

**OCTOBER 16, 2020 BULLETIN
FROM THE CALEDONIA SOUTHERN ESSEX (CSE)
OUTREACH TEAM**

CALENDAR OF EVENTS IN OCTOBER:

Oct. 22 – Walk for Justice – October is Domestic Violence Awareness Month. This walk honors survivors and brings awareness to the community. Meet at 5 PM on the Court House Lawn in St. Johnsbury. Masks please.

Oct. 23 – Food Distribution – Leonard Field (63 Almshouse Rd. St. Johnsbury) and Newbury AOT Garage (249 Industrial Park Rd, Wells River) Register ahead:

https://link.zixcentral.com/u/bdbc9e92/jKj-_D8K6xGbx0Iv8Y9C_g?u=https%3A%2F%2Fhumanresources.vermont.gov%2Ffood-help

Oct. 24 – 10 AM – 2 PM – The White Market – St. Johnsbury. St. Johnsbury Rotary is taking donations of health, wellness, food, and baby essentials. All items donated will be given to NEKCA Parent-Child Center.

October 24 – 11 AM – 2 PM – NEKCA – 115 Lincoln St. in St. Johnsbury– “The Gift of Warmth” pick up handmade quilts, socks and a hot cup of soup.

Oct. 27 – 9:30 AM – 11:30 AM – Playgroup Costume Party NEKCA 115 Lincoln St. Crafts, games, story time and treats. RSVP – csheltra@nekcavt.org.

Oct. 28 – 5 – 6:30 PM – Supporting Survivors of Domestic Violence” – Join the zoom event to discuss the impacts of domestic violence and explore ways to be a helpful support person. Email henekis@umbrellanek.org to register.

Oct. 31 – 5 – 7 PM – Drive through trunk or treat – NEKCA – 115 Lincoln St. Drive through for some goodies – and a lucky golden ticket from the Willy Wonka trunk.

Do you need a cloth mask? Call your town clerk, NEKCA (748-6040), Council on Aging (751-0427), St. J. Fire Dept. (748-8925) CALEX (748-7599), or Community Connections (748-7526)

When do I wear my mask? When you are out in public, wear a mask. Don’t forget they are there to catch germs – so don’t touch. Remember to wash hands, keep the mask washed frequently, and still keep 6 feet apart whenever possible; even when you are outside!

Halloween Parade in St. Johnsbury is cancelled. Please be careful if you do go out. Some



houses may have candy drops. (A 6 foot pvc pipe for sliding candy into a bucket could work.) If the light is out, keep on walking. St. Johnsbury recommends calling ahead to houses of friends to see if they are fine with you coming over to trick or treat. Be creative and perhaps do a family event this year.

Resources:

- If you need to connect to services, or if you need emotional support, a listening ear, connections to community supports: reach out to COVID Support Counselors, now available Monday-Friday, 8 AM – 8 PM. **Dial 2-1-1.**
- If you just need to talk, text VT to 741741 or call (800) 273-8255 for confidential, free professional support 24/7.
- **NKHS has free Warm Lines:** You can dial these anywhere in Vermont without the area code first.
 - 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 – 748-6040
 - Kingdom Community Services: 751-8581
 - EVERYONE EATS – food from restaurants – find out more from NEKCA.
- **Northeastern Vermont Regional Hospital has many resources and ideas for staying healthy and resilient. Check out:** <https://nvrh.org/> for more information, or call Community Connections at (802) 748-7526 to find out more.
- **Follow or friend any of these local resources on social media. (i.e.: NEKCA)**
- **Assistance Returning to Work:** The Vermont Department of Labor offers Weekly Virtual Job Fairs weekly on Thursday at 11am. [Sign Up](#) to receive ongoing information about these events and others offered through the [#Hiring2DayVT](#) Campaign.

If you are sick, call your health care provider first. Stay home, reduce your contacts. If you do not have a primary health care provider, call NVRH at 748-8141 and ask for the “on-call primary care provider”. If you have an appointment to see a health care professional, please plan to be there just 5 minutes ahead of time.

Get a flu shot. The last thing we need right now is a rough flu season. Check with your health care provider to find out more.

Traveling? Don't forget to check out the travel map on the Vermont.gov website.

Love Isn't Scary!

October is Domestic Violence Awareness Month! Love should never hurt, or make you feel bad. Love feels good! What does love mean to you? What does love look like? What does love feel like?

THROUGHOUT THE MONTH OF OCTOBER, WE WILL BE CHATTING WITH YOUTH ABOUT WHAT LOVE MEANS TO THEM! AT THE END OF THE MONTH, WE WILL SHARE THE ANSWERS ON UMBRELLA'S FACEBOOK PAGE

IF YOU HAVE A YOUTH IN YOUR LIFE THAT WOULD LIKE TO SHARE WHAT LOVE MEANS TO THEM, PLEASE EMAIL ME AT CHELSEA@UMBRELLANEK.ORG

If a youth would like to submit artwork or writing on what love means to them, they may also email me! If they would like their work shared on Umbrella's Facebook page, please include written consent from the youth and primary caregiver, and indicate whether or not the youth would like their name shared or to remain anonymous