



## **COVID-19 Resource Guide for Mystic Valley Elder Services Cities and Towns**

Last Updated 1/12/2021. If additional resources are found, please email Jessica Phelan at [jphelan@mves.org](mailto:jphelan@mves.org) to update resource guide

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## Resources for all MVES communities

### NATIONWIDE RESOURCES

- Administration For Community Living Resource Guide <https://acl.gov/COVID-19>
  - Includes information from the CDC, Information on Federal programs, Aging and Disability information, Medicaid, Caregiver resources etc.
- United States Centers for Disease Control and Prevention - <https://www.cdc.gov/>
  - [https://www.cdc.gov/coronavirus/2019\\_nCoV/index.html](https://www.cdc.gov/coronavirus/2019_nCoV/index.html)
- Benefits.gov Coronavirus resources [www.benefits.gov/help/faq/Coronavirus-resources](http://www.benefits.gov/help/faq/Coronavirus-resources)

### MASSACHUSETTS RESOURCES

- <https://www.mass.gov/info-details/covid-19-updates-and-information>
- Massschusetts COVID 19 dashboard <https://www.mass.gov/info-details/covid-19-response-reporting>
- Massachusetts Department of Public Health –
  - <https://www.mass.gov/info-details/covid-19-updates-and-information>
  - <https://www.mass.gov/orgs/departement-of-public-health>
- Massachusetts 2-1-1 general COVID-19 information - <https://mass211.org/> or dial 2-1-1 (24/7)
- Massachusetts COVID-19 text updates: Text "COVIDMA" to 888-777
- Mass Gov. Baker updates
  - <https://www.mass.gov/info-details/covid-19-updates-and-information>
- **Racism/Discrimination**

- To file a complaint about discrimination occurring in the workplace, housing, public places, access to education, lending, or credit, call the Massachusetts Commission Against Discrimination at **(617) 994-6000(617) 994-6196(617) 994-6071** <https://www.mass.gov/orgs/massachusetts-commission-against-discrimination>; TTY ; (Español, 中文, Kreyòl Ayisyen, русский, Português, etc.) or visit .
- **Parenting/Parental Stress**
  - To talk to someone about parental stress or connect with local parenting resources in your area, call the 24/7 Parental Stress Line: **1-800-632-8188**.
- **Reporting Abuse**
- To report child abuse or neglect: contact the MA Department of Children and Families (DCF) Office; for instructions on reporting, visit: <https://www.mass.gov/how-to/report-child-abuse-or-neglect>.
- To report abuse of a person age 60 or older who lives in the community: Call the MA Executive Office of Elder Affairs at **(800) 922-2275** or visit <https://www.mass.gov/how-to/report-elder-abuse>.
- To report abuse of a person with a disability who is aged 18 to 59: call the MA Disabled Persons Protection Commission at **(800) 426-9009**, TTY: 1-888-822-0350.
- To report abuse of a person by nursing home or hospital: call the MA Department of Public Health at **(800) 462-5540**.

Safe Home Care Fact sheet-provided by UMass Lowell

- <https://www.uml.edu/research/shch/safe-home-care/fact-sheets.aspx>

## BURIAL AND FUNERAL RESOURCES

- Massachusetts Department of Transitional Funeral Assistance
  - The Massachusetts Department of Transitional Assistance may cover a portion of funeral costs up to \$1,100, for services that do not exceed \$3,500 in total. Those planning for burial services are eligible to apply for anyone who died in Massachusetts.
  - <https://www.mass.gov/funeral-and-burial-payment-assistance>
- Low-Cost Cremation Services in Boston
  - Casper Funeral and Cremation Services is offering low-cost cremation. Visit their website for more information at <https://www.casperfuneralservices.com/help-with-funeral-costs/>.

## COVID 19 TESTING LOCATION WEBSITE IN MASSACHUSETTS

Massachusetts |For more information about COVID-19 testing and to find a testing site near you, visit <https://www.mass.gov/info-details/covid-19-testing>

- **Stop the Spread** <https://www.mass.gov/info-details/stop-the-spread>

- The Commonwealth is launching a strategic testing program in communities across Massachusetts that have continued to see a higher number of residents testing positive for COVID-19.
- This program will support the testing of asymptomatic individuals in these communities to help stop the spread of COVID-19. If you are a resident of one of these communities, even if you have no COVID symptoms, please get tested to help stop the spread.
- The Commonwealth urges residents of these communities to get tested for COVID-19:
  - Amherst, Brockton, Chelsea, Everett, Fall River, Framingham, Great Barrington, Holyoke, Lawrence, Lynn, Marlborough, Methuen, Nantucket, New Bedford, North Adams, Pittsfield, Randolph, Revere, Salem, Saugus, Springfield, Winthrop and Worcester.
- **Eligibility**
  - **Open to everyone-You don't need to have any symptom(s)**
  - **No cost to you**
  - **Testing at these sites is not restricted to residents of the city or town**
- **Test results will be provided to each participant confidentially**
- **Participants are encouraged to share these results with their doctor**
- **Visit <https://www.mass.gov/info-details/stop-the-spread> and click on one of the Cities or Towns listed above for the most up to date information on testing locations, times and details. MVES towns included are Chelsea, Everett, Revere and Winthrop**

## COVID-19 VACCINE INFORMATION

- COVID-19 Vaccine in Massachusetts
  - Massachusetts is preparing for the safe, equitable, and effective delivery of an FDA-approved COVID-19 vaccine. Learn about the approach and when you can expect to get vaccinated.
  - <https://www.mass.gov/covid-19-vaccine-in-massachusetts>
- When can I get the COVID-19 vaccine?
  - Learn where you will fit into the COVID-19 vaccine distribution timeline. <https://www.mass.gov/info-details/when-can-i-get-the-covid-19-vaccine>
- Vaccines.gov
  - This website you will find information and tools to help you find out where to get vaccinated near you — and some tips for making an appointment.
  - <https://www.vaccines.gov/get-vaccinated/where>

## EDUCATION

- Better Choice, Better Health [Resource information\Health Social\Better Choice Better Health.pdf](#)
- [Resource information\mylifemyhealthonline\\_061420 \(1\).pdf](#)
- Computer education <https://www.sdmfoundation.net/our-mission/>

## EMERGENCY HELP FOR CONSUMERS UNDER PERSONAL CARE ATTENDANT (PCA) PROGRAM IF PRIMARY PCA UNABLE TO ASSIST

- A hotline through MassOptions to connect MassHealth PCA Consumers to services in the event their PCA is unavailable. Consumers can call 1-844-422-6277 and will be connected with home health services in their region.

## FINANCIAL HELP

- Guide to applying for Public Benefits remotely
  - [Resource information\Financial Assistance\Applying for Benefits Remotely BayPath 2020.doc](#)
- Please check resources in each town, provided in this guide, for additional financial assistance programs specific by town.

## Mortgage and Rental payment relief information

- [https://www.consumerfinance.gov/coronavirus/mortgage-and-housing-assistance/?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=HousingHubP](https://www.consumerfinance.gov/coronavirus/mortgage-and-housing-assistance/?utm_source=newsletter&utm_medium=email&utm_campaign=HousingHubP)

## Residential Assistance for Families in Transition (RAFT) & Emergency Rent and Mortgage Assistance (ERMA)

- The state-funded RAFT and ERMA programs are tools used by the Housing Consumer Education Center (HCEC) team to provide eligible households up to \$10,000 per 12-month period that can be used to help retain their housing, obtain new housing, or otherwise avoid becoming homeless.
- In an effort to serve as many households as possible, we have made some changes to the RAFT /ERMA application process at Metro Housing. The largest change is that, due to health considerations, we have eliminated in-office appointments and are using an email-only option instead. See below for more information about applications in other languages.
- The process for referrals from partner agencies has several steps:
  - Complete the FY21 Service Partner Packet ([Resource information\Financial Assistance\RAFT ERMA Application\FY21-Full-RAFT-ERMA-Application-FileC-07.23.2020.pdf](#)) and send to [HCECreferrals@MetroHousingBoston.org](mailto:HCECreferrals@MetroHousingBoston.org).
  - Once the referral has been received from service partners, the RAFT Manager will assign the application to a Case Manager (CM).
  - The CM will review all documents and will follow up with the service provider by email or phone if they are in need of additional documents. The CM will sometimes follow up directly with the family with clarifying questions. If all the required documents are uploaded, the CM will not need to contact the applicant and will instead contact the referring agency.
  - The application will also require property owner documents if requesting arrears or start-up costs. For greater efficiency, these documents should be submitted with the referral. Otherwise the CM will follow up with the property owner and possibly slow the approval process. Property owner packet can be found here ([Resource information\Financial Assistance\RAFT ERMA Application\RAFT Property Owner Packet FY21.pdf](#))

- For greatest efficiency and to ensure the swiftest process, please provide all required documents and explanation of the housing crisis in the first email. It will take between two and four weeks to process all applications.

#### Additional Flexibility in Response to COVID-19

- In response to the increased need due to COVID-19, DHCD has authorized a series of changes to make RAFT a more effective tool to help address today's housing crises. The most significant changes include:
  - Applicants can simply provide a short self-statement (written or verbal) connecting their housing emergency with the COVID-19 crisis. Third-party verification or documentation verifying loss of income is not needed.
  - If documents are unavailable due to the COVID-19 crisis, applications may be processed without documentation that is normally required.
  - Applicants may qualify for utility assistance by simply providing a notice of arrears. A shutoff notice is not necessary.
  - Subsidized applicants may receive RAFT a second time within 24 months but a rent adjustment should be explored first if there has been a loss in income.
  - Applicants no longer need to be behind on payments to apply. Applicants can provide documentation that COVID-19 has affected their future ability to pay.
  - Income eligibility will be based on current income.
  - CARES act payments will not be included in eligible income calculations.
  - Applicants do not need a notice to quit, court summons, or utility shutoff notice to apply.

#### Who qualifies for RAFT & ERMA?

- A household's income must be at or below 80 percent area median income (AMI).
- Households composed of two or more people living together, one of whom is a dependent child under the age of 21. A pregnant mother qualifies if she is the head of household.
- Individuals, families with older children, couples without children, unaccompanied youth, and households of any size.
- Household must provide documentation/proof that they are currently experiencing a housing crisis:
  - For households with rental arrears: Written documentation of rental arrears, demonstration of a financial hardship (reduction in revenue and/or increase in expenses) that caused the nonpayment of rent, and demonstration that payment of the arrears will allow the household to retain their housing.
  - For households facing eviction: Summary Process Summons and Complaint. Tenants who have a housing subsidy and are facing eviction due to non-payment of rent must also provide proof of financial hardship that explains cause for arrears in order to receive assistance.
  - For households leaving doubled-up housing: Letter from landlord or primary tenant explaining that the family must leave. This must also include the address, date, and contact name and info of person writing letter. A copy of new lease or letter of intent to rent for new apartment.

- For households leaving unsafe housing: Verification of unsafe housing conditions and copy of new lease/letter of intent to rent for new apartment.
- For households facing foreclosure or mortgage arrears: Current mortgage statement and letter from lender indicating that family is at least 30 days in arrears and at risk of foreclosure.
- For households facing utility shutoff: Utility shutoff notice and current bill.

Due to the COVID-19 health crisis and the stay at home advisory, we ask that clients do not leave their home to attain documents. If they have access to documents without leaving their home, please email pictures of the documents using their smart phone, if possible. If they do not have access to the documents and need additional time, please let us know.

What can RAFT & ERMA funds be used for?

Program funds can be used for housing-related expenses only. Appropriate uses of funds include, but are not limited to:

- Rental or mortgage arrearages.
- Security deposits.
- First and last month's rent.
- Utility arrearages.
- Furniture. (May only be requested if connected to one of the housing crises listed above).

## Program Documents

**FY21 Service Partner Packet** (Fillable PDF with the following required forms: Referral Form, Screening Tool, RAFT/ERMA Joint Application, Housing Plan)

RAFT Property Owner Packet (pending) OR ERMA Property Owner Packet (pending):  
Use only one packet as determined by the Screening Tool in the Service Partner Packet if the funding is for rent arrears or start-up funding.

## Release of Authorization Form

## RAFT Administrative Plan 07.01.2020

## ERMA Administrative Plan 6.30.2020

## FY21 AMI Limits by Region

## RAFT ERMA Income Definitions

## Applications in Other Languages

DHCD is in the process of translating all RAFT & ERMA applications into seven languages. In the meantime, we will accept paper versions of the FY20 RAFT applications in Spanish, Haitian-Creole, etc. For non-English speakers, DHCD requires that the English application be completed with all of the relevant information, as well as a signed application in the applicant's primary language.

### **RAFT/ERMA Application in Spanish**

### **RAFT/ERMA Application in Portuguese**

### **RAFT/ERMA Application in Haitian Creole**

### **RAFT/ERMA Application in Vietnamese**

### **RAFT/ERMA Application in Chinese**

### **RAFT/ERMA Application in Russian**

### **RAFT/ERMA Application in Khmer**

## **Covid 19 Legal Help Project**

- <https://www.mass.gov/covid-19-getting-help-with-housing-costs>

## Utilities

- Greater Boston Legal Services flyer regarding utilities during Covid 19 outbreak
  - English [Resource information\Financial Assistance\GBLS COVID utilities flyer FINAL\[1\].pdf](#)
  - Spanish [Resource information\Financial Assistance\GBLS COVID utilities flyer FINAL -Spanish\[3\].pdf](#)
- Fuel Assistance- <https://www.mass.gov/how-to/apply-for-home-heating-and-energy-assistance>
- Keep Americans Connected Initiative <https://www.fcc.gov/keep-americans-connected>
  - [Resource information\Financial Assistance\Updated DTC Covid 19 Broadband and Telephone Response.pdf](#)
- Lend a Hand Society
  - MVES staff needs to apply. Instructions found here [Resource information\Financial Assistance\Lend a Hand Society.docx](#)
- **Applications for discount utility rates**
  - Eligibility
    - Household income at or below 60% of State Income Level



- If the household receives benefits such as fuel assistance, MassHealth, SNAP, EAEDC etc.
  - Eversource- <https://www.eversource.com/content/general/residential/my-account/billing-payments/help-pay-my-bill>
  - National Grid- <https://www.nationalgridus.com/MA-Home/Bill-Help/Help-Making-Payments>
- **Payment plans for utilities during Covid 19**
  - Due to the pandemic, utilities have expanded payment plans offerings for more flexibility:–Customers can enroll in a payment plan for up to 12months with no down payment required!–This extended payment plan is only available for a limited time.
    - Learn More:
      - Eversource East <https://www.eversource.com/content/ema-c/residential/my-account/billing-payments/help-pay-my-bill/payment-plans>
      - National Grid Gas- <https://www.nationalgridus.com/MA-Gas-Home/Bill-Help/More-Time-to-Pay>
      - National Grid Electric <https://www.nationalgridus.com/MA-Home/Bill-Help/More-Time-to-Pay>
- **Utility forgiveness program**
  - Eligibility
    - On the discount rate code
    - Owe more than \$300 and more than 60 days past due
  - How it works
    - A monthly payment amount is determined based on the average energy usage in the past 12 months
    - This amount may increase or decrease if usage changes
    - With each on-time monthly payment, the account is credited with an amount calculated as the total past-due balance divided by 12.
    - 1/12th of the enrollment balance is eliminated or forgiven each month
    - Up to \$12,000 can be forgiven annually
  - To apply
    - Eversource East <https://www.eversource.com/content/ema-c/residential/my-account/billing-payments/help-pay-my-bill/nu-start>
    - National Grid Gas <https://www.nationalgridus.com/MA-Gas-Home/Bill-Help/Forgiveness-Program>
    - National Grid Electric <https://www.nationalgridus.com/MA-Home/Bill-Help/Forgiveness-Program>
- **Protections from Disconnect**
  - Protection from disconnection of service for non-payment may be available for customers with financial hardship and specific household circumstances such as;
    - Medical
      - If a customer of record or a member of their household has a serious or chronic illness, a certified medical professional can notify the utility company of the illness type (serious or chronic) and duration of the illness

- A Medical Certification of Serious Illness Form or letter is required and must be completed by the appropriate Physician or Board of Health, Nurse Practitioner, or Physician Assistant
  - Infant
    - If a customer of record has a child under the age of one (1) years old living in the home, the customer must provide to the utility a copy of the birth certificate or other proof of age. For medical and infant protections, the customer must also be identified as financial hardship to avoid a disconnect for non-payment for the duration of the protection
  - Elderly
    - When all members of the household are 65 years of age or older or are elderly with a minor living in the household, the utility service is protected from disconnection for non-payment. To certify for Elderly Protection only, the customer:–Must provide proof of age (ID, birth certificate, Medicare card, etc.) –Does not have to prove financial hardship–If claiming elderly with minor, you MUST prove financial hardship
  - Winter Protection
    - Protected customers are still responsible for their energy usage and paying their utility bill. We encourage these customers to make a payment, enroll in a payment plan, or apply for the Forgiveness Program
- **Financial Hardship Protection**
  - Customers experiencing a financial hardship can qualify for programs and protections when their household income is at or below the 60% of the State Median Income or if they receive qualifying benefits.
  - By completing a financial hardship statement, customers can self-certify for financial hardship by providing the utility with household size and income
  - Customers enrolled on the discount rate are automatically identified as financial hardship and do not need to complete a financial hardship statement
  - Once verified as financial hardship, the customer is protected under Winter Protection in which the utility service will not be disconnected for non-payment from November 15 through March 15.
  - Learn More–Call Customer Service for a copy of the financial hardship statement form

## Unemployment

- Connect in Chelsea will assist any resident in MVES towns w/ applying for Unemployment benefits
  - Dial 617-712-3487 and press 1 for English/2 for Spanish
    - Unemployment is ext. 701
- [Resource information\Financial Assistance\Unemployment Benefits and Small Business.docx](#)
- Employee Rights [I:\COVID 19 resources and information\Financial Assistance\download.pdf](#)

## Stimulus Checks

- Stimulus Checks and MassHealth information [Resource information\Financial Assistance\FW Stimulus Checks - MassHealth .msg](#)
- Eligibility for Stimulus Checks <https://www.aarp.org/politics-society/advocacy/info-2020/coronavirus-stimulus-checks.html>
- IRS resource site [https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here?utm\\_content=pressrelease&utm\\_medium=email&utm\\_source=govdelivery](https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here?utm_content=pressrelease&utm_medium=email&utm_source=govdelivery)
- Connect in Chelsea will assist any resident in MVES towns w/ understanding stimulus checks
  - Dial 617-712-3487 and press 1 for English/2 for Spanish
    - Understanding stimulus checks is at ext. 705

## Financial assistance for Veterans

- <https://penfedfoundation.org/apply-for-assistance/emergency-financial-assistance/>

## FOOD

Mass.gov's Food decision tree tool <https://www.mass.gov/decision-tree/find-food-assistance>

### Food Banks

- Feeding America Food Bank Locator tool <https://www.feedingamerica.org/>
- Project Bread's FoodSource Hotline <http://www.projectbread.org/get-help/foodsource-hotline.html>
  - Call 1-800-645-8333
- Statewide Nutrition Access [I:\COVID 19 resources and information\Food resources\Statewide Nutrition Access.xlsx](#)
- ICNA Relief-Bi-weekly food distribution
  - Every other Tuesday (6/23, 7/7, 7/21, 8/4, 8/18)
  - 5-6 pm
  - OCRC Malden 405 Pearl St. Malden

### SNAP-Food Stamps resources

- To apply <https://dtaconnect.eohhs.mass.gov/apply>
- Emergency SNAP benefits <https://www.masslegalhelp.org/health-mental-health/covid19-emergency-snap>
- Healthy Incentives Program (HIP) <https://www.mass.gov/service-details/healthy-incentives-program-hip-for-clients>
- Already receiving SNAP benefits?
  - The company Expensify is offering a \$50 reimbursement program for SNAP purchases. Learn more about this great offer here <https://www.expensify.org/hunger>
- Connect in Chelsea will assist any resident in MVES towns w/ food stamps
  - Dial 617-712-3487 and press 1 for English/2 for Spanish
    - Food stamps assistance is at ext. 700

- Provider/Community Referral to Welfare Law Unit, GBLS, during COVID Crisis for advice or help relating to DTA benefits and EEC child care benefits  
<https://www.gbls.org/coronavirus-information>

### **Special Diet resources**

- Academy of Nutrition and Dietetics (for consumers)  
<https://www.eatright.org/coronavirus>
  - Offers nutrition articles, tips, video and activities for families managing the challenging conditions of the COVID-19 outbreak.

### **Grocery Delivery**

- Peapod <https://www.peapod.com/>
- Instacart <https://www.instacart.com/>
- [Umbrella](#) is coordinating grocery delivery and medication pick up for MA seniors. Adults 60+ can request grocery deliveries [here](#) or call 844-402-2480 to be matched to a local volunteer who can shop on their behalf. Umbrella asks for a \$10 donation, if able, and would take about 3-5 days to find a volunteer once request is placed.

### **Prepared meals for seniors 60+**

- Heart to Home meals <https://hearttohomemeals.com/>
  - Open Monday-Friday 8:30 AM-5 PM
  - Current special \$49 for 7 meals in one box w/ free delivery [Food resources\Heart to Home Meals.JPG](#)
  - Visit website to order or call 508-500-8392

### **Restaurants offering meals/groceries but will cost money**

- Texas Roadhouse discounted meals [I:\COVID 19 resources and information\Food resources\RE Texas Roadhouse Everett Can Help!.msg](#)
- Ball Square Fine Wines Produce Box Somerville- 617-623-9500
  - \$35 for box of produce available for curbside pick up or delivery
- Earl's Grocery Service <https://fp.ready.menu/EARLSSOMERVILLEORD/v2/order/menu>
  - Scroll down to features to find produce packs to order
- Forge Baking Company- <https://www.toasttab.com/forg-baking-co/v3#!/>
- Panera Grocery service <https://www.panerabread.com/en-us/panera-grocery.html>

### **HEALTH**

- TeleHealth from the State of Massachusetts [www.buoyhealth.com](http://www.buoyhealth.com)
- Senior Workouts from home [Resource information\Health Social\Fw Leading national expert - senior fitness videos.msg](#)
- If you are looking for healthcare resources, including drive-through COVID-19 testing locations, follow the link below.
  - <https://airtable.com/shrV7wFCVW6X9Ucdi>
- For information to assist individuals with developmental disabilities, follow the link below.
  - <https://www.mass.gov/service-details/covid-19-resources-for-people-with-developmental-disabilities>

### **Mental Health Resources**

- **Massachusetts Network of Care** <https://massachusetts.networkofcare.org/mh/>

- <https://massachusetts.networkofcare.org/mh/content.aspx?cid=9261> Covid 19 Behavioral Health information
- **Maintaining emotional health & wellbeing during COVID-19 public health emergency**
  - <https://www.mass.gov/resource/maintaining-emotional-health-well-being-during-the-covid-19-outbreak>
  - Includes:
    - Resources for reducing stress and healthy coping
    - Managing isolation and loneliness during COVID-19
    - Tips and activities for children
    - Stigma and discrimination prevention
    - Multilingual resources on COVID-19
    - Online and telephone peer supports
    - Resources and Supports for Survivors of Domestic Violence and Sexual Assault
    - News and social media accounts to follow
    - Mental health crisis support
- **Massachusetts 2-1-1**
  - Informational & referral hotline
  - 24hrs/day, 7 days/week
  - Free & confidential
  - Interpreter services available
  - By phone or online chat
  - <https://mass211.org/>
- **MassSupport – Free COVID-19 Counseling & Support**
  - Provides free community outreach & support services statewide in response to COVID-19
  - Phone: 1(888) 215-4920 (M-F 9am-6pm)
  - Online: <https://masssupport.org/>
  - Email: [MassSupport@riversidecc.org](mailto:MassSupport@riversidecc.org)
- **Samaritans 24/7 Crisis Line**
  - Call or Text: 877-870-4673
  - More information: <https://samaritanshope.org/our-services/247-crisis-services/>
- **Crisis Text Line**
  - Text “HOME” to 741741
  - More information: <https://www.crisistextline.org/>
- **Massachusetts Emergency Services Program/Mobile Crisis Intervention**
  - Call: 1-877-382-1609
  - More information: <https://www.mass.gov/emergencycrisis-services>
- **SAMHSA’s Disaster Distress Helpline**
  - 24/7, 365 day-a- year crisis counseling & support to people experiencing emotional distress related to natural or human-caused disasters

- Call: 1-800-985-5990
- Text: “TalkWithUs” to 66746
- **NAMI Mass COMPASS Helpline**
  - The COMPASS Helpline at NAMI Massachusetts provides information and resources to help people navigate the complex mental health system, and problem solve in difficult circumstances.
  - Call: 617-704-6264 or 800-370-9085 (M-F 9am-5pm, excluding holidays)
  - Email: [compass@namimass.org](mailto:compass@namimass.org)
  - More information: <https://namimass.org/nami-mass-compass-helpline/>

### **Suicide prevention**

- If you or anyone you know is feeling depressed or considering suicide, they can get help on the phone by calling the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255). To talk to someone through the online chat function or to find a therapist in your area, visit <https://suicidepreventionlifeline.org/>

### **Veteran’s Crisis Line**

- [Veterans Crisis Line](#): Free, confidential resource for veterans in crisis, including veterans not registered with the VA. Dial 800.273.8255 and press 1 to talk to someone or text 838255 to connect with a qualified VA responder.
- [www.Mysticvalleypublichealth.org/connectandcope](http://www.Mysticvalleypublichealth.org/connectandcope) Mystic Valley Public Health Coalition provides a comprehensive resource guide for local mental health and substance use services. This includes a section on “What Businesses Can Do” under the resources tab.
- [www.HandHoldMA.org](http://www.HandHoldMA.org) Resources to help families and children during the public health crisis
- [www.masssupport.org](http://www.masssupport.org) Community outreach and support services
- National Institute of Mental Health, resources on coping with COVID 19
  - <https://www.nimh.nih.gov/health/education-awareness/shareable-resources-on-coping-with-covid-19.shtml>

### **Substance use and recovery:**

- [Massachusetts Substance Use Helpline](#): A public resource for finding licensed and approved substance use treatment and recovery services. Call 800.327.5050 or visit <https://helplinema.org/covid-19-resources-for-ma> to get help, 8 a.m. to 10 p.m. Monday to Friday and 8 a.m. to 6 p.m. on weekends.
- [Alcoholics Anonymous Online Intergroup](#): Directory of online audio/video meetings 7 days per week.
- [Narcotics Anonymous](#): Online meetings in various time zones using multiple platforms.
- [Herren Project Live](#): Online support groups and recovery meetings moderated by trained clinicians.

- [In The Rooms](#): Free weekly online meetings for those recovering from addiction and related issues.
- To talk with a Helpline Specialist about accessing resources and support for people who may be using substances, for people in recovery, or for their loved ones, please call 800-327-5050 or visit <https://helplinema.org/covid-19-resources-for-ma/>
- If you or a family member are experiencing a mental health or substance use disorder crisis, you can call Emergency Services Program/Mobile Crisis Intervention at 1 (877) 382-1609.
- The Substance Abuse and Mental Health Services Administration Disaster Distress Helpline: Provides 24/7, 365-day-a-year crisis counseling and support. Call 1-800-985-5990 to connect with trained crisis counselors. Text with a live counselor by texting TalkWithUs to 66746 for English or Hablanos for Spanish.

### **Family and support networks:**

- [Al-Anon Family Groups](#): Electronic meetings for anyone affected by alcoholism in a family member or friend.
- [Learn to Cope](#): Online support forum open to families, friends, and loved ones who have someone in their lives who is struggling with addiction.
- [Allies in Recovery](#): Online support for families dealing with a loved one's addiction, using the evidence-based CRAFT method (Community Reinforcement and Family Training ); free for Massachusetts residents.
- Massachusetts Emergency services (BEST team)  
<https://www.masspartnership.com/pdf/ESPflyerindividualsandfamilies.pdf>
- Mental health, trauma, and/or substance abuse resources, follow the link below
  - <https://airtable.com/shrKWN4qfcv2k4N4O>

### HEALTH INSURANCE

- MassHealth members Covid 19 resources <https://www.mass.gov/info-details/masshealth-coronavirus-disease-2019-covid-19-applicants-and-members>
- MassHealth eligibility during Covid [I:\Health Insurance including NHP, BCBS, Medicaid, Medicare, Vision\MassHealth\Masshealth Eligibility during Covid 9-2020.pdf](#)
- To apply for or learn more about MassHealth insurance, contact MassHealth Customer Service at (800) 841-2900; TTY: (800) 497-4648; or visit <https://www.mass.gov/coronavirus-disease-covid-19-and-masshealth>
- Massachusetts Health Care for All Hotline- (800) 272-4232 For Answers To Your Health Insurance Questions

### HOUSING

- Governor Baker's temporary moratorium guideline/protections for tenants, landlords and homeowners until October 17, 2020
  - <https://www.masslive.com/politics/2020/07/massachusetts-gov-baker-extends-eviction-moratorium-to-mid-october-due-to-the-coronavirus-pandemic.html>
- Can I be evicted? Guide from GBLS [Resource information\Housing\Can I Be Evicted in MA\\_FINAL 3.pdf](#)
- Isolation for the Homeless who test positive for Covid <https://www.mass.gov/info-details/homeless-covid-19-isolation-sites>



- Reasonable Accommodations [Resource information\Housing\Reasonable-Accommodations and COVID-19-1.pdf](#)

#### **Mortgage and Rental payment relief information**

- See above section under “Financial assistance”

#### INTERNET/TECHNOLOGY RESOURCES

- Comcast <https://www.internetessentials.com/> offering 2 months free initially for internet service
  - Internet Essentials provides high-speed Internet service for \$9.95 a month plus tax; the option to purchase a desktop or laptop computer for \$149.99; and access free digital literacy training in print, online, and in person. Individuals may qualify\* if they have at least one child who is eligible for the National School Lunch Program, or if they receive public assistance such as housing assistance, Medicaid, SNAP, SSI, and others. Those wishing to apply can call 1-855-8-INTERNET (1-855-846-8376) or visit [www.InternetEssentials.com](http://www.InternetEssentials.com)
- RCN <https://www.internetfirst.com/>
- Connect in Chelsea will assist any resident in MVES towns w/ linking to resources for internet/cable
  - Dial 617-712-3487 and press 1 for English/2 for Spanish
    - Internet/Cable assistance is at ext. 702
- Keep America connected initiative
  - [Resource information\Financial Assistance\Updated DTC Covid 19 Broadband and Telephone Response.pdf](#)
- **SDM Foundation Melrose**-help people with issues such as but not limited to: changing passwords, learning how to use Zoom, helping with setting up and accessing their health care portal, working with a spreadsheet or simply using email.
  - Reach by phone 781-606-2621
  - By email at [info@sdmfoundation.org](mailto:info@sdmfoundation.org)
  - Appointments in person (one person at a time right now) in one hour blocks

#### LEGAL

- Greater Boston Legal Services Coronavirus information <https://www.gbls.org/coronavirus-information>
- Massachusetts Attorney General Resource guide <https://www.mass.gov/guides/resources-during-covid-19>
- MassLegal Help Guide to Coronavirus <https://www.masslegalhelp.org/health-mental-health/covid-19>
- Massachusetts Immigration and Refugee information <https://www.miracoalition.org/resources/covid19/>
- **Covid 19 Legal Help Project**-Through the COVID-19 Eviction Legal Help Project (CELHP), a substantial expansion of free legal help for low-income tenants as well as low-income owner-occupants of 2-3 family properties navigating the eviction process has started. These services can be used before the eviction process begins, as well as once a notice has been received, and can be used in coordination with the mediation services we have already rolled out. For these services income eligibility is capped at 200% of federal poverty level.



- <https://www.mass.gov/covid-19-getting-help-with-housing-costs>

## MASSACHUSETTS DOMESTIC VIOLENCE PROGRAMS

- <https://www.mass.gov/service-details/domestic-violence-programs-for-survivors>
- If you or someone you know needs information, support or assistance because of unwanted sexual experiences or because of violence or abuse in a romantic or sexual relationship: Call SafeLink at (877) 785-2020 or access SafeLink live chat. For deaf and hard-of-hearing call (877) 785-2020, or by TTY at (877) 521-2601.
- National | Call Domestic Violence 24/7 Hotline at 800-799-7233 or visit <https://www.thehotline.org/help> for the online chat option.
- National | Call Sexual Assault 24/7 Crisis Hotline at (800) 656-4673 or visit [www.rainn.org](http://www.rainn.org) for the online chat option.
- Massachusetts | If you are concerned about how you are treating people in your life, including the person you are dating/seeing, we invite you to reach out to talk to someone about how to navigate your current and past relationships. Call 2-1-1 or visit: <https://mass211.org/resources/resources-for-being-a-safe-dating-relationship-partner/> for resources in your area.
- National | For confidential support, guidance, or more information about addressing sexually worrisome behavior in yourself or someone you care about, contact Stop It NOW Helpline through chat, email or a phone at 1-888-773-8368 or <http://www.stopitnow.org/help-guidance>

## NURSING HOMES

- Staffing Portal <https://covid19lhc.umassmed.edu/>
- Guide for moving a loved one <http://www.massmed.org/Patient-Care/COVID-19/Family-One-Pager-Final--April-9th-2020/>
- Nursing Home Family hotline 617-660-5399
  - Open everyday 9 am- 5pm

## PRESCRIPTION DELIVERY SERVICE

- CVS-call local store or visit CVS website [https://mutualaidmamas.com/?fbclid=IwAR0AO2V2Nywk2n0eofnBTnlvVmdf\\_XtfzECjhFW6a25YOuvcg-76km9oS9s](https://mutualaidmamas.com/?fbclid=IwAR0AO2V2Nywk2n0eofnBTnlvVmdf_XtfzECjhFW6a25YOuvcg-76km9oS9s)
- Walgreens [https://www.walgreens.com/topic/pharmacy/walgreens-express.jsp?ban=covid\\_landing\\_rxdelivery](https://www.walgreens.com/topic/pharmacy/walgreens-express.jsp?ban=covid_landing_rxdelivery)

## PRIVATE PAY HOME CARE RESOURCES

- “Best Home Salon Care” in home laundry service, pick-up and delivery.
  - Phone: Elizabeth Souffrant Phn 857-417-7068

## RESOURCES FOR CAREGIVERS

- Alzheimer’s Association [https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

- If a caregiver is struggling and needs support, place a referral to the Massachusetts Caregiver support program. We can provide one-on-one support over the phone and are conducting support groups via conference call.
  - Instructions for MVES staff to refer can be found here <I:\Client Services\Program Referral Forms\Family Caregiver Referrals draft.doc>
  - For Caregivers in the MVES towns, call 781-324-7705 and request to place a referral for the Caregiver support program
  - For Caregivers outside the MVES towns, visit this site for a listing of all Aging Service Access points in Massachusetts  
<https://contactus.800ageinfo.com/FindAgency.aspx>
- Mystic Valley Opportunity Center has resources available
  - Diapers sizes preemie through 6
  - Hygiene kits (containing various items-toothpaste, toothbrush, soap, deodorant, towels and tissue)
  - School supplies (ages 3 through 9)-no proof of income required
  - Call 781-321-2501

#### RESOURCES FOR HEALTH PROFESSIONALS

- [Resource information\Home Care during COVID\UML Safe Home Care Project Guidance on PPE in Home Care during COVID-19.pdf](#)
- [Resource information\Home Care during COVID\UML Safe Home Care Project Factsheet on COVID-19 exposure risks in home care.pdf](#)
- [Resource information\Home Care during COVID\Safe Home Care Project UMass Lowell Factsheet on homemade cloth masks infection prevention during the COVID-19 pandemic 3-31-2020.pdf](#)
- Building Resilient Communities through Promoting and Practicing Self-Care workbook  
[Resource information\Employee Resources\Building Resilient Communities Workbook May 2020.pdf](#)
- Grief Resources [Resource information\Employee Resources\Grief Resources.pdf](#)
- Maintaining Healthy Habits and Positivity [Resource information\Employee Resources\Maintaining Healthy Habits and Positivity During COVID-19 Pandemic.pptx](#)
- COMPEAP Navigating COVID 19 [Resource information\Employee Resources\COMPEAP Navigating COVID-19.pdf](#)
- If you would like to report an unsafe working condition related to COVID-19, such as a lack of social distancing, personal protective equipment (PPE), hygiene protocols or cleaning and disinfection, please file a COVID-19-Related Workplace Health and Safety complaint with the Office of Attorney General Maura Healey. Your employer cannot retaliate against you for making a complaint about an unsafe working condition:  
<https://www.mass.gov/forms/report-unsafe-working-conditions-during-covid-19>
  - Spanish link: <https://www.mass.gov/forms/report-condiciones-inseguras-en-el-trabajo-durante-covid-19>

#### SENIOR SHOPPING HOURS

- Market Basket 6 AM-7 AM
- Stop and Shop 6 AM- 7:30 AM
- Aldi Tuesdays/Thursdays 8:30-9:30 AM

- Wegman's 7 AM- 8 AM
- Walgreens 8 AM-9 AM
- Walmart –open 1 hour early every Tuesday for Seniors
- Rite Aide- 9 AM- 10 AM
- Target open 1 hour early every Tuesday and Wednesday for seniors
- Big Lots open 1 hour early for elders
- Costco 8 AM- 9 AM every Tuesday and Thursday
- Whole Foods Melrose 7 AM-8 AM
- Whole Foods Medford 8 AM-9 AM
- Trader Joe's 9 AM-10 AM
- BJ's Wholesale Club 8 AM-9 AM
- Shaw's 7 AM-9 AM Tuesdays and Thursdays
- CVS 9 AM -10 AM

## Chelsea

- <https://www.chelseama.gov/coronavirusupdates>
- To reach a volunteer in the City, call 3-1-1 if in Chelsea or 617-466-4209 outside the city
- Chelsea Library online <https://www.chelseama.gov/public-library>

### **COVID 19 TEST SITES in Chelsea**

- Beth Israel Deaconess HealthCare  
1000 Broadway (near the Chelsea/Revere city line)  
Open 10am-6pm Mon.-Fri. and 9am-5pm Sat.-Sun.  
You MUST make an appointment. Call 617-975-6262  
This is a drive-thru testing location.
- MGH Chelsea HealthCare Center(617) 884-8302 151 Everett Ave, Chelsea
  - Must call to schedule appointment
- Cambridge Health alliance will be completing testing for Malden, Everett, Chelsea, Medford, Revere and Winthrop residents
  - Must call 617-665-2928 to schedule appointment for testing
  - CHA Malden-195 Canal St. Malden
- **STOP THE SPREAD testing location**
  - **Information on testing sites change frequently. Please visit <https://www.mass.gov/info-details/stop-the-spread> and click on "Chelsea" for the most up to date information on testing locations, times and details**

### **FOOD**

- [https://www.chelseama.gov/sites/chelseama/files/uploads/meds\\_and\\_food.pdf](https://www.chelseama.gov/sites/chelseama/files/uploads/meds_and_food.pdf)
- Airtable providing chart of organizations preparing free food
  - <https://airtable.com/shrgOKegVwfYFe7WX/tblA3sji4Wr0EOKKk>
- Chelsea Senior Center

- Brown Bag/Grocery from Greater Boston Food Bank – Call the senior center at 617-466-4377 or 617-466-4370
- if you need additional food (it can be delivered)
- Salvation Army
  - Brown Bag - Monday, Tuesday, Thursday
  - Weds. - fruits and Veggies
  - You must be registered to receive a Bag 617-884-0260.
  - If you cannot pick up a bag and are **Covid positive**, contact Chelsea 3-1-1 (617-466-4370 for outside of Chelsea) and they will arrange emergency delivery. City will also send bag of medical supplies (mask, thermometer etc.) as long as they have the supplies.
  - If a consumer is **Covid negative and needs delivery**, contact the Senior Center (617-466-4377 or 617-466-4370)
  - As of right now, “Pick-Up & Go” lunch is available at 12:00 (no registration required for this).
- St. Luke’s 617-884-4278
  - Soup kitchen every Saturday between 9:00 a.m. – 12:00 p.m.
  - Brown Bag – 1 day per month (In-person registration is required)
- Boston Veg- Fresh produce, eggs, meat delivered to your home from a company based in Chelsea. Also sells household supplies, facemasks, gloves. Pay with PayPal or cash upon delivery. No deliveries on Sunday but orders typically arrive the day after order is placed. \$50 minimum order. \$5 delivery charge. Updates on items available on their FB page: [www.facebook.com/VegLifeBoston](https://www.facebook.com/VegLifeBoston) For full product list, email [bostonveg@outlook.com](mailto:bostonveg@outlook.com) or call 617-438-3947
- Revival International Center-call 857-724-8471
- MGH Food for Families-call 617-887-3757
  - Wed 9 AM- 12PM
  - Thurs 12 PM-5:30 PM
  - Fri 9:30 AM-1:30 PM
- Capic Emergency service food vouchers-
  - Contact Cary Havey 617-884-6130 ext. 1142 or email [chavey@capicinc.org](mailto:chavey@capicinc.org). Cary will need consumer information and copy of ID and will f/up by mailing a grocery gift card
- Chelsea WIC at MGH- 617-887-4340

**Shah Family Foundation** Twice a week this summer, pick up free groceries and meals prepared by local restaurants.

- Temple Emmanuel of Chelsea (60 Tudor St) Mondays and Fridays at 11:30 am and at Salvation Army (258 Chestnut St) Tuesdays and Thursdays at 11:30 am.
- Monday and Thursday's box includes four meals. Tuesday's and Friday's box includes three meals.
- This is a program for all Chelsea families. No registration or ID needed.

### **Food Pantries**

- Pan Y Café-173 Washington St. Chelsea-5 pm on Tuesdays and Thursdays
- National Guard Pop Up pantry locations-11 AM to 1 PM now until August 29<sup>th</sup>. 2020  
[https://www.google.com/maps/d/viewer?mid=1paRJSli0DVNkFiDDSjK1g\\_uiNdMjGgCG&ll=42.39814004961635%2C-71.0291375&z=14](https://www.google.com/maps/d/viewer?mid=1paRJSli0DVNkFiDDSjK1g_uiNdMjGgCG&ll=42.39814004961635%2C-71.0291375&z=14)
  - Monday
    - Quigley Park (25 Essex St)
  - Tuesday
    - Bellingham Hill Park (115 Bellingham St)
  - Wednesday
    - Washington Park (Washington Ave and Hancock St.)
  - Thursday
    - Chelsea Square (Broadway and Second St.)
  - Friday
    - Mary C. Burke Complex (300 Crescent Ave)

### **Grocery delivery**

- <https://airtable.com/shrrQzOF47H0Aeii6>

### **HOUSING**

- The DoubleTree in Chelsea is offering a special Essential Services rate during the COVID-19 crisis. Please contact Krista Marchand at 617-884-2900 or via email.
- Chelsea Legal Housing Clinic-for those facing eviction
  - <https://www.chelsealegalservices.org/>

### **FINANCIAL ASSISTANCE**

- One pager in English and Spanish with resources listed in this guide [Resource information\Town Resources\Chelsea\Chelsea Resources 1pager Final.EngSpn \(1\).pdf](#)
- **The One Chelsea Fund**-The One Chelsea Fund was established to provide direct financial support to Chelsea families impacted by the COVID-19 virus. Qualifying families will receive financial support via checks. You must be a resident of the City of Chelsea to be eligible. This fund is provided by donations made to the Chelsea Collaborative, GreenRoots, and The Neighborhood Developers, with the help of United Way of Massachusetts Bay and Merrimack Valley.
  - Application <https://form.jotform.com/201190786336154>

- All submissions are subject to funding availability. The review process takes around three weeks, but could vary depending on the volume of requests.
- **If you have any questions or concerns, please email [covid19fund@tndinc.org](mailto:covid19fund@tndinc.org)**
- **Mass Undocufund**
  - If you or someone you know is undocumented **Mass Undocufund was created to provide financial assistance to undocumented individuals and their families.** You can apply for assistance at the following link: <https://www.massundocufund.org/apply>
  - A number of organizations have created COVID-19 emergency response funds, many are available to people **regardless of immigration status.** View the funds and learn how to apply here: [https://docs.google.com/document/d/14heQAXO\\_d1ngoQALphBW7YD9RsmpF0ALCIOqagB9wg/edit](https://docs.google.com/document/d/14heQAXO_d1ngoQALphBW7YD9RsmpF0ALCIOqagB9wg/edit)
- **Financial Assistance for Businesses**
  - If you are a business that needs financial assistance, including legal assistance, due to COVID-19, follow the link below.
  - <https://airtable.com/shrEVJKfjFg8e18w>
- *For Workers-*If you are a *worker* in need of financial assistance, including legal assistance, follow the link below. <https://airtable.com/shrcM0r4SBF35sQt9>
- **CHELSEA FUNERAL FUND**
  - For residents of Chelsea who die and they and their loved ones are without the funds to pay for a funeral, the Chelsea Funeral Fund pays up to \$1,700 for costs related to cremation or internment.
  - To access the fund:
    - Applications will be received from the deceased person's surviving kin, a duly authorized legal representative of the deceased person or by a licensed funeral establishment.
    - The deceased must have been a Chelsea resident at the time of death and both the individual and extended family are without the means to pay for cremation or internment. Affiliation with St Luke's or the Episcopal Church or any religious denomination is not required.
    - Requests shall be submitted to St. Luke's Episcopal Church to the attention of The Rev. Edgar A. Gutiérrez-Duarte. Vicar, Saint Luke's-San Lucas Episcopal Church
    - 201 Washington Avenue, Chelsea MA 02150. (617)884-3300, [vicarsanlucas@aol.com](mailto:vicarsanlucas@aol.com)
    - If the request is approved and funds are available, supporting documentation such as a funeral services contract, death certificate, and itemized invoices reflecting all funeral and final disposition services expenses will be requested. Disbursements of up to \$1,700 will be paid directly to the licensed funeral home.

## **RENTAL ASSISTANCE**

- City of Chelsea Rental relief fund <https://www.chelseama.gov/home/news/emergency-rental-assistance-program-programa-de-asistencia-de-alquiler-de-emergencia>
- RAFT-qualifying individuals and families can receive up to \$4,000 per 12 month period to help pay for housing costs if deemed eligible. Call 617-712-3487 to determine eligibility
- Connect Hotline 617-712-3487 ext. 703
- If you are in need of housing assistance including legal, fuel, rent assistance, or require help finding shelter, follow the link below.
  - <https://airtable.com/shroOgEXGy5Z5MdEL>
- Tenant Rights flyer  
[https://www.chelseama.gov/sites/chelseama/files/uploads/tenant\\_kyr\\_flyer\\_2020-04-28.pdf](https://www.chelseama.gov/sites/chelseama/files/uploads/tenant_kyr_flyer_2020-04-28.pdf)
- **Housing Families**-offers free tenant/landlord legal services, financial support for household resources, and rental assistance to low and moderate income residents living in Malden, Medford, Revere, Everett, Chelsea, Wakefield and Melrose.
  - Contact Homelessness prevention team 781-322-9119 ext. 146

## **HELP TO APPLY FOR UNEMPLOYMENT**

- Connect Hotline 617-712-3487 ext. 701
- Chelsea Collaborative 617-889-6080

## **LEGAL**

- If Chelsea residents in jeopardy of eviction, Chelsea Collaborative can help. Know your rights as a tenant and get legal support.
  - Call 617-889-6080
- If you are in need of housing assistance including legal, fuel, rent assistance, or require help finding shelter, follow the link below.
- <https://airtable.com/shroOgEXGy5Z5MdEL>
- Chelsea Housing Legal Clinic-for those facing eviction
  - <https://www.chelsealegalservices.org/>

## **HEALTH**

- Faulker Lab home visits for lab work
  - Call 781-322-8502 (781-322-8032 Fax)

## **Everett**

City of Everett Covid 19 <http://www.cityofeverett.com/AlertCenter.aspx?AID=COVID19-EMERGENCY-UPDATES-ShelterInPlace-8>

Everett 3-1-1 request <http://www.cityofeverett.com/360/Have-a-Request>

## **FOOD**

## **Food Pantries**

- Eliot Family Resource Center located at 548 Broadway in Everett
  - open two days a week from 10AM to 1PM. Please call 781-581-4750 for more information.
- Grace Ministries of the North Shore-50 Church St. Everett-Food pantry open weekends. Typically Saturday 9:30-10:30 AM but if Saturday is raining (pantry is outside) the time will be re-scheduled to Sunday. Check Facebook page for up-to-date information. People must wear a mask
- Bread of Life Malden <http://www.breadoflifemalden.org/where-we-serve>
  - Wednesdays 4 pm-6 pm & Fridays 2 pm- 4 pm
    - 54 Eastern Ave. Malden
- Edward Connolly Senior Center- 90 Chelsea St. Everett
  - Every Wednesday from 9:30 AM – 11 AM. “ Grab & Go” Food pantry People can either walk up or drive up. We will drop groceries in their cars. We also make prepared boxes of sustainable foods to be delivered to the homes of those in need ( Everett residents)

## **Grocery and food delivery**

- Boston Veg- Fresh produce, eggs, meat delivered to your home from a company based in Chelsea. Also sells household supplies, facemasks, gloves. Pay with PayPal or cash upon delivery. No deliveries on Sunday but orders typically arrive the day after order is placed. \$50 minimum order. \$5 delivery charge. Updates on items available on their FB page: [www.facebook.com/VegLifeBoston](https://www.facebook.com/VegLifeBoston) For full product list, email [bostonveg@outlook.com](mailto:bostonveg@outlook.com) or call 617-438-3947
- Bread of Life Malden Evening Meals <http://www.breadoflifemalden.org/where-we-serve>
  - Tuesdays, Wednesdays, Thursdays 5:30 PM- 6:30 PM
    - 493 Main St. Malden
    - Delivery coordinator, Tyrone [delivery@breadoflifemalden.org](mailto:delivery@breadoflifemalden.org)
- Connolly Senior Center home delivered lunch
  - A person needs to be over the age of 60 and call into the center to arrange for delivery (617-394-2323). The person will just need to give their name, address and telephone number, proof of age and residency is required. The meals are delivered Monday-Friday.
  - Senior center can also arrange for a box of food to be delivered from food pantry to homebound elders. Call senior center to arrange delivery 617-394-2323

## **Curbside to go food**

- Grace Ministries of the North Shore-pick up at 90 Chelsea St. Everett Wednesdays from 10 AM-11 AM
- Everett - Free food distributions Grab and go - Every Thursday, starting on Thursday, June 11 at 3 to 5 pm - Lafayette School, 117 Edith Street Everett

## **COVID 19 TESTING**



- Cambridge Health alliance will be completing testing for Malden, Everett, Chelsea, Medford, Revere and Winthrop residents
  - Must call 617-665-2928 to schedule appointment for testing
  - CHA Malden-195 Canal St. Malden
  - Everett residents will receive a call from the Everett Health department with results. Everett residents can call 617-394-2257 with any questions
- The call center is open Monday - Friday, 8:30am - 4:00pm.

### **Stop the Spread testing locations around the City of Everett**

**O Information on testing sites change frequently. Please visit <https://www.mass.gov/info-details/stop-the-spread> and click on “Everett” for the most up to date information on testing locations, times and details**

### **City of Everett Free COVID tests for seniors-Starting Wednesday December 9<sup>th</sup> until December 31<sup>st</sup> 2020**

- Eligibility: must be an Everett resident and over the age of 60
- Requirements: must bring proof of age and residency
- Where: Pope John high school 888 Broadway Everett
- When: Wednesdays from 5 pm- 8 pm and Fridays 9 am – 12 pm

### **FINANCIAL ASSISTANCE**

#### **RENT**

- **Housing Families**-offers free tenant/landlord legal services, financial support for household resources, and rental assistance to low and moderate income residents living in Malden, Medford, Revere, Everett, Chelsea, Wakefield and Melrose.
  - Contact Homelessness prevention team 781-322-9119 ext. 146
- **City of Everett Rental mortgage and rental assistance**
  - <http://everettcares.cityofeverett.com/covid-19-aid-application/>
  - Due by December 22<sup>nd</sup> at 5:00 PM
  - To submit, email [everettcares@ci.everett.ma.us](mailto:everettcares@ci.everett.ma.us)
  - MORTGAGE & RENTAL ASSISTANCE APPLICATIONS NOW ONLINE IN SPANISH & PORTUGUESE
  - <http://everettcares.cityofeverett.com/covidaid.html>

## **Malden**

City of Malden information website <https://cityofmalden.org/718/COVID-19-Coronavirus>

City of Malden Coronavirus Briefings in multiple languages

<https://www.cityofmalden.org/728/4199/Periodic-Coronavirus-Briefings-for-Malde>

Volunteer Support <https://maldenneighbors.org/>

## **FOOD**

### **Food Pantries**

- Malden YMCA [https://www.ymcamalden.org/docs/YMCA\\_COVID\\_Popup.pdf](https://www.ymcamalden.org/docs/YMCA_COVID_Popup.pdf)
  - Malden YMCA pantry open M-F 10 AM-2 PM, Saturday 9 AM-1 PM
    - 99 Dartmouth St. Malden
- Bread of Life Malden <http://www.breadoflifemalden.org/where-we-serve>
  - Wednesdays 4 pm-6 pm & Fridays 2 pm- 4 pm
    - 54 Eastern Ave. Malden

### **Grocery Delivery**

- Bread of Life Malden <http://www.breadoflifemalden.org/where-we-serve>
  - Delivery days are Tuesday and Thursday afternoons.
    - To refer: Contact Gabriella Snyder Stelmack at [gabriella.stelmack@breadoflifemalden.org](mailto:gabriella.stelmack@breadoflifemalden.org) or 781-475-9060
- Malden Neighbors volunteers <https://maldenneighbors.org/>
- Cornucopia Foods <http://cornufoods.com/Grocery.html>
  - Call 781-321-0564 to place order
- Boston Veg- Fresh produce, eggs, meat delivered to your home from a company based in Chelsea. Also sells household supplies, facemasks, gloves. Pay with PayPal or cash upon delivery. No deliveries on Sunday but orders typically arrive the day after order is placed. \$50 minimum order. \$5 delivery charge. Updates on items available on their FB page: [www.facebook.com/VegLifeBoston](https://www.facebook.com/VegLifeBoston) For full product list, email [bostonveg@outlook.com](mailto:bostonveg@outlook.com) or call 617-438-3947

### **Meals To-Go**

- Cornucopia Foods <http://cornufoods.com/SeniorFamily.html>
  - Call 781-321-0564 to order on Wednesdays, Thursdays and Fridays
    - Regular Senior Meal program <http://cornufoods.com/seniormenu.html>
    - COVID 19 Supplemental Meal program <http://cornufoods.com/COVID.html>
- Bread of Life Malden Evening Meals <http://www.breadoflifemalden.org/where-we-serve>
  - Tuesdays, Wednesdays, Thursdays 5:30 PM- 6:30 PM
    - 493 Main St. Malden

## **HEALTH**

- Faulker Lab home visits for lab work
  - Call 781-322-8502 (781-322-8032 Fax)

## **COVID 19 TESTING**

- Cambridge Health alliance will be completing testing for Malden, Everett, Chelsea, Medford, Revere and Winthrop residents
  - Must call 617-665-2928 to schedule appointment for testing
  - CHA Malden-195 Canal St. Malden
- AFC Urgent Care Malden (781) 322-7300 219 Centre St., Malden
  - By appointment only

- Malden residents will receive a call from the Malden Health department with results. Malden residents can call 781-397-7052 with any questions.
- The Malden Board of Health has partnered w/ Cataldo Ambulance and Cambridge Health Alliance to provide all **Malden Housing Authority Residents** 18 years of age or older who request one on site Covid-19 test at each MHA development.
  - Head of Household to contact their Development administrator to confirm interest in being tested
  - For a listing of Malden Housing Authority contacts by site and more information visit [Resource information\Town Resources\Malden\MHA Malden BOH Resident Testing Notice.docx](#)

## **FIANANCIAL HELP**

### **Rent**

- Malden Rental Assistance program
  - The program is to pay one month rent for estimated 300-400 eligible low income households.
  - Pre - applications are due by May 28. It will be a lottery. If selected , you will need to submit documents including copies of lease/rental information, information about landlord, proof of household income.
  - Application online only found here [https://www.cityofmalden.org/735/Rental-Assistance-Program-for-COVID-19?fbclid=IwAR3GLvv5Mxvz6WRpwPDNKGeCYqW83rXZz03D\\_hEi5o2Zt7T-J0-OVwlc90E](https://www.cityofmalden.org/735/Rental-Assistance-Program-for-COVID-19?fbclid=IwAR3GLvv5Mxvz6WRpwPDNKGeCYqW83rXZz03D_hEi5o2Zt7T-J0-OVwlc90E)
  - Contact info is [rent@maldenredevelopment.com](mailto:rent@maldenredevelopment.com). If you can not use email, you can call 781-324-5720 ext. 0 and leave a message with your full name, address, phone number and the challenge you are having.
  - Frequently asked questions on Malden Rental assistance program [Resource information\Town Resources\Malden\Rental Assistance Guide and FAQs - English.pdf](#)
- **Housing Families**-offers free tenant/landlord legal services, financial support for household resources, and rental assistance to low and moderate income residents living in Malden, Medford, Revere, Everett, Chelsea, Wakefield and Melrose.
  - Contact Homelessness prevention team 781-322-9119 ext. 146

## **Medford**

City of Medford Coronavirus page <http://www.medfordma.org/coronavirus-information/>

## **COVID TESTING SITES**

- Lawrence Memorial Hospital (781) 306-6000 170 Governors Ave, Medford, MA 02155
  - Call to schedule an appointment
- PhysicianOne Urgent Care Medford (781) 874-9399 4110 Mystic Valley Pkway
  - Must call for appointment

- Cambridge Health alliance will be completing testing for Malden, Everett, Chelsea, Medford, Revere and Winthrop residents
  - Must call 617-665-2928 to schedule appointment for testing
  - CHA Malden-195 Canal St. Malden
- Medford Board of Health started mobile testing at each elderly housing building starting 5/28/20.
  - Medford Health dept. 781-393-2560

## **RENTAL ASSISTANCE**

**The Medford Emergency Rental Assistance Program (M-ERAP)** is designed to assist low-income households facing housing emergencies correlated with COVID-19. An emergency through this program is defined as a situation in which immediate action is needed to avoid homelessness or eviction, to re-establish a home or prevent displacement from a home.

- WHO QUALIFIES?
  - To qualify for the City of Medford's Emergency Rental Assistance Program through ABCD, you must meet the following guidelines:
    - Must be a Medford resident
    - Annual Household income less than or equal to 80% of Area Median Income (See table below)
    - Must have a COVID-19 Hardship

### **Area Median Income Levels for Medford Residents**

Household Size	80% AMI	50% AMI
1	\$67,400	\$44,800
2	\$77,000	\$51,200
3	\$86,650	\$57,600
4	\$96,250	\$63,950
5	\$103,950	\$69,100
6	\$111,650	\$74,200
7	\$119,350	\$79,300
8	\$127,050	\$84,450

Applicants will be required to submit supporting documents along with a completed application form.

- To apply <https://bostonabcd.org/service/rental-assistance-2/>

## **FOOD**

<http://www.medfordma.org/food-resources-in-medford/>

### **Food Pantries**

- YMCA-Mystic Community Market 291 Mystic Ave Medford
  - Open Monday, Tuesday, Wednesday, Friday 10 AM- 2 PM
  - Evening hours Tuesdays and Wednesdays 4:30 PM-7:30 PM
  - Saturdays 9 AM -1 PM
  - Contact: Debbie Amaral & Caitlin Middaugh (617-629-5120)
- The Unitarian Universalist Church of Medford pantry-147 High St. Medford
  - Open Thursdays 6 PM-7:30 PM

- St. Raphael's Church-38 Boston Ave. Medford-781-488-5444
  - Open Tuesdays 10 AM- 12 PM
- Community Baptist Church-470 Fulton St. Medford
  - Wednesdays 2-6 PM
  - Sunday 9:30-10 AM
- St. Francis of Assisi Church 441 Fellsway West Medford 781-396-3400
  - Thursdays 3-4:30 PM
- Bread of Life Malden <http://www.breadoflifemalden.org/where-we-serve>
  - Wednesdays 4 pm-6 pm & Fridays 2 pm- 4 pm
    - 54 Eastern Ave. Malden
- Tufts-Meyer Campus Center-44 Professor's Row Room 012 Medford
  - Open Monday-Friday 8 AM-3 PM
- Micropantries across the City <https://sanctuaryucc.org/care/micro-food-pantry/>

### Meals to go

- Grab n Go Lunches at the Senior Center 101 Riverside Ave Medford
  - M-F 10am-2pm
  - Pam Kelly (781-396-6010)
- Snappy Patty's-454 High St. Medford-offering free meals to anyone in need
  - 781-219-4804
  - Weekdays-11 AM-close
  - Weekends-10 AM-close

<I:\COVID 19 resources and information\Food resources\Snappy Patty Medford.docx>
- Bread of Life Malden Evening Meals <http://www.breadoflifemalden.org/where-we-serve>
  - Tuesdays, Wednesdays, Thursdays 5:30 PM- 6:30 PM
    - 493 Main St. Malden

### Grocery Pickup-Delivery

- Food and Medication delivery / "Are You OK?" Program  
If you have an elder in need of food or medication delivery please reach out to Lauren McDonald via email ([LMcDonald@mves.org](mailto:LMcDonald@mves.org)) to initiate a referral to Medford's "Are You OK?" Program. Food can be delivered by background checked volunteer either through Wegmans or a food pantry. Medications can be delivered by a Medical Reserve Corps volunteer or Medford Police Officer when pharmacy delivery is not available.
- Bread of Life Malden <http://www.breadoflifemalden.org/where-we-serve>
  - Delivery days are Tuesday and Thursday afternoons.
    - To refer: Contact Gabriella Snyder Stelmack at [gabriella.stelmack@breadoflifemalden.org](mailto:gabriella.stelmack@breadoflifemalden.org) or 781-475-9060
- Boston Veg- Fresh produce, eggs, meat delivered to your home from a company based in Chelsea. Also sells household supplies, facemasks, gloves. Pay with PayPal or cash upon delivery. No deliveries on Sunday but orders typically arrive the day after order is

placed. \$50 minimum order. \$5 delivery charge. Updates on items available on their FB page: [www.facebook.com/VegLifeBoston](https://www.facebook.com/VegLifeBoston) For full product list, email [bostonveg@outlook.com](mailto:bostonveg@outlook.com) or call 617-438-3947

- Dartagnan food delivery <http://homedelivery.dartagnan.com/medford>
  - Humanely raised meat and poultry, fish, grains. Minimum for order is \$150. Use code "MEDFORD" for free delivery. Order on Tuesdays by noon for Thursday delivery.
- Listing of all Medford restaurants open for takeout and delivery <http://www.medfordma.org/shop-local/>
- Catholic Charities Somerville, is now able to deliver food goods for the surrounding towns including Medford. Call (781) 593-2312

## **HEALTH**

- Faulker Lab home visits for lab work
  - Call 781-322-8502 (781-322-8032 Fax)

## **MEDFORD COUNCIL ON AGING CONTACT INFORMATION**

- Social worker Karlene Bognanni available Monday – Friday through email at [KBognanni@medford-ma.gov](mailto:KBognanni@medford-ma.gov) or by calling 781-396-6010. She can assist with issues from Health insurance, medication, assistance with rental options and money troubles, grocery needs, SNAP benefits, in home needs and assistance, to transportation options.
- COA director Pamela Kelly email [Pkelly@medford-ma.gov](mailto:Pkelly@medford-ma.gov) can assist cmrs and direct them as well for resources and information.

## **FINANCIAL ASSISTANCE**

### **RENT**

- **Housing Families**-offers free tenant/landlord legal services, financial support for household resources, and rental assistance to low and moderate income residents living in Malden, Medford, Revere, Everett, Chelsea, Wakefield and Melrose.
  - Contact Homelessness prevention team 781-322-9119 ext. 146

## **Melrose**

<https://www.cityofmelrose.org/covid-19>

For Melrose volunteers, email [melrosehelps@cityofmelrose.org](mailto:melrosehelps@cityofmelrose.org)

## **COVID 19 TESTING SITE**

- Melrose/Wakefield Healthcare-585 Lebanon St. Melrose 781-979-3000

## **FOOD**

### **Food Pantries**

- Bread of Life Malden <http://www.breadoflifemalden.org/where-we-serve>

- Wednesdays 4 pm-6 pm & Fridays 2 pm- 4 pm
    - 54 Eastern Ave. Malden
- A Servant's Heart food pantry 200 Franklin St. Melrose
  - Prebagged groceries can be picked up every Friday from 10:00-11:30 a.m.

### **Food delivery**

- Boston Veg- Fresh produce, eggs, meat delivered to your home from a company based in Chelsea. Also sells household supplies, facemasks, gloves. Pay with PayPal or cash upon delivery. No deliveries on Sunday but orders typically arrive the day after order is placed. \$50 minimum order. \$5 delivery charge. Updates on items available on their FB page: [www.facebook.com/VegLifeBoston](https://www.facebook.com/VegLifeBoston) For full product list, email [bostonveg@outlook.com](mailto:bostonveg@outlook.com) or call 617-438-3947
- Bread of Life Malden Evening Meals <http://www.breadoflifemalden.org/where-we-serve>
  - Tuesdays, Wednesdays, Thursdays 5:30 PM- 6:30 PM
    - 493 Main St. Malden

### **HEALTH**

- Faulker Lab home visits for lab work
  - Call 781-322-8502 (781-322-8032 Fax)
- Mental Health-Free to use website to match a consumer's insurance with mental health provider free for Melrose residents <https://interface.williamjames.edu/about/what-to-expect>

### **FINANCIAL**

- Melrose Emergency Fund<sup>o</sup>
  - Help with food, utilities, and other expenses. Restricted to Melrose residents call 781-665-4304
- **Housing Families**-offers free tenant/landlord legal services, financial support for household resources, and rental assistance to low and moderate income residents living in Malden, Medford, Revere, Everett, Chelsea, Wakefield and Melrose.
  - Contact Homelessness prevention team 781-322-9119 ext. 146

### **VETERAN'S SERVICES**

- <https://www.cityofmelrose.org/home/news/food-resources-veterans> Contact VSO

## **North Reading**

<https://www.northreadingma.gov/home/news/town-north-reading-coronavirus-covid-%E2%80%9319-information>

To Request a volunteer use this site <https://sites.google.com/view/inthistogether01864/request-help> SW Kerry Valle (781) 942-6659.

### **Important North Reading numbers**

- North Reading Elder Services: 978-664-5600
- North Reading Veteran's Affairs: 978-357-5212
- Mental Health Services, Laura Miranda: 978-357-5038
- Aldersgate Church: 978-790-6492
- International Family Church: 978-276-6400
- Messiah Lutheran Church: 781-334-4111
- St. Theresa's Catholic Church: 978-664-3412
- Trinity Evangelical Church: 978-664-2416
- Union Congregational Church: 978-664-3703

## **FOOD**

### **Food pantries**

- North Reading Food Pantry: 978-276-0040
  - The pantry is currently located in the North Reading Town Hall at 235 North Street. It is open Monday mornings from 9:00am - 10:00am, and on the 1st and 3rd Monday evenings from 7:00pm - 8:00pm.
- Bread of Life Malden <http://www.breadoflifemalden.org/where-we-serve>
  - Wednesdays 4 pm-6 pm & Fridays 2 pm- 4 pm
    - 54 Eastern Ave. Malden

### **Food delivery**

- Bread of Life Malden Evening Meals <http://www.breadoflifemalden.org/where-we-serve>
  - Tuesdays, Wednesdays, Thursdays 5:30 PM- 6:30 PM
    - 493 Main St. Malden

## **Reading**

Reading general Covid 19 directory: <https://www.readingma.gov/home/urgent-alerts/everything-you-need-to-know-during-the-covid-19-state-of-emergency>

Resources for folks to reach out with questions as well as help out the state/community if they want to volunteer: <https://www.readingma.gov/home/pages/who-to-call-with-questions>

## **FOOD**

### **Food pantries**



- Bread of Life Malden <http://www.breadoflifemalden.org/where-we-serve>
  - Wednesdays 4 pm-6 pm & Fridays 2 pm- 4 pm
    - 54 Eastern Ave. Malden
- Reading Food Pantry
  - Please contact Kerry Valle, Senior Case Manager, with questions about how to access food services. Phone: 781-942-6659, email: [kvalle@ci.reading.ma.us](mailto:kvalle@ci.reading.ma.us)
- Pamplermousse, Specialty food store in Reading posted on town FB page last night that any family in Reading that could benefit from a box of vegetables, fruit, greens can call them and they would deliver at no charge. Their number is 781-872-1125.

### **Food delivery**

- Bread of Life Malden Evening Meals <http://www.breadoflifemalden.org/where-we-serve>
  - Tuesdays, Wednesdays, Thursdays 5:30 PM- 6:30 PM
    - 493 Main St. Malden
- Farmers to Families program-provided by St. Vincent DePaul and the Reading Knights of Columbus
  - Free to any Reading resident
  - Every Tuesday starting 10/6/20 to 12/21/20, a box of food will be delivered to a consumer's door
  - To enroll please email [St.Agnes.Reading.svdp@gmail.com](mailto:St.Agnes.Reading.svdp@gmail.com)
    - Include: Last name, Reading address and which outside door to leave box

### **FINANCIAL**

- Tax relief for tax payers <https://www.readingma.gov/home/pages/select-board-approves-relief-for-taxpayers>

### **READING SENIOR CENTER CONTACT INFORMATION**

Reading Elder and Human Services

- If you or a family member are in need of Elder Services or are looking for information on services being offered by the Pleasant Street Senior Center , please contact Kerry Valle, Senior Case Manager Phone: 781-942-6659 Email: [kvalle@ci.reading.ma.us](mailto:kvalle@ci.reading.ma.us) Alyse Warren, Nurse Advocate Phone: 781-942-6693 Email: [awarren@ci.reading.ma.us](mailto:awarren@ci.reading.ma.us)

### **HEALTH**

#### **Mental Health**

- Mental health resources located here: <https://www.readingma.gov/home/pages/resources-for-residents>

### **FINANCIAL**

- Information for businesses in Reading <https://www.readingma.gov/home/pages/resources-for-local-businesses>
- **Town of Reading rental/mortgage relief funds**
  - Maximum of \$5,000

- The program is open to Reading residents and those with students in the Reading Public School system. Applicants will need evidence of COVID-19 harm, evidence of rent or mortgage delinquency, landlord name or mortgagor, contact information, payment amount, and account number of mortgage statement.
- CHECKLIST of documents that must be enclosed with application:
  - For Rent assistance: Copy of valid, current lease, or documentation of a month-to-month tenancy arrangement, signed by your landlord.
  - For Mortgage assistance: Copy of valid, current mortgage statement itemizing principal and interest payment amounts.
  - All applicants: Proof of income from before COVID-19-related income loss for all adult members of the household (Layoff or furlough letter, at least two paystubs (one from before and one from during COVID crisis), Unemployment insurance statement.
  - All applicants: ID for each name(s) on your lease or mortgage.
- Deadline to apply is 12/21/2020
- Fill out application  
[https://www.readingma.gov/sites/g/files/vyhlif1116/f/pages/readingrama\\_application\\_003.pdf](https://www.readingma.gov/sites/g/files/vyhlif1116/f/pages/readingrama_application_003.pdf) and email to [ReadingRAMA@ci.reading.ma.us](mailto:ReadingRAMA@ci.reading.ma.us)

## Revere

City of Revere Covid 19 site <https://www.revere.org/departments/public-health-division/coronavirus>

Revere 3-1-1 <https://www.revere.org/311#request> or call 781-286-8311

Revere Mutual Aid (Google Doc – PDF from 3/24 in Folder)

<https://www.revere.org/departments/public-health-division/coronavirus/revere-mutual-aid>

## FOOD

### **Food pantries**

- First Congregational Church's Revere Food Pantry: Temporarily at the Rumney Marsh Academy, 140 American Legion Highway, is open every Wednesday night from 7-8:30 p.m. and is free to all residents in need. Drive-ups encouraged or walk-ups welcomed.
- Veterans Food Pantry: First Wednesday of the month 10am-12:30pm at American Legion at 249 Broadway in Revere. Available for Revere Veterans ONLY.
- Immaculate Conception Food Pantry
  - 489 Broadway, Everett 617-389-5660
  - First two Wednesdays of the month Bring recent utility bill, proof of income, and ID
- Salvation Army – Chelsea/East Boston
  - 258 Chestnut Street, Chelsea 617-884-0260
  - Bring copy of ID, proof of residency, or proof of any enrollment in government programs. Call to make an appointment
- St. Lukes Food Pantry

- 201 Washington Ave, Chelsea
- Saturdays 9am-12pm Call to make an appointment
- CHA Revere Mobile Market 454 Broadway, back parking lot call 617-806-8793
  - Open 10:30-11:30 am on 4/4/20, 5/2/20, 6/6/20, 7/11/20, 8/1/20, 9/12/20

### **Grocery delivery**

- Grocery Delivery: Revere's food delivery program is available Monday-Friday, 9:00am-2:00pm for residents who are over the age of 60, have mobility issues, or are under medical quarantine. To request food delivery, please call 3-1-1 or 781-286-8311.
- Boston Veg- Fresh produce, eggs, meat delivered to your home from a company based in Chelsea. Also sells household supplies, facemasks, gloves. Pay with PayPal or cash upon delivery. No deliveries on Sunday but orders typically arrive the day after order is placed. \$50 minimum order. \$5 delivery charge. Updates on items available on their FB page: [www.facebook.com/VegLifeBoston](https://www.facebook.com/VegLifeBoston) For full product list, email [bostonveg@outlook.com](mailto:bostonveg@outlook.com) or call 617-438-3947

### **Grab and Go meals**

- Grab and Go Meal Service: Open to all, Monday-Friday from 9:00am-11:00am or until the first 1,000 meals are gone at the Rumney Marsh Academy, 140 American Legion Highway. Drive-ups encouraged and walk-ups welcomed. 4 meals maximum can be provided per vehicle trip.
- For families with children - breakfasts/lunches -Please bring backpack or bag Food distribution for June - Monday, June 8 - Today between 10:30 to 12:30 pm at Beachmont Schools, 4 day distribution, Friday, June 13 -3 day distribution, Monday - June 15 - 5 days of food
  - No food on Friday, June 19//Summer distribution starts Monday, June 23 (three day distribution) . Thursday, June 25 - four day distribution and will continue Mondays and Thursdays - Beachmont/Revere High School

### **MASK DISTRIBUTION**

- Grab and Go Masks. Starting Tuesday May 4, residents can walk- or drive-up to the Rumney Marsh Academy on weekdays from 9am to 3pm and receive a cloth, reusable MACIR mask. Drive up to the table by the entrance. If no one is outside when you arrive, honk your horn and stay in your car. A mask will be brought to you.
- Weekend Mask Delivery. If you prefer delivery, use 3-1-1 assistance to request. to register for mask delivery. Volunteer will drop off masks to residents this weekend.

### **FIANCIAL ASSISTANCE**

#### **Rent**

- **Housing Families**-offers free tenant/landlord legal services, financial support for household resources, and rental assistance to low and moderate income residents living in Malden, Medford, Revere, Everett, Chelsea, Wakefield and Melrose.
  - Contact Homelessness prevention team 781-322-9119 ext. 146

## Revere Rental relief fund

<https://www.revere.org/page/index/preview/k/f7696a9b362ac5a51c3dc8f098b73923>

## **HEALTH**

- Faulker Lab home visits for lab work
  - Call 781-322-8502 (781-322-8032 Fax)

## **COVID 19 TEST SITES**

- East Boston Health Center. Call 617-568-4477 and follow prompts to register for testing. Don't schedule an appointment time, just show up. Confirm verbally on the phone that an order has been placed for your test. Takes about 10 min to sign up, and they text you a link to an app where you can view your results. The walk thru at 79 Paris Street is from 8am-12pm (there is a parking lot), and the drive thru at Suffolk Downs (525 William F McClellan Highway) is from 1-5pm. Testing is 7 days per week. It should take 1-2 days to receive results
- Beth Israel Deaconess HealthCare
  - 1000 Broadway (near the Chelsea/Revere city line)
  - Open 10am-6pm Mon.-Fri. and 9am-5pm Sat.-Sun.
  - You MUST make an appointment. Call 617-975-6262
  - This is a drive-thru testing location.
- MGH Chelsea HealthCare Center(617) 884-8302 151 Everett Ave, Chelsea
  - Must call to schedule appointment
- Cambridge Health alliance will be completing testing for Malden, Everett, Chelsea, Medford, Revere and Winthrop residents
  - Must call 617-665-2928 to schedule appointment for testing
  - CHA Malden-195 Canal St. Malden
- **STOP THE SPREAD- residents of Revere who are asymptomatic can get a free test at:**
  - **Information on testing sites change frequently. Please visit <https://www.mass.gov/info-details/stop-the-spread> and click on "Revere" for the most up to date information on testing locations, times and details**

## **Rossetti-Cowan Senior Center Free testing site-25 Winthrop Ave. Revere**

- Wednesdays, Fridays and Sundays
- 8:30 AM- 1 pm
- For Revere residents only
- Photo ID or proof of residency is required
- Free parking in municipal lot off of Central Ave.
- Site is handicapped accessible

- The line of entrance forms in driveway to the right of the front door, keeping social distancing in mind, into the mail hall, which is opened doored and fans for constant airflow & completely disinfected
- Tests being performed by trained EMTs w/ Fallon ambulance services

### **Express COVID-19 Testing Site in Revere**

#### **Eligibility**

- You don't need to have any COVID-19 symptom(s) or approval from a health care provider to get a test at this site
- Tests must be scheduled in advance online and will be performed using a self-swabbing method in a drive-through format
- All test takers must be in their car at all times during the testing process and walk-up test takers will not get tested
- Open and free to all Massachusetts residents over the age of 12 months old
- No form of identification will need to be presented at the testing site prior to getting a COVID-19 test
- Minors under 18 years of age will need to be accompanied by a parent or guardian

#### **Location**

- 31 Furlong Drive, Revere-across the street from the Shops @ Suffolk Downs on Tomasello Way

#### **Hours**

- The Testing Hours can be found on <https://app.beacontesting.com/login> Please register online at <https://app.beacontesting.com/login> to see available appointment slots over the next 10 days. Testing appointments may be scheduled up to 10 days in advance.

#### **Registration and test results**

- This site is appointment only — testing must be scheduled in advance, but same-day appointments are often available! To schedule an appointment, see above
- Tests must be scheduled in advance and will be performed using a self-swabbing method in a drive-through format.
- Test takers must be in their car at all times during the testing process and walk-up test takers will not be able to get tested.
  - Results will be available within 1 - 3 (business) days after test administration
  - Results will be provided to each participant confidentiality via mobile application
  - Participants are encouraged to share their results with their doctor and can call (617) 741-7310 to request that their results be shared directly with their trusted medical professional

#### **Contact**

- Phone number: (617) 741-7310
- Website: <https://app.beacontesting.com/login>

# **Stoneham**

<https://www.stoneham-ma.gov/825/COVID-19>

## **FOOD**

### **Food pantries**

**Each pantry requires a picture ID and proof of residence (utility, insurance bill) to sign up**

- Bread of Life Malden <http://www.breadoflifemalden.org/where-we-serve>
  - Wednesdays 4 pm-6 pm & Fridays 2 pm- 4 pm
    - 54 Eastern Ave. Malden
- First Church Stoneham Food Pantry: 781-438-0097 – 1 Church St  
Food Staples, some fresh foods, non-food Personal Care items and some Pet Food  
Please call the above number to set up an appointment for a Tuesday or Thursday.
- Stoneham Adventist Community Services: 11 Gerry St  
Provides shelf stable and fresh produce, dairy and meats. Monday 2-4 pm, Wednesday 12:30 – 1:30 pm. You may visit the pantry one time a week, first time patrons please come down during open hours to sign up.

### **Food delivery**

- Bread of Life Malden Evening Meals <http://www.breadoflifemalden.org/where-we-serve>
  - Tuesdays, Wednesdays, Thursdays 5:30 PM- 6:30 PM
    - 493 Main St. Malden
- Grocery Delivery service in partnership with Stoneham Stop and Shop
  - Call the Senior Center 781-438-1157 with requests and a member of staff will walk through the process. Senior center arranges payment processing and Stop and Shop pulls the requests. Senior center will deliver items to the door
- Essential Bags-through the generosity of Stoneham Stop and Shop, the Town has free bags of essentials-everything from laundry detergent to milk for those in the greatest need
  - The bag can be dropped off with a referral to the local food pantry
  - Contact Senior Center to arrange essential bag drop off 781-438-1157

### **Cards for Community**

- Cards for Community was created to provide local restaurant gift cards to those in need within the Stoneham Community.
  - For more information visit <https://www.gofundme.com/f/card-for-community-stoneham-ma>

## **HEALTH**

- Faulker Lab home visits for lab work
  - Call 781-322-8502 (781-322-8032 Fax)
- Navigating through changes-If you or someone you know is struggling with what is happening, please call the Senior Center so we can connect you with a professional 781-438-1157

- Assisted equipment is also available to those in need. Call the Senior center for add'l information

### **SOCIAL**

- Remote Coffee & Conversation-A way for older adults in the community to connect with others safely and easily by PHONE. There is no need to leave your home!  
Number to call: 1-646-558-8656  
When asked, enter meeting ID: 131-672-167## (no participant code needed)
- March 26th through May 7<sup>th</sup>
  - Tuesday's 9 am-10 am
  - Thursdays 1 pm-2 pm
- May 12th through June 4<sup>th</sup>
  - Tuesdays 10 am -11 am
  - Thursdays 1:00pm -2:00pm

### **COVID TESTING SITE**

- Check AFC urgent care website for more information on testing events or call 781-905-8092 <https://afcurgentcarestoneham.com/covid-19-testing-and-faqs-stoneham/>

### **FLU SHOT CLINIC**

Board of Health Annual Flu Clinic  
Tuesday, September 29, 2020  
Town Hall 35 Central St. Stoneham  
5:00 pm - 7:00 pm

Please bring all insurance cards.

Wear masks and practice social distancing.

Don't forget to wear short sleeves.

Any questions or concerns, please call the Board of Health at (781) 279-2621

## **Wakefield**

<https://www.wakefield.ma.us/covid-updates>

Wakefield residents can call 781-246-6435 to sign up phone number to receive alerts from the town including resources, mask distribution events etc.

### **FOOD**

Food pantries

- Wakefield Food Pantry <https://wakefieldfoodpantry.org/>
  - 467 Main St.
  - Tuesdays and Thursdays 9 AM- 1 PM and 6 PM-8 PM \*curbside service\*

- Food can be delivered for those who are quarantined or unable to get out. Please call 781-245-2510
- Bread of Life Malden <http://www.breadoflifemalden.org/where-we-serve>
  - Wednesdays 4 pm-6 pm & Fridays 2 pm- 4 pm
    - 54 Eastern Ave. Malden

#### Food delivery

- Bread of Life Malden Evening Meals <http://www.breadoflifemalden.org/where-we-serve>
  - Tuesdays, Wednesdays, Thursdays 5:30 PM- 6:30 PM
    - 493 Main St. Malden
- Jennifer Waczkowski is a clinician from Eliot Community Human Services who works with Wakefield and Lynn Police Departments. If we have an elder in Wakefield who needs a food delivery from one of the local food pantries she can coordinate that delivery. Her email is: [jwaczkowski@eliotchs.org](mailto:jwaczkowski@eliotchs.org) She will just need the elders name & contact information. Can also work with consumers under-60.

## **HEALTH**

### **Mental Health**

- <https://interface.williamjames.edu/about/what-to-expect> for Wakefield residents to connect with mental health professional

## **FINANCIAL ASSISTANCE**

- Town of Wakefield emergency fund information and application <https://www.wakefield.ma.us/emergency-fund>
- **Housing Families**-offers free tenant/landlord legal services, financial support for household resources, and rental assistance to low and moderate income residents living in Malden, Medford, Revere, Everett, Chelsea, Wakefield and Melrose.
  - Contact Homelessness prevention team 781-322-9119 ext. 146

## **HEALTH**

- Faulker Lab home visits for lab work
  - Call 781-322-8502 (781-322-8032 Fax)

## **Winthrop**

- [www.winthropcovid19.com](http://www.winthropcovid19.com) -a one-stop resource that will keep residents informed about the ongoing outbreak, with regular updates meant to keep residents informed and halt the spread of COVID-19 in the community. The website provides testing information and a variety of resources including a COVID-19 tip form that residents can fill out with any concerns they have about the spread of COVID-19 in the community so that public health officials can further investigate. That form is accessible here.



- The Town of Winthrop will reactive its Emergency Operations Center in order to centralize the response effort to the recent uptick in COVID-19 cases. Those with questions about the COVID-19 situation in town are encouraged to call the COVID-19 information line at 617-539-5848 between 8 a.m. and 4 p.m. Monday through Friday, or email [COVID19info@town.winthrop.ma.us](mailto:COVID19info@town.winthrop.ma.us)
- Winthrop Public Safety website - <https://winthroppublicsafety.com/>
- Winthrop COVID-19 Tip Hotline - <https://winthroppublicsafety.com/covid-19-tip-hotline/>

## **COVID TESTING SITE**

### **Stop the Spread Testing site-**

**O Information on testing sites change frequently. Please visit <https://www.mass.gov/info-details/stop-the-spread> and click on “Winthrop” for the most up to date information on testing locations, times and details**

- Cambridge Health alliance will be completing testing for Malden, Everett, Chelsea, Medford, Revere and Winthrop residents
  - Must call 617-665-2928 to schedule appointment for testing
  - CHA Malden-195 Canal St. Malden

## **Flu shots for homebound seniors**

### **Flu Shots for Homebound Seniors**

- The Winthrop Health Department will be conducting a flu clinic on **Saturday, October 3 from 9:00 AM to 2:00 PM**. The flu clinic will be held at the rear of the EB Newton School. You can drive-thru or walk up to get a flu shot.
- If you are homebound and need a flu shot, please contact the Senior Center at: [COAReception@town.winthrop.ma.us](mailto:COAReception@town.winthrop.ma.us) or call 617-846-8538 and we will make arrangements for you to get a flu shot.

## **Emergency Operations Center**

- The Town of Winthrop Emergency Operations Center (EOC) is streamlining the COVID-19 response effort to ensure the continued delivery of services to residents. The EOC will remain operational until further notice.
  - The EOC can be reached at 617-539-5848, Monday through Thursday, between 8 a.m. and 4 p.m., or by emailing [COVID19info@town.winthrop.ma.us](mailto:COVID19info@town.winthrop.ma.us)
- The COVID-19 Tip Hotline is available on the Winthrop Public Safety website at <https://winthroppublicsafety.com/covid-19-tip-hotline/> for those self-reporting or for a concerned member of the community.

## **FOOD**

### **Food Banks**

- Winthrop Community Food Bank
  - The Food Bank is distributing food by delivery only. If you are in need of food, please email: [WinthropFoodBank@town.winthrop.ma.us](mailto:WinthropFoodBank@town.winthrop.ma.us) Please provide your

name, address, phone number and the number of people in your household. If your need is urgent, please call the Emergency Operations Center at 617-539-5848.

- The Food Bank accepts donations Monday-Thursday from 11am to 1pm at the Cummings Elementary School (front loop across from Fire Station). The Food Bank is in need of non-perishable items including: bread, tuna, rice, tomato sauce, soup, canned vegetables, toiletries and paper products. Items without an expiration date cannot be accepted.
- For questions about the Food Bank or donations, please contact Matt Rodes at [mrodes@town.winthrop.ma.us](mailto:mrodes@town.winthrop.ma.us)

### **Meal delivery**

- For residents that may be self-quarantined and require outside assistance or meal delivery, please contact the EOC at 617-539-5848 or [COVID19info@town.winthrop.ma.us](mailto:COVID19info@town.winthrop.ma.us). All information will be confidential.
- Boston Veg- Fresh produce, eggs, meat delivered to your home from a company based in Chelsea. Also sells household supplies, facemasks, gloves. Pay with PayPal or cash upon delivery. No deliveries on Sunday but orders typically arrive the day after order is placed. \$50 minimum order. \$5 delivery charge. Updates on items available on their FB page: [www.facebook.com/VegLifeBoston](https://www.facebook.com/VegLifeBoston) For full product list, email [bostonveg@outlook.com](mailto:bostonveg@outlook.com) or call 617-438-3947

### **HEALTH**

- Faulker Lab home visits for lab work
  - Call 781-322-8502 (781-322-8032 Fax)