

Resource Guide for Residents

POAH Communities understands that you and your family may have concerns and questions during this time of uncertainty regarding the COVID-19 pandemic. We are sharing the below resource guide with you in order to provide you with information and resources that will to keep you safe and comfortable in your home.

This Resource Guide lists contact information and links to local food distribution "grab and go" centers, school-based breakfast and lunch programs for children, senior services, emergency childcare, state unemployment applications, emergency funds, and more. POAH Communities will be updating this document on a regular basis as the situation changes, positing it on the POAH Communities website under our COVID-19 Response to Residents page.

If you or any member of your household need individual referral assistance, we encourage you to reach out to your on-site Management Office and/or Community Impact Coordinator. As a reminder, please contact your Primary Healthcare Provider or 911 immediately for any medical needs, as POAH Communities is not a healthcare provider.

Resource	Website	Region(s) Served	Phone Number	Assistance Type	Notes
HomeBASE Assistance	https://www.mass. gov/service- details/homebase	Boston; Central; Northeast; Metro West; Southeast; Western	866-584-0653	Food / Meals	To apply for HomeBASE Assistance, call 1-866- 584-0653 to reach the Dept of Housing and Community Development (DHCD). All DHCD field offices are closed to the public due to the current COVID-19 Pandemic.
Instacart – Groceries Delivered	https://www.instac art.com/	Boston; Central; Western; Northeast; Metro West; Southeast		Food / Meals	Home delivery of online grocery orders. First delivery is free. 5% service fee for orders. Minimum fee is \$2.
Cambridge Health Alliance	https://www.some rvillema.gov/COVID 19Testing	Boston; Northeast		Health / Medical	CHA is providing COVID-19 testing to CURRENT CHA primary care patients. Testing is conducted in a tent located at Crown Street parking lot adjacent to Somerville Hospital (33 Tower St.) Testing is provided 7 days a week from 9 AM – 3 PM. Call your PCP to be screened; tests will not be provided without prior authorization.
Salvation Army of MA	<u>https://massachus</u> etts.salvationarmy. org/	Boston; Northeast; Metro West; Southeast; Central; Western		Health / Medical; Food / Meals; Housing	Brockton, MA (Food Assistance) – Every Tuesday & Friday from 1 PM-3 PM (arrive early!). Must bring photo ID and proof of residency. 508-583-1896 x302



Servings gs.org/ West Boston; Southeast; Metro vest; Northeast; Central; West Transportation Dags of food to folks under 60 who are sick and home bound. (During COVID-19, may not be able to accept new clients). MBTA https://mbta.com/ covid19 Boston; Southeast; Metro West; Northeast; Central; Western Transportation Use MBTA website to find reduced service information. MBTA's The RIDE still operating as usual. Project Bread https://mbta.com/ covid19 Boston; Southeast; Metro West; Northeast; Central; Western; Rhode Island; New Jersey 1-800-645- 8333 Food / Meals food resources across the state of MA. Dollar General https://www.dollar general.com/ Boston; Southeast; Central; West; Northeast; Central; West; Northeast; Central; West; Northeast; Central; West; Northeast; Metro West; Southeast Other Dollar General's first hour of business daily is dedicated to seniors, before opening to the public. Centers for Disease Control and v.com/wifi https://www.cdc.g ov/coronavirus/20 Southeast Boston; Wester; Central; Northeast; Metro West; Southeast 1-855-846- Southeast Other Comcast will be pausing their data plans. They also offer addition cost savings programs for low income households and students. EMPath (resources and services organization) https://www.empa thwas.org/covid1 Southeast Boston; Western; Central; Northeast; Metro West; Southeast Bas-300-4419 Mealth / Medical; Financial; Hous	Community	https://www.servin	Boston; Southeast; Metro	617-204-3853	Food / Meals	Provides home delivered meals and can bring
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			Southeast			including complications from the flu or



					similar illness and/or if they need to care for an immediate family member (children, spouse, parents) who are ill.
Market Basket	https://www.shop marketbasket.com	Boston; Western; Central; Northeast; Metro West; Southeast		Food / Meals	Stores ar eopen exclusively to seniors from 5:30 AM – 7:00 AM on Tuesday, Wednesday, Thursday ONLY (Please call local store via website information to confirm).
Mass.gov	https://www.mass. gov/resource/infor mation-on-the- outbreak-of- coronavirus- disease-2019- covid-19	Boston; Western; Central; Northeast; Metro West; Southeast	211	Health / Medical; Food / Meals; Financial; Housing; Social Isolation	Massachusetts Information and Referral Hotline: Dial 2-1-1 This hotline is available 24 hours a day, 7 days a week. All calls are free and confidential. Interpreter services are available in multiple languages.
Meals on Wheels	https://www.meals onwheelsamerica.o rg/find-meals	Boston; Western; Central; Northeast; Metro West; Southeast	1-888-998- 6325	Food / Meals	Please visit the website or call to reach out to your local Meals on Wheels service.
Aging Service Access Points (ASAPs)	https://www.mass. gov/service- details/aging- services-access- points-asap	Boston; Western; Central; Northeast; Metro West; Southeast		Health / Medical; Food / Meals; Financial; Housing; Services	ASAPs connect residents over 60 with local services and resources. Find the ASAP that serves your area by visiting this website: <u>https://contactus.800ageinfo.com/FindAgen</u> <u>cy.aspx</u>
WestMass Elder Care, Inc.	http://www.wmeld ercare.org	Western	413-538-9020	Health / Medical; Food / Meals; Financial; Housing; Services	ASAP for Chicopee, MA
Elder Services of Berkshire County, Inc.	http://www.esbci.o rg	Western	413-499-0524	Health / Medical; Food / Meals; Financial; Housing; Services	ASAP for Pittsfield, MA
Greater Springfield Senior Services, Inc.	http://www.gsssi.o rg	Western	413-781-8800	Health / Medical; Food / Meals; Financial; Housing; Services	ASAP for Springfield, MA



Highland Valley Elder Services	<u>http://www.highla</u> ndvalley.org	Western	413-586-2000	Health / Medical; Food / Meals; Financial; Housing; Services	ASAP for Northampton/Florence, MA
BayPath Elder Services	<u>http://www.baypat</u> <u>h.org</u>	Central	508-573-7200	Health / Medical; Food / Meals; Financial; Housing; Services	ASAP for Hudson, MA & Framingham, MA
Elder Services of Cape Cod and the Islands	http://www.escci.o rg	Southeast	508-394-4630	Health / Medical; Food / Meals; Financial; Housing; Services	ASAP for Barnstable, Bourne, Brewster, Dennis, Hyannis, Orleans, and Sandwich, MA
Coastline Elderly Services	http://www.coastli neelderly.org	Southeast	508-999-6400	Health / Medical; Food / Meals; Financial; Housing; Services	ASAP for New Bedford, MA
Old Colony Elder Services	https://www.oces ma.org	Southeast	508-584-1561	Health / Medical; Food / Meals; Financial; Housing; Services	ASAP for Wareham, MA
Target	https://www.target .com/	Boston; Western; Central; Northeast; Metro West; Southeast		Health / Medical; Food / Meals	Target is dedicating an hour each week for the elderly and those with underlying health concerns – who are the most vulnerable to COVID-19 – to shop. Please call your local store to learn more or visit the website.
Unemployment – Massachusetts	https://www.mass. gov/applying-for- unemployment- benefits	Boston; Western; Central; Northeast; Metro West; Southeast	617-626-6800	Financial	If you've lost your job or have had your hours greatly reduced, you may qualify for unemployment benefits. Unemployment guidelines have been modified due to COVID- 19 to provide additional assistance in some cases.
Walgreens – Rx Delivery	https://www.walgr eens.com/topic/ph armacy/prescriptio n-delivery.jsp	Boston; Western; Central; Northeast; Metro West; Southeast		Health / Medical; Food / Meals	Please call your local store or visit the website to learn more.



Walmart	https://www.walm art.com/	Boston; Western; Central; Northeast; Metro West; Southeast		Health / Medical; Food / Meals	Please visit the website or call your local store to learn more about delivery services.
Manage Anxiety & Stress	https://www.cdc.g ov/coronavirus/20 <u>19-</u> ncov/prepare/man aging-stress- anxiety.html	Boston; Western; Central; Northeast; Metro West; Southeast; New Jersey; Rhode Island		Health / Medical	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.
Soup Kitchen 411	https://soupkitche n411.com/	Boston; Western; Central; Northeast; Metro West; Southeast; New Jersey; Rhode Island		Food / Meals	
Stop and Shop	https://stopandshi p.com/	Boston; Western; Central; Northeast; Metro West; Southeast	978-837-6660	Food / Meals	Senior hours from 6 AM – 7:30 AM.
Shaws	https://www.shaw s.com	Boston; Western; Central; Northeast; Metro West; Southeast		Food / Meals	Offering seniors only shopping hours every day from 7 AM – 8 AM. Please visit the website to find your local store.
ABCD	https://bostonabcd .org/2020/03/18/c oronavirus-causes- abcd-closings/	Boston	617-348-6559	Food / Fuel Assistance / Services	Boston-based service organization. Visit website to learn more.
Boston Elder Info	https://elderinfo.or g/	Boston	617-292-6211	Food / Meals	Resource and information hub for residents 60 years of age and older. Meals on Wheels offers hot meals, 2 froze. If more is needed let Boston Elder Info know.
Free Breakfast and Lunch for Public School Students	http://www.doe.m ass.edu/sfs/emerg encyplan/covid19.h tml	Boston; Western; Central; Northeast; Metro West; Southeast			Information about state-wide school closures, school meals, and more.
Food Access – Boston	https://www.bosto n.gov/departments /food-access	Boston	617-635-3717	Food / Meals	This site features a map of meal site locations across the city for school-aged children and youth in Boston.



Massachusetts Nonprofit Network	http://massnonpro fitnet.org/nonprofi t- resources/coronavi rus-massachusetts- nonprofits/	Boston; Western; Central; Northeast; Metro West; Southeast	617-330-1188	Food / Meals	Information on all nonprofits in the state of MA working to support communities regarding COVID-19.
Community Teamwork Inc. (CTI)	https://www.com mteam.org/	Northeast	978-654-5607	Food / Meals; Financial; Housing	Please visit the website to learn more about emergency programming. All buildings will be closed, but staff is available by phone, email and in extreme circumstances to meet with clients on an appointment-only basis. You may also email at covidresponsecti@commteam.org
Elder Services of Merrimack Valley	http://www.elders ervicesofthemerri mackvalley.com	Northeast	978-683-7747	Health / Medical; Food / Meals; Social Isolation	They will continue to offer daily updates regarding services during the COVID-19 pandemic on their website.
Food for the World	https://www.foodf ortheworld.org/co ntact.html	Northeast	978-683-9949	Food / Meals	
The Cape Cod Hunger Network	http://www.capec odhungernetwork. org/Food-Pantries	Southeast		Food / Meals	Use this website to find food pantry locations across Cape Cod.
St. Vincent de Paul Food Pantry	http://www.capec odhungernetwork. org/Food- Pantries/agentType /View/PantryID/14 /St-Vincent-De- Paul-Food-Pantry	Southeast	508-775-3073	Food / Meals	Food Pantry in Hyannis on Tuesdays and Fridays from 10 AM to 12 PM.
The Family Pantry	https://www.thefa milypantry.com/	Southeast	508-432-6519	Food / Meals	Harwich, MA. Check website for latest updates. Client hours: Tues 10 AM – 3:30 PM, Wed 10 AM – 12 PM, Thursday 10 AM – 3:30 PM and 5 PM – 7 PM, Saturday 10 AM – 12 PM.



Sandwich Food	http://sandwichfoo	Southeast	508-888-3816	Food / Meals	Pantry open to public every Wednesday from
Pantry	dpantry.org/				10 AM – 12 PM, on the last Wednesday of
					each month extended ours include 6 Pm –
					7:30 PM, and on the 3 rd Saturday of the
					month from 10 AM to 12 PM.
Behavioral Health	https://www.bhnin	Western	413-737-2439	Health / Medical	Monday – Friday, 7 AM – 7 PM.
Network (BHN)	<u>c.org/</u>				
Mental Health	https://www.mhai	Western	844-642-9355	Health / Medical;	If interested in receiving virtual therapy
Association	nc.org			Social Isolation	(TeleWell) services please call 844-642-9355.
					You can access this service through your
					smart phone, tablet, or computer.
Open Pantry	https://www.open	Western	413-737-5354	Food / Meals	Located at 2460 Main Street in Springfield,
Community	pantry.org/				MA. For more information call 413-737-5354
Services					
Springfield		Western	413-266-3462	Food / Meals	Located at 2547 Main Street in Springfield,
Pharmacy					MA. Free home delivery and packaging.
					Please contact 413-266-3462. Spanish
					speaking staff available.
Springfield Public	https://www.sprin	Western		Food / Meals	Any children 18 or under are eligible for
Schools Breakfast &	gfieldpublicschools.				these means and no ID, registration, or
Lunch (Pick up sites	<u>com/news/News/c</u>				address is required. Service is grab & go style
for Springfield	oronavirus_update				from 11 AM – 1 PM Mon – Fri until school
youth)					resumes. Students may go to any location
					they are near, it doesn't have to be the
					school where they are enrolled.