COVID-19 RESOURCES GUIDE

Note: Please click on the selection below in the “Table of Contents” link to take you to the specific resource page. Click on “Back to the Top,” to return to this area.

Table of Contents

A note from TELACU Veterans Upward Bound ........................................................................................................ 2
Help & Crisis Lines .................................................................................................................................................. 3
Los Angeles Community Resources .......................................................................................................................... 4
  LA County Resource Page ........................................................................................................................................ 4
  LA COUNTY CLOSURES ........................................................................................................................................ 4
  Free Covid-19 Testing in LA City ............................................................................................................................ 4
  Safer at Home FAQ/Information ............................................................................................................................. 4
Meals for Seniors .................................................................................................................................................... 5
  City of Cudahy Seniors ............................................................................................................................................ 5
  Senior Citizen Meals by Hilda Solis ......................................................................................................................... 5
  Los Angeles County, through WDACS .................................................................................................................. 5
Food Bank Resource Guide ....................................................................................................................................... 6
Dream Center Food Truck Ministry Distribution ......................................................................................................... 6
Employment Search & EDD Info ................................................................................................................................ 7
  LA Job Portal .......................................................................................................................................................... 7
  Kroger Employment ................................................................................................................................................. 7
Virtual Career Fair by City/Region Events Calendar: ................................................................................................. 7
Veteran Career Search Resource Center .................................................................................................................. 8
Military Spouse Resource Center .............................................................................................................................. 8
EDD Information ........................................................................................................................................................ 8
  Dress for Success Virtual Career Coaching for Women ............................................................................................ 8
LAUSD Resources ....................................................................................................................................................... 9
211 Essential Needs ................................................................................................................................................ 10
METRO .................................................................................................................................................................. 10
Free Internet from Spectrum ...................................................................................................................................... 10
LA County DPSS ...................................................................................................................................................... 11
Seniors Special Times for Shopping ........................................................................................................................ 11
SoCal Grocery Stores Hours for Seniors ..................................................................................................................... 12
Winter Shelter Program Update ............................................................................................................................ 13
FAFSA ..................................................................................................................................................................... 14
California State University News ............................................................................................................................ 14
VA Gill Bill Benefits .................................................................................................................................................. 15
Military Times ......................................................................................................................................................... 16
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](https://www.facebook.com/TELACUVETUB)
- Instagram: [https://www.instagram.com/telacuvub/](https://www.instagram.com/telacuvub/)
- Twitter: [https://twitter.com/TELACUVUB](https://twitter.com/TELACUVUB)
- LinkedIn: [www.linkedin.com/in/telacuvub](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-WJaMa4q3yNreBIfSFKEdSQArcNc_MTI2LiUA63Ycyg/mobilebasic?fbclid=IwAR13VGKlFTmJWV7KV8v0GcUljrCkQPX-ttLFpjUI5yoLEwegQJosLH_qM8

LA County Resource Page


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:
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, 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

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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 Education Center 1415 W 5th Street, Los Angeles CA 90017
- Site 5 2:30PM - 3:30PM Nickerson Gardens 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/

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+ecompassing+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


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


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

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
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
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.


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

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).

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.lacils.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.lacils.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.

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

<table>
<thead>
<tr>
<th>Store</th>
<th>Days Open</th>
<th>Hours</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northgate Market</td>
<td>7 Days a Week</td>
<td>7 AM - 8 AM</td>
<td>Seniors 65+</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pregnant Women, Disabled</td>
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<tr>
<td>Vallarta Supermarkets</td>
<td>7 Days a Week</td>
<td>7 AM - 8 AM</td>
<td>Seniors 65+</td>
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<td>Pregnant Women, Disabled</td>
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<td>Super A Foods</td>
<td>7 Days a Week</td>
<td>7 AM - 8 AM</td>
<td>Seniors 65+</td>
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<td>Big Saver Foods</td>
<td>7 Days a Week</td>
<td>7:30 AM - 8 AM</td>
<td>Seniors 65+</td>
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<td>Cardenas</td>
<td>7 Days a Week</td>
<td>7 AM - 8 AM</td>
<td>Seniors 65+</td>
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<td>Disabled, First Responders</td>
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<td>Stater Bros. Markets</td>
<td>7 Days a Week</td>
<td>7:45 AM - 8 AM</td>
<td>Seniors 65+</td>
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<td>Smart &amp; Final</td>
<td>7 Days a Week</td>
<td>7:30 AM - 8 AM</td>
<td>Seniors 65+</td>
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<td>Albertsons</td>
<td>Wednesdays Only</td>
<td>8 AM - 9 AM</td>
<td>Seniors 65+</td>
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<td></td>
<td>Those with Medical Conditions</td>
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<td>Pavilions</td>
<td>Mon - Fri</td>
<td>7 AM - 9 AM</td>
<td>Seniors 65+</td>
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<td>Target</td>
<td>7 Days a Week</td>
<td>7 AM - 8 AM</td>
<td>Seniors 60+</td>
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<td>Whole Foods Market</td>
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<td>Gelson’s</td>
<td>7 Days a Week</td>
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<td>Superior Grocers</td>
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<td>Fair Fresh Ranch Market</td>
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<td>6 AM - 7:30 AM</td>
<td>Seniors 65+</td>
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<td>Pregnant Women, Disabled</td>
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<td>Walmart</td>
<td>Tuesdays Only</td>
<td>6 AM - 7 AM</td>
<td>Seniors 60+</td>
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<td>Pharmacy, Vision Open Too</td>
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<td>99 Cents Only</td>
<td>Tuesdays &amp; Thursdays</td>
<td>7 AM - 8 AM</td>
<td>Seniors 65+</td>
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<td>W/Compromised Immune Systems</td>
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<td>Costco Wholesale</td>
<td>Tuesdays &amp; Thursdays</td>
<td>8 AM - 9 AM</td>
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*Page 12 of 22*
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).
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 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.

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

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.


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:

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:

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.rodriguez@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.

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

Beware of price scams and report fraud!

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--Fl50whCxcxkXw4cJsH4JpGyVxn4DrZNuQI0zbFR1oEDMOe02I

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:


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

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

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

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

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

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/