

COVID-19 RESOURCES GUIDE

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A note from TELACU Veterans Upward Bound

During this time, we want you to remember to stay safe. With this in mind, we would like to provide you some resources to cope during this time. We would like to thank you for your support; the TELACU Veterans Upward Bound (VUB) has been able to assist veterans with educational services and helping them take that next step in their career.

Best Regards,
The TELACU Veterans Upward Bound Staff

The Veterans Upward Bound Program empowers the men and women who have sacrificially served our nation in the military to transition more effectively into college.

To keep up with the latest information from TELACU Veterans Upward Bound, follow us:

- **Facebook:** <https://www.facebook.com/TELACUVETUB>
- **Instagram:** <https://www.instagram.com/telacuvub/>
- **Twitter:** <https://twitter.com/TELACUVUB>
- **LinkedIn:** www.linkedin.com/in/telacuvub

Help & Crisis Lines

You may be feeling anxiety, worry or fear related to the social disruption caused by COVID-19. Here are some helpful links to help you cope and are FREE!

MILITARY CRISIS LINE

<https://www.veteranscrisisline.net/get-help/military-crisis-line>



[Military Crisis Line: Suicide Prevention Hotline, Chat & Text - Veterans Crisis Line](#)

Welcome to the Military Crisis Line Home; Military Crisis Line Serving those who serve our country. The Military Crisis Line, text-messaging service, and online chat provide free VA support for all Service members, including members of the National Guard and Reserve, and all Veterans, even if they are not registered with VA or enrolled in VA health care. www.veteranscrisisline.net

<https://www.veteranscrisisline.net/get-help/local-resources>

[Suicide Prevention Resources & Support Near Me](#)

No matter what you are experiencing, there are resources and support systems to help. Whether you're looking for clinical care, counseling, assistance with benefits, or something else, we're here. www.veteranscrisisline.net

<https://www.eachmindmatters.org/get-help-now/>

[Get Help Now - Each Mind Matters - California's Mental Health Movement](#)

Get Help Now. If you are feeling suicidal (or if you are concerned about someone), there is help available right now. A trained counselor is ready to talk to you and provide help. www.eachmindmatters.org

<http://www.ochealthinfo.com/bhs/about/nit/oclinks/>

[Orange County, California - OC Links](#)

The OC Links Information and Referral Line provides telephone and online support for anyone seeking information or linkage to any of the Health Care Agency's Behavioral Health Services. www.ochealthinfo.com

<http://www.ocps.org/education-resources/resources-for-the-public/telephone-support/>

[Telephone Support - OCPS](#)

Telephone Support Crisis Prevention Hotline. 1-877-CRISIS or 1-877-724-4747 Toll-free, 24-hour, immediate, and confidential over-the-phone suicide prevention services to anyone, who is in crisis or experiencing suicidal thoughts. www.ocps.org

Los Angeles Community Resources

This document was created by people who are committed to our community's health :-). As long as it is done to help others, you are welcome to add resources or copy them:

https://docs.google.com/document/d/1S-WJaMa4q3yNrEBfSFKEdSQArcNc_MTI2LiUA63Ycyg/mobilebasic?fbclid=IwAR13VGKltFTmJWV7KV8v0GcUIjrCkQPX-ttLFpjUI5yoLEwegQJosLH_qM8

LA County Resource Page

CONFRONTING COVID-19: LA COUNTY RESPONDS <https://lacounty.gov/covid19/>

[Got questions about coronavirus and COVID-19?](#)

Evidence from other countries suggest that like the flu, most people will have mild symptoms and should stay home until 24 hours after fever. Certain people should call their doctor early, including the elderly, pregnant women, those with compromised immune systems or underlying medical problems.

LA COUNTY CLOSURES

<https://lacounty.gov/covid19/closures/>

[COVID-19: County Closures, Cancellations and Service Modifications](#)

LA County Library will close all 86 locations as of March 15 through March 31, 2020. The decision to close libraries was made following guidance from State and local health officials..

Free Covid-19 Testing in LA City

LA City is beginning to test for Covid-19. Those experiencing flu-like symptoms would have to fill out the below to see if they can schedule an appointment. Testing is free!

Testing begins today in the city of Los Angeles. Mayor Garcetti announced last night that if you have symptoms, you can go on the City of Los Angeles website at: <https://lacovidprod.service-now.com/rrs> to sign up to take the test.

Safer at Home FAQ/Information

Below is a FAQ/Information link in case any of our veterans have question about the Safer at Home Order, such as if they can still go to their medical appointments: <https://corona-virus.la/faq>

[“Safer At Home”: What You Need to Know | Help prevent the spread of coronavirus in L.A. County.](#)

To further combat the spread of COVID-19, Mayor Eric Garcetti has issued a “Safer at Home” emergency order — ordering all residents of the City of Los Angeles to stay inside their residences, and immediately limit all movement outside of their homes beyond what is absolutely necessary to take care of essential needs.
corona-virus.la

The below is more for us as staff to know more about the County Code of Safer at Home:

http://file.lacounty.gov/SDSInter/lac/1070029_COVID-19_SaferAtHome_HealthOfficerOrder_20200319_Signed.pdf

Meals for Seniors

Seniors 65 and older are especially vulnerable to severe illness from COVID-19 and should self-isolate at home. To ensure they get meals in a way that reduces exposure, all congregate meal sites will transition to home-delivered or packaged/frozen meals that must be picked up by someone under 65. Use the map on this page for details regarding each location:

<https://covid19.lacounty.gov/covid19/seniors/>



[COVID-19: News for Seniors](#)

Out of an abundance of caution and in response to guidance from the L.A. County Department of Public Health, we are taking the following actions to maintain services to seniors while protecting their health during the coronavirus outbreak:
covid19.lacounty.gov

City of Cudahy Seniors

If you know of a senior citizen, 65 years or older, that lives in the City of Cudahy and does not have access to a daily essential meal. Please have the Senior contact the Cudahy Parks & Recreation Department at **(323) 773-5143, ext. 232**

Senior Citizen Meals by Hilda Solis

Hilda Solis is working hard to ensure that our seniors have meals during this critical time. [Los Angeles County Workforce Development, Aging & Community Services](#) is preparing to distribute packaged and frozen meals for our senior citizens. These meals could be picked up at designated locations by a caregiver, family member, or friend.

<https://www.facebook.com/LACountyWDACS/>

[Los Angeles County Workforce Development, Aging & Community Services - Home | Facebook](#)

Los Angeles County Workforce Development, Aging & Community Services, Los Angeles, CA. 2,183 likes · 907 talking about this. Los Angeles County Workforce Development, Aging & Community Services. www.facebook.com

Los Angeles County, through WDACS

If you would like to find a nearby meal site and/or need a meal delivered to your home, please call 1-800-510-2020 to make arrangements.

Los Angeles County, through WDACS, will continue to expand home-delivered meal services.

For more information, click here: <https://wdacs.lacounty.gov/programs/aaa/enp/>

[Elder Nutrition Program \(ENP\) - Los Angeles County WDACS - Workforce Development, Aging and Community Services \(WDACS\)](#)

The Home-Delivered Meals Program is designed specifically for home-bound individuals. This valuable program not only delivers a nutritious meal on a daily basis, but also serves as a mechanism to check up on the client, thereby providing an additional safety inspection and furthering the ability for him or her to remain home. <https://wdacs.lacounty.gov/>

Food Bank Resource Guide

Provides a list of food banks in the LA County. The hours of operation, distribution process, and other services may have changed. It's important to call the Food Bank to confirm hours of operations and process to receive services. Click on the link below to access the guide:

<https://drive.google.com/file/d/1jdCZhumC8sqDM7WuKXUvY1Cdm2P0P6mv/view?usp=sharing>

Dream Center Food Truck Ministry Distribution

<https://www.dreamcenter.org/outreach/>

Outreach Programs

Since Adopt A Block was established in the year 2000, more than 200,000 lives have been impacted. Through this weekly outreach, the Dream Center partners with many volunteers and other organizations to visit over 23 underserved neighborhoods with the goal of finding a need and filling it. www.dreamcenter.org

Dream Center Food Truck Ministry Distribution Info



Tuesday Site Times, locations & average number of families served:

Site 1 10:30AM - 11:30AM Edgeware 353 E Edgeware Road, Los Angeles, CA 90026

Site 2 10:30AM - 11:30AM Bonnie Brae 273 Bonnie Brae Los Angeles, CA 90057

Site 3 2:30PM - 3:30PM Plaza Del Sol 1300 Plaza del Sol, Los Angeles, CA 90033

Site 4 2:30PM - 3:30PM Gratt's Early Educ in Center 1415 W 5th Street, Los Angeles CA 90017

Site 5 2:30PM - 3:30PM Nickerson Garder., 335 Success Avenue, Los Angeles, CA 90059

Wednesday Site Locations & Times:

Site 1 10:30AM - 11:30AM Hoover 2669 W 9th Street, Los Angeles, CA 90006

Site 2 10:30AM - 11:30AM Chinatown 323 S Avenue 19, Los Angeles, CA 90031

Site 4 2:30PM - 3:00PM Church on the Way 7121 Sherman Way, Van Nuys, CA 91405

Site 5 2:30PM - 3:30PM Norwood W 20th Street & S Oak Street, Los Angeles, CA 90007

Site 7 2:30PM - 3:30PM Imperial Courts 11583 Gorman Avenue, Los Angeles, California, 90059

Thursday Site Locations & Times

Site 1 10:30AM - 11:30AM Logan Street School 1720 Montana Street, Los Angeles, CA 90026

Site 2 10:30AM - 11:30AM 1st & Chicago 2124 E 1st Street, Los Angeles CA 90033

Site 3 2:30PM - 3:30PM Gilbert Lindsay 430 E 41st Place, Los Angeles, CA, 90011

Site 4 2:30PM - 3:30PM Rosemont Elementary 421 Rosemont Avenue, Los Angeles, CA 90026

Site 5 2:30PM - 3:30PM Hollywood 5545 Virginia Avenue, Hollywood, CA 90038

Friday Site Locations & Times:

Site 1 2:30PM - 3:30PM MacArthur Park 645 South Park View, Los Angeles, CA 90057

Site 2 2:30PM - 3:30PM 5th & Union W 5th Street & Union Ave, Los Angeles, CA 90057

Site 3 2:30PM - 3:30PM Estrada Courts 3203 Glenn Avenue, Los Angeles, CA 90023

Saturday Site Locations & Times:

Site 1 10:30AM - 11:30AM Santa Ynez 2127 Santa Ynez Street, Los Angeles, CA 90012

Site 2 10:30AM - 11:30AM William Mead 293 Cardinal Street, Los Angeles, CA 90012

Site 3 10:30AM - 11:30AM Pueblos 54th Street & Long Beach Ave, Los Angeles, CA 90011

Sunday Site Locations & Time:

Site 1 12:30PM - 1:30PM *Angelus Temple 1100 Glendale Blvd, Los Angeles, CA 90026

Approximate time shown- Distribution immediately following second service and until food or last person shows.

Employment Search & EDD Info

LA Job Portal

Employment Opportunities, Emergency Assistance, Healthcare, or Business Assistance.

The City of Los Angeles is coordinating an economic response to help Angelenos who have lost their jobs or have had their hours cut back as a result of COVID-19, so that people can find help and jobs while adhering to the Safer at Home orders issued by Mayor Garcetti and Governor Newsom.

<https://lajobportal.com/>



Healthcare



Healthcare Services
dhs.lacounty.gov
covid19.ca.gov



Medical Care Programs
dhs.lacounty.gov (PDF)
dpss.lacounty.gov



Employment



Unemployment Insurance,
Disability & Paid Family Leave
edd.ca.gov



Employers & Workers
labor.ca.gov



Employment Assistance
WorkSource Centers
YouthSource Centers



Emergency Assistance



Food Pantry Locator
lafoodbank.org



Meals for LAUSD Students
achieve.lausd.net



CalFresh Emergency
Application
dpss.lacounty.gov

Kroger Employment

If you are looking for work right now, Kroger is hiring 10,000 people amid the Coronavirus outbreak. Employment Page: <https://jobs.kroger.com/>

[Jobs at Kroger](#)

The Kroger Company's Manufacturing Division is one of the largest manufacturers of exclusive brand products in the United States. We manufacture more than 3,500 food and non-food products in our 38 manufacturing plants, approximately 45% of our grocery category corporate brand units sold in our supermarkets. <https://jobs.kroger.com/>

Virtual Career Fair by City/Region Events Calendar:

https://success.recruitmilitary.com/events/schedule?utm_source=Influencer&utm_medium=Team+Transition&utm_content=All+encompassing+email&utm_campaign=All+Influencers+Events+Sked

[Nationwide Veteran Career Fair Schedule | RecruitMilitary](#)

To protect our job seekers, clients and staff, we have moved all events through May 31st to a Virtual Career Fair format. You can search for events below.

<https://success.recruitmilitary.com/jobs>

Veteran Career Search Resource Center

https://recruitmilitary.com/job-seekers/resources/resources?utm_source=Hadac&utm_source=Influencer&utm_medium=Influencer&utm_medium=Team+Transition&utm_content=2020+E%26R&utm_content=All+ecompassing+email&utm_campaign=All&utm_campaign=All+Influencers+Veteran+Resource+Center

[Military/Veteran Employment Resource Center Resources for Job Seekers | RecruitMilitary](#)
 Military/Veteran Employment Resource Center. From walking into a job fair with a well-written resume and dressed for success, to learning how to network, approach employers and effectively showcase why you are interested and a fit for a position - preparation is everything!
<https://recruitmilitary.com/>

Military Spouse Resource Center

https://recruitmilitary.com/job-seekers/resources/industries/military-spouse?utm_source=Influencer&utm_medium=Hadac&utm_medium=Team+Transition&utm_content=Influencer+1+Page+-+Spouse+Resource+Center&utm_content=All+ecompassing+email&utm_campaign=All+Influencers+MilSpouse+Resource+Center

[Comprehensive Resources for Veterans and Military Families | RecruitMilitary](#)
 Resources for military spouses. Military Spouse Employment Resource Center. Recruit Military understands that, due to military operational demands, it can be challenging for the military family to navigate their career search. <https://recruitmilitary.com/>

EDD Information

CA has waived the 1 week waiting period for those unemployed or disabled as a result of [#COVID19](#). If a medical professional says you're unable to work, your hours have been reduced OR your employer has shut down you can file a claim: https://edd.ca.gov/about_edd/coronavirus-2019.htm

[Coronavirus 2019 \(COVID-19\)](#)

Coronavirus 2019 (COVID-19) An outbreak of respiratory illness caused by a new coronavirus (COVID-19) has been identified starting in Wuhan, China. edd.ca.gov

Benefit programs available to help California workers who are losing wages due to the impacts of the Coronavirus. For more on this latest news release, visit: edd.ca.gov/newsroom.htm

Dress for Success Virtual Career Coaching for Women

If a woman is interested in a 15-20-minute session with a career coach, we are asking her to take five minutes to fill out this form. Survey: <http://bit.ly/LAVirtualCareerCoaching>



During sessions, our career coaches can provide guidance on topics including:

- Job interviews
- Starting a new job
- Resume review and feedback
- LinkedIn profile review and feedback
- Searching and applying for jobs
- General career guidance

LAUSD Resources

<https://achieve.lausd.net/resources>



Latest News / Resources for Families During School Closures

60 sites available for meal pickup Due to recent developments in the global coronavirus pandemic, Los Angeles Unified is opening Grab & Go Food Centers, giving families 60 sites where they can pick up food for their children.

achieve.lausd.net

Internet Website for LAUSD: <https://achieve.lausd.net/itd>

New ITD / ITD Emergency

Internet Access for Families . Charter Spectrum is offering free broadband and Wi-Fi access for 60 days to households with K-12 students. Call 1-844-488-8395 to learn more.. Comcast is offering similar services to eligible households for 60 days through their Internet Essentials program. Learn more and apply at <https://achieve.lausd.net/domain/4>

Hotlines:

For families: (213) 443-1300

For employees: (213) 241-2700

The hotline is open 6 a.m. to 6 p.m. Monday through Saturday.

Please feel free to call LAUSD with any questions about the COVID-19 virus.

Here is information on other districts:

- Montebello USD
- El Rancho USD
- Lynwood USD
- Dream Center for LAUSD

More info:

pic.twitter.com/L20Mi2CwhN

**Southeast Los Angeles
Grab and Go Food Centers**

The following locations will be serving
FREE MEALS to students.
*Las siguientes locaciones estarán sirviendo
COMIDAS GRATIS a estudiantes.*

🕒 7 am to 10 am Monday through Friday
7 am a 10 am de lunes a viernes

Bell Senior High School
4328 Bell Ave., Bell, CA 90201

Gage Middle School
2880 E. Gage Ave., Huntington Park, CA 90255

Linda Esperanza Marquez Senior High School
6361 Cottage St., Huntington Park, CA 90255

South East Senior High School
2720 Tweedy Blvd., South Gate, CA 90280

South Gate Senior High School
3351 Firestone Blvd., South Gate, CA 90280

Centro Evangelista Ebenezer (Parking Lot)
4665 Clara St., Cudahy, CA 90201
*Please note pick-up time is 1pm to 2pm
Notar que la hora para esta locacion es 1 pm a 2 pm

211 Essential Needs

<http://www.211.org/services/essential-needs>



[Essential Needs | 211.org](#)

It can be difficult to find local help to put food on the table, find a safe place to live, or access affordable healthcare. No matter what you or someone you care about needs right now, 211 can help you find available services and resources in your community.

www.211.org

METRO

This post is being updated as Metro responds to the ongoing situation.

[Sign up for updates from Metro on COVID-19](#)

To assist with social distancing, all Metro Bus riders must board and exit through rear doors only. The front door will remain available to wheelchair riders and those who need the wheelchair ramp. Metro is also requiring all bus operators to use the transparent protective barrier that helps isolate them.

- If you are using the bike rack, please let the bus operator know before exiting the bus — to give you time to get your bike off the rack at the front of the bus.

<https://thesource.metro.net/2020/03/03/metro-coordinating-with-l-a-county-department-of-public-health-in-response-to-recent-reports-of-covid-19/>

[UPDATING: Metro coordinating with Public Health officials on response to coronavirus - The Source](#)

This post is being updated as Metro responds to the ongoing situation. Metro continues to run regular bus and rail service at this time for those who rely on public transportation to access health care, food, and other essential resources. If we are forced to make any service changes, we will ...

thesource.metro.net

Free Internet from Spectrum

Spectrum Broadband and Wi-Fi for 60 days for New K-12 and College Student Households and More
<https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>

[Charter to Offer Free Access and More](#)

Charter to Offer Free Access to Spectrum Broadband and Wi-Fi For 60 Days For New K-12 and College Student Households and More

corporate.charter.com

LA County DPSS

ASSISTANCE AND INFORMATION REGARDING MEDICAL, MEDICARE, CAL FRESH (FOOD STAMPS), AND GENERAL RELIEF (WELFARE).

<http://dpss.lacounty.gov/wps/portal/dpss/main/home/news?1dmy&page=dept.dpss.home.news.detailhidd&urile=wcm%3apath%3a/dpss+content/dpss+site/home/news/fc949f71-e671-4dfd-88dc-04692a874ec6>

County of Los Angeles DPSS - DPSS OFFICES TEMPORARILY CLOSED UNTIL FURTHER NOTICE

This needs to change but will be about the DPSS page
dpss.lacounty.gov

APPLYING FOR BENEFITS - CAL FRESH (FOOD STAMPS) AND/OR GENERAL RELIEF (WELFARE)

<https://www.yourbenefits.laclrs.org/ybn/Index.html>

Los Angeles Department of Public Social Services YourBenefitsNow

ALERT!!! Social Media, Telephone and Cell Phone Text Scam! The EBT Cardholder Call Center reports that a comment posted on social media is advising cardholders to call (877) 449-7795 or cardholders are receiving calls or text messages from (213) 600-5667, (442) 284-5456, (978) 230-0875, (626) 590-9019 or (909) 699-3067. These phone numbers are requesting the cardholder to provide their card ...
www.yourbenefits.laclrs.org

LA County DPSS Home

<http://dpss.lacounty.gov/wps/portal/dpss>

County of Los Angeles DPSS - Home

This needs to change but will be about the DPSS page. <http://dpss.lacounty.gov/wps/portal/dpss>

Seniors Special Times for Shopping

Angelenos 65 and older now have access to purchase groceries at designated times with participating stores to ensure everyone is safe during this crisis.

<https://www.latimes.com/california/story/2020-03-19/senior-shoppers-and-others-at-risk-of-coronavirus-get-special-times-at-these-stores>

Coronavirus shoppers: Seniors, others at risk get special times at these stores - Los Angeles Times

As concerns over the coronavirus pandemic grow and lengthy lines that resemble those for theme park rides snake their way outside grocery stores before the sun even comes up, many retailers have ...
www.latimes.com

SoCal Grocery Stores Hours for Seniors

SOCAL GROCERY STORES OPEN EARLY FOR SENIORS

Rev: 03/21/20

 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ PREGNANT WOMEN DISABLED</p>	 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ PREGNANT WOMEN DISABLED</p>	 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ DISABLED</p>	 <p>7 DAYS A WEEK 7:30 AM - 8 AM SENIORS 65+</p>	 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ DISABLED FIRST RESPONDERS</p>
 <p>7 DAYS A WEEK 7:45 AM - 8 AM SENIORS 65+ DISABLED</p>	 <p>7 DAYS A WEEK 7:30 AM - 8 AM SENIORS 65+ DISABLED</p>	  <p>MONDAY - FRIDAY 7 AM - 9 AM SENIORS 65+</p>	 <p>WEDNESDAYS ONLY 8 AM - 9 AM SENIORS 65+ THOSE WITH MEDICAL CONDITIONS</p>	 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 60+</p>
 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+</p>	 <p>7 DAYS A WEEK 7 AM - 7:30 AM SENIORS 65+</p>	 <p>7 DAYS A WEEK 7 AM - 8 AM SENIORS 65+ DISABLED</p>	 <p>7 DAYS A WEEK 8:30 AM - 9:30 AM SENIORS 65+</p>	 <p>WEDNESDAYS ONLY 7 AM - 8 AM SENIORS 60+</p>
 <p>7 DAYS A WEEK 6 AM - 7:30 AM SENIORS 65+ PREGNANT WOMEN DISABLED</p>	 <p>TUESDAYS ONLY MARCH 24 - APRIL 28 6 AM - 7 AM SENIORS 60+ PHARMACY & VISION OPEN TOO</p>	 <p>7 DAYS A WEEK 9 AM - 10 AM SENIORS DISABLED</p>	 <p>TUESDAYS & THURSDAYS 7 AM - 8 AM SENIORS 65+ PREGNANT WOMAN DISABLED W/COMPROMISED IMMUNE SYSTEMS</p>	 <p>TUESDAYS & THURSDAYS 8 AM - 9 AM SENIORS 60+ *NO GUESTS ADMITTED WITH SENIORS*</p>

 **ULISSES SANCHEZ**

Winter Shelter Program Update



WINTER SHELTER PROGRAM UPDATE SHELTER EXTENSIONS

The following Winter Shelter Programs will be extended past March 31, 2020.

SPA 1: Antelope Valley

- Desert MACC (Lancaster) *Open until September 30, 2020*

SPA 2: San Fernando Valley

- Hope of the Valley (Pacoima) *Open until September 30, 2020*

SPA 3: San Gabriel Valley

- Volunteers of America LA, Bassett Park *Open until April 30, 2020*
- Volunteers of America LA, Steinmetz Park (women's shelter) *Open until April 30, 2020*
- Volunteers of America LA, Pamela Park *Open until April 30, 2020*

SPA 4: Metro Los Angeles

- Weingart (Downtown Los Angeles) *Open until September 30, 2020*

SPA 5: West Los Angeles

- First to Serve (West LA Armory) *Open until April 30, 2020*

SPA 6: South Los Angeles

- Bryant Temple AME (women's shelter), 2514 W. Vernon Ave., 90047 *Open until September 30, 2020*
- Home at Last (men's shelter), 5171 S. Vermont Ave., 90037 *Open until September 30, 2020*
- Home at Last (women's shelter), 5108 S. Central Ave., 90011 *Open until September 30, 2020*
- Home at Last (women's shelter), 5100 S. Central Ave., 90011 *Open until September 30, 2020*

SPA 8: South Bay/Harbor

- US Vets., 1718 Hayes Ave., Long Beach, 90813 *Open until September 30, 2020*

View this announcement on our website [here](#).

Please call shelters directly to verify times.

View the **Winter Shelter Program Guide** in English [here](#) (and Spanish [here](#)) for shelter numbers, locations, and transportation pick-up spots.

For more information, please call the Winter Shelter Hotline at 1-800-548-6047 (available 24 hours a day, seven days a week).

FAFSA

PAUSE STUDENT LOANS - US DEPARTMENT OF EDUCATION

All borrowers with federally held student loans will automatically have their interest rates set to 0% for a period of at least 60 days starting March 13, 2020

<https://studentaid.gov/announcements-events/coronavirus>

[Coronavirus Info for Students, Borrowers, and Parents | Federal Student Aid](#)

Coronavirus Information. We at Federal Student Aid are actively monitoring the new coronavirus/COVID-19 outbreak. If you're concerned about your studies or loan repayment, we can help you understand what to do in certain circumstances.
studentaid.gov

Having trouble making student loan payments? Use the tips below to keep your loans in good standing even if your finances are tight. If you're concerned about repaying your loans due to coronavirus/COVID-19, review your additional options here: [bit.ly/39UacTq](https://studentaid.gov/announcements-events/coronavirus?utm_content=sf119257650&utm_medium=spredfast&utm_source=twitter&utm_campaign=Federal&sf119257650=1#borrower-questions) or

https://studentaid.gov/announcements-events/coronavirus?utm_content=sf119257650&utm_medium=spredfast&utm_source=twitter&utm_campaign=Federal&sf119257650=1#borrower-questions

3 TIPS TO STAY ON TRACK
With Your Loan Payments

- 1. CHANGE YOUR PAYMENT DUE DATE.**
Contact your loan servicer and ask whether you'd be able to switch the date your student loan payment is due.
- 2. CHANGE YOUR REPAYMENT PLAN.**
If you need lower monthly payments, consider an income-driven repayment plan that'll base your monthly payment amount on how much you make.
- 3. CONSOLIDATE YOUR LOANS.**
If you have multiple federal student loans, consider combining them into one loan for one monthly payment.

California State University News

California State University system is taking all the necessary steps to mitigate the disruptions caused by COVID-19 while ensuring the health and safety for our students, faculty, staff and communities.

<https://www2.calstate.edu/apply/Pages/contact-a-campus.aspx>

[Contact a Campus | CSU](#)

CSU Bakersfield Office of Admissions and Records Division of Enrollment Management Student Services Building, 47SA 9001 Stockdale Highway Bakersfield, CA 93311-1022

<https://www2.calstate.edu/>

VA Gill Bill Benefits

Over the past two weeks, VA has worked with Congress to preserve GI Bill benefits for impacted students during this difficult time.

The Senate and House passed S.3503 and the bill will be headed to POTUS to sign, which will give the Department of Veterans Affairs (VA) the authority to continue GI Bill payments uninterrupted in the event of national emergencies.

The new law allows for VA to continue to pay benefits regardless of the fact that the program has changed from resident training to online training.

Also, students will continue to receive the same monthly housing allowance payments that they received for resident training until January 1, 2021, or until the school resumes normal operations of resident training.

VA is working to immediately implement the new changes to address current and future school terms to ensure students continue to receive their education benefits.

What should GI Bill Students know?

There is no action required from a GI Bill student. VA has scheduled several training sessions with all VA approved schools and training facilities over the next couple of days to provide further guidance. We will work closely with schools to ensure enrollments are accurately certified and processed timely. We are committed to providing regular updates to you through direct email campaigns and social media about VA's effort to implement these new changes.

If you have questions about your specific circumstance, please contact the Education Call Center at: 1-888-442-4551 between 8 AM and 7 PM Eastern Time, Monday-Friday.

Student Veterans will continue to receive their GI Bill benefits under S. 3503, which President Trump signed into law March 21, 2020.

<https://www.blogs.va.gov/VAntage/72852/veterans-gi-bill-benefits-continue-covid-19-pandemic/>

[Veterans' GI Bill benefits to continue during COVID-19 pandemic - VAntage Point](#)

Student Veterans will continue to receive their GI Bill benefits under S. 3503, which President Trump signed into law March 21. The law enables VA to continue providing the same level of education benefits to students having to take courses online due to the coronavirus (COVID-19) outbreak. <https://www.blogs.va.gov/VAntage/>

POTUS signed legislation today that will maintain educational benefits for Veterans and their families impacted by the coronavirus outbreak

<https://www.whitehouse.gov/briefings-statements/bill-announcement-89/>



[Bill Announcement | The White House](#)

On Saturday, March 21, 2020, the President signed into law: S. 3503, which clarifies how the Department of Veterans Affairs should treat in-person courses of study that convert to distance ...
www.whitehouse.gov

Military Times

HERE'S FINANCIAL HELP FOR MILITARY FAMILIES CAUGHT IN A CORONAVIRUS QUANDARY:

https://www.militarytimes.com/pay-benefits/2020/03/16/heres-financial-help-for-military-families-caught-in-a-coronavirus-quandary/#.Xm_1rK6TvtA.linkedin



[Here's financial help for military families caught in a coronavirus quandary](#)

Financial help is available for those in the military affected by coronavirus restrictions. (Cpl. Paul Peterson/Marine Corps) As military families grapple with thousands of different difficult ...

www.militarytimes.com

VA Grant and Per Diem NOFA

Apply Now The VA's Grant and Per Diem (GPD) program recently published a Notice of Funding Availability (NOFA) in the federal register. The Transition In Place (TIP) NOFA provides approximately \$40 million in funding for eligible organizations to provide transitional housing beds utilizing the TIP housing model for veterans who are homeless or at risk for becoming homeless.

<https://www.va.gov/HOMELESS/GPD.asp>



[Grant and Per Diem Program - Homeless Veterans Program Description.](#) VA's Homeless Providers Grant and Per Diem Program is offered annually (as funding permits) by the Department of Veterans Affairs Health Care for Homeless Veterans (HCHV) Programs to fund community agencies providing services to homeless Veterans. www.va.gov

Veterans' Health

Need a prescription refill? With the Rx Refill app, you can request, track and view your prescriptions from your mobile or web device. Learn more here:

https://mobile.va.gov/app/rx-refill?utm_source=Social&utm_campaign=RxRefill



[Rx Refill | VA Mobile](#)

The Department of Veterans Affairs' (VA) Rx Refill mobile application (app) allows you to request refills of your refillable VA-issued prescriptions, track VA prescription deliveries, view VA prescription history and access additional medication information on My HealtheVet from the convenience of your mobile device. <https://mobile.va.gov/>

LA County Veteran Service Reps

Cal Vet – State Benefits Contact

Anthony Rodriguez

Local Interagency Network Coordinator (LINC), Veteran Service Division, CalVet

anthony.rodriquez@calvet.ca.gov

www.calvet.ca.gov



Please Note: Here is the listing of all LA County Veteran Service Reps and the offices they are associated with. Use this list to call the closed Vet Rep nearest you or your Vet according to Vet Rep's office location.

LA COUNTY MILITARY AND VETERANS AFFAIRS

Veterans Claims Services

Position	Employee Name	Email	Office Location	City	Zip
Vets Claims Asst II	Joel Castellanos	jcastellanos@mva.lacounty.gov	5901 E. 7 Street Bldg 8 Rm 102	Long Beach	90822
Vets Claims Asst II	Joseph Sapien	jsapien@mva.lacounty.gov	16111 Plummer Street	Sepulveda	91343
Vets Claims Asst. II	Reymundo Borjon	rborjon@mva.lacounty.gov	351 E. Temple St. Rm B307	Los Angeles	90012
Vets Claims Asst. III	Michele Felix	mfelix@mva.lacounty.gov	1045 W. Redondo Beach Blvd	Gardena	90247
Vets Claims Asst. I	Adam Bennett	abenett@mva.lacounty.gov	14181 Telegraph Road	Whittier	90604
Vets Claims Asst. II	Kimberly Hill	khill@mva.lacounty.gov	5730 Uplander Way	Culver City	90230
Vets Claims Asst. II	Hayden Velasquez	hvelasquez@mva.lacounty.gov	1427 W. Covina Pkwy # 100 A	West Covina	90015
Vets Claims Asst. II	Christopher Harris	charris@mva.lacounty.gov	1427 W. Covina Pkwy # 100 A	West Covina	91790
Vets Claims Asst. III	Keith Niesen	kniwsen@mva.lacounty.gov	777 W. Jackman Street	Lancaster	93535
Vets Claims Asst. II	Lance Asamura	lasamura@mva.lacounty.gov	11301 Wilshire Blvd, Bldg 500	Los Angeles	90073
Vets Claims Asst. II	Dorene Hartley	dhartley@mva.lacounty.gov	17171 E. Gale Avenue	Industry	91745
Vets Claims Asst. II	Frank Valencia	fvalencia@mva.lacounty.gov	1427 W. Covina Pkwy, # 100 A	West Covina	91790
Vets Claims Asst II	Tiffany Apodoca	tapodoca@mva.lacounty.gov	5901 E. Street, Bldg 8 Rm 102	Long Beach	90822
Intermediate Typist Clerk	Stephanie Guerrero	sguerrero@mva.lacounty.gov	1816 S. Figueroa St., 2nd Fl	Los Angeles	90015

Intermediate Typist Clerk	Gladys Romero	gromero@mva.lacounty.gov	1816 S. Figueroa St. 2nd Fl	Los Angeles	90015
Vets Claims Asst I	Hector Castillo	hcastillo@mva.lacounty.gov	26111 Bouquet Canyon Road	Santa Clarita	91350
Vets Claims Asst 1	Loida Maculan	lmaculan@mva.lacounty.gov	777 W. Jackman Street	Lancaster	93535
Vets Claims Asst 1	Jonathan Villareal	jvillareal@mva.lacounty.gov	769 W. 3rd Street	San Pedro	90731
Veterans Intern	Dennis Campos	dcampos@mva.lacounty.gov	5901 E. 7th Street Bldg 8 Rm 102	Sepulveda	91343
Veterans Intern	Kenneth Gonzales	kgonzalez@mva.lacounty.gov	1816 S. Figueroa St. 2nd Fl	Los Angeles	90015
Veterans Intern	Alejandra Figueroa	afigueroa@mva.lacounty.gov	1816 S. Figueroa St. 2nd Fl	Los Angeles	90015
Veterans Intern	Ana Aris Judith Alvarado	AriasAlvarado@mva.lacounty.gov	1816 S. Figueroa St. 2nd Fl	Los Angeles	90015

VA Greater Los Angeles Healthcare
[Situation Update - VA Greater Los Angeles Healthcare System](#)

Effective immediately, VA Greater Los Angeles Healthcare System is putting in place new procedures to reduce the risk of COVID-19 (coronavirus) transmission. The following actions have been taken:

- No visitors under the age of 18 will be allowed into our care facilities.
- Veterans who have medical appointments will be allowed to enter our facilities after passing a brief screening.
- Veterans will be allowed one escort to accompany them, and the escort will be allowed to enter our care facilities after passing a brief screening.
- All visitors will be restricted from visiting residents in our Domiciliary and Community Living Centers except for hospice and palliative care.
- Hospitalized inpatients are allowed one visitor who must first check-in at the nursing station after passing a brief screening.
- Vendors and delivery personnel will be allowed access to our care facilities, after passing a brief screening, if the delivery is required for patient care needs.
- Veterans or staff who do not have business at our care facilities will be asked to leave the premises. This is being done to increase social distancing in our healthcare system.

Entrances at our main hospital building (Building 500 on the West LA campus), are still limited to two locations: the **main entrance** (north side) and the **east entrance** (Emergency Department).

These actions are being taken to ensure the safety of our Veterans, staff, and visitors in this rapidly changing environment. Please visit us on [Facebook](#) or [Twitter](#) for updates. For more information on VA's response to COVID-19, please visit <https://www.va.gov/coronavirus/>. Thank you.

Military Veterans Affairs Info – Bob Hope Patriotic Hall

For Veterans who have general questions or want to check on the status of a claim or appeal, please contact the VA at 1-800-827-1000 or the CalVet District Office at (213) 620-2755.

<https://iris.custhelp.va.gov/app/ask>

[Ask a Question - iris.custhelp.va.gov](https://iris.custhelp.va.gov)

The Paperwork Reduction Act of 1995 requires us to notify you that this information collection is in accordance with the clearance requirements of section 3507 of the Paperwork Reduction Act of 1995. We may not conduct or sponsor, and you are not required to respond to, a collection of information unless it displays a valid OMB number. iris.custhelp.va.gov

Bob Hope Patriotic Hall Contacts

Veteran Service Tenants housed at Bob Hope Patriotic Hall may be contacted at the following:

- Veterans America's Job Center of California: 213-742-9560, Herbert Thau, HThau@JVS-SoCal.org
- US Vets: 213-700-6450, Antonio Casasola, ACasasola@usvetsinc.org
- LA County Mental Health: 213-763-0300, Nancy Pelayo, NPelayo@dmh.lacounty.gov, Katherine Guerra, Kguerra@dmh.lacounty.gov
- LA County Bar Association, Veterans Legal Services Project: 213-896-6537, inquiries-veterans@lacba.org
- Community Veteran Justice Project: 818-633-2440, Jodi Galvin, Office.cvjv@gmail.com
- California State University Northridge VITA Tax Service: csu5vita@csun.edu

LA County Department of Mental Health

To better cope with stress during COVID-19, visit the LA County Department of Mental Health website: <https://dmh.lacounty.gov/>

[Department of Mental Health - hope. recovery. wellbeing.](#)

The importance of our work is even more apparent in times like these when the community faces unpredictable and unprecedented challenges. The outbreak of the novel coronavirus (COVID-19) impacts each person's mental wellbeing in different ways: some may feel anxious or unmoored, others may be ambivalent or even frustrated.

<https://dmh.lacounty.gov/>

LA Regional Food Bank

The LA Regional Food Bank continues to be operational. For a food bank location, click here:

<https://www.lafoodbank.org/find-food/pantry-locator/>

[Get Food: Locate a Partner Agency – Los Angeles Regional Food Bank](#)

Enter your address to find your local food pantry. Pantry distribution dates and times are subject to change. Please call the pantry to verify that this information is current.

<https://www.lafoodbank.org/>

California Volunteers

There are plenty of ways to safely help out while following health officials' guidance on COVID19. Here are some options for getting involved in your community.

<https://californiavolunteers.ca.gov/get-involved/covid-19/>

COVID-19 | California Volunteers

For the latest information regarding the novel coronavirus (COVID-19) please visit the California Department of Public Health website. Click here to find out how you can safely help your community during this difficult time. <https://californiavolunteers.ca.gov/>

BEWARE of SCAMS

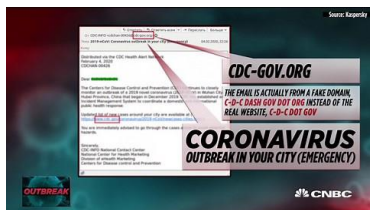
BEWARE of PRICE GOUGING

Protect yourself from price gouging during the COVID19 emergency and report it to LA County DCBA at (800) 593-8222 for investigation.

<https://lacounty.gov/covid19/consumers-businesses/price-gouging/>

Beware of price scams and report fraud!

<https://www.cnbc.com/2020/03/16/what-to-do-if-you-are-facing-financial-hardship-because-of-coronavirus.html>



Beware coronavirus scams

If you are struggling to make ends meet during these uncertain times, you still have many financial options. You may be able to defer credit card payments or take out a personal loan to help until you get back on your feet. <https://www.cnbc.com/>

PenFed Foundation COVID19 emergency assistance program

The financial needs of applicants has exceeded the funding capacity of the Foundation. We are suspending the application process for the time being. We will update the website as we get more information or additional resources. To apply:

<https://penfedfoundation.org/apply-for-assistance/coronavirus-emergency-financial-assistance/?content=on&fbclid=IwAR3xaIK--FI50whCxcxkXw4cJsH4JpGyVxn4DrZNuQfOzbFR1oEDMOne02I>

CDC & Microsoft – Real Time Support on COVID-19 Self-Checker Bot

To provide real-time support and prevent health systems from being overwhelmed, we've partnered with the CDC on a COVID-19 Self-Checker Bot service powered by Microsoft [#Azure](#). Learn more:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Symptoms | CDC

Links with this icon indicate that you are leaving the CDC website.. The Centers for Disease Control and Prevention (CDC) cannot attest to the accuracy of a non-federal website. Linking to a non-federal website does not constitute an endorsement by CDC or any of its employees of the sponsors or the information and products presented on the website. <https://www.cdc.gov/>

Readings

Coping with Stress reading

<http://www.publichealth.lacounty.gov/media/Coronavirus/CommunicableDisease-StrategiesForCoping.pdf>

[Coping With Stress During Infectious Disease Outbreaks](#)

Revised 2/18/2020 2. community groups Join • way they look or where they or their families come from.

www.publichealth.lacounty.gov

LA County Department of Health

<http://publichealth.lacounty.gov/media/Coronavirus/>

[LA County Department of Public Health](#)

The Los Angeles County Department of Public Health (Public Health) is cooperating with the Centers for Disease Control and Prevention (CDC) to respond to recent reports of a novel (new) coronavirus. <http://publichealth.lacounty.gov/>

CDC Info

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

[Coronavirus Disease 2019 \(COVID-19\) | CDC](#)

CDC is closely monitoring an outbreak caused by Coronavirus Disease 2019 (COVID-19) first identified in Wuhan City, Hubei Province, China. <https://www.cdc.gov/>

Coping with Stress reading

<http://www.publichealth.lacounty.gov/media/Coronavirus/CommunicableDisease-StrategiesForCoping.pdf>

[Coping With Stress During Infectious Disease Outbreaks](#)

Revised 2/18/2020 2. community groups Join • way they look or where they or their families come from. <http://www.publichealth.lacounty.gov/>

Managing Stress and Anxiety During a Pandemic

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

[Mental Health and Coping During COVID-19 | CDC](#)

Links with this icon indicate that you are leaving the CDC website.. The Centers for Disease Control and Prevention (CDC) cannot attest to the accuracy of a non-federal website. Linking to a non-federal website does not constitute an endorsement by CDC or any of its employees of the sponsors or the information and products presented on the website. <https://www.cdc.gov/>

School Closure Ideas

<https://www.psychologytoday.com/us/blog/becoming-solutionary/202003/how-approach-school-closures-during-covid-19>

[How to Approach School Closures During COVID-19 | Psychology Today](#)

How to Approach School Closures During COVID-19 Here are some ideas to create positive outcomes for kids and families. <https://www.psychologytoday.com/us>

Potential Bill to Help Vets

<https://www.cnn.com/2020/03/16/politics/coronavirus-funding-for-veterans-white-house/index.html>

[White House weighing \\$16 billion request for emergency coronavirus funding for veterans](#)

CNN Politics - Congress has been informed that the White House's next emergency supplemental request to fight the coronavirus outbreak. <https://www.cnn.com/>

Coronavirus Resources

The U.S. Department of Labor (DOL) has resources to help workers and employers prepare for the COVID-19 virus (also known as novel coronavirus). <https://www.dol.gov/coronavirus>

[Coronavirus Resources | U.S. Department of Labor](#)

The U.S. Department of Labor has resources to help workers and employers prepare for the COVID-19 virus (also known as novel coronavirus). The Occupational Safety and Health Administration (OSHA) has resources to help employers and workers prepare for and respond to coronavirus in the workplace. <https://www.dol.gov/>

EARN Newsletter

The Employer Assistance and Resource Network on Disability Inclusion (EARN).

<https://askearn.org/news-events/newsletters/march-2020-newsletter/>

[March 2020 Newsletter - askearn.org](#)

State Government Employment In some communities, the state government is the largest employer, providing competitive wages and benefits to people in a range of positions.

<https://askearn.org/>

PEAT eNews

The Partnership on Employment & Accessible Technology published its March 2020 eNews.

<https://www.peatworks.org/enews/2020/march>

[eNews March 2020 | Partnership on Employment & Accessible Technology \(PEAT\)](#)

PEAT and leading HR blog Workology.com relaunched our Future of Work podcast, which explores how emerging technology trends in the workplace are impacting people with disabilities.

<https://www.peatworks.org/>