Steps for Personal Hygiene:

Stay home when you are sick. Staying home when ill prevents the spread of infections to others.

Use good respiratory etiquette and hand hygiene in all community settings, including homes, childcare facilities, schools, workplaces and other places where people gather. Cover your coughs and sneezes with a tissue and put the used tissue in a waste basket. If you don’t have a tissue, cough or sneeze into your upper sleeve, not your hands.

Wash your hands often and thoroughly with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer (with at least 60-95% alcohol) if you can’t wash.

Avoid touching your eyes, nose or mouth: Germs often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

Practice other good health habits: Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

Community Preparedness - be cautious and prudent in all things

It’s good to start thinking about some of the things that might be recommended on the community level now, so that everyone is better prepared.

Community measures include “social distancing” interventions in schools, workplaces, events, meetings and other places where people gather. Social distancing means creating ways to increase space between people in settings where people commonly come into close contact with one another to reduce the spread of infection. Multiple simultaneous social distancing measures might be recommended to help reduce the spread during a severe pandemic.

One example of social distancing is to increase the distance to at least six feet between people when possible to reduce person-to-person spread of infection. This applies to apparently healthy people without symptoms, while standing in line at a store or gathering at a meeting. In the event of a very severe pandemic, this recommended minimal distance between people might be increased.

People who show symptoms of COVID-19 and who might be infected should be separated from well people as soon as practical, sent home, and asked to isolate themselves from others at the home.

Other social distancing measures include temporarily dismissing childcare centers and schools. In addition, social distancing may include discouraging people from attending, or even closing sporting events, concerts, festivals, conferences, places of worship, and other settings where groups of people gather.

March 16
-Effective Statewide limit size of gathering to 50 for up to 2 months
-temporary shut down of restaurants, bars, entertainment, and recreation, food courts, taverns, coffee and doughnut shops, ice cream parlors, wine and beer tasting venues, breweries and distilleries, beauty salons, barbers, nail salons, gyms and fitness centers, non-travel card rooms, museums, galleries, theaters, bowling alleys, tattoo parlors, youth sports and youth clubs that order is currently in effect up to 2 weeks
-Federal guidelines recommend no event more then 10 people. I would encourgage even small informal social gatherings.
-Starbucks, REI to close stores Nationwide for 2 weeks
-Some report are of larger cities into lock downs, complete quarantine and you can only be out for basic needs
-check with elderly in neighborhood to help with any of their basic needs and exchange contact info
-stop needless harassment and race baiting on COVID - we are all human and citizens of this planet earthe and all are residents of Spokane treat each other with kindness and respect in this crisis which we all share.

Reminder this directory is not complete things will change daily based on new regulation and restarts of programs. We will try to keep up as best as possible and add more resources daily. If you have new ones please contact Malcolm Haworth at 216-6090 or resourcedirectory@thefigtree.org.

TABLE OF CONTENTS

Food Banks, Clothing and Hygiene Items Page 2-3, 5
Public Health Page 4
Animal Food Page 4
Energy and Rent Assistance Page 4
Meal Sites Page 5
Food Distribution and Hygiene Donations Page 6
Homeless Programs & Shelters Page 6
Hospitals Page 6
Senior Programs Page 7
Community Centers Page 7
Kids Food And Care Page 8
Veterans Page 9
Disabilities Page 9
Business, Small & Restaurants Page 10

Public Service reminder:
get your application in for the US Census while you are at home looking for something to do go to https://2020census.gov/spokanecensus.org

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


Social Media:
Spokane Area Coronavirus Aid https://www.facebook.com/groups/261027208235464/

Helping Spokane County get through COVID-19 https://www.facebook.com/groups/290455981919123/?multi_post_link=293122408319147%2C293038454994209%2C2930408410498964%2C29308459934208%2C29308539944208%2C293092498819%2C29308410498964%2C293092498819%2C29308410498964%2C29308459934208%2C29308410498964%2C29308459934208

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
<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Closed</th>
<th>Food</th>
<th>Clothing</th>
<th>Household</th>
<th>Hygiene</th>
<th>Hours</th>
<th>Zip/Service area</th>
<th>qualifications/contact info</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Saints Lutheran FP</td>
<td>314 S Spruce, 99201</td>
<td>838-4409</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>10-2, MW (March 18)</td>
<td>Brownes Addition (evaluating afterward)</td>
<td>allsaintsgather.com</td>
</tr>
<tr>
<td>American Indian Community Center</td>
<td>610 E North Foothills Dr</td>
<td>535-0886</td>
<td>X X X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9-4, TTh</td>
<td>Native Americans (serving clients outside)</td>
<td></td>
</tr>
<tr>
<td>Better Living Center</td>
<td>25 E North Foothills, 99207</td>
<td>325-1258</td>
<td>X X X X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9-4, T; 9-1 Th</td>
<td>North Central</td>
<td>betterlivingcenter.org</td>
</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></td>
<td></td>
<td></td>
<td>Tuesday 3/17 from 10-12.</td>
<td>limiting # of shoppers to 4 at a time.</td>
<td>fcc.us cancelled: Emergency Children's Shelter</td>
<td></td>
</tr>
<tr>
<td>Caritas Outreach Ministries</td>
<td>1612 W Dalke, 99205</td>
<td>326-2249</td>
<td>X X X</td>
<td></td>
<td></td>
<td></td>
<td>10:30-1:30, MWTh; 3-6 2nd &amp; 4th T</td>
<td>NW Spokane: offers food boxes, to sick clients outside</td>
<td>caritasoutreachministries.org</td>
<td></td>
</tr>
<tr>
<td>City Gate Food Bank</td>
<td>170 S Madison, 99201</td>
<td>455-9670</td>
<td>X X</td>
<td></td>
<td></td>
<td></td>
<td>10-2:30, T-F; CB: by appt</td>
<td>99201 (S side of Spokane River), 99204, 99224 (North of I-90, East of Grove Rd)</td>
<td>thecitygate-spokane.org (No Drop-in services)</td>
<td></td>
</tr>
<tr>
<td>Clothes Closet (CLOSED)</td>
<td>512 S Bernard St, 99204</td>
<td>624-9233</td>
<td>X X X</td>
<td></td>
<td></td>
<td></td>
<td>1-3, W</td>
<td>in-need, free</td>
<td>clospokane.org</td>
<td></td>
</tr>
<tr>
<td>Cup of Cool Water</td>
<td>1106 W Second</td>
<td>747-6686</td>
<td>X X X</td>
<td></td>
<td></td>
<td></td>
<td>1-4 M-F</td>
<td>drop in for food bank but will have limited items, clothing and hygiene will be given in walking around downtown</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Helping Hands Food Pantry - St Peter Lutheran Food Bank</td>
<td>4620 N Regal, 99207</td>
<td>487-4843</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9:00-10:30, 2nd &amp; 4th F</td>
<td>NW Spokane &amp; Hillyard</td>
<td>splspokane.org</td>
<td></td>
</tr>
<tr>
<td>Martin Luther King Jr Family Outreach Center</td>
<td>500 S Stone, 99202</td>
<td>868-0856</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>1-5, MWThF</td>
<td>any zip code/week, Senior boxes in 99202, 99212,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mission Community Outreach (CLOSED)</td>
<td>1906 E Mission Ave, 99202</td>
<td>536-1084</td>
<td>X X X</td>
<td></td>
<td></td>
<td></td>
<td>1:30-4, MWTh</td>
<td>Spokane (closed March 16-20)</td>
<td>4mission.org</td>
<td></td>
</tr>
<tr>
<td>Morning Star Baptist Community Clothing Bank</td>
<td>3909 W Rowan</td>
<td>534-4878</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>noon-2, W 1-3, Sat</td>
<td>anyone in need</td>
<td>FB</td>
<td></td>
</tr>
<tr>
<td>Northeast Food Pantry - Northwest Connect</td>
<td>4520 N Crestline St/PO Box 7398, 99207</td>
<td>290-5691</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9-11, MWTh</td>
<td>99207, 99217</td>
<td><a href="mailto:info@nwconnect.org">info@nwconnect.org</a>, mwc.org</td>
<td></td>
</tr>
<tr>
<td>NW Ecumenical Food Bank - Audubon UMC</td>
<td>3908 N Driscoll, 99205</td>
<td>325-4541, contact Dan Masters/Karen Peacock</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>9:30-12:30, 2nd/ last T</td>
<td>99205 (West of Division-N of Montgomery); Nine Mile Falls</td>
<td>audubonpar-kumc.org (community in need of volunteers)</td>
<td></td>
</tr>
<tr>
<td>Our Place Ministries</td>
<td>1509 W College, 99201</td>
<td>326-7267</td>
<td>X X</td>
<td></td>
<td></td>
<td></td>
<td>10-12:30, MWTh</td>
<td>River-Montgomery (re-opens March 19-10, serves 2 monthly)</td>
<td><a href="mailto:ourplace@cet.com">ourplace@cet.com</a>, ourplacespokane.org</td>
<td></td>
</tr>
<tr>
<td>Our Sister's Closet - YWCA (CLOSED)</td>
<td>930 N Monroe, 99201</td>
<td>789-9280</td>
<td>X X X</td>
<td></td>
<td></td>
<td></td>
<td>(Closed Tues, March 17)</td>
<td>women only, 1.5 hr apt for 3-Soutfins</td>
<td><a href="mailto:oursisterscloset@ywcaspokane.org">oursisterscloset@ywcaspokane.org</a></td>
<td></td>
</tr>
<tr>
<td>Salvation Army Family Svs (ID for all adults; proof of address &amp; of children)</td>
<td>204 E Indiana, 99207</td>
<td>325-6751</td>
<td>X X X X</td>
<td></td>
<td></td>
<td></td>
<td>M &amp; F 9-5; TTh 9-6:30</td>
<td>all zip codes in Spokane County Volunteers needed</td>
<td>spokane.salsavearmy.org</td>
<td></td>
</tr>
<tr>
<td>Serve Spokane</td>
<td>8303 N Division St, 99208</td>
<td>998-5722</td>
<td>X X X</td>
<td></td>
<td></td>
<td></td>
<td>1-2:30 T, 1-3:30 Th, 9-11:30, 2nd &amp; 4th ST</td>
<td>99208 (VOLUNTEERS NEEDED 9-11 T-F)</td>
<td>ServeSpokane.org (goes for home deliveries to sick)</td>
<td></td>
</tr>
<tr>
<td>Southside Food Pantry (CLOSED)</td>
<td>2934 E 27th Ave, 99223</td>
<td>535-2301</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>10:30-12, Sat</td>
<td>99203, -223, Latah/Hangman</td>
<td>southsidefoodpantry.com</td>
<td></td>
</tr>
<tr>
<td>Westminster Presbyterian Food Bank</td>
<td>2705 W Boone</td>
<td>329-0351</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>11-1:45, W-F</td>
<td>River-Montgomery W of Monroe</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women's Hearth - Transitions</td>
<td>920 W 2nd Ave, 99201</td>
<td>455-4249</td>
<td>X X X</td>
<td></td>
<td></td>
<td></td>
<td>8:30-5, MTTh; 10:30-6, W</td>
<td>essential services only</td>
<td>help4women.org</td>
<td></td>
</tr>
<tr>
<td>Organization</td>
<td>Address</td>
<td>Phone</td>
<td>Closed</td>
<td>Food</td>
<td>Clothes</td>
<td>Household</td>
<td>Hygiene</td>
<td>Hours</td>
<td>Zip/service area</td>
<td>qualifications/ contact info</td>
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<tr>
<td>Life River Fellowship FB &amp; Free Store</td>
<td>2810 N Park Rd, 99212</td>
<td>924-9510</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>FB: 5-7 3rd F Free Store 5-7, 2nd F</td>
<td>liferiver.org, kids items</td>
<td></td>
</tr>
<tr>
<td>Clothes Closet - Opportunity Christian Fellowship</td>
<td>12321 E 14th Ave, 99206</td>
<td>926-2673</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>10-2, WTh</td>
<td>(4 customers/x) opportunitychristianfellowship.org</td>
<td></td>
</tr>
<tr>
<td>Otis Orchards Food Bank</td>
<td>4308 N Harvard Rd, 99027/POB 189</td>
<td>926-6196</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>12-2, 2nd &amp; 4th T Liberty Lake; Newman Lake; Otis Orchards</td>
<td>OtisOrchardsJDA.org uccsad.org</td>
<td></td>
</tr>
<tr>
<td>Society of St Vincent de Paul</td>
<td>St Marys, 304 S Adams Rd, 99216</td>
<td>928-3210</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Spokane Valley</td>
<td>oursvdp.com</td>
<td></td>
</tr>
<tr>
<td>Spangle Food Bank</td>
<td>305 E 2nd, POB 239</td>
<td>701-4532</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2-3 4th W</td>
<td>only in 99031, -170 Linda Chase spanglecommunitychurch.org spangleonfb.org</td>
<td></td>
</tr>
<tr>
<td>Spokane Dream-Ministry Resource Center</td>
<td>2128 N Pines, Ste 1 99216</td>
<td>926-7878</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>12:30-3, T; 11:30-3, W; 1-3 Th clothing only offered on an emergency basis</td>
<td>spokandreamcenter.org</td>
<td></td>
</tr>
</tbody>
</table>

**FOOD BANKS & CLOTHING BANKS NORTH SPOKANE COUNTY**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Closed</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hygiene</th>
<th>Hours</th>
<th>Zip/service area</th>
<th>qualifications/ contact info</th>
</tr>
</thead>
<tbody>
<tr>
<td>God's Closet Admin - Central SDA</td>
<td>804 W Spofford, 99209/POB 9297, 99209</td>
<td>991-1582</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:30-12:30, W area children, 0-18yrs, $1 fee</td>
<td>godscloset.us <a href="mailto:deeppark@spokane.gov">deeppark@spokane.gov</a> godscloset.com</td>
<td></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></td>
<td></td>
<td></td>
<td>FB: 1-5, MWF CB: 1-5, MWF 99006, Deer Park 99110, Clayton; delivery for sick only</td>
<td><a href="mailto:greenhousefoodbank@gmail.com">greenhousefoodbank@gmail.com</a> thegreenhouseonline.org</td>
<td></td>
</tr>
<tr>
<td>Lake Spokane Community Clothing Closet (CLOSED)</td>
<td>6418-A Hwy 291, Annex Nine Mile Falls 99026</td>
<td>276-5472</td>
<td>X</td>
<td></td>
<td></td>
<td>3rd Sat</td>
<td></td>
<td><a href="mailto:clothing@lakespokanecommunitychurch.org">clothing@lakespokanecommunitychurch.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mead (UMC) FB - POB 53</td>
<td>12611 N Wilson, 99021</td>
<td>466-7068</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4-6-45, W, bread &amp; prod 4-5, Sun Mead SD</td>
<td></td>
<td></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></td>
<td></td>
<td></td>
<td>9:30-1:30 TTh, 6-8 Th (By calling) North Spokane, (call in advance, meet at door)</td>
<td>newhoperesource.org</td>
<td></td>
</tr>
<tr>
<td>North Country Food Bank</td>
<td>40015 N Collins Rd</td>
<td>292-2530</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11-2, M, 9-noon W &amp; 6-8 2nd &amp; 4th W 99003, -009, -156 NorthCountryFoodPantry.org Joe &amp; Sandra Harvey <a href="mailto:ncfoodpantry@gmail.com">ncfoodpantry@gmail.com</a>, Joe &amp; Sandra Harvey <a href="mailto:ncfoodpantry@gmail.com">ncfoodpantry@gmail.com</a>, Joe &amp; Sandra Harvey <a href="mailto:ncfoodpantry@gmail.com">ncfoodpantry@gmail.com</a>,</td>
<td></td>
<td></td>
</tr>
<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></td>
<td></td>
<td>9-noon, 1st/3rd Sat protective gear, gloves, masks are requested for use by volunteers, food donations</td>
<td>TumTumPantry on FB</td>
<td></td>
</tr>
</tbody>
</table>

**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
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
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 (DHS)
877-501-2233

Referred and Resources:
-cdc.gov
-insurance.wa.gov
-ready.gov
-ssa.gov
-unitedwayspokane.org/COVID19Resources

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 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.


Greater Spokane Emergency Coordination Center
-EMERGENCY MANAGEMENT 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 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 volunteer Spokane.org

ANIMAL FOOD

SpoAnimal CARE
710 N Napa
https://www.spoanimal.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.

ENERGY AND RENT ASSISTANCE

State and local have assureance or order against lord evictions, and suspend mortgage and rent payments for duration, Sherm ah also suggested 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

Center for Justice 835-5211
35 W Main, Ste 300 99201
cfarjustice.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
Spokane Area Tenants United on FBpage
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.
teria@tenantsunion.org
ambera@tenantsunion.org
Dir: Terri Anderson 464-7620
Amber Abrahamson
### MEAL PROGRAMS AND SITES: SPOKANE

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<td>House of Charity</td>
<td>32 W Pacific</td>
<td>624-7821</td>
<td>cceasternwa.org</td>
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<td>Shalom Ministries</td>
<td>518 W 3rd</td>
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<td>Crosswalk</td>
<td>525 W 2nd</td>
<td>241-1640</td>
<td>vospokane.org</td>
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<td>99201</td>
<td>Cup of Cool Water</td>
<td>drop-in center closed</td>
<td>1106 W Second</td>
<td>747-6686</td>
<td>cufcoolwater.org GG</td>
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<td>99201</td>
<td>The City Gate</td>
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<td>455-9670</td>
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<td>99202</td>
<td>God's Love International</td>
<td>Deer Park Youth Ctr</td>
<td>312-9875</td>
<td>godsloveinternational.com</td>
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<td>99201</td>
<td>Neighborhood Lunch</td>
<td>St Anne's Fellowship Hall, 2120 W 1st</td>
<td>536-1189</td>
<td>stannsspokane.org</td>
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<td>99201</td>
<td>New Hope Ranch</td>
<td>offers 60-80 food boxes</td>
<td>2524 E Queen</td>
<td>954-5145</td>
<td>zahls.comcast.net</td>
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<td>99201</td>
<td>Feed Cheney</td>
<td>204 4th St</td>
<td>381-7002</td>
<td>feedcheney.com</td>
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<td>99202</td>
<td>Women &amp; Children's Free Restaurant &amp; Community Kitchen</td>
<td>1408 N Washington</td>
<td>324-1995</td>
<td><a href="mailto:volunteer@wcfrspokane.org">volunteer@wcfrspokane.org</a></td>
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<td>I-90 overpass</td>
<td>869-6584</td>
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<td>99216</td>
<td>Spokane Valley Baptist</td>
<td>1222 S. McDonald Rd</td>
<td>924-1234</td>
<td>spokanevalleybaptist.com</td>
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<td>99207</td>
<td>Free Neighborhood Breakfast - NW Connect</td>
<td>St Peter FB 4620 N Regal</td>
<td>487-4843</td>
<td>splspokane.org</td>
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<td>99201</td>
<td>NW Connect</td>
<td>Nazarene Church, 4560 N Crestline</td>
<td>487-2781</td>
<td>nwconnect.org</td>
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<td>99201</td>
<td>Calvary Bapt.</td>
<td>203 E 3rd Ave</td>
<td>747-8793</td>
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### FOOD BANKS & CLOTHING BANKS IN WEST PLAINS

**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**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Closed</th>
<th>Food</th>
<th>Clothes</th>
<th>Household</th>
<th>Hygiene</th>
<th>Hours</th>
<th>Zip/service area</th>
<th>qualifications/ contactinfo</th>
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<tbody>
<tr>
<td>Airway Heights Baptist</td>
<td>12322 W Hwy 2</td>
<td>244-2474</td>
<td>X</td>
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<td></td>
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<td>10-noon, 1st/ 3rd St</td>
<td>99001, 99011, 99013, 99022, 99029, 99224</td>
<td>ablcc.us</td>
</tr>
<tr>
<td>Care &amp; Share Thrift Store (Medical Lake) (CLOSED)</td>
<td>211 N LeFevre/PO Box 461</td>
<td>299-9024</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<td>9-5, M, W, St</td>
<td>Anne Starr</td>
<td>MedicalLakeThriftstore.org</td>
</tr>
<tr>
<td>Cheney Food Bank/Clothing Exchange</td>
<td>Wren Pierson Community Center, 630/ 624 3rd, 99004</td>
<td>FB: 233-2325</td>
<td>X</td>
<td>X</td>
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<td>FB: 9-noon, 1st-4th W CB: noon-6 W</td>
<td>99004 (S of I-90); 22014, 99020; (SW edge) 99224, 99032</td>
<td>cityofcheney.org (sign in at door &amp; follow instructions)</td>
</tr>
<tr>
<td>Cleones’ Closet</td>
<td>13114 Sunset Hwy, Airway Heights</td>
<td>321-7071</td>
<td>X</td>
<td>X</td>
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<td>noon-3, MWF</td>
<td>Airway Heights</td>
<td>cleonescloset.com</td>
</tr>
<tr>
<td>Heavenly Help, Crossroads Airway Heights</td>
<td>1118 S King St, Airway Heights</td>
<td>244-9343</td>
<td>X</td>
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<td>8-4, 3rd M</td>
<td>infant, children, women &amp; men</td>
<td>crossroadswestplains.org</td>
</tr>
<tr>
<td>Medical Lake Food Bank</td>
<td>207 S Washington</td>
<td>299-3819</td>
<td>X</td>
<td>X</td>
<td></td>
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<td>10-noon, F</td>
<td>West Plains (not Airway Heights); West Hills, Grandview/ Thorp.</td>
<td><a href="mailto:medicallakecommunityoutreach@live.com">medicallakecommunityoutreach@live.com</a></td>
</tr>
<tr>
<td>Windsor Baptist FB/CB</td>
<td>4404 W Hallet Rd, 99224</td>
<td>455-7816</td>
<td>X</td>
<td>X</td>
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<td>varies</td>
<td>need based</td>
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</table>
FOOD & HYGIENE DONATIONS

Blessings under the Bridge
10212 E 9th, Bldg 600  bulb.org
Spokane Valley 99206  869-6504
Blessingsunderthebridge.com is offering other agencies to coordinate and distribute food and hygiene items.

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  389-2503
info@gbpacks.org
PO Box 30321
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.

Northwest Harvest Spokane Warehouse
1525 W Nora
Pays for blood plasma donations.

CHAS Health  444-8200
203 N Washington, Ste 300, 99201
https://chas.org/health-alerts

Vitalant  800-423-0151
866-418-1002
- Blood Donation:
  - Vitalant
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syruped, on arriave you can be immediately triaged.

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

Mid-City Concerns/Meals on Wheels Spokane 747-3257
1222 W 2nd MOV 232-0864
South Spokane 99021 mowspokane.org
director@mowspokane.org 456-5397
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

Community Centers

American Indian Community Center 355-0886
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 827 W Cleveland 327-1584
Spokane 99205 Fax: 327-9162
info@corbinseniorcenter.org
/Jeff Edwards corbinseniorcenter.org
Pre-cautionary Cleaning and cancelation of larger events.

Deer Park Senior Center
Deer Park City Hall, Lower Level E316 Crawford St 276-2411
PO Box 842, Deer Park 99006

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

Martin Luther King Family Outreach Center
500 S Stone, 99202
milespokane.org 455-8722 x100
check change of FB Hours

Northeast Community Center
4001 N Cook, 99207 487-1603
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

YMCA the Inland Northwest
1126 N Monroe, 99201 777-YMCA
ymca@ymcaspokane.org (9622)
ymcaspokane.org Fax: 720-3783
Closed all location in Spokane and Sandpoint till March 31

multiCare Free E-visits
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
Deaconess North Emergency
8202 N Division, 99208 473-3333
Valley Hospital
924-6650
12606 E Mission
Spokane Valley 99216

MultiCare Indigo Urgent Care
https://www.indigourgentcare.com/coronavirus/

ARGONNE
598-7860
2713 N Argonne Rd
Millwood, 99212
NORTH SPOKANE
598-7744
9420 N Newport Hwy, Ste 103
SHADY 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
1014 W 4th Ave, Ste 100, 99224
CHENY NEIGHBORHOOD CLINIC & EWU STUDENT HEALTH CENTER 19 N 7th St, 99004 235-6151
DEER PARK CLINIC 755-5424
20 E 1st, Ste 99006
MEDICAL LAKE CLINIC 755-5300
75 S 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 483-7355
Call in advance if you suspect exposure to Covid-19 or have symptoms, on arriave you can be immediately triaged.

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

Mid-City Concerns/Meals on Wheels Spokane 747-3257
1222 W 2nd MOV 232-0864
South Spokane 99021 mowspokane.org
director@mowspokane.org 456-5397
Sarah Hall 232-0864
no change, but cleaning. Probably no meal

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YMCA the Inland Northwest
1126 N Monroe, 99201 777-YMCA
ymca@ymcaspokane.org (9622)
ymcaspokane.org Fax: 720-3783
Closed all location in Spokane and Sandpoint till March 31
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 Elementary – 22000 E Wellesley, 99007 - 11-11:30
- KH Grocery Market – 21121 E Wellesley, 99027 - 11-14:15
- CCS/Skyview – 16924 E Wellesley 99216 - 11-11:30
- Trentwood Elementary – 14701 E Wellesley 99216 - 11-14-12:15
- Parkside at Mirabeau Apartments – 2820 N Cherry St, 99216 - 11-11:10
- River Rock Apartments - 12820 E Mansfield Ave, 99216 - 11-14:15
- River Bend Elementary – 17720 E Mission Ave., Spokane Valley, WA 99016
- Valley Mission Park - 11405 E Mission - 11-11:30
- Whimsical Pig Apartments - 13303 E Mission - 11-14:15-12:15
- Eagle Point Apartments - 2718 N Bowdish Rd, 99216 - 11-1-11:30

**Freeman**
15001 S Jackson Rd
Rockford 99030

**Liberty**
624-4415
5 S 29818 North Pine Creek Rd
Spangle 99031
libertysd.us

**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.

**Medical Lake**
565-3100
mlsd.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.

**Nine Mile Falls**
Smiley.org
340-4400
10110 W Charles Rd, 99026

**Orchard Prairie**
467-9517
7626 N Orchard Prairie Rd, 99217
orchardprairie.org

**Valley**
888-284-5719
3034 Huffman Rd, 99181
valleysd.org
937-2413

**West Valley**
924-2150
2805 N Argonne Rd, 99216
wvsd.org

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 WVS will distribute “drive through” meals to go from 11:00 am to 1:00 pm. No paperwork or identification necessary.

**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 Creek 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 a low-income meal plans starting March 24th To April 24

**SAVET**
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
- Balboa
- Finch
- Garfield
- Hutton
- Lidgerwood
- Lincoln Heights
- Longfellow
- Moran Prairie
- Mullan Road
- Ridgeview
- Roosevelt
- Shaw MS
- Rogers HS
- Shadle Park HS
- Ferris HS

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 CAFE SPokane
214 N Cedar St, 99201 960-8529
info@community-minded.org
Community-minded.org
In addition, beginning today, 3/17, the Recovery Cafe is closed to the public and we are unable to serve lunch or host late 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 cafe. 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
624-2378
Crosswalk maybe adding hours with Spokane Public Schools.

CHILD CARE
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
Vanessa Behan Crisis Nursery 2230 E Sprague, 99202 535-3155
kristen@vanessabehan.org
vanessabehan.org Fax: 534-7099
Concerned about the potential increase in child abuse and neglect during the COVC-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.

Veterans

Spokane Veterans Home WA DVA 222 E. 5th Ave
Spokane 99202 344-5770
https://www.dva.gov/veteran-homes/spokane-veterans-home
In Full Lockdown
VA Medical Center, Mann-Grande
Grandstaff 434-7000
4815 N Assembly St, 99205
va.gov
patients and visitors to Mann-Grande VA Medical Center:
As a precautionary measure, MGV/AMC has implemented mandatory screening. Until further notice, normal operating hours for the facility are reduced to 7:00a.m. to 7:00 p.m

Disabilities

Resources from John Lemus: 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
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
Community Bldg/Saranac, 25 W Main, Rm North #2 (3rd Flr), 99201
dacnw.org 208-618-1191
Starting to cancel events

DDA - Developmental Disabilities Admin (DOSH)
Field Off: 1611 W Indiana, 99205
DDIFSO@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
peoplefirstspokaneonfb.org
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.

Skils’kin
4004 E Boone Ave, 99202
skils-kin.org
326-6760
Fax: 323-8987
No info so far

Spokane Center for Independent Living (SCIL)
8817 E Mission Ave, Ste 106
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 Occupation 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.
Business, Small & Restaurants


Facebook.com/groups/SaveSpokaneSmallBusinesses/

Grocery Stores

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.

Home Deliveries, Restaurants

https://docs.google.com/spreadsheets/d/1-MwPtgncwVP-N8zqG2ZSpQAtdh22B1I2UY-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 Lp idahosbdc.org
Post Falls 83854 208-665-5085

SNAP Financial Access 456-SNAP
500 S Stone, 99202 snapwa.org
SNAP The Business Center