

Resource Guide for Residents – Rhode Island

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
Rhode Island Updates – COVID19	https://health.ri.gov/covid/	Statewide	401-222-8022	Information & Updates	State of RI’s main website for state-specific up-to-date information regarding the COVID-19 pandemic.
Centers for Disease Control and Prevention (CDC)	https://www.cdc.gov/coronavirus/2019-nCoV/	Statewide	800-232-4636	Health / Medical	The CDC is a reliable source of accurate information regarding the COVID-19 pandemic.
Rhode Island Department of Labor & Training	http://www.dlt.ri.gov/pdfs/COVID-19%20Workplace%20Fact%20Sheet.pdf	Statewide	401-462-2020	Unemployment Assistance	Link features a fact sheet and information for how to apply for temporary disability insurance or for unemployment insurance.
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.
The Rhode Island Community Food Bank	https://rifoodbank.org/find-food/	Statewide	(401) 942-6325	Food / Meals	Use the link to find food pantries and meal sites near you.
Meals on Wheels	http://www.rimeals.org/	Statewide	401-351-6700	Food / Meals	Please visit the website or call to reach out to your local Meals on Wheels service.

<p>Rhode Island Department of Health – Food Sites for Children</p>	<p>https://health.ri.gov/diseases/ncov2019/about/foodsites/</p>	<p>Statewide</p>		<p>Food / Meals</p>	<p>Due to the closure of schools, free "Grab and Go" meals are available for children throughout Rhode Island. New sites are still being added so please check the website listed or contact your school district or charter school for more options. At the vast majority of these sites, anyone aged 18 or under who shows up gets a free meal. Some food sites are only providing meals to students who are enrolled in that school/district. These sites have a note under the Time section indicating any restrictions. Whether a site is serving all students or just that school's students, the child must be present; schools cannot give a meal to an adult on behalf of a child.</p>
<p>Community Action Partnership of Providence (CAPP)</p>	<p>https://www.cappri.org/programs</p>	<p>Providence</p>	<p>401-273-2000</p>	<p>Utility Assistance; Food / Meals</p>	<p>Click this link for updates on how the LIHEAP (heat assistance) is changing in response to COVID-19: https://www.cappri.org/news/changes-to-liheap-program</p> <p>New food pantry participants need to call ahead to register 401.273-2000 ext. 302 (Jailine) or ext. 313 (Rosairis)</p>
<p>Comprehensive Community Action Program (CCA)</p>	<p>https://www.comcap.org/services/food-housing/</p>	<p>Cranston</p>	<p>401-467-9610</p>	<p>Utility Assistance; Food / Meals</p>	<p>Food Bank – Hours: Monday, Tuesday & Friday 9:30 a.m. – 12:30 p.m. & 2 – 4 p.m. Wednesday 9:30 a.m. – 12:30 p.m. & 2:30 – 6:30 p.m. Thursday 10 a.m. – 1 p.m. NEW Food Bank clients, please call to make an appointment for an initial intake.</p>
<p>Tri-County Community Action Agency</p>	<p>https://tricountyri.org/covid/</p>	<p>Johnston, North Kingstown, Narragansett</p>		<p>Utility Assistance; Food / Meals; Senior Services</p>	<p>Northern Region (Johnston): 401-351-2750 Southern Region (N Kingstown & Narragansett): 401-789-3016 If you are senior or disabled and in need of services, call: 401-349-5670</p>
<p>Talking to Children About COVID-19</p>	<p>https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-</p>	<p>National</p>		<p>Youth Support</p>	<p>Resource from the National Association of School Psychologists regarding how to talk to children about the COVID-19 pandemic in a safe, healthy way.</p>

	crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource				
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://stopandshop.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.