



UVM Covid-19 Campus and Community Resources

Curated by the UVM Staff Council Office.

All items have been featured or will feature in the weekly Staff Council Covid-19 resources bulletin.

All suggestions for resources to add should be sent to staff.council@uvm.edu

UVM Covid-19 Resources

COVID-19 RESPONSE

[UVM's Return to Campus Website](#)
[HRS COVID-19 Information](#)
[FAQs](#)
[COVID-19 UVM Community Stories](#)

Human Resource Services

[COVID-19 Notices and Forms](#)
[COVID-19 FAQs \(PDF\)](#)

Staff Council

[COVID-19 Resources newsletter - back issues](#)
[Meeting minutes + video recordings](#)
[How are you doing? COVID-19 SC Survey](#)
[Find your Staff Council Representative](#)

WORKING REMOTELY

[Guidelines & assistance](#)
[Telecommuting Form](#)
[Ergonomics for home computer work station](#)

HEALTH & WELLNESS

[Mindfulness Meditations](#)
[Yoga - OLLI & CDE: Mondays at 5:30pm](#)
[Campus Rec LIVE Group Fitness](#)
[Campus Rec LIVE Employee Wellness Classes](#)
[UVM Interfaith Center Resources](#)
[Weekly Meditation Weds 4:30 PM](#)
[UVM Health: Mask Info](#)
[Nature & COVID-19: Survey](#)
InvestEAP
[Covid-19 Special EAP website](#)
[Practical support for teams working from home](#)
[Telehealth counseling](#)
[Childcare help](#)
[Covid-19 Info in multiple languages](#)

RACISM & INEQUITY

["Finding Answers Together," Teach-in Series](#)
[Amazing Grace: Video](#)
[Beyond Brave Spaces - Two Webinar/Seminars](#)

PROFESSIONAL DEVELOPMENT & TRAINING

[30 minute recording of Microsoft Teams webinar](#)

TECHNOLOGY & SECURITY - UVM

[Online meeting security - resources/instructions](#)

FINANCIAL SUPPORT & MEALS - UVM

[Staff Emergency Loan Fund](#)
[Rally Cat's Cupboard - food for students](#)

CHILDCARE, PARENTING, EDUCATION FOR KIDS

[Parenting Group - email \[Catarina.Campbell@uvm.edu\]\(mailto:Catarina.Campbell@uvm.edu\)](#)
[UVM Extension's 4-H online events and courses](#)

ARTS & EDUCATION

[Video tour of exhibition at Fleming Museum of Art](#)
[Fleming Museum searchable database](#)
[Wood Gaylor: video conversation series](#)
[UVM Bookstore - Future Catamount Activity Book](#)
[Webinar: Education in Disruption](#)
[Howe Library - pickup services for researchers](#)
[UVM Orchestra: Mussorgsky](#)
[RefBin Covid-19 Database](#)
[OLLI classes](#)
[Free NYTimes subscription through UVM Library](#)

WAYS TO HELP - UVM

[Teach with UVM Extension's 4-H Program](#)
[LCOM: PPE donation program](#)
[List of Ways to Volunteer Remotely \(UVM Hillel\)](#)
[UVM Health: PPE donation program](#)
[Frontline Foods - LCOM chapter](#)
[UVM Hillel: ways to volunteer online](#)
[Thank Frontline Health Workers \(UVM Health\)](#)
[UVM Foundation - Pandemic Response Fund](#)

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Community Resources

GENERAL AID

[Peace & Justice Center: Mutual Aid Resources](#)
[Front Porch Forum](#)
[Avoiding Disinformation](#)
[Burlington Resource & Recovery Center](#)
[Dept of Labor: Virtual Town Halls for employees](#)
[Community of Vermont Elders - weekly meetings](#)
[Buy Nothing Project](#)
[Burlington Mask Initiative](#)
[Free testing for COVID-19](#)

FOOD & MEALS

[VT Foodbank Meal Delivery Calendar](#)
[WIC](#)
[3Squares VT](#)
[Meal Programs for Older Vermonters: \(800\) 642-5119](#)
[Feeding Chittenden](#)
[St. Albans: Martha's Community Kitchen](#)
[St. Albans: Northwest Family Foods](#)
[Grand Isle: C.I.D.E.R.](#)
[Flex Assistance Support - groceries & gas](#)
[Skinny Pancake: ShiftMeals](#)
[List of food shelves \(Burlington Free Press\)](#)
[Bobcat Cafe \(Bristol\): Pay-it-forward program](#)
[Rutland: Restaurants that provide takeout/delivery](#)
[Little Morocco Cafe - free soup & rice](#)
[SpectrumVT - lunch and dinner](#)
[Meals for Kids](#)
[Instacart - shopping & delivery service](#)
[Seven Days directory of takeout options](#)
[Burger King: Free kids meals with app purchase](#)
[Sodexo: Food Resources Guide](#)
[Better Middlebury Partnership](#)
[How to Reduce Food Waste \(CSWD\)](#)
[Fridge-foraging recipes: City Market Co-op](#)
[Fridge-foraging recipe: SevenDays VT](#)
[Burlington Leftovers](#)
[Burlington Farmers Market COVID-19 guidelines](#)
[Burlington Little Free Pantry: 235 Loomis St](#)

[STEPS Food Security Resources & Support](#)
[Heavenly Food Pantry - Essex Junction](#)
[North End Food Pantry](#)

FINANCIAL SUPPORT - COMMUNITY

[VSECU emergency loans \(non-members can apply\)](#)
[Pandemic of Love - Mutual Aid](#)
[Burlington Property Tax Relief](#)
[Childcare Scholarships](#)
[Rental Housing Stabilization Program](#)
[Grants for frontline workers](#)

UTILITIES

[Moratorium on disconnections of services](#)
[Public Wifi Hotspots in Vermont \(use from inside car\)](#)
[VT Internet service providers - current guidelines](#)
[Broadband Subsidy Program](#)
[Utility Arrearage Assistance](#)

TRANSPORTATION

[Green Mountain Transit - latest updates](#)
[Parking in BTV](#)

HEALTHCARE

[VT Dept of Health: All cases in VT](#)
[VT Dept of Health: FAQ on COVID-19](#)
[Frequent Handwashing - Guidelines \(CDC\)](#)
[Is takeout/delivery of food safe? \(VTDigger\)](#)
[Q&A on food and packaging safety \(FDA\)](#)
[Popup testing for Vermonters without symptoms](#)
[Antibody testing - learn more.](#)
[Participate in a study of COVID-19 symptoms](#)

Mental Health

[Vermont Agency of Human Services: info & resources](#)
[National Alliance on Mental Health directory \(PDF\)](#)
[10 Ways to Reduce COVID-19 Anxiety \(ADAA\)](#)
[VT Dept of Health: tips for dealing with stress](#)
[Relaxation Exercises for Falling Asleep](#)
[YMCA 360: Free health & fitness videos](#)
[Empathy vs. Sympathy - Brené Brown](#)
[Counseling Service of Addison County](#)

Community Resources

Insurance

[BCBSVT updates](#)

[Vermont Health Connect](#)

MASKS - INFORMATION AND TUTORIALS

[CDC tutorials: one sewn, one no-sew](#)

[VT Dept of Health: Mask-wearing/cleaning \(PDF\)](#)

[Make a mask in the "Burlington style"](#)

[How to avoid fogging glasses with your mask](#)

[Burlington Mask Initiative](#)

MULTI-LINGUAL RESOURCES

[VT Department of Health](#)

[New Americans in Vermont](#)

[Vermont Multilingual Coronavirus Task Force](#)

CHILDCARE & PARENTING

[Childcare for Essential Workers](#)

[Vermont Kin As Parents: \(802\) 871-5104](#)

Pregnant or with Small Child During Pandemic?

- Mental health clinician: 2-1-1, option 6, or info@helpmegrowvt.org

- Postpartum Support International

- Community Mental Health Centers

[Tips for working from home with kids \(HERC\)](#)

TECHNOLOGY & SECURITY

[Protection while using ZOOM](#)

[VT Internet service providers - current guidelines](#)

[Standing desk ergonomics: Mayo Clinic](#)

[Standing desk ergonomics: EHA](#)

[Six tips to successfully working from home](#)

ARTS & ENTERTAINMENT

[Live-stream local arts events](#)

[Vermont Art Online](#)

[Storytime from Space](#)

[Free Books on Audible.com](#)

[Vermont Comedy Club: classes \(pay what you can\)](#)

[Vermont Comedy Club: family friendly shows](#)

[Montshire Museum: weekly DIY science & activities](#)

[Creative Mornings: online classes/field trips \(adults\)](#)

[Wide Open School: collection of materials \(kids\)](#)

[Social Distancing Reading Series \(poetry\)](#)

[ECHO Leahy Center: Science & Stories Online](#)

[Social Distancing Festival: worldwide live events](#)

[Zoom meeting pie chart \(for laughs\)](#)

[Some Good News \(SGN\) with John Krasinski](#)

[NPR: Coronavirus comic for kids](#)

[LiveScience: Ultimate Kids' Guide to the Coronavirus](#)

[Mommy Poppins: Exercises & Games](#)

[#SaveWithStories: Celebrities read to kids](#)

[Fletcher Free Library - curbside pickup](#)

[Fletcher Free Library - Online Events Calendar](#)

[Fletcher Free Library - D&D Registration](#)

[Fletcher Free Library - Free access to Ancestry.com](#)

[Rutland Free Library - curbside pickup](#)

[7 Free Online Creative Writing Classes](#)

[Burlington Writers Workshop - free](#)

[Jazz at Lincoln Center](#)

[@theatrewithouttheater](#)

[Free goofy achievement badges](#)

[Funny You Should Mask - comedians & doctors](#)

[BTV Plant Share & Swap](#)

[Fairbanks Museum & Planetarium - live classroom](#)

[Shelburne Museum 10-2-4 Break Challenge](#)

[Digital Vermont - Vermont Historical Society](#)

[Birds of Vermont Museum - Trails are open to locals](#)

[Vermont Folklife Center](#)

[Local Motion - games and activities](#)

[Museum of Modern Art - free classes](#)

[Lake Champlain Maritime Digital Museum](#)

[Virtual Shipwreck Tours](#)

[Vermont Livestreams](#)

[Fletcher Free Library Adventure Activities \(offline\)](#)

[SevenDays "Vermonting" - curated local daytrips](#)

[Burlington Parks Updates](#)

[Museums opening up soon](#)

[JK Rowling's *The Ickabog* - free online fairytale](#)

[Helen Day Art Online](#)

[Well+Fed Project](#)

[Osher Lifelong Learning Institute classes](#)

[Trailfinder - tips for hiking safely](#)

[Clemmons Family Farm - videos](#)

[Hurly Burly Performance Series](#)

Community Resources

LOCAL UPDATES

Vermont Department of Health
 VT Digger Live Updates
 Tim Ashe interviews different VT leaders
 6/3 Interview: Dr. Tim Lahey on safe practices
 BCA Summer Artist Markets
 Music from the Green - Shelburne Museum

HOW TO HELP

Donate Blood
 Join the VT Medical Reserve Corps
 VT Community Foundation COVID-19 Response Fund
 Instructions for making homemade masks
 Deliver to quarantined people in Burlington
 Deliver to quarantined people in Richmond
 Donate food and money to Feeding Chittenden
 Donate money to Vermont Foodbank
 Donate money/cleaning supplies to ANEW Place VT
 Donate to South Burlington Food Shelf
 Donate to United Way of Northwest Vermont
 Donate to Farmer Emergency Fund
 City of Burlington: help make denim masks
 Donate to The Generator to help make face shields++
 Donate to Skinny Pancake's Shiftmeal program
 Another list of volunteer/donation opportunities
 Emergency Animal Care Fund (food for pets)
 #Save with Stories (meals for kids)
 Support Buddies - helping Burlington seniors
 SpectrumVT - donate food, gift cards, money
 BRRC: Volunteer Match Service
 Babysitters are needed
 List of ways to help BTV businesses
 List of local donation opportunities
 Fork Over - helping service industry workers
 Shop at Black-owned local businesses
 Coronavirus Care Fund - helping domestic workers
 Plant for the People: Donate surplus fruits/veggies
 Pandemic of Love - mutual aid organization
 How to build a Little Free Pantry (PDF)
 Donate to Black Lives Matter of Greater Burlington
 Donate to Barrio Bakery to deliver food
 Donate/cook/grow for Food Not Bombs

ANTI-RACIST RESOURCES

Talking About Race - NMAAHC
 How to explain racism to kids
 Anti-racist reading list - Elle
 Showing Up for Racial Justice (SURJ)
 Google doc of anti-racist resources
 Why racism is a risk factor for dying of COVID-19
 Impact of COVID-19 on BIPOC in VT
 What is white supremacy culture?
 Justice reading list for kids (scroll down)
 What is racial gaslighting?
 Protect yourself from COVID-19 while protesting
 Schomburg Center reading list
 How to protest police brutality safely
 Resources for becoming a better ally
 Trauma Stewardship book - free download
 White supremacy culture in organizations
 App: Your Black Friends are Busy
 UVM: Health Equity Resources
 Free OLLI class from Equal Justice Initiative
 Peace & Justice Cntr, incl. Toxic Whiteness Discussion
 Implicit Bias Tests
 What is Implicit Bias? - [Racial Equity Tools Website](#)
 VT Prison Racial Disparities - VPR podcast
[Impact of COVID-19 on Black-owned businesses](#)
 Shop at Black-owned local businesses

MORE RESOURCE LISTS

United Way/Working Bridges
 Vermont Department of Libraries
 Let's Grow Kids
 Addison County Economic Development Corporation
 US Dept of Labor - FFCRA information
 Bennington Community
 Springfield
 St. Albans
 UVM Health Network - Central Vermont
 Vermont League of Cities & Towns
 Vermont 211
 Vermont Council on Rural Development
 Church Street Marketplace - updates
 Coronavirus Response Dashboard