

## BE CONNECTED NOT CONTAGIOUS: CAVENDISH RESOURCES: 3/23/20

**Town Office:** Closed to the public, but staffed and ready to serve. Call 226-7291 or 7292. **Call here for volunteer help or to volunteer during business hours M-F.** Check the website [www.cavendishvt.com](http://www.cavendishvt.com) for town related information.

**For those who are self- isolating or who are in required quarantine:** Volunteers are available to help with the following: shopping, picking up mail, transfer station runs or other necessary services. Call 226-7291 or 7292 to arrange for service

- **If you are having issues with, lost wages, food, rent etc.** Black River Good Neighbor in Ludlow. (802) 228-3663. Food & other assistance by appointment..
- **If you are not safe where you live:** Vermont Network Against Domestic Violence 800-228-7395 can help.
- **Need Emotional Support.** Headrest, available 24/7 1-800-273-8255.
- **Daily Friendly Call:** A Cavendish Volunteer will be happy to call and chat with you daily. Arrange by calling 226-7291
- **Working/Studying Remotely -Internet Connectivity:** Free Wi-Fi is available at libraries in Proctorsville & Ludlow. No passwords required.
- **Banking, Gas & Pharmacy:** Bank Lobbies-appointment only. ATM, online as normal. Clean your hands well after using the ATM, pumping gas or opening a door.
- **Transfer Station:** Normal hours-W & Sat 8-5; Sun 10-5. Tokens at Singleton's, Can write checks
- **Library Resources:**
  - **Cavendish Library:** Call 226-7503 for more information. [www.cavendishlibrary.org/](http://www.cavendishlibrary.org/)
  - **Ludlow Public Library:** Use on line catalog [www.fmlnews.org](http://www.fmlnews.org) to make requests. Pick up at the back door. Call 802-228-8921 to place your order. On-line offerings of downloadable e-book and audio books and more.
- **Dinning/Food:** To Go Service only at American Pie 228-4271 in Ludlow; Crow's Bakery 226-7007; Neal's in Proctorsville 226-7251
  - Singleton's: Accepting grocery orders over the phone, pick up at the back door.226-7666.
  - Meals on Wheels available by calling 228-7241
  - Special Store hours for those at higher risk/60+: Shaw's 7-8:30 am (Tues & Thurs); Market Basket 5:30-7 am (Tues-Thurs); Wal Mart: 1 hour before store (Tues).
- **Post Office:** Normal hours.. Proctorsville 226-7268; Cavendish 226-7238.
- **Cavendish Cares Bags** are filled with items to provide comfort for those who are sick. Obtain a bag by calling 802-226-7131.
- **Health Care:** If you are feeling sick, please call your primary care provider or any of the local emergency rooms before going in. They will advise you how to proceed. **CALL 911 FOR ALL EMERGENCIES** Contact numbers are as follows:
  - Ludlow Health Center 802-228-8867. • Springfield Hospital 802-885-7540
  - Rutland Regional Medical Center 802-775-7111 • Dartmouth Hitchcock Medical Center 603-650-7000 • Mt. Ascutney Hospital 802-674-6711

**Call 211 for Covid-19 Information**

**For up to date information, check the Cavendish VT Facebook page**  
**[www.facebook.com/cavendishvt](http://www.facebook.com/cavendishvt) You don't have to be a Facebook subscriber to use it.**