

# COVID - 19 RESOURCE DIRECTORY: SPOKANE COUNTY

## TABLE OF CONTENTS

Food Banks, Clothing and Hygiene Items	Page 2-3, 5
Public Health	Page 4
Energy and Rent Assistance	Page 4
Food Distribution and Hygiene Donations	Page 4, 6
Meal Sites	Page 5
Shelters	Page 6
Hospitals	Page 7
Business, Small & Restaurants	Page 7
Community Centers	Page 8
Kids Food And Care	Page 8
Pet Food	Page 10
Disabilities	Page 10
Mental Health	Page 11
Senior Programs	Page 11
Veterans	Page 11

## Public Service reminder:

**I got my US Census in mail today did you? go online & get counted**

<https://my2020census.gov>  
[spokanecensus.org](http://spokanecensus.org)

Also Federal Taxes normally due on Tax Day, April 15 have been extended to 90 day after with no penalty.

March 26, 11 am - WCCC, 1603 N Belt - Mobile Food Bank (pre-packed food boxes, no appointment open to public)

**March is disability awareness Month. Donate to local causes that might help this vulnerable population**

**Primer/dossier of COVID-19 by local community member**  
<http://www.tomcloyd.com/pid051-covid-19-coronavirus/>

## GOT CABIN FEVER!!!

Here are some healthy alternatives to video streaming, TV, movies or games.

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Important/COVID-19-Updated-Guide-1.pdf?lang=en-US>

<https://www.classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus/>

<https://www.cbsnews.com/news/coronavirus-zoos-aquariums-live-stream-animals-isolation-quarantine/>

<https://www.nypl.org/about/remote-resources>

<https://www.usatoday.com/story/travel/2020/03/17/museums-tour-virtually-closed-for-coronavirus/5067867002/>

<http://www.openculture.com/freeonlinecourses>

<https://www.cbsnews.com/news/coronavirus-self-isolation-singers-live-streaming-concerts-music-at-home-fans-quarantine-covid-19/>

<https://ced.ncsu.edu/news/2020/03/19/backyard-activities-can-provide-educational-respite-from-cabin-fever-during-coronavirus-covid-19-outbreak-says-associate-professor-sarah-carrier/>

<https://www.victoryseeds.com/victory-gardening.html>

Friendly Chat Program for socializing with Seniors - Offered by Catholic Charities volunteer@cceasternwa.org

- check your local church or spiritual community for streaming or video services

Drive-in Easter Service - offered by The Heights Church and Crossroads Christian Fellowship - clock Sunday, April 12, 2020 at 9 AM – 12 PM Village Centre Cinemas at Airway Heights 10117 US-2, Spokane, Washington 99224

## KEY FOR CHARTS

*Please keep note things are still in flux daily call in advance for times and dates to be sure.*

**Organization Title: Closed/facility closure**

**Organization: No new information at this time**

**Organization: New information, hours open, service restrictions, requests for volunteers and donations**

A Supplement publication of The Resource Directory: Guide to Congregations and Community Resources is published annually by The Fig Tree, a nonprofit 501(c)(3) organization, © 2020 at 1323 S. Perry St., Spokane, 99202, (509) 535-4112, [resourcedirectory@thefigtree.org](http://resourcedirectory@thefigtree.org)

To advertise call: 535-1813 or 535-4112,  
or email [ads@thefigtree.org](mailto:ads@thefigtree.org)

Directory Editor: Malcolm Haworth • The Fig Tree Editor: Mary Stamp • Volunteer Coordinator: Kay Hult  
Webmaster: Lorna Kropp • Editors: Sara Weaver, Mary Mackay, Kaye Hult, Johnny Fulfer - Research Editor: Johnny Fulfer

**Inclusion of congregations and agencies** is for informational purposes to raise awareness of the range of faiths and nonprofits, not as an endorsement. This directory offers constantly changing and fluid coverage of social services, in the greater Spokane Area during the COVID-19 Emergency

We endeavor to be inclusive while respecting those not interested in participating.

**We do not sell** or distribute mailing lists.

**The material is copyrighted.** but you are welcome to distribute as needed, we encourage you to donate online or send money to the address in copyright material in the box to the left.

**We update information** daily through research, mailings, email, phone calls, and web research. To make corrections contact us.

## FOOD BANKS & CLOTHING BANKS IN SPOKANE

Organization	Address	Phone					Hours	Zip/Service area	qualifications/ contact info
All Saints Lutheran FP	314 S Spruce, 99201	838-4409		X			10-2, MW (March 18)	Brownes Addition (evaluating afterward)	allsaintsgather.com
<b>American Indian Community Center</b>	610 E North Foothills Dr (closed to March 31)	535-0886	X	X	X	X	Mon after- noon, Tues	Native Americans (only serving cur- rent clients)	by appt only
Bethel AME Food Pantry	EFLC, 631 S Richard Allen, parking lot back side off Ivory			X			1pm, Th		
Better Living Center	25 E North Foothills, 99207	325-1258		X	X	X	9-4, T; 9-1 Th	North Central	betterlivingcenter.org
Breaking Bread Rescue Market	Family of Faith Community, 1504 W Grace, 99205	325-0343		X			Tuesday 3/17 from 10-12.	limiting # of shoppers to 4 at a time.	ffcc.us cancelled : Emergency Chil- dren's Shelter
Caritas Outreach Ministries	1612 W Dalke, 99205	326-2249		X		X	11-1MWTh	NW Spokane: of- fers food boxes	caritasoutreach- ministries.org
City Gate Food Bank	170 S Madison, 99201	455-9670		X	X		FB: by appt only Call inad- vance	99201 (S side of Spo- kane River), 99204, 99224 (North of I-90, East of Grove Rd)	thecitygate- spokane.org No Drop-in services
<b>Clothes Closet (CLOSED)</b>	512 S Bernard St, 99204	624-9233	X		X	X	1-3, W	in-need, free	clspokane.org
Cup of Cool Water	1106 W Second	747-6686		X	X		1-4 M-F	drop in center- closed, but for Food bank	clothing and hygiene will be given in walking around down- town
Helping Hands Food Pantry - St Peter Lutheran Food Bank	4620 N Regal, 99207	487-4843		X			9:00-10:30, 2nd & 4thF	NW Spokane & Hillyard	splspokane.org
Martin Luther King Jr Family Outreach Center	500 S Stone, 99202	868-0856		X			1-5, MWThF	any zip code/week, Senior boxes in 99202, 99212,	
<b>Mission Community Outreach (CLOSED)</b>	1906 E Mission Ave, 99202	536-1084	X		X	X	1:30-4, MWTh	Spokane (closed March 16-20)	4mission.org
<b>Morning Star Baptist Community Clothing Bank</b>	3909 W Rowan	534-4878			X		noon-2, W 1-3, Sat	anyone in need	FB
Northeast Food Pantry - Northwest Connect	4520 N Crestline St/PO Box 7398,99207	290-5691		X		X	9-11, MTTh	99207, 99217 (food prebagged delivery to your car in parking lot)	info@nwconnect.org, nwconnect.org
NW Ecumenical Food Bank - Audubon UMC (Note Bare Necessities program - CLOSED)	3908 N Driscoll, 99205	325-4541, contact Dan Masters/Kar- en Peacock		X		X	9:30-12:30, 2nd/ last T	99205 (West of Divi- sion-N of Mongom- ery); Nine Mile Falls	audubonpar- kumc.org (com- munity in need of volunteers)
Our Place Ministries	1509 W College, 99201	326-7267		X		X	10-3MTTh (pick out on loading bay)	River-Montgomery (2x per month only)	ourplace@cet.com ourplacespokane.org
<b>Our Sister's Closet - YWCA (CLOSED)</b>	930 N Monroe, 99201	789-9280	X		X	X	(Closed Tues, March 17)	women only, 1.5 hr apt for 3-5outfits	oursisterscloset@ ywcaspokane.org
Salvation Army Family Svcs	204 E Indiana, 99207	325-6751		X	X	X	M & F 9-5; T-Th 9-6:30 (pre packed)	all zip codes in Spokane County Volunteers needed	spokane. salvationarmy.org
Serve Spokane	8303 N Division St, 99208	998-5722		X	X	X	9-11:30 T-F	99208 (VOLUN- TEERS NEEDED 9-11 T-F)	ServeSpokane.org (goxes for home deliveries to sick)
<b>Southside Food Pantry (CLOSED)</b>	2934 E 27th Ave, 99223	535-2301		X			10:30-12, Sat	99203, -223, La- tah/Hangman	southsidefood- pantry.com
<b>Westminster Presbyterian Food Bank</b>	2705 W Boone	329-0351		X			11-1:45, W-F	River-Montgomery W of Monroe	
Women's Hearth - Transi- tions	920 W 2nd Ave, 99201	455-4249			X	X	8-5, M-F	essential services only, no longer drop-in	help4women.org

## FOOD BANKS & CLOTHING BANKS IN SPOKANE VALLEY AND RURAL SOUTH

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	Hours	Zip/service area	qualifications/contactinfo
<b>Life River Fellowship FB &amp; Free Store</b>	2810 N Park Rd, 99212	<b>924-9510</b>		X	X	X		FB: 5-7 3rd F Free Store 5-7, 2nd F		liferiver.org, kids items
<b>Klothes Kloset - Opportunity Christian Fellowship</b>	12321 E 14th Ave, 99206	<b>926-2673</b>		X	X	X		10-2, WTh	(4 customers/x)	opportunitychristianfellowship.org
<b>Otis Orchards Food Bank</b>	4308 N Harvard Rd, 99027/POB 189	<b>926-6196 842-2355</b>		X	X			12-2, 2nd & 4th T	Liberty Lake; Newman Lake; Otis Orchards	otisorchardssda.org uccsad.org
<b>Real Life Ministries</b>	Barker Rd Campus: 1831 S Barker Rd Otis Orchards: 4904 N Harvard Rd			X				8-4 M-TH 9-12, 3-6, T-F		
<b>Society of St Vincent de Paul</b>	St Marys, 304 S Adams Rd, 99216	<b>928-3210</b>		X					Spokane Valley	oursvdp.com
<b>Spangle Food Bank</b>	305 E 2nd, POB 239	<b>701-4532</b>		X				2-3 4th W	only in 99031, -170 Linda Chase	spanglecommunitychurch.org spangle on FB
<b>Spokane Dream-Ministry Resource Center</b>	2128 N Pines, Ste 1 99216	<b>926-7878</b>		X	X			12:30-3, T; 11:30-3, W; 1-3 Th	clothing only offered on an emergency basis	spokandreamcenter.org
<b>Spokane Valley Partners: Food and Diaper Bank Clothing Bank CLOSED</b>	10814 E Broadway, 99206	<b>927-1153</b>		X	X	X		11-12:35, 1:30-3:15, W; 11-12:45 TH, <i>in need of food &amp; diaper donations</i>	WV, CV Spokane Valley, SE Spo Cnty 11-12:45, Th (seniors & disabled) ,	svpart.org

## FOOD BANKS & CLOTHING BANKS NORTH SPOKANE COUNTY

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	Hours	Zip/service area	qualifications/contactinfo
<b>God's Closet Admin - Central SDA 804 W Spofford, 99205/POB 9297, 99209</b>	Deer Park SDA, 809 S Colville, Deer Park	<b>991-1582</b>			X			9:30-12:30, W	area children, 0-18yrs, \$1 fee	godscloset.us deerpark@ or spokane@godscloset.com
<b>GreenHouse, The</b>	211 N Fir St, 99006	<b>276-6897</b>		X	X	X		FB: 1-5, MWF CB: 1-5, MWF	99006, Deer Park 99110, Clayton; <i>delivery for sick only</i>	greenhousefoodbank@gmail.com thegreenhouseonline.org
<b>Lake Spokane Community Clothing Closet</b>	6418-A Hwy 291, Annex Nine Mile Falls 99026	<b>276-5472</b>			X			3rd Sat		clothing@lake-spokanecommunitychurch.org
<b>Mead (UMC) FB - POB 53</b>	12611 N Wilson, 99021	<b>466-7068</b>		X				4-6:45, W, bread & prod 4-5, Sun	Mead SD - (drive thru pickup)	
<b>New Hope Resource Center</b>	4211 E Colbert Rd, 99005	<b>467-2900</b>			X		X	<b>9:30-1:30 TTh, 6-8 Th (By calling)</b>	North Spokane, (meet at door)	newhoperesource.org
<b>North Country Food Bank</b>	40015 N Collins Rd	<b>292-2530</b>		X				11-2, M; 9-noon W & 6-8 2nd & 4th W <b>(Cancelled its Lunch prog)</b>	99003, -009,-156 northcountyfoodpantry.org	Joe & Sandra Harvey ncf-pantry@gmail.com,
<b>Tum Tum Food Pantry</b>	6424 Hwy 291, Nine Mile Falls 99026	<b>276-5472</b>		X				9-noon, 1st/3rd Sat	<i>protective gear-gloves and masks are requested for use by volunteers, food donations</i>	TumTumPantry on FB

### KEY FOR CHARTS

*Please keep note things are still in flux daily call in advance for times and dates to be sure.*

**Organization Title: Closed/facility closure**

**Organization: No new information at this time**

**Organization: New information, hours open, service restrictions, requests for volunteers and donations**

## COVID 19 - PUBLIC HEALTH/ASSISTANCE & EMERGENCY MNGT

### Spokane Regional Health District

1101 W College Ave, 99201  
[srhd.org](http://srhd.org) 324-1500

Volunteers needed: Summer Warfield with the Health Department's Emergency Preparedness and Response program said they have identified a location for drive through screening, but need volunteers for a call center. There's no direct contact with those coming for screening but volunteers will respond to calls to assist people with information. For information, email [swarfield@srhd.org](mailto:swarfield@srhd.org).

**For TESTING you must be prescreened below, driven option at Spokane County Fairgrounds, more info on pre-screening**

#### MULTICARE

MultiCare is currently offering free e-visits to anyone who has COVID-19 symptoms through MultiCare Virtual Care, where providers will also help people navigate to the next appropriate step. Use promo code "COVID19" at the payment page to unlock the free e-visit.

#### PROVIDENCE

If you have traveled to or from high-risk countries including China, South Korea, Japan, Italy or Iran within the past 30 days; or have been in close contact with someone with COVID-19 and have a fever or respiratory illness (fever, cough or shortness of breath); you can schedule a Virtual Visit.

#### KAISER PERMANENTE

Kaiser Permanente members can get care and advice by visiting [kp.org/wa/onlinecare](http://kp.org/wa/onlinecare) and scheduling an E-visit or by starting a Care Chat. Members may also schedule a telephone or video appointment at [kp.org/wa](http://kp.org/wa). For questions about care or general advice, call the Consulting Nurse Service 24 hours a day at 1.800.297.6877.

#### CHAS

People with concerns for their health related to COVID-19 can call CHAS at 509.444.8200 or 208.848.8300 for more information.

#### CSO Office 877-501-2233

Now allowing individuals to apply for benefits over

the phone, apply online at [washingtonconnection.org](http://washingtonconnection.org)

### Resource Referrals 211

**City of Spokane 311 will end program of shut-offs for non-payment of city utility bills for water, and will not charge fees for late payments until further notice**

#### Referrals and Resources:

-[cdc.gov](http://cdc.gov)  
-<https://community-minded.org/2020/03/13/community-minded-enterprises-covid-19-updates/>  
-[doh.wa.gov](http://doh.wa.gov)  
-<https://www.dol.gov/coronavirus>  
-<https://esd.wa.gov/newsroom/covid-19>  
-[insurance.wa.gov](http://insurance.wa.gov)  
-[ready.gov](http://ready.gov)  
-[ssa.gov](http://ssa.gov)  
-[unitedwayspokane.org/COVID19Resources](http://unitedwayspokane.org/COVID19Resources)  
-[who.int](http://who.int)  
-[thefigtree.orghttps://www.thefigtree.org/connections-resources.html](http://thefigtree.orghttps://www.thefigtree.org/connections-resources.html)

#### City Resources, Spokane Cnty

Airway Heights:  
<http://www.cawh.org>  
Resource, Food support, utility bills, internet access, worker and business support, DOD restrictions, education resources

#### CHENEY WA

<https://www.cityofcheney.org/CivicAlerts.aspx?AID=181>

#### DEER PARK

[www.cityofdeerparkwa.com](http://www.cityofdeerparkwa.com)  
City Hall closed till further notice will not receive visitors

#### LIBERTY LAKE

[www.libertylakewa.gov](http://www.libertylakewa.gov)  
*Liberty Lake Library closed till further notice*

#### MEDICAL LAKE

<https://medical-lake.org>  
To help reduce exposure to the COVID-19 (Coronavirus) virus, all City buildings will be closed to the public through March 31st. Please use the utility payment drop box for payments. If you need assistance, please call 565-5000. Click on the following Spokane Regional Health District link to find out the latest updates on the COVID-19 virus.

#### SPOKANE VALLEY

[www.spokanevalley.org/covid19](http://www.spokanevalley.org/covid19)  
On Monday, March 16, City Manager Mark Calhoun signed a proclamation of emergency/disaster which enables the city to utilize additional resources and tools to slow the spread of

the Coronavirus (COVID-19). The proclamation will allow the city to exercise emergency powers during the COVID-19 outbreak to preserve and maintain the health, safety and welfare of its citizens, and seek federal financial assistance to support resources that may be utilized in an effort to restrict the spread of the virus. In addition, the city has an emergency response plan for situations such as infectious disease. The city is taking steps to educate employees about the disease and ensure that protocols are being followed in regard to good hand and respiratory hygiene, and proper cleaning of city buildings. In addition, the city will work with the Spokane Regional Health District to implement procedures to reduce employees' or visitors' exposure to COVID-19, such as social distancing.

#### Governor, Washington State

[governor.wa.gov/issues/issues/covid-19-resources](http://governor.wa.gov/issues/issues/covid-19-resources)  
contains info for businesses, schools, workers, insurance, and veterans. And Links to local Health Districts. State offers of brocher for wokers on leave, or those sick not able to work, to get on worker comp, unemployment, and other social services.  
<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>

#### Greater Spokane Emergency Coordination Center

**-EMERGENCY MANGEMENT 477-3046**  
1121 W Gardner Ave, 99201  
Dir: Sheriff Knezovich  
centralized location where all aspects of response and recovery for multi-agency and multi-jurisdictional emergencies in Spokane County can be coordinated. Facilitate the flow of information within and between agencies and levels of the government (Local, County, State, and Federal) and the community during times of emergency or disaster. Facilitate the coordination of resources among all responding agencies during an emergency or disaster. Assist in coordination for continuity of services throughout the community during an emergency or disaster.

#### Spokane Cnty United Way

920 N Washington, Ste 100 , 99201  
[unitedwayspokane.org](http://unitedwayspokane.org) 838-6581  
Brings together expertise, funding

and volunteer support to positively impact health, education and financial stability. Volunteer Spokane is setting up a [Covid19 Community Forum](http://Covid19CommunityForum.org) to share information on agencies needs for people and supplies. Individuals are looking for ways to help. That information can be submitted in the Covid19 Community Forum section of the VolunteerSpokane website [volunteerspokane.org](http://volunteerspokane.org)

## ENERGY AND RENT ASSISTANCE

State and local have assurance or order against lord evidctions, and suspend mortgage and rent payments for duration, Sherrif ahs also suggsted being favorable to such a moritorium as they set up the Emergency management protocols

#### Moritorium on Evictions (Spokane)

Mayor's office 625-6255  
Cith Council 625-6250

**This information is for those who would like to advocate for change to local policy given the current emergency. Currently there are vulnerable individuals being evicted. This is not info to confronting a current eviction.**

**AVISTA** [myavista.com/safety/covid-19-response](http://myavista.com/safety/covid-19-response)  
has ended all utility cutoff in WA, ID, OR

**Center for Justice 835-5211**  
35 W Main, Ste 300 99201  
[cforjustice.org](http://cforjustice.org) CLOSING  
PERMANENTLY ON March 24th.

**SNAP Energy Asst. 456-7111**

#### Spokane Area Tenants United (SATU) 578-5068

St Andrew's Episcopal, 2404 N Howard  
[spokaneareatenants@gmail.com](mailto:spokaneareatenants@gmail.com)  
*Spokane Area Tenants United on FBpage Eastern Washington Tenants on FBgroup*  
Engages in the tenant-led fight for housing justice in Eastern Washington through advocacy and community projects. 2nd & 4th Wednesdays @ 6pm

#### Tenants Union of WA State

**SPOKANE OFFICE**  
25 W Main, 3rd Flr C-1, 99201  
Mail: Box 310, 25 W Main Creates housing Justice through grassroots education, organizing and advocacy. Improves tenants' living conditions, and challenges and transforms unjust housing policies and practices. 464-7620

## MEAL PROGRAMS AND SITES: SPOKANE

Many locations are turning to Grab and GO = GG, others that have cancelled their program are either not do to facility restrictions and crowd size and vulnerable group of volunteers, and sanitation issues. Please use this list there have been major updates.

Sun	M	T	W	Th	F	Sat	Zip/City	Site Name	Location	Phone	Contacts and Area
7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	99201	<b>House of Charity</b>	32 W Pacific	<b>624-7821</b>	cceasternwa.org
	7:4:30	7a	7a	7/4:30			99201	<b>Shalom Ministries</b>	518 W 3rd	<b>455-9019</b>	shalommeal.org GG
							99201	<b>Crosswalk</b>	525 W 2nd	<b>241-1640</b>	voaspokane.org
	1-4	1-4	1-4	1-4	1-4		99201	<b>Cup of Cool Water</b> <b>-drop-in center closed</b>	1106 W Second	<b>747-6686</b>	cupofcoolwater.org GG
12	9/11:30/5	9/11:30/5	9/11:30/5	9/11:30/5				<b>God's Love Internat'l</b>	4006 W Staley Rd, Deer Park	<b>312-9875</b>	godsloveinternational.com
1							99202	<b>Neighborhood Lunch</b>	St Ann's Fellowship Hall, 2120 W 1st	<b>536-1189</b>	stannsspokane.org
	12-2		12-2		12-2		99217	<b>New Hope Ranch</b> offers 60-80 food boxes	2524 E Queen	<b>954-5145</b>	zahls@comcast.net
	5:30, last							<b>Feed Cheney</b>	204 4th St	<b>381-7002</b>	kriegheja@gmail.com feedcheney.com
		11-1	11-1				99205	<b>Women &amp; Children's Free Restaurant &amp; Community Kitchen</b>	1408 N Washington	<b>324-1995</b>	volunteer@wcfirspokane.org 10 meal boxes at time first come first served
		6, last					99206	<b>Holy Trinity Lutheran</b>	2511 S Pines Rd	<b>926-7966</b>	holyltrinitylcmc.org
			6				99201	<b>Blessings under the Bridge</b>	I-90 overpass	<b>869-6584</b>	butb.org GG, sanitation items
			6				99216	<b>Spokane Valley Baptist</b>	1222 S. McDonald Rd	<b>924-1234</b>	spokanevalleybaptist.com
					8am	8am		<b>Faith Baptist</b>	2804 E Euclid	<b>482-6101</b>	
						11	99201	<b>Calvary Bapt.</b>	203 E 3rd Ave	<b>747-8793</b>	
						2:30, 2nd		<b>Feeding The Homeless Min</b>	Wall & Riverside	<b>448-6425</b>	South Hill SDA: uccsda.org

### KEY FOR CHARTS

**Organization:** New information, hours open, service restrictions, requests for volunteers and donations

Please keep note things are still in flux daily call in advance for times and dates to be sure.

**Organization Title: Closed/facility closure**

**Organization: No new information at this time**

## FOOD BANKS & CLOTHING BANKS IN WEST PLAINS

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	Hours	Zip/service area	qualifications/contactinfo
<b>Airway Heights Baptist</b>	12322 W Hwy 2	<b>244-2474</b>		X				10-noon, 1st/ 3rd St	99001, 99011, 99013, 99022, 99029, 99224	ahbc.us
<b>Care &amp; Share Thrift Store (Medical Lake) (CLOSED)</b>	211 N LeFevre/PO Box 461	<b>299-9024</b>	X	X	X			9-5, M, W, St	Anne Starr	MedicalLakeThriftstore on FB
<b>Cheney Food Bank/Clothing Exchange</b>	Wren Pierson Community Center, 630/ 624 3rd, 99004	<b>FB: 235-2325 CB: 235-2327</b>		X	X			FB: 9-noon, 1st-4th W CB: noon-6 W	99004 (S of I-90); 22014, 99020,; (SW edge) 99224, 99032	cityofcheney.org (sign in at door & follow instructions)
<b>Cleones' Closet</b>	13114 Sunset Hwy, Airway Hghts	<b>321-7071</b>		X	X			noon-3, MWF	Airway Heights	cleonescloset.com
<b>Heavenly Help, Crossroads Airway Heights</b>	1118 S King St, Airway Heights	<b>244-9343</b>			X			8-4, 3rd M	infant, children, women & men	crossroadswest-plains.org
<b>Medical Lake Food Bank</b>	207 S Washington	<b>299-3819</b>		X	X			10-noon, F	West Plains (not Airway Hghts); West Hills, Grandview/ Thorpe.	medicallakecommunityoutreach@live.com
<b>Windsor Baptist FB/CB</b>	4404 W Hallett Rd, 99224	<b>455-7816</b>		X	X			varies		need based

## FOOD & HYGIENE DONATIONS

### Blessings under the Bridge

10212 E 9th, Bldg 600 [butb.org](http://butb.org)  
Spokane Valley 99206 **869-6584**  
[Blessingsunderthebridge@gmail.com](mailto:Blessingsunderthebridge@gmail.com)  
is offering other agencies to coordinate and distribute food and hygiene items.

### Catholic Charities Eastern

**Washington** 800-831-1209  
12 E 5th Ave, 99202 **358-4250**  
[ceasternwa.org](http://ceasternwa.org)

Volunteers are vital to Catholic Charities' work in the community, and we so value your contributions. During this situation we could use your help and assistance in other ways: EMERGENCY SUPPLIES: We need emergency supplies for our programs. The list of needed items can be found at <https://www.cceasternwa.org/covid-19>, and all items can be dropped off at our Family Service Center located at 12 E 5th Avenue.

Dry Fly Distilling will offer free hand sanitizer spray and will distribute product in Spokane for free. [http://33purl.com/bYz\\_p1](http://33purl.com/bYz_p1)

### Feed Spokane 216-7364

PO Box 141674, 99214  
[admin@feedspokane.org](mailto:admin@feedspokane.org)  
[feedspokane.org](http://feedspokane.org)  
Exec Dir: Steven Brashears  
Networks meal providers and community partners in the greater Spokane area. Works to eliminate food waste through food rescue.

### Giving Back Packs

[info@gbpacks.org](mailto:info@gbpacks.org) **389-2503**  
PO Box 30321, 99223  
collecting toilet paper from business donations and individuals to give to homeless shelters

### HRC Ministries 879-3773

POB 14257, Spokane Valley 99214  
[warehouse@hrcministries.com](mailto:warehouse@hrcministries.com)  
[hrcministries.com](http://hrcministries.com) **Off 922-0939**  
Food Distribution to partner ministries and churches.

### Little Free Pantry

These are located around town, and were food and hygiene item response to Little Free Library. These are usually at church locations, but also it is about availability of items and items that individuals are willing to donate or trade. So if you take consider giving back immediate or down the line. Everyone is in need. If you are toileteries hoarder and

would like to be anonmous now would be your time. Also if you find others out there let me know. Locations:

Veterans Administration - Caritas  
Shadle Presbyterian - Caritas  
St Francis - Caritas  
St Andrews - Caritas  
Salem Lutheran - Caritas  
Spokane Valley: 12 N University  
Cheney: Emmanuel Lutheran

### Northwest Harvest Spokane Warehouse

3808 N Sullivan Rd, Bldg 14-J  
Spokane Valley 99216 **891-7013**  
Spokane only. Setting up drop locations, but not there yet.

### Salvation Army 325-6810

222 E Indiana, 99207  
[spokane.salvationarmy.org](http://spokane.salvationarmy.org)  
All the regular operations are going on. The Family Resource Center—food bank—continues to operate, helping double the number of people. They are requesting that people donate extra toilet paper, hand sanitizer, tissue, cleaning wipes and surgical masks for them to give to people who come. Food bank operates by food boxes delivers to waiting cars. Encourages unemployed to use money for rent and not food by utilizing their resource center Needs donations to purchase items and needs volunteers 55 and younger to work four-hour shifts. They can sign up at [making Spokane better.org](http://making Spokane better.org).

### Second Harvest of the Inland NW

1234 E Front, 99202 **534-6678**  
[2-harvest.org](http://2-harvest.org) **Fax: 534-8252**  
Supplies half a million pounds of food weekly to a network of 250 Inland NW neighborhood food banks and meal centers, as well as Mobile Food Banks.

### SPEAR 475-5470

1905 E Pacific [spearspokane.org](http://spearspokane.org)  
PO Box 4033, 99220  
[spearspokane@gmail.com](mailto:spearspokane@gmail.com)  
SPEAR after school program in East Central north of I-90 needs non-perishable food for their food bank for low-income children and families – take donations to St. Mark's Lutheran, 316 E 24th Ave – call 747-6677 for hours.

### Spokane Alliance 389-1750

1526 E 11th Ave, 99202  
[katie@spokanealliance.org](mailto:katie@spokanealliance.org)  
[spokanealliance.org](http://spokanealliance.org)  
working with its member congregations and unions to build teams to reach out in their organizations to see what needs there are and to connect them with resources. Non-members may also contact executive director Katie Zinler to participate.

### SNAP (Food Stamps) 877-501-2233

### Veradale UCC 926-7173

611 N Progress [veradaleucc.org](http://veradaleucc.org)  
Spokane Valley 99037  
Gen Heywood [genheywood@att.net](mailto:genheywood@att.net)  
offers a hoarders' Forgiveness Bank: Those who bought excess TP and hygiene items can bring them to 611 N. Progress Rd. to share with shelters.

## SHELTERS

### The City Gate Women's Shelter

170 S Madison, 99201  
[thecitygate@qwestoffice.net](mailto:thecitygate@qwestoffice.net)  
[thecitygatespokane.org](http://thecitygatespokane.org)  
Mngr Misty Santos **455-9670**  
offers 25 beds for homeless women. Daily 9pm-7am. Offers coffee and snack till 11pm.

### Family Promise

Mail: 904 E Hartson, 99202 **747-5487**  
Open Doors: 2002 E Mission, 99202  
[familypromiseofspokane.org](http://familypromiseofspokane.org)  
Exec Dir: Joe Ader  
Neighbors/Bridges Prog Mngr: Susan Heitstuman  
Open Doors Program Mngr: Serena Graves **723-4663**  
Village Program Mgr: Lynetta Lewis  
Volunteer Mngr: Marianne Seir  
Admin Coord: Hilary Beardslee  
strives to preserve the safety and health of its guests, volunteers, staff, and Spokane community. It has not had any confirmed or suspected cases of COVID-19 among anyone connected to the organization, but is monitoring developments of the virus closely, implementing a social distancing plan to help slow the spread of this virus in our community.

Those staying home can help by donating financially, buying groceries, offering an RV or trailer, and advocating for homeless people. Check their facebook page for a check list of items.

### Jewels Helping Hands Cannon Street Warming Center JEWELS HELPING HANDS

527 S Cannon, 99201  
[jewelshelpinghandsSpokane@gmail.com](mailto:jewelshelpinghandsSpokane@gmail.com)  
282856762255273 on FB  
Capacity of 94, with around 64. Quaanatine areas of 6 being set up for those who seel sick. Breakfast, lunch and Dinner provided for those who stay.

### House of Charity CATHOLIC CHARITIES 624-7821

32 W Pacific, 99204  
[ceasternwa.org](http://ceasternwa.org)

Practing social distancing, at full capacity, check in by 7pm, offers breakfast lunch and dinner to guests styng overnight.

### Rising Strong 960-8632 CATHOLIC CHARITIES

1960 North Holy Names Ct  
social distancing is much easier, given the private room/ environment. Our pandemic protocols provide clear guidance on implementing isolation and distancing interventions, as well as ways to ensure meals can be accomplished while on "quarantine." Families are being asked to think about who can watch their children, in the event they get sick.

### Salvation Army Family Emergency Shelter 325-6810

204 E Indiana, 99207  
[spokane.salvationarmy.org](http://spokane.salvationarmy.org)  
The Emergency Shelter, where people can stay up to 40 days, and Stepping Stones for families staying up to a year, are operating. Staff are checking guests' health every day.

### St Margaret's Shelter 624-9788 CATHOLIC CHARITIES

[ceasternwa.org](http://ceasternwa.org)  
PO Box 2253, 99201  
social distancing is much easier, given the private room/ environment. Our pandemic protocols provide clear guidance on implementing isolation and distancing interventions, as well as ways to ensure meals can be accomplished while on "quarantine." Families are being asked to think about who can watch their children, in the event they get sick.

### Women's Hearth - TRANSITIONS

920 W 2nd, Spokane 99201  
[info@help4women.org](mailto:info@help4women.org) **455-4249**  
[help4women.org](http://help4women.org)  
Only operating basic services and needs at this time.

### Union Gospel Mission Ministries

1224 E Trent, 99202 **535-8510**  
[info@uniongospelmission.org](mailto:info@uniongospelmission.org)  
[uniongospelmission.org](http://uniongospelmission.org) Not accepting new guests at this time. Offering sack lunches daily

### Volunteers of America

525 W Second, 99201  
[voaspokane@voaspokane.org](mailto:voaspokane@voaspokane.org)  
[voaspokane.org](http://voaspokane.org) **624-2378**  
Hope House not acceptin new guests at this time.

### YWCA Spokane 326-1190

930 N Monroe, 99201  
**24-hr Helpline 326-CALL (2255)**  
[connect@ywcaspokane.org](mailto:connect@ywcaspokane.org)  
[ywcaspokane.org](http://ywcaspokane.org) **Fax: 326-1597**

All onsite programs closed. Call 24hr for Safe Shelter for Domestic Violence 326-2255 or help@ywcaspokane.org

## HOSPITALS & RESOURCES

### Blood Donation:

**American Red Cross** [redcross.org](http://redcross.org)  
315 W Nora 877-272-7337  
has experienced a severe shortage of blood collection because of coronavirus. The Red Cross collects more than 40 percent of the nation's supply and has had more than 2,700 drives canceled across the U.S. in two weeks resulting in a loss of more than 86,000 units. There is no evidence COVID-19 can be transferred by blood. For information, call 590-7691 or email ryan.rodin@redcross.org.

### CSL Plasma, Inc

[cslplasma.com](http://cslplasma.com)  
Pays for blood plasma donations.  
-2126 N Monroe St 340-6404  
-9621 E Sprague 926-1881

### Vitalant 800-423-0151

**INLAND NW BLOOD CNTR** [vitalant.org](http://vitalant.org)  
Coronavirus Impacts Blood Supply URGENT SHORTAGE: DONORS NEEDED  
-210 W Cataldo Ave, 99201  
-North Spokane 10403 N Newport Hwy, 99218  
-Valley: 12117 E Mission Ave Spokane Valley 992163

### CHAS Health 444-8200

203 N Washington, Ste 300, 99201  
<https://chas.org/health-alerts>  
**24/7 Nurse Advice: 866-418-1002**  
5921 N Market, Spokane  
3919 N Maple, Spokane  
914 W Carlisle Ave, Spokane  
1001 W 2nd Ave, Spokane  
817 S Perry, Ste B, Spokane  
15812 E Indiana, Spokane Valley  
5620 S Regal St., Suite 11  
401 S Main St, Deer Park 99006-1720 2nd St, Cheney 99004 (medical and behavioral health)  
**NURSE PRACTITIONER RESIDENCY CLINIC**  
15812 E Indiana Ave, Ste 101  
**URGENT CARE CLINICS**  
-Spokane Urgent Care-North, 5901 N Lidgerwood, Ste 126 434-1990  
-Spokane Urgent Care - Valley 1502 N Vercler Rd 444-8204

### Kaiser Permanente Medical Centers

[kp.org](http://kp.org)  
**Consulting Nurse Srvc** 800-267-6877  
**Member Services** 888-901-4636  
**Social Work Services** 877-216-6216  
-SPOKANE - LIDGERWOOD 482-4402  
6002 N Lidgerwood St, 99208  
-SPOKANE - RIVERFRONT 324-6464  
322 W North River Dr, 99201  
-SPOKANE - SOUTH HILL 535-2277

4102 S Regal St, Ste 101, 99223  
-SPOKANE VALLEY - VERADALE 922-2625  
14402 E Sprague Ave, 99216

### MultiCare Emergency Dept

<https://www.multicare.org/coronavirus/>  
-DEACONESS HOSPITAL 800 W Fifth, 99204 458-5800  
-DEACONESS NORTH EMERGENCY 8202 N Division, 99208 473-3333  
-VALLEY HOSPITAL 12606 E Mission Spokane Valley 99216 924-6650

### Multicare Free E-vistis

[multicare.org/virtualcare](http://multicare.org/virtualcare)  
with symptoms of fever, cough, and shortness of breath. use Promocode COVID19

### MultiCare Hospitals [multicare.org](http://multicare.org)

-DEACONESS HOSPITAL 800 W Fifth, 99204 458-5800  
-VALLEY HOSPITAL 12606 E Mission Spokane Valley 99216 924-6650

### MultiCare Indigo Urgent Care

<https://www.indigourgentcare.com/coronavirus>  
-ARGONNE 598-7860  
2713 N Argonne Rd Millwood, WA 99212  
-NORTH SPOKANE 598-7744  
9420 N Newport Hwy, Ste 103  
-SHADLE PARK  
2401 W Wellesley Ave, Ste C  
-SOUTH HILL 598-7810  
4911 S Regal St, 99223  
-VALLEY 598-7820  
15605 E Sprague, 99216

### MultiCare Rockwood Clinics

<https://www.multicare.org/coronavirus/>  
-AIRWAY HEIGHTS CLINIC 342-3380  
10414 W Hwy 2, Ste 10, 99224  
-CHENEY NEIGHBORHOOD CLINIC & EWU STUDENT HEALTH CENTER 19 N 7th St, 99004 235-6151  
-DEER PARK CLINIC 755-5424  
20 E J St, 99006  
-MEDICAL LAKE CLINIC 755-5300  
725 N Stanley St, Ste D, 99022  
-QUAIL RUN CLINIC 755-5250  
2214 E 29th, 99203  
-VALLEY CLINIC 99216 744-5710  
13221 E 32nd Ave, Ste 1

### MultiCare Rockwood Urgent Care

<https://www.multicare.org/coronavirus/>  
-DOWNTOWN 342-3100  
400 E 5th Ave, Ste 1 N, 99202  
-LIBERTY LAKE 342-3990  
1326 N Stanford Ln, 99019

### Native Project Medical Clinic

1803 W Maxwell, 99201  
[nativeproject.org](http://nativeproject.org) 483-7535  
Call in advance if you suspect exposure to Covid-19 or have symptoms, or arrive you can be immediately triaged.

### Providence Health Clinics

[providence.org/patients-and-visitors/coronavirus-advisory](http://providence.org/patients-and-visitors/coronavirus-advisory)  
**PROVIDENCE EXPRESS CARE**  
Lincoln Heights 888-227-3312  
2923 E 29th Ave, 99223  
**PROVIDENCE FAMILY MEDICINE**  
-INDIAN TRAIL (SPOKANE) 385-0610  
5011 W Lowell Ave, Ste 100, 99208  
-HAWTHORNE (SPOKANE) 252-1900  
551 E Hawthorne Rd, 99218  
-NORTH (SPOKANE) 252-9602  
212 E Central Ave, Ste 440, 99208  
-RESIDENCY CLINIC - SPOKANE 626-9900  
**TEACHING HEALTH CLINIC** Fax: 626-9917  
624 E Front Ave, 99202  
-SPOKANE VALLEY - 99216  
13102 E Mission Ave 928-0300  
**PROVIDENCE FAMILY PHYSICIANS**  
Providence Medical Park  
16528 E Desmet, Ste B3100 Spokane Valley 994-9440

### Providence Hospitals

<https://www.providence.org/patients-and-visitors/coronavirus-advisory>  
Note visiting hours have been cancelled  
**HOLY FAMILY HOSPITAL** 482-0111  
5633 N Lidgerwood, 99208  
**SACRED HEART MEDICAL CENTER & CHILDREN'S HOSPITAL** 474-3131  
101 W 8th Ave, 99204

### Unify Community Health

[yvfwc.org](http://yvfwc.org)  
-MISSION 120 W Mission Ave 326-4343  
99201 Fax: 329-2280  
-NORTHEAST 483-3427  
4001 N Cook St Fax: 482-5062  
99207 Dental 326-4382  
-WEST CENTRAL CC 327-4646  
1603 N Belt St Fax: 327-7209

## BUSINESS, SMALL & RESTAURANTS

<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>  
[facebook.com/groups/SaveSpokaneSmallBusinesses/](https://facebook.com/groups/SaveSpokaneSmallBusinesses/)

### Christ Kitchen 325-4343

2410 N Monroe, Spokane 99205  
[christkitchen.org](http://christkitchen.org)  
We realize the population we serve doesn't need any more trauma in their lives, so I have personally contacted each of them and working with them to ensure money continues to come in. If you are in a position to support our ministry during this time in a financial offering, we certainly welcome that. However, we pray we will be able to receive government funding; we are unclear at this time how much, however. You can continue buying our products are Yokes, Rosauers, and Super 1 Foods. We are doing our best to keep those shelves stocked.

### New Leaf Bakery Cafe Job Training - Transitions

930 N. Monroe St. 496-0396  
Spokane, 99201  
[help4women.org](http://help4women.org) NO info yet

### Home Deliveries, Restaurants

[https://docs.google.com/spreadsheets/d/1-MwPtgnvcwVP\\_N8zqGZ2SpQALdH2B1IZUY-MgFpixBP4/edit#gid=0](https://docs.google.com/spreadsheets/d/1-MwPtgnvcwVP_N8zqGZ2SpQALdH2B1IZUY-MgFpixBP4/edit#gid=0)  
UberEats  
GrubHub  
DoorDash  
Tree House is a new local app [treehousespokane.com](http://treehousespokane.com)

### Support Local Servers!!! The Big Table 979-1005

POB 141510, Spokane Valley 99214  
[information@big-table.com](mailto:information@big-table.com)  
[big-table.com](http://big-table.com)  
With business reduced, restaurants that already operate on tight margins are struggling. Employees hours are reduced, and in some cases, establishments are closing their doors altogether. Both in hotels and restaurants, the massive drop in business will mean that our people will have their hours cut and wages plummet with no way to make up that money. Most live financially day to day or week to week and have no safety net. Could you give a special gift to keep people in crisis from falling? (from their facebook-which has more a focus on Seattle area)

### Small Business Admin [sba.gov](http://sba.gov)

-WSU SPOKANE 353-2800  
801 W Riverside Ste 444, 99201  
Develops small business loan and assistance programs, special outreach efforts and initiatives to aid and inform small businesses.  
-ID SMALL BUSINESS DEVELOPMENT CNTR 525 W Clearwater Ln [idahosbdc.org](http://idahosbdc.org)  
Post Falls 83854 208-665-5085

### SNAP Financial Access 456-SNAP

500 S Stone, 99202 [snapwa.org](http://snapwa.org)  
**SNAP THE BUSINESS CENTER**  
One-on-one consulting, business training and support services, access to resources, and networks for business owners.  
**SNAP BUSINESS DEVELOPMENT**  
Technical assistance and financing for people interested in starting or expanding a small business.

### Spokane Cnty United Way

920 N Washington, Ste 100, 99201  
[unitedwayspokane.org](http://unitedwayspokane.org) 838-6581  
Brings together expertise, funding and volunteer support to positively impact health, education and financial stability.  
COVID - 19 Community Economic Disaster Relief Fund

call 866-211-9966 and provide zip code for list of agencies that provide assistance.

## COMMUNITY CENTERS

### American Indian Community Center 535-0886

610 E North Foothills Dr, 99207  
[aiccinfo509@gmail.com](mailto:aiccinfo509@gmail.com) [aiccinc.org](http://aiccinc.org)  
No indoor activities, basic needs food bank and other supplies can be received out doors

### Corbin Senior Activity Center 327-1584 Spokane 99205 Fax: 327-9162

[info@corbinseniorcenter.org](mailto:info@corbinseniorcenter.org)  
[/JeffEdwards.corbinseniorcenter.org](http://JeffEdwards.corbinseniorcenter.org)  
Pre-cautionary Cleaning and cancelation of larger events.

### Deer Park Senior Center 276-2411

Deer Park City Hall, Lower Level  
E316 Crawford St  
PO Box 842, Deer Park 99006

### Hillyard Senior Center 482-0803

NE COMMUNITY CENTER 482-0803  
4001 N Cook, Spokane 99207  
[hillyardseniorcenter@yahoo.com](mailto:hillyardseniorcenter@yahoo.com)  
[hillyardseniorcenter.org](http://hillyardseniorcenter.org)  
canceling major events.

### Martin Luther King Family Outreach Center 455-8722 x100

500 S Stone, 99202  
[mlkspokane.org](http://mlkspokane.org) check change of FB Hours

### Northeast Community Center 487-1603

4001 N Cook, 99207  
[necommunitycenter.com](http://necommunitycenter.com) Fax: 489-3849  
NECC is open. Senior Center may be closing and not doing congregant meals as of end of this week. The Zone - will work to supply children and families with meals, food, toiletries & safe places

### Sinto Senior Activity Center 327-2861

1124 W Sinto Ave  
Spokane 99201 [sintocenter.com](http://sintocenter.com)  
NO info

### Southside Community Center 535-0803

3151 E 27th Ave, Spokane 99223  
[southsidesc.org](http://southsidesc.org)  
Pre-cautionary cleaning and sanitization.

### Spark Central 279-0299

1214 W Summit Pkwy, 99201  
[programs@spark-central.org](mailto:programs@spark-central.org)  
[spark-central.org](http://spark-central.org)

closed til April 24, its after school program but staff raised \$5,000 to provide kits for kids with legos, playdough, crayons, snacks to have during this time kids are out of school.

### West Central Community Cntr 326-9540

1603 N Belt St, 99205  
[westcentralcc.org](http://westcentralcc.org) Fax: 326-2347  
before and afterschool cancelled, supportive services, many programs closed March 17-atleast April 9. Providing Resource Sheets for West Central & downtown Youth Director: accepting food & hygiene donations for families  
WIC NEEDS: We do have a WIC site. They can't give out used formula any more. Formula in general is a need.

### World Relief Spokane 484-9829

1522 N Washington St, Ste #204, 99201 Fax: 462-7279  
[wrspokane@wr.org](mailto:wrspokane@wr.org)  
[worldreliefspokane.org](http://worldreliefspokane.org)  
While the World Relief office in Spokane will be closed through March 30 and all volunteer activities will be postponed, staff will work remotely to empower our community to serve the most vulnerable—knowing crises bring disproportionate impact. It is working to be sure public information is available in immigrants' and refugees' languages and will address financial, housing and food needs

### YMCA the Inland Northwest 777-YMCA

1126 N Monroe, 99201  
[ymca@ymcaspokane.org](mailto:ymca@ymcaspokane.org) (9622)  
[ymcaspokane.org](http://ymcaspokane.org) Fax: 720-5783  
Closed all location in Spokane and Sandpoint till March 31

## KIDS FOOD AND CARE

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

### CENTRAL VALLEY #354 228-5400

19307 E Cataldo  
Spokane Valley 99016  
[cvsd.org](http://cvsd.org)  
FREE Meals for Kids  
Kids, age 18 and under, can enjoy a free, nutritious, grab-and-go, drive-through breakfast & lunch while our schools are closed. Starting on Tuesday, March 17th, 10am-1pm at eleven specific designated locations so far (more to be added). Registration is not required and children do not need to be a CVSD student to participate. Children must be

present to pick up. Locations: (Look for the CVSD school bus out front)

Locations: (Look for the CVSD school bus out front)

- Bowdish Middle School – 2109 S. Skipworth Rd., Spokane Valley, 99206
- Broadway Elementary – 11016 E. Broadway Ave, Spokane Valley, WA 99206
- Evergreen Middle School – 14221 E. 16th Avenue, Spokane Valley, WA 99037
- Opportunity Elementary – 1109 S. Wilbur Road, Spokane Valley, WA 99206
- Pavillion Park – 727 N. Molter Road, Liberty Lake, WA 99019
- Pope Francis – 16412 E. Sprague Ave., Spokane Valley, WA 99016
- Progress Elementary – 710 N. Progress Rd, Spokane Valley, 99037
- Riverbend Elementary – 17720 E. Mission Ave., Spokane Valley, WA 99016
- Selkirk Middle School – 1409 N. Harvest Pkwy, Liberty Lake, WA 99016
- University Elementary – 1613 S. University Road, Spokane Valley, WA 99206
- University High School – 12420 E. 32nd Avenue, Spokane Valley, WA 99216

### CHENEY 559-4599

[cheneysd.org](http://cheneysd.org)  
12414 S Andrus, 99004  
Breakfast and lunch meals will be distributed beginning Wednesday, March 18. No specific pickup location or times have been determined yet.  
-Bus #75  
Salnave Elementary 9:00 - 9:20  
Betz Elementary 9:25 - 9:40  
Bi Mart 9:45 - 10:00  
-Bus #51  
Windsor Elementary 9:00 - 9:20  
Snowdon Elementary 9:30 - 9:50  
Hayford Village 9:55 - 10:15  
-Bus #52  
Fairchild MHP 9:00 - 9:15  
West Prairie MHP 9:25 - 9:40  
Copper Landing 10:00 - 10:20  
-Bus #79  
Sunset Elementary 9:00 - 9:25  
Basalt Ridge Entrance on 6th 9:30 - 10  
-Bus #78  
18th & Campbell 9:00 - 9:25  
Vietzke Village 9:35 - 9:50  
Cedar Summit Aparts 10:00 - 10:20

### EAST VALLEY 924-1830

3830 N Sullivan Rd, Bldg 1  
Spokane Valley 99216 [evsd.org](http://evsd.org)

The East Valley School District is still determining how it will support students and their families during the closure. At this time, no meal pickup plans have been put into place.

- East Farms Elementary – 26203 E Rowan, Newman Lake - 11-11:30
- Otis Orchards Elem – 22000 E Wellisley, 99027 11-11:30
- KH Grocery Market – 21121 E Wellesley, 99027 - 11:45-12:15
- CCS/Skyview – 16924 E Wellesley 99216 - 11-11:30
- Trentwood Elem- 14701 E Wellesley 99216 - 11:45-12:15
- Parkside at Mirabeau Apartments - 2820 N Cherry St, 99216 - 11-11:30
- River Rock Apartments - 12820 E Mansfield Ave, 99216 - 11:45-12-15
- Riverbend Elementary – 17720 E. Mission Ave., Spokane Valley, WA 99016
- Valley Mission Park - 11405 E Mission - 11-11:30
- Whimsical Pig Apartments - 13303 E Mission - 11:45-12:15
- Eagle Point Apartments - 2718 N Bowdish Rd, 99216 - 11-11:30

### FREEMAN

15001 S Jackson Rd  
Rockford 99030  
Free Meals start March 20th, sign up online [freemansd.org](http://freemansd.org) or call 291-3695

### LIBERTY 624-4415

S 29818 North Pine Creek Rd  
Spangle 99031 [libertysd.us](http://libertysd.us)  
Pick up locations at 9:00 and 10:00 a.m.:  
• Liberty High School Parking Lot, 6404 E. Spangle-Waverly Road  
• Fairfield Community Center, 304 E. Main Street  
• Fire Station 35, 1801 W. Gibbs Road (corner of Gibbs & Austin)  
• Latah Post Office, 123 W. Market Street  
• Mullen Hill Road at Hwy 195 (at the gravel parking area)  
• Spangle Service Club, 165 N. Main Street  
• Waverly Post Office, 170 N. Commercial Street

### MEAD SD mead354.org 465-6000

2323 E Farwell Rd, 99021  
Meal service for Mead schools will begin Monday, March 23. Meals will be delivered to various hubs throughout the school district, but those locations have not yet been determined. (Meals will not be provided April 6-10, 2020, as this is the week the Mead School District would have been closed for Spring Break.)

### SCHOOL LOCATIONS

to pick up at 11am-12:30pm:



-Brentwood Elem, 406 W. Regina  
-Colbert Elem, 4526 E. Greenbluff  
-Evergreen Elem, 215 W. Eddy  
-Meadow Ridge, 15601 N. Freya  
-Midway Elem, 821 E. Midway Rd.  
-Prairie View Elem, 2606 W. Johannsen Rd.  
-Shiloh Hills Elem, 505 E. Stonewall  
-Northwood, 2908 N. Pittsburg

#### COMMUNITY DISTRIBUTION LOCATIONS:

-Forest Creek Apart, 13110 N. Addison St - 10:30-11 am  
-Woodhaven Apart - 12424 N. Fairwood Drive - 11:20-11:50 am  
-Hill N Dale Street Apts - 8821 N. Hill N Dale St - 10:30-11 am  
-Mead Food Bank - 12611 N. Wilson 11:20-11:50 am  
-Cedar Creek Village - 8502 N. Nevada St - 10:30-11 am  
-Deer Run @ North Pointe - 1225 E. Westview Ct - 11:20-11:50 am  
-Wild Rose Gas/RV Park - 23106 US 395 - 10:30-11 am  
-St. Joseph's Church - 3720 E. Colbert Rd - 11:20-11:50 am  
-Fire Station #47 - 9814 E. Greenbluff Rd. - 10:30-11 am  
-Fire Station #48 - 17711 N. Mt. S Park Drive - 10:30-11 am

#### MEDICAL LAKE 565-3100 [mlds.org](http://mlds.org)

Meal pickup plans have not been finalized by the district. The Medical Lake School District will have an update by Thursday, March 19, with how it'll proceed with services like meal distribution.  
-Medical Lake Lutheran Church Offering Bagged Lunches Wed 3/18 - Fri 3/20  
Thank you to this group for helping the students in our community while the District prepares for meal deliveries next week.

We will begin the delivery of meals beginning Monday-March 23rd, 2020. There will be meals delivered at the following locations:

-Hallett Bus Loop at 11:00 am to 11:12 am,  
-Medical Lake City Hall at 11:15 am to 11:27 am,  
-Medical Lake High School Bus Loop at 11:30 am to 11:42 am,  
-Medical Lake Middle School Bus Loop at 11:45 am to 11:57 am.  
-Michael Anderson Elementary at 11:40 am to 11:50 am.

#### NINE MILE FALLS [9mile.org](http://9mile.org) 340-4300

10110 W Charles Rd, 99026  
Locations & times:  
Lakesied High School Bus Loop - 5909 Hwy 291 - 11-11:40 am  
Lakeside MS Bus Loop - 6169 Hwy 291 11:15-11:45  
Nlne Mile Elem Bus Loop - 10102 W Charles rd, 11:15-11:45am

Lake Spokane Elementary Bus Loop - 6015 Hwy 291 - 11:30am-12pm

#### ORCHARD PRAIRIE 467-9517

7626 N Orchard Prairie Rd, 99217 [orchardprairie.org](http://orchardprairie.org)  
Orchard Prairie School District will be closed for students starting Tuesday, March 17th through at least April 24th, 2020 in an effort to slow the spread of COVID-19. This includes all extracurricular activities and previously scheduled events.

#### VALLEY 888-284-5719

3034 Huffman Rd, 99181 [valleysd.org](http://valleysd.org) 937-2413  
As of March 19, Today, we served meals in the Valley Bus Loop from 9:00-11:00 am. The turnout was positive and we are expanding to serve meals in the Valley Grange as well tomorrow. Tomorrow, both sites, the Valley School Bus Loop and the Valley Grange will be serving breakfast/lunch meals from 9:00-11:00 am.

#### WEST VALLEY [wvvsd.org](http://wvvsd.org) 924-2150

2805 N Argonne Rd, 99216  
West Valley will continue to offer breakfast and lunch to any student 18 years of age or younger. Beginning Tuesday, March 17, all elementary schools, CMS and WVHS will distribute "drive through" meals to go from 11:00 am to 1:00 pm. No paperwork or identification necessary.  
-Ness Elementary 922-5470  
9612 E. Cataldo, 99206  
-Orchard Center Elementary 7519 E. Buckeye, 99212 922-5473  
-Pasadena Park Elementary 8508 E. Upriver Dr. 922-5480  
-Seth Woodard Elementary 7401 E. Mission, 99212 921-2160  
-Centennial Middle School 915 N. Ella 99212 922-5482  
-West Valley High School 8301 E. Buckeye, 99212 922-5488

#### PULLMAN SCHOOL DISTRICT:

Each school in the Pullman School district will be open for meal pickup beginning Wednesday, March 18, between 7:30 a.m. – 8:30 a.m. and 11:30 a.m. – 12:15 p.m. The district will also send vans out into the community to deliver meals to designated locations for those who cannot get to the schools. The breakfast and lunch meals will be grab-and-go style and free to any student. Families are free to pick those meals up at any school in the district. [https://www.pullmanschools.org/apps/pages/index.jsp?uREC\\_ID=1668785&type=d&pREC\\_ID=1853685](https://www.pullmanschools.org/apps/pages/index.jsp?uREC_ID=1668785&type=d&pREC_ID=1853685)

#### MOSES LAKE SCHOOL DISTRICT:

The district said food service plans are in progress to have a neighborhood meal program for breakfast and lunch, but no further specifics have been shared.

#### COEUR D'ALENE SCHOOL DISTRICT:

Breakfast and lunch meal pickup will begin Wednesday, March 18, at select locations throughout the district. More details are expected soon.

#### MOSCOW SCHOOL DISTRICT:

Students in the Moscow School District are on spring break from March 16 – 20. However, the schools will be closed through April 6. In a letter to district families, Superintendent Gregory Bailey says the district is working to make lunch available to students once spring break is over. More information is expected closer to the end of spring break.

Additionally, the Mad Greek restaurant is offering free lunches for kids for the next three weeks. Those lunch meals include a slice of pizza or a cup of soup. Meal pickup is available from 2 – 4 p.m. Monday through Thursday. More information is available here.

#### LEWISTON SCHOOL DISTRICT:

Meal pickup will be available from March 16 – 20 at Jenifer Jr. High and Sacajawea Jr. High for any Lewiston School District students and members of their household 18 years and younger from 11 a.m. until 1 p.m. Family members older than 18 will be able to purchase meals from the schools. More information is available here.

#### SPOKANE PUBLIC SCHOOLS

200 N Bernard St, 99201 [spokaneschools.org](http://spokaneschools.org) 354-5900

Will start meal program for children on reduced an dlow-income meal plans starting March 24th To April 24

SAFETY 354-7320  
SCHOOL MEAL PROGRAM 354-5976

We are continuing to get plans in place to help our students and families during the upcoming school closure. The newest information concerns meals and technology.

Meal distribution  
On Thursday, March 19, SPS will begin offering grab-and-go meals – a breakfast and a lunch together – for any child aged 0-18 from 11 a.m.-1 p.m. at these locations:  
-Arlington, 6363 N. Smith  
-Balboa, 3010 W. Holyoke  
-Finch, 3717 N. Milton  
-Garfield, 222 W. Knox  
-Grant, 1300 E. 9th  
-Holmes, 2600 W. Sharp

-Hutton, 908 E. 24th  
-Lidgerwood, 5510 N. Lidgerwood  
-Lincoln Heights, 3322 E. 22nd  
-Longfellow, 800 E. Providence  
-Logan, 1001 E. Montgomery  
-Moran Prairie, 4224 E. 57th  
-Mullan Road, 2616 E. 63rd  
-Ridgeview, 5610 N. Maple  
-Roosevelt, 333 W. 14th  
-Sheridan, 3737 E. 5th  
-Stevens, 1717 E. Sinto  
-Shaw MS, 4106 N. Cook  
-Rogers HS, 1622 E. Wellesley  
-Shadle Park HS, 4327 N. Ash  
-Ferris HS, 3020 E. 37th  
Meals will be offered Monday through Friday. Our goal is to expand these sites next week.

Learning at home: We have assembled a thorough collection of resources -- schedule ideas, sample daily plans and learning at home guides – for families to use during the school closure as they see fit. These are available at [spokaneschools.org/LearningAtHomeResources](http://spokaneschools.org/LearningAtHomeResources). Structure and routine are strong elements to reducing anxiety, but we recognize that nothing about this is routine. In the coming days teachers will be connecting with students and parents, answering questions, sharing materials, clarifying directions, and assisting with access to digital resources.

Volunteering: If you or your organization would like to support SPS students, families or staff by donating resources or time, please call the SPS Office of Family and Engagement at 509-354-7882.

Graduation requirements: The Class of 2020 has access to the Expedited Appeals Waiver which allows students to waive the current assessment graduation requirement to pass both the ELA and Math Smarter Balanced Assessment. Future guidance will be provided by the state regarding making up instructional days with regard to credits needed for graduation.

Testing: The state superintendent's office (OSPI) has canceled all state testing for the 2019-20 school year.

End of school: At this time, OSPI will grant emergency waivers to allow districts to end the school year on Friday, June 19, at the latest.

Stay healthy! Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. Avoid close contact with people who are sick. Put distance between yourself and other people.

## Kids Meals closer to Downtown Spokane

**Communities In Schools of Spokane County** 413-1436  
905 W Riverside, Ste 301, 99201  
[info@cisspokane.org](mailto:info@cisspokane.org)  
[Spokane.ciswa.org](http://Spokane.ciswa.org)  
is distributing food at various locations.

## Community-Minded Enterprises

**RECOVERY CAFÉ SPOKANE**  
214 N Cedar St, 99201 960-8529  
[info@community-minded.org](mailto:info@community-minded.org)  
[community-minded.org](http://community-minded.org)  
In addition, beginning today, 3/17, the Recovery Café is closed to the public and we are unable to serve lunch or host latte hour. However, starting today 3/17 we are handing out sack lunches to members from 12:00-12:30pm at the front door of the café. Lunches are available Tuesday – Friday.

## SW Community Center

314 S Spruce, 99201 981-7797  
Mark Reilly (Food Bank) 993-1314  
Community Center is open.  
Youth pgm during day; food bank Friday – line up outside & receive bags outside. For kids, lunches like in summer; meals from Shadle. Hand-out stuff during week for those in need.

## Volunteers of America

525 W Second, 99201  
[voaspokane@voaspokane.org](mailto:voaspokane@voaspokane.org)  
[voaspokane.org](http://voaspokane.org) 624-2378  
Crosswalk maybe adding hours with Spokane Public Schools.

## Restaurants (free food for kids:

River City Pizza (call in advance)  
Brick West Brewing Company 279-2982  
Cochinito Taqueria  
kids meal free with an adult order

## CHILD CARE & YOUTH CENTERS

Express child care is closed Tuesday, March 17 through Friday, March 20, so we ask our Express families to please make alternate arrangements for that time. Based on the governor's request, our initial child care plan will prioritize child care support for children of first responders and medical workers. We will have an update on Wednesday, March 18, regarding our ability to provide child care to existing Express families.

## Childcare Aware - Family Center 800-446-1114

If your Child Care center closes from COVID 19 emergency, call here to help find an alternative

location. Warning Capacity maybe an issue as some child care centers already. Now working remotely

**Salvation Army** 325-6810  
222 E Indiana, 99207  
[spokane.salvationarmy.org](http://spokane.salvationarmy.org)  
The Youth Center is closed until further notice.

**Vanessa Behan Crisis Nursery**  
2230 E Sprague, 99202 535-3155  
[kristena@vanessabehan.org](mailto:kristena@vanessabehan.org)  
[vanessabehan.org](http://vanessabehan.org) Fax: 534-7099  
Concerned about the potential increase in child abuse and neglect during the COVID-19 crisis with schools closed six weeks, is offering support to children and families on its website and social media. Parents with limited support face difficult decisions about child care. Vanessa Behan is considering how to increase services for parents needing child care. Supplying Diapers, wipes, and formula, during business hours.

## PET FOOD

### SpoAnimal CARE

710 N Napa  
<https://www.spokanimal.org>  
The shelter is offering free pet food (cat & dog only) for those in need (experiencing financial hardship) at its front desk Monday-Friday 11-6 through Saturday, 10-5.

## VULNERABLE POPULATIONS

### Grocery Stores

#### Rosauers

**NOTE: Senior citizens, pregnant women and those with compromised immune systems to shop. can shop on Tuesdays and Thursdays from 7 a.m. to 9 a.m. Pharmacies will open at 8 a.m. on those days.**

#### Safeway, Albertsons

<https://www.safeway.com>  
**NOTE: Senior citizens, pregnant women and people with compromised immune systems can shop on Tuesdays and Thursdays from 7 a.m. to 9 a.m. This is across WA state.**

#### Target

**NOTE: Vulnerable can shop 7am - 9am T & Th.**

**WIC 800-322-2588**  
**Text "WIC" to 96859**

When going to the Grocery store please be kind to those

whose only food are provided for through the WIC program. This is the only food under that program they can receive. Please be kind to your neighbors in need, items include Breakfast Cereal, Infant Cereal, Infant Food Fruits & Vegetables, Infant Food Meat, Infant Formula, Exempt Infant Formula, Milk, Cheese, Tofu, Soy-Based Beverage, Mature Legumes, Peanut Butter, Fruits & Vegetables, Canned Fish, Whole Wheat Bread and Other Whole Grains, Juice, Eggs, WIC-eligible Nutritionals, Yogurt. Don't hoard their only means!!

## DISABILITIES

### Resources from John Lemus:

<https://informingfamilies.org/covid-plain-lang/>  
<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

### The Arc of Spokane 328-6326

320 E Second St, 99202  
[sthorpe@arc-spokane.org](mailto:sthorpe@arc-spokane.org)  
[arc-spokane.org](http://arc-spokane.org) Fax: 328-6342  
From March 17 to April 24  
Suspending ALL activity

### Joya Childhood & Family Development

2118 W Garland Ave, 99205  
[joya.org](http://joya.org) 326-1651  
In addition to the hygiene and heightened sanitizing measures outlined on our previous communication, all Joya groups will be cancelled, effective March 16th until April 24th or until further notice. All families will be contacted by phone at the beginning of each day. This situation is evolving and Joya management has made the decision today (March 15) to cancel all home programs, effective Monday, March 16.

### Disability Action Center- NW, Inc

CommunityBldg/Saranac, 25 W Main, Rm North #2 (3rd Flr), 99201  
[dacnw.org](http://dacnw.org) 208-618-1191  
Starting to cancel events

### DDA - Developmental Disabilities Admin (DSHS)

Field Off: 1611 W Indiana, 99205  
[DD1FSO@dshs.wa.gov](mailto:DD1FSO@dshs.wa.gov) 329-2900  
<https://www.dshs.wa.gov/dda/consumers-and-families/dda-coronavirus-information>  
**800-462-3038**  
**Fax: 568-3037 TTY 568-3038**  
Supports and services for people 18+ with developmental disabilities such as, cerebral palsy,

epilepsy, autism or other neurological issues.

### People First of Washington

**-LILAC CHAPTER 991-5861**  
Downtown Library 901 W Main, 99201 4pm, 2nd & 4th T  
[peoplefirstspokane.org](http://peoplefirstspokane.org) on FB  
John Lemus  
Due to the COVID-19 virus I have decided after careful consideration and input from our members and advisors that all in person lilac city people first chapter meetings are terminated until such time that social distancing is no longer in effect. We will hold our chapter meetings via zoom with a call in option. Also after careful consideration our annual Rock N Bowl fundraiser usually held in April is postponed. These decisions are in the best interest of the health and safety of our members and public health. Questions please reach out to me directly.

### SKILLS'KIN 326-6760

4004 E Boone Ave, 99202  
[skills-kin.org](http://skills-kin.org) Fax: 323-8987  
No info so far

### Spokane Center for Independent Living (SCIL) 326-6355

8817 E Mission Ave, Ste 106  
Spokane Valley 99212 [scilwa.org](http://scilwa.org)  
Due the circumstances surrounding COVID-19 starting Monday March 16, all appointments with Independent Living Specialists will take place over the phone or through email until further notice.

### St Luke's Rehabilitation Institute

711 S Cowley St, 99202 473-6000  
[st-lukes.org](http://st-lukes.org) Fax: 473-6097  
St. Luke's Rehabilitation Institute is implementing additional visitor and therapy restrictions in accordance with recommendations from the Center for Disease Control and Prevention (CDC). In addition, some hospital access points will be consolidated at our hospital campus location. These changes take effect Tuesday, March 17 at 7 a.m.  
<https://www.st-lukes.org/locations/st-lukes-waterfall-cafe>  
St. Luke's Waterfall Café is allowing limited access to current patients, their families and St. Luke's employees. General public access is not being allowed at this time.

#### OUTPATIENT:

-Valley, 9119 E Broadway, 99206  
-North, 235 E Rowan Ave, Ste 210  
-North Occupation Rehab 551 E Hawthorne Rd, 99218  
-South Occupational Rehab 421 S Division St, 99202  
Outpatient Therapy Clinics:  
In accordance with CDC guidelines, please be aware of the following changes taking effect

Tuesday March 17:

-Pediatric outpatient entrance on S. Chandler is available only to pediatric patients and their family member. Screenings will be conducted upon arrival.

-Outpatient Cardiac & Pulmonary Therapy sessions are being postponed until further notice.

-Outpatient therapy services for "high risk" and older populations are being postponed at least until April 16.

-Any person coming to the main hospital campus for outpatient therapy services, will be screened.

-Patients being seen in an outpatient clinic are encouraged to come on their own.

-We encourage anyone who is not feeling well to stay home.

-St. Luke's therapy teams will be calling patients the week of April 6 with an update.

---

## MENTAL HEALTH & RECOVERY

---

### American Behavioral Health Systems (ABS) 934-1078

715 E Sprague, Ste 107  
Spokane Valley 99216  
[abhsinc.net](http://abhsinc.net) Fax: 232-5770  
NO new clients accepted that this time. Detox, inpatient, outpatient.

### Colonial Clinic

910 N Washington, Ste 210, 99201  
[colonialclinic.com](http://colonialclinic.com) 327-9831

All services still available, accepts Community Health Plan of WA, which is part of WA Apple Healthcare (Medicaid). offers Outpatient treatment.

### Frontier Behavioral Health

Walk-ins: 17 E 1st, 99201 838-4651  
[fbhwa.org](http://fbhwa.org)

24/7 help line and Crisis Line  
877-266-1818

To to any one anytimes, call  
Warming Line 877-500-9276

All services still available, accepts WA Apple Healthcare (Medicaid). Intake is first come, first served, intake from 7:30 am-3:00pm. After intake, you wait approximately one week to see a counselor with the option to start weekly sessions.

### Genesis Institute, Inc 467-7913

1220 N Howard St, 99201  
[genesisinstitute.org](http://genesisinstitute.org)  
Offering Telehealth  
Appointments

### Healing Lodge of the Seven Nations hotline 533-6910

5600 E 8th Ave, 99212  
[hladmin@healinglodge.org](mailto:hladmin@healinglodge.org)  
[healinglodge.org](http://healinglodge.org) 535-2863

All services still available, accepts WA Apple Healthcare (Medicaid). Provides an intensive 90 to 120-day inpatient experience for youth

ages 13 through 17 with chemical dependency.

### New Horizon Care Centers ADMIN BUILDING 838-6092

2317 W 3rd Ave, 99201  
[nhccspokane.org](http://nhccspokane.org)  
all services still available, Assessments and mental health counseling session are available via phone accepts WA Apple Healthcare (Medicaid). Inpatient and outpatient treatment, short term drug rehab, intensive outpatient treatment, regular outpatient treatment.

### Partners with Families & Children 473-4810

106 W Mission Ave, 99201  
[partnerswithfamilies.org](http://partnerswithfamilies.org)  
All services still available, accepts WA Apple Healthcare (Medicaid). Treatment for mental health, substance use disorders, and parenting support. The program is aimed to meet the needs of all family members to support wellness and family reunification

### Pioneer Center East 325-2355

PIONEER HUMAN SERVICES  
3400 W Garland, 99207  
[pioneerhumanservices.org](http://pioneerhumanservices.org)  
all services still available, accepts WA Apple Healthcare (Medicaid). Provides recovery care and rehab services such as Inpatient Drug Rehab, short term drug rehab, and others to clients in Spokane in its Surrounding areas to that they conquer their substance use disorders and achieve full recovery.

### Pioneer Human Services - Boone 325-7232

PIONEER HUMAN SERVICES  
910 W Boone, 99201  
[pioneerhumanservices.org](http://pioneerhumanservices.org)  
all services still available, accepts WA Apple Healthcare (Medicaid). Outpatient treatment that accepts people with co-occurring mental health and substance abuse disorder.

### SPARC (Spokane Addiction Recovery Centers)

[sparcop.org](http://sparcop.org) 624-3251 or 241-3130  
All services are still available, Accepts WA Apple healthcare (medicaid), intensive inpatient, recovery house, counseling, and psychotherapy, medication supervision, case management, intensive, outpatient, abuse treatment, alcohol & drug info, DUI assessment.  
Inpatient: 812 S Walnut  
Outpatient: 1508 W 6th Ave, 99204

### Spokane Treatment & Recovery Services - STARS

105 W 3rd Ave, 99201  
[spokanerecovery.org](http://spokanerecovery.org) 570-7250  
Only Detox services are available at this time, accepts WA Apple Healthcare (Medicaid). Intensive inpatient, recovery house,

counseling & psychotherapy, medication supervision, case management, intensive outpatient, abuse treatment, alcohol & drug info, DUI assessment

### Sunshine Terrace

1102 S Raymond Rd 892-4342  
Spokane Valley 99206 [shfi.com](http://shfi.com)  
Provides long-term living oppor-  
All services still available, accepts WA Apple Healthcare (Medicaid), inpatient and outpatient.

---

## SENIORS

---

### Aging & Long Term Care of Eastern WA - ALTCEW

1222 N Post St, Spokane 99201  
[action@altcew.org](http://action@altcew.org) [altcew.org](http://altcew.org)  
Dir: Lynn Kimball 458-2509  
See website for programs and event cancellations.

### Elder Services 458-7450

5125 N Market St, Spokane 99217  
need family and friends to train and build support during crises.  
FAMILY CAREGIVER 458-7450

### Greater Spokane County Meals On Wheels 924-6976

12101 E Sprague Ave, 99206  
POB 14278, Spokane Valley 99214  
[gscmealsonwheels.org](http://gscmealsonwheels.org)  
pre-cautionary regulations in place. As of March 20th cancelling ALL 12 Silver Cafes locations as Senior nutrition sites all over Spokane County. Will be replaced by meal deliveries to homes via MOW program. Requests for more volunteers, with new training for all drivers, including hygiene and daily wellness checks for said volunteers

### Mid-City Concerns/Meals on Wheels Spokane 747-3257

1222 W 2nd MOW 232-0864  
Spokane 99201 [mowspokane.org](http://mowspokane.org)  
[director@mowspokane.org](mailto:director@mowspokane.org) 456-6597  
Sarah Hall 232-0864  
no change, but cleaning. Probably no meal

### RSVP - Retired Senior Volunteer Program YMCA

1126 N Monroe, Spokane 99201  
Programs cancelled 344-7787

---

## VETERANS

---

### Catholic Charities Eastern Washington 800-831-1209

12 E 5th Ave, 99202 358-4250  
[ceasternwa.org](http://ceasternwa.org)  
Volunteers are vital to Catholic Charities' work in the

community, and we so value your contributions. During this situation we could use your help and assistance in other ways:

FRIENDLY CHAT PROGRAM:  
This new communication program will allow us to reach out to seniors who have been asked to shelter in place due to their underlying health conditions. Staff and volunteers will make daily phone calls to seniors to ensure they have food, supplies and know that someone cares about them! If you are interested in assisting us with this endeavor, please email us at [volunteer@cceasternwa.org](mailto:volunteer@cceasternwa.org) for more information.

SHOPPING ANGELS: We created a volunteer program to shop for a bag of basic need, essential items for seniors who are unable to leave their home. Please check our website to find more about how you can assist with this program.  
<https://www.cceasternwa.org/covid-19>

### Spokane Veterans Home

WA DVA 222 E. 5th Ave  
Spokane 99202 344-5770  
<https://www.dva.va.gov/veteran-homes/spokane-veterans-home>  
In full Lockdown

### VA Medical Center, Mann-Grandstaff 434-7000

4815 N Assembly St, 99205 [va.gov](http://va.gov)  
patients and visitors to Mann-Grandstaff VA Medical Center: As a precautionary measure, MGVMC has implemented mandatory screening. Until further notice, normal operating hours for the facility are reduced to 7:00a.m. to 7:00 p.m