For updates: WaimanaloHealth.org/COVID-19

# **COVID-19 RESOURCE LIST**

CDC Website: <a href="https://www.cdc.gov/coronavirus/2019-ncov/index.html">https://www.cdc.gov/coronavirus/2019-ncov/index.html</a>
DOH Website: <a href="https://health.hawaii.gov/coronavirusdisease2019/">https://health.hawaii.gov/coronavirusdisease2019/</a>

COVID-19 Testing Location in Hawai'i: https://www.ahec.hawaii.edu/covid-2/

Stores Reopening <a href="https://www.hawaiinewsnow.com">https://www.hawaiinewsnow.com</a>

## **FINANCIAL ASSISTANCE**

- 1. **Unemployment Insurance** The CARES Act includes increased and expanded unemployment insurance (UI).
  - Self-employed individuals, independent contractors, those who quit their job as a result of the virus, and those whose employer is forced to close due the virus are all eligible for UI.
  - The federal government will provide an additional \$600 per week on top of the normal benefit provided by your state. This increase of eligibility and benefits will last four months from time of enactment of the law.
  - Online hours: Monday through Friday 6:30am 11:00pm, Weekends 9:00am 11:00pm
  - Filling out UI Application/setting up account: https://youtu.be/JTFh39jI7ZQ
  - FAQs: http://labor.hawaii.gov/ui/faq/
  - Benefits estimator: https://huiclaims2.hawaii.gov/UI ClaimWEB/pages/calculator/calculator.jsf
  - Contact: <a href="http://labor.hawaii.gov/ui/contact/">http://labor.hawaii.gov/ui/contact/</a>
  - Password reset: 808-762-5751
  - Phone appointments: 808-762-5752 Hours: 7:45am 4:30pm
  - Fact Sheet <a href="https://labor.hawaii.gov/ui/files/2020/03/COVID-19-Labor-Benefits-Fact-Sheet\_20200319.pdf">https://labor.hawaii.gov/ui/files/2020/03/COVID-19-Labor-Benefits-Fact-Sheet\_20200319.pdf</a>

F.A.Q. on Stimulus Checks, Unemployment and the Coronavirus Plan <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>

- 2. **Tax relief** The IRS has established a special section focused on steps to help taxpayers, businesses, and others affected by the coronavirus. This page will be updated as new information is available. Filing and Payment Deadline Extended to July 15, 2020
  - https://www.irs.gov/coronavirus

## 3. Utility Updates

- Hawaiian Electric (HECO) will continue to suspend water shut-off due to nonpayment through July 31, 2020. Customers who are having trouble paying their electric bills because of the coronavirus emergency are encouraged to call HECO about payment options and schedules.
- Board of Water Supply: <a href="https://www.boardofwatersupply.com/coronavirus">https://www.boardofwatersupply.com/coronavirus</a>
- Anyone experiencing financial hardship due to layoffs should call BWS at 808-748-5070.
- 4. Spectrum 60-day free internet service (for new customers only)
  - For new customers. Families with children in school/college who currently do not have internet service Spectrum is offering a free internet promotional service for 60 days. To access this service, encourage families to obtain instructions for discontinuing the service to avoid being financially responsible after the 60-day period.
  - https://mobile.spectrum.com/support/article/360040980371/coronavirus-covid19-update

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- Internet access has become a critical resource for getting information on the outbreak, as well as
  for people working from home and students doing online learning. Spectrum has said, beginning
  Monday, March 16, 2020, through Tuesday, June 30, 2020, it will not terminate service, and will
  not charge late fees for at least 60 days from that date, to assist customers who are struggling
  financially.
- 5. **Hawai'i Gas** The Company announced that it would not be interrupting gas service through at least June 30, 2020, to provide relief to customers who are unable to pay their gas bill. Customers are asked to call the utility to discuss payment options. Hawaii Gas has also suspended all late fee charges on customer accounts effective on May 4, 2020
- 6. Bank of Hawai'i is offering two assistance programs for customers facing financial hardship because of COVID-19. The forbearance program offers loan forbearance on residential mortgages, home equity loans and home equity lines of credit for up to six months; while the extension program offers an extension of up to three months on installment loans such as personal loans and auto loans. Visit our COVID-19 financial assistance page to learn more about the programs. If you have a loan or mortgage with another financial institution, reach out to learn more about what kind of assistance they may be offering.
- 7. Geico Insurance: Geico will be pausing cancellation of coverage due to non-payment to support those experiencing the economic strains of the Coronavirus through May 31, 2020. This automatic extension requires no action. GEICO is providing a 15% credit to our GEICO Auto, Motorcycle, and RV policyholders as your policy comes up for renewal. The credit will be applied to on 6-month and 12-month polices until October 7, 2020. The credit is part of our ongoing efforts to assist policyholders during this unprecedented time.
  - https://www.geico.com/about/coronavirus/
- 8. **Allstate** Insurance: Customers facing financial challenges can now request a special payment plan that allows auto and property insurance premium payment to be delayed for 60-days without penalty. Allstate has a Shelter-in-place payback program that place orders that will help with personal auto insurance customers will receive 15 % back, based on their monthly premiums in April and May. Allstate will automatically cover customers who use their personal vehicles to deliver food, medicine and other goods for a commercial purpose during the COVID-19 emergency period. Standard personal auto policies typically exclude such coverage.
  - https://www.allstate.com/covid.aspx

### 9. Relief Student Loans

- <a href="https://studentaid.gov/announcements-events/coronavirus">https://studentaid.gov/announcements-events/coronavirus</a>
- <a href="https://www.ed.gov/news/press-releases/delivering-president-trumps-promise-secretary-devos-suspends-federal-student-loan-payments-waives-interest-during-national-emergency">https://www.ed.gov/news/press-releases/delivering-president-trumps-promise-secretary-devos-suspends-federal-student-loan-payments-waives-interest-during-national-emergency</a>
- Article: Student Loan Interest Is Waived Due to Coronavirus—Here's What That Really Means

## 10. Academic Labor United – UH Community Hardship Fund

- For UH students who need assistance in this time of COVID-19 uncertainty, or for anyone who might be able to offer them aid. This portal shares information about where donations can be directed and provides a way for UH students to seek help.
- https://academiclaborunited.org/hardship
- 11. **Lili'uokalani Trust** The LT Kōkua Line officially launched 4/9/2020. The purpose of the LT Kōkua Line is to provide one-time emergency stabilization financial assistance for those who qualify.
  - Eligible families must have a Hawaiian kamali'i (child ages birth to 17 years old) residing in the household of the requestor and they must have legal authority to request this assistance.
  - There must be a direct financial impact resulting from COVID-19 (e.g., job loss, reduced hours, and quarantine). Requestors are asked to provide documentation, if possible.

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- The requestor and kamali'i are not currently enrolled in Lili'uokalani Trust services (e.g., case management, youth development programs).
- The Kokua Line number is 808-466-8102. Hours of operation are Tuesday-Friday between 9:00am-12:00pm, and 1:00pm-3:00pm (excluding State/Federal Holidays). If inquiring after business hours, email <a href="mailto:covidhelp@onipaa.org">covidhelp@onipaa.org</a>
- Information can be found on the LT webpage and Instagram account @liliuokalanitrust
  - Additionally, Trust and St.George Church in Waimānalo is collaborating for distribution of meals on Friday, June 5th and 19th Pick-up time: 10:00am at Waimānalo Hawaiian Homes Association Hālau, 41-253 llauhole Street

#### **FOOD RESOURCES**

1. **SNAP** (food stamps)

Key changes during this time include the following:

- Applications must be printed out from online and processed by mail, drop box, email.
- Individuals can call the DHS processing center nearest them to apply by phone.
- EBT or Kōkua cards are sent via mail to the address on the application and are not picked up at the DHS office.
- Work requirements have been temporarily suspended, so individuals will not be disqualified from benefits just because they are not working.
- All case reviews such as six-month review have been delayed for the time being.
- Click the following link to see the three ways to apply for benefits: <a href="https://aa7a09ed-ca41-4dab-8bb4-22de419cb4b2.filesusr.com/ugd/0890d4">https://aa7a09ed-ca41-4dab-8bb4-22de419cb4b2.filesusr.com/ugd/0890d4</a> 0fda314de8e34f058a7511388fd96e67.pdf
- Important notice for those seeking help visit: <a href="http://humanservices.hawaii.gov/bessd/1961-2/">http://humanservices.hawaii.gov/bessd/1961-2/</a>
- 2. **Salvation Army** will be providing groceries for the Pacific Voices families.
  - If someone wants to inquire about this, the contact person at Salvation Army is Annbel Stone email address is anna.stone@usw.salvationarmy.org or call 808-988-2136 for more information.
  - The Salvation Army Hawaiian & Pacific Islands Division is providing emergency food boxes, meals-to-go, and emotional and spiritual support at a variety of locations including:
    - CITY & COUNTY OF HONOLULU/OAHU
      - Kāne'ohe Corps. 45-175 Waikalua Road. Kaneohe, HI 96744
        - Drive-through Food Pantry with pre-packed boxes of food on Tuesdays from 9:00am—12:00pm.
        - Delivery of food boxes on Thursdays to at risk/self-quarantined/those without transportation.
      - Kauluwela Mission Corps. 296 N. Vineyard Blvd. Honolulu, HI 96817
        - Food Pantry distribution of pre-packed food bags on Mondays, Wednesdays, and Fridays from 12:30pm–2:30pm.
        - Community food distribution/outreach on Mondays.
        - Revolution Hawaii provides meals to go on Sundays from 7:00pm-8:30pm.
      - Kroc Center Hawai'i. 91-3257 Kualakai Pkwy. Ewa Beach, HI 96706
        - Food bag distribution to West Oahu ongoing.
        - Providing 3,000 meals-to-go per week for West Oahu via a hui of 17 local churches and Rep. Andria Tupola's office.
        - Providing meals for seniors in Wahiawa on Tuesdays and Fridays.
  - If someone wants to donate to COVID Relief or get involved in partnership with Pacific Voices:

    <u>Doing The Most Good, Salvation Army Hawaiian & Pacific Islands</u>
- 3. **Hawai'i Food Bank** Contact Jared of Foodbank so you will be added in the authorized shoppers as well as to get the form to fill out before shopping.

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- · June updates:
  - Thursday, June 4th Pick-up time: 1:00pm @ the Waimānalo Gym, 41-415 HIhimanu Street (\*Event possible through Hawaii Foodbank and Blanche McMillan)
- Contact information Jared Kawatani, Community Program Coordinator, jared@hawaiifoodbank.org 808-954-7868
- 4. **Aging and Disability Resource Center (ADRC)** The <u>ADRC Food Resources Guide</u> (COVID-19 Supplement) is divided by county. Email: <u>mailto:eoa@doh.hawaii.gov</u> or call <u>808-643-2372</u>

# 5. DOE "grab and go" meals for keiki and 'ōpio: Meals for keiki and 'ōpio (18 and under)

- The Hawai'i State Department of Education will be implementing the Seamless Summer Option (SSO) program a few months earlier than scheduled, as approved by the United States Department of Agriculture (USDA) and Hawai'i Child Nutrition Programs (HCNP).
   www.hawaiipublicschools.org/DOE%20Forms/Emergencies/2020GrabandGo.pdf
- <a href="https://www.khon2.com/coronavirus/doe-adds-new-schools-to-list-of-grab-and-go-meal-locations/">https://www.khon2.com/coronavirus/doe-adds-new-schools-to-list-of-grab-and-go-meal-locations/</a>

#### 6. Hale Kealoha Ai Pono Meal Service

- Meal service for kūpuna and 'ohana. You can sign up for your 'ohana or sponsor meals for kūpuna. They are also looking for help delivering meals.
- To order, call 808-425-2516. Payment can be made through Venmo @Nanye-Hong. Kupuna delivery only & 'ohana meal pick up available on certain days.

#### 7. Aloha Harvest

- Aloha Harvest will rescue unused food from canceled events and deliver it to nonprofits feeding the hungry. Call 808-537-6945 or email info@alohaharvest.org, <a href="https://alohaharvest.org/">https://alohaharvest.org/</a>
- Bring on 86 new food donors so far this year. Each new partner helps turn the tide against food waste. Aloha Harvest has rescued 317,439 lbs of excess food in YTD 2020 which was just released in their <u>April 2020 Report</u>.
- 8. **Kūpuna Shopping Hours -** <a href="https://www.hawaiinewsnow.com/2020/03/18/foodland-sets-up-special-shopping-hours-seniors-amid-covid-pandemic/">https://www.hawaiinewsnow.com/2020/03/18/foodland-sets-up-special-shopping-hours-seniors-amid-covid-pandemic/</a>

### 9. Hawai'i Foodbank

1. The Hawai'i Foodbank Food Assistance program distributes food through their non-profit partner agencies. See listing for locations and hours of operation. <a href="mailto:Emergency Food Assistance">Emergency Food Assistance</a>

### 10. Commodity Supplemental Food Program (CSFP) - Senior Food Box Program

• <a href="http://www.hawaiifoodbank.org/csfp">http://www.hawaiifoodbank.org/csfp</a>

#### 11. Hawai'i Meals on Wheels

- 2. If you are under 60, but have difficulty getting around or preparing meals, you may be eligible for services. Call them directly at 808-988-6747 for more information.
- 3. Hawai'i Meals on Wheels are also in need of volunteers to deliver meals to our Kūpuna. Contact Brad Akamu, Volunteer Coordinator, by email at brad@hmow.org or call 808-784-2756.
- 4. Application for becoming a volunteer can be found at <a href="https://hmow.org/volunteer/">https://hmow.org/volunteer/</a>

#### 12. Mom's Meals - Ready to heat meal delivery service for those that qualify

https://www.momsmeals.com/

#### 13. Farm to Car – A drive thru Farmer's Market - https://hfbf.org/farm-to-car/

- **UPDATES:** The Farm to Car online marketplace for the Neal Blaisdell Center pickup location is CLOSED until further notice. The Farm to Car Windward location remains OPEN (pickup every Thursday, 12pm 2pm).
- Step 1: Create a customer account.
- Step 2: Order through our simple <u>online marketplace</u> by Thursdays at 2pm (Windward Mall pickup available only)

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- Step 3: Have your receipt with Order # ready at pick up location (e-receipt or paper receipt).
- **Step 4:** Pick up through our curbside service and drive away with locally grown, freshly harvested produce and locally made value added products with the satisfaction of supporting our hardworking farmers
- Questions? Call 808-476-0539
- 14. Central Pacific Bank will pay for 50% of your meal https://www.keephawaiicooking.com/
  - Visit the #KeepHawaiiCooking website and find a place to eat from its list of participating restaurants. Order your favorite food and pick up your food as takeout, drive-thru, or have it delivered to your home.
  - Before eating, snap two photos for CPB:
    - One photo of your meal
    - o One photo of your receipt
  - When you are done eating, post the photo you took of your food to any one of your social media accounts on Facebook, Instagram or Twitter.
  - Follow the tag and hashtag instructions on the #KeepHawaiiCooking website.
    - Note: Photo posts only. Posts on Instagram Stories and Facebook stories will not be accepted.
  - Then send a Direct Message (DM) from your social media account to @keephawaiicooking if you
    are using Facebook or Instagram, or @keephicooking on Twitter, with a photo of your receipt and
    you will be reimbursed for all eligible entries.
  - It is that simple the CPB Foundation will reimburse you 50% of your food bill, up to \$100 per order, as a mahalo for helping them support the Hawai'i restaurant community during this time.
  - CPB will send your reimbursement to you via Venmo or PayPal if you do not have an account with either of these money-transfer programs, you will need to create one.
  - The #KeepHawaiiCooking program is available for everyone not just Central Pacific Bank customers
  - Every week we'll pick 10 frontline heroes and deliver 30 Mahalo Meals to the team they work with to show our appreciation for keeping Hawaii safe and healthy! Nominate a Frontline Hero:
    - 1. Go to @keephawaiicooking on Instagram
    - o 2. Find the Mahalo Meals post for the current week
    - 3. Nominate a hospital worker or first responder (police, fire, ambulance) you know by posting a comment that includes:
      - Nominee's Instagram handle
      - Why they are a hero to you
      - Nominate more than one hero by tagging each in a separate comment.
    - 4. If your nominee is selected, you will receive a \$50 restaurant gift card prize and will be contacted directly by the #KeepHawaiiCooking team for details.
    - 5. The winning frontline hero will be contacted directly by the #KeepHawaiiCooking team with next steps to schedule delivery of their Mahalo Meals.
- 15. **Ke Kula Nui O Waimānalo**, in association with the <u>Waimānalo Learning Center</u>, <u>KUPU</u> and <u>Aloha Harvest</u>, will be distributing prepared lunches to assist those who may be severely impacted by the COVID-19 pandemic. It is unfortunate that people who are already faced with hunger are affected the most in emergency situations and times of uncertainty. We must ensure they continue to receive access to resources. <u>Please follow us on social media to find updated distribution sites.</u>
  - Food pick up for the month of June is available: Friday, June 5th, 12th, 19th, and 26th Pick-up time: 10:30am at the Waimānalo Beach Park, 41-741 Kalaniana ole Hwy
- 16. **Mālama Meals** has currently been shut down by the State Department of Health. Visit <u>Mālama Meals</u> for more information.

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## **HOUSING**

- City &County of Honolulu Rental Assistance Branch and Rehabilitation Loan Branch COVID-19 response
  - http://www.honolulu.gov/dcs/housing.html
- 2. Homeowners and tenants eligible for federal relief
  - <a href="https://www.staradvertiser.com/2020/03/29/breaking-news/many-homeowners-tenants-suffering-from-covid-fallout-are-eligible-for-federal-relief/">https://www.staradvertiser.com/2020/03/29/breaking-news/many-homeowners-tenants-suffering-from-covid-fallout-are-eligible-for-federal-relief/</a>
- 3. Aloha United Way COVID-19 Rent & Utility Assistance Program (CRUA) Call 211 The purpose of the COVID-19 Rent & Utility Assistance program (CRUA) is to provide rent and utility payments for people whose income has been impacted by the pandemic. The assistance will be provided by direct payment made by the four United Ways in the Islands to landlords and/or utility companies.
  - CRUA Hubs:

o Catholic Charities: 808-521-4357

- Kalihi Palama Health Center: 808-848-1438
   Parents and Children Together: 808-847-3285
- Salvation Army: 808-732-2802
- Waianae Coast Comprehensive Health Center: 808-697-3300
- Waimānalo Health Center: 808-259-7948
- ALOHA UNITED WAY (Hawai'i State): For help finding food, shelter, financial assistance, and child care, parenting support, elderly care, disability services, job training and much more.
- As of Monday, May 11, 2020 Aloha United Way has stopped processing intake applications for the CRUA program, and asked the above agencies to start a 'wait list' until further notice.
- 4. **Hoʻāla Assistance Program** The purpose of the Hoʻāla Assistance Program is to provide one-time emergency financial assistance (up to \$1000 per household) to Hawaiʻi residents facing hardship due to the COVID-19 pandemic. HRF is made possible through a partnership between the Council for Native Hawaiian Advancement, Hawaiʻi Community Foundation, and Pierre & Pam Omidyar. The program aims to provide stability to families during this emergency situation.
  - What funds cover: mortgage payment, rent payment, utility services, and certified childcare services <a href="https://www.hawaiiancouncil.org/hoala">https://www.hawaiiancouncil.org/hoala</a>
  - Applications are OPEN for Honolulu County
- Hawaiian Community Assets: Renter Program HUD certified housing counseling agency. Call 866-400-1116 or 808-587-7886.
  - Emergency Loans and Grants: Loans up to \$5,000 for rent and deposits are provided through the Hawai'i Emergency Loan Program administered by Hawai'i Community Lending. Clients in need of emergency grants for rent assistance are referred to HCA provider partners throughout the state
  - Client Intake: Individuals and families complete the HCA client intake packet and submit the
    packet with copies of financial documents (i.e. pay stubs, bank statements, tax returns, etc.).
     Once received, HCA conducts a financial assessment to verify household income, savings, and
    debt
  - Financial/Renter Education Workshops: HCA's certified trainers conduct 4-hour financial/renter education workshops covering financial decision making, spending and saving, credit and credit reports, the rental process, renter and landlord expectations, and Hawai'i Tenant-Landlord code. HCA utilizes its own nationally-recognized Kahua Waiwai: Building a Foundation of Wealth© handbooks, which are provided to workshop attendees. Upon completion, workshop graduates receive a certificate that makes them eligible for County, State, and Federal public assistance programs, including Section 8 and Rent-to-Work.
  - Housing Counseling: HCA's certified counselors provide housing counseling to assist
    individuals and families financially qualify to rent homes or prevent evictions. During counseling
    sessions, individuals and families develop household budgets, review their credit reports, and
    create financial action plans to address barriers to obtaining or keeping their rental, including debt

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management and savings plans. Counseling clients are entitled to one free tri-merge credit report annually.

- Case Management: HCA counselors refer clients to various services and products during
  counseling sessions that can assist clients in achieving their financial action plans. Referrals
  include those to County, State, and Federal public assistance programs as well as products
  administered by HCA.
- **Financial Products:** Upon successfully completion of education and counseling, individuals may qualify for up to a 2:1 match on savings up to \$1,000 for a total of \$3,000 for rent/deposits or up to \$25,000 in loans to build credit, consolidate or payoff derogatory debt.

## **MEDICAL**

- 1. **Health Insurance- Med-QUEST (Hawaii Medicaid) –** Applying for Medicaid or need help finding health insurance, the State Department of Health is doing their part to help slow the spread of the Coronavirus.
  - Step 1: Apply for Medicaid benefits online: https://medical.mybenefits.hawaii.gov
  - Step 2: If you do not have access to a computer, apply by calling 808-524-3370 (Oahu) OR 1-800-316-8005 (Neighbor Islands)
  - Step 3: Please avoid coming to our offices. A drop box is available at our office to receive paper applications if you are unable to apply online or call.
  - If you do not qualify for Med-QUEST (Hawaii Medicaid), the state can assist you with applying to the Federal Health Insurance Marketplace 808-692-8151.

#### **HOMELESS**

#### 1. State of Hawai'i Homelessness Initiative

 COVID-19 Resources for Homeless Service Providers: <a href="https://homelessness.hawaii.gov/news/coronavirus-covid-19-resources-for-homeless-service-providers/">https://homelessness.hawaii.gov/news/coronavirus-covid-19-resources-for-homeless-service-providers/</a>

## 2. Guidance for Homeless Shelters

- HUD Shelter Management during COVID-19
- Preventing and Managing the spread of Infectious Disease within Shelters
- State of Hawai'i DOH Interim Guidance for Homeless Shelters
- CDC Interim Guidance for Homeless Shelters
- CDC Screening Policies for Homeless Shelters
- Non Congregate Approaches to sheltering COVID-19
- Guidance for Unsheltered Homeless & Encampments
- CDC Guidance for Unsheltered Homeless Populations
- Preventing and Managing the Spread of Infectious Disease within Encampments

# **TRANSPORTATION**

### 1. TheBus

• 6/1/2020 Adult Bus Passes and Fares must be valid to ride TheBus. Fees and cost for bus passes are provided on the TheBus City and County of Honolulu Website. For more information, please visit <a href="http://www.thebus.org/Fare/Adultfare.asp?">http://www.thebus.org/Fare/Adultfare.asp?</a>|=

## 2. Car Registration and Safety Check information

Department of Customer Services has stated that all Driver Licensing Centers are open for inoffice visits on an appointment-only basis. Satellite City Halls will be **CLOSED** to the public until

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further notice, effective March 25, 2020. The REAL ID deadline has been extended one year to Oct. 1, 2021. The city's Self-Service Motor Vehicle Registration Kiosks is making adjustments to its operations. <a href="http://www.honolulu.gov/cms-csd-menu/site-csd-sitearticles/26204-services-and-locations-listings.html#SCH">http://www.honolulu.gov/cms-csd-menu/site-csd-sitearticles/26204-services-and-locations-listings.html#SCH</a>

- Motor Vehicle Safety Check Registration:
  - All expired vehicle safety check inspections will be valid through May 31, 2020; an expired safety inspection will not hinder a vehicle registration renewal during this period. For inquires Call 808-768-4325
- Motor Vehicle Registration renewal options:
  - By Mail: Send to the City and County of Honolulu, Division of Motor Vehicles and Licensing, P.O. Box 30320, Honolulu, HI 96820-0320.
  - By 24/7 DMV NOW kiosks: Print your card and emblem in minutes at the new self-service kiosks at select Safeway and Foodland Stores. Click <u>HERE</u> for locations.
  - o Online: http://www12.honolulu.gov/mvrreg/default.asp

# **EMOTIONAL HEALTH & SELF-CARE**

- 1. **The Hawai'i Psychological Association** has released and updated their resource page that offers an important role in serving the public as this pandemic continues to unfold. HPA has compiled a list for assistance.
  - https://hawaiipsychology.org/COVID-19-Resources/
- 2. National Suicide Prevention Lifeline Call 1-800-273-8255
  - National Suicide Prevention Lifeline. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources. https://suicidepreventionlifeline.org/
- 3. Online Fitness
  - Physical Fitness -Free online fitness offerings that you can do at home: Open Space Yoga Access live yoga classes on the Open Space website. <a href="https://www.yogaopenspace.com/live-class">https://www.yogaopenspace.com/live-class</a>
  - Home workouts
    - o UFC Gym BJ Penn Waikele (Live Stream on Instagram @ufcgymwaikele)
    - Disney Zumba videos https://insidethemagic.net/2020/03/disney-zumba-lp1/
- 4. **Meditation: Calm** includes collections of meditations, Sleep Stories, mindfulness tools, nature scenes and music for focus, relaxation and sleep. <a href="https://www.calm.com/">https://www.calm.com/</a>
- 5. Centers for Disease Control: Mental Health and Coping
  - Information and resources for addressing mental health during this time of crisis. Topics include: Reducing stress in yourself and others, information for parents, information for responders, and information for people released from quarantine.
    - More information: <a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\_AA\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html">https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\_AA\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html</a>
- 6. PACT Domestic Violence Support & Shelter Access Line 24/7 (Hawai'i state): 808-526-2200
- 7. **CRISIS TEXTLINE** Anxious about Coronavirus? **Text HOME** to **741741** from anywhere in the United States, anytime, about any type of crisis, to connect with a Crisis Counselor.
- 8. Lili'uokalani Trust Kūkulu Kumuhana: Native Hawaijan Wellbeing during COVID-19 A Resource
  - Kūkulu Kumuhana is a wellbeing framework, developed by Kānaka Maoli and others for the lāhui and all who live in Hawai'i. It is a transformative model to be utilized by families and communities

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for holistic wellbeing. Please follow all recommendations for stay/work at home, physical distancing and sanitation.

#### **RESOURCES FOR PARENTS**

- 1. School closures
  - http://www.hawaiipublicschools.org/Pages/Home.aspx
- 2. Five tips to survive working from home with kids
  - <a href="https://www.cnbc.com/2020/03/16/how-to-work-from-home-with-your-kids-during-the-coronavirus-outbreak.html">https://www.cnbc.com/2020/03/16/how-to-work-from-home-with-your-kids-during-the-coronavirus-outbreak.html</a>
- Legal Aid COVID-19 Resources The Legal Aid Society of Hawai'i has created a COVID-19 webpage with resources in English, Chuukese, and
   Marshallese: <a href="https://www.legalaidhawaii.org/covid-19-legal-help--resources.html">https://www.legalaidhawaii.org/covid-19-legal-help--resources.html</a>. The webpage covers the following topics, and will be updated regularly. Please share with your clients and professional networks.
  - Health
  - Housing
  - Employment
  - Food
  - Family and Children (including school)
  - Financial Assistance
  - Immigration
  - Seniors
  - Courts
  - FAQs
- 4. Child Care Subsidies and Preschool Open Doors During this COVID-19 crisis, Hawai`i has temporarily changed its rules for childcare subsidies. Many more families are now eligible. Learn more about applying to Child Care Connection Hawai`i online at <a href="http://humanservices.hawaii.gov/bessd/ccch-subsidies/how-to-apply/">http://humanservices.hawaii.gov/bessd/ccch-subsidies/how-to-apply/</a> or call 808-566-2600
- 5. City & County of Honolulu COVID-19 Hardship Relief Program Up to \$500 Per Month: The Individual COVID-19 Hardship Relief Program provides up to 6 months of funding support of up to \$500 per month for qualified childcare expenses and up to \$1,000 for household expenses to alleviate economic hardships caused by the pandemic. Must meet asset and income limits at time of application
- 6. Keiki O Ka 'Aina's HELP for Child Care Program Up to \$300 per Month/Child for Up to 2 Months: For Native Hawaiian, American Indian, and Alaska Native children though The HELP for Child Care Program. Subsidies up to \$300 per child per month, for up to two months for children who meet the program criteria. To apply and for more information, contact Keiki O Ka 'Aina Family Learning Center at koka.org and click on HELP for Child Care Assistance. Or call 808-843-2502 or email help@koka.org
- 7. **Child Care for Essential Workers:** Many of our local families include people who are considered essential workers. Deemed an essential service, child care is a vital resource for families of essential workers. The Department of Human Services (DHS) contractor PATCH is working with child care providers to identify which licensed child care centers are still open and accepting families of essential workers. Providing information about care for children younger than kindergarten. Other providers (e.g. YMCA and Kroc Center) are providing care for school-aged children. PATCH Directory

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of Child Care for Essential Workers with Children, Kamaaina Kids Emergency Child Care. For further support and information about other community programs, services and resources available in your area contact PATCH Hawaii or go to <a href="mailto:their website">their website</a>. Phone: 808-839-1988 Email: <a href="mailto:patch@patch-hi.org">patch@patch-hi.org</a> Hours: 7:30a.m. — 4:30p.m.

- 8. Frequently Asked Questions (FAQ): <a href="https://humanservices.hawaii.gov/wp-content/uploads/2020/05/FAQ-for-Child-Care">https://humanservices.hawaii.gov/wp-content/uploads/2020/05/FAQ-for-Child-Care</a> COVID19-rev-5-1-20.pdf
- 9. Executive Office on Early Learning (EOEL): The Executive Office on Early Learning has curated a list of resources that families may find helpful during this extensive time at home with their children. As the state government agency in charge of coordinating early learning, we are providing materials that are appropriate for families with children from birth to kindergarten entry. However, there may be some resources that families with children any age may find helpful. List of resources can be found on their website.
- 10. YMCA YOUTH SUMMER DAY CAMP & TEEN PROGRAMS: Locations, Dates, Hours of Operation & Ages YMCA Summer Day Camp, June 1 July 31: Monday to Friday, 6:30 am 6 pm (No programs on June 11 and July 3.) Completed K through 6th Grade. You can find location here: <a href="https://www.ymcahonolulu.org/about/news/child-care-program">https://www.ymcahonolulu.org/about/news/child-care-program</a>.
  - If you are looking into Preschool/early learning programs in the YMCA you can find that under their youth programs.
- 11. **2020 Summer Fun Program:** The Honolulu Department of Parks and Recreation (DPR) is excited to announce a modified version of Summer Fun will be held this year. The program will be offered at no charge to Oʻahu families with Mayor Caldwell waiving the fees for the summer day camp. The Summer Fun Program will be offered on weekdays, 8:30 a.m. to 2 p.m. from Wednesday July 1 through Tuesday, July 28 (excluding the holiday on Friday, July 3). There will be no Summer Plus offered this year, which is normally held before or after the regular program.
  - Children must be six years old before Aug. 1, 2020 and not older than thirteen years old by July 28, 2020 to qualify.
  - Program will not require any fees or payment on the part of the participating families
  - For more information please visit 2020 Program Info to find out locations and Protocols
- 12. **Child & Family Service**: Child and Family Service has an employment program, for FREE to help low-income persons and legally permanent residents find jobs. For more information call, 808-681-1520 or you can visit <a href="https://www.childandfamilyservice.org/">https://www.childandfamilyservice.org/</a>

## **VOLUNTEER OPPORTUNITIES**

- Kanu Hawai'i COVID-19: Respond with Aloha They focus on connecting community
  organizations with individuals wishing to volunteer, along with additional resource listings. Their goal
  is to help minimize the spread of COVID-19 while supporting community efforts, if it is safe to do so.
  <a href="https://www.kanuhawaii.org/">https://www.kanuhawaii.org/</a>. Support local businesses and trade the skills you must get what you
  need through the Kokua Exchange, a Hawai'i focused time bank.
- 2. **Aloha Harvest** To respond to COVID-19: Aloha Harvest is the largest food rescue and redistribution organization in Hawai'i, getting quality excess food into stomachs instead of landfills. Free of charge and free of liability, we pick up excess food from 250+ donors and deliver it to 175+ agencies feeding the hungry.
  - Looking to volunteer: Aloha Harvest

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# **LANGUAGE IMMERSION**

- 1. **Duolingo Mobile or desktop app** This is a free interactive app that offers 30 'ōlelo Hawai'i lessons and other languages that involve common everyday contexts that we all encounter. It is a fun way to learn anytime, anywhere you have internet connectivity and a device (phone, tablet, laptop, etc.).
  - https://www.duolingo.com/
- 2. **Lehulehu** Developed by Ke Kula 'o Samuel M. Kamakau Hawaiian-focused Charter School, this application allows users to practice their 'ōlelo Hawai'i with others in a format like Words with Friends and Scrabble. (Appstore)