

Resources in the New River Valley in  
response to COVID19



# Food

No Kid Hungry Virginia creates texting line for families impacted by school closure

Parents can text FOOD or COMIDA to 877-877 to find free food distribution sites

## Radford Fairlawn Daily Bread

We suspend our take-out meal service and shift to providing weekly Emergency Meal Box delivery. We miss seeing our guests each day!

Our cooks will continue daily preparation food for Meals on Wheels delivery and coordinate the packing of food boxes by our volunteers. Food boxes will be delivered each Wednesday- April 8, 15, 22 and 29. Deputy Thacker with Radford's Sheriff Department is leading delivery within city limits with another kind friend taking care of deliveries in Fairlawn.

If you know anyone in Radford or Fairlawn who is struggling to feed their family during these challenging days, tell them to call 540-838-2210 or email [director@radfordfairlawndailybread.org](mailto:director@radfordfairlawndailybread.org).

## PLENTY!

### **FOOD PANTRY DISTRIBUTION BEGINNING MONDAY, MARCH 16**

Plenty! is implementing recommendations from the Virginia Department of Health and our partners in the food distribution community.

- Hours of distribution: Mondays 1-4pm, Tuesdays 10am-1pm, and Thursdays 4-6:30pm
- Volunteers, staff and patrons will maintain social distancing (3-6 feet) at all times to prevent potential exposure to anyone with the virus.
- Patrons will not be admitted to the building to wait for service or to shop.**
- Patrons will approach the building at a "pass through" location clearly marked for distribution and will be given instructions at that point to receive their groceries. Food distribution will be a prepackaged selection of produce, meat, bread, canned goods, and eggs as available.
- Anyone - patrons or volunteers - who displays signs of illness, especially fever or cough, should NOT come to the pantry.** Instead, call the Plenty! office at 540-745-3898 and you will be given instructions on how to receive food.

For questions or information, call Plenty! at 540-745-3898 or email [plenty@swva.net](mailto:plenty@swva.net)

### **Montgomery County Emergency Assistance (MCEAP)**

Office is operating but closed to the public.

They are still preparing food boxes for those in need.

540-381-2066

110 Roanoke St., Christiansburg, VA

### **The Dog House - Pulaski**

Will be providing any family that needs a hot lunch for their children. No Questions asked: between 11am-1pm.

1060 E Main St., Pulaski VA 24301

### **Heritage Church**

Thursday 9-4 Drive Thru

6195 Cleburne Blvd, Dublin, VA 24084

### **Hokie House- Montgomery**

Is offering free meals to any children affected by the closing of schools in Montgomery County. We understand these are trying times and we are here to help in any way we can.

322 North Main St., Blacksburg VA 24060

### **Bread of Life of Floyd Co.VA - Floyd**

Using Floyd Baptist Church Annex Building to give out boxed meals to anyone that needs it in the community. Monday thru Friday from 11am - 1pm. We will be serving an entree, and there are sides available to take one. Additionally there are things on the tables that each person will be allowed to get what they need.

For any elderly in need please contact them and they will deliver to you, as well as if errands are needed to be run.

Anyone wanting to volunteer please be at the Floyd Baptist Church Annex Building at 10am.

Donations will be accepted from 10am -2pm.

Please contact us at 540-745-2418 or email at [goodiesbymichele@gmail.com](mailto:goodiesbymichele@gmail.com) for any questions or concerns.

509 E Main Street, Floyd VA 24091

### **Gillie's - Blackburg**

Offering FREE bagged lunches for children. All served with an apple!

Please call ahead 2 hours if ordering bulk lunches.

- Peanut Butter & Jelly- served on Bollo's fresh honey wheat bread with all natural peanut butter and grape jelly
- Fat Grilled Cheese- grilled to perfection with a slice of tomato on Bollo's fresh honey wheat bread
- Kids Quesadilla- our famous flour quesadilla with white cheese and your choice of two fillings

Fillings: Tomatoes, onions, peppers, spinach, black olives, feta cheese, broccoli, spinach, mushrooms

### **Boys and Girls Club of Southwest Virginia**

Boys and Girls Club of Southwest Virginia is partnering with Feeding Southwest Virginia to provide snacks and dinners to kids. It is for all kids under the age of 18 in Roanoke and Montgomery Counties.

Wednesday and Friday the week of the 23rd and the 30th, can pick up a dinner from 4 pm to 6 pm at 1714 9th Street South East in Roanoke. The other pickup location is at the same time at the Shawsville Middle School. Times are subject to change, by you can check the website for more information. Kids have to be present for pick-ups.

### **Giving Food Pantry** –offering drive through food service

2455 Peppers Ferry Rd NW

Christiansburg, Virginia

Call (540) 381-5100

### **Spiritual Roots Food Bank**

Dwelling Place Church  
3325 N. Franklin St. Christiansburg, VA 24073

Providing food Tuesdays & Wednesdays 4pm-6pm, bring ID, can only provide food once per person every 30 days.

### **Blacksburg Interfaith Food Pantry**

706 Harding Ave Blacksburg, 24060  
[newrivercommunityaction.org/IFP](http://newrivercommunityaction.org/IFP)  
540-951-8134/ [bburgifp@gmail.com](mailto:bburgifp@gmail.com).

They can accept donations Mondays from 4-6 and Tuesdays through Fridays from 10-12.

### **Sheetz**

Beginning Thursday, April 2, kids can get a free meal that includes a turkey sandwich, chips and a drink. The program will be available in 294 stores across Pennsylvania, Maryland, Ohio, North Carolina, Virginia and West Virginia, and will last for two weeks, at which point it will be reevaluated based on community need. Until then, meals will be available daily, while supplies last.

2000 North Franklin St Christiansburg

7335 Lee Hwy, Fairlawn, VA

### **Food Assistance Directory for New River Valley is available online:**

<https://cfnrv.org/wp-content/uploads/NRV-Food-Assistance-Directory-10.15.19.pdf?fbclid=IwAR3V04h3iLP1gkBqrrs-JXSXpOVLr-uolxmOZ-0HY6zdkmzSuq60mj-ojQ0>

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### **YMCA at VT**

Starting Monday April 6<sup>th</sup> 2020, the YMCA is proud to introduce meals on main in direct response to the COVID 19 crisis. The YMCA at Virginia Tech, in conjunction with feeling southwest Virginia and the USDA, will provide food seven days a week to ALL youth and children in the New River Valley. The meals and snacks will be shelf-stable, ready to eat items based upon the USDA's nutrition guidelines.

To participate in the program

- Stop by the YMCA Thrift shop, 1000 North Main st. Blacksburg on Mondays and Fridays between 3-6:00 pm.
- Ensure all children receiving good are present
- Drive to the Grab-and-Go tables located on left side of Thrift shop building near the donation dock.
- Pick up meals, snacks, and milk for each child (Mondays=4 of each per child, Fridays=3 of each per child)  
YMCA volunteers and staff members will supervise the program for a short distance away, reducing the possibility of exposure and increasing the safety of everyone involved.

### **Future Economy Collective**

Due to a recent large donation we received, we are putting together meal & supply boxes for individuals or families that are in need and are facing financial hardship during COVID-19. These boxes are first-come first serve: we currently have around 25 boxes. If these boxes run out, we can place you at the top of our list for the next time we have available food/supplies -- we are a small volunteer-run nonprofit with a limited budget, relying on donations (both food + monetary donations) to help support people in and around the NRV Region that are marginalized & vulnerable during this time.

To join the list for distribution, please fill out a form on the facebook group “Future economy collective” and we will be in contact with you! Any information you send us will be kept private and will not be shared with anyone outside of the Future Economy Collective.

## **Schools Systems**

### **Montgomery County**

Montgomery county schools are delivering meals from school buses. Students should be at their regular bus stops four hours later than usual pick up time. Breakfast and lunch will be delivered at the same times. Meals are free for all MCPS students.

Any grade level can pick up at either stop time. Both routes will run, but students are not limited to their normal route time. Visit [www.mcps.org/bus](http://www.mcps.org/bus) to check the pick-up time and location nearest to your home.

Montgomery County Schools is also offering a library book delivery system. Students can preorder a library book to be delivered via the meal delivery bus. Students can ask for a specific book or for the librarian to pick a book for them. Students must be present at the bus stops to receive their meals and books. Visit [www.mcps.org/bookdelivery](http://www.mcps.org/bookdelivery) for more information.

### **Floyd County**

Floyd will offer breakfast and lunch beginning Monday, March 16th, to all students between 10 am and 12pm at each school. Please have the student with you and do not leave your car. There is a drive up system in place, On Tuesday food will be delivered to the normal bus stops four hours after normal times. If you have questions please contact your child's school.

### **Radford City**

Radford schools is offering a grab and go food system that will offer both breakfast and lunch to students. Use your child's bus number and designated bus time then add three hours to their regular morning pick up time to find out when they can pick up their lunches. If your student is unable to pick up meals at their bus stop they can go pick up meals at McHarg elementary between 10:20 to 12:20. The student must be present with their family to pick up food. If you have further questions you can call RCPS at 540-731-3647.

## Public Works Information

### Christiansburg

- Christiansburg, along with Montgomery County, is temporarily suspending utility disconnections this month.
- “We still encourage residents to make payments on time, if possible, to avoid accumulating a larger balance,” Christiansburg spokeswoman Melissa Demmitt wrote in an email.
- Demmitt said the town is also waiving the \$10 fee for any town bill payments made over the phone. She said the town would like to encourage residents to make payments online, over the phone, via mail or at the drop box outside town hall.
- Pending approval by the town council Tuesday, Christiansburg also aims to increase the discount for timely meals and lodging tax payments from 3% to 10%. The discount increase will be in effect for March and April. Christiansburg will also waive penalties.

### Blacksburg

- In addition to temporarily suspending utility disconnections due to delinquent bills, Blacksburg is giving restaurants and hotels some leeway with their meals and lodging tax payments.
- Town Manager Marc Verniel said Wednesday that the town is still requiring those businesses to file their meals and lodging tax returns but waiving late payment penalties and interest.
- Police Chief Anthony Wilson said the department has implemented a minimum 6-foot social distancing policy for officers out on calls.
- For trash and recycling collections, Verniel said Waste Industries — the company Blacksburg contracts for waste and recycling collection — is implementing its own safety practices.
- The bin pickup tool on the company’s trucks, however, allows their collectors to not leave the vehicle, he said.

### Information from the Town of Christiansburg

#### Town Hall & Other Facility Closures and Operations

In response to COVID-19 (coronavirus), the Town of Christiansburg is closing Town Hall to the public, effective at 5 p.m. on Thursday, March 19. The closure will be revisited and any revisions announced during the week of March 30.

The Town will strive to conduct services as normal with the exception of meeting with the public, and we are committed to continuing high-level customer service during this unprecedented and ever-changing time. We encourage residents to conduct business via email, phone, mail or by utilizing the drop box outside of Town Hall.

Please see below for a list of specific operation adjustments:

### **Finance and Utility Payments**

**The Town will not disconnect water service in March, April or May for delinquent payments.** We still encourage residents to make payments on time, if possible, to avoid accumulating a larger balance. However, we want to ensure customers have reliable and clean water, and we will continue to revisit this policy in the coming weeks.

Additionally,

- There will be no penalties applied to March/April water, sewer and stormwater fees, if received within 90 days of due date.
- There will be 0% interest on payments made for March/April stormwater utility fee for 90 days from the due date.
- The Town is temporarily waiving the \$10 fee for payments taken over the phone. We'd like to encourage residents to make their payments online, via phone or mail or at our drop box outside Town Hall.
- Business, Professional and Occupational License (BPOL) forms are [available online here](#). We will also have forms available outside of Town Hall, Monday-Friday, 8 a.m. - 5 p.m.
- If you are a new resident requesting a water connection or if you're moving out and are requesting a water disconnection, those forms are [available online here](#). We will also have forms available outside of Town Hall, Monday-Friday, 8 a.m. - 5 p.m.

### **Information for the town of Blacksburg**

#### **Trouble Paying Utility Bills**

Electricity/Natural Gas: The State Corporation Commission issued an [emergency order](#) stating that no public energy utilities will be permitted to cut off electricity or for 60 days starting on March 16. This order covers AEP/APCO and ATMOS Natural Gas. Virginia Tech Electric is not governed by the SCC and not subject to this order, nevertheless, they have voluntarily agreed to adopt a similar stance. **Important note:** At this time, the emergency order does not waive or forgive utility bills - it only means that customers will not have their heat/electricity cut off at this time for non-payment.

- Water/Sewer: The Town of Blacksburg has also elected to suspend late fees at this time for unpaid water/sewer bills and is adopting a similar policy to stop disconnections for non-payment.
- Internet: The internet is essential for getting information, communicating, and continuing work/education for a population observing social distancing guidelines. For vulnerable populations it is a critical lifeline. At this time, Comcast/Xfinity will be adopting similar practices and will not be disconnecting customers who are unable to pay due to a loss of income. Follow this link to [request a delay of payment](#). We do not have information about other internet service providers in the area at this time.



- **#TaxDay is now July 15** for both filing returns AND federal tax payments, regardless of amount owed. Taxpayers do not need to file any forms or call to qualify for this relief.
- See [www.irs.gov/coronavirus](http://www.irs.gov/coronavirus)

**Stimulus payment checks: No information available yet, No sign-up needed**  
Instead of calling, please check back for updates.

**Tax Deadline Changed**  
The deadlines to FILE and PAY federal income taxes are extended to July 15, 2020.

**Comcast/Xfinity** - Free Wifi for Low-income families - and 60 days of unlimited data - No disconnects or late fees if people contact to let them know they can't pay their bill

Effective Monday, March 16, we are providing: Limited-time, first two months free of Connect2Compete service, \$9.95/month thereafter. Until May 15, 2020, we are providing phone and remote desktop support through Cox Complete Care at no charge to provide peace of mind and ease for technology needs. Resources for discounted, refurbished equipment through our association with PCs for People

A Learn from Home toolkit for schools, including instructions on how to fast-track eligible students without internet access Download toolkit

*Offer expires 5/15/2020. Cox Complete Care in-home support excluded. Program eligibility and other restrictions apply. Learn more at [www.cox.com/c2c](http://www.cox.com/c2c).*

To Qualify: Families with K-12 children who are eligible for the National School Lunch Program, SNAP, and/or TANF; who receive Tenant-Based Vouchers, Project-Based Vouchers or Section 8 Project-Based Rental Assistance (PBRA); and/or who live in Public Housing

## **Drive up Wifi Locations Available across the New River Valley**

To help our community maintain essential internet connectivity while observing public health recommendations on social distancing, we are sharing information on Virginia Tech WiFi locations that are accessible from parking lots, using either the Virginia Tech (guest) or eduroam (student, employee) networks. This access is available in several locations around Virginia Tech's main campus in Blacksburg.

1. **The Inn at Virginia Tech and Holtzman Alumni Hall** - 901 Prices Fork Road
2. **Derring Hall parking lot** - 926 West Campus Drive
3. **Virginia-Maryland College of Veterinary Medicine** - 205 Duck Pond Drive

4. **Smoot Parking Lot** - The corner of Innovation Drive and Research Center Drive  
**Other locations in the NRV that have WIFI:** Kroger, Lowes, Public Libraries MFRL parking lots- Blacksburg, Christiansburg, Shawsville, and Floyd. Schools in the new river valley exception Blacksburg Highschool parking lot.

**Town and Country Vet Clinic** (Christiansburg) is offering telehealth services, and curb side service 8 A - 8 P, asking clients who are concerned about their health to call first - 540-382-5042

**Duncan Ford Mazda Lincoln** - If your car needs service, you can call (540) 552-4331, and call to schedule pick up and drop off for your vehicle. No contact options are available.

### **Christiansburg Pharmacy**

- Phone | 540-382-9000  
Fax | 540-382-9002  
[christiansburgrx@gmail.com](mailto:christiansburgrx@gmail.com) Drive Thru

Immunizations, Compounding, Free Local Delivery, Counseling and Prescription Transfers

**Main Street Pharmacy (Blacksburg)** does curbside service - call, and they will bring it to you (540) 605-7721 - they are offering free hand sanitizer and do free delivery

### **Medical Reserve Corps**

[Non-medical MRC volunteers](#) are needed to assist with support services at call centers, health screenings at vaccination or other clinics, plus public health outreach and training, administrative services, transportation and more. Contact Mary Lou Legg at 540-585-3306 or [nearswmrc@vdh.virginia.gov.](mailto:nearswmrc@vdh.virginia.gov.)

**Pregnancy Resource Center in the New River Valley: Thank you for connecting with PRC!**  
**You are valuable to our community now more than ever. To reach a staff member please call our office at 540-552-5556. If we miss your call, please leave a message and we will call you as promptly as possible. Typically the Blacksburg office is staffed Monday through Thursday.** The Pregnancy Resource Center's clinics offer [medical](#) and counseling services to women and men with unplanned pregnancies. With locations in Blacksburg and Radford, we serve the entire New River Valley. All of our services are available to our clients completely free of charge. We provide material needs support for clients in our education program. By taking the

classes, they earn credits toward material needs such as diapers, clothing, baby items, and more.



**New River Community Action** Closed to the public, please call (540) 382-6186 or to schedule appointment.

**TO OUR HOUSE** Has extended for the week, including day shelter. "We are limiting people and no volunteers. Call 540-320-1273 to check on available space.

**Virginia Employment Commission** - Waived the hold back week for those who are unemployed, and you do not have to look for another job while unemployed during the crisis - No in person visits. You have to start a new weekly claim every Sunday. Reason not looking for work needs to be "Temporary COVID-19 Separation"

### **Express Employment New River Valley**

We continue to place essential workers.

We are recruiting for the following:

- Landscapers
- Construction/Contractors
- Accounting/Bookkeeping
- Medical Office Staff
- Medical Assistants
- Cleaners (commercial and residential)

Call now to interview, 540-639-1692.

\*\*\*\*Kroger, ALDI, Walmart, Food Lion and the Radford transit are currently hiring in the New River Valley.

### **Guidance for unemployed workers**

“On March 12, 2020, Governor Northam declared a State of Emergency in the Commonwealth due to the state-wide spread of COVID-19. Many workers are asking for guidance on how to navigate this public health crisis as they work to keep their families both healthy and financially stable. Below are answers to some of the most frequently asked questions received from workers. Please check with your human resource officer for employer-specific policies on sick and medical leave. This document is not designed to give legal advice on individual situations. “

Below are answers to some of the most frequently asked questions received from workers. Please check with your human resource officer for employer-specific policies on sick and medical leave. This document is not designed to give legal advice on individual situations.

1. **Because of COVID-19, my employer has temporarily closed, and I do not have paid leave or will not receive a paycheck. What can I do?** You may file a claim for Unemployment Insurance (UI) benefits with the Virginia Employment Commission (VEC). To receive benefits, you must meet certain minimum requirements, including having sufficient past earnings and an immigration status that allows you to work. If VEC approves your claim, you will receive a weekly benefit payment that is dependent on your past earnings. The maximum benefit amount is \$378 for up to 26 weeks. For more information about Unemployment Insurance benefits and to file a claim, please visit <http://www.vec.virginia.gov/node/11699>.

2. **I have been quarantined by a health official and cannot go to work. What can I do?** First talk to your supervisor about telework options or if you have paid sick or medical leave. If you have to take unpaid time off, you may qualify for Unemployment Insurance benefits with the Virginia Employment Commission (VEC). For more information about Unemployment Insurance benefits and to file a claim, please visit <http://www.vec.virginia.gov/node/11699>.

3. **My employer has cut my hours back due to the coronavirus. What can I do?** If your weekly earnings fall below what would be your weekly unemployment insurance benefit, you may file a claim for partial Unemployment Insurance (UI) benefits with the Virginia Employment Commission (VEC). For more information about Unemployment Insurance benefits and to file a claim, please visit <http://www.vec.virginia.gov/node/11699>.

4. **A close family member of mine has coronavirus, and I will stay home from work to take care of them. What can I do to receive income while I'm not working?** You may file a claim for Unemployment Insurance (UI) benefits with the Virginia Employment Commission (VEC). To receive benefits you need to meet certain minimum requirements, including having sufficient past earnings and an immigration status that allows you to work. If VEC approves your claim, you will receive a weekly compensation depending on your past earnings. For more information about Unemployment Insurance benefits and to file a claim, please visit <http://www.vec.virginia.gov/node/11699>.

5. **Can I lose my job if I miss work because I'm sick with coronavirus?** If your employer is covered under the Family Medical Leave Act (FMLA), they may be required to provide you with up to 12 weeks unpaid leave. Leave from FMLA is awarded to individuals with a “serious” condition that is defined in

the law as requiring inpatient care or three days continued treatment from a health care provider. The coronavirus does not necessarily present a “serious” condition, and the US Department of Labor has not issued guidance on this. Please check back here for updated information.

**6. I caught coronavirus from my work. Can I file a workers’ compensation claim?** Please contact your human resources director for more information about your employer’s policies. Workers’ compensation claims are evaluated according to the condition and specific circumstances.

**7. If I have coronavirus, what can my employer tell others about my condition?** All medical information on an employee is confidential and cannot be shared with other employees. For the safety of the workplace, an employer may disclose this information to a health authority. The Health Insurance Portability and Accountability Act provides protections concerning disclosure of medical information. Information concerning disclosure of medical conditions can be obtained at (800) 368-1019.

**8. Can my employer ask me if I have a health condition such as a weak immune system or existing condition that would be affected by coronavirus?** No. Your employer cannot ask you questions that might disclose a disability.

**9. Can I lose my job if I have to stay home to care for a family member that is seriously ill with coronavirus?** If you meet certain requirements, your employer must provide you with up to 12 weeks of job-protected time off to care for a parent, spouse, domestic partner, minor child, or adult dependent child with a serious health condition. These requirements include: 1) your employer has at least 50 employees within 75 miles of your worksite; 2) you have worked with the employer for at least a year; and 3) you worked at least 1250 hours in the year before you take time off. The federal government is working on policies to help support sick and medical leave for all individuals affected by the coronavirus. Please check back here for updated information. The Federal Family Medical Leave Act enforces requirements for paid sick leave. Information and assistance can be obtained at (866) 487 - 9243.

**10. Can my employer not pay me if I am sent home early from work or told not to come in for a scheduled shift?** Yes. A Virginia employer is only required to pay an employee for the work performed.

**11. My child’s day care or school is closed because of the coronavirus threat. Can I take time off to care for my child?** First talk to your employer about telework options, flexible schedules, and specific leave policies. Since your child is “healthy”, you currently do not qualify for FMLA. The federal government is working on paid sick and medical leave policies, so check back here for updated information.

Unemployment benefits might be available for this situation. 12. My employer closed temporarily and I did not receive my last paycheck. How do I get paid? To file a nonpayment of wages claim, please visit the Virginia Department of Labor’s website at <https://www.doli.virginia.gov/labor-law/payment-of-wage-english/>.

## Elderly services

### Giles County

Senior Check is designed to provide a means to communicate with our citizens who are most vulnerable to potential impacts from COVID-19; and we need your help. The group we intend to reach includes our elderly and disabled citizens. Some have caretakers, however, many do not. Of those that do have caretakers, many of these caretakers may be unable to travel due to COVID -19 impacts. **In order to submit names, you do not need to be a family member, neighbor, or act in any official caretaking capacity. We understand that there are many seniors that do not have access to the internet and will not be able to fill out these forms.** That is why we are asking for your help. By providing the information requested below, Senior Check will be able to make regular contact by phone with these individuals as well as conduct welfare checks and facilitate needed service delivery; as appropriate. Information collected will remain confidential and only be utilized for this purpose during these difficult times. **Note:** No one will ever be asked for their social security number or financial information. If you have questions or need additional information, please contact us at [seniorcheck@gilescounty.org](mailto:seniorcheck@gilescounty.org) or call 540-921-0035.

### Good Morning Radford

Radford has launched a program to help limit seniors exposure to the coronavirus. Radford Sheriff's Deputy Robert Thacker and fellow deputies will pick up things like food or prescriptions that elderly residents or people with medical issues, have ordered and delivered to them. "The ultimate goal of this is to keep people sheltered in place if you will. Our goal is to not have them out in the community where they're susceptible to the virus," said Thacker. If you need help, you can call the Sheriff's Office at 540-731-5501, e-mail [robert.thacker@radfordva.gov](mailto:robert.thacker@radfordva.gov) or reach out to the Sheriff's Office on [Facebook](#) or Instagram.

Shell Blacksburg - Age 65 or older and/or immunocompromised (including cancer tx) - Go to pump 3 or 4 and honk - 10 - 2, Tuesday and Thursday - Store manager will assist with getting gas.

Kroger - Senior/Immunocompromised/Pregnant mother hours - 7 - 8 AM - T, W, Th

Target - Senior/Immunocompromised?/Pregnant mother hours - 8 - 9 AM on Wednesdays

Aldi - Senior/Immunocompromised/Pregnant mother hours - Tuesday & Thursday 8:30-9:30 AM

Food Lion- Senior/Immunocompromised hours 7-8 AM Monday & Wednesday

### New River Agency on Aging

Closed to the public, please call or email to schedule appointment.

Also, the agency has additionally become aware of scams targeting older citizens during this pandemic. The Federal Trade Commission and the FDA have been actively investigating seven companies selling medicine, essential oils, and teas: Vital Silver, Aromatherapy Ltd., N-ergetics, GuruNanda LLC, Vivify Holistic Clinic, Herbal Amy LLC and the Jim Bakker Show. Please be advised that there is no prescription drug(s), vaccine or home remedy that can protect one from contracting the virus. Scammers are presently placing calls to sell these cures and relying on public fears to achieve sales. Should you receive such a call, please hang up and do not provide any medical, personal or credit card information.

### **Families and Seniors:**

- Visit <https://commonhelp.virginia.gov/> to apply for social services
- Call 2-1-1 or visit [2-1-1virginia](https://2-1-1virginia.org/)
- Visit <https://vafoodbanks.org/> for regional food assistance

**Virginia Federation of Food Banks** features an extensive list of food bank sites across the Commonwealth for your constituents and places to make donations. To deliver meals to seniors in your region, visit <https://seniornavigator.org/program-type/home-delivered-meals>.

### **Women's Resource Center**

- Our 24/7/365 hotline remains available. (540-639-1123) Our chatline (wrcnrv.org/chat) hours have been extended to 8a-8p Monday – Friday.
- Our Emergency Shelter remains open for people fleeing domestic or sexual violence in the New River Valley. If you have questions or would like more information, please call our hotline.
- We have suspended our in-person ER accompaniment services for victims of sexual and domestic violence until CNRVMC lifts their visitor restrictions and it is deemed safe to dispatch staff to the ER. However, our advocates stand at the ready to provide tele-advocacy and the most wonderful Forensic Nurses have the technology to connect patients to our advocates in this difficult time. (Big shout out to these ladies during this time!!)
- Our legal advocates remain available during business hours, please call our hotline for connection and information.
- Our public office (1217 Grove) is now closed to visitors and clients. Counselors are working to contact clients to reschedule or offer tele-counseling sessions in lieu of meeting in-person. For clients who need to touch base more frequently due to heightened anxiety or unsafe situations are encouraged to call the WRC's hotline for support.
- All in-person outreach and educational efforts are suspended for the time being. Our Prevention Team is working on some exciting web-based educational content.

## **Virginia Sexual and Domestic Violence Action Alliance**

If you are quarantining or self-isolating in a dangerous home situation and you feel unsafe please reach out to the 24/7

Virginia Sexual and Domestic Violence Action Alliance hotline

- CALL 1 800 838 8238
- TEXT 804 793 9999
- ONLINE <https://vadata.org//chat/>

## **Apply for Medicaid on the Phone or Online**

1. Apply online at [www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov)
2. Call the Cover Virginia Call Center at **1-855-242-8282** (TDD: 1-888-221-1590) to apply on the phone Mon - Fri: 8:00 am to 7:00 pm and Sat: 9:00 am to 12:00 pm
3. Complete an online application at the [Health Insurance Marketplace](http://Health Insurance Marketplace): [www.healthcare.gov](http://www.healthcare.gov)
4. Mail or drop off a [\[PDF\] paper application](#) (English) - [\[PDF\] paper application](#) (Spanish) to your local Department of Social Services (Mailing may take longer than other methods of applying). *Find your nearest local Department of Social Services by visiting [www.dss.virginia.gov/localagency](http://www.dss.virginia.gov/localagency)*
5. Call the Virginia Department of Social Services Enterprise Call Center at 1-855-635-4370 (If you also want to apply for other benefits)

You should have the following information ready when you apply:

- Full legal name, Date of Birth, Social Security Number, Citizenship or Immigration Status for you and anyone in your household who is applying for health care coverage.

Note: You may be asked to verify your Citizenship or Immigration Status after you submit your application. We have included a list of acceptable [\[PDF\] verification documents](#) and an [\[PDF\] eligible immigration status list](#).

- Most recent federal tax filing information (if available).
- Job and income information for members of your household for the month prior or the current month. Having recent pay stubs or W-2s to reference may be helpful. Note: If self-employed, see [\[PDF\] Self-employment Expenses Information](#) list.
- Information about other taxable income for members of your household such as unemployment benefits, Social Security benefits, pensions, retirement income, rental income, alimony received, etc.
- Policy numbers for any current health insurance

## Apply for disability on the phone or online

Apply online at <https://www.ssa.gov/benefits/disability/>

You can also schedule an appointment with a local Social Security office to file an application. Call **1-800-772-1213** (TTY **1-800-325-0778**) from 7 a.m. to 7 p.m., Monday through Friday or [contact your local Social Security office](#).

## Apply for SNAP Benefits

Individuals seeking to apply for SNAP benefits (formerly known as food stamps) may apply online through CommonHelp at <https://commonhelp.virginia.gov> or by phone to (855) 635-4370.

Emergency benefits will be made available to Virginia SNAP participants during the months of March and April, as part of a provision set forth by the Families First Coronavirus Responses Act of 2020.

Under this provision, The Virginia Department of Social Services will issue the emergency benefits to any household not already receiving the maximum benefits. The emergency benefits will allow the household's current monthly allotment to increase to the maximum allotment for a household of that size as outlined below.

### **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM MAXIMUM MONTHLY ALLOTMENTS OCTOBER 1, 2019 TO SEPTEMBER 30, 2020**

#### **Maximum SNAP Allotments for 48 States and D.C.**

<b>Household Size</b>	<b>48 States and DC</b>
1	\$194
2	\$355
3	\$509
4	\$646
5	\$768
6	\$921
7	\$1,018
8	\$1,164
Each additional person	\$146

 **VPLC** | **Virginia Poverty Law Center** Information about the COVID-19 related judicial emergency in Virginia and what that means for **tenants facing potential eviction**. We encourage you to share this information with any of your constituents or clients who may find it useful. As always, tenants can call 1-866-LEGL-AID with questions about most civil legal issues, including eviction, or can call the Eviction Legal Helpline at 1-833-NoEvict for legal advice related to potential evictions.



COVID-19 Tenant  
Rights 23mar2020.p

Virginia Poverty Law Center

## UPDATES FROM LIBRARIES IN THE NRV

### Radford Public Library:

The Radford Public Library (RPL) building will be closed to the public until further notice. The decision to close the facility was made in support of 'social distancing' to prevent or decrease the spread of COVID-19 and to accomplish cleaning in the building.

RPL plans to have staff within the building who can offer assistance in accessing library services including online access to materials. Within this past week we have purchased over 300 new titles from OverDrive and are continuing to increase the selection using other providers such as Kanopy, Hoopla and RB Digital as we realize digital access may increase in popularity or volume. Please be patient with us as we explore and develop other ways of supporting our community during this challenging time. Your entertainment, enrichment and ongoing educational needs remain important to us!

Pickup hold dates will be extended, and we will be waiving all fines accrued during this period of closure. The bookdrop is available during this time, but there is no pressure to return materials quickly. Please continue to check our website and Facebook page for updates. As of this time we plan to be in the RPL building from 9 am – 5 pm on Monday through Thursday; and 10 am – 5 pm on Fridays and Saturdays. You can reach us at 540 731-3621. While staff remain in the building, we will continue to offer support for digital resources!

Please take good care of yourselves!

**MFRL** As individuals, families, and institutions in Montgomery and Floyd counties confront Coronavirus Disease 2019 (COVID-19) and its potential effects on our community, Montgomery-Floyd Regional Library is providing this informational update.

**All branches of Montgomery-Floyd Regional Library are closed in response to the COVID-19 emergency. The library will remain closed through at least Sunday April 19.**

For more information, please call your [library branch](#) from 10 a.m. - 5 p.m., Monday - Friday.

## **Disruptions in Services and Operations**

- All events, programs, community room reservations, and outreach are canceled through Thursday, April 30.
- We are not accepting future community room reservations at this time.
- Passport processing has halted, and we're not taking new appointments.
- The library can not [accept](#) book donations at this time.

## **Changes to Circulation**

While the library is closed for the COVID-19 emergency:

- There will be no overdue fines charged for days when the library is closed. We encourage our patrons to keep the material they have checked out until we re-open.
- All holds are suspended. It is permissible to [create](#) new holds using our [online catalog](#).
- Any library card that expires during our closure is still valid.
- We have a [temporary procedure](#) for those that don't have a library card but would like one.

## **Check books out from home**

Staying busy while Social Distancing can be hard. The library offers patrons access to downloadable ebooks, [audiobooks](#), comics, music, and video content. Some institutions have allowed us to provide more content during this emergency. We're buying more downloadable titles, too. There are also school-closure resources available. See our informational box on our [front page](#).

## Virginia Department of Education Guidance

### For Parents, Families and Caregivers

The VDOE has created a [COVID-19 Parent Guide for School Aged Children](#) and developed a comprehensive [COVID-19 Resource List](#) for parents, families and caregivers.

**Families are adapting to the evolving changes in daily life** caused by the COVID-19 pandemic and adjusting to a new normal. None of this easy, and we hope that the following resources will help support families.

- [Talking to Children about COVID-19](#) (*National Association of School Psychologists*)
- [Talking to Young Children about COVID-19](#) (*Zero to Three*)
- [Talking With Kids About Covid-19 Graphics Twitter/Facebook](#) and [Instagram](#) (*NAESP*)
- [Social and Emotional Resources for Parents and Families](#) (*CASEL*)
- [Tips for Parents While School's Out](#) (*CDC*)
- [Strategies for Coping with Stress and Anxiety](#) (*CDC*)
- [Resources for Supporting Children's Emotional Well-being during the Covid-19 Pandemic](#)
- [Regional Food Banks](#) (*Federation of Virginia Food Banks*)
- [Free or Reduced Cost Services](#) (*Social Care Network*)

### Child Care for Essential Personnel

Child care for essential personnel is currently permitted under the Governor's order. Additional information can be found on the [Child Care Aware](#) website. Families can also call 866-KIDS-TLC (866-543-7852). The Department of Social Services (VDSS) and the VDOE are working closely together in this effort to support critical members of the workforce and provide safe childcare alternatives for their families. Additional information is available in our [Joint Guidance for Emergency Child Care during Statewide School Closure](#).

### Nutrition Services

The VDOE has been awarded a waiver from the USDA to approve waivers to allow school divisions to provide meals in non-congregate settings due to COVID-19. Parents and families can find sites approved for meal service on the [School Meal Finder website](#) (this information is continually updated).

**Families can also text “food” or “comida” to 877-877 to learn more about food options near them.**

### Students Experiencing Homelessness

- [COVID-19 and Homelessness: Strategies for Schools, Early Learning Programs, and Higher Education Institutions](#) (*School House Connection*)  
**EL and Immigrant Students**
- [School Responses to COVID-19: ELL/Immigrant Considerations](#)
- [Online Learning Webinar for ELs: Strategy and Resource Share](#) (part of VDOE's EL Instruction Monthly Webinar Series) April 6, 2020 at 3:30pm
- [What School Closures Could Mean for English Learners](#)

### Students with Disabilities

The Virginia Department of Education (VDOE) is working to ensure additional guidance from the U. S. Department of Education (USED) is available to local school divisions. VDOE has issued guidance through our Superintendent's Memo [Addressing the Risk of COVID-19 in Preschool, Elementary and Secondary Schools While Serving Children with Disabilities](#).



NEW! Interested parents can now submit an online application on our webpage!  
No downloading needed!

It only takes a few minutes to enter information!

<http://newrivercommunityaction.org/nrca-head-start-application/?fbclid=IwAR05a8ak1jILeceXOckVD0VfwBBnACt7V6ViPydx60NRn4Yx8h9VeFR5Q84>

### UPDATE: Parks and Recreation and Aquatics Cancellations and Closures Extended

In order to protect the health and safety of our community and help reduce the spread of COVID-19 (coronavirus), the current closure of the Blacksburg Recreation Center, Blacksburg Aquatic Center, Christiansburg Recreation Center and Christiansburg Aquatic Center will be extended through April 30, 2020. This extended closure also complies with Gov. Ralph Northam's statewide closure of non-essential businesses and recreation facilities.

- All Montgomery County Parks and Recreation, Blacksburg Parks and Recreation and Christiansburg Parks and Recreation community programs, fitness classes, senior programs and events will be canceled during this time.

### Additional Steps Mobile Carriers are Taking

Many cell phone carriers have also taken additional steps to reduce the challenges associated with the coronavirus. They understand that it's a stressful time for everyone. With so much change happening so quickly, these carriers want you to stay connected to your loved ones no matter your financial situation.

## **Verizon's COVID-19 Pledge**

- All payment fees are waived through April 30.
- Free international calling to Level 3 countries that have been affected by COVID-19.
- Prepaid customers receive an extra 300 minutes to call **Level 3 countries**.
- Upgrade and new line activation fees are waived.

Further, Verizon aims to support students and teachers participating in the Verizon Innovative Learning Program by providing them with triple their current data allowances while schools are closed.

## **T-Mobile's COVID-19 Response**

Beginning March 16, 2020:

- All T-Mobile and Metro by T-Mobile customers receive unlimited data for the next 60 days.
- Customers on a **hotspot data plan** receive an extra 20GB of hotspot data for the next 60 days.
- Lifeline subscribers receive an extra 5GB of data for the next 60 days.
- EmpowerED digital learning program subscribers receive at least 20GB of data/month.
- Free international calling to all Level 3 countries impacted by the pandemic.
- Sprint customers will receive enhanced roaming capacity on **T-Mobile's network** for the next 60 days.

## **AT&T's Novel Coronavirus Pledge**

Beginning March 18, 2020:

- All broadband customers receive unlimited home internet for 60 days.

- 50% off World Connect Advantage international plans.
- Free video conferencing through Cisco Webex Meetings.
- Extra 15GB/month for each line on an unlimited plan that includes a dedicated hotspot (April 2 – May 13).
- Free express shipping, as well as waived activation, upgrade, and restocking fees.
- 20% off accessories when you order through att.com/accessories.

On March 20, 2020, AT&T announced that they've created a [Distance Learning](#) and Family Connections fund to provide teachers, students, and parents the necessary tools for at-home learning.

## Sprint's COVID-19 Announcement

- Free international calling to Level 3 countries (through May 31, 2020).
- All Sprint customers receive unlimited data for 60 days (starting March 18, 2020).
- Customers on a plan with hotspot receive an extra 20GB of hotspot/month for 60 days (starting March 18, 2020).
- Customers with a hotspot-capable device receive 20GB/month of hotspot for 60 days (starting between March 18 and April 1).

Moreover, Sprint will provide their 1Million Project partner school districts with an additional 10GB of high-speed wireless data per month until June 30, 2020.

## MVNO COVID-19 Responses

Many MVNOS, or small carriers, are responding to the COVID-19 crisis as well. Here's what these small carriers are doing for their customers:

- Through April 30, **Boost Mobile** offers free international calling to Level 3 countries, waived reconnection fees, extra 20GB of hotspot to unlimited customers, and an additional 20GB of data to limited data customers.
- Starting March 13, all **Metro by T-Mobile** customers will have unlimited data for 60 days and free international calling to many countries, and starting March 20, customers on plans that include hotspot will receive an extra 20GB of hotspot for 60 days.
- Until April 14, **Mint Mobile** is offering customers free unlimited high-speed data add-ons.
- Cricket Wireless is waiving reactivation fees.
- Through April 30, **Consumer Cellular** will not suspend a customer's service due to non-payment and will waive all late fees, plus they've increased their 25GB plan to 55GB.

Moreover, if you are a Boost Mobile or Metro by T-Mobile customer and cannot make a service payment, contact your carrier as soon as possible. They will work with you and your situation.

**Safelink** is a government-sponsored program that provides a free cell phone and airtime each month to qualifying customers.

For families with school-age/pre-school children affected by school closures who need internet service, SafeLink via the Lifeline program provides limited free internet service minutes and does not require families to use a new device, they can use a current device (phone, tablet, etc.). Click on link below to apply.

<https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html?fbclid=IwAR17KXiI5XYKpsVyzNL-eSNispnoWjVDLgPQjxn6ZuulhU1f9NO14ledwWU#/newHome>

**VIRGINIA DMV** Until at least April 23, all Virginia DMV customer service centers will remain closed due to ongoing concerns about COVID-19. The validity of driver and vehicle credentials, including Commercial Driver Licenses and Medical Examiner Certificates, has been extended.

For online Services go too: <https://www.dmv.virginia.gov/#/>

Online Services include: Vehicle Registration Renewal, Insurance Verification, Plate Purchase, Registration Card Replacement, Report a Vehicle Sold or Traded, Title Replacement, Transportation Network Company Decal Replacement, Driver's License Renewal, Driver's License Replacement, REAL ID, ID Card Renewal, ID Card Replacement, Name Change, Online Legal Presence, and Record Request

## Transportation

Beginning April 2<sup>nd</sup> BT will suspend fares and implement rear door boarding for riders in an effort to prioritize the health and safety of our community & employees. Front door access will be available for persons with mobility aids and strollers.

 **SPRING 2020 SERVICE** 

MODIFIED REDUCED SPRING SERVICE WILL BEGIN ON 4/9 UNTIL FURTHER NOTICE

<b>SERVICE HOURS</b> <ul style="list-style-type: none"><li>• M-F: 7 am - 9:45 pm</li><li>• Sat: 9:30 am - 9:45 pm</li><li>• Sun: 11:30 am - 9:45 pm</li></ul>	<b>WEEKDAY FREQUENCY</b> <p>During peak service hours of 7 am - 6:30 pm all routes are in service on 30 minute frequency except:</p> <ul style="list-style-type: none"><li>• 20 minute - CAS, CRC</li><li>• 60 minute - TTT</li></ul> <p>In operation after 6:30 pm:</p> <ul style="list-style-type: none"><li>• 30 minute - CRC, HDG, HWD, MSN, MSS, PHD, PRO, TOM, UCB, UMS</li></ul>
<b>WEEKEND FREQUENCY</b> <ul style="list-style-type: none"><li>• 30 minute - HXP, TOM, UCB</li><li>• 60 minute - HDG, HWD, MSN, MSS, TTT</li></ul>	

FOR MORE INFORMATION VISIT [RIDEBT.ORG/SPRING-2020-SERVICE](http://RIDEBT.ORG/SPRING-2020-SERVICE)

# COVID 19 Information

If you are concerned you might need COVID-19 testing: Call the **New River Health District**

**COVID-19 Call Center: 540.267.8240**

(Available Monday – Friday from 8 AM – 8 PM; Saturdays 8 AM – 12 Noon; and Sundays 12 Noon – 4 PM)

The Montgomery County Public Health Task Force has established drive-thru testing, assessment and referral sites, as part of the regional COVID-19 public health response. The first site, open today March 31<sup>st</sup>, at Blacksburg High School. These are closed sites, not open to the public. Please do not go there. The sites will operate in various locations and at various times, as needed.

ONLY those individuals with a letter of authorization from the Virginia Department of Health's New River Health District will be allowed access to the sites, and only by appointment, to receive appropriate testing, assessment and referral services.

## **A message from the The Community Health Center of the NRV:**

Both the medical and dental offices are still open!

- If you are experiencing a dental emergency, you may contact the office and a dental professional will evaluate your situation by phone and determine the best course of action.
- If you are experiencing a fever, cough and/or trouble breathing or have been in an area with confirmed COVID-19 cases, please call to obtain information on how to proceed before going to the office.

Visit **CHCNRV.org** for additional information on their services, updates and COVID-19 protocols. They have offices in Christiansburg, Pearisburg and Dublin.

## Useful Links for information on Coronavirus and Covid-19

### **Center for Disease Control and Prevention**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

### **Virginia Department of Health**

<http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus/>

## **Montgomery**

[https://www.montgomerycountyva.gov/departments/mc-news/2020/03/06/informational-resources-for-covid-19-\(coronavirus\)](https://www.montgomerycountyva.gov/departments/mc-news/2020/03/06/informational-resources-for-covid-19-(coronavirus))

<https://www.montgomerycc.org/>

<https://www.nr.edu/coronavirus/>

<https://vt.edu/flu/2019Coronavirus.html#updates>

<https://www.facebook.com/watch/?v=1095266074140699>

## **Radford**

<https://www.radfordva.gov/CivicAlerts.aspx?AID=437>

<https://radfordchamber.com/>

<https://www.radford.edu/content/radfordcore/home/coronavirus.html>

## **Floyd**

<https://floydcova.org/>

<https://floydchamber.org/>

## **Giles**

<http://virginiasmtnplayground.com/>

<https://gileschamber.net/>

[http://virginiasmtnplayground.com/senior-welfare-check/?fbclid=IwAR3G3rrsnACGh4eRWoM6xtMjxfrC4r-\\_nDmA AfOjpR-y9ZcV7z-sCn01nOE](http://virginiasmtnplayground.com/senior-welfare-check/?fbclid=IwAR3G3rrsnACGh4eRWoM6xtMjxfrC4r-_nDmA AfOjpR-y9ZcV7z-sCn01nOE)

## **Pulaski**

<http://www.pulaskicounty.org/covid-19.html>

## **HOTLINES**

**NRVCS Crisis Services & First Appointments: 540.961.8400**

**CRISIS TEXT LINE: Text “HOME” to 741741**

**Disaster Distress Helpline-provides immediate counseling 1-800-985-5990 or text “TalkWithUs” to 66746**

**National Suicide Prevention Lifeline: 1.800.273.8255**

**Women’s Resource Center of the New River Valley – Crisis Hotline: 540.639.1123**  
**Chat online here: <https://www.wrcnrv.org/chat/>**

**National Domestic Violence Hotline: 1.800.799.SAFE (7233)**

**ENROLL Virginia Helpline 888-392-5132**

**Eviction Helpline 1-833-NOEVICT**

**Predatory Loan Helpline 866-830-4501**

**Senior Legal Helpline- 844-802-5910**

**Legal Aid-1-866-LEGLAID**

**2-1-1 Virginia** is a one-stop resource for finding human service needs across Virginia. Visit the website or call 2-1-1 toll free.

National Disability Covid19 Healthcare Support and Advocacy Hotline-800-626-4959-Call us if you are disabled and need Covid-19 related medical advocacy or other support.

**If you are in crisis and need immediate help, dial 9-1-1.**

## **ONLINE RESOURCES:**

**New River Health District COVID-19 web page**

**Montgomery County Public Health Task Force COVID-19 web page**

**Virginia Department of Health COVID-19 web page**

**Centers for Disease Control and Prevention (CDC) COVID-19 web page**

**World Health Organization (WHO) COVID-19 web page**

**Mental Health & COVID-19: Information & Resources (from Mental Health America)**

## **ONLINE & VIRTUAL RECOVERY SUPPORT RESOURCES**

**Digital Recovery Supports – Resource Guide (PDF document)**

## Local & Regional Online Recovery Self-Help Meeting Info (as of 3.23.2020)

### NA Meetings

KISS Group: ZOOM Meeting ID: 933781610 SUN, WED, FRI @ 8PM (NRV Local group)

HOW/HOW2 Group: ZOOM Meeting ID: 8391126900 MON, WED @ 7PM & SUN @ 6PM (NRV Local group)

Quarantined NA: ZOOM Meeting ID: 479545411 Daily @ 7PM???????

International Marathon Meeting: ZOOM Meeting ID: 4949655895 All Day Everyday

Roanoke 123/24/7: Phone-In Conference Meeting (great option for those with lack of internet coverage) CALL 1-971-224-6574 after prompted enter CODE NUMBER: 131140 – SAT @ 8PM

Roanoke Discord: <https://discord.gg/BHFkApZ> Every night @ 9PM

Rotating Topic/Format: ZOOM Meeting ID: 756488015 MON @ 7AM. TUE @ 12PM. FRI @ 10AM 11AM & 12PM. SAT @ 12PM. SUN @ 12PM.

Rotating Format: <https://bluejeans.com/375933012> MON @ 12PM

<http://www.roanokena.com>

Virtual NA Meetings: <https://virtual-na.org/meetings/>

### AA Meetings

AA Women's Meeting ZOOM Meeting ID: 791-857-593 TUE @ 7:30PM (NRV Local group)

General AA Meeting ZOOM Meeting ID: 996-214-307 Everyday @ 7:30PM (NRV Local group)

[https://docs.google.com/spreadsheets/d/1nAoWTgA\\_RRwEqmTpearfjgViNfaGNe5-4XMSrA7Y4fg/htmlview#gid=825742727](https://docs.google.com/spreadsheets/d/1nAoWTgA_RRwEqmTpearfjgViNfaGNe5-4XMSrA7Y4fg/htmlview#gid=825742727)

<https://www.aasouthwestva.org/findameeting>

For those with mental health conditions, the [NAMI HelpLine Coronavirus Information and Resources Guide](#) may be helpful if you need information about the pandemic or are looking for support, warm lines, etc.

Hazelden Betty Ford: "[Tips for Staying Connected and Safeguarding Your Addiction Recovery](#)" contains online support meetings, podcasts/blogs, mobile apps, social media groups, and movie/video suggestions. HBF also has [The Daily Pledge](#) which is an online support community with chat rooms and places to hang out virtually with friends in recovery.

Shatterproof: “[How I’m Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery](#)” provides helpful suggestions of what to do (exercising, reaching out, praying, meditating, focusing on my breathing, listening to music, doing projects you’ve been putting off) and NOT to do (monitor time on social media, negative self-talk, eat too much unhealthy food, watch the news 24/7).

The Chopra Center: “[Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System.](#)”

Alcoholics Anonymous – Offers on line support through their online intergroup link <http://aa-intergroup.org/>

Cocaine Anonymous – Online Services for CA link <https://www.ca-online.org/>

LifeRing – Secular Recovery is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people. LifeRing Secular Recovery online support link <https://www.lifering.org/online-meetings>

In the rooms – Online Recovery Meetings – In the Rooms with a simple goal in mind: to give recovering addicts a place to meet and socialize when they’re not in face-to-face meetings. This basic concept has grown into a global online community with over 500,000 members who share their strength and experience with one another daily. Through live meetings, discussion groups, and all the other tools In the Rooms has to offer, people from around the world connect with one another and help each other along their recovery journeys. Link <https://www.intherooms.com/home/>

Marijuana Anonymous – District 13 online fellowship of people who share our experience, strength, and hope with one another to solve common problem and help others to recover from pot addiction. Link <https://ma-online.org/>

Narcotics Anonymous – Offers a variety of online and skype meeting options. Link <https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance>

Reddit Recovery – Redditors in recovery to hang out, share experiences, and support each other. Discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome. Link <https://www.reddit.com/r/REDDITORSINRECOVERY/>

Refuge Recovery – Refuge Recovery is grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction. This program is an approach to recovery that understands: All individuals have the power and potential to free themselves from the suffering that is caused by addiction. Link to online support <https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>

SMART Recovery – Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. They offer online support and forums including a chat room and message board. Link <https://www.smartrecovery.org/community/>

SoberCity – Soberocity could be a great solution for you if you're looking for an online community that occasionally also has live events across the country. Link <https://www.soberocity.com/>

Sobergrid – A platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same. Link <https://www.sobergrid.com/>

Soberistas – International Online Recovery Community online-only community is worldwide, which makes it easy to connect with like-minded women who are friendly, non-judgmental, and helping each other kick the booze and stay sober. Link- <https://soberistas.com/>

Sober Recovery – The forums of Sober Recovery are a great place for people with substance use disorder to find assistance and helpful information. The community has more than 168,000 people who are recovering from substance use disorder and/or codependence, as well as their friends and family. Link <https://www.soberrecovery.com/forums/>

We Connect Recovery – Online recovery support groups will be available daily. They are open to anyone who is dealing with substance use, mental health concerns, disordered eating, as well as any other quality of life concerns. Everyone is welcome no matter your pathway to recovery or recovery status. Link <https://www.weconnectrecovery.com/free-online-support-meetings>

## **General COVID-19 Information and Best Practices**

<https://www.youtube.com/embed/sjDuwc9KBps?fbclid=IwAR3W0ImNudDUFFjX5ONcY80MgxAjbtT7sQS3k2mi8jpHudxhXnGE7Ztd25A>

### **What to do if you get sick:**

If you are sick with COVID-19 or think you might have the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and your community. The most common signs of COVID-19 are fever, cough, and difficulty breathing. If you think you have been exposed to COVID-19 and are having these symptoms, consider calling your doctor or other healthcare provider for medical advice. Your doctor will decide if you need to be tested or seen in person. Keep in mind that there is no treatment for COVID-19. People who are mildly ill may not need to be tested and should isolate (keep away from other people) and care for themselves at home.

- Stay home, except to get medical care, get rest and drink plenty of fluids.**
- Separate yourself from other people and animals in your home.**
- Call ahead before visiting a doctor and monitor your symptoms.**

- **Wear a facemask when around other people or pets.**
- **Cover your cough and sneezes and clean your hands often. Avoid sharing personal items.**
- **Clean all frequently touched surfaces daily.**

## RESOURCE LIST

“Blacksburg, VA.” *COVID-19 Community Resources / Blacksburg, VA*, [www.blacksburg.gov/residents/public-health-and-safety/covid-19-community-resources](http://www.blacksburg.gov/residents/public-health-and-safety/covid-19-community-resources).

“Coronavirus Disease 2019 (COVID-19) Information Page.” *Coronavirus Disease 2019 (COVID-19) Information Page*, 2020, [www.mfrl.org/covid.php](http://www.mfrl.org/covid.php).

“COVID-19 Community Resources.” *United Way of the New River Valley*, [www.unitedwaynrv.org/covid-19](http://www.unitedwaynrv.org/covid-19).

Crane, M., Crane, M. C. M., Crane, M., Crane, M., Crane, M., Riggs, S., ... Chang, T. (2020, March 30). How Each Carrier is Responding to the COVID-19 Pandemic. Retrieved from <https://www.letstalk.com/cellphones/news/carrier-response-covid-19-pandemic/>

“Frequently Asked Questions from Workers Regarding Covid-19.”

[Https://Www.governor.virginia.gov/Media/Governorvirginiagov/Governor-of-Virginia/Pdf](https://www.governor.virginia.gov/Media/Governorvirginiagov/Governor-of-Virginia/Pdf), 2020.

“Radford Public Library: Radford, VA.” *Radford Public Library / Radford, VA*, [www.radfordva.gov/326/Library](http://www.radfordva.gov/326/Library).

“Town Hall & Other Facility Closures and Operations.” *Town Hall & Other Facility Closures and Operations / Christiansburg, VA - Official Website*, [www.christiansburg.org/covidoperations](http://www.christiansburg.org/covidoperations).

“Virginia Department of Motor Vehicles.” *Virginia Department of Motor Vehicles*, 2020, [www.dmv.virginia.gov/#/](http://www.dmv.virginia.gov/#/).

Wade, Mike. “COVID19.” *New River Valley Community Services*, 31 Mar. 2020, [www.nrvcs.org/covid19/](http://www.nrvcs.org/covid19/).