

FMA Local Resources

There are many resources to help us through this trying time. Below are some specific suggestions. We also recommend that you visit the Austin Texas resources page for even more resources:

<http://www.austintexas.gov/department/covid-19-information/community-resources>

FOOD

H. E. B-Favor Senior Support Program: People older than 60yrs can get groceries delivered by placing orders through the Senior Support phone line above, the Favor app, or favordelivery.com. The Senior Support Line will be staffed with volunteers from 11am to 3pm, seven days a week. Although delivery and service fees are waived for the first 30 days of the program, all orders will include a \$10 tip, which goes entirely to the delivery person.

<https://favordelivery.com/seniors> or (833) 397-0080

Easy Tiger - you can order delicious bread, a few groceries and baking supplies for delivery - click here:

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

Brothers Produce - offers boxes of produce including fruits and vegetables - they are also making periodic distribution stops at Maplewood Elementary School : <https://www.bporders.com>

Imperfect Foods - offers a wide range of grocery items delivered to your door for 30% less than supermarket prices. <https://www.imperfectfoods.com>

Click this link for a list of Restaurants, farmers markets, etc. who are selling/delivering groceries:

<https://austin.eater.com/2020/3/31/21199249/austin-restaurants-pop-up-grocery-stores-farmers-markets-coronavirus-covid-19-impact>

Click this link for a list of Restaurants delivering bread and/or baking supplies:

<https://austin.eater.com/maps/bread-austin-takeout-delivery-coronavirus>

Click this link for a list of Restaurants offering new take-out and/or delivery options:

<https://austin.eater.com/2020/3/15/21180499/coronavirus-austin-restaurants-takeout-menus-to-go-orders>

Meals on Wheels (512) 476-6325 has updated their guidelines for meal delivery to protect their volunteers as well as the people they serve. They are continuing to deliver hot, nutritious meals and safety checks to homebound clients. <https://www.mealsonwheelscentraltexas.org>

HEALTH

CommUnityCare Health Center (512) 476-6325 People with no insurance and no established health provider experiencing coronavirus-like symptoms should call the number above. CommUnityCare will triage people over the phone and send them to the appropriate location.

Parents

Liz Yeats has offered to facilitate Zoom meetings with parents, at times most convenient for them, to share their experiences and challenges during this time of crisis. Contact Liz at [512-773-2312](tel:512-773-2312) or lizy@2quakers.net.

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Senior Assistance

AGE of Central Texas (512) 451-4611 is pulling together resources to be shared/utilized remotely, such as home activities. If you want this information, please share your e-mail address with them, or ask your buddy to share their email with them. AGE has a program called HELP (Health Equipment Lending Program) that provides free, no-time-limit loans of durable medical equipment (walkers, wheelchairs, shower chairs, etc) and distributions of incontinence products.

Senior Access Texas (512) 310-1060. Senior Access works to ensure every senior in our communities has access to essential services. We provide support services (including free transportation when safe) that enhances independence and quality of life for all of our senior clients.

Family Eldercare (512) 450-0844 To combat social isolation, Family Eldercare offers a phone-based program that can be enjoyed from the comfort of home.

Help For Renters

The Austin City Council approved an ordinance giving struggling tenants impacted by COVID-19 a 60-day grace period before their landlord can begin eviction proceedings against them. Renters must contact their landlord and discuss their specific circumstances.

Small Business Assistance

The United States Congress has passed the CARES act to assist small businesses during the COVID-19 crisis. Small businesses may apply for loans up to \$10 million which may be forgiven if the small business retains at least 80% of its employees. This legislation also applies to sole proprietorships and independent contractors. Please refer to this SBA site for more information:

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

Unemployment Benefits

If you have lost your job due to the COVID-19 crisis, you may be eligible for expanded unemployment benefits. Texas residents must apply for benefits with the Texas Workforce Commission which is experiencing major delays in responding to the millions of newly unemployed.

<https://www.twc.texas.gov/jobseekers/unemployment-benefits-services>

Artists Emergency Relief Fund

Artists Creative Alliance <https://www.austincreativealliance.org/emergency>

As part of their response to the Coronavirus/COVID-19 pandemic, ACA has established The Artists Emergency Relief Fund to help artists in Greater Austin maintain their personal and financial stability in these uncertain times. Artists may apply for up to \$500 to replace verifiable lost income due to the cancellation of a specific, scheduled gig or opportunity.

City of Austin Covid-19 Resource Page –

<http://www.austintexas.gov/department/covid-19-information/community-resources>

FMA Local Resources

Crisis Hotlines

Austin TX Crisis Hotline - 512-472-4357) Provided by Travis County Integral Care
Individuals seeking help or services should start by calling the 24/7 Crisis Hotline, a uniform telecommunications system that links all of ATCIC's services. Hotline clinicians offer support to anyone seeking help, identifying how they can best be served and quickly linking them with the most appropriate resources and ensuring they receive the best care possible

National Suicide Prevention Lifeline - 1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Substance Abuse and Mental Health Services Administration HELPLINE – 1800-662-4357

AMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

National Domestic Abuse Hotline – 1-800-799-7233 -

For anyone affected by abuse and needing support call our hotline. If you are unable to speak safely you can log into thehotline.org or text LOVEIS to 22522. You are not alone.

Austin Abuse Hotline – safeaustin.org 512-267-7233 or text 737-888-7233

The decision to reach out is the first step in seeking help with sexual or domestic violence, child abuse, human trafficking, or parenting support. The call is completely free of charge, and you can provide as much, or as little, information about yourself as you like — you can even call anonymously.

Alcoholics Anonymous Meetings in Austin

<http://awseb-awseb-1e7pn84oznq1l-236369770.us-east-1.elb.amazonaws.com/aa-meetings-austin-tx>