

## Guía de Recursos para Residentes – Michigan

POAH Comunidades entiende que usted y su familia pueden tener preocupaciones y preguntas durante este tiempo de incertidumbre con respecto a la pandemia COVID-19. Estamos compartiendo la siguiente guía de recursos con usted con el fin de proporcionarle información y recursos que lo mantendrán seguro y cómodo en su hogar.

Esta Guía de Recursos enumera información de contacto y enlaces a centros locales de distribución de alimentos "agarrar y llevar", programas de desayuno y almuerzo basados en la escuela para niños, servicios para personas de la tercera edad, cuidado infantil de emergencia, solicitudes de desempleo estatal, fondos de emergencia y más. Las Comunidades POAH actualizarán este documento de forma regular a medida que cambie la situación, posicionándolo en el sitio web de las Comunidades POAH en nuestra página de Respuesta a los Residentes COVID-19.

Si usted o cualquier miembro de su hogar necesita asistencia de referencia individual, le recomendamos que se comuniquen con su oficina de administración en el lugar y/o con el coordinador de impacto comunitario. Como recordatorio, comuníquese con su proveedor de atención médica primaria o 911 inmediatamente para cualquier necesidad médica, ya que POAH Communities no es un proveedor de atención médica.

Communities is not a healthcare provider.

Resource	Website	Region(s) Served	Phone Number	Assistance Type	Notes
<b>Michigan Updates – COVID19</b>	<a href="https://www.michigan.gov/coronavirus/">https://www.michigan.gov/coronavirus/</a>	Statewide	888-535-6136	Information & Updates	State of MI's main website for state-specific up-to-date information regarding the COVID-19 pandemic. Call the number listed or email <a href="mailto:coronavirus@michigan.gov">coronavirus@michigan.gov</a> with any questions. Subscribe to e-newsletter updates by going to <a href="https://www.michigan.gov/Coronavirus">Michigan.gov/Coronavirus</a>
<b>City of Detroit Updates – COVID-19</b>	<a href="https://detroitmi.gov/departments/detroit-health-department/programs-and-services/communicable-disease/coronavirus-covid-19">https://detroitmi.gov/departments/detroit-health-department/programs-and-services/communicable-disease/coronavirus-covid-19</a>	Detroit		Information & Updates	For information and updates, use link to the right, and for city resources, click this link: <a href="https://detroitmi.gov/departments/detroit-health-department/programs-and-services/communicable-disease/coronavirus-covid-19/covid-19-city-resources">https://detroitmi.gov/departments/detroit-health-department/programs-and-services/communicable-disease/coronavirus-covid-19/covid-19-city-resources</a>

<b>Centers for Disease Control and Prevention (CDC)</b>	<a href="https://www.cdc.gov/coronavirus/2019-nCoV/">https://www.cdc.gov/coronavirus/2019-nCoV/</a>	Statewide	800-232-4636	Health / Medical	The CDC is a reliable source of accurate information regarding the COVID-19 pandemic.
<b>Michigan Department of Labor &amp; Economic Opportunity – Unemployment Insurance Agency</b>	<a href="https://www.michigan.gov/documents/uia/160_Claiming_UI_Benefit_In_Michigan_-_Jan2014_444213_7.pdf">https://www.michigan.gov/documents/uia/160_Claiming_UI_Benefit_In_Michigan_-_Jan2014_444213_7.pdf</a>	Statewide	866-500-0017	Unemployment Benefits	Link will bring you to a guide to filing for unemployment benefits due to COVID-19.
<b>City of Detroit Department of Parks &amp; Recreation – Meal Programs</b>	<a href="http://www.nfcaa.org/programs#low-income-home-energy-assistance-program">http://www.nfcaa.org/programs#low-income-home-energy-assistance-program</a>	Detroit	904-362-8052	Food / Meals	<p>The Department of Parks and Recreation is providing meals for children at participating recreation centers. Parents and children can pick up two meals (breakfast and lunch) and additional meals can be requested on Friday to last through the weekend. Meals are offered, Monday–Friday, 8:00 a.m. – 1:30 p.m. at these locations:</p> <ul style="list-style-type: none"> <li>• Adams Butzel Family Center, 10500 Lyndon , Detroit, MI</li> <li>• Farwell Recreation Center, 2711 Outer Dr E, Detroit, MI</li> <li>• Kemeny Recreation Center, 2260 S. Fort St., Detroit, MI</li> </ul>
<b>Gleaner’s Food Bank - Community Distribution Sites</b>	<a href="https://www.gcfb.org/community-distribution-sites/">https://www.gcfb.org/community-distribution-sites/</a>	Detroit	866-453-2637	Food / Meals	<p>The City of Detroit is also working with Gleaners and Forgotten Harvest to provide alternative sites where families can get groceries. Starting this week, Gleaners will begin providing groceries to families with children at two additional Recreation Centers:</p> <ul style="list-style-type: none"> <li>• Clement Recreation Center, Every-other Wednesday, 2:30 – 5:30 p.m.</li> <li>• Coleman A. Young Recreation Center, Every-other Saturday, 1:30 – 4:30 p.m.</li> </ul>

					More sites are expected to come online soon. Gleaners and Forgotten Harvest are still providing groceries through their existing partners across the region, which can be found at the link to the right.
<b>The Heat And Warmth Fund (THAW)</b>	<a href="https://thawfund.org/">https://thawfund.org/</a>	Detroit	1-800-866-8429	Utility Assistance	To decrease the risk of exposure to the new COVID 19 virus for customers, staff, and the general community, THAW will discontinue providing in person energy assistance services effective immediately. The office will be closed to the public until further notice. Customers can apply for assistance online or via mail.
<b>Instacart – Groceries Delivered</b>	<a href="https://www.instacart.com/">https://www.instacart.com/</a>	Statewide		Food / Meals	Home delivery of online grocery orders. First delivery is free. 5% service fee for orders. Minimum fee is \$2.
<b>Community Housing Network</b>	<a href="https://communityhousingnetwork.org/other-services/utility-assistance/">https://communityhousingnetwork.org/other-services/utility-assistance/</a>	Troy		Utility Assistance	The link lists several organizations who provide utility assistance in the Detroit/Troy area.
<b>Alzheimer's Association of Michigan</b>		Statewide		Health / Support	Free online support groups for caregivers and those living with Alzheimer's disease and dementia with social interaction, educational information and support. Dial-in support groups are 6 to 7 p.m. March 25, 10 to 11 a.m. April 15 and 6 to 7 p.m. April 22. The dial-in number is 312-757-3121 and the access code is 294-847-693.
<b>SAMSHA's Disaster Relief Helpline</b>		Statewide	1-800-985-5990	Health / Support	This 24/7/365 service from the Substance Abuse and Mental Health Services Administration provides crisis counseling for people going through both natural and human-caused disasters. It's free, multi-lingual and confidential. You can also text TalkWithUs to 66746.
<b>Michigan Muslim Community Council</b>		Detroit	734-325-4134	Food / Meals	Will provide grocery delivery service for senior citizens living in Metro Detroit. Call 734-325-4134 between 10 a.m. to 1 p.m. to place an order.
<b>Detroit Public Schools Community District</b>	<a href="https://www.detroitk12.org/covid19#Grab-n-Go%20Breakfast%20&amp;%20Lunch">https://www.detroitk12.org/covid19#Grab-n-Go%20Breakfast%20&amp;%20Lunch</a>	Detroit		Youth Resources	Find more information regarding school breakfast & lunch distribution locations, educational resources, and more.

<b>Dollar General</b>	<a href="https://www.dollargeneral.com/">https://www.dollargeneral.com/</a>	Statewide		Other	Dollar General’s first hour of business daily is dedicated to seniors, before opening to the public.
<b>Comcast</b>	<a href="https://www.xfinity.com/wifi">https://www.xfinity.com/wifi</a>	Statewide	1-855-846-8376	Other	Comcast will be pausing their data plans. There will be no disconnects or late fees. They also offer addition cost savings programs for low income households and students.
<b>Michigan Humane Society</b>	<a href="https://www.michiganhumane.org/locations-and-hours/">https://www.michiganhumane.org/locations-and-hours/</a>	Detroit	313-288-8433	Food / Meals	Offering free pet food to qualifying pet owners in need. To apply, contact any of the Michigan Humane Society’s three Centers for Animal Care.
<b>CVS – Rx Delivery</b>	<a href="https://www.cvs.com/content/delivery?icid=cvs-home-covid19-banner-Rx-delivery">https://www.cvs.com/content/delivery?icid=cvs-home-covid19-banner-Rx-delivery</a>	Statewide	888-300-4419	Health / Medical; Food / Meals	Please call your local store or visit the website for more info regarding Rx delivery.  CVS COVID-19 information hotline: 1-888-300-4419
<b>Meals on Wheels</b>	<a href="https://www.mealsonwheelsamerica.org/find-meals">https://www.mealsonwheelsamerica.org/find-meals</a>	Statewide	1-888-998-6325	Food / Meals	Please visit the website or call to reach out to your local Meals on Wheels service.
<b>Soup Kitchen</b>		Detroit	313-255-0312	Food / Meals	22201 Fenkell, Detroit - Meals served 2 to 4 p.m. Tuesdays and noon to 2 p.m. Saturdays. Takeout only.
<b>United Community Housing Coalition</b>	<a href="https://www.uchcdetroit.org/">https://www.uchcdetroit.org/</a>	Detroit	313-355-3352	Housing	Can answer questions regarding a landlord-tenant or other eviction matter in Detroit. If you need assistance call (313) 355-3352 or email UCHC at <a href="mailto:eviction@uchcdetroit.org">eviction@uchcdetroit.org</a>
<b>We The People</b>	<a href="https://www.wethepeopleofdetroit.com/get-help">https://www.wethepeopleofdetroit.com/get-help</a>	Detroit	1-844-429-2837	Food / Meals	Community coalition group that will distribute water in the Detroit area. Click the map in the website provided to the right for water drop-off locations.
<b>Target</b>	<a href="https://www.target.com/">https://www.target.com/</a>	Statewide		Health / Medical; Food / Meals	Target is dedicating an hour each week for the elderly and those with underlying health concerns – who are the most vulnerable to COVID-19 – to shop. Please call your local store to learn more or visit the website.
<b>Walgreens – Rx Delivery</b>	<a href="https://www.walgreens.com/topic/pharmacy/prescription-delivery.jsp">https://www.walgreens.com/topic/pharmacy/prescription-delivery.jsp</a>	Statewide		Health / Medical; Food / Meals	Please call your local store or visit the website to learn more.
<b>Walmart</b>	<a href="https://www.walmart.com/">https://www.walmart.com/</a>	Statewide		Health / Medical; Food / Meals	Please visit the website or call your local store to learn more about delivery services.

<b>Manage Anxiety &amp; Stress</b>	<a href="https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html</a>	Statewide		Health / Medical	The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.
<b>Soup Kitchen 411</b>	<a href="https://soupkitchen411.com/">https://soupkitchen411.com/</a>	Detroit		Food / Meals	Online tool that helps you locate food pantries & soup kitchens near you.
<b>Focus: Hope</b>	<a href="https://www.focushope.edu/">https://www.focushope.edu/</a>	Wayne, Oakland, Macomb, Washtenaw counties	(313) 494-4600	Food / Meals	Focus: HOPE provides food boxes to senior citizens who are 60 years old or older and reside in Wayne, Oakland, Macomb or Washtenaw counties. Income eligibility requirements apply.
<b>Oakland Meals on Wheels</b>	<a href="https://oaklandmow.org/">https://oaklandmow.org/</a>	Oakland Co.	(248) 689-0001	Food / Meals	Oakland Meals on wheels will be continuing to deliver <u>boxed lunches</u> for \$3.50 directly to residents 60 years old and over.
<b>Troy People Concerned</b>	<a href="https://troypeopleconcerned.org/">https://troypeopleconcerned.org/</a>	City of Troy	(248) 528-9199	Financial Assistance	TPC is an information and referral agency that assists Troy residents who find themselves in a crisis situation by providing referrals to area agencies or by directly providing financial or other assistance
<b>Faith Lutheran Church</b>	<a href="https://faithtroy.org/">https://faithtroy.org/</a>	Troy area	(248) 689-4664	Food / Support	Faith Lutheran Church is currently offering volunteer services for those that need assistance picking up groceries, prescriptions, and running essential errands.
<b>Troy R.Y.D.E.</b>	<a href="https://troymi.gov/departments/public_works/troy_ryde.php">https://troymi.gov/departments/public_works/troy_ryde.php</a>	City of Troy	(248) 457-1100	Transportation	Troy R.Y.D.E. provides free shuttle transportation to Troy residents that are 60+ or adults 18+ with disabilities. Troy R.Y.D.E is available for medical appointments only at this time.
<b>Beaumont Health Hotline</b>	<a href="https://www.beaumont.org/health-wellness/press-releases/beamont-health-launches-free-online-covid-19-risk-assessment-tool">https://www.beaumont.org/health-wellness/press-releases/beamont-health-launches-free-online-covid-19-risk-assessment-tool</a>	Statewide	(800-592-4784)	Health	Staffed by Beaumont nurses, the hotline is a community resource for timely, accurate information about COVID-19 symptoms and virtual screening for people who are experiencing symptoms. The line is open from 7 a.m. to 7 p.m. Monday through Friday and 10 a.m. to 6 p.m. Saturday and Sunday.

<b>Oakland County Nurse hotline</b>	<a href="https://www.oakgov.com/health/services/Pages/nurse-on-call.aspx">https://www.oakgov.com/health/services/Pages/nurse-on-call.aspx</a>	Oakland County	(800)848-5533	Health / Medical	The Nurse on Call (NOC) hotline offers information about health and related resources. Calls are answered by Oakland County Health Division Public Health Nurses Monday - Friday from 8:30am - 5:00pm. Contact NOC via email at NOC@oakgov.com.
<b>Walgreen – Rx delivery</b>	<a href="https://www.walgreens.com/topic/findcare/coronavirus.jsp?ban=covid_hp_rphero">https://www.walgreens.com/topic/findcare/coronavirus.jsp?ban=covid_hp_rphero</a>	Statewide	1-877-250-5823	Health / Medical	Providing extra support such as prescriptions free shipping, drive thru, and seniors only hour. Please contact your local store for the most up to date details.
<b>Senior Center Without Walls</b>	<a href="https://covia.org/services/well-connected/">https://covia.org/services/well-connected/</a>	Nationwide	877-797-7299 or coviainconnections@covia.org	Health/ support	Senior Centers Without Walls is a source of free activities and classes, education, friendly conversation, and support groups by phone or computer. (Please note the organization is in California, which is three hours behind and may have disruptions because it is volunteer-run).
<b>Lighthouse Emergency Services</b>	<a href="https://www.lighthouse.mi.org/">https://www.lighthouse.mi.org/</a>	Oakland County	248-920-6000	Food / Support	Short-term emergency food, utility and rental assistance. Volunteer friendly caller program -Volunteers make weekly phone calls to check on homebound older adults and provide social contact. Must be 60 or over or a resident of Oakland County.