



## COVID-19 Rutland County Resource Guide

The Rutland County State's Attorney's Office is pleased to give you this Resource Guide to Services during the COVID-19 State of Emergency.

Information and Links for assistance with Food, Unemployment, Online Education Alternatives, Domestic Violence Services, Mental Health Resources, National Hotlines & more.

Updated 5/8/2020

## COVID-19 (Coronavirus)

The Centers of Disease Control and Prevention (CDC) offers tips on how to protect yourself and updated information on the Coronavirus Disease (COVID-19) visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

For informational videos presented in many languages, go to <https://www.cdc.gov/pubs/other-languages?Sort=Lang%3A%3Aasc>

### CDC Helpful Links:

Translated material: <https://coronavirus.dh.gov/page/translated-materials-0>

Disinfectant Exposure Information: <https://www.cdc.gov/mmwr/volumes/69/wr/mm6916e1.htm>

Household Disinfecting: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

Northern New England Poison Control Center website offers information and a chat option at <https://www.nnepc.org/> or call **1-800-222-1222** or text **POISON** to **85511**.

The Vermont Department of Health provides information on COVID-19 Vermont Activity, Alerts, and Information on what Vermont is Doing. Visit <https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus> for the most updated information. Fact sheets translated into nine different languages are also available on the site. Translated videos are available at [healthvermont.gov/covid19](https://healthvermont.gov/covid19) The Health Department now recommends that all Vermonters wear **cloth face coverings**, for guidance, instructions on how to make, and suggestions on where to purchase cloth face coverings visit <https://vem.vermont.gov/covid19/facecovering> or the CDC's devoted webpage <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

If you have questions about COVID-19 or need assistance connecting with government agencies: **Dial 2-1-1** Available 24/7 or **TEXT** your **ZIP CODE** to **898211**. If you have trouble reaching 2-1-1, dial **1-866-652-4636**.  
**www.vermont211.org**

## **RUTLAND COUNTY EMERGENCY SERVICES**

Rutland County Emergency Services are still available during this time. For Emergencies, dial **9-1-1**. Contact your local law enforcement agencies regarding non-emergency matters.

**Vermont State Police** is offering updates on their response to COVID-19 at <https://vsp.vermont.gov/covid19>

**Department of Childrens and Families** is offering updates at <https://dcf.vermont.gov/cdd/covid-19> The 24/7 Child Abuse Reporting Line is available at **1-800-649-5285**.

### **Adult Protective Services**

You can still make reports to APS if you believe a vulnerable adult was abused, neglected, or exploited by an alleged perpetrator. Call the 24/7 Reporting line at **1-(800) 564-1612** or visit [www.dlp.vermont.gov](http://www.dlp.vermont.gov) to make a report.

### **Accessing Emergency Medical Care**

Health Commissioner Mark Levine, MD, is urging Vermonters in need of emergency care to not hesitate to seek that care, including going to a hospital. If you are having symptoms of a serious medical condition, such as heart attack or stroke, it is important to get medical care right away. Call 9-1-1, go to the emergency room, or call your doctor if your symptoms are not life threatening.

Vermont hospitals are safe. They have measures in place to protect patients and staff from contracting COVID-19. This includes separating patients with COVID-19 from other patients. There is a greater risk to your health and life by staying home when experiencing symptoms of a serious medical condition than by going to the hospital.

## **DOMESTIC VIOLENCE RESOURCES**

Quarantine and Self Isolation create additional risks for victims of Domestic Violence. See the information below for local and national resources.

**NewStory Center** is Rutland County's Domestic and Sexual Violence resource center. During this pandemic, NewStory Center's services including emergency shelter, the 24/7 crisis line, supportive case management, medical and legal advocacy all remain available. The Administrative Office is closed and staff are working remotely, when possible and appropriate. Visit their website at <http://www.nscvt.org/> or find them on Facebook and Twitter for the most up-to-date information. Survivors seeking assistance can also email [gethelpnow@nscvt.org](mailto:gethelpnow@nscvt.org)  
**NEWSTORY 24 HOUR CRISIS HOTLINE 802-775-3232**

### **National Domestic Violence Hotline**

Visit <https://www.thehotline.org/> for tips on how to stay safe during COVID-19. Some tips include creating a safety plan, practicing self care, and reaching out for help.

**NATIONAL DOMESTIC VIOLENCE 24/7 HOTLINE 1-800-799-7233**  
**Text LOVEIS to 22522 to reach 24/7 DV CRISIS TEXT LINE**

## MENTAL HEALTH SUPPORT

**RUTLAND MENTAL HEALTH 24/7 CRISIS LINE 802-775-1000**

**NATIONAL SUICIDE PREVENTION 24/7 LIFELINE 1-800-273-8255**

**Text VT to 741741 to reach the 24/7 CRISIS TEXT LINE**

**Community Care Network - Rutland Mental Health Services** continues to provide services through telehealth and phone. Clinicians are screening new clients over the phone. Intake workers will conduct abbreviated assessments and screenings, and clinicians will devise a treatment plan. The following are the intake numbers for their various programs:

Children's Services: 802-775-2381

Adult Services: 802-775-4308

Substance Abuse Services: 802-747-3588

Developmental Disabilities: 802-775-0828

For Covid-19 updates on all **RMH** services go to

<https://rmhscn.org/call/74/covid-19-information-and-updates>

**Vermont Psychiatric Survivors, Inc.** is an independent, statewide mutual support and civil rights advocacy organization run by and for psychiatric survivors. For support in Rutland County contact:

Walt Wade, Outreach Specialist/Peer Support, call (802) 779-7019 or email [walt@vermontpsychiatricsurvivors.org](mailto:walt@vermontpsychiatricsurvivors.org)

Isaac Lezcano, Patient Representative/Peer Support, call (802) 417-2362 or email [isaac@vermontpsychiatricsurvivors.org](mailto:isaac@vermontpsychiatricsurvivors.org)

Christophre Wood, Executive Director/Peer Support, call (802) 779-8301 or email [christophre@vermontpsychiatricsurvivors.org](mailto:christophre@vermontpsychiatricsurvivors.org)

**Rutland Behavioral Health** is offering Telecounseling. They can be reached at 802.747.1857 or visit <https://www.rrmc.org/services/behavioral-health/> to see their list of services.

**Vermont Dept of Mental Health** <https://mentalhealth.vermont.gov/Corona-MH>

**Southwestern Vermont Council on Aging** is providing mental health supports to seniors through its Eldercare Clinician Program. Please see [Resources for Seniors](#) section below.

## ALCOHOL & SUBSTANCE ABUSE RECOVERY

The Vermont Department of Health has launched *VTHelplink*, a new, single source clearinghouse for Vermonters to receive free, confidential and personalized information and referrals to substance use prevention, treatment and recovery services throughout the state. VTHelplink features a call center of trained staff and clinicians. Callers can get information, referrals, resources and educational materials on substance use for themselves, family and friends, or on behalf of clients.

Access VTHelplink Here: [VTHelplink.org](https://VTHelplink.org) OR Dial **802-565-LINK (5465)**.

The call center is open 8:00 a.m. to 10:00 p.m. weekdays, and 8:00 a.m to -6:00 p.m. weekends and holidays, 365 days per year.

**AA & NA** Use the following contact information to find updated times and locations for recovery meetings:

**Rutland AA** (Alcoholics Anonymous) Hotline: **802-775-0402**, <https://aavt.org/>

**“District 6” AA meetings (Rutland):** [Rutland AA Online Meetings, https://aavt.org/](#),  
<http://aa-intergroup.org/>

**NA** (Narcotics Anonymous) National Hotline **800-407-7195**, or Chat with someone at <https://www.narcotics.com/>

NA also offers a variety of online and skype meeting options  
<https://www.na.org/meetingsearch/>

### **Community Care Network - Rutland Mental Health Services**

Substance Abuse intake line 802-747-3588

**Turning Point** in Rutland is Offering support via phone and email. Contact them at **802-773-6010** or their website <https://www.turningpointrutlandvt.org/>

To contact specific staff members, use the information below:

Tracie Hauck, Center Director, call (802) 558-6799

or email [turningpointcenterrutland@yahoo.com](mailto:turningpointcenterrutland@yahoo.com)

Tonya Wright, Assistant Director, call (802) 376-3480

or email [rutlandturningpoint@gmail.com](mailto:rutlandturningpoint@gmail.com)

Dave Carlson, Recovery Coach, call (802) 342-5376

or email [davidrutlandturningpoint@gmail.com](mailto:davidrutlandturningpoint@gmail.com)

Kris Harvey, Program Coordinator, call (802) 558-8939

or email [krisharvey85@gmail.com](mailto:krisharvey85@gmail.com)

Kyle Burditt, Resource Coordinator, call (802) 342-5614

or email [kyleturningpointrutland@gmail.com](mailto:kyleturningpointrutland@gmail.com)

Lewis Nielson, Recovery Coach, call (440) 935-5978 or email [nielsonlewis@gmail.com](mailto:nielsonlewis@gmail.com)

### **Vermont Telephone Recovery Support Service** (802) 808-8877

This line is available 9am-9pm, 7 days a week for incoming calls for peer support. Once individuals are added to the call schedule, they will be contacted regularly by a Peer Recovery Coach.

**Recovery Vermont's** link to online resources:

<https://recoveryvermont.org/online-resources/>

This includes community support meetings, local recovery centers, yoga videos, meditations, [The Phoenix](#), and [Friday Night Dance Parties with DJ Craig Mitchell](#)

**Cocaine Anonymous** offers online support and services <https://www.ca-online.org/>

**Marijuana Anonymous** offers virtual support <https://ma-online.org/>

**LifeRing Secular Recovery** <https://www.lifering.org/online-meetings>

**In The Rooms- Online Recovery Meetings** provides live meetings and discussion groups <https://www.intherooms.com/home/>

**Reddit Recovery** offers a virtual hang out and support during recovery  
<https://www.reddit.com/r/REDDITORSINRECOVERY/>

**Refuge Recovery** provides online and virtual support <http://bit.ly/refuge-recovery1>

**Self-Management and Recovery Training (SMART) Recovery** offers global community of mutual-support groups, forums including a chat room and message board  
<https://www.smartrecovery.org/community/>

**Soberocity** <https://www.soberocity.com/>

**Sobergrid** offers an app to help get sober and stay sober  
<https://www.sobergrid.com/>

**Soberistas** provides a women-only international online recovery community  
<https://soberistas.com/>

**Unity Recovery + WEconnect + Alano Club** provides daily virtual meetings for those in recovery and for their family members  
<https://unityrecovery.org/digital-recovery-meetings>

**802Quits** The new coronavirus attacks the lungs, making it harder for people who smoke or vape to fight off the virus. There has never been a better time to quit. Find resources at <https://802quits.org/>

## FOOD ASSISTANCE

\*See the **School Districts** section for information on meals available to students

**Vermont Department of Health WIC Program** provides healthy foods, nutrition education, and breastfeeding support. If you are pregnant, postpartum, or are the caregiver for an infant or child under 5, apply below. Please note: If your family financial circumstances have changed due to a job loss or reduced hours, you may now be eligible for WIC.

<https://www.surveygizmo.com/s3/5469549/Vermont-WIC-Online-Applicatonapplytoday>

Visit <https://www.vtfoodbank.org/> for updated information and assistance with Coronavirus Services, finding a Food Shelf, and more food resources in Vermont. Find your local food shelf at <https://www.foodpantries.org/>  
Below are food pantries in Rutland County.

### **Brandon**

Brandon Area Emergency Food Shelf  
Brandon Congregational Church  
Union Street  
Brandon, VT 05733

**\*Delivery Only, Call Ahead**  
802-247-6720

Rutland County Parent Child Center Food Pantry  
34 Faivre Circle  
Brandon, VT 05733

Fridays 1:00 - 3:00 (Meat, Produce, Diapers, Wipes, Shelf Stable Items)

<https://www.facebook.com/Rutland-County-Parent-Child-Center-650121305051446/>

Send emails to [info@rcpcc.org](mailto:info@rcpcc.org)

**Castleton**

Castleton Cares Inc.  
504 Main Street  
Castleton, VT - 05735  
(802) 468-5101

**\*By Appointment Only due to COVID-19**

<http://www.castletoncares.org/>

**Fair Haven**

Fair Haven Concerned  
73 Main St.  
Fair Haven, VT 05743  
(802) 265-3666

<https://www.facebook.com/FairHavenConcernedInc/>

Distributions on T, W, Th

Appointments can be made by phone or through Facebook

**Poultney**

Poultney Emergency Food Shelf- The Stonebridge  
The Stonebridge, 66 Beaman St  
Poultney, VT 05764  
(802) 287-9558

Open Tuesdays 3pm-5pm for pre-packed bags

Call if need of food aside from Tuesday pick up

**Rutland**

BROC Community Action  
45 Union St.  
Rutland, VT 05701  
(802) 775-0878

<https://www.broc.org/food-nutrition/community-food-shelf/19>

10 AM-12PM Mon-Fri

2PM-3PM Fri reserved for seniors

Rutland Community Cupboard  
65 River St.  
Rutland, VT 05701  
(802) 747-6119

<https://www.rutlandcommunitycupboard.org/>

Now run as self-service.

Monday, Wednesday, Friday 11-12:30 PM

Tuesday, Thursday 4-5:30 PM

\*Closed the 1st and 3rd Friday of each month to restock

Rutland County Parent Child Center Food Pantry

61 Pleasant Street  
Rutland, VT 05701

Fridays 1:00 - 3:00 (Meat, Produce, Diapers, Wipes, Shelf Stable Items)

<https://www.facebook.com/Rutland-County-Parent-Child-Center-650121305051446/>

Send emails to [info@rcpcc.org](mailto:info@rcpcc.org)

**Wallingford**

Wallingford Food Shelf  
Wallingford Town Hall  
75 School Street  
(802) 446-2336

pre-assembly and pick up at the back door

## AREA BUSINESSES

Visit <https://downtownrutland.com/news/covid-19> for updated information on local Downtown Rutland Businesses. Included on this site is an updated list of restaurants that are still open and offering family meals, take out, and curbside pickup. You can also visit Rutland Chamber of Commerce <https://rutlandvermont.com/> for updates and restaurants offering curbside & takeout in the Rutland County region. .

**Vermont Farmers Food Center (VFFC)** is now offering an ONLINE MARKET for pre-order of aggregate bags and Saturday curbside pick-up at the VFFC located at 251 West Street in Rutland. To place orders go to <https://vermontfarmersfoodcenter.square.site/> and follow the VFFC Facebook page for up-to-date information <https://www.facebook.com/VermontFarmersFoodCenter/>

**Price Chopper**, as of 3/18/2020, will close all stores at 10:00pm and reopen at 7:00am. ALL stores will pre-open exclusively to seniors and those with disabilities from 6:00am-7:00am each day beginning 3/19/2020. Visit <https://www.pricechopper.com/> for updated information.

**Hannafords** have paused their Hannafords To Go shopping option and changed their shopping hours. They are also offering special hours for 60+ customers and those identifying as High Risk by the CDC from 6 a.m. to 7 a.m., Tuesday, Wednesday and Thursday of each week. For updated hours visit <https://www.hannaford.com/locations/rutland-hannaford-21111>

**Brandon Area Volunteer Delivery Service** serving the towns of Brandon, Goshen, Leicester, Pittsford, Sudbury, and Whiting  
Visit Here: <https://www.townofbrandon.com/brandon-area-resources-local-reponse/>

Smaller businesses in the Brandon area are offering curbside service as well as participating in the volunteer delivery service. We encourage you to call ahead to see what they offer.

## RESOURCES FOR SENIORS

**Southwestern Vermont Council on Aging** provides services to older Vermonters including home delivered meals through the Meals on Wheels program, case management, options counseling services, and mental health support. Contact SVCOA at **802-786-5990**, <https://www.svcoa.org/>  
SVCOA HelpLine: **1-800-642-5119**

**Disabilities, Aging, and Independent Living (DAIL)** go to <https://dail.vermont.gov/> or call (802) 241-2401

**Southern Vermont Council on Aging (SVCOA)** is also offering a grocery and supply shopping service during the COVID-19 issue to support Vermonters in Rutland and Bennington counties who are ages 60+ and some younger disabled individuals who qualify. If you're interested in accessing this service, please call SVCOA at **802-786-5990** and ask to speak with Ellen Green, Communications and Volunteer Coordinator.



**Godnick Center** is offering drive up meals to go in place of their communal meals on Mondays and Thursdays. Those who wish to participate can call **802-773-1853**.

## DISABILITY RESOURCES

Contact **Disability Rights Vermont** for information, support, referrals and possible legal representation and/or advocacy regarding disability discrimination or crime victim assistance at **1-800-834-7890**, [info@disabilityrightsvt.org](mailto:info@disabilityrightsvt.org) and on the web at <http://www.disabilityrightsvt.org/>. For specific information while in the hospital during COVID-19 go to <http://www.disabilityrightsvt.org/pdfs/COVID-19-Hospital-Outreach-Flyer-2020.pdf>

Contact **Vermont Center for Independent Living** for intakes in Rutland County and intakes during Covid-19 at **1-800-639-1522**

**Disabilities, Aging, and Independent Living** (DAIL) go to <https://dail.vermont.gov/> or call (802) 241-2401

Contact **Community Care Network - Rutland Mental Health Services** for information about those with **Developmental Disabilities** at 802-775-0828

Some younger disabled individuals in Rutland and Bennington counties may also qualify for the services offered by Southern Vermont Council on Aging (SVCOA) including its new grocery and supply shopping service. For more information, call the **SVCOA HelpLine** at **1-800-642-5119**.

The CDC currently offers 20 informational videos in ASL (American Sign Language) <https://www.youtube.com/playlist?list=PLvrp9iOILTQatwnqm61jqFrsfUB4RK6J>

An article about particular risks of COVID-19 to those with disabilities: <https://www.forbes.com/sites/andrewpulrang/2020/03/08/5-things-to-know-about-coronavirus-and-people-with-disabilities/#71424a881d21>

## UNEMPLOYMENT RESOURCES

**Vermont Department of Labor** (VDOL) can be found at [labor.vermont.gov](http://labor.vermont.gov). For information on specific topics, see below:

### FILING INITIAL CLAIMS

Those looking to establish an initial claim for unemployment insurance benefits may do so any time online at [labor.vermont.gov](http://labor.vermont.gov) or by calling **1-877-214-3330** or **1-888-807-7072** from 8:15am – 4:30pm Monday through Friday, or from 9:00am – 3:00pm on Saturday.

### FILING OF WEEKLY CLAIMS

Unemployment claims must be filed weekly. The VDOL has set up a weekly claim filing schedule based on claimant last names to prevent an overload to the online and phone systems. Mon A-E, Tue F-L, Wed M-R, Th S-Z, Sunday and Friday are open to everyone.



To file for weekly claims electronically, follow the last name schedule above and go to [labor.vermont.gov](https://labor.vermont.gov) which is available 24 hours on Sun, 3:30 AM-11:30 PM Mon-Th, and 3:30 AM to 4:30 PM on Fri.

To file for weekly claims by phone, follow the last name schedule above and call **1-800-983-2300** which is available 24 hours on Sunday and 5 AM-4:30 PM Mon-Fri.

#### CALLS FOR CLAIMANT ASSISTANCE

In an effort to prevent an overload to the system, VDOL has set up the following schedule based on claimant last names: Mon: A-E, Tues F-L, W M-R, Th S-Z, Friday and Saturday are open calling days for everyone. The **Claimant Assistance Line** can be reached at **1-877-214-3332** from 8:15am – 4:30pm Mon-Fri or from 9:00am – 3:00pm on Saturday.

VDOL COVID-19 UPDATES For COVID-19 specifics go to <https://labor.vermont.gov/covid19>

## LEGAL RESOURCES

**Vermont Legal Aid (VLA)** continues to serve its clients via telephonic and electronic means. Clients may contact their intake helpline at 1-800-889-2047 or go to <https://vtlawhelp.org/>

**VLA** is also hosting Online Town Halls on such topics as unemployment compensation benefits, housing and foreclosures and health insurance. <https://vtlawhelp.org/coronavirus-updates#town-halls>

For updates on the legal issues listed above and many others including court schedules and filings, immigration, special education, and long-term care, go to <https://vtlawhelp.org/coronavirus-updates>

For information about your stimulus checks go to: [IRS.gov/coronavirus](https://irs.gov/coronavirus) or <https://vtlawhelp.org/coronavirus-economic-impact-stimulus-payments>

For those with disabilities seeking legal representation, please refer to the information about **Disability Rights Vermont** under Disability Resources.

## HOUSING ASSISTANCE

**Homeless Prevention Center** 775-9286, <https://www.hpcvt.org/>

**Rutland Housing Authority** is still accepting applications for housing. 802-775-2926 <https://www.rhvt.org/>

Contact **BROC Community Action** at <https://www.broc.org/> for housing as well as crisis fuel and utility assistance.

## LGBTQ+ RESOURCES

**Pride Center Vermont's SafeSpace Anti-Violence Program's** mission is to end violence and discrimination in the lives of lesbian, gay, bisexual, transgender, queer, and HIV-affected (LGBTQ+) people in Vermont. Go to <https://www.pridecentervt.org/safespace/> or call the LGBTQ+ Survivor Support line **(802) 863-0003**, advocates are available M-Th 10 am-6 pm and Fri 10 am-2 pm

**Outright Vermont** is offering virtual services including group meetings to gay, lesbian, bisexual, transgender, queer and questioning youth ages 13-22. Go to <http://www.outrightvt.org/>

## PARENTING/CAREGIVER RESOURCES

The **Department of Children and Families (DCF)** understands this is a stressful time for all families and is offering parenting supports online <https://dcf.vermont.gov/resources/parenting>

You can also call a hotline for support **1-800-CHILDREN**

For information on child care including for essential workers, go to <https://dcf.vermont.gov/cdd/covid-19>

**Vermont Kin as Parents** provides support with educational, financial, and emotional concerns for those caring for children in a kinship relationship (grandchildren, nieces/nephews, children of close friends or family) call (802) 871-5104

**Vermont Dept of Health** has posted parenting articles, mindfulness exercises, and educational activities:  
<https://mentalhealth.vermont.gov/coronavirus-covid-19-information-specific-groups/families-individuals/information-parents-and>

See the Online Educational Resources section below for information on explaining COVID-19 to children, technology tutorials, and activities for the whole family.

## PHYSICAL ACTIVITY

Physical activity is key to mental health.

The **Vermont Department of Health** encourages you to go outdoors for air and exercise when you take the proper precautions. Please stay close to home, practice social distancing, choose low-risk activities, and respect all signs for closed areas.

Be tick smart: Use insect repellent, avoid wooded and brushy areas, and always do a tick check when you get home. [healthvermont.gov/BeTickSmart](http://healthvermont.gov/BeTickSmart).

For more outdoors info visit:  
<https://fpr.vermont.gov/recreation/outdoor-recreation-and-covid-19>

You can find suggestions for indoor and outdoor activities on the Rutland Recreation Facebook page <https://www.facebook.com/rutland.recreation>

## INTERNET ACCESS

With schools closed and online learning commencing, Xfinity has announced as part of a COVID-19 response that Xfinity WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit [www.xfinity.com/wifi](http://www.xfinity.com/wifi). Once at a hotspot, consumers should select the “xfinitywifi” network name in the list of available hotspots and then launch a browser. **Xfinity (Comcast) is also offering 2 free months of service to new customers who qualify.** Visit [Xfinity.com](http://Xfinity.com) for more information.

For a map of public wifi hotspots in Vermont which should be accessed from within a parked car, go to <https://vtpsd.maps.arcgis.com/apps/webappviewer/index.html?id=c926d155167d4a5586e8e1aca1701cfa>

## LOCAL COMMUNITY RESOURCES

Visit your **town or city website** for specific updates regarding your municipality.

Many **Rutland County libraries** offer a wide variety of downloadable ebooks, audiobooks, streaming video, databases for school & general use as well as curbside pickup of library materials. Visit your library’s website or call to see what your library has to offer.

## SCHOOL DISTRICTS

Schools in the Rutland County area have put together meal distribution schedules and plans for students as well as some education plan protocols. See the below information as it pertains to each district.

### **Greater Rutland County Supervisory Union**

Poultney, Proctor, Middletown Springs, Wells, West Rutland

- Go to the district website for the latest updates: <http://wp.grcsu.org/>

### **Mill River Union United School District**

<http://millriverschools.org/schools/> Clarendon, Mill River High School, Shrewsbury, Tinmouth, Wallingford

- Meals will now be distributed at the district offices in Clarendon on MONDAYS and THURSDAYS from 7am-5pm. For all the Mill River School District program updates go to: <http://millriverschools.org/covid-19-novel-coronavirus/district-communication-covid-19/>
- Special Education Services: Contact Coral Stone, Director of Student Services at [cstone@millriverschools.org](mailto:cstone@millriverschools.org)

### **Slate Valley Unified School District**

Benson, Castleton, Fair Haven, Orwell

- Visit the district’s LIVE FEED of Covid-19 related postings at <https://www.slatevalleyunified.org/>

### **Rutland City Public Schools**

<https://www.rutlandcitypublicschools.org/>

- Meals available at multiple sites to children 18 and under regardless of school enrollment.
- An additional meal site pick up has been added at Hickory Street Playground from Noon-1:00 PM
- <https://www.rutlandcitypublicschools.org/wp-content/uploads/2020/03/PRESS-RELEASE-Rutland-City-Meal-Service.pdf>
- <https://www.rutlandcitypublicschools.org/wp-content/uploads/2020/03/Off-Site-School-Closure-Menu.docx.pdf>

**Rutland Northeast Supervisory Union** <http://www.rnesu.org/>

Barstow, Lothrop, Neshobe, Otter Valley, and Otter Creek Academy at Leicester, Sudbury, Whiting

- Meal Distribution: **Grab & Go:** Drive or walk up. Children do not need to be present. Come to Otter Valley UHS between 10:30 & 11 am to pick up a lunch/breakfast bag.
- **Deliveries:** Starting 3/19/2020, your school bus will bring you 1 breakfast & 1 lunch for each child in your home as indicated on your School Closure Form. **If you did not enroll but wish to call 802-247-5757**
- Chromebook sign out: If your student needs a chromebook to do schoolwork, please contact your school principal.
- Resources for parents and guardians: <https://sites.google.com/rnesu.org/rnesu-covid-info/parentsguardians>
- Community sites offering technology access: [Maclure Library](#) - 840 Arch St, Pittsford, VT 05763 *Please visit [the library's Facebook page](#) for their latest update*
- [Furnace Brook Wesleyan Church](#) - internet access, study space - 67 Gecha Lane, Pittsford, VT *Please call the church at 802-483-2531 to make arrangements*

## ONLINE EDUCATIONAL RESOURCES

Visit the below links for activities, educational websites, worksheets, and resources!

- “Wrinkles Doesn’t Like Social Distancing: I Don’t Blame Him”, the story of a basset hound
  - [bit.ly/WrinklesGross](http://bit.ly/WrinklesGross).
  - Spanish translation [bit.ly/WrinklesEspanol](http://bit.ly/WrinklesEspanol)
 Wrinkles invites kids to send stories, drawings and suggestions for what he could do to be happier to [wrinklesgetsit@yahoo.com](mailto:wrinklesgetsit@yahoo.com)
- Children’s story about social distancing
  - [https://youtu.be/DA\\_SsZFYw0w](https://youtu.be/DA_SsZFYw0w)
- “The Oyster and the Butterfly”, a children’s story about feelings
  - <https://edu.princeedwardisland.ca/cardigan/wp-content/uploads/2020/04/Book-Oyster-Butterfly.pdf>
- “Time to Come in, Bear”, a children’s story about social distancing
  - [https://youtu.be/DA\\_SsZFYw0w](https://youtu.be/DA_SsZFYw0w)
- A Comic explaining Coronavirus to kids
  - <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- Chromebook Guide

- <https://drive.google.com/file/d/13XUL5FAjPUjfrgMCalh5CsStb2yC9LHw/view>
- Google Tips & Tricks
  - [https://docs.google.com/document/d/132Xo8NjGtKlVu8z5B\\_lulm0Ek\\_mfTqMrovNln9eidYE/edit](https://docs.google.com/document/d/132Xo8NjGtKlVu8z5B_lulm0Ek_mfTqMrovNln9eidYE/edit)
- Google Classroom
  - [https://docs.google.com/presentation/d/1PDVZvie0DnFbFEVFB8U3j89o1mD5BCUXTE6ymbb9y\\_k/mobilepresent?fbclid=IwAR1POSqCfV1ZucNrGd1xDIsd1GDH\\_Tdkb147k\\_7CL58TmzqZIO16C4ewY\\_0&slide=id.g4f60ec15fb\\_1\\_0](https://docs.google.com/presentation/d/1PDVZvie0DnFbFEVFB8U3j89o1mD5BCUXTE6ymbb9y_k/mobilepresent?fbclid=IwAR1POSqCfV1ZucNrGd1xDIsd1GDH_Tdkb147k_7CL58TmzqZIO16C4ewY_0&slide=id.g4f60ec15fb_1_0)
- Google Slides: Adding Audio & Video
  - <https://support.google.com/docs/answer/97447#Audio>
- Google Hangout
  - <https://support.google.com/meet/#topic=7306097>
- Printable Worksheets for Grades Pre-K - 12
  - <https://www.greatschools.org/gk/worksheets/?fbclid=IwAR1Shyms4fbunS1KTPV83ZEF9o7YCUPil-kPnvuSDiBD86t404bqaX0OsgQ>
- Free Virtual Field Trips: Zoos, Museums, Farms, & More!
  - [https://freedomhomeschooling.com/virtual-field-trips/?fbclid=IwAR2vgS0-VU0gSTXI-MswRBSNVTS8tJrRB99XQPp6h5InqgMRI\\_mg4fAfycs](https://freedomhomeschooling.com/virtual-field-trips/?fbclid=IwAR2vgS0-VU0gSTXI-MswRBSNVTS8tJrRB99XQPp6h5InqgMRI_mg4fAfycs)
- 45+ Free Educational Websites for Kids
  - [https://fromabcstoacts.com/45-free-educational-websites-for-kids/?fbclid=IwAR37WFg3bv1Phl1v9pP6L6Hrs\\_ejSAoN6D16wwZudS-AbNFach3yTcayglM](https://fromabcstoacts.com/45-free-educational-websites-for-kids/?fbclid=IwAR37WFg3bv1Phl1v9pP6L6Hrs_ejSAoN6D16wwZudS-AbNFach3yTcayglM)
- Story Time From Space
  - <https://storytimefromspace.com/>
- Doodle & Draw with Mo Willems everyday, brought to you by the Kennedy Center
  - <https://www.kennedy-center.org/education/mo-willems/>
- A list of Educational Companies that are offering free subscriptions due to school closings
  - [https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR0SLsCtAK3agUCNWeQkj33uV\\_PAgFMwxngs5Uq0Xd6-lkaqAnP104EHDOg](https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR0SLsCtAK3agUCNWeQkj33uV_PAgFMwxngs5Uq0Xd6-lkaqAnP104EHDOg)
- Online learning Resources and Activities Provided by Rutland Northeast Supervisory Union School District
  - <https://sites.google.com/rnesu.org/rnesu-covid-info/online-learning-resources>

## VOLUNTEER OPPORTUNITIES

Governor Phil Scott is calling all Vermonters into service with the launch of a new website allowing people to sign up for volunteer assistance to support the state's response to COVID-19: <https://vermont.gov/volunteer>. The website directs those with medical and healthcare skills to the Medical Reserve Corp (MRC), and those with other needed skills to a quick registration process to sign up to help.

Donate Personal Protection Equipment (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](https://vtfoodbank.org) or you can text **GIVEHEALTH** to **85511**

**Southern Vermont Council on Aging (SVCOA)** is always looking for volunteers to support its various programs. To learn more, call 802-786-5990.

**VolunteerMatch** has a page dedicated to COVID-19 remote and on-site volunteer opportunities <https://www.volunteermatch.org/covid19>