

## Guía de Recursos para Residentes – Connecticut

POAH Comunidades entiende que usted y su familia pueden tener preocupaciones y preguntas durante este tiempo de incertidumbre con respecto a la pandemia COVID-19. Estamos compartiendo la siguiente guía de recursos con usted con el fin de proporcionarle información y recursos que lo mantendrán seguro y cómodo en su hogar.

Esta Guía de Recursos enumera información de contacto y enlaces a centros locales de distribución de alimentos "agarrar y llevar", programas de desayuno y almuerzo basados en la escuela para niños, servicios para personas de la tercera edad, cuidado infantil de emergencia, solicitudes de desempleo estatal, fondos de emergencia y más. Las Comunidades POAH actualizarán este documento de forma regular a medida que cambie la situación, posicionándolo en el sitio web de las Comunidades POAH en nuestra página de Respuesta a los Residentes COVID-19.

Si usted o cualquier miembro de su hogar necesita asistencia de referencia individual, le recomendamos que se comunique con su oficina de administración en el lugar y/o con el coordinador de impacto comunitario. Como recordatorio, comuníquese con su proveedor de atención médica primaria o 911 inmediatamente para cualquier necesidad médica, ya que POAH Communities no es un proveedor de atención médica.

Resource	Website	Region(s) Served	Phone Number	Assistance Type	Notes
<b>Connecticut Updates – COVID19</b>	<a href="https://portal.ct.gov/coronavirus">https://portal.ct.gov/coronavirus</a>	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: <a href="https://portal.ct.gov/-/media/Coronavirus/COVID-19-FAQs.pdf?la=en">https://portal.ct.gov/-/media/Coronavirus/COVID-19-FAQs.pdf?la=en</a>
<b>Centers for Disease Control and Prevention (CDC)</b>	<a href="https://www.cdc.gov/coronavirus/2019-nCoV/">https://www.cdc.gov/coronavirus/2019-nCoV/</a>	Statewide	800-232-4636	Information & Updates	The CDC is a reliable source of accurate information regarding the COVID-19 pandemic.
<b>Connecticut State Department of Health</b>	<a href="https://portal.ct.gov/DPH">https://portal.ct.gov/DPH</a>	Hartford		Information & Updates	Providing facts and info about COVID 19. Use this link to find your local health department: <a href="https://portal.ct.gov/DPH/Local-Health-Admin/LHA/Local-Health-Administration---Site-Map">https://portal.ct.gov/DPH/Local-Health-Admin/LHA/Local-Health-Administration---Site-Map</a>
<b>Manage Anxiety &amp; Stress</b>	<a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</a>	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.
<b>Connecticut Department of Labor</b>	<a href="http://www.ctdol.state.ct.us/UI-online/index.htm">http://www.ctdol.state.ct.us/UI-online/index.htm</a>	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: <a href="http://www.ctdol.state.ct.us/UI-OnLine/unemployedduetocoronavirus.pdf">http://www.ctdol.state.ct.us/UI-OnLine/unemployedduetocoronavirus.pdf</a>
<b>Public Utilities Regulatory Authority (PURA)</b>	<a href="https://portal.ct.gov/PURA/Press-Releases/2020/Expand-Scope-of-Investigation-from-COVID-19">https://portal.ct.gov/PURA/Press-Releases/2020/Expand-Scope-of-Investigation-from-COVID-19</a>	Statewide		Utility Assistance	PURA has ordered that gas, electric, and water utilities refrain from shutting off service due to nonpayment through May 1, 2020.
<b>Connecticut Energy Assistance Program</b>	<a href="https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating">https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating</a>	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
<b>Apply for SNAP (Supplemental Nutrition Assistance Program)</b>	<a href="http://portal.ct.gov/DS S/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP/Apply">http://portal.ct.gov/DS S/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP/Apply</a>	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.
<b>Mobile Foodshare</b>	<a href="http://site.foodshare.org/site/PageServer?pagename=2017_food_mobile">http://site.foodshare.org/site/PageServer?pagename=2017_food_mobile</a>	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.

<b>Meals on Wheels</b>	<a href="http://crtct.org/en/need-help/senior-services/meals-on-wheels">http://crtct.org/en/need-help/senior-services/meals-on-wheels</a>	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 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.
<b>Connecticut State Department of Education</b>	<a href="https://portal.ct.gov/sde">https://portal.ct.gov/sde</a>	Statewide		Youth Support	Information about school closures and meal distributions in some school districts
<b>Hartford Public Schools – Meal Distribution for Students</b>	<a href="https://www.hartfordschools.org/understanding-coronavirus/">https://www.hartfordschools.org/understanding-coronavirus/</a>	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.
<b>Talking to Children About COVID-19</b>	<a href="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">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</a>	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.
<b>Anthem Blue Cross BlueShield CT</b>	<a href="https://www.anthem.com/">https://www.anthem.com/</a>	Wallingford	1-866-755-2680	Health Insurance	Medicare Supplement plans and Prescription Drug Coverage plans. Options for everyone
<b>Bank of America</b>	<a href="https://locators.bankofamerica.com/ct/hartford/financial-centers-hartford-13109.html?utm_source=GMBListing&amp;utm_medium=organic">https://locators.bankofamerica.com/ct/hartford/financial-centers-hartford-13109.html?utm_source=GMBListing&amp;utm_medium=organic</a>	Hartford	860-251-7701	Bank	Bank will be open M-F 10am -4pm Sat. 9am – 12pm

<b>Caregiver Homes of CT</b>	<a href="https://www.caregiverhomes.com/">https://www.caregiverhomes.com/</a>	Wethersfield	860-904-2124	Health / Medical	If in need of care of your loved one please call them to get more information.
<b>Catholic Charities of Hartford</b>	<a href="https://ccaoh.org/services-and-programs/">https://ccaoh.org/services-and-programs/</a>	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
<b>Catholic Charities – Emergency Assistance Fund</b>	<a href="https://ccaoh.org/pdfs/Brochure_BasicHumanNeeds.pdf">https://ccaoh.org/pdfs/Brochure_BasicHumanNeeds.pdf</a>	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
<b>Charm Medical Supply</b>	<a href="https://shop.charmmedicallct.com/s/search/products/">https://shop.charmmedicallct.com/s/search/products/</a>	West Hartford	860-967-3560	Health / Medical	Complete selection of home healthcare products and equipment
<b>Community Health Network of Connecticut</b>	<a href="https://www.chnct.org/index.html">https://www.chnct.org/index.html</a>	Wallingford	203-949-4000	Health Insurance	Provides health insurance to underserved and vulnerable populations by providing access to high quality and comprehensive healthcare.
<b>City of Hartford Dial-A-Ride Program</b>	<a href="https://www.myplacect.org/services-and-supports/transportation/transportation-services/dial-a-ride/">https://www.myplacect.org/services-and-supports/transportation/transportation-services/dial-a-ride/</a>	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.
<b>Community Care Pharmacy</b>	<a href="http://www.c-c-rx.com/">http://www.c-c-rx.com/</a>	Hartford	860-560-2000	Health/ Prescriptions	Free prescription delivery service.
<b>Community Health Services</b>	<a href="https://www.chshartford.org/">https://www.chshartford.org/</a>	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.
<b>Comcast - Affordable Internet at Home</b>	<a href="https://www.internetsentials.com/">https://www.internetsentials.com/</a>	Hartford	860-695-8000	Internet	Offer to provide free Internet access has some qualification requirements
<b>Connecticut Food Bank</b>	<a href="http://www.ctfoodbank.org/get-help/pantry-locator/">http://www.ctfoodbank.org/get-help/pantry-locator/</a>	Fairfield, Litchfield, Middlesex, New Haven,	203.469.5000	Food / Meals	Use link to find food pantries close to you.

		New London, and Windham counties CT			
<b>St. Vincent de Paul Soup Kitchen &amp; Food Pantry</b>	<a href="http://www.svdmiddletown.org/">http://www.svdmiddletown.org/</a>	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.
<b>Middletown Salvation Army</b>	<a href="https://ctri.salvationarmy.org/SNE/Middletown">https://ctri.salvationarmy.org/SNE/Middletown</a>	Middletown	860-347-7493	Food / Meals	See website for updated info.
<b>Hancock Pharmacy</b>	<a href="http://www.hancockrx.com/">http://www.hancockrx.com/</a>	Middletown	860-346-9700	Medical / Health	Prescription delivery
<b>Cooking Matters CT</b>	<a href="https://www.cookingmattersct.org/">https://www.cookingmattersct.org/</a>	Wallingford	203-626-7184	Food access	Connects families with food by teaching them how to prepare healthy, tasty meals on a limited budget
<b>CT Transit Hartford Division</b>	<a href="https://www.cttransit.com/services">https://www.cttransit.com/services</a>	Harford Area	860-525-9181	Public Transportation	Please call or visit the website to learn more.
<b>New Opportunities, Inc.</b>	<a href="https://www.newoppinc.org">https://www.newoppinc.org</a>	Torrington	203-575-4244 or email <a href="mailto:elder@newoppinc.org">elder@newoppinc.org</a>	Senior Services	For residents and those aged 60 and above with limited incomes – various resources, help and services.
<b>Friendly Hands Food Bank</b>	<a href="https://friendlyhandsfood.org">https://friendlyhandsfood.org</a>	Torrington	860-482-3338	Food / Meals	Call before visiting. Hours: Mon-Thurs 9 AM – 4 PM; Friday – Sun Closed
<b>Friends in Service to Humanity (FISH)</b>	<a href="https://fishnwct.org">https://fishnwct.org</a>	Torrington	860-482-7300	Food / Meals; Housing	Food pantry & emergency shelter (35 beds)

<b>Torrington Salvation Army</b>	<a href="https://ctn.salavationary.org/SNE/Torrington">https://ctn.salavationary.org/SNE/Torrington</a>	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.
<b>Petricones Pharmacy</b>		Torrington	860-489-5511	Prescriptions	Prescription delivery
<b>Charlotte Hungerford Hospital</b>	<a href="https://www.charlottehungerford.org">https://www.charlottehungerford.org</a>	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.
<b>Day-Break</b>	<a href="http://www.daybreakhartford.com/">http://www.daybreakhartford.com/</a>	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
<b>Dollar General</b>	<a href="https://www.dollargeneral.com/">https://www.dollargeneral.com/</a>	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.
<b>Expanded Food and Nutrition Education Program</b>	<a href="https://efnep.uconn.edu/#">https://efnep.uconn.edu/#</a>	Brooklyn	860-409-9062	Nutrition/Health	Nutrition insecurity is a significant national health concern, especially among low-income populations that disproportionately experience poor health.
<b>Hands on Hartford</b>	<a href="http://www.handsonhartford.org/about/about-2/">http://www.handsonhartford.org/about/about-2/</a>	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)
<b>Hartford Pharmacy I &amp; II</b>	<a href="https://www.hartfordrx.com/">https://www.hartfordrx.com/</a>	Hartford	I - 860-422-8888 II – 860-244-2222	Pharmacy /Prescriptions	Offers Free Delivery & Pickup service to customers. Please call for more information.
<b>Hartford Job Corps Academy</b>	<a href="https://hartford.jobcorps.gov/">https://hartford.jobcorps.gov/</a>	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 that helps young people ages 16 to 24
<b>Hartford Police Community Service</b>	<a href="http://www.hartford.gov/police/contacts">http://www.hartford.gov/police/contacts</a>	Hartford	860-757-4000	Police	
<b>Hartford Larrabee Fund Association</b>	<a href="http://www.shallbell.com/larrabee/index.html">http://www.shallbell.com/larrabee/index.html</a>	East/West Hartford, Bloomfield, Windsor, Newington	larrabeefund@gmail.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.
<b>Hartford Public Library, Park Branch</b>	<a href="https://www.hplct.org/">https://www.hplct.org/</a>	Hartford	(860) 695-7500	Library	
<b>Hartford Hospital</b>	<a href="https://hartfordhealthcare.org/health-wellness/coronavirus/visitor-restrictions">https://hartfordhealthcare.org/health-wellness/coronavirus/visitor-restrictions</a>	Hartford	860.545.5000	Health	Please visit the website for more information on how to visit the hospital and restrictions related to COVID-19.
<b>Hispanic Health Council PANA/SNAP-ED</b>	<a href="https://www.hispanichealthcouncil.org/index.php/hhc-units/community-nutrition-unit">https://www.hispanichealthcouncil.org/index.php/hhc-units/community-nutrition-unit</a>	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.
<b>Home Care VNA, LLC</b>		Hartford	(860) 206-9942.	Home Healthcare Services	
<b>Latino Community Services</b>	<a href="https://www.lcs-ct.org/en/services/services">https://www.lcs-ct.org/en/services/services</a>	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
<b>Webster Bank</b>	<a href="https://public.websteronline.com/location/680-park-st-hartford-ct#about">https://public.websteronline.com/location/680-park-st-hartford-ct#about</a>	Cromwell	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
<b>Lilly Sin Barreras. LLC</b>	<a href="http://www.lillysinbarreras.com/">http://www.lillysinbarreras.com/</a>	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.

<b>Loyalty Insurance</b>	<a href="https://www.loyaltyins.com/">https://www.loyaltyins.com/</a>	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
<b>Multi-Services International, Inc.</b>	<a href="https://www.multiservicesintl.com/">https://www.multiservicesintl.com/</a>	Hartford	860-548-0000	Financial Services	Accounting and tax services. Notary public.
<b>Southside Institution Neighborhood Alliance</b>	<a href="https://sinainc.org/">https://sinainc.org/</a>	Hartford	860-493-1618	Employment Services	The partnership will help identify, train and place workers in jobs at SINA member institutions
<b>South End Wellness Senior Center</b>	<a href="http://www.hartford.gov/hhs/community-services">http://www.hartford.gov/hhs/community-services</a>	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
<b>Vecinos Unidos</b>	<a href="https://connecticut.net/workofcare.org/mh/services/agency.aspx?pid=VECINOSUNIDOSDonorServices_2_556_1">https://connecticut.net/workofcare.org/mh/services/agency.aspx?pid=VECINOSUNIDOSDonorServices_2_556_1</a>	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.
<b>YMCA - Hartford</b>	<a href="http://www.ghymca.org/downtownymca">http://www.ghymca.org/downtownymca</a>	Hartford	860-522-9622		*CLOSED*
<b>YWCA Register/Pledge to Vote</b>		Hartford			
<b>Dollar General</b>	<a href="https://www.dollargeneral.com/">https://www.dollargeneral.com/</a>	Statewide		Other	Dollar General's first hour of business daily is dedicated to seniors, before opening to the public.
<b>Comcast</b>	<a href="https://www.xfinity.com/wifi">https://www.xfinity.com/wifi</a>	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.
<b>CVS – Rx Delivery</b>	<a href="https://www.cvs.com/content/delivery?icid=cvs-home-covid19-banner-Rx-delivery">https://www.cvs.com/content/delivery?icid=cvs-home-covid19-banner-Rx-delivery</a>	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
<b>Walgreens – Rx Delivery</b>	<a href="https://www.walgreens.com/topic/pharmacy/">https://www.walgreens.com/topic/pharmacy/</a>	Statewide		Health / Medical; Food / Meals	Please call your local store or visit the website to learn more.



	<a href="#">prescription-delivery.jsp</a>				
<b>Stop and Shop</b>	<a href="https://stopandship.com/">https://stopandship.com/</a>	Statewide		Food / Meals	Senior hours from 6 AM – 7:30 AM.
<b>Target</b>	<a href="https://www.target.com/">https://www.target.com/</a>	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.
<b>Walmart</b>	<a href="https://www.walmart.com/">https://www.walmart.com/</a>	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 or toll-free 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.