

COVID - 19 RESOURCE DIRECTORY: SPOKANE COUNTY

TABLE OF CONTENTS

Food Banks, Clothing and Hygiene Items	Page 2-3, 5
Public Health	Page 4
Energy and Rent Assistance	Page 4
Food Distribution and Hygiene Donations	Page 4, 6
Meal Sites	Page 5
Shelters	Page 6
Hospitals	Page 7
Business, Small & Restaurants	Page 7
Community Centers	Page 8
Kids Food And Care	Page 8
Pet Food	Page 10
Disabilities	Page 10
Mental Health	Page 11
Senior Programs	Page 11
Veterans	Page 11

Public Service reminder:

I got my US Census in mail today did you? go online & get counted

<https://my2020census.gov>
spokanecensus.org

Also Federal Taxes normally due on Tax Day, April 15 have been extended to 90 day after with no penalty.

March 26, 11 am - WCCC, 1603 N Belt - Mobile Food Bank (pre-packed food boxes, no appointment open to public)

March is disability awareness Month. Donate to local causes that might help this vulnerable population

Primer/dossier of COVID-19 by local community member
<http://www.tomcloyd.com/pid051-covid-19-coronavirus/>

GOT CABIN FEVER!!!

Here are some healthy alternatives to video streaming, TV, movies or games.

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Important/COVID-19-Updated-Guide-1.pdf?lang=en-US>

<https://www.classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus/>

<https://www.cbsnews.com/news/coronavirus-zoos-aquariums-live-stream-animals-isolation-quarantine/>

<https://www.nypl.org/about/remote-resources>

<https://www.usatoday.com/story/travel/2020/03/17/museums-tour-virtually-closed-for-coronavirus/5067867002/>

<http://www.openculture.com/freeonlinecourses>

<https://www.cbsnews.com/news/coronavirus-self-isolation-singers-live-streaming-concerts-music-at-home-fans-quarantine-covid-19/>

<https://ced.ncsu.edu/news/2020/03/19/backyard-activities-can-provide-educational-respite-from-cabin-fever-during-coronavirus-covid-19-outbreak-says-associate-professor-sarah-carrier/>

<https://www.victoryseeds.com/victory-gardening.html>

Friendly Chat Program for socializing with Seniors - Offered by Catholic Charities volunteer@cceasternwa.org

- check your local church or spiritual community for streaming or video services

Drive-in Easter Service - offered by The Heights Church and Crossroads Christian Fellowship - clock Sunday, April 12, 2020 at 9 AM – 12 PM Village Centre Cinemas at Airway Heights 10117 US-2, Spokane, Washington 99224

KEY FOR CHARTS

Please keep note things are still in flux daily call 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

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Inclusion of congregations and agencies is for informational purposes to raise awareness of the range of faiths and nonprofits, not as an endorsement. This directory offers constantly changing and fluid 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.

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We update information daily through research, mailings, email, phone calls, and web research. To make corrections contact us.

FOOD BANKS & CLOTHING BANKS IN SPOKANE

Organization	Address	Phone					Hours	Zip/Service area	qualifications/ contact info
All Saints Lutheran FP	314 S Spruce, 99201	838-4409		X			10-2, MW (March 18)	Brownes Addition (evaluating afterward)	allsaintsgather.com
American Indian Community Center	610 E North Foothills Dr (closed to March 31)	535-0886	X	X	X	X	Mon after- noon, Tues	Native Americans (only serving cur- rent clients)	by appt only
Bethel AME Food Pantry	EFLC, 631 S Richard Allen, parking lot back side off Ivory			X			1pm, Th		
Better Living Center	25 E North Foothills, 99207	325-1258		X	X	X	9-4, T; 9-1 Th	North Central	betterlivingcenter.org
Breaking Bread Rescue Market	Family of Faith Community, 1504 W Grace, 99205	325-0343		X			Tuesday 3/17 from 10-12.	limiting # of shoppers to 4 at a time.	ffcc.us cancelled : Emergency Chil- dren's Shelter
Caritas Outreach Ministries	1612 W Dalke, 99205	326-2249		X		X	11-1MWTh	NW Spokane: of- fers food boxes	caritasoutreach- ministries.org
City Gate Food Bank	170 S Madison, 99201	455-9670		X	X		FB: by appt only Call inad- vance	99201 (S side of Spo- kane River), 99204, 99224 (North of I-90, East of Grove Rd)	thecitygate- spokane.org No Drop-in services
Clothes Closet (CLOSED)	512 S Bernard St, 99204	624-9233	X		X	X	1-3, W	in-need, free	clspokane.org
Cup of Cool Water	1106 W Second	747-6686		X	X		1-4 M-F	drop in center- closed, but for Food bank	clothing and hygiene will be given in walking around down- town
Helping Hands Food Pantry - St Peter Lutheran Food Bank	4620 N Regal, 99207	487-4843		X			9:00-10:30, 2nd & 4thF	NW Spokane & Hillyard	splspokane.org
Martin Luther King Jr Family Outreach Center	500 S Stone, 99202	868-0856		X			1-5, MWThF	any zip code/week, Senior boxes in 99202, 99212,	
Mission Community Outreach (CLOSED)	1906 E Mission Ave, 99202	536-1084	X		X	X	1:30-4, MWTh	Spokane (closed March 16-20)	4mission.org
Morning Star Baptist Community Clothing Bank	3909 W Rowan	534-4878			X		noon-2, W 1-3, Sat	anyone in need	FB
Northeast Food Pantry - Northwest Connect	4520 N Crestline St/PO Box 7398,99207	290-5691		X		X	9-11, MTTh	99207, 99217 (food prebagged delivery to your car in parking lot)	info@nwconnect.org, nwconnect.org
NW Ecumenical Food Bank - Audubon UMC (Note Bare Necessities program - CLOSED)	3908 N Driscoll, 99205	325-4541, contact Dan Masters/Kar- en Peacock		X		X	9:30-12:30, 2nd/ last T	99205 (West of Divi- sion-N of Mongom- ery); Nine Mile Falls	audubonpar- kumc.org (com- munity in need of volunteers)
Our Place Ministries	1509 W College, 99201	326-7267		X		X	10-3MTTh (pick out on loading bay)	River-Montgomery (2x per month only)	ourplace@cet.com ourplacespokane.org
Our Sister's Closet - YWCA (CLOSED)	930 N Monroe, 99201	789-9280	X		X	X	(Closed Tues, March 17)	women only, 1.5 hr appt for 3-5outfits	oursisterscloset@ ywcaspokane.org
Salvation Army Family Svcs	204 E Indiana, 99207	325-6751		X	X	X	M & F 9-5; T-Th 9-6:30 (pre packed)	all zip codes in Spokane County Volunteers needed	spokane. salvationarmy.org
Serve Spokane	8303 N Division St, 99208	998-5722		X	X	X	9-11:30 T-F	99208 (VOLUN- TEERS NEEDED 9-11 T-F)	ServeSpokane.org (goxes for home deliveries to sick)
Southside Food Pantry (CLOSED)	2934 E 27th Ave, 99223	535-2301		X			10:30-12, Sat	99203, -223, La- tah/Hangman	southsidefood- pantry.com
Westminster Presbyterian Food Bank	2705 W Boone	329-0351		X			11-1:45, W-F	River-Montgomery W of Monroe	
Women's Hearth - Transi- tions	920 W 2nd Ave, 99201	455-4249			X	X	8-5, M-F	essential services only, no longer drop-in	help4women.org

FOOD BANKS & CLOTHING BANKS IN SPOKANE VALLEY AND RURAL SOUTH

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	Hours	Zip/service area	qualifications/contactinfo
Life River Fellowship FB & Free Store	2810 N Park Rd, 99212	924-9510		X	X	X		FB: 5-7 3rd F Free Store 5-7, 2nd F		liferiver.org, kids items
Klothes Kloset - Opportunity Christian Fellowship	12321 E 14th Ave, 99206	926-2673		X	X	X		10-2, WTh	(4 customers/x)	opportunitychristianfellowship.org
Otis Orchards Food Bank	4308 N Harvard Rd, 99027/POB 189	926-6196 842-2355		X	X			12-2, 2nd & 4th T	Liberty Lake; Newman Lake; Otis Orchards	otisorchardssda.org uccsad.org
Real Life Ministries	Barker Rd Campus: 1831 S Barker Rd Otis Orchards: 4904 N Harvard Rd			X				8-4 M-TH 9-12, 3-6, T-F		
Society of St Vincent de Paul	St Marys, 304 S Adams Rd, 99216	928-3210		X					Spokane Valley	oursvdp.com
Spangle Food Bank	305 E 2nd, POB 239	701-4532		X				2-3 4th W	only in 99031, -170 Linda Chase	spanglecommunitychurch.org spangle on FB
Spokane Dream-Ministry Resource Center	2128 N Pines, Ste 1 99216	926-7878		X	X			12:30-3, T; 11:30-3, W; 1-3 Th	clothing only offered on an emergency basis	spokandreamcenter.org
Spokane Valley Partners: Food and Diaper Bank Clothing Bank CLOSED	10814 E Broadway, 99206	927-1153		X	X	X		11-12:35, 1:30-3:15, W; 11-12:45 TH, in need of food & diaper donations	WV, CV Spokane Valley, SE Spo Cnty 11-12:45, Th (seniors & disabled) ,	svpart.org

FOOD BANKS & CLOTHING BANKS NORTH SPOKANE COUNTY

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	Hours	Zip/service area	qualifications/contactinfo
God's Closet Admin - Central SDA 804 W Spofford, 99205/POB 9297, 99209	Deer Park SDA, 809 S Colville, Deer Park	991-1582			X			9:30-12:30, W	area children, 0-18yrs, \$1 fee	godscloset.us deerpark@ or spokane@godscloset.com
GreenHouse, The	211 N Fir St, 99006	276-6897		X	X	X		FB: 1-5, MWF CB: 1-5, MWF	99006, Deer Park 99110, Clayton; delivery for sick only	greenhousefoodbank@gmail.com thegreenhouseonline.org
Lake Spokane Community Clothing Closet	6418-A Hwy 291, Annex Nine Mile Falls 99026	276-5472			X			3rd Sat		clothing@lake-spokanecommunitychurch.org
Mead (UMC) FB - POB 53	12611 N Wilson, 99021	466-7068		X				4-6:45, W, bread & prod 4-5, Sun	Mead SD - (drive thru pickup)	
New Hope Resource Center	4211 E Colbert Rd, 99005	467-2900			X		X	9:30-1:30 TTh, 6-8 Th (By calling)	North Spokane, (meet at door)	newhopere-source.org
North Country Food Bank	40015 N Collins Rd	292-2530		X				11-2, M; 9-noon W & 6-8 2nd & 4th W (Cancelled its Lunch prog)	99003, -009,-156 northcountyfoodpantry.org	Joe & Sandra Harvey ncf-pantry@gmail.com,
Tum Tum Food Pantry	6424 Hwy 291, Nine Mile Falls 99026	276-5472		X				9-noon, 1st/3rd Sat	protective gear-gloves and masks are requested for use by volunteers, food donations	TumTumPantry on FB

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COVID 19 - PUBLIC HEALTH/ASSISTANCE & EMERGENCY MNGT

Spokane Regional Health District

1101 W College Ave, 99201
srhd.org 324-1500

Volunteers needed: Summer Warfield with the Health Department's Emergency Preparedness and Response program said they have identified a location for drive through screening, but 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.

For TESTING you must be prescreened below, driven option at Spokane County Fairgrounds, more info on pre-screening

MULTICARE

MultiCare is currently offering free e-visits to anyone who has COVID-19 symptoms through MultiCare Virtual Care, where providers will also help people navigate to the next appropriate step. Use promo code "COVID19" at the payment page to unlock the free e-visit.

PROVIDENCE

If you have traveled to or from high-risk countries including China, South Korea, Japan, Italy or Iran within the past 30 days; or have been in close contact with someone with COVID-19 and have a fever or respiratory illness (fever, cough or shortness of breath); you can schedule a Virtual Visit.

KAISER PERMANENTE

Kaiser Permanente members can get care and advice by visiting kp.org/wa/onlinecare and scheduling an E-visit or by starting a Care Chat. Members may also schedule a telephone or video appointment at kp.org/wa. For questions about care or general advice, call the Consulting Nurse Service 24 hours a day at 1.800.297.6877.

CHAS

People with concerns for their health related to COVID-19 can call CHAS at 509.444.8200 or 208.848.8300 for more information.

CSO Office 877-501-2233

Now allowing individuals to apply for benefits over

the phone, apply online at washingtonconnection.org

Resource Referrals 211

City of Spokane 311 will end program of shut-offs for non-payment of city utility bills for water, and will not charge fees for late payments until further notice

Referrals and Resources:

-cdc.gov
-<https://community-minded.org/2020/03/13/community-minded-enterprises-covid-19-updates/>
-doh.wa.gov
-<https://www.dol.gov/coronavirus>
-<https://esd.wa.gov/newsroom/covid-19>
-insurance.wa.gov
-ready.gov
-ssa.gov
-unitedwayspokane.org/COVID19Resources
-who.int
-thefigtree.orghttps://www.thefigtree.org/connections-resources.html

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

<https://www.cityofcheney.org/CivicAlerts.aspx?AID=181>

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 31st. Please use the utility payment drop box for payments. If you need assistance, please call 565-5000. Click on the following Spokane Regional Health District link to find out the latest updates on the COVID-19 virus.

SPOKANE VALLEY

www.spokanevalley.org/covid19
On Monday, March 16, City Manager Mark Calhoun signed a proclamation of emergency/disaster which enables the city to utilize additional resources and tools to slow the spread of

the Coronavirus (COVID-19). The proclamation will allow the city to exercise emergency powers during the COVID-19 outbreak to preserve and maintain the health, safety and welfare of its citizens, and seek federal financial assistance to support resources that may be utilized in an effort to restrict the spread of the virus. In addition, the city has an emergency response plan for situations such as infectious disease. The city is taking steps to educate employees about the disease and ensure that protocols are being followed in regard to good hand and respiratory hygiene, and proper cleaning of city buildings. In addition, the city will work with the Spokane Regional Health District to implement procedures to reduce employees' or visitors' exposure to COVID-19, such as social distancing.

Governor, Washington State

governor.wa.gov/issues/issues/covid-19-resources
contains info for businesses, schools, workers, insurance, and veterans. And Links to local Health Districts. State offers of brocher for wokers on leave, or those sick not able to work, to get on worker comp, unemployment, and other social services.
<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>

Greater Spokane Emergency Coordination Center

-EMERGENCY MANGEMENT 477-3046
1121 W Gardner Ave, 99201
Dir: Sheriff Knezovich
centralized location where all aspects of response and recovery for multi-agency and multi-jurisdictional emergencies in Spokane County can be coordinated. Facilitate the flow of information within and between agencies and levels of the government (Local, County, State, and Federal) and the community during times of emergency or disaster. Facilitate the coordination of resources among all responding agencies during an emergency or disaster. Assist in coordination for continuity of services throughout the community during an emergency or disaster.

Spokane Cnty United Way

920 N Washington, Ste 100 , 99201
unitedwayspokane.org 838-6581
Brings together expertise, funding

and volunteer support to positively impact health, education and financial stability. Volunteer Spokane is setting up a [Covid19 Community Forum](http://Covid19CommunityForum.org) to share information on agencies needs for people and supplies. Individuals are looking for ways to help. That information can be submitted in the Covid19 Community Forum section of the VolunteerSpokane website volunteerspokane.org

ENERGY AND RENT ASSISTANCE

State and local have assurance or order against lord evidctions, and suspend mortgage and rent payments for duration, Sherrif ahs also suggsted being favorable to such a moritorium as they set up the Emergency management protocols

Moritorium on Evictions (Spokane)

Mayor's office 625-6255
Cith Council 625-6250

This information is for those who would like to advocate for change to local policy given the current emergency. Currently there are vulnerable individuals being evicted. This is not info to confronting a current eviction.

AVISTA myavista.com/safety/covid-19-response
has ended all utility cutoff in WA, ID, OR

Center for Justice 835-5211
35 W Main, Ste 300 99201
cforjustice.org CLOSING
PERMANENTLY ON March 24th.

SNAP Energy Asst. 456-7111

Spokane Area Tenants United (SATU) 578-5068

St Andrew's Episcopal, 2404 N Howard
spokaneareatenants@gmail.com
Spokane Area Tenants United on FBpage
Eastern Washington Tenants on FBgroup
Engages in the tenant-led fight for housing justice in Eastern Washington through advocacy and community projects. 2nd & 4th Wednesdays @ 6pm

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. 464-7620

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 there have been major updates.

Sun	M	T	W	Th	F	Sat	Zip/City	Site Name	Location	Phone	Contacts and Area
7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	99201	House of Charity	32 W Pacific	624-7821	cceasternwa.org
	7:4:30	7a	7a	7/4:30			99201	Shalom Ministries	518 W 3rd	455-9019	shalommeal.org GG
							99201	Crosswalk	525 W 2nd	241-1640	voaspokane.org
	1-4	1-4	1-4	1-4	1-4		99201	Cup of Cool Water -drop-in center closed	1106 W Second	747-6686	cupofcoolwater.org GG
12	9/11:30/5	9/11:30/5	9/11:30/5	9/11:30/5				God's Love Internat'l	4006 W Staley Rd, Deer Park	312-9875	godslveinternational.com
1							99202	Neighborhood Lunch	St Ann's Fellowship Hall, 2120 W 1st	536-1189	stannsspokane.org
	12-2		12-2		12-2		99217	New Hope Ranch offers 60-80 food boxes	2524 E Queen	954-5145	zahls@comcast.net
	5:30, last							Feed Cheney	204 4th St	381-7002	kriegheja@gmail.com feedcheney.com
		11-1	11-1				99205	Women & Children's Free Restaurant & Community Kitchen	1408 N Washington	324-1995	volunteer@wcfirspokane.org 10 meal boxes at time first come first served
		6, last					99206	Holy Trinity Lutheran	2511 S Pines Rd	926-7966	holyltrinitylcmc.org
			6				99201	Blessings under the Bridge	I-90 overpass	869-6584	butb.org GG, sanitation items
			6				99216	Spokane Valley Baptist	1222 S. McDonald Rd	924-1234	spokanevalleybaptist.com
					8am	8am		Faith Baptist	2804 E Euclid	482-6101	
						11	99201	Calvary Bapt.	203 E 3rd Ave	747-8793	
						2:30, 2nd		Feeding The Homeless Min	Wall & Riverside	448-6425	South Hill SDA: uccsda.org

KEY FOR CHARTS

Organization: New information, hours open, service restrictions, requests for volunteers and donations

Please keep note things are still in flux daily call in advance for times and dates to be sure.

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Organization: No new information at this time

FOOD BANKS & CLOTHING BANKS IN WEST PLAINS

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	Hours	Zip/service area	qualifications/contactinfo
Airway Heights Baptist	12322 W Hwy 2	244-2474		X				10-noon, 1st/ 3rd St	99001, 99011, 99013, 99022, 99029, 99224	ahbc.us
Care & Share Thrift Store (Medical Lake) (CLOSED)	211 N LeFevre/PO Box 461	299-9024	X	X	X			9-5, M, W, St	Anne Starr	MedicalLakeThriftstore on FB
Cheney Food Bank/Clothing Exchange	Wren Pierson Community Center, 630/ 624 3rd, 99004	FB: 235-2325 CB: 235-2327		X	X			FB: 9-noon, 1st-4th W CB: noon-6 W	99004 (S of I-90); 22014, 99020,; (SW edge) 99224, 99032	cityofcheney.org (sign in at door & follow instructions)
Cleones' Closet	13114 Sunset Hwy, Airway Hghts	321-7071		X	X			noon-3, MWF	Airway Heights	cleonescloset.com
Heavenly Help, Crossroads Airway Heights	1118 S King St, Airway Heights	244-9343			X			8-4, 3rd M	infant, children, women & men	crossroadswest-plains.org
Medical Lake Food Bank	207 S Washington	299-3819		X	X			10-noon, F	West Plains (not Airway Hghts); West Hills, Grandview/ Thorpe.	medicallakecommunityoutreach@live.com
Windsor Baptist FB/CB	4404 W Hallett Rd, 99224	455-7816		X	X			varies		need based

FOOD & HYGIENE DONATIONS

Blessings under the Bridge

10212 E 9th, Bldg 600 butb.org
Spokane Valley 99206 **869-6584**
Blessingsunderthebridge@gmail.com
is offering other agencies to coordinate and distribute food and hygiene items.

Catholic Charities Eastern

Washington **800-831-1209**

12 E 5th Ave, 99202 **358-4250**
ceasternwa.org

Volunteers are vital to Catholic Charities' work in the community, and we so value your contributions. During this situation we could use your help and assistance in other ways: EMERGENCY SUPPLIES: We need emergency supplies for our programs. The list of needed items can be found at <https://www.cceasternwa.org/covid-19>, and all items can be dropped off at our Family Service Center located at 12 E 5th Avenue.

Dry Fly Distilling will offer free hand sanitizer spray and will distribute product in Spokane for free. http://33purl.com/bYz_p1

Feed Spokane **216-7364**

PO Box 141674, 99214
admin@feedspokane.org
feedspokane.org

Exec Dir: Steven Brashears
Networks meal providers and community partners in the greater Spokane area. Works to eliminate food waste through food rescue.

Giving Back Packs

info@gbpacks.org **389-2503**

PO Box 30321, 99223
collecting toilet paper from business donations and individuals to give to homeless shelters

HRC Ministries **879-3773**

POB 14257, Spokane Valley 99214
warehouse@hrcministries.com
hrcministries.com **Off 922-0939**
Food Distribution to partner ministries and churches.

Little Free Pantry

These are located around town, and were food and hygiene item response to Little Free Library. These are usually at church locations, but also it is about availability of items and items that individuals are willing to donate or trade. So if you take consider giving back immediate or down the line. Everyone is in need. If you are toileteries hoarder and

would like to be anonmous now would be your time. Also if you find others out there let me know. Locations:

Veterans Administration - Caritas
Shadle Presbyterian - Caritas
St Francis - Caritas
St Andrews - Caritas
Salem Lutheran - Caritas
Spokane Valley: 12 N University
Cheney: Emmanuel Lutheran

Northwest Harvest Spokane Warehouse

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

Salvation Army **325-6810**

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 delivers to waiting cars. Encourages unemployed to use money for rent and not food by utilizing their resource center Needs donations to purchase items and needs volunteers 55 and younger to work four-hour shifts. They can sign up at making Spokane better.org.

Second Harvest of the Inland NW

1234 E Front, 99202 **534-6678**
2-harvest.org **Fax: 534-8252**
Supplies half a million pounds of food weekly to a network of 250 Inland NW neighborhood food banks and meal centers, as well as Mobile Food Banks.

SPEAR **475-5470**

1905 E Pacific spearspokane.org
PO Box 4033, 99220
spearspokane@gmail.com
SPEAR after school program in East Central north of I-90 needs non-perishable food for their food bank for low-income children and families – take donations to St. Mark's Lutheran, 316 E 24th Ave – call 747-6677 for hours.

Spokane Alliance **389-1750**

1526 E 11th Ave, 99202
katie@spokanealliance.org
spokanealliance.org
working 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 Zinler to participate.

SNAP (Food Stamps) **877-501-2233**

Veradale UCC **926-7173**

611 N Progress veradaleucc.org
Spokane Valley 99037
Gen Heywood genheywood@att.net
offers a hoarders' Forgiveness Bank: Those who bought excess TP and hygiene items can bring them to 611 N. Progress Rd. to share with shelters.

SHELTERS

The City Gate Women's Shelter

170 S Madison, 99201
thecitygate@qwestoffice.net
thecitygatespokane.org
Mngr Misty Santos **455-9670**
offers 25 beds for homeless women. Daily 9pm-7am. Offers coffee and snack till 11pm.

Family Promise

Mail: 904 E Hartson, 99202 **747-5487**
Open Doors: 2002 E Mission, 99202
familypromiseofspokane.org
Exec Dir: Joe Ader
Neighbors/Bridges Prog Mngr: Susan Heitstuman
Open Doors Program Mngr: Serena Graves **723-4663**
Village Program Mgr: Lynetta Lewis
Volunteer Mngr: Marianne Seir
Admin Coord: Hilary Beardslee
strives to preserve the safety and health of its guests, volunteers, staff, and Spokane community. It has not had any confirmed or suspected cases of COVID-19 among anyone connected to the organization, but is monitoring developments of the virus closely, implementing a social distancing plan to help slow the spread of this virus in our 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 Cannon Street Warming Center **JEWELS HELPING HANDS**

527 S Cannon, 99201
jewelshelpinghandsSpokane@gmail.com
282856762255273 on FB
Capacity of 94, with around 64. Quaanatine areas of 6 being set up for those who seel sick. Breakfast, lunch and Dinner provided for those who stay.

House of Charity
CATHOLIC CHARITIES **624-7821**
32 W Pacific, 99204
ceasternwa.org

Practing social distancing, at full capacity, check in by 7pm, offers breakfast lunch and dinner to guests styng overnight.

Rising Strong **960-8632** CATHOLIC CHARITIES

1960 North Holy Names Ct
social distancing is much easier, given the private room/ environment. Our 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.

St Margaret's Shelter **624-9788** CATHOLIC CHARITIES ceasternwa.org

PO Box 2253, 99201
social distancing is much easier, given the private room/ environment. Our 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.

Women's Hearth - TRANSITIONS

920 W 2nd, Spokane 99201
info@help4women.org **455-4249**
help4women.org
Only operating basic services and needs at this time.

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

Volunteers of America

525 W Second, 99201
voaspokane@voaspokane.org
voaspokane.org **624-2378**
Hope House not acceptin new guests at this time.

YWCA Spokane **326-1190**

930 N Monroe, 99201
24-hr Helpline 326-CALL (2255)
connect@ywcaspokane.org
ywcaspokane.org **Fax: 326-1597**

All onsite programs closed. Call 24hr for Safe Shelter for Domestic Violence 326-2255 or help@ywcaspokane.org

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 coronavirus. The Red Cross collects more than 40 percent of the nation's supply and has had more than 2,700 drives canceled 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. For information, 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

Vitalant 800-423-0151

INLAND NW BLOOD CNTR vitalant.org
Coronavirus Impacts Blood Supply URGENT SHORTAGE: DONORS NEEDED
-210 W Cataldo Ave, 99201
-North Spokane 10403 N Newport Hwy, 99218
-Valley: 12117 E Mission Ave Spokane Valley 992163

CHAS Health 444-8200

203 N Washington, Ste 300, 99201
<https://chas.org/health-alerts>
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 CLINIC
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 Vercler Rd 444-8204

Kaiser Permanente Medical

Centers kp.org
Consulting Nurse Srvc 800-267-6877
Member Services 888-901-4636
Social Work Services 877-216-6216
-SPOKANE - LIDGERWOOD 482-4402
6002 N Lidgerwood St, 99208
-SPOKANE - RIVERFRONT 324-6464
322 W North River Dr, 99201
-SPOKANE - SOUTH HILL 535-2277

4102 S Regal St, Ste 101, 99223
-SPOKANE VALLEY - VERADALE 922-2625
14402 E Sprague Ave, 99216

MultiCare Emergency Dept

<https://www.multicare.org/coronavirus/>
-DEACONESS HOSPITAL 800 W Fifth, 99204 458-5800
-DEACONESS NORTH EMERGENCY 8202 N Division, 99208 473-3333
-VALLEY HOSPITAL 12606 E Mission Spokane Valley 99216 924-6650

Multicare Free E-vistis

multicare.org/virtualcare
with symptoms of fever, cough, and shortness of breath. use Promocode COVID19

MultiCare Hospitals multicare.org

-DEACONESS HOSPITAL 800 W Fifth, 99204 458-5800
-VALLEY HOSPITAL 12606 E Mission Spokane Valley 99216 924-6650

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.multicare.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.multicare.org/coronavirus/>
-DOWNTOWN 342-3100
400 E 5th Ave, Ste 1 N, 99202
-LIBERTY LAKE 342-3990
1326 N Stanford Ln, 99019

Native Project Medical Clinic

1803 W Maxwell, 99201
nativeproject.org 483-7535
Call in advance if you suspect exposure to Covid-19 or have symptoms, or arrive you can 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, 99208
-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: 626-9917
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>
Note visiting hours have been cancelled
HOLY FAMILY HOSPITAL 482-0111
5633 N Lidgerwood, 99208
SACRED HEART MEDICAL CENTER & CHILDREN'S HOSPITAL 474-3131
101 W 8th Ave, 99204

Unify Community Health

yvfwc.org
-MISSION 120 W Mission Ave 326-4343
99201 Fax: 329-2280
-NORTHEAST 483-3427
4001 N Cook St Fax: 482-5062
99207 Dental 326-4382
-WEST CENTRAL CC 327-4646
1603 N Belt St Fax: 327-7209

BUSINESS, SMALL & RESTAURANTS

<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>
facebook.com/groups/SaveSpokaneSmallBusinesses/

Christ Kitchen 325-4343

2410 N Monroe, Spokane 99205
christkitchen.org
We realize the population we serve doesn't need any more trauma in their lives, so I have personally contacted each of them and working with them to ensure money continues to come in. If you are in a position to support our ministry during this time in a financial offering, we certainly welcome that. However, we pray we will be able to receive government funding; we are unclear at this time how much, however. You can continue buying our products are Yokes, Rosauers, and Super 1 Foods. We are doing our best to keep those shelves stocked.

New Leaf Bakery Cafe Job Training - Transitions

930 N. Monroe St.
Spokane, 99201 496-0396
help4women.org NO info yet

Home Deliveries, Restaurants

https://docs.google.com/spreadsheets/d/1-MwPtgncwVP_N8zqGZ2SpQALdH2B1IZUY-MgFpixBP4/edit#gid=0

UberEats

GrubHub

DoorDash

Tree House is a new local app
treehousespokane.com

Support Local Servers!!! The Big Table 979-1005

POB 141510, Spokane Valley 99214
information@big-table.com
big-table.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 our 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. Could you give a special gift to keep people in crisis from falling? (from their facebook-which has more a focus on Seattle area)

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.
-ID SMALL BUSINESS DEVELOPMENT CNTR 525 W Clearwater Ln idahosbdc.org
Post Falls 83854 208-665-5085

SNAP Financial Access 456-SNAP

500 S Stone, 99202 snapwa.org
SNAP THE BUSINESS CENTER
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.

Spokane Cnty United Way

920 N Washington, Ste 100 , 99201
unitedwayspokane.org 838-6581
Brings together expertise, funding and volunteer support to positively impact health, education and financial stability.
COVID - 19 Community Economic Disaster Relief Fund

call 866-211-9966 and provide zip code for list of agencies that provide assistance.

COMMUNITY CENTERS

American Indian Community Center 535-0886

610 E North Foothills Dr, 99207
aiccinfo509@gmail.com aiccinc.org
No indoor activities, basic needs food bank and other supplies can be received out doors

Corbin Senior Activity Center 327-1584 Spokane 99205 Fax: 327-9162

info@corbinseniorcenter.org
[/JeffEdwards.corbinseniorcenter.org](http://JeffEdwards.corbinseniorcenter.org)
Pre-cautionary Cleaning and cancelation of larger events.

Deer Park Senior Center 276-2411

Deer Park City Hall, Lower Level
E316 Crawford St
PO Box 842, Deer Park 99006

Hillyard Senior Center 482-0803

NE COMMUNITY CENTER 482-0803
4001 N Cook, Spokane 99207
hillyardseniorcenter@yahoo.com
hillyardseniorcenter.org
canceling major events.

Martin Luther King Family Outreach Center 455-8722 x100

500 S Stone, 99202
mlkspokane.org check change of FB Hours

Northeast Community Center 487-1603

4001 N Cook, 99207
necommunitycenter.com Fax: 489-3849
NECC is open. Senior Center may be closing and not doing congregant meals as of end of this week. The Zone - will work to supply children and families with meals, food, toiletries & safe places

Sinto Senior Activity Center 327-2861

1124 W Sinto Ave
Spokane 99201 sintocenter.com
NO info

Southside Community Center 535-0803

3151 E 27th Ave, Spokane 99223
southsidesc.org
Pre-cautionary cleaning and sanitization.

Spark Central 279-0299

1214 W Summit Pkwy, 99201
programs@spark-central.org
spark-central.org

closed til April 24, its after school program but staff raised \$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 Cntr 326-9540

1603 N Belt St, 99205
westcentralcc.org Fax: 326-2347

before and afterschool cancelled, supportive services, many programs closed March 17-atleast April 9. Providing Resource Sheets for West Central & downtown Youth Director: accepting food & hygiene donations for families
WIC NEEDS: We do have a WIC site. They can't give out used formula any more. Formula in general is a need.

World Relief Spokane 484-9829

1522 N Washington St, Ste #204, 99201 Fax: 462-7279

wrspokane@wr.org
worldreliefspokane.org

While the World Relief office in Spokane will be closed through March 30 and all volunteer activities will be postponed, staff will work remotely to empower our 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

YMCA the Inland Northwest 777-YMCA

1126 N Monroe, 99201
ymca@ymcaspokane.org (9622)
ymcaspokane.org Fax: 720-5783

Closed all location in Spokane and Sandpoint till March 31

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
Spokane Valley 99016 cvsd.org

FREE Meals for Kids

Kids, age 18 and under, can enjoy a free, nutritious, grab-and-go, drive-through breakfast & lunch while our schools are closed. Starting on Tuesday, March 17th, 10am-1pm at eleven specific designated locations so far (more to 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 out front)

Locations: (Look for the CVSD school bus out front)

- Bowdish Middle School – 2109 S. Skipworth Rd., Spokane Valley, 99206
- Broadway Elementary – 11016 E. Broadway Ave, Spokane Valley, WA 99206
- Evergreen Middle School – 14221 E. 16th Avenue, Spokane Valley, WA 99037
- Opportunity Elementary – 1109 S. Wilbur Road, Spokane Valley, WA 99206
- Pavillion Park – 727 N. Molter Road, Liberty Lake, WA 99019
- Pope Francis – 16412 E. Sprague Ave., Spokane Valley, WA 99016
- Progress Elementary – 710 N. Progress Rd, Spokane Valley, 99037
- Riverbend Elementary – 17720 E. Mission Ave., Spokane Valley, WA 99016
- Selkirk Middle School – 1409 N. Harvest Pkwy, Liberty Lake, WA 99016
- University Elementary – 1613 S. University Road, Spokane Valley, WA 99206
- University High School – 12420 E. 32nd Avenue, Spokane Valley, WA 99216

CHENEY 559-4599

12414 S Andrus, 99004
cheneysd.org

Breakfast and lunch meals will be distributed beginning Wednesday, March 18. No specific pickup location or times have been determined yet.

-Bus #75

Salnave Elementary 9:00 - 9:20

Betz Elementary 9:25 - 9:40

Bi Mart 9:45 - 10:00

-Bus #51

Windsor Elementary 9:00 - 9:20

Snowdon Elementary 9:30 - 9:50

Hayford Village 9:55 - 10:15

-Bus #52

Fairchild MHP 9:00 - 9:15

West Prairie MHP 9:25 - 9:40

Copper Landing 10:00 - 10:20

-Bus #79

Sunset Elementary 9:00 - 9:25

Basalt Ridge Entrance on 6th 9:30 - 10

-Bus #78

18th & Campbell 9:00 - 9:25

Vietzke Village 9:35 - 9:50

Cedar Summit Aparts 10:00 - 10:20

EAST VALLEY 924-1830

3830 N Sullivan Rd, Bldg 1
Spokane Valley 99216 evsd.org

The East Valley School District is still determining how it will support students and their families during the closure. At this time, no meal pickup plans have been put into place.

- East Farms Elementary – 26203 E Rowan, Newman Lake - 11-11:30
- Otis Orchards Elem – 22000 E Wellisley, 99027 - 11-11:30
- KH Grocery Market – 21121 E Wellesley, 99027 - 11:45-12:15
- CCS/Skyview – 16924 E Wellesley 99216 - 11-11:30
- Trentwood Elem- 14701 E Wellesley 99216 - 11:45-12:15
- Parkside at Mirabeau Apartments - 2820 N Cherry St, 99216 - 11-11:30
- River Rock Apartments - 12820 E Mansfield Ave, 99216 - 11:45-12-15
- Riverbend Elementary – 17720 E. Mission Ave., Spokane Valley, WA 99016
- Valley Mission Park - 11405 E Mission - 11-11:30
- Whimsical Pig Apartments - 13303 E Mission - 11:45-12:15
- Eagle Point Apartments - 2718 N Bowdish Rd, 99216 - 11-11:30

FREEMAN

15001 S Jackson Rd
Rockford 99030
Free Meals start March 20th, sign up online freemansd.org or call 291-3695

LIBERTY 624-4415

S 29818 North Pine Creek Rd
Spangle 99031 libertysd.us

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 Farwell 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 11am-12:30pm:

-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 Apart, 13110 N. Addison St - 10:30-11 am
-Woodhaven Apart - 12424 N. Fairwood Drive - 11:20-11:50 am
-Hill N Dale Street Apts - 8821 N. Hill N Dale St - 10:30-11 am
-Mead Food Bank - 12611 N. Wilson 11:20-11:50 am
-Cedar Creek Village - 8502 N. Nevada St - 10:30-11 am
-Deer Run @ North Pointe - 1225 E. Westview Ct - 11:20-11:50 am
-Wild Rose Gas/RV Park - 23106 US 395 - 10:30-11 am
-St. Joseph's Church - 3720 E. Colbert Rd - 11:20-11:50 am
-Fire Station #47 - 9814 E. Greenbluff Rd. - 10:30-11 am
-Fire Station #48 - 17711 N. Mt. S Park Drive - 10:30-11 am

MEDICAL LAKE 565-3100

116 W 3rd, 99022 mlds.org
Meal pickup plans have not been finalized by the district. The Medical Lake School District will have an update by Thursday, March 19, with how it'll proceed with services like meal distribution.
-Medical Lake Lutheran Church Offering Bagged Lunches Wed 3/18 - Fri 3/20
Thank you to this group for helping the students in our community while the District prepares for meal deliveries next week.

We will begin the delivery of meals beginning Monday-March 23rd, 2020. There will be meals delivered at the following locations:

-Hallett Bus Loop at 11:00 am to 11:12 am,
-Medical Lake City Hall at 11:15 am to 11:27 am,
-Medical Lake High School Bus Loop at 11:30 am to 11:42 am,
-Medical Lake Middle School Bus Loop at 11:45 am to 11:57 am.
-Michael Anderson Elementary at 11:40 am to 11:50 am.

NINE MILE FALLS 9mile.org 340-4300

10110 W Charles Rd, 99026
Locations & times:
Lakesied High School Bus Loop - 5909 Hwy 291 - 11-11:40 am
Lakeside MS Bus Loop - 6169 Hwy 291 11:15-11:45
Nline Mile Elem Bus Loop - 10102 W Charles rd, 11:15-11:45am

Lake Spokane Elementary Bus Loop - 6015 Hwy 291 - 11:30am-12pm

ORCHARD PRAIRIE 467-9517

7626 N Orchard Prairie Rd, 99217 orchardprairie.org
Orchard Prairie School District will be closed for students starting Tuesday, March 17th through at least April 24th, 2020 in an effort to slow the spread of COVID-19. This includes all extracurricular activities and previously scheduled events.

VALLEY 888-284-5719

3034 Huffman Rd, 99181 valleysd.org 937-2413
As of March 19, Today, we served meals in the Valley Bus Loop from 9:00-11:00 am. The turnout was positive and we are expanding to serve meals in the Valley Grange as well tomorrow. Tomorrow, both sites, the Valley School Bus Loop and the Valley Grange will be serving breakfast/lunch meals from 9:00-11:00 am.

WEST VALLEY wvvsd.org 924-2150

2805 N Argonne Rd, 99216
West Valley will continue to offer breakfast and lunch to any student 18 years of age or younger. Beginning Tuesday, March 17, all elementary schools, CMS and WVHS will distribute "drive through" meals to go from 11:00 am to 1:00 pm. No paperwork or identification necessary.
-Ness Elementary 922-5470
9612 E. Cataldo, 99206
-Orchard Center Elementary 7519 E. Buckeye, 99212 922-5473
-Pasadena Park Elementary 8508 E. Upriver Dr. 922-5480
-Seth Woodard Elementary 7401 E. Mission, 99212 921-2160
-Centennial Middle School 915 N. Ella 99212 922-5482
-West Valley High School 8301 E. Buckeye, 99212 922-5488

PULLMAN SCHOOL DISTRICT:

Each school in the Pullman School district will be open for meal pickup beginning Wednesday, March 18, between 7:30 a.m. – 8:30 a.m. and 11:30 a.m. – 12:15 p.m. The district will also send vans out into the community to deliver meals to designated locations for those who cannot get to the schools. The breakfast and lunch meals will be grab-and-go style and free to any student. Families are free to pick those meals up at any school in the district. https://www.pullmanschools.org/apps/pages/index.jsp?uREC_ID=1668785&type=d&pREC_ID=1853685

MOSES LAKE SCHOOL DISTRICT:

The district said food service plans are in progress to have a neighborhood meal program for breakfast and lunch, but no further specifics have been shared.

COEUR D'ALENE SCHOOL DISTRICT:

Breakfast and lunch meal pickup will begin Wednesday, March 18, at select locations throughout the district. More details are expected soon.

MOSCOW SCHOOL DISTRICT:

Students in the Moscow School District are on spring break from March 16 – 20. However, the schools will be closed through April 6. In a letter to district families, Superintendent Gregory Bailey says the district is working to make lunch available to students once spring break is over. More information is expected closer to the end of spring break.

Additionally, the Mad Greek restaurant is offering free lunches for kids for the next three weeks. Those lunch meals include a slice of pizza or a cup of soup. Meal pickup is available from 2 – 4 p.m. Monday through Thursday. More information is available here.

LEWISTON SCHOOL DISTRICT:

Meal pickup will be available from March 16 – 20 at Jenifer Jr. High and Sacajawea Jr. High for any Lewiston School District students and members of their household 18 years and younger from 11 a.m. until 1 p.m. Family members older than 18 will be able to purchase meals from the schools. More information is available here.

SPOKANE PUBLIC SCHOOLS

200 N Bernard St, 99201 spokaneschools.org 354-5900
Will start meal program for children on reduced an dlow-income meal plans starting March 24th To April 24

SAFETY 354-7320
SCHOOL MEAL PROGRAM 354-5976

We are continuing to get plans in place to help our students and families during the upcoming school closure. The newest information concerns meals and technology.
Meal distribution
On Thursday, March 19, SPS will begin offering grab-and-go meals – a breakfast and a lunch together – for any child aged 0-18 from 11 a.m.-1 p.m. at these locations:
-Arlington, 6363 N. Smith
-Balboa, 3010 W. Holyoke
-Finch, 3717 N. Milton
-Garfield, 222 W. Knox
-Grant, 1300 E. 9th
-Holmes, 2600 W. Sharp

-Hutton, 908 E. 24th
-Lidgerwood, 5510 N. Lidgerwood
-Lincoln Heights, 3322 E. 22nd
-Longfellow, 800 E. Providence
-Logan, 1001 E. Montgomery
-Moran Prairie, 4224 E. 57th
-Mullan Road, 2616 E. 63rd
-Ridgeview, 5610 N. Maple
-Roosevelt, 333 W. 14th
-Sheridan, 3737 E. 5th
-Stevens, 1717 E. Sinto
-Shaw MS, 4106 N. Cook
-Rogers HS, 1622 E. Wellesley
-Shadle Park HS, 4327 N. Ash
-Ferris HS, 3020 E. 37th
Meals will be offered Monday through Friday. Our goal is to expand these sites next week.

Learning at home: We have assembled a thorough collection of resources -- 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 we recognize that nothing about this is routine. In the coming days teachers will be connecting with students and parents, answering questions, sharing materials, clarifying directions, and assisting with access to digital resources.

Volunteering: If you or your organization would like to support SPS students, families or staff by donating resources or time, please call the SPS Office of Family and Engagement at 509-354-7882.

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: The 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.

Stay healthy! Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. Avoid close contact with people who are sick. Put distance between yourself and other people.

Kids Meals closer to Downtown Spokane

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

Community-Minded Enterprises

RECOVERY CAFÉ SPOKANE
214 N Cedar St, 99201 960-8529
info@community-minded.org
community-minded.org
In addition, beginning today, 3/17, the Recovery Café is closed to the public and we are unable to serve lunch or host latte hour. However, starting today 3/17 we are handing out sack lunches to members from 12:00-12:30pm at the front door of the café. Lunches are available Tuesday – Friday.

SW Community Center

314 S Spruce, 99201 981-7797
Mark Reilly (Food Bank) 993-1314
Community Center is open.
Youth pgm 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
voaspokane@voaspokane.org
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
kids meal free with an adult order

CHILD CARE & YOUTH CENTERS

Express child care is closed Tuesday, March 17 through Friday, March 20, so we ask our Express families to please make alternate arrangements for that time. Based on the governor's request, our initial child care plan will prioritize child care support for children of first responders and medical workers. We will have an update on Wednesday, March 18, regarding our ability to provide child care to existing Express families.

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

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

Vanessa Behan Crisis Nursery
2230 E Sprague, 99202 535-3155
kristena@vanessabehan.org
vanessabehan.org Fax: 534-7099
Concerned about the potential increase in child abuse and neglect during the COVID-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 child care. Supplying Diapers, wipes, and formula, during business hours.

PET FOOD

SpoAnimal CARE

710 N Napa
<https://www.spokanimal.org>
The shelter is offering free pet food (cat & dog only) for those in need (experiencing financial hardship) at its front desk Monday-Friday 11-6 through Saturday, 10-5.

VULNERABLE POPULATIONS

Grocery Stores

Rosauers

NOTE: Senior citizens, pregnant women and those with compromised immune systems to shop. can shop on Tuesdays and Thursdays from 7 a.m. to 9 a.m. Pharmacies will open at 8 a.m. on those days.

Safeway, Albertsons

<https://www.safeway.com>
NOTE: Senior citizens, pregnant women and people with compromised immune systems can shop on Tuesdays and Thursdays from 7 a.m. to 9 a.m. This is across WA state.

Target

NOTE: Vulnerable can shop 7am - 9am T & Th.

WIC 800-322-2588
Text "WIC" to 96859

When going to the Grocery store please 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. Please be kind to your neighbors in need, items include 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 Nutritionals, Yogurt. Don't hoard their only means!!

DISABILITIES

Resources from John Lemus:

<https://informingfamilies.org/covid-plain-lang/>
<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

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

Joya Childhood & Family Development

2118 W Garland Ave, 99205
joya.org 326-1651
In addition to the hygiene and heightened sanitizing measures outlined on our previous communication, all Joya groups will be cancelled, effective March 16th until April 24th or until further notice. All families will be contacted by phone at the beginning of each day. This situation is evolving and Joya management has made the decision today (March 15) to cancel all home programs, effective Monday, March 16.

Disability Action Center- NW, Inc

CommunityBldg/Saranac, 25 W Main, Rm North #2 (3rd Flr), 99201
dacnw.org 208-618-1191
Starting to cancel events

DDA - Developmental Disabilities Admin (DSHS)

Field Off: 1611 W Indiana, 99205
DD1FSO@dshs.wa.gov 329-2900
<https://www.dshs.wa.gov/dda/consumers-and-families/dda-coronavirus-information>
800-462-3038
Fax: 568-3037 TTY 568-3038
Supports and services for people 18+ with developmental disabilities such as, cerebral palsy,

epilepsy, autism or other neurological issues.

People First of Washington

-LILAC CHAPTER 991-5861
Downtown Library 901 W Main, 99201 4pm, 2nd & 4th T
peoplefirstspokane.org on FB
John Lemus
Due to the COVID-19 virus I have decided after careful consideration and input from our members and advisors that all in person lilac city people first chapter meetings are terminated until such time that social distancing is no longer in effect. We will hold our chapter meetings via zoom with a call in option. Also after careful consideration our annual Rock N Bowl fundraiser usually held in April is postponed. These decisions are in the best interest of the health and safety of our members and public health. Questions please reach out to me directly.

SKILLS'KIN 326-6760

4004 E Boone Ave, 99202
skills-kin.org Fax: 323-8987
No info so far

Spokane Center for Independent Living (SCIL) 326-6355

8817 E Mission Ave, Ste 106
Spokane Valley 99212 scilwa.org
Due the circumstances surrounding COVID-19 starting Monday March 16, 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 Cowley St, 99202 473-6000
st-lukes.org Fax: 473-6097
St. Luke's Rehabilitation Institute is implementing additional visitor and therapy restrictions in accordance with recommendations from the Center for Disease Control and Prevention (CDC). In addition, some hospital access points will be consolidated at our hospital campus location. These changes take effect Tuesday, March 17 at 7 a.m.
<https://www.st-lukes.org/locations/>
St. Luke's Waterfall Café is allowing limited access to current patients, their families and St. Luke's employees. General public access is not being allowed at this time.

OUTPATIENT:

-Valley, 9119 E Broadway, 99206
-North, 235 E Rowan Ave, Ste 210
-North Occupation Rehab 551 E Hawthorne Rd, 99218
-South Occupational Rehab 421 S Division St, 99202
Outpatient Therapy Clinics:
In accordance with CDC guidelines, please be aware of the following changes taking effect

Tuesday March 17:

-Pediatric outpatient entrance on S. Chandler is available only to pediatric patients and their family member. Screenings will be conducted upon arrival.

-Outpatient Cardiac & Pulmonary Therapy sessions are being postponed until further notice.

-Outpatient therapy services for "high risk" and older populations are being postponed at least until April 16.

-Any person coming to the main hospital campus for outpatient therapy services, will be screened.

-Patients being seen in an outpatient clinic are encouraged to come on their own.

-We encourage anyone who is not feeling well to stay home.

-St. Luke's therapy teams will be calling patients the week of April 6 with an update.

MENTAL HEALTH & RECOVERY

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.

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.

Frontier Behavioral Health

Walk-ins: 17 E 1st, 99201 838-4651
fbhwa.org

24/7 help line and Crisis Line
877-266-1818

To 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 am-3:00pm. After intake, you wait approximately one week to see a counselor with the option to start weekly sessions.

Genesis Institute, Inc 467-7913

1220 N Howard St, 99201
genesisinstitute.org
Offering Telehealth
Appointments

Healing Lodge of the Seven Nations

hotline 533-6910

5600 E 8th Ave, 99212
hladmin@healinglodge.org
healinglodge.org 535-2863

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 ADMIN BUILDING 838-6092

2317 W 3rd Ave, 99201
nhccspokane.org
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.

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. The program is aimed to meet the needs of all family members to support wellness and family reunification

Pioneer Center East 325-2355

PIONEER HUMAN SERVICES
3400 W Garland, 99207
pioneerhumanservices.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 - Boone 325-7232

PIONEER HUMAN SERVICES
910 W Boone, 99201
pioneerhumanservices.org
all services still available, accepts WA Apple Healthcare (Medicaid). Outpatient treatment that accepts people with co-occurring mental health and substance abuse disorder.

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 Treatment & Recovery Services - STARS

105 W 3rd Ave, 99201
spokanerecovery.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 oppor-
All services still available, accepts WA Apple Healthcare (Medicaid), inpatient and outpatient.

SENIORS

Aging & Long Term Care of Eastern WA - ALTCEW

1222 N Post St, Spokane 99201
action@altcew.org altcew.org
Dir: Lynn Kimball 458-2509
See website for programs and event cancellations.

Elder Services 458-7450

5125 N Market St, Spokane 99217
need family and friends to train and build support during crises.
FAMILY CAREGIVER 458-7450

Greater Spokane County Meals On Wheels 924-6976

12101 E Sprague Ave, 99206
POB 14278, Spokane Valley 99214
gscmealsonwheels.org
pre-cautionary regulations in place. As of March 20th cancelling ALL 12 Silver Cafes locations as Senior nutrition sites all over Spokane County. Will be replaced by meal deliveries to homes via MOW program. Requests for more volunteers, with new training for all drivers, including hygiene and daily wellness checks for said volunteers

Mid-City Concerns/Meals on Wheels Spokane 747-3257

1222 W 2nd MOW 232-0864
Spokane 99201 mowspokane.org
director@mowspokane.org 456-6597
Sarah Hall 232-0864
no change, but cleaning. Probably no meal

RSVP - Retired Senior Volunteer Program YMCA

1126 N Monroe, Spokane 99201
Programs cancelled 344-7787

VETERANS

Catholic Charities Eastern Washington 800-831-1209

12 E 5th Ave, 99202 358-4250
ceasternwa.org
Volunteers are vital to Catholic Charities' work in the

community, and we so value your contributions. During this situation we could use your help and assistance in other ways:

FRIENDLY CHAT PROGRAM:
This new communication program will allow us to reach out to seniors who have been asked to shelter in place due to their underlying health conditions. Staff and volunteers will make daily phone calls to seniors to ensure they have food, supplies and know that someone cares about them! If you are interested in assisting us with this endeavor, please email us at volunteer@cceasternwa.org for more information.

SHOPPING ANGELS: We created a volunteer program to shop for a bag of basic need, essential items for seniors who are unable to leave their home. Please check our website to find more about how you can assist with this program.
<https://www.cceasternwa.org/covid-19>

Spokane Veterans Home

WA DVA 222 E. 5th Ave
Spokane 99202 344-5770
<https://www.dva.va.gov/veteran-homes/spokane-veterans-home>
In full Lockdown

VA Medical Center, Mann-Grandstaff 434-7000

4815 N Assembly St, 99205 va.gov
patients and visitors to Mann-Grandstaff VA Medical Center: As a precautionary measure, MGVMC has implemented mandatory screening. Until further notice, normal operating hours for the facility are reduced to 7:00a.m. to 7:00 p.m