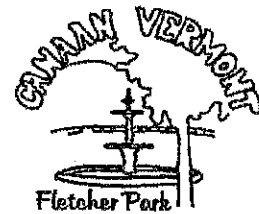


Canaan Carrier

<http://www.canaan-vt.org>



APRIL 2020
IMPORTANT SECOND EDITION

SUPPORT RESOURCES IN THE NEK

During the COVID-19 Outbreak

Call Vermont's resource line by dialing 2-1-1 with questions about services.

After-hours crisis support for youth: Call Northeast Kingdom Youth Services at (802) 748-8732.

Support for older Vermonters: Call the NEK Council on Aging helpline at (800) 642-5119.

Mental health, substance use, or intellectual and developmental disability needs: 24/7 crisis services from Northeast Kingdom Human Services at (802) 334-6744 in Derby or (802) 748-3181 in St. Johnsbury.

Substance use recovery support: Kingdom Recovery Center offers peer support over the phone support or by Zoom meetings for individuals and family members affected by alcohol, drugs, or other substance use disorders. Call (802) 751-8520. Alcoholics Anonymous meetings online at www.aavt.org.

Domestic violence, sexual assault support: Umbrella has a 24/7 hotline for survivors of domestic and sexual violence for safety planning, options counseling, legal advocacy, and other supports. In Caledonia & southern Essex counties call: (802) 748-8645. In Orleans & northern Essex counties call: (802) 334-0148.

Crisis, case management, and therapy: Lamoille County Mental Health provides comprehensive community mental health, children, family, and person-centered developmental disability services. Daytime phone: (802) 888-5026, after-hours crisis services: (802) 888-8888

Connect with neighbors & chosen family: Call or text Pathways Vermont Support Line: (833) VT - TALKS / (833) 888-2557. Open from 10 AM to 6 AM.

Parent Support: This line is a dedicated warm line for parents and guardians to access when having difficulty managing their children's behaviors at home. It is staffed by NKHS's Children's Department clinicians. Call (802) 749-1111.

Prevent Child Abuse Vermont Helpline: (800) 244-5373

Vermont Family Network: (800) 800-4005

National Suicide Prevention Hotline: (800) 273-8255

Vermont Suicide Prevention Center: Text "VT" to 741741

National Domestic Violence Hotline: (800) 799-SAFE

Disaster Distress Helpline: (800) 985-5990 or text TalkWithUs to 66746

Veterans Crisis Line: (800) 273-8255 or Text 838255

LGBTQ Crisis Hotline: (866) 488-7386

FarmFirst Farmer Crisis Hotline: (877) 493-6216

NEKCA Canaan Office : (802) 266-7134

NEKCA Newport Office : (802) 334-7316

For more information and resources, visit www.nekcollaborative.org/covid19

**NEKLS Virtual Community Meeting
Wednesday's 3 pm**

Stop by online from 3PM to 3:45 - updated info below.
Lots of great updates about our community's response to COVID 19.

Check out this press release in the Newport Dispatch. Look for a weekly update.

If you cannot attend please feel free to send updates we can share on your behalf. Cumulative notes coming on Thursday afternoon.

Join Zoom Meeting

<https://us02web.zoom.us/j/87496055196>

Meeting ID: 874 9605 5196

Can't access zoom? Call in!

+1(929)205-6099,,87496055196# US

INDIAN STREAM HEALTH CENTER AND PHARMACY

Indian Stream Health Center, Telehealth (phone only or video) for medical and counseling. (603)237-8336

Note: some patients are being seen at the health center. The decision is made by the providers if the person needs a face to face visit.

Also: Outreach is still working and available to assist with insurance applications and redeterminations through Vermont Health Connect and Green Mountain Care as well as Medicare supplement assistance.

Pharmacy is open-drive through only.



Canaan Drinking Water

Canaan FD1 & FD2 is committed to providing its customers with safe, reliable, and quality water services 24 hours a day, 7 days a week. The Districts' water supplies meet all stringent state and federal drinking water requirements. FD2 has had recent testing for lead and copper and has met the 90th percentile requirements set by the state and is no longer in exceedance for lead.

COVID-19 (Coronavirus) has no impact on the quality or supply of your tap water. Your tap water is safe and available to drink.

While it's always advisable to stock bottled water at home in the case of emergencies, Canaan Water Districts do not expect the COVID-19 (Coronavirus) to disrupt service to our customers.



Canaan Wastewater

Standard wastewater treatment and disinfectant processes are effective at treating viruses and pathogens.

As a reminder: please do not flush wipes down the drain or toilet. "Flushable" wipes do not disintegrate, creating serious problems in our sewer system. Rather than flushing, please dispose of these products in the trash.

HOUSEHOLD HAZARDOUS WASTE EVENTS

UPDATE: The May 8th and May 9th HHW event has been cancelled in response to the ongoing COVID-19 pandemic.

Next scheduled event:

September 11th – 12 pm to 4 pm

September 12th – 8 am to 1 pm

Canaan Town Transfer Station

CANAAN STRONG

Support for Families & Caregivers

Canaan Schools is here to help with emergency remote learning. If you need to contact any staff member, please leave a voicemail at their school extension or send them an email. Please refer to the link below for the staff directory, which lists extensions and email addresses. You can always leave a message in the general mailbox at the school, as well. The phone number for the school is 802-266-8910.

Also listed below is a link to the map of public Wi-Fi hotspots across the state. Locally, you can access free Wi-Fi in the parking lot and surrounding areas of both the school building and the town office, as well as the Alice Ward Memorial Library.

For any technical difficulties you may be having with remote learning, please don't hesitate to send an email to help@canaanschools.org to create a ticket in our helpdesk. The www.canaanschools.org homepage is updated with new information as we receive it.



Resources

- PBS:**
<https://www.vermontpbs.org/at-home-learning/>
ELA:
<http://www.readwritethink.org/parent-afterschool-resources/>
Scholastic:
<https://kids.scholastic.com/kids/home/>
Social Studies:
<https://www.weareteachers.com/social-studies-websites/>
<https://www.history.com/history-at-home>
Math:
https://docs.google.com/document/d/1tDo42Qo_4YNWjdMEI915Y1PevUvDgK6uqXfOnfvk65Q/edit
<https://www.youcubed.org/resource/youcubed-at-home/>
Science:
<https://sites.google.com/site/vtscienceteachersassociation/>
<https://leftbraincraftbrain.com/>
Financial Literacy:
<http://www.themint.org/try-it/>
<https://www.kasasa.com/blog/parenting-tips/15-kid-financial-literacy-crafts>
World Languages:
<https://www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/>
Art:
<https://www.vermontartonline.org/>
<https://culturela.org/programs-and-initiatives/arts-resources-during-covid-19/>
Physical Education:
<https://www.actionforhealthykids.org/>
<https://www.shapevt.org/>
Wellness/Mindfulness:
<https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>
<https://www.gonoodle.com/>

Helpful Links:

- Staff Directory - <http://canaanschools.org/staff-directory>
 Wi-Fi Maps - <https://publicservice.vermont.gov/content/public-wifi-hotspots-vermont>

Upcoming Events

- Monday, April 27, 2020 Choose your own adventure interactive read aloud 3:30 PM
 Wednesday, April 29, 2020 LEGO Challenge 1:00 PM Bring your own LEGOS and challenges will be provided
 Wednesday, April 29, 2020 BINGO 3:30 PM Print the BINGO gameboard from the Canaan Schools website or create your own
 Thursday, April 30, 2020 No Sew Sock Puppy 1:00 PM You will need: A sock (a white long crew sock would be the best), 6 Elastic rubber bands, Scissors, Markers (Sharpies would be best), Fiber fill (Craft Stuffing). Optional: Buttons, Scraps of Fabric, Glue Pen
 Thursday, April 30, 2020 Story Hour 7:30 PM
 Friday, May 1, 2020 Middle School Chat 2:00 PM

Class of 2020 Seniors

High School graduation is an important milestone in the lives of our youth. In this period of school closure, we are focusing on our current seniors to ensure that they achieve this important milestone. The Agency of Education and Secretary French will issue formal guidance on or before Friday, May 8th on end of school year gatherings and graduations. In the meantime, teachers, staff and advisors have been meeting weekly to discuss graduation considerations with students in light of social distancing concerns.

Isolation Well-being

- Shower
- Medication
- Drink Water
- Clean one thing/space
- Tend to something growing/living
- Be mindfully present to:
 - A sound or song
 - A sensory feeling
 - Something you see
 - A spiritual practice
 - Reach out to a human outside your home
 - Do one thing to get your heartrate up
 - Do one thing you'll be glad you did later
 - Do one thing just because you want to
 - Get in at least one good laugh



Parent & Student Surveys

Please participate in providing feedback at the following websites.

- Parent/Guardian Survey:**
<https://tinyurl.com/ydz3opxa>
Student Survey:
<https://tinyurl.com/y8k3bosv>

Enjoy April Vacation April 27th - May 1st

For more information about Canaan Schools, please call 802-266-8910 and speak with our Principal Debbie Lynch or School Counselor Kara Sweatt to learn more about the educational opportunities for students. Email dlynch@canaanschools.org or klsweatt@canaanschools.org or visit us on the web at <http://canaanschools.org/>.

**Canaan Naturally Connected Inc. &
Town of Canaan
Survey**

Please take this short survey to see how we can best serve our community in these difficult times:

Circle Yes or No

Do you have internet? Yes or No

Do you need a mask? Yes or No

Are you able to go to the grocery store? Yes or No

Would it be helpful if someone would pick up groceries for you? Yes or No

Would it be helpful if someone did errands for you? Yes or No

Do you need financial support? Yes or No

Do you receive school lunches? Yes or No

Do you need educational support? Yes or No

Do you need mental, spiritual, or emotional help? Yes or No

Any other needs:

In order to best help you please provide your name and best contact information:

This survey can be dropped off at Solomon's or in the drop box at the Canaan Town Office or mail to: Town of Canaan, PO Box 159, Canaan, VT 05903
Thank you for taking the time to fill out the survey.

Town of Canaan
318 Christian Hill
PO Box 159
Canaan, VT 05903

PRSR STD
ECR
US POSTAGE PAID
CANAAN, VT
PERMIT #8

ECRWSS RR 1
TO: POSTAL PATRON
RR 1
BEECHER FALLS, VT 05902

THANK YOU

As COVID-19 continues to impact communities around the world, people are coming together to help one another now more than ever.

To all coronavirus helpers, thank you

Health care workers

First responders

Grocery store workers

Truck drivers

School personnel and parents

And more – who are making sacrifices to support the COVID-19 coronavirus fight.