

COVID-19 UPDATES & RESOURCES

As the coronavirus arrives in Vermont, it will take a village to help each other through. Luckily, we have a great one! We are coordinating a public response called Bradford Resilience to protect and support each other and be sure that people have the help they need. For local organizers, use the contact below:

- Gary Moore, Bradford Emergency Management Director (802) 793-7557 gwmooore1946@myfairpoint.net
- Monique Priestley, Bradford Resilience Coordinator (802) 222-1909 (text/call) mepriestley@gmail.com

If you are symptomatic, please call your doctor or the VT Health Department COVID-19 hotline at (802) 863-7240. For the most up to date state information, please visit: www.healthvermont.gov/covid19

For assistance finding food, paying housing bills, or other essential services, call 2-1-1. Read their [COVID-19 Updates](#) for resources, symptom checker, and more.

For up to date information from the CDC, visit For the latest updates from the CDC, visit www.cdc.gov/coronavirus. For updates from the Governor's Office for the State of Vermont, visit: governor.vermont.gov/covid19response.

To aid Vermonters as we all respond to and recover from the COVID-19 outbreak, The Agency of Commerce & Community Development has developed a [RECOVERY RESOURCE CENTER](#) of available tools including financial assistance programs, unemployment information, and a series of Frequently Asked Questions to help businesses, individuals, and communities navigate the resources available in this time of need. Additional tools, resources and program information will be added as they become available. <https://accd.vermont.gov/covid-19>

COMMUNICATION CHANNELS

- [Front Porch Forum](#)
- [Bradford Community Listserv](#) by Vital Communities
- [Connecting Bradford, Vermont](#) Facebook Page
- [Connecting Bradford](#) Facebook Group
- [Bradford, Vermont Volunteer Corps](#) Facebook Group
- [Journal Opinion](#) (available as an [online subscription](#))
- Please keep an eye out for important town mailings ([such as this](#)).

GET HELP

Do you or someone you know need help with: getting groceries, childcare, prescriptions, running errands, transportation, health care, chores, animal care, or other elements of your day-to-day? **If you need help, we will do our best to get you assistance or information. We cannot commit to helping everyone who asks.**

To put in a request for volunteer assistance, please [fill out this survey form](#).

Alternatively, you can leave a detailed message at our hotline (802) 449-2585. Please note that the hotline is voicemail-only. If you need help filling out this form, please feel free to email or call Laura Perez, Special Needs Support Center of the Upper Valley, at Laura@snc-uv.org or (802) 234-5084.

Community Assistance Services For assistance with food access, home heating and fuel assistance, and housing counseling services, please call Capstone Community Action at (800) 639-1053 or (802) 479-1053.

VOLUNTEER TO HELP

We all need to help reduce the spread of the virus by staying home. Together, we need to make sure that all community members have what they need to stay home, whether sick or healthy. **To volunteer to help people affected by the COVID-19 pandemic [sign up here](#).**

The State of Vermont is looking for volunteers to help in communities across the State that have been affected by COVID-19. Help is needed in a variety of areas and professions. Please [register here](#) (includes a form for Medical Professionals).

FOOD ACCESS

- Vermont Emergency Management: Meals will be distributed to those in need throughout the month of May. Food will include FEMA meal boxes, along with produce, chicken, and dairy products. For more information and the full schedule visit <https://vem.vermont.gov/pods>.
- Hannaford Supermarket Open Everyday 7am-9pm | Senior Hours Tue-Thu 6-7am
- Bradford Food Shelf operated by the Inter-Church Council | Open Mon & Tue 3p-4pm, Wed 5-6pm, Thu 3-4pm, Fri 11-12pm
- Meals-On-Wheels from Orange East Senior Center (802) 222-4782
- Hunger Free Vermont has provided [this page of food resources](#) so that everyone has access to the food they need. **Here is Hunger Free Vermont's [Feeding Your Family one page flyer](#).**
- [Vermont Foodbank](#) (800) 585-2265 | 3SquaresVT (855) 855-6181 | Text VFBSNAP to 85511

Food Shelf Access & Donations The Bradford Food Shelf is operated by the Inter-Church Council and is open Mon & Tue 3p-4pm, Wed 5-6pm, Thu 3-4pm, Fri 11-12pm. Please call Jenny Copeland (802) 222-5108 with any questions or schedule a delivery of food. If you are looking to donate food to the Bradford Food Shelf outside of operating hours (above), please contact Jenny Copeland (802) 222-5108 in order to coordinate drop-off. Please send monetary donations to: Bradford Food Shelf, c/o Jenny Copeland, PO Box 684, Bradford, VT 05033.

MEDICAL ACCESS

- Little Rivers Health Care, Bradford (802) 222-9317 Please call ahead.
- Cottage Hospital in Woodsville, NH (603) 747-9000 | Public Health Line (603) 747-9358

- Dartmouth-Hitchcock Medical Center in Lebanon, NH (603) 650-5000 | (603) 650-8034

PHARMACY

- Hannaford Supermarket (802) 222-3374 | Pick-Up In Store
- Kinney Drugs (802) 222-9292 | Pick-Up In Store & Delivery

FINANCIAL RESOURCES

- Wells River Savings Bank | Offering expanded drive-thru hours. [Check here](#) for up-to-date information.
- Community Bank, N.A. | [Check here](#) for up-to-date information.
- Woodsville Guaranty Savings Bank. | [Check here](#) for up-to-date information.
- Vermont Economic Services is waiving in-person contact requirements for benefits programs. Apply [online](#) or by phone 1-800-479-6151
- Bradford Revolving Loan Fund – Emergency Loan. [Apply online](#). For questions email pterry46@charter.net.
- Vermont Agency of Commerce and Community Development has provided a [RECOVERY RESOURCE CENTER portal for Vermont businesses](#). See Financial Assistance information at the top.

SUPPORT LOCAL BUSINESSES

For local business updates, [please check this directory](#). Consider purchasing gift certificates, ordering from local stores online, or taking advantage of home delivery services.

Looking to submit your business information? Please [use this survey to list your business](#).

BUSINESS RESOURCES

- The U.S. Small Business Administration (SBA) has issued [guidance](#), as well as information on the SBA's [Economic Injury Disaster Loans](#). The SBA is working with state Governors to provide targeted, low-interest loans to small businesses and nonprofits that have been severely impacted by the virus. If you are a Vermont small business being affected right now, contact the SBA district office at (802) 828-4422.
- Vermont Agency of Commerce and Community Development has provided a [RECOVERY RESOURCE CENTER portal for Vermont businesses](#). ACCD has established a hotline so that businesses may call to report impacts and be directed to resources: (802) 461-5143. The hotline will be staffed Monday through Friday, 7:45am – 4:30pm ACCD and the Department of Labor are working to keep you updated whenever new information becomes available. We encourage you to sign-up for ACCD's [Business and Economic Response to COVID-19 Newsletter](#).
- The Department of Labor will be issuing guidance for Employers and Employees, including information on the potential impact on unemployment insurance benefits, employee sick-time and other issues as a result of COVID-19. More information and further updates can be found at labor.vermont.gov.
- [Cohase Chamber of Commerce](#)
- [Bradford Business Association](#)

- CARES Act to provide emergency assistance and health care response for individuals, families, and businesses affected by the 2020 coronavirus pandemic. Click here for the [Small Business Owners Guide](#). Click here for the [Small Business Explainer](#).
- Need COVID-19 response support and don't know where to start? Find an existing trusted advisor – your neighborhood banker, accountant, or a business savvy friend who can help you figure out the details. You are not alone! Upper Valley banks, economic development, and business support entities have created the [Upper Valley Regional COVID-19 Business Support Resources bulletin](#) to help you find direct, person-to-person advice and assistance in this region. The one-page hard copy and digital pamphlet also includes basic guidance on federal and state programs, required application information and pro tips to keep in mind as you consider your options. Given the dynamic and changeable nature of the COVID-19 response, program details remain fluid. This bulletin provides current information as well as contacts – virtual and personal – to revisit over the coming days in order to access updates.
- [Vermont Small Business Development Center](#)

MENTAL HEALTH RESOURCES

- Need help with stress and coping? Know Someone Who Does?
Disaster Distress Helpline (800) 985-5990
National Domestic Violence Hotline (800) 799-7233
The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.
- [Crisis Textline](#) Text: “Home” to 741741
- <http://youfeellikeshit.com/> (simple but effective website for those experiencing anxiety around COVID-19)
- [Pathways Vermont Support Line](#): Reach out to your neighbors, connect with your chosen family, and call or text the Pathways Vermont Support Line. Open from 3 PM to 6 AM. Connect with an operator by dialing (833) VT – TALKS / (833) 888 – 2557
- CDC Managing Anxiety and Stress with COVID-19 [CDC](#)
- Mental Health Considerations during COVID-19 Outbreak [WHO](#)
- National Alliance Mental Illness NAMI [NAMI](#)
- [The National Child Traumatic Stress Network](#) Parent/Caregiver Guide to Helping Families Cope with the Coronavirus (Covid-19)
- [Mental Health America](#) Information & Resources

LIBRARY

- [Bradford Public Library](#) (802) 222-4536

SENIOR CENTERS

- [Orange East Senior Center](#) (802) 222-4782

TELECOMMUNICATIONS

- [Connectivity resources](#) from the State of Vermont's Department of Public Service.
- [Topsham Telephone](#) (802) 439-5325

- [Spectrum](#) | WiFi Hotspots, Free 60 Access for Students | Read their [COVID-19 Updates](#) here for more information.
- [Consolidated Communications](#) | Read here [COVID-19 Updates](#) here for more information.
- [Verizon Wireless](#) | Free mobile hotspot data | Read their [COVID-19 Updates](#) here for more information.
- [Public WiFi Hotspots in Vermont](#), updated by the VT Department of Public Service.

UTILITIES / HEATING SOURCES

- [Thomson Fuels](#) (802) 222-3330
- [Superior Plus Propane](#) (fka Perry's Oil/Pattens' Gas) (800) 654-3344

TRASH / RECYCLING

- [Casella](#) | Read their COVID-19 Updates here for more information.

ENTERTAINMENT & ONLINE LEARNING

- [Vermont Arts Council Virtual Arts Experiences](#)
- [Home Sweet Home Online Music Festival Fridays at 8pm](#)
- [Online Board Games \(Vermont Tabletop Gamers Discord Server\)](#)
- [Explore Livecams](#)
- [Here Are All the Livestreams & Virtual Concerts to Watch During Coronavirus Crisis \(Updating\)](#)
- [Green Mountain Library Consortium Audiobooks](#)
- [12 Famous Museums Virtual Tours](#)
- [Art museums you can visit digitally](#)
- [Virtual Disney Rides](#)
- [Yellowstone Virtual Tours](#)
- [12 Theater-Related Online Resources](#)
- [Online Storytime for Kids](#)
- [Khan Academy Online Lessons](#)
- [Spotify Kids](#)
- [450 Ivy League Courses for free](#)
- [Learn anything!](#)
- [Free online ebooks and free ebooks for download](#)
- [More free eBooks from another publisher](#)
- [26 At-Home Activities for Kids During COVID-19](#)
- [COVID-19 Resources: Physical Activity, Nutrition and More for Kids](#)
- [250+ Creative Ways to Keep Your Family Sane During the COVID-19 Crisis](#)
- [ECHO Center Activities on Social Media & YouTube](#)