

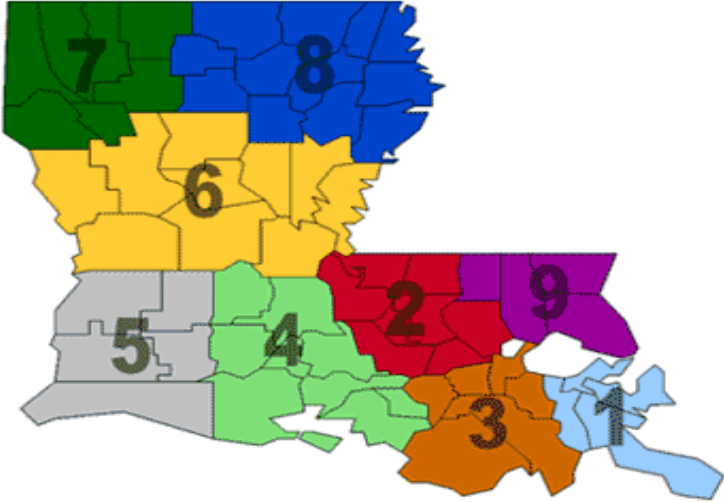
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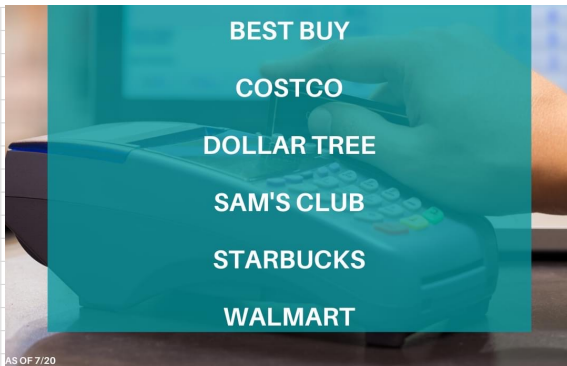
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consumerfinance.gov/coronavirus	Protecting your finances during the coronavirus pandemic
consumerfinance.gov/consumer-tools/debt-collection	Debt collection issues can be challenging. You don't have to face them alone. Our resources can help you understand how debt collection works and what your rights are.
consumerfinance.gov/complaint	Complaints give us insights into problems people are experiencing in the marketplace and help us regulate consumer financial products and services under existing federal consumer financial laws, enforce those laws judiciously, and educate and empower consumers to make informed financial decisions.
www.annualcreditreport.com	During these times of COVID-19, accessing your credit is important. That's why Equifax, Experian, and TransUnion are now offering free weekly online reports through April 2021.
https://www.consumerfinance.gov/coronavirus/servicemembers/	Although veterans will continue to receive their benefits and active-duty servicemembers will continue to receive their pay, some military personnel and their families are facing financial strain due to lost employment or changes in military orders. If you need financial assistance as a result of the pandemic, there is help.
https://www.consumerfinance.gov/practitioner-resources/your-money-your-goals/	Your Money, Your Goals is a set of financial empowerment materials for organizations that help people meet their financial goals by increasing their knowledge, skills, and resources.

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https://gov.louisiana.gov/index.cfm/newsroom/detail/2427	Gov. Edwards Issues Statewide Stay at Home Order to Further Fight the Spread of COVID-19 in Louisiana
https://gov.louisiana.gov/home/	Stay At Home Order--Explained as to what is essential reasons for leaving home
https://gov.louisiana.gov/index.cfm/newsroom/detail/2436	Gov. Edwards Signs Proclamation Outlining Additional Measures Related to COVID-19
https://gov.louisiana.gov/index.cfm/newsroom/detail/2445	Governor Edwards extends Stay at Home order until 30 April.
https://www.arklatexhomepage.com/news/louisiana-news/watch-live-governors-april-9-press-briefing-at-230-p-m/amp/	Gov. Edwards expects stay-at-home measures to continue through May
https://www.theadvocate.com/baton_rouge/news/coronavirus/article_9a80a7a2-7ad4-11ea-9cb9-77dedc32486a.html	Louisiana schools to remain closed for academic year amid coronavirus, John Bel Edwards says
https://gov.louisiana.gov/news/text-alert-system	Gov. Edwards Announces New Text Alert System to Provide Timely COVID-19 Updates
https://gov.louisiana.gov/assets/Proclamations/2020/46-JBE-2020-Elections-Rescheduled.pdf	Statewide Elections Rescheduled Due to State of Emergency Caused by COVID-19
https://gov.louisiana.gov/assets/Proclamations/2020/43-JBE-2020-Provisions-for-Unemployment.pdf	Provisions for Unemployment and Necessary State Employees
https://gov.louisiana.gov/assets/Proclamations/2020/modified/41-JBE-2020-Public-Health-Emergency.pdf	Revised Stay At Home Order with Additional Measures for COVID 19
https://gov.louisiana.gov/assets/Proclamations/2020/47-JBE-2020-State-of-Emergency-Elementary-and-Secondary-Education.pdf	Gov. Edwards Signs Order Closing Louisiana Schools for the Remainder of the Current School Year, Remote Learning Will Continue
https://gov.louisiana.gov/index.cfm/newsroom/detail/2457	Gov. Edwards Announces Creation of COVID-19 Health Equity Task Force
https://gov.louisiana.gov/index.cfm/newsroom/detail/2454	Gov. Edwards' COVID-19 Response Fund Issues First Grant
https://www.wdsu.com/article/coronavirus-updates-in-louisiana-25-739-covid-19-cases-in-state-1540-deaths-reported/32253126#	Gov. John Bel Edwards has been outlining some of the efforts Louisiana will take when it begins to reopen its businesses in phases amid the ongoing COVID-19 pandemic.
https://gov.louisiana.gov/home-order-extended-may15/	Gov. Edwards Will Extend Stay at Home Order Until May 15 to Continue Flattening the Curve and Slowing the Spread of COVID-19
https://gov.louisiana.gov/can-this-business-open/	The Governor has extended the Stay at Home order until May 15, which means some businesses are still directed to be closed, but many businesses can be open, with some restrictions in place to protect the public and their employees.
https://gov.louisiana.gov/index.cfm/newsroom/detail/2479	Gov. Edwards Formally Extends Louisiana's Stay at Home Order Until May 15
https://gov.louisiana.gov/index.cfm/newsroom/detail/2480	Gov. Edwards Releases New PSAs Encouraging the Extended Stay at Home Order and How Louisiana Moves Toward Phase One
https://gov.louisiana.gov/index.cfm/newsroom/detail/2481	Open Safely Program Activates Across Louisiana
https://gov.louisiana.gov/index.cfm/newsroom/detail/2487	State of Louisiana Will Hire Hundreds of Louisianans as Contact Tracers to Fight the Spread of COVID-19
https://gov.louisiana.gov/index.cfm/newsroom/detail/2488	Gov. Edwards: Louisiana will Move to Phase One Statewide on May 15, COVID-19 Stay at Home Order will be Lifted for Louisianans
https://gov.louisiana.gov/assets/Proclamations/2020/59-JBE-2020.pdf	Renewal of State of Emergency for COVID-19 Extension of Emergency Provisions
https://gov.louisiana.gov/assets/Proclamations/2020/58-JBE-2020.pdf	State of Emergency for COVID-19 Phase 1 of Resilient Louisiana
https://gov.louisiana.gov/index.cfm/newsroom/detail/2505	Gov. Edwards Issues Statement on Louisiana's April Unemployment Rate
https://gov.louisiana.gov/index.cfm/page/101	Contact Tracing
https://gov.louisiana.gov/index.cfm/newsroom/detail/2521	Gov. Edwards Announces Louisiana's Roadmap to Resilience Will Start Phase 2 on Friday, June 5
https://gov.louisiana.gov/assets/Proclamations/2020/74-JBE-2020-State-of-Emergency-COVID-19-Resilient-Louisiana-Phase-2.pdf	STATE OF EMERGENCY FOR COVID-19 PHASE 2 OF RESILIENT LOUISIANA
https://gov.louisiana.gov/assets/Proclamations/2020/75-JBE-2020-State-of-Emergency-COVID-19-Extension-to-June-26.pdf	RENEWAL OF STATE OF EMERGENCY FOR COVID-19 EXTENSION OF EMERGENCY PROVISIONS
http://ldh.la.gov/assets/oph/Rulemaking/er/LDHNNoticeonCBAFacilitiesCLARIF6420.pdf	CLARIFICATION OF EMERGENCY ORDER
https://gov.louisiana.gov/assets/Proclamations/2020/83-JBE-2020-State-of-Emergency-COVID-19-Resilient-Louisiana-Phase-2.pdf	RENEWAL OF STATE OF EMERGENCY FOR COVID-19 PHASE 2 OF RESILIENT LOUISIANA

https://gov.louisiana.gov/index.cfm/newsroom/detail/2573	Gov. Edwards Issues Order Keeping Louisiana in Phase Two, Encourages Louisianans to Mask Up
https://gov.louisiana.gov/assets/Proclamations/2020/84-JBE-2020-State-of-Emergency-COVID-19-Extension-to-July-24.pdf	RENEWAL OF STATE OF EMERGENCY FOR COVID-19 EXTENSION OF EMERGENCY PROVISIONS
https://gov.louisiana.gov/index.cfm/newsroom/detail/2591	Gov. Edwards Orders Statewide Mask Mandate, Closes Bars to On Premises Consumption as COVID-19 Continues to Spread Across Louisiana
https://gov.louisiana.gov/assets/Proclamations/2020/89-JBE-2020.pdf	COVID-19 Public Health Emergency: Additional Phase Two Mitigation Measures

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www.ldh.la.gov	Information on this page is updated daily at 0930 and 1730
Dial 211, Text LACOVID to 898-211, http://LA211Help.org	For questions or the most current information
https://www.cdc.gov/coronavirus/2019-ncov/index.html	Info and Resources on Coronavirus (COVID-19) & more
http://ldh.la.gov/index.cfm/page/3878	Coronavirus COVID-19 Guidance and Resources
https://gov.louisiana.gov/index.cfm/newsroom/detail/2468	The Louisiana Department of Health Issues Revised Order for Medical and Surgical Procedures
https://www.cdc.gov/coronavirus/2019-ncov/travelers/communication-resources.html	Communication Resources for Travelers
https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html	Pregnancy & Breastfeeding Information about Coronavirus Disease
http://ldh.la.gov/index.cfm/page/3872	Coronavirus (COVID-19) Medicaid Information
http://ladedphealth.blogspot.com/2020/05/how-one-hard-hit-state-is-rallying-to.html	How one hard-hit state is rallying to support those with addiction amidst COVID-19
https://www.yahoo.com/news/coronavirus-infections-are-rising-as-states-reopen-potentially-signaling-a-second-wave-154847924.html	Coronavirus infections are rising as states reopen, potentially signaling a second wave
http://ldh.la.gov/assets/oph/Center-CP/HANS/HANS20-36ContactTracingforCOVID-19.pdf	Contact Tracing for COVID-19 in Louisiana
http://ldh.la.gov/index.cfm/newsroom/detail/5615	Louisiana Department of Health announces 11 partners to execute comprehensive testing plan
http://ldh.la.gov/assets/oph/Coronavirus/resources/TestingPlan/LDHTesting-Plan-Summary.pdf	Louisiana Department of Health Testing Plan Summary
https://ldhcovid19.typeform.com/to/YWNtvZ	This quick survey will help to provide recommendations on how you can keep yourself and loved ones healthy. All details you share will be kept anonymous and won't be used for any purpose other than to give you some advice.
	Louisiana broken into regions.

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Florida	https://www.visitflorida.com/en-us/current-travel-safety-information.html	Here's the latest information and guidance regarding COVID-19 from Florida Gov. Ron DeSantis
Military Personnel	https://www.militaryonesource.mil/moving-housing/moving/planning-your-move/what-do-travel-restrictions-mean-for-military-families?fbclid=IwAR0J2FucEXABkpPoGuLSWkxk3UUEUjH1Mnsm09QTPd5YUlpkqwnMK4_jeY	What Do Travel Restrictions Mean for Military Families?
President Trump	https://www.kalb.com/content/news/Trump-says-he-wont-extend-social-distancing-guidelines-570050721.html	Trump says he won't extend social distancing guidelines
Military Bases	https://www.military.com/daily-news/2020/05/19/here-are-rules-wearing-face-masks-military-bases.html?utm_medium=Social&utm_source=Facebook#Echobox=1589919629	Rules for wearing face masks on Military bases
Military Bases	https://www.military.com/daily-news/2020/05/19/states-relax-rules-military-bases-take-first-reopening-steps.html?utm_medium=Social&utm_source=Facebook#Echobox=1589918429	Military bases take first reopening steps as States relax
State and Host Nations	https://www.militarytimes.com/news/your-military/2020/06/08/travel-restrictions-lifted-by-dod-at-these-states-and-host-nations/	Travel restrictions lifted by DoD at these states and host nations
Louisiana	https://www.wbrz.com/news/new-orleans-announces-mask-requirement-for-anyone-out-in-public	New Orleans mayor announces mask requirement for anyone out in public
Louisiana	https://www.wdsu.com/article/watch-live-jp-officials-hold-news-conference-on-latest-coronavirus-cases/33000191#	Emergency proclamation will make masks mandatory in public in Jefferson Parish starting this week
Louisiana	https://www.theadvocate.com/baton_rouge/news/article_1ecf6d84-bbb9-11ea-aa97-77af85826d35.html	Face masks will be required in East Baton Rouge businesses starting Friday, 3 July 2020
Texas	https://www.dallasnews.com/news/public-health/2020/07/02/gov-greg-abbott-requires-masks-statewide-to-fight-covid-19-limits-size-of-gatherings/	Gov. Greg Abbott requires masks statewide to fight COVID-19, limits size of gatherings
Pennsylvania	https://www.pennlive.com/coronavirus/2020/07/pa-officials-say-travelers-coming-from-these-15-states-should-quarantine-for-14-days.html	Pa. officials say travelers coming from these 15 states should quarantine for 14 days
Louisiana	https://www.kalb.com/2020/07/10/mayor-hall-says-no-mask-mandate-for-alexandria-still-urges-residents-to-wear-them/	Mayor Hall says no mask mandate for Alexandria; still urges residents to wear them
Louisiana	https://ldh.la.gov/assets/oph/Coronavirus/resources/CDC-DIY-cloth-face-covering-instructions.pdf	The Office of State Fire Marshal is providing you with this update in conjunction with the Office of the Governor and the Louisiana Department of Health to keep you up to date with additional information and/or changes as it becomes available during our battle with COVID-19. These notifications are issued automatically and immediately to those who sign up through "OpenSafely" (https://opensafely.la.gov/). This guidance shall serve as the superseding directive on face coverings in all currently active OpenSafely guidance documents until rescinded. The statewide face covering order, as detailed in Proclamation Number 89 JBE 2020, applies in the following ways: <ul style="list-style-type: none"> • All customers as well as business owners and employees, non-essential and essential, are to wear face coverings inside a commercial establishment or any other building or space open to the public, whether indoor or outdoor, as well as when utilizing public or commercial modes of transportation. This includes when individuals are engaged in exercise indoors or when a physical activity outdoors involves being within six feet of others. • Face coverings must be worn over the nose and mouth. • It is a business' responsibility to ensure all employees AND customers are wearing face coverings when on the premises. • A business shall make exception for customers with regard to the wearing of face coverings if the following stipulations are applicable: A child under the age of 8, though it is strongly recommended that children ages 2 and older wear face coverings; An individual with a medical condition that prevents the wearing of a face covering; An individual communicating with someone who is hearing impaired. • Exceptions can also be made for: Individuals who can remain six feet away from others, particularly when outdoors; Individuals who are eating and/or drinking; Individuals giving a speech for broadcast or to an audience; Individuals temporarily removing their face covering for identification purposes.
NATIONWIDE	https://www.fox8live.com/2020/07/16/target-cvs-join-list-stores-mandating-masks/	Walgreens, Target, Publix join list of stores mandating masks
		



AS OF 7/20

https://www.nbcnews.com/business/consumer/walmart-says-all-shoppers-must-wear-mask-starting-monday-n1233893?cid=sm_npd_nn_fb_ma

NATIONWIDE

Walmart says all customers will be required to wear masks

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As you are probably aware the federal government has taken swift measures to provide paid leave for employees who must miss work because of the impact of COVID-19 under the Families First Coronavirus Response Act. The act requires certain employers to provide paid sick leave but also provides for employment tax credits to offset the costs.

We hope to clarify the legislation and information as it becomes available so you can plan during the uncertainty of these economic times. The Act is still being interpreted and we are waiting on more guidance, but here is what we know now:

What employers are covered? Employers who employ less than 500 employees are required to provide paid sick leave to their employees. The Act exempts employers with less than 50 employees from paying the mandated sick time for employees who are caring for child whose school or other care is closed if the requirements would "jeopardize the viability of the business as a going concern".

What employees are covered? Full and part time employees are covered if they fall under the following categories:

1. Subject to a Federal, State or local quarantine or isolation order related to COVID-19
2. Advised by a healthcare provider to self-quarantine due to concerns related to COVID-19
3. Experiencing symptoms of COVID-19 and seeking a medical diagnosis
4. Caring for an individual who is quarantined
5. Caring for a son or daughter if the school or other child care provider is closed due to COVID-19 precautions
6. Experiencing other similar conditions specified by governmental entities

What amount should be paid? For full time workers, up to 80 hours of paid sick time is mandated. Part time workers are paid based on the average number of hours over a two-week period. The amount to be paid depends on the category (listed above):

1. 100% of the employee's regular rate of pay for categories 1-3 (listed above) with a maximum amount of \$511 per day/\$5,110 total
2. Two-thirds of the employee's regular rate of pay for categories 4-6 (listed above) with a maximum amount of \$200 per day/\$2,000 total

What if the employer already has other paid leave? The employer cannot require that the employee use other paid leave before the emergency leave provided by the law

How does the credit work? The employer receives a credit for the amount paid against the employer portion of Social Security taxes on wages paid for that quarter. Excess sick paid time over the Social Security taxes is a refundable overpayment. The amount of the credit also covers any health plan expenses allocated to the sick leave period such as the cost of the group health plan. The credit is also increased by the employer's share of Medicare taxes on the mandated sick pay. The limits on the credit mirror the limits on the amount required to be paid (see above). The employer will claim the credit on the Form 941 for the quarter. If a refund is due, the IRS will provide for an accelerated payment. The expedited procedure for any refund due has not been announced yet.

How will the paid sick leave and corresponding credits impact payroll tax and income tax for the employer? The sick leave will not be subject to the employer portion of Social Security taxes. The credit will be considered income to the employer which offsets the cost of the paid sick leave for the net zero effect.

How will the paid sick leave and corresponding credits impact the income tax for the employee? The paid sick time will be includible in the employee's income as wages.

What about the expansion of Emergency Family and Medical Leave? The new law also expanded the FMLA to apply to the employers covered under the Emergency Paid Leave. Employers are required to provide paid leave for employees who have been employed for at least 30 calendar days and are unable to work due to a need to care for a son or daughter under age 18 if the school or child care provider has closed. The amount paid under this Emergency Family and Medical Leave is limited to \$200 per day/\$10,000 in total. The first 10 days of leave may be unpaid under this section, and the employee can choose to use any accrued paid time off such as vacation or sick time during the first 10 days of this unpaid leave.

When does this apply? According to the Department of Labor, the law applies from April 1, 2020 through December 31, 2020. However, the first 30 days are going to be considered a "non-enforcement period" as long as the employer is acting reasonably and in good faith to comply.

What about self-employed individual? Self-employed individuals can also receive a credit against SECA taxes on their individual income tax returns for an equivalent amount.

What else should I know? There are provisions that prevent any doubling of credits under either the Emergency Paid Sick Time or the Emergency Family and Medical Leave. The Department of Labor will be providing a model notice for employers.

Please note that as this is brand new legislation, we are doing our best to interpret and explain it. However, details may change with additional information. More guidance should be coming on this law that will hopefully give more clarity.

<https://www.dol.gov/agencies/whd/pandemic>

COVID-19 and the American Workplace
Temporary Rule: Paid Leave under the Families
First Coronavirus Response Act

<https://www.dol.gov/agencies/whd/pandemic/ffcra-questions>

Families First Coronavirus Response Act:
Questions and Answers

<https://www.dol.gov/agencies/whd/fmla/pandemic>

COVID-19 and the Family and Medical Leave Act
Questions and Answers

<https://www.benefitnews.com/opinion/understanding-new-paid-leave-rules-in-the-coronavirus-response-act>

Understanding new paid leave rules in the
Coronavirus Response Act

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opportunitylouisiana.com/covid-19-assistance	Economic Development (Assistance for Businesses)	
dcfs.louisiana.gov/page/coronavirus	Children and Family Services	888-524-3578 Text GETSNAP (no spaces) to 898211
louisianabelieves.com/resources/covid-19	Louisiana Department of Education	
revenue.louisiana.gov/NewsAndPublications/COVID19	Louisiana Department of Revenue	
ldi.louisiana.gov/consumers/insurance-type/healthinsurance/covid-19/	Louisiana Department of Insurance	
expresslane.org	Louisiana Office of Motor Vehicles	
gov.louisiana.gov/index.cfm/page/89	Governors Office	
You can call 211 for ANY questions about the Coronavirus		
http://ldh.la.gov/index.cfm/page/3878	Coronavirus COVID-19 Guidance & Resources	***Updated Daily***
https://coronavirus.la.gov/	State of Louisiana Coronavirus Updates	**Newly Created**
https://docs.google.com/document/d/e/2PACX-1vTNTnJqQ-V3jKkAYBBg1lOraB6STIGtimrOXlvX_mg0zwwPJABfclCgcLdMvW_9X3OvLlGOwUgQogIw/pub	COVID-19 FAQs for Louisiana	***Updated Daily***
https://fhfogn.org/covid-19-resources	Families Helping Families-COVID-19 Resources	
https://www.brla.gov/AlertCenter.aspx?utm_campaign=55648d1d-5a41-46da-891e-1881aaa5581d&utm_medium=community&utm_source=	Alert Center allows you to view all alerts and emergencies in your area. If there are alerts or emergencies, they will be listed below by category. (Baton Rouge Area Only)	0
https://www.kalb.com/content/news/Farm-aid-program-opens-for-applications-Tuesday-570765591.html	Farm aid program opens for applications Tuesday	
https://rapidesregional.com/covid-19/	Coronavirus Resource Hub Central Louisiana	
www.LA211Help.org	Dial 211. Text LACOVID to 898-211. To speak with 211 about available resources and services	
Dial 1-800-CHILDREN (244-5373) or text 225-244-5373	Kidline provides free emotional support, information and referrals for parents / caregivers.	
Dial 1-866-310-7977	Speak with a trained, compassionate counselor 24/7	
Text REACHOUT to 741741	Speak with a crisis counselor for 24/7 support	
Text 504-777-EASE (3273)	Teenagers in need of support or counseling	
www.lsu.edu/it_services/remote/discounted-internet.php	Discounted Internet Services	
www.internetessentials.com	Wireless Connectivity	
bitly.com/LAfreewireless	Wireless / Landline Phone Service	
www.wiman.me/united-states/free-wifi-baton-rouge	Free hot spots	
www.feedinglouisiana.org/covid-19	Dial 225-308-2038. Feeding Louisiana provides information on food assistance	
cnp.doe.louisiana.gov	Information on meal services for children	
bitly.com/Lamedicaid	Dial 1-888-342-6207 for Medicaid assistance	
www.laworks.net	Dial 1-888-753-5567 for Unemployment Assistance	
Dial 1-888-HELP-U (524-3578)	Text GETSNAP to 898-211 for SNAP Assistance	
http://ldh.la.gov/assets/oph/coronavirus/resources/obh/COVID19_BehavioralHealthResources_statewidewithLGEs.pdf	For any age dial via link 211 or 1-800-749-2673	
https://www.la-law.org/home/covid-19-legal-information-and-resources/	Acadiana Legal Services Corporation	
https://www.kalb.com/2020/06/18/sen-cassidy-announces-225-million-in-covid-19-response-funding-for-louisiana/	Sen. Cassidy announces \$225 million in COVID-19 response funding for Louisiana	

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https://www.cbsnews.com/news/stimulus-checks-social-security-recipients-will-automatically-get-checks-treasury-reversal/	Social Security recipients will automatically get stimulus checks, Treasury says in reversal
https://www.aarp.org/politics-society/advocacy/info-2020/coronavirus-stimulus-checks.htm	Stimulus Checks: Who Is Eligible and How Much Will They Be?
https://www.nytimes.com/article/coronavirus-stimulus-package-questions-answers.html	F.A.Q. on Stimulus Checks, Unemployment and the Coronavirus Plan
https://www.cnn.com/2020/04/01/politics/stimulus-money-distribution-individuals/index.html	When will you get your stimulus cash, and how?
https://www.irs.gov/coronavirus/economic-impact-payments	The IRS is committed to helping you get your Economic Impact Payment as soon as possible. The payments, also referred to by some as stimulus payments, are automatic for most taxpayers. No further action is needed by taxpayers who filed tax returns in 2018 and 2019 and most seniors and retirees.
https://www.nbcnews.com/politics/politics-news/coronavirus-stimulus-checks-irs-launches-online-form-get-money-faster-n1184436	Coronavirus stimulus checks: IRS launches online form to get money faster
https://www.kalb.com/content/news/IRS-issues-a-special-alert-for-VA-SSI-recipients-who-dont-file-a-tax-return-and-have-dependents-569956851.html	IRS issues a special alert for VA, SSI recipients who don't file a tax return and have dependents
https://www.forbes.com/sites/ryanguina/2020/04/21/second-stimulus-payment-proposals/	Stimulus Payment Round 2: A Rundown Of The 3 Current Stimulus Proposals
https://www.yahoo.com/finance/news/the-case-for-monthly-coronavirus-stimulus-checks-americans-need-consistent-liquidity-175809258.html	The case for monthly coronavirus stimulus checks: Americans 'need consistent liquidity'
https://www.kalb.com/content/news/Congress-weighs-choice-Go-big-on-virus-aid-or-hit-pause-570763221.html	Deadlocked Congress shifts virus focus to small business aid
https://www.aarp.org/money/taxes/info-2020/missed-stimulus-payment-claims.html?cmp=SNO-ICM-FB-COVID-SP&socialid=3378234842	6 Ways to Get a Stimulus Payment in 2021
https://www.nbcnews.com/politics/donald-trump/trump-opens-door-another-round-stimulus-checks-direct-deposits-n1231780	Trump opens door to another round of stimulus checks, direct deposits

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https://gov.louisiana.gov/index.cfm/newsroom/detail/2467	Gov. Edwards Creates Resilient Louisiana Commission: Panel to focus on economic growth, resiliency in response to COVID-19 pandemic
https://www.opportunitylouisiana.com/resilientlouisiana	A state commission charged with examining Louisiana’s economy amid the COVID-19 pandemic and making recommendations for more resilient business-related activities and commerce in the coming months.
https://www.opportunitylouisiana.com/led-news	Louisiana in the News
https://gov.louisiana.gov/index.cfm/page/101	Contact Tracing

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https://gov.louisiana.gov/index.cfm/newsroom/detail/2457	Gov. Edwards Announces Creation of COVID-19 Health Equity Task Force
https://gov.louisiana.gov/index.cfm/newsroom/detail/2469	Gov. Edwards Announces Co-Chairs, Members of COVID-19 Health Equity Task Force and Subcommittees
https://gov.louisiana.gov/index.cfm/newsroom/detail/2473	Gov. Edwards Announces Funding to the Health Equity Task Force to Examine Causes and Solutions to COVID-19 Racial Disparities
https://www.katc.com/news/national/coronavirus/white-house-task-force-report-recommends-18-states-should-roll-back-reopening	White House task force report recommends 18 states, including Louisiana, should roll back reopening

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https://www.wlvt.com/article/news/health/coronavirus/louisiana-begins-to-reopen-after-coronavirus-cases-decline/289-d719405c-a707-41a7-81ad-da83d9c4a7e5?fbclid=IwAR1NJH2dR-njgAtjQu833tI8hKypapYwHnEN_pUWV3zPw6eUnvL6vtDpiTg?fbclid=IwAR1NJH2dR-njgAtjQu833tI8hKypapYwHnEN_pUWV3zPw6eUnvL6vtDpiTg	10 things you can do as Louisiana eases coronavirus rules
https://www.theadvocate.com/baton_rouge/news/coronavirus/article_2df4bb9e-93c2-11ea-bbc2-ab0f3297b343.html	Louisiana coronavirus reopening, Phase I: What's open and what's closed?
https://www.wafb.com/2020/05/06/faq-questions-related-louisianas-phase-reopening/	FAQ: Questions related to Louisiana's Phase 1 of reopening
https://www.cnn.com/us/live-news/us-coronavirus-update-05-14-20/index.html	Coronavirus pandemic in the US
https://www.insidehighered.com/news/2020/05/14/live-updates-latest-news-coronavirus-and-higher-education	Live Updates: Latest News on Coronavirus and Higher Education
https://money.yahoo.com/heres-what-a-second-round-of-stimulus-checks-would-look-like-173215106.html	Coronavirus stimulus checks: Here's what a second round could look like
expresslane.org	Renew driver licenses and identification cards, renew your vehicle registration and check the status of your license for flags or blocks.

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https://www.wvltv.com/article/news/health/coronavirus/louisiana-begins-phase-2-of-reopening-on-friday-heres-what-can-reopen/289-473af144-7852-464a-81b7-194042635fef?fbclid=IwAR1_Z90RGd0C8pQx1TDSAt4t--wY1SaCCLxa-a32ndhTjnCE4aCthcex4mo?fbclid=IwAR1_Z90RGd0C8pQx1TDSAt4t--wY1SaCCLxa-a32ndhTjnCE4aCthcex4mo	Louisiana begins Phase 2 of reopening on Friday, June 5, 2020. Here is what can reopen.
https://www.theadvocate.com/baton_rouge/news/coronavirus/article_ee4ff1ac-a424-11ea-8b66-5b6b118f2ab3.html	Louisiana moving to Phase 2 of coronavirus restrictions; here's what that means
https://www.theadvertiser.com/story/news/local/louisiana/2020/06/01/coronavirus-louisiana-phase-2-reopening-businesses-social-distancing/5300694002/	What happens in Phase 2 reopening for Louisiana residents and businesses amid COVID-19
https://www.wdsu.com/article/new-orleans-to-outline-phase-two-reopening-efforts-discuss-latest-covid-19-data/32815201?fbclid=IwAR3J489824yIZHIDoBgrEbJbtmuhn6nL8hUokg_zjvLtmDPb0frrcVPQUPE	New Orleans moving into phase two this weekend; here's what it means for businesses
https://www.wafb.com/2020/06/18/cases-spike-gov-edwards-issues-stern-warning/	As cases spike, Gov. Edwards issues stern warning

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https://www.thenewsstar.com/story/news/2020/06/22/louisiana-governor-john-bel-edwards-postpones-phase-3-amid-coronavirus-spike/3234649001/	Louisiana Governor John Bel Edwards postpones Phase 3 amid coronavirus spike
https://www.theadvocate.com/baton_rouge/news/coronavirus/article_1c2601f0-b4a8-11ea-a611-67b72e7a3c5a.html	Phase 3 in Louisiana put off amid coronavirus spike; here's how long Phase 2 might last

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Stateocdonations@la.gov

FYI, if anyone contacts you saying they would like to make a donation of any kind, feel free to give them the email address listed

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Bayou Region	Ochsner Urgent Care-Houma 5922 West Main Street, Suite A, Houma				
Northshore	Ochsner Urgent Care-Mandeville 2735 Highway 190, Suite D, Mandeville				
New Orleans	Ochsner Urgent Care-Mid City at Canal 4100 Canal Street, New Orleans				
Alexandria	Parking Lot of the Rapides Parish Coliseum**must present with a fever above 100.4 degrees to be tested Times Vary Weekly				
Lake Charles	Burton Coliseum				
Lafayette	Cajun Dome				
Lafayette	Blackham Coliseum				
Boutte	Hahnville High School 0800-1200 or until 250 tests have been administered				
Abbeville	Abbeville General Coliseum				
Gramercy	Gramercy Elementary School (Opens 16 April at 0800) Must be at least 18 years old and must be in line by 1200 to be tested				
Erath	Erath Community Center				

REGION	TESTING CENTERS	ADDRESSES	HOURS OF OPERATION	REQUIREMENTS	MISCELLANEOUS
ONE	Ochsner Center for Primary Care & Wellness	1401 Jefferson Hwy, New Orleans		Ochsner patients only - orders come through EMR	
	West Jeff Medical Center - Marrero	1101 Medical Center Blvd, Marrero	Hotline open 8am-11pm: 504-962-6202. Screening center is open 7 days a week from 12pm-8pm.	Anyone experiencing symptoms is encouraged to call the hotline #: 504-962-6202. If further evaluation is deemed necessary patients will be instructed to visit the drive through Screening Center. Patients are asked to bring valid ID and insurance card.	https://www.ochsner.org/coronavirus
	Creighton Care UNO Lakewood	1831 Elysian Fields Ave, New Orleans	8:30am-5pm, M-F		https://www.creightonhealth.com
	Alario Center	6801 Franklin Ave, New Orleans	8am-6pm	Screening for fever and cough upon arrival. Please	
	New Orleans East Hospital	2000 Seagoville Blvd, Westwego	8am-6pm	Screening for fever and cough upon arrival. Please	
		5620 Reed Blvd, New Orleans	8am-5pm, M-F	Patients experience symptoms of fever over 100.4.	https://www.roebhospital.org/testingcenter
TWO	Baton Rouge Regional - Mid City Campus	3600 Florida Blvd, Baton Rouge	12:30pm-2pm, Monday, Wednesday, Friday	Requires physician order. Physician order fax #: 225-	https://www.brgeneral.org/coronavirus-information/
	St. Elizabeth Hospital - OLOL Ascension	1125 Louisiana 30 W, Gonzales	1pm-3pm, M-F	Open to existing St. Elizabeth OLOL Ascension	
	Women's Center for Wellness	9637 Jefferson Hwy #2632, Baton Rouge		Testing available for women in their 3rd trimester and	
THREE	Terrebonne General Medical Center	Drive through will be located at the Medical Arts building located	Tuesday, March 31st 9am-12pm; Wednesday, April	Will serve anyone symptomatic along with healthcare	
	Thibodaux Regional Health System	Drive through located at 506 N Acadia Rd - former location of	Tuesday & Thursday, 12pm-3pm	Open to public but requires physician's prior	
	Coastal Urgent Care of Thibodaux	2031 Audubon Ave, Thibodaux	Open daily from 8am-6pm	Testing first responders and health care workers	
	The Urgent Care of Laplace	1153 Belle Terre Blvd, Laplace	Monday, Friday 8am-6pm, Sat/Sun 8am-5pm	Open to symptomatic healthcare workers and first	
	Thibodaux Medical Clinic	931 N Canal Blvd, Thibodaux	8am-5pm, M-F	Existing patients of the clinic are encouraged to call	
	St. Joseph Clinic	22080 LA-20, Vacherie	7:30am-5pm, M-F	Existing patients of the clinic are encouraged to call	
	St. Charles Urgent Care	13100 River Road, Suite 100, Destrehan	8:30am-6pm, M-F and 8:30am-6pm, Sat/Sun	Testing first responders and health care workers	
	St. James Parish Hospital MOB	1646 Lutcher Ave, Lutcher	1pm-3pm Wednesday	Open to symptomatic healthcare workers, first	
FOUR	Cajundome	444 Cajundome Blvd, Lafayette	8:30am-10:30am	Pre-screening phone #: 311 or 534-TEST. Please	
	North Lewis Elementary	604 N. Lewis St, New Iberia	9:00am-12:00pm	Pre-screening patients at these two #s: 337-374-7421	Next screening will be held April 1 from 9am-12pm. P2
	Delcambre Erath Rural Health Clinic	220 North Road, Erath	10am-12pm	Pre-screening phone #: 337-682-6999. Please bring	
	Opelousas General Health System	Information regarding test location will be released to patient once	By appointment	Pre-screening phone #: 337-678-4765. Please bring	
FIVE	Burton Coliseum Complex	7001 Gulf Hwy, Lake Charles	March 31st - April 2nd 8am-3:30pm	Criteria for Testing - Patient must have fever of 100.4	
	Moss Memorial Health Clinic	1000 Walters St, Lake Charles	8am-8pm, M-F, 8am-5pm, Sat/Sun	No walk-in testing - must have referral from physician	
	SWLA Center for Health Services	2000 Opelousas St, Lake Charles	M, W, Th - 8am-6pm, Tues - 8am-6pm, Fri - 8am-1pm	Residents with no primary care physician and have	
	The Joint Readiness Training Center and Fort Polk COVID-19	Texas Avenue	8am-3pm	Drive through screening for Bayne-Jones Army	
	West Cal Cam Hospital	701 Cypress Street, Sulphur	8am-6pm, M-F, 8am-2pm, Sat/Sun	Testing is available for persons who have had their	
SIX	Exhibition Hall at the Rapides Parish Coliseum	5600 Coliseum Blvd, Alexandria	1pm-3pm, Tuesday and Thursday	Screening for fever of over 100.4F or higher	
	CHRISTUS St. Francis Cabrini	3300 Masonic Dr., Alexandria	12:30pm-3pm, MWF	Screening for fever of 100.4F or higher	
SEVEN	HealthCARE Express Urgent Care	4508 Northport Blvd, Shreveport	8am-8pm, M-F, 8am-4pm, Sat/Sun	Patients are asked to please call: 318-935-9628 if	
	Natchitoches Regional Medical Center	CLTCC Natchitoches Campus, 6587 LA-1 Bypass, Natchitoches	10am-12pm, Tues and Thursday	No MD or provider order required. Criteria for Testing -	
EIGHT	St. Francis Medical Center	3421 Medical Park Drive, Monroe	8am-5pm	Must have order from physician, and physician must	
	Citizens Medical Center	7938 US Hwy 165, Columbia		Must call ahead to hospital or clinic, and must have	
NINE	North Oaks Regional & Our Lady of Angels	15790 N. Oaks Dr, Hammond	1pm-5pm, M-F	Individuals with symptoms or concerns are asked to	https://www.northoaks.org/covid-19/
	Our Lady of the Angels Hospital	433 Plaza St, Bogalusa	1pm-3pm, M-F	Drive through testing for community patients and	
	Ochsner North Shore Hospital	Testing will be done at Ochsner Main Campus on Jefferson Highway.	8am-6pm, M-F, 8am-5pm, Sat/Sun	Accepting Ochsner healthcare providers, patients and	
	Ochsner Urgent Care Center - Mandeville			Accepting patients with orders from an Ochsner	
	Mandeville Diagnostic Center of STPH	201 St. Ann Dr., Sutes A&B, Mandeville	3pm-7pm, M-F	Accepting patients with orders from physicians	
	Our Lady of the Lake - Livingston	5000 O'Donnovan Blvd, Walker, LA	10am-11:30am, Mon-Wed-Fri	Serving Livingston Parish residents with a physician	

STATEWIDE	http://lhb.la.gov/index.cfm?page=3934	COVID-19 Testing Sites			
CENTRAL LOUISIANA	https://files.constantcontact.com/3c148139001a074f82-40ed-4736-b0bb-644186b9240ed.pdf	MOBILE TESTING VANS FOR COVID-19			
CENTRAL LOUISIANA	https://files.constantcontact.com/3c148139001a074f82-40ed-4736-b0bb-644186b9240ed.pdf	Region 6 Mobile Test Site Concept of Operations			
CENTRAL LOUISIANA	https://www.halb.com/content/news/Mobile-COVID-19-testing-information-for-Cenla-520799561.html	Mobile COVID-19 testing information for Cenla			
SOUTHWEST LOUISIANA	http://lhb.la.gov/index.cfm/viewroom/detail/5616	Mobile COVID-19 testing sites expand to more southwest Louisiana parishes			
	http://lhb.la.gov/index.cfm?page=3934	COVID-19 Testing Sites			
Monday	7/20/2020	Grant High School - Dry Prong			
Tuesday	7/21/2020	Dodson High School - Dodson			
Wednesday	7/22/2020	Montgomery High School - Montgomery			
Thursday	7/23/2020	Winnfield Senior High School - Winnfield			
Friday	7/24/2020	Grant Parish Civic Center - Colfax			
Monday	7/20/2020	Marksville Courthouse - Marksville			
Tuesday	7/21/2020	Rapides Parish Exhibition Hall - Alexandria			
Wednesday	7/22/2020	Mansura Town Hall - Mansura			
Thursday	7/23/2020	Scilly Island Medical Center - Scilly Island			
Friday	7/24/2020	Arcyelles High School - Moreauville			
Monday	7/20/2020	Concordia Library - Clayton			
Tuesday	7/21/2020	Parway Elementary - Leesville			
Wednesday	7/22/2020	Widala High School - Widala			
Thursday	7/23/2020	Vernon Parish Fairgrounds - Leesville			
Friday	7/24/2020	Ferriiday High School - Ferriiday			
Monday	7/20/2020	Rapides Parish Exhibition Hall - Alexandria			
Tuesday	7/21/2020	Rapides Parish Exhibition Hall - Alexandria			
Wednesday	7/22/2020	Rapides Parish Exhibition Hall - Alexandria			
Thursday	7/23/2020	Rapides Parish Exhibition Hall - Alexandria			
Friday	7/24/2020	Rapides Parish Exhibition Hall - Alexandria			
Tuesday	7/21/2020	Oak Hill High School - Elmer			
Thursday	7/23/2020	Buckeye Elementary School - Deville			

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New Orleans	Louis Armstrong Park University of New Orleans Arena
Jefferson Parish	Alario Center, Westwego
East Baton Rouge Parish	Mid-City, 3600 Florida Boulevard Downtown Baton Rouge, ER @ Peachtree & North Boulevard
JRTC & Fort Polk	Open to all Bayne-Jones Army Community Hospital beneficiaries. To be screened, you must have a valid ID card if over the age of 10. Located off Texas Acenue, follow the directional signs.
Caddo Parish	1125 Shreveport-Barksdale Highway--Anyone with COVID-19 symptoms--No out-of-pocket costs--9:00 am to 4:00 pm daily

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Can Service members released from active duty following service in a COVID-19 affected area be delayed prompt reinstatement for quarantine purposes

The short answer is no.... In some cases, a reinstatement beyond the typical two

Can Service members be laid off from their civilian employment during or after the COVID-19 outbreak?

Possibly... As a general rule, Service members are entitled to reemployment in the job position that he or she would have attained with reasonable certainty if not for the absence due to uniformed service. Due to a potential downturn, Service members may return to their employer to find they have been laid off. This would not necessarily be a violation of USERRA.

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https://louisianabelieves.com/newsroom/news-releases/2020/03/23/louisiana-opens-child-care-assistance-program-to-critical-personnel-amid-covid-19-outbreak	Childcare Assistance
https://www.louisianabelieves.com/newsroom/news-releases/2020/04/28/louisiana-extends-child-care-assistance-for-critical-personnel	LOUISIANA EXTENDS CHILD CARE ASSISTANCE FOR CRITICAL PERSONNEL
Sam's Club	Every Sunday until further notice Sam's Club are open from 0700-0900 for first responders and healthcare workers ONLY. No membership needed, just bring your work ID with you. Call and confirm with your local Sam's Club to verify participation.
Hampton Inn by Hilton and LaQuinta Inn & Suites by Wyndham (Broussard Area)	Offering complimentary lodging for medical professionals and first responders fighting COVID-19. Reservations can be made by 337-501-9091 or by emailing bperry@divihospitality.com
https://www.klfy.com/top-stories-news/att-to-support-nurses-and-doctors-with-three-months-of-free-service-nationwide/	AT&T to support nurses and doctors with three months of free service nationwide
https://www.thenorthface.com/help/the-north-face-healthcare-workers-discount-program.html	As a small show of our heartfelt gratitude for their dedication and bravery in the face of the COVID-19 pandemic, from April 14, 2020 to Dec. 31, 2020 we will be giving a 50% discount to healthcare workers in the United States.
BJ's Wholesale Club	Free Four Month Membership (Show Your Credentials) Sundays 0800-0900
https://www.chilitechnology.com/pages/kryocares	We're sending new + certified refurbished chiliPADs to healthcare and first responders fighting COVID-19.
https://fjolk.com/pages/better-together	We are sending shoes to anyone who works in healthcare and is on the front lines fighting COVID-19 right now.
https://www.registerednursing.org/nurse-freebies-covid-19/	List of Freebies for Nurses During the COVID-19 Crisis
https://forms.glowforge.com/request	Free Ear Savers
https://enell.com/blogs/blog/50-off-for-healthcare-workers-and-teachers	50% Off for Healthcare Workers, First Responders, and Teachers
Little Ceasars	Free Pizza (Show Your Credentials)
Long John Silvers "Wellness Wednesdays"	20% Discount Every Wednesday (Show Your Credentials)
Checkers / Rallys	Free Small Combo--Wear Your Uniform
Wendy's	Free 4 Piece Nugget (Show Your Credentials)
IHOP	20% off (Show Your Credentials)
Hooters	20% Off (Show Your Credentials)
https://wgno.com/news/clothing-company-offering-free-mask-to-every-american-so-we-can-stop-this-thing-in-its-tracks/?utm_campaign=trueAnthem%3A+Trending+Content&utm_medium=trueAnthem&utm_source=facebook	A clothing company known for eco-friendly workout gear is making face coverings and offering them to every person in America for free to stop the spread of COVID-19.
https://militarybridge.com/blog/2020/4/26/1599/under-armour-increases-their-military-discount-program-to-40-off-for-military/	Under Armour Increases their Military Discount Program to 40% off for Military
Costco Wholesale	Beginning May 4th, Masks will be MANDATORY
Jet Blue Airlines	Beginning May 4th, Masks will be MANDATORY
American Airlines	New requirement for all customers to wear masks during flight beginning May 11
Delta Airlines	temporarily requiring face masks or face coverings for everyone – Delta employees included – in the check-in lobby, Delta Sky Clubs®, gate areas, jet bridges and on board our aircraft.
https://covid-19lavolunteers.org/	Because of our critical need for healthcare workers, we have created a medical volunteer website in order to mobilize healthcare students and graduates from Louisiana universities and colleges to support the existing healthcare workforce that is quickly getting stretched thin. The website is also available to active members or retirees of Louisiana's healthcare workforce who are willing and able to assist.

https://lava.dhh.louisiana.gov/	Delta is stepping up to help Louisiana during this trying time. Any volunteer healthcare workers trying to come to Louisiana can do so for free on Delta Airlines. Before arriving, healthcare workers have to register and become credentialed through Louisiana Volunteers in Action
https://kqknews.com/louisiana-house-approves-250-payments-for-frontline-workers/	Louisiana House approves \$250 payments for frontline workers
https://www.wbrz.com/news/la-launching-application-for-front-line-stimulus-checks-next-week	La. launches website for front-line workers to apply for \$250 hazard pay; application available July 15

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<https://communities.usaa.com/t5/Press-Releases/USAA-to-Return-520-Million-to-Members/ba-p/228150?sf120455318=1>

USAA to Return \$520 Million to Members

Special payment arrangements are available to assist members experiencing financial difficulties. USAA will not cancel members' auto or property insurance policies or charge fees due to late payments on USAA auto and property insurance coverage through June 17, 2020.

Expanded auto insurance coverage for members who use their personal vehicles to deliver food, medicine and other goods for commercial purposes

USAA Bank

Offering special payment assistance programs for eligible members including a 90-day credit card payment deferral, a 60-day payment extension on consumer loans, and special mortgage and home equity line of credit payment assistance.

USAA Life Insurance Company

Offering special payment arrangements on life and health insurance policies, including a 60-day extension to the 30-day grace period.

USAA Life Insurance Company

Waiving and reimbursing deductibles and co-payments for coronavirus-related testing received on or after Feb. 4, 2020, for members who have USAA Medicare Supplement plan

USAA Investment Management Company

Reducing managed portfolio fees 50% **(effective April 1 through May 20, 2020).**

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https://www.hprc-online.org/mental-fitness/mental-health	Mental health is important to optimize your performance. Use these resources to help improve your mental health and grow from adversity.
https://www.thetrevorproject.org/	The Trevor Project is the world's largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, & questioning (LGBTQ) young people.
https://adaa.org/	The Anxiety and Depression Association of America (ADAA) is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.
https://nationalautismassociation.org/	NAA is proud to offer our Autism ATRIUM program. This educational initiative for the autism community will provide a regular schedule of learning opportunities through free online webinars, a digital library of downloadable toolkits, and a series of blog entries by experts in topics affecting individuals with autism and their families.
https://www.mentalhealth.va.gov/	If you are a Veteran having thoughts of suicide—or you're concerned about one—free, confidential support is available 24/7. Call the Veterans Crisis Line at 1-800-273-8255 and press 1, text to 838255, or chat online at VeteransCrisisLine.net/Chat.
https://www.mhanational.org/	Mental Health America (MHA) is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans.
https://www.facebook.com/LANGR3SP	The LANG Resilience, Risk Reduction and Suicide Prevention (R3SP) Facebook page
https://www.knoe.com/content/news/Report-Depression-anxiety-complaints-high-in-Louisiana-Arkansas-570121521.html	Report: Depression, anxiety complaints high in Louisiana, Arkansas
veteranscrisisline.net	Provides 24/7, free and confidential support for people in distress, prevention and crisis resources and best practices for professionals.
https://www.samhsa.gov/find-help/disaster-distress-helpline/contact-us	Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline: 1-800-985-5990 (English and Español) SMS: Text TalkWithUs to 66746
https://www.realwarriors.net/	Real Warriors Campaign offers numerous psychological health resources for the military community to help with the daily stresses of military life or concerns like depression, anxiety and posttraumatic stress disorder. Links service members, veterans and their families with care and provides free, confidential resources including online articles, print materials, videos and podcasts.
pdhealth.mil/resources/call-centers/psychological-health-resource-center	Psychological Health Resource Center provides customized responses to specific psychological questions and needs, access to mental health care and links to community psychological health resources in your local area. Phone: 866-966-1020 Email: resources@phcoe.org
giveanhour.org	Offers no cost, ongoing and online emotional wellness and mental health support to the veteran and military community to support those impacted by the COVID-19 pandemic and related fallout.
https://www.nimh.nih.gov/about/director/messages/2020/coping-with-coronavirus-managing-stress-fear-and-anxiety.shtml	Coping With Coronavirus: Managing Stress, Fear, and Anxiety
https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720	Soothing meditations, music and resources.
https://tinykelsie.com/2020/03/24/your-teens-or-tweens-mental-health-during-the-covid-19-pandemic/amp/	Your Teen's (or Tween's) Mental Health During the COVID-19 Pandemic
https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/	Supporting Teenagers and Young Adults During the Coronavirus Crisis
https://www.mcleanhospital.org/news/tips-help-college-students-during-covid-19-pandemic	Tips to Help College Students During the COVID-19 Pandemic
https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working	Looking after your mental health while working during the coronavirus outbreak
https://www.apna.org/m/pages.cfm?pageID=6685	Managing Stress & Self-Care During COVID-19: Information for Nurses
https://www.subscribepage.com/selfcarecheckinpacket	Free!! Self-Care Check-In Packet!

<https://www.va.gov/PREVENTS/>

The President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS) will focus on a holistic public health approach to suicide prevention.

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https://www.womenshelters.org/det/capital-area-family-violence-intervention-center	800-541-9706	Capital Area Family Violence Intervention Center–Baton Rouge Area	Admin Hours M_F 8A-4:30P Crisis Line 24/7	Shelter/Housing
	225-383-7341	St Agnes Shelter–Baton Rouge Area		Shelter/Housing
	225-383-7341	Sweet Dreams Shelter / Women and Children / Day Center–Baton Rouge Area		Shelter/Housing
	225-421-1495	Capital Area House of Hope–Baton Rouge Area		Shelter/Housing
www.stopdv.org	0-541-9706 225-389-3001	Iris Domestic Violence Center / Women's / Children Shelter–Baton Rouge Area	24 hour Crisis Line	Shelter/Housing
	800-541-9706 225-541-9706	Domestic Violence Program - Iris DV Center–Baton Rouge Area	24 hour Crisis Line	Shelter/Housing
http://www.stopdv.org/	225-389-3991 1-800-541-9706	Zonta House - Women and Children Emergency Shelter–Baton Rouge Area	24 hour Crisis Line	Shelter/Housing
https://faithhouseacadiana	337-232-8954 888-411-1333	Faith House- Lafayette	24/7 Confidential Hotline	To provide shelter, safety, empowerment, and advocacy, to survivors of domestic violence. Based in Lafayette but serves Lafayette Parish, Vermilion Parish, Evangeline Parish, St. Landry Parish, Acadia Parish, Rapides Parish, Avoyelles Parish
www.fjccenla.org	318-448-0884	Family Justice Center–Central Louisiana		The mission of the Family Justice Center of Central LA is to stop family violence, make victims safe, hold batterers accountable, and provide long-term support for victims and children through collaboration and coordinated services.
http://www.cenlahopehouse.org/	318-487-2061	Hope House of Central Louisiana		Welcome to the Hope House of Central Louisiana, we provide safe shelter and essential services to homeless families, empowering them to independence. Everyone served by Hope House will become actively engaged role models demonstrating self-determination, responsibility, and citizenship

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https://www.facebook.com/ssrchapel/?hc_location=ufi	Fort Benning, Georgia
https://www.facebook.com/CrossroadsFortBenning/?hc_location=ufi	Fort Benning, Georgia
https://www.facebook.com/ftblisschaplain	Fort Bliss, Texas
https://www.facebook.com/FtBraggRSO/?hc_location=ufi	Fort Bragg, North Carolina
https://www.facebook.com/126733867397948/	Fort Carson, Colorado
https://www.facebook.com/RegimentalMemorialChapel/?hc_location=ufi	Fort Eustis, Virginia
https://www.facebook.com/FortPolkChapelPage/	Fort Polk, Louisiana
https://www.facebook.com/fortleonardwoodRSO/?hc_location=ufi	Fort Leonard Wood, Missouri
https://www.facebook.com/OLWWRomanCatholic/?hc_location=ufi	Grafenwohr Catholic Community
https://www.facebook.com/USAG-Italy-Religious-Support-Office-517883081746656/?hc_location=ufi	USAG Italy
https://www.facebook.com/zamasummitchapel/?hc_location=ufi	Camp Zuma Japan

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https://bit.ly/HHSFamiliesTogether	Families Tackling Tough Times Together is a new Facebook group and community of support helping families to strengthen their resilience while they cope with a multitude of challenges brought forth by the COVID-19 pandemic. Every week, new materials and activities that focus on a specific aspect of resilience will be released. Families with children, youth, young adults and older adults will find materials tailored for them. All are welcome; we especially welcome military families. This program is led by Purdue University's College of Health and Human Sciences with contributions from partners at Purdue and across the country.
https://thrive.psu.edu/	The Thrive Initiative is a continuum of evidence-informed parenting programs that are designed to empower parents and caregivers as they nurture children from the prenatal period until 18 years of age.
https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus?utm_source=3DBBT=C2=A0	How You and Your Kids Can De-Stress During Coronavirus
http://spouert.wpengine.com/introduction/	Here you will find great videos, downloadable reference sheets, and tools to assist with building individual resilience.
Blue Cross Blue Shield of Louisiana	Motivated Mindset Sessions, Every Monday at 1200
https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf	Helping Homebound Children during the COVID-19 Outbreak
https://copingskillsforkids.com/deep-breathing-exercises-for-kids	Deep breathing for kids
https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19	Helping Children Cope With Changes Resulting From COVID-19
https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html	Red Cross Military and Veteran Caregiver Network--Peer support and connection for caregivers of all eras, all relations and across all locations.
https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf	Parent and caregiver guide for the family
https://www.psycharmor.org/caregivers/	Self-care for caregivers
https://www.youtube.com/watch?v=S3CU2kObt3s	Coping with Uncertainty
https://www.youtube.com/watch?v=BmvNCdpHLYM&utm_source=New+Harbinger+Publications&utm_campaign=4b13ab4802-russ_harris_face_covid_free_ebook_32520&utm_medium=email&utm_term=0_fe6cc18182-4b13ab4802-47752505	Facing COVID-19
http://budgetwebinar.com/	- FREE WEBINAR - BUDGETING FOR ABUNDANCE
https://theintentionalmom.lpages.co/simple-start-toolkit-copy/	A FREE MORNING MORNING ROUTINE TEMPLATE
https://positiveparentingsolutions.com/purple-us2.html?utm_medium=paidsocial&utm_source=facebook&utm_campaign=pps+kitys+us+interest+purchase+7d+cc+webinartest	Free webinar. Learn state-of-the-art, battle-tested parenting strategies with nationally recognized parenting coach, Amy McCreedy.
https://shanahartman.com/fundamentals-group	An amazing community of women doing all the things and trying to do it with intention and purpose
https://gozen.com/masterclass/	FREE Webinar: 6 Essential Skills to Transform Stress and Anxiety for Kids and Teens
https://www.therealifeprocess.com/REALIFECALENDAR	Free Webinar: The Missing Pieces of Time Blocking : How to Get Your Projects Done AND Have Down Time
https://krazyandfitish.lpages.co/tuning-into-a-new-vibration-the-art-of-action-taking/	Learn Energetic & Mindset Techniques and tools to manage stress, fear and chaos, be more present, and actually enjoy this new age...THEN take daily action!
https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx?fbclid=IwAR3e_JR0PwztWv8Jdk9qGTkM9KDvSa4Van18FHuCad7s9RsjICWAduhApe8	Talking to Children About Racial Bias
https://www.bulletproofmamas.com/masterclass39042940	How to stay calm, confident, and in-control even if your spouse is stressed, the kids have gone crazy, and the future feels uncertain
https://positiveparentingsolutions.com/purple-us2.html?utm_medium=paidsocial&utm_source=facebook&utm_campaign=pps+kitys+remarketing+xregister	Get kids to listen without nagging or yelling. Join 75,000 parents who've created a happier home using these tools.

https://www.pbs.org/parents/thrive/how-to-teach-children-about-cultural-awareness-and-diversity	How to Teach Children About Cultural Awareness and Diversity
https://www.common SenseMedia.org/search/diversity%20and%20tolerance?f%5B0%5D=field_reference_review_ent_prod%253Atype%3Aacsm_book	Books that promote diversity and tolerance
https://www.apa.org/topics/kids-discrimination?fbclid=IwAR0K83etLYs1KS5LIRFOSBieqsxywYPs_j1qODnEolghDNnSLjPJ87O4bY	Talking to kids about discrimination
https://www.tolerance.org/magazine/publications/beyond-the-golden-rule	Whether you are the parent of a 3-year-old who is curious about why a friend's skin is brown, the parent of a 9-year-old who has been called a slur because of his religion, or the parent of a 15-year-old who snubs those outside of her social clique at school, this book is designed to help you teach your children to honor the differences in themselves and in others — and to reject prejudice and intolerance.
https://clubexperience.blog/2020/05/29/addressing-current-events/	Discussing recent events with teens
https://www.nationalgeographic.com/pdf/race-discussion-guide.pdf	Race discussion guide for teachers and parents
https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library	Military OneSource provides free, online resources to service members and their families via the Morale, Welfare and Recreation Digital Library. You'll find eBooks and audiobooks on virtually every topic, as well as databases and reference books that can help you learn a new skill, keep kids engaged and serve as a homework source, or prepare you to land your next job.
https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library	FreedomFlix through Scholastic (Free through Military 1Source): Civil Rights Movement Education
https://kidsforpeaceglobal.org/?fbclid=IwAR3MGDNyrd5pKbvpfwatunRsWN3L4jwzJwoOuhRxm2-XkUW_u7XN5KiU6W0	Kids for Peace: A Kindness Challenge & Videos of Kids making positive impact & change through kindness
https://childmind.org/article/self-care-in-the-time-of-coronavirus/	Self-Care in the Time of Coronavirus
https://childmind.org/download-document/?document=wti_parents	Helping parents through COVID-19 and beyond
https://go.iamworthitproject.com/unstoppable-mom-series#	Unstoppable Mom Series
https://www.budgetsmadeeasy.com/cutting-expenses-challenge/	FREE 5 DAY CUTTING EXPENSES CHALLENGE
https://youridealmomlife.lpages.co/mom-life-challenge/	Over the course of 7 days, learn how to take back your time and get more of what you want. The Mom Life Challenge will kick-start your journey to creating a mom life you absolutely love. It's fun, simple and FREE!
https://mommymillionaire.lpages.co/mommy-me-mantra/	Mommy and me affirmations
https://anchored4life.com/e-learning-series/	Series of trainings offered every Tuesday and Thursday at 1000 through August
https://soulcaremom.com/kickstart?utm_source=facebook&utm_medium=social&utm_campaign=kickstart-art-ad	A FREE printable self care morning ritual created just for moms with...5 simple steps you can do each morning to feel calm before you even get out of bed!
https://aleta.mykajabi.com/ReigniteYourLifeChallenge	Free 5 day Reignite Your Life challenge
https://www.theadvocate.com/sponsored/baton_rouge/lpb/article_5ffa7922-b17b-11ea-9481-63b0e6eceaef.html	Help kids build cultural awareness with these free online resources
https://www.popsugar.com/family/self-care-activities-list-for-kids-46849217?fbclid=IwAR1MX7bGNLjxYRDVantS5dwtPj7q6VXhXXPVcFKykjqy78eP1S75OSMCZA	45 Self-Care Activities to Help Busy Kids Unwind and Take a Breather
https://www.militaryonesource.mil/family-relationships/relationships/keeping-your-relationship-strong	KEEPING YOUR RELATIONSHIP STRONG
https://kiefel.lpages.co/free-budget-spreadsheets/	These FREE Budgeting Spreadsheets will help you keep a pulse on your money (from the palm of your hand).

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iPhone Users	Go to "Notes" and hit the little camera button. It will ask if you want a scan a document. Lay out the pages you want to scan and it will save them all as a PDF file. Extremely helpful if you depend on using a scanner.
https://web-okcd01.mail.mil/	Alternate VPN- to access .mil email account
http://www.teleworkva.org/forTeleworkers/success.aspx	How to Telework Successfully
https://www.shrm.org/resourcesandtools/hr-topics/employee-relations/pages/how-to-create-an-effective-teleworking-program.aspx	How to Create an Effective Teleworking Program
https://join.shawacademy.com/excel-2020?utm_source=facebook&utm_medium=cpc&utm_campaign=US_Prospectin_g_Generic_auto_B_18_square-image-ReviewBottom-Excel-20Apr_square-image_text2-BoredBinge-Excel-emojis-FreeAccess-UA_All_OptPUR_LPEXcel&AMP-2020_oCPM_Excel&country=US	Learn the power of Excel tools & workflows in just 4 week--Free from Shaw Academy online
https://www.apa.org/news/apa/2020/03/newly-remote-workers	Psychologists' advice for newly remote workers
https://www.youtube.com/watch?v=S5XCuzw5Bg8	Ten Tips for Working at Home
https://s3.amazonaws.com/kajabi-storefronts-production/sites/4392/themes/2084662/downloads/z8TsvGbrRRe2wXZqVWix_RemotelyCloseGuide2020.pdf?utm_source=facebook&utm_medium=display&utm_campaign=2020-05-31_Remotely+Close_Acquisition_Free+Guide+Lead+Ads&utm_content=3%25+US+LAL_InitiateCheckout+%28180D%29_Testimonial_Stephania+R_C1_H2_I1	Remotely Close Guide. Tips for working from home

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http://playingcards.io/game/cards-against-humanity	Play Cards Against Humanity online
zoom.com	Set up a virtual "Happy Hour"
https://www.globalgreybooks.com/	Download free ebooks and PDFs - Over 3,000 free ebooks for iPad, Kindle, PC & other devices
https://www.mlive.com/news/2020/04/busch-offers-1-year-of-beer-to-couples-whove-changed-wedding-plans-amid-coronavirus.html	Busch offers 1 year of beer to couples who've changed wedding plans amid coronavirus
https://www.cntraveler.com/story/free-online-cooking-classes-hosted-by-chefs?utm_source=facebook&utm_medium=social&utm_content=partnerswap&utm_brand=cnt&utm_campaign=partner_thrillist	Link to free online cooking classes taught by top chefs from around the world.

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https://join.shawacademy.com/nutrition-2020-AMP-Shaw-Academy?utm_source=facebook&utm_medium=cpc&utm_campaign=US_Prospecting_Generic_auto_B_18_square-image-2sections-HorizontalGrey-Nutrition-USprice-20Apr_square-image_text2-BoredBinge-Nutrition-emojis-FreeAccess-UA_All_OptPUR_LPnutritionAMP-2020_oCPM_Nutrition&country=US	Diploma in Nutrition (four week online course) offered through Shaw Academy online.
https://newskillsacademy.com/course/life-coaching-certification/?ref=22	This course on Life Coaching provides insights into the career and profession of life coaches. Interested candidates will learn about what life coaching is and how it can help transform the lives of other people with challenges and problems. (\$25.00 fee)
https://www.kalb.com/content/news/Adults-returning-to-school-to-finish-degree-get-nearly-45-off-tuition-through-new-program-570213371.html	Adults returning to school to finish degree get nearly 45% off tuition through new program
https://www.calvary.edu/free/	Free Online Personal Enrichment Courses
https://cheftodd5skills.com/4-webi-registration-page	Free Web Cooking Classes
https://organisemyhouse.com/free-printables-library-access/	Free Home Organization printables
https://wealthfit.com/cares/?utm_source=facebook&utm_medium=cpc&utm_campaign=23844644265410327&utm_content=23844842986360327	Take Any One of Our Best-Selling Financial & Business Courses Today for FREE
https://www.myexcelonline.com/333-excel-keyboard-shortcuts-fb	Get Better at Microsoft Excel & Stand Out From The Crowd With Our Free Excel Guides
https://www.myexcelonline.com/free-excel-pivottable-training-2020	Free masterclass on Excel Pivot Tables
https://www.katc.com/news/around-acadiana/slcc-offering-10-free-online-courses-to-the-public	SLCC offering 10 free online courses to the public

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https://navient.com/covid-19	UPDATES ON COVID-19 AND YOUR STUDENT LOANS
https://studentaid.gov/announcements-events/coronavirus	Coronavirus and Forbearance Info for Students, Borrowers, and Parents
https://myfedloan.org/borrowers/covid/	COVID-19 Relief for Student Loan Borrowers

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<http://www.rpl.org/books/links/virtual-library-cards.html>

Rapides Parish Library - RPL will issue temporary virtual library cards to ensure continued library access.

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[https://www.louisianabelieves.com/newsroom/news-releases/2020/06/17/louisiana-allocates-\\$31-million-in-federal-relief-funding-to-ensure-strong-start-for-children-birth-through-grade-12](https://www.louisianabelieves.com/newsroom/news-releases/2020/06/17/louisiana-allocates-$31-million-in-federal-relief-funding-to-ensure-strong-start-for-children-birth-through-grade-12)

LOUISIANA ALLOCATES \$31 MILLION IN FEDERAL RELIEF FUNDING TO ENSURE STRONG START FOR CHILDREN BIRTH THROUGH GRADE 12

https://www.brproud.com/news/ascension-parish-public-schools-releases-general-parameters-for-the-fall/?utm_medium=social&utm_source=facebook BRProud / WGMB / WVLA

Ascension Parish Public Schools releases 'general parameters' for the fall

<https://www.wbrz.com/news/gov-edwards-louisiana-schools-expected-to-open-on-time-in-august>

Gov Edwards: Louisiana schools expected to open on time, in August

<https://www.wbrz.com/news/dept-of-education-releases-2020-2021-school-reopening-guidance>

Dept. of Education releases guidelines for the 2020-2021 reopening of K-12 schools

<https://www.louisianabelieves.com/resources/strong-start-2020>

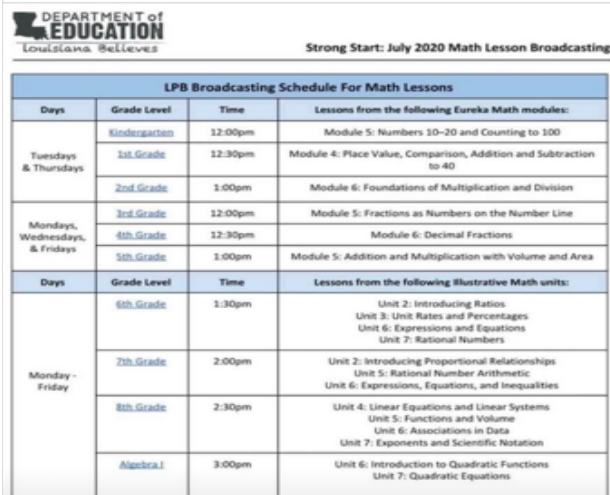
This page provides information, guidance, and resources to support early childhood providers, school systems, educators, and families accomplish these goals.

<https://www.kalb.com/2020/06/24/louisiana-house-agrees-to-shield-louisiana-schools-from-covid-lawsuits/>

Louisiana House agrees to shield Louisiana schools from COVID lawsuits

<https://www.kalb.com/2020/06/23/olps-announces-detailed-back-to-school-plan/>

Central Louisiana-OLPS announces detailed back-to-school plan



Days	Grade Level	Time	Lessons from the following Eureka Math modules:
Tuesdays & Thursdays	Kindergarten	12:00pm	Module 5: Numbers 10-20 and Counting to 100
	1st Grade	12:30pm	Module 4: Place Value, Comparison, Addition and Subtraction to 40
	2nd Grade	1:00pm	Module 6: Foundations of Multiplication and Division
Mondays, Wednesdays, & Fridays	3rd Grade	12:00pm	Module 5: Fractions as Numbers on the Number Line
	4th Grade	12:30pm	Module 6: Decimal Fractions
	5th Grade	1:00pm	Module 5: Addition and Multiplication with Volume and Area
Days	Grade Level	Time	Lessons from the following Illustrative Math units:
Monday - Friday	6th Grade	1:30pm	Unit 2: Introducing Ratios Unit 3: Unit Rates and Percentages Unit 6: Expressions and Equations Unit 7: Rational Numbers
	7th Grade	2:00pm	Unit 2: Introducing Proportional Relationships Unit 5: Rational Number Arithmetic Unit 6: Expressions, Equations, and Inequalities
	8th Grade	2:30pm	Unit 4: Linear Equations and Linear Systems Unit 5: Functions and Volume Unit 6: Associations in Data Unit 7: Exponents and Scientific Notation
	Algebra I	3:00pm	Unit 6: Introduction to Quadratic Functions Unit 7: Quadratic Equations

<https://www.houmatimes.com/news/lpsd-releases-return-to-school-plan-for-upcoming-school-year/>

The Lafourche Parish School District has released its return-to-school plan for the 2020-2021 school year.

<https://www.kalb.com/2020/07/06/senator-asks-for-ban-on-school-sports-through-fall/>

Senator asks for ban on school sports through fall

<https://www.katc.com/news/covering-louisiana/louisiana-aid-paying-for-student-computers-internet-access>

Louisiana aid paying for student computers, internet access

<https://www.ksla.com/2020/07/02/desoto-parish-school-board-announces-plan-next-school-year/>

DeSoto Parish School Board announces plan for next school year

<https://www.katc.com/news/lafayette-parish/ul-lafayette-announces-fall-semester-calendar-changes>

UL Lafayette announces fall semester calendar changes

<https://www.kalb.com/2020/07/14/state-school-board-to-vote-on-statewide-covid-19-safety-policies-for-classes-to-resume/>

State school board to vote on statewide COVID-19 safety policies for classes to resume

<https://www.knoe.com/2020/07/13/no-high-school-football-until-louisiana-enters-phase-4-lhsaa-votes/>

No high school football until La. schools enters Phase 4 of school reopening plan, LHSAA tells lawmakers

<https://go.fairydustteaching.com/the-play-first-summit/?ref=3>

ECE leaders from around the world, all in one place, sharing insights and ideas on the best way forward for children and the people who love them

Grant Parish Framework for Reopening Schools



Phase 1 Virtual Learning	Phase 2 Hybrid Learning/Traditional	Phase 3 Face-to-Face Learning
<p>10 person group limit</p> <p>All Students will utilize virtual learning options – Exceptions may be made due to various needs of students</p> <p>Lessons sent via Google Classroom/Google Meet</p> <p>Virtual students will still be enrolled in Grant Parish Schools</p> <p>Technology, to the extent possible, will be provided for virtual learning by GPSB</p>	<p>25 person group limit</p> <p>Hybrid Learning: 2 In-person days (Monday/Thursday or Tuesday/Friday) and 3 virtual days through August – Group A will begin Monday, August 10; Group B will begin Tuesday, August 11 – Schools will notify students which days they will attend; – Families will be grouped together – Wednesdays are opportunities for teachers to provide interventions, students support and feedback virtually.</p> <p>Traditional Learning (Face to Face): Starting September 8, students will attend face to face five days a week.</p> <p>Students will need to be in uniform when attending school, including an appropriate mask for students in grades 3-12. For certain populations the use of masks may not be recommended.</p> <p>Students will need school supplies. Supply lists are posted on GPSB website and the GPSB Facebook group.</p> <p>Virtual Learning option available by semester – application available soon</p>	<p>50 person group limit</p> <p>Starting September 8th, students will attend face to face classes 5 days a week.</p> <p>Students will need to be in uniform when attending school, including an appropriate mask for students in grades 3-12. For certain populations the use of masks may not be recommended.</p> <p>Students will need school supplies. Supply lists are posted on GPSB website and the GPSB Facebook group.</p> <p>Virtual Learning Option Available by semester – application available soon</p>

All plans are subject to change based on Guidelines provided by the state.

Students will be provided meals regardless of the phase. All assignments will be considered mandatory and count toward the student's grades with student attendance being monitored daily. Technology and wifi, to the extent possible, will be provided for virtual learning by GPSB. Bus transportation will be provided based upon the state guidelines for each phase. Parents who are able to drop off/pick up are encouraged to do so.

Additional information will be provided as the state releases guidance. Questions can be emailed to parents@gpsb.org?

http://strengthentheparents.com/think-hs/	Discover the mind-set shifts that will set you up for homeschooling success
https://www.tangischools.org/cms/lib/LA01001731/Centricity/Domain/7971/return%20to%20school%20plan%202020-2021.pdf	TANGIPAHOA PARISH SCHOOL SYSTEM RETURN TO SCHOOL PLAN 2020-2021 SCHOOL YEAR
https://www.katc.com/news/lafayette-parish/lafayette-parish-publishes-back-to-school-plan-pushes-back-start-date	Lafayette Parish Back To School Plan
https://www.wafb.com/2020/07/16/ebr-school-system-releases-reopening-blueprint/	EBR School System releases 2020-2021 reopening blueprint
https://www.klfy.com/local/st-landry-k-12-students-will-start-school-year-all-virtual/	St. Landry K-12 students will start school year all virtual
http://www.westcentralsbest.com/todays_country_1057/news/vernon-parish-school-board-releases-schedule-for-return-to-school/article_c7d6a2d2-c61b-11ea-8f48-e33de3effeb1.html	Vernon Parish School Board Releases Schedule for Return to School
https://vpsb.formstack.com/forms/virtual_school_application	Vernon Parish Schools Virtual Learning School Application
https://www.katc.com/news/st-landry-parish/st-landry-schools-release-plans-for-re-opening	St. Landry Schools release plans for re-opening

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tutor.com/military	Online Tutoring
khanacademy.org	Online tutoring and lessons
sesamestreet.org	Educational games and videos
pbskids.org	Educational games and videos
brainpopjr.com	Educational resources by subject
highlightskids.com	Interactive reading activities
storylineonline.net	Actors reading children books
readworks.org	Reading Comprehension
abcya.com	Reading games by grade level
thespanishexperiment.com	Free Spanish lessons and stories
scratch.mit.edu	Writing
poetryfoundation.org	Poems for children (Menu Tab)
mathplayground.com	Math Games
xtramath.org	Math lessons
math-drills.com	Free printable math worksheets
youcubed.org	Math games and courses
play.prodigygame.com	Final fantasy style math game
kids.nationalgeographic.com	Science experiments and lessons
nasa.gov/kidsclub	Science games and activities
youtube.com/user/TheRealBillNye/featured	Full length clips from 100 shows
youtube.com/user/scishowkids/featured	Science concepts for young minds
youtube.com/user/crashcoursekids/about	Grade school science
worldatlas.com	Geography information
50states.com	Information about the USA
eyewitnesstohistory.com	History readings and videos
bensguide.gpo.gov	Elementary Government studies
4-h.org/parents/stem-agriculture/youth-stem-activities/	Hands-on STEM activities
scratch.mit.edu	Programming (Ages 8 - 16)
code.org	Computer Science
builtbykids.com	Engineering 101


youtube.com/user/scigirlstv/about	PBS STEM series for kids ages 8 - 12
artsandculture.google.com	1,000 works of art
learningstationmusic.com	Music and movement
youtube.com/user/cosmickidsyoga.com	Yoga and mindfulness
nicerc.org/2020/03/nicerc-home	Fundamentals of cybersecurity
stories.audible.com/start-listen	Free audiobooks for children and teens
apstudents.collegeboard.org/coronavirus-updates#free-ap-classes	AP FREE AP Review Classes on the AP YouTube channel. Review of skills and concepts from the first 75% of the class
learningkeepsgoing.org/parents	Website for parents and educators to provide resources for support
scholastic.com/teachers/teaching-tools	Day-by-day projects
https://docs.google.com/forms/d/e/1FAIpQLSdJWJXXTopopjVQrofjyYTKmpNTYZTEzt8WLCQCUPbluH-H1g/viewform	Rapides Parish School District is proud to provide a fully online educational option for students in grades K-12. If you would like to enroll your child, please complete this form.
https://www.blogs.va.gov/VAntage/76115/military-child-education-coalition-free-resources-veteran-families/	Military Child Education Coalition: free resources for Veteran families
	

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greatschools.org	Free printable worksheets, word lists and activities	3rd Grade - 8th Grade	
https://www.mombrite.com/balloon-powered-lego-cars/?fbclid=IwAR1f-HYMuodU_06KquRrZBJ9O5dTd6mXOu67IOqe33dF2hW-tNblD9HAE	How to Build Balloon-Powered LEGO Cars		
http://freekidsguide.com/m-01fb20x01z03.html?utm_source=fb&utm_medium=social&utm_campaign=LM_PROSP-KidsGuide-Wide&utm_content=SI-KidsGuide-Election-Prong+-+EP&utm_term=WIDE-NO-INTERESTS-	Free kids guide to Presidential election		
https://www.123homeschool4me.com/free-printable-blank-maps_56	Printable Maps for Kids		
https://www.freehomeschooldeals.com/free-interactive-world-map-with-activities/	FREE Interactive World Map With Activities		
https://www.education.com/worksheets/?gclid=EAlaQobChMI5K6i9LA6QIVG11pCh2flQ4dEAEYASAAEgKzkfD_BwE	Free Worksheets and Printables for Kids		
https://homeschoolgiveaways.com/2015/10/free-coloring-map-of-the-7-continent/	FREE Coloring Map of the 7 Continents		
https://www.compassion.com/for-sponsors/resources/get-explorer-magazine.htm?utm_source=facebook&utm_medium=newsfeed&utm_campaign=explorer&utm_content=open&referrer=607232	Get Compassion Explorer® Magazine. We'll send you fun online activities, stories, recipes and Christian devotionals from Compassion's award-winning children's magazine		
https://homeschoolgiveaways.com/2018/01/free-alphabet-tracing-printables/?utm_source=ActiveCampaign&utm_medium=email&utm_content=Free+Curriculum,+Resources,+and+More&utm_campaign=eblast+1/10/18	Free Alphabet Tracing Printables		
https://www.123homeschool4me.com/math-worksheets/	FREE printable math worksheets plus lots of engaging, hands-on math games. These resources are great math practice for Preschool, Kindergarten, first grade, 2nd grade, 3rd grade, 4th grade, 5th grade, and 6th grade students.		
https://www.freehomeschooldeals.com/category/amazon-kindle-free-books/	Archives for Amazon Kindle Free Books		
http://lessonsbyandy.com/2016/11/research-fast-facts.html	How to teach kids to research facts fast		
https://www.123homeschool4me.com/united-states-fact-book-for-kids_86	Kids will have fun learning about all 50 US States for Kids with this free printable 50 States Coloring Book.		
https://www.papertraildesign.com/i-spy-game-printables/	12+ I spy game printables for a classroom activity, birthday party activity, boredom buster, rainy day activity, or just keep the kids busy during the bewitching hour, or just so you can have 5 minutes to hear yourself think		
https://www.123homeschool4me.com/free-18-countries-of-world-book_30/	Free Countries of the World Coloring book – perfect for preschool, kindergarten, 1st grade, 2nd grade, and 3rd grade kids to learn about 19 countries of the world.		
https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf	Simple Activities for Children and Adolescents		
https://www.4onemore.com/social-studies-youtube-channels/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=441113392_13852796_344975	11 AMAZING SOCIAL STUDIES YOUTUBE CHANNELS		
https://www.funearlylearning.com/product/cvc-short-a-sentences-beginning-reading/	Beginning Reading and Phonic Awareness		
https://www.itsybitsyfun.com/blog/spring-kindergarten-addition-worksheets/	Kindergarten Addition Worksheets		
https://www.varsitytutors.com/virtual-summer-camp-catalog?f_subjects=technology-and-computer-science	Virtual Summer Camps		
https://kingproehl.wordpress.com/map-reading-skills/	Social Studies skills		
https://thesciencepenguin.lpages.co/science-about-me/	Science about me freebies		
https://www.noguiltmom.com/sibling-adventure-log/	This FREE adventure log gives your kids 14 "missions" to keep them busy (and have a bit of sibling fun).		
https://homeschoolgiveaways.com/2019/05/free-printable-number-find-worksheets/	Free printable number find worksheets		
https://katelyn-hildebrand.mykajabi.com/reading-intervention-cheat-sheet-lp?pp=1	Take the guesswork out of early elementary reading intervention, and use this FREE Cheat Sheet to help you know where and how to help your struggling readers.		
https://www.journalbuddies.com/journal_prompts_journal_topics/kids-writing-ideas/	60 new kids writing ideas for students ages 7-14 will set them off on an adventure on the page.		
https://outschool.com/classes/the-fbi-what-you-need-to-know-about-the-federal-bureau-of-investigation-csarTd1W#abkawl3b2b	The FBI: What You Need to Know about the Federal Bureau of Investigation. This course is designed to provide students an introduction and overview of the FBI - a background on its history, case studies, an explanation of the current major Divisions and their specific missions, job roles and application process. Ages 12-16. \$18 per student		
https://tracilausien.com/2015/11/become-sight-word-hero.html	Engaging ways to practice sight words		

https://www.keepingmykiddobusy.com/blog/learn-to-write-your-name-freebie	FREE worksheet that you can type your child's name into and print to learn how to write their name		
https://www.keepingmykiddobusy.com/blog/counting-and-cardinality-freebies	Kindergarden counting pages		
https://www.journalbuddies.com/creative-writing-2/fun-story-starters-for-kids/	Fun Story Starters for Kids		
https://www.outofthisworldliteracy.com/freebies/	Several free printable resources to keep students learning through the summer		
http://www.allstudentscanshine.com/2016/01/fluency-comprehension-freebie.html?m=1	Fluency & Comprehension freebie		
https://jenniferfindley.com/writing-toolkits-free-writing-resources-upper-elementary/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=605539006_22624112	Writing Toolkits (Free Writing Resources for Upper Elementary)		
https://hiddenheroes.org/military-kids-have-talent/	Calling all performers, talents, singers, dancers, tricksters, magicians, and more. The Elizabeth Dole Foundation is excited to announce our first Virtual Military Children's Talent Show!		
https://homeschoolgiveaways.com/2017/08/free-science-coloring-book-coloring-with-cell/	FREE Science Coloring Book: Coloring with Cell		
https://summerslugger.com/	Originally created as a first-of-its-kind program to address summer learning loss during vacation months, Summer Slugger is a free baseball-themed and gamified education course focusing on math and literacy skills.		
http://nordc.org/files/documents/summer-slugger-curriculum-guide/?utm_campaign=City_of_New_Orleans&utm_content=&utm_medium=email&utm_source=govdelivery&utm_term=	Summer Slugger Curriculum Guide		
http://ellenjmchenry.com/brain-hemisphere-hat/?ref=4&utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=501389998_17947312_313657	Brain Hemisphere Hat		
https://www.itsybitsyfun.com/blog/human-body-worksheets/?utm_source=newsletter&utm_medium=email&utm_campaign=todays_printable_human_body_worksheets&utm_term=2018-02-22	These six free printable Human Body Worksheets contain activities to keep a child entertained while also teaching them everything they need to know about the human body.		
https://bluestarfam.org/for-mil-families/summer-camp/	Blue Star Summer Camp - The Home Edition!		
https://www.bookitprogram.com/book-it-for-parents	Now Enrolling: Camp BOOK IT!		
www.wogm.com	Register the entire family for free boxes filled with crafts, supplies, activities, and a fun surprise for the kids		
https://quiz.kidsyogastories.com/sf/6656c28b	Free printable mindfulness book activities for kids guide		

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https://gov.louisiana.gov/index.cfm/newsroom/detail/2437	LED Opens COVID-19 Help Desk for Louisiana Businesses
https://www.opportunitylouisiana.com/covid-19-assistance	Resources for Impacted Businesses, Multiple Links for Assistance
https://www.sba.gov/coronavirus	The Small Business Administration has approved that ALL 64 Louisiana parishes are eligible for COVID-19 business aid. Louisiana businesses may apply as follows: https://disasterloan.sba.gov/ela/ Call Toll Free 1-800-659-2955 e-mail: disastercustomerservice@sba.gov
https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/paycheck-protection-program-ppp	Paycheck Protection Program--An SBA loan that helps businesses keep their workforce employed during the Coronavirus (COVID-19) crisis.
http://www.abcpelican.org/covid19-resources.html	COVID-19 Employer and Employee Resources
https://www.probeauty.org/pba-charities/covid-19-relief-fund/landing-covid-19-relief-fund	Licensed Beauty Professionals are eligible to receive \$500 due to COVID-19 crisis. ***MUST BE LICENSED IN THE STATE OF LOUISIANA***
https://opensafely.la.gov/	This site allows you to register your business and your registration allows you to receive updated communication, notifications, and helpful guidance via email from the State Fire Marshal's Office specific to your business type.
http://www.taylorporter.com/site/news/legal-faqs-for-employers-concerning-coronavirus	Legal FAQs for Employers Concerning Coronavirus
http://www.nlep.org/About-NLEP/COVID-19-Resources.aspx	RESOURCES FOR IMPACTED BUSINESSES & GOVERNMENTS: North Louisiana Economic Partnership is working with the State of Louisiana to monitor and assist businesses impacted by the COVID-19 outbreak.
http://dev-opportunity.louisianaserver.com/docs/default-source/emergency-docs/covid19-handout_sba-disaster-assistance_resources-for-businesses-1.pdf?sfvrsn=d21fa405_2	SBA Disaster Assistance in Response to the Coronavirus
https://www.uschamber.com/sites/default/files/uscc_coronavirus_independent-contractors.pdf	AN INDEPENDENT CONTRACTOR'S GUIDE TO CARES ACT RELIEF
https://labi.org/covid-19	Federal Reserve Releases New Information on Main Street Lending Program
https://www.bostonfed.org/supervision-and-regulation/supervision/special-facilities/main-street-lending-program/information-for-lenders/docs.aspx	Main Street Lending Program Forms and Agreements
https://www.rd.usda.gov/sites/default/files/USDARCOVID-19CumulativeSA_06032020.pdf	USDA Implements Immediate Measures to Help Rural Residents, Businesses and Communities Affected by COVID-19
https://www.brproud.com/news/employers-in-louisiana-now-required-to-report-employees-refusing-to-return-to-work/?utm_medium=social&utm_source=facebook_BRProud/W/GMB/WVLA	Employers in Louisiana now required to report employees refusing to return to work
https://www.kalb.com/2020/06/23/governor-edwards-to-explore-enforcement-options-for-non-compliant-businesses/	Governor Edwards to explore enforcement options for non-compliant businesses
https://www.treasury.la.gov/main-street	MAIN STREET RECOVERY PROGRAM--Act 311 set aside \$300 million for a small business grant program. Businesses can apply for up to \$15,000 to cover eligible expenses. We are in the process of setting up an application system.

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www.louisianaworks.net/hire	Work hours reduced due to lack of work due to COVID-19, temporary workplace closures without compensation, instructed not to go to work and are not being compensated
www.careeronestop.org	Find unemployment benefits
www.usbgfoundation.org	For bartenders, bar backs, or cocktail servers who need financial support, the USGB National Charitable Foundation Bartender Emergency Assistance Program. Membership not required to receive funds.
EmployerServices@lwc.la.gov	Business Owners: If you are temporarily closing or reducing your hours of operations due to COVID-19, please contact the LWC to discuss how we can provide assistance and answer your questions about unemployment insurance and other programs and resources available.
http://www.irs.gov/	US Tax deadline extension for 90 days (July 15, 2020 is now the deadline)
https://www.irs.gov/coronavirus	Apply & check the status of your stimulus check
United Way	Has established a COVID-19 Community Economic Relief fund. Assistance with bills, rent, and food. Call 1-800-211-9966 and provide your zip code to be given a list of local agencies that will provide assistance.
Medicaid	According to Governor Edwards, Medicaid is now available for those who lost their jobs due to the outbreak. You can apply by calling 1-888-342-6207
Help with Navigating New Unemployment Laws	
https://www.kalb.com/content/news/Gov-Edwards-600-federal-unemployment-payments-to-start-April-13-in-La-569482081.html	Gov. Edwards: \$600 federal unemployment payments to start April 13 in La.
http://www.laworks.net/FAQs/FAQ_COVID-19_QandA.asp	Frequently Asked Questions about COVID-19 from Louisiana Workforce Commission
http://www.laworks.net/PublicRelations/PR_PressReleaseDetails.asp?PRNo=24008&Ver=2020&Month=4	Beginning this Sunday, April 26, the LWC will allow individuals to file their weekly certifications based on the last digit of their social security number.
http://www.taylorporter.com/site/news/legal-faqs-for-employers-concerning-coronavirus	Legal FAQs for Employers Concerning Coronavirus
https://www.thetowntalk.com/story/money/personalfinance/2020/06/17/cares-act-unemployment-what-happens-when-600-weekly-benefits-1130276601/	Extra \$600 in weekly unemployment benefits runs out next month. Here's how to prepare

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amazon.jobs/military	Veterans, National Guard, Reserve
amazon.jobs/mil-spouse	Military Spouses
amazon.jobs/mil-apprentice	Veteran Technical Apprenticeship
amazon.jobs/AWSClearedVets	Active Security Clearance
Develop skills to pursue a career in cloud computing aws.amazon .	AWS Educate
Train for Ops exec. leadership roles. On amazon.jobs search: 988000	Military Pathways Program
Bridge military experiences with retail business roles. Based in Seattle. On amazon.jobs search: 935928	Veteran Business Leader Program
amazon.com/university-ops	Student Veterans
amazondelivers.jobs or text "Military" to 77088	Hourly, Part-time & Flex Roles
For active duty transitioning service members to gain civilian experience with Amazon. hiringourheroes.org/fellowships	Corporate Fellowship Program
Sell on Amazon: services.amazon.com	Veteran & Spouse Entrepreneurs
Start your own business: logistics.amazon.com	Delivery Service Partners
https://careers.dollargeneral.com	Dollar General is hiring most every location in the State.
https://jobs.walgreens.com/	Walgreens is hiring in select areas.
https://jobs.lowes.com/	Lowes is HIRING!!
Apple Store (for Iphone users only)	Apple has an app called STEADY that will help you find local employment suited to your needs, schedule, and availability
https://apply.mysubwaycareer.com/us/en/careers/	Subway is HIRING!
https://wendys-careers.com/	Wendy's is HIRING!
https://careers.mcdonalds.com/us	McDonald's is HIRING!
https://www.gp.com/careers	Georgia Pacific in DeQuincy is hiring!
www.voltpowerco.com/careers	Volt Power is hiring in many locations. Go to the careers page to find a full list of open positions.
United Parcel Service (UPS)	Personal Vehicle Drivers Needed--\$38.00 an hour. Must be at least 21 years old, must have a four door or larger vehicle, must have vehicle registration, must have personal auto insurance, must have clean driving record for twelve months, and must want to earn extra money delivering packages in your car or truck. Apply in person at any UPS location.
https://www.cityofalexandriala.com/job-listings	City of Alexandria currently has many employment opportunities available
https://www.aarp.org/work/job-search/job-loss-resources/?cmp=SNO-ICM-FB-COVID-WJ&socialid=3410517608	Resources for Job Loss and Financial Assistance
https://money.yahoo.com/government-eyes-backto-work-bonuses-to-persuade-employees-to-return-in-pandemic-204239646.html	Government eyes back-to-work bonuses to persuade employees to return in pandemic
https://go.manpowergroup.us/mp-alexandria?utm_source=facebook&utm_medium=cpc&utm_campaign=%7B%7Bcampaign.name%7D%7D	Manpower has partnered with P&G and has positions available in Alexandria, LA

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disastercustomerservice@sba.gov	Small Business Administration (SBA) economic injury disaster loans. Call 1-800-639-2955 for application process
U Haul 1-866-269-4887	U Haul giving 30 days free storage to displaced college students
https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources	Small Business Guidance and Loan Resources
General Motors	GM offering 0% financing for 7 years, deferred payments amid COVID-19 outbreak
https://www.opportunitylouisiana.com/	As Louisiana works through the evolving COVID-19 pandemic, Louisiana Economic Development is diligently working on collecting information and resources for businesses.
https://chooserestaurants.org/	Grant program sponsored by the National Restaurant Educational Foundation offering \$500 to restaurant industry employees impacted by COVID-19. "First come, first served basis"
https://www.unitedway.org/recovery/covid19/new-responses/ utm_source=homepage&utm_medium=web&utm_campaign=covid19	United Way Worldwide's COVID-19 Community Response and Recovery Fund supports communities by helping local United Ways respond, and by ensuring people get accurate information. J11, the go-to information resource in the U.S., is fielding 20K-40K more calls than normal, mostly for food, financial assistance and housing. We expect as many calls for help in the next six months as we usually get in a full year. People are hurting. Please be aware that financial assistance related to COVID-19 is not available for individuals everywhere.
https://www.today.com/style/story-beauty-fund-will-offer-1000-checks-hairstylists-manicurists-t1800561-s45-em_md4_id_7b_m	City beauty fund will offer \$1,000 checks to hairstylists, manicurists
https://www.cressdemocrat.com/lifestyle/10871318-1811-guy-fletch-launches-relief-fund/#a=AS	Cuy Flert launches relief fund for laid-off restaurant workers
SLS.org	Southeast Louisiana Legal Services - SLS - Serves 22 parishes in Southeast part of the state. Free Legal Aid for Low-income People. Offer information about tenant evictions. SLS COVID-19 Legal Aid Hotline 1-844-244-7871

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https://www.bankrate.com/mortgages/mortgage-lenders-offer-help-to-borrowers-affected-by-coronavirus/	Mortgage lenders offer help to borrowers affected by coronavirus
https://online.citi.com/US/JRS/pands/detail.do?ID=covid19	Coronavirus (COVID-19) Readiness: Updates and Resources for you
https://www.fox29.com/news/bank-of-america-will-allow-customers-to-defer-payments-on-mortgages-amid-covid-19-financial-crisis	Bank of America will allow customers to defer payments on mortgages amid COVID-19 financial crisis
https://www.kpbs.org/news/2020/mar/19/homeowners-hurt-financially-by-the-coronavirus/	U.S. Orders Up To A Yearlong Break On Mortgage Payments
https://www.fhfa.gov/Media/PublicAffairs/Pages/FHFA-Suspends-Foreclosures-and-Evictions-for-Enterprise-Backed-Mortgages.aspx	FHFA Suspends Foreclosures and Evictions for Enterprise-Backed Mortgages
https://www.wafb.com/2020/04/01/can-your-landlord-evict-you-during-covid-crisis/	Eviction guidelines during COVID-19 pandemic

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http://www.internetessentials.com/covid19	A low cost internet package for households is free for the first two months
1-844-488-8395 Charter Communication	Free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a subscription
1-844-488-8398 Spectrum	Free internet access during school shutdown
www.cleco.com/home	Cleco is temporarily suspending service disconnects and late fees on customer accounts in Central Louisiana
https://www.kalb.com/content/news/Phone-carriers-waive-fees-amid-COVID-19-pandemic-569467111.html	Phone carriers waive fees amid COVID-19 pandemic
https://www.kalb.com/content/news/Cleco-encourages-eligible-customers-to-apply-for-energy-assistance-funds-569866301.html	***Central Louisiana Residents Only***Cleco encourages eligible customers to apply for energy assistance funds



Low-Income Home Energy Assistance Program

Need help paying your electric utility bills?

Cleco customers who meet the eligibility requirements for funds from LIHEAP can apply for assistance now by contacting their local community action agency.

Connect with an energy assistance provider in your area.

- Allen Action Agency, 8838 Hwy. 165, Oberlin, (337) 639-4348
- Avoyelles Progress Action Committee, 641 Government St., Marksville, (318) 253-6085
- Beauregard Community Action Association, 219 West 2nd St., DeRidder, (337) 463-7895
- Calcasieu Parish Police Jury/ Human Services Department, 2001 Moeling St., Lake Charles, (337) 721-4030
- Cenla Community Action Committee, 2011 MacArthur Dr., Bldg. 1, Alexandria, (318) 314-3480
- Desoto Parish Office of Community Services, 404 Polk Street, Ste. B, Mansfield, (318) 872-0880
- Evangeline Community Action Agency, 403 West Magnolia, Ville Platte, (337) 363-1306
- Jefferson Community Action Programs, 1221 Elmwood Park Blvd., Ste. 402, Jefferson, (504) 736-6900
- LaSalle Community Action Assn., 825 Hwy. 8, Sicily Island, (318) 389-4810
- Natchitoches Office Of Community Services, 1016 Keyser Ave., Natchitoches, (318) 357-2220 or (800) 419-1354
- St. Landry Parish Community Action Agency, 1065 Hwy. 749, Opelousas, (337) 948-3651
- Smile (St. Martin, Iberia, Lafayette) Community Action Agency, 501 St. John St., Lafayette, (337) 234-3272
- St. Mary Community Action Agency, 1407 Barrow St., Franklin, (337) 828-5703
- St. Tammany Parish Community Action Agency, 520 Old Spanish Trail, Ste. 3-C, Slidell, (985) 646-2090
- Vernon Community Action Council, 12286 Lake Charles Hwy., Leesville, (337) 404-7710



https://www.fox8live.com/2020/07/01/eligible-entergy-new-orleans-customers-can-relieve-up-bill-relief/	Eligible Entergy New Orleans customers can receive up to \$400 in bill relief
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<https://www.kalb.com/2020/07/13/cleco-announces-long-term-payment-plan-for-customers-with-past-due-bills/>

Cleco announces long-term payment plan for customers with past due bills

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https://www.usda.gov/media/press-releases/2020/04/22/usda-increases-monthly-snap-benefits-40	USDA Increases Monthly SNAP Benefits by 40%	
https://cnp.doe.louisiana.gov/ServingSites/		Parish by Parish list of school meal sites
Second Harvest Food Bank, South Louisiana	1-855-392-9338	Food pantry referrals, SNAP, FITAP, KCSP, Child Support, Access to community support counselors
Food Bank of Central Louisiana	318-445-2773	
https://www.inspirenolacharterschools.org/coronavirus/grab_go_breakfast_lunch		Families will be able to pick-up meals for 2 days on Mondays and for 3 days on Wednesdays. Community Feeding Distribution sites will not be open on Thursday and Friday. Service times remain the same from 9 AM - 12 PM.
www.rpsb.us	Rapides Parish ONLY	Effective Wednesday, March 25, 2020: RPSB has advised that they are transitioning to 7 feeding sites across the parish. They are as follows: Bolton High School, Buckeye High School, Glenmora High School, Nachman Elementary School, Peabody Magnet High School, Pineville Elementary School and Tioga High School. NO MEALS WILL BE DELIVERED.
https://www.foodbanknela.org/	318-322-3567	Go to website to find details
http://www.fbcentrala.org/	318-445-2773	Emergency transportation and food needs. Go to website for details.
United Way Family Support Specialist	318-321-7791	Family Support Specialist to assist with COVID-19 Related Emergency Related Basic Needs
Good Samaritan Foodbank Terrebonne	985-851-5523	Call for meal information
Jefferson Parish Food Bank	504-734-1322	Go to website to find details
Allen Parish Food Bank–Falls under Food Bank of Central Louisiana	318-445-2773	Go to website to find details
Alario Center-Jefferson Parish		Drive Thru Meal Pick Up
https://www.feedinglouisiana.org/covid-19		How to Get Food Assistance
http://ldh.la.gov/index.cfm/page/998		Commodity Supplemental Food Program (CSFP)
www.fbcentrala.org	Food Bank of Central Louisiana 318-445-2773	Serving the parishes of: Allen, Avoyelles, Catahoula, Concordia, Grant, LaSalle, Natchitoches, Rapides, Sabine, Vernon, and Winn
www.foodbanknela.org	Food Bank of Northeast Louisiana 318-322-3567	Serving the parishes of: Caldwell, East Carroll, Franklin, Jackson, Lincoln, Madison, Morehouse, Ouachita, Richland, Tensas, Union, and West Carroll
www.no-hunger.org	Second Harvest Food Bank-Feeding South Louisiana 504-734-1322	Serving the parishes of: Acadia, Beauregard, Calcasieu, Cameron, Evangeline, Iberia, Jefferson, Jefferson Davis, Lafayette, Lafourche, Orleans, Plaquemines, St. Bernard, St. Charles, St. John the Baptist, St. Landry, St. Martin, St. Mary, St. Tammany, Tangipahoa, Terrebonne, Vermillion, and Washington
www.foodbanknla.org	Food Bank of Northwest Louisiana 318-675-2400	Serving the parishes of Caddo, Webster, Claiborne, Bienville, Red River, DeSoto, and Bossier
https://www.google.com/maps/d/viewer?mid=1H35BGlkGtQWvVFYlXvBpl8lAYhDh3&ll=30.419748702216868%2C-92.0307475547101827=6	MAP - LA Farm Food during COVID-19	
https://ebschools.org/coronavirus-covid-19/child-nutrition/	East Baton Rouge Parish Schools	Grab-n-go meal distribution will resume May 4 for East Baton Rouge Parish Schools.
https://www.louisianabelleves.com/docs/default-source/covid-19-resources/louisiana-p-ebt-information-and-application.pdf	PANDEMIC-EBT AVAILABLE FOR STUDENTS RECEIVING FREE OR REDUCED-PRICE SCHOOL MEALS	Eligible families who complete an online application will be issued a P-EBT debit card by the Louisiana Department of Children and Family Services (DCFS) to access benefits. The P-EBT card will function like a standard EBT card, and the same guidelines will apply.
https://www.theadvocate.com/baton_rouge/news/coronavirus/article_0ec058bc-a99f-11ea-ba84-53c60e1545ae.html?utm_medium=social&utm_source=email&utm_campaign=user-share	PANDEMIC-EBT AVAILABLE FOR STUDENTS RECEIVING FREE OR REDUCED-PRICE SCHOOL MEALS	Louisiana extends deadline for \$285 school meal card; 431,000+ people have applied
https://www.kalb.com/2020/06/10/p-ebt-cards-arriving-in-plain-white-envelopes-dont-toss/	PANDEMIC-EBT	P-EBT cards arriving in plain white envelopes; don't toss!

Alexandria Louisiana
Summer FEEDING PROGRAM
FREE TO-GO LUNCHES
 For Youth 18 & Under
 Monday - Friday
 11:30 AM - 12:30 PM
 LOCATIONS:
 Frank O. Hunter Gym
 2301 Willow Glen Road

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https://www.youtube.com/planetfitness	Free Online Classes
https://www.myfitnesspal.com/	Free activity tracker, recipes, workout ideas
www.bethelyogi.com	On Zoom: @leelayogalifestyle Virtual Yoga
https://help.fitbit.com/articles/en_US/Help_article/2437#free	Fitbit is offering 40 pieces of Fitbit Premium content free in the Fitbit app. Anyone new to Fitbit Premium can also get a 90-day free trial of this paid subscription. Tap the the Premium tab to activate your free trial. Fitbit Premium includes personalized health insights, health guidance, advanced sleep tools, customized programs, and 150+ workouts from fitness brands.
https://go.gethealthytv.com/a18707/	Get Healthy U TV offering year long membership for \$3.00
https://www.fitnessblender.com/videos	Fitness Exercises to Do at Home
https://www.varsitytutors.com/classes/star/motion-with-julianne-hough?ref=FB-VSD-C&vtsource=facebook&vtmedium=social&vtcampaign=MF_CV_LAL-BROAD_CBO-VSD-CELEB-JULIANNE-BC&network=facebook&campaignid=6177008678400&adsetid=6177010419000&adid=6177010418600&placement=Facebook_Mobile_Feed&creative=IMAGINE_JULIANNE_V1_IMG&site=fb&ssh=1	Kinrgy - The Movement Experience with JULIANNE HOUGH. In each session, Julianne will focus on these three areas as she leads students through movement that will take their minds and bodies to an expanded state called the KINRGY state, optimal for transformation, truth, and creativity. Registration and participation is free. Other classes are offered as well.
https://shop.kathysmith.com/pages/free-fit-over-40-challenge	FREE FIT OVER 40 CHALLENGE
https://nesca-newton.com/billydemiri/	Simple Home Fitness Circit for Kids of All Ages
https://www.thebellydancesolution.com/bd-program	<u>Learn To Love Your Body Again, Put A Stop To “Leaking” And Enjoy Exercise Like You Never Imagined Possible.....By embracing your divine femininity through the fun and exotic art of belly dancing. (\$37.00 Fee)</u>
https://quiz.kidsyogastories.com/sf/be4c2f1b	Teaching Yoga to kids
https://yoga-burn.net/booty-challenge/	Try This Yoga Burn Booty Challenge!
https://www.flexitpink.com/pages/fip-6-week-challenge	Workout With Flex it Pink at home with minimal equipment for 6 weeks.
https://upscaletrainer.com/squeeze-page1586449602303	30 DAY FREE HOME WORKOUT! FREE!

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www.mealsonwheelsamerica.org/signup	CENLA Area on Aging Rapides Senior Citizen Center, Grant Council on Aging, Avoyelles Council on Aging, Catahoula Council on Aging, Calcasieu Council on Aging	318-484-2260 318-487-1561 318-627-5757 318-253-9771 318-339-8111 337-474-2583
Calcasieu Council on Aging	Calcasieu Council on Aging is supplying meal on wheels	337-474-2583
Nola311.org	Free meal delivery for low income and elderly	
https://www.iheart.com/content/2020-03-26-nursing-home-lets-you-adopt-a-lonely-grandparent-in-isolation/	I heart Radio--Adopt a lonely grandparent in isolation, Follow the link for information	
https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/guidance-retirement-response.html	Preventing the Spread of COVID-19 in Retirement Communities and Independent Living Facilities	
https://www.naahq.org/coronavirus-guidance	Coronavirus Guidance for Property Management	
https://www.kalb.com/content/news/Walmart-reserves-daily-pickup-hour-for-those-most-at-risk-569625211.html	Walmart is launching a Pickup hour for people most at-risk for COVID-19. Each day the hour from 7 to 8 a.m. at select pickup store locations will be reserved for customers over the age of 60, as well as first responders, customers with disabilities and anyone designated high-risk by the Centers for Disease Control and Prevention.	
https://cvshealth.com/newsroom/press-releases/cvs-health-announces-additional-covid-19-resources-focused-patient-access	<u>Beginning immediately, CVS Pharmacy will waive charges for home delivery of prescription medications. With the Centers for Disease Control and Prevention encouraging people at higher risk for COVID-19 complications to stay at home as much as possible, this is a convenient option to avoid coming to the pharmacy for refills or new prescriptions.</u>	
https://news.walgreens.com/covid-19/covid-19-faq.htm	Starting Tuesday, March 24 and every Tuesday for the near future, Walgreens stores will open at 8 a.m., with the full hour from 8 a.m. until 9 a.m. dedicated to senior citizens. This hour is also available to their caregivers and immediate families may also visit the store during this time.	
https://www.facebook.com/cenla.aging.50/posts/867534293762356	Please be aware of the scams that are going around	

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https://www.avma.org/sites/default/files/2020-03/covid-19-faq-pet-owners.pdf	COVID-19: FAQs FOR PET OWNERS
https://www.cdc.gov/coronavirus/2019-ncov/php/interim-guidance-managing-people-in-home-care-and-isolation-who-have-pets.html	Interim Guidance for Public Health Professionals Managing People With COVID-19 in Home Care and Isolation Who Have Pets or Other Animals
https://www.animalhumanesociety.org/news/pets-and-covid-19-coronavirus	Pets and COVID-19 coronavirus
https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19	Animal Health and Welfare During COVID-19

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Amazon Deliveries	Delivery drivers are recommending all packages be left inside the box, OUTSIDE, in sunlight for 6-8 hours. After that time lapse, take everything out of the box and remove all packaging. Leave box and packaging outside. Once inside, immediately wash your hands. These recommendations are given as people are testing positive at distribution centers.
Cloud Dough Recipe	2 cups corn starch, 1 cup baby lotion, separate and add food coloring and essential oils (optional)
https://www.crocs.com/	Crocs is donating a free pair of shoes (with free shipping) to healthcare workers on the frontlines of COVID-19. If you're a healthcare professional in need of our easy to clean, comfortable Crocs shoes, we've got you taken care of.
Women in the Military	https://www.slideshare.net/milfamln/women-in-the-military-special-contributions-and-unique-challenges
https://abcnews.go.com/Business/auto-insurance-companies-returning-800m-premiums-covid-19/story?id=70018868	Auto insurance companies returning \$800M in premiums during COVID-19 (Allstate and American Family Insurance)
https://www.usatoday.com/story/money/cars/2020/04/07/allstate-american-family-insurance-coronavirus-covid-19-premiums/2959870001/	Auto insurers including Allstate, Geico to give back millions as coronavirus keeps drivers off roads
https://www.shelterinsurance.com/aboutshelter/companynews/2020/shelterinsuranceresponsetothecoronavirus.html	Shelter Insurance® provides assistance to personal auto insurance customers.
https://www.marketwatch.com/story/some-auto-insurers-are-giving-refunds-because-of-the-coronavirus-outbreak-heres-how-you-can-get-a-break-too-2020-04-09	Some auto insurers are giving refunds because of the coronavirus outbreak — here's how you can get a break too
https://www.kalb.com/content/news/a-Farm-Bureau-issuing-premium-credit-donating-to-local-food-banks-569671841.html	La. Farm Bureau issuing premium credit, donating to local food banks
https://corporate.walmart.com/newsroom/2020/04/03/changes-to-our-shopping-process-to-encourage-social-distancing	Changes to Our Shopping Process to Encourage Social Distancing
https://www.subway.com/en-US/SubCulture/coronavirus-and-your-safety	Responding to Coronavirus Serving in Times of Need
https://www.thebalance.com/coronavirus-credit-card-debt-relief-4801003	How Credit Card Companies Are Helping During the COVID-19 Outbreak
https://www.nrn.com/people/how-restaurants-are-stepping-help-their-communities-during-coronavirus-pandemic-providing	How restaurants are stepping up to help their communities during the coronavirus pandemic, from providing toilet paper to meal kits
https://nypost.com/2020/04/21/second-coronavirus-wave-could-be-deadlier-cdc-chief-warns/	The head of the US Centers for Disease Control and Prevention warned Tuesday that a second wave of the coronavirus pandemic expected this winter could be deadlier than the current pandemic.
www.irs.gov/help	Several online tools to help get the tax information one may need
https://www.kalb.com/content/news/Airports-and-Airlines-implement-changes-as-people-start-flying-again-570817621.html	AEX launches website for information on flying during COVID-19 pandemic
https://www.aarp.org/travel/travel-tips/safety/info-2020/new-tsa-security-procedures.html?cmp=SNO-ICM-FB-COVID-TR&socialid=3381999971	New TSA Security Procedures Designed to Prevent Spread of Coronavirus
https://www.yahoo.com/news/second-wave-covid-19-u-083903052.html	Is this the second wave of COVID-19 in the U.S.?
https://www.katc.com/news/hand-sanitizer-recalled	Hand sanitizer recalled
https://www.yahoo.com/news/white-house-document-shows-18-states-in-coronavirus-red-zone-194350717.html	White House document shows 18 states in coronavirus 'red zone'