**COVID-19 Guidance and Community Resources: Chicago-Online Campuses**

We know that the economic impact of the novel coronavirus has dramatically increased the need for food and other assistance across our communities. Adler University has prepared a list of resources to provide guidance to our students, faculty and staff.

**Food Resources**

**YWCA Distributing Free Sunday Lunches in Woodlawn!**

YWCA Metropolitan Chicago has been serving Woodlawn and its neighboring communities for over 60 years. While COVID-19 has forced us to suspend in-person services from their 66th and Cottage Grove location, they are still here for the community!

With support from the University of Chicago and the Greater Chicago Food Depository, YWCA staff members are distributing boxed lunches to families who are facing food insecurity in these difficult times. ***Lunches are available EVERY SUNDAY from noon to 1 pm at 6600 S. Cottage Grove.***

* Many of their other services continue to be available online or by phone. YWCA operates an Illinois Small Business Development Center and can provide coaching to you on how to sustain your business – including your childcare business -- and even how to apply for Stimulus package loans.
* They also offer financial coaching, including foreclosure prevention counseling. And, if you are a survivor of sexual violence, our counseling program offers online appointments.
* For more information visit http://www.%20Ywcachicago.org or [www.Ywcachicago.org](http://www.Ywcachicago.org) or call

1-866-525-9922.

﻿

Chicago’s network of food providers stand ready to support families during the closure. A full list of locations is available at [chicagosfoodbank.org/find-food/](http://www.chicagosfoodbank.org/find-food/)

**Grocery delivery services**

* [Instacart](https://www.instacart.com/)
* [Amazon Pantry](https://www.amazon.com/gp/pantry/info/)
* [Grubhub](https://www.grubhub.com/)
* [DoorDash](https://www.doordash.com/)
* [UberEats](https://www.ubereats.com/)

It strongly suggested that individuals should shop as infrequently as possible and at off-peak hours to practice social distancing. Stores including Jewel-Osco, Dollar General, Target and Whole Foods are [even creating special hours](https://wgntv.com/news/coronavirus/jewel-latest-store-to-designate-hours-for-senior-shoppers/) for seniors and vulnerable populations. You may also want to check with elderly neighbors to see if you can shop for them.

**Dedicated Shopping Hours for Seniors**

Several retailers have created dedicated shopping hours for seniors to shop for groceries without crowds of other people. Retailers include:

* Whole Foods: Customers age 60 and older can shop daily an hour before stores open to the general public. So, if a store opens at 9 a.m., for example, seniors have access at 8 a.m.
* Target: The first hour of shopping each Wednesday is reserved for the elderly and other vulnerable populations, such as those with compromised immune systems.
* Jewel-Osco: Senior shoppers are being given priority from 7-9 a.m. Tuesdays and Thursdays.
* Mariano’s: The grocer has set aside two hours daily — 6 to 8 a.m. — for seniors and those with underlying health conditions.
* Walmart: Customers ages 60 and older can shop every Tuesday an hour before stores open. Walmart pharmacies and vision centers will also be open during this time.
* Tony’s Fresh Market: Senior priority shopping hours are in effect 7-9 a.m. on Tuesdays and Thursdays.

**MIDWEST FOOD BANK**

Please spread the word for all senior citizens living in Chicago. You can call (312) 744.5000 and ask for a SENIOR BOX. They will deliver a box of food for 7 days to your home. Please share with anyone who may need assistance during this pandemic.

[Meals on Wheels](https://www.mealsonwheelschicago.org/) is another program supporting homebound seniors, and they are continuing to operate.

United Way has a COVID-19 Community Economic Relief Fund to assist with bills, rent, and food. Please call 866-211-9966 and provide your zip code and a list of local agencies will be provided.

**Utilities Resources**

The Illinois Commerce Commission (ICC) issued an emergency order requiring a moratorium on disconnections for non-payment and suspension of late fees until May 1, 2020, or until the end of the Governor's COVID-19 state of emergency if it goes beyond May 1.

For more information on the ICC order and each company's resources and response see:

[Citizens Utility Board](https://www.citizensutilityboard.org/covid19consumerprotections/)

[People's Gas](https://www.wecenergygroup.com/home/message/pgl-safety-message.htm)

[ComEd](https://www.comed.com/News/Pages/coronavirus.aspx)

Please see floating links provided below for an extended list of resources which are being updated daily:

[Chicago COVID-19 Resources](C:\\Users\\lwoodberry\\Downloads\\Chicago COVID-19 Resource Repository.xlsx)

[COVID-19 Resources & Offers (Utilities)](file:///C:\Users\lwoodberry\Downloads\Resources%20&%20Offers%20due%20to%20COVID-9.xlsx)

[The Homelessness Food and Shelter Directory](https://www.homelessshelterdirectory.org/cgi-bin/id/cityfoodbanks.cgi?city=Chicago&state=IL) is another resource listing the Emergency Food Programs provided through Food Pantries and Soup Kitchens in Chicago, Illinois and surrounding areas.

**Self-Care/Mental Health Resources while working remotely**

Emotional reactions to this emerging health crisis are expected. Remind yourself, your family and your friends that feeling sad, anxious, overwhelmed or having other symptoms of distress such as trouble sleeping is normal. If symptoms become worse, encourage them, and yourself, to reach out for support and help.  The following are free mental health resources available to all Chicago residents:

* Connect to a [NAMI Chicago](https://www.namichicago.org/helpline) Helpline mental health counselor by calling 311 or directly at [833-626-4244](tel:833-626-4244)
* Connect to [Bright Star Community Outreach](https://www.brightstarcommunityoutreach.com/)'s trauma counseling helpline at 833-TURN-123
* Connect to free teletherapy services at Chicago Department of Public Health Mental Health Centers by calling [312-747-1020](tel:312-747-1020).
* For after hours support, contact Crisis Text Line which serves anyone, in any type of crisis, 24-hours a day. Instructions: Text HOME to: 741741 to access a trained crisis counselor.
* Tips on Managing Anxiety about COVID-19  ([English](https://www.chicago.gov/content/dam/city/depts/cdph/HealthProtectionandResponse/COVID-19%20FAST%20Tips%20on%20Managing%20Anxiety%2003.11.2020.pdf), [Spanish](https://www.chicago.gov/content/dam/city/sites/covid/documents/Spanish/COVID-19%20FAST%20Tips%20on%20Managing%20Anxiety%2003.11.2020-sp.pdf), [Polish](https://www.chicago.gov/content/dam/city/sites/covid/documents/Polish/COVID-19%20FAST%20Tips%20on%20Managing%20Anxiety%2003.11.2020-pol.pdf), [Simplified Chinese](https://www.chicago.gov/content/dam/city/sites/covid/documents/SimplifiedChinese/COVID-19%20FAST%20Tips%20on%20Managing%20Anxiety%2003.11.2020-sc.pdf), [Tagalog](https://www.chicago.gov/content/dam/city/sites/covid/documents/Tagalog/COVID-19%20FAST%20Tips%20on%20Managing%20Anxiety%2003.11.2020-tgl.pdf), [Arabic](https://www.chicago.gov/content/dam/city/sites/covid/documents/Arabic/COVID-19%20FAST%20Tips%20on%20Managing%20Anxiety%2003.11.2020-ara.pdf))
* [Mental Health and Coping During COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)
* Guidance for Parents in Talking to Children about COVID-19 ([English](https://www.chicago.gov/content/dam/city/depts/cdph/HealthProtectionandResponse/COVID-19%20Talking%20to%20Children%2003.21.2020.pdf), [Spanish](https://www.chicago.gov/content/dam/city/sites/covid/documents/Spanish/COVID-19%20Talking%20to%20Children%2003.21.2020-sp.pdf), [Polish](https://www.chicago.gov/content/dam/city/sites/covid/documents/Polish/COVID-19%20Talking%20to%20Children%2003.21.2020-pol.pdf), [Simplified Chinese](https://www.chicago.gov/content/dam/city/sites/covid/documents/SimplifiedChinese/COVID-19%20Talking%20to%20Children%2003.21.2020-sc.pdf), [Tagalog](https://www.chicago.gov/content/dam/city/sites/covid/documents/Tagalog/COVID-19%20Talking%20to%20Children%2003.21.2020-tgl.pdf), [Arabic](https://www.chicago.gov/content/dam/city/sites/covid/documents/Arabic/COVID-19%20Talking%20to%20Children%2003.21.2020-ara.pdf))

The Illinois Department of Human Services’ Mental Health Division has launched a free-of-charge emotional support text line, Call4Calm, for Illinois residents experiencing stress and mental health issues related to COVID-19. Individuals who would like to speak with a mental health professional can**text “TALK” to 5-5-2-0-2-0, or for Spanish, “HABLAR” to the same number: 5-5-2-0-2-0**.

Call4Calm is free to use, and individuals will remain anonymous. Once a resident sends a text to the hotline, within 24 hours they will receive a call from a counselor employed by a local community mental health center to provide support.

Individuals can also text 5-5-2-0-2-0, with key words such as “unemployment” or “food” or “shelter” and will receive information on how navigate and access supports and services.

Click [**here**](https://nam10.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001zcI0H4JZZz8hwuMPsdgoDjIY-OlWn7OYiP_utw9czSRXFcCGPX6I9utf6Lxzbj4iVZY3A4sMIWAvU__hbAahCQ7lYCnlVbT6BcfpMZWM1IFXWT9yW6kfDzCbqoeyR-YuZjXthrmrisr4bIucm2Bm1wEQaIcBNKVwfj3f2TibJ0bzakog3XjcunJhqz2RmQXrPTCTAXHY2j7hpy1VRW9YEupiyABPeNU729y3Mm1jPn4%3D%26c%3DJaN9L5c6hGzCOeDFiMNFJJaFIQkcWXlnXCjEDlphXcBlsJes4KlV4w%3D%3D%26ch%3DrycU0s7WH0vXV318sLvjcknTG60rI3EKVh_voBPaePR0yHSHJPCH9g%3D%3D&data=02%7C01%7Clwoodberry%40adler.edu%7Cc0104a9746b748c59db808d7dfbb6b93%7C9de910667ccb4483a226fd27d4b9c570%7C0%7C0%7C637223868566395180&sdata=Gm6KL3sTgvMjwvKGq%2F7V%2FBHuTQTKdszmdkj14vxdofE%3D&reserved=0) to find the Governor's press release about Call4Calm, telehealth programs, and the Governor's Youth Town Hall.

Headspace (mindfulness app) is offering free subscriptions for 2020 to providers who are on the front lines and need to focus on self-care. Simply put in your NPI # and name/email.

Here is the link: [https://www.headspace.com/health-covid-19](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.headspace.com%2Fhealth-covid-19&data=02%7C01%7Clwoodberry%40adler.edu%7C3c41e6a203264c4383a408d7cc2232b7%7C9de910667ccb4483a226fd27d4b9c570%7C0%7C0%7C637202319556737009&sdata=wU1%2BMf1etGzK2i7iooA2%2BzH3bIV4SwcfMfpBxvT%2FvLA%3D&reserved=0)

[**Advice for Faculty Members in a Turbulent Time**](https://www.insidehighered.com/advice/2020/03/19/how-faculty-members-can-best-cope-stresses-covid-19-opinion)

**For people living with HIV**

·    AIDS Foundation of Chicago's [COVID-19 Resource Center](https://nam10.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001swY-u3wmpzlV8dm5gAJCXw9dER9xOl-DxJNuSDe75_tGxynHlDNt4pnNAL2VbkA4ReU-Gy4HDYg0SKDbnhN_yytEbl5RsH4YRrKb9yIR9HZiGqS4d6Qz77n9ILTP8r6jfoGlVFWBm4IxOaMnw6vbLP9k9P8Fjif1iI487hUaJTL2uRu1uw3cdTt1A1uObW02vJ1hdK9zf_2CRSsXAMCJEwcWqf_WNFjibz-Nvxe1X2SHfQlNnhOg8g%3D%3D%26c%3DfI5dH1UwdotBgFMITz9X2y0C56CaJtGp_PqMuv4kT8JyR7qJqzPeXw%3D%3D%26ch%3D21QAokk80PiMwDzxd8O5iPsw0Wc-ws0xRsIMsAp2CN4XyNIoD9baeQ%3D%3D&data=02%7C01%7Clwoodberry%40adler.edu%7Cbd9831b86ec048868a0708d7e7757a49%7C9de910667ccb4483a226fd27d4b9c570%7C0%7C0%7C637232364067359264&sdata=H%2B3PjI5uvlIZK2e%2BWDcoMJUvmSjgOnbPoAw3V%2BPh7ZQ%3D&reserved=0) offers tips on accessing healthcare, unemployment assistance, housing, mental wellness, and more.

·    AIDS Foundation of Chicago and Center on Halsted's [HIV Resource Hub](https://nam10.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001swY-u3wmpzlV8dm5gAJCXw9dER9xOl-DxJNuSDe75_tGxynHlDNt4vwkjbjMrt49xD6TKQmNP_gXp04QsjnDT-Hae5vn9pq8jr-TibotyBfn-4eIrgIPU8PscJQApQdHu_W2TBaSP7P6MqtfkjZk9sFOcjCgplZf18Bk_hN7biqDkWWjyVrZ5r4q55Ui051sx1smG66PN3inhOOzGy9vJy03YXdzaIsuHS3PcqjNA1Z2rJBf5FFCJw%3D%3D%26c%3DfI5dH1UwdotBgFMITz9X2y0C56CaJtGp_PqMuv4kT8JyR7qJqzPeXw%3D%3D%26ch%3D21QAokk80PiMwDzxd8O5iPsw0Wc-ws0xRsIMsAp2CN4XyNIoD9baeQ%3D%3D&data=02%7C01%7Clwoodberry%40adler.edu%7Cbd9831b86ec048868a0708d7e7757a49%7C9de910667ccb4483a226fd27d4b9c570%7C0%7C0%7C637232364067369224&sdata=XSkV1OT1jWrMvNWqBDal14tc1Ii19oRc7HHT0sBKYQM%3D&reserved=0) is taking requests for emergency help paying rent or utilities related to COVID-19. Learn more [here](https://nam10.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001swY-u3wmpzlV8dm5gAJCXw9dER9xOl-DxJNuSDe75_tGxynHlDNt4vwkjbjMrt49xD6TKQmNP_gXp04QsjnDT-Hae5vn9pq8jr-TibotyBfn-4eIrgIPU8PscJQApQdHu_W2TBaSP7P6MqtfkjZk9sFOcjCgplZf18Bk_hN7biqDkWWjyVrZ5r4q55Ui051sx1smG66PN3inhOOzGy9vJy03YXdzaIsuHS3PcqjNA1Z2rJBf5FFCJw%3D%3D%26c%3DfI5dH1UwdotBgFMITz9X2y0C56CaJtGp_PqMuv4kT8JyR7qJqzPeXw%3D%3D%26ch%3D21QAokk80PiMwDzxd8O5iPsw0Wc-ws0xRsIMsAp2CN4XyNIoD9baeQ%3D%3D&data=02%7C01%7Clwoodberry%40adler.edu%7Cbd9831b86ec048868a0708d7e7757a49%7C9de910667ccb4483a226fd27d4b9c570%7C0%7C0%7C637232364067369224&sdata=XSkV1OT1jWrMvNWqBDal14tc1Ii19oRc7HHT0sBKYQM%3D&reserved=0) or call 844-HUB-4040 today. The Hub can also connect individuals to HIV testing, medications, case management, PrEP, medical care, food, mental health services, substance use treatment and more.

·    AIDS Foundation of Chicago shared that in response to the COVID-19 pandemic, ten national, community-centered HIV service and advocacy organizations partnered to create a resource guide focused on supporting people living with HIV, available [here](https://nam10.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001swY-u3wmpzlV8dm5gAJCXw9dER9xOl-DxJNuSDe75_tGxynHlDNt4pnNAL2VbkA4mqkL5LCVqBi5WNKwwDWF2Ncrvg0D-FHsFIHWGOr8yZicpBQ46ZEFKl-7_oS7wADfIUrGnXAiN-9ZkM0XpjYHd1A8uGfscARFukkTW4ngLyKnNNHoe_f20xahMMA7UU7WbachT6z_Np304j6yFP2bIaPoxCSL46Xc9FAgz0sZiAEzvZyFTqgoYESDtCt7G9i_e6XvL5M4qUg%3D%26c%3DfI5dH1UwdotBgFMITz9X2y0C56CaJtGp_PqMuv4kT8JyR7qJqzPeXw%3D%3D%26ch%3D21QAokk80PiMwDzxd8O5iPsw0Wc-ws0xRsIMsAp2CN4XyNIoD9baeQ%3D%3D&data=02%7C01%7Clwoodberry%40adler.edu%7Cbd9831b86ec048868a0708d7e7757a49%7C9de910667ccb4483a226fd27d4b9c570%7C0%7C0%7C637232364067379182&sdata=v38%2F9Nudyb7EdLDYmEFb3SpJwXzv7qT%2FMzs20HXo7Eg%3D&reserved=0).

Please note our EAP provider, ComPsych, Available 24/7 to you and your family for help with personal, emotional, or work–life balance needs; EAP services are available at no cost to you and are 100% confidential. 800.272.7255

[www.guidanceresources.com](http://www.guidanceresources.com/)

Code: COM589

* there are some great resources/information specific to the COVID-19 events. <https://pages.e2ma.net/pages/1807892/20932>

**Cook County Resources**

County Board President Toni Preckwinkle said people can call (708) 633-3319 to speak with county public health professionals or email questions to ccdph.covid19@cookcountyhhs.org. The county is also launching a text alert system that people can sign up for by texting ALERTCOOK to 888-777.

[Community Service Centers](https://www.chicago.gov/city/en/depts/fss/provdrs/serv/svcs/community_servicecenterlocations.html) help individuals and families in need access a wide range of resources from shelter, food and clothing to domestic violence assistance, drug rehab, job training and prisoner re-entry services.

**Payment Relief for Student Loan Borrowers**

To determine the types of federal loans they have and who their servicers are, borrowers can visit the Department of Education’s National Student Loan Data System (NSLDS) at [nslds.ed.gov](https://nam10.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D0010Nb8g62SW8OMmeokf0UpcFY9A7SrU_lIRYuAYYdVjmJgS-NUrN4XtzOHh-2pQUgCA6NRBE31ET43E2diVzcQ9KZ1dbJVeEYd91rA4QMacxuYIiHkIrm859Abc3ZvqLgndtmPKF92HXDB8vb9jZujlLfMFEcFtUgkeN5y4Kd8a97ApxqkxSP6Dw%3D%3D%26c%3Dfwh-ILo5sXc4ahd3USp6hku6OhqMV3dtN8o7A41WvlVAd6E91Wvsnw%3D%3D%26ch%3Debf0U1gXDDzHzDg9EFsIVNP_d9XItSoUbXVu0p6QnK0rMiS1ySVvjA%3D%3D&data=02%7C01%7Clwoodberry%40adler.edu%7Cbd9831b86ec048868a0708d7e7757a49%7C9de910667ccb4483a226fd27d4b9c570%7C0%7C0%7C637232364067389182&sdata=f4C29%2FHo9yuIVc%2F96jZ9NPuhtMeeFU0JSS4ZsE1iQTM%3D&reserved=0) or call the Department of Education’s Federal Student Aid Information Center at **1-800-433-3243** or **1-800-730-8913**(TDD). Borrowers with private student loans can check the contact information on their monthly billing statements.

If a borrower is experiencing trouble with their student loan servicer, they are encouraged to contact the following and file a complaint:

·    IDPFR Division of Banking **217-785-2900**for information or to file a complaint with IDFPR

·    [https://www.idfpr.com/admin/banks/DoBcomplaints.asp](https://nam10.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D0010Nb8g62SW8OMmeokf0UpcFY9A7SrU_lIRYuAYYdVjmJgS-NUrN4XtzOHh-2pQUgCiZ0M2BKZypX4XRRzb6hyDjtBv_iMHAwgMbY9QGYbMN6ubhvxI_1Hi_i62uX7-mHZqwz2a9DB2RvIvWt_LEhLQvm2nviFNeNnTuGWUsfweDabOiUaHwHmTP2o5lgYVWVz%26c%3Dfwh-ILo5sXc4ahd3USp6hku6OhqMV3dtN8o7A41WvlVAd6E91Wvsnw%3D%3D%26ch%3Debf0U1gXDDzHzDg9EFsIVNP_d9XItSoUbXVu0p6QnK0rMiS1ySVvjA%3D%3D&data=02%7C01%7Clwoodberry%40adler.edu%7Cbd9831b86ec048868a0708d7e7757a49%7C9de910667ccb4483a226fd27d4b9c570%7C0%7C0%7C637232364067389182&sdata=cz%2FxNJjoOkYh0cl9elR5TQVa0lbPw4pafceN7%2FkPseg%3D&reserved=0)

·    Attorney General’s Student Loan Helpline at **1-800-455-2456** or file a complaint with the Office of the Illinois Attorney General

·    [https://illinoisattorneygeneral.gov/consumers/filecomplaint.html](https://nam10.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D0010Nb8g62SW8OMmeokf0UpcFY9A7SrU_lIRYuAYYdVjmJgS-NUrN4XtzOHh-2pQUgCRejH2Mym3i7C7lsGCV_GrKveoJ9p9KOoP5BxXyki4DUwSv23nhPhvfUQelec_-Kil_uRpvmQjCnG4s5MT50Sv7npuYtHvlddHqpYBnlHnFaPqUVdtkSvT-x1LubDbLcXM--Iv05uZTo%3D%26c%3Dfwh-ILo5sXc4ahd3USp6hku6OhqMV3dtN8o7A41WvlVAd6E91Wvsnw%3D%3D%26ch%3Debf0U1gXDDzHzDg9EFsIVNP_d9XItSoUbXVu0p6QnK0rMiS1ySVvjA%3D%3D&data=02%7C01%7Clwoodberry%40adler.edu%7Cbd9831b86ec048868a0708d7e7757a49%7C9de910667ccb4483a226fd27d4b9c570%7C0%7C0%7C637232364067399112&sdata=OzWqh%2BSPEQVqoPk1qDz2l05Uf2Aoim6ZqAdMTp7tJS4%3D&reserved=0)

·    The Consumer Financial Protection Bureau

·    [https://www.consumerfinance.gov/complaint/](https://nam10.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D0010Nb8g62SW8OMmeokf0UpcFY9A7SrU_lIRYuAYYdVjmJgS-NUrN4XtzOHh-2pQUgCVRP3Cdo6roBb2UzO76IiOOUDrA9pVArcF-qHB-bk4UwtxObSx18FBBMdJcOkylud13YJ78qI9tiwjFct3C-4i4vw7zeI1iUGE2bP7yZ8V74%3D%26c%3Dfwh-ILo5sXc4ahd3USp6hku6OhqMV3dtN8o7A41WvlVAd6E91Wvsnw%3D%3D%26ch%3Debf0U1gXDDzHzDg9EFsIVNP_d9XItSoUbXVu0p6QnK0rMiS1ySVvjA%3D%3D&data=02%7C01%7Clwoodberry%40adler.edu%7Cbd9831b86ec048868a0708d7e7757a49%7C9de910667ccb4483a226fd27d4b9c570%7C0%7C0%7C637232364067399112&sdata=AEMZojMg3eruCpmyC7Bq5qBXuSZCtpaO9Swyw4XA73Y%3D&reserved=0)

**Ways to Contribute**

If you would like to support, Mission of Our Lady of the Angels is also taking food donations. The mission provides food to about 1,000 families each month. The mission is asking individuals to call before [dropping off food donations](https://missionola.com/outreach_AssistPoor_FoodPantry.html) in person at its West Side location. People can also buy food for the mission’s pantry on the Amazon wish list.

My Block My Hood My City has launched a campaign to receive and distribute donations of hand sanitizers, health supplements, toiletries, and food to Chicago’s elderly. Individuals can offer donations and seniors can request assistance by visiting [the group’s website](https://www.formyblock.org/).

[Brave Space Alliance](https://www.bravespacealliance.org/), a South Side-based LGBTQ organization, has new online and mutual aid programming in response to COVID-19. It will have an online drop-in center to continue programming and a crisis pantry to deliver food and supplies. The [food pantry](https://docs.google.com/forms/d/e/1FAIpQLSelaHe7IlGXJcn7IcrBKn9pTYx_lW4kPktkR9MCLzjOijBrUQ/viewform) will prioritize people who are sick, disabled, quarantined without pay, elderly, undocumented, black, brown or indigenous people. Anyone interested in volunteering can fill out [this form](https://docs.google.com/forms/d/e/1FAIpQLSeFuaFQMR4SE3M7wbiB8FR0JOxOMzYXcBxhF6Yi_7MEcMMsFQ/viewform).

Artists and performers are struggling as shows are shut down. [This independent group of artists](https://docs.google.com/document/d/1fWCcDPEarQJ5ELze1wlMYeraa0pUsogUaLXKMhDgs9o/edit) has created a [Chicago Artists Relief Fund](https://www.gofundme.com/f/chicago-artists-relief-fund) to help those suffering from financial instability. Similarly, there is a [Chicago Hospitality Employee Relief Guide](https://docs.google.com/spreadsheets/d/1G7-9XGDqilIPtVYpHvZYy37lSWRMu1PKOnvvOfMB_Ys/edit?fbclid=IwAR1GguYizASJVvnsA58xK5mcVcq1tWQnJpTG8HkaLolJMiu1KVcmSburKtc#gid=1181394930) with several links for individuals to contribute to employee funds and to purchase online gift cards.

**Child Care/ Elder Care Resources**

As you may be aware, for those who have school-aged children who attend Chicago Public Schools, CPS will have free meals available for pick up outside of their buildings beginning today.  Families can go to the closest CPS building to pick up food, regardless of which CPS building they attend.  More information can be found at [cps.edu/coronavirus](https://nam10.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcps.edu%2Fcoronavirus&data=02%7C01%7Clwoodberry%40adler.edu%7C8a0de05068b3401e067508d7cab9ea04%7C9de910667ccb4483a226fd27d4b9c570%7C0%7C0%7C637200772167578783&sdata=Mh0m8SxfgsyQxaEnnqtIRtfLgLWboQhUwwc1Mel%2FjuU%3D&reserved=0).

For childcare and eldercare, [Care.com](https://www.care.com/) is a potential resource that employees could use to find care. Just want to point out that for seniors who are age 65+, they are offering free, premium access to their site during this difficult time. This service can also help with getting groceries and running errands, among other tasks.

[This list](https://docs.google.com/spreadsheets/d/1_v3oJj8eBD2OEVDCrZZr4maaigc4yqdwrEl4YC9wXcU/edit?fbclid=IwAR2RCYmO7Yr4jFMipLt9AYIi7302tOT8NKPy3DJ8mMmhVLOWU5XSC2rSDRQ#gid=0) is circulating with names of available childcare workers in Chicago.

**Resources for Parents**

Chicago Public Schools has made [enrichment activities](https://cps.edu/oshw/Pages/HealthyCPS.aspx) available online and is offering the material at [food pickup sites](https://cps.edu/News/Press_releases/Pages/PR1_03_15_2020.aspx) at schools throughout the city. Click here to view [full article](https://chicago.suntimes.com/coronavirus/2020/3/18/21185111/tips-parents-home-schooling-amid-coronavirus).

* The hashtag #homeschooling on social media offers ideas for keeping kids busy, as well as glimpses sometimes hysterical into the trial-and-error efforts of parents across the country who share the same struggle.
* The Harvard Graduate School of Education [created a web page](https://www.gse.harvard.edu/news/uk/20/03/caring-preschoolers-home) that offers expert guidance on maintaining structure, routine and healthy habits at home.
* The Illinois State Board of Education has posted [educational resources](https://www.isbe.net/keeplearning) online.
* Scholastic is posting daily [Learn at Home](https://classroommagazines.scholastic.com/support/learnathome.html) curriculums for Pre-K through 6th grade and up.
* Home schooling consultant Kris M. Cox wrote a [blog post](https://www.krismcox.com/2020/03/18/10-tips-for-teaching-your-children-through-the-covid-19-pandemic/) suggesting tips and resources.

**Housing Assistance**

[Application for Emergency Housing Assistance](https://forms.office.com/Pages/ResponsePage.aspx?id=qc02cC0GUUGBRJfdxW5wJ6DY83Xq2vZCuA8Qkr1ZCnhUNFFNOUlITUUxVFFRUVJRUjJCSE4zQVpCTC4u) from the City of Chicago for individuals and families impacted by the economic fallout due to Coronavirus.

**Selection process**: All applicants will be entered into a lottery. Applicants can expect to hear back from the Department of Housing regarding their application in the days following the close of the application.

[ShelterList](https://www.shelterlist.com/city/il-chicago) provides a directory of shelters that offer assistance to the homeless.

[The Rental Assistance Program](https://www.chicago.gov/city/en/depts/fss/provdrs/serv/svcs/how_to_find_rentalassistanceinchicago.html?fbclid=IwAR2Gpz9YR92TernnWkGc4AsVSBfBAjbq5H-l3JoDAd3GwPmKtcCr6LwTXYU) provides financial assistance to Chicago residents, to prevent homelessness, to eligible individuals and families who are in danger of eviction in order to stabilize individuals and families in their existing rental unit.

All evictions/foreclosures have been suspended for at least 30 days in Cook County. This means that if you are unable to pay your rent, you cannot be evicted.

[Learn more about your rights as a tenant during the COVID-19 crisis](https://www.chicago.gov/content/dam/city/sites/covid/COVID%20eviction%20flyer%20final.pdf)

**Legal Resources**

If you or your family is in need of legal assistance during this time, please consider the following resources.

The Chicago Legal Clinic attorneys provide full legal assistance in a variety of areas, including: Adoption, Child Custody and Support, Criminal Records, Divorces, Domestic Violence Prevention, Environmental Issues, Foreclosure Defense, Guardianship, Immigration, Real Estate Transactions, and Social Security Benefits. You can learn more about their programs by [clicking here](https://nam10.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D0010Nb8g62SW8OMmeokf0UpcFY9A7SrU_lIRYuAYYdVjmJgS-NUrN4XtzOHh-2pQUgCSDwkGlNr0QuFA2lFMfkhqNW350nBKeMH6nwnKlTAeDJuZJceI_J3RR5WBfgHkRYAxr4954SkaMCC7t_ixvw5Xx4YhMqGY3HC6-Pj9TJV34OPWjIlJgMtouogP_rpUElNmwMLS3kTqFBlTwLCB597ONMuMyeN5H3hJ1sOoHUNmNDgegO-LvhX6GTZnw05Zb-3GQo6V2nV7KzuWKKzUNi1PQ%3D%3D%26c%3Dfwh-ILo5sXc4ahd3USp6hku6OhqMV3dtN8o7A41WvlVAd6E91Wvsnw%3D%3D%26ch%3Debf0U1gXDDzHzDg9EFsIVNP_d9XItSoUbXVu0p6QnK0rMiS1ySVvjA%3D%3D&data=02%7C01%7Clwoodberry%40adler.edu%7Cbd9831b86ec048868a0708d7e7757a49%7C9de910667ccb4483a226fd27d4b9c570%7C0%7C0%7C637232364067428992&sdata=Sxg3Pt1XMXL0rMSaK%2BtC8Hzv15HQVa%2BWfmnHtKx9zAs%3D&reserved=0) or calling 773-731-1762 to speak with an intake specialist.

Legal Aid Chicago provides free civil legal services to people living in poverty in Cook County. All clients must be registered by telephone and screened for eligibility through their Client Screening Unit at 312-341-1070. Their legal assistance helps with Family Safety, House or Apartment, Money, Debt, Work, Employment Rights, Health, Disability, Basic Needs, and Immigration. [Click here](https://nam10.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D0010Nb8g62SW8OMmeokf0UpcFY9A7SrU_lIRYuAYYdVjmJgS-NUrN4XtzOHh-2pQUgCSzgGtyLIqD7rUE_vHc2i69JX2mlEM_1VFlBRREO5GfvlZqbny3PZ-ikCslgYI7WhPuisv2NRTQvVOOFibC6uQYiA5Lzc01JcRW04ph635vbywNnXbDFiqiIgKFvhDS2lLZEOUOM9ov4FFbr89Ue6uzrKyeoy8Woo70r98mUTxROPVyzFwjUOAsCWhqyI-NMZ8elxYslHFT_v2tXGFVMdog%3D%3D%26c%3Dfwh-ILo5sXc4ahd3USp6hku6OhqMV3dtN8o7A41WvlVAd6E91Wvsnw%3D%3D%26ch%3Debf0U1gXDDzHzDg9EFsIVNP_d9XItSoUbXVu0p6QnK0rMiS1ySVvjA%3D%3D&data=02%7C01%7Clwoodberry%40adler.edu%7Cbd9831b86ec048868a0708d7e7757a49%7C9de910667ccb4483a226fd27d4b9c570%7C0%7C0%7C637232364067438942&sdata=YKGWRJbs9aA3YDwEtcQ6Mm1JvFEhH%2BNtijp7%2FCMOjeg%3D&reserved=0) for more information.