

# **INFORMATION AND RESOURCES FOR MILITARY SERVICE MEMBERS AND THEIR FAMILIES**

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**Reach out to your Military Family Programs Offices  
Indiana Air and Army National Guard, Air and Army Reserves have Family Programs Staff available to assist you with additional information, resources and programs, offices are located in various locations in Indiana.**

**Updated 1 April 2020**

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**INFORMATION AND RESOURCES – INTRODUCTION**

Community partners in and around the Fort Wayne/Allen County area offered to support our community and available for our military members and their families. Information, referrals and resources are provided by the Airman and Family Readiness Programs IAW with DoDIs, CNGBIs and AFIs related to Family Readiness Programs.

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Airman and Family Readiness programs is providing these programs, services and resources to support Airman and Family Readiness required through Air Force Instructions and Desktop Guides to meet the intent of the Core Services provided.

**~ BE SAFE – BE HEALTHY ~**

**IF you think you have been exposed to COVID-19** and develop a fever and symptoms, such as cough or difficulty breathing, **call your healthcare provider** for medical advice.

**IF you are sick with COVID-19 or think you might have it**, follow the steps below to protect other people in your home and community:

- ✓ Stay home except to get medical care. Stay in touch with your doctor.
- ✓ Separate yourself from other people in your home. Limit contact with pets and animals.
- ✓ Call ahead before visiting your doctor. If you have a medical appointment, call your doctor’s office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.
- ✓ Wear a facemask if you are sick.
- ✓ Cover your coughs and sneezes.
- ✓ Clean your hands often.
- ✓ Avoid sharing personal household items and clean all "high-touch" surfaces every day.
- ✓ Monitor your symptoms.

**People with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:

- **If you WILL NOT have a test** to determine if you are still contagious, you can leave home after these three things have happened:
  - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND
  - Other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
  - At least 7 days have passed since your symptoms first appeared.
- **If you WILL be tested** to determine if you are still contagious, you can leave home after these three things have happened:
  - You no longer have a fever (without the use medicine that reduces fevers) AND
  - Other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
  - You received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

**WAYS TO HELP** - For information on how to become a partner in Indiana with Building Healthy Military Communities, please contact Sylvia Maixner at [smaixnerbhmc@gmail.com](mailto:smaixnerbhmc@gmail.com), or call at 402-937-5958.

- Donate blood by scheduling a donation with the Red Cross - <https://www.redcross.org/give-blood.html>
- Donate to the United Way’s Central Indiana COVID19 Community Economic Relief Fund: <https://unitedtoact.org/uwci/central-indiana-covid-19-community-economic-relief-fund>
- Reach out to a local food bank to volunteer or donate for food distribution
- CICOA is seeking volunteers to assist aging and home-bound individuals in Central Indiana: <https://cicoa.org/support/volunteer/volunteer-application/>
- Points of Light – Virtual Volunteer Opportunities <https://www.pointsoflight.org/resources/virtual-volunteer-opportunities/>
- Gleaners Food Bank is in need of volunteers to collect and distribute food. To sign up, please visit their website: <https://www.gleaners.org/volunteer/>

**AIR NATIONAL GUARD 122<sup>ND</sup> FW & 181<sup>ST</sup> IW RESILIENCE TEAM**

**122<sup>nd</sup> Fighter Wing**

**181<sup>st</sup> Intelligence**

**Wing**

<p><b>Airman &amp; Family Readiness Program Manager</b>                  Connie Douthat                  Office: 260-478-3409                  Cell: 260-312-9980                  Email: <a href="mailto:connie.s.douthat.civ@mail.mil">connie.s.douthat.civ@mail.mil</a>  <a href="mailto:usaf.in.122-fw.mbx.airman-and-family-readiness@mail.mil">usaf.in.122-fw.mbx.airman-and-family-readiness@mail.mil</a></p> <p><b>Airman &amp; Family Readiness Specialist:</b>                  SSgt Whitney Myers                  Office: 260-478-3409                  Email: <a href="mailto:whitney.j.myers3.mil@mail.mil">whitney.j.myers3.mil@mail.mil</a>  <a href="mailto:usaf.in.122-fw.mbx.airman-and-family-readiness@mail.mil">usaf.in.122-fw.mbx.airman-and-family-readiness@mail.mil</a></p>	<p><b>Airman &amp; Family Readiness Program Manager</b>                  Margaret Amos                  Office: 812-877-5545                  Cell: 812-249-1662                  Email: <a href="mailto:margaret.l.amos6.civ@mail.mil">margaret.l.amos6.civ@mail.mil</a>  <a href="mailto:usaf.in.181-iw.mbx.family-readiness-group">usaf.in.181-iw.mbx.family-readiness-group</a></p>
<p><b>Wing Chaplain:</b>                  Lt. Col. Michael Frese                  Work Cell: 913-547-2292</p>	<p><b>Wing Chaplain:</b>                  Lt. Col. Kent Lundy                  Office: 812-877-5192                  Cell: 260-750-8454                  Email: <a href="mailto:kent.a.lundy.mil@mail.mil">kent.a.lundy.mil@mail.mil</a></p>
<p><b>LCSW/Wing DPH:</b>                  Megan Ross                  Office: 260-478-3733                  Work Cell: 260-403-3931                  Email: <a href="mailto:megan.r.ross3.civ@mail.mil">megan.r.ross3.civ@mail.mil</a></p>	<p><b>LCSW/Wing DPH:</b>                  William (Bill) Little                  Office: 812-877-5726                  Work Cell: 812-230-4505                  Email: <a href="mailto:william.a.little8.civ@mail.mil">william.a.little8.civ@mail.mil</a></p>
<p><b>Sexual Assault &amp; Response Coordinator (SARC):</b>                  Julie Burcroff                  Office: 260-478-3327                  Work Cell: 574-549-4900                  Email: <a href="mailto:julie.b.burcroff.mil@mail.mil">julie.b.burcroff.mil@mail.mil</a></p>	<p><b>Sexual Assault &amp; Response Coordinator (SARC):</b>                  Mary Walker                  Office: 812-877-5700                  Work Cell: 812-264-4511                  Email: <a href="mailto:mary.e.walker176.civ@mail.mil">mary.e.walker176.civ@mail.mil</a></p>
<p><b>Yellow Ribbon:</b>                  Amanda Maple                  Office: 260-478-3704                  Work Cell: 260-255-8025                  Email: <a href="mailto:MapleAM@magellanhealth.com">MapleAM@magellanhealth.com</a></p>	<p><b>Yellow Ribbon:</b>                  Alyssa Koza                  Office: 812-877-5107                  Work Cell: 812-870-2643                  Email: <a href="mailto:alyssa.m.koza.ctr@mail.mil">alyssa.m.koza.ctr@mail.mil</a></p>
<p><b>Personal Financial Counselor:</b>                  Ryan Fisher                  Office: 260-437-8362                  Work Cell: 260-437-8362                  Email: <a href="mailto:PFC.FortWayne.ng@zeiders.com">PFC.FortWayne.ng@zeiders.com</a></p>	
<p><b>Military OneSource</b>                  Your connection to information, answers and support when MilLife Happens. We can help you overcome challenges, reach your goals and thrive. Also get the latest on the coronavirus outbreak for the military community. <a href="http://www.Militaryonesource.mil/">www.Militaryonesource.mil/</a> or call 1-800342-9647</p>	

COVID-19 GENERAL INFORMATION AND RESOURCES		
<b>FEDERAL/NATIONAL</b>		
Centers For Disease Control & Prevention	<ul style="list-style-type: none"> <li>▪ <b>Map</b> Showing number and locations of positive cases – National and Global</li> <li>▪ <b>CDC Recommendations</b> on How To Protect Yourself and What To Do If You Think You Are Sick</li> <li>▪ <b>Community Resources</b> – Home – Schools &amp; Children – Colleges &amp; Universities – Work – Community and Faith Based Organizations – Community Events – Homeless Shelters – First Responders &amp; Law Enforcement – Public Health</li> <li>▪ <b>Updated News</b></li> </ul>	<a href="https://www.cdc.gov/coronavirus/2019-ncov/index.html">https://www.cdc.gov/coronavirus/2019-ncov/index.html</a>
<b>STATE</b>		
Indiana State Corona Virus Website	<ul style="list-style-type: none"> <li>▪ <b>Map</b> showing number and locations of positive cases</li> <li>▪ <b>Official communication</b> from Indiana State Department of Health</li> <li>▪ <b>Contact information</b></li> <li>▪ Public and Professional <b>Resources</b></li> <li>▪ ISDH Corona Virus <b>Hotline</b> Number                             <ul style="list-style-type: none"> <li>▪ 877-826-0011</li> </ul> </li> </ul>	<a href="https://www.in.gov/coronavirus">https://www.in.gov/coronavirus</a>
<b>COUNTY / CITY / LOCAL</b>		
Local Health Department	<p>Visit Indiana State Department of Health on the <a href="http://www.in.gov">www.in.gov</a> website to find your local health department</p> <p>Talking with children about Novel Coronavirus Disease 2019 – A PDF provided by ISDH</p>	<a href="http://www.in.gov/isdh">www.in.gov/isdh</a>
CHILD CARE		
<b>FEDERAL / NATIONAL</b>		
<b>STATE</b>		
Brighter Futures Indiana 1-800-299-1627	<p>A partnership with FSSA Office of Early Childhood and Out-of-School learning and Early Learning Indiana.</p> <p><b>*Note:</b></p> <ol style="list-style-type: none"> <li>1. Transitional Child Care: if you lose a source of income, has been extended past the current 16 weeks provided. Effective March 20, 2020, families are provided an additional 16 weeks for a total of 26 weeks.</li> <li>2. Excessive Absence: Effective March 20, 2020 through October 3, 2020 benefits will not be automatically terminated in the event a family fails to use benefits due to illness or quarantine.</li> <li>3. Any provider trying to set up a temporary care location due to closures, should contact OECOSL to work with them and licensing.</li> </ol>	<p><a href="http://www.brighterfuturesindiana.org">www.brighterfuturesindiana.org</a></p> <p>OECOSL – Office of Early Childhood &amp; Out of School Learning</p>
Childcare Aware 1-800-299-1627	Child Care Resource and Referral Agency (CCR&R) can connect parents with local child care options and provide referrals for support and military family resources	<a href="https://www.in.gov/fssa/carefinder/5712.htm">https://www.in.gov/fssa/carefinder/5712.htm</a>

INFORMATION AND RESOURCES cont.

Early Childhood Alliance 260-475-2501	Early child care and education in state-licensed and nationally accredited learning centers in Fort Wayne	<a href="https://www.ecalliance.org/">https://www.ecalliance.org/</a>
Indiana Family & Social Services Administration  <u>Hoosiers Serving Hoosiers:</u> connecting those to support others for Child Care, Individuals with Disabilities or Older Adults – form is available online	FSSA connects Hoosiers with social services, health care and the community. <ul style="list-style-type: none"> <li>▪ Aging Services</li> <li>▪ Disability</li> <li>▪ Early Childhood</li> <li>▪ Family Resources</li> <li>▪ Long Term Care Ombudsman</li> <li>▪ Mental Health &amp; Addiction</li> </ul>	<a href="http://www.in.gov/fssa">www.in.gov/fssa</a>  Interested in serving Hoosiers complete the form at: <a href="https://www.in.gov/fssa/5769.htm/">https://www.in.gov/fssa/5769.htm/</a>
Indiana Family & Social Services Administration  <u>Interactive Food Assistance Map</u>	Created in partnership with Indiana Family and Social Services Administration, state food banks, the Indy Hunger Network, and Feeding Indiana’s Hungry	<a href="https://www.in.gov/fssa/dfr/5768.htm">https://www.in.gov/fssa/dfr/5768.htm</a>
<b>COUNTY / CITY / LOCAL</b>		
Chances and Services Youth 1101 South 13 <sup>th</sup> Street Terre Haute IN 47802 800-886-3952 Fax 812-232-1731	Program to improve children’s lives through parent education, quality child care resources, and leadership on children’s issues throughout the community.	<a href="http://www.casonline.org">www.casonline.org</a>
<b>CHILD &amp; YOUTH</b>		
<b>FEDERAL / NATIONAL</b>		
Talking with Children About Novel Corona Virus Disease 2019	<u>Talking with children about Novel Coronavirus Disease 2019</u> – PDF Provided by ISDH	<a href="https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html">https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html</a>
Big Brother Big Sisters	Mission is to create and support one-to-one mentoring relationships that ignite the power and promise of youth.	<a href="https://www.bbbs.org/">https://www.bbbs.org/</a>
National Diaper Bank Network	Locate your community diaper banks <ul style="list-style-type: none"> <li>▪ <u>(Indiana</u> – Bloomington, Indianapolis, Muncie, Terre Haute)</li> </ul>	<a href="https://nationaldiaperbanknetwork.org/member-directory/">https://nationaldiaperbanknetwork.org/member-directory/</a>
<b>STATE</b>		
<b>COUNTY / CITY / LOCAL</b>		
Covered with Love Terre Haute IN 812-870-1819	Call to schedule an appointment, appointments are Mon-Fri, you will need to provide ID - 2 forms requestor and 1 form child	<a href="https://www.coveredwithloveinc.org/">https://www.coveredwithloveinc.org/</a>
Indiana Diaper Bank 317-855-0533	Call 211 to be connected to a diaper program partner	<a href="https://indianadiaperbank.org/">https://indianadiaperbank.org/</a>
Indy with Kids Facebook Page	Hosting Virtual Play dates and fun videos (317) 455-5289 <a href="mailto:info@indywithkids.com">info@indywithkids.com</a>	<a href="https://www.facebook.com/watch/indywithkids/">https://www.facebook.com/watch/indywithkids/</a>
<b>EDUCATION – ADULTS</b>		
<b>FEDERAL / NATIONAL</b>		
Class Central	Free online Ivy League Courses <ul style="list-style-type: none"> <li>▪ Computer Science</li> <li>▪ Business</li> <li>▪ Humanities</li> <li>▪ Data Science</li> <li>▪ Personal Development</li> <li>▪ Art &amp; Design</li> </ul>	<a href="http://www.classcentral.com">www.classcentral.com</a>
freeCodeCamp	Help people learn to code for free. We accomplish this by creating thousands of videos, articles, and	<a href="https://www.freecodecamp.org/">https://www.freecodecamp.org/</a>

INFORMATION AND RESOURCES cont.

	interactive coding lessons - all freely available to the public	
Indiana Department of Education		<a href="http://www.doe.in.gov">www.doe.in.gov</a>
Montgomery GI Bill	Veterans' GI Bill benefits to continue during COVID-19 pandemic	<a href="https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5403">https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5403</a>
<b>STATE</b>		
U.S. Department of Education	Resources for Higher Education Institutions	<a href="http://www.ed.gov">www.ed.gov</a>
<b>COUNTY / CITY / LOCAL</b>		
VCPL LifeLong Learning Center 812-232-1117 or the Adult Education office at 812.462.4070	Partnership Vigo County School Corporation and VCPL LifeLong Learning Center is a site for High School Equivalency, English as a Second Language (ESL) and Life Skill classes.	<a href="https://www.vigo.lib.in.us/lc/adult-edu">https://www.vigo.lib.in.us/lc/adult-edu</a>
<b>EDUCATION – YOUTH</b>		
<b>FEDERAL / NATIONAL</b>		
U.S. Department of Education	Resources for Elementary and Secondary schools	<a href="http://www.ed.gov">www.ed.gov</a>
National Association for School Psychologists	Research and Practices – Resources: ▪ Talking to Children About COVID-19 (Coronavirus) a Parent Resource	<a href="http://www.nasponline.org">www.nasponline.org</a>
Scholastic	Scholastic is offering a free 20 day trial of their Learn at Home Platform. Access it at the following link:	<a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a>
Various Educational Companies	FREE subscriptions offered	<a href="https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/">https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/</a>
Various Learning Websites  More Educational Ideas Visit: <a href="http://www.ayearofmanyfirstsblogspot.com">www.ayearofmanyfirstsblogspot.com</a>	<p>Switcheroo Zoo</p> <ul style="list-style-type: none"> <li>- Watch, listen and play games to learn about amazing animals</li> </ul> <p>Fun Brain</p> <ul style="list-style-type: none"> <li>- Play games while practicing math and reading skills</li> </ul> <p>National Geographic for Kids</p> <ul style="list-style-type: none"> <li>- Learn about geography and fascinating animals</li> </ul> <p>PBS Kids</p> <ul style="list-style-type: none"> <li>- Hang out with your favorite characters all while learning</li> </ul> <p>Into the Book</p> <ul style="list-style-type: none"> <li>- Go “into the book” to play games and practice reading strategies</li> </ul> <p>Star Fall</p> <ul style="list-style-type: none"> <li>- Practice your phonics skills with these read-along stories</li> </ul> <p>Suessville</p> <ul style="list-style-type: none"> <li>- Read, play games, and hang out with Dr. Suess and his friends</li> </ul> <p>Story Online</p> <ul style="list-style-type: none"> <li>- Have some of your favorite stories read to you by movie stars!</li> </ul> <p>ABC Ya</p> <ul style="list-style-type: none"> <li>- Practice math and reading skills all while playing fun games!</li> </ul> <p>Highlights Kids</p> <ul style="list-style-type: none"> <li>- Read, play games and conduct cool science experiments</li> </ul>	<p><a href="http://www.switcheroozoo.com">www.switcheroozoo.com</a></p> <p><a href="http://www.funbrain.com">www.funbrain.com</a></p> <p><a href="http://www.kids.nationalgeographic.com">www.kids.nationalgeographic.com</a></p> <p><a href="http://www.pbskids.org">www.pbskids.org</a></p> <p><a href="http://www.reading.ecb.org">www.reading.ecb.org</a></p> <p><a href="http://www.starfall.com">www.starfall.com</a></p> <p><a href="http://www.suessville.com">www.suessville.com</a></p> <p><a href="http://www.storyonlineonline.net">www.storyonlineonline.net</a></p> <p><a href="http://www.abcya.com">www.abcya.com</a></p> <p><a href="http://www.highlightskids.com">www.highlightskids.com</a></p>
<b>STATE</b>		
Indiana Department of Education  Digital Education Resources	Indiana Schools – closed through Friday May 1, 2020	<a href="https://www.doe.in.gov/safety/health/covid-19-resources-indiana-schools">https://www.doe.in.gov/safety/health/covid-19-resources-indiana-schools</a>

<b>COUNTY / CITY / LOCAL</b>		
Allen County Schools	Southwest Allen County Schools East Allen County Schools Northwest Allen County Schools	<a href="http://www.sacs.k12.in.us/">http://www.sacs.k12.in.us/</a> <a href="http://www.eacs.k12.in.us/">http://www.eacs.k12.in.us/</a> <a href="http://www.nacs.k12.in.us/">http://www.nacs.k12.in.us</a>
Discovery Education	Offering Free Access to Discovery Education Experience through the remainder of the school year. <ul style="list-style-type: none"> <li>▪ Complete and submit an Experience Access Request form – School Districts - Superintendents – Principals</li> </ul>	<a href="http://www.discovereducation.com">www.discovereducation.com</a>
Share My Lesson	Remote learning community for educators, school support staff, and parents to share ideas, lesson plans, and resources	<a href="http://www.sharemylesson.com">www.sharemylesson.com</a>
Teach from Home	<ul style="list-style-type: none"> <li>▪ A temporary hub of information and tools to help teachers during the coronavirus (COVID-19) crisis</li> <li>▪ Video Calling</li> <li>▪ Livestream Lessons</li> <li>▪ Communicate and Engage with Students</li> <li>▪ Class Website</li> <li>▪ Online Quizzes</li> <li>▪ Real-time Feedback in Docs</li> </ul>	<a href="http://www.teachfromhome.google.intl/en">www.teachfromhome.google.intl/en</a>
<b>EMPLOYMENT</b>		
<b>FEDERAL / NATIONAL</b>		
Air Force Civilian Employee Assistance Program (EAP) 1-866-580-9078	Includes non-appropriated funds, or NAF employees, Guard and Reserve and family members may use the program at no charge to individual or family member	<a href="https://www.afpc.af.mil/Benefits-and-Entitlements/Personal-and-Work-Life/">https://www.afpc.af.mil/Benefits-and-Entitlements/Personal-and-Work-Life/</a>
COVID-19 Resources Freelance Artists	Aggregated list of FREE resources, opportunities, and financial relief options available to artists of all disc	<a href="https://covid19freelanceartistresource.wordpress.com/">https://covid19freelanceartistresource.wordpress.com/</a>
<b>STATE</b>		
Indiana Department of Workforce Development (DWD)	DWD has updated its COVID-19 UI Frequently Asked Questions with important information	<a href="http://www.unemployment.in.gov">www.unemployment.in.gov</a>
Indiana Career Connect	Search for jobs, complete or create resume, free training opportunities and more	<a href="https://www.indianacareerconnect.com/">https://www.indianacareerconnect.com/</a>
Indianapolis Star Newspaper	Companies hiring in Indiana amid the COVID-19 outbreak Article in Indy Star on March 17, 2020 updated online as of April 1, 2020.	<a href="#">Indianapolis Star article published March 17, 2020</a>
<b>Virtual Job Fair</b> INDOT Hosted by Indiana DWD	<ul style="list-style-type: none"> <li>▪ <b>April 16 2020</b></li> <li>▪ 1,000 construction and related job openings through the Indiana Department of Transportation</li> <li>▪ Jobs available in four areas: Summer Seasonal State Workers, Highway Maintenance Techs, Equipment Mechanics and Construction Engineers</li> </ul>	<a href="https://register.gotowebinar.com/register/7684424500148015117">https://register.gotowebinar.com/register/7684424500148015117</a>
<b>COUNTY / CITY / LOCAL</b>		
Fort Wayne Work One- Northeast Indiana Works	Helps people find new or better jobs, choose careers, access training and educational workshops or get the information needed to succeed in today's job market.	<a href="https://www.neinworks.org/workonline">https://www.neinworks.org/workonline</a>
Fort Wayne Job Search	Get matched to your perfect job!	<a href="http://jobs.fortwayne.com/">http://jobs.fortwayne.com/</a>

FINANCIAL		
FEDERAL / NATIONAL		
Dave Ramsey's Financial Peace	Free 14-Day Membership	<a href="http://www.daveramsey.com">www.daveramsey.com</a>
STATE		
Indiana National Guard – Personal Financial Counselor Contractors	<p><b>Teleworking</b> available for support through phone, video and emails. Currently there are several Personal Financial Counselors available, please choose a PFC to work with based on the closest location to you.</p> <ul style="list-style-type: none"> <li>▪ <b>Fred Stutz, CFP®, ChFC®</b> · Evansville Indiana Personal Financial Counselor Phone: 812.202.0140 Email: <a href="mailto:PFC6.IN.NG@Zeiders.com">PFC6.IN.NG@Zeiders.com</a></li> <li>▪ <b>Mark Fiddler, AFC®</b> Tyndall Armory Indianapolis, IN Personal Financial Counselor (PFC) Phone: 616-204-3064 Email: <a href="mailto:PFC7.IN.NG@Zeiders.com">PFC7.IN.NG@Zeiders.com</a> <b>*Note</b> will schedule meeting through Zoom Meetings*</li> <li>▪ <b>Kevin Kensinger, AFC®</b> Grissom AFB – Peru, Indiana Personal Financial Counselor Phone: 765-620-6884 Email: <a href="mailto:PFC4.IN.NG@zeiders.com">PFC4.IN.NG@zeiders.com</a></li> <li>▪ <b>Daryl Ewick, CFP®</b> Grissom AFB – Peru, Indiana Personal Financial Counselor Phone: 765-635-9654 Email: <a href="mailto:PFC.in.usafr@zeiders.com">PFC.in.usafr@zeiders.com</a></li> <li>▪ <b>Ryan Fisher, CFP®</b> 122 Fighter Wing Fort Wayne, IN Personal Financial Counselor Phone: 260-437-8362 Email: <a href="mailto:PFC.FortWayne.ng@zeiders.com">PFC.FortWayne.ng@zeiders.com</a></li> <li>▪ <b>Michael Byrne, AFC®</b> covering the Gary Indiana area Personal Financial Counselor Phone: 224-315-9607 E-mail: <a href="mailto:PFC1.il.ng@zeiders.com">PFC1.il.ng@zeiders.com</a></li> </ul>	<a href="http://www.in.ng.mil">www.in.ng.mil</a>
COUNTY / CITY / LOCAL		
<p><b>Creditors</b></p> <ul style="list-style-type: none"> <li>▪ Banks</li> <li>▪ Credit Card Companies</li> <li>▪ Mortgages</li> <li>▪ Personal Loans</li> </ul>	<p>If COVID-19 is limiting your ability to work and earn a paycheck, you might find it difficult or impossible to keep up with your loan payments or credit card bills. A number of banks, credit unions, and other financial institutions, as well as credit card issuers, are rolling out assistance programs for those who've been financially affected by the outbreak. Speak with your creditors directly, visit their websites to learn what they are offering their customers</p> <p><b>*NOTE:</b> Any financial questions reach out to the Personal Financial Counselors provided for our military and their families listed above to understand the implications of the assistance offered.</p>	Visit websites for your creditors provided on your personal documents.

United Way 1-866-211-9966 (residents of Indianapolis)	<ul style="list-style-type: none"> <li>COVID-19 Community Economic Relief Fund</li> <li>Assistance with bills, rent and food</li> <li>Call and provide zip code for a list of local agencies (not available in all areas)</li> </ul>	<a href="http://www.unitedway.org/recovery/covid19/luw-responses">www.unitedway.org/recovery/covid19/luw-responses</a>
<b>FINANCIAL GRANTS</b>		
<b>FEDERAL / NATIONAL</b>		
Air Force Aid Society	Service members on orders Title 10 or Title 32	<a href="https://afas.org/">https://afas.org/</a>
Army Emergency Relief	Relief is being extended to non-activated Army Guard and Reserve members who might be experiencing financial hardship from a canceled deployment or the Pentagon's travel band	<a href="https://www.armyemergencyrelief.org/news/covid19/">https://www.armyemergencyrelief.org/news/covid19/</a>
EANGUS We Care For America	<ul style="list-style-type: none"> <li>Up to \$500</li> </ul>	<a href="http://www.eangus.org/we-care-for-america">www.eangus.org/we-care-for-america</a>  Visit the link below: <a href="#">WCFA SOP &amp; Application</a>
Healthwell Foundation	COVID-19 \$250 Grant <ul style="list-style-type: none"> <li>Grants awarded through the fund will provide reimbursement assistance for delivered food, medication, telehealth copays and transportation costs associated with COVID-19.</li> <li>For more information on what the fund covers, eligibility and how to apply, visit our fund page</li> </ul>	<a href="http://www.healthwellfoundation.org/fund/covid-19-fund/">www.healthwellfoundation.org/fund/covid-19-fund/</a>  Other fund application:
Navy / Marine Corps		<a href="https://www.nmcers.org/">https://www.nmcers.org/</a>
USA Cares 1-800-773-0387	<ul style="list-style-type: none"> <li>Emergency Assistance – essential bills, including food and utility bills.</li> </ul>	<a href="http://www.eangus.org/we-care-for-america">www.eangus.org/we-care-for-america</a>  Visit the link below: <a href="#">WCFA SOP &amp; Application</a>
VFW Unmet Needs	<ul style="list-style-type: none"> <li>Up to \$1500</li> </ul>	<a href="http://www.vfw.org/assistance/financial-grants">www.vfw.org/assistance/financial-grants</a>
<b>STATE</b>		
Indiana Military Family Relief Fund Must be reviewed by Family Readiness prior to submitting	<ul style="list-style-type: none"> <li>Up to \$2,500</li> </ul>	<a href="http://www.in.gov/dva">www.in.gov/dva</a>
Indiana Military Family Relief Fund COVID-19 Must be reviewed by Family Readiness prior to submitting	<ul style="list-style-type: none"> <li>Up to \$2,500 – Be sure to click on “Click here to access application”. Also has links to national, state and Veteran COVID-19 resources</li> </ul>	<a href="http://www.in.gov/dva">www.in.gov/dva</a>
Indiana National Guard Relief Fund Must be reviewed by Family Readiness prior to submitting	<ul style="list-style-type: none"> <li>Up to \$5,000</li> </ul>	<a href="https://www.in.ng.mil/">https://www.in.ng.mil/</a>
Indiana National Guard Relief Fund COVID-19  POC: Marla Miller 765-416-2989 <a href="mailto:mmiller@inguardrelief.org">mmiller@inguardrelief.org</a>	<ul style="list-style-type: none"> <li>Emergency Relief - up to \$200 Unmarried SM's, \$300 Married SM's, \$500 SM's with children in their home (Walmart gift cards)</li> <li>Following Illness/Quarantine Hardship Grant up to \$2500 (normal application process waived with Senior Staff requests)</li> </ul>	<a href="http://www.in.ng.mil/">www.in.ng.mil/</a>
<b>COUNTY / CITY / LOCAL</b>		
Community Foundation Allen County)	Inspiring local and lasting change. Together.	<a href="https://cfgfw.org/">https://cfgfw.org/</a>
Family Promise of Hendricks County 238 N Vine St Plainfield IN 46168  317-296-3742	Plainfield Indiana area resources <ul style="list-style-type: none"> <li>Financial Assistance Rent, Utilities, Housing and Basic Needs</li> <li>Food Pantry List</li> </ul>	<a href="https://familypromisehendrickscounty.org/relief">https://familypromisehendrickscounty.org/relief</a>

INFORMATION AND RESOURCES cont.

Email: <a href="mailto:info@familypromisehendrickscounty.org">info@familypromisehendrickscounty.org</a>	<ul style="list-style-type: none"> <li>▪ Employment – currently hiring companies</li> </ul>	
Northeast Base Community Council <b>Note:</b> Must be reviewed by Family Readiness prior to submitting	<ul style="list-style-type: none"> <li>▪ Up to \$650-One time only. Application must be reviewed Family Readiness prior to submission</li> </ul>	<a href="http://fortwaynebcc.org/">http://fortwaynebcc.org/</a>
Township Trustees	Provides emergency assistance to individuals and families in need who qualify based on township assistance standards.	<a href="https://indianatownshipassoc.org">https://indianatownshipassoc.org</a>
United Way of Allen County	Developing an Emergency Relief Fund	<a href="https://www.unitedwayallencounty.org/">https://www.unitedwayallencounty.org/</a>
<b>FOOD</b>		
<b>FEDERAL / NATIONAL</b>		
Food Safety	Fruit and <b>Vegetable Safety Eating</b> a diet with plenty of fruits and vegetables provides important health benefits, but it's important to select and prepare them safely. <b>Food Safety</b> by Type of <b>Food</b> Some <b>foods</b> are more frequently associated with <b>food</b> poisoning than others.	<a href="http://www.foodsafety.gov">www.foodsafety.gov</a>
<b>STATE</b>		
State of Indiana	<ul style="list-style-type: none"> <li>▪ The CDC, FDA, and ISDH are not aware of any reports at this time of human illnesses that suggest COVID-19 can be transmitted by food or food packaging. However, it is always important to follow good hygiene practices (i.e., wash hands and surfaces often, separate raw meat from other foods, cook to the right temperature, and refrigerate foods promptly) when handling or preparing foods</li> </ul>	<a href="https://coronavirus.in.gov/files/IN_COVID-19_FoodGuidance_03.20.20.pdf">https://coronavirus.in.gov/files/IN_COVID-19_FoodGuidance_03.20.20.pdf</a>
Indiana 211	<p>A free and confidential service that helps Hoosiers across Indiana find the local resources need.</p> <ul style="list-style-type: none"> <li>▪ Food &amp; Clothing</li> <li>▪ Health Care</li> <li>▪ Education &amp; Employment</li> <li>▪ Tax Assistance</li> <li>▪ Mental Health &amp; Addictions</li> <li>▪ Housing &amp; Utility Assistance</li> <li>▪ Children &amp; Family</li> <li>▪ Advanced Search</li> </ul> <p><b>Available 24 hours a day / 7 days a week</b></p>	<a href="http://www.in211.org">www.in211.org</a>
Indiana Division of Family Resources (DFR) 800-403-0864	<ul style="list-style-type: none"> <li>▪ At least one (DFR) physical office in every Indiana County will remain open for business. However, in an effort to keep social contact to a minimum and prevent the spread of the coronavirus (COVID-19), DFR strongly urges Hoosiers to consider submitting applications for the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) or health coverage (Medicaid) online. <ul style="list-style-type: none"> <li>▪ Applications can be submitted at <a href="http://www.fssabenefits.in.gov">www.fssabenefits.in.gov</a></li> <li>▪ Health coverage applications can also be completed by calling 800-403-0864</li> </ul> </li> </ul>	<a href="http://www.fssabenefits.in.gov">www.fssabenefits.in.gov</a>

INFORMATION AND RESOURCES cont.

<p>Indiana WIC 1-800-522-0874</p>	<ul style="list-style-type: none"> <li>▪ Remains open and continuing daily operations <i>*Note:</i> Please be aware WIC local agencies have been given the flexibility to complete WIC appointments over the telephone</li> <li>▪ These appointments include enrollment, recertification, nutrition education/issuing benefits, breastfeeding support and referrals to other services.</li> <li>▪ Currently, WIC operations will vary by region/WIC local agency so please contact your local WIC clinic directly for additional details or questions.</li> </ul>	<p><a href="https://www.in.gov/isdh/19691.htm">https://www.in.gov/isdh/19691.htm</a></p>
<b>COUNTY / CITY / LOCAL</b>		
<p>Allen County Division of Family Resources</p>	<p>Provides resources and links to services available in Allen County</p>	<p><a href="https://www.in.gov/fssa/dfr/3195.htm">https://www.in.gov/fssa/dfr/3195.htm</a> 1-800-403-0864</p>
<p>Associated Churches Food Pantries</p>	<p>Provides food to community through a network of food pantries.</p>	<p><a href="https://www.associatedchurches.org/local-food-pantries">https://www.associatedchurches.org/local-food-pantries</a></p>
<p>Community Harvest Food Bank</p>	<p>Provides up to 100lbs per month for six months to current military and veterans</p>	<p><a href="https://www.communityharvest.org/">https://www.communityharvest.org/</a></p>
<p>Growing Places Indy</p>	<ul style="list-style-type: none"> <li>▪ Local Farmers and food providers offering produce via delivery and pick up</li> <li>▪ SNAP matching program 1 to 1 match plus an additional match with fresh bucks</li> </ul>	<p><a href="http://www.growingplacesindy.org">www.growingplacesindy.org</a></p>
<p>Indianapolis &amp; Marion County Covid-19 Resources</p>	<ul style="list-style-type: none"> <li>▪ Indianapolis Community Resources Page:</li> <li>▪ Food access and distribution</li> <li>▪ Utilities support</li> <li>▪ Support for artists and small businesses</li> <li>▪ Support for workers</li> <li>▪ Child care</li> <li>▪ At-Home entertainment</li> <li>▪ Donations and Volunteer Opportunities</li> </ul>	<p><a href="http://www.indy.gov">www.indy.gov</a></p>
<p>Indianapolis Public Schools (IPS)  IPS Service Center (317) 226.4000</p>	<p>Partnered with Gleaners Food Bank of Indiana, Inc., to provide additional nutritional support for all IPS students and families in central Indiana during the COVID-19 health crisis.</p> <ul style="list-style-type: none"> <li>▪ IPS buses will pick up and deliver Gleaners' meal packages to 25 locations throughout the city. Distribution will be held from 4 to 6 p.m. Mondays and Fridays, beginning Friday, March 20. Families will receive one 17-pound box of food, which includes a variety of non-perishable meal-making items to supplement their daily nutrition. <b>Identification is not needed.</b></li> </ul>	<p>Distribution link: <a href="https://myips.org/blog/district/ips-and-gleaners-join-forces-to-feed-students-families/?fbclid=IwAR1V9Blt4EvVvhvNLCiu-ahxutwMYbcPXgTJcggDyD8ycji5A4inX-Ib7rY">https://myips.org/blog/district/ips-and-gleaners-join-forces-to-feed-students-families/?fbclid=IwAR1V9Blt4EvVvhvNLCiu-ahxutwMYbcPXgTJcggDyD8ycji5A4inX-Ib7rY</a></p>
<p>Indy Hunger Network Marion County Indiana</p>	<p>Find food assistance by visiting their <b>website</b> or on the <b>Community Compass App</b> (available for smart phones) or <b>Text 'Hi'</b> to <b>317-434-3758</b>, to be directed to the closest food resource</p>	<p><a href="https://www.indyhunger.org/find-help/">https://www.indyhunger.org/find-help/</a></p>
<p>Indy Parks and Recreation</p>	<p>Free evening meals for youth 18 and under Partnered with Second Helping to provide sandwiches to adults Schedule available on their website</p>	<p><a href="http://www.indy.gov/agency/department-of-parks-and-recreation">www.indy.gov/agency/department-of-parks-and-recreation</a></p>
<p>Martin Luther King Community Center (Indianapolis)</p>	<p>Offering a meal delivery program for those without access to transportation:</p>	

<p>317-923-4581 Email: <a href="mailto:info@MLKCenterIndy.org">info@MLKCenterIndy.org</a></p> <ul style="list-style-type: none"> <li>Volunteers Needed to Deliver Meals</li> </ul>	<p>Complete their required form before 9:00 a.m. to have lunch and/or dinner delivered to your home between 11am and 1pm the same day.</p> <ul style="list-style-type: none"> <li>Finds a community center delivering close to you. You must complete this form every day.</li> <li>Call 317-923-4581 with questions or email <a href="mailto:Info@MLKCenterIndy.org">Info@MLKCenterIndy.org</a> <a href="https://docs.google.com/forms/d/e/1FAIpQLSfY6yEARenfWR_5u_LwHL79668Z9cwl_4BylR5ia590rc0zKA/viewform?fbclid=IwAR0LsREAx0Ys6ZwU2XRvZjnUCATcQt6hcmZz0igo49ppudeW2PNrKteiyhs">https://docs.google.com/forms/d/e/1FAIpQLSfY6yEARenfWR_5u_LwHL79668Z9cwl_4BylR5ia590rc0zKA/viewform?fbclid=IwAR0LsREAx0Ys6ZwU2XRvZjnUCATcQt6hcmZz0igo49ppudeW2PNrKteiyhs</a></li> </ul>	
<p>St. Mary's Soup Kitchen and Rescue Mission</p>		<p><a href="https://stmarysfw.org/st-marys-soup-kitchen/">https://stmarysfw.org/st-marys-soup-kitchen/</a></p>
<p>Various Church Food Pantries</p>	<p>Local church programs offer food pantries / meal programs in their communities – visit your church ministries websites for local programs offered</p>	
<p>Various School Corporations / Districts</p>	<p>Food assistance / meals for students / all ages</p>	<p>Visit your school districts website</p>
<p><b>GOVERNMENT</b></p>		
<p><b>FEDERAL / NATIONAL</b></p>		
<p>Department of Health and Human Services - Public Health Emergency</p>	<p>To assist state, local, tribal, and territorial partners in their planning efforts, the U.S. Department of Health and Human Services (HHS) Office of the Assistant Secretary for Preparedness and Response has developed the following checklist. It identifies specific activities your jurisdiction can do now to prepare for, respond to, and be resilient</p>	<p><a href="#">COVID-19 Healthcare Planning Checklist</a> Provider Resource Checklist</p> <p><a href="https://phe.gov">https://phe.gov</a></p>
<p>Department of Veterans Affairs</p>		<p><a href="https://www.va.gov/">https://www.va.gov/</a></p>
<p>National Guard</p>	<p>Provides information on the National Guard coronavirus response</p>	<p><a href="https://www.nationalguard.mil/coronavirus/">https://www.nationalguard.mil/coronavirus/</a></p>
<p>Secretary of Treasury</p>	<p>U.S. government will postpone the April 15 tax-payment deadline for millions of individuals, giving Americans another 90 days to pay their 2019 income-tax bills. The deadline for filing taxes has been moved to July 15 2020.</p> <p>The delay is available to people who owe \$1 million or less and corporations that owe \$10 million or less.</p>	
<p>Small Business Administration</p> <p>Indiana nonprofits may qualify for low-interest federal loans of up to \$2 million at 2.75 percent and terms up to 30 years for financial losses due to COVID-19. Since SBA issued a disaster declaration for Indiana, funds are available through the agency's Economic Injury Disaster Loan program.</p>	<p>If you need immediate assistance, please contact the Indiana District Office at 317-226-7272</p> <ul style="list-style-type: none"> <li>For 7(a) SBA Express eligibility / originations questions: <a href="mailto:7aQuestions@sba.gov">7aQuestions@sba.gov</a> / 877-475-2435.</li> <li>For 7(a) / SBA Express Servicing questions: <a href="mailto:FSC.Servicing@sba.gov">FSC.Servicing@sba.gov</a> / 800-347-0922</li> <li>For password resets and other access issues: <a href="mailto:cls@sba.gov">cls@sba.gov</a></li> <li>For SBA One related questions: <a href="mailto:sbaone@bnymellon.com">sbaone@bnymellon.com</a> / 877-245-6159 - Option 5</li> </ul> <p>For 504 loan questions: 504 <a href="mailto:Questions@sba.gov">Questions@sba.gov</a></p>	<p><a href="https://www.sba.gov/about-sba/sba-newsroom/press-releases-media-advisories/sba-updates-criteria-states-requesting-disaster-assistance-loans-small-businesses-impacted">https://www.sba.gov/about-sba/sba-newsroom/press-releases-media-advisories/sba-updates-criteria-states-requesting-disaster-assistance-loans-small-businesses-impacted</a></p> <p>To submit an online loan application or receive additional information, go to the following link: <a href="https://www.sba.gov/funding-programs/disaster-assistance">https://www.sba.gov/funding-programs/disaster-assistance</a></p>
<p><b>STATE</b></p>		

<p>Indiana Department of Veterans Affairs 317-232-3910</p> <ul style="list-style-type: none"> <li>▪ New eligibility requirements for the MFRF COVID-19 application:</li> <li>▪ Veteran must have written documentation proving that their position and/or job has been affected by COVID-19, e.g. a letter from an employer, a letter from a supplier.</li> <li>▪ Proof of hardship as a result of COVID-19, e.g. a letter from an employer on official letterhead detailing a period in which the veteran will lose income as a result of COVID-19</li> </ul>	<p>Indiana Department of Veterans Affairs to award veterans assistance during COVID-19 emergency through the Military Family Relieve Funds COVID-19 Special Application. The Military Family Relief Fund COVID-19 Emergency Assistance program is designed to assist military families that are experiencing financial hardship. The funds are provided to assist these families in sustaining essential household expenses during this National Emergency</p> <p style="text-align: center;"><u>IN DVA POCs</u></p> <ul style="list-style-type: none"> <li>• Kevin Hinton – IN DVA District State Service Officer, Southwest Cell: (317) 726-7853</li> </ul>	<p><a href="https://www.in.gov/dva/files/MFRF_COVID_19_app-outline.pdf">https://www.in.gov/dva/files/MFRF_COVID_19_app-outline.pdf</a></p> <ul style="list-style-type: none"> <li>▪ MFRF eligibility criteria has been adjusted as follows:</li> <li>▪ Removal of requirement that the veteran’s hardship must have occurred as a result of their military service</li> <li>▪ Removal of the requirement that the veteran’s hardship must have occurred as a result of their military service.</li> <li>▪ Removal of the required periods of war or conflict</li> <li>▪ Modification of the \$2,500 lifetime limit to allow the IDVA director to approve MFRF requests in excess of \$2,500.</li> <li>▪ Removal of the veteran’s ability to only utilize the fund to the total of \$2,500, allowing veterans who have previously used the fund to apply for the MFRF COVID-19 relief.</li> </ul> <p>The following are the new eligibility requirements for the MFRF COVID-19 application: Veteran must have written documentation proving that their position and/or job has been affected by COVID-19, e.g. a letter from an employer, a letter from a supplier. Proof of hardship as a result of COVID-19, e.g. a letter from an employer on official letterhead detailing a period in which the veteran will lose income as a result of COVID-19.</p>
<p>Indiana Department Of Workforce Development</p> <p>High Call Volume, wait times longer than usual</p> <p>Questions call suggestion:</p> <p>Monday – Last Names A-E Tuesday – Last Names F-I Wednesday – Last Names J-M Thursday – Last Names N-T Friday – Last Names U-Z Friday – if you missed you day</p> <p>Contact methods: 1-800-891-6499</p>	<p>The Indiana Department of Workforce Development (DWD) is reminding Hoosiers that applying for unemployment insurance benefits is completed electronically. Hoosiers can apply on a computer or smart phone. For more information on unemployment insurance, visit <a href="http://Unemployment.IN.gov">Unemployment.IN.gov</a>. There, Hoosiers can find the Claimant Handbook, Frequently Asked Questions, a link to online filing and more information. Please visit this site information is updated frequently</p> <p><u>IN DWD POCs:</u> Fort Wayne, Indiana</p> <ul style="list-style-type: none"> <li>▪ <u>Disabled Veterans' Outreach Program Specialist</u></li> <li>▪ Mitchel McCammon</li> <li>▪ Office: 812-234-6602</li> <li>▪ Cell: 765-416-2867</li> </ul>	<p><a href="http://www.unemployment.IN.gov">www.unemployment.IN.gov</a></p>

INFORMATION AND RESOURCES cont.

Email: <a href="mailto:AskUIContactCenter@dwd.IN.gov">AskUIContactCenter@dwd.IN.gov</a>	<ul style="list-style-type: none"> <li>▪ Email: <a href="mailto:MMccammon1@dwd.in.gov">MMccammon1@dwd.in.gov</a></li> <li>✓ <u>Local Veterans Employment Representative</u></li> <li>▪ Office: 812-234-6602</li> <li>▪ Cell:</li> <li>▪ Email:</li> </ul>	
Indiana National Guard Page	Provides information on the Air & Army National Guard	<a href="https://www.in.ng.mil/">https://www.in.ng.mil/</a>
Indiana State Department of Health 1-800-457-8283 Text: 1-855-463-5292	<a href="https://secure.in.gov/isdh">Mental Health Considerations During the COVID-19 Outbreak</a>	<a href="https://secure.in.gov/isdh">https://secure.in.gov/isdh</a>
<b>LOCAL</b>		
122 Fighter Wing	122 FW Mission and links to organizations on base to include Airman & Family Readiness	<a href="https://www.122fw.ang.af.mil">https://www.122fw.ang.af.mil</a>
181 Intelligence Wing	181 IW Mission and links to organizations on base to include Airman & Family Readiness	<a href="http://www.181iw.ang.af.mil">www.181iw.ang.af.mil</a>
Allen County Health Department	Visit for updated information on COVID-19 in Allen County	<a href="https://www.allencountyhealth.com/get-informed/covid-19/">https://www.allencountyhealth.com/get-informed/covid-19/</a>
City of Fort Wayne	Visit for updated information on COVID-19 in the City of Fort Wayne	<a href="https://www.cityoffortwayne.org/covid-19.html">https://www.cityoffortwayne.org/covid-19.html</a>
Indiana County Veterans Service Officer	<ul style="list-style-type: none"> <li>▪ Visit website, call or email to find out office hours.</li> </ul>	<a href="https://nvf.org/veteran-service-officers/">https://nvf.org/veteran-service-officers/</a> or 1-888-777-4443
Indianapolis	<p>COVID-19 Community Resources</p> <p>Mayor Joe Hogsett and the City of Indianapolis want to make it as easy as possible for residents to find the community programs and services aimed at helping those impacted by the COVID-19 pandemic. Note: Not a comprehensive list, but intended to quickly connect residents with tools for addressing immediate needs.</p> <ul style="list-style-type: none"> <li>▪ Food access and distribution</li> <li>▪ Utilities support</li> <li>▪ Support for artists and small businesses</li> <li>▪ Support for workers</li> <li>▪ Child care</li> <li>▪ At-Home entertainment</li> <li>▪ Donations and Volunteer Opportunities</li> </ul>	COVID-19 Resources <a href="http://www.indy.ovg">www.indy.ovg</a>
<b>HEALTH (General Non-Medical)</b>		
<b>FEDERAL / NATIONAL</b>		
Bolt for the Heart	<ul style="list-style-type: none"> <li>▪ Virtual 5K</li> </ul>	<a href="https://boltfortheheart.com/quarantine-virtual-5k">https://boltfortheheart.com/quarantine-virtual-5k</a>
HealthCode®	<ul style="list-style-type: none"> <li>▪ Creating healthier people and communities by raising awareness, educating people year-round, and putting on community-wide, goal-based challenges and programs.</li> <li>▪ Fun and rewarding quarterly challenges, education initiatives and corporate wellness offerings, we focus on helping each individual reach their fullest potential; living a healthy life free from preventable diseases</li> <li>▪ Million Mile Month – a Fun opportunity to make walking/running a competition amongst families, work colleagues, or community groups while still practicing social distancing</li> </ul>	<a href="http://www.healthchode.org">www.healthchode.org</a>
<b>STATE</b>		

Indiana Department of Public Health		<a href="https://secure.in.gov/isdh">https://secure.in.gov/isdh</a>
<b>COUNTY / CITY / LOCAL</b>		
Allen County Health Department	Visit for updated information on COVID-19 in Allen County	<a href="https://www.allencountyhealth.com/get-informed/covid-19/">https://www.allencountyhealth.com/get-informed/covid-19/</a>
Planet Fitness	<p><b>TEMPORARILY CLOSED</b> effective through March 31<sup>st</sup></p> <ul style="list-style-type: none"> <li>Visit their Facebook page where they are hosting "Home Work-Ins" – a series of free fitness classes for everyone that will be streamed live daily Monday – Friday at 7 p.m. ET and led by their certified trainers, as well as special guests. No equipment needed and all classes will be 20 minutes or less.</li> </ul>	<a href="#">Planet Fitness Facebook Page</a>
<b>HOUSING</b>		
<b>FEDERAL / NATIONAL</b>		
<ul style="list-style-type: none"> <li><a href="#">Executive Order 20-06</a></li> </ul>	<ul style="list-style-type: none"> <li>No residential eviction proceedings or foreclosure actions may be initiated during the public health emergency. This does not relieve the individual of obligations to pay rent or mortgage payments.</li> <li>All public housing authorities are requested to extend deadlines for housing assistance recipients and required documentation to show eligibility for housing programs.</li> <li>For more information, please see <a href="#">Executive Order 20-06</a>.</li> </ul>	
<b>STATE</b>		
Indiana Housing and Community Development Authority	<ul style="list-style-type: none"> <li>For housing assistance in Indiana, such as information on the Energy Assistance Program (EAP)</li> </ul>	<a href="https://www.in.gov/ihcda/">https://www.in.gov/ihcda/</a>
<b>COUNTY / CITY / LOCAL</b>		
<p>Courtyard / Springhill Suites Mishawaka, IN</p> <p>Contact: Leslie Mikolajewski <a href="mailto:Leslie.mikolajewski@interstatehotels.com">Leslie.mikolajewski@interstatehotels.com</a> Office: 574-273-0192 Cell: 574-339-7443</p>	<ul style="list-style-type: none"> <li>150 rooms available at the GOV rate for anyone in need of assistance/housing</li> <li>Will need to provide Proof of Service (i.e. Military ID), and # of persons</li> </ul>	
<b>INTERNET</b>		
<b>FEDERAL / NATIONAL</b>		
Comcast	<ul style="list-style-type: none"> <li>Comcast will provide free 60 days free Internet for low-income families</li> </ul>	<a href="https://www.internetessentials.com/covid19">https://www.internetessentials.com/covid19</a>
Spectrum Internet Call 1-855-243-8892 to enroll	<ul style="list-style-type: none"> <li>Offering special discounts to households as a result of Covid-19. Beginning Monday, March 16 will offer two free months of internet and Wi-Fi services to new customers in households with Pre-K to 12 or college students who need remote education.</li> <li>Discount will be applied as a credit for your first two months of internet services. We'll waive any installation or pre-payment fees to help get you started.</li> </ul>	<a href="http://www.spectrum.com/internet-service/indiana">www.spectrum.com/internet-service/indiana</a> (locate service areas)

	<ul style="list-style-type: none"> <li>▪ You can qualify for this offer if you:                             <ul style="list-style-type: none"> <li>▪ Have a student of qualifying age at your service address with remote education needs</li> <li>▪ Have not subscribed to our internet services within the past 30 days</li> </ul> </li> <li>▪ In addition, Spectrum Wi-Fi hotspots will be open for public use.</li> </ul>	
<b>STATE</b>		
<b>COUNTY / CITY / LOCAL</b>		
Various Companies Endeavor Communications Frontier Joink	Contact your service provider for any special deals they may be offering due to COVID-19	
<b>MEDICAL</b>		
<b>FEDERAL / NATIONAL</b>		
American Red Cross	First Aid for Opioid Overdoses Online Course. Do you know how to help someone you suspect has overdosed on opioids? This interactive 45-minute online course will provide you with the knowledge and confidence you need to respond to a known or suspected opioid overdose emergency.	<a href="https://www.redcross.org/take-a-class/opioidoverdose">https://www.redcross.org/take-a-class/opioidoverdose</a>
Connecting Kids to Coverage - Indiana	<p>CKC-IN team consists of licensed Indiana Navigators who are ready to assist with the following:</p> <ul style="list-style-type: none"> <li>• Education about the health insurance program you and your family may qualify for.</li> <li>• Enrollment application assistance.</li> <li>• Troubleshoot application issues.</li> <li>• Help you understand your benefits and how to use them.</li> <li>• Answer questions about coverage options, especially <a href="#">Hoosier Healthwise</a>, and the <a href="#">Healthy Indiana Plan</a> (HIP).</li> <li>• Specialized referrals.</li> </ul> <p>Free Indiana insurance application assistance is being completed over the phone and electronically due to COVID-19 social distancing protocol. Please contact a member of our team in the county nearest you from the listing below or email <a href="mailto:navigator@indianarha.org">navigator@indianarha.org</a></p> <p>If you email <a href="mailto:navigator@indianarha.org">navigator@indianarha.org</a> please specify county of residence, your availability for a phone appointment (day and time), and your area of interest: insurance enrollment, SNAP, TANF, or other.</p>	<a href="https://www.indianaruralhealth.org/services/connecting-kids-to-coverage-indiana/">https://www.indianaruralhealth.org/services/connecting-kids-to-coverage-indiana/</a>
Healthwell Foundations	Assistance with Prescriptions	<a href="http://www.healthwellfoundation.org">www.healthwellfoundation.org</a>  <a href="https://www.healthwellfoundation.org/fund/covid-19-fund">https://www.healthwellfoundation.org/fund/covid-19-fund</a>

Medicare – Telehealth Services	Due to the <a href="#">Coronavirus (COVID-19)</a> Public Health Emergency, doctors and other health care providers can use telehealth services to treat COVID-19 (and for other medically reasonable purposes) from offices, hospitals, and places of residence (like homes, nursing homes, and assisted living facilities) as of March 6, 2020. Medicare will pay for these services for patients who have seen the health care provider or another health care provider in the same practice. Coinsurance and deductibles apply.	<a href="http://www.medicare.gov">www.medicare.gov</a>
ShipHappens Find on Facebook	Indiana based initiative that provides access to FREE training in overdose recognition and response utilizing the antidote Naloxone Provides the kits and shipping free of charge to any resident in need	Send Message through their Facebook page Please message our page <a href="#">ShipHappens: A zero barrier access point to Naloxone</a> if you or someone you know would like Naloxone
<b>STATE</b>		
<b>COUNTY / CITY / LOCAL</b>		
<b>MENTAL HEALTH</b>		
<b>FEDERAL / NATIONAL</b>		
American Academy of Pediatrics	Responding to Children’s Emotional Needs During Times of Crisis	<a href="http://www.healthychildren.org">www.healthychildren.org</a>
CDC	<ul style="list-style-type: none"> <li>Resources for mental health support during COVID-19</li> </ul>	<a href="http://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html">www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</a>
Headspace	<ul style="list-style-type: none"> <li>Free Headspace Plus to healthcare providers.</li> </ul>	<a href="https://www.headspace.com/health-covid-19">https://www.headspace.com/health-covid-19</a>
IU Health	<a href="#">10 Things to Do to Calm Your Fears</a>	
Mental Health Care America	<ul style="list-style-type: none"> <li>Text <b>741741</b> for free counseling</li> </ul>	
Military OneSource	Offers online, chats and phone calls	Militaryonesource.mil; 1-800-342-9647
Mission 22	Suicide Prevention and Mental Health Resources for Veterans	<a href="http://www.mission22.com">www.mission22.com</a>
More Than Ever Before	Designed to help people by encouraging them to care for their mental health – and support those they love – every day	
National Association for School Psychologists	Research and Practices – Resources: <ul style="list-style-type: none"> <li>Talking to Children About COVID-19 (Coronavirus) a Parent Resource</li> </ul>	<a href="http://www.nasponline.org">www.nasponline.org</a>
DVA/ PREVENTS The Presidents Roadmap to Empower Veterans to End a National Tragedy of Suicide Initiative	A campaign to improve quality of life, coordinate existing suicide prevention efforts, prioritize related research activities and collaborate the public and private sectors.	<a href="https://www.facebook.com/weareprevents/">https://www.facebook.com/weareprevents/</a>  PREVENTS_MTEB_Partner_Tool kit_FinalPDF
Ten Percent Happier	Provides free coping tools with a focus on managing stress and anxiety	<a href="https://www.tenpercent.com/coronavirusanxietyguide">https://www.tenpercent.com/coronavirusanxietyguide</a>
Valley Oaks	<ul style="list-style-type: none"> <li><a href="#">Managing Your Mental Health During COVID-19</a></li> </ul>	<a href="http://www.valleyoaks.org">www.valleyoaks.org</a>
Virus Anxiety	<ul style="list-style-type: none"> <li>Resources for anxiety and mental health during COVID-19</li> </ul>	<a href="http://www.virusanxiety.com">www.virusanxiety.com</a>

<b>STATE</b>		
Indiana Coalition Against Domestic Violence (ICADV)  <b>Emergency Statewide Hotline 1-800-332-7385</b>	<b>Domestic Violence Hotline</b> <ul style="list-style-type: none"> <li>▪ Resources updated for COVID-19</li> <li>▪ If you're <b>unable to speak safely</b>, you can log onto <a href="http://www.thehotline.org">www.thehotline.org</a> for 24/7 chat or TEXT 'LOVEIS' to 22522</li> </ul>	<a href="http://www.icadvinc.org">www.icadvinc.org</a>
Indiana Air National Guard	<ul style="list-style-type: none"> <li>▪ 122<sup>nd</sup> Fighter Wing Director of Psychological Health -Megan Ross, LCSW cell: 260-403-3931</li> <li>▪ 181<sup>st</sup> Intelligence Wing Director of Psychological Health -William (Bill) Little, LCSW cell: 812-230-4504</li> </ul>	
<b>COUNTY / CITY / LOCAL</b>		
Mental Health America of Northeast Indiana Mental Health Virtual Services	Crisis Text Line – Text MHA to 741741 to be connected to a trained Crisis Counselor Other Helplines and resources available (see link)	<a href="https://mhanortheastindiana.org/coronavirus">https://mhanortheastindiana.org/coronavirus</a>
<b>MILITARY</b>		
<b>FEDERAL / NATIONAL</b>		
<b>STATE</b>		
Army Reserves Indiana - Family Programs	Army Reserves military and family members can reach out to Peggy Ranschaert at 719-366-9259	
Indiana National Guard – State Family Programs	<p>All military branches service members and their families can contact the Indiana National Guard State Family Programs program details are under Family and Troop Resources. Contact your local Family Assistance Specialist or Family Readiness Support Assistant</p> <p>Indiana Air National Guard service members and their families can in addition reach out to the Airman and Family Readiness Programs at either of the IN ANG Family Program offices:  <b>122<sup>nd</sup> Fighter Wing</b> 260-312-9980  <b>181<sup>st</sup> Intelligence Wing</b> 812-249-1662</p>	<a href="http://www.in.ng.mil">www.in.ng.mil</a>
<b>COUNTY / CITY / LOCAL</b>		
<b>MILITARY SUPPORT ORGANIZATIONS</b>		
<b>FEDERAL / NATIONAL</b>		
<b>STATE</b>		
American Legion TFA Grant	TFA provides one-time grants of up to \$1,500 per eligible household.	<a href="https://www.legion.org/financialassistance/244554/how-apply-american-legion-tfa-grant">https://www.legion.org/financialassistance/244554/how-apply-american-legion-tfa-grant</a>
AMVETS	The most inclusive Congressionally-chartered veterans service organization open to representing the interests of 20 million veterans and their families	<a href="https://amvets.org/">https://amvets.org/</a>
<b>COUNTY / CITY / LOCAL</b>		
USO Indiana PO Box 441160 Indianapolis, IN 46244  Mike Hanlon Executive Director	<ul style="list-style-type: none"> <li>▪ Online Learning – Fun Activities being created and offered through social media starting on Monday 23 2020.</li> <li>▪ Military Families this is a way you can stay connected.</li> </ul>	<a href="https://indiana.uso.org">https://indiana.uso.org</a>  <a href="https://facebook.com/usoindiana">https://facebook.com/usoindiana</a>

Amanda Walters Center Operations and Program Manager Cell 317-734-5724	<ul style="list-style-type: none"> <li>Visit USO Indiana Facebook page or their website.</li> </ul>	
Veterans of Foreign Wars (VFW)	We understand the challenges veterans, service members and military families can face and believe that experiencing financial difficulties should not be one of them.	<a href="https://www.vfw.org/UnmetNeeds/?utm_source=google&amp;utm_medium=cpc&amp;utm_campaign=financial-assistance&amp;gclid=Cj0KCOjwyPbzBRDsARIsAFh15Jb4IRgNyCtAkeyGW8dvyLSJeRTK4nHvOrKnt5gLnUEHBZhhF7I_HaoaAg-1EALw_wcB">https://www.vfw.org/UnmetNeeds/?utm_source=google&amp;utm_medium=cpc&amp;utm_campaign=financial-assistance&amp;gclid=Cj0KCOjwyPbzBRDsARIsAFh15Jb4IRgNyCtAkeyGW8dvyLSJeRTK4nHvOrKnt5gLnUEHBZhhF7I_HaoaAg-1EALw_wcB</a>
<b>PETS &amp; PET CARE</b>		
<b>FEDERAL / NATIONAL</b>		
<b>STATE</b>		
<b>COUNTY / CITY / LOCAL</b>		
Allen County SPCA	Our Center is always on the lookout for dog and cat supplies that will keep them healthy, happy, and safe.	<a href="https://www.allencountyspca.org/">https://www.allencountyspca.org/</a>
Hancock County Humane Society	<ul style="list-style-type: none"> <li>Hosting a pet food pantry for pets in need on Saturdays from 10 – 2PM</li> </ul>	
Indianapolis Animal Care Services 317-327-1397	<ul style="list-style-type: none"> <li>Can also direct you to pet resources</li> </ul>	
<b>PUBLIC LIBRARIES</b>		
<b>FEDERAL / NATIONAL</b>		
<b>STATE</b>		
<b>COUNTY / CITY / LOCAL</b>		
Allen County Public Library	Digital Library Available	<a href="https://acpl-cms.wise.oclc.org/">https://acpl-cms.wise.oclc.org/</a>
Indianapolis Public Library	<ul style="list-style-type: none"> <li>IndyPL Library card gives you <b>free</b> access to e-books, music, movies, audiobooks, online courses and more.</li> <li>Partnered with several different platforms to provide these services the same way you might subscribe to more than one movie streaming platform (Netflix, Hulu, and Disney) at home.</li> <li>To see their digital collections, go to their <a href="#">download and stream</a> page. On that page each service has its own tile to tell you details like loan limits and provide links to each service's website or app.</li> <li>Renew or obtain an IndyPL library card <a href="#">online</a>.</li> <li>To assist you, we have created these pages to help you get started:                             <ul style="list-style-type: none"> <li><a href="#">Read e-books and e-comics</a></li> <li><a href="#">Read e-magazines</a></li> <li><a href="#">Watch streaming movies and shows</a></li> <li><a href="#">Listen to audiobooks and picture book read alouds</a></li> </ul> </li> </ul>	<a href="http://www.indlpl.org">www.indlpl.org</a>

	<ul style="list-style-type: none"> <li>▪ <a href="#">Share online stories, games, and activities with kids</a></li> <li>▪ <a href="#">Draw Every Day with Mo Willems and Jarrett Krosoczka</a></li> </ul>	
Owen County Public Library	<ul style="list-style-type: none"> <li>▪ Temporarily Closed</li> </ul>	
Vigo County Public Library	<ul style="list-style-type: none"> <li>▪ VCPL is encouraging their customers to utilize the Library’s <a href="#">digital resources</a> for streaming movies and music, listening to audiobooks, and reading eBooks.</li> <li>▪ Library Wi-Fi can be utilized via the Main Library and West Branch Library parking lots.</li> <li>▪ Visit our <a href="#">website</a> or follow the Library on Facebook and <a href="#">Twitter</a> as we share updates and available resources.</li> <li>▪ Temporary Library Card Number can be obtained by registering online, this will be active for 90 days.</li> <li>▪ Library Book Drops will remain open and due dates will be adjusted when the library reopens for past due items.</li> </ul>	<a href="http://www.vigo.lib.in.us">www.vigo.lib.in.us</a>
<b>UTILITIES</b>		
<b>FEDERAL / NATIONAL</b>		
Various Companies	Providers of essential utility services such as gas and electric, broadband, telecom, water and wastewater services are prohibited from discontinuing service to any customer during the public health emergency	For more information, please see <a href="#">Executive Order 20-05</a> Look your provider up on line to find out their policy.
<b>STATE</b>		
<b>COUNTY/CITY/LOCAL</b>		