

## Frequently Asked Questions About Community Resources During the COVID-19 Emergency

**Q: How do I get up to date and accurate data on COVID-19 cases in my community?**

A: These two links can bring you to detailed information on your locality:

[Ulster County COVID-19](#)

[Dutchess County COVID-19](#)

**Q: I am returning to work, where can I find childcare?**

A: Daycare has now been expanded beyond providing care for essential workers. If you had a provider prior, contact them directly as guidance has changed the capacity for childcare locations. You can also utilize the resources below if you need to locate a new childcare provider.

**Ulster County**

Parents and guardians in Ulster County should contact the Family of Woodstock's Child Care Resources and Referral (CCRA) offices at (845) 331-7080 available Monday-Friday 8:00AM-5:00PM.

**Dutchess County**

Parents and guardians in Dutchess County can reach the Childcare Council of Dutchess and Putnam by calling (845) 473-4141 or by email at [jwagner@childcaredutchess.org](mailto:jwagner@childcaredutchess.org).

**Q: Are Summer Camps going to offer programs for my child this year?**

A: Summer camps have been permitted to resume as of June 29<sup>th</sup> in regions that are on track for reopening, however non-profit, private and municipal camps will make their decision to open or remain closed independently. Additional guidance on safety precautions have been developed by the Department of Health. You should contact your camp provider for their action plan.

**Q: What County Services are available for me to utilize?**

A: **Please see page 3 or [click here](#).** Ulster and Dutchess County Departments will have limited access to the public but will be taking clients via phone/email and can answer questions about how to receive services. As the phased reopening continues, in person services will further expand as part of Phase 4 and FAQ document will be updated accordingly.

**Q: I am unable to pay my rent and I'm having trouble with my landlord, is there any resource available to help?**

A: The New York State residential eviction moratorium has been extended to October 1, 2020.

Additionally, Ulster County COVID-19 Tenants Protection Unit has established a platform to submit concerns and receive assistance. To contact the Ulster County COVID-19 Tenants Protection Unit, call 845-303-5503 or fill out the form by clicking [here](#).

Dutchess County residents are encouraged to contact the Dutchess Community Based Services for assistance, call 845-454-5176.

**Q: What resources are there for mental health services right now?**

**A: Please see page 4 or [click here](#).** Behavioral health services are widely utilizing telehealth so counselors can provide ongoing therapy sessions and take new clients. More than 6,000 Mental Health Professionals have signed up to provide FREE online mental health services - New Yorkers statewide can call 1-844-863-9314 to schedule an appointment.

**Q: I’m not feeling well and think I may have COVID-19, what should I do?**

**A: Please see page 6 or [click here](#).** You should contact your primary care physician so testing procedures can be followed. If you do not have a primary care physician you should contact the Ulster County COVID-19 Hotline at (845) 443-8888 or the Dutchess County COVID-19 Hotline at (845) 486-3555. You can also contact your local Urgent Care.

**Q: I need assistance with food resources, where can I get help?**

**A: Please see pages 7 and 8 or [click here](#).** At this time, both Dutchess and Ulster Counties have discontinued their COVID-19 meal assistance programs and redirected eligible residents to SNAP benefits and other local resources. Follow the links for a complete list of up to date Emergency Food Resources like farms and food pantries:

- [Ulster County COVID-19](#)
- [Dutchess Responds](#)

**Q: I’m a senior citizen... how can I get assistance with food shopping?**

**A: Please see pages 7 and 8 for additional resources or [click here](#).**

**Ulster County**

**Ulster County Office for the Aging** offers grocery shopping assistance for residents over 60 years of age who are on a limited income, are not on Medicaid, and have no one to shop for them. OFA also has frozen meals available for pick up or delivery at sites in Saugerties, Rosendale, and Ellenville. Visit their website at <https://ulstercountyny.gov/aging> or call (845) 340-3456 for more information.

**Project Manna** is a group of several non-profit organizations working together to help with grocery shopping and delivery for seniors and others at risk. There is no cost for this service, however, you must have a credit card or personal check to pay for the groceries/prescriptions and a telephone in order to participate in the program. Please call for more information:

- Jewish Federation of U.C.: Mondays & Fridays 10 am-3 pm (845) 338-8131
- Hand in Hand: Wednesdays-Saturdays 10 am-4 pm (845) 389-0969
- Jewish Family Services: Mondays-Thursdays 9 am-1 pm (845) 338-2980

**Dutchess County**

Dutchess County Office for the Aging remains open Monday-Friday from 9:00AM-5:00PM. They are able to accept visitors only under strict limitations so please call or email before visiting: (845) 486-2555 / [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov).

**Q: Can I get meals from my school district for my student child or children?**

**A: Please see page 8 or [click here](#).** Kingston, Red Hook and Rhinebeck school districts have secured funding to continue food service programs throughout July and August.

**County Department Phone Numbers**

**Ulster County:**

- Department of Social Services (845) 334-5000
- Office for the Aging (845) 340-3456
- Veteran Services Agency (845) 340-3190
- Office of Employment and Training (845) 340-3170
- Ulster County Department of Motor Vehicles (845) 340-3700
- Ulster County Clerk’s Office (845) 340-3288
- Crime Victims Assistance Program: (845) 340-3443
- STOP DWI (845) 340-3448

**Dutchess County:**

- Temporary Assistance (845) 486-3190
- Children's Services Preventive & Protective (845) 486-3080
- Child Support Programs (888) 208-4485
- Youth Services (845) 486-3024
- Day Care Assistance (845) 486-3190
- HEAP (845) 486-3249
- Supplemental Nutrition Assistance Program (SNAP) (845) 486-3250
- Medicaid (845) 486-3340
- New York State of Health (855) 355-5777
- Adult Protective Services (845) 486-3300
- Emergency Housing (845) 486-3300
- Dutchess County Clerks (845) 486-2130
- Department of Motor Vehicles (845) 486-2130

- Additional Guidance on Department of Motor Vehicle Transactions:

**Q: Can I complete my DMV transaction in-person?**

A: DMV offices are now opened and offer some in-person transactions by reservation only. All transactions that do not require an office visit must be completed online, by mail

**Q: My DMV document is expiring, what should I do?**

A: The DMV has extended until further notice: any drivers licenses, permits, non-driver identification cars and vehicle registrations that were due to expire on March 1 or after; vehicle inspections that were due to expire on March 31<sup>st</sup> or after; and 45-day temporary registrations issued by auto dealers.

**Q: I was planning on getting my drivers license, what can I do?**

A: The five-hour course necessary to get a driver's license can now be conducted through distance learning. Additionally, you can now make reservations for your road test by clicking [here](#).

**Resources Related to Mental Health & Substance Abuse:**

**Ulster County**

Ulster County Crisis Intervention Help Line at (845) 338-2370.

**Dutchess County**

Dutchess County Helpline - call or text (845) 485-9700.

**New York State Office of Mental Health (OMH)**

Emotional Support Line: 1-844-863-9314

NYS OMH: Feeling Stressed About Coronavirus (COVID-19)? Managing Anxiety in an Anxiety-Provoking Situation <https://omh.ny.gov/omhweb/quidance/covid-19-managing-stress-anxiety.pdf> (to hyperlink)

**Samadhi Center 24/7 Peer Hotline**

Certified Recovery Peer Advocates are available to help for any addiction emergency and peer counseling.

Call: (855) 726-2344

**Our Wellness Collective**

Offers individual, family and community member recovery support services. They are hosting the following meetings online during the COVID19 crisis, which are free and everyone is welcome!

Harm Reduction Works (HRW) Zoom Meeting – Mondays at 12:00PM

Family Member Support & Education Group Zoom Meeting – Tuesdays at 6:30PM

Website: [Our Wellness Collective – focusing on recovery and wellness as a lifestyle](#)

**Step One**

Child & Family Guidance Center Addiction Services provides treatment programs to chemically dependent persons and their significant others. They are currently providing group and individual therapy via telemedicine.

Call: (845) 691-9191 OR (845) 647-5400

Website: [Step1NY](#)

### **Catholic Charities**

Catholic Charities has Peer Advocates, as well as a full-service treatment and recovery center that can help you begin your healing whenever you are ready. Treatment services at Catholic Charities chemical dependency clinics will be available by telephone only. All in-person services and group programs are suspended until further notice. Telemedicine will be utilized to provide medication-assisted treatment.

Call: (845) 467-0861

Website: [Catholic Charities: Home](#)

### **In The Rooms**

A virtual meeting place with many types of mutual aid groups and support meetings such as: AA, SMART Recovery, Refuge Recovery and Recovery Dharma meetings.

Website: [In The Rooms: An Online Addiction Recovery Community](#)

### **NEXT Distro**

NEXT is a FREE mail order harm reduction supply resource that mails confidential supplies directly to your home. This includes Narcan, Clean Syringes, Fentanyl Test Strips and more.

Email: [jAMie@NEXTDistro.org](mailto:jAMie@NEXTDistro.org)

Website: [NEXT Distro](#)

### **Recovery Link**

Offering virtual recovery meetings, recovery yoga, cross-fit, guided meditation and more.

Website: [RecoveryLink™ - Digital Recovery](#)

### **Recovery Speakers**

Offering 12 Step recovery meetings.

Website: [Recovery Speakers - Online community of recovery resources](#)

Further, there are 24-Hour Crisis Intervention Help Lines such as:

- Family of Woodstock Crisis Phone Line: (845) 338-2370 (24 hr.)
- New York State Crisis Text Line: Text 741-741 (24 hr.)
- Textmeback.org Text and Chat Line: (845) 679-2485
- National Suicide Prevention Lifeline: (800) 273- 8255 (24 hr.)

## Mobile Testing Units Established in Ulster and Dutchess Counties:

### **Kingston – Rite Aid \*No Prior Doctor’s Order Needed\***

Hours: 7 Days a week | 8:00AM – 10:00PM

Address: 351 Flatbush Avenue Kingston, NY 12401

To schedule an appointment, visit [www.riteaid.com](http://www.riteaid.com) or call (845) 340-0664.

Rite Aid is providing a Baseline COVID-19 Program to provide screening, scheduling and return of results to individuals over 18. Individuals WITHOUT symptoms are also eligible for testing.

### **Ellenville**

Hours: Monday – Friday | 9:00AM – 2:00PM

Address: 10 Healthy Way, Ellenville, NY 12428

To contact Ellenville Hospital regarding a COVID-19 test, please call (845) 647-6400 x269.

### **Poughkeepsie**

Hours: Monday – Friday | 8:30AM-6:00PM Saturday | 9:00AM-5:00PM & Sunday by Appointment Only

Address: 241 North Road Poughkeepsie, NY 12601

To contact the MidHudson Regional Hospital regarding a COVID-19 test, please call (845) 303-2727 to be screened and, if appropriate, an appointment will be scheduled.

### **Poughkeepsie**

Hours: Monday – Friday | 9:00AM-5:00PM

Address: 696 Dutchess Turnpike Poughkeepsie, NY 12603

To contact Poughkeepsie Urgent Care regarding a COVID-19 test, please call (845) 686-9700

### **Poughkeepsie – Rite Aid \*No Prior Doctor’s Order Needed\***

Hours: 7 Days a week | 8:00AM – 10:00PM

Address: 709 Main St. Poughkeepsie, NY 12601

To schedule an appointment, visit [www.riteaid.com](http://www.riteaid.com) or call (845) 471-1190.

Rite Aid is providing a Baseline COVID-19 Program to provide screening, scheduling and return of results to individuals over 18. Individuals WITHOUT symptoms are also eligible for testing.

## Community Food Sources:

### **Dutchess County**

**Church of the Messiah Food Pantry** - Call 845-876-3533 / Email [rhinebeck.episcopal@gmail.com](mailto:rhinebeck.episcopal@gmail.com) or visit 6436 Montgomery Street, Rhinebeck, NY 12572

- Food Pantry Pickup is open Fridays 10:00AM - 1:00PM
- Walk-Ins Welcome

**Community Food Locker** – Call (518) 398-7692 or visit 3023 Church St. Pine Plains, NY 12567

- Food Pantry Pickup is 2nd Saturday of each month 10:00AM- 12:00PM
- Walk-Ins Welcome

**Dutchess County Community Action Food Pantry** – Call 845-452-5104 or visit 44-46 E. Market St. Red Hook, NY 12571

- Call in advance to schedule food pickup or delivery
- Hours of operation are Monday-Friday 8:30AM – 4:30PM

### **Ulster County**

Project Resilience is offering Phase 2 assistance to those who are homebound with limited supports, not eligible for other government assistance and not able to connect to other programs. Please contact the **Ulster County COVID hotline at (845) 443-8888** for more information.

- **Grocery Boxes:** Grocery boxes may be available for weekly pickup or delivery. Please call the COVID hotline to determine eligibility.

**People's Place** - Call (845) 338-4030 or visit the People's Place Facebook page.

Monday-Friday:

- The Community Cafe will be offering take out continental breakfast and sandwiches for lunch from 8:30 AM to 1:00PM
- The Food Pantry will operate in a modified version at regular hours Monday-Friday from 10:00AM-1:00PM and Wednesday evenings from 5:30PM-7:30PM
- The Bag Student Hunger Program that offers breakfast, lunch and snack items for school age children will begin on Monday, March 16th and run until school resumes Monday-Friday from 10:00AM-1:00PM and Wednesday evenings from 5:30PM-7:30PM

**Ulster County Community Action** - Call (845) 338-8750 / Visit 70 Lindsley Ave. Kingston, NY

- Monday-Friday from 8:00AM-4:00PM

**Family of Woodstock** - Call (845) 679-2485 / Visit 26 Mill Hill Rd. Woodstock, NY

- Hours of operation from 9:30AM-9:30PM

**Kingston Emergency Food Collaborative** – Call (888) 316-0879

- Providing prepared, microwave-ready meals for pick-up and delivery on weekdays for lunch and dinner

**The Table at Woodstock** - contact [thetableatwoodstock@gmail.com](mailto:thetableatwoodstock@gmail.com) or message through Facebook.

- Offering meal and grocery pickup in front of the Woodstock Reform Church on Tuesdays, Thursdays and Saturdays from 4-6 pm (or until they run out).
- Seniors and individuals in self-quarantine qualify for grocery delivery.

### School Districts Meal Programs – Ulster

#### **Kingston CSD Information**

Breakfasts & lunches are available for pick-up to all students and family members Monday-Friday through July and August using the drive-through curbside service at the following locations:

- John F. Kennedy Elementary School 10:00AM-10:45AM
- J. Watson Bailey Middle School 10:00AM-10:45AM
- George Washington Elementary School 10:00AM-10:45AM
- Meagher Administrative Building 11:15AM-12:00PM
- Sawkill Manufactured Home Park (Sawkill Rd.) 11:15AM-12:00PM
- Corner of Downs St. & Bruyn Ave. in Kingston 11:15AM-12:00PM
- Robert Graves Elementary School 12:30PM-1:15PM
- M.C. Miller Middle School 12:30PM-1:15PM
- Stuyvesant Charter Apartments 12:30PM-1:15PM

### School Districts Meal Programs – Northern Dutchess

#### **Red Hook CSD Information**

Breakfasts & lunches are available for pick-up & delivery to all students Mondays, Wednesdays and Fridays through July and August.

If you are unable to pick up meals, parents should email the names of students and number of meals needed to [schoolmeals@rhcsd.org](mailto:schoolmeals@rhcsd.org) so delivery can be arranged.

Please include your name, address, students name and any allergy alerts.

- Mill Road Elementary Bus Parking Lot 8:00AM-10:30AM

#### **Rhinebeck CSD Information**

Breakfasts & lunches are available for pickup to all children under 18 on Mondays and Thursdays through July and August.

If you are unable to pick up parents should email the names of students and number of meals needed to [meals@rhinebeckcsd.org](mailto:meals@rhinebeckcsd.org) so delivery can be arranged.

Please include your name, address, students name and any allergy alerts..

- Chancellor Livingston Elementary School 8:00AM-10:30AM