**Resource Guide for Residents - Connecticut**

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.

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| **Resource** | **Website** | **Region(s) Served** | **Phone Number** | **Assistance Type** | **Notes** |
| **Connecticut Updates – COVID19** | <https://portal.ct.gov/coronavirus> | Statewide | 2-1-1 | Information & Updates | State of CT’s main website for state-specific up-to-date information regarding the COVID-19 pandemic.  Frequently asked questions and their answers:  <https://portal.ct.gov/-/media/Coronavirus/COVID-19-FAQs.pdf?la=en> |
| **Centers for Disease Control and Prevention (CDC)** | <https://www.cdc.gov/coronavirus/2019-nCoV/> | Statewide | 800-232-4636 | Information & Updates | The CDC is a reliable source of accurate information regarding the COVID-19 pandemic. |
| **Connecticut State Department of Health** | <https://portal.ct.gov/DPH> | Hartford |  | Information & Updates | Providing facts and info about COVID 19. Use this link to find your local health department: <https://portal.ct.gov/DPH/Local-Health-Admin/LHA/Local-Health-Administration---Site-Map> |
| **Manage Anxiety & Stress** | <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html> | Statewide |  | 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. |
| **Connecticut Department of Labor** | <http://www.ctdol.state.ct.us/UI-online/index.htm> | Statewide | No phone support at this time | Unemployment Assistance | Link to the right will bring you to the website to submit an unemployment claim. Please read info in this link as well:  <http://www.ctdol.state.ct.us/UI-OnLine/unemployedduetocoronavirus.pdf> |
| **Public Utilities Regulatory Authority (PURA)** | <https://portal.ct.gov/PURA/Press-Releases/2020/Expand-Scope-of-Investigation-from-COVID-19> | Statewide |  | Utility Assistance | PURA has ordered that gas, electric, and water utilities refrain from shutting off service due to nonpayment through May 1, 2020. |
| **Connecticut Energy Assistance Program** | <https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating> | Bridgeport  New Haven  Hartford  Stamford  Waterbury | 1-800-842-1132 | Heat Assistance | Connecticut Energy Assistance Program (CEAP) is designed to help offset the winter heating costs of Connecticut's lower income households, specifically those households whose income falls at or below 60 percent of the state median income |
| **Apply for SNAP (Supplemental Nutrition Assistance Program)** | <http://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP/Apply> | Statewide |  | Food / Meals | Visit website for more information on how to apply online and to find the location of the closest DSS office to you. |
| **Mobile Foodshare** | <http://site.foodshare.org/site/PageServer?pagename=2017_food_mobile> | Hartford Area | Text FOODSHARE to 85511 | Food / Meals | This is a traveling food pantry with fresh produce and other foods that travels to dozens of locations in the Hartford area. Most sites are open once every two weeks. Stops are in Andover, Avon, Berlin, Bloomfield, Bolton, Bristol, Burlington, Columbia, Coventry, East Hartford, East Windsor, Ellington, Enfield, Farmington, Glastonbury, Granby, Hartford, Hebron, Manchester, Mansfield, New Britain, Newington, Plainville, Rocky Hill, Simsbury, Somers, Southington, South Windsor, Stafford Springs, Suffield, Tolland, Vernon, West Hartford, Wethersfield, Willington, Windsor and Windsor Locks. For a full schedule of the stops, text FOODSHARE to 85511. |
| **Meals on Wheels** | <http://crtct.org/en/need-help/senior-services/meals-on-wheels> | Hartford, Tolland, and Middlesex Counties | 860-560-5848 | Food / Meals | This is a food delivery service for homebound senior citizens experiencing food insecurity, and is available through the Community Renewal Team for residents of Hartford, Tolland and Middlesex counties. A $2.50 donation per meal is suggested to defray cost. To sign up, call number or visit [the](http://crtct.org/en/need-help/senior-services/meals-on-wheels) website listed to the left. Those who are approved will have meals directed by their doctors, delivered weekdays between 10 a.m. and 1 p.m. |
| **Connecticut State Department of Education** | <https://portal.ct.gov/sde> | Statewide |  | Youth Support | Information about school closures and meal distributions in some school districts |
| **Hartford Public Schools – Meal Distribution for Students** | <https://www.hartfordschools.org/understanding-coronavirus/> | Hartford |  | Food / Meals | Mondays, Wednesdays and Fridays from 9 a.m. to noon. On Mondays and Wednesdays, two days’ worth of meals will be given. On Fridays, three days’ worth will be given. Heating instructions are in English and Spanish. |
| **Talking to Children About COVID-19** | <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource> | National |  | Youth Support | Resource from the National Association of School Psychologists regarding how to talk to children about the COVID-19 pandemic in a safe, healthy way. |
| **Anthem Blue Cross BlueShield CT** | <https://www.anthem.com/> | Wallingford | 1-866-755-2680 | Health Insurance | Medicare Supplement plans and Prescription Drug Coverage plans. Options for everyone |
| **Bank of America** | <https://locators.bankofamerica.com/ct/hartford/financial-centers-hartford-13109.html?utm_source=GMBlisting&utm_medium=organic> | Hartford | 860-251-7701 | Bank | Bank will be open M-F 10am -4pm  Sat. 9am – 12pm |
| **Caregiver Homes of CT** | <https://www.caregiverhomes.com/> | Wethersfield | 860-904-2124 | Health / Medical | If in need of care of your loved one please call them to get more information. |
| **Catholic Charities of Hartford** | <https://ccaoh.org/services-and-programs/> | Hartford | 860-244-9944 | Food / Meals, Utility Assistance | The Hartford area Catholic Charities provide qualified people with free or low cost food, utility bill assistance, clothing and holiday meals and assistance |
| **Catholic Charities – Emergency Assistance Fund** | <https://ccaoh.org/pdfs/Brochure_BasicHumanNeeds.pdf> | Hartford | 860-527-1124 | Food Pantry/ Emergency Assistance Fund for seniors | This fund allows Catholic Charities the ability to provide assistance to individuals, referred by their Parish Pastor, for basic human needs |
| **Charm Medical Supply** | <https://shop.charmmedicalct.com/s/search/products/> | West Hartford | 860-967-3560 | Health / Medical | Complete selection of home healthcare products and equipment |
| **Community Health Network of Connecticut** | <https://www.chnct.org/index.html> | Wallingford | 203-949-4000 | Health Insurance | Provides health insurance to underserved and vulnerable populations by providing access to high quality and comprehensive healthcare. |
| **City of Hartford Dial-A-Ride Program** | <https://www.myplacect.org/services-and-supports/transportation/transportation-services/dial-a-ride/> | Hartford | 860-757-4737 | Transportation | Transportation service for older adults (60+) and individuals with disabilities. Trips are restricted to within city limits to medical appointments, grocery shuttle and senior centers. |
| **Community Care Pharmacy** | <http://www.c-c-rx.com/> | Hartford | 860-560-2000 | Health/ Prescriptions | Free prescription delivery service. |
| **Community Health Services** | <https://www.chshartford.org/> | Hartford | 860-249-9625 | Health/ Medical | "One-Stop-Shop", 7 different departments, 3 medical specialist on staff, eligibility specialists, outreach workers, a pharmacy and a lab. |
| **Comcast - Affordable Internet at Home** | <https://www.internetessentials.com/> | Hartford | 860-695-8000 | Internet | *O*ffer to provide free Internet access has some qualification requirements |
| **Connecticut Food Bank** | <http://www.ctfoodbank.org/get-help/pantry-locator/> | Fairfield, Litchfield, Middlesex, New Haven, New London, and Windham counties CT | 203.469.5000 | Food / Meals | Use link to find food pantries close to you. |
| **St. Vincent de Paul Soup Kitchen & Food Pantry** | <http://www.svdmiddletown.org/> | Middletown | 860-344-0097 | Food / Meals | See website for updated info. The soup kitchen is offering TAKE-OUT meals to walk-ups from 11:00 am – 12:30 pm daily.  The dining room is closed.  FOOD PANTRY:  New food pantry hours are Wednesday and Fridays from 11:00 AM – 4:00 PM.  The food pantry will NOT be open on Mondays or Saturdays.  Food will be prepackaged in boxes for shoppers to take home based on family size.  At this time, shopping in the pantry building has been suspended.  Please bear with us as we do our best to serve the community while offering as safe an environment as possible for staff, volunteers and guests alike. |
| **Middletown Salvation Army** | <https://ctri.salvationarmy.org/SNE/Middletown> | Middletown | 860-347-7493 | Food / Meals | See website for updated info. |
| **Hancock Pharmacy** | <http://www.hancockrx.com/> | Middletown | 860-346-9700 | Medical / Health | Prescription delivery |
| **Cooking Matters CT** | <https://www.cookingmattersct.org/> | Wallingford | 203-626-7184 | Food access | Connects families with food by teaching them how to prepare healthy, tasty meals on a limited budget |
| **CT Transit Hartford Division** | <https://www.cttransit.com/services> | Harford Area | [860-525-9181](tel:+1-860-525-9181) | Public Transportation | Please call or visit the website to learn more. |
| **New Opportunities, Inc.** | <https://www.newoppinc.org> | Torrington | 203-575-4244 or email [elder@newoppinc.org](mailto:elder@newoppinc.org) | Senior Services | For residents and those aged 60 and above with limited incomes – various resources, help and services. |
| **Friendly Hands Food Bank** | <https://friendlyhandsfood.org> | Torrington | 860-482-3338 | Food / Meals | Call before visiting. Hours: Mon-Thurs 9 AM – 4 PM; Friday – Sun Closed |
| **Friends in Service to Humanity (FISH)** | <https://fishnwct.org> | Torrington | 860-482-7300 | Food / Meals; Housing | Food pantry & emergency shelter (35 beds) |
| **Torrington Salvation Army** | https://ctn.salavationarmy.org/SNE/Torrington | Torrington | 860-482-3569 | Food / Meals; Emotional Support | Food assistance by appointment 10 AM – 12 PM on Thursdays only.  Emotional support by phone from 10 AM to 3 PM with Major Tina on Thursdays. |
| **Petricones Pharmacy** |  | Torrington | 860-489-5511 | Prescriptions | Prescription delivery |
| **Charlotte Hungerford Hospital** | <https://www.charlottehungerford.org> | Torrington | 860-496-6666 | Health / Medical | Local testing station for COVID-19. Phone first: 833-621-0600 or 860-972-8100 by referral only from Clinical Command Center. |
| **Day-Break** | <http://www.daybreakathartford.com/> | Hartford | 860-523-0108 | Senior Services | Program provides rehabilitative therapy, nursing services, medication management, personal health care, social supports, therapeutic recreation, meals, podiatry, and beautician services for elders or adults ages 18+, if disabled |
| **Dollar General** | <https://www.dollargeneral.com/> | Hartford | (860) 969-4208 | household goods, groceries, beauty products & more | Dollar General is dedicating the first hour of each operating day to senior customers. Please visit website for more information. |
| **Expanded Food and Nutrition Education Program** | [https://efnep.uconn.edu/#](https://efnep.uconn.edu/) | Brooklyn | 860-409-9062 | Nutrition/Health | Nutrition insecurity is a significant national health concern, especially among low-income populations that disproportionately experience poor health. |
| **Hands on Hartford** | <http://www.handsonhartford.org/about/about-2/> | Hartford | 860.246.6757 | Food / Meals; Housing | Food pantry access by appointment. Please call for up to date info. Helps the neediest residents in the areas of food, housing, and health. Monday-Thursday: 9am-5pm (closed 12-1pm for lunch), Friday: 9am-2pm (closed 12-1pm for lunch) |
| **Hartford Pharmacy I & II** | <https://www.hartfordrx.com/> | Hartford | I - 860-422-8888  II – 860-244-2222 | Pharmacy  /Prescriptions | Offers [Free Delivery & Pickup](https://www.hartfordrx.com/free-delivery) service to customers. Please call for more information. |
| **Hartford Job Corps Academy** | <https://hartford.jobcorps.gov/> | Hartford | 800-733-5627 | Continuing education | If you are interested no-cost education and career technical training program administered by the [U.S. Department of Labor](https://www.dol.gov/) that helps young people ages 16 to 24 |
| **Hartford Police Community Service** | <http://www.hartford.gov/police/contacts> | Hartford | 860-757-4000 | Police |  |
| **Hartford Larrabee Fund Association** | <http://www.shallbellc.com/larrabee/index.html> | East/West Hartford, Bloomfield, Windsor, Newington | [larrabeefund@gmail.com](mailto:larr%61beefund@%67mail.com) | Social Services & Supports | Grants are given to women who cannot support themselves because of age, illness or disability. Assisting older women is a priority. |
| **Hartford Public Library, Park Branch** | <https://www.hplct.org/> | Hartford | (860) 695-7500 | Library |  |
| **Hartford Hospital** | <https://hartfordhealthcare.org/health-wellness/coronavirus/visitor-restrictions> | Hartford | [860.545.5000](tel:860.545.5000) | Health | Please visit the website for more information on how to visit the hospital and restrictions related to COVID-19. |
| **Hispanic Health Council PANA/SNAP-ED** | <https://www.hispanichealthcouncil.org/index.php/hhc-units/community-nutrition-unit> | Hartford, New Haven, Bridgeport | 860-527-0856 | Health | The PANA program’s aim is to improve the likelihood that SNAP recipients will make healthy food choices within a limited budget and increase their physical activity levels. |
| **Home Care VNA, LLC** |  | Hartford | [(860) 206-9942](tel:%28860%29+206-9942). | Home Healthcare Services |  |
| **Latino Community Services** | <https://www.lcs-ct.org/en/services/services> | Hartford, Middlesex and Tolland Counties | 860-296-6400 | Health / Disease Prevention Services | Offers a variety of HIV prevention services, services that go beyond HIV/AIDS – see website for more info |
| **Webster Bank** | <https://public.websteronline.com/location/680-park-st-hartford-ct#about> | Cromwell | [860-244-8002](tel:860-244-8002) | Banking | During this time location offers drive-thru access during regular business hours, ATM access and limited lobby access by appointment only |
| **Lilly Sin Barreras. LLC** | <http://www.lillysinbarreras.com/> | Hartford | 860-966-8995 |  | Offers trainings in English and Spanish to educate/ inform communities about the power of advocacy and how to navigate the system successfully. |
| **Loyalty Insurance** | <https://www.loyaltyins.com/> | Hartford | 860-459-0309 | Life insurance, retirement plan, Medicare plans | They evaluate your unique circumstances and use that information to shop for the best policy for your needs and budget |
| **Multi-Services International, Inc.** | <https://www.multiservicesintl.com/> | Hartford | 860-548-0000 | Financial Services | Accounting and tax services. Notary public. |
| **Southside Institution Neighborhood Alliance** | <https://sinainc.org/> | Hartford | 860-493-1618 | Employment Services | The partnership will help identify, train and place workers in jobs at SINA member institutions |
| **South End Wellness Senior Center** | <http://www.hartford.gov/hhs/community-services> | Hartford | (860) 527-1124 | Senior Services | Adults 55 years and older can join in diverse activities and services. Please call or visit the website for more information |
| **Vecinos Unidos** | <https://connecticut.networkofcare.org/mh/services/agency.aspx?pid=VECINOSUNIDOSDonorServices_2_556_1> | Hartford | 860-280-5361 | Advocacy | This neighborhood organization works with low income Hispanic/Latino individuals and families in the Greater Hartford area to help them express their concerns. |
| **YMCA - Hartford** | <http://www.ghymca.org/downtownymca> | Hartford | 860-522-9622 |  | \*CLOSED\* |
| **YWCA Register/Pledge to Vote** |  | Hartford |  |  |  |
| **Dollar General** | <https://www.dollargeneral.com/> | Statewide |  | Other | Dollar General’s first hour of business daily is dedicated to seniors, before opening to the public. |
| **Comcast** | <https://www.xfinity.com/wifi> | Statewide | 1-855-846-8376 | Other | Comcast will be pausing their data plans. There will be no disconnects or late fees. They also offer addition cost savings programs for low income households and students. |
| **CVS – Rx Delivery** | <https://www.cvs.com/content/delivery?icid=cvs-home-covid19-banner-Rx-delivery> | Statewide | 888-300-4419 | Health / Medical; Food / Meals | Please call your local store or visit the website for more info regarding Rx delivery.  CVS COVID-19 information hotline: 1-888-300-4419 |
| **Walgreens – Rx Delivery** | <https://www.walgreens.com/topic/pharmacy/prescription-delivery.jsp> | Statewide |  | Health / Medical; Food / Meals | Please call your local store or visit the website to learn more. |
| **Stop and Shop** | <https://stopandship.com/> | Statewide |  | Food / Meals | Senior hours from 6 AM – 7:30 AM. |
| **Target** | <https://www.target.com/> | Statewide |  | 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. |
| **Walmart** | <https://www.walmart.com/> | Statewide |  | Health / Medical; Food / Meals | Please visit the website or call your local store to learn more about delivery services. |

**\*\*Very important\*\* - To be tested, patients must have a referral through the Hartford HealthCare Clinical Command Center at**[**860.972.8100**](tel:860.972.8100)**or toll-free**[**833.621.0600**](tel:833.621.0600)**.**

Callers will have a virtual health visit with a physician who will then order the test if necessary. Patients without a referral will not receive testing at a Hartford HealthCare drive-through testing site.