

November

RESOURCE HIGHLIGHTS



Feeling the Chill?



Many Community Action Agencies offer a variety of services to both homeowners AND renters to improve home energy efficiency and comfort, and to decrease heating bills. Weatherization services often include energy audits, heating systems check-ups, free lighting and appliance upgrades (where applicable), and renovation construction services from a qualified crew. Services are provided to income-eligible households at no charge. Scan the QR code or dial 2-1-1 to learn



more about your local Community Action Agency's weatherization services.

Questions About Health Insurance?

Vermont's Health Care Advocate HelpLine is a free resource available to help all Vermonters solve problems related to health care. They can tell you what free and lower-cost programs you may be eligible for, help you apply for and get free and lower-cost health coverage, find out what your health plan covers, and provide advice about how to solve billing problems and make complaints. For help with a health



care issue, call the HelpLine at 1-800-917-7787, or submit a help request form on their site.

Covid Tests Available

Every U.S. household can request four free COVID-19 rapid tests to be delivered directly to your home from the Department of Health and Human Services. Recommended reasons for testing include: if you begin having COVID-19 symptoms like fever, sore throat, runny nose, or loss of taste or smell; at least 5 days after you come into close contact with someone with COVID-19; or when you're going to gather with a group of people, especially those who are at risk of



severe disease or may not be up to date on their Covid vaccines. Scan the QR code to request your tests.



Thanksgiving Baskets

Looking for help getting a Thanksgiving meal or ingredients? **Call your local food pantry early to**



learn what they offer and how to access. To find your nearest food pany, scan the QR code or dial 2-1-1.



Mark your calendar!

11/1 - Health insurance Open Enrollment

11/9 - "Vermont for the Vermonters': the History of Eugenics in the Green Mountain State," (online), Vermont Historical Society, more at tinyurl.com/VT-History-Series

11/16 - "Social Security: With You Through Life's Journey," NEFCU online learning, more at tinyurl.com/NEFCU-learning

11/21 - "Health & Belonging at Work (Community Panel)" (online), Brain Club, register at tinyurl.com/brain-club



For even more resources, join our Facebook group at: facebook.com/groups/WorkingBridgesNorthwest

SCAN ME!



Resource Coordinator

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Northwest Vermont

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Champlain Valley Weatherization offers a variety of services to both homeowners AND renters to improve home energy efficiency and comfort, and to decrease heating bills. If you rent, they'll work with your property owner to bring you the benefits of the program at little or no cost to them.

Weatherization services include energy audits, heating systems check-ups, free lighting and appliance upgrades (where applicable), and renovation construction services from a qualified crew, including materials and supplies. Services are provided to income-



eligible households at no charge. Scan the QR code or call (800) 545-1084 to learn more.

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11/1 - Health insurance Open Enrollment

11/16 - "Social Security: With You Through Life's Journey," NEFCU online learning, more at tinyurl.com/NEFCU-learning

11/16 - "Basics of Buying a Home," Champlain Housing Trust (online), register at tinyurl.com/get-a-home

11/21 - "Health & Belonging at Work (Community Panel)" (online), Brain Club, register at tinyurl.com/brain-club



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11/21 - "Health & Belonging at Work (Community Panel)" (online), Brain Club, register at tinyurl.com/brain-club

11/28 - "Introduction to Skillful Communication: A Free Workshop by the Circle Up Program," Brooks Memorial Library, more at tinyurl.com/Brooks-Memorial



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