

TAB	Category
1	USAA Information
2	Student Loan Information
3	Essential Personnel / Childcare
4	USERRA INFO
5	Food / Nutrition
6	Child & Youth Program Activities
7	Classroom / Online Educational Resources
8	Adult Social Activities
9	Telework Resources
10	Online Libraries
11	Student Financial Assistance
12	Internet, Phone, Utilities
13	Mortgage Assistance
14	Soldier / Airmen Resources
15	Unemployment
16	Temporary Employment / Employment
17	Displacement
18	Governor Edwards Orders
19	Statewide Curfews
20	Counseling
21	Online Religious Services
22	Elderly
23	Miscellaneous
24	Pet Care
25	Fitness
26	Dept of Health
27	Business Assistance
28	COVID19 LAARNG Resources
29	COVID19 Testing Sites
30	COVID19 Drive Thru Test Sites
31	State Restrictions
32	Families First Coronavirus Response Act
33	Louisiana Coronavirus Public Resource Guide
34	Coronavirus Stimulus Information
35	TAG Guidance on Donations
36	Coronavirus Aid, Relief, and Economic Security (CARES) Act
37	Resilient Louisiana Commission
38	Health Equity Task Force

[BACK TO INDEX](#)

<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).**

BACK TO INDEX	
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

BACK TO INDEX	
https://louisianabelieves.com/newsroom/news-releases/2020/03/23/louisiana-opens-child-care-assistance-program-to-critical-personnel-amid-covid-19-outbreak	Childcare Assistance
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
www.redlinesteel.com	Free Medical Commemorative Item–Flat rate shipping of \$5.97 **Use code GIVEBACK at checkout**
https://www.brproud.com/louisiana-news/exxonmobil-to-provide-free-gas-to-healthcare-workers-amid-covid-19-outbreak/	ExxonMobil Baton Rouge will donate fuel to emergency responders and give gas gift cards to health workers at three local hospitals, in addition to providing additional isopropyl alcohol to help with COVID-19 relief. ExxonMobil will give the fuel reimbursements and gas gift cards to workers at Our Lady of the Lake, Baton Rouge General and Ochsner Health
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.kalb.com/content/news/Sams-Club-announces-Hero-Shopping-Hours-569665131.html	Sam's Club Associate Appreciation Shopping Hours are every Sunday from 8 a.m. – 10 a.m. On Wednesday, Sam's Club announced they are expanding the audience for this shopping period to include those on the front lines of COVID-19: healthcare workers and first responders. This program will kick off Sunday, April 19 and continue every Sunday until further notice. All shoppers will be provided and highly encouraged to wear masks while they are shopping at the club during this time.
https://www.hobbylobby.com/DIY-Projects-Videos/Personal-Protective-Equipment/No-Sew-Face-Mask/p/20-2028-No-Sew-Mask	No-Sew Face Mask
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.
https://www.usatoday.com/story/money/food/2020/04/21/coronavirus-free-meals-mcdonalds-first-responders-healthcare-workers/2995207001/	McDonald's to give free 'Thank You Meals' for first responders, health care workers starting Wednesday 22 April 2020
Krispy Kreme	Two Dozen Free Glazed Donuts (Show Your Credentials) EVERY Monday Until May 12th
Starbucks	Free Tall Hot or Iced Coffee (M-F) Until May 3rd (Show Your Credentials)
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
Dollar General	10% Discount With Credentials
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.

[BACK TO INDEX](#)

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.

[BACK TO INDEX](#)

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.supermarketnews.com/retail-financial/brookshire-grocery-co-offers-5-discount-seniors-during-coronavirus-crisis		Offering a temporary 5% discount for senior citizens through 5 May 2020
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.fbcenla.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)
https://www.tasteofhome.com/collection/air-fryer-recipes/?trkid=soc-toh-facebook		55 Air Fryer Recipes You Need to Try
www.fbcenla.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.foodbankla.org	Food Bank of Northwest Louisiana 318-675-2400	Serving the parishes of Caddo, Webster, Claiborne, Bienville, Red River, DeSoto, and Bossier

[BACK TO INDEX](#)

APRIL: MONTH OF THE MILITARY CHILD**EVERY TUESDAY & THURSDAY**12:30PM @ [FACEBOOK/LANGCYP](#)

BOOKS WITH BATTLE BUDDIES

If you'd like to read a book, please contact the LANG Child & Youth Program. All videos will be viewed prior to publishing to FaceBook and other social media

Mrs. Angela Ott, Lead Coordinator @ angela.d.ott.ctr@mail.mil

Mrs. Mikelle Ricou, Coordinator @ mikelle.v.ricou.ctr@mail.mil

FIRST RESPONSE FRIDAYS: April 3, 10, 17, and 24 (Photo Challenge)

Take a picture of what Social Distancing means to you. Take a picture demonstraing and share (washing hands, cleaning surfaces, staying home, etc.)

M.R.T. Mondays: April 6, ,13 ,20, and 27 (Activities and Journal Opportunities)

Every week an activity and Master Resilience Training skill posted on the Facebook page. We want to hear from you and how you demonstrated the MRT skill.

Friday Zoo Party: April 3, 10, 17, and 24 (Zoo Activity Challenge)

What zoo view are you? Check out live cameras at different zoos around the country. Tell us what day and what zoo you visited.

Purple Up Day: April 21 (Photo Challenge)

CYP is encouraging everyone across the state to wear purple to show support for and say thank you to our Military kids for their strength and sacrifices.

To become a part of PURPLE UP, wear anything purple, color your hair purple, or even write a sidewalk message for all to see. Show us by sending your pictures to [FACEBOOK/LANGCYP](#) or to Mrs. Angela Ott, Lead Coordinator @ angela.d.ott.ctr@mail.mil or Mrs. Mikelle Ricou, Coordinator @ mikelle.v.ricou.ctr@mail.mil

Survival Sundays: April 5, 12, 19, and 26 (Activities and Art Contest)

April 5th: Quarantine Cuisine: What is your go to snack, favorite recipe, or creation you've made out of boredom?

April 12th: Furry Friends: Do you have a furry friend? What have they been doing to survive?

April 19th: Home Workouts: Are there any new workout trends you'd like to share? Get your family involved and burn off any extra energy the littles may have.

April 26th: My Military Life Art Contest: Open to all Military children of active or retired personnel and siblings of active service members. Artwork must depict how the Military plays a role in the artists life. Submissions can be paint, crayon, marker, or colored pencil. Limited to 8 1/2 by 11 lanscaped and must be original. Photos will be published on CYP Facebook page this day.

Prizes awarded in the following categories: **K-2nd / 3rd - 5th / 6th - 8th / 9th - 12th**

United Through Reading: Recieve your FREE superhero mask when you order your FREE book in the month of April

<https://www.militaryonesource.mil/stand-with-milkids#kidkit>

Free MilKid Appreciation Kit

[BACK TO INDEX](#)

https://doe.ny.gov/newsroom/news-releases/2020/04/20/department-details-next-steps-for-current-high-school-seniors-and-current-12-school-graduates	Department of Education Details Next Steps for Current HS Seniors	
https://lessonmasteryresources.com/support-learning-at-home.html	Scholastic is offering free online classes for your kids to learn during school closures	
https://www.greatschools.org	Free printable worksheets, word lists and activities	3rd Grade - 8th Grade
https://www.jordanabellnews.com/resources/week-12	Explore this page to find resources for families, including a list of school meal sites and a	
https://www.rodgraves.com/jparent/	Prodigy, the no-cost math game where kids can earn prizes, go on quests and play with	
https://tutor.com/library-at-no-cost?children	Who is Eligible to Use Tutor.com/Library at No Cost? Children (grades K-12) of an active duty	
https://tutor.com/google	Guide How to use Google Classroom	
www.ama-assn.org/press-release/20200420/worldwide-free-resource-list-with-links	Worldwide Free Resource List with Links	
https://tutor.com/library-at-no-cost?children	List of Education Companies Offering Free Subscriptions Due to School Closures	
BalletBov Center for Dance	BalletBov will be offering free live streamed classes taught by our esteemed faculty and	
Fun4Mat.com	Online services for FREE. Some of these sites are always free, while others have add-ons or are	
https://www.fun4mat.com	How are looking for some fun things to do with kids while you're stuck at home here are...	
https://www.simplefitness.com/kids-of-all-ages	Simple Home Fitness Circuit for Kids of All Ages	
https://lessonmasteryresources.com/scholastic	Scholastic for creating resources that can assist in continued learning.	
https://www.authorstream.com	Books read not loved by authors/ famous people	
https://at-home.org/learning	12-3pm Through the "At Home" learning page, teachers and families can access free videos,	
BRAINiAC.COM	BrainiAC is here to help you and your curious learners stay informed and on track with free	
www.kidsinspired.com	Discover the vast historical and cultural information about Louisiana, including the heritage,	
https://www.zoo.com/education	Every day at 3pm EDT we highlight different animals that call the zoo home.	
HomeschoolOut.com	Where Learning is an Adventure	
militaryresource.com	Digital library & online resources for military and their families.	
thebestideasforkids.com	100+ indoor activities	
Google G Suite	Google is giving G Suite and G Suite for Education customers FREE access to their Hangouts	
Twitch	Enhanced free Go Live streaming service so that it can now support 50 simultaneous users	
Adobe	For higher education and K-12 customers who currently provide Adobe Creative Cloud apps	
https://www.jordanabellnews.com/for-ids-fun-energize-academic-curriculum-academic	Explore this page to find resources for families, including a list of school meal sites and a	
https://www.covid19resources.com	COVID-19 Resources and Guidance for Schools	
From ABC To C.T.s.com	Free Educational Websites for Kids (over 30 sites)	
www.northernlights.org	Various Live Cam Views to Different Things (zoos, Northern Lights, etc.)	
https://www.facebook.com/tesed4tech	Virtual STEM Activities for all ages	
https://www.momypoppins.com/kids/100-easy-science-experiments-for-kids-for-educational	Science Experiments for kids to do at home	
https://www.newspapers.com	50 Fun Recipes to Make with Kids	
https://www.newspapers.com	Download the Saints Coloring & Activity Book	
https://www.nba.com/pelicans/news/pelicans-activity-book	To help pass the time during quarantine, the New Orleans Pelicans have released an activity	
https://www.nytimes.com/2020/04/09/us/politics/new-york-times-offering-14-million-high-school-students-free	The New York Times Company and Verizon Ave Offering 14 Million High School Students Free	
https://www.nytimes.com	Over the next 2 weeks our schools will be distributing computers and internet accessibility	
https://www.military.com	There are still many military families who don't know about the Tutor.com for U.S. Military	
https://www.backtothetrenches.com/request-gardening-kits-for-your-students	REQUEST GARDENING KITS FOR YOUR STUDENTS**you do not have to be a teacher to request the free gardening kits**	
https://www.wed.com/article/jefferson-parish-schools-move-class-of-2020-graduates-to-july	Jefferson Parish schools move Class of 2020 graduations to July: Here are the details	
https://www.nytimes.com	As of April 2020, all DoD service members, civilian personnel, and all dependent family members (non-organizer-collegradute) are eligible to use Tutor.com/library at no cost.	
https://www.facebook.com/rightlight4u/	Welcome to Right Light! We are here to share activities that are easy and fun for you to do with your kids at home! We hope you enjoy our content for kids!	
https://www.nytimes.com/2020/04/09/us/politics/new-york-times-offering-14-million-high-school-students-free	Link from a FRCL who happens or be a teacher, with information for children or write letters or send cards to citizens in a nursinghome who are separated from their families during this pandemic.	
https://www.google.com/search?q=social-emotional-behavioral-resources	Social, Emotional Behavioral Resources	
https://www.youtube.com/watch?v=7b-8c1-ws81E	How to Build Balloon-Powered LEGO Cars	
https://www.facebook.com/CSGA/	Link to Scholarship Opportunities	
https://www.virginian.com/story/2020/04/09/virtual-experiences-pigeon-forge-at-home/	Fun Virtual Ways To Experience Pigeon Forge At Home-Virtual tours, virtual field trips, virtual science experiments and much more!!	
www.netflix.com	Netflix has added Leap Frog, Letter Factory, Phonics, and Numberland.	

BACK TO INDEX	
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://gamepass.nfl.com/packages?redirected=true	Verizon and the NFL offer you complimentary access to NFL Game Pass until 5/31/20
https://www.mlive.com/news/2020/04/busch-offers-1-year-of-beer-to-couples-who-ve-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.
https://hip2save.com/2020/04/17/love-and-logic-is-offering-its-parenting-online-course-free-during-april/	Love and Logic Offering Online Parenting Course for FREE

[BACK TO INDEX](#)

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

LSU of Alexandria

Free Public Internet for Business and Student Use. Wireless Network Name (SSID): LSUA-BoNipper-Hotspot (No password)
You must stay in car in LOT 6.

[BACK TO INDEX](#)

<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.


[BACK TO INDEX](#)

<p>With the COVID-19 health crisis sweeping across the nation, we know how challenging these coming weeks and months will be for students and their families. In Scholix's unrelenting effort to support students in need, we are providing cash assistance to those in need during this unprecedented crisis. Apply today to receive \$200 in cash assistance to help cover expenses during the global crisis.</p>	
<p>https://www.scholix.com/edhelp</p>	
<p>ETS® Discussion on Instructional Practice Series The Practical Skills measure the academic skills and subject-specific content knowledge needed for teaching. The Praxis tests are often by individuals entering the teaching profession as part of the certification process required by many states and professional learning organizations.</p>	
<p>https://www.ets.org/praxis/</p>	

BACK TO INDEX	
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
about.att.com/pages/COVID-19.html	AT&T bills postponed for 60 days
www.cleco.com/home	Cleco is temporarily suspending service disconnects and late fees on customer accounts in Central Louisiana
https://www.cox.com/residential/home.html	Waive Fees due to COVID-19 - Free Internet
Entergy	Entergy suspends customers disconnects due to COVID-19 concerns for 30 days
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

BACK TO INDEX	
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

BACK TO INDEX	
https://www.armymessages.mil/financial/legal/personal-finance/borrowing/coronavirus-financial-assistance	ARMG Soldiers who are not in a Title 10 status can apply for AER assistance related to COVID-19.
https://reunited.la.gov/	Human Resources Facebook
https://www.facebook.com/LANG-Human-Resources-Office	Human Resources Instagram
https://www.instagram.com/langhumanresourcesoffice	If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services
https://www.211.org/services/covid19	Request Emergency Financial Assistance if Impacted by COVID-19
https://www.militaryresources.mil/financial/legal/personal-finance/borrowing/coronavirus-financial-assistance	If Soldiers are having issues with their employer due to being mobilized in support of COVID-19
esgr.mil	1-800-336-4590 Option 1 Temporary financial aid.
https://www.afhs.org/	Temporary Financial Assistance Shelter, Food, Utilities, and Health Expenses
https://www.lejion.org/financialaidcenter	Benefits assistance, career fairs and workshops, guidance on education, health care, personal finance and more.
https://www.armymessages.mil/	THE ARMY'S OWN NONPROFIT Soldiers helping Soldiers since 1942
https://access.healthla.org/covid-19-resources-for-families/	Louisiana Family Resources for COVID-19
https://www.womenstronger.com/2020/03/covid-19-updates-restrictions-tightened-where-to-find-resources/	Louisiana Family Resources for COVID-19
http://lifestand.org/louisiana/blog/louisiana-family-resources-covid-19	Louisiana Family Resources for COVID-19
https://www.pbs.org/parenting/love-how-you-and-your-kids-can-de-stress-during-coronavirus/html_source=30887-C2-60	How You and Your Kids Can De-Stress During Coronavirus
https://ready.nola.gov/loc/department-resources/	The City of New Orleans
https://www.gayallistefoundation.org/hope/	Our H.O.P.E. initiative provides complete support to those who have experienced trauma, illness,
www.wcaia.org	The WCA Care for America Foundation (WCAFA), the nonprofit arm of WCAIUS, is proud to announce that a substantial grant has been received from USAA to provide assistance to National Guard Soldiers and Airmen for COVID-19 related emergency needs. The WCAFA-COVID Emergency Relief Fund grant application program will be available soon; details are forthcoming.
https://www.witdelawarevalley.org/hospitality-care-pandemic-response-fund/	Information regarding the Hospitality Care Pandemic Response Fund United Way of Southeast
https://defensereporter.com/2020/06/19/1st-arrange-com-travel-bank/ https://www.military.com/daily-news/2020/06/19/1st-arrange-com-travel-bank/	A daily roundup of relevant news affecting our military community and links to register for our upcoming virtual town halls
https://media.defense.gov/2020/06/16/2020061624221-1-1112/PEUOL44AVE-ACCUBAL-ADV	Special Leave Accrual
https://news.usainstant.com/news/local/bank-of-america-commits-537k-to-support-local-nonprofits-including-san-antonio-food-bank	Bank of America commits \$537k to support local nonprofits, including San Antonio Food Bank
https://www.military.com/daily-news/2020/06/17/35000-military-retirees-will-soon-see-tricare-refund.html?utm_medium=Social&utm_source=Facebook&utm_campaign=1587135228	35,000 Military Retirees Will Soon See a Tricare Refund
https://www.military.com/daily-news/2020/06/18/military-travel-ban-extended-until-june-30-some-restrictions-eased.html?utm_medium=Social&utm_source=Facebook&utm_campaign=1587213117	Military Travel Ban Extended Until June 30, Some Restrictions Eased
https://pectrumonline.com/news/2020/06/18/usa-honors-veterans-interest-2020-04-07/idea-woman-offers-free-virtual-sign-language-classes-during-pandemic?fbclid=IwAR1G0c-Facebook_Spectrum_News_250000_Valley	Deaf Woman Offers Free Virtual Sign Language Classes During Pandemic
https://www.fedblue.org/en/press-releases/covid-19-updates	Blue Cross Blue Shield Federal Employee Program is waiving all costs of covered services during the pandemic. Covered services rendered by all providers directly related to the Coronavirus will be paid in full.
www.afahq.ln.gov	LANG Sexual Harassment / Assault Response Program - SHARP - 1-877-995-5247
http://youconnect.wa.gov/nc/meditation/	Here you will find great videos, downloadable reference sheets, and tools to assist with building individual resilience.
www.dva.org/covid-19/	For Veterans who have lost employment due to COVID-19, applications are being accepted for aid through the COVID-19 Unemployment Relief program.

BACK TO INDEX	
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
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&pr=2020Month4	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.

[BACK TO INDEX](#)

https://www.mccormickcorporation.com/en/careers	Zatarain's is hiring for Gretna. LA location.
https://www.adecousa.com/locations/new-orleans-louisiana-staffing-agencies?utm_source=google&utm_medium=listing&utm_content=131&utm_campaign=LA&utm_keyword=New%20Orleans	Adecco is looking for employees (Staffing Partner of EMPLOYMENT PROGRAM OF GUARD) NOLA Area
Alisha.Allen@va.gov	Looking for RN's and LPN's for full time temporary positions for the Alexandria VA Healthcare System in Pineville, LA. If you are interested, please send your resume to the email listed as an attached Word document, or PDF. Federal benefits are being offered. Retired annuitant offset is being waived for retired federal employees willing to come back and work through this pandemic.
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/	Lowe's 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.

[BACK TO INDEX](#)

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.opportunityloouisiana.com/	As Louisiana works through the evolving COVID-19 pandemic, Louisiana Economic Development is diligently working on collecting information and resources for businesses.
https://choosereaurants.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. 211, the go-to information resource in the U.S., is fielding 200-400% more calls than normal, mostly for food, financial assistance and housing. We expect as many calls to 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.kalb.com/content/news/1.6M-in-COVID-19-support-for-local-public-housing-270016381.html	\$1.6M in COVID-19 support for local public housing
https://www.today.com/style/body-beauty-fund-will-offer-1-000-checks-hairstylists-manicurists-1.800562cid-sm_ppd_td_fb_ma	Coty beauty fund will offer \$1,000 checks to hairstylists, manicurists
https://www.pressdemocrat.com/lifestyle/1087138-181@wyflct-launches-relief-fund?ba=AS	Coy Flct launches relief fund for bid-off restaurant workers

BACK TO INDEX	
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/2437	LED Opens COVID-19 Help Desk for Louisiana Businesses
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://gov.louisiana.gov/assets/Proclamations/2020/modified/41-JBE-2020-Public-Health-Emergency.pdf	TOPS Information
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/2468	The Louisiana Department of Health Issues Revised Order for Medical and Surgical Procedures
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

BACK TO INDEX	
https://www.wafb.com/2020/04/01/curfews-issued-la-during-covid-pandemic/	Curfews issued in La. during COVID-19 pandemic
City Of Winnsboro Announces Curfew	Children under the age of 18--round the clock Adults over the age of 18--8:00 p.m. to 5:00 a.m.
https://www.wdsu.com/article/new-orleans-stay-at-home-order-will-be-extended-another-month-due-to-covid-19/32161638#	The city's stay-at-home order will now officially be lifted at 6 a.m. May 16.
https://www.kalb.com/content/news/Lecompte-issues-curfew-beginning-April-22-569859731.html	Effective April 22, the Town of Lecompte will be under a curfew between the hours of 8:00 p.m. and 5:00 a.m. for minors under 17, and 10:00 p.m. and 5:00 a.m for adults.
https://www.kalb.com/content/news/LaSalle-Parish-plans-to-re-open-the-parish-on-May-1-569983391.html	LaSalle Parish leaders approved a plan for re-opening the parish on a limited basis this Friday, May 1; even though Governor John Bel Edwards decidds to extend his Stay at Home order.

[BACK TO INDEX](#)

MAJ Angela Hurall	Behavioral Health	337-852-4747	
Mr. Dennis Botts	Behavioral Health	318-290-5361	
Mr. Doug Harris	Personal Financial Counselor	225-955-0616	Financial counseling via conference call and video conferencing with ZOOM
Mr. Robert Ewing	Personal Financial Counselor	318-449-0788	Financial counseling via conference call and video conferencing with ZOOM
LA GOV	Keeping Calm Through COVID Hotline	1-866-310-7977	Talk confidentially to trained counselors 24/7 to help you cope with stress and anxiety
Military Community Support Program winfred.d.swinson.civ@gmail.com	MFLC offering Telehealth		MFLCs and Child and Youth Behavioral MFLCs (CYB-MFLCs) will be able to temporarily provide telehealth services to our military community. These services include telephonic and video non-medical counseling in areas where face-to-face support is restricted due to COVID-19.
Lynn Rala, TSCT(ret), LPN		318-290-5707	Behavioral Health Associate, LAARRNG Office of the State Surgeon
https://doh.la.gov/index.cfm?page/3883			Coronavirus COVID-19 Behavioral Health Information
https://www.wafb.com/2020/04/16/safety-tips-combatting-domestic-violence-during-covid-pandemic/			Safety tips for combatting domestic violence during COVID-19 pandemic

[BACK TO INDEX](#)

https://bethany.com/	Go to website to watch the service live.
https://hillsdalechurch.org/	Church At Home
https://www.thegreatcatholicchurch.com/sermons_detail.asp?weekid=2020-29	POA Services are available live on-line and as archives as well as on Facebook Live every week. Sermons starting at 10:00am and 11:00am. Call to live and streaming. Midweek services live Wednesday evening service 8:00pm, 9:00pm.
https://www.stmichaels.com/sermons_detail.asp?weekid=2020-29	Sermons provided via audio and video
https://firstmethodist.org/	Online Church services every Sunday morning at 8:30am, 9:45am and 11:00am

BACK TO INDEX		
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.naaq.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-	<u>Beginning immediately, CVS Pharmacy will waive</u>	
https://news.walgreens.com/covid-19/covid-19-faq.	Starting Tuesday, March 24 and every Tuesday for the	
https://www.facebook.com/cenla.aging.50/posts/867534293762356	Please be aware of the scams that are going around	

BACK TO INDEX	
Joann Fabrics	If you sew and are able to make masks you can call your local Joann's and they have PRECUT the masks for you to sew.
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
U.S. Zip Codes	https://www.unitedstateszipcodes.org/la/
COVID-19 Impacts on the Gas & Oil Industry	https://www.eventbrite.com/e/covid-19-impacts-on-the-oil-gas-industry-tickets-101806215130
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.

BACK TO INDEX	
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

[BACK TO INDEX](#)

<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

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://help.fitbit.com/articles/en_US/Help_article/2437#free

BACK TO INDEX	
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://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

[BACK TO INDEX](#)

<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
disastercustomerservice@sba.gov e-mail:

<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

[BACK TO INDEX](#)

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 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.	
	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.		http://www.wjmc.org/coronavirus/
	Crescent Care	1631 Elysian Fields Ave, New Orleans	8:30am-5pm, M-F	All clients are asked to please call ahead before visit	http://www.crescentcarehealth.org/
	UNO Lakefront	6801 Franklin Ave, New Orleans	8am-4pm	Screening for fever and cough upon arrival. Please	
	Alario Center	2000 Sepette Blvd, Westwego	8am-5pm	Screening for fever and cough upon arrival. Please	
TWO	New Orleans East Hospital	8625 Road Blvd, New Orleans	8am-5pm, M-F	Patients experience symptoms of fever over 100.4	http://www.noehospital.org/test/covid-19/
	Baton Rouge General - Mid City Campus	3600 Florida Blvd, Baton Rouge	12:30pm-2pm, Monday, Wednesday, Friday	Requires physician order. Physician order fax #: 225-	http://www.brgeneral.org/coronavirus-information/
THREE	St. Elizabeth Hospital - OLL Ascension	1125 Louisiana St W, Gonzales	1pm-3pm, M-F	Open to existing St. Elizabeth OLLC Ascension	
	Women's Center for Wellness	9437 Jefferson Hwy #9330, Baton Rouge		Testing available for women in their 3rd trimester and	
FOUR	Terrebonne General Medical Center	Drive through will be located at the Medical Arts	Tuesday, March 31st 9am-12pm; Wednesday, April	Will serve anyone symptomatic along with healthcare	
	Thibodaux Regional Health System	Drive through located at 508 N Acadia Rd - former	Tuesday & Thursday, 12pm-3pm	Open to public but requires physician's prior	
	Coastal Urgent Care of Thibodaux	2013 Audubon Ave, Thibodaux	Open daily from 8am-8pm	Testing first responders and health care workers	
	The Urgent Care of Laplace	1133 Belle Terre Blvd, Laplace	Monday - Friday 8am-8pm, 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-8pm, M-F and 8:30am-6pm, Sat/Sun	Testing first responders and health care workers.	
FIVE	St. James Parish Hospital MOB	1645 Lusher Ave, Lusher	1pm-3pm Wednesday	Open to symptomatic healthcare workers, first	
	Calumet	444 Calumet 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. Ple
	Delcambre Erath Rural Health Clinic	220 North Road, Erath	10am-12pm	Pre-screening phone #: 337-852-6999. Please bring	
SIX	Opelousas General Health System	Information regarding test location will be released to	By appointment	Pre-screening phone #: 337-678-4705. Please bring	
	Burton Coliseum Complex	7001 Gulf Hwy, Lake Charles	March 31st - April 2nd 9am-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	
	SWI A Center for Health Services	2000 Opelousas St, Lake Charles	M, W, Th - 8am-4pm, Tues - 9am-6pm, Fri - 9am-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 Bayre-Jones Army	
SEVEN	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	
	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	
EIGHT	CHRISTUS St. Francis Cabrini	3300 Masonic Dr., Alexandria	12:30pm-3pm, MWF	Screening for fever of 100.4F or higher	
	HealthCARE Express Urgent Care	4526 Northport Blvd, Shreveport	8am-8pm, M-F, 8am-4pm, Sat/Sun	Patients are asked to please call 318-935-9628 if	
NINE	Natchitoches Regional Medical Center	CA-TCC Natchitoches Campus, 6587 LA-1 Bypass	10am-12pm, Tues and Thursday	No MD or provider order required. Criteria for Testing	
	St. Francis Medical Center	3421 Medical Park Drive, Monroe	8am-5pm	Must have order from physician, and physician must	
	Citizens Medical Center	7939 US Hwy 165, Columbia		Must call ahead to hospital or clinic, and must have	
TEN	North Oaks Regional & Our Lady of Angels	15790 N. Oaks Dr, Hammond	1pm-5pm, M-F	Individuals with symptoms or concerns are asked to	http://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		Accepting Ochsner healthcare providers, patients and	
	Ochsner Urgent Care Center - Mandeville	Jefferson Highway	8am-8pm, M-F, 9am-5pm, Sat/Sun	Accepting patients with orders from an Ochsner	
	Mandeville Diagnostic Center of STPH	201 St. Ann Dr., Suites A&B, Mandeville	3pm-7pm, M-F	Accepting patients with orders from physicians	
Our Lady of the Lake - Livingston	5000 O'Donovan Blvd, Walker, LA	10am-11:30am, Mon-Wed-Fri	Serving Livingston Parish residents with a physician		

[BACK TO INDEX](#)

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 Avenue, 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

BACK TO INDEX		
Texas	https://thehill.com/policy/healthcare/490143-texas-governor-restricts-travel-from-louisiana-bars-early-release-for	<p>Texas Governor Greg Abbott announced orders restricting travel to Texas from certain COVID-19 hot spots including Louisiana.</p> <p>***Checkpoints are now in place and screening of all vehicles entering Texas from Louisiana has began***</p>
Florida	https://www.visitflorida.com/en-us/current-travel-safety-information.htm	<p>Florida Governor Ron DeSantis announced that the state is setting up roadside checkpoints on interstates to check for potential COVID-19 cases coming into the state. The governor also announced that the state is suspending any new vacation rentals</p>
Military Personnel	https://www.militaryonesource.mil/moving-housing/moving/planning-your-move/what-do-travel-restrictions-mean-for-military-families?fbclid=IwAR0J2FucEXABkpPoGuLSWKxk3UUeUbH1Mnsm09QTPd5YUpkqnwMK4_jejY	<p>What Do Travel Restrictions Mean for Military Families?</p>
Texas	https://www.kalb.com/content/news/REPORT-Travel-restrictions-between-Texas-Louisiana-will-be-lifted--570002731.html	<p>Travel restrictions between Texas-Louisiana will be lifted</p>

[BACK TO INDEX](#)

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

<https://www.usda.gov/media/press-releases/2020/04/22/usda-increases-monthly-snap-benefits-40>

USDA Increases Monthly SNAP Benefits by 40%

BACK TO INDEX		
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-V3jKkAYBBg1jQraB6STIGtimrOXjvX_mg0zwwPJABifclCgcLdMvW_9X3OvUGOWugQogjW/pub	COVID-19 FAQs for Louisiana	***Updated Daily***
https://fhfogn.org/covid-19-resources	Families Helping Families-COVID-19 Resources	
https://www.facebook.com/108679513654/videos/649980228881960/UzpfSTewMDAwMTlwMzcxMjI3MjoxMDcxNTMwMDM5NTYzNzU2/?d=n	Heart of Hospice created an area for two family members per day (providing PPE) at East Jefferson General Hospital in Metairie so that individuals infected with COVID-19 do not have to die alone.	
https://www.wdsu.com/article/louisiana-focusing-on-most-vulnerable-as-plans-begin-to-reopen-from-covid-19/32228157	Louisiana focusing on most vulnerable as plans begin to reopen from COVID-19	
https://www.wlvtv.com/article/news/health/coronavirus/louisiana-coronavirus-updates-cases-remain-steady-as-leaders-begin-easing-restrictions/289-03341e33-3635-4ade-b29c-afe06b089b8c	Louisiana Coronavirus Updates: Cases remain steady as leaders begin easing restrictions	
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.heart.org/	American Heart Association page. Links to how to help, virtual workouts, and constant updates.	

[BACK TO INDEX](#)

<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

[BACK TO INDEX](#)

Stateeocdonations@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

[BACK TO INDEX](#)

<https://www.investopedia.com/coronavirus-aid-relief-and-economic-security-cares-act-4800707>

Proposed U.S. fiscal stimulus in response to the COVID-19 pandemic

BACK TO INDEX	
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.

BACK TO INDEX	
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