



VitalVillage

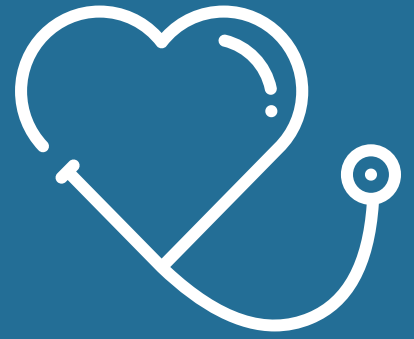
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NETWORKS

WELLNESS BANK

June 2021 Resource Guide

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

[Boston Reopening Plans](#)

The Boston / Massachusetts reopening plan called for ending restrictions when vaccines became widely available, and effective May 29, 2021 all industries were permitted to open. With the exception of remaining face-covering requirements for public and private transportation systems and facilities housing vulnerable populations, all industry restrictions were also lifted, and capacity increased to 100% for all industries. All industries are encouraged to follow CDC guidance for cleaning and hygiene protocols.

Available in: English, Other languages available
Available to: Boston residents

[CDC Moratorium Extension](#)

The Biden administration announced on March 30th an extension of the federal eviction moratorium through June 30, 2021. According to the updated order, the Centers for Disease Control and Prevention (CDC) has extended the eviction moratorium for three months but otherwise left the earlier moratorium provisions in place. Unfortunately, this means that the federal moratorium is still limited to those tenants who are facing eviction due to non-payment of rent and who also meet the criteria listed in the updated CDC Declaration (attached). Housing and District Courts in Massachusetts will continue to hear eviction cases and issue judgments. But the newly extended CDC eviction moratorium will protect tenants who lose their eviction cases from being physically removed from their residences before July 1, 2021.

Available in: English
Available to: Everyone

[Healthy Incentives Program](#)

In Massachusetts, all SNAP shoppers can take part in the Healthy Incentives Program (HIP). If you get SNAP benefits, you can earn an instant, dollar-for-dollar match on your EBT card when you buy fresh fruits and vegetables. You can take part in the program at participating farmers market locations!

Available in: English
Available to: Massachusetts Residents

[Massachusetts COVID-19 Vaccination Info](#)

People age 12 and older who live, work, or study in Massachusetts are now eligible for the COVID-19 vaccine. If you are under 18 years old, there are certain steps you should take. Massachusetts' preregistration system makes it easier to request and schedule an appointment. People can preregister for a COVID-19 vaccine appointment at mass vaccination locations and certain regional collaborative locations only. More locations will continue to be added. Learn more about preregistration and finding vaccination sites at the link above.

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

II. Time Sensitive Resources

[Early Childhood Educators Scholarship Program](#)

The Early Childhood Educators Scholarship Program was funded as a pilot initiative by the Legislature for the purpose of increasing the quality and availability of teachers and care providers to work with young children and youth in inclusive settings including infant/toddler, preschool and school age programs. The scholarship is designed to provide financial assistance for currently employed early childhood and out of school time educators and providers who enroll in an associate's, bachelor's or master's degree program in Early Childhood Education or related programs.

Applications due July 1st, 2021.

Available in: English

Available to: Boston residents

[Expand Massachusetts Stories Grants](#)

Massachusetts is complicated and evolving. Steeped in revolutionary traditions that shape our democracy, we live in a global capital of ideas enriched by generations of longtime residents and new arrivals who reimagine the possibilities of our neighborhoods and institutions. Systemic inequities and shifting demographics require new conversations about what it means to be part of the Massachusetts story. As we begin the recovery from the extraordinary challenges of the last year, a reckoning with our history can infuse new voices into our efforts to build a more equitable commonwealth.

At Mass Humanities, we believe in an inclusive society that recognizes all people's perspectives, especially those that have been historically excluded. Launching on June 1, the Expand Massachusetts Stories initiative offers up to \$20,000 for projects that collect, interpret and/or share narratives about the commonwealth, with an emphasis on the voices and experiences that have gone unrecognized, or have been excluded from public conversation.

The deadline for Letters of Inquiry is June 22.

Available in: English

Available to: Massachusetts residents

[Proposals for Community-Based Archives](#)

The Andrew W. Mellon Foundation invites community-based archives in the United States and its territories to submit applications for its 2021 Call for Proposals to Community-Based Archives.

These grants will provide support to archives in one or more of the following areas of need:

- Operational costs, including staff, space, and utilities.
- Collections care, including the acquisition of new materials, physical and digital storage fees, and access and preservation efforts.
- Programming activities, including events, exhibitions, and publications.
- Activation and advocacy efforts, including resident community activist/archivist positions, ethical preservation of social media, and increased community use of the archive.

This funding opportunity is overseen by the Foundation's Public Knowledge program.

Applications due July 2nd, 2021

Available in: English

Available to: Massachusetts 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 - June 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.

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

[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

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

V. Vital Village Volunteering

Social Justice Mediation Program

Are you interested in becoming a mediator and/or joining the Social Justice Mediation Program? We invite you to attend our

Open House to learn more about our Annual Social Justice Mediation Institute (SJMI) cost-free to applicant. Mediation is a conflict resolution process that can help one navigate disagreements, improve communication, and appreciate different points of view. The Social Justice Mediation Institute is an intensive training where participants learn mediation skills to reduce conflict—addressing power dynamics, privilege, and identities—at home, in their neighborhood, with co-workers, and beyond. Graduates receive a certificate and utilize their new skills after training by completing a 6-month service-learning pathway (average 8hrs/month) with the Social Justice Mediation Program.

Date: Wednesday, June 23rd

Time: 5:30-7pm

Questions/Email: vvnmediators@gmail.com

Mental Health Committee

We welcome you to join the Mental Health Committee! We are a group of individuals who are passionate about enacting change in their community and promoting positive social and emotional wellbeing and mental health. This is a group that meets biweekly, and you are not required to attend each meeting. Please reach out to the contact below if you are interested!

Questions/Email: troy.biermann@bmc.org

Boston Breastfeeding Coalition Volunteer Opportunities

Lactation Counselor Virtual Support Group Volunteer

Join our volunteer team of Peer Counselors, Certified Lactation Counselors, and International Board Certified Lactation Counselors. We provide free, professional lactation counseling and support to anyone struggling with the ups and downs of breastfeeding or parenting. All of our support groups are currently virtual and held over Zoom.

- Time Commitment: Weekly, 1.5-2 hour shifts available. Attendance for every week is not necessary as long as your availability is communicated.
- Dates and Times: Virtual groups offered Monday-Friday at the same time each week. View the website here to see the options for each day.
- Qualifications/Requirements: Must have completed a Certified Lactation Counselor Training or ROSE (Reaching Out Sisters Everywhere) Training. A brief orientation and meeting with current lactation counselor volunteers will occur prior to volunteering.
- Contact Information: Please contact bostonbreastfeeding@bmc.org if you are interested in volunteering. We will let you know when the next volunteer orientation will be held. You may use the following message:
 - I am interested in volunteering for the [Day, time] lactation support group. I have [X] qualifications and am wondering when the next volunteer orientation is being held.

Learn More: <https://bostonbreastfeeding.weebly.com/virtual-support-groups.html>