, 8am-8pm: **Dial 2-1-1.**
- » If you just need to talk, **text VT to 741741** or call **1 800 273 8255** for confidential, free professional support 24/7 or call the **NKHS free Warm Lines:** (You can call from anywhere in VT.)
  - **749 1111** – Parent Support Line (24/7)
  - **749 1112** – Recovery Warm Line (8:30 AM – 5:00 PM)
  - **749 1113** – Emotional Support Warm Line (8:30 AM – 5:00 PM)

## FOOD RESOURCES:

- » **NEKCA** (Northeast Kingdom Community Action) Food Shelf: **802 334 7316**
- » **FARMERS TO FAMILIES FOOD BOX DISTRIBUTIONS**  
1 box with about 30 lbs of food, including fresh produce, dairy products, and meat.
  - **Friday December 4** [Leonard Field, 63 Almshouse Rd, St Johnsbury](#)
  - **Monday December 7** [Newbury AOT Garage, 249 Industrial Park Rd, Wells River](#)
  - **Tuesday December 8** [American Legion Post 80; 60 Railroad St, Brighton](#)
  - To find more dates and times for pickup; and to register go to:  
<https://humanresources.vermont.gov/food-help>
- » **EVERYONE EATS**  
A food relief program that is making to-go meals for **anyone** who has been impacted by the COVID-19 crisis. For a free meal go to:
  - **Canaan Town Clerk's Office** *Wednesdays 11:30am - 12:30pm*  
Drive-ups welcome, but meals are limited. Call 802 266 7134 to pre-register.
  - **Hearth & Home Country Store (Island Pond)** *Tuesdays 11:30am - 12:30pm*  
Drive-ups welcome, but meals are limited. Call 802 723 5276 to pre-register.
  - **Craftsbury/Albany Community Meal** *Mondays 5:00pm-6:00pm* at the UCC side door (Church on the Common). Please call or email to pick up or to arrange for delivery: 802 586 8022 or email [mama.kris.coville@gmail.com](mailto:mama.kris.coville@gmail.com)
  - **Glover Community Meal** *Wednesdays 11 am - 9 pm* at The Parker Pie Company/Lake Parker Country Store, 161 County Rd, West Glover. Meal Registration opens at 9:00 am on Thursday, and closes when filled, or on Tuesday at noon. Go to:  
[www.nourishhardwick.org/glover-meals](http://www.nourishhardwick.org/glover-meals) or call please call 802 731 1410.

## FUEL/ELECTRIC/HOUSING RESOURCES:

- » Crisis Fuel/Housing Call NEKCA **1 802 334 7316**.
- » The state's [COVID-19 Arrearage Assistance Program](#) continues to offer financial assistance to members, both residential and non-residential, for balances over 60 days past due that are attributable to economic hardship due to loss of income caused by the pandemic. The application deadline is Dec.15. Find information and application [here](#).
- » ✓ Vermont Legal Aid and Legal Services Vermont has information on new financial help programs (rent, utilities) that are available to many Vermonters go to <https://vtlawhelp.org/>. Or Call **1 800 889 2047**. They can also help with mediation landlord-tenant disputes during the moratorium.

**Medical offices, agencies, and supports are in operation – just doing business a little differently. Please call ahead. We want everyone to stay safe, feel supported, and connected in our communities. If you have a fever, coughing or shortness of breath – call your healthcare provider or the Nurse Resource Line at 802 334 6744.**

# HERE ARE SOME IMPORTANT NUMBERS

Community Resources/Information	<b>2-1-1</b>
Emergency	<b>9-1-1</b>
Crisis Text Line	Text "VT" to <b>741741</b>
Youth Services	<b>802-334-8224</b>
WIC Text Line	Text "VTWIC" to <b>855-11</b>
Dental Emergencies/Orleans Dental Care	<b>802-754-6973</b>
Economic Services	<b>1-800-479-6151</b>
Island Pond Health & Dental Center	<b>802-723-4300</b>
Journey to Recovery	<b>802-624-4156</b>
NEK Council on Aging Hotline	<b>1-800-642-5119</b>
North Country Hospital Nurse Resource Line	<b>802-334-4139</b>
Northeast Kingdom Human Services (Mental Health)	<b>802-334-6744</b>
Orleans County Restorative Justice Center	<b>802-487-9327</b>
Orleans Essex VNA & Hospice	<b>802-334-5213</b>
Rural Community Transit (RCT)	<b>802-748-8170</b>
Umbrella 24-Hour Hotline	<b>802-334-0148</b>
VT Family Network Resources	<b>1-800-800-4005</b>
VT Health Connect at North Country Hospital	<b>802-334-7331</b> (Ask for a navigator)

If you would like to help your neighbors and community and volunteer – please reach out to <http://www.gmunityedway.org/volunteer>.

**TAKE GOOD CARE.**  
**BE SAFE. BE HOPEFUL. BE KIND**