

RESOURCE GUIDE FOR SPOKANE AREA: 2020 STATE OF EMERGENCY

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 than 10 people. I would encourage 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 earth 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.

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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

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

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_permlinks=293122408319147%2C293109208320467%2C293092354988819%2C293084104989644%2C293038454994209¬if_id=1584395879941242¬if_t=group_activity

KEY FOR CHARTS

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

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

FOOD BANKS & CLOTHING BANKS IN SPOKANE COUNTY

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	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	535-0886		X	X	X		9-4, TTh	Native Americans	(serving clients outside)
Better Living Center	25 E North Foothills, 99207	325-1258		X	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 Children's Shelter
Caritas Outreach Ministries	1612 W Dalke, 99205	326-2249		X		X	X	10:30-1:30, MWTh; 3-6 2nd & 4th T	NW Spokane: offers food boxes, to sick clients outside	caritasoutreach-ministries.org
City Gate Food Bank	170 S Madison, 99201	455-9670		X	X			10-2:30, T-F; CB: by appt Call	99201 (S side of Spokane 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		X	1-4 M-F	drop in for Food bank but will have limited items,	clothing and hygiene will be given in walking around downtown
Helping Hands Food Pantry - St Peter Lutheran Food Bank	4620 N Regal, 99207	487-4843		X				9:00-10:30, 2nd & 4th F	NW Spokane & Hillyard	spspokane.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	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	info@nwconnect.org, nwconnect.org
NW Ecumenical Food Bank - Audubon UMC	3908 N Driscoll, 99205	325-4541, contact Dan Masters/Karen Peacock		X				9:30-12:30, 2nd/ last T	99205 (West of Division-N of Montgomery); Nine Mile Falls	audubonparkumc.org (community in need of volunteers)
Our Place Ministries	1509 W College, 99201	326-7267		X			X	10-12:30, MTTh	River-Montgomery (re-opens March 19 10-3, serves 2 monthly)	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 apt for 3-5 outfits	oursisterscloset@ywcaspokane.org
Salvation Army Family Svcs (ID for all adults; proof of address & of children)	204 E Indiana, 99207	325-6751		X	X	X	X	M & F 9-5; T-Th 9-6:30	all zip codes in Spokane County Volunteers needed	spokane.salvationarmy.org
Serve Spokane	8303 N Division St, 99208	998-5722		X	X	X	X	1-2:30 T, 1-3:30 Th, 9-11:30, 2nd & 4th ST	99208 (VOLUNTEERS NEEDED 9-11 T-F)	ServeSpokane.org (goes for home deliveries to sick)
Southside Food Pantry (CLOSED)	2934 E 27th Ave, 99223	535-2301		X				10:30-12, Sat	99203, -223, Latah/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 - Transitions	920 W 2nd Ave, 99201	455-4249			X		X	8:30-5, MTThF, 10:30-6, W	essential services only	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	otisorchardsjda.org uccsad.org
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

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 (CLOSED)	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	
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, (call in advance, 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	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

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 (DSHS)

877-501-2233

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

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](#) 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

ANIMAL 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.

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

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.
terria@tenantsunion.org
ambera@tenantsunion.org
Dir: Terri Anderson 464-7620
Amber Abrahamson

MEAL PROGRAMS AND SITES: SPOKANE

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 <i>-drop-in center closed</i>	1106 W Second	747-6686	cupofcoolwater.org GG
7p		12:30p	12:30p, 7p	12:30p, 7p	12:30p	8a, 12:30p	99201	The City Gate	170 S Madison	455-9670	-201,-204,-224
12	9/11:30/5	9/11:30/5	9/11:30/5	9/11:30/5				God's Love Internat'l	Deer Park Youth Cntr	312-9875	godslveinternational.com
1	6						99202	Neighborhood Lunch	St Anne'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	1-90 overpass	869-6584	butb.org GG, sanitation items
			6				99216	Spokane Valley Baptist Faith Baptist	1222 S. McDonald Rd 2804 E Euclid	924-1234	spokanevalleybaptist.com
					8am	8am	99207	Free Neighborhood Breakfast -	St Peter FB 4620 N Regal	487-4843	splspokane.org
						8, last	99207	NW Connect	Nazarene Church, 4560 N Crestline	487-2781	nwconnect.org
						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

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FOOD BANKS & CLOTHING BANKS IN WEST PLAINS

Organization	Address	Phone	Services					Hours	Zip/service area	qualifications/contactinfo
			Closed	Food	Clothes	Household	Hygiene			
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.

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
Spokane, WA 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.

Northwest Harvest Spokane Warehouse

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

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.

SNAP (Food Stamps) 877-501-2233

Veradale UCC 926-7173

611 N Progress veradaleucc.org
Spokane Valley 99037
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.

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

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 Sfeir
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. Quaintine 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
cceasternwa.org
Practing social distancing, at full capacity, check in by 7pm, offers breakfast lunch and dinner to

guests stying 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
Coord: Shelley Cowin
Offers food, shelter and case management for homeless families, single parents and couples with family stability for up to 90 days.

St Margaret's Shelter 624-9788 CATHOLIC CHARITIES cceasternwa.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
POB 4066, 99220 Fax: 535-0315
info@uniongospelmission.org
uniongospelmission.org Not accepoting new guests at this time

Volunteers of America
525 W Second, 99201
voaspokane@voaspokane.org
voaspokane.org 624-2378
Hope House not acceptin gnew 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 Somestic 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 Hotline: 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 Svc 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 924-6650
12606 E Mission
Spokane Valley 99216

Multicare Free E-visits

[multicare.org/virtualcare](https://www.multicare.org/virtualcare)
with symptoms of fever, cough,
and shortness of breath. use
Promocode COVID19

MultiCare Hospitals [multicare.org](https://www.multicare.org)

-DEACONESS HOSPITAL
800 W Fifth, 99204 458-5800
-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, 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](https://www.nativeproject.org) 483-7535
Call in advance if you suspect
exposure to Covid-19 or have

symptoms, on arrival you can be
immediately triaged.

Providence Health Clinics

[providence.org/patients-and-visitors/coronavirus-advisory](https://www.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](https://www.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

SENIORS

Aging & Long Term Care of Eastern WA - ALTCEW

1222 N Post St, Spokane 99201
action@altcew.org [altcew.org](https://www.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 these
times
FAMILY CAREGIVER 458-7450

Greater Spokane County Meals On Wheels 924-6976

12101 E Sprague Ave, 99206
POB 14278, Spokane Valley 99214
[gscmealsonwheels.org](https://www.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](https://www.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

COMMUNITY CENTERS

American Indian Community Center 535-0886

610 E North Foothills Dr, 99207
aicinfo509@gmail.com [aiccinc.org](https://www.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
cancellation of larger events.

Deer Park Senior Center

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

Hillyard Senior Center

NE COMMUNITY CENTER 482-0803
4001 N Cook, Spokane 99207
hillyardseniorcenter@yahoo.com
[hillyardseniorcenter.org](https://www.hillyardseniorcenter.org)
canceling major events.

Martin Luther King Family Outreach Center

500 S Stone, 99202
[mlkspokane.org](https://www.mlkspokane.org) 455-8722 x100
check change of FB Hours

Northeast Community Center

4001 N Cook, 99207 487-1603
[necommunitycenter.com](https://www.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

1124 W Sinto Ave 327-2861
Spokane 99201 [sintocenter.com](https://www.sintocenter.com)
NO info

Southside Community Center

3151 E 27th Ave, Spokane 99223
[southsidescc.org](https://www.southsidescc.org) 535-0803
Pre-cautionary cleaning and
sanitization.

Spark Central

1214 W Summit Pkwy, 99201
[programs@spark-central.org](https://www.programs@spark-central.org)
[spark-central.org](https://www.spark-central.org) 279-0299
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

1603 N Belt St, 99205 326-9540
[westcentralcc.org](https://www.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](https://www.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

1126 N Monroe, 99201 777-YMCA
ymca@ymcaspokane.org (9622)
[ymcaspokane.org](https://www.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
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 cheneysd.org
12414 S Andrus, 99004 **559-4599**
Breakfast and lunch meals will be distributed beginning Wednesday, March 18. No specific pickup location or times have been determined yet.

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 Wellsley, 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 freemansd.org
15001 S Jackson Rd **291-3695**
Rockford 99030

LIBERTY **624-4415**
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**
116 W 3rd, 99022 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 9mile.org **340-4300**
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 wvdsd.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.

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 and low-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
- 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 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.

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
kristena@vanessabehan.org
vanessabehan.org Fax: 534-7099
Concerned about the potential increase in child abuse and neglect during the COVIC-19 crisis with schools closed six weeks, is offering support to children and families on its website and social media. Parents with limited support face difficult decisions about child care. Vanessa Behan is considering how to increase services for parents needing child care.

VETERANS

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, MGVAMC 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/>

<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.

SKILS'KIN 326-6760

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

Spokane Center for Independent Living (SCIL)

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.

BUSINESS, SMALL & RESTAURANTS

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

<facebook.com/groups/SaveSpokaneSmallBusinesses/>

Grocery Stores

Safeway, Albetrtsons

<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_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 Lp idahosbdc.org
Post Falls 83854 **208-665-5085**

SNAP Financial Access 456-SNAP 500 S Stone, 99202 snapwa.org **SNAP THE BUSINESS CENTER**