



## Navajo Nation Washington Office

Email: [info@nnwo.org](mailto:info@nnwo.org)

Wááshindoon Weekly | October 17, 2024

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### Government Shutdown Resource List

WASHINGTON, D.C. – On Wednesday, October 1, 2025, the United States Federal Government went into shutdown as Congress could not come to an agreement in order to pass a federal budget or a Continuing Resolution (“CR”). A Government Shutdown requires a majority of federal workers to be furloughed until a budget or CR passes Congress and is signed into law by the President. Only a few workers remain on duty without pay due to being considered essential workers.

As the Government Shutdown affects everyone, the Navajo Nation Washington Office has collected a Resource Guide for all those affected by the shutdown. The list was shared in the October 10 Wááshindoon Weekly; However, it has since been updated to include more resources for federal workers. You can find the updated guide below.

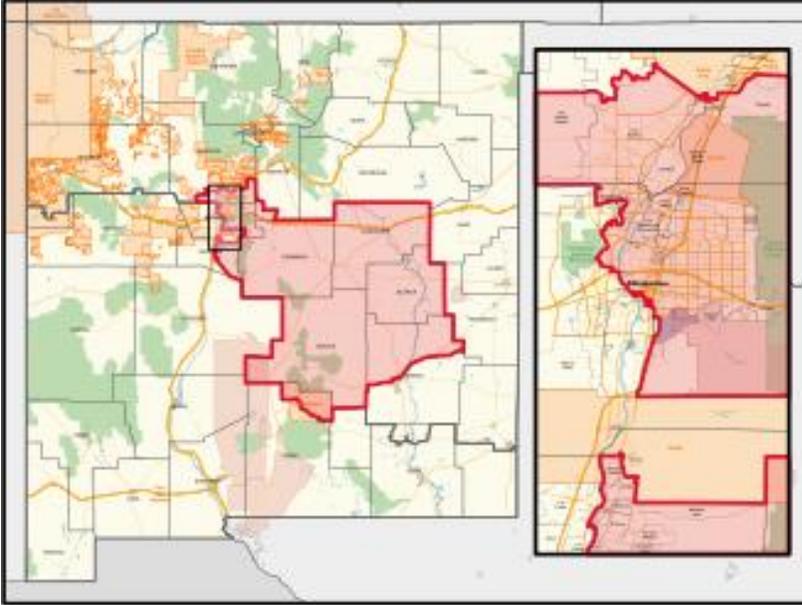
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For more information about the Navajo Nation Washington Office, please visit [www.nnwo.org](http://www.nnwo.org)

**Government Shutdown Resources  
October 2025**

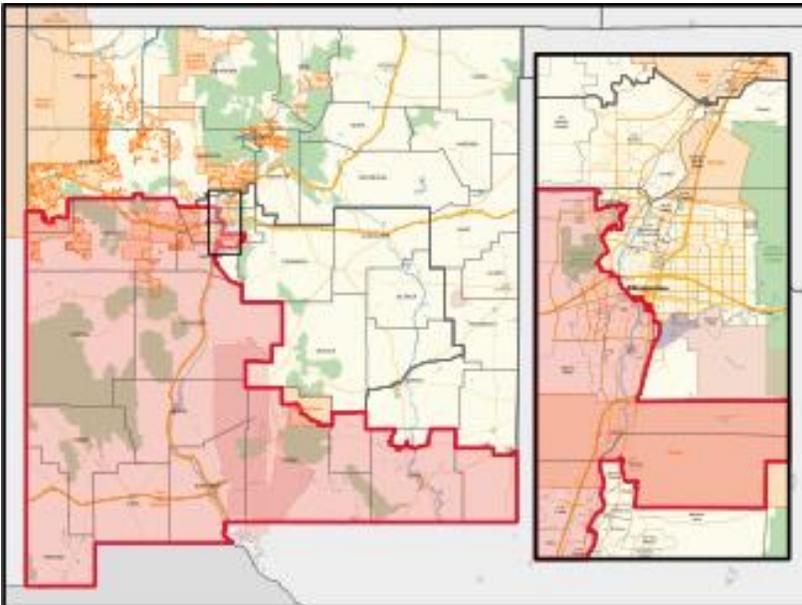
***New Mexico House of Representatives***

Congresswoman Melanie Stansbury (D-01)



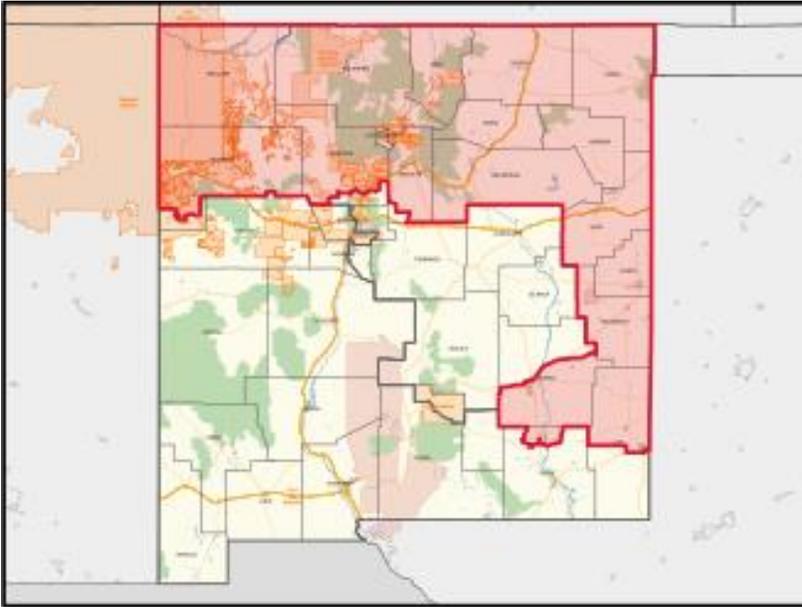
[Resource Guide](#)

Congressman Gabe Vasquez (D-02)



[Resource Guide](#)

Congresswoman Teresa Leger Fernandez (D-03)



[Resource Guide](#)

### ***New Mexico Senate***

Senator Martin Heinrich (D) – Senior Senator

[Resource Guide](#)

Senator Ben Ray Luján (D) – Junior Senator

[Resource Guide](#)

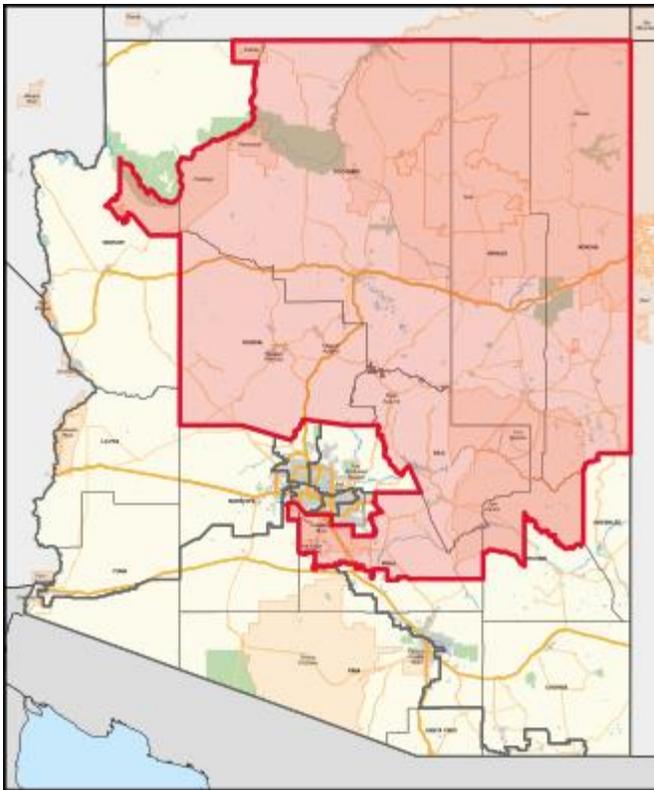
**Arizona House of Representatives**

Congressman David Schweikert (R-01)



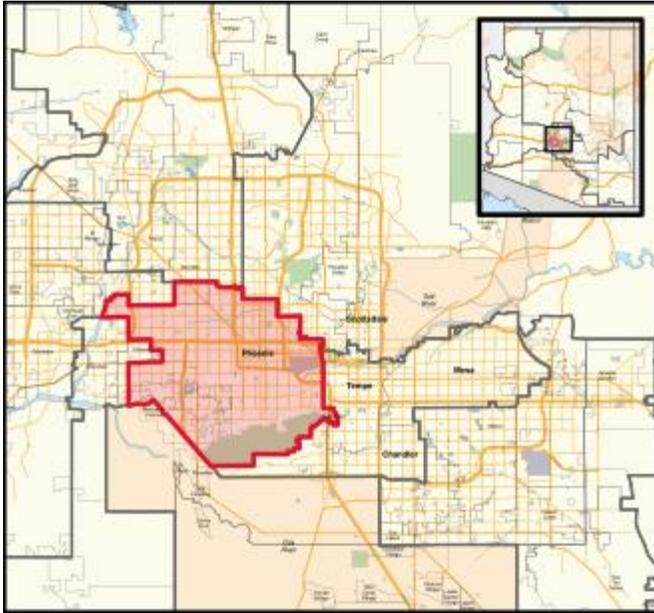
Not available as of 10/17/2025

Congressman Eli Crane (R-02)



[Resource Guide](#)

Congresswoman Yassamin Ansari (D-03)



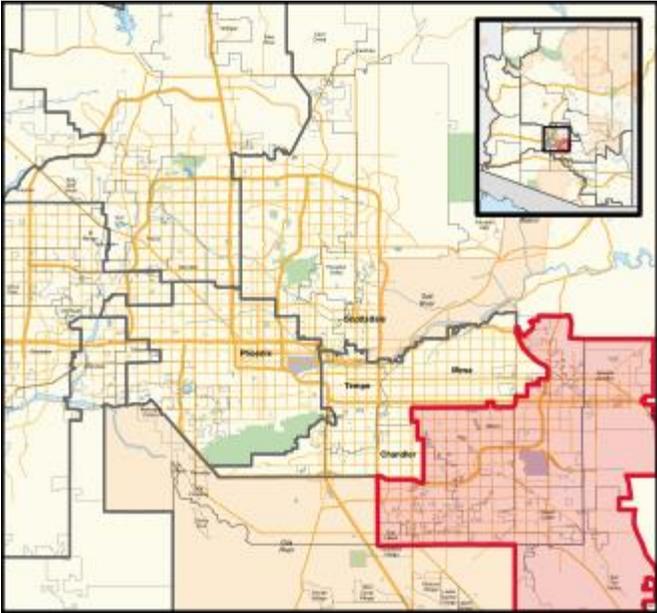
[Resource Guide](#)

Congressman Greg Stanton (D-04)



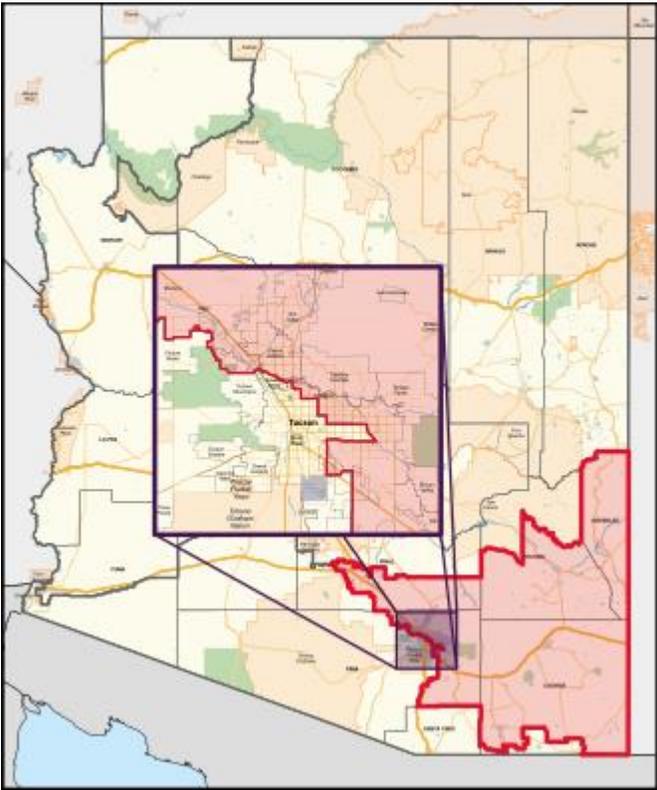
[Resource Guide](#)

Congressman Andy Biggs (R-05)



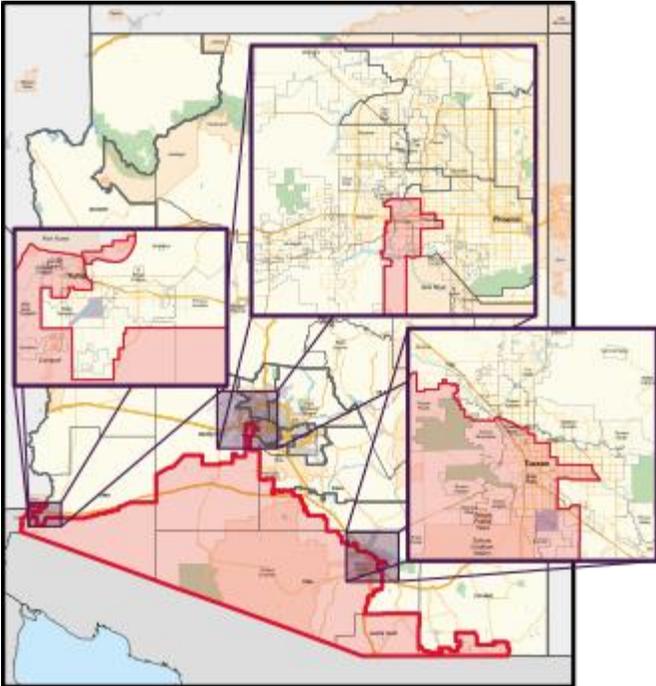
Not available as of 10/9/2025

Congressman Juan Ciscomani (R-06)



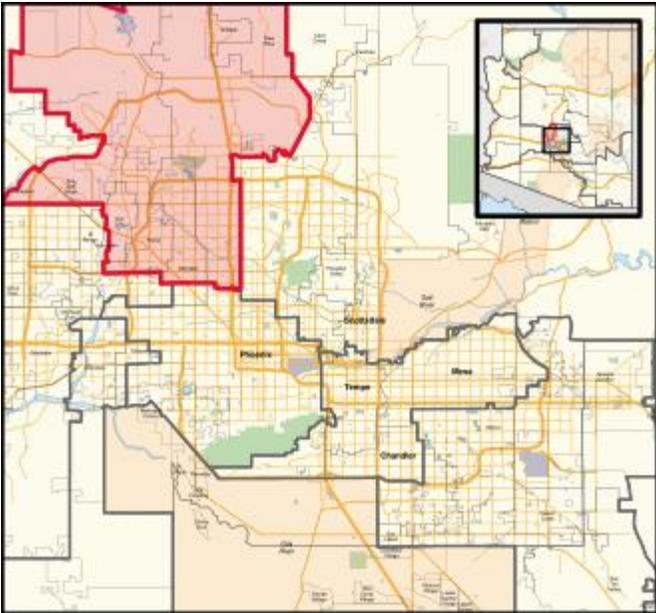
[Resource Guide](#)

Congresswoman Adelita Grijalva (D-07)



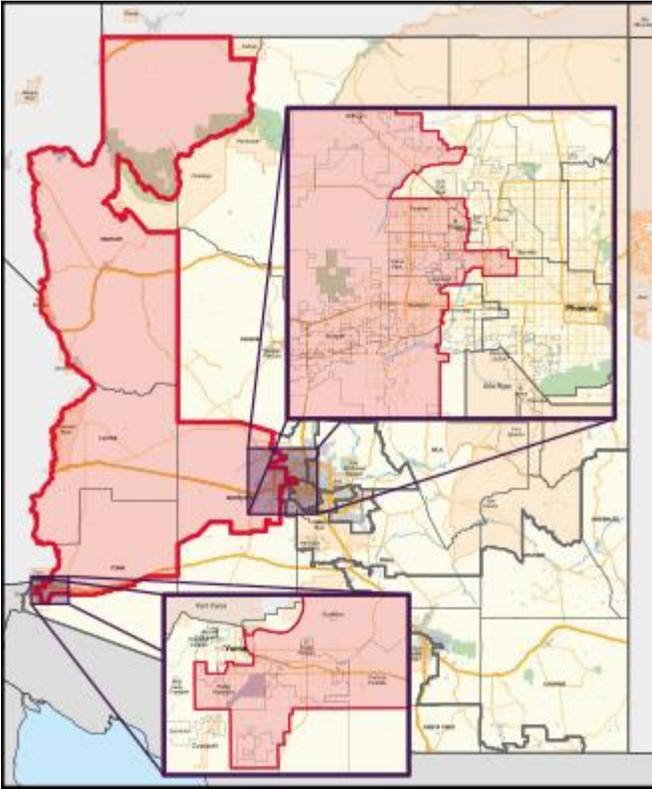
Not sworn in yet

Congressman Abraham Hamadeh (R-08)



Not available as of 10/17/2025

Congressman Paul Gosar (R-09)



[Resource Guide](#)

***Arizona Senate***

Senator Mark Kelly (D) – Senior Senator

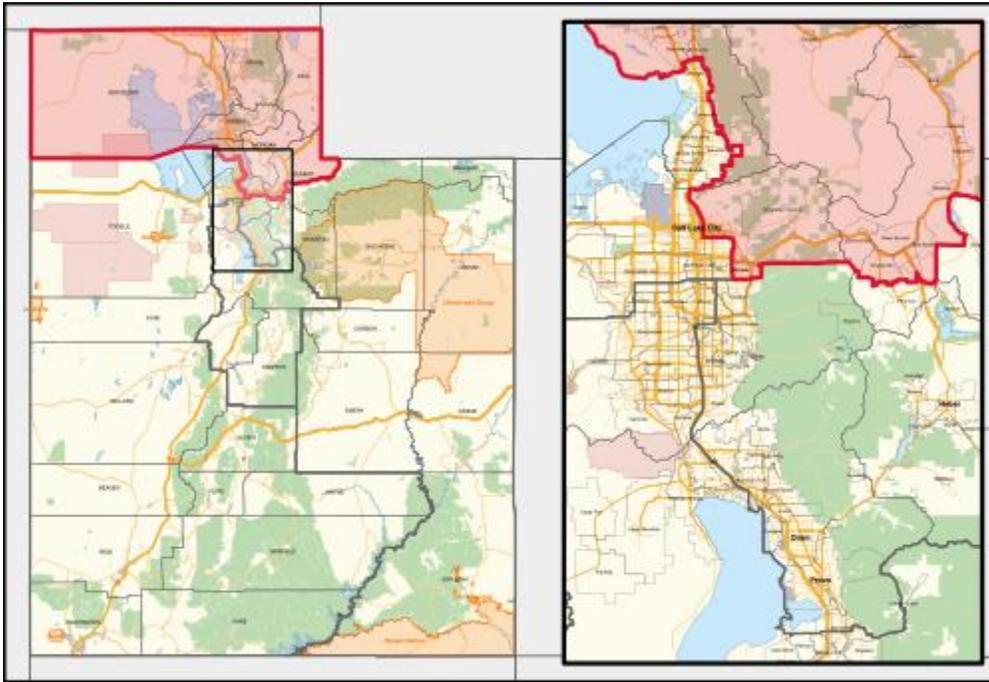
[Resource Guide](#)

Senator Ruben Gallego (D) – Junior Senator

[Resource Guide](#)

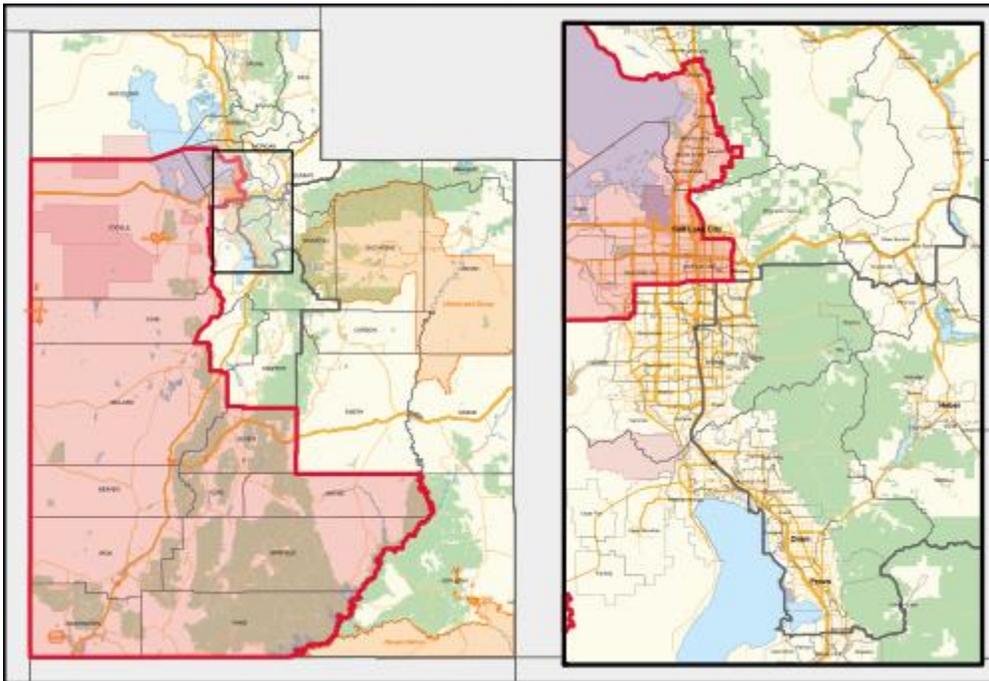
***Utah House of Representatives***

Congressman Blake Moore (R-01)



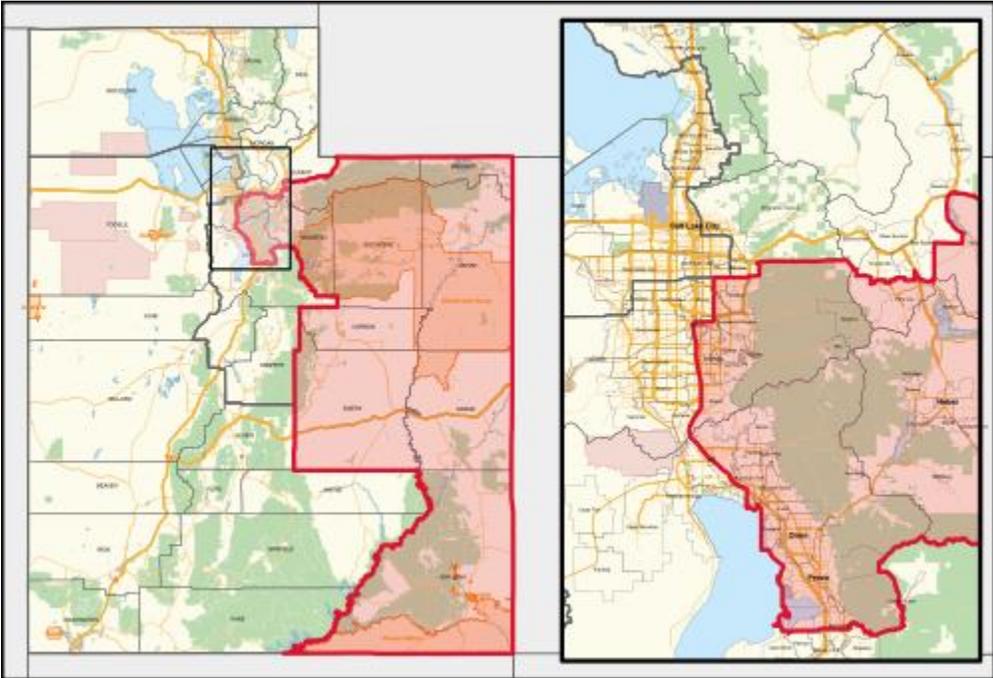
[Resource Guide](#)

Congresswoman Celeste Maloy (R-02)



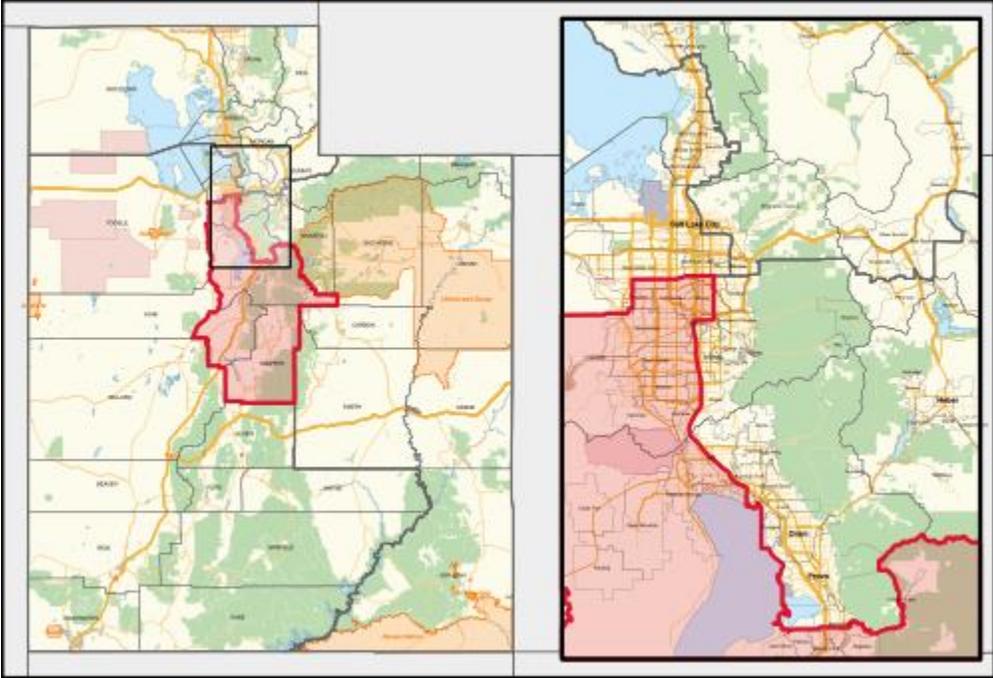
[Resource Guide](#)

Congressman Mike Kennedy (R-03)



Not available as of 10/9/2025

Congressman Burgess Owens (R-04)



[Resource Guide](#)

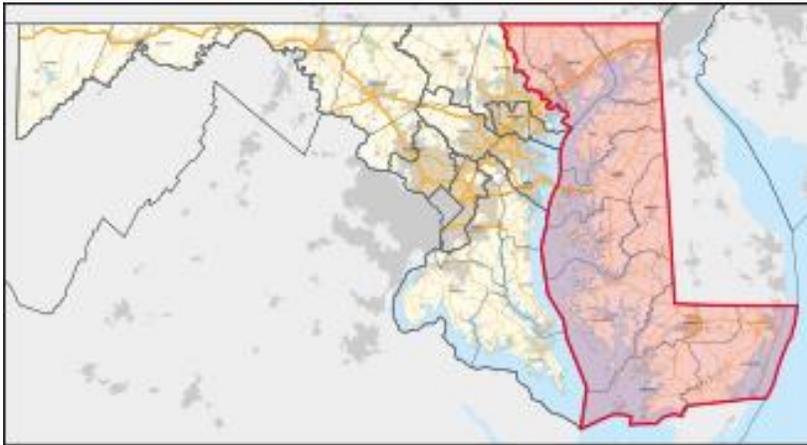
## ***Utah Senate***

Senator Mike Lee (R) – Senior Senator  
Not available as of 10/9/2025

Senator John Curtis (R) – Junior Senator  
Not available as of 10/9/2025

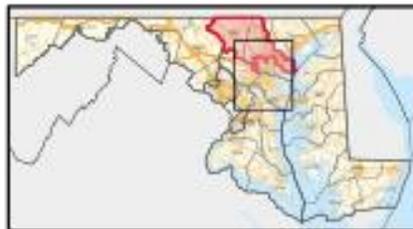
## ***Maryland House of Representatives***

Congressman Andy Harris (R-01)



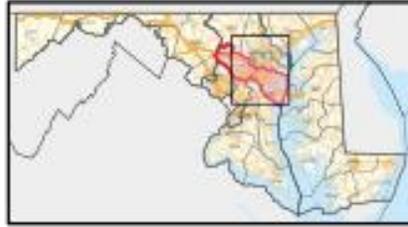
[Resource Guide](#)

Congressman Johnny Olszewski (D-02)



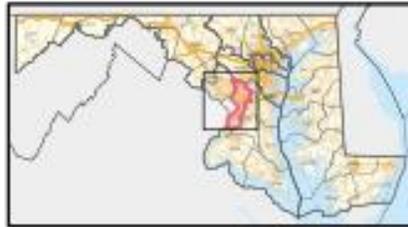
[Resource Guide](#)

Congresswoman Sarah Elfreth (D-03)



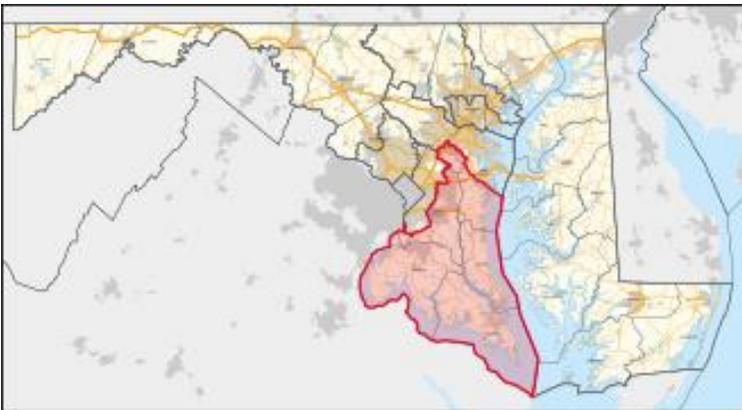
[Resource Guide](#)

Congressman Glenn Ivey (D-04)



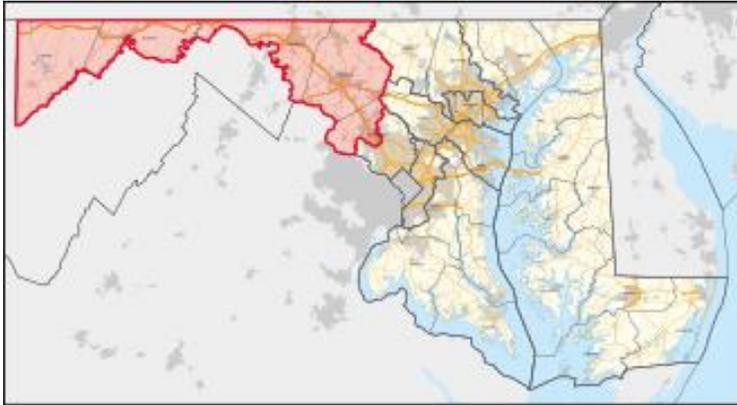
[Resource Guide](#)

Congressman Steny Hoyer (D-05)



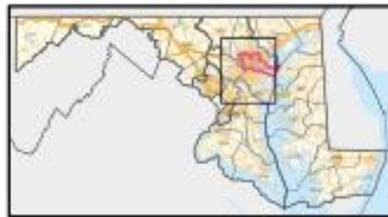
[Resource Guide](#)

Congresswoman April McClain (D-06)



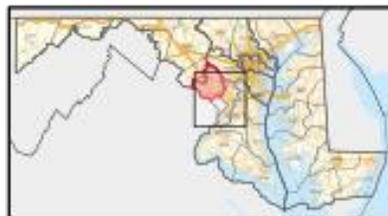
[Resource Guide](#)

Congressman Kweisi Mfume (D-07)



[Resource Guide](#)

Congressman Jamie Raskin (D-08)



[Resource Guide](#)

## ***Maryland Senate***

Senator Chris Van Hollen (D) – Senior Senator

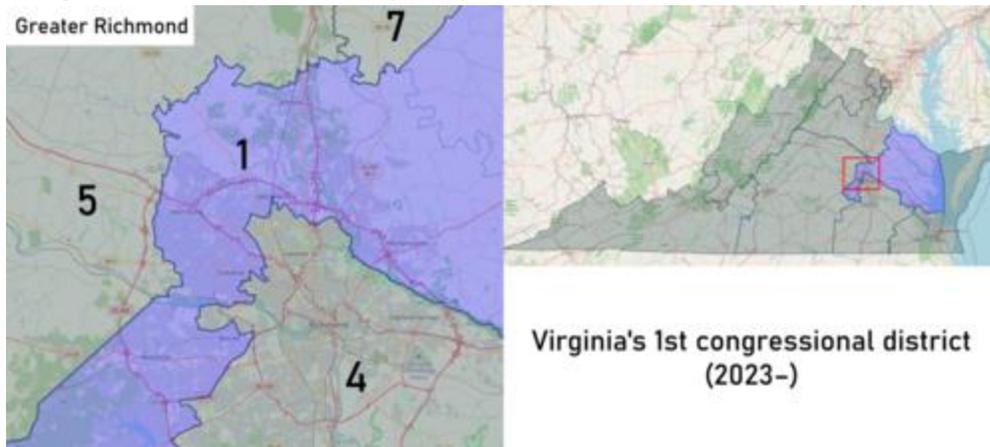
[Resource Guide](#)

Senator Angela Alsobrooks (D) – Junior Senator

[Resource Guide](#)

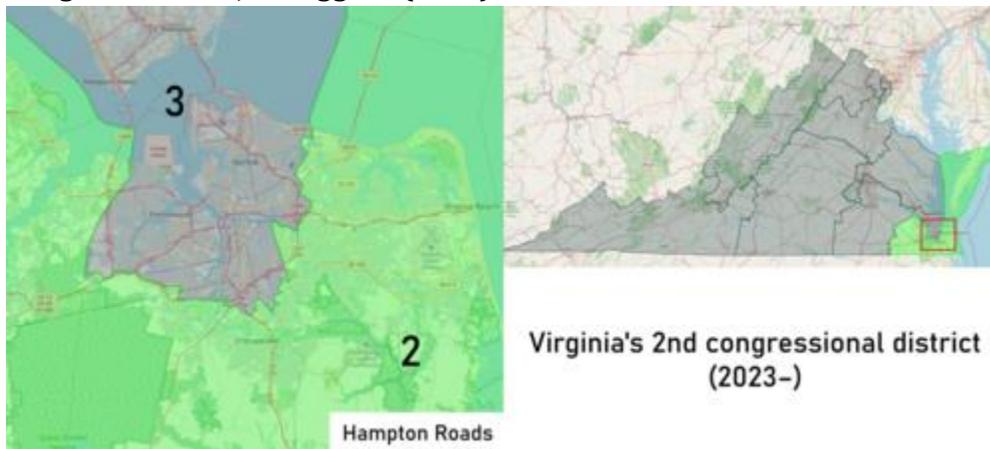
## ***Virginia House of Representatives***

Congressman Rob Wittman (R-01)



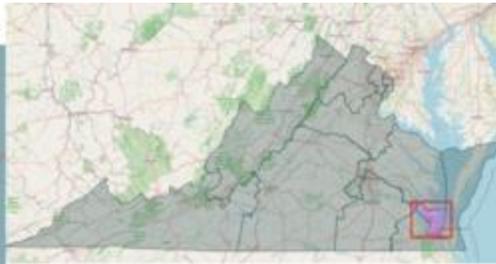
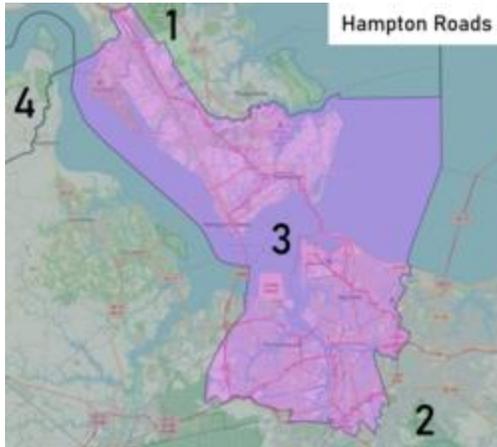
[Resource Guide](#)

Congresswoman Jen Kiggans (R-02)



[Resource Guide](#)

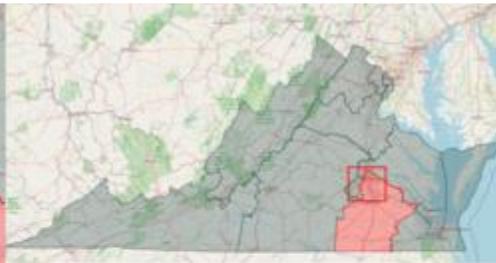
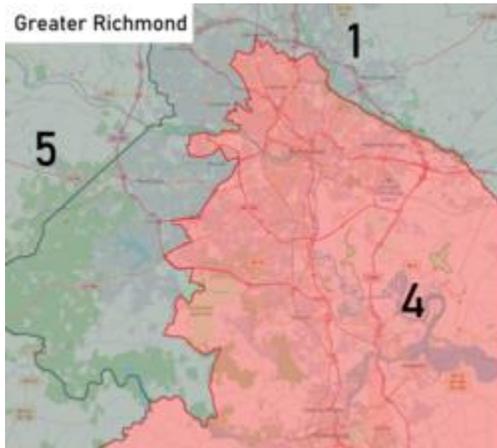
Congressman Bobby Scott (D-03)



Virginia's 3rd congressional district  
(2023-)

[Resource Guide](#)

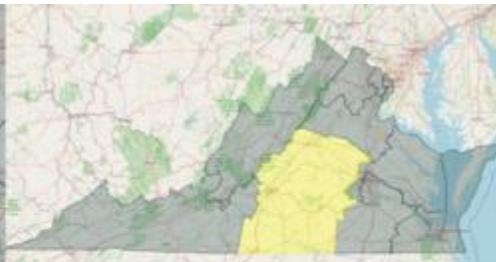
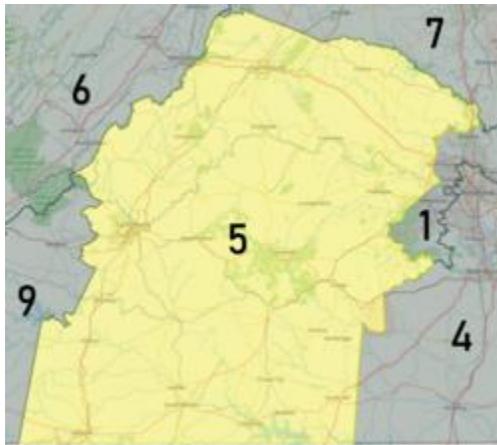
Congresswoman Jennifer McClellan (D-04)



Virginia's 4th congressional district  
(2023-)

[Resource Guide](#)

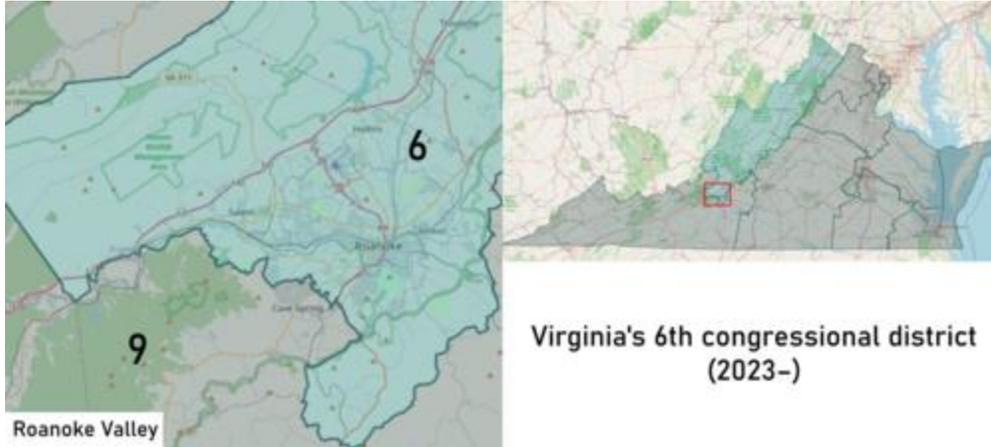
Congressman John McGuire (R-05)



Virginia's 5th congressional district  
(2023-)

[Resource Guide](#)

Congressman Ben Cline (R-06)



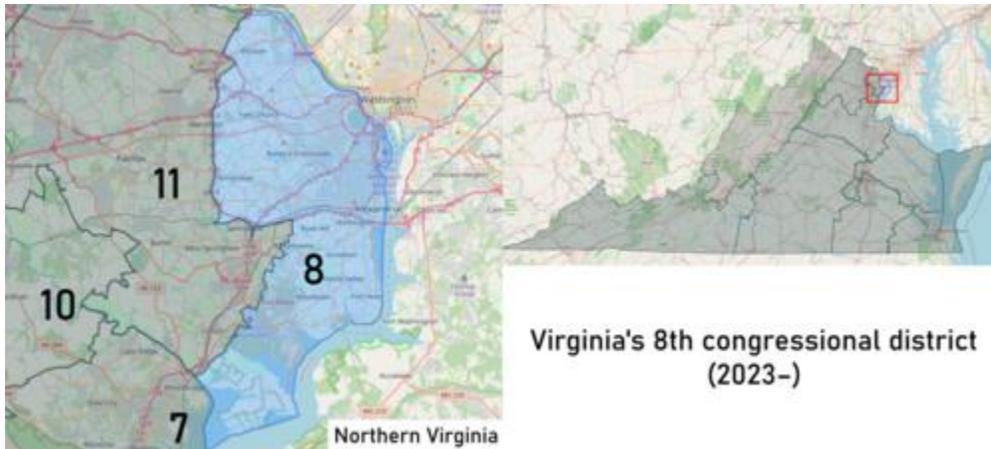
Not available as of 10/17/2025

Congressman Eugene Vindman (D-07)



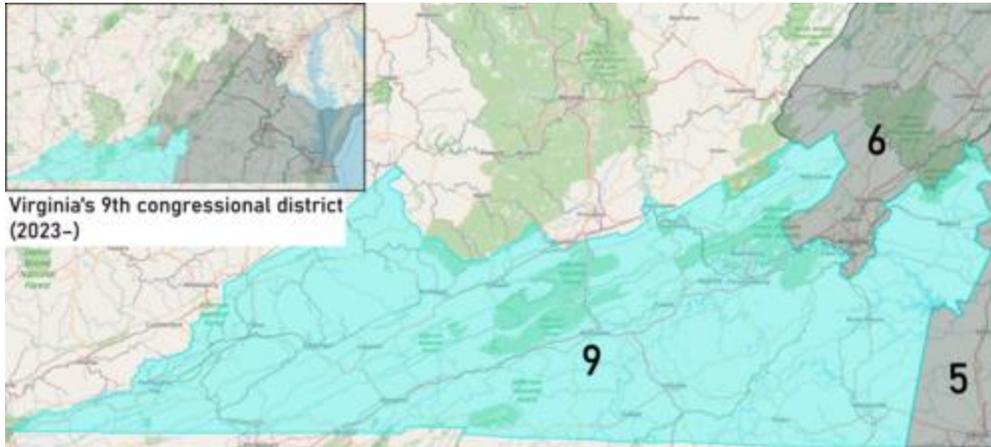
[Resource Guide](#)

Congressman Don Beyer (D-08)



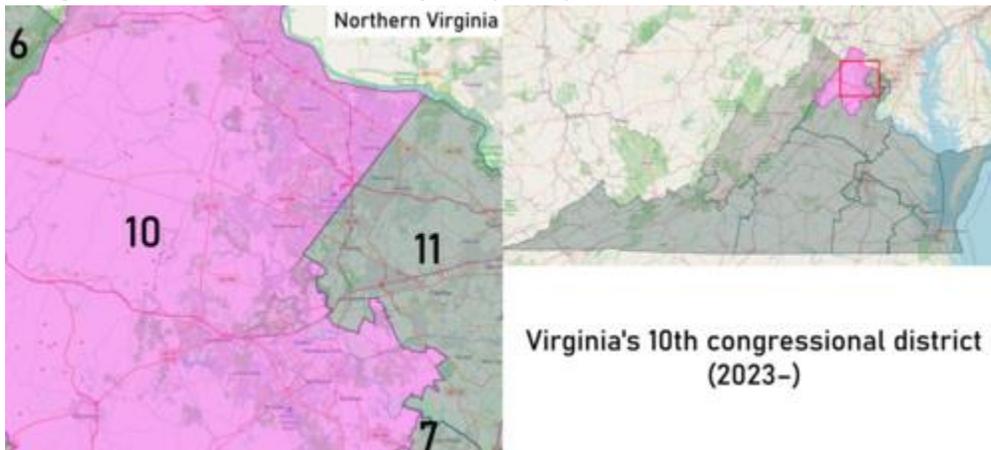
[Resource Guide](#)

Congressman Morgan Griffith (R-09)



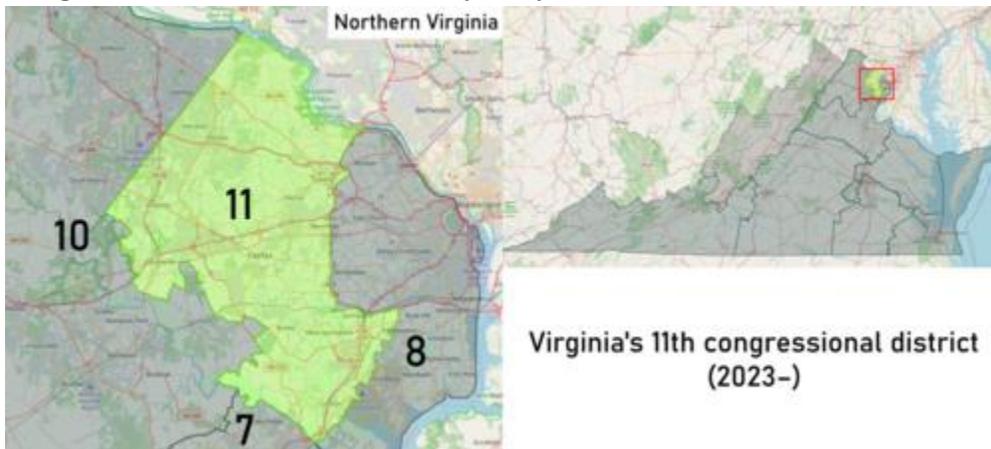
Not available as of 10/17/2025

Congressman Suhas Subramanyam (D-10)



[Resource Guide](#)

Congressman James Walkinshaw (D-11)



[Resource Guide](#)

## ***Virginia Senate***

Senator Mark Warner (D) – Senior Senator  
[Resource Guide](#)

Senator Tim Kaine (D) – Junior Senator  
[Resource Guide](#)

## ***Federal Government Resources***

### **General**

- [Committee For a Responsible Federal Budget](#)
- [A spreadsheet made by federal employees to collect resources](#)
- [Federal Employee Education & Assistance Fund: Emergency Hardship Loan program & Shutdown Grants](#)
- [Partnership for Public Service Government Shutdown Explanation](#)
- [Partnership for Public Service: Resources for federal employees](#)
- [Federal News Network: Federal employee shutdown survival guide](#)
- [National Alliance on Mental Illness: 2025 Federal Government Shutdown](#)
  - [National Alliance on Mental Illness: Shutdown Guide](#)
- [Navy Federal: Government Shutdown Loan Program Details](#)
- [Navy Federal: Paycheck Assistance Program](#)
- [MyFEDBenefits: Shutdown Assistance Map – Resources for Federal Workers](#)
  - This Map can get you resources close to your location if you input your ZIP code, State or Address
- [USAA Government Shutdown Program](#)
- [Pentagon Federal Credit Union: Furlough Relief Assistance](#)
- [Marine Federal Credit Union: Government Shutdown Payroll Advancement Program](#)
- [Army Emergency Relief: Financial Assistance Programs \(Zero-Interest Loans and Grants\)](#)
- [Navy-Marine Corps Relief Society: Shutdown Resources](#)
- [Coast Guard Mutual Assistance Shutdown Loan](#)
- [Financial resources for troops if the government shutdown stops pay](#)
- [National Housing Law Project: HUD Tenants' Rights During the Government Shutdown](#)

## **Job Seeking Engines for Federal Workers**

- [CivicMatch – Connects federal employees, government contractors and campaign staffers to connect with state and local governments hiring managers](#)
- [FormerGov.com: The Directory of Former Government Employees and Military Professionals](#)
- [FedsForward: Help for unemployed federal employees to find work outside of the government](#)
- [govjobs.fyi: includes a compilation of openings across local, state, and federal government](#)

## **For Federal Workers in the DMV Area**

- [WTOP News Article: Help and assistance programs for furloughed federal workers in the DC region](#)
- [Capital Area Foodbank Food Resources](#)
- [Maryland/DC Credit Union Assistance Program: Federal Government Shutdown Relief](#)
- [Didlake's Government Shutdown Resource Guide for Employees](#)
  - Although the resource is meant for Didlake's employees, it is helpful for those that do not work for Didlake as well.

## **Virginia**

- [City of Alexandria Federal Government Shutdown Information & Resources](#)
- [Virginia Law: Federal Employees and Contractors can't be evicted or foreclosed during a federal government shutdown](#)
- [Fairfax Federal Shutdown Impacts and Resources](#)
- [Arlington Federal Government Shutdown Resources](#)
- [Loudoun County: Resources for Federal Workers](#)
- [Prince William Country: Resources for residents Impacted by Federal Workforce Actions](#)

## **Maryland**

- [Maryland Department of Labor: Federal Shutdown Loan Program](#)
- [Maryland Government: Shutdown Resources](#)
- [Prince George's County Government Shutdown Resources](#)
- [WSSC Water Shutdown Support \(MD\)](#)
- [Baltimore Gas & Electric \(BGE\) Expanded Bill Payment Assistance Options](#)
- [PepCo Government Shutdown Assistance](#)
- [Southern Maryland Electric Cooperative \(SMECO\) Extended Payment Arrangements](#)
- [Maryland Housing Protection for Furloughed Federal Workers](#)

- [Maryland Crisis Assistance Program](#)
- [St. Stephen Baptist Church: Weekly Food Distribution on Tuesdays from 11 AM to 3 PM](#)