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RESOURCE DIRECTORY: GUIDE TO CONGREGATIONS AND COMMUNITY RESOURCES: SUPPLEMENT ON COVID-19 RESOURCES IN SPOKANE COUNTY

May 4, 2020

-Governor extends STAY AT HOME to May 4. You are allowed out for essential needs, personal exercise, and those in emergencies or essential services are permitted to still work outside of home, but instituted on small groups and large crowds
-Social distancing nationwide will continue until April 30
-Governor re-opens outdoor recreation May 5

Prime dossier of COVID-19 by local community member

KEY FOR CHARTS
Please keep note things are still in flux call daily in advance for times and dates to be sure.
Organization Title: Closed/facility closure
Organization: No new information at this time
Organization: New information, hours open, service restrictions, requests for volunteers and donations

GOT CABIN FEVER!!!
For Gardening projects check out these resources:
https://www.facebook.com/The-Inland-Empire-Gardeners-280850692075853/
https://incgincommunitygardens.org http://spokanegardens.org
https://www.facebook.com/mastergardenersofspokane/
ifyoucouldsavejustone.org             https://growingneighbors.org

Library, Literature and Archival Resources:
Aunties - online audiobook and mail delivery - auntiesbooks.com
Get Lit - Cancelled
Spokane - https://www.spokanelibrary.org/blog/library-resources-for-when-youre-cooped-up-at-home/
Spokane County - https://www.scld.org/digital-library/
Eastern WA Digital Archives - digitalarchives.wa.gov
Women’s History Consortium - washingtonhistory.org/research/whc/
Washington state Labor History - depts.washington.edu/labhist/

Theatre and Music
Spokane Area Youth Choir - facebook.com/saychoirs
Spokane Civic Theater Streaming plays - facebook.com/
Spokane.Civic.Theatre/
Spokane Symphony - facebook.com/pg/SpokaneSymphony/
Spokane Folklore Society - Streaming short performances online
- facebook.com/groups/169365626418185/
Spokane Youth Symphony - https://www.facebook.com/
Spokane-Youth-Symphony-109230391618/
Working Womens Blues - KYRS 88.1/92.3 FM

Directory Editor: Malcolm Haworth • The Fig Tree Editor: Mary Stamp • Webmaster: Lorna Kropp • Research Editors: Johnny Fuller, Kaye Hult

A Supplement of The Resource Directory: Guide to Congregations and Community Resources that is published annually by The Fig Tree, a nonprofit 501(c)(3) organization, © 2020 at 1323 S. Perry St., Spokane, 99202, (509) 535-4112, resourcedirectory@thefigtree.org
To advertise call: 535-1813 or 535-4112, or email ads@thefigtree.org

Inclusion agencies is for informational purposes, not as an endorsement of particular programs or dogmas of agencies.
This online directory offers constantly changing coverage of social services, in the greater Spokane Area during the COVID-19 Emergency.
We endeavor to be inclusive while respecting those not interested in participating.
We do not sell or distribute mailing lists.
The material is copyrighted, but you are welcome to distribute as needed. We encourage you to donate online or send money to the address in copyright material in the box to the left.
We update information regularly through research, mailings, email, phone calls and web research. Send corrections to us.
PUBLIC HEALTH/EMERGENCY MNGT

For TESTING drive in option at Spokane County Fairgrounds, also can be referred from below. Text “COVID” to 424-354-4956 and receive a text back with screening questions. Drive-through screening clinic hours
Mon. - Fri. | 10 a.m. - 5 p.m.
Sat. | 11 a.m. - 3 p.m.
Closed on Sundays*

PROVIDENCE EXPRESS
9027 N. Indian Trail Road
If a patient meets the criteria for testing, the virtual provider will schedule them for an in-person test at the ExpressCare clinic. Testing will be conducted curbside with the patient remaining in their vehicle. Testing for medical workers, first responders, and high-risk patients with quick results.

Spokane Regional Health District
1101 W College Ave, 99201
324-1500
Outreach Services is still open, including syringe exchange, case management, referrals to resources, and prevention education.

Volunteers needed: Summer Warfield with the Health Department’s Emergency Preparedness and Response program said to assist the drive-through screening, they need volunteers for a call center. There’s no direct contact with those coming for screening but volunteers will respond to calls to assist people with information. For information, email swarfield@srhd.org.

CSO Office 877-501-2233
Now allowing individuals to apply for benefits over the phone, apply online at washingtonconnection.org

City of Spokane 311
COVID 19 Non-Compliance reporting 477-2684

Referrals and Resources:
- cdc.gov
- doh.wa.gov
- ssa.gov

City Resources, Spokane Cnty
Airway Heights:
http://www.cawh.org
Resource, Food support, utility bills, internet access, worker and business support, DOD restrictions, education resources
Cheney WA

Deer Park
www.cityofdeerparkwa.com
City Hall closed till further notice will not receive visitors
Liberty Lake
www.libertylakewa.gov
Liberty Lake Library closed till further notice

MEDICAL LAKE
https://medical-lake.org
To help reduce exposure to the COVID-19 (Coronavirus) virus, all City buildings will be closed to the public through March 31. Please use the utility payment drop box for payments. Those needing assistance may call 563-5000. Click on the following Spokane Regional Health District link to find out the latest updates on the COVID-19 virus.

City, county, region, state, emergency, non-compliance, 211, food, hygiene, utilities, population, insects, testing, outbreak, case management, referrals, medical, worker, first responder, high-risk, patients, quick results, syringe exchange, outreach, case management, referrals, education, prevention, volunteers, screening, drive-through, clinic, ExpressCare, in-person, in-person test, ExpressCare clinic, drive-through, screening, volunteers for call center, drive-through, screening, drive-through, screening, clinic, hours, Mon. - Fri. | 10 a.m. - 5 p.m., Sat. | 11 a.m. - 3 p.m., Closed on Sundays *

FOOD BANKS & CLOTHING BANKS NORTH SPOKANE COUNTY

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hygiene</th>
<th>Hours</th>
<th>Donations</th>
<th>qualifications/contact info</th>
</tr>
</thead>
<tbody>
<tr>
<td>God's Love International</td>
<td>4006 W Staley Rd</td>
<td>312-9875</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>godsliveinternational.com</td>
</tr>
<tr>
<td>GreenHouse, The</td>
<td>211 N Fir St, 99006</td>
<td>276-6897</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:greenhousetfoodbank@gmail.com">greenhousetfoodbank@gmail.com</a></td>
</tr>
<tr>
<td>Mead Food Bank - POB 53</td>
<td>12611 N Wilson, 99021</td>
<td>466-7068</td>
<td>X</td>
<td></td>
<td>4-6, 4-5, W, bread and produce 4-5, Sun</td>
<td></td>
<td></td>
<td></td>
<td>facebook.com find donation link</td>
</tr>
<tr>
<td>New Hope Resource Center</td>
<td>4211 E Colbert Rd, 99005</td>
<td>467-2900</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>9-11, TTh</td>
<td></td>
<td></td>
<td>newhoperesource.org</td>
</tr>
<tr>
<td>North County Food Pantry</td>
<td>40015A N Collins Rd/PO Box 388, Elk 99009</td>
<td>292-2530</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>11-2, M; 9-noon W</td>
<td></td>
<td></td>
<td>Joe &amp; Sandra Harvey <a href="mailto:ncfpantry@gmail.com">ncfpantry@gmail.com</a></td>
</tr>
<tr>
<td>Spokane Christian Center Pantry</td>
<td>8409 E Bigelow Gulch Rd, 99217</td>
<td>924-4888</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>by app only</td>
<td></td>
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<tr>
<td>Tum Tum Food Pantry</td>
<td>6424 Hwy 291, Nine Mile Falls 99026</td>
<td>276-5472</td>
<td>X</td>
<td></td>
<td></td>
<td>9-noon, 1st/3rd Sat</td>
<td></td>
<td></td>
<td>TumTumPantry on FB</td>
</tr>
<tr>
<td>Lake Spokane Community Clothing Closet</td>
<td>6418-A Hwy 291, Annex</td>
<td>276-5472</td>
<td>X</td>
<td></td>
<td></td>
<td>3rd Sat only</td>
<td></td>
<td></td>
<td><a href="mailto:clothing@lake-spokanecommunitychurch.org">clothing@lake-spokanecommunitychurch.org</a></td>
</tr>
<tr>
<td>Organization</td>
<td>Address</td>
<td>Phone</td>
<td>Food/Items</td>
<td>Hours</td>
<td>Qualifications/Contact Info</td>
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<tr>
<td>All Saints Gather Food Pantry (FP)</td>
<td>314 S Spruce, 99201</td>
<td>838-4409</td>
<td>X</td>
<td>10-2, MW</td>
<td>donations to families/households, baby food call on arrival, gloves and masks</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Southwest Community Ctr</td>
<td>314 S Spruce, 99201</td>
<td>FB 993-1114</td>
<td>X</td>
<td>7-30-5:30, M-F</td>
<td>Native Americans, Native Americans (servicing clients)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Indian Community Center</td>
<td>Moved: 1025 W Indiana, 99205</td>
<td>533-0886</td>
<td>X X X</td>
<td>9-till gone</td>
<td>Native Americans (servicing clients)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Audubon UMC Food Bank &amp; Bare Necessities</td>
<td>location or donations: 3908 N Driscoll, 99205</td>
<td>Dan Masters/Karen Peacock 325-4541</td>
<td>X X X</td>
<td>9-30-12:30, 2nd/last T</td>
<td>meat, fresh produce, bread and other food items &amp; toiletries</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Better Living Center</td>
<td>25 E North Foothills, 99207</td>
<td>325-1258</td>
<td>X X X</td>
<td>9-4, T; 9:1 Th</td>
<td>contact Patty Marsh, betterlivingcenter.org</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Breaking Bread Rescue Market</td>
<td>Family of Faith Community, 1504 W Grace, 99205</td>
<td>325-0343</td>
<td>X</td>
<td>10-12, T</td>
<td>fccc.us</td>
<td></td>
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</tr>
<tr>
<td>Caritas Outreach Ministries</td>
<td>1612 W Dalke, 99205</td>
<td>326-2249</td>
<td>X X X</td>
<td>11-1 MWh</td>
<td>Pay Pal on FB, bags, non-perishable, and dry goods, hygiene items, to Door 9-1:20 MWh, masks, gloves</td>
<td></td>
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<tr>
<td>City Gate Food Bank</td>
<td>170 S Madison, 99201</td>
<td>455-9670</td>
<td>X X X</td>
<td>call for an appt</td>
<td>to-go-meal containers, styrofoam cups, socks, pre-packed snacks 10-2, T-F</td>
<td></td>
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<tr>
<td>Cup of Cool Water (14-24)</td>
<td>1106 W Second</td>
<td>747-6686</td>
<td>X X X</td>
<td>1-2 M-F</td>
<td>monetary donations, cupofcoolwater.org FB</td>
<td></td>
<td></td>
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<tr>
<td>Hael Spokane</td>
<td>Delivery only</td>
<td><a href="mailto:heal.spokane@gmail.com">heal.spokane@gmail.com</a></td>
<td>X</td>
<td>delivery only</td>
<td>food boxes to 100 families since Covid 19</td>
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<tr>
<td>The Jonah Project</td>
<td>1106 W Garland</td>
<td>655-7886</td>
<td>X</td>
<td>call for pick or delivery F 9am</td>
<td>donations W 11-1, 5-7, <a href="mailto:LChooster.info@gmail.com">LChooster.info@gmail.com</a>, Toiletries, personal hygiene</td>
<td></td>
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<tr>
<td>LC Community Food Drive</td>
<td>Hart Field, 3508 S Grand, 99203</td>
<td>354-6888</td>
<td>X X X</td>
<td>9-11, MTh</td>
<td>for needs <a href="mailto:susanpow@spokane.edu">susanpow@spokane.edu</a>, LC students and families</td>
<td></td>
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<tr>
<td>MLK Jr Center</td>
<td>500 S Stone, 99202</td>
<td>868-0856</td>
<td>X</td>
<td>1-3 MWhF</td>
<td>call for accounting rep, masks and gloves</td>
<td></td>
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<tr>
<td>New Hope Ranch</td>
<td>2524 E Queen</td>
<td>954-5145</td>
<td>X</td>
<td>12-2, MW, 1-2-1 F as food allows</td>
<td>hand sanitizer for staff, hand sanitizer for staff, masks, toilet paper cleaning supplies</td>
<td></td>
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</tr>
<tr>
<td>Northeast Community Food Pantry - NW Connect</td>
<td>4520 N Crestline St PO Box 7398, 99207</td>
<td>290-5691</td>
<td>X X X</td>
<td>9-11, MTh</td>
<td>Donations to PO Box 16262, 99218</td>
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<tr>
<td>Off Broadway Outreach</td>
<td>2225 W Mallon Ave</td>
<td>998-2630</td>
<td>X</td>
<td>9, TF</td>
<td>donations, masks</td>
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<tr>
<td>Our Place Ministries</td>
<td>1509 W College, 99201</td>
<td>326-7267</td>
<td>X X X</td>
<td>10-1 Th</td>
<td>produce &amp; hygiene items</td>
<td></td>
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<tr>
<td>Salvation Army Family Svcs</td>
<td>204 E Indiana, 99207</td>
<td>325-6810</td>
<td>X X X</td>
<td>9-4 MmF; 9-5 T</td>
<td>hand sanitizer, masks, toilet paper cleaning supplies, Donations via regional web</td>
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<tr>
<td>Second Harvest</td>
<td>1234 E. Front Ave., 99202</td>
<td>X</td>
<td>X</td>
<td>16-1, Sat</td>
<td>While supplies last, FS</td>
<td></td>
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<tr>
<td>Serve Spokane</td>
<td>8303 N Division St, 99208</td>
<td>998-5722</td>
<td>X X X</td>
<td>12:30-2:30; 12-13; 11-13; Sat</td>
<td>canned tomato, personal hygiene, soaps, diapers, toilet paper, baby food</td>
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<tr>
<td>Southside Food Pantry</td>
<td>2934 E 27th Ave, 99223</td>
<td>535-2301</td>
<td>X</td>
<td>10:30-12, Sat</td>
<td>Southsidefoodpantry.com</td>
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<tr>
<td>SPEAR</td>
<td>1905 E Pacific, 99202</td>
<td>475-5470</td>
<td>X X X</td>
<td>3-4, TW; 10-noon Sat</td>
<td>Donations: <a href="mailto:kruger5919@comcast.net">kruger5919@comcast.net</a></td>
<td></td>
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<tr>
<td>Spokane Aids Network - SAN Food Pantry</td>
<td>1121 S Perry St, 99202</td>
<td>844-1758</td>
<td>X</td>
<td>9-noon, 1-3, 3rd T</td>
<td>link to mailchimp fundraiser on their FB</td>
<td></td>
<td></td>
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<tr>
<td>Spokane Dream Center</td>
<td>Ridpath, 515 W 1st Ave</td>
<td>926-7878</td>
<td>X</td>
<td>Thursday Evening</td>
<td>N/A</td>
<td></td>
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</tr>
<tr>
<td>Spokane Falls Community College Food Bank</td>
<td>SFCC, Bldg, 17, #139</td>
<td>533-4198</td>
<td>X</td>
<td>9:30-4:30, Monday</td>
<td>SFCC Students Only scc.spokeu.edu</td>
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<tr>
<td>UGM Student Impact Team</td>
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<td></td>
<td>delivers boxes to home bound families</td>
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</tr>
<tr>
<td>Westminster Presbyterian Food Pantry</td>
<td>2705 W Boone</td>
<td>329-0351</td>
<td>X</td>
<td>11-1:45, WF</td>
<td>masks, large gloves</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women's and Children Free Restaurant</td>
<td>1408 N Washington St</td>
<td>324-1995</td>
<td>X</td>
<td>11-1, T</td>
<td>Grocery Box, “ways to give” on web</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WSU Spokane Campus Pantry</td>
<td>SAC Building Loading Dock/Mail, Academic Center 107</td>
<td><a href="mailto:wusuhealth.campuspantry@wsu.edu">wusuhealth.campuspantry@wsu.edu</a></td>
<td>X</td>
<td>12:45-2:45, TH</td>
<td>donations box outside the pantry: shelf-stable items, toiletries and school supplies. Volunteers sign up on FB</td>
<td></td>
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<tr>
<td>UGM Student Impact Team</td>
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<td>uniongospelmission.org/</td>
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<td>Monday</td>
<td>Tuesday</td>
<td>Wed</td>
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<td>Friday</td>
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<tr>
<td>13</td>
<td>All Saints 10-2</td>
<td>Caritas 11-1</td>
<td>MLK/ECCC 1-3</td>
<td>New Hope Ranch 12-2</td>
<td>NE Food Pantry 9-11</td>
<td>Salvation Army 9-4</td>
<td>Southwest Community Center 7:30-5:30</td>
<td></td>
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<tr>
<td>14</td>
<td>American Indian CC 9</td>
<td>Audubon UMC 9:30</td>
<td>Better Living Center 9-4</td>
<td>Breaking Bread RM 10-12</td>
<td>NE Food Pantry 9-11</td>
<td>Salvation Army 9-5</td>
<td>Serve Spokane 12:30-2:30</td>
<td>Southwest Community Center 7:30-5:30</td>
<td>Women &amp; Children's Free Restaurant (WCRF) - 11-1</td>
</tr>
<tr>
<td>15</td>
<td>All Saints 10-2</td>
<td>Caritas 11-1</td>
<td>MLK/ECCC 1-3</td>
<td>New Hope Ranch 12-2</td>
<td>Salvation Army 9-4</td>
<td>Southwest Community Center 7:30-5:30</td>
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<tr>
<td>16</td>
<td>Better Living Ctrn 9-1</td>
<td>Caritas 11-1</td>
<td>MLK/ECCC 1-3</td>
<td>NE Food Pantry 9-11</td>
<td>Our Place 10-1</td>
<td>Ridpath</td>
<td>Salvation Army 9-5</td>
<td>Serve Spokane 12:30-3:30</td>
<td>Southwest Community Center 7:30-5:30</td>
</tr>
<tr>
<td>17</td>
<td>LC Community Food Drive 11-1</td>
<td>MLK/ECCC 1-3</td>
<td>New Hope Ranch 12-1</td>
<td>Salvation Army 9-4</td>
<td>Southwest Community Center 7:30-5:30</td>
<td>Westinerm Presobtarian 11-145</td>
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<tr>
<td>18</td>
<td>Southside Christian 10-30-12</td>
<td>Breast Prod</td>
<td>Urban Eden Farm Stand 9-noon</td>
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FOOD BANKS & FARMERS MARKETS IN SPOKANE BY CALENDAR
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<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hygiene</th>
<th>Hours</th>
<th>Donations</th>
<th>qualifications/contactinfo</th>
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<tbody>
<tr>
<td>East Valley Baptist</td>
<td>14516 E. Wellesley Ave</td>
<td>928-4809</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>10-11:30</td>
<td>N/A</td>
<td>eastvalleybaptist.org</td>
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<tr>
<td>HRC Ministries</td>
<td>14415 E. Sprague Ave</td>
<td>879-3773</td>
<td>X</td>
<td>distributor</td>
<td></td>
<td></td>
<td>9-11, 4th Sat</td>
<td>mail donations</td>
<td>hrcministries.com</td>
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<tr>
<td>Intersection at the River</td>
<td>22421 Euclid, Otis Orchards</td>
<td>953-1519</td>
<td>X</td>
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<td></td>
<td></td>
<td>1:30-4, Th</td>
<td>facebook.com/IntersectionChurch/</td>
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<tr>
<td>Life River Fellowship Food Bank</td>
<td>2810 N Park Rd, 99212</td>
<td>924-9510</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>5-7, 2nd F - looking to expand hrs/days, kids items</td>
<td>liferiver.org</td>
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<tr>
<td>North Palouse Community Food Bank</td>
<td>202 N. Railroad Ave, Fairfield</td>
<td>283-4250</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9-11, 2nd and 4th Sat</td>
<td>N/A</td>
<td>facebook.com/npcfoodbank</td>
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<tr>
<td>Otis Orchards Food Bank</td>
<td>4308 N Harvard Rd, 99027</td>
<td>926-6196</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>11-2 M</td>
<td>otisorchardsusa.org</td>
<td>uccsad.org</td>
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<tr>
<td>Peace Pantry</td>
<td>Eastpoint Church</td>
<td>533-6800</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>10-1, M, 3-6 TH</td>
<td>soups, pastas, canned meats, peanut butter.</td>
<td><a href="mailto:peace@eastpointchurch.org">peace@eastpointchurch.org</a></td>
</tr>
<tr>
<td>Real Life Ministries</td>
<td>Barker Rd Campus: 1831 S Barker Rd</td>
<td>232-0840</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>8-4 M-F</td>
<td>donations vrl; church/ give/now non-perishables, toiletries, baby supplies, cleaning supplies, disinfectant, gloves</td>
<td><a href="https://www.vrl.church">https://www.vrl.church</a></td>
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<tr>
<td>St Vincent de Paul - St Marys</td>
<td>304 S Adams Rd, 99216</td>
<td>928-3210</td>
<td>X</td>
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<td></td>
<td></td>
<td>2-3 4th W</td>
<td>emergency food boxes</td>
<td>oursvdp.com</td>
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<td>Spangle Food Bank not able to confirm</td>
<td>305 E 2nd, POB 239</td>
<td>701-4532</td>
<td>X</td>
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<td></td>
<td>12:30-3, T; 11:30-3, W; 1-3 Th</td>
<td>masks, dry goods, cheese, meat, paypal “donate”</td>
<td>spanglecommunitychurch.org</td>
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<tr>
<td>Spokane Dream-Ministry Resource Center</td>
<td>2128 N Pines, 99216</td>
<td>926-7878</td>
<td>X</td>
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<td></td>
<td></td>
<td>11-12:35, 130-3:15, W; 11-12:45 Th</td>
<td>Donate food or diapers, fundraiser towards $10,000 matching grant</td>
<td>spokanedreamcenter.org</td>
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<tr>
<td>Spokane Valley Partners: Food and Diaper Bank</td>
<td>10814 E Broadway, 99206</td>
<td>927-1153</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>4-6, W (Donations drop off at table just at inside of front door M-F 9-3)</td>
<td>canned &amp; dried goods. Donate on church web, scroll type of donation to mark as “foodsite”</td>
<td>svpart.org</td>
</tr>
<tr>
<td>Valley Assembly of God Food Pantry</td>
<td>15618 E Broadway Ave, 99037</td>
<td>924-0466</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>10-noon, Sat</td>
<td>dry goods, delivery to home bound</td>
<td><a href="mailto:info@valleyassembly.org">info@valleyassembly.org</a></td>
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</table>

### FOOD BANKS & CLOTHING BANKS IN WEST PLAINS

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
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<th>Hygiene</th>
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<th>Donations</th>
<th>qualifications/contactinfo</th>
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<tr>
<td>Airway Heights Baptist</td>
<td>12322 W Hwy 2</td>
<td>244-2474</td>
<td>X</td>
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<td>10-noon, Sat</td>
<td>dry goods, delivery to home bound</td>
<td>abhc.us, service area</td>
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<tr>
<td>Cheney Food Bank</td>
<td>Wren Pierson Community Cntr</td>
<td>235-2325</td>
<td>X</td>
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<td></td>
<td></td>
<td>9-11:30, 1st-4th W</td>
<td>peanut butter, canned tuna, and chill, and monetary donations</td>
<td>Jerry Stewart cityofcheney.org 1st X clients contact Cheney Outreach 235-8900 feedcheney.com <a href="mailto:feedcheney@gmail.com">feedcheney@gmail.com</a></td>
</tr>
<tr>
<td>Feed Cheney</td>
<td>Wren Pierson Community Cntr</td>
<td>381-7002</td>
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<td>meal and food box: 5:30 last M</td>
<td>Volunteers</td>
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<tr>
<td>Cleones’ Closet</td>
<td>13114 Sunset Hwy, Airway Hghts</td>
<td>321-7071</td>
<td>X</td>
<td>X</td>
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<td>noon-3, MWF</td>
<td>freezer, donate at whenetwork.com</td>
<td>cleonescloset.com</td>
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<tr>
<td>EWU Tawanka Pantry</td>
<td>Showalter 115</td>
<td>309-5873</td>
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<td></td>
<td>FB: 1-4:30, T</td>
<td>NO donations accepted on site, donate via web</td>
<td><a href="https://inside.ewu.edu/oea/ewu-foodpantries/">https://inside.ewu.edu/oea/ewu-foodpantries/</a> EWUOnly</td>
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<td>Medical Lake Food Bank</td>
<td>207 S Washington</td>
<td>299-3819</td>
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<td><a href="mailto:medicallakecommunityoutreach@live.com">medicallakecommunityoutreach@live.com</a></td>
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### MEAL PROGRAMS AND SITES: SPOKANE

Many locations are turning to Grab and GO = GG, others that have cancelled their program are either not do to facility restrictions and crowd size and vulnerable group of volunteers and sanitation issues. Please use this list, but there may be changes.

<table>
<thead>
<tr>
<th>Sun</th>
<th>M</th>
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<th>Th</th>
<th>F</th>
<th>Sat</th>
<th>Site Name</th>
<th>Location</th>
<th>Phone</th>
<th>Contacts and Area</th>
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<tr>
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<td>7:30a/11</td>
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<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>7:30a/11</td>
<td>House of Charity</td>
<td>32 W Pacific</td>
<td>624-7821</td>
<td>cceasternwa.org, for clients only</td>
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<td>Shalom Ministries</td>
<td>518 W 3rd</td>
<td>455-9019</td>
<td>shalommeals.org GG</td>
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<td>The City Gate</td>
<td>170 S Madison</td>
<td>455-9670</td>
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<td>Jewels Helping Hands</td>
<td>facebook 50/day</td>
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<td>UGM Men’s Shelter</td>
<td>1224 E. Trent Ave, eastside entrance</td>
<td>535-8510</td>
<td>uniongospelmission.org/ 100/day</td>
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<td>12-5p</td>
<td>Crosswalk (teens)</td>
<td>525 W 2nd</td>
<td>241-1640</td>
<td>voospokane.org</td>
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<td>St Ann’s Sunday Lunch</td>
<td>2116 East First Ave</td>
<td>535-3031</td>
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<td>Feed Cheney</td>
<td>204th St</td>
<td>381-7002</td>
<td><a href="mailto:kriegeheja@gmail.com">kriegeheja@gmail.com</a> feedcheyney.com GG</td>
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<td>anyone/12</td>
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<td>Opportunity NE</td>
<td>Logan Elementary</td>
<td>313-6095</td>
<td><a href="mailto:hahn@gonzaga.edu">hahn@gonzaga.edu</a></td>
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<td>Recovery Cafe</td>
<td>214 N Cedar</td>
<td>960-8525</td>
<td>community-minded.org</td>
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<td>Women &amp; Children’s Free Restaurant</td>
<td>1408 N Washington</td>
<td>324-1995</td>
<td><a href="mailto:volunteer@wcrfspokane.org">volunteer@wcrfspokane.org</a></td>
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<td>Blessings under the Bridge</td>
<td>I-90 overpass</td>
<td>869-6584</td>
<td>but.org GG, sanitation items, food, snacks</td>
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<td>West Central Mission</td>
<td>1832 W Dean</td>
<td>vicar@ westcentralmission.org</td>
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<td>Food not Bombs</td>
<td>across from House of Charity</td>
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### MEAL PROGRAMS THE WEEK & MEAL TYPES: SPOKANE HOMELESS & KIDS

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<tr>
<th>Sun</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>Breakfast</td>
<td>House of Charity</td>
<td>UGM Men</td>
<td>UGM Women</td>
<td>Shalom Ministries</td>
<td>Gods Love International</td>
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<td>Lunch</td>
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<td>UGM Women</td>
<td>Gods Love International</td>
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<td>UGM Men</td>
<td>UGM Women</td>
<td>Shalom Ministries</td>
<td>Gods Love International</td>
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| Crosswalk | Crosswalk | MLK Center | NE Youth Center | Open Doors |          |          |
| Crosswalk | Crosswalk | MLK Center | NE Youth Center | One Heart |          |          |
| Crosswalk | Crosswalk | MLK Center | NE Youth Center | One Heart |          |          |
| Crosswalk | Crosswalk | MLK Center | NE Youth Center | One Heart |          |          |
| Crosswalk | Crosswalk | Boys & Girls Club | One Heart |          |          |          |
| Crosswalk | Crosswalk | Boys & Girls Club | One Heart |          |          |          |
| Crosswalk | Crosswalk | Boys & Girls Club | One Heart |          |          |          |
The Washington State Department of Health has established a call center to address questions from the public. Those with specific questions about what is happening in Washington, or how the virus is spread may call 1-800-525-0127. Phone lines are currently staffed from 6 a.m. to 10 p.m. seven days a week. Please note that this call center can not access COVID-19 testing results. For testing inquiries or results, people should call their health care provider.

Washington Needs Health Practitioners for the COVID-19 State of Emergency

Health professionals licensed in other states may practice in Washington by registering through the emergency volunteer health practitioner process or by applying for a WA license, which may result in the department issuing a temporary practice permit.

**COMMUNITY CENTERS**

American Indian Community Center
535-0886
610 E North Foothills Dr, 99207
aicincinfo509@gmail.com  aicinc.org
No indoor activities, basic needs food bank and other supplies can be received outdoors.

Community Building
25-35 W Main Ave
Spokane 99201
(509) 232-1950
www.community-building.org
Closed to public since March 20.

Corbin Senior Activity Center
827 W Cleveland
Spokane 99205
Fax: 327-9162
info@corbinseniorcenter.org /Jeff Edwards corbinseniorcenter.org
Closed March 17 - March 31

Deer Park Senior Center
920 N Washington
Spokane 99201
(509) 535-0500
Deerparkcenter@yahoo.com
Closed until further notice.

Hillyard Senior Center
NE Community Center
482-0803
4001 N Cook, Spokane 99207
hillyardseniorcenter@yahoo.com
Cancelling major events. Clients can call into staff.

Martin Luther King Family Outreach Center
500 S Stone, 99202
mlkspokane.org  455-8722 x 100
New Food Bank hours 1 to 3 p.m., Monday, Wednesday, Thursday and Friday. The building is temporarily closed without an appointment. FAME and ECEAP programs are open 8 a.m. to 2:30 p.m. WIC is at the Broadway location. SNAP is by appointment. The SCC Early Head Start and Gym are closed until further notice. Call 868-0856 or see mlkspokane.org.

Northeast Community Center
4001 N Cook, 99207
487-1603
neccommunitycenter.com Fax: 489-3849
Since March 19, have began implementing basic health screening at a single point of entry to the facility. It includes basic health and recent travel questions, and taking temperatures. Anyone exhibiting signs and symptoms of illness may be denied entry or referred for further testing. The Zone - will work to supply children and families with meals, food, toiletries & safe places.

Odyssey Youth Center
325-3637
1121 S Perry St, 99202
olyssheyouth.org
A resource for LGBTQ+ youth. Closed for the rest of the month. Will focus on connecting youth digitally.

Santo Senior Activity Center
1124 W Sinto Ave 327-2861
Spokane 99201 sintocenter.com
Closed until further notice.

Southside Community Center
3151 E 27th Ave, Spokane 99223
southsidecc.org
535-0803
Closed

Spark Central
1214 W Summit Pkwy, 99201
programs@spark-central.org spark-central.org
279-0299
Closed until April 24 after school program. Staff raising $5,000 to provide kits for kids with Legos, playdough, crayons, snacks to have during this time kids are out of school.

West Central Community Center
1603 N Belt St, 99201
westcentralcc@gmail.com Fax: 326-2347
Before and after-school cancelled. Supportive services and many programs closed March 17. Providing Resource Sheets for West Central & downtown Youth Director: accepting food & hygiene donations for families

WA Department of Health
doh.wa.gov
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getting started with financial recovery resources for Spokane County small businesses and Individuals

Greenhouse 276-6897
Info and referral for North Spokane County, includes emergency services, household items, etc.

Medical Lake Outreach 299-3819
rental. Utility assistance for seniors, low-income, disabled

MLK Center 455-8722
rental. Utility assistance

Parish Social Ministries
(509) 455-2253
During COVID-19 we are providing emergency assistance to families and individuals in need, rent/housing assistance, food bags, and emergency supplies after referral from local church.

Project Share spokaneutilityhelp.org
During COVID-19 we are providing emergency assistance to families and individuals in need, rent/housing assistance, food bags, and emergency supplies after referral from local church.

Spokane Valley Partners 927-1153
During COVID-19 we are providing emergency assistance to families and individuals in need, rent/housing assistance, food bags, and emergency supplies after referral from local church.

Spokane Valley Partners
10814 E Broadway, 99206
927-1153
Spokane Valley 99214 svpart.org
Provides housing and rental assistance to low-income families, disabled and elderly people.

Tenants Union of WA State
Spokane Office
25 W Main, 3rd Flr C-1, 99201
Mail: Box 310, 25 W Main Creates housing justice through grassroots education, organizing, and advocacy. Improves tenants’ living conditions, and challenges and transforms unjust housing policies and practices.

UIHelp Program
Spartunk City Hall
808 W Spokane Falls Blvd
Spokane, WA 99201
Hours: Monday-Friday 8 a.m. - 5 p.m.
Phone: 311, or for outside city limits, 509.755.CITY (2489)
7 a.m. - 6 p.m.
Email: ubill@spokane.org
The U-Help program is committed to helping citizens who are facing economic hardship because of the response to COVID-19. Please call SNAP at 456-SNAP during this crisis to access U-Help funding. SNAP also qualifies citizens for energy bill assistance through Project Share. Donations can be made at spokaneutilityhelp.org.

FARMERS MARKETS & LOCAL FARMERS

FARMERS MARKETS & LOCAL FARMERS

Support local and organic farmers that offer deliver or pick up locations...We may provide a list in future or at least a several web links
http://tilthproducers.org
https://agr.wa.gov/getmedia/14cdd035-2e49-4f16-9537-1de66d4e4f50/1.pdf
https://www.pnw.coop/greenbluffgrowers.com

Christ Kitchen 325-4343
2410 N Monroe, Spokane 99205
christkitchen.org
Population it serves doesn’t need any more trauma in their lives, so staff have contacted each of them and is working with them to ensure money continues to come in. Welcomes donations support the ministry in this time. Hopes to receive government funding. Products are still available for purchase at Yokes, Rosauers, and Super 1 Foods. Working to keep those shelves stocked.

Farmers Markets
https://www.inwtn.org
Emerson-Garfield Farmers’ Market - no date
Fairwood Farmers Market - May 12
Hillyard Farmers Market - June 22
Liberty Lake FM - June 6th
Millwood FM - mid May
Spokane Farmers’ Market - May 9
Spokane Valley - June 6
Thursday Market (Perry) - May 2
West Central Market - no date

Farm Coop/Local Producer Hubs - Delivery
Full Circle
customerservice@fullcircle.com
1-866-206-8080 fullcircle.com
LINC FOODS
505-0446
3800 N Sullivan Rd. Bldg 12P
Spokane Valley 99216
info@lincfoods.com
lincofoods.com
SHARE FARM - SPAKNE
https://sharefarm.org
COURAGE TO GROW FARMS
Shaneese Dunigan
270-7264
Delivery as far as Nine Mile Falls, CDA, And Fairchild AFB

Community Supported Farm
Urban Eden Farms
2121 S Cherry St, 99224
953-7863
http://urbanedentfarm.com
Offered local, organically grown greens. Has Farm Stand Saturdays 9 a.m. to noon. Greens, beans, arugula, mizuna, watercress, nettles, spring lettuce mix. Plant starts: chard, kale, raspberries, rhubarb, marjoram. Please observe the 6 foot rule. Receive a vegetable bounty with $400 membership for 12 weeks

FOOD & HYGIENE DONATIONS

Blessings under the Bridge
10212 E 9th, Bldg 600 butb.org
Spokane Valley 99206 869-6584
Blessingsunderthebridge@gmail.com
Works with other agencies to coordinate and distribute food and hygiene items.

Catholic Charities Eastern WA
12 E 5th Ave, 99202 358-4250
cseasternwa.org 800-831-1209
We need volunteers

EMERGENCY SUPPLIES: Needs emergency supplies for its programs. The list of needed items can be found at https://www.cceasternwa.org/covid-19, and items can be dropped off at the Family Service Center located at 12 E 5th Ave

Dry Fly Distilling
Offers free hand sanitizer spray and distributes the product in Spokane for free. http://33prurl.com/bVZp_p1

Excelsior
328-7041
3754 W Indian Trail Rd, 99208
excelsioryouthcenter.com
Built a care team to deliver food and hygiene supplies to families, taking hourly employees to sustain programs and put them in other programs to keep them employed. Offered help to Second Harvest.

Feed Spokane
216-7364
PO Box 141674, 99214
admin@feedspokane.org
feedspokane.org
Exec Dir: Steven Brashers
Networks meal providers and community partners in the greater Spokane area. Works to eliminate food waste through food rescue.

Food for Kidz
868-9260
Eastpoint Church Warehouse at, 15103 E Sprague
6009 N Heye, Newman Lake 99025
Jim Dodd foodforkidz.org

Food Continuity Task Force
Government and Non-profit food distribution, donations, and volunteer coordination, for food bank, meal, shelters, essential needs.

Giving Back Packs info@gbpacks.org
389-2503
PO Box 30321, 99223
Is collecting toilet paper from business donations and individuals to give to homeless shelters.

Hispanic Business Professional Association hbpaspokane.net
POB 3661, 99220
hbpaspokane@gmail.com
Offers mobile food banks. Anyone needing food during these difficult times, may write down the dates when several Spokane Latin organizations will join forces to serve the Latinx community! Information about health will also be distributed and how to
protect oneself / avoid COVID-19. Also includes medical centers where people can go to be attended in case they do not have medical insurance. Finally, don't forget to fill out Census 2020! Make Count! Those needing help filling out the census, can bring the form and be helped at the Mobile Food Banks: April 19, 3-5 pm St Joseph’s Catholic Church, 1503 W Dean Comunidad Cristiana 15303 E Sprague April 26/May 3 De Leon Foods 15530 E Sprague

HRC Ministries 879-3773 14415 E. Sprague Ave POB 14257, Spokane Valley 98214 warehouse@hrcministries.com hrcministries.com Works to feed vulnerable seniors and at risk children. Food Drop-off Tuesday-Thursday.

Hoarder Amnesty Program Bethany Presbyterian Church in Spokane and Veradale UCC in Spokane Valley are offering a “hoarder amnesty” program. Call Bethany at 509-534-0600 or Veradale UCC at 509-926-7173 to arrange to drop off the supplies, which will be taken to shelters and food banks.

LDS Welfare Home Storage Center - Bishop’s Store House 9421 East 4th Avenue SPOKANE 99206 928-1035 Friday: 10:00 AM - 5:00 PM Saturday: 10:00 AM - 3:00 PM https://providentliving.churchofjesuschrist.org for member of LDS or friends in need

Little Free Pantry http://www.littlefreepantry.org/ frequently-asked-questions Located around town with food and hygiene items offered like a Little Free Library often at churches. They offer items that individuals are willing to donate or trade. Those who take may consider giving back immediately or down the line. Those with toiletries find it an anonymous way to care. When converting a little free library to a pantry have the pantry opening face East or North in the summer time to decrease food spoilage. Locations: Veterans Administration - Caritas Shadle Presbyterian - Caritas St Francis - Caritas St Andrews - Caritas


Mission Community Outreach 1906 E Mission Ave. 99202 536-1084 mission.org mcoc.spartak@gmail.com The volunteer-run clothing bank is closed at this time, but will support other agencies in need of supplies at this time, offering clothing, limited hygiene items (no toilet paper at this time), diapers, wipes and small housewares. Interested agencies may email their request. Director will field requests based on supplies on hand.

Northwest Harvest Spokane Warehouse 3808 N Sullivan Rd, Bldg 14J Spokane Valley 99216 891-7013 Spokane only. Setting up drop off locations, but not there yet.

Pet Food Banks Spokane Humane Society schedule and appointment 509-467-5235 x0 or adoptions@spokanehumanesociety.org

Salvation Army 325-6821 x2202 222 E Indiana, 99207 spokane.salvationarmy.org All the regular operations are going on. The Family Resource Center—food bank—continues to operate, helping double the number of people. They are requesting that people donate extra toilet paper, hand sanitizer, tissue, cleaning wipes and surgical masks for them to give to people who come. Food bank operates by food boxes volunteers deliver to waiting cars. Encourages people who are unemployed to use money for rent, not food. Needs donations to purchase items and needs volunteers 55 and younger to work four-hour shifts. They can sign up at makingspokanebetter.org.

FOOD BOX Delivery Program The Salvation Army is willing to temporarily schedule and deliver perishable and non-perishable food boxes to those that are afraid to venture out, are facing food insecurities currently due to layoff, or do not have the transportation to make a trip to a local food bank. Here are the guidelines for the deliveries/pick-ups DELIVERY

There have to be ten (10) or more deliveries to one spot. Unfortunately, with the lack of staffing or volunteer base, it does only one (1) or two (2) food boxes at various locations. Due to the large amount of food that The Salvation Army is processing, it is unable to customize food boxes to meet dietary or allergy restrictions. Asks that the recipient gift the food item to someone else if they are unable to use it. The Salvation Army is trying to help as many community members as possible so please only list individuals that are living in the household. Each household needs to fill out and sign the Food Box Delivery/ Pick-Up Registration Form. PICK-UP Those who are picking up for a complex, need to have each household fill out and sign the Food Box Delivery/Pick-Up Registration Form. By signing the form, it is gives permission to pick up for their household.

ALL HOUSEHOLDS Each household needs to fill out and sign the Food Box Delivery/ Pick-Up Registration Form. All households must be willing to give The Salvation Army demographic information so they can track statistics and gross poundage leaving its food pantry. Forms need to be filled out for both Delivery and Pick-up. If The Salvation Army does not receive a form, it will be unable to provide any food boxes. If this is something that would be beneficial to guests, call The Salvation Army Family Resource Center and ask for Elisha Roberts, Monday through Friday 12:30 to 4:30 PM, to set up a time to pick-up or set-up a delivery option for neighbors or guests. The Family Resource direct line is (509) 325-6821.

Second Harvest of the Inland NW 1234 E Front, 99202 534-6678 2-harvest.org Fax: 534-8252 Offers instant help, money and volunteers to distribute more food for students, evaluating needs of partner agencies as many of them made adjustments to keep everyone safe. Looking at ways to respond better to community needs, mobile distribution of food in the county still ongoing, targeting high needs partners. Depends on volunteers, and is making adjustments on how volunteers can help, rebook its schedule to honor social distancing.

SNAP Cuisine for Clients https://app.mobilicause.com/es/5 g0YxQbclid=IwAR2KFMV3X 727WFh69pxGLIDJEgKf3Lm V0Xo3iRHM6gpxdyUXZgdO N8&m_cid=12b67a7d4e6c_m_c eid=eefb6e5b5&vid=74gm Donations will be used to purchase meals from SNAP-supported restaurants and donated to residents living at SNAP affordable housing properties.

Spokane Area Jewish Family Services direktor@sajfs.org 1322 E 30th, 99203 747-7394 Exec Dir: Neal Schindler sajfs.org Provides food to clients, usually delivering it to their doorsteps but not having contact. Call to schedule the drop and call right after to let them know it’s there. Accepts food donations at the temple; drop-off can be arranged right outside the building with no contact. Helps clients negotiate the landscape of ongoing and emerging resources, and does reassurance calls to vulnerable clients. Dispersed some emergency funds but are running low and awaiting possible financial aid from SBA. The event is now virtual, and info is here: http://sajfs.org/ virtualbenefitevent/

Spokane Alliance 389-1750 1526 E 11th Ave, 99202 katie@speakalainen.org, spokanalliance.org Works with its member congregations and unions to build teams to reach out in their organizations to see what needs there are and to connect them with resources. Non-members may also contact executive director Katie Zinner to participate.

Spokane Food Fighters https://spokanefoodfighters.org People may fill out a quick form to submit their request for volunteers to deliver food to their front step (unless otherwise specified). Deliveries are between 4 - 9 p.m. daily. Building capacity and are presently able to fulfill up to 25 requests daily.

Spokane County Mutual Aid is an all-volunteer grassroots network operating in Spokane County. Formed as a response to the COVID-19 outbreak and are working within the community
to build better neighborhood-based systems of support. The collective can currently help with needs such as grocery shopping, prescription pick-up and financial assistance. Those needing help or support can fill out a quick form. For information, please visit mutualaidspokanecounty.com. Also on Twitter: @spokymutualaid Facebook: Spokane County Mutual Aid, and Instagram: @spokanecountymutualaid, or call the free hotline at (503) 662-7912. Can also be reached via email at spokanecountymutualaid@gmail.com.

SNAP (Food Stamps) 877-501-2233

Women’s Healthcare - Transitions 920 W 2nd, Spokane 99201 info@help4women.org 455-4249 help4women.org Due to the risk associated with women traveling around town for different services, the city and homeless service organizations are working together to minimize this type of movement and shift to 24/7 options for folks experiencing homelessness.

To support that goal, Women’s Health closed. Posted on door relevant COVID-19 information and resources, and will keep voicemail messages and notices on the door updated. Women’s Health is supporting other shelter projects behind the scenes, be it supplies, staffing or other needs. Will still assist community’s most vulnerable, but it will look different for the time being.

HOSPITALS & RESOURCES

Blood Donation:
American Red Cross redcross.org 315 W Nora; 877-272-7337 Has experienced a severe shortage of blood collection because of COVID-19. The Red Cross collects more than 40 percent of the nation’s supply and has had more than 2,700 drives cancelled across the U.S. in two weeks resulting in a loss of more than 86,000 units. There is no evidence COVID-19 can be transferred by blood. Call 590-7691 or email ryan. rodin@redcross.org.

CSL Plasma, Inc cslplasma.com Pays for blood plasma donations. -2126 N Monroe St 340-6404 -9621 E Sprague 926-1881


CHAS Health 444-8200 203 W Washington, Ste 300, 99201 https://chas.org/health-alert/ 24/7 Nurse Advice: 866-418-1002 5921 N Market, Spokane 3919 N Maple, Spokane 914 W Carlisle Ave, Spokane 1001 W 2nd Ave, Spokane 817 S Perry, Ste B, Spokane 15812 E Indiana, Spokane Valley 5620 S Regal St, Suite 11 401 S Main St, Deer Park 99006 1720 2nd St, Cheney 99004 (medical and behavioral health)

NURSE PRACTITIONER RESIDENCY PROGRAM 15812 E Indiana Ave, Ste 101 URGENT CARE CLINICS
-Spokane Urgent Care-North, 5901 N Lidgerwood, Ste 126 434-1990 -Spokane Urgent Care - Valley 1502 N Verony Rd 444-8204


MultiCare Emergency Dept https://www.multipacare.org/coronavirus/-Diaconess Hospital 800 W Fifth, 99204 458-5800 -Diaconess North Emergency 8202 N Division, 99208 473-3333 -Valley Hospital 924-6650 12066 E Mission Spokane Valley 99216

MultiCare Hospitals multiare.org -Diaconess Hospital 800 W Fifth, 99204 458-5800 -Valley Hospital 924-6650 12066 E Mission Spokane Valley 99216

MultiCare Indigo Urgent Care https://www.indigourgentcare.com/coronavirus/-Argonne 598-7860 2713 N Argonne Rd Millwood, WA 99212 -North Spokane 598-7744 9420 N Newport Hwy, Ste 103 -Shadle Park 2401 W Wellesley Ave, Ste C -South Hill 598-7810 4911 S Regal St, 99223 -Valley 598-7820 15605 E Sprague, 99216

MultiCare Rockwood Clinics https://www.multipacare.org/coronavirus/-Airway Heights Clinic 342-3380 10414 W Hwy 2, Ste 10, 99224 -Cheney Neighborhood Clinic & EWU Student Health Center 19 N 7th St, 99004 235-6151 -Deer Park Clinic 755-5424 20 E J St, 99006 -Medical Lake Clinic 755-5300 725 N Stanley St, Ste D, 99022 -Quail Run Clinic 755-5250 2214 E 29th, 99203 -Valley Clinic 99216 744-5710 13221 E 32nd Ave, Ste 1

MultiCare Rockwood Urgent Care https://www.multipacare.org/coronavirus/-Downtown 342-3100 400 E 5th Ave, Ste 1 N, 99202 -Medical Lake 342-3990 1326 N Fordham Ln, 99019

Native Project Medical Clinic 1803 W Maxwell, 99201 nativenp.org 483-7535 Call in advance in case of suspected exposure to COVID-19 or symptoms On arrival patients may be immediately triaged.

Providence Health Clinics providence.org/patients-and-visitors/coronavirus-advisory-

Providence Express Care Lincoln Heights 888-227-3312 2923 E 29th Ave, 99223

Providence Family Medicine -Indian Trail (Spokane) 385-0610 5011 W Lowell Ave, Ste 100, 99028 -Hawthorne (Spokane) 252-1900 551 E Hawthorne Rd, 99218 -North (Spokane) 252-9602 212 E Central Ave, Ste 440, 99208 -Residency Clinic - Spokane 626-9900 Teaching Health Clinic Fax: 626-9617 624 E Front Ave, 99202 -Spokane Valley - 99216 13102 E Mission Ave 928-0300 -Providence Family Physicians Providence Medical Park 16528 E Desmet, Ste B3100 Spokane Valley 994-9440

Providence Hospitals https://www.providence.org/patients-and-visitors/coronavirus-advisory-

Healthy Kids Together Program 270-1869 1209 W 1st Ave, Spokane 99201 PO Box 244, 99210 315-1323 empirehealthfoundation.org Invests in ideas and organizations that improve access, education, research, public policy and wellness to improve overall health to the region’s residents. Partnered with Innovia area grant cycle in relationship to Covid 19 response.

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Look for the CVSD school bus present to pick up. Locations: not need to be a CVSD student is not required and children do more will be added. Registration 11 designated locations so far. March 17th, 10 a.m.-1 p.m. at & lunch while schools are and-go, drive-through breakfast and enjoy a free, nutritious, grab-and-go. Kids, age 18 and under, can FREE Meals for kids with Medicare resources.

Community Outreach (Medicare Community Outreach and Spokane 99201 - Medical Lake - 11:15-11:27 a.m.

Medicaid 116 W 3rd, 99022 - mds.org Meal pickup plans in the Medical Lake School District began March 23. Offered at: -Medical Lake Lutheran Church Offering Bagged Lunches Wed 3/18 - Fri 3/20 while the District prepared for meal deliveries. Meals delivered at the following locations:

• Hallett Bus Loop at 11-11:12 a.m.
• Medical Lake City Hall at 11:15 -11:27 a.m.
• Medical Lake High School Bus Loop at 11:30-11:42 a.m.
• Medical Lake Middle School Bus Loop at 11:45-11:57 a.m.
• Michael Anderson Elementary at 11:40 -11:55 a.m.


Orchard Prairie 467-9517 7626 N Orchard Prairie Rd, 99217 orchardprairie.org Orchard Prairie School District closed for students since March 17 to slow the spread of COVID-19. This includes all extracurricular activities and previously scheduled events.

Valley 888-284-5719 3034 Huffman Rd, 99181 valleys.org 937-2413 As of March 19, served meals in the Valley Bus Loop from 9-11 a.m. The turnout was positive—expanding to serve meals in the Valley Grange. The Valley School Bus Loop and the Valley Grange

Providence Healthplan providence.org Providence Customer Service 503-574-7500 800-878-4445 Providence Foundation 601 W 1st Ave, Ste 200, 99201 Mail: 101 W 8th Ave, 99204 Philadelphiafoundationnew@providence.org Washington.providence.org 474-4917 Donations help care for the most vulnerable in the community and support breakthrough technology that saves lives.

Molina Healthcare of Washington - Spokane 1330 N Washington St, Ste 4000 Spokane 99201 (800) 869-7175 UnitedHealthcare, Community Outreach and Medicare Resources 481-1755 Community Outreach (Medicare Resources). available by telephone only to assist those with Medicare resources.

KIDS FOOD AND CARE

https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus

Central Valley #354 228-5400 19307 E Cataldo cvsd.org Spokane Valley 99016 FREE Meals for Kids Kids, age 18 and under, can enjoy a free, nutritious, grab-and-go, drive-through breakfast & lunch while schools are closed. Starting on Tuesday, March 17th, 10 a.m.-1 p.m. at 11 designated locations so far. More will be added. Registration is not required and children do not need to be a CVSD student to participate. Children must be present to pick up. Locations: Look for the CVSD school bus

Locations: Look for the CVSD school bus out front • Bowditch Middle School – 2109 S. Skippow Rd., Spokane Valley, 99026 • Broadway Elementary – 11016 E. Broadway Ave, Spokane Valley 99026 • Evergreen Middle School – 14221 E 16th Ave, Spokane Valley 99037 • Opportunity Elementary – 1109 S. Willbur Rd, Spokane Valley 99026 • Pavillion Park – 727 N Moler Road, Liberty Lake 99019 • Pope Francis – 16412 E Sprague Ave., 99016 • Progress Elementary – 710 N Progress Rd, Spokane Valley, 99037 • Riverbend Elementary – 17720 E Mission Ave., Spokane Valley 99016 • Valley Mission Park - 11405 E Mission - 11:30 a.m. • Whimsical Pig Apartments - 13303 E Mission - 11:45-12:15 • Eagle Point Apartments - 2718 N Bowdish Rd, 99216 - 11:15 a.m. TEMAN

Liberty S 29818 North Pine Creek Rd Spangle 99031 Pick up locations at 9:00 and 10:00 a.m.: • Liberty High School Parking Lot, 6404 E. Spangle-Waverly Road • Fairfield Community Center, 304 E. Main Street • Fire Station 35, 1801 W. Gibbs Road (corner of Gibbs & Austin) • Latah Post Office, 123 W. Market Street • Mullen Hill Road at Hwy 195 (at the gravel parking area) • Spangle Service Club, 165 N. Main Street • Waverly Post Office, 170 N. Commercial Street MEAD SD mead354.org 465-6000 2323 E Faber Rd, 99021 Meal service for Mead schools will begin Monday, March 23. Meals will be delivered to various hubs throughout the school district, but those locations have not yet been determined. (Meals will not be provided April 6-10, 2020, as this is the week the Mead School District would have been closed for Spring Break.)

School Locations To pick up at 11a.m.-12:30 p.m.: • Brentwood Elem, 406 W Regina • Colbert Elem, 4526 E Greenbluff • Evergreen Elem, 215 W Eddy • Meadow Ridge, 15601 N. Freya • Midway Elem, 821 E Midway Rd. • Prairie View Elem, 2606 W Johannsen Rd. • Shiloh Hills Elem, 505 E Stonewall • Northwood, 2908 N Pittsburg Community Distribution Locations: • Forest Creek Apt, 13110 N Addison St - 10:30-11 a.m. • Woodhaven Apt - 12424 N Fairwood Drive - 11-20:11:50 a.m. • Hill N Dale Street Apts - 8821 N Hill N Dale St - 10:30-11 a.m. • Mead Food Bank - 12611 N Wilson • -Cedar Creek Village - 3720 N Nevada St - 10:30-11 a.m. • Deer Run @ North Pointe - 1225 E. Westview Ct - 11:20-11:50 a.m. • Wild Rose Gas/RV Park - 23106 US 395-10:30-11 a.m. • St. Joseph’s Church - 3720 E Colbert Rd-11:20-11:50 a.m. • Fire Station #47 - 9814 E Greenbluff Rd. - 10:30-11 a.m. • Fire Station #48 - 17711 N. Mt. S Park Drive - 10:30-11 a.m.

Medical Lake 565-3100 mld.org Meal pickup plans in the Medical Lake School District began March 23. Offered at: -Medical Lake Lutheran Church Offering Bagged Lunches Wed 3/18 - Fri 3/20 while the District prepared for meal deliveries. Meals delivered at the following locations:

• Hallett Bus Loop at 11-11:12 a.m.
• Medical Lake City Hall at 11:15 -11:27 a.m.
• Medical Lake High School Bus Loop at 11:30-11:42 a.m.
• Medical Lake Middle School Bus Loop at 11:45-11:57 a.m.
• Michael Anderson Elementary at 11:40 -11:55 a.m.


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SPOKANE PUBLIC SCHOOLS

200 N Bernard St, 99201
spokaneschools.org 354-5900

Meal program continues for children on reduced and low-income meal plans

SchooL Meal Program 354-5976

Plan to help students and families during the upcoming school closure.

SPS is offering grab & go meals – a breakfast and a lunch together -- for any child aged 0-18, or currently enrolled in high school, at the following locations from 11 a.m.-noon. It’s for any student -- even those who don’t attend Spokane Public Schools.

Arlington, 6363 N Smith
Audubon, 2020 W Carlisle
Balboa, 3010 W Holyoke
Bemiss, 2323 E Bridgeport
Cooper, 3200 N Ferrall
Finch, 3717 N Milton
Garfield, 222 W Knox
Grant, 1300 E 9th
Holmes, 2600 W Sharp
Hutton, 908 E 24th
Audubon, 330 W Bernard
Bemiss, 3200 N Ferrall
Cooper, 2323 E Bridgeport
Finch, 222 W Knox
Holmes, 1300 E 9th
Audubon, 3200 N Ferrall
Bemiss, 222 W Knox
Cooper, 1300 E 9th

Mobile meals: Bus stops & times
In addition to providing meals at 24 distribution sites, using school buses since March 30 to deliver meals along routes that reach areas of community with the highest need. Any child can grab a meal at these stops!

Arlington Area - Red
E Lyons Ave @ N Pittsburg St - NW corner - 10-10:08 a.m.
E Weelle Ave @ N Pittsburg St - 10-10:10 a.m.
E Calkins Ave @ N Martin St - 10:21-10:29 a.m.
N Helena St mid block between Lincoln & Calkins - 10:32-10:37 a.m.
E Sharsburg Ave @ N Perry St - 10:39-10:47 a.m.
Calkins @ Merrimac Ct in the park - 10:51-10:59 a.m.
N Hamilton St @ E Cozza Dr - 11:02-11:07 a.m.
N Hamilton St @ E Sitka Ave - 11:07-11:12 a.m.
E Holyoke Ave @ N Cincinnati St - 11:14-11:19 a.m.
6702 N Market - 11:25-11:29 a.m.
7408 N Market - 11:29-11:33 a.m.
E Lincoln Ave @ N Julia St - 11:36-11:41 a.m.
E Weelle Ave @ N Yale St - 11:43-11:48 a.m.
E Weelle Ave @ N Havanna St - 11:49-11:54 a.m.

Audubon Area - Blue
W Elliot Dr @ Copper River Apts - 10-10:15 a.m.
North Holy Names Ct @ The Cul-de-Sac - 10:16-10:31 a.m.
N Adams St @ W Shannon - 10:39-10:54 a.m.
W Nora Ave @ N Jefferson St - 10:55-11:05 a.m.
W Spotford Ave @ N Madison St - 11:06-11:21 a.m.
W Nora Ave @ N Walnut St - 11:24-11:34 a.m.
W Indiana Ave Between Maple & Ash - 11:34-11:44 a.m.
W Mission Ave Between Maple & Ash - 11:46-11:55 a.m.

Cooper Area - Yellow
N Custer @ E Fairview Ave - 10-10:20 a.m.
5008 E Buckeye Ave - 10:22-10:52 a.m.
4915 E Upriver Dr Riverwalk Point - 10:54-11:24 a.m.
4707 E Upriver Dr @ STA Bus Pullout - 11:24-11:54 a.m.

Sheridan Area - Green
E 4th Ave @ S Koren Rd - 10-10:10 a.m.
E 4th Ave @ S Fancher Rd - 10-10:21 a.m.
E 4th Ave between S Eastern Rd & S Dollar St - 10:22-10:32 a.m.
E 4th Ave @ S Coleman Rd - 10:34-10:44 a.m.
E 8th Ave @ S Dickey Rd - 10:47-10:57 a.m.
E 8th Ave @ E Woodlawn Rd - 10:58-11:08 a.m.

S Dearborn Rd @ E 2nd Ave - 11:13-11:23 a.m.
E Boone Ave @ S Seehorn Rd - 11:28-11:33 a.m.
4409 E Sprague Ave - 11:39-11:44 a.m.
S Myrtle St @ E Pacific Ave - 11:46-11:56 a.m.

Stevens Area - Pink
N Fiske St @ E Marshall Ave - 10-10:10 a.m.
E Trent Ave @ N Langley St - 10:18-10:23 a.m.
Pacific Ave between Haven Ave & S Regal St - 10:31-10:46 a.m.
S Lee St @ E Pacific Ave - 10:48-10:58 a.m.
E Riverside Ave @ N Crestline St - 11-11:10 a.m.
S Magnolia St @ E Pacific Ave - 11:11-11:26 a.m.
S Perry St @ E 1st Ave - 11:29-11:44 a.m.
S Pine St @ E Pacific Ave mid block between E Pacific & E Short - 11:48-11:51 a.m.

Hutton Area - Purple
W 7th Ave @ S D St - 10:01-10:06 a.m.
W Rosewood Ave @ W Woodland Blvd - 10:13-10:18 a.m.
S F St @ W Hartson Ave - 10:20-10:25 a.m.
S Pepper Tree Ln @ S Azalea Dr - 10:31-10:41 a.m.
S Rustle St @ S Westcliff Pl - 10:43-10:53 a.m.
W Hartson Ave @ S A ST - 10:57-11:02 a.m.
W 7th Ave @ S C ST - 10:54-10:59 a.m.
S G St @ W Pacific Ave - 11-11:16 a.m.
W Brook Terrace Ave @ N River Ridge Blvd - 11:21-11:26 a.m.
W Freemont Rd @ W Military Rd - 11:29-11:34 a.m.

Regal Area - Orange
E Hoffman Ave between N Haven St & N Market St - 10-10:15 a.m.
E Everett Ave @ N Haven St - 10:17-10:32 a.m.
E Mt Baldy Ln @ N Havanna St - 10:40-10:55 a.m.
E Crown Ave @ N Freya Ave - 11-11:15 a.m.
E Olympic Ave @ N Rebecca St - 11:16-11:31 a.m.
N Florida St - north of Longellow Ave @ the park - 11:34-11:49 a.m.

Learning at home: District has assembled a thorough collection of resources with schedule ideas, sample daily plans and learning at home guides -- for families to use during the school closure as they see fit. These are available at spokaneschools.org/
LearningAtHomeResources. Structure and routine are strong elements to reducing anxiety, but district recognizes that nothing about this is routine. Teachers are connecting with students and parents, answering questions, sharing materials, clarifying directions and assisting with access to digital resources.

Volunteering: Organizations wishing to support SPS students, families or staff may donate resources or time: call the SPS Office of Family and Engagement at 509-354-7862.

Graduation requirements: The Class of 2020 has access to the Expedited Appeals Waiver, which allows students to waive the current assessment graduation requirement to pass both the ELA and Math Smarter Balanced Assessment. Future guidance will be provided by the state regarding making up instructional days with regard to credits needed for graduation.

Testing: State superintendent’s office (OSPI) has canceled all state testing for the 2019-20 school year.

End of school: At this time, OSPI will grant emergency waivers to allow districts to end the school year on Friday, June 19, at the latest.

KIDS MEALS (NON-PUBLIC SCHOOL)

Communities In Schools of Spokane County 413-1436
905 W Riverside, Ste 301, 99201
info@cisspokane.org
Spokane.ciswa.org
Distributes food at various locations in Spokane and Cheney.

The Zone Project 487-1603 x223
Northeast Community Center 4101 N Cook, 99207
awaldref@necommunitycenter.com
awaldref@necommunitycenter.com
thezoneproject@necommunitycenter.com
info@cisspokane.org

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Northeast Youth Center 3004 E Quee, Spokane 99217 spokaneycenec.org 482-0708
Passing out Grab-N-Go meals—breakfast and lunch—11 a.m. to 1 p.m., at Northeast Youth Center. Ready to eat, microwavable meals, first come, first served, for ages 18 years of age and under: 3004 E Quee Ave, Spokane 99217.

SW Community Center 314 S Spruce, 99201 981-7797 Mark Reilly (Food Bank) 993-1314 Community Center is open. Youth program during day; food bank Friday – line up outside & receive bags outside. For kids, lunches like in summer; meals from Shadle. Hand-out stuff during week for those in need.

Volunteers of America 525 W Second, 99201 vaaspokane@voaspokane.org 624-2378 Crosswalk maybe adding hours with Spokane Public Schools.

Restaurants (free food for kids): River City Pizza (call in advance) Brick West Brewing Company 279-2982 Cochinito Taqueria with adult order Burger King

WEALTH MEALS/ FOOD BACKPACKS

Second Harvest Partners with schools and community partners for Bite2Go to get weekend food supplies to children in need during the school year. The Bite2Go kits include a good mix of healthy, kid-friendly, easy-to-open, single-serving, nonperishable food items to cover meals and three snacks over the weekend. The shelf-stable milk, juice, cereal, entrees and snacks are safe for children to handle on their own because they don’t require any cooking or other preparation. Each week, staff members at participating schools put the packages of food discreetly in the backpacks of students in need. For information, contact Chris Sloan at 252-6283 or chris.sloan@2harvest.org.

Spokane Valley Partners Food For Thought 10814 E Broadway, Spokane Valley 99206 PO Box 141360, 99214 Food For Thought provides weekend meals for over 500 students each week to help improve school performance, academic success and cognitive development.

CHILD CARE & YOUTH CENTERS


Childcare Aware - Family Center 800-446-1114 If your Child care center closes from COVID 19 emergency, call here to help find an alternative location. Warning capacity maybe an issue as some child care centers already. Now working remotely

Northeast Youth Center 3004 E Quee, Spokane 99217 spokaneycenec.org 482-0708 Childcare Openings, Starting Monday, March 23rd from 7 a.m. - 5:30 p.m.

Safety of children and families is a priority. Work diligently to deep clean and disinfect the entire facility and vehicles. Aware parents need quality, affordable, fun childcare. Re-opened doors for the first 37 school age and 10 preschool children. Call and register through the main office: 482-0708.

Salvation Army 325-6810 222 E Indiana, 99207 spokane.salvationarmy.org The Youth Center is closed.

The Nest Community School 3324 S Grand Blvd, 99203 (509) 624-6378 (NEST) www.bellacova.com Offers K-6th grade interim childcare through the school closure duration 8 a.m.-3 p.m. Website for more info: https://www.spokanenest.com/the-nest-community-school

Vanessa Behan Crisis Nursery 2230 E Sprague, 99202 535-3155 kristina@vanessabehan.org vanessabehan.org Fax: 534-7099

Concerned about the potential increase in child abuse and neglect during the COVIC-19 crisis with schools closed six weeks, is offering support to children and families on its website and social media. Parents with limited support face difficult decisions about child care. Vanessa Behan is considering how to increase services for parents needing childcare. Supplying diapers, wipes and formula during business hours.

EDUCATION MATERIALS, SCIENCE


DIY Sun Science from Lawrence Hall of Science: https://www.lawrencehalloffscience.org/do_science_now/science_apps_and_activities/diy_sun_science

(13 activities you can do without a computer, half on sunny days and half anytime)

Audubon Kids - Get to Know Birds: https://www.audubon.org/get-outside/activities/audubon-for-kids?ms=diy-summer-eng-email-newsletter_engagement_20200325_wingspan_medium&utm_source=ea&utm_email=audi&utm_campaign=engagement_20200325_wingspan&utm_content=medium&emc= dct84/2fa-c6de4a11-a94c-00155d03b1e8&domain= a6bea9e67-d766-ea11-a94c-00155d03b1e8&cecid=3429075

Kahn Academy Daily Schedule k-12: https://docs.google.com/document/d/1e2PAJCHLv9zodEPAWUJoPq DKbVArFvwxz952fzC OpqCRm6zZ7D2NG-tQWS3OhVChbP4-wmksHa2bks9/0d Lunch doodles with Mo Willems: Episodes 01 - 15 (end of series) https://www.youtube.com/watch?v=RmzjCPOx3y8 produced by the Kennedy Center: (Mo Willems is second one down)

https://www.youtube.com/channel/UCejesXuEK5ERsyh-0DvM4PQ

These are fantastic daily “talks” with kids by Mo Willems and drawing lessons, activities !!

Cornell/Audubon quests: https://www.birds.cornell.edu/ k12/quests/ https://www.birds.cornell.edu/ k12/science-nature-activities-for-coooped-up-kids/

Ecologist School from “Families in Nature” https://familiesinnature.org/ecologistschool/

Weekly lessons with 6 activities - each week a different science slice (program operates in Texas and one can earn “badges by completing several activities in each “slice”). Shared here in on-line format for families from around the country.

geology, Week 1 – Geology Week 2 – Paleontology Week 3 – Hydrology Week 4 – Geography Week 5 – Botany Week 6 – Meteorology Week 7 – Astronomy Week 8 – Climatology Week 9 – Entomology Week 10 – Ichthyology Week 11 – Herpetology Week 12 – Ornithology Week 13 – Mammalogy Week 14 – Oceanography Week 15 – Anthropology Week 16 – Ecology


Sierra Club kids activities list: (cool list including the “online storybooks” site and PBS Kids) https://www.sierraclub.org/articles/2020/03/keeping-our-kids-curious-and-engaged-at-home?utm_source=insider&utm_medium=email&utm_campaign=newsletter&utm_content=outings20200310

SHELTERS

The City Gate Women's Shelter 170 S Madison, 99201 thecitygate@qwestoffice.net thecitygatespokane.org Mgr: Misty Santos 455-9670 Offers 25 beds for homeless women. Daily 9 p.m.-7 a.m. Offers coffee and snack till 11 p.m.

closely, implementing a social distancing plan to help slow the spread of this virus in the community. Those staying home can help by donating financially, buying groceries, offering an RV or trailer, and advocating for homeless people. Check their facebook page for a check list of items.

Jewels Helping Hands
jewelshelpinghandsSpokane@gmail.com 281-7120
282856762255273 on FB
Offers food, shelter and medical support for homeless

Guardians Foundation, The
2600A E Selkirk Way, Ste 125
Post Falls 83854 208-449-1210
rmtheguardians@gmail.com
theguardiansfoundation.org
Direct assistance to veterans and families offering shelter, clothing household items, financial assistance and job opportunities. Offers two shelters in Spokane, and one shelter in Coeur d’Alene manages the Spokane Downtown Library Shelter. Manages the Homeless Covid-19 Shelter

House of Charity
Catholic Charities 624-7821
32 W Pacific, 99204 ccosterwa.org
Meals- Breakfast, Lunch & Dinner: Sack meals and hot meals will be consumed at the House of Charity shelter site outside in the courtyards. No tables will be set up in dining room. Clients will line up, wash hands, grab food and go outside. Other day services 7:30am – 7pm: Patrons will be asked to access the specific service they need and then be asked to hang out outside. Patrons will be allowed inside 5 people at a time, and may choose to access the showers/bathroom line and/or sign up for laundry & mail. There will be a line for bathrooms/showers, mail, and sign-ups at front desk for laundry. Laundry participants will be notified when laundry needs to be switched over. Clients can get in line for another service once their needs in the current line are met. The idea is to keep a flow going and not to have people laying down or sitting down inside. Fresh Air is the motto! Staff will be cleaning inside, monitoring courtyards and neighborhood, and picking up litter outside. Sidewalks will be power-washed daily.
MAIL: One Exception for those who do not stay at HOC: We are still handing out mail to people who do not sleep at the shelter Monday – Friday from 8:10:30am. SHELTER CHECK-IN: All patrons are screened for COVIS/Temps taken nightly at check-in. HOC Women’s Sleeping: Check in at 7:30pm - Exit at 6am enter from the exterior of the properties through the gate on State Street. Our staff is there to greet them! Both sites offer a private shower and two private restrooms, Jacklin Haven Conference Room & Training Center on State Street; sandwiched nicely between Donna Hanson Haven apartments and CCEW’s Myrtle Wilson Institute aka The HOC Annex, on State Street.

Rising Strong
Catholic Charities 960-8632
1960 North Holy Names Ct Social distancing is easier, given the private rooms/environment. Pandemic protocols provide clear guidance on implementing isolation and distancing interventions, as well as ways to ensure meals can be accomplished while on quarantine. Families are being asked to think about who can watch their children, in the event they get sick.

Salvation Army Family Emergency Shelter 325-6810
204 E Indiana, 99207 spokane.salvationarmy.org The Emergency Shelter, where people can stay up to 40 days, and Stepping Stones for families staying up to a year, are operating. Staff are checking guests’ health every day.

SNAP Homeless Services 212 S Wall, 99201 456-SNAP snapwa.org In the interest of the overall health and safety of clients and staff due to COVID-19, office is locked and is not open to the public. However, Homeless Services staff are still working from home during normal business hours, M-F from 8 a.m. to 4:30 p.m. Committed to ensuring that the needs of clients are met and communicate with clients in a multitude of ways, including: phone calls, email, texts and video conferencing. Continues to advocate on their behalf and use wrap-around services by communicating with other providers and landlords. SNAP staff still able to check voicemails remotely a few times a day, so continue to call/email and leave a message and they will call back as soon as they can. The below phone numbers are being answered by SNAP Homeless Services staff and can be handed out to clients if they have any questions or if they would like to have a housing conversation.
828-3149, 385-1860, 202-3830

Spokane Downtown Library Shelter
Hope House VOA. The space will be available until May 15, possibly longer depending on the spread of COVID-19.

St Margaret's Shelter 624-9788
Catholic Charities ccoasternwa.org PO Box 2253, 99201 Social distancing is easier, given the private rooms. Pandemic protocols provide guidance on implementing isolation and distancing, as well as ways to ensure meals are provided while on quarantine. Families are asked to think about who can watch their children if they get sick.

Truth Ministries Spokane 1910 E Sprague, 99202 456-2576 jmkrituth@yahoo.com truthministries on FB truthministriesspokane.org
Marty & Julie McKinney 990-8415 Transition shelter for 100 men 18+, may be reduced by city to 50. Open 8 p.m. - 8 a.m. Provides a bed, meal, housing, job and treatment referrals.

Union Gospel Mission Ministries
1224 E Trent, 99202 535-8510 info@uniongospelmission.org uniongospelmission.org
Not accepting new guests at this time. Offering sack lunches daily For cooks temporarily out of work, UGM is hiring temporary kitchen help. Normal application process.

Volunteers of America
525 W Second, 99201 vaospokane@vaospokane.org 624-2378 Hope House accepting new clients daily at The Downtown Library

SMALL BUSINESS & EMPLOYMENT
facebook.com/groups/SaveSpokaneSmallBusinesses
https://www.dol.gov/coronavirus
https://esd.wa.gov/newsroom/covid-19
https://insurance.wa.gov
workshops over the phone and/or online via video conferencing platforms.

Craft3 Eastern WA
10 N Post Street, Suite 220
99201
888-231-2170x250
mhusley@craft3.org
Existing clients and those exploring ways to bridge a downturn in revenues may visit the website and use the navigation tabs, to find COVID-19 resources and information for businesses, nonprofits and individuals. Craft3 has also changed business operations to align with current recommendations from public health professionals—reducing corporate travel, instituting work-from-home policies, and deep-cleaning all physical office spaces. With many employees operating remotely, several of offices are closed and unstaffed.

Compass Career Solutions
John Nickerson
808-8482
jnickerson@careersbycompass.com
careersbycompass.com
Still supports FCS, supported employment, supported housing and FCSE during this time. All services are over the phone or teleconference and everything is running smoothly plus successfully.

Employment Agencis, Temp or Long Term
expresspros.com
747-6011
expresspros.com
Financial Help line
625-6650
Spokane Public Libraries
getting started with financial recovery resources for Spokane County small businesses and Individuals

Home Deliveries, Restaurants
Heard a good suggest before going with an app check with the restaurant if they are open and offering direct home deliveries most restaurant delivery app result in loss of 30-40 percent of that meal to the app and the delivery.
https://docs.google.com/spreadsheets/d/1-MwP9gvvCP-N8zQGZ25pQAdIld2B112UY-MgFpixBP4/edit?gid=0
UberEats
GrubHub
DoorDash
#OrderUpSpokane
Tree House is a new local app
treehousespokane.com

INBA - Inland NW Business Alliance
(509) 402-4622
www.inbanchamber.org
Local funding and focus on support for local small business.

Job Corps 800-733-JOBS (5627)
jobcorps.gov
SPOKANE JOB CORPS
3012 N. Nevada St, Ste 1, 99207
Hugh Russell
340-7813
Russell.hugh@jobcorps.org
Brandie Batt
340-7816
batt.brandie@jobcorps.org
Nation’s largest career technical training and education program for students 16-24

New Leaf Bakery Cafe Job Training - Transitions
930 N. Monroe St.
Spokane, 99201
496-0396
help4women.org
reopen pick up curbside

The Big Table
979-1005
POB 141510, Spokane Valley 99214
information@thebigtable.com
With business reduced, restaurants that already operate on tight margins are struggling. Employees hours are reduced, and in some cases, establishments are closing their doors altogether. Both in hotels and restaurants, the massive drop in business will mean that restaurant people will have their hours cut and wages plummet with no way to make up that money. Most live financially day to day or week to week and have no safety net. Seeks gifts to keep people in crisis from falling.

The Next Generation Zone
WORK SOURCE AFFILIATE
340-7800
901 E 2nd Ave, Ste 100, 99202
nextgenzone.org
Fax: 893-5426
Career center for those 16-24. Combines education, career skills training, community and employment resources to provide wrap-around support to inspire young adults in career goals. While the doors of the Next Generation Zone are currently closed, staff is providing education and career services to young adults. Visit opendoorspokane.com to learn about GED services, classes, access tutoring, and receive study packets on-line. Classes will be available on Facebook Live starting April 13th. Young adults can also connect with a Career Coach to help with career exploration and training opportunities. Please visit nextgenzone.org, stay tuned to Facebook for updates, or call at 340-7800 for information.

Provisional Recruiting
Northpark Building 420 W Dean Ave #100, 99201
444-8871
(800) 805-0361
provisional.com

Small Business Admin 
sba.gov
-WSU SPOKANE
353-2800
801 W Riverside Ste 444, 99201
Develops small business loan and assistance programs, special outreach efforts and initiatives to aid and inform small businesses.

SNAP Financial Access 456-SNAP
500 S Stone, 99202
snapwa.org
SNAP THE BUSINESS CENTER
Nicole Hansen
319-3030
hansen@snapwa.org
One-on-one consulting, business training and support services, access to resources, and networks for business owners.

SNAP Business Development
Technical assistance and financing for people interested in starting or expanding a small business.

SNAP Women’s Business Center
Harry Birak
456-SNAPPx4116
birkal@snapwa.org

Sokane Independent Metro Business Alliance
sokaneindependent on FB
sokaneindependent.org
Focuses time learning best practices and tactics for business stabilization from other “Independent Business Alliances” like SIMBA and other national partners. Will report back on that as strategies emerge. SIMBA will be likely hosting a digital open to all community summit on local economy and consumer/ community member needs on April 11. Event planned with “disaster resilience” as a topic in mind before COVID broke out. Open to community-identified needs in shaping this virtual convening.

Spokane Resource Center
130 S Arthur, 99202
worksourcewa.com
sheryl.mcgrath@wsbdc.org

Washington State Commission on Asian Pacific American Affairs
During trying times, please note there are places currently hiring - good union job opportunities that are above minimum wage, with benefits. Apply now directly with the employer: http://abm.jobs.jobaline.com/index.html

WA Small Business Development Center
901 E 2nd, Ste 210
358-7894
sheryl.mcgrath@wsbdc.org

WorkSource Spokane
888-316-5627
worksourcewa.com
532-3000
130 S Arthur, 99202
Ga2worksource.com
Fax: 532-3110
Provides a wide range of no-cost employment and training resources and programs provided by state and local agencies and organizations. After March 19, the WorkSource Spokane Campus and its partners at WorkSource Spokane, the Spokane Resource Center, Talent Solutions by WorkSource Spokane, and the Next Generation Zone were not available for in-person appointments. WorkSource Spokane continues to be available by phone at 532-3120. https://worksourcespokane.com/covid-19

VULNERABLE POPULATIONS

Costco
Senior citizens, and disabled can shop on M-F from 8 - 9 a.m.

Huckleberries
Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

Rosauers
Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

Pharmacies open at 8 a.m. those days.
Safeway, Albertsons
Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

Super 1 Foods
Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

Target
Senior citizens, and people with compromised immune systems and pregnant women can shop on Tuesdays and Thursdays from 7 - 9 a.m.

Walmart
One hour Tuesdays before opening for 60+

Whole Foods
One hour before opening for 60+

CRIMINAL JUSTICE
Asian-Pacific Islander Coalition - APIC
25 W Main Ave, Ste 222
Dir: Anne Martin
624-5657
A collaborative network united to build political strength and equity in the community.

Peace & Justice Action League of Spokane - PJALS
35 W Main Ste 120
Dir: Liz Moore
pjals@pjals.org
For a just and non-violent world via education, advocacy and organizing for peace, economic justice and human rights. Check pjals.org for online educational events.

SCAR - Spokane Community Against Racism
3909 W Rowan Ave, 99205
scar@gmail.com
One of many organization working on Requesting Additional Early Release & Reduced Custody In Spokane County Jail As Public Health Protection During Covid-19 Pandemic

Spokane NAACP
209-2425
2 W Main, Ste 239, 99201
SpokaneNAACP@gmail.com
Kurtis Robinson
spokaneacp.com
Stands for National Association for the Advancement of Colored Peoples. Addresses issues of civil rights violations and racism.

Spokane Chinese Assn
SpokaneCA@gmail.com
720-8825
spokanechinese.org
Serves those of Chinese cultural heritage residing in the Spokane area. Add collected money and donated 400 masks to Police Department, and to 600 others in need in the community.

Spokane County District Court
Received order that state and local courts are prohibited from holding civil hearings, only emergency hearings via video are allowed. Geiger jail is closed and no longer taking new people. Looking for less restrictive ways to engage those in jail, only one person in jail at this time. Staff working from home to continue providing support. County not prepared. Virtual network tightened by County. DSHS emergency-provisions in place for DV perpetrators. Continuing treatment electronically

DISABILITIES
https://informingfamilies.org/
covid-plain-lang/

The Arc of Spokane 328-6326
320 E Second St, 99202
sthorpe@arc-spokane.org
arc-spokane.org
Fax: 328-6342
From March 17 to April 24
Suspending ALL activity

Disability Action Center-NW, Inc
Third Floor, 9 W 995-76525
WMain Ave. 208-618-1191
Spokane 99201
dacnw.org
For updated services due to COVID-19: The Disability Action Center will continue offering information, referrals, and consumer meetings through phone calls, email and text. Video conference calls will be made by appointment.

DAA - Developmental Disabilities Admin (DSHS)
1611 W Indiana, 99205
329-2900
Supports and services for people 18+ with developmental disabilities such as, cerebral palsy, epilepsy, autism or other neurological issues.

Joya Childhood & Family Development
2118 W Garland Ave, 99205
joya.org
326-1651
Effective March 19, all services are provided through telehealth. Parents will receive an email update. In-person appointments will be arranged as telehealth visits.

People First of Washington
991-5861
Downtown Library
4pm, 2nd & 4th T peoplefirstspokane on FB
John Lemus
Spokane county online peer support for those living with disabilities and their families will be available each morning informing on resources available. A peer to peer chat to help those with anxiety, resources, food, water, transportation is from 10 a.m. to 5 p.m. in Spokane and Seattle with hopes of going 24 hours almost immediately. Seeking volunteers to help emergencies.

Skils’kin is also actively hiring
Open to serve employment
Although the main office is compromised immune systems
Senior citizens, and people with compromised immune systems
Potential COVID-19 recurrences

Skils’kin 326-6760
4004 E Boone, 99202
skilskin.org
Although the main office is currently closed, Skils’kin remains open to serve employment and payee clients. Skils’kin is also actively hiring essential personnel to perform work at FAFB.

Spokane Center for Independent Living (SCI)
326-6355
8817 E Mission Ave, Ste 106
spokanecl.org
Due the circumstances surrounding COVID-19, all appointments with Independent Living Specialists will take place over the phone or through email until further notice.

St Luke’s Rehabilitation Institute
711 S Conkey St, 99202
473-6000
stlukes.org
Fax: 473-6097
St. Luke’s Rehabilitation Institute is implementing visitor and therapy restrictions in accordance with recommendations from the Center for Disease Control and Prevention (CDC). Some hospital access points will be consolidated at hospital campus location. https://www.st-lukes.org/locations/
St. Luke’s is providing inpatient rehabilitation services but continues to temporarily limit outpatient therapy services. Recap of outpatient services:
Outpatient Clinics including North, Valley, Pediatrics and Cardiac & Pulmonary clinics will be temporarily closed beginning March 23.

Immigrants & Refugees
AHANA
bencabildo@gmail.com
999-5365
https://ahana-meba.org/
We’re here to help multi-ethnic, multi-cultural businesses navigate state and federal COVID-19 business stimulus options.

AHANA has been contracted by the Department of Commerce through their Small Business Resiliency Assistance program to assist and provide technical support for small businesses in underserved and under-represented communities affected by the COVID-19 pandemic. Underserved communities include ethnic and/or racial minorities, immigrants and refugees, Native Americans, youth, individuals with disabilities or deafness, and who identify as LGBTQ.

Technical support and assistance may include:
Navigational and technical assistance with contracts and applications
Translating and distributing information
Mentorship, education and/or training
Planning for recovery and re-opening and support of their workforce
Potential COVID-19 recurrences

These services are available through August 31, 2020.

Refugee Connections Spokane
35 W Main Ave #205, 99202
To provide financial support to immigrant families who are impacted by the pandemic and don’t qualify for federal and state benefits. Please donate today to help raise the money needed to help immigrant families pay rent and meet basic needs. Those who can afford may donate a portion of their $1,200 federal stimulus check. 100% of the donation will go directly to immigrant families in Spokane.

**Spokane Immigrant Rights Council**
360-292-8540
c/o Jim Dawson, 907 E 8th, 99202
info@sirwa.org
sirwa.org
Jim Dawson

To continue to provide support, we will address disproportionate impact. It is working to be sure public health guidelines are followed by providing telephonic interpreting services to anyone interested. Will clients by phone and video for clients safe during these times.

**Spokane International Translation**
104 S Freya, Ste 104, Lilac Bldg, 99202
327-8064
sit@perciba.com
Fax: 327-8016
spokanetranslations.com

Continue to be available for interpreting and document translation needs. Staff available around the clock. Continue to provide On-Site Oral Interpreting Services for all clients. Interpreters are receiving continuing education in interpretation and learning how to keep patients/caregivers safe during these times. Continue to provide telephonic interpreting. Interpreters are available by phone and video for whom they cannot meet with in-person and much more. Will provide telephonic interpreting services for both pre-scheduled appointments and urgent, on-demand appointments.

**World Relief Spokane**
484-9829
1522 N Washington St, Ste #204, 99201
Fax: 462-7279
wrspokane@wr.org
worldreliefspokane.org

While World Relief office in Spokane is closed and volunteer activities are postponed, staff will work remotely to empower the community to serve the most vulnerable—knowing crises bring disproportionate impact. It is working to be sure public information is available in immigrants’ and refugees’ languages and will address financial, housing and food needs.

**MENTAL HEALTH & RECOVERY**
aaspcokane.org has resources for meetings
www.wnira.org has region wide NA meetings
www.newana.org, the local NA website, has resources for area’s NA services available at this time

**The Spokane Regional Behavioral Health Crisis Hotline**
operated by Frontier Behavioral Health is available to individuals in the Spokane Regional Service Area who are experiencing a mental health or a substance use crisis regardless of insurance or financial eligibility.

**Call Toll-Free:** 1-877-266-1818
If Hearing Impaired, call: TTY: 1-800-833-6384

**SAMHSA’s 24/7 365-Day-A-Year Disaster Distress Helpline**
SAMHSA’s National Disaster Distress Helpline provides immediate crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters, including infectious disease outbreaks.

**The Toll-Free Disaster Distress Helpline:** 1-800-985-5990

**Text:** TalkWithUs to 66746

**Deaf/Hard of Hearing:**
• Text TalkWithUs to 66746
• Use a preferred relay service to call the Disaster Distress Helpline at 1-800-985-5990
• TTY 1-800-846-8517

**American Behavioral Health Systems (ABS)**
934-1078
715 E Sprague, Ste 107
Spokane Valley 99216
abhsinc.net
Fax: 232-5770
No new clients accepted that this time. Detox, inpatient, outpatient.

**Children’s Home Society**
747-4174
spokane@chs-wa.org
childrenshomesociety.org

Continues to closely monitor the situation and watch for announcement when it will re-open to the public, and reinstate services in their usual capacity.

**WEST PLANS**
795-8480

**Colonial Clinic**
910 N Washington, Ste 210, 99201
colonialclinic.com
327-9831
All services still available, accepts Community Health Plan of WA, which is part of WA Apple Healthcare (Medicaid). Offers Outpatient treatment.

**Compassionate Addiction Treatment**
919-3381
215 W 2nd Ave, 99201
Limiting access and offering support groups outside with respect to social distancing. We provide Medication Assisted Treatment (Suboxone, Vivitrol), Substance Use Disorder Assessments, Intensive Outpatient Treatment, and Outpatient Treatment. We accept all plans under medicaid for all services, Medicare for Medication Assisted Treatment, and if they have no insurance and do not qualify for Medicaid, we see them anyway.

**Daybreak Youth Services**
960 E 3rd, 99202
888-454-5506
Admin & Develop: 444-7033
admissions@daybreakinfo.org
daybreakyouthservices.org
Outpatient & inpatient alcohol/ drug treatment youth program (ages 12-18) and their families.

**Excelsior**
328-7041
3754 W Indian Trail Rd, 99208
excelsoryouthcenter.com
all behavioral health services on virtual platform, still accepting intakes for services being offered statewide

**Frontier Behavioral Health**
Walk-ins:17 E 1st, 99201 838-4651
24/7 help line and Crisis Line 877-266-1818
lawandahealth.org
To any one anytimes, call Warming Line 877-500-9276
All services still available, accepts WA Apple Healthcare (Medicaid). Intake is first come, first served, intake from 7:30 a.m.-3 p.m. After intake, the wait is approximately one week to see a counselor with the option to start weekly sessions.

**Genesis Institute, Inc**
467-7913
1220 N Howard St, 99201
genesis@genesisrta.org
Offers Telehealth appointments, Mental Health Counseling, we offer a sliding scale to those in need.

Healing Lodge of the Seven Nations
hotline 533-6910
5600 E 8th Ave, 99212
hadam@healinglodge.org
healinglodge.org
353-2863
All services still available, accepts WA Apple Healthcare (Medicaid). Provides an intensive 90 to 120-day inpatient experience for youth ages 13 through 17 with chemical dependency.

**New Horizon Care Centers**
838-6092
admin@nhccspokane.org
2317 W 3rd Ave, 99201
All services still available, assessments and mental health counseling session are available via phone. Accepts WA Apple Healthcare (Medicaid). Inpatient and outpatient treatment, short term drug rehab, intensive outpatient treatment, regular outpatient treatment.

**Lutheran Community Srvcs NW**
210 W Sprague Ave, 99202
lcsnw.org/Spokane
747-8224
Our behavioral program is providing clinical services via telehealth. Business/Intake Line 509-747-8224 Programming has move to telehealth

**Partners with Families & Children**
473-4810
106 W Mission Ave, 99201
partnerswithfamilies.org
All services still available, accepts WA Apple Healthcare (Medicaid). Treatment for mental health, substance use disorders, and parenting support. Aims to meet the needs of family members to support wellness and family reunification.

**Passages - Family Support**
1700 S Assembly, Ste 300, Spokane 99224
info@passages-spokane.org
892-9241
a licensed outpatient mental health center offering services to children, youth and adults. Passages is open and is accepting new clients who are eligible for Medicaid. Services are being provided at this time via telephone and telehealth. Please contact Passages at 509.892.9241.

**Peer Spokane**
867-3778
425 West First, 99201
peerspokane.org
Cultivates healthy lives through peer emotional support and development services to the greater Spokane community. Embracing issues of mental health, chemical and behavioral addiction, and chronic illness. Services include Peer Coaching, Peer Support Groups, Supportive
Housing, Employment and connections to community resources.

**Pioneer Center East**
325-2355  
**Pioneer Human Services**
3400 W Garland, 99207 pioneerhumanresources.org  
All services still available, accepts WA Apple Healthcare (Medicaid). Provides recovery care and rehab services such as Inpatient Drug Rehab, short term drug rehab, and others to clients in Spokane in its Surrounding areas to that they conquer their substance use disorders and achieve full recovery.

**Pioneer Human Services - Spokane**
325-7232  
**Pioneer Human Services**
910 W Boone, 99201 pioneerhumanresources.org  
All services still available, accepts WA Apple Healthcare (Medicaid). Outpatient treatment that accepts people with co-occurring mental health and substance abuse disorder.

**Recovery Café Spokane**
Community-Minded Enterprises  
214 N Cedar, Spokane 99201  
Direct: (509) 960-8525  
Client Services: (509) 960-8529  
Fax: (509) 290-6986 community-minded.org  
Recovery Café Spokane is a nonprofit organization serving people in recovery. A program of Community-Minded Enterprises, it operates on state, federal and private funding as well as donations. Has about 173 active members and focuses on serving people in Spokane County. Is taking phone calls for telephone support Monday – Saturday from 9-4 and providing two out lunch meals to members and the community from 12-1 Tuesday-Friday.

**The Salvation Army**
844-458-HOPE (4673), the first nationwide hotline to provide emotional and spiritual support to anyone impacted by the crisis. The service is open to anyone looking for spiritual guidance, local services, or just someone to talk to.

**SPARC (Spokane Addiction Recovery Centers)**
sparcop.org 624-3251 or 241-3130  
All services are still available, Accepts WA Apple healthcare (Medicaid), intensive inpatient, recovery house, counseling and psychotherapy, medication supervision, case management, intensive, outpatient, abuse treatment, alcohol & drug info, DUI assessment.  
Inpatient: 812 S Walnut Outpatient: 1508 W 6th Ave, 99204

**Spokane Regional Health District**
1101 W College Ave, 99201  
shrd.org 324-1500  
Spokane Regional Health District Outreach Services is still open, including syringe exchange, case management, referrals to resources and prevention education.

**Spokane Treatment & Recovery Services - STARS**
105 W 3rd Ave, 99201 spawnerecovery.org 570-7250  
Only Detox services are available at this time, accepts WA Apple Healthcare (Medicaid). Intensive inpatient, recovery house, counseling & psychotherapy, medication supervision, case management, intensive outpatient, abuse treatment, alcohol & drug info, DUI assessment.

**Sunshine Terrace**
1102 S Raymond Rd 892-4342  
Spokane Valley 99206 shfi.com Provides long-term living support. All services still available, accepts WA Apple Healthcare (Medicaid), inpatient and outpatient.

**YFA Connections Adult Services**
22 S Thor, 99202  
PO Box 3344, 99220 info@yfaconnections.org yfaconnections.org Fax: 532-2005 Dir: Adult Services: Tom Murphy Adult outpatient treatment for Substance use and co-occurring disorders. Accepts Medicaid, most private insurance and self-pay.

**YFA Connections**
532-2000  
PO Box 3344, 99220 Fax: 532-2005 yfaconnections.org Directions Dir: Angela Leavitt School based mental health services for Medicaid eligible children and youth in Deer Park, Riverside and Nine Mile School districts.

**COVID RESIDENTIAL CENTER**
624-2868 201 W 6th, 99204  
Dir: Angela Getz Fax: 747-1730  
Shelter services for at-risk, homeless and runaway youth 12-17.

**SENIORS**

**Aging & Long Term Care of Eastern WA - ALTCEW**
1222 N Post St, Spokane 99201 action@altcew.org altcew.org  
See website for programs and event cancellations. 458-2509

**Catholic Charities Eastern Washington**
800-831-1209  
12 E 5th Ave, 99202 358-4250  
ceasterwa.org  
Volunteers are vital to Catholic Charities' work in the community. During this situation, seeks volunteers and assistance in other ways:

**EUROPEAN CHURCH PROGRAM**
reaches out to seniors who have been asked to shelter in place due to their underlying health conditions. Staff and volunteers make daily phone calls to seniors to ensure they have food, supplies and know that someone cares about them. To volunteer with this endeavor, email volunteer@ccceasternwa.org.

**SHOPPING ANGELS:** Volunteers shop for a bag of basic needs, essential items for seniors who are unable to leave their homes. To assist, visit https://www.ccceasternwa.org/covid-19

**Elder Services**
458-7450  
5125 N Market St, Spokane 99217  
Needs family and friends to train and build support during crises.  
**Call:** 458-7450

**Greater Spokane County Meals On Wheels**
924-6976  
12101 E Sprague Ave, 99206  
POB 14278, Spokane Valley 99214 gscmealsonwheels.org  
Continues to serve daily hot meals throughout the COVID-19 crisis throughout Spokane County. On consultation with the Spokane Regional Health District and given that the expected crest of the virus will come in the next few weeks, GSC Meals on Wheels will be adapting from daily hot delivery to delivery of seven frozen meals one day a week for two weeks.

**Helpful Plates**
362-6642  
3151 E 27th, 99223 Kerry Brandy 216-6423, Melinda 434-4303  
Offers a weekly menu to seniors who call or email. These meals are to go in the freezer, and good up to three days. They deliver on Tuesday, Fridays, and Saturdays, and every Wednesday from 2 - 5p.m. Only accepting cash or checks.

**Mid-City Concerns on Wheels Spokane**
747-3257  
1222 W 2nd MOW 232-0864 Spokane 99201 mowspokane.org director@mowspokane.org  
Closed as of March 17 until it is deemed safe for senior social gatherings to resume. Working with Senior Center members to coordinate care and sustenance of mind and body during this time. Delivering warm meals to Senior Center members and also allowing them to pick-up to go meals boxes between 11:30-12:30 from its location. Will remain in constant communication with them to assure they are healthy and not in need of any extra resources. Also creating Gift Boxes for senior to pass the time taking donations of puzzles, large print reading materials, word search puzzles, activity books, knitting supplies, crossword puzzles, soap, hand sanitizer, and special touches like blankets, socks and pillows. With many in the community in quarantine or limiting social interactions, there is need for volunteers willing to visit the homes of seniors. To volunteer, contact Patricia at (509)862-6367 or patricia.robinson@mowspokane.org.

**RSPV - Retired Senior Volunteer Program YMCA**
1126 N Monroe, Spokane 99201 Programs cancelled 344-7787

**SNAP Long Term Care Ombudsman Program**
456-7133  
3102 W Ft Wright Dr, 99224 snapwa.org 800-660-7133  
Continues to operate, but most services are being provided telephonically due to visitor restrictions at LTC facilities. SNAP continues to offer home repairs, and are able to do most intake and paperwork over the phone to reduce face to face visits. Clients are encouraged to call (509) 456-SNAP.

**STA ParaTransit**
328-1552 spokanetransit.com  
On April 18th, GSC Meals on Wheels and the STA Paratransit have combined their resource to roll out a plan that keeps STA drivers moving and makes sure meals are delivered to seniors all across the 1,800 miles of Spokane County.

**UnitedHealthcare, Community Outreach and Medicare Resources**
481-1755 Community Outreach (Medicare Resources). available by telephone only to assist those with Medicare resources.

**TRANSPORTATION**
Community Living Connections:
Those with questions about obtaining food, transportation or supplies may call the helpline (509) 960-7281.
The helpline will continue to operate and answer questions during these challenging times.”  The reason being they have new resources internally for the delivery of groceries and pharmacy to the door of the client, and essential services to a case by case situation. No target population for expanded service.

COAST 397-2935
COAST is still running with reduced operations at this time, essential and life-sustaining travel only—medical appointments, grocery, pharmacy. Subject to volunteer availability: Reserve 48 hours in advance. Transports elderly or the disabled from Rockford, Spokane, Latah, Fairfield and other southern Spokane County areas to destinations within the STA service, wheelchair accessible when necessary. 8 a.m.-4:30 p.m., Mondays to Fridays. $0 - donations accepted.

Go-Go Grandparent (855) 464-6872, 24/7/365, gogograndparent.com, Ride concierge to Lyft or Uber. Immediate or can schedule in advance. Can pick-up and deliver groceries and if pre-ordered.

Just For You - Senior Services justforyouseniorservices.com 939-9971
48 hr notice, M-F, 7 AM - 6 PM, can pick up and deliver groceries and if pre-ordered. Primarily in Spokane County but will go elsewhere. People must be able to get into car on their own. Call for estimates. 25 percent cheaper than a cab. Subject to availability of drivers.

MedStar Transportation gomedstar.com 800-236-2011
Non-Emergency Transportation, 24 hrs, 7 days a week full year. Wheel Chair Accessible. Call for estimate, covered by Medicaid and private pay.

MedTran (800) 550-3782 gomedtr.com 24 hr notice; on demand but not guaranteed. M-F, 8AM to 6PM. Non-Emergency Medical Transportation. Offers Wheel Chair Transportation. Call for estimates, covered by Medicaid with SMS and private pay.

New Hope Resource Center (509) 467-2900
Must reside North of Hawthorne Rd: Riverside, Elk, Chattaroy, Colbert, and Mead, but Not Deer Park. Reserve one week before, Tuesdays and Thursdays: 9:30 a.m. to 1:30 p.m.; Wednesday evening hours: 6 - 8 p.m. only by appointment. Not wheelchair accessible but must be ambulatory or with caregiver. Seniors and people with disabilities, but not accepting new clients at this time.

Precious Cargo 951-9380
Non-Emergency Transportation anywhere needed in the region. Wheelchair accessible. Reserve, 4 a.m.-5 p.m.

SMS Medicaid sm1.org 534-9760
Contact the broker well in advance of health care appointment. 8 a.m. - 4 p.m. Wheel chair accessible. Transportation mode determined by the broker based on client eligibility and the client’s mobility capabilities. Medicaid, eligible medical appointments.

SNAP Dental Transportation Call Medstar dispatch and reference the SNAP program. During medical office hours. NO to uncontrollable bleeding, cellulitis, and trauma to mouth. All urgent needs can be serviced per Governor’s list - CALL DENTIST LINK 1-844-888-5465 or if have appointment already CALL 509-619-1656
For individuals not qualified for SMS. Call or email: dispatch@gomedstar.com for intake 48 hours preferred, same day service for emergency appointments.

Sta Vanpool 328-POOL
communityfindernw.com Check for route availability on webpage. Trips begin or end in PTBA. Shared cost among members. No imposed changes, each group running based on if traveling to essential services. Still accepting new individuals. Vanpool offers up to 5 free rides for new, qualifying trial users.

Veterans Transportation Services (VTS) 434-7537
Appointments 9 a.m. to 2 p.m. one week in advanced notice. Transports Veterans to VA Medical center with in 40 miles. Wheel chair accessible


women & children: infant needs & dvsa

DVSA Text Line 220-3725
Child Welfare (DCYF) 800-557-9671
-Intake 800-557-9671
-After hrs 800-562-56234

Abuse Recovery Ministry Spokane (ARMS) 866-262-9284 abuserecovrey.org
Brings healing and transformation, from a faith perspective, to those impacted by domestic violence and controlling relationships. Continuing services through zoom calls and more.

breast intentions 995-1295
1922 S Stanley Ln Spokane, Washington 99212
breastintentionswa on FB
Cancelled event at UGM for bra fitting event, call for future events or distribution.

CAPA - Childbirth & Parenting Assistance/ PREPARES
spokanetransit.com
Rides for seniors program is still active, they just were at some 1500 rides a day and now have the capacity to work in new ways (with meals on wheels)

STA Vanpool 328-POOL
communityfindernw.com Check for route availability on webpage. Trips begin or end in PTBA. Shared cost among members. No imposed changes, each group running based on if traveling to essential services. Still accepting new individuals. Vanpool offers up to 5 free rides for new, qualifying trial users.

Inland NW Diaper Bank Spokane Valley Partners 927-1153 10614 E Broadway, 99206 PO Box 14360 Spokane Valley 99214 svpart.org Gives diapers to needy families.

Lutheran Community Svcs NW 210 W Sprague Ave, 99201 lcswv.org/Spokane 747-8224 24/7 Sexual Violence & Crime Victim Support Line is operational

24/7 Sexual Assault Support Line 624-7273
Behavioral Health, Crime Victim Advocacy and Foster Care programming have all moved to a telehealth model best suited for clients during this time of isolation and fear. Family violence victims are now largely isolated in dangerous circumstances, and in more need than ever for help planning for their safety, and navigating changing health and legal systems. Children and adults alike who already struggled with depression and anxiety now find themselves alone and in more need than ever for the lifetime provided by their therapists, peer support specialists, and case managers.

MyChoice 462-4000
info@mychoicespokane.org
Mychoicespokane.org
To protect clients, MyChoice Clinics is currently operating remotely. For a pregnancy consultation, call 509-327-0701, leave a detailed message and a nurse will call back. For other concerns please call the N. Maple Street CHAS Clinic at 509-444-8200 for a same day appointment. For a medical emergency, call 911.

Nurse Family Partnership Spokane Regional Health District 1101 W College, 99201
srhd.org 324-1621
Continues to visit and enroll clients using telehealth to maintain contact with enrolled clients and provide support and education over the phone or via video conferencing. Offers pre- and post-natal education, mother/ infant/ child care coordination, follow-up for families with children. Health education, screenings, support and education on infant/child care, growth and development, parenting, health, home safety and nutrition.
Project Beauty Share  455-3537
216 N Bernard St, 99201
projectbeautysare.org
Collects cosmetics and beauty products for agencies to give out. Shelters need these services more than ever. Still accepting products via mail and financial donations through website to help continue its mission and operations.

Teen & Kids Closet  534-1151
307 E Sprague, teenkidcloset.org
Spokane Valley 99202
PO Box 4099, 99220
contact@teenkidcloset.org
Offers clothing and household items for foster kids and teens or those of low-income. Appointment only by referral from school official or social worker, referral can be made online. Teen & Kids Closet will temporarily suspend operations, including receiving financial and physical donations.

WIC  800-322-2588
Text “WIC” to 96859
When going to the grocery store be kind to those whose only food are provided for through the WIC program. This is the only food under that program they can receive. Provides breakfast cereal, infant cereal, infant food fruits & vegetables, infant food meat, infant formula, exempt infant formula, milk, cheese, tofu, soy-based beverage, mature legumes, peanut butter, fruits & vegetables, canned fish, whole wheat bread and other Whole grains, juice, eggs, WIC-eligible nutritional yogurts.

WIC Spokane Regional Health District srhd.org/programs-and-services/wic SRHD WIC clinics are providing all services by telephone only. WIC representatives will call participants with scheduled appointments. Persons interested in applying for WIC should call the individual clinics.

-WIC SRHD  324-1620 x4
-WIC West Central Community Center  323-7497

Women’s Healing & 323-2123
Empowerment Network
PO Box 9637, 99209
Pres: Mable Dunbar whenetwork.com
Because of the requirement to stay home, there has been a large increase in domestic violence incidents. Victims feel stuck between avoiding the virus (staying home) and reaching out for help (calling 911, contact with law enforcement, going to the hospital). Encourages people to report abuse. Call 911. Consider donating to help WHEN continue to provide services, food, shelter for victims, and programs for victims and their children.

YWCA Spokane  326-1190
930 N Monroe, 99201
24-hr Help Line  326-CALL (2255)
wyw}@ywcaspokane.org
Fax: 326-1597
All onsite programs closed. Call 24 hours for Safe Shelter for Domestic Violence 326-2255 or help@ywcaspokane.org

VETERANS

The Free Handyman for the Disabled/Veteran Thrift Store
4705 W Wellesley, 99205  290-6891
theworkerthc@gmail.com
freethemandmanforltionedveterans.org
As an essential local Community based Non Profit we remain open to provide services and supplies for Veterans in need. We are open to the public to accept donations during these trying times across the street from the VA Hospital, Spokane. Especially helpful is sealed package food and sanitary items.

Goodwill Industries of the Inland NW  838-4246
130 E 3rd Ave, 99201
discoverygoodwill.org  344-0163
Supportive Services for Veteran Families (SSVF) is still able to serve homeless veterans. provide rental assistance and emergency housing support to area Veterans impacted by COVID-19. Any veteran in need of assistance should call the Hotline phone number rather than coming to the office. Veterans who need help should call the 24-hour Veteran hotline (509) 828-2449 or walk-in to the Goodwill Administration office located at 130 E. Third Avenue in Spokane, Washington, Monday through Friday, 8:00 a.m. to 5:00 p.m.

Spokane County Regional Veterans Services Center
Spokane Regional Health District 7117 N Evergreen, Ste 2, 99216
spokanecounty.org  477-3690
Emergency aid to indigent veterans and/or widowers. Gas vouchers to working veterans to and from work. Due to current restrictions for Public Safety regarding Coronavirus, our team is currently assigned to telework. For your safety, we have suspended in-office appointments and classes at this time. We will continue to provide phone and email communication support at (509) 344-9280, (509) 344-9353. Call: (509) 477-3690, or email VETSTUDY@spokanecounty.org

Spokane Vet Center  444-8387
13109 E Mirabeau Pkwy, 99216
vetcenter.va.gov
Fax: 444-8388
Team Leader: David Baird
Admin: Robert Sturtevant
Counseling services for veterans and the families of active duty.

Spokane Veterans Home
WA DVA 222 E. 5th Ave
Spokane 99202  344-5770
https://www.dva.wa.gov/veteran-homes/spokane-veterans-home
In full lockdown

VA Medical Center, Manh Grandstaff  434-7000
4815 N Assembly St, 99205 va.gov
Patients and visitors to Manh Grandstaff VA Medical Center: As a precautionary measure, MGVAMC has implemented mandatory screening. Until further notice, normal operating hours for the facility are reduced to 7 a.m. to 7 p.m. Offers COVID-19 testing to Veterans