

# Resource Guide

## General Resources

United Way has a “Covid-19 Community Economic Relief Fund”. They help with [food, bills, and rent](#). Call 1-866-211-9966.

Many public libraries offer a free at-home streaming service. Here in Cumberland County, the service is Kanopy. It allows people to watch films and use resources. Please look at your local library’s site or talk to your neighbors for more info. I actually prefer the films on here compared to Netflix.

If you have a library card in your county, you will likely have access to e-books through the library’s website or app.

Look out for free concerts from favorite bands through live streaming services.

At-home learning with the Georgia Aquarium- [www.georgiaaquarium.org](http://www.georgiaaquarium.org) This is a fun site to learn from the aquarium; it also gives you the ability to just watch fish go by with live webcams. Let the animals come to you.

The YMCA is offering free on-demand workout videos that can be done at home through their website, [www.ymca360.org](http://www.ymca360.org).

According to Business Insider, there are free online education courses that you can audit from 54 of our nation’s best colleges at edX and Coursera. Some of the courses require additional fess to gain access to certificates, assignments, tests, and final grades.

While many State Park facilities are closed, you are still able to access trails to hike. There are many local and community parks that you can look up and go to explore if you check out your individual county’s website.

Many National Parks offer virtual tours through Google Earth.

Financial Planning Notes: The CARES Act passed recently by congress has allowed for a number of relief measures. Of note, Required Minimum Distributions have been suspended for the year. Federal Student loan Servicers are also required to offer a number of relief options. Please contact your financial advisor and/or accountant for more information. (You can also email me at [klong@royalaa.com](mailto:klong@royalaa.com) to help with your plan at this time.)

## **Resources for Kids**

Mo Willems, author of books like Don't Let the Pigeon Drive the Bus, posts daily videos at 1PM for kids to learn how to draw his characters and doodle.

[www.kennedy-center.org/education/mo-willems](http://www.kennedy-center.org/education/mo-willems)

BeachBody Kids Workouts (free)

<https://vimeo.com/showcase/6880106>

Scholastic Learn at Home Resources

<https://classroommagazines.scholastic.com/support/learnathome.html>

Daily music/arts and activities for kids

[www.insidetheorchestra.org](http://www.insidetheorchestra.org)

Exercise and Fun!

<https://www.gonoodle.com>

<https://www.insider.com/pete-the-cat-author-reading-daily-to-kids-home-coronavirus-2020-3>

Pete the Cat Author James Dean is reading every weekday at 12 to kids

Zoo America has live zoo exhibits at 11 am every day on their Facebook page.

Cincinnati Zoo and Botanical Gardens have live Safari Tours on Facebook M-F at 3pm but all their videos are archived so you can still view them.

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

This is Free and PreK-6th grade

<https://www.starfall.com/h/index-kindergarten.php>

This is free but you can decide if you want to pay for more features, but there is PLENTY do without it.

## **Shopping Hours for Seniors and Higher Risk People**

Dollar General will keep their first hour for seniors only. The first hour is different at various locations, so make sure to check the hours before heading in.

Starting March 24<sup>th</sup>, Wal Mart will host an hour-long senior shopping event for Seniors every Tuesday before the store opens.

Boyer's (all locations) are offering 7-9am shopping for seniors before others are allowed in the store as they are at higher risk. The store will be stocked and cleaned.

All Giant stores offer first hour of shopping for seniors only.

Karns senior hour will be 7-8 am daily.

Albertsons, which has 2,200-plus stores under banners including Safeway, Acme and Vons, says it is reserving two hours every Tuesday and Thursday morning for vulnerable shoppers, including senior citizens, pregnant women or those with compromised immune systems "who have been advised to avoid leaving home as much as possible."

Starting Wednesday the 12th, all Whole Foods Market stores will let customers who are 60 and older shop one hour before opening to the public

Target is starting hours for elderly and vulnerable shoppers starting Wednesday the 18<sup>th</sup>.

## **Small Business Resources**

\*\*\*These are links that give small business resources to understand operating guidelines and where to look for assistance:

<https://www.uschamber.com/coronavirus>

<https://dced.pa.gov/resources/>

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html>

<https://www.sba.gov/funding-programs/disaster-assistance>

[https://bumble1.typeform.com/to/RGxcXG?fbclid=IwAR03xHBhanX3\\_f-dxRBLAZb5u94fgmo39jBhvLcQYBr1jDWWgvRlbZTrFXQ](https://bumble1.typeform.com/to/RGxcXG?fbclid=IwAR03xHBhanX3_f-dxRBLAZb5u94fgmo39jBhvLcQYBr1jDWWgvRlbZTrFXQ) This is through Bumble. It is a grant for small businesses that you can apply for. I don't have a lot of information on this at this time, so be sure to do your research prior to applying.

<https://www.facebook.com/business/boost/grants?ref=alias>

Grants offered for businesses through Facebook. Again, I don't have a lot of information on this, so, be sure to do your homework if you are thinking of applying.

## **General Resources for the Capitol Region**

<https://www.pennlive.com/life/2020/03/coronavirus-in-pa-how-to-get-help-with-bills-food-and-more.html>

This is a large list of resources from Penn Live. They are suspending their pay wall for the time being so you can find lots of helpful articles there.

<https://www.pennlive.com/coronavirus/2020/03/these-schools-will-be-launching-modified-food-service-for-students-starting-as-early-as-today.html>

This covers most of the area school free lunches. If your district is not on this list, please check the district homepage.

## **Food Resources for the Capital Region**

[Radish and Rye Food Hub](#): Closed for In store, however are offering delivery of their goods.

[Broad Street Market](#): All market purchases, including prepared foods are to-go only and there will be no indoor seating available. Additionally, there be a limited number of vendors open for business. We recommend checking individual vendor pages for info on pre-ordering, online ordering and in-store pickup to make your market trip easier this week.

Central Pennsylvania Food Bank Network: Emergency Food Assistance is Available. Visit the "[Find Food](#)" page on <https://www.centralpafoodbank.org/> to find the closest program or call 717-547-6336 for information