

Check out these resources in our community!

Health Resources

Visit the Boston Public Health Commission site [HERE](#), the MA Department of Public Health site [HERE](#), and the Centers for Disease Control site [HERE](#).

- **Go further.** Johns Hopkins University has a great site with up-to-date statistics, a map, and other resources [HERE](#).
 - **Get texts from the City of Boston about Covid-19.** I've found these to be useful and not too overwhelming. Text **BOSCOVID** to **99411** to sign up.
 - **Think you have the virus?** Call your primary care provider or the Mayor's hotline at 617-534-5050 (toll-free: 1-800-847-0710).
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Unemployment Resources

- **Filing for unemployment.** This process can be done **online** at the Department of Unemployment Assistance website [HERE](#). There is no need to physically go into the office.
 - **Questions about this process?** DUA is holding "virtual town halls" to answer people's questions. Learn more and sign up [HERE](#).
 - For anyone who doesn't qualify for unemployment benefits, direct them to [Disaster Unemployment Assistance](#).
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Resources for Local Businesses

Many residents in our neighborhood either run or work for small businesses, almost all of whom are facing a huge squeeze right now.

- **Help if you have the resources.** Order takeout from local restaurants, *many of which are still open*. Check out the City's list of restaurants [HERE](#).
 - **Learn.** Read more [HERE](#) in the Dorchester Reporter about the struggle restaurants are facing.
 - **Other business info.** Check out the City's small business website [HERE](#).
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Meals for Youth

Due to low attendance, RPLS will no longer be a food distribution site during the closure. If you or your family are experiencing food insecurity during this time of closure, please see the resources below.

- **Find a food distribution site near you.** Check out the City's site [HERE](#).

- **Other meal resources.** Try the Project Bread hotline, 1-800-645-8333, or the ABCD Food Pantry at 617-348-6559.

Emergency Funds for Undocumented Families

If you are undocumented yourself or have family members who are undocumented and have been impacted by the COVID-19 pandemic, click [this link](#) to learn more about supports provided by Betancourt Macias Family Scholarship Foundation.

WiFi Set Up

If students do not have access to reliable internet, please contact any of the resources listed below to try to set something up.

- [City of Boston resources](#)
- Comcast: visit www.internetessentials.com or call two dedicated phone numbers 1-855-846-8376 for English and 1-855-765-6995 for Spanish.
- Free internet hotspots: www.xfinity.com/wifi for map of free internet hotspots in your area

2020 Census Information

This crisis, more than ever, reminds us of the importance of having full access to government resources during times of need. Ensuring **everyone** fills out the Census helps us get the maximum amount of dollars and representation in Congress.

- **Fill out the census.** You can do it online [HERE](#). Takes 5-10 minutes.
- **Learn more about why the census is important.** Check out the City's site [HERE](#).

Groceries and Errand Deliveries

There are a number of resources to help you get groceries and run errands.

- **Free delivery for prescription drugs**, courtesy of CVS. Read more and sign up [HERE](#).
- **Meals on Wheels.** Still going, read more [HERE](#).
- **Special hours for seniors and people with compromised immune systems:**
 - Stop and Shop: 6:00-7:30 am daily for those over 60
 - Shaw's and Star Markets: 7:00-9:00 am Tuesdays and Thursdays for senior citizens, pregnant women and those with compromised immune systems
 - Market Basket: 5:30-7:00 am daily for those over 60
 - Whole Foods: 7:00-8:00 am daily for those over 60

Resources for Staying at Home

Check out this guide [HERE](#) with tons of useful links. And many more resources, thanks to Tremlett St. resident Lauren Wojtkun for these:

- **Meditation.** MIT has a 10 minute meditation every day at 2:50: <https://at250.mit.edu/>
- **Yoga and Pilates.** Live yoga and Pilates classes (scroll down at this page) <https://www.breathecambridge.com/>
- **More yoga from our local studio.** Yoga recordings from 4 Corners Yoga and Wellness: <https://www.4cornersyogawellness.com/>
- **Take a home safari.** Weekdays 3-4pm, a home safari with the Cincinnati Zoo: https://www.facebook.com/cincinnati_zoo/
- **Opera!** The Met is streaming opera every night: <https://www.metopera.org/>
- **Live dance.** Live dance classes several times a week: <https://go.dancechurch.com/>

Additional Resources and Notes

- **Street cleaning** is still on, but the City has suspended ticketing and towing with respect to street cleaning (other ticketing remains in force).
- **Child care** centers are mostly closed right now, including several in our neighborhood, but the Dorchester YMCA is providing some care. Call 617-436-7750 to learn more.
- [Additional Online Educational Resources for Students](#)
- [Here](#) is a list of mutual aid networks and resources, by community, across the state of Massachusetts.