



Green Mountain
United Way



Green Mountain United Way - Working Bridges COVID-19 Employee Resource Guide

Here is how to contact your Resource Coordinator:

Call, text or email

Via email: wbrc@gmunityway.org (Resource Coordination Team)

Central Vermont – Laurie Kelty: (802) 793-7919 or lkelly@gmunityway.org

Northeast Kingdom – Michelle Clark: (802) 793-9517 or mclark@gmunityway.org

FOOD

- Statewide Food Pantries: Find your local food pantries here: <https://www.vtfoodbank.org/agency-locator> or call the **Vermont Food Bank** at **1-800-585-2265** to identify the nearest food shelf.
- **Hunger Free Vermont** will be continuously updating this page with resources, links and the latest news in getting free meals to Vermont school children during the school closure period: <https://www.hungerfreevt.org/news/coronavirus>.
- **Student Free Lunches:** Most schools are providing free lunches for students, available for pick up at schools and in some cases, bus stops. **Contact your child's school** to find out where and when meals are available.
- **The Vermont Foodbank** has Meal Programs for Older Vermonters: People aged 60 and older may be temporarily added to a home delivered meals route. For more information about meals for older adults, please call the Helpline at **1-800-642-5119**.
- **WIC** up to date information here: <https://www.healthvermont.gov/family/wic>
 - Call 1-800-649-4357 or email WIC@Vermont.gov with any questions about WIC nutrition services and enrollment.

CHILDCARE

If you are an essential worker, please call 2-1-1 extension 6 or use the webform set up by the State of Vermont <https://webportalapp.com/webform/essentialworkers>

Schools are retooling to give access to care to children of essential workers. Many have ample spaces for care, please reach out to your local school district if you are an essential worker with childcare needs.

Last update 3/25/20

Additional Resources:

- **Let's Grow Kids:** <https://www.letsgrowkids.org/coronavirus>
- **Front Porch Forum's** neighborhood groups have frequent posts of childcare offerings. To subscribe: <https://frontporchforum.com/>

HOUSING

For information on affordable or emergency housing:

- *Central Vermont:* **1. Capstone Community Action: (802) 479 - 1053**
2. Downstreet Housing: (802) 476-4493 or (877) 320-0063
- *Northeast Kingdom:* **1. Northeast Kingdom Community Action (NECKA): (802) 334-7316**
2. Rural Edge: (802) 535-3555

UTILITIES

Many companies are working to find ways to help families and individuals affected by COVID-19.

The Department of Public Service is collecting information and resources on the availability of Internet and telecommunications services during the COVID-19 emergency. This webpage, <https://publicservice.vermont.gov/content/new-connectivity-resources-support-you-during-covid-19-state-emergency-vermont>, will include information about what [cable](#), [telephone](#), and [mobile carriers](#) are doing to assist consumers and places where consumers can find internet access and be updated as new information becomes available.

The PSD has developed [a map of libraries, local and state buildings, and schools](#) offering free, open Wi-Fi internet access.

Electric Companies

- **Green Mountain Power:** COVID-19 Update: Suspending collections activities including disconnects until 4/30. Regular billing to continue. Details & more info for customers: <http://ow.ly/vaF850yMhLN>
- **Vermont Electric Coop:** <https://www.vermontelectric.coop/> or **800 832 – 2667** for help.
- **Washington Electric Coop:** <https://www.washingtonelectric.coop/wp-content/uploads/2020/03/Member-Memo-Covid-19-3-16-2020.pdf> or **802-223-5245**
- **Lyndonville Electric:** <https://www.lydonelectric.com/bulletin> or **(802) 626-3366**

Internet Service Providers

- **Vermont Department of Public Service Resource Page** (includes Wifi Hotspots, info on cable, telephone, and mobile carrier customer assistance, and will be continuously updated) <https://publicservice.vermont.gov/content/new-connectivity-resources-support-you-during-covid-19-state-emergency-vermont>

Information from Providers in our Regions:

- **Comcast:** offering free unlimited data, opening Xfinity WiFi network nationally for free, waiving late fees, no disconnects, and helping low-income families get connected. Learn more here: <https://www.xfinity.com/prepare>
Internet Essentials will be free for 1st 2 months for low-income people: www.internetessentials.com
- **Verizon Wireless:** customers experiencing hardships because of COVID-19, for the next 60 days, Verizon will waive late fees, and will not terminate service to a customer who's been impacted by the events involving the Coronavirus. Contact Verizon here: <https://www.verizonwireless.com/support/>
- **Consolidated Communications:** <https://www.consolidated.com/about-us/locations/vermont>
- **Spectrum:** <https://www.spectrum.com/services/vermont>

TRANSPORTATION

- **Green Mountain Transit** (Central Vermont) will be offering their services Fare Free until at least April 1. From GMT: As COVID-19 developments continue, changes to GMT's regular service schedule may occur rapidly. In order to receive prompt notification, we recommend the following:
 - Sign-up for our Service Alert Email: <https://bit.ly/2TXU4uR>
 - Review our Service Alerts page on our website: www.RideGMT.com
 - Call the hotline at **802-540-6881** for service suspension information
- **Rural Community Transportation** (Northeast Kingdom) COVID 19 information found here:
 - <https://www.riderct.org/alert/>
 - If you need RCT transportation to an essential appointment, call **(802) 748-8170**

ELDERCARE

Councils on Aging are providing support to seniors, expanded Meals on Wheels deliveries, and other resources for older Vermonters.

- **Councils On Aging:**
 - **Central Vermont Council on Aging**
 - Website: <https://www.cvcoa.org/>
 - HelpLine for Assistance and meal information: **1(800) 642-5119**
 - **Northeast Kingdom Council on Aging**
 - Website: <https://www.nekcouncil.org/>
 - HelpLine: **1-(800)-642-5119**
- **Vermont Association of Area Agencies on Aging (V4A) Information Here:**
<https://www.vermont4a.org/covid-19>

FINANCIAL ASSISTANCE & TAX ASSISTANCE

Working Bridges Sites are offering *remote VITA tax preparation*. Contact your Resource Coordinator to get your taxes prepared and filed for free, remotely.

Due to the extension, we will be extending our VITA Service through at least April 30th for employees

- **IRS** tax payment deadline is extended 90 days – tax payments are due by **July 15, 2020**.
- The **Federal and State** tax filing deadline has also been extended to **July 15th, 2020**.
- **Student Loans** - federal government has announced that it will be waiving interest specifically for federally-held student loans during this time. Visit <https://studentaid.gov/announcements-events/coronavirus>

Emergency Loans –

Contact your Resource Coordinator to ask about your organization's **Income Advance Loan** available through Working Bridges.

Additional options:

- **North Country Federal Credit Union - COVID 19 Emergency Relief Loan** – for existing member up to \$5,000 (0% interest) with proof of income interruption.
<https://www.northcountry.org/home/more/our-story/#COVID-19FinancialRelief>
or **(800) 660-3258**
- **Vermont State Employees Credit Union – Member Emergency Loan** -
<https://www.vsecu.com/memberemergencyloan> or **1-800-371-5162** for information.
 - **Non-Member Emergency Loan Available – up to \$2,000**
 - **Childcare Providers:** “Through collaboration with Let's Grow Kids, we are able to fund the \$25 membership deposit and first loan payment on loans to childcare providers. If you offer childcare in Vermont, the Member Emergency Loan may be a great option for you.” – VSECU.com

Unemployment

The Vermont Department of Labor has launched an online portal for employees who may be eligible for Unemployment Insurance benefits as a result of COVID-19. This new process means initial unemployment insurance claims can now be filed online. The updated application can be found here:

<https://vermont.force.com/DOLClaim/s/>

As of 3/24/2020 – all work search requirements are suspended until further notice.

The Vermont Department of Labor also recently created a set of [COVID-19 FAQs for Employers and Employees](#).

MENTAL HEALTH RESOURCES

- [Crisis Textline](#) Text: “Home” to 741741
- <http://youfeellikeshit.com/> (simple but effective website for those experiencing anxiety around COVID-19)
- [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
- [Invest EAP](#) Online Guidebook and Mental Health Support: statewide non-profit serving employees and all household members. Not tied to insurance, and completely free and confidential to you. <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](#)
- Mental Health Considerations during COVID-19 Outbreak [WHO](#)
- National Alliance Mental Illness [NAMI](#)
- Parent/Caregiver Guide to Helping Families Cope with the Coronavirus (Covid-19) [The National Child Traumatic Stress Network](#)
- [VT Alcoholics Anonymous](#)

STAY UP TO DATE WITH OUR WEBSITE

<https://www.gmunityedway.org/blog/covid-19-resource-page/>

For more help, call Vermont’s resource line at 2-1-1