# COVID-19 (Coronavirus) Resources

<table>
<thead>
<tr>
<th>Resource Name</th>
<th>Resource Type</th>
<th>Resource Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>COVID-19 Guidance to AZ Public / Charter Schools</td>
<td>The link contains guidance and resources for Arizona's public district and charter schools as they navigate COVID-19 response.</td>
<td><a href="https://www.azed.gov/communications/2020/03/10/guidance-to-schools-on-covid-19/?fbclid=IwAR3HUtr-RlwrLapTc-nUxVPGKUllaS2FYgupEHQzHPK0o5mr2O3HCahshh">https://www.azed.gov/communications/2020/03/10/guidance-to-schools-on-covid-19/?fbclid=IwAR3HUtr-RlwrLapTc-nUxVPGKUllaS2FYgupEHQzHPK0o5mr2O3HCahshh</a></td>
</tr>
<tr>
<td>AZ Poison Control</td>
<td>Health</td>
<td>The Arizona Poison Control System is now available to take COVID-19 calls from Arizona providers and the general public: <a href="">1-844-542-8201</a></td>
</tr>
</tbody>
</table>
| Enterprise Rent-A-Car                                  | Transportation                | Enterprise Rent-A-Car® is offering College Student Travel Assistance in response to the closing of colleges and universities due to coronavirus (COVID-19) concerns.  

We are reducing the minimum age and waiving young renter fees for rentals through May 31, 2020, to help students get home safely and ease the burden on families during this time. |
### Details
- Available to college students 18-24 years of age
- Official student ID must be presented at the time of rental
- Valid on Economy through Fullsize cars, Minivans, Small Pickup Trucks and Cargo Vans
- Valid at U.S. locations only for rentals reserved in advance
- Standard driver and credit requirements apply (excluding minimum age)
- Expires May 31, 2020

<table>
<thead>
<tr>
<th>Elaine (update of services)</th>
<th>Transportation</th>
<th>Elaine (medical transport) will not be providing any services for the next two weeks.</th>
</tr>
</thead>
<tbody>
<tr>
<td>SRP</td>
<td>Water</td>
<td>SRP: We recognize the impact the COVID-19 pandemic is having on our residential and business customers. Given the magnitude of this unprecedented event, we are suspending power shutoffs for non-payment and will waive all late payment fees. This applies to both residential and commercial customers. SRP will continually assess the situation during the COVID-19 pandemic to ensure this is the right decision for our customers and community. SRP will be attempting to contact customers who are currently disconnected to facilitate a safe reconnection. If you are currently disconnected, and we were unable to reach you or you have not yet been contacted, please contact us to ensure a safe</td>
</tr>
</tbody>
</table>
reconnection by calling us 24/7 (602) 236-8888. Even though we are temporarily halting power shutoffs for non-payment, customers will continue to accumulate charges from SRP during this time for electric service. We encourage customers who are experiencing difficulty paying their electric bill for any reason to notify us as quickly as possible so we can make arrangements that can help avoid a worsening financial situation. We’re here to help.

<table>
<thead>
<tr>
<th>Andre House</th>
<th>Food</th>
<th>Clothing</th>
<th>Laundry</th>
<th>Showers</th>
</tr>
</thead>
</table>
|                      | This plan will be implemented effective 3/17/20 and is as follows:  *Out of an abundance of caution for the health and safety of our volunteers and guests, as of 3/17/20 we are temporarily suspending all volunteer activity for four weeks.  *Meal service will still be offered but will be modified. Meals will be prepped by AH staff and served in to-go containers at our front gate from 4:30PM-6:30PM Saturday-Thursday.  *The building will be accessible for bathrooms, showers and clothing closet, but is effectively closed. The dining room will not be open to guests during the day or during the dinner service hour.  *Bathrooms and showers will be accessible for guests and flow of these operations will be modified to limit the number of people in the building at one time. We
already have rigorous cleaning procedures for these high contact spaces, but are expanding those practices to sanitize door handles, sinks and faucets, and toilet seats on an hourly basis. Each shower is cleaned and sanitized after each use. Minimizing the number of people coming in at one time will allow us to deploy these practices.

*The Pascente office will be closed but blankets, hygiene kits, and backpacks will be distributed from the Porter station. *Laundry service is suspended indefinitely
*Clothing closet will be available Monday, Wednesday and Thursday 10AM-12PM and flow of this service will be modified to limit the number of people allowed in the space at one time.

<table>
<thead>
<tr>
<th>Tempe Community Action Agency</th>
<th>Food and Housing</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Senior congregate meal services held at Tempe senior centers are on hold as City senior centers are closed. In lieu of this, TCAA, will be offering a drive-through (“to go”) meal service for participants in Tempe. The drive-through service will be offered Monday through Friday at the North Tempe sit.</td>
</tr>
<tr>
<td></td>
<td>• Senior congregate meal services in Scottsdale will continue.</td>
</tr>
<tr>
<td></td>
<td>• The Home-Delivered Meal services in Tempe and Scottsdale will continue.</td>
</tr>
</tbody>
</table>
- The Home-Delivered Meal service will be expanded to seniors in Tempe who are enrolled in and impacted by the temporary hold on Congregate Meals at the Tempe sites and who are unable to use the drive-through meal service.
- The Food Pantry program anticipates increased demand and as such, is taking extra preventative measures by disinfecting surfaces frequently, among other steps.
- Ongoing garden activities for small gatherings at the Community Gardens can continue.
- The I-HELP program is continuing to offer shelter and meals for our clients and will make adjustments to shelter locations based on communication from each host partner.
- The Neighbors Helping Neighbors program is discontinuing trips to the grocery store for clients and food box delivery will be arranged instead. This is being managed by our team of social workers who are in close communication with clients.

| CASS (update of services) | Housing | CASS shelter is not taking any new intakes. All staff, |
except for shelter staff, have been sent home for two weeks. Current shelter stayers can stay here, but if they lose their bed for any reason they will not be able to get it back. CASS is going to re-evaluate the situation on 3/29 and decide what to do from there.

<table>
<thead>
<tr>
<th></th>
<th>Nurse Line Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arizona Complete Health (ACC &amp; RBHA)</td>
<td>1-866-534-5963</td>
</tr>
<tr>
<td>Banner (ACC &amp; LTC)</td>
<td>1-888-747-7990</td>
</tr>
<tr>
<td>Care1st</td>
<td>1-800-746-3163</td>
</tr>
<tr>
<td>Magellan</td>
<td>1-800-424-5891</td>
</tr>
<tr>
<td>Mercy Care (ACC &amp; LTC)</td>
<td>1-800-564-5465</td>
</tr>
<tr>
<td>UnitedHealthcare (ACC &amp; LTC)</td>
<td>1-877-440-0255</td>
</tr>
<tr>
<td>Health Choice Arizona (ACC &amp; RBHA)</td>
<td>1-855-458-0622</td>
</tr>
<tr>
<td>CMDP</td>
<td>1-800-201-1795</td>
</tr>
<tr>
<td>DDD AIHP</td>
<td>1-844-770-9500</td>
</tr>
<tr>
<td>Chinle Comprehensive Health Care Facility</td>
<td>1-800-242-9271</td>
</tr>
<tr>
<td>Fort Yuma Indian Health Center</td>
<td>AIMH Nurse Line Number</td>
</tr>
<tr>
<td>Phoenix Indian Medical Center</td>
<td>AIMH Nurse Line Number</td>
</tr>
<tr>
<td>San Carlos Apache Healthcare Corporation</td>
<td>AIMH Nurse Line Number</td>
</tr>
<tr>
<td>Whiteriver Indian Hospital</td>
<td>AIMH Nurse Line Number</td>
</tr>
<tr>
<td>Street Medicine (update of services)</td>
<td>Medical</td>
</tr>
<tr>
<td>Uhaul free to college students in COVID19</td>
<td>Storage/moving</td>
</tr>
<tr>
<td><strong>July 13, 2020</strong></td>
<td></td>
</tr>
<tr>
<td>-------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Homeless ID (update of services)</strong></td>
<td>Identification</td>
</tr>
<tr>
<td><strong>Crisis Text Line</strong></td>
<td>Emotional Crisis Texting Service</td>
</tr>
<tr>
<td><strong>One-n-Ten (update of services)</strong></td>
<td>LGBTQ+</td>
</tr>
<tr>
<td><strong>Area Agency on Aging - Maricopa County</strong></td>
<td>The Area Agency on Aging, Region One, offers a large variety of programs and services that enhance the quality of life for residents of Maricopa County, Arizona. We advocate, plan, coordinate, develop and deliver services for adults</td>
</tr>
<tr>
<td>July 13, 2020</td>
<td>aged 60+, adults aged 18+ with HIV/AIDS, adults aged 18+ with disabilities and long-term care needs, and family caregivers.</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Bashas and AJ’s “Senior Shopping Times”</td>
<td>Senior Resources</td>
</tr>
<tr>
<td>National Domestic Violence Hotline</td>
<td>Domestic Violence</td>
</tr>
<tr>
<td>Sojourner Center</td>
<td>Domestic Violence</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Organization</td>
<td>Type</td>
</tr>
<tr>
<td>--------------</td>
<td>------</td>
</tr>
</tbody>
</table>
| Community Legal Services | Legal | - Free Zoom webinars for COVID-19 legal issues  
- Review webinar schedule at: [https://clsaz.org/events/2020-05/](https://clsaz.org/events/2020-05/)  
- Pre-registration is required to attend webinars. |
| Juvenile Court, The Children’s Law Center, & Volunteer Lawyers Program | Legal | - Free, brief legal advice consults for Juvenile Law matters  
- Minor guardianship, dependency, severance, adoption, etc.  
- Available May 5, 2020 and May 19, 2020  
- Call 602-506-5903 or 602-506-4886 or 602-372-6992  
- Leave your name, phone number, and email so that the attorney can call you on the designated dates |
<p>| Tempe Community Action Agency | Hand Soap/Sanitizer | TCAA has received a donation of hand soap and hand sanitizer. Contact for current stock. |
| Coronavirus Tech Handbook | Additional Resources | <a href="https://coronavirustechhandbook.com">https://coronavirustechhandbook.com</a> |</p>
<table>
<thead>
<tr>
<th>St. Joseph the Worker</th>
<th>Employment</th>
<th>3/19/20 SJW Update: Our Human Services Campus location will be CLOSED to clients and donors starting tomorrow, 3/20/20, to avoid the spread of COVID-19. Please contact your</th>
</tr>
</thead>
<tbody>
<tr>
<td>USBG National Charity Foundation</td>
<td>Bartender Emergency Assistance Program</td>
<td><a href="Https://www.usbgfoundation.org/beap">Https://www.usbgfoundation.org/beap</a></td>
</tr>
<tr>
<td>275+ Enrichment Activities for Children</td>
<td>Parenting Resources</td>
<td><a href="https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbQcq2LvE1FvliYSoiTLRY70g/htmlview?usp=sharing&amp;fbclid=IwAR35XGm8-6BiVmSu1hcS5ACN7oMgfAHjgGTFhZjn7YzEiBxNlf9fYewxcG&amp;sl=true">https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbQcq2LvE1FvliYSoiTLRY70g/htmlview?usp=sharing&amp;fbclid=IwAR35XGm8-6BiVmSu1hcS5ACN7oMgfAHjgGTFhZjn7YzEiBxNlf9fYewxcG&amp;sl=true</a></td>
</tr>
<tr>
<td>Child Crisis AZ</td>
<td>Parenting Webinars</td>
<td>HERE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Big Book Ultimate Companion Google Play</td>
</tr>
</tbody>
</table>
## AA Speaker Tapes

App Store

## AA Speaker Tapes & 12 Steps

App Store
https://apps.apple.com/us/app/aa-speaker-tapes-12-steps/id1018096090 AA

---

## AA Speakers (free)

Google Play

## AA Speakers ($1.99)

App Store

---

## AA Speakers Best of 2007

Google Play

## Alcoholics Anonymous- Bill W.

Google Play

## Daily AA Speakers

Google Play
<table>
<thead>
<tr>
<th>Mental Health Resource</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Care for Your Coronavirus Anxiety</td>
<td><a href="https://www.virusanxiety.com">https://www.virusanxiety.com</a></td>
</tr>
</tbody>
</table>
| Co-Dependents Anonymous Support Group                                                | Making Progress Not Perfection Women's Only CoDA meeting (Zoom edition)  
Mondays 6:00 PM Pacific Time (US and Canada) April to June (until can return to in person format) |
<table>
<thead>
<tr>
<th>National Network to End Domestic Violence</th>
<th>General and DV Specific Resources</th>
<th><a href="https://nnedv.org/latest_update/resources-response-covid-19/">https://nnedv.org/latest_update/resources-response-covid-19/</a></th>
</tr>
</thead>
</table>
| Adobe Creative Cloud | Creative/Freelance Resource | Free 90-Days for Creative Cloud subscribers.  
- Log in to your Adobe account.  
- Go to your settings and select “cancel membership”  
- Follow directions as you would for canceling your subscription.  
- Select the free 90-day |
| Catholic Charities (update of services) | Veterans | Catholic Charities will no longer be operating the Veterans Outreach Center (VOC) in the LDRC. Please direct veterans to the CRRC. |
| Insight Timer | Meditation | [https://insighttimer.com/](https://insighttimer.com/) |
| Muse | Ultimate List of Free Meditation Resources | [https://choosemuse.com/blog/ultimate-list-of-free-meditation-resources/](https://choosemuse.com/blog/ultimate-list-of-free-meditation-resources/) |
| Arizona Food Banks | Food | Food banks have lots of food right now. They are continuing to receive donations and have volunteer support to make sure the most vulnerable in our communities have the food they need for themselves and their families. |
families. To find a food bank near you, please go to http://www.azfoodbanks.org/index.php/foodbank/index
Division of Developmental Disabilities Town Hall Meeting

Attend for updates and happenings. Thursday evenings from 6-8pm.

Cell Phone Services Resource

WHAT IS LIFELINE?

Lifeline is a free government benefit program that offers FREE cell phone service to eligible Americans. Lifeline approved carriers give qualifying customers FREE monthly data, minutes, and unlimited texting. You can qualify if you participate in a government assistance program, like SNAP, Veterans Pension, or Medicaid, or based on your household income. Below are two of several carriers that participate. You can learn more about Lifeline and other carriers who participate in the program by visiting https://data.usac.org/publicreports/CompaniesNearMe/Download/Report

QLink Wireless - https://qlinkwireless.com/

Utility and mortgage grant City of Phoenix

The City of Phoenix has created the Phoenix Cares Grant. These limited funds can help cover utility bills (electric, gas and city of Phoenix Water bill), rent, or mortgage, for City of Phoenix households financially impacted by COVID-19.

Trellis and other nonprofits have been chosen to assist applicants with applying and distributing funds.

Eligible households may receive one-time assistance with utility, rent or mortgage obligations.

Please download the Adobe app so you can fill out the form online and save its. Be sure to attach all the requested information in your email along with this application. Adobe for Apple & Android
Small Business Grants for Women:

What Small Business Grants are Available for Women in the US?

According to the 2018 State of Women-Owned Businesses Report, the US has 12.3 million women-owned businesses, accounting for 40% of all the privately owned businesses in the US. However, despite the crucial role these businesses have to play in the US economy, many female business owners are having trouble securing bank loans.

The good news is that there are other viable forms of funding out there, including small business grants that are available only to female entrepreneurs. Here’s our guide to help you find them.

Learn More: https://www.aabrs.com/small-business-grants-for-women/#us-sbg-women

Temporary Changes at Section 8 Office

Many of our families, landlords and staff are concerned about the spread of the coronavirus. In order to keep you and staff healthy and safe, we have implemented an appointment-only system effective today, Wednesday, April 1. You can make an appointment using the following methods:

- Email: S8appointment@phoenix.gov
- Phone: 602-262-6040
- View full staff contact list

The Section 8 offices will be installing a secure drop box for participants to drop off information or they can send it electronically. In addition, the city will be paying all landlords timely through direct deposits (ACH payments) and is encouraging all landlords to sign up for electronic payments versus receiving a check.

Read the detailed Housing Department impacted services statement at http://ow.ly/6vHp50z2ttL.

Phoenix Public Library: eCard Registration

Phoenix and other Maricopa County residents can now get immediate 24/7 access to Phoenix Public Library’s online services, including:

- Bestselling eBooks and eAudiobooks from Greater Phoenix Digital Library, Axis 360 and hoopla
- Music and movies from Freegal and hoopla
- A wide variety of research databases
- Great eLearning tools like Universal Class, Rocket Languages, and Learning Express
Library: Complete the online application to get your eCard number now. If you already have a Phoenix Public Library card, you do not need an eCard. Your current library card number can be used to access online resources and place holds.

Additional Resources for education for children and families from home:

- Celebrities and children's authors such as Oge Mora, Reese Witherspoon, Jennifer Garner, Josh Gad and Chris O'Dowd are reading some of their favorite children's books in these streaming story times.
- Library E Card registration: https://www.phoenixpubliclibrary.org/ServicesForYou/Borrowing-Items/Pages/Online-Registration.aspx
- Looking for continuous growth and learning and want to learn in a flexible way? Here're 25 incredible sites for high quality, free online education.: https://www.lifehack.org/articles/money/25-killer-sites-for-free-online-education.html
- Most online supportive education program for kids are providing 30 day free services you can look for the most appropriate program by going to this website: https://www.verywellfamily.com/best-free-educational-websites-for-kids-3129084
- Explore art museums from around the world with your family by going to Google Arts and Crafts: https://artsandculture.google.com/explore?hl=en
- SCHOLASTIC is offering free at home fun learning program: https://classroommagazines.scholastic.com/support/learnathome.html?caching
- Cosmic Kids Yoga is a YouTube channel that will encourage your little one get up and get moving while teaching them mindfulness and relaxation https://youtu.be/iWowDC3x0hE
- Yoga With Adriene has a number of gentle yoga programs that can be done in small spaces in your home: https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA
- UCLA mindful Awareness Research Center has a number of mindfulness exercises https://www.uclahealth.org/marc/mindful-meditations
- NETFLIX is extending a 30 day trial for free to support our community. https://www.netflix.com/
- Join a positive and health Facebook group that can uplift you as well as give you support and a sense of community
- Practice a group meetings with friends or family, set up a time that works for everybody to talk about your day, concerns, and recommendations. Remember to create ground rules and maintain positive topics during this time.
Setting Up a Support Structure

- Create a budget for groceries and toiletries. If you live with people, sit down and have a transparent conversation about what everyone can contribute. Now is not the time to be individualistic about resources! *If you are used to eating at work or en route to work, remember this may no longer be an option, budget for it even if you think you don’t need it. **If you live alone, come up with a plan for possibly staying with friends or family to share resources if this is a safe option for you. Isolation depression is real, and being emotionally healthy is just as crucial for a healthy immune system.

- Take account of your medication, and if you are running low or it’s almost time for a refill, reFill it now while you have the funds, but DO NOT hoard. This will assist in managing your anxiety in the weeks to come.

By Ashtin Berry
Setting Up a Support Structure

- What are your immediate needs?
  - Physically
    - Are you sick? how is that limiting your mobility?
    - Do you have an auto-immune disease? How will that impact your access to resources?
    - Is physical exercise a grounding technique for you?
    - Do you have physical therapy?
  - Financially?
    - Are you one paycheck away from a bad situation?
  - Emotionally?
    - Where are you emotionally? Is work the center of your interaction with other people?
    - How do you respond to isolation?

By Ashtin Berry
Setting Up a Support Structure

• Now that you have your Immediate Needs, Financial Plan, and Immediate Network, it's time to start crowdsourcing and bartering.

This can seem High-Risk and scary at first, but remember many people are going to be in the same situation as you. Call &/or text your immediate network. Use a consent-based approach. Check out a couple of scripts to get you started on the next slide.

By Ashtin Berry
Setting Up a Support Structure

Hey,

It’s _______. I wanted to check-in and see how you are doing with the COVID-19 outbreak? I’m feeling _______ and would like to figure out a way we could support one another if you are open and have space for that.

Hey,

I’ve been looking at some ways to be proactive about the inevitable slowing of business due to COVID-19 and was wondering if you were interested in creating some systems to help support each other.

By Ashtin Berry
10 FREE LEARNING WEBSITES for kids
Here’s a list of some fun, educational, and safe websites for your children to visit and explore!

Switcheroo Zoo
www.switcheroozoo.com
Watch, listen, and play games to learn all about amazing animals!

Nat Geo for Kids
www.kids.nationalgeographic.com
Learn all about geography and fascinating animals!

Into the Book
www.reading.ceb.org
Go “into the book” to play games that practice reading strategies!

Seussville
www.seussville.com
Read, play games, and hang out with Dr. Seuss and his friends!

ABC YA
www.abcya.com
Practice math and reading skills all while playing fun games!

Fun Brain
www.funbrain.com
Play games while practicing math and reading skills!

PBS Kids
www.pbs.org
Hang out with your favorite characters all while learning!

Star Fall
www.starfall.com
Practice your phonics skills with these read-along stories!

Storyline Online
www.storylineonline.net
Have some of your favorite stories read to you by movie stars!

Highlights Kids
www.highlightskids.com
Read, play games, and conduct cool science experiments!
HOW to FEEL YOUR FEELINGS:
A THING THAT SOUNDS OBVIOUS BUT TOTALLY ISN'T.
1. AN UNPLEASANT FEELING ARISES.
2. YOUR MIND LAUNCHES INTO WHATEVER INNER STORY ACCOMPANIES THIS FEELING
   "I'm unlovable... I'm a loser... I resent my fate" (JUST FOR EXAMPLE)
STOP! YOU ARE THINKING YOUR FEELINGS.
3. REDIRECT YOUR MIND AWAY FROM THESE THOUGHTS & INTO THE SENSATIONS IN YOUR BODY.
   MENTALLY NAME THEM (My chest is tight, etc.)
4. BREATHE INTO THE FEELING/SENSATION & ALLOW IT. (CRY, SHAKE, SIT, if you want.)
5. YOUR MIND WILL REALLY WANT TO GO BACK INTO THINKING/STORY-MODE. WHEN THIS HAPPENS,
   REDIRECT YOUR AWARENESS BACK INTO YOUR BODY.
6. TAKE DEEP BREATHS, KEEP FEELING, AND YOUR BODY LET THE FEELING EXIST. DON'T RESIST
   THAT IT WILL LEAVE. OBSERVE IT CHANGING. WATCH IT PASS. NOTICE THAT YOU HAVE SURVIVED.

[Image of a comic strip with a similar message]
DAILY QUARANTINE QUESTIONS:
1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING with today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?
Tiny Happy Things:
- Sunshine through the window
- Singing along with the radio
- The first sip of coffee
- Talking to animals
- Starting a book and realizing you love it
- Fluffy blankets just out of the dryer
- A text from a friend
- New pens
- When someone loves the same nerdy thing as you
- Late night snacks
- Split second gratitude

© 2017 Sweetpants AND Coffee, LLC