

<https://docs.google.com/spreadsheets/d/1hi-fkUporudHzclik63XqdDxnqNopkf0/edit#gid=1961767175>

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

USAA to Return \$520 Million to Members

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

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

USAA Bank

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

USAA Life Insurance Company

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

USAA Life Insurance Company

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

USAA Investment Management Company

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

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

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<a href="https://louisianabelieves.com/newsroom/news-releases/2020/03/23/louisiana-opens-child-care-assistance-program-to-critical-personnel-amid-covid-19-outbreak">https://louisianabelieves.com/newsroom/news-releases/2020/03/23/louisiana-opens-child-care-assistance-program-to-critical-personnel-amid-covid-19-outbreak</a>	Childcare Assistance
<a href="https://www.louisianabelieves.com/newsroom/news-releases/2020/04/28/louisiana-extends-child-care-assistance-for-critical-personnel">https://www.louisianabelieves.com/newsroom/news-releases/2020/04/28/louisiana-extends-child-care-assistance-for-critical-personnel</a>	LOUISIANA EXTENDS CHILD CARE ASSISTANCE FOR CRITICAL PERSONNEL
Sam's Club	Every Sunday until further notice Sam's Club are open from 0700-0900 for first responders and healthcare workers ONLY. No membership needed, just bring your work ID with you. Call and confirm with your local Sam's Club to verify participation.
Hampton Inn by Hilton and LaQuinta Inn & Suites by Wyndham (Broussard Area)	Offering complimentary lodging for medical professionals and first responders fighting COVID-19. Reservations can be made by 337-501-9091 or by emailing bperry@divihospitality.com
<a href="http://www.redlinesteel.com">www.redlinesteel.com</a>	Free Medical Commemorative Item--Flat rate shipping of \$5.97 **Use code GIVEBACK at checkout**
<a href="https://www.brproud.com/louisiana-news/exxonmobil-to-provide-free-gas-to-healthcare-workers-amid-covid-19-outbreak/">https://www.brproud.com/louisiana-news/exxonmobil-to-provide-free-gas-to-healthcare-workers-amid-covid-19-outbreak/</a>	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
<a href="https://www.klfy.com/top-stories-news/att-to-support-nurses-and-doctors-with-three-months-of-free-service-nationwide/">https://www.klfy.com/top-stories-news/att-to-support-nurses-and-doctors-with-three-months-of-free-service-nationwide/</a>	AT&T to support nurses and doctors with three months of free service nationwide
<a href="https://www.hobbylobby.com/DIY-Projects-Videos/Personal-Protective-Equipment/No-Sew-Face-Mask/p/20-2028-No-Sew-Mask">https://www.hobbylobby.com/DIY-Projects-Videos/Personal-Protective-Equipment/No-Sew-Face-Mask/p/20-2028-No-Sew-Mask</a>	No-Sew Face Mask
<a href="https://www.thenorthface.com/help/the-north-face-healthcare-workers-discount-program.html">https://www.thenorthface.com/help/the-north-face-healthcare-workers-discount-program.html</a>	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.
Krispy Kreme	Two Dozen Free Glazed Donuts (Show Your Credentials) EVERY Monday Until May 12th
BJ's Wholesale Club	Free Four Month Membership (Show Your Credentials) Sundays 0800-0900
<a href="https://www.chilitechnology.com/pages/kryocares">https://www.chilitechnology.com/pages/kryocares</a>	We're sending new + certified refurbished chiliPADs to healthcare and first responders fighting COVID-19.
<a href="https://fjolk.com/pages/better-together">https://fjolk.com/pages/better-together</a>	We are sending shoes to anyone who works in healthcare and is on the front lines fighting COVID-19 right now.
<a href="https://www.registerednursing.org/nurse-freebies-covid-19/">https://www.registerednursing.org/nurse-freebies-covid-19/</a>	List of Freebies for Nurses During the COVID-19 Crisis
<a href="https://forms.glowforge.com/request">https://forms.glowforge.com/request</a>	Free Ear Savers
<a href="https://enell.com/blogs/blog/50-off-for-healthcare-workers-and-teachers">https://enell.com/blogs/blog/50-off-for-healthcare-workers-and-teachers</a>	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)
<a href="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&amp;utm_medium=trueAnthem&amp;utm_source=facebook">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&amp;utm_medium=trueAnthem&amp;utm_source=facebook</a>	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.
<a href="https://militarybridge.com/blog/2020/4/26/1599/under-armour-increases-their-military-discount-program-to-40-off-for-military/">https://militarybridge.com/blog/2020/4/26/1599/under-armour-increases-their-military-discount-program-to-40-off-for-military/</a>	Under Armour Increases their Military Discount Program to 40% off for Military
Costco Wholesale	Beginning May 4th, Masks will be MANDATORY
Jet Blue Airlines	Beginning May 4th, Masks will be MANDATORY

American Airlines	New requirement for all customers to wear masks during flight beginning May 11
Delta Airlines	temporarily requiring face masks or face coverings for everyone – Delta employees included – in the check-in lobby, Delta Sky Clubs®, gate areas, jet bridges and on board our aircraft.
<a href="https://www.kalb.com/content/news/Brookshire-Grocery-Co-to-extend-daily-discount-for-senior-citizens-and-critical-emergency-service-providers-570224431.html">https://www.kalb.com/content/news/Brookshire-Grocery-Co-to-extend-daily-discount-for-senior-citizens-and-critical-emergency-service-providers-570224431.html</a>	The Brookshire Grocery Company is extending its discount programs for senior citizens and critical and emergency service providers, through June 2, 2020, in all four banners it operates – Brookshire's, Super 1 Foods, Spring Market and FRESH by Brookshire's.

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

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

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

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

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<a href="https://cnp.doe.louisiana.gov/ServingSites/">https://cnp.doe.louisiana.gov/ServingSites/</a>		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	
<a href="https://www.inspirelola.org/coronavirus/grab-go-breakfast-lunch">https://www.inspirelola.org/coronavirus/grab-go-breakfast-lunch</a>		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.
<a href="http://www.rpsb.us">www.rpsb.us</a>	Rapides Parish ONLY	<b>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.</b>
<a href="https://www.foodbanknela.org/">https://www.foodbanknela.org/</a>	318-322-3567	Go to website to find details
<a href="http://www.fbcenla.org/">http://www.fbcenla.org/</a>	318-445-2773	Emergency transportation and food needs. Go to website for details.
<b>United Way Family Support Specialist</b>	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
<a href="https://www.feedinglouisiana.org/covid-19">https://www.feedinglouisiana.org/covid-19</a>		How to Get Food Assistance
<a href="http://ldh.la.gov/index.cfm/page/998">http://ldh.la.gov/index.cfm/page/998</a>		Commodity Supplemental Food Program (CSFP)
<a href="http://www.fbcenla.org">www.fbcenla.org</a>	<b>Food Bank of Central Louisiana 318-445-2773</b>	<u>Serving the parishes of: Allen, Avoyelles, Catahoula, Concordia, Grant, LaSalle, Natchitoches, Rapides, Sabine, Vernon, and Winn</u>
<a href="http://www.foodbanknela.org">www.foodbanknela.org</a>	<b>Food Bank of Northeast Louisiana 318-322-3567</b>	Serving the parishes of: Caldwell, East Carroll, Franklin, Jackson, Lincoln, Madison, Morehouse, Ouachita, Richland, Tensas, Union, and West Carroll
<a href="http://www.no-hunger.org">www.no-hunger.org</a>	<b>Second Harvest Food Bank-Feeding South Louisiana 504-734-1322</b>	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
<a href="http://www.foodbanknla.org">www.foodbanknla.org</a>	<b>Food Bank of Northwest Louisiana 318-675-2400</b>	Serving the parishes of Caddo, Webster, Claiborne, Bienville, Red River, DeSoto, and Bossier
<a href="https://www.google.com/maps/d/viewer?mid=1H35BGlkCtQWvVtFyLxVbpl8lAYhDh3&amp;ll=30.419748702216868%2C-92.03074755471018&amp;z=6">https://www.google.com/maps/d/viewer?mid=1H35BGlkCtQWvVtFyLxVbpl8lAYhDh3&amp;ll=30.419748702216868%2C-92.03074755471018&amp;z=6</a>	MAP - LA Farm Food during COVID-19	
<a href="https://www.klfy.com/local/chick-fil-a-donating-3k-meals-to-those-in-need-in-acadiana/">https://www.klfy.com/local/chick-fil-a-donating-3k-meals-to-those-in-need-in-acadiana/</a>	Chick-Fil-A donating 3k meals to those in need in Acadiana	<ul style="list-style-type: none"><li>• First distribution is May 2 at 11:00 a.m.</li><li>• Second distribution is May 9 at 11:00 a.m.</li><li>• Third distribution is May 16 at 11:00 a.m.</li></ul> Where: • Brown Memorial Park at 1234 E. Pont des Mouton Road
<a href="https://ebschools.org/coronavirus-covid-19/child-nutrition/">https://ebschools.org/coronavirus-covid-19/child-nutrition/</a>	East Baton Rouge Parish Schools	Grab-n-go meal distribution will resume May 4 for East Baton Rouge Parish Schools.

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<a href="https://bit.ly/HHSFamiliesTogether">https://bit.ly/HHSFamiliesTogether</a>	Families Tackling Tough Times Together is a new Facebook group and community of support helping families to strengthen their resilience while they cope with a multitude of challenges brought forth by the COVID-19 pandemic. Every week, new materials and activities that focus on a specific aspect of resilience will be released. Families with children, youth, young adults and older adults will find materials tailored for them. All are welcome; we especially welcome military families. This program is led by Purdue University's College of Health and Human Sciences with contributions from partners at Purdue and across the country.
<a href="https://thrive.psu.edu/">https://thrive.psu.edu/</a>	The Thrive Initiative is a continuum of evidence-informed parenting programs that are designed to empower parents and caregivers as they nurture children from the prenatal period until 18 years of age.
<a href="https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus?utm_source=3DBBT=C2=AO">https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus?utm_source=3DBBT=C2=AO</a>	How You and Your Kids Can De-Stress During Coronavirus
<a href="http://spousert.wpengine.com/introduction/">http://spousert.wpengine.com/introduction/</a>	Here you will find great videos, downloadable reference sheets, and tools to assist with building individual resilience.

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<a href="https://education.k12ga.gov/newsroom/newsroom/2020/04/20/departments-details-next-steps-for-current-high-school-seniors-and-current-12-school-graduates">https://education.k12ga.gov/newsroom/newsroom/2020/04/20/departments-details-next-steps-for-current-high-school-seniors-and-current-12-school-graduates</a>	Department of Education Details Next Steps for Current HS Seniors	
<a href="https://classroomexperts.com/schools/edu/support/learn-at-home.html">https://classroomexperts.com/schools/edu/support/learn-at-home.html</a>	Scholastic is offering free online classes for your kids to learn during school closures	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Free printable worksheets, word lists and activities	3rd Grade - 8th Grade
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Explore this page to find resources for families, including a list of school meal sites and a	
<a href="https://www.prodigy.com/parent/">https://www.prodigy.com/parent/</a>	Prodigy, the no-cost math game where kids can earn prizes, go on quests and play with friends - all while learning Math	
<a href="https://military.tutor.com/eligibility">https://military.tutor.com/eligibility</a>	Who is Eligible to Use Tutor.com/Military at No Cost? Children (grades K-12) of an active duty service member including full time and/or deployed National Guard and Reserve in the U.S. Army, Navy, Air Force, Marine Corps, and Coast Guard. Children (grades K-12) of 6th and Wounded Warrior service members. Children (grades K-12) attending schools operated and funded by DoD. Children (grades K-12) of DoD Children (belong to CENTCOM AORs (e.g. Afghanistan, Iraq, Pakistan or Syria). Active Duty Coast Guard service members, Coast Guard Reservists and Coast Guard Civilian Employees. Spouses and children (grades K-college) of active duty Coast Guard service members, Coast Guard Reservists, and Coast Guard Civilian Employees. *Continued program availability is dependent upon funding*	
<a href="https://docs.google.com">https://docs.google.com</a>	Guide How to use Google Classroom	
<a href="https://www.mass.gov/education/resources">www.mass.gov/education/resources</a>	Worldwide Free Resource List with Links	
<a href="https://theeducationblog.com/13600/list-of-education-companies-offering-free-subscriptions/">https://theeducationblog.com/13600/list-of-education-companies-offering-free-subscriptions/</a>	List of Education Companies Offering Free Subscriptions Due to School Closings	
<b>BalletBoyz for Dance</b>	BalletBoyz will be offering five live streamed classes taught by our esteemed faculty and hosted by our Artistic Director Matthew Powell! In addition, you'll get a sneak peek behind the scenes of the studio, our upcoming productions, and more exclusive content.	
<a href="https://www.khanacademy.org">khanacademy.org</a>	Online services for FREE. Some of these sites are always free, while others have add-ons or are free for a certain time period.	
<a href="https://www.khanacademy.org">khanacademy.org</a>	<b>Are you looking for some fun things to do with kids while you're stuck at home here are some ideas. Do you live in an area that isn't on this list let us know and we'll add it! We will add all the ideas we can get in these next several weeks. Do this to us by 3/17</b>	
<a href="https://www.fitness.com/fitness/kids">https://www.fitness.com/fitness/kids</a>	Simple Home Fitness Circuit for Kids of All Ages	
<a href="https://www.stayathome.net">https://www.stayathome.net</a>	Books read aloud by authors/famous people	
<a href="https://www.khanacademy.org">https://www.khanacademy.org</a>	13-5pm Through the "At Home" Learning app, teachers and families can access free videos, apps and games for children. LPE's broadcast schedule, the free Bright by Text parenting tip messaging service, access to LPE LearningMedia and Discovery Education for educators, and links to award-winning PBS Digital Studios videos like "Crash Course," "Deep Look," "My OK to Be Smart," and more.	
<b>BRAINPOP.COM</b>	BrainPOP is here to help you and your curious learners stay informed and on track with free access during school closures.	
<a href="https://www.khanacademy.org">www.khanacademy.org</a>	Discover the vast historical and cultural information about Louisiana, including the heritage, state history, facts, folklore and music.	
<a href="https://www.zoo.com/education/home-visit-resources">https://www.zoo.com/education/home-visit-resources</a>	Every day at 3pm EDT we will highlight different animals that call the zoo home.	
<a href="https://www.khanacademy.org">KhanAcademy.com</a>	Where Learning is an Adventure	
<a href="https://www.khanacademy.org">khanacademy.org</a>	Digital library & online resources for military and their families.	
<a href="https://www.khanacademy.org">khanacademy.org</a>	100+ indoor activities	
Google C Suite	Google is giving C Suite and C Suite for Education customers FREE access to their Hangouts	
<b>Discord</b>	Enhanced free Go Live streaming service so that it can now support 50 simultaneous users	
<b>Adobe</b>	For higher education and K-12 customers who currently provide Adobe Creative Cloud apps to their students and employees, Adobe is offering free at-home access to the apps if the organization requests it. <b>This access will be available for free through 31 May 2020.</b>	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Explore this page to find resources for families, including a list of school meal sites and a toolkit to support learning at home, as well as up-to-date information and guidance for schools and centers.	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	COVID-19 Resources and Guidance for Schools	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Free Educational Websites for Kids (over 30 sites)	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Various Live Cam Views to Different Things (zoos, Northern Lights, etc.)	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Virtual STEM Activities for all ages	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Science Experiments for kids to do at home	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	50 Fun Recipes to Make with Kids	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Download the Saints Coloring & Activity Book	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	To help pass the time during quarantine, the New Orleans Pelicans have released an activity book! Download the Pelicans activity book as a PDF and print it out for Pelicans-themed fun for the entire family!	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	The New York Times Company and Verizon are offering 14 Million High School Students Free Access to Times Journalism: all students and teachers in high schools within the U.S.	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Over the next 2 weeks our schools will be distributing computers and internet accessibility options to those in need. Additionally, they will be creating digital learning environments with an attempt to connect every student in our district to a digital classroom.	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	There are still many military families who don't know about the Tutor.com for U.S. Military Families program. Please help spread the word about this valuable education benefit to all military families.	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	REQUEST GARDENING KITS FOR YOUR STUDENTS**you do not have to be a teacher to request the free gardening kits**	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Jefferson Parish schools move Class of 2020 graduations to July: Here are the details <a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	As of April 2020, all DoD service members, civilian personnel, and all dependent family members ( kindergarten-college-age) are eligible to use Tutor.com/military at no cost.	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Welcome to Bright Ideas! 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!	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Link from a FRL who happens to be a teacher with information for children's white letters or send cards to others in a nursing home who are separated from their families during this pandemic.	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Social, Emotional Behavioral Resources	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	How to Build Balloon-Powered LEGO Cars	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Link to Scholarship Opportunities	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Fun Virtual Ways to Experience Pigeon Forge At Home-Virtual tours, virtual field trips, virtual science experiments and much more!	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Netflix has added Leap Frog, Letter Factory, Phonics, and Numberland.	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Diploma in Nutrition (four week online course) offered through Shaw Academy online.	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	This course on Life Coaching provides insights into the career and profession of life coaches. Interested candidates will learn about what life coaching is and how it can help transform the lives of other people with challenges and problems. <b>(\$5.00 fee)</b>	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Adults returning to school to finish degree get nearly 45% off tuition through new program	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	Sophia is committed to helping students achieve college success during these challenging and uncertain times. To help students continue their education we are offering free college-level courses in a fresh and fun online learning environment. Now until July 31, register for any of our 30 ACEJ recommended courses like Introduction to Business, Accounting, and Project Management. Courses may be transferred for college credit at many institutions, helping to lower the cost of your degree.	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	As people throughout the world are following stay-at-home directives, we are offering free access to our language-learning program for everyone until June 30, 2020.	
<a href="https://www.khanacademy.org/resources/learn-at-home">https://www.khanacademy.org/resources/learn-at-home</a>	\$2,000 Military Appreciation Scholarship Western Governors University	

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

<a href="https://www.youtube.com/user/scigirlstv/about">youtube.com/user/scigirlstv/about</a>	PBS STEM series for kids ages 8 - 12
<a href="https://artsandculture.google.com">artsandculture.google.com</a>	1,000 works of art
<a href="https://learningstationmusic.com">learningstationmusic.com</a>	Music and movement
<a href="https://www.youtube.com/user/cosmickidsyoga.com">youtube.com/user/cosmickidsyoga.com</a>	Yoga and mindfulness
<a href="https://nicerc.org/2020/03/nicerc-home">nicerc.org/2020/03/nicerc-home</a>	Fundamentals of cybersecurity
<a href="https://stories.audible.com/start-listen">stories.audible.com/start-listen</a>	Free audiobooks for children and teens
<a href="https://apstudents.collegeboard.org/coronavirus-updates#free-ap-classes">apstudents.collegeboard.org/coronavirus-updates#free-ap-classes</a>	AP FREE AP Review Classes on the AP YouTube channel. Review of skills and concepts from the first 75% of the class
<a href="https://learningkeepsgoing.org/parents">learningkeepsgoing.org/parents</a>	Website for parents and educators to provide resources for support
<a href="https://www.scholastic.com/teachers/teaching-tools">scholastic.com/teachers/teaching-tools</a>	Day-by-day projects

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<a href="http://playingcards.io/game/cards-against-humanity">http://playingcards.io/game/cards-against-humanity</a>	Play Cards Against Humanity online
<a href="https://zoom.com">zoom.com</a>	Set up a virtual "Happy Hour"
<a href="https://www.globalgreybooks.com/">https://www.globalgreybooks.com/</a>	Download free ebooks and PDFs - Over 3,000 free ebooks for iPad, Kindle, PC & other devices
<a href="https://gamepass.nfl.com/packages?redirected=true">https://gamepass.nfl.com/packages?redirected=true</a>	Verizon and the NFL offer you complimentary access to NFL Game Pass until 5/31/20
<a href="https://www.mlive.com/news/2020/04/busch-offers-1-year-of-beer-to-couples-whove-changed-wedding-plans-amid-coronavirus.html">https://www.mlive.com/news/2020/04/busch-offers-1-year-of-beer-to-couples-whove-changed-wedding-plans-amid-coronavirus.html</a>	Busch offers 1 year of beer to couples who've changed wedding plans amid coronavirus
<a href="https://www.cntraveler.com/story/free-online-cooking-classes-hosted-by-chefs?utm_source=facebook&amp;utm_medium=social&amp;utm_content=partnerswap&amp;utm_brand=cnt&amp;utm_campaign=partner_thrillist">https://www.cntraveler.com/story/free-online-cooking-classes-hosted-by-chefs?utm_source=facebook&amp;utm_medium=social&amp;utm_content=partnerswap&amp;utm_brand=cnt&amp;utm_campaign=partner_thrillist</a>	Link to free online cooking classes taught by top chefs from around the world.

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<b>iPhone Users</b>	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.
<a href="https://web-okcd01.mail.mil/">https://web-okcd01.mail.mil/</a>	Alternate VPN- to access .mil email account
<a href="http://www.teleworkva.org/forTeleworkers/success.aspx">http://www.teleworkva.org/forTeleworkers/success.aspx</a>	How to Telework Successfully
<a href="https://www.shrm.org/resourcesandtools/hr-topics/employee-relations/pages/how-to-create-an-effective-teleworking-program.aspx">https://www.shrm.org/resourcesandtools/hr-topics/employee-relations/pages/how-to-create-an-effective-teleworking-program.aspx</a>	How to Create an Effective Teleworking Program
<b>LSU of Alexandria</b>	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.
<a href="https://join.shawacademy.com/excel-2020?utm_source=facebook&amp;utm_medium=cpc&amp;utm_campaign=US_Prospecting_Generic_auto_B_18_square-image-ReviewBottom-Excel-20Apr_square-image_text2-BoredBinge-Excel-emojis-FreeAccess-UA_All_OptPUR_LPEXcelAMP-2020_oCPM_Excel&amp;country=US">https://join.shawacademy.com/excel-2020?utm_source=facebook&amp;utm_medium=cpc&amp;utm_campaign=US_Prospecting_Generic_auto_B_18_square-image-ReviewBottom-Excel-20Apr_square-image_text2-BoredBinge-Excel-emojis-FreeAccess-UA_All_OptPUR_LPEXcelAMP-2020_oCPM_Excel&amp;country=US</a>	Learn the power of Excel tools & workflows in just 4 week--Free from Shaw Academy online

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

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




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<a href="https://scholly.com/relief/">https://scholly.com/relief/</a>	With the COVID-19 health crisis sweeping across the nation, we know how challenging these coming months and months will be for students and their families. In Scholly's longstanding 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.
<a href="https://www.ets.org/psats/">https://www.ets.org/psats/</a>	30% Discount on Interactive Practice Tests The <b>Praxis® tests</b> measure the academic skills and subject-specific content knowledge needed for teaching. The Praxis tests are taken by individuals entering the teaching profession as part of the certification process required by their states and professional licensing organizations.
<a href="https://www.tutor.com/news-center/news-articles/remote-learning-2020-05-07/2020-05-07-of-remote-learning-free-virtual-sign-language-classes-during-pandemic/">https://www.tutor.com/news-center/news-articles/remote-learning-2020-05-07/2020-05-07-of-remote-learning-free-virtual-sign-language-classes-during-pandemic/</a>	
<a href="https://www.facebook.com/DeafWomenValley">https://www.facebook.com/DeafWomenValley</a>	Deaf Women Offers Free Virtual Sign Language Classes During Pandemic
<a href="https://www7.ed.gov/about/offices/list/oea/oea-act.html">https://www7.ed.gov/about/offices/list/oea/oea-act.html</a>	CARES Act: Higher Education Emergency Relief Fund
<a href="https://www.wslu.com/articles/66/pacific-community-college-offering-free-tuition-this-summer-12-16-18">https://www.wslu.com/articles/66/pacific-community-college-offering-free-tuition-this-summer-12-16-18</a>	Oregon Community College is offering free tuition this summer. Restrictions apply.

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

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<a href="http://www.internetessentials.com/covid19">http://www.internetessentials.com/covid19</a>	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
<a href="http://about.att.com/pages/COVID-19.html">about.att.com/pages/COVID-19.html</a>	AT&T bills postponed for 60 days
<a href="http://www.cleco.com/home">www.cleco.com/home</a>	Cleco is temporarily suspending service disconnects and late fees on customer accounts in Central Louisiana
Entergy	Entergy suspends customers disconnects due to COVID-19 concerns for 30 days
<a href="https://www.kalb.com/content/news/Phone-carriers-waive-fees-amid-COVID-19-pandemic-569467111.html">https://www.kalb.com/content/news/Phone-carriers-waive-fees-amid-COVID-19-pandemic-569467111.html</a>	Phone carriers waive fees amid COVID-19 pandemic
<a href="https://www.kalb.com/content/news/Cleco-encourages-eligible-customers-to-apply-for-energy-assistance-funds-569866301.html">https://www.kalb.com/content/news/Cleco-encourages-eligible-customers-to-apply-for-energy-assistance-funds-569866301.html</a>	<b>***Central Louisiana Residents Only***</b> Cleco encourages eligible customers to apply for energy assistance funds

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<a href="https://igsiguard.hq.gov/">https://igsiguard.hq.gov/</a>	Human Resources Facebook
<a href="https://www.facebook.com/LANG-Human-Resources-Office">https://www.facebook.com/LANG-Human-Resources-Office</a>	Human Resources Instagram
<a href="https://www.instagram.com/langhumanresourcesoffice">https://www.instagram.com/langhumanresourcesoffice</a>	If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services
<a href="https://www.211.org/services/covid19">https://www.211.org/services/covid19</a>	Request Emergency Financial Assistance if Impacted by COVID-19
<a href="https://www.militaryresource.mil/financial/legal/personal-finance/borrowing/coronavirus-financial-assistance-exgr.mil">https://www.militaryresource.mil/financial/legal/personal-finance/borrowing/coronavirus-financial-assistance-exgr.mil</a>	If Soldiers are having issues with their employer due to being mobilized in support of COVID-19
1 800-316-4990 Option 1	Temporary financial aid.
<a href="https://www.afsa.org/">https://www.afsa.org/</a>	Temporary Financial Assistance Shelter, Food, Utilities, and Health Expenses
<a href="https://www.befjon.org/financialassistance">https://www.befjon.org/financialassistance</a>	Benefits assistance, career fairs and workshops, guidance on education, health care, personal finance and more.
<a href="https://www.armyemergencyaid.org">https://www.armyemergencyaid.org</a>	THE ARMY'S OWN NONPROFIT Soldiers helping Soldiers since 1942
<a href="https://louisianahelp.org/covid-19-resources-for-families/">https://louisianahelp.org/covid-19-resources-for-families/</a>	Louisiana Family Resources for COVID-19
<a href="https://twtowmessenger.com/2020/03/covid-19-updates-restrictions-tightened-where-to-find-resources/">https://twtowmessenger.com/2020/03/covid-19-updates-restrictions-tightened-where-to-find-resources/</a>	Louisiana Family Resources for COVID-19
<a href="https://stand.org/positions/blog/louisiana-family-resources-covid-19">https://stand.org/positions/blog/louisiana-family-resources-covid-19</a>	Louisiana Family Resources for COVID-19
<a href="https://ready.nda.gov/child-care/coronavirus-resources/">https://ready.nda.gov/child-care/coronavirus-resources/</a>	The City of New Orleans
<a href="https://www.grysdofundation.org/home">https://www.grysdofundation.org/home</a>	Our H.O.P.E. initiative provides complete support to those who have experienced trauma, illness,
<a href="https://www.gangustag.org">www.gangustag.org</a>	The We Care for America Foundation (WCFA), the nonprofit aid division of EANGLIS, is proud to announce that a substantial grant has been received from USAM to provide assistance to National Guard Soldiers and Airmen for COVID-19 related emergency needs. The WCFA COVID Emergency Relief Fund grant application program will be available soon; details are forthcoming.
<a href="https://www.unitedwayofla.org/hospitality-care/pandemic-response-fund/">https://www.unitedwayofla.org/hospitality-care/pandemic-response-fund/</a>	Information regarding the Hospitality Care Pandemic Response Fund   United Way of Southeast Louisiana.
<a href="https://defensecommunityties.us19.list-manage.com/track clicks?u=5b2c7f21db50e7674617c85616-47759837c4e4-2ea8193eb1">https://defensecommunityties.us19.list-manage.com/track clicks?u=5b2c7f21db50e7674617c85616-47759837c4e4-2ea8193eb1</a>	A daily roundup of relevant news affecting our military community and links to register for our upcoming virtual town halls
<a href="https://media.defense.gov/2020/Apr/16/20002828272/1/1/1/SPECIAL-LEAVE-ACCUMULATED.pdf">https://media.defense.gov/2020/Apr/16/20002828272/1/1/1/SPECIAL-LEAVE-ACCUMULATED.pdf</a>	Special Leave Accrual
<a href="https://www.santantoniobank.com/news/local/bank-of-america-commits-375k-to-support-local-nonprofits-including-san-antonio-food-bank">https://www.santantoniobank.com/news/local/bank-of-america-commits-375k-to-support-local-nonprofits-including-san-antonio-food-bank</a>	Bank of America commits \$375K to support local nonprofits, including San Antonio Food Bank
<a href="https://www.military.com/daily-news/2020/04/17/35000-military-retirees-will-soon-see-tricare-refund.html?utm_medium=Social&amp;utm_source=Facebook&amp;utm_campaign=1587158728">https://www.military.com/daily-news/2020/04/17/35000-military-retirees-will-soon-see-tricare-refund.html?utm_medium=Social&amp;utm_source=Facebook&amp;utm_campaign=1587158728</a>	35,000 Military Retirees Will Soon See a Tricare Refund
<a href="https://www.military.com/daily-news/2020/04/18/military-travel-ban-extended-until-june-30-some-restrictions-eased.html?utm_medium=Social&amp;utm_source=Facebook&amp;utm_campaign=1587221817">https://www.military.com/daily-news/2020/04/18/military-travel-ban-extended-until-june-30-some-restrictions-eased.html?utm_medium=Social&amp;utm_source=Facebook&amp;utm_campaign=1587221817</a>	Military Travel Ban Extended Until June 30, Some Restrictions Eased
<a href="https://www.fedblue.org/en/coronavirus-updates">https://www.fedblue.org/en/coronavirus-updates</a>	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.
<a href="https://www.afahq.af.mil">www.afahq.af.mil</a>	LANG Sexual Harassment / Assault Response Program - SHARP - 1.877.995.5247
<a href="https://www.dav.org/covid19/">https://www.dav.org/covid19/</a>	For Veterans who have lost employment due to COVID-19, applications are being accepted for aid through the COVID-19 Unemployment Relief program.
<a href="https://www.military.com/daily-news/2020/04/29/new-law-protects-student-returns-during-covid-19-crisis.html">https://www.military.com/daily-news/2020/04/29/new-law-protects-student-returns-during-covid-19-crisis.html</a>	The new law affects VA Work Study students and those students impacted by schools that close or suspend classes as a result of the COVID-19 pandemic.
<a href="https://www.military.com/daily-news/2020/03/21/emergency-act-preserve-gi-bill-payments-becomes-law.html">https://www.military.com/daily-news/2020/03/21/emergency-act-preserve-gi-bill-payments-becomes-law.html</a>	Emergency Act to Preserve GI Bill Payments Becomes Law
<a href="https://www.military.com/education/gi-bill/new-post-911-gi-bill-overview.html">https://www.military.com/education/gi-bill/new-post-911-gi-bill-overview.html</a>	This affects all VA education payments, including the Post-9/11 GI Bill
<a href="https://www.military.com/education/gi-bill/montgomery-gi-bill.html">https://www.military.com/education/gi-bill/montgomery-gi-bill.html</a>	Montgomery GI Bill
<a href="https://www.military.com/education/money-for-school/dependents-educational-assistance-doa.html">https://www.military.com/education/money-for-school/dependents-educational-assistance-doa.html</a>	Dependents Education Assistance
<a href="https://www.military.com/education/gi-bill/vocational-rehabilitation">https://www.military.com/education/gi-bill/vocational-rehabilitation</a>	Vocational Rehabilitation & Education (VR/E)
<a href="https://www.facebook.com/LANGASIS/posts/2980177271381610">https://www.facebook.com/LANGASIS/posts/2980177271381610</a>	IRS Sets New May 5 Deadline to Get Info From Veterans Who Missed Coronavirus Checks
<a href="https://www.facebook.com/LANGASIS/posts/298014528710414">https://www.facebook.com/LANGASIS/posts/298014528710414</a>	How to Request a TRICARE Fee Waiver for COVID-19 Tests, Related Office Visits
<a href="https://www.military.com/daily-news/2020/04/17/35000-military-retirees-will-soon-see-tricare-refund.html?utm_medium=Social&amp;utm_source=Facebook&amp;utm_campaign=1587158728">https://www.military.com/daily-news/2020/04/17/35000-military-retirees-will-soon-see-tricare-refund.html?utm_medium=Social&amp;utm_source=Facebook&amp;utm_campaign=1587158728</a>	Your 3-Step Plan to Lead in Chaotic Times

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<a href="http://www.louisianaworks.net/hire">www.louisianaworks.net/hire</a>	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
<a href="http://www.careeronestop.org">www.careeronestop.org</a>	Find unemployment benefits
<a href="http://www.usbgfoundation.org">www.usbgfoundation.org</a>	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.
<a href="mailto:EmployerServices@lwc.la.gov">EmployerServices@lwc.la.gov</a>	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.
<a href="http://www.irs.gov/">http://www.irs.gov/</a>	US Tax deadline extension for 90 days (July 15, 2020 is now the deadline)
<a href="https://www.irs.gov/coronavirus">https://www.irs.gov/coronavirus</a>	Apply & check the status of your stimulus check
<b>United Way</b>	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.
<b>Medicaid</b>	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	
<a href="https://www.kalb.com/content/news/Gov-Edwards-600-federal-unemployment-payments-to-start-April-13-in-La-569482081.html">https://www.kalb.com/content/news/Gov-Edwards-600-federal-unemployment-payments-to-start-April-13-in-La-569482081.html</a>	Gov. Edwards: \$600 federal unemployment payments to start April 13 in La.
<a href="http://www.laworks.net/FAQs/FAQ_COVID-19_QandA.asp">http://www.laworks.net/FAQs/FAQ_COVID-19_QandA.asp</a>	Frequently Asked Questions about COVID-19 from Louisiana Workforce Commission
<a href="http://www.laworks.net/PublicRelations/PR_PressReleaseDetails.asp?PRNo=24008&amp;pr=2020-Month-4">http://www.laworks.net/PublicRelations/PR_PressReleaseDetails.asp?PRNo=24008&amp;pr=2020-Month-4</a>	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.

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<a href="https://www.mccormickcorporation.com/en/careers">https://www.mccormickcorporation.com/en/careers</a>	Zatarain's is hiring for Gretna. LA location.
<a href="https://www.adecousa.com/locations/new-orleans-louisiana-staffing-agencies?utm_source=google&amp;utm_medium=listing&amp;utm_content=131&amp;utm_campaign=LA&amp;utm_keyword=New%20Orleans">https://www.adecousa.com/locations/new-orleans-louisiana-staffing-agencies?utm_source=google&amp;utm_medium=listing&amp;utm_content=131&amp;utm_campaign=LA&amp;utm_keyword=New%20Orleans</a>	Adecco is looking for employees (Staffing Partner of EMPLOYMENT PROGRAM OF GUARD) NOLA Area
<a href="mailto:Alisha.Allen@va.gov">Alisha.Allen@va.gov</a>	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.
<a href="#">amazon.jobs/military</a>	Veterans, National Guard, Reserve
<a href="#">amazon.jobs/mil-spouse</a>	Military Spouses
<a href="#">amazon.jobs/mil-apprentice</a>	Veteran Technical Apprenticeship
<a href="#">amazon.jobs/AWSClearedVets</a>	Active Security Clearance
Develop skills to pursue a career in cloud computing <a href="#">aws.amazon</a> .	AWS Educate
Train for Ops exec. leadership roles. <a href="#">On amazon.jobs search: 988000</a>	Military Pathways Program
Bridge military experiences with retail business roles. Based in Seattle. <a href="#">On amazon.jobs search: 935928</a>	Veteran Business Leader Program
<a href="#">amazon.com/university-ops</a>	Student Veterans
<a href="#">amazondelivers.jobs</a> or text "Military" to 77088	Hourly, Part-time & Flex Roles
For active duty transitioning service members to gain civilian experience with Amazon. <a href="#">hiringourheroes.org/fellowships</a>	Corporate Fellowship Program
Sell on Amazon: <a href="#">services.amazon.com</a>	Veteran & Spouse Entrepreneurs
Start your own business: <a href="#">logistics.amazon.com</a>	Delivery Service Partners
<a href="https://careers.dollargeneral.com">https://careers.dollargeneral.com</a>	Dollar General is hiring most every location in the State.
<a href="https://jobs.walgreens.com/">https://jobs.walgreens.com/</a>	Walgreens is hiring in select areas.
<a href="https://jobs.lowes.com/">https://jobs.lowes.com/</a>	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
<a href="https://apply.mysubwaycareer.com/us/en/careers/">https://apply.mysubwaycareer.com/us/en/careers/</a>	Subway is HIRING!
<a href="https://wendys-careers.com/">https://wendys-careers.com/</a>	Wendy's is HIRING!
<a href="https://careers.mcdonalds.com/us">https://careers.mcdonalds.com/us</a>	McDonald's is HIRING!
<a href="https://www.gp.com/careers">https://www.gp.com/careers</a>	Georgia Pacific in DeQuincy is hiring!
<a href="http://www.voltpowerco.com/careers">www.voltpowerco.com/careers</a>	Volt Power is hiring in many locations. Go to the careers page to find a full list of open positions.
<a href="https://www.drillersteam.com/2020/04/Welders-Needed-in-Texas.html?m=1">https://www.drillersteam.com/2020/04/Welders-Needed-in-Texas.html?m=1</a>	Saulsbury is looking for experienced single hand orbital welders

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<a href="mailto:disastercustomerservice@sba.gov">disastercustomerservice@sba.gov</a>	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
<a href="https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources">https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources</a>	Small Business Guidance and Loan Resources
<b>General Motors</b>	GM offering 0% financing for 7 years, deferred payments amid COVID-19 outbreak
<a href="https://www.opportunitylouisiana.com/">https://www.opportunitylouisiana.com/</a>	As Louisiana works through the evolving COVID-19 pandemic, Louisiana Economic Development is diligently working on collecting information and resources for businesses.
<a href="https://choosearestaurant.org/">https://choosearestaurant.org/</a>	Grant program sponsored by the National Restaurant Educational Foundation offering \$500 to restaurant industry employees impacted by COVID-19. <b>"First come, first served basis"</b>
<a href="https://www.unitedway.org/recovery/covid19/new-responses/">https://www.unitedway.org/recovery/covid19/new-responses/</a> <a href="http://m_source-hompage@ukwm_medium-web@ukwm_campaign-covid19">http://m_source-hompage@ukwm_medium-web@ukwm_campaign-covid19</a>	United Way Worldwide's COVID-19 Community Response and Recovery Fund supports communities by helping local United Ways respond, and by ensuring people get accurate information. J11, the go-to information resource in the U.S., is fielding 20K-40K more calls than normal, mostly for food, financial assistance and housing. We expect as many calls for help in the next six months as we usually get in a full year. People are hurting. <b>Please be aware that financial assistance related to COVID-19 is not available for individuals everywhere.</b>
<a href="https://www.kab.com/content/news/164M-in-COVID-19-support-for-local-public-housing-570016381.html">https://www.kab.com/content/news/164M-in-COVID-19-support-for-local-public-housing-570016381.html</a>	\$1.6M in COVID-19 support for local public housing
<a href="https://www.today.com/style/story-beauty-fund-will-offer-1-000-checks-hairstylists-manicurists-t1809561-s64am_mpd_1st_fb_m">https://www.today.com/style/story-beauty-fund-will-offer-1-000-checks-hairstylists-manicurists-t1809561-s64am_mpd_1st_fb_m</a>	City beauty fund will offer \$1,000 checks to hairstylists, manicurists
<a href="https://www.pressdemocrat.com/lifestyle/10871318-1811/gov-fieri-launches-relief-fund/#a=AS">https://www.pressdemocrat.com/lifestyle/10871318-1811/gov-fieri-launches-relief-fund/#a=AS</a>	Coy Fieri launches relief fund for laid-off restaurant workers
<a href="http://sls.org">sls.org</a>	Southeast Louisiana Legal Services - SLS Serves 22 parishes in Southeast part of the state. Free Legal Aid for Low-Income People. Offer information about tenant evictions. SLS COVID-19 Legal Aid Hotline: 1-844-246-7871

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<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2427">https://gov.louisiana.gov/index.cfm/newsroom/detail/2427</a>	Gov. Edwards Issues Statewide Stay at Home Order to Further Fight the Spread of COVID-19 in Louisiana
<a href="https://gov.louisiana.gov/home/">https://gov.louisiana.gov/home/</a>	Stay At Home Order--Explained as to what is essential reasons for leaving home
<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2437">https://gov.louisiana.gov/index.cfm/newsroom/detail/2437</a>	LED Opens COVID-19 Help Desk for Louisiana Businesses
<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2436">https://gov.louisiana.gov/index.cfm/newsroom/detail/2436</a>	Gov. Edwards Signs Proclamation Outlining Additional Measures Related to COVID-19
<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2445">https://gov.louisiana.gov/index.cfm/newsroom/detail/2445</a>	Governor Edwards extends Stay at Home order until 30 April.
<a href="https://gov.louisiana.gov/assets/Proclamations/2020/modified/41-JBE-2020-Public-Health-Emergency.pdf">https://gov.louisiana.gov/assets/Proclamations/2020/modified/41-JBE-2020-Public-Health-Emergency.pdf</a>	TOPS Information
<a href="https://www.arklatexhomepage.com/news/louisiana-news/watch-live-governors-april-9-press-briefing-at-230-p-m/amp/">https://www.arklatexhomepage.com/news/louisiana-news/watch-live-governors-april-9-press-briefing-at-230-p-m/amp/</a>	Gov. Edwards expects stay-at-home measures to continue through May
<a href="https://www.theadvocate.com/baton_rouge/news/coronavirus/article_9a80a7a2-7ad4-11ea-9cb9-77dedc32486a.html">https://www.theadvocate.com/baton_rouge/news/coronavirus/article_9a80a7a2-7ad4-11ea-9cb9-77dedc32486a.html</a>	Louisiana schools to remain closed for academic year amid coronavirus, John Bel Edwards says
<a href="https://gov.louisiana.gov/news/text-alert-system">https://gov.louisiana.gov/news/text-alert-system</a>	Gov. Edwards Announces New Text Alert System to Provide Timely COVID-19 Updates
<a href="https://gov.louisiana.gov/assets/Proclamations/2020/46-JBE-2020-Elections-Rescheduled.pdf">https://gov.louisiana.gov/assets/Proclamations/2020/46-JBE-2020-Elections-Rescheduled.pdf</a>	Statewide Elections Rescheduled Due to State of Emergency Caused by COVID-19
<a href="https://gov.louisiana.gov/assets/Proclamations/2020/43-JBE-2020-Provisions-for-Unemployment.pdf">https://gov.louisiana.gov/assets/Proclamations/2020/43-JBE-2020-Provisions-for-Unemployment.pdf</a>	Provisions for Unemployment and Necessary State Employees
<a href="https://gov.louisiana.gov/assets/Proclamations/2020/modified/41-JBE-2020-Public-Health-Emergency.pdf">https://gov.louisiana.gov/assets/Proclamations/2020/modified/41-JBE-2020-Public-Health-Emergency.pdf</a>	Revised Stay At Home Order with Additional Measures for COVID 19
<a href="https://gov.louisiana.gov/assets/Proclamations/2020/47-JBE-2020-State-of-Emergency-Elementary-and-Secondary-Education.pdf">https://gov.louisiana.gov/assets/Proclamations/2020/47-JBE-2020-State-of-Emergency-Elementary-and-Secondary-Education.pdf</a>	Gov. Edwards Signs Order Closing Louisiana Schools for the Remainder of the Current School Year, Remote Learning Will Continue
<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2468">https://gov.louisiana.gov/index.cfm/newsroom/detail/2468</a>	The Louisiana Department of Health Issues Revised Order for Medical and Surgical Procedures
<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2457">https://gov.louisiana.gov/index.cfm/newsroom/detail/2457</a>	Gov. Edwards Announces Creation of COVID-19 Health Equity Task Force
<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2454">https://gov.louisiana.gov/index.cfm/newsroom/detail/2454</a>	Gov. Edwards' COVID-19 Response Fund Issues First Grant
<a href="https://www.wdsu.com/article/coronavirus-updates-in-louisiana-25-739-covid-19-cases-in-state-1540-deaths-reported/32253126#">https://www.wdsu.com/article/coronavirus-updates-in-louisiana-25-739-covid-19-cases-in-state-1540-deaths-reported/32253126#</a>	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.
<a href="https://gov.louisiana.gov/home-order-extended-may15/">https://gov.louisiana.gov/home-order-extended-may15/</a>	Gov. Edwards Will Extend Stay at Home Order Until May 15 to Continue Flattening the Curve and Slowing the Spread of COVID-19
<a href="https://gov.louisiana.gov/can-this-business-open/">https://gov.louisiana.gov/can-this-business-open/</a>	The Governor has extended the Stay at Home order until May 15, which means some businesses are still directed to be closed, but many businesses can be open, with some restrictions in place to protect the public and their employees.
<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2479">https://gov.louisiana.gov/index.cfm/newsroom/detail/2479</a>	Gov. Edwards Formally Extends Louisiana's Stay at Home Order Until May 15
<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2480">https://gov.louisiana.gov/index.cfm/newsroom/detail/2480</a>	Gov. Edwards Releases New PSAs Encouraging the Extended Stay at Home Order and How Louisiana Moves Toward Phase One
<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2481">https://gov.louisiana.gov/index.cfm/newsroom/detail/2481</a>	Open Safely Program Activates Across Louisiana



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<a href="https://www.wafb.com/2020/04/01/curfews-issued-la-during-covid-pandemic/">https://www.wafb.com/2020/04/01/curfews-issued-la-during-covid-pandemic/</a>	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.
<a href="https://www.wdsu.com/article/new-orleans-stay-at-home-order-will-be-extended-another-month-due-to-covid-19/32161638#">https://www.wdsu.com/article/new-orleans-stay-at-home-order-will-be-extended-another-month-due-to-covid-19/32161638#</a>	The city's stay-at-home order will now officially be lifted at 6 a.m. May 16.
<a href="https://www.kalb.com/content/news/Lecompte-issues-curfew-beginning-April-22-569859731.html">https://www.kalb.com/content/news/Lecompte-issues-curfew-beginning-April-22-569859731.html</a>	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.
<a href="https://www.kalb.com/content/news/LaSalle-Parish-plans-to-re-open-the-parish-on-May-1-569983391.html">https://www.kalb.com/content/news/LaSalle-Parish-plans-to-re-open-the-parish-on-May-1-569983391.html</a>	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.

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MAJ Angela Huvall	Behavioral Health	337-852-4747	
Mr. Dennis Betts	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 <a href="mailto:sawson.cd@mail.mil">sawson.cd@mail.mil</a>	<a href="#">wvhdrc</a> 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 telephone and video non-medical counseling in areas where face-to-face support is restricted due to COVID-19.
Lynn Raia, TSOT(ret), LPN		318-290-6707	Behavioral Health Associate, LAARNG Office of the State Surgeon
<a href="https://dhs.la.gov/index.cfm?page=3883">https://dhs.la.gov/index.cfm?page=3883</a>			Coronavirus COVID-19 Behavioral Health Information
<a href="https://www.wafb.com/2020/04/16/safety-tips-combatting-domestic-violence-during-covid-pandemic/">https://www.wafb.com/2020/04/16/safety-tips-combatting-domestic-violence-during-covid-pandemic/</a>			Safety tips for combatting domestic violence during COVID-19 pandemic
<a href="https://www.militaryonesource.mil/confidential-behavioral-medical-counseling/military-onesources-non-medical-counseling-for-youth-cope-available-by-video/redirect-%2Fconfidential-help">https://www.militaryonesource.mil/confidential-behavioral-medical-counseling/military-onesources-non-medical-counseling-for-youth-cope-available-by-video/redirect-%2Fconfidential-help</a>			Non-Medical Counseling for Youth Now Available by Video

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<a href="https://www.facebook.com/">https://www.facebook.com/</a>	Go to website to watch the service live.
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	Church At Home
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	Check out our website for a calendar of services and other helpful items. Facebook Live link: <a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a> Watch Service on YouTube: <a href="https://www.youtube.com/watch?v=9K5j1K1K1K1">https://www.youtube.com/watch?v=9K5j1K1K1K1</a> Service on YouTube: <a href="https://www.youtube.com/watch?v=9K5j1K1K1K1">https://www.youtube.com/watch?v=9K5j1K1K1K1</a>
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	Sermons provided via audio and video
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	Online Church services every Sunday morning at 8:30am, 9:45am and 11:00am
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	*Friday - Shabbat - Jewish Service - 1800 (EST) - Germany - 12:00 Central - Wisconsin
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	*Friday - Shabbat - Jewish Service - 1800 (EST) - Germany - 12:00 Central - Wisconsin
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	*Friday - Shabbat - Jewish Service - 1800 (EST) - Germany - 12:00 Central - Wisconsin
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	*Friday - Mishiv - CR - Shabbat - 12:00 CDT - Texas
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	Music Messages and Information
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	*Saturday - 09:00 - Central - Orthodox Chapel Service - Fort Campbell, CA
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	*Sunday - Gospel Service - Fort Benning, GA - 10:30 - Eastern - Facebook
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	*Sunday - Liturgical Chapel Service - Fort Campbell, KY - 09:00 - Central
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	*Sunday - Catholic Chapel Services - Fort Campbell, KY - 10:00 Central
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	*Sunday - Gospel Chapel Service - 10:00 Central
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	*Sunday - Protestant Service - Crossroads Chapel Service   Chapel Hill - 11:00 - Central
<a href="https://www.facebook.com/Church-At-Home">https://www.facebook.com/Church-At-Home</a>	*Sunday - Luther Day Service - Fort Gordon, GA - 11:30 - Eastern

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

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<a href="http://www.mealsonwheelsamerica.org/signup">www.mealsonwheelsamerica.org/signup</a>	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
<a href="http://Nola311.org">Nola311.org</a>	Free meal delivery for low income and elderly	
<a href="https://www.iheart.com/content/2020-03-26-nursing-home-lets-you-adopt-a-lonely-grandparent-in-isolation/">https://www.iheart.com/content/2020-03-26-nursing-home-lets-you-adopt-a-lonely-grandparent-in-isolation/</a>	I heart Radio--Adopt a lonely grandparent in isolation, Follow the link for information	
<a href="https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/guidance-retirement-response.html">https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/guidance-retirement-response.html</a>	Preventing the Spread of COVID-19 in Retirement Communities and Independent Living Facilities	
<a href="https://www.naahq.org/coronavirus-guidance">https://www.naahq.org/coronavirus-guidance</a>	Coronavirus Guidance for Property Management	
<a href="https://www.kalb.com/content/news/Walmart-reserves-daily-pickup-hour-for-those-most-at-risk-569625211.html">https://www.kalb.com/content/news/Walmart-reserves-daily-pickup-hour-for-those-most-at-risk-569625211.html</a>	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.	
<a href="https://cvshealth.com/newsroom/press-releases/cvs-health-announces-additional-covid-19-resources-focused-patient-access">https://cvshealth.com/newsroom/press-releases/cvs-health-announces-additional-covid-19-resources-focused-patient-access</a>	<u>Beginning immediately, CVS Pharmacy will waive charges for home delivery of prescription medications. With the Centers for Disease Control and Prevention encouraging people at higher risk for COVID-19 complications to stay at home as much as possible, this is a convenient option to avoid coming to the pharmacy for refills or new prescriptions.</u>	
<a href="https://news.walgreens.com/covid-19/covid-19-faq.htm">https://news.walgreens.com/covid-19/covid-19-faq.htm</a>	Starting Tuesday, March 24 and every Tuesday for the near future, Walgreens stores will open at 8 a.m., with the full hour from 8 a.m. until 9 a.m. dedicated to senior citizens. This hour is also available to their caregivers and immediate families may also visit the store during this time.	
<a href="https://www.facebook.com/cenla.aging.50/posts/867534293762356">https://www.facebook.com/cenla.aging.50/posts/867534293762356</a>	Please be aware of the scams that are going around	

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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)
<a href="https://www.crocs.com/">https://www.crocs.com/</a>	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	<a href="https://www.slideshare.net/milfamln/women-in-the-military-special-contributions-and-unique-challenges">https://www.slideshare.net/milfamln/women-in-the-military-special-contributions-and-unique-challenges</a>
U.S. Zip Codes	<a href="https://www.unitedstateszipcodes.org/la/">https://www.unitedstateszipcodes.org/la/</a>
COVID-19 Impacts on the Gas & Oil Industry	<a href="https://www.eventbrite.com/e/covid-19-impacts-on-the-oil-gas-industry-tickets-101806215130">https://www.eventbrite.com/e/covid-19-impacts-on-the-oil-gas-industry-tickets-101806215130</a>
<a href="https://abcnews.go.com/Business/auto-insurance-companies-returning-800m-premiums-covid-19/story?id=70018868">https://abcnews.go.com/Business/auto-insurance-companies-returning-800m-premiums-covid-19/story?id=70018868</a>	Auto insurance companies returning \$800M in premiums during COVID-19 (Allstate and American Family Insurance)
<a href="https://www.usatoday.com/story/money/cars/2020/04/07/allstate-american-family-insurance-coronavirus-covid-19-premiums/2959870001/">https://www.usatoday.com/story/money/cars/2020/04/07/allstate-american-family-insurance-coronavirus-covid-19-premiums/2959870001/</a>	Auto insurers including Allstate, Geico to give back millions as coronavirus keeps drivers off roads
<a href="https://www.shelterinsurance.com/aboutshelter/companynews/2020/shelterinsuranceresponsetothecoronavirus.html">https://www.shelterinsurance.com/aboutshelter/companynews/2020/shelterinsuranceresponsetothecoronavirus.html</a>	Shelter Insurance® provides assistance to personal auto insurance customers.
<a href="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">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</a>	Some auto insurers are giving refunds because of the coronavirus outbreak — here's how you can get a break too
<a href="https://www.kalb.com/content/news/a-Farm-Bureau-issuing-premium-credit-donating-to-local-food-banks-569671841.html">https://www.kalb.com/content/news/a-Farm-Bureau-issuing-premium-credit-donating-to-local-food-banks-569671841.html</a>	La. Farm Bureau issuing premium credit, donating to local food banks
<a href="https://corporate.walmart.com/newsroom/2020/04/03/changes-to-our-shopping-process-to-encourage-social-distancing">https://corporate.walmart.com/newsroom/2020/04/03/changes-to-our-shopping-process-to-encourage-social-distancing</a>	Changes to Our Shopping Process to Encourage Social Distancing
<a href="https://www.subway.com/en-US/SubCulture/coronavirus-and-your-safety">https://www.subway.com/en-US/SubCulture/coronavirus-and-your-safety</a>	Responding to Coronavirus Serving in Times of Need
<a href="https://www.thebalance.com/coronavirus-credit-card-debt-relief-4801003">https://www.thebalance.com/coronavirus-credit-card-debt-relief-4801003</a>	How Credit Card Companies Are Helping During the COVID-19 Outbreak
<a href="https://www.nrn.com/people/how-restaurants-are-stepping-help-their-communities-during-coronavirus-pandemic-providing">https://www.nrn.com/people/how-restaurants-are-stepping-help-their-communities-during-coronavirus-pandemic-providing</a>	How restaurants are stepping up to help their communities during the coronavirus pandemic, from providing toilet paper to meal kits
<a href="https://nypost.com/2020/04/21/second-coronavirus-wave-could-be-deadlier-cdc-chief-warns/">https://nypost.com/2020/04/21/second-coronavirus-wave-could-be-deadlier-cdc-chief-warns/</a>	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.

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

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<https://www.youtube.com/planetfitness>

Free Online Classes

<https://www.myfitnesspal.com/>

Free activity tracker, recipes, workout ideas

[www.bethelyogi.com](http://www.bethelyogi.com)

On Zoom: @leelayogalifestyle Virtual Yoga

[https://help.fitbit.com/articles/en\\_US/Help\\_article/2437#free](https://help.fitbit.com/articles/en_US/Help_article/2437#free)

Fitbit is offering 40 pieces of Fitbit Premium content free in the Fitbit app. Anyone new to Fitbit Premium can also get a 90-day free trial of this paid subscription. Tap the the Premium tab to activate your free trial. Fitbit Premium includes personalized health insights, health guidance, advanced sleep tools, customized programs, and 150+ workouts from fitness brands.

<https://go.gethealthyutv.com/a18707/>

Get Healthy U TV offering year long membership for \$3.00









































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<a href="http://www.ldh.la.gov">www.ldh.la.gov</a>	Information on this page is updated daily at 0930 and 1730
<a href="#">Dial 211, Text LACOVID to 898-211, http://LA211Help.org</a>	For questions or the most current information
<a href="https://www.cdc.gov/coronavirus/2019-ncov/index.html">https://www.cdc.gov/coronavirus/2019-ncov/index.html</a>	Info and Resources on Coronavirus (COVID-19) & more
<a href="http://ldh.la.gov/index.cfm/page/3878">http://ldh.la.gov/index.cfm/page/3878</a>	Coronavirus COVID-19 Guidance and Resources
<a href="https://www.cdc.gov/coronavirus/2019-ncov/travelers/communication-resources.html">https://www.cdc.gov/coronavirus/2019-ncov/travelers/communication-resources.html</a>	Communication Resources for Travelers
<a href="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">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</a>	Pregnancy & Breastfeeding Information about Coronavirus Disease
<a href="http://ldh.la.gov/index.cfm/page/3872">http://ldh.la.gov/index.cfm/page/3872</a>	Coronavirus (COVID-19) Medicaid Information

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<a href="https://www.opportunitylouisiana.com/covid-19-assistance">https://www.opportunitylouisiana.com/covid-19-assistance</a>	Resources for Impacted Businesses, Multiple Links for Assistance
<a href="https://www.sba.gov/coronavirus">https://www.sba.gov/coronavirus</a>	The Small Business Administration has approved that ALL 64 Louisiana parishes are eligible for COVID-19 business aid. Louisiana businesses may apply as follows: <a href="https://disasterloan.sba.gov/ela/">https://disasterloan.sba.gov/ela/</a> Call Toll Free 1-800-659-2955 disastercustomerservice@sba.gov e-mail:
<a href="https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/paycheck-protection-program-ppp">https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/paycheck-protection-program-ppp</a>	Paycheck Protection Program--An SBA loan that helps businesses keep their workforce employed during the Coronavirus (COVID-19) crisis.
<a href="http://www.abcpelican.org/covid19-resources.html">http://www.abcpelican.org/covid19-resources.html</a>	COVID-19 Employer and Employee Resources
<a href="https://www.probeauty.org/pba-charities/covid-19-relief-fund/landing-covid-19-relief-fund">https://www.probeauty.org/pba-charities/covid-19-relief-fund/landing-covid-19-relief-fund</a>	Licensed Beauty Professionals are eligible to receive \$500 due to COVID-19 crisis. ***MUST BE LICENSED IN THE STATE OF LOUISIANA***
<a href="https://opensafely.la.gov/">https://opensafely.la.gov/</a>	This site allows you to register your business and your registration allows you to receive updated communication, notifications, and helpful guidance via email from the State Fire Marshal's Office specific to your business type.



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<b>Bayou Region</b>	Ochsner Urgent Care-Houma 5922 West Main Street, Suite A, Houma
<b>Northshore</b>	Ochsner Urgent Care-Mandeville 2735 Highway 190, Suite D, Mandeville
<b>New Orleans</b>	Ochsner Urgent Care-Mid-City at Canal 4100 Canal Street, New Orleans
<b>Alexandria</b>	Parking Lot of the Rapides Parish Coliseum**must present with a fever above 100.4 degrees to be tested <b>Times Vary Weekly</b>
<b>Lake Charles</b>	Burton Coliseum
<b>Lafayette</b>	Cajun Dome
<b>Lafayette</b>	Blackham Coliseum
<b>Boutte</b>	Hahnville High School 0800-1200 or until 250 tests have been administered
<b>Abbeville</b>	Abbeville General Coliseum
<b>Gramercy</b>	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
<b>Erath</b>	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.	All clients are asked to please call ahead before visit	<a href="http://www.wjmc.org/coronavirus/">http://www.wjmc.org/coronavirus/</a>
	Crescent Care	1631 Elysian Fields Ave, New Orleans	8:30am-5pm, M-F		<a href="http://www.crescentcarehealth.org/">http://www.crescentcarehealth.org/</a>
	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	<a href="http://www.noehospital.org/test/covid-19/">http://www.noehospital.org/test/covid-19/</a>
	Baton Rouge General - Mid City Campus	3600 Florida Blvd, Baton Rouge	12:30pm-2pm, Monday, Wednesday, Friday	Requires physician order. Physician order fax #: 225-	<a href="http://www.brgeneral.org/coronavirus-information/">http://www.brgeneral.org/coronavirus-information/</a>
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	
	Calumetone	444 Calumetone 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 sites: 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 #: 337-676-4705. 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: 318-935-9626 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	<a href="http://www.northoaks.org/covid-19/">http://www.northoaks.org/covid-19/</a>
	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		

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<b>New Orleans</b>	Louis Armstrong Park University of New Orleans Arena
<b>Jefferson Parish</b>	Alario Center, Westwego
<b>East Baton Rouge Parish</b>	Mid-City, 3600 Florida Boulevard Downtown Baton Rouge, ER @ Peachtree & North Boulevard
<b>JRTC &amp; Fort Polk</b>	Open to all Bayne-Jones Army Community Hospital beneficiaries. To be screened, you must have a valid ID card if over the age of 10. Located off Texas Acenue, follow the directional signs.
<b>Caddo Parish</b>	1125 Shreveport-Barksdale Highway--Anyone with COVID-19 symptoms--No out-of-pocket costs--9:00 am to 4:00 pm daily
<b>Frank O. Hunter Park, 2299 Willow Glen Road, Alexandria, LA 71302</b>	Drive-up nasal swab testing for COVID-19, People with any COVID-19 symptoms: fever, cough, sore throat, muscles aches or loss of smell, or even diarrhea or close contact with positive cases. <b>Friday, May 8, 2020 from 9 am to 12 noon.</b> Test more people in the African-American community since it is a group with more infections and deaths. Please bring a photo ID and insurance card if you have one. Drive-ups preferred (to minimize contact) but walk-ups will be served. Results will be phoned to those tested as soon as they are available and the result will be mailed so you can communicate it to your family, physician and workplace.

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Florida	<a href="https://www.visitflorida.com/en-us/current-travel-safety-information.htm">https://www.visitflorida.com/en-us/current-travel-safety-information.htm</a>	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
Military Personnel	<a href="https://www.militaryonesource.mil/moving-housing/moving/planning-your-move/what-do-travel-restrictions-mean-for-military-families?fbclid=IwAR0J2FucEXABkpPoGuLSWKxk3UUeUbH1Mnsm09QTpd5YUpkq_nwMK4_jejY">https://www.militaryonesource.mil/moving-housing/moving/planning-your-move/what-do-travel-restrictions-mean-for-military-families?fbclid=IwAR0J2FucEXABkpPoGuLSWKxk3UUeUbH1Mnsm09QTpd5YUpkq_nwMK4_jejY</a>	What Do Travel Restrictions Mean for Military Families?
Texas	<a href="https://www.kalb.com/content/news/REPORT-Travel-restrictions-between-Texas-Louisiana-will-be-lifted--570002731.html">https://www.kalb.com/content/news/REPORT-Travel-restrictions-between-Texas-Louisiana-will-be-lifted--570002731.html</a>	Travel restrictions between Texas-Louisiana will be lifted
President Trump	<a href="https://www.kalb.com/content/news/Trump-says-he-wont-extend-social-distancing-guidelines-570050721.html">https://www.kalb.com/content/news/Trump-says-he-wont-extend-social-distancing-guidelines-570050721.html</a>	Trump says he won't extend social distancing guidelines

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Families First Coronavirus Response Act: Questions and Answers

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

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

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

Understanding new paid leave rules in the Coronavirus Response Act

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

USDA Increases Monthly SNAP Benefits by 40%



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<a href="http://opportunitylouisiana.com/covid-19-assistance">opportunitylouisiana.com/covid-19-assistance</a>	Economic Development (Assistance for Businesses)	
<a href="http://dcfs.louisiana.gov/page/coronavirus">dcfs.louisiana.gov/page/coronavirus</a>	Children and Family Services	888-524-3578 Text GETSNAP (no spaces) to 898211
<a href="http://louisianabelieves.com/resources/covid-19">louisianabelieves.com/resources/covid-19</a>	Louisiana Department of Education	
<a href="http://revenue.louisiana.gov/NewsAndPublications/COVID19">revenue.louisiana.gov/NewsAndPublications/COVID19</a>	Louisiana Department of Revenue	
<a href="http://ldi.louisiana.gov/consumers/insurance-type/healthinsurance/covid-19/">ldi.louisiana.gov/consumers/insurance-type/healthinsurance/covid-19/</a>	Louisiana Department of Insurance	
<a href="http://expresslane.org">expresslane.org</a>	Louisiana Office of Motor Vehicles	
<a href="http://gov.louisiana.gov/index.cfm/page/89">gov.louisiana.gov/index.cfm/page/89</a>	Governors Office	
<b>You can call 211 for ANY questions about the Coronavirus</b>		
<a href="http://ldh.la.gov/index.cfm/page/3878">http://ldh.la.gov/index.cfm/page/3878</a>	Coronavirus COVID-19 Guidance & Resources	<b>***Updated Daily***</b>
<a href="https://coronavirus.la.gov/">https://coronavirus.la.gov/</a>	State of Louisiana Coronavirus Updates	<b>**Newly Created**</b>
<a href="https://docs.google.com/document/d/e/2PACX-1vTNTnlqQ-V3jkkAYBBg1JQraB6STIGtimrQXjvX_mg0zwwPJABlfclCgcLdMvW_9X3OvLIGOWuqQogfW/pub">https://docs.google.com/document/d/e/2PACX-1vTNTnlqQ-V3jkkAYBBg1JQraB6STIGtimrQXjvX_mg0zwwPJABlfclCgcLdMvW_9X3OvLIGOWuqQogfW/pub</a>	COVID-19 FAQs for Louisiana	<b>***Updated Daily***</b>
<a href="https://fhfofgno.org/covid-19-resources">https://fhfofgno.org/covid-19-resources</a>	Families Helping Families-COVID-19 Resources	
<a href="https://www.facebook.com/108679513654/videos/649980228881960/UzpfSTEwMDAwMTlwMzcxMjI3MjozMDcxNTMwMDM5NTYzNzU2/?d=n">https://www.facebook.com/108679513654/videos/649980228881960/UzpfSTEwMDAwMTlwMzcxMjI3MjozMDcxNTMwMDM5NTYzNzU2/?d=n</a>	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.	
<a href="https://www.wdsu.com/article/louisiana-focusing-on-most-vulnerable-as-plans-begin-to-reopen-from-covid-19/32228157">https://www.wdsu.com/article/louisiana-focusing-on-most-vulnerable-as-plans-begin-to-reopen-from-covid-19/32228157</a>	Louisiana focusing on most vulnerable as plans begin to reopen from COVID-19	
<a href="https://www.wlvt.com/article/news/health/coronavirus/louisiana-coronavirus-updates-cases-remain-steady-as-leaders-begin-easing-restrictions/289-03341e33-3635-4ade-b29c-afe06b089b8c">https://www.wlvt.com/article/news/health/coronavirus/louisiana-coronavirus-updates-cases-remain-steady-as-leaders-begin-easing-restrictions/289-03341e33-3635-4ade-b29c-afe06b089b8c</a>	Louisiana Coronavirus Updates: Cases remain steady as leaders begin easing restrictions	
<a href="https://www.brla.gov/AlertCenter.aspx?utm_campaign=55648d1d-5a41-46da-891e-1881aaa5581d&amp;utm_medium=community&amp;utm_source=">https://www.brla.gov/AlertCenter.aspx?utm_campaign=55648d1d-5a41-46da-891e-1881aaa5581d&amp;utm_medium=community&amp;utm_source=</a>	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
<a href="https://www.heart.org/">https://www.heart.org/</a>	American Heart Association page. Links to how to help, virtual workouts, and constant updates.	

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<a href="https://www.cbsnews.com/news/stimulus-checks-social-security-recipients-will-automatically-get-checks-treasury-reversal/">https://www.cbsnews.com/news/stimulus-checks-social-security-recipients-will-automatically-get-checks-treasury-reversal/</a>	<p>Social Security recipients will automatically get stimulus checks, Treasury says in reversal</p>
<a href="https://www.aarp.org/politics-society/advocacy/info-2020/coronavirus-stimulus-checks.htm">https://www.aarp.org/politics-society/advocacy/info-2020/coronavirus-stimulus-checks.htm</a>	<p>Stimulus Checks: Who Is Eligible and How Much Will They Be?</p>
<a href="https://www.nytimes.com/article/coronavirus-stimulus-package-questions-answers.html">https://www.nytimes.com/article/coronavirus-stimulus-package-questions-answers.html</a>	<p>F.A.Q. on Stimulus Checks, Unemployment and the Coronavirus Plan</p>
<a href="https://www.cnn.com/2020/04/01/politics/stimulus-money-distribution-individuals/index.html">https://www.cnn.com/2020/04/01/politics/stimulus-money-distribution-individuals/index.html</a>	<p>When will you get your stimulus cash, and how?</p>
<a href="https://www.irs.gov/coronavirus/economic-impact-payments">https://www.irs.gov/coronavirus/economic-impact-payments</a>	<p>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.</p>
<a href="https://www.nbcnews.com/politics/politics-news/coronavirus-stimulus-checks-irs-launches-online-form-get-money-faster-n1184436">https://www.nbcnews.com/politics/politics-news/coronavirus-stimulus-checks-irs-launches-online-form-get-money-faster-n1184436</a>	<p>Coronavirus stimulus checks: IRS launches online form to get money faster</p>
<a href="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">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</a>	<p>IRS issues a special alert for VA, SSI recipients who don't file a tax return and have dependents</p>
<a href="https://www.forbes.com/sites/ryanguina/2020/04/21/second-stimulus-payment-proposals/">https://www.forbes.com/sites/ryanguina/2020/04/21/second-stimulus-payment-proposals/</a>	<p>Stimulus Payment Round 2: A Rundown Of The 3 Current Stimulus Proposals</p>

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[Stateocdonations@la.gov](mailto:Stateocdonations@la.gov)

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

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<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

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<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2467">https://gov.louisiana.gov/index.cfm/newsroom/detail/2467</a>	Gov. Edwards Creates Resilient Louisiana Commission: Panel to focus on economic growth, resiliency in response to COVID-19 pandemic
<a href="https://www.opportunitylouisiana.com/resilientlouisiana">https://www.opportunitylouisiana.com/resilientlouisiana</a>	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.

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<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2457">https://gov.louisiana.gov/index.cfm/newsroom/detail/2457</a>	Gov. Edwards Announces Creation of COVID-19 Health Equity Task Force
<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2469">https://gov.louisiana.gov/index.cfm/newsroom/detail/2469</a>	Gov. Edwards Announces Co-Chairs, Members of COVID-19 Health Equity Task Force and Subcommittees
<a href="https://gov.louisiana.gov/index.cfm/newsroom/detail/2473">https://gov.louisiana.gov/index.cfm/newsroom/detail/2473</a>	Gov. Edwards Announces Funding to the Health Equity Task Force to Examine Causes and Solutions to COVID-19 Racial Disparities

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