

Government and Business Information

<https://www.ci.moscow.id.us/783/Coronavirus-COVID-19>

<http://www.moscowchamber.com/covid-19>

<https://www.latah.id.us>

<https://coronavirus.idaho.gov>

General Community Support Efforts

POVERTY ON THE PALOUSE Resource Guide available at:

<https://sites.google.com/view/weavingabundanceonthepalouse>

<https://sites.google.com/view/weavingabundanceonthepalouse/downloads>

This resource guide has a lot of contact information for various resources.

Palouse Covid-19 Mutual aid group:

<https://www.facebook.com/palouse.covid19.mutual.aid>

Public group: Currently 500+ followers. Sharing information about how to help. Feature this Palouse support request form:

<https://docs.google.com/forms/d/e/1FAIpQLSdZL0QDN7MMaHgqiDuhqyELI3x1UqQ9PWfrmo5FomBsb3hfA/viewform>

sign up for what you need.

In this Together The Palouse

<https://www.facebook.com/In-This-Together-The-Palouse-102105968100185/>

Public Group, currently 336 members. Sharing information. Focus on shopping locally and helping the long-term support.

Pullman-Moscow-Colfax Corona Virus Support Group:

<https://www.facebook.com/groups/495874677763838/>

Public group, currently 150 members. Sharing information.

Quarantine Support of the Palouse:

<https://www.facebook.com/groups/809820522863439/>

Public group, currently 1,468 members. Sharing information about shopping, community needs, etc.

Palouse Community COVID-19 Support:

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

Public Group, currently 117 members. Sharing information.

Food insecurity

No Hungry Children on the Palouse

<https://www.facebook.com/groups/997995057269783/>

They are collecting and distributing food and supplies when they know of people who need it. Volunteers needed.

Food not Bombs of the Palouse:

Serving hot vegetarian meals and providing packaged foods 4:30pm – 6:30pm on Sundays. Curbside To Go at 405 South Van Buren Street, Moscow, ID (parking lot of First Presbyterian Church) and delivery. <https://www.facebook.com/FNBPalouse/>

FREE FOOD. Safari Pearl Comics

Temporary food pantry, 660 W Pullman Rd, Moscow. Variety of foods; gluten free, dry goods, canned goods, formula, bread. Distance donating, Mon-Sat 11a-6p, knock on the door, message on fb <https://www.facebook.com/safaripearlcomics/> or call (208) 882-9499 for food. Accepting donations of food and funds to buy food.

Mela Bangladeshi Cuisine

Will offer free takeout meals to all community members on Monday from 3 p.m. to 6 p.m. in downtown Moscow. Mela co-owner, Shaheen Khan, said she wants to give back to the community that helped her restaurant grow from a small Moscow Farmers Market vendor to the bustling business they are today that serves authentic dishes from Khan's home country of Bangladesh.

Oak on Main in downtown Pullman

Now providing free dinners every Tuesday starting this week. The free meals will be available for take-out from 4:00 to 6:00 on Tuesdays until further notice. This week's Feeding Our Friends dinner from Oak on Main will be sherry chicken and rice with a green salad. Oak on Main is still accepting monetary donations to help with the effort.

The Vandal Food Pantry and Mobile Food Pantry:

Stay up to date and follow us on Facebook and Instagram @VolunteerUIdaho and view our webpage at uidaho.edu/foodpantry

Moscow Food Bank

110 N Polk, Moscow <https://stmarysparishmoscow.org/moscow-food-bank/>
on Facebook at <https://www.facebook.com/moscowidahofoodbank/?fref=ts>

Center for Volunteerism and Social Action – Bruce and Kathy Pitman Fund for Student Emergencies

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

Local stores in Kendrick and Deary are shopping and delivering groceries

Troy Seniors: As of today Sandy Kilborn has packaged up and delivered 30 boxes of food for them. They have Tom Lamar's phone number should they need anything. He has been making weekly trips to Moscow to pickup medications etc.

Friendly Neighbors of Moscow has shifted to pick-up service at the 1912 Center for their senior meals.

Local food producers:

Bi-monthly local food resources newsletter - to receive the newsletter email cdephelps@uidaho.edu local resources are also shared on <https://www.facebook.com/pcfoodcoalition/>

Support for small farms and farmers markets through www.cultivating success.org and <https://www.facebook.com/IdahoSmallFarms/>;

Idaho Victory Garden course <https://campus.extension.org/course/view.php?id=1000>

We have an excellent local network through the Palouse-Clearwater Food Coalition, Rural Roots, Moscow Farmer's Markets and others.

- CSA's contacting their members
- Senior Meal Sites: working with their regular clientele
- Moscow School District: Superintendent is communicating with employees and patrons about a large variety of issues including food.
MSD Student Meals/ Nutrition - <https://www.msd281.org/meals>

Housing and Other Economic Insecurity

Family Promise of the Palouse - <https://www.familypromisepalouse.org/> (208) 882-0165

Idaho Health and Welfare – includes link to apply for Medicaid expansion

<https://healthandwelfare.idaho.gov/>

Food stamps, Medicaid, and other Assistance Benefits: 1-877-456-1233

Moscow Regional office -

<https://healthandwelfare.idaho.gov/ContactUs/Region2/MoscowFieldOffice/tabid/509/Default.aspx>

Sojourner's Alliance. <https://www.sojournalersalliance.org/>

Spectrum Internet Assist for qualified households

<https://www.spectrum.com/browse/content/spectrum-internet-assist>

Medical

PH-INCD: <https://idahopublichealth.com>

Public Health Hotline: 1-866-736-6632

CHAS Health Services: <https://chas.org/health-alerts> 208.848.8300

Gritman Medical Center COVID-19 hotline: 208-883-4109

Idaho H&W Hotline: 1-888-330-3010 Idaho Department of Health and Welfare new toll-free number to call with questions about COVID-19 or the Statewide Stay-Home Order. It will be staffed Monday through Friday, 8 a.m. to 6 p.m.

Idaho Governor's office: <https://Coronavirus.idaho.gov>
<https://coronavirus.idaho.gov/statewide-stay-home-order>

CDC Coronavirus-2019: <https://CDC.gov/coronavirus/2019>

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

Idaho District 2 Rural Crisis Center Network: 1-877-897-9027

Personal Protective Equipment (PPE)

Need:

Gritman Hospital needs PPE. <https://gritman.org/coronavirus/> Donations of PPE: We will graciously accept donations of personal protective equipment like N95 masks, surgical masks, gowns, goggles, face shields and more. Please contact our Materials Management department 208-883-2230.

Long-term care facilities need PPE. Donations are very helpful. Call the facility first.

Production resource:

Two FaceBook groups for makers producing PPE (sew, laser, 3D print, etc). Lots of great patterns/plans and collaboration:

Global group:

https://www.facebook.com/groups/opensourcecovid19medicalsupplies/?hc_location=ufi

PNW group:

https://www.facebook.com/groups/pnw-covid19relief/?hc_location=ufi

NRS

NRS has redirected portions of its supply chain, logistics and distribution operations to support the cause. NRS has arranged urgent air-freight shipment of 30,000 respirator

masks, which will be distributed from the distribution center in Moscow, Idaho. NRS is also sourcing protective goggles, surgical masks, and suits along with additional respirators. NRS will donate PPE to the Moscow Volunteer Fire Department and will offer medical facilities fair-market pricing. NRS plans to fulfill requests from hospitals and agencies in Idaho and the Northwest initially but will distribute more broadly as supplies allow.

Mental and Emotional Health:

Suicide prevention number

Idaho District 2 Rural Crisis Center Network: 1-877-897-9027

Alternatives to Violence of the Palouse

<http://atvp.org/index.shtml> <https://www.facebook.com/atvpsupport/>

ATVP helpline. Locally (509) 332-HELP. (208) 883-HELP. Or toll-free: 1-877-334-2887.

Palouse Advocacy League

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

Preventing Suicide & Ending Stigma

Mindfulness FB page:

<https://www.facebook.com/events/689342758491881>

Quarantine Dance Group (Native American dancing in this time of need)

<https://www.facebook.com/groups/203363744333591/permalink/206883317314967/>

Go outside and Howl at 8pm:

<https://www.facebook.com/groups/howlat8/?fref=nf>

Companionship

Elderly and people at risk

Try to partner a volunteer or two with someone in need. This will hopefully create a partnership and provide some contact between them. The older person probably needs food and conversation. Social isolation is a hard thing. The person may also have other needs.

Letter writing/phone calls to the elderly.

Watch out for:

- People overloading sewer and septic treatment facilities by flushing materials other than toilet paper (like paper towels, torn-up t-shirts, sanitizer wipes, etc.)
- Need to delay visits to the recycling center.
- Pet resources (chamber flyer)

- Domestic violence concerns
- Delivery assistance changes for various at-risk populations (elderly, single parents with kids)
- Impacts of community members with Change of SMART Transit and Pullman Transit
- Kathie LaFortune is a great resource for PT, respite care, and other needs of households that include people with disabilities. (also, disability action center)
- reality of anticipating that the situation will get worse quickly
- plans for travel restrictions, including access to airport services

Economic: Business and Non-Profits

Moscow Chamber of Commerce

<http://www.moscowchamber.com/>

<https://www.facebook.com/moscow.chamber/>

#MoscowToGo

Information about Covid-19 including groceries and other services at

<http://www.moscowchamber.com/covid-19>

Pullman Chamber of Commerce also circulating information. And SEWEDA doing a business disruption survey.

PEP (County) - <http://www.pepedo.org/>

Working with businesses in 8 local communities

Small Business Administration (SBA):

https://www.uschamber.com/sites/default/files/023595_comm_corona_virus_smallbiz_lo_an_final_revised.pdf

Venmo is a system for payment – <https://venmo.com/?gclid=aw.ds&>

Venmo tutorial: <https://www.youtube.com/watch?v=dgsb2BHuijA>

Grants available to non-profits:

Innovia Foundation:

Monetary resources are available to help local NPOs meet community needs. See the description of the growing COVID-19 Response & Recovery Fund for North Idaho (below).

<https://innovia.org/covid19/>

Lewis-Clark Valley Healthcare Foundation:

The official grant cycle for 2020 will open soon, however we are receptive to compelling needs anytime. <https://lewisclarkhealth.org/>

COVID-19 Response and Recovery Fund for Idaho

<https://www.unitedwaytv.org/covid-19-response-and-recovery-fund-idaho>

Education and Library

Moscow School District

MSD Student Meals/ Nutrition - <https://www.msd281.org/meals>

Moscow School District has internet hot spots in the parking lots at Moscow Middle School, MHS, McDonald, and West Park Elementary

Latah County Library District - <http://www.latahlibrary.org/covid-19/covid-19-response>
all physical libraries are closed, but if you have a library card you may access
library's free digital resources at <http://latahlibrary.org/digital-resources/resources>
Online registration for free library cards is available through the Valnet catalog
at <http://valnet.org>.