

*Stepping Stones of Northwest Real Estate Capital Corporation*  
**Resident Services**



**2019-2020**

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# ***COVID-19 Preparedness***

*A Guide for Resident Safety, Wellness & Community Support*

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## **Resource Guide**

Updated: March 23rd, 2020

**Dial 211** for referrals to community resources such as food assistance, clothing, baby formula, diapers, rental assistance, and utility assistance.

## **U.S. COVID-19 Information & Agencies**

For information about the COVID-19 outbreak in your state, visit Montana Public Health and Human Services at: <https://www.dphhs.mt.gov/> or call 888-333-0461

**Centers for Disease Control and Prevention (CDC)** The CDC delivers up to date information on COVID-19 including: prevention, protection, disease description, symptoms and risks, monitor at home guidelines, shelter in place advisories, public health directories, updated outbreak mapping, global health information, free educational and printable materials.

For more information visit: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>  
Or call: 800-232-4636

**Public Health Directory** - Visit this website to find a complete Public Health Agency directory of all State and Territorial Health Departments.

For more information visit: [cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html](https://cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html)

### **Access Living**

Access Living is an advocacy organization based in Chicago that offers open shared resources for the Disability Community, and keeps information updated as it becomes available. They provide COVID-19 information and updates in American Sign Language, Easy Read format, multi-lingual, immigration healthcare rights and resources, pandemic preparedness and quarantine plans for the Disability Community.. Find the prep tips under the “Coronavirus Preparedness” category!

Visit their website at: [accessliving.org](https://accessliving.org) or call: Voice: Toll Free: (800) 613-8549; and Toll Free TTY: (888) 243-7003



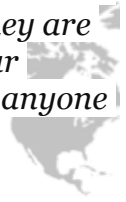
## **Health and Wellness**

### **Medicare Information**

For more information visit: <https://www.medicare.gov/coverage/e-visits>

- Medicare covers testing costs for COVID-19 with no out of pocket costs for you
- Medicare will cover all medically necessary hospitalizations related to COVID-19
- If a vaccine becomes available, it will be covered by all Medicare Prescription Drug Plans
- Medicare Part B covers E-visits, virtual check-ins, and telehealth services with your doctors and certain other healthcare providers, allowing you to visit your providers online.
- Medicare covers telehealth services and lists providers available for consultation during illness. Healthcare professionals can offer medical advice and expertise on treating from home or advise to seek medical treatment from a healthcare facility. More information from the Center for Connected Health Policy at this website, <https://www.cchpca.org/telehealth-policy/telehealth-and-medicare>.

*\*Beware of Medicare Scams. Scammers may take advantage of people while they are distracted and distressed during this national emergency. Be sure to guard your Medicare cards, check your Medicare claims summary forms for errors, and if anyone calls asking for your Medicare number, HANG UP!*



## Pharmacy Needs

*Many pharmacies and drug stores across the U.S. are offering shipping of prescriptions to your home. If your pharmacy is located in a grocery store such as Albertsons or Kroger, they are limiting their store hours to meet the needs of older adults. Check with your local locations and pharmacist to stay up to date with their policies and protocol.*

**PhRMA's Medicine Assistance Tool** - A search engine for many of the patient assistance resources that the pharmaceutical industry offers.

To learn more visit: [www.medicineassistancetool.org](http://www.medicineassistancetool.org)

**Needy Meds** Offers a HelpLine and website information on financial assistance programs to help defray the cost of medication. *Spanish available.*

To learn more visit: [www.needymeds.org](http://www.needymeds.org) or call: 800-503-6897

**RX Assist** - Provides up-to-date directory of free and low-cost medicine programs and other ways to manage medication costs.

To learn more visit: [www.rxassist.org](http://www.rxassist.org)

**RX Hope** - A free patient assistance program to assist people in need obtain critical medications.

To learn more visit: [www.rxhope.com](http://www.rxhope.com)

**USARX** - Provides coupons online for downloading/printing and can be brought to the pharmacy to compare competitive prices for a lower cost or copay.

To learn more visit: [www.usarx.com](http://www.usarx.com)

## Mental Health & Wellness Services

**National Alliance on Mental Illness NAMI Helpline** - Available Monday-Friday, 10:00 a.m. to 6:00 p.m., EST, providing professional mental health support in COVID-19 related stress and anxiety. Check with offers a comprehensive guide for further resources, including emotional social support networks, online support communities, mental health navigation, phone support volunteerism, and more.

Call: 800-950-6264

**SAMHSA Disaster Distress Helpline** - provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress during natural or human-caused disasters.



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 **Food Assistance**

*Our teachers and education professionals are stepping up across the nation to provide nutritious foods for our children and youth! Check with your local school districts for free grab and go breakfast and lunches. Canned goods and other food donations are frequently being delivered to campuses for families to take home.*

**Meals on Wheels** - Meals on Wheels offers hot meals to seniors in select locations. Use this search engine to find a program in your area

Visit: <https://www.mealsonwheelsamerica.org/find-meals> or call: 888-998-6325

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## **Financial Assistance**

**Unemployment Benefits** - This site has a search engine to help you find benefits information for your state.

To learn more visit: <https://www.careeronestop.org/>

\*Federal law allows states to pay benefits when:

- Your place of work shuts down due to the COVID-19 outbreak
- You are under quarantine
- You leave your job due to risk of exposure or to care for a family member
- You do not have to quit your job to receive benefits

**Need Help Paying Bills** - Visit this site and choose your state to see a list of emergency and long-term financial assistance programs available in your area. Assistance includes rental, food, medical care, energy assistance, and more.

To learn more visit: <https://www.needhelppayingbills.com/>

**HealthWell Foundation, COVID-19 Ancillary Costs** - This fund offers up to \$250 of assistance with costs related to food delivery, diagnostics, transportation, and telehealth services. To qualify, at least one member of the household must have a positive COVID-19 diagnosis, OR, a member of the household must be a part of a high risk group.

For more information visit: <https://nvhealthresponse.nv.gov/> or call: 1 (800) 675-8416

**USBG National Charity Foundation for Bartenders** - A diverse group of beverage, hospitality, and nonprofit professionals, the USBG National Charity Foundation has open applications to apply for a grant for emergency financial relief. Must be a Bartender or the spouse or child of a Bartender. The Bartender Emergency Assistance

To learn more visit: <https://www.usbgfoundation.org/beap>.

Contact the foundation directly at 855.655.8724 or email [foundation@usb.org](mailto:foundation@usb.org).

**Freelance Artist** - This organization contains updated information and a growing list to support independent artists from actors, designers, producers, technicians, musicians, craft artists, educators, dancers, writers, photographers, and more. The purpose serves to provide free resources, opportunities and financial relief options to artists of ALL disciplines. They host virtual events and host live streamed panels to address topics such as advocacy and funders.

To learn more visit: <https://covid19freelanceartistresource.wordpress.com>

**Aunt Bertha** - An online resource that connects users to free and reduced cost local resources such as medical care, food, housing, transportation and much more. The website is also offered in Spanish.

To learn more visit: [www.auntbertha.com](http://www.auntbertha.com)

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## Internet & Cellular Phone Services

**Comcast's Xfinity & New Essentials** - WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. New Internet Essentials customers will receive two free months of Internet service, which is available to all qualified low-income households for \$9.95/month plus tax. Apply by April 30, 2020. Qualifying customers include new clients and current users.

To learn more visit: <https://www.internetessentials.com/>

Check for service area eligibility at: <https://www.xfinity.com/learn/offers>.

**Spectrum Wireless** - Offering 60 days of free broadband, Wi-Fi and installation to households with K-12 and college students who don't have Spectrum service. Professional or self-installation is available and takes 1 to 7 days. The company plans to continue the existing Spectrum Internet Assist program to provide service to low-income homes with school-aged children. Disconnection of internet services was halted and late fees are waived for residential subscribers and small businesses who can't pay their bills. Wi-Fi hotspots open for free for all users.

To sign up for this offer call: 833-267-6094

**Boost Mobile** - Data plans increased to 20GB at no cost or obligations for the next month. No requirements or confirmations needed from customers.

To sign up for this offer call: 866-402-7366

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## Entertainment

**Netflix Party** - A free streaming Google extension to be able to Netflix with family and friends from two different remote locations.

To download visit: [netflixparty.com](http://netflixparty.com)

**The Metropolitan Opera** - In an effort to brighten people's lives during this difficult time, The Metropolitan Opera is streaming a new show each day for free.

To watch visit: <https://www.metopera.org/>



### DownDog Yoga

This online yoga app is offering free memberships to students and teachers (K-12 and college) until July 1. To access the free membership, you need to register your school's domain.

To register visit: <https://www.downdogapp.com/schools>.



## Educational Resources for Kids and Teens

UNICEF advises parents and caregivers who are new to online learning the following:

- Engage actively in children's learning. Use technology as one ingredient of a learning experience that includes human interaction, recognizing that technology alone cannot replace teachers or parental presence and guidance. This is especially true for younger children.
- Protect children's data. Parents and caregivers should check the digital resources children are accessing and avoid those that do not seem safe or that require detailed personal information. Children's identity, location, ethnic or religious affiliations should not be required information to access learning resources.

**Audible Stories** (app) - Audible is an audiobook app provided by Amazon. Their service costs about \$14/month, however, in response to the COVID-19 outbreak, they created Audible Stories, which is free for kids and teens.

For more information visit - <https://stories.audible.com/start-listen>

**ABC Mouse** (app/website) - This is a fun and educational computer program/app for kids with several subjects, such as math, science, and art. Normally, they charge a subscription fee, but they are offering their lessons for free.

To sign up for a free account, visit <https://www.ABCmouse.com/redeem> and enter the code: AOFLUNICEF

**Adventure Academy** (website) - This is an educational online multiplayer game for elementary and high school students that was designed by experts. There are thousands of interactive learning activities focused on language, mathematics, social sciences, natural sciences, and more.

To sign up for a free account, visit: <https://www.AdventureAcademy.com/redeem> and enter the code: AOFLUNICEF

**ReadingIQ** (website) - This site was designed to improve literacy in children up to age 12. It has illustrated picture books, stories, cartoons, popular book series, and comics.

To sign up for a free account, visit <https://www.ReadingIQ.com/redeem> and enter the code: AOFLUNICEF



**Scholastic Learn at Home** (website) - This is also typically a paid service, but they are offering their lessons for free. Activities include read along e-books and educational videos for grade levels PreK and 6+

Learn at <https://classroommagazines.scholastic.com/support/learnathome.html>.

**Global Digital Library** (website) - This is a free resource designed to promote literacy in lower grade levels by providing access to digital storybooks and other reading materials in multiple languages.

To start learning visit: <https://www.digitallibrary.io/>

**Duolingo** (app/website) - You can find this program online and through Google Play or your app store for free. Duolingo is a fun way for both kids and adults to learn another language.

To start learning visit: <https://www.duolingo.com/>

## **Educational Resources for Older Learners**

**Alison** (computer) - Free online courses in various subject areas. Available languages: English, Spanish, French, Italian, and Portuguese.

To start learning visit: <https://alison.com/>

**Coursera** (app/website) - Online courses provided by instructors from renowned universities and reputable companies. Most courses are in English.

To start learning visit: <https://www.coursera.org/>

**EdX** (app/website) - Free online courses from educational institutions around the world. Most courses are in English.

To start learning visit: <https://www.edx.org/>

**EkStep** (app/website) - An open learning platform with a collection of resources for learning literacy and numeracy. Mostly English. Students access interactive content.

To start learning visit: <https://ekstep.in/>

**Khan Academy** (app/website) - Free online courses, lessons and exercises. More languages.

To start learning visit: <https://www.khanacademy.org/>

**Hummingbirds** (website) - An open source digital platform designed for communities with limited resources that can work without Internet access. More languages.

To start learning visit: <https://learningequality.org/kolibri/>

**Programming skills** - There are numerous free online resources for children and young people through which they can learn ICT and programming. There are resources for children of different ages (including preschoolers) and for learning different programming languages.

You can find a list of available resources on the IT Girls website: <http://itgirls.ba/postani-it-girl/>

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## How can you help? *homes*

As communities come together to support one another, many people are volunteering to make an impact from their homes. Facebook groups are a great way to connect with family, neighbors, neighborhoods, city groups, etc. that are networking every day to build ongoing efforts.

