



## CORONAVIRUS INFORMATION, RESOURCES, AND HELP

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### HELP STOP THE VIRUS SPREAD

- Physical distancing: avoid crowds or crowded areas, stay 6 feet away from others.
- Stay at home at all times unless for essential job or essential personal reasons.
- Wash your hands often for 20 seconds and cover coughs and sneezes.

### Information Sources

- The State of Maine has launched [www.coronavirus.maine.gov](http://www.coronavirus.maine.gov) with lots of information. This site includes our latest updates across the administration, an alphabetical listing of every department's coronavirus resource pages - these department-specific pages contain answers to many of the most commonly asked questions as well as guidance on volunteering and donations, and a way to sign up for email and text updates among other tools.
- Dial 2-1-1 for or text your zip code to 898-211 to find a variety of types of resources, both locally and statewide, as well as a 24-hour hotline for general information about coronavirus.

### Health Care Facilities

- Central Maine Medical Center, 12 High Street, Lewiston: [www.cmhc.org/cmmc/](http://www.cmhc.org/cmmc/)  
Phone: 207-795-0111
- Maine Urgent Care (CMMC), 685 Sabattus Street, Lewiston: <https://maineurgentcare.com/>
- St. Mary's Regional Medical Center, 91 Campus Avenue, Lewiston: [www.stmarysmaine.com/](http://www.stmarysmaine.com/)  
Phone: 207-777-8100
- St. Mary's Urgent Care, 791 Turner Street, Auburn: [www.stmarysmaine.com/departments-services/primary-care-providers/urgent-care-clinic](http://www.stmarysmaine.com/departments-services/primary-care-providers/urgent-care-clinic)  
Phone: 207-330-3900
- B Street Health Center, 57 Birch Street, Lewiston:  
<http://www.communityclinicalservices.com/b-street-health-center/>  
Phone: 207-753-5400
- Tri-Country Mental Health Services: [www.tcmhs.org/](http://www.tcmhs.org/)
  - Crisis Line: 1-888-568-1112
  - Lewiston: 207-783-9141

## **Health Insurance**

- MaineCare provides low-cost and free health insurance to Mainers who meet certain requirements, usually based on household income. MaineCare covers doctor visits, emergencies, prescriptions, etc. Apply at [www.maine.gov/mymaineconnection](http://www.maine.gov/mymaineconnection).  
Phone: 1-855-797-4357
- If you've experienced a [qualifying life event](#) (like losing job-based health care coverage, getting married, having a baby, moving to a new zip code, a college student moving home, changes in income that affect the coverage you qualify for, leaving incarceration, etc.) during the COVID-19 crisis, you may be eligible to enroll in the Affordable Care Act within 60 days of that life event. Go to [www.coverme.gov/](http://www.coverme.gov/) to learn more.  
Phone: 1-800-965-7476

## **Food Assistance**

### **Nutrition assistance programs**

- Supplemental Nutrition Assistance Program (SNAP) -- A federal nutrition program that helps you stretch your food budget and buy healthy food (formerly called food stamps). Apply online at [www.maine.gov/mymaineconnection](http://www.maine.gov/mymaineconnection).
- Women, Infants and Children (WIC) -- A federal nutrition program that helps women who are pregnant or have children under five years old who are at nutritional risk. Apply at [www.wicforme.com](http://www.wicforme.com) or by calling the Auburn office at 207-795-4016.

### **Meals for kids**

- Lewiston Public Schools -- LPS is providing food via bus routes for kids. To view the menu and the bus route schedules, visit <https://www.lewistonpublicschools.org/covid-19-nutrition-and-transportation-eb32cc69>

### **Food pantries and soup kitchens**

- Calvary United Methodist Church
  - Calvary City Mission Meals Program, 59 Sabattus St., 207-782-3221
  - Services temporarily unavailable
- Center for Wisdom's Women
  - 97 Blake St., 207-513-3922
  - Temporarily closed, check [Facebook](#) for updates
- Hope Haven Gospel Mission
  - 209 Lincoln St., 207-783-6086
  - Food Pantry: Monday, Wednesday, Friday: 10 – 11:45 a.m.
    - Food is pre-boxed and distributed at the pantry door.
  - Soup Kitchen: All meals pre-packaged to-go.
    - Monday-Friday Lunch: noon – 1 p.m.
    - Monday-Saturday Dinner: 4:30 – 5:30 p.m.
    - Sunday Lunch/Dinner: 2:30 – 3:30 p.m.

## **Food Assistance (continued)**

- Hope House Network
  - 91 College St., 207-577-1165
  - Wednesday: 10 – 11 a.m.
- New Beginnings Outreach Program
  - 134 College St., 207-795-4070
  - Available to individuals under age of 22, and alumni
  - Only pick-up and delivery services during April. Call 207-794-6831 to request either of the options below:
    - Basic needs/hygiene/food bags: Pick-up Monday and Wednesday 12 – 2 p.m. (call for specific items)
    - Mobile pantry: delivery on Friday, must call to request a box by 4 p.m. on Thursday.
- Pathways Vineyard Church
  - 9 Foss Rd., 207-784-9500
  - Food Pantry: Friday: 8:30 – 10:30 a.m.
  - Pre-assembled food boxes
  - Weekly community meals temporarily suspended.
  - Fill out an application online at [www.pathwayvineyard.com/community-center](http://www.pathwayvineyard.com/community-center).
- The Root Cellar
  - 89 Birch St., 207-782-3659
  - Food Pantry: Monday-Friday, 10 a.m. – 4 p.m.
  - Pre-packed boxes, with pick-up for a family member or neighbor allowed
  - One visit per week
- St. Mary's Food Pantry
  - 208 Bates St., 207-513-3841
  - Tuesday, Friday: 11 a.m. – 2 p.m.
  - Pre-packaged bags distributed in parking lot, use visual distancing cues
- Salvation Army
  - 67 Park St., 207-783-0801
  - Food Pantry: Monday, Tuesday, Thursday, Friday: 9 a.m. – 2 p.m.
  - Call ahead for a pre-packed food box
  - Soup Kitchen: take out, Saturday: 4 – 5:00 p.m.
- SeniorsPlus Meals On Wheels
  - 55 Alfred Plourde Parkway, 207-795-4010, [www.seniorsplus.org](http://www.seniorsplus.org)
  - Meals served 5 a.m. – 2 p.m., Monday-Thursday
  - Meals still being delivered, but no congregate dining

### **Food Assistance (continued)**

- Trinity Jubilee Center
  - 247 Bates St., 207-782-5700
  - Food Pantry: Thursday: 7:45 – 10:45 a.m.
  - Soup Kitchen: Monday-Saturday: 11 a.m.
- YWCA of Central Maine
  - 130 East Ave., 207-795-4050
  - Food pickups on Tuesday and Friday, 1 – 4 p.m.
  - Application forms are online (<https://ywcamaine.org/ywca-operations-update-covid-19/>) for parents to fill out the day before, or they can call to let staff know the number of kids in their family
  - Children must be present for pick-up, please call when you arrive for delivery to the car.

### **General Assistance (GA) - City of Lewiston**

- General Assistance is emergency help for basic necessities such as rent, food, personal and household supplies, medication, heating fuel, utilities and other essential services. Call Lewiston GA Office to set up an appointment to apply over the phone.  
Phone: 207-513-3130

### **Unemployment Insurance Payments - Maine Department of Labor**

- Unemployment payments are available when you lose your job or your hours are reduced. There are currently (as of April 9, 2020) long wait times and estimated call-back period is approximately 10 business days.
- Some changes from recently-enacted federal legislation are still being incorporated by Maine DOL staff. Please check that relevant changes for your situation are ready to go before applying.
- Apply at [www.maine.gov/unemployment/](http://www.maine.gov/unemployment/). For assistance with your application, call the Lewiston Career Center.  
Phone: 207-753-9001

### **Direct payments to individuals and families - Federal Government CARES Act**

- In late April - early May, the federal government will send checks (direct deposit or mail) of \$1,200 to individuals, \$2,400 for married couples, plus \$500 for each dependent child. These payments are for residents with social security numbers.
- **Direct Deposit** - If you have received a tax refund via direct deposit for the 2018 or 2019 tax year, you will automatically receive your payment via direct deposit. If you receive social security payments via direct deposit, you will automatically receive your payment via direct deposit. If your direct deposit information (checking account number and routing number) are out-of-date, or you do not receive direct deposit for tax refunds or social security payments, contact the IRS. Web: [www.irs.gov/coronavirus](http://www.irs.gov/coronavirus)

### **Lewiston Public Schools**

- Superintendent's Office: [www.lewistonpublicschools.org/](http://www.lewistonpublicschools.org/)  
Phone: 207-795-4100

### **Business assistance**

- Maine Small Business Development Centers can provide free advice. Web: <https://www.mainesbdc.org/advising>.  
Phone: 207-780-4420
- The State of Maine can also help with loans, Federal CARES Act forgivable loans, and other business assistance. Web: [www.maine.gov/decd](http://www.maine.gov/decd).  
Phone: 207-624-9800

### **Housing**

- Lewiston Housing Authority will not evict residents during this period. Residents may request rent reductions due to loss of income by calling Lewiston Housing.  
Phone: 207-783-1423
- Landlords who finance their multi-family building through Fannie Mae/Freddie Mac may be eligible for mortgage payment flexibility as long as they suspend all evictions.  
Phone: 1-800-232-6643
- Concerned about getting behind on rent or the eviction process? Contact Pine Tree Legal  
Phone: 207-784-1558

### **Emergency Management**

- The Androscoggin County Emergency Management Agency is the point of contact for health care institutions and first responder agencies requesting personal protective equipment (PPE) and other emergency supplies. They can be reached here:  
[www.androscoggincountymaine.gov/EMA/EMA.htm](http://www.androscoggincountymaine.gov/EMA/EMA.htm).  
Phone: 1-207-784-0147

### **Municipal Information**

- Online services (including re-registering vehicles, viewing property tax records, paying utility and other city-related bills) available at: [www.lewistonmaine.gov/](http://www.lewistonmaine.gov/).  
Staff directory: [www.lewistonmaine.gov/directory.aspx](http://www.lewistonmaine.gov/directory.aspx)  
Postal Mail: Lewiston City Hall, 27 Pine St., Lewiston, ME 04240  
Phone: 207-513-3000  
Fax: 207-784-2959  
Drop Box: Park Street side of City Hall for water bills, tax payments, etc.

### **Assistance with Pets**

- Greater Androscoggin Humane Society: [gahumane.org/](http://gahumane.org/)  
Phone: 207-783-2311
- If you're having trouble affording your pet, many financial assistance organizations are listed here: [www.humanesociety.org/resources/are-you-having-trouble-affording-your-pet](http://www.humanesociety.org/resources/are-you-having-trouble-affording-your-pet)