

LINC LINE UP

3/30/2020

Late fees and disconnections stopped

We have received more companies than we could list that are waiving fees and disconnections. Please check websites of any bill's consumers may get behind on for specifics.

Internet Access Resources

Federal Communications Commission (FCC) Asked Internet providers to make a pledge to help keep people connected. It asks providers to not disconnect internet services or charge late fees.

<https://docs.fcc.gov/public/attachments/DOC-363033A1.pdf>

Sparklight – honoring the above pledge

15 Mbps internet plan for \$10 per month is available for the next 60 days to help low income families and those most impacted from coronavirus challenges, such as seniors and college students. No documentation will be required to sign up for this plan.

<http://one2one.sparklight.com/sparklight-offers-low-cost-internet-to-assist-families-in-need-during-coronavirus-covid-19-crisis/>

ATT – has not taken the above pledge as of yet. Has low cost internet options

<https://digitalyou.att.com/low-cost-internet/>

Lifeline - A program that helps pay for internet or phone services.

<https://www.fcc.gov/consumers/guides/lifeline-support-affordable-communications>

All Locations

ADA Learning Series <https://advocacymonitor.com/an-update-on-the-congressional-covid-19-package/?fbclid=IwAR00k0VUzvo7Hczxi9WrCpJpYrHnNPd-K28PqzxSUDbFVwaEjBt2t6XpDMI>

NCIL UPDATED CARES ACT INFORMATION <https://advocacymonitor.com/an-update-on-the-congressional-covid-19-package/?fbclid=IwAR00k0VUzvo7Hczxi9WrCpJpYrHnNPd-K28PqzxSUDbFVwaEjBt2t6XpDMI>

Live better Idaho <https://www.livebetteridaho.org/>

ILRU <https://www.ilru.org/resources-covid-19>

Global Dashboard

<https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Idaho Health Department - Links to a map of the different Health Departments and websites

<https://healthandwelfare.idaho.gov/Health/HealthDistricts/tabid/97/Default.aspx>

State of Idaho <https://coronavirus.idaho.gov/>

Social Security Don't be fooled by scammers telling individuals that payments are being stopped. Additional information below. <https://www.ssa.gov/coronavirus/>

State Department of Education Child Nutrition Feeding sites state wide search

<https://www.sde.idaho.gov/cnp/index.html?fbclid=IwAR36vNwupfl-9m64TcYSCQFqNm0UgzwEHDtWGLEiYufeCCJ23-XPGWeEONQ>

A.P.R.I.L. Great information from APRIL, on their home page, scroll down to the Bottom for additional good stuff <https://www.april-rural.org/>

ACL Information specific to the individuals we serve, links to household plans and warning signs.

<https://acl.gov/COVID-19>

Communication Tool Kit <https://communicationfirst.org/covid-19/>

NDI (National Disability Institute) Listening sessions

<https://www.nationaldisabilityinstitute.org/webinars/coronavirus-listening-sessions/>

Tips for First Responders <http://www.cdd.unm.edu/other-disability-programs/first-responders/index.html>

Tips for Planning for an emergency <http://www.jik.com/c19.html>

Self-Advocacy Resource Great plain language information about COVID 19. It includes what it is, how to take care of yourself if your staff or roommates get sick and lots more. See the link below!

https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf?fbclid=IwAR0PaCErkvQMo4yTYv1D220XhWuVkgg063Y5w46q-rqPn_FJUXsVzgTSSWw

Being social ... from a distance

YMCA Remote yoga <https://ymca360.org/>

Watch movies online with friends: <https://www.wptv.com/entertainment/how-to-have-movie-or-game-night-with-friends-while-social-distancing>

Playing games online with friends:

<https://www.boston.com/culture/entertainment/2020/03/18/board-games-online-with-friends>

<https://lifehacker.com/you-can-play-these-games-online-with-friends-1842347093>

<https://jackboxgames.com/how-to-play-jackbox-games-with-friends-and-family-remotely/>

<https://www.pbs.org/parents/pbskidsdaily?source=fb>

Stores with alternative hours

Whole Foods customers who are 60 and older one hour before opening to the general public. 8 to 9 am for Seniors only.

Target will reserve the first hour of shopping each Wednesday at stores nationwide for vulnerable guests – including elderly and those with underlying health concerns.

Walmart stores will host an hour-long senior shopping event every Tuesday for customers aged 60 and older. This will start one hour before the store opens. Our Pharmacies and Vision Centers will also be open during this time.

Costco Tuesdays and Thursdays, from 8 a.m. to 9 a.m., Costco will temporarily implement special operating hours for members who are 60 and older. The pharmacy will also be open during this hour; however, the food court will maintain its normal operating schedule.

Boise Area

Boys and Girls Club Childcare available for families that parents must work and free drive through lunches

United Way <https://www.unitedwaytv.org/covid-19-treasure-valley-community-resource-page?fbclid=IwAR1sgnM7gpZGNPMBh4LCTnLjTGOvvKGhPR6QFOJewqyZA20pTCXcValZ-oM>

Valley County Food delivery (McCall and Payette)

<https://docs.google.com/forms/d/e/1FAIpQLSdhcdax70BIJGQELsBzfYt7024XMpiu9-yGn3-TvMG0qDX72w/viewform?fbclid=IwAR0m9NuXa7UdBsNNh2ZERJquSHmlhLeFDKD-tCdkBLqmhP7I4gaAhMpdpCE>

St Vincent de Paul Food Bank Drive up service available <https://www.svdpid.org/food-pantries/>

Amador Medical Equipment and Supplies– A Medicaid supplier and they have supplies in stock (208) 514-0173

Caldwell Area

Boys and Girls Club Childcare available for families that parents must work

We are still handing out free meals to kids in our community until 1:00 p.m. at the Nampa Center

Vic's Pharmacy - Still reporting to have personal protective items available

Twin Falls Area

Twin Falls Snake River Yellow Cab and Eagle One are pick up and delivering food. They can't shop for people they will need to be call in orders and NO EBT cards are allowed to be used for this service.

St. Luke's Magic Valley Open drive-up tents for screening and specimen collection for testing for coronavirus (COVID-19). Patients exhibiting COVID-19 symptoms will be able to stay in their cars for screening, registration and, if needed, sample collection for testing for suspected COVID-19. The screening station will be available from 10 a.m. to 6 p.m. daily, until further notice. The screening station is in a tent outside St. Luke's Surgery Center at the St. Luke's Magic Valley campus at 575 Pole Line Road W. in Twin Falls. Vehicles should enter via Parkview Dr.

Lowes and Home Depot Still reporting to have personal protective items available

Social Media

Idaho Covid19 Mutual Aid Group <https://www.facebook.com/groups/599362557311758/>

Kootenai

<https://www.facebook.com/groups/764946094032284/>

Blaine

<https://www.facebook.com/groups/283049792666581/>

SE

<https://www.facebook.com/groups/599362557311758/p/ermalink/600132717234742/>

Bannock

<https://www.facebook.com/groups/542908039684932/>

Canyon

<https://www.facebook.com/groups/141263063913527/>

Ada

<https://www.facebook.com/groups/561233134486634/>

Boise North End, Garden City, Downtown

<https://www.facebook.com/groups/884203602015234/>

Boise Bench and Beyond

<https://www.facebook.com/groups/504207773573756/>

SE Boise

<https://www.facebook.com/groups/228421531843249/>

Ada Meridian

<https://www.facebook.com/groups/634092660497074/>

Ada Eagle

<https://www.facebook.com/groups/260166328311384/>

Ada Star

<https://www.facebook.com/groups/644986436334424/>

Ada Kuna

<https://www.facebook.com/groups/620194181867801/>

Magic Valley Corona Tips, trade and traffic

<https://www.facebook.com/groups/499308874075156/>

Idaho West- Adams, Washington, Payette, Gem

<https://www.facebook.com/groups/663307504419249/>

Idaho Southwest- Elmore, Owyhee

<https://www.facebook.com/groups/839500296569171/>

Gooding, Lincoln & Jerome

https://www.facebook.com/groups/197522854885762/?hc_location=ufi

Other groups

Holistic Health (Covid19 Idaho) 🌿 <https://www.facebook.com/groups/136940927744969/about/>

COVID-19 Arts and Crafts 🧠 <https://www.facebook.com/groups/202138721075094/>

Prayer Group (Covid 19 - Idaho) 🙏 <https://www.facebook.com/groups/188274282627852/>

Covid 19 Meditation Group 🧘 <https://www.facebook.com/groups/210890060160665/>

Informational Resources

Recommended Precautions for Caregivers

<http://www.advancingstates.org/sites/nasuad/files/u24453/VT%20Caregiver%20Precautions.pdf>

Common Questions for Older Adults and those the Chronic Health Conditions

<https://acl.gov/sites/default/files/common/AOA%20-%20Alliance%20for%20Aging%20Rsch%20-%20Nat!%20Fdn%20for%20ID%20-%203-12-20.pdf>

Managing stress through this experience

<https://mailchi.mp/robinrose/relieving-stress-and-anxiety-in-covid-19-times?e=26bf2d5948>

LINC STAFF RESOURCES

Please use these valuable resources for employees of LINC countless webinars. This month is all about Mindfulness, a powerful tool in times like these.

<https://www.bpahealth.com/eap-search/>