**Putney Mutual Aid Resource Page**

*Info and assistance for a wide array of needs: emergency, Town of Putney info, WiFi, food, mental health, financial, COVID19 info, scams, legal, student loans, family activities, business/farm, donations, translation/accessibility*

Last updated: May 3, 2020

We hope this page will help you meet needs and know where to go. Questions, suggestions, additions? Email us at PutneyVTMutualAid@gmail.com or call (802) 387-0028.

**PUTNEY, VT EMERGENCY SERVICES**

* Tom Goddard, Fire Chief is also the Emergency Management Director (EMD) and the point of contact;
* Call the fire station hotline at 387-4372 to report residents who need immediate help or people who are sick with flu systems
* First Responders will handle potential COVID-19 patients
* **For emergencies or if you can’t get through to the Fire Station, call 911**

**NON-EMERGENCY AND CONTACTING PUTNEY TOWN HALL**

* Call Town Manager, Karen Astley at 387.5862 extension 11 or visit the town website: https://www.putneyvt.org/
* The Town Hall is on lockdown. Access to this building is by appointment only. If you have a scheduled meeting contact the office.
* For payments please mail payments or call the town office and use a credit card.
* The Putney Public Library is closed to the public until further notice.
* The Selectboard will hold emergency meetings if as necessary to take immediate action if this virus should progress rapidly.

**DISABILITY INFORMATION AND RESOURCES**

* National Disability COVID-19 Healthcare Advocacy and Rapid Response Support Hotline: 800-626-4959 or email info@disasterstrategies.org
* Financial, health and rights information for anyone who identities as disabled: <https://bit.ly/2Ysk2ZP>

**RESOURCES BEYOND PUTNEY - REGIONAL INFORMATION**

* Information for getting help across Windham County including housing, utilities, health centers and more: <https://bit.ly/3cEvzcu>

**HELP GETTING FOOD**

* **School Meals:** Putney Central School is coordinating FREE MEALS for ALL kids under 18 (and some 18+ qualify if in special ed / alternative ed), delivered via school bus. For any kid in Putney, even if they do not go to Putney Central (including homeschooled).  Email Steve Hed at putneyfood@wsesdvt.org to sign up and get information about the delivery or call the school office at (802) 387-5521 and leave a message.

### Putney Foodshelf: The Putney Foodshelf is available to anyone in need of supplemental food. You do not have to prove need.

### Shopping Hours: NEW Saturdays 9–11 am ONLY. During the COVID-19 crisis the foodshelf is using a drive up model. Please stay in your car and wait for a volunteer to direct you. More info:Call 802-387-8551. or email covid19putneyfoodshelf@gmail.com for general questions, or putneyfoodshelf@gmal.com to reach Hannah Pick, Executive Director.

### Each customer has the option to receive the following (subject to change):

- A pre-packed bag with shelf stable foods and/or a bag of produce
- One roll of toilet paper - A package of meat - A quart of milk, cheese, and half a dozen eggs

* Putney Community Cares, Meals on Wheels: <https://www.putneycommunitycares.org/> or call Kate Kelly (802) 387.2120
* [Vermont Foodbank](https://www.vtfoodbank.org/coronavirus-services-for-individuals?utm_source=website&utm_medium=homeSlide&utm_campaign=get_help) for more resources on food programs like Veggie Van Go, local food shelf options or call 1-800-585-2265
* **WIC**: WIC provides healthy foods, nutrition education and counseling, and breastfeeding support for women who are pregnant, parents or caregivers with a child under five. 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>
* [**Hunger Free**](https://www.hungerfreevt.org/news/coronavirus)Vermont Resources Website
* **Meal Programs for Older Vermonters:** People age 60 and older 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.
* Foodworks (part of Groundworks) 141 Canal St Brattleboro: [Groundworks Collaborative](https://groundworksvt.org/).

**FINANCIAL HELP**

* Vermont Economic Services is waiving in-person contact requirements for benefits programs. Apply [online](https://dcf.vermont.gov/mybenefits) or by phone 1-800-479-6151
* Unemployment: Call **1-877-214-3330** or click [https://vermont.force.com/DOLClaim/s/](https://outreach.senate.gov/iqextranet/iqClickTrk.aspx?&cid=SenSanders&crop=16737.12525918.7459022.91216642&report_id=&redirect=https%3a%2f%2fvermont.force.com%2fDOLClaim%2fs%2f&redir_log=322080847223249)

Unemployment benefits expanded to include part-time, self-employed, and gig economy workers through December 31st, 2020. Additional 13 weeks of federally-funded unemployment benefits.

* Vermont Agency of Commerce and Community Development [COVID page](https://accd.vermont.gov/about-us/disaster-planning/covid-19-guidance-vermont-businesses) for businesses/employees/unemployment
* Vermont Department of Labor now has an [online form](https://appengine.egov.com/apps/vt/dol/unemploymentinsuranceclaim?fbclid=IwAR0asg-rkPDh-RFnbliV-l-d-N28s2zqKIjp_XHuEq2py7lUaeScvkQb2Bw) for unemployment claim or call  1-877-214-3332 [https://labor.vermont.gov/covid19](http://post.spmailtechno.com/f/a/lE4u7ZdeplsVRBdxXD3yIw~~/AAQuHwA~/RgRgU7_XP0QhaHR0cHM6Ly9sYWJvci52ZXJtb250Lmdvdi9jb3ZpZDE5VwNzcGNCCgAd2TpxXsWY5NBSGGFubmVjaGFybG90dGU5QGdtYWlsLmNvbVgEAAAAAA~~)

**CHILDCARE**

* Fill out the essential persons childcare survey from PCS if you are a first responder, medical personnel or otherwise considered "Essential Persons" by the VT AOE in an effort to determine need for childcare for children in grades Pre-K to 8. <https://docs.google.com/forms/d/e/1FAIpQLScgHy01gIbVNjNLwlmxb16vkc5WLIaSh9ysoVa9lrawTewZEw/viewform>

**FREE WIFI FOR THOSE WHO DON’T HAVE IT AT HOME**

* Putney Central School and the Putney Library have their wifi on so people who need Internet access can sit outside (in car or fresh air) and use their wireless for free.
* The Public Service Department has prepared [a map of public buildings in Vermont where WiFi with access to the internet is publicly available](https://vtpsd.maps.arcgis.com/apps/webappviewer/index.html?id=c926d155167d4a5586e8e1aca1701cfa).

**HELP IF YOU ARE ANXIOUS, HURTING YOURSELF, SCARED OR LIVING WITH ABUSE**

* [Crisis Textline](https://www.crisistextline.org/) Text: “Home” to 741741
* Find a therapist nearby:<https://www.psychologytoday.com/us>
* [http://youfeellikeshit.com/](http://youfeellikeshit.com/?fbclid=IwAR0k66fHjb02B2j-IjS6C9gNMHFL-VH7ZtiQgrN-V2zsGyC57XzCHzsg4ZA) (simple but effective website for those experiencing anxiety around COVID-19)
* Suicide hotline: 800-273-8255<https://suicidepreventionlifeline.org/talk-to-someone-now/>
* HCRS Crisis Line: 24/7, for emergency / suicide issues (800) 622-4235
* HCRS Warm Line: 7:30 am- 10:30 pm, for non-emergencies (800) 917-1622
* VT Suicide Prevention Center: Text VT to 741741
* VT Domestic violence hotline (800) 228-7395
* VT Sexual violence hotline (800) 489-7273
* VT Child abuse hotline (800) 649-5285
* National Domestic Violence Hotline: 1-800-799-SAFE
* Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746
* The Vermont Network Against Domestic and Sexual Violence <https://vtnetwork.org/>
* [Pathways Vermont Support Line](https://www.pathwaysvermont.org/): 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. Call or text (833) 888 - 2557
* American Academy of Pediatrics advice on parenting and dealing with stress: <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/The-American-Academy-of-Pediatrics-Advises-Parents-Experiencing-Stress-over-COVID-19.aspx>
* [Invest EAP](http://www.investeapcovid19.org) Online Guidebook and Mental Health Support. **Completely free and confidential**. <https://www.investeapcovid19.org/>   (check your or your partner’s workplace benefits for your own EAP if you don’t have Invest)
* CDC Managing Anxiety and Stress with COVID 19  [CDC](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)
* Mental Health Considerations during COVID-19 Outbreak [WHO](https://higherlogicdownload.s3.amazonaws.com/AMHCA/UploadedImages/983ec486-ee26-4f43-bb97-680895af340a/WHO_MH_COVID-19_Guidelines.pdf)
* National Alliance Mental Illness [NAMI](https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus)
* Parent/Caregiver Guide to Helping Families Cope with the Coronavirus (Covid-19)  [The National Child Traumatic Stress Network](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)
* [VT Alcoholics Anonymous](https://aavt.org/)
* [Online recovery resources/ meetings](https://docs.google.com/document/d/1XcG_y-xckkg6SXPKdN5cnIblRqyApdZl1KkfiYeQuY8/edit)

**LEGAL HELP**

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

**GET THE LATEST INFORMATION ABOUT COVID-19**

* Find out which local businesses are open, hours and pick up arrangements: <https://bit.ly/34RHnFt>.
* Call Vermont's resource line by **dialing 2-1-1** with any questions about coronavirus or general questions about help and services in Vermont. If you can’t reach 2-1-1 call 1-866-652-4636
* How to stay safe running errands, ordering food, etc: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>
* See the Vermont Health Department's latest [info here](https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus)
* See the [Centers for Disease Control's website](https://www.cdc.gov/coronavirus/2019-ncov/faq.html#basics)
* [Positive Coronavirus cases in Vermont](https://vtdigger.org/coronavirus/)
* Dashboard of Vermont cases: <https://bit.ly/2wqZ6qF>
* [CDC’s Get Your Community Ready for Coronavirus Disease 2019](https://commongoodvt.us4.list-manage.com/track/click?u=9218204add9aca6b4b219b1eb&id=72cf3fb60c&e=361239691a) (Toolkit and resources)
* [New York Times offers practical advice and videos](https://www.nytimes.com/interactive/2020/world/coronavirus-preparation-preparedness.html) on prevention, preparation, staying home and what to do if you or loved ones are sick
* Health Dept. COVID hotline: (802) 863-7240
* [UVM Health Network Covid-19 Information and Updates page](https://www.uvmhealth.org/Pages/Coronavirus.aspx#UVMMC) organizes its updates by each hospital in the network.
* Here’s a [list of local community organizers](https://docs.google.com/spreadsheets/d/1skVPLKPRlmW61g9GfzvAvpvkAIGLtHfIHFzOkQNxjaU/edit) working to coordinate community-level response and resources.

**STUDENT LOANS**

* More information on student loan repayment options is available at [vsac.org](https://www.vsac.org/pay/student-loan-repayment/repayment-options) and borrowers can talk to a counselor by calling 877-253-6485 or online at info@vsac.org.

**SCAMS TO WATCH OUT FOR**

Residents of senior housing and assisted living facilities are being approached about opportunities for COVID-19 testing. **THIS IS A SCAM. All legitimate testing in Vermont is by doctor's request ONLY.**

* People are receiving robocalls about “special virus kits” and being asked for their Medicare number to send a “free” test. **THIS IS A SCAM. There are no home or telehealth test kits.**
* If someone calls or knocks on your door regarding offers of the above or similar, hang up or turn them away.

**ACTIVITIES TO KEEP KIDS BUSY**

* [12 museums that offer virtual tours](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200313&fbclid=IwAR1tiLKPUAUO-rLGCRv0FigvqOfEkKE_cTas6VK7Hi3wM0cW0ckNzujjV74)
* [Scholastic Learn at Home](https://classroommagazines.scholastic.com/support/learnathome.html?fbclid=IwAR1dyB-g9MIIe3FaI8Bihs_DPrkcObzBKJWfy1lTJt05yzFbWsFPX_KmGtw)
* [Mo Willems weekly live doodle!](https://www.washingtonian.com/2020/03/16/mo-willems-is-hosting-a-livestream-doodle-starting-today/?fbclid=IwAR1e3ah7XSo5oECfqEEa_bvKqcDDlhMgxQV2I9mTTytzuAGLZ9hGGtMKTjY)
* [Kids Yoga](https://preschoolinspirations.com/kid-yoga-videos/)
* [Virtual tours of our national parks](https://techcrunch.com/2016/08/25/google-now-lets-you-explore-u-s-national-parks-via-360-degree-virtual-tours/?fbclid=IwAR3cwrF5-IQeCHM80uPlEupGRZKCMBquM9sLSJ4eHs760Ci5y0d7OCp72cw)
* [Anti-Oppressive/Anti-Racist Home School Options During Quarantine](https://docs.google.com/document/d/1rBqt7UJ7U_8Nz0mnLgbRd3TsSgzoJ1gawefZPCNNmAY/edit?fbclid=IwAR24XUqFARw_EAIS31oYEioVJCrKg70sR_l2M4Uq1Nmhl731JcsGC1VuSmM)
* [Education Companies Offering Free Subscriptions due to School Closings](http://www.amazingeducationalresources.com)
* [COVID-19 Social Distancing with Families](https://www.510families.com/covid-19-social-distancing-with-kids-what-to-do-where-to-go/)
* [Home with Kids? Advice from a Homeschool Mom](https://www.washingtonian.com/2020/03/13/kids-out-of-school-amid-covid-19-crisis-this-homeschool-mom-has-some-advice/)
* [Paris Museums](https://kottke.org/20/01/paris-museums-put-100000-images-online-for-unrestricted-public-use?fbclid=IwAR0zsrQ4rmK7tUbzsqDfhqjwu_TdpCY-9lwj6dl5RnI4rUZ89aSXE6DLQLA)
* [West Coast Literary Events Online](https://www.publishersweekly.com/pw/by-topic/industry-news/trade-shows-events/article/82702-west-coast-literary-events-go-online.html)
* [Champlain Community Services list of resources](http://ccs-vt.org/guide-to-virtual-resources/) (huge)
* Education Reimagined just launched a [Distance Learning Resource Center](https://vtlff.us4.list-manage.com/track/click?u=d210011f3071bfbedc84fd584&id=d3f9bae7f4&e=bf2ae49744)

**BUSINESS AND FARM RESOURCES**

* The U.S. Small Business Administration (SBA) has issued [guidance](https://redc.cmail20.com/t/j-l-qlhhdn-thjhiyntt-t/), as well as information on the SBA's [Economic Injury Disaster Loans](https://redc.cmail20.com/t/j-l-qlhhdn-thjhiyntt-i/). 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 or [online](https://www.sba.gov/funding-programs/disaster-assistance).
* [Farm First](https://www.farmfirst.org/mental-health-on-the-farm): Mental health support for farmers
* Rural Vermont - Resource Guide for COVID-19<https://www.ruralvermont.org/news/2020/3/30/resources-for-covid-19>
* Farmer’s guide to COVID-19 Relief from Farmers’ Legal Action Group, Inc<http://www.flaginc.org/wp-content/uploads/2020/04/Farmers-Guide-to-COVID-19-Relief-April-2020.pdf>
* [Vermont Agency of Commerce and Community Development](https://accd.vermont.gov/about-us/disaster-planning/covid-19-guidance-vermont-businesses) 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.  Sign-up for ACCD’s [Business and Economic Response to COVID-19 Newsletter](https://brattleborodevelopment.us13.list-manage.com/track/click?u=24908e89d2558e99e0beef2fe&id=ca7d302a16&e=160b3c8dd1)
* 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](https://vermont.us3.list-manage.com/track/click?u=ff50346b45ae607c4e55c01ec&id=4492c6b1b5&e=573ec0d7ef). Employer Assistance (Unemployment Claims): 1-877-214-3331.
* NOFA-VT will make funds available through our [Farmer Emergency Fund](https://nofavt.org/programs/farmer-services/loan-programs/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.
* [4 Tools for Remote Collaboration (Free Webinar Recording with an email teaching series)](https://www.roundskysolutions.com/remote-collaboration-tools/) by Round Sky Solutions a small online cooperative business incorporated and rooted in Vermont.
* [Center for Women & Enterprise](https://www.cweonline.org/About-CWE/CWE-Vermont) (610-420-1767) offers no-cost business counseling and online workshops for entrepreneurs and owners of small businesses. They are offering weekly [online ‘Brain Trusts’](https://www.eventbrite.com/e/cwevt-women-entrepreneurs-business-brain-trust-tickets-100323508314) that allow entrepreneurs to connect with each other and strategize solutions for each other’s businesses.
* North Country Federal Credit Union [Launches COVID-19 Financial Relief Loans](https://mailchi.mp/northcountry/covid-19-update-2603686?fbclid=IwAR1RON5YcLc8RwLiTyFobkDm0VvGL_khh_b2TKJl6BxTFrkUxNqttQ_ax_8&utm_source=DO+NORTH+Coworking+-+Newsletter&utm_campaign=8fdf74caab-EMAIL_CAMPAIGN_2020_03_06_05_33&utm_medium=email&utm_term=0_fa5f459fa9-8fdf74caab-88911465). 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.
* VHCB’s [Vermont Farm & Forest Viability Program](https://vhcb.org/viability) provides business planning services and technical assistance to farm, food, and forest products businesses through its business advising program. It also has a web page with resources for working lands businesses related to COVID-19 response, found [here](https://vhcb.org/our-programs/vermont-farm-forest-viability-program/resources-for-working-lands-businesses-covid-19).
* [Agency Business Impact Form](https://www.surveymonkey.com/r/vtcovid19)
* [COVID-19 Guidance for Vermont Business](https://www.putneyvt.org/%3A%20https%3A//accd.vermont.gov/about-us/disaster-planning/covid-19-guidance-vermont-businesses)
* [Coronavirus & Your Business](https://www.vtsbdc.org/coronavirus/)

**DONATIONS**

* Putney Foodshelf donations can be made online: <https://www.putneyfoodshelf.org/support-us> or mailed to PO Box 337, Putney, VT 05346
* Putney Community Cares donations can be made online: <https://www.putneycommunitycares.org/> or mailed to PO Box 108 Putney VT 05346
* The Vermont Community Foundation has set-up a [VT COVD-19 Response Fund](https://www.vermontcf.org/CommunityImpact/VTCOVID-19Response/COVIDFund.aspx) to help both with emergency response efforts and longer term recovery.
* [Vermont Foodbank](https://fundraise.vtfoodbank.org/give/276008/#!/donation/checkout) Communications director Nicole Whalen says cash donations are more helpful than food or other items at this time.
* [Donate blood.](https://abcnews.go.com/Politics/fda-worried-blood-shortage-donation-drives-canceled-amid/story?id=69581026) The FDA has raised concerns about a blood shortage as donation drives are cancelled.
* [Vermont Farm Fund](http://www.hardwickagriculture.org/covid-19) Donations will support availability of Emergency Loan funds for Vermont food producers who are suffering COVID-19-related losses.
* [Burlington COVID-19 Relief- ONE Good Deed Fund](https://onegooddeedfund.org/covid-19-relief/?fbclid=IwAR04mTLOBCP2lnJK-7LNj0qldxi7Zu1OBKde4QSytOoxDmO15BH-wLz6j5I)

**TRANSLATION AND ACCESSIBILITY OPTIONS**

* [Registro para voluntarix de ayuda mutua COVID-19 en el área](https://docs.google.com/forms/d/e/1FAIpQLSctMDOfl4uGrtPjEzT1WofRMFCjh-gTAbYbA71XnIfhJ35SBw/viewform?fbclid=IwAR2Yp6S70AsMbn_Ib24sg3oQtd8GGvH0awlInmciVvaeWj-3VGgLLq3lK1M)
* Information on Coronavirus [t**ranslated into several languages**, developed by folks on the Refugee Health Committee](https://www.youtube.com/channel/UC3zjPpeFnXqvESr1y3d4DvQ/?fbclid=IwAR3T_Tgf9j34z5R-1c50mjWK55kpzM3OInKAMgyeDFbF8Yki3ZG2Py5lQ_M) in Vermont
* For meetings with Deaf, Hard of Hearing or Speech Disabled participantsRelay Conference Captioning (RCC), a service provided by Vermont Relay  [www.VermontRelay.com/rcc](http://www.vermontrelay.com/rcc)

Have more to add? Email us at PutneyVTMutualAid@gmail.com