Basic Needs Resources in response to COVID-19

Pierce College and the Basic Needs Committee are working tirelessly to ensure that we are supporting our Staff and Students in all ways that may effect you during this crisis. The best way for you to get the customized support that you need we recommend that you reach out to the companies that provide your energy, housing, internet, medical, etc. to ask questions about what they may be able to do to support you and your family. Some companies have already begun to advertise their efforts through social media, on their web pages, and through personal emails to their customers.

We have listed a variety of resources here that may help or will at least inspire some ideas. If you do not find what you need please visit our [*Get Help page*](https://www.pierce.ctc.edu/help) *for more resources!*

# Medical

## Low cost or free medical providers

* SeaMar Medical Clinic (4 locations)
	+ Call 253-864-4550 (Puyallup)
	+ Call 253-280-9890 (Lakewood)
	+ Call 253-682-2180 (Tacoma – 11th Street)
	+ Call 253-593-2144 (Tacoma - Cushman)
	+ [Visit the SeaMar Community Health Centers website](https://www.seamar.org/services-pierce.html)
* SeaMar Health Education / Preventative health
	+ Call 253-864-4555 x 18555 (Puyallup)
	+ Call 253-280-9820 x 22223 (Tacoma)
	+ [Visit the SeaMar Community Health Centers website](https://www.seamar.org/services-pierce.html)
* MultiCare Lakewood Clinic
	+ Call 253-459-6064
	+ [Visit the MultiCare Lakewood Clinic website](https://www.multicare.org/multicare-lakewood-clinic/)
* MultiCare East Pierce Family Medicine
	+ Call 253-697-1420
	+ [Visit the MultiCare East Pierce Family Medicine website](https://www.multicare.org/multicare-east-pierce-family-medicine/)
	+ MultiCare has many locations in Puget Sound, all listed on their website
* Community Health Care (Multiple locations in Tacoma area)
	+ Call 253-722-2161 (Medical Appointments)
	+ [Visit the Community Health Care Medical Clinics website](https://www.commhealth.org/services/medical-clinics/)

## Uninsured?

### Franciscan and Mulicare Free virtual visits

* Provided to anyone with COVID-19 symptoms
* Register with email address (can set up for free through Gmail or Yahoo)
* Enter code COVID-19 to waive fee

## **Apple Health (Medicaid) Coverage**

* In Washington State, Medicaid is called Apple Health. Apple Health provides preventative care, like cancer screenings, treatment for diabetes and high blood pressure, and many other health care services.
* Visit [Washington State Health Care Authority](https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage) for more information on eligibility requirements, applications, and benefit information.
* [Apple Online](https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage/apply-or-renew-coverage)
* Their Customer Service line, 1-800-562-3022, can connect you with Nursing 24/7 and are offering telehealth services when medically necessary.

# Food

## Department of Social and Health Services (DSHS) Basic Food/Supplemental Nutrition Assistance Program (SNAP)

* Visit the [Washington State Department of Social and Health Services website](https://www.dshs.wa.gov/esa/community-services-offices/basic-food) for eligibility requirements, applications, and benefit information.
* [Apply Online](https://www.washingtonconnection.org/home/)

## Department of Health Women, Infants and Children Nutrition Program (WIC)

* Call 800-322-2588
* Visit the [Washington State Department of Health WIC website](https://www.doh.wa.gov/YouandYourFamily/WIC) for eligibility requirements and benefits information
* [Apply Online](https://resources.parenthelp123.org/)

## Food Banks

### Nourish Mobile Food Bank

* Mondays from 1pm to 3pm outside of AAH on Puyallup Campus
* Tuesdays from 1pm to 3pm in Parking Lot D on Fort Steilacoom Campus

### St. Francis House (East Pierce County)

* 322 7th St SE, Puyallup, WA 98372
* 253-770-6991
* Supports individuals and families who fall into the Federal Poverty Guidelines
* They host evening meals, clothing banks, emergency food pantry, homelessness assistance, etc.
* Visit this website for details: <http://www.puyallupfrancishouse.org/i-need-help>

### True Grace Church (Lacey)

* 5615 30th Ave SE
* 360-459-1444
* Open 10am to 1pm Sunday and Wednesday

### Lakewood Lakes NOURISH

* United Methodist Church @ Lakewood: 6900 Steilacoom Blvd SW
* 253-581-1116
* No one in need will be turned away
* Will ask for name, birthday, address and zip code for first time clients

### Safeway/Albertsons/Fred Meyer at-risk community members

* Stores open 7am to 9am Tuesdays and Thursdays for at-risk people only to obtain groceries

### Classy Chassis

* Available to get groceries, prescriptions, etc. for at-risk community members
* Email c19help@classychassis.com

# Financial Support

# Emergency Grants offer a one-time payment to a debt for those that qualify.

* Call Financial Aid at 253-964-6544 to apply.

SBCTC Student Emergency Assistance Funding supports current students with living expenses (not including tuition and fees) such as transportation, housing, childcare, food, etc. Students must complete a request form and have a short intake conversation to submit their form. Funds are limited!

* Go to the [Workforce Connections web page](https://www.pierce.ctc.edu/node/2126) for the request form and details.
* Call Job and Career Connections with questions at 253-964-6265.

## United Way Relief Fund

* Can help with bills, rent, and food
* Call 1-866-211-9966 and provide zip code

## Unemployment

* Call 1-800-318-6022 if you have lost significant hours without paid time leave.
* Or visit <https://esd.wa.gov/newsroom/covid-19> to learn more about who qualifies and what the latest details are.

## Puget Sound Energy

* Will be waiving late fees
* Will not disconnect for non-payment
* Has an energy assistance programs for low income individuals and families: <https://www.pse.com/pages/bill-and-weatherization-assistance>
* Find all the details here: <https://www.pse.com/press-release/details/learn-about-our-covid-19-response-plan>

## Washington College Grant

* Provides guaranteed college funding for all eligible residents of WA state.
* Requires FAFSA completion

# Mental Health and Wellbeing

## Pierce College Counselors

* Counselors will be available for students and support of students from home via email, phone and IM while the social distancing and working from home is taking place.
* It is recommended to email all three counselors to assure needs are addressed as quickly as possible. If students want to schedule, they should reach out to all three counselors and then we will touch base to see if they are open to phone and video sessions.
* Megan Irby: mirby@pierce.ctc.edu
* Jennifer Wright: jwright@pierce.ctc.edu
* Brenda Rogers: brogers@pierce.ctc.edu

## EAP

* Non-student Staff may utilize our EAP for support during this crisis.
* Call: 1-877-313-4455

## YMCA

* Offering 60 free online classes free

## Broadway Musicals free online

## Netflix Party

## 360-degree virtual tours of U.S. National Parks on Google

## SiriusXM

* No car required
* Subscribe and get 3 months free
* Credit Card required

# Legal Resources

## Brumley Law Firm

* Visit <https://www.brumleylawfirm.com/covid-19-legal-resources>
* Advice on: Landlord Letters, Employee Work from home Letter, Credit Card Assistance Letter, Mortgage Assistance Letter, Bench Warrant Assistance, Family Law Assistance, etc.

## Unemployment Law Project

* Free legal advice available with interpretation in all languages
* Call 1-888-441-9178
* Or visit [www.Unemploymentlawproject.org](http://www.Unemploymentlawproject.org) for details

# Academic Resources

## Comcast Internet

* Free for 1st 60 days for new low income customers. Just visit <https://www.internetessentials.com/covid19> for details. Apply by April 30th, 2020. After 60 days it will be 9.95 + tax per month.
* Once you are an “essentials customer” you qualify to buy a low cost computer from Comcast as well <https://www.internetessentials.com/low-cost-computer>.
* For a map of available free WiFi hotspots to Comcast customers AND non-customers visit this site <https://wifi.xfinity.com/> for details.

## JSTOR Materials

* Open access to public

# Child Care/K thru 12 Resources

## Child Care Aware

* Call 1-800-446-1114 for help with finding childcare if your daycare is closed

## School District Support

### Tacoma Public Schools

* Offering free lunch and breakfast for students at all Tacoma Middle school locations.
* Everyday 10-12pm.
* Visit this website for a map of locations and details regarding other resources: <https://www.tacomaschools.org/news/pages/Coronavirus.aspx>
* Tacoma Public Library offering free eResources for Tacoma Public School students with student ID. Visit this site for links to each resource: <https://www.tacomalibrary.org/news/tacoma-public-library-responds-to-the-covid-19-outbreak/>.

### Puyallup School District

* Grab and Go lunch and breakfast in a single bag.
* Available for anyone 0 to 18 years old.
* March 16th – April 24th
* 11am-12pm
* At every elementary school in district
* <https://bit.ly/39hqTYL>

### Franklin Pierce School District

* Available to all children 0 to 18 years
* Monday-Friday 11am-1pm
* Grab n’ Go lunch and breakfast for the next day
* Visit this site for details on where this is served as well as information on other resources: <https://www.fpschools.org/exended-closure-resources-and-information>

### Clover Park School District

* Serving Grab and Go Lunch and Breakfast at all Bus Stops in district as well as packet of academic resources.
* Available to all children 18 years and younger
* Children have special dietary restrictions, call: 253-583-5490
* Visit this website for details and map: <http://www.cloverpark.k12.wa.us/special/DLRMain.aspx>

## Online Resources

### Art Tutorials

* Live stream for families: <https://www.mcharpormanor.com/blog>
* Betselling Children’s Author, Mo Willems, is teaching kids to draw on YouTube: <https://www.youtube.com/watch?v=RmzjCPQv3y8>

### Scholastic Learn at Home

* 20+ free days of articles, stories, videos, and fun learning: [www.scholastic.com/learnathome](http://www.scholastic.com/learnathome)

### Dream Box

* 90 days free for kids Kindergarten – 8th grade: <https://www.dreambox.com/at-home>

### P.E. Online

* Joe Wicks daily free workouts for kids on YouTube

### Disney/Kennedy Space Center

* Free online activities for kids

### Disneyland Virtual Rides

* Online

# Volunteer Opportunities

## MultiCare Tacoma General

* Visit [www.multicare/org/covid19](http://www.multicare/org/covid19) for details and to sign up for regular updates

## Food Banks across Puget Sound

* Food banks critically need volunteers and donations