

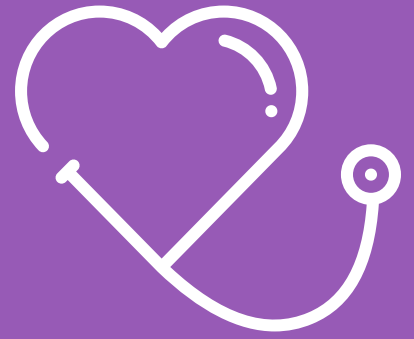


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WELLNESS BANK

March 2021 Edition

RESOURCE GUIDE



Dear Reader,

The Wellness Idea Bank is a comprehensive and community-driven guide for those in the Greater Boston Area that helps to aggregate resources, ideas, and events for supporting wellness and social connections.

All resources on the Wellness Idea Bank are curated and submitted by members of the VVN community, and it is our community that makes this project possible. If you would like to see a new resource added, you can do so at <https://bit.ly/WellnessIdeasSubmit>.

Thank you for reading, and we hope that the Wellness Idea Bank proves itself useful to you!

The VVN Staff

I. Featured Resources

[Abundance Boston Food App](#)

Your local guide to free and low cost food resources in Greater Boston, MA. Find food resources near you, filter your searches by types of food resources, and see what other Boston residents have to say about specific locations!

Available in: English
Available to: Greater Boston residents

[Boston Public Library Online](#)

Free downloadable and streaming books, audiobooks, comics, music, videos, newspapers, classes, etc. If you don't have a library card, sign up for an ecard for access.

Available in: English, Other languages may be available
Available to: Boston / Massachusetts residents

[COVID-19 Vaccine FAQ](#)

This has been a stressful a time for many people, but the new vaccine is an exciting step in our fight against COVID-19 and in returning to a more normal way of life. It is natural, as with any new medication or treatment, that people have questions about it. In the age of social media, it is easy for false information to spread quickly. Here are some facts from Tufts Medical Center's Infectious Diseases doctors.

Available in: English
Available to: Anyone

[Massachusetts' COVID-19 Vaccination Phases](#)

Here are the details of the Massachusetts COVID-19 vaccine distribution plan. The plan includes three phases, which reflect several priorities: protecting our most vulnerable, maintaining health care system capacity, and addressing inequities in health care access and COVID-19 burden. If your group is not specifically listed in either Phase 1 or Phase 2, you will be eligible to receive the vaccine in Phase 3, which is expected to launch in April.

Available in: English
Available to: Massachusetts residents

[Mass.gov Information on Resources for Renters, Homeowners and Landlords](#)

Includes information on getting help with RAFT and ERMA, getting help with rent and mortgage payments, foreclosure and forbearance information for homeowners, and more.

Available in: English
Available to: Massachusetts residents

[Mass Legal Help](#)

Legal information about a wide range of housing related legal issues, including the CDC moratorium, and information about evictions. Also has a link to the CDC Moratorium form.

Available in: English
Available to: Massachusetts residents

[Mass 2-1-1](#)

For information on rent and mortgage assistance, as well as referrals to other social services. Mass 211 answers calls 24/7 all 365 days of the year. They have an English and a Spanish menu and offer interpreter service for over 150 languages.

Available in: English, Spanish, and more
Available to: Massachusetts residents

[World Map of Virtual Field Trips](#)

Take a wellness and learning break and take a virtual field trip of zoos, aquariums, museums, national parks, and world cultural heritage sites!

Available in: All Languages
Available to: Anyone

II. Time Sensitive Resources

[Brookline Arts Center's Artist Residency Program](#)

The BAC is seeking proposals for a 12-week artist residency in our historic firehouse turned arts center in Brookline, MA. One dynamic solo artist or small collaborative group will have the opportunity to experiment and grow their body of work with the support of the BAC. Artist(s) selected will design, create and exhibit an installation or series of work in our unique gallery space. The residency will provide six weeks of artistic development and culminate with a six-week public exhibition.

Applications due April 4th, 2021.

Available in: English
Available to: Anyone

[Broto: Art-Climate-Science - Open Call for Collaborations](#)

Broto: Art-Climate-Science is an emerging art-sci collaboration conference and community pointed at successful climate endgames. The transdisciplinary organization is asking for proposals for a single paid collaboration team. Each team must include at least one of each of the following — artist, scientist and observer — who will work together on a new project to test our Collaboration Blueprint.

Applications close April 1st, 2021.

Available in: English
Available to: Massachusetts residents

[Community Foundation of Western Massachusetts - Scholarships](#)

The Community Foundation of Western Massachusetts administers many scholarships and interest-free loans. Last year alone, the program attracted approximately 2,000 applications and awarded approximately \$2 million to over 800 recipients. The program is recognized as one of the largest scholarship programs of the over 700 community foundations in the country. For more information or to apply, please visit the scholarship provider's website.

Applications due March 31st, 2021

Available in: English
Available to: Franklin / Hampden / Hampshire Residents

[MassHire Job Opportunities](#)

MassHire has a comprehensive list of employers who are hiring during COVID-19. Visit the website to learn more and register for webinar info sessions.

Available in: English
Available to: Massachusetts, Boston, Dorchester, Mattapan, Roxbury Residents

[NEFA - February 2021 Jobs & Opportunities](#)

The New England Foundation for the Arts has released a list of jobs and opportunities for those in New England and elsewhere related to the arts and culture. **Please note** - this page has resources and opportunities for March and beyond as well!

Available in: English
Available to: Boston / Massachusetts residents, Anyone

III. COVID-19 Resources

[COVID-19 Eviction Resources](#)

Community resources for eviction prevention in the City of Boston are available including the resources found in Just Shelter as suggested by the Eviction Lab. Four categories of resources (education and advocacy, housing assistance, legal aid, and tenant rights) can be found. Click each resource for more details.

Available in: English
Available to: Boston Residents

[COVID-19 Resource Map](#)

This is the map sharing COVID-19 related resources in the city of Boston that are accessible by visiting. The information may change rapidly. Please contact each location before visiting. We will add more resources and keep this page updated as we receive more information.

Available in: English
Available to: Boston Residents

[Map of COVID-19 Testing Sites](#)

Some information from the City of Boston regarding COVID-19 testing and a map to look up testing locations.

Available in: English
Available to: Boston Residents

[NLC COVID-19 Local Action Tracker](#)

The National League of Cities and Bloomberg Philanthropies have teamed up to collect and share actions taken by local leaders in response to the COVID-19 Pandemic.

Available in: English
Available to: Anyone

[COVID-19 Eviction Diversion Initiative](#)

A comprehensive set of resources to support tenants and landlords during the financial challenges caused by the COVID-19 pandemic.

Available in: English
Available to: Massachusetts residents

[Unemployment Information Fact Sheet](#)

Summary of UI programs available during Covid-19, including eligibility definitions, benefit amounts and duration and effect of part-time earnings.

Available in: English
Available to: Boston Residents

[USCIS Response to the Coronavirus Disease 2019 \(COVID-19\)](#)

US Citizenship and Immigration Services Response to the Coronavirus Disease 2019 (COVID-19) - As of March 18, U.S. Citizenship and Immigration Services has suspended routine in-person services until at least April 1 to help slow the spread of Coronavirus Disease 2019 (COVID-19). USCIS staff will continue to perform duties that do not involve contact with the public. However, USCIS will provide emergency services for limited situations. To schedule an emergency appointment contact the USCIS Contact Center.

Available in: English
Available to: Anyone

IV. Volunteering Resources

[Boston Cares](#)

Boston Cares is the largest volunteer agency in New England, a member of the Points of Light Global Network, and an award-winning leader in the volunteer engagement sector. Filling more than 25,000 volunteer spots annually in support of more than 180 Greater Boston schools and non-profit agencies, we offer a wide array of programs and opportunities that make it simple for you to volunteer no matter how busy your schedule. Both virtual and in-person volunteering is available!

Available to: Boston Residents

[FriendshipWorks](#)

For 36 years, FriendshipWorks has worked to reduce social isolation in Boston by matching volunteers to older adults in need of assistance. FriendshipWorks is continuing to support elders with regular phone calls and the addition of virtual visiting with online technology. To refer an elder or to become a virtual volunteer, please fill out a form or contact the appropriate staff person on the Contact Us page.

Available to: Boston Residents

[Habitat for Humanity - Greater Boston](#)

Habitat for Humanity Greater Boston is now welcoming volunteers back to our Build Sites and ReStore. Because of COVID-19 requirements for social distancing, Build Days will be offered only to groups of no more than five participants. Individual volunteers will be accepted, but only at the ReStore location in West Roxbury. Individual construction opportunities may arise in the fall and winter, please check the Individual volunteering page for more information.

Available to: Boston Residents

[Red Cross - Donate Blood](#)

Right now, eligible and healthy donors are strongly urged to make an appointment to provide lifesaving blood products to patients. Please give now.

Available to: Anyone

[Somerville Homeless Coalition - Project Soup](#)

The Somerville Homeless Coalition's Project Soup is in need of volunteers to help pack bags of food or deliver groceries to those who are unable to get to its food pantry. Volunteers can also work with their church or another group to cook a Monday night meal, held at the First Congregational Church of Somerville.

Available to: Boston Residents

[Victory Programs](#)

Victory Programs is hosting a limited number of volunteers at two of its programs in Boston, the Boston Living Center and ReVision Urban Farm. Volunteers at the Boston Living Center can help serve meals in a limited-capacity room from 10 a.m. to 2 p.m. Monday through Friday. At ReVision Urban Farm, help is needed harvesting food and preparing growing beds, with shifts available Monday through Friday from 9 a.m. to 4 p.m. Victory Programs has virtual volunteer opportunities, from job readiness programs to art and yoga classes.

Available to: Boston Residents

[Volunteer List to Call Seniors](#)

A volunteer team to make check-in calls to senior citizens in our community to ensure that all have the resources that they need to stay well during this challenging time. If you have any questions, please email Marjorie.Decker@mahouse.gov.

Available to: Massachusetts / Cambridge Residents