

Resources for Lincoln Residents During the Coronavirus Pandemic

Information

Town of Lincoln, local government actions, local resources, messages from the Town Public Health Nurse and Board of Health, etc.: www.lincolnpublichealthnews.com.

Lincoln Squirrel, Up-to-date local information on Town of Lincoln government actions, local resources, and more: for information on subscribing, contact Alice Waugh at lincolnsquirrelnews@gmail.com

Commonwealth of Massachusetts, information on the Coronavirus, including state actions, information on case counts statewide, etc.: www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19

Council of Massachusetts United Ways and Commonwealth of Massachusetts, information on prevention, symptoms, testing, and travel: *Call 211*

CDC, information on the Coronavirus, cases nationwide, national resources: www.cdc.gov/coronavirus

General Assistance

Council on Aging, assistance for residents of all ages: (781) 259-8811, bottumc@lincolntown.org

Lincoln Helps, matches Lincoln residents in need with those who can help: https://docs.google.com/forms/d/e/1FAIpQLSffdNZA0c88qkxfmUSfq_NUN-FbVdBNLkvpB6NckjpEMCAxz0w/viewform?vc=0&c=0&w=1

The Lincoln Family Association, Community Service & Charity Fundraising Chair, Kim Jalet: outreach@lincfam.org

Assistance for Families with Students in Lincoln Public Schools:

Contact your child's school principal

Assistance for Families with Students in Lincoln-Sudbury Regional High School:

Lincoln-Sudbury Mutual Assistance Network: Email: lincolnsudburymutualaid@gmail.com; Website with Resources and Offerings: <https://tinyurl.com/lsmutualaidnetwork>

Facebook Group: <https://www.facebook.com/groups/lincolnsudburymutualaid/>

Food

Food Pantries

St. Vincent de Paul: contact Karen Boyce at karenboyce620@gmail.com or (781) 259-9303

Open Table, Maynard: <http://www.opentable.org/>

Sudbury Community Food Pantry, Sudbury: sudburyfoodpantry.org

Project Bread, Food Source Hotline: (800) 645-8333, TTY (800) 377-1292, www.projectbread.org

Grocery Delivery (availability may vary day to day)

Donelan's Delivery: (781) 259-0144, donelans.com
Online orders only.

Peapod by Stop and Shop: (800) 573-2763, peapod.com
Online orders only.

Roche Bros.: (781) 694-5280, rochebros.com
Online and phone orders.

Instacart: Instacart.com
Choose items from various stores that are delivered to your door. Online only.

Shipt: shipt.com
Choose items from various stores that are delivered to your door. Online only.

Take-Out

REAL: (781) 259-9464, www.keepitreallincoln.com

Medication Delivery (availability may vary day to day)

Walgreens: (800) 925-4733, walgreens.com

West Concord Pharmacy: (978) 369-3100; westconcordpharmacy.com

CVS: (978) 371-0688; cvs.com

Emergency Financial Assistance

Lincoln Council on Aging/Emergency Assistance Fund (for residents of all ages): (781) 259-8811, bottumc@lincolntown.org

St. Vincent de Paul: contact Tomasina Lucchese at tomasinal@mac.com or (617) 680- 4159

To Donate to Assist Residents in Need:

Lincoln Council on Aging: Send check payable to the Town of Lincoln, with memo "Emergency Assistance Fund" and addressed to CoA c/o Town Offices, 16 Lincoln Road, Lincoln, MA 01773

St. Vincent de Paul: Send check to St. Vincent de Paul, PO Box 324, Lincoln, MA 01773

Lincoln Public Schools Meals Assistance Program: Click on <https://unipaygold.unibank.com>. Search for "Lincoln Public Schools" in the grey bar marked "Select." This takes you directly to the Lincoln Public Schools transaction page and the Meal Assistance tab is on the left.

Managing Stress and Anxiety

Council on Aging, over-the-phone or online individual and group counseling: (781) 259-8811, bottumc@lincolntown.org

First Parish in Lincoln, emotional support to the community through a phone chain: sarah.andrysiak@gmail.com

Massachusetts Substance Abuse and Mental Health Services Disaster Distress Helpline, 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters: 1-800-985-5990 or text *TalkWithUs* to 66746 to connect with a trained crisis counselor.

Samaritans, 24/7 helpline any time: 1-877-870-4673

Online Resources for Managing Stress and Anxiety

Managing Anxiety and Stress, CDC, <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Safety, Predictability and Control in the Midst of COVID 19, Riverside Trauma Center, <http://riversidetraumacenter.org/safety-predictability-control-in-the-midst-of-covid-19/>

Managing Reactions to the Coronavirus, Riverside Trauma Center, Talking with your Children About Highly Stressful Events,
http://riversidetraumacenter.org/wp-content/uploads/2020/03/Managing-Reactions-to-the-Corona-virus.pdf?fbclid=IwAR006DoUSn1mgkIto9ojyBMzpQ87gkte7NLbhjT6lQS1Dg3nbH_xL3haFsk

How to keep coronavirus fears from affecting your mental health, CNN,
<https://www.cnn.com/2020/03/14/health/coronavirus-fears-mental-health-wellness-trnd/index.html>

Enrichment

Lincoln Public Library, online books, newspapers, educational opportunities, movies, book groups, and more, <https://www.lincolnpl.org>

Fitness Classes Online

Parks and Recreation Department, online adult fitness classes, karate, Music Together for preschoolers: <https://www.lincolntown.org/206/Parks-Recreation>

Council on Aging, online Active Aging, Stretch and Flex, Line Dancing classes, <https://www.lincolntown.org/132/Council-on-Aging>

Compiled by the Lincoln Council on Aging and the Lincoln Family Association.
To change or add information, please contact Carolyn Bottum, Council on Aging,
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