

General References for COVID 19

- **COVID-19 Economic Resources**
On March 27, 2020, Congress passed a major health and economic rescue package called the CARES Act in response to the COVID-19 pandemic, and the legislation included several of Senator Wyden's priorities. Descriptions of some of the funding made available by the CARES Act is included in the following link (<https://www.wyden.senate.gov/covid-19-economic-resources>). In addition, a summary of COVID-19 related business and financial resources is included at <https://www.wyden.senate.gov/imo/media/doc/Summary%20of%20COVID-19%20bills%20and%20Available%20Resources.pdf>
- **24/7 SAMHSA's National Disaster Distress Mental Health Helpline**
<https://www.samhsa.gov/find-help/disaster-distress-helpline>
- **Family Caregiver Alliance**
Recommendations and resources for family caregivers which includes remaining at home and what to do if you are sick, getting your home ready, environmental cleaning and disinfection recommendations, food and grocery delivery, self-care, nursing home visitation guidelines, employment information, and a free COVID-19 direct care certification class for direct care workers.
<https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>
- **Center for Disease Control and Prevention (CDC)**
Information includes how to protect yourself, and what to do if you are sick, along with resources for the community which include travel, businesses and employers, schools and childcare, community and faith based organizations, and a section for health care providers. Latest updates on number of cases in the US with COVID -19 by state. Includes sign up for email updates.
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **State of Oregon Health Authority (OHA) -COVID-19 Updates**
Serves as the lead agency for the public health response in the state of Oregon with a list of the number of COVID-19 cases in Oregon updated regularly along with the

Governor's orders. Free downloadable materials for noncommercial use that includes do's and don'ts, what's open and closed, the importance of staying home to save lives, and a list of resources for the community.

<https://govstatus.egov.com/OR-OHA-COVID-19>

- **State of Oregon Employment Department**

Provides guidance to employers, workers and job seekers impacted by the COVID_19 virus. Includes unemployment insurance eligibility and FAQ's, how to file a claim, WorkSource Oregon COVID-19 Practices, and specific information for job seekers and employers.

https://govstatus.egov.com/ORUnemployment_COVID19

- **Oregon Personal Income Tax Date Extended to July 15, 2020**

<https://www.oregon.gov/dor/Pages/COVID19.aspx>

- **Oregon Statewide Resources (AARP website)**

AARP has created an Oregon specific resource page at

<https://states.aarp.org/oregon/health-food-help-coronavirus-covid-19-oregon>

- **State Representative Pam Marsh**

Has provided a very complete list of resources for the area at

<https://content.govdelivery.com/accounts/ORLEG/bulletins/28492bd>

- **AARP National**

AARP reference for COVID-19 related caregiving and other related information.

<https://www.aarp.org/caregiving/>

Local Resources Found

General

- **Showers & Laundry:** The City of Medford granted funding to *Set Free Ministries'* shower and laundry facilities located at 1032 W Main Street, which will keep operations open for two months. Hours are M/W/F/Sun from 9:30 AM to 2:00 PM. Capacity is 25 showers and 14 loads of laundry each day.
- **Car Camping:** Medford has made available a lot on Central through partnership with MURA and Maslow, including bathroom and handwashing station.

- **OHRA Ashland Community Resource Center**, 541-631-2235 – is open for phone appointments. See <https://helpingashland.org/> for details. They can provide help with housing, shelter, essential services, mental health counseling, health insurance, showers, laundry, program navigation, and legal advocacy.
- **Ashland Senior Resources**
<https://ashland.or.us/COVID19SeniorResources>
- **COVID-19 Recovery Fund United Way of Jackson County**
Phone - 541-773-5339 for small grants for individuals and businesses.
- **Rogue Valley Recovers**
Human service and emergency service resources at <https://roguevalley.recovers.org/>
- **ADRC (Aging and Disability Resource Connection)**
Phone - 541-618-7572 or <https://www.adrcforegon.org> (enter your zip code). Sign up for Food & Friends home delivered meals, resource referral, assistance problem-solving.

Meals

- **OHRA Community Resource Center**, 541-631-2235 – Free snack meals 7 days a week. Meet us at any one of the below locations at 4:15pm sharp. You might have to wait until 5:30pm. Please call if you have questions. See <https://helpingashland.org/> for details.
 - Ashland Creek Park (Behind Ashland Skate Park)
 - Fuel Commission Lot (Wood Lot on 99N/Valley View)
 - Lithia Park Gazebo (By Lithia Park Bandshell)
 - Safeway Bus Stop (Please Do NOT gather at OHRA)
 - Clay Street Park (By overpass by Bi Mart)
- **Schwan's** 1-888-724-9267 Online order (<https://www.schwans.com/>) and delivery of frozen meals.
- **Task Runners** 541-951-8275 <https://www.taskrunnersdelivery.com/> Picking up to go orders from restaurants. Check website for status of how they arrange drop off.
Stage 1: Handing package at door. Not entering residence. Delivering to front desk at retirement and assisted living facilities.
Stage 2: Drop off. Cash payment only left outside at door.

Stage 3: No contact. Take prepaid orders over the phone. Drop off outside door. Medford city limits \$10 charge, outside Medford \$10 delivery charge plus mileage, additional charge of 25% of costs of orders over \$40.

- **Uncle Foods Diner**, Community Meal take out, Ashland, Medford Methodist Church, Tuesday, Wednesday, Saturday, Sunday 4-6pm. La Clinica's Medical van will be on-site. Now distributing to 10 locations around Ashland. Phone Ashland Community Resource Center for locations. 541-631-2235.

Grocery/Restaurant Delivery

- **Task Runners** 541-951-8275 <https://www.taskrunnersdelivery.com/> Call early in morning. Check website for status of how they arrange drop off. Medford city limits \$10 charge, outside Medford \$10 delivery charge plus mileage, additional charge of 25% of costs of orders over \$40.
- **Instacart**, 1-888-246-7822, Grocery/restaurant Delivery, private pay thru app.
- **Crater Lake Taxi**, 541-333-3333, Grocery/restaurant delivery in Ashland, private pay thru phone.
- **Grub Hub**, App on phone or online, Restaurant delivery all of Rogue Valley, private pay thru phone or internet
- **Walmart Delivery**, 541-613-1585, Grocery delivery Medford area. Private pay thru phone or internet
- **Target**, 541- 779-0856, Grocery delivery Medford area. Private pay. Some items unavailable due to high demand.

Medical/Mental Health

- **Telemed Services**, Online/VIA phone, Medicare Telemed provided by medical professionals
- **Asante Urgent Care**, Serves Rogue Valley, Urgent Care is by Telemed if possible
- **Columbia Care**, Mental Health, Rogue Valley, Telehealth capability for clients
- **Friendship Line**, 415-750-4111, Mental Health, State of Oregon

Businesses with Special Hours for Seniors or Underlying Medical Conditions

- **Fred Myer** – Jackson County 7-8am Monday thru Thursday
- **Medford Mission** – Medford 5-6pm Take Out Meals Available
- **Josephine County Food Bank** – Josephine County – Handing Out Food to Individuals

- **Cartwrights Meats** – Medford/Grants Pass 6-7am Monday thru Saturday
- **Thunderbird/Food 4 Less** – Medford 6-7am Daily
- **Ashland Food Coop** – Ashland 7-8am Seniors and Vulnerable Community Members
- **Medford Food Coop**-Medford –Online ordering for pick up for vulnerable shoppers
- **Maple Ridge Assisted Living** –Ashland -Call to donate what is needed.
- **Grange Coop-Ashland**—9 to 10 a.m. daily

School Meals and Child Care

- **Charter Internet Provider**- Will provide free broadband and wi-fi to all homes that currently don't have internet service and who have children in K-12 grade for the next 60 days
- **Emergency Child Care** –YMCA-operated in conjunction with school districts in Central Point, Eagle Point, Medford and Phoenix-Talent.
<https://www.district6.org/wp-content/uploads/2020/03/Emergency-Childcare-Plan-Info-Sheet.pdf>
- **Jackson County Meals**
 - Ashland SD: Ashland High, Ashland Middle, Bellview, Helman, Walker 11-1pm If you can't pick up email nutritionservices@ashland.k12.or.us
 - Central Point SD: Central Point Elem, Jewett Elem, Patrick Elem, Breakfast 7:30-9am, Lunch 11:30-12:30 Grab/ go meals available also available at Rainey's Market 12:30pm, Don Jones Park 11:40am, Taco Delight on Table Rock 12pm, Glen Echo 12:05pm, and Twin Creeks Park 11:40am.
 - Eagle Point SD: Table Rock Elem, Shady Cove School, Hillside Elem, Lunches 11:30-12pm.
 - Medford SD: NMedford High, Howard Elem, Jefferson Elem, Roosevelt Elem, Jackson Elem, Oak Grove Elem, Breakfast 9-10am and lunch 11:30-12:30.
 - Phoenix-Talent SD: Phoenix Elem, Talent Elem, Orchard Hill Elem, Breakfast 8:30-9am, Lunch 11:30-12pm
 - Rogue River SD: Must be a Rogue River School District student and student must be present to get breakfast/lunch. Meals offered March 16 at 10-11am. Will evaluate the need and response to see about continuing thru the week.

Other Resources and News

- Federal and Oregon Personal Income tax date extended to July 15, 2020
<https://www.oregon.gov/newsroom/Pages/NewsDetail.aspx?newsid=36265>