

FURTHER REVIEW

COVID-19 SPOKANE COMMUNITY RESOURCES

Populations

ALL AGES

FOOD

■ **Second Harvest Food Bank** has locations throughout Eastern Washington. For details on requirements and locations, visit spokane-cares.org/food-banks-spokane.php

■ **Valley Real Life** has two drive-thru locations for people needing food and basic supplies. Barker, Monday-Thursday 8 a.m.-4 p.m.; and Otis, Tuesday-Friday 9 a.m.-noon and 3-6 p.m. For more information or questions, visit valleyreallife.org or call (509) 232-0840.

■ List of **Spokane and area restaurants with takeout:** spokesman.com/stories/2020/mar/15/spokane-restaurants-and-bars-focus-on-take-out-ami/

■ **Saint Vincent de Paul Society** provides emergency food, assistance for rent, clothing, utilities, medical care and other requests. (509) 535-2491.

■ **All Saints Lutheran** at 314 S. Spruce St. holds a food bank for Brownes Addition residents from 10 a.m.-2 p.m. Mondays and Wednesdays. (509) 838-4409.

■ **Bethel AME Church** at 610 S. Richard Allen Court holds a food pantry at 1 p.m. Thursdays.

■ **Better Living Center** at 25 E. North Foothills Drive holds a food bank for North Central residents Tuesdays from 9 a.m.-4 p.m. and Thursdays from 9 a.m.-1 p.m. (509) 325-1258.

■ **Caritas Outreach Ministries** at 1612 W. Dalke Ave. offers food boxes for Northwest Spokane residents Monday, Wednesdays and Thursdays from 11 a.m.-1 p.m. (509) 326-2249.

■ **St. Peter Lutheran Food Bank** holds its Helping Hands Food Pantry at 4620 N. Regal St. for Northwest Spokane and Hillyard residents on the second and fourth Friday of the month from 9 a.m.-10:30 a.m. (509) 487-4843.

■ **Martin Luther King Jr. Family Outreach Center** at 500 S. Stone St. holds food banks Monday and Wednesday-Friday from 1-5 p.m. (509) 868-0856.

■ **Northeast Food Pantry** at 4520 N. Crestline St. offers food pre-bagged and delivered to the parking lot Monday, Tuesday and Thursday from 9-11 a.m. (509) 290-3691.

■ **Our Place Ministries** at 1509 W. College Ave. holds food banks for the Riverfront-Montgomery neighborhood from 10 a.m.-3 p.m. on Monday, Tuesday and Thursday. (509) 326-7267.

■ **Salvation Army Family Services** at 204 E. Indiana Ave. holds food banks Monday and Friday from 9 a.m.-5 p.m. and Tuesday-Thursday from 9 a.m.-6:30 p.m. (509) 326-7267.

■ **Serve Spokane** at 8303 N. Division St. holds food banks for the 99208 area code from 9-11:30 a.m. Tuesday-Friday. (509) 998-5722.

■ **Greater Spokane Meals** on Wheels will be continuing meal services for seniors through home delivery only. To sign up for home delivery, call (509) 924-6976.

HOUSING

■ **Spokane County Community Services** offers rental and utility bill assistance to the county's low- and moderate-income residents. (509) 477-5722.

■ **Spokane Valley Partners** provides housing and rental assistance to low-income families, disabled, elderly or people with disabilities. (509) 927-1153.

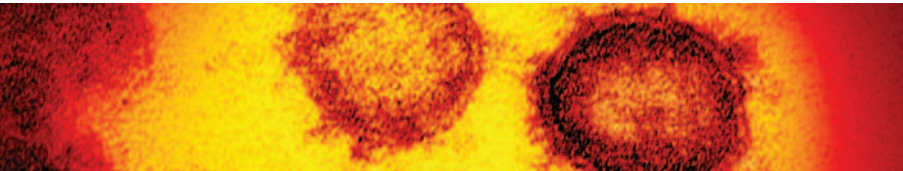
■ **Goodwill Industries of the Inland Northwest** provides rent or housing assistance as part of Housing Essential Needs. (509) 462-0518.

■ **Catholic Charities of Spokane** provides rent or housing assistance, food bags and emergency supplies after referral from another local church. (509) 455-4963.

By Riordan Zentler | THE SPOKESMAN-REVIEW

During the COVID-19 quarantine, questions crop up every day: Can I apply for unemployment? How can I feed my kids? Where can I go with help for the rent? Here is a list of resources to help Spokane-area residents navigate life during coronavirus.

Send updates or information on other resources to riordanz@spokesman.com



■ **Coordinated Housing and Homeless Families Assessment of Spokane** provides emergency homelessness prevention through loans or grants to pay rent. (509) 325-5005.

■ **Spokane Housing Authority** provides rental assistance subsidies through the Section 8 voucher program. (509) 328-2953.

CLOTHING

■ **Opportunity Christian Fellowship** at 12321 E. 14th Ave., Spokane Valley holds a “Klothes Kloset” from 10 a.m.-2 p.m. Wednesday and Thursday. Call (509) 926-2673.

YOUTH

EMERGENCY FUNDS

■ **Communities In Schools Spokane County** is offering an emergency fund for students affected by COVID-19, including monetary support and food items.

Contact: Call (509) 413-1436 or email info@cisspokane.org

Donate: secure.lgiforms.com/form_engine/s/DQ97Wm3FSkU1M-RB8xyUoQ

FOOD

■ **Public school districts** in Spokane County are offering free breakfast and lunch meals weekdays for children. Hours and locations vary; go online for details:

- **Spokane** spokaneschools.org/covid
- **Central Valley** cvsd.org
- **Mead** mead354.org
- **West Valley** wvvd.org
- **East Valley** evsd.org
- **Freeman** freemansd.org
- **Cheney** cheneysd.org
- **Riverside** teamriverside.org
- **Deer Park** dpsd.org
- **Liberty** libertysd.us
- **Medical Lake** mlsd.org
- **Nine Mile Falls** 9mile.org/Page/3076

EDUCATION

■ **Spokane Public Schools** has a collection of resources for families to use during school closure at www.spokaneschools.org/LearningAtHomeResources. SPS also is checking out laptops to students based on need and availability to assist families without home computer access at spokaneschools.org/LaptopCheckout. Other school districts offer similar programs; visit those districts online for details.

SENIORS

FOOD AND SHOPPING

■ Grocery and retail stores have announced “senior and vulnerable customer hours.”

- **Albertsons and Safeway:** Tuesday and Thursday from 7-9 a.m.
- **Target:** Wednesday from 7-8 a.m.
- **Cabela's:** Monday through Friday from 8-9 a.m.
- **Fred Meyer:** Monday through Thursday from 7-8 a.m.
- **Costco:** Tuesday, Wednesday

and Thursday from 8-9 a.m.

- **Walmart:** Tuesday from 6-7 a.m.
- **Yoke's Fresh Market:** Wednesdays from 6-9 a.m.

Employment

TAX RELIEF

■ **IRS website on coronavirus-related tax relief**, including info on new 2019 tax deadline of July 15 and stimulus payment checks: irs.gov/coronavirus

EMPLOYMENT ISSUES

■ **Employment Security Department:** for workers and businesses affected by COVID-19. For information and resources regarding eligibility for collecting unemployment benefits, worker's compensation, etc.: esd.wa.gov/newsroom/covid-19

■ **Centers for Disease Control and Prevention** guidelines for businesses/employers: cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

FAMILY AND MEDICAL LEAVE

■ **Washington Paid Family and Medical Leave:** Guidelines on paid sick leave vs. paid family and medical leave, eligibility, and the process of acquiring paid family and medical leave amid the COVID-19 epidemic: paidleave.wa.gov/coronavirus/

■ **Scenarios and benefits available chart** can be found here: esdorchardstorage.blob.core.windows.net/esdwa/Default/ESDWAGOV/newsroom/COVID-19/covid-19-scenarios-and-benefits.pdf

TEMPORARY JOBS AVAILABLE

Spokane-area companies looking to hire immediately:

- **Big Lots** careers.biglots.com/
- **WinCo** wincofoods.com/about/careers/
- **Albertsons/Safeway** bit.ly/2WnRBln
- **Costco** costco.com/job-opportunities.html
- Summer seasonal jobs through Sept. 30 with **Maverik** jobs.maverik.com
- **Walmart** careers.walmart.com
- **Walgreens:** jobs.walgreens.com/locations#Washington/all/all
- **CVS:** jobs.cvshealth.com
- **Prestige Care:** prestigecare.com/careers

RESOURCES BASED ON TYPE OF EMPLOYMENT

- **Freelance artists** covid19freelanceartistresource.wordpress.com/
- **Bartenders** usbgfoundation.org/
- **Local artists:** Spokane Artists and Creatives Emergency Fund
 - Artists needing support go to surveymonkey.com/r/677Mn8G
 - Donate at spokanearts.kindful.com/artistrelief

IMPACTED BUSINESSES

■ **Businesses** affected may be eligible for economic injury disaster loans, tax filing extensions, etc.: governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers

■ The U.S. **Small Business Administration** is to provide disaster assistance loans for small businesses impacted by COVID-19: sba.gov/node/1658263.

■ **SBA Region X** serves the Spokane-Coeur d'Alene area: sba.gov/offices/regional/x

Services/Issues/Support

TRANSPORTATION

■ **Spokane Transit Authority** is temporarily suspending collecting fares from passengers, is requiring passengers to use the bus rear door when boarding, and is offering rides for passengers 60+ years old and older needing to go to work, grocery stores or pharmacies, based on van operator availability. Call (509) 328-1552 to schedule.

SUPPORT GROUPS AND RESOURCES

■ **Transitions of Spokane** staff will be available to talk with women in the Transitions community at (509) 455-4249. In addition, members of the Alcoholics Anonymous group are able to attend individually, with coursework available on-site.

■ **Abuse Recovery Ministry Services** are continuing services virtually through Zoom calls and more. With questions about how to join, or if you need help, call (866) 262-9284 or visit abuserecovery.org

■ **The YWCA** will continue to operate their 24-hour hotline at (509) 326-2255. In addition, the Domestic Violence Safe Shelter will remain open. All other programs have been suspended.

■ **Frontier Behavioral Health** Crisis Response Service will continue to operate the Regional Crisis Line, (877) 266-1818. The crisis line is answered by mental health clinicians who provide telephone triage and crisis intervention services and make direct referrals to mobile crisis outreach teams.

■ **Salvation Army of Spokane** is offering pastoral counseling via phone at (509) 325-6810, or email at salvationarmyspokane@gmail.com

Giving Back

■ **Salvation Army Family Services** at 204 E. Indiana Ave. is looking for volunteers to help out with its food banks Monday-Friday. Call (509) 326-7267 or go to spokane.salvationarmy.org

■ **Serve Spokane** at 8303 N. Division St. is looking for volunteers to help out with its food banks Tuesday-Friday. Call (509) 998-5722 or visit servespokane.org

■ **Donations of bulk supplies and/or personal protective equipment**, visit coronavirus.wa.gov/how-you-can-help

Miscellaneous

■ **Washington state emergency rulemaking** esd.wa.gov/newsroom/rulemaking/covid-19

■ **Virus “mythbusters” via World Health Organization:** who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters

■ **Centers for Disease Control and Prevention** information page on COVID-19: cdc.gov/coronavirus/2019-ncov/index.html