

COMMUNITY UPDATE



The official newsletter of Wnoc-RRCC
'A Project of the THRIVE Collaborative'



Pictures supplied by the Family Center of Washington County. See pg. 7 for more details.

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WNOC-RRCC BY THE NUMBERS

AS OF APRIL 16, 2020

25 # of Days in Operation

33 # of Staff

16 # of Orgs. Represented

960 # of Meals Served Daily

20,154 # of Meals Served to Date

271 # of People Currently Housed

188 # of Shelter Units

7 # of Emergency Housing Facilities

680 # of Volunteer Hours to Date

900+ # of Volunteers in Network

123 # Community Call Center Interactions since 4/3/20

55+ # of community partner collaborations in progress



*Featured Story***Community Acts of Awesomeness**

WNOC-RRCC's intent is and has always been to help bolster existing local and state response systems in an effort to flatten the curve and support our vulnerable Vermonters during this global health event.

Such a task has led us to partner with dozens of local response efforts, giving us first hand accounts of the generous and seemingly endless acts of kindness happening on the community level all across Central Vermont.

Mutual aid groups and other volunteer-led groups have operationalized in most communities and have been instrumental in helping to ensure the health and wellbeing of countless Vermonters

The Northfield Mutual Aid Task Force, for instance, formed in mid-March to help connect those in need with those who are able to help. Since then, dozens of residents of Northfield, Roxbury, and Riverton have received the support of local volunteers and caring neighbors. Support has come in many forms, from picking up groceries, donating health care supplies, walking pets, helping complete forms and navigating resources, and providing socialization through phone check-ins to combat isolation. The Task Force's most recent charge is the formation of a Mask Brigade to coordinate volunteer sewers and distribute face masks to those in need.

If you live in Northfield, Roxbury or Riverton and are interested in helping or are if you could use a hand with something, contact the Northfield Mutual Aid Task Force directly at any of the listed forms of contact:

Call: (802) 485-4293

Email: northfieldmutualaidtaskforce@gmail.com

Public volunteer signup sheet: <http://bit.ly/NorthfieldMutualAid>



Pictured: A pile of completed cloth face coverings made by Pattie and Serge Dupuis

Community acts of awesomeness come in all sizes, including in pairs. Pattie and Serge Dupuis of Barre are a prime example. For the last several weeks, the couple have dedicated their free time to creating cloth face coverings. "Serge procures and cuts the fabric and I sew" says Pattie. To date, they have made almost 150 masks for health care workers, neighbors, colleagues, and anyone in need, working off of donations to purchase the materials. Their niece, pictured on the following page, is wearing a scrub hat that they made. "Scrub



Pictured: The niece of Pattie and Serge Dupuis, one of the many Health Care Heroes wearing a scrub hat that they gifted her.

hats are our next focus as we need to make sure our health care workers are taken care of, per Pattie."

These are just two examples in a sea of community action and volunteerism taking place in our region and across the state. We remain committed to supporting and partnering with these local groups and volunteers to ensure the needs of vulnerable populations are met.



Pictured: A pile of completed cloth face coverings made by Pattie and Serge Dupuis

Calls to Action!

HELP US REACH 750 CLOTH FACE COVERINGS!

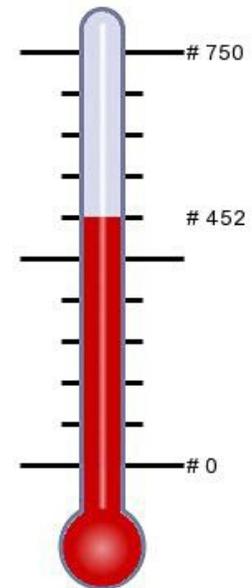
We are collecting cloth face coverings (masks) on behalf of local health care workers, community organizations like Central Vermont Home, Health, and Hospice, the Good Samaritan Haven, and for individuals in need.

Our goal is to reach 750 by April 30 and we're over half way! Thank you to all who have contributed!!

[Check out the CDC's tips on how to make a cloth face-covering.](#)

Donations may be dropped off at Capstone Community Action located at 20 Gable Place, Barre. Open weekdays between 7:30 AM and 5:00 PM. Please ring the bell at the marked garage door.

If you or your group/organizations is in need of masks, please contact Paul, paul.zabriskie@wnocrcc.org. We will do our best to accomodate.



Help us destigmatize wearing a mask & share your #MELFIE on social media!



DISTRIBUTION CENTER

We are helping local organizations and volunteer groups secure essential goods and supplies to support our most vulnerable during this global health event.

IMMEDIATE DONATION NEEDS

- Cloth face-coverings
- Trac Phones & Minutes
- Thermometers
- Nicotine Gum
- Tape Players
- Radios
- Gerber Brand Infant Formula
- Personal Cleaning Wipes
- Water
- Tick Repellent/Lavender Spray

In addition to the immediate needs listed, we are constantly in need of non-perishable food items, consumable household supplies (cleaning products, paper goods, diapers, etc.), and personal protective equipment (PPE) related to reducing the spread of COVID-19 (masks, rubber gloves, disposable suits & gowns).

The drop off location for all donations is located at Capstone, 20 Gable Place, Barre. Open weekdays between 7:30 AM and 5:00 PM. Please ring the bell at the marked garage door.

Please note, we are not accepting items such as clothing, footwear, electronics, building supplies, or other household hard goods.

If your organization or group is in need of supplies, please contact Paul, paul.zabriskie@wnocrrcc.org. We will do our best to accomodate.

PROMOTING PARTNER NEEDS

VOLUNTEER WITH YOUR LOCAL MUTUAL AID GROUP!

We have received a lot of "how can I help!?" inquiries (not surprised since Vermonters know how to "community"). We are happy to say that we have a strong network of volunteers already so if you're eager and able to volunteer in some capacity, we encourage you contact the local volunteer groups in your community.

Mutual Aid groups have formed in most communities and playing an instrumental role in supporting neighbors on a local level.

We are working closely with many Mutual Aid groups and if you need help making a connection to the mutual aid group in your community, please contact Ian at Ian.hitchcock@wnocrrcc.org.

STAFF OPENING AT THE GOOD SAMARITAN HAVEN

Central Vermont's only homeless shelter is looking to **hire staff to help manage the emergency shelters.**

If you or someone you know is interested, please email Heather at heathert@goodsamaritanhaven.org for more detailed information.

THE STATE IS LOOKING FOR VOLUNTEERS & TO FILL OPEN POSITIONS TO SUPPORT COVID-19 RESPONSE

Our current greatest need is for health care professionals. If you have medical experience or are a retired medical professional, please sign up below to join the Vermont Medical Reserve Corps.

If you are available for temporary or full-time work, the State of Vermont has current open positions that directly support the COVID-19 pandemic response and other roles critical to continued operations. For immediate hiring needs, visit careers.vermont.gov.

For more information, visit:

<https://www.vermont.gov/volunteer>

About WNOC-RRCC

WHAT DOES WNOC-RRCC STAND FOR!?

Technically, **Washington and Northern Orange Counties Regional Response Command Center.**

But here is what it means to us!

We pronounce our name as "WIN-OCK-ROCK."

WIN = we will succeed in our efforts!

OCK = connector language, a symbol of our response

ROCK = a nod to our Central VT heritage! #BarreRockSolid!

OUR PURPOSE

WNOC-RRCC seeks to bolster local and state response efforts and influence community connectedness to ensure fluidity in knowledge and ease of access to support systems.

HOW WE STARTED

Upon a request of local assistance from the Dept. of Health and the Homeless Response Task Force, members of THRIVE quickly and effectively operationalized WNOC-RRCC as the working arm of the THRIVE collaborative. Since March 23, WNOC-RRCC has been affiliated with the Dept. of Health, State Emergency Operations Center, Central Vermont Medical Center, and countless other state and local partners.

A PROJECT OF THE THRIVE COLLABORATIVE

WNOC-RRCC is a unified community response of local social service organizations from THRIVE, Central Vermont's Accountable Community for Health group.

First formed in 2017, THRIVE has been in continuous pursuit of establishing partnerships, building relationships, and pooling resources to address community needs around social isolation, transportation, and homelessness. As a result, WNOC-RRCC was formed as an extension of THRIVE to utilize the power of the collaborative to maximize the response of state and local efforts.

Our region of focus mirrors Central Vermont Medical Center's service area which includes Washington County and the Northeast region of Orange County, including the communities of Brookfield, Orange, Washington, and Williamstown.



Please Help Share This Resource!!



WNOC-RRCC

Washington and Northern Orange Counties
Regional Response Command Center

Ensure Health and Wellness • Support Vulnerable Populations • Reduce Hospital Surges

'A PROJECT OF THE THRIVE COLLABORATIVE'



THRIVE

Building Thriving Communities Together

THE COMMUNITY CALL CENTER IS HERE TO SUPPORT YOU!.

Hours of Operation: 8:00 AM - 10:00 PM, 7-days a week

**CALL OR TEXT
(802) 636-2025**

You can also Facebook Message us @WNOCRRCC

There are an abundant number of state and local support systems that are available to assist you during this trying time. We encourage you to contact them directly if able.

If you need guidance and connection to local resources or are unsure of where to turn for help, call or text our Community Call Center. This is a free and confidential service for non-emergency situations. Our team of volunteers is available to help you navigate local resources available to you.



Amplifying Community Efforts & Resources

- COMMUNITY SPOTLIGHT -



The Family Center is the state-designated Parent Child Center for Central Vermont. They're on a mission to build resourceful families and healthy children to create a strong community.

Here's a message from the Family Center's Executive Director, Claire Kendell:

"The Family Center has ramped up our essential services and supports to meet the increasing needs of families during this global health event. Parenting is difficult in the best of times, and families that have day-to-day challenges are now under unprecedented levels of stress. We are working on the front lines with families during these times of stress and isolation that can lead to an increase in a family's chance of poor outcomes including child abuse and neglect. The need for housing homeless families is at a critical level due to COVID-19, and we are doing everything we can to support our families and youth who are struggling with this issue.

We are supporting children and families, working to help keep vulnerable children and families from falling through the cracks. As Essential Workers, Family Center Staff are delivering daily concrete supports & essential goods to families including meals, food, formula, diapers, wipes, working with essential persons to help them find the childcare they need to continue to serve our community, helping families and child care providers navigate financial supports, baby food, etc.

We have pivoted to delivering virtual services, including Early Intervention, Family Support, Google classrooms and Zoom circles & story times for our early childhood services, a Facebook live playgroup music corner and our Parent Café support groups are kicking off this week. Family Center Staff are working with families via phone and by remote, triaging our families' needs during this crisis."

COOL ONLINE RESOURCES

- **Facebook Live Music Playgroups** – 3 days per week on M,W,F at 11:30
- **Weekly Zoom Parent Cafes** on Tuesdays at 1:00
- **Nurturing Hope** – a virtual parent support group 8 week series, kicking off week of April 27th

GET IN TOUCH

Visit their website: www.fcwcv.org

Call: (802) 262-3292

Connect on Facebook: www.facebook.com/FCWCVT

RECENT SUCCESSES!

- Helped 104 essential persons find childcare (open slots still remain!)
- 133 diaper deliveries
- Have partnered with CVHHH for formula donations & deliveries
- 350 meals delivered
- 264 Individuals/63 Families served with Food Pantry package deliveries



Amplifying Community Efforts & Resources

- COMMUNITY SPOTLIGHT CONTINUED -

A MESSAGE FROM THE FAMILY CENTER TO NEW MOTHERS!

Congratulations on your new baby! Going home with a newborn during a global pandemic may feel especially isolating - but please know that you are not alone. Our job is to support families with new babies, and we are here for you. Ask hospital staff to refer you before you are discharged, or reach out to us directly at any time. We are here to help!



Central Vermont Home Health & Hospice

Call Katy Leffel at 802-224-2209 or fill out the contact form at: <https://www.cvhhh.org/>

CVHHH Maternal Child Health Nurses offer one-on-one nursing support and lactation support to help avoid unnecessary visits to the doctor's office. Options include telehealth visits, telemonitoring, and face-to-face visits in the home for medical procedures, using strict infection control protocols.



Call/text Ana at (802) 276-0383 or email her at: ana@goodbeginningscentralvt.org

Good Beginnings of Central Vermont brings community to any new parent. Call us if you need to process your birth experience, if you are feeling isolated or overwhelmed, if you have questions about newborn care, or just need to talk about your postpartum experience. We can also connect you to online parent meet-ups and support groups.



Call Anne Farley at (802) 262-3292 x121 or email her at: annef@fcwcv.org

The Family Center of Washington County supports families with young children. Our online Parent Cafes and Parent Education workshops support parents through challenging times, with a focus on child development. Our home visiting support connects families with information and support around parenting, child care, financial, health/mental health resources and referrals, and other needs.



Need help with diapers, wipes, formula, or other essentials? All three organizations can connect you with these and other community or financial support services.

Help Me Grow is another free, confidential resource for families with children of any age: Dial 2-1-1 ext. 6, text HMGVT to 898211, or email at info@helpmegrowvt.org.

Amplifying Community Efforts & Resources

PLEASE NOTE: [ALL BLUE UNDERLINE TEXT CONTAIN WEB LINKS](#)

- Central Vermont Medical Center has a COVID-19 Call Center available for anyone who has symptoms or health questions about the virus.
 - **802-371-5310, open 7 days a week, 8a-5p**
 - Staffed by nurses, providers and schedulers
 - When an individual calls, they will be triaged by one of the nurses. If the caller meets testing criteria, the nurse will forward the message to a provider to order the test. Once the test is ordered, a scheduler will contact the caller to schedule a time for testing
- [The Vermont Foodbank continues to be a champion of the people by ensuring all are fed during this challenging time. Check out their resources!](#)
- [Hunger Free Vermont has information about how families can find out what they need to know to get meals from their local school.... along with info about how to access meals on wheels, 3SVT, WIC, food shelves etc](#)
- [Washington County Mental Health Services offers a 24 hours a day, 7 days a week, Mental Health Crisis Services call line. \(802\) 229-0591](#)
- People's Health & Wellness Clinic is conducting visits via telemedicine and accepting referrals. Call (802) 479-1229
- [VT CARES is offering a mobile delivery syringe service program, operating out of Barre](#)
- Here are some resources from the VT Dept. of Labor about the CARES Act
 - [CARES Act Impact on Vermont](#)
 - [Info for self-employed/ind. contractors](#)
 - [Info on increased weekly payments](#)
 - [FAQ about COVID-19](#)
- [Barre Mutual Aid has a great website that matches community volunteers with those requesting assistance.](#)
- [Montpelier Food Pantry Tuesday is serving emergency meals to individuals and families in the greater Montpelier area. Open Tuesday, Thursday and Saturday from 10:00-12:00 PM.](#)
- [The Mad River Valley Emergency Team has a Neighbors Shopping for Neighbors program.](#)
 - [Here's their general volunteer sign up sheet](#)
- [Northfield Mutual Aid Task Force has a robust public spreadsheet to volunteer based on skills and interests](#)
- [Green Mountain United Way started a Relief & Response Fund to support service organizations and people during COVID-19.](#)
- [Check out VCRD's Vermont COVID-19 Community Response & Mutual Aid Toolkit here.](#)

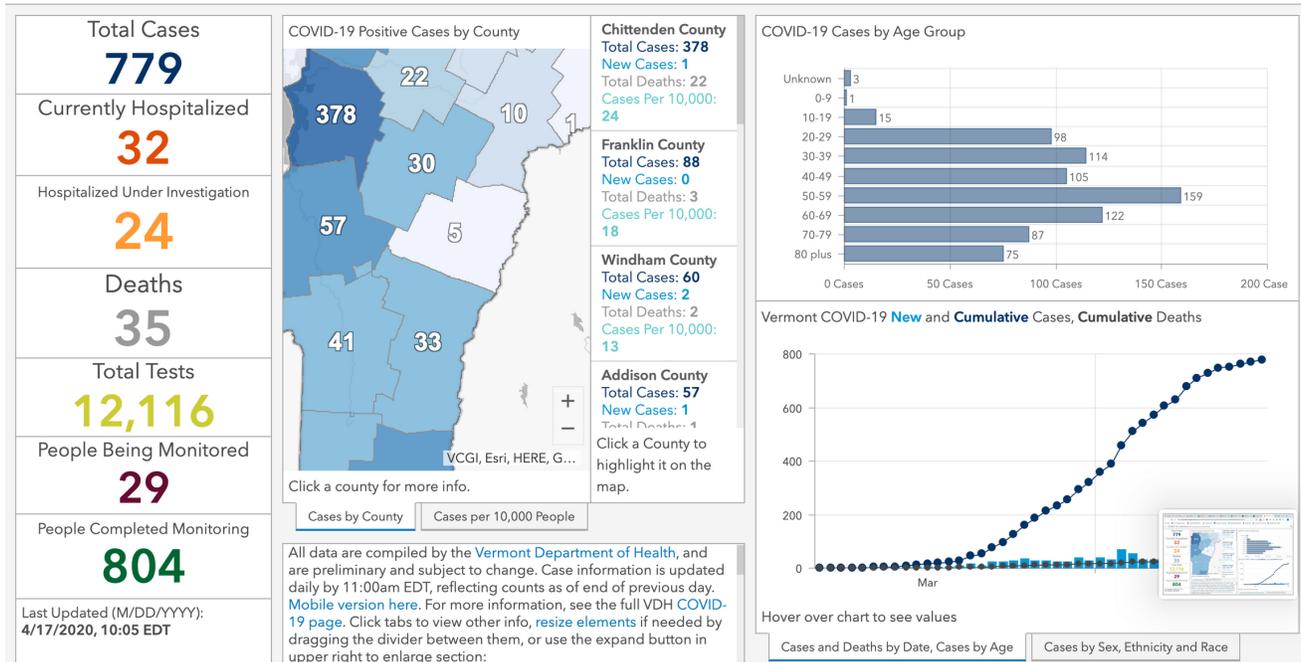
Childcare Resources from the Department for Children and Families

- Essential Persons who need child care may either [fill out this survey](#) or call VT 2-1-1 who will assist them with filling out the survey.
- [Child care programs should complete this survey](#) to notify the Child Development Division if they are closing or re-opening.
- Questions about all other services offered by the Child Development Division may be directed to 800-649-2642 between 7:45am - 4:30pm.
- All families with young children needing other resources and supports should call 2-1-1.



COVID-19 Vermont Status & News

COVID-19 in Vermont Vermont Department of Health (VDH)



THE VERMONT DEPARTMENT OF HEALTH HAS NEW COVID-19 WEB PAGES, INCLUDING THE NEW DATA DASHBOARD FOR AN IN-DEPTH PICTURE OF COVID-19 ACTIVITY IN VERMONT. CHECK IT OUT AT WWW.HEALTHVERMONT.GOV/COVID19

VERMONT DEPARTMENT OF HEALTH GUIDANCE

- **Stay Home, Stay Safe** – Please leave home only for essentials, like food or exercise. When out, keep a safe distance of six feet between yourself and others. Your efforts are making a difference in slowing the spread of the virus.
- **Wear a Cloth Mask** – If you need to leave your home for an essential purpose or will be near other people, wear a cloth covering over your mouth and nose. Since COVID-19 may be transmitted by someone who does not have symptoms, a mask helps you protect others. You must still practice social distancing. Learn more about how to use and make cloth face coverings.
- **People Coming to Vermont** – Residents and non-residents coming to Vermont – for anything other than an essential purpose – should quarantine at home for 14 days. Learn more about what the Stay Home, Stay Safe order means to Vermonters(link is external).
- **If You Are Sick** – Stay home and contact your health care provider online or by phone. Do not go to the hospital, except in a life-threatening situation. Use the CDC Self Checker Tool(link is external to review your symptoms. Read what to do if you are sick(link is external).
- **If You Smoke or Vape** – The new coronavirus attacks the lungs, making it harder for people who smoke or vape to fight off the virus. There has never been a better time to quit. Find resources at 802Quits(link is external).
- [Visit healthvermont.gov/covid19 for the most up-to-date information and guidance](http://WWW.HEALTHVERMONT.GOV/COVID19)



Safety Tip of the Week!

From WNOG-RRCC Safety Officer, Curt Lindberg!

BASIC SAFETY GUIDANCE FOR PEOPLE DELIVERING MEALS AND SUPPLIES DURING COVID-19 PANDEMIC

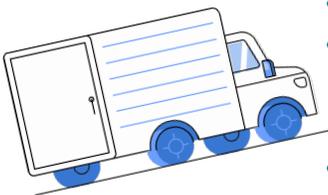


Before Beginning Meal Delivery Work

- Take your temperature at home before leaving home. If it is above 100.0F, DO NOT report for your volunteer assignment and alert the organization of your unavailability
- Before using vehicle for deliveries, use disinfectant on frequently touched surfaces in vehicle (such as door latches, door handles, steering wheel, gear shift) and any equipment used for delivery. If you do not have a pre-made disinfectant, make a diluted bleach solution as described below under Supply Checklist
- Following vehicle disinfection, discard wipes into trash container
- Disinfect hands using hand sanitizer following the technique presented in accompanying poster and video
- Cover your mouth and nose with a cloth face cover. Use proper technique for putting it on and taking it off
- Transfer meals into delivery vehicle, ideally from outside the food preparation facility

While Delivering Meals to Sites

- Wear a cloth face covering
- Maintain safe social distance – 6 feet or more – at all times and minimize contact with hard surfaces such as handrails, door handles, elevator buttons. Social distancing is THE MOST IMPORTANT PRECAUTION you can take!
- After each delivery, disinfect any equipment used in transferring meals.
- After each delivery, disinfect hands using hand sanitizer



After Completing Meal Deliveries

- Use disinfectant wipes on frequently touched surfaces in vehicle (such as door latches, door handles, steering wheel, gear shift) and any equipment used for delivery. Discard wipes in trash container
- Remove face cloth, being careful not to touch your eyes, nose, and mouth
- Disinfect hands using hand sanitizer

Supply Checklist

- Hand sanitizer
- Disinfectant – EPA-registered household disinfectant or bleach solution. To make bleach solution add 1 teaspoon of bleach per cup of water. Bleach solutions must be made each day as the solution is only effective for 24 hours.
- Paper towels or rag
- Trash container
- Cloth face cover
- Disposable gloves, if being used



Contact Us. We're Here to Help!

WNOC-RRCC is here to be a resource to you and support local and state efforts to serve our vulnerable neighbors and communities during this unprecedented time in history.

- **For individual support and guidance, please contact the Community Call Center.**
 - Call or text (802) 636-2025
 - You can also send us a Facebook message @WNOCRCC
 - Open from 8:00 AM - 10:00 PM, 7-days a week



- **For Mutual Aid-related inquiries, please contact Ian at ian.hitchcock@wnocrrcc.org.**

- **For all other inquiries, please contact the Community Relations team at communityrelations@wnocrrcc.org.**

- **[Sign up for our Community Email Listserv and receive future newsletters directly!](https://mailchi.mp/e07fd536918a/wnoc_rrcc_community_listserv_signup)**
https://mailchi.mp/e07fd536918a/wnoc_rrcc_community_listserv_signup

- **Follow us on Social Media too!**



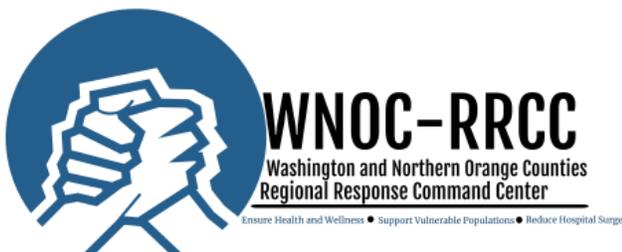
<https://www.facebook.com/WNOCRCC/>



<https://www.instagram.com/wnoc.rccc/>



<https://twitter.com/WnocRccc>



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