

Dear Hanover Families,

We hope you are well and safe at home during this challenging time. Since we know you have received many emails with a lot of information, we wanted to compile a list of resources that you may find helpful. This is not completely inclusive, so if there is anything you would like help with please reach out at any time. Also, if there is a resource that you are aware of that is not on this list, please let us know. Many of these are also listed on the Town of Hanover and Hanover Public Schools websites.

Here are some suggestions to promote good health all the time, not just during a pandemic:

- Make sure you always have a list of your medical history and your current medications and a health care proxy: [Healthcare Proxy Form](#)
- *Make sure a responsible person also has a copy of each of these.*
- Go outside every day
- Move your body every day
- Limit social media
- Don't binge on the news
- Get good sleep
- Stay on a routine
- Concentrate on what you can control
- Eat a healthy, balanced diet and stay hydrated
- Reach out to those around you with anxiety, or who are frail or elderly
- Donate blood if you feel well and are able, www.redcrossblood.org or call 1-800-RED-CROSS

Your school nurses are always here for you, even though school is closed. Please reach out by email if you have any questions, concerns or if you need assistance during this time.

Sincerely,

Roz Davis, Hanover High School - rdavis@hanoverschools.org

Joelle Casey, Hanover Middle School - jcasey@hanoverschools.org

Carol Krall, Center School - ckrall@hanoverschools.org

Maura Dowling, Cedar School - mdowling@hanoverschools.org

Patricia Smith, District - psmith@hanoverschools.org

Resources

For accurate COVID-19 information, updated daily: www.mass.gov/covid19

Town of Hanover Volunteer Nurse Call Center: [781-312-6167](tel:781-312-6167)

The center is available 7 days a week from 9:00 AM to 5:00 PM. Call for general COVID-19 questions or assistance with accessing telehealth information.

General Assistance from the Town of Hanover: [781-826-5000](tel:781-826-5000), ext. 1078 or [fill out our online form](#).

Free symptom checker: www.buoyhealth.com. This resource helps you decide whether you need to call the doctor, call 911, or treat at home

[Hanover Health Department](#): 781-826-5000, ext. 1077

[Massachusetts Department of Public Health](#)

[Food Pantry](#)

Hours to pick up food: Wednesdays from 12:30 PM - 2:30 PM

Phone: 781-826-6485

Email: kidsense@comcast.net

[Department of Transitional Assistance](#)

Provides food (SNAP*) and financial assistance to individuals and families in need:

Information: 877-382-2363

Brockton: 508-895-7000

Plymouth: 508-732-3100

** Hanover Council on Aging may be able to assist with SNAP applications
781-924-1913*

[WIC \(Women, Infant, and Children\)](#)

Nutrition program that provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify.

800-WIC-1007

Other Local Possible Options for Assistance With Food

Hanover COA: 781-924-1913

Hanover VNA: 781-826-4971

Hanover St. Mary's, St. Vincent de Paul - Contact Don Buckley, 781-826-4303

Groceries*

- **Shaw's**
35 Columbia Road Home delivery by www.InstaCart.com
Hanover, MA 02339 Senior Hours Daily 6-7 AM, Tues and Thurs 6-9 AM
Phone: 781-826-2864
- **Stop & Shop**
Home delivery by PeaPod, 800-573-2763
125 Church Street Senior Hours Daily 6-7:30 AM
Pembroke, MA 02359
Phone: 781-826-9802
Home Delivery via Pea Pod, 800-573-2763
- **Target**
1167 Washington Street
Hanover, MA 02339
Phone: 781-826-9802

**Contact the Hanover Council on Aging (COA) for possible assistance with transportation for groceries and essentials.*

Hanover Community Services

- **Hanover Council on Aging (COA)**
Location: 665 Center Street
Hanover, MA 02339
Phone: 781-924-1913

- **Current Available Services:**
 - Food Stamp (SNAP) program
 - Fuel Assistance
 - Insurance/TeleHealth Assistance
 - Meals on Wheels
 - Transportation
- **Hanover Veterans' Services**
 - 665 Center Street
 - Hanover, MA 02339
 - Phone: 781-826-5000 ext.1107
 - **Current Available Services**
 - Assistance to veterans and their families in need
 - Health benefits
 - Assist in applying for federal claims
 - Business, education and burial benefits
- **Hanover Visiting Nurse**
 - Hanover Town Hall
 - 550 Hanover Street
 - Hanover, MA 02339
 - Phone: 781-826-4971
 - **Current Services Available**
 - Telephone assessment follow-ups
 - Community assistance for residents in need
 - Resource for residents in need
 - Scholarships/Camperships

Health Care

- **Massachusetts Poison Control Center**
 - 800-222-1222
- **South Shore Medical Center**
 - 143 Longwater Drive Norwell, MA 02061
 - Phone: 781-878-5200
- **Harbor Medical Associates PC (Brigham and Women's)**
 - 15 Corporate Park Drive
 - Pembroke, MA 02359

Phone: 781-826-8065

- **Harbor Medical Associates PC (Brigham and Women's)**

541 Main Street

Stetson Building

South Weymouth, MA 02190

Phone: 781-952-1280

- **Beth Israel Deaconess Hospital-Plymouth**

275 Sandwich Street

Plymouth, MA 02360

Phone: 508-746-2000

- **Signature Healthcare Brockton Hospital**

680 Centre Street

Brockton, MA 02302

Phone: 508-941-7000

- **South Shore Hospital**

55 Fogg Road

South Weymouth, MA 02190

Phone: 781-624-8000

Essentials Pick-Up/Deliveries

- **Hanover Council on Aging (COA)**

Phone: 781-924-1913

Medication/Pharmacies

- **CVS Pharmacy***

207 Rockland Street

Hanover, MA 02339

Phone: 781-826-8381

- **Target (CVS Pharmacy*)**
1167 Washington Street
Hanover, MA 02339-1643
Phone: 781-499-1962

**At Hanover CVS and Target (CVS), Hanover residents can now request free U.S. Postal Service delivery when placing a prescription order North River Plaza*

- **Stop & Shop Pharmacy****
125 Church Street
Pembroke, MA 02359
Phone: 781-826-7329
*** Free delivery “may” be available for Hanover residents*

Medicare Assistance

- [Medicare Online](#)
800-MEDICARE (1-800-633-4227)
[Medicaid Online](#), 617-573-1770

*Hanover Council on Aging may be able to assist with questions R/T Health Insurance:
781-924-1913*

- [South Shore Hospital CareCall](#)
Costs \$50
Can connect you with a licensed health care provider (MD/NP/PA) virtually if you don't have one – Does involve a fee, and does not accept insurance.
- **Doctor's on Demand:** Video chat with licensed provider, with or without insurance, does involve a fee (\$40.00) and accepts most insurance plans.
800-977-6196
- [Plymouth County Outreach](#): if you are struggling with substance abuse.
Phone 508-830-4218 x 261

Community Outreach

- **Hanover COVID-19 Updates Monday - Friday at 1:00 PM** (not always every day)
- Ways to watch live:
 - Town of Hanover Facebook Page
 - HCTV Comcast Channel 8 / Verizon Channel 36

- HCTV Online:
<http://schedule.hanoverctv.org/CablecastPublicSite/watch/3...>
- [View past episodes](#)

- **Town of Hanover COVID-19 resources:**
<https://www.hanover-ma.gov/covid-19>
- **Telehealth:** Check your primary care provider to learn about your telehealth options now, before you need it. If your MD office does not provide telehealth, check with your health insurance provider, many of them provide virtual care with a licensed provider who can evaluate your symptoms, prescribe treatment, and order tests. The Town of Hanover has created a web page to help you navigate several telehealth options: <https://www.hanover-ma.gov/telehealth>
- **Domestic Violence Hotline:** 877-785-2020 (toll free)
- **Massachusetts Suicide Hotline:** 800-273-8255
- **Mobile Crisis Intervention/Emergency Mental Health Services:** 877-996-3154