

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, posting 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
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/DS/S/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-	Hartford, Tolland, and	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

	services/meals-on-wheels	Middlesex Counties			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.
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.internetsentials.com/	Hartford	860-695-8000	Internet	Offer 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	203.469.5000	Food / Meals	Use link to find food pantries close to you.

		Windham counties CT			
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	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	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.salvationarmy.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.daybreakahartford.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/#	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 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 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.shallbell.com/larrabee/index.html	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.
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	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.	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	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.lilysinbarreras.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	They evaluate your unique circumstances and use that information to shop for the best policy for your needs and budget

				plan, Medicare plans	
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.net/workofcare.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 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.