



# Community Resources

**Access to concrete resources such as food, medical care and safe housing are fundamental to physical and emotional wellbeing. Positive community involvement has also been shown to improve psychological wellbeing - reducing loneliness and increasing self-esteem, and to improve physical health - enhancing immune function and reducing heart attack risk.**

## **Tips To Access Resources During Covid 19:**

- Check out the links below to online resources, many of these community opportunities and resources are newly available as a response to Covid-19.
- Volunteering through area organizations, or helping out a neighbor if you are able, is a great way to feel connected during this otherwise isolating time.
- If you still don't know what this "Zoom," "Facetime," "Skype," talk is all about you can look up videos online that explain how to set up your phone, tablet or computer so that you can join in and socialize with friends and family!
- Make sure you allow yourself "downtime" which could include linking in to any one of the amazing free concerts, art galleries, plays, operas, dance concerts, etc., available right now. Or just revel in unplugging.

## **Vermont Based Resources**

**Front Porch Forum** If you are not already a member of Vermont's Front Porch Forum now is a great time to join. It is a free neighborhood listserv (a group of people connected via email who live in your neighborhood) that provides an opportunity to ask for help and suggestions regarding almost anything. People give away things they don't need and request things they do. Check it out! <https://frontporchforum.com>

**Howard Center** is offering emotional support via First Call as well as updating a database of concrete resources available in the community.

<https://howardcenter.org/covid-19-resources-for-food-financial-relief/>

**Peace and Justice Center** has links to mutual aid opportunities where you can offer help or ask for help about things like delivering food/having food delivered.

<https://www.pjcvt.org/mutual-aid-and-other-resources-related-to-covid-19/>

**QuaranTeen Virtual Science Cafés** - Join UVM Extension educators each week to meet scientists, learn about their work, and participate in informal discussions. They will keep offering virtual cafes each week as long as schools are closed. Sign up and learn some cool science!

<https://www.uvm.edu/extension/youth/announcements>

**VPR Vermont Edition** with Jane Lindholm will help keep you connected with what Vermonters are thinking and saying during this time. Two great episodes to check out below. The second one, Managing Stress and Anxiety During Covid 19 features our own Dr. Andrew Rosenfeld!

<https://www.vpr.org/post/vermonters-foster-connection-community-amid-covid-19-crisis>

<https://www.vpr.org/post/managing-stress-and-anxiety-during-covid-19#stream/0>

### **Additional Resources**

**Social Distancing Festival:** This is a site for celebrating art from all over the world, showcasing amazing talent, and coming together as a community at a time when we need it more than ever. <https://www.socialdistancingfestival.com/>