

Crisis and Emergency Resources

Military Family Life Counselors (MFLC) - are still available via telephone. MFLC's offer flexible and very discreet counseling and support for service members, spouses and children. Call a MFLC if you or someone in your family could benefit from discussing their fears and anxieties with a licensed counselor. Leave a message with a return phone number if you are sent to voicemail.

Adult – Not assigned to a specific squadron - MFLC (402) 679-8820

Embedded MFLC – Maintenance, SFS, and 38th RS - (531) 301-2614

Embedded MFLC - Intel, 97th IS, 20th IS, and 55th ISS - (402) 227-5367

Child and Youth MFLC - (402) 669-8854

Child and Youth MFLC - (402)681-5153

Offutt Chapel – Offers spiritual and non-spiritual support. Chaplains offer 100% confidentiality and are available 24 hours a day. Call (402) 294-6244 during regular duty hours and (402) 294-3725 after hours.

Military Once Source – Offers telehealth counseling and resources for military families.

Visit <https://www.militaryonesource.mil/> and click on the Crisis and Emergency Resource tab.

Offutt Domestic Abuse Victim Advocate (402) 235-1731

General Resources and Information

The Airmen and Family Readiness center is still helping Airmen and their families. If you need help with out-processing for a PCS, pre-deployment briefings, reintegration briefings, “Ditching the Dorms” requirements, relocation/New Comers Orientation, and voting assistance, call the A&FRC (402) 294-4329 and leave a message. Voicemail is being checked every two hours during regular business hours.

For questions or concerns about the Transition Assistance Program (TAP) and fulfilling your congressional requirements, please send an email to Offutt's TAP team

at 55FSS.FSFR.TransitionProgram@us.af.mil . Be sure to include your Date of Separation (DOS)/Retirement date and DoD ID #.

To learn what Offutt is doing in response to COVID-

19. <https://www.offutt.af.mil/home/coronavirus/>

Financial Resources

Air Force Aid Society (AFAS) – A financial resource for military families experiencing a financial hardship. The AFAS offers interest free loans and in some cases grants for items such as: food, emergency travel, funds to avoid utility shut off, funds for car repair (if there is only one mode of transportation in the family), funds to avoid car repossession (also based on one mode of transportation) and funds to avoid eviction (please

visit <https://www.consumerfinance.gov/about-us/blog/guide-coronavirus-mortgage-relief-options/> before requesting assistance for a mortgage payment).

Visit the AFAS website to submit your loan request. All documentation such as: most recent LES, budget, past due statements, repair estimates, and or leasing agreements supporting your request will need to be uploaded in the AFAS web site along with your application. Call the A&FRC (402) 294-4329 and leave a message once you have submitted your loan request or if you have questions. <https://afas.org>

The A&FRC Personal Financial Counselors are available to discuss money management and individual budget building techniques. Call to schedule an appointment (telephone consultations only).

Josh Rehtmeyer (402)860-9045

Jeff Cavaillo (402) 599-0154

Financial Resources for Families Impacted by COVID-19

American Red Cross - Local branches of the American Red Cross provide disaster relief to families impacted by fires, floods, hurricanes, or natural disasters. The support can include shelter, vouchers for clothing or motel rooms, hot meals, and free food. The national charity Red Cross may also provide other forms of assistance, such as aid to military families, health or safety classes, disaster assistance, grants and other community services.

The assistance provided by the Red Cross depend on the individual consumer need as well as local branch. The American Red Cross must also always keep extra funds in reserve available for emergencies. The Red Cross receives most of the money it has available to pay out from private donations, with additional grant funding from charities such as the United Way.

Catholic Charities - No matter what your background or religion is, this charity organization may be able to provide financial help, cash assistance or other resources in a crisis. There are over 3,000 locations around the nation that individuals can turn to. More details on [Catholic Charities financial assistance](#).

Catholic Charities, Omaha, 3300 North 60th St. Omaha, NE

Primary phone number. (402) 554-0520 Call to speak to a representative

Jewish Federation of North America - This is a national charity organization that distributes funds to non-profit sites around the country. Most locations provide assistance to needy families of all religions, races, and ages. Social services and emergency assistance for rent, homeless prevention, energy bills, and more is offered. The federation will also help coordinate job training and workforce development. More on [Jewish Federation financial assistance](#).

Lincoln, P.O. Box 67218, Lincoln, Nebraska 68506, dial 402-420-0602

Omaha, address 333 S 132nd Street, Omaha, Nebraska 68154-2198, 402-334-8200

Lutheran Services in America - Coordinates with hundreds of local human service groups and charities to provide help to the needy and less fortunate. Programs can provide basic needs such as housing, medical care, meals, and financial resources for critical bills. The poor, elderly, and struggling are many of the beneficiaries of this national non-profit charity. Find a local branch of [Lutheran Services](#) and learn how the ministry operates.

Lutheran Family Services of Nebraska, Inc. - Offering telehealth behavioral counseling and crisis support. <https://www.lfsneb.org/>

National Assistance League - While the charity operates across the country, the local centers focus on meeting the needs for that community. Chapters may provide a number of basic needs. A common program offered nationally is Operation School Bell, which is school clothes, books, and items to students. A number of other programs are available and may include dental care, meals, social services, day care, and other support. Thousands of people volunteer at this charity. Locate local [Assistance League programs](#) in your community.

Net Wish - A non-profit that was created by a private individual. The organization provides emergency cash grants and free money to qualified individuals to help them pay critical bills in

an emergency. Priority is given to the elderly and families with children. This non-profit was created to help the less fortunate. More details on [grants to help pay bills](#).

Non-profit or charitable foundations - There are many that operate programs that provide families with direct financial assistance, including rent and mortgage payments. They also offer free counseling, help with tax returns, budgeting skills, and more. Read more on [financial help from foundations](#).

Operation Homefront - The non-profit charity organization Operation Homefront provides emergency financial assistance, grants, counseling, and other aid for military personnel. It helps those who are currently in the service, as well as ex- military. In addition they can also assist families of service members as well as wounded soldiers. Continue with [Operation Homefront](#).

Operation Round Up - This is an assistance program that is offered by utility and gas companies in many states. This organization, and the aid they will give, provides energy assistance funds and grants to families and individuals in need of help. Most of the money raised is from customer contributions. In addition, the program will offer additional aid, such as help for paying medical bills, rent or housing costs, and more. [Select your state](#) to learn if Operation Round Up is available.

Saint Vincent de Paul - Regardless of your religion or background, this national charity organization may be able to offer grants and aid for paying bills and basic needs. While funding is limited, qualified low income families faced with a crisis may get assistance. Read more details on the [St. Vincent de Paul assistance programs](#) and how to get a volunteer from the charity to address a families needs.

Salvation Army Family Emergency Services - You can also contact The Salvation Army for additional help for paying heating, utility and electric bills. They have local centers across the nation, including thrift stores.

The Salvation Army Family Emergency Services unit helps support basic human needs. The organization will provide a safety net to anyone who has nowhere else to turn if those people need help paying bills. Some of the services provided by the Salvation Army include clothing, food, electric bill help and counseling. The Salvation Army also has many case workers that are part of the Family Emergency Services, and these case workers will help prevent homelessness through crisis intervention. You need to contact your local chapter for more information on charity assistance and other services they offer. Find [local Salvation Army Family Emergency Services](#).

Samaritan Ministries - These centers will generally be faith based groups. There is not one official network of charities that are part of it, but rather dozens of local agencies as well as hospitals operate as Good Samaritan Centers. They will offer support to the less fortunate, and it ranges from financial aid to health care or food and transportation. More on [Good Samaritan Center services](#).

Seniors and Older Adults - Your local agency on aging office provides free services, can coordinate charity care, and focuses on offering assistance and support to individuals over age 55. There is support for the elderly and senior citizens on fall income levels. [Find senior assistance programs](#).

United Way - The United Way is involved in providing information on hundreds if not thousands of programs. They have databases of national charities and non-profits. The free 211 telephone service can direct clients to charities near them for housing, food, seasonal help, substance

abuse assistance, Christmas toys, financial aid for bills and so much more. Hundreds of services may be offered. More on [United Way assistance programs](#).

Urban League - Urban League of Nebraska's Family Resource Center, 3040 Lake Street, Omaha, NE 68111, (402) 504-1733 - Provide services, counseling, job programs and indirect financial assistance to the low income and working poor. The non-profit focuses on housing, medical needs, employment and education. Find [Urban League assistance programs](#).

Volunteers of America - This national non-profit organization helps the less fortunate rebuild their lives and get a new start. In addition to long term self-sufficiency, some short term financial aid and resources may be provided (if available) on a limited basis. Housing, emergency support, job training, and many other services are offered. More on [Volunteers of America](#).

The YMCA - offers services for the entire family, with a focus on children, the unemployed and job seekers. Assistance will help ensure that low income families are able to properly feed their children, including over the summer and holidays. The [YMCA charity organization](#) also helps parents gain new skills or find a job, as well as arrange for day care for their children.

YWCA - Resources are focused on helping women, their children, single parents, and those that are struggling. The non-profit charity provides services such as affordable day care, job training, transitional housing and more. The goal of the charity is to empower women and help them gain self-sufficiency. Some programs are also available for victims of domestic violence or veterans. More on [YWCA services](#).

* If you are a charitable organization or know of a charitable organization that offers financial relief to families experiencing a financial hardship and want to have your information added to this list, please email 55FSS.FSFR@US.AF.MIL.

Education

There are lots of resources out there for parents to help their child continue learning at home. Don't limit your search to just your school district, many of these resources are for everyone. If you would like to connect with our School Liaison please email her at michelle.pridell.2@us.af.mil.

EFMP – Special Needs Resources

The Education Directory for Children With Special Needs provides military families who have children with special needs the resources they need to make informed assignment decisions and experience easier transitions. <https://efmpeducationdirectory.militaryonesource.mil/>
EFMP Orientation – A short 10 minute YouTube briefing that outlines the three components of EFMP, why EFMP exists, and who to go to when you need help. <https://youtu.be/X4rKNQ8Urtk>
Family Member Travel Screening – If you need to start the EFMP Medical Screening process or have questions for the EFMP Medical team email them at usaf.offutt.55-mdg.mbx.fmts@mail.mil

Offutt EFMP Family Needs Assessment – If you would like to discuss local resources, services, or challenges you are experiencing based on your EFMP status, please email the EFMP-Family Support team at 55fss.fshe.efmp@us.af.mil

Tricare has implemented an Exception to Policy for Telehealth for Applied Behavior Analysis (ABA) – <https://www.humanamilitary.com/provider/education-and-resources/quick-access/policy-updates-and-alerts/aba-telehealth-033120>

Respite Care – The Air Force Respite Care Program offers 40 hours of free childcare for EFMP Children rated moderate/severe and their siblings under the age of 13. This is a great opportunity if you need someone to care for your children when you need make a trip to the store for essential items, if you need to go to a doctor’s appointment or take someone to an appointment. Contact Juwarn Middleton for enrollment or to schedule a provider.

(402) 294-9017/9016 juwarn.middleton@us.af.mil

Omaha-Area Resources

Douglas County Health Department 402-444-3400

JDRF: Visit jdrf.org for COVID-19 and type 1 diabetes specific information

Douglas County Health Department - <https://www.douglascounty-ne.gov/coronavirus-covid-19-information> - Community resources, community COVID-19 Information line, and community updates. 402-552-6645 between 8am-8pm/ Call 2-1-1 for assistance after 8pm.

CDC - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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

FEMA Coronavirus Response (ENGLISH) - <https://www.fema.gov/coronavirus>

FEMA Coronavirus Response (SPANISH) - <https://www.fema.gov/es/coronavirus>

FEMA Coronavirus Rumor Control - <https://www.fema.gov/coronavirus-rumor-control>

Nebraska Medicine - <https://www.nebraskamed.com/COVID> or 1-800-922-0000

Children’s Hospital - <https://www.childrensomaha.org/health-news/important-covid-19-update-for-childrens-patients-families/>

CHI Health - <https://www.chihealth.com/coronavirus>

Methodist Health System - <https://www.bestcare.org/covid-19/> or 402-815-7425

OrthoNebraska - <https://www.orthonebraska.com/covid-19/> or 402-609-2600 or email info@orthonebraska.com

Living with a Visual Disability During the Coronavirus - https://www.nod.org/living-with-a-disability-during-the-coronavirus-pandemic-blog-by-nods-charles-catherine/?utm_source=2015-01-05+eTap+Export&utm_campaign=5120df2c90-2019-01-08+-+Tracker+Webinar%2C+Look+Closer+COPY+02&utm_medium=email&utm_term=0_13faca177e-5120df2c90-101159705

UNMC COVID-19

Resources - <https://view.sfm.nebraskamed.com/?qs=068f3815233ee21dd6e613d20aa047aee36dcacee4c8a59b8e6d24c5595530a9965c59ba5270ac8675c6c34d48cd7ecbd391010f91ecb44c486dcacbe70395eba380920ee286a240b5d13b6e50c24473>

KETV Announcement Page - <https://www.ketv.com/article/coronavirus-covid19-nebraska-omaha-latest/31213658>

Omaha Scanner - <https://www.nossmedia.com/covid-19?fbclid=IwAR1sk0FAwTItZUN1D9YIAifXhdRv6lJi-1D3DilhZZ6SKwkYCZaEoH4K4yg>

Has a compilation of cancellations and closures, news an media releases, guidance and testing information, testing site information, potential exposure sites, assistance and resources, Nebraska case information, and a FAQ section.

Nebraska Children - <https://www.nebraskachildren.org/covid-19-information-and-resources.html>

NOISE Omaha (primarily North Omaha): <https://noiseomaha.com/news-now/northo-response>
List of resources and responses from the North Omaha community.

Pick up/Delivery Services

Omaha's Lee Law Offices are coordinating volunteer efforts to help elderly and the homebound pick up groceries, medications and meals. If you need help, call 402-934-4409 or email legacy@leelawoffice.com.

CVS is offering pharmacy delivery. Visit [cvs.com](https://www.cvs.com) to find store location and request RX fill.

Shopping Angels: If you can't go to the store or need something picked up and delivered to you, Shopping Angels can help. There are two options. Option 1: Pre-order and pre-pay the store, then request Shopping Angels to pick up your order and deliver it to you. Option 2: You provide Shopping Angels your shopping list and reimburse the Shopping Angel upon delivery using cash, PayPal, or Venmo. Here's how to get started: Call (402) 804-2051 or complete the online form [here](#).

Omaha Secret Helpers Grocery Delivery: Omaha Secret Helpers is an Omaha based organization. It includes a group of volunteers from the Omaha area working to bring groceries and supplies to those in high-risk demographics. Our focus includes but isn't limited to the elderly and those who are immunocompromised. To request grocery delivery or volunteer, follow the link. <https://www.omahasecrethelpers.com/>

Elderly Specific Resources

Elderly person in need should contact St. Vincent De Paul parish office at 402-496-7988
Intercultural Senior Center: Food pantry for adults ages 50 and older who live in Douglas County. Home delivery, pick up and drive up options available. Home delivery should call 402-444-6529. Pick up and Drive up location is 5545 Center St. dates and times are Monday through Friday 10am and 4pm.

Rent/Utility Assistance

Vincent de Paul: call 402-909-5168 and a volunteer will contact you within 24 hours
Residents who fall behind on bills with MUD or OPPD. Disconnections for non-payment suspended through April 30th.

COX: For the next 60 days (3/13/20) COX will be upgrading internet speeds, not terminating service for any residential or small business customer because of inability to pay, waive late fees, open COX Wifi hotspots, and fast track Connect2Complete services so students can continue to learn from home (will still cost \$9.95 per month)

Cox has "500 community hotspots" for internet and can be found here (links are in English and Spanish). You can look them up by zip code for "outdoor wifi".

https://www.cox.com/residential/internet/learn/cox-hotspots.html?sc_id=cr_scut_z_z_wifi_vanity

https://espanol.cox.com/residential/internet/learn/cox-hotspots.html?sc_id=cr_scut_z_z_wifi_vanity

Spectrum: Offering free internet during school shutdowns by calling 1-844-8398.

Comcast: Offers free internet services to low income families during the outbreak. Must apply at <https://corporate.comcast.com>

CenturyLink: Will waive late fees and will not terminate a residential or small business customer's service for the next 60 days due to financial circumstances associated with COVID-19.

United Way: is assisting families with resources if bills begin to collect because of business closures.

Phone: Just dial 211

Website: <https://www.unitedwaymidlands.org/>

If you have rent or utility needs NOW, our team is here for you. Please call 2-1-1 or text your zip code to 898211 to explore your options for receiving assistance. Starting May 1, our 211 Helpline specialists will begin taking calls for our Housing Stability Program to assist those eligible with a rent or mortgage payment. Callers will then be referred to the Housing Stability Program application via text or email to go online and fill it out. If eligible, individuals will be connected to a program partner to address the housing assistance that is needed.

The Department of Health and Human Services: is assisting people who are facing economic hardship.

Phone: 1-800-383-2478 for economic assistance hotline

Website: <http://dhhs.ne.gov/Pages/default.aspx>

Verizon Wireless: If you are experiencing hardship because of COVID-19 and cannot pay your bill in full, we will not charge you a late fee or terminate your service during this difficult time.

This policy will be in effect through May 13, 2020. To qualify, you must let us know that you are experiencing hardship by completing a short form. The form and more information can be

found here: https://www.verizonwireless.com/support/covid-19-faqs/?fbclid=IwAR0_7RIF33ntpZV3KuYWbOMcbF47qIJ7mi8hFHv8OVSQAG71WLhLDzZhQUM

Nebraska Telephone Assistance Program/Lifeline: NTAP assists qualifying low-income individuals with obtaining and keeping telephone services by lowering monthly service and connection rates. Individuals can qualify for NTAP by participating in Medicaid, Supplemental Nutrition Assistance Program (SNAP), Children's Health Insurance Programs (CHIP), Supplemental Security Income (SSI), Veterans Pension Benefit/Survivors Pension Benefit, Federal Public Housing, or if household income is at or below 135 percent of the poverty level.

Visit for more information: <https://psc.nebraska.gov/telecommunications/nebraska-telephone-assistance-programlifeline>

Financial Assistance

Emergency Assistance (EA) to Needy Families with

Children: <http://dhhs.ne.gov/Pages/Temporary-Economic-Support.aspx>

Must have dependent child in the home

If already on Economic Assistance program- no separate application just call and request assistance

-Must be sustainable

- High priority processing - usually a 24-hour turn around

- Only eligible one time in a 12 month period of time

If you are on assistance already, just call to the Economic Assistance line and request emergency assistance

Aid to Dependent Children (ADC): <http://dhhs.ne.gov/Pages/Temporary-Economic-Support.aspx>

The ADC Program provides financial payments to dependent children, age 18 or younger, and eligible parents who meet financial eligibility requirements.

During the national emergency, Good Cause will be granted to all Employment First individuals who did not meet the work requirement beginning the month of March until further notice. In addition, the requirement to develop and complete a self-sufficiency ADC/TANF contract before an ADC case is approved is being waived due to "good cause."

[Low-Income Home Energy Assistance Program \(LIHEAP\): http://dhhs.ne.gov/Pages/Temporary-Economic-Support.aspx](http://dhhs.ne.gov/Pages/Temporary-Economic-Support.aspx)

Assists low-income households in meeting energy costs. Benefits are based on family size, income level, fuel type, and geographic residency in the state. Due to the impact of COVID-19, there may be an increase in the number of households requesting LIHEAP crisis assistance. DHHS may consider the inability to pay home energy costs as a result of the impact of COVID-19 as an extenuating circumstance.

[Prosperity Now resource page: https://prosperitynow.org/resources/covid-19-resources](https://prosperitynow.org/resources/covid-19-resources)

Tax preparation information

Housing & home-ownership assistance

Financial assistance including - dealing with debt, protecting credit, disaster assistance loans for small businesses

State/local policies

Other: assistance for nonprofits , fundraising during financial crisis, information about student loan deferments, etc.

Food Pantry

The Salvation Army: is providing pantry orders. Anyone in need may pick up a food box at the Burrows Center, 6101 NW Radial Highway, between 9am-11am, and 1pm to 3:30pm, Monday through Friday.

Phone: 402-898-7700 (Divisional Headquarters)

Website: <https://centralusa.salvationarmy.org/omaha/>

The NorthStar Foundation, the Learning Community of Douglas and Sarpy County, and Millard Public Schools: are distributing evening meals at three drive-up location sites through March 20. Sites will be open from 4 - 6 p.m. Families can pick up meals at: NorthStar Foundation at 4292 N 49th Street, the Learning Community of South Omaha at 2302 M Street and Millard Middle School at 12801 L Street.

NorthStar Foundation Phone: 402-614-6360

NorthStar Foundation Website: <https://northstar360.org/>

Learning Community Phone: 402-964-2405

Learning Community Website: <https://learningcommunityds.org/>

Millard Public Schools Phone: 402-715-8200

Millard Public Schools Website: <https://www.mpsomaha.org/>

The Council Bluffs Public Schools District: is offering daily drive-thru or walk-up meals at its schools from 11 a.m. to 1 p.m. Children must be present to receive meals.

Phone: 712-328-6446

Website: <https://www.cb-schools.org/>

DC West Schools: will provide students with daily breakfast and lunch pick-up meals from 11:30 a.m. to noon at these locations: Platte Valley Apartments in Valley; The Pines bus stop, 7516 N

286th Street; DC West MS/HS building in the bus lane, 401 S Pine Street, Christian Church parking lot in Waterloo, and Thrive Space parking lot in Waterloo.

Phone: 402-359-2583

Website: <https://www.dccwest.org/>

Ralston Public Schools: is offering daily breakfast and lunch pick-up meals for students. Families can pick up meals at Ralston High School and Ralston Middle School from 9 a.m. to noon.

Phone: 402-331-4700

Website: <https://www.ralstonschools.org/>

Papillion La Vista Community Schools: is offering FREE breakfast and lunches for all families in need. Pick up a week's worth of grab and go breakfast and lunches for any student ages 1-18. Every Monday starting March 23, 7:30 a.m. to 11:00 a.m. at the following locations: La Vista Middle School (7900 Edgewood Blvd, La Vista, NE 68128) or Golden Hills Elementary (2912 Coffey Ave, Bellevue, NE 68123). You will be given enough FREE meals for the week for each child living in your home.

Phone: 402-537-6200

Website: <https://www.plcschools.org/>

Westside School District: Families with children (ages 0-21) in the home can get five days' worth of meals (to include breakfast and lunch) at the following sites: Westbrook Elementary (1312 Robertson Drive, Omaha, NE 68114) and Westside Middle School (8601 Arbor Street, Omaha, NE 68114) from 8:30am-1:00pm.

Phone: 402-390-2100

Website: <https://westside66.org/>

Mobile Backpack Program: Salvation Army, Westside Nutritional Services, Saving Grace Perishable Food Rescue, local school districts, and Food Bank for the Heartland are partnering to provide meal bags containing five breakfasts and five lunches including milk and fresh produce for a total of 10 meals. A meal bag will be offered for each child in the household.

Mobile Backpack locations are as follows:

MONDAY: Castellar Elementary (2316 S 18th) 12-2:00 pm, HopeCenter (2200 N 20th St) 1-3:00 pm, Wakonda Elementary (4845 Curtis Ave) 1-3:00 pm, Jefferson Elementary (4065 Vinton St) 3-5:00 pm, Abide Omaha (3223 North 45th St) 4-6:00 pm, Prairie Wind Elementary (10908 Ellison Ave) 6-8:00 pm

TUESDAY: MCC South (2909 Ed Babe Gomez Ave) 6-8:00 pm

WEDNESDAY: MCC, Career Center (5300 N 30th Bld. 23) 6-8:00 pm

FRIDAY: Miller Park Elementary (5625 N 28th) 1-3:00 pm, NorthStar (4242 N 49th) 1-3:00 pm, Thomas Jefferson (2501 W Broadway, Council Bluffs) 1-3:00 pm, Wilson Middle (715 N 21st St, Council Bluffs) 4-6:00 pm, Completely Kids (2566 St. Mary Ave.) 4-6:00 pm

Other Food Pantries:

No More Empty Pots Emergency Food Relief: nmepomaha.org

This service provides emergency response to urgent community needs for food relief. No More Empty Pots partners with local producers, businesses, community organizations and volunteers to meet the demand with available resources.

If you or someone you know is in need of immediate food support, complete the Feeding Our Neighbors registration form at bit.ly/nmepfon.

Pick up & delivery information: Pick up occurs Friday 8:00a – 10:00a or Saturday Noon – 2:00p at Cups Café at Florence (8501 N. 30th St., Omaha, NE 68112)

Deliveries occur on Fridays and can be scheduled with Emily at communityharvest@nmepomaha.org.

If you cannot access email or online form, call 402-690-0888

Project Hope, Inc (6201 N 60th): Monday, Wednesday, & Friday 11:00 am-2:45 pm

Divine Mercy Center and Pantry (St. Vincent De Paul 2101 Leavenworth St.) call for hours 402-341-1689

Families with children (0-21) in the home can get 5 days' worth of meals to include breakfast and lunch as the following sites: Westbrook Elementary (1312 Robertson Dr.) and Westside Middle School (8601 Arbor St) from 8:30 am-1:00 pm

Heart Ministry Center (2222 Binney St.) will continue to offer an "express" pantry at the following times – Tuesday: Seniors (55+) 10:00 am-1:00 pm, Wednesday: 10:00 am-1:00 pm, Thursday: 3:30 pm-5:30 pm, Friday: 11:00 am-2:00 pm, Saturday: 9:00 am-11:00 am

Open Door Mission is offering drive-thru assistance for food pantry items, diapers and toiletries on its main campus (2828 N 23rd St East) and the Timberlake Outreach Center (2107 E Locust St) from 9-11 am on March 28th and April 18th.

Youth Emergency Services Outreach Center: 1-3pm Monday-Friday. Youth will be able to get boxed or sacked meals. Outreach staff will assist youth not available at those times by appointment. 2679 Farnam Street, Suite 205, Omaha, NE 68131 402-345-5187

Together Omaha

Pantry hours effective immediately and until further notice: Monday-Thursday 12pm-3pm, Friday 12pm-2pm

Pantry boxes will be distributed from the dock located at the backside of the parking lot. Staff will fill out the USDA waiver form to eliminate personal contact.

Food Security

Supplemental Nutrition Assistance Program (SNAP): <http://dhhs.ne.gov/Pages/Temporary-Economic-Support.aspx>

SNAP assists households with limited assets and income to buy the food they need for good health. Households qualify for SNAP benefits based on available household assets, income and certain expenses. If the household is eligible, SNAP benefits are placed on an Electronic Benefits Transfer (EBT) card for the household to buy food.

If a SNAP recipient reports a layoff or if they have applied for unemployment due to COVID-19, they would be considered exempt from work requirements

WIC - Women, Infants and Children: <http://www.signupwic.com/>

We provide healthy food at no cost, breastfeeding support, nutrition information, and referrals to about 38,000 people across the state each month.

Grocery Delivery

Note: These services are in high demand currently. Delivery may be delayed even up to several days. You may also not be able to use SNAP benefits with many of these services. Contact individual vendor to verify which services are available and SNAP compatible.

Hy-Vee Aisles Online – order via website or app

Hy-Vee, in partnership with DoorDash, will offer free grocery delivery to people 60 and older, as well as expectant mothers and those considered high risk for COVID-19. This will be available in communities where Hy-Vee Aisles Online delivery orders are fulfilled by DoorDash. The promotion with DoorDash can be used for any available Hy-Vee Aisles Online time slot and will cover as many as 20,000 free deliveries. If you fall into a high-risk category, please use promo code SPECIALDELIVERY at checkout and the \$9.95 delivery fee will be discounted from your final total. For more information, visit:

https://www.hy-vee.com/grocery/customer-service/High-Risk-Customers.aspx?utm_source=Facebook&utm_medium=Banner&utm_campaign=Free+Delivery&fbclid=IwAR1j_idmgUp6VDqHdyXig4MqR9kZ6ACg0wIbAPkHciZ5EoNLjxEf3wJTrU

Instacart – shop several retailers, including all leading grocers, via the Instacart app or website, Instacart.com. Like a personal shopping service that delivers. Instacart offers gift cards that could be used by someone to place your order for delivery if you aren't tech savvy. Local Instacart retailers include: Costco, Bakers, Aldi, Natural Grocer's, Fresh Thyme, Family fare, CVS, HyVee, Sam's Club, Petco

Uber and Lyft will deliver groceries. Uber and Lyft gift cards are available for purchase at grocery and drug stores.

Target – Call guest services for help placing orders by phone (800)591-3869 or order online at target.com and utilize Uber or Lyft to pick up your order.

Walmart – You may use SNAP benefits to pay for groceries if you do grocery pick up from store.

Education

ObjectiveEd is offering free access to their digital curriculum to schools and teachers to use with their students with vision impairments through the end of the current school year. To get started, visit objectiveEd.com/distance

EducationQuest: EducationQuest offices are closed but they can still help you via phone or computer. Contact the nearest location for help: Omaha 888-357-6300 ext. 722 or 402-932-0437, Lincoln 800-303-3745 ext. 6653 or 402-479-6653, Kearney 800-666-3721 or 308-234-6310, Scottsbluff 800-303-3745 ext. 6654. Free tools are also available at educationquest.org
Freedom Scientific: We know many of you must remain at home and will need to continue to work or attend school remotely. To ensure that your life remains accessible we are offering those in the US and Canada a Free Home License of JAWS, ZoomText, or Fusion which will expire June 30, 2020.

Is my email eligible to download a license? Type your college email address and choose Search to see if you qualify. If you don't have a college email address, then provide your personal email address.

Types of Sponsored Licenses: Educational institutions in the United States with up-to-date multi-user licenses of JAWS, ZoomText, or Fusion, are qualified. All students, faculty, and staff with an active email address are entitled to receive free home annual licenses for their personally owned equipment.

In addition, special licenses have been created to assist students and workers who must remain home during the COVID-19 crisis. A free short-term Home Annual License of JAWS, ZoomText,

or Fusion (expires June 30, 2020) is available to anyone with a personal email address in the United States and Canada.

These products require either a Microsoft Windows 10 or 7 operating system. Remote desktop and Citrix support are not provided. Contact Freedom Scientific Customer Service at 727-803-8000 with any questions.

College Students in Need of Aira- As universities and colleges are shifting to distance learning, some materials and software are inaccessible. Aira is offering free service to college students for the remainder of the spring semester. Email support@aira.io for more information on the program.

National Braille Press-Free downloads of three NBP titles

[Hadley Discussions](#)-Hadley creates personalized learning opportunities that employ adults with vision loss or blindness to thrive- at home, at work, and in their communities. Social distancing has become the norm these days. And while that can be isolating, there are some ways to stay connected with people. Hadley is still offering our discussion groups every week. In these phone-in sessions, our learning experts share tips and insights on a topic. Then, we open the phone lines for questions. The link about entitled Hadley discussions will take you to a calendar and then click the sign up button.

Services

Radio Talking Book Services: RTBS will continue broadcasting with remote readers. The Omaha World Herald and Lincoln Journal Star will be read remotely and broadcast in its same time slot. The 10 regional newspapers and the Wall Street Journal will also be read remotely and broadcast in their same time slots. Other programming will be the same for the near future. The Program Guide can be found here <https://rtbs.org/ways-to-listen/rtn-program-schedule.html>

Sproutflix - <http://sproutflix.org/> - A website featuring films with individuals with IDD as an enjoyable distraction during these times!

Social Security and COVID-19: For information regarding Social Security benefits and processes during this time, please see <https://www.ssa.gov/coronavirus/>

Iowa Department for the Blind Library:

IDB Read: With IDB Read you can call in and listen to one of our wonderful volunteer narrators read live on the phone, followed by a short chat about the book. IDB Read will start the week of March 30th.

Mondays and Wednesdays from 4:00pm-5:00pm, you call in and listen to our narrator, Christine Mach, read a cozy mystery. The first one is titled A Scone to DieFor by H.Y.

Hanna. Tuesdays and Thursdays from 10:00am – 11:00 am, you can call in and listen to our narrator, Bob White, read a western, titled Sackett's Landby Louis L'Amour. Please call the library at 515.281.1323 to get the conference call number for IDB Read. We look forward to reading with you!

Tech Time with Tyler: Wednesdays from 8:00am-11:00am you can call Tyler Swett, Accessible Media Specialist, and get your tech questions answered. The phone number to call is 515.452.1343.

Braille Bits Online: Monday and Wednesday at 2:00 pm. starting March 30th. It will be conducted over Zoom, an online meeting platform that is very easy to use. Join us twice a week

for 45 minutes as we listen to a Braille Bits podcast and have a fun and lively conversations surrounding all things Braille. Please contact Denise Bean at 515.452.1338 for more information or to register. You can also register by completing this registration form

Leader Dogs in Rochester, Michigan, offers an orientation and mobility program and you don't have to be a guide dog user or even want to become a guide dog user to participate. Join their mailing list for conference calls regarding their Leader Dog program at: Families@acblists.org or <http://www.acblists.org/mailman/listinfo/families>

American Council of the Blind: ACB is offering community conference calls for individuals to stay connected during this time of social isolation. To access these calls visit: <https://acb.org/events>

AA Meetings via Conference Call: Pause a While will host free conference calls for AA meetings at 2pm every day. Call (425) 436-6360; Access Code: 422932#

The Nebraska Disabilities Hotline:

Phone: 402-471-0801

Y/TTY or Toll Free: 1-800-742-7594

Email: bahenski@nebraska.gov

Address: The Hotline for Disability Services, 301 Centennial Mall South, Box 94987, Lincoln, NE 68509

Nebraska Library Commission: Nebraska Library Commission's Talking Book and Braille Service (TBBS) is part of a nationwide network of cooperating libraries headed by the National Library Service (NLS), a division of the Library of Congress. TBBS provides free audiobooks, audio magazines and Braille through the mail to individuals with a visual or physical condition, or a reading disability which limits use of regular print.

More information can be found on TBBS main page: <http://nlc.nebraska.gov/TBBS/>

Application information: <http://nlc.nebraska.gov/tbbs/applyforservice.aspx>

Lastly, if you would like to get our newsletter you can sign up

here: <http://nlc.nebraska.gov/tbbs/newsletter.aspx>

United States Census Bureau: If you are having difficulty completing the 2020 Census information online, you can call the census at 1-844-330-2020 for assistance.

Free legal assistance – Nebraska State Bar Association Volunteer Lawyers

Project: <https://nevlp.org/>

VLP is a statewide pro bono program of the Nebraska State Bar Association, created by Nebraska lawyers with a common passion—an unwavering commitment to pursue equal justice under the law for the less fortunate and unrepresented in Nebraska.

Enable Omaha: <https://enableomaha.com/>

Refurbished computer, tablet, phones for families with school-aged children in Omaha

Transportation

ENOA Rural Transportation offers services for elderly, disabled and general public. It covers Rural, Douglas, Sarpy, Washington & Cass counties. All vans are handicapped accessible.

Minimum 24 hours advance notice is required. Available Monday through Friday 8 a.m. to 5 p.m. Cost varies: 1-10 miles, \$3 each way; 11-20miles \$6 each way; 21-40 miles, \$7 each way.

Call [1-888-210-1093](tel:1-888-210-1093) to reserve a ride. *Currently only providing medical transportation and limited to one passenger at a time.

Seniors Helping Seniors offers rides to seniors requiring transportation throughout Omaha and Sarpy County. Call to schedule with 24 hours notice: [402-331-3073](tel:402-331-3073). Seniors Helping Seniors can't serve persons confined to a wheelchair. Call for rates and more information.

Goodwill Medical Transportation: Call [402-932-1550](tel:402-932-1550) for ride services between Monday and Friday, 6 a.m. to 5 p.m. It accepts Medicaid and private payment. Rates are \$18 each way or \$42 with wheelchair.

GoGO Grandparent (Uber for seniors): Once set up, seniors just make a phone call for an Uber ride. No app necessary. Call [1-855-464-6872](tel:1-855-464-6872) to set up an account.

Mental Health

Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress: Talk with a counselor, a doctor, or a clergy member anytime of the day or week. Help is available 24 hours a day, seven days a week. Interpreters are available as well.

Hotline: 1-800-985-5990

Messaging: text TalkWithUs at 66746

More information: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Boys Town National Hotline: The Boys Town National Hotline is open 24 hours a day, 365 days a year, and is staffed by specifically trained counselors. This is a great resource for parents/caregivers and families.

Hotline: 1-800-448-3000

Email for speech- and hearing-impaired: hotline@boystown.org

More information: <https://www.boystown.org/hotline/Pages/default.aspx>

Nebraska Family Helpline: A great resource for families concerned about a youth experiencing mental or behavioral health issues. Assistance is available 24 hours a day, seven days a week.

Helpline: 1-888-866-8660

More information: <https://dhhs.ne.gov/Pages/Nebraska-Family-Helpline.aspx>

Methodist Health System has launched the Methodist Emotional Support Line. The free, confidential service can be accessed by dialing (402) 815-8255 (TALK) and is available daily from 7 a.m. to 7 p.m.

Iowa Family Helpline: Available 24 hours a day, 7 days a week.

Phone: 515-243-6147

Website: <https://cfiowa.org/programs/domestic-violence/>

Women's Crisis Line, Women's Center for Advancement: If you are in need of domestic violence or sexual assault help services, you can call this hotline at any time.

Phone: 402-345-7273

Email: info@wcaomaha.org

Website: <https://wcaomaha.org/>

Religious Services

How to reach out to church services: Many denominations are streaming services on the internet.

For smartphones: there are apps for almost all denominations
Apps for Christian radio stations.

There are services available on cable channels.

For those that have a radio they can access Christian services via radio.

Here is a link to stations across the state for AM and FM
radio: <https://www.christianradio.com/stations/?state=NE>

Below are the stations for Omaha and Lincoln

KCRO 660 AM Omaha

KCRO 106.7 FM Lincoln

KVSS 102.7 FM Omaha, Lincoln, and Iowa

KCVN 104.5 FM Lincoln

KLCV 88.5 FM Lincoln

Unemployment Services

NEWorks: Unemployment Services: <https://networks.nebraska.gov/vosnet/Default.aspx>

File for unemployment insurance (UI) as soon as you receive notice that you are being laid-off, furloughed, let go or their place of work is closed due to COVID. Dept. of Labor has made this process more rapid and several requirements are being waived for UI claims such as searching for new work and the one-week wait period.

Nebraska Department of Labor: <https://dol.nebraska.gov/uibenefits>

Lincoln Specific

Basic Needs

myLnk (Lincoln/Lancaster County): For resources regarding COVID-19 in Lincoln
visit: <https://lincolnne.mylnk.app/categories>

Food Pantry

Grab-n-go Breakfast and Lunch (through Lincoln Public Schools)

Lincoln Public School students can go to any of these sites for a meal. Student must be present.

One meal per student.

Monday-Friday from 11am-12:30pm (or while supplies last)

SCHOOLS: Belmont, Arnold, and Hartley elementary schools, Park middle school, and Northeast high school.

Food Bank of Lincoln (Food BackPacks and Food Pantries)

Schools with LPS BackPack Program: For those families currently receiving BackPacks from the Food Bank of Lincoln, they intend to continue distribution of BackPacks on the regularly scheduled Friday afternoons. They will begin BackPack distributions according to each school's regularly scheduled dismissal time and continue for 30 minutes.

School Food Markets: At this time, Food Markets will temporarily take place outside the school building during the school's regularly scheduled day and time. To simplify the distribution and increase health and safety, most of the food will come pre-bagged, except produce, bread and

meat, which will be bagged onsite. Look for us to be set up in areas close to the front door of your school.

LPS Emergency Pantry: Following our standard LPS closure policy, the LPS Emergency Pantry will NOT be open while LPS is closed. For more information about accessing the Lincoln Food Bank distribution locations visit their website: <https://www.lincolnfoodbank.org/get-food/food-finder/?fbclid=IwAR0PGhbAxsyZAvr0I7KwlyXHI62HqZl6iVuKeCtAKqjKwAh7PZMuVsVWK-s>

Other Food Resources

Granite City Food and Brewery: Every child will get a free lunch of a turkey sandwich, chips, and fresh fruit. No purchase is necessary. If you are unable to come to the store to pick up lunch, please give us a call at (402) 466-1900 and we can arrange delivery.

Bethany Coffee Shop: Any child in need of a meal will be given something to eat during the LPS school closings. Sack lunches are available to any child who asks without question.

Lincoln Fresh Stops: Delivers fresh fruit and produce around Lincoln. You can find a schedule on their website here: https://www.lincolnfoodbank.org/services/lincoln-fresh-rural-mobile-produce/?fbclid=IwAR3Rnr3I8StH_rUdnI6siFpzAHyTmSzGTzlyAC5kQybWCBpK1ogXiKH4gZI

They also deliver to rural areas as their resources allow. The schedule and location is at the link above.

Health

Bryan Health: COVID-19 Hotline - (402) 481-0500

A nurse will answer medical questions about the COVID-19 coronavirus 24 hours a day, 7 days a week.

ezVisit: In addition, Bryan Health ezVisit is offering complimentary visits for individuals experiencing symptoms of an upper respiratory infection. Enter the promo code COVID19 at the payment screen and the visit will be free.

COVID-19 Online Screening Questionnaire: To access the COVID-19 screening tool, visit [orgor](#) download the Bryan Health ezVisit app. The screening is free. Patients are asked a series of questions.

Drive-Thru COVID-19 Testing: Bryan Health will offer a drive-thru testing location at our Bryan LifePointe Campus where individuals who have symptoms of COVID-19 - and have completed a screening - can be tested. The opening of the drive-by testing location will occur as soon as we receive confirmation of delivery of additional test kits. You can find more information at the [Bryan Health website](#).

Housing/Utilities

ALLO Internet Services: Families who are eligible for the FCC Lifeline program with a student in the LPS district who qualify will receive 50 Mbps upload and 50 Mbps download internet and home Wi-Fi service at their residence for \$10. For more information on the Community Connect Program for families, visit allofiber.com/cc

Youth Eviction Prevention Program: <http://hublincoln.org/>