

2020

# Cincinnati Community Resource Guide During COVID-19

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## Medication resources

### **Free Home Delivery of Medications**

**CVS:** <https://cvshealth.com/newsroom/press-releases/cvs-health-response-coronavirus-outbreak>

On March 9, 2020, CVS Health announced additional COVID-19 resources to increase patient access to medications.

- Beginning immediately, CVS Pharmacy will waive charges for home delivery of prescription medications, which will help patients avoid visiting their local CVS Pharmacy for refills or new prescriptions.
- Aetna will offer 90-day maintenance medication prescriptions for insured and Medicare members.
- CVS Caremark is working with all PBM clients to waive early refill limits on 30-day prescription maintenance medications.

**Walgreens** <https://www.forbes.com/sites/brucejapsen/2020/03/12/walgreens-joins-cvs-waiving-drug-delivery-fees-amid-coronavirus-crisis/#24e5f87f51e3>

Walgreen's is delivering all medications if requested

- As of 3/14/20 Walgreen's in Corryville have hand sanitizer, bleach cleaning supplies and toilet paper

## Housing resources

### Evictions:

- On hold for 30 days in Hamilton Co only
- Butler County has e-filing for evictions
- If people have questions about their rights as tenants, they should call **HOME** (housing opportunities made equal) — they are still staffing their phone lines: **513-721-4663**

**Duke Energy:** suspends disconnections (be aware: pts will still owe their bill at the end of the suspension...)



The image shows a tweet from Duke Energy (@DukeEnergy) posted 18 hours ago. The tweet text reads: "An important update from Duke Energy & Piedmont Natural Gas regarding #COVID19". Below the text is a blue graphic with white text: "COVID-19 Update: As a part of your community and a provider of essential services, we are here to support you during this uncertain time. Since many of our customers may be facing unusual financial hardship, we are suspending disconnection for nonpayment effective immediately. This applies to all home and business accounts in Florida, Indiana, Kentucky, North Carolina, Ohio, South Carolina and Tennessee. We will continue to look for ways to support customer needs during the pandemic. Thank you." At the bottom of the graphic are the logos for Duke Energy and Piedmont Natural Gas. Below the graphic, the tweet shows 64 replies, 494 retweets, and 805 likes.

**Cincinnati Water Works:** will not shut off water and will restore water service to those who have been shut off (again, bills will need to be paid at some point...)

Cincinnati Water (@CincinnatiWater) Tweeted:

We are giving you what you need to wash your hands!

@CincinnatiWater has and will restore water service to homes and not complete shutoffs due to #coronavirus.

**If you have questions, please call 513-591-7700.**

You may experience longer wait times than usual.

@CityOfCincy <https://t.co/CWnNtJtI3N>

<https://twitter.com/CincinnatiWater/status/1238212510056144900?s=20>

## Unemployment resources

Ohio is expanding access to unemployment benefits during this period!!

<https://unemployment.ohio.gov/PublicSelfServiceChoice.html>

1877-644-6562 or TTY 1 614-387-8408

Food resources

**Resources for Kids:**

<https://www.cps-k12.org/news/whats-new/healthy-meals-distributed-24-sites-during-school-closing-mandate>

- **Includes Frederick Douglass**

**CPS STUDENT DINING SERVICES**

# FREE BREAKFAST & LUNCH

While schools are closed, Cincinnati Public Schools will be providing **FREE meals to all children 18 and under.**

Starting March 17th, visit us on **Mondays, Wednesdays, and Fridays** between **11am and 1pm** at one of the following school sites:

AMIS	Oyler	South Avondale
Bond Hill	Parker Woods	Western Hills HS
Cheviot	Pleasant Hill	Westwood
Frederick Douglass School	Riverview	Winton Hills
Hays-Porter	Roberts	Withrow
JP Parker	Rockdale	Woodford
LEAP	Roselawn	
Mt. Airy	Rothenberg	
Mt. Washington	Saylor Park	

On Mondays, each child will receive 2 breakfasts and 2 lunches (4 meals).  
On Wednesdays, each child will receive 2 breakfasts and 2 lunches (4 meals).  
On Fridays, each child will receive 1 breakfast and 1 lunch (2 meals).  
\*On **Tuesday, March 17th**, each child will receive 1 breakfast and 1 lunch (2 meals).

For more information, visit [cps-k12.org](https://www.cps-k12.org)  
or call **Student Dining Services** at 513-363-0800.

While supplies last.

### CPS Student Dining Meal Hubs during District Closure

3/17/2020-4/3/2020

Drive through/pick up meals Tuesday and Thursdays, only

11:00 am-1:00pm

Site Name	Address
AMIS	1908 E Seymour Ave, Cincinnati, OH 45237
Board of Education Center	2651 Burnet Ave, Cincinnati, OH 45219
Bond Hill	1510 California Ave, Cincinnati, OH 45237
Cheviot	4040 Harrison Ave, Cincinnati, OH 45211
Douglass	2627 Park Ave, Cincinnati, OH 45206
Hays	1030 Cutter St, Cincinnati, OH 45203
Iowa Street Student Dining Office	2315 Iowa St, Cincinnati, OH 45206
JP Parker	5051 Anderson Pl, Cincinnati, OH 45227
LEAP Academy	2001 Baltimore Ave, Cincinnati, OH 45225
Mt. Airy	5730 Colerain Ave, Cincinnati, OH 45239
Mt. Washington	1730 Mears Ave, Cincinnati, OH 45230
Oyler	2121 Hatmaker St, Cincinnati, OH 45204
Parker Woods	4370 Beech Hill Ave, Cincinnati, OH 45223
Pleasant Hill	1350 W North Bend Rd, Cincinnati, OH 45224
Riverview	3555 Kellogg Ave, Cincinnati, OH 45226
Roberts	1702 Grand Ave, Cincinnati, OH 45214
Rockdale	335 Rockdale Ave, Cincinnati, OH 45229
Roselawn	1594 Summit Rd, Cincinnati, OH 45237
Rothenberg	241 E Clifton Ave, Cincinnati, OH 45202
Sayler Park	6700 Home City Ave, Cincinnati, OH 45233
South Avondale	636 Prospect Pl, Cincinnati, OH 45229
West High	2144 Ferguson Rd, Cincinnati, OH 45238
Westwood	2981 Montana Ave, Cincinnati, OH 45211
Winton Hills	5300 Winneste Ave, Cincinnati, OH 45232
Withrow	2488 Madison Rd, Cincinnati, OH 45208
Woodford	3716 Woodford Rd, Cincinnati, OH 45213



Free meals for children under 18 at select library branches in partnership with UMC Food Ministry:

<https://www.cincinnati.library.org/services/afterschoolsnacks.html>

Shelf stable, ready to eat meals will be distributed on Monday-Friday while school is out at the following times and locations.

- 12-1 pm: Elmwood Place, Groesbeck, Madisonville, North Central, Reading and Main Library
- 2-3 pm: Avondale, Bond Hill, College Hill, Pleasant Ridge, West End, and Westwood
- 4-5 pm: Corryville, Covedale, Deer Park, St. Bernard, and Walnut Hills

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## For families and individuals:

### Freestore Foodbank

Freestore Foodbank (@FreestoreFB) Tweeted:

We are here to serve our neighbors when they need us the most. We provide food, connection & hope, especially during the most challenging times. As we face the COVID-19 (coronavirus) pandemic, our main priority is to keep our customers, volunteers, donors, & staff safe. (1/6)

<https://twitter.com/FreestoreFB/status/1238661518784376832?s=20>



### Food Forest App

Grocery delivery service but shop around for lowest prices. One of our partners in Walnut Hills. This is app-based but pretty easy to learn. They are waiving delivery fees during this time.

[https://www.foodforest.app/?fbclid=IwAR1VXL8aMJQMT\\_LfHiBExt4vCisl10wYcrdnEQbsplqTRJre8\\_18aSFpZK4](https://www.foodforest.app/?fbclid=IwAR1VXL8aMJQMT_LfHiBExt4vCisl10wYcrdnEQbsplqTRJre8_18aSFpZK4)





**Food Forest**

22 hrs · 🌐



Does someone you care about need their groceries delivered? Place an order for them on Food Forest and we will deliver with no service charge.

Food Forest can accommodate SNAP / EBT payment options.

Deliveries in Cincinnati:

Sunday 5-7pm

Tuesday 5-7pm

Thursday 5-7pm

Ordering windows cut off at midnight the night before!

Be safe 💪

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Healthy Harvest Mobile Market

Will have prepackaged items and adjusting how they interact with customers to limit exposures

Produce Perks apply - double SNAP/EBT for produce items

# HEALTHY HARVEST MOBILE MARKET

BRINGING FRESH, AFFORDABLE FRUITS, VEGETABLES, AND OTHER HEALTHY FOODS TO YOUR NEIGHBORHOOD EVERY WEEK!

**OPEN TO THE PUBLIC!**

Follow us @HHMobileMarket

Find our current schedule at [HealthyHarvestMobileMarket.com](http://HealthyHarvestMobileMarket.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BOND HILL</b> (10 a.m.-12 p.m.)</p> <p>ST. ALOYSIUS 4721 Reading Rd. Cincinnati, OH 45237</p> <p><b>WINTON HILLS</b> (1 p.m.-3 p.m.)</p> <p>WINTON HILLS ACADEMY 5300 Winneste Ave. Cincinnati, OH 45232</p> <p><b>*NEW OCT 14th*</b> <b>COLLEGE HILL</b> (4 p.m.-6:30 p.m.)</p> <p>COLLEGE HILL PRESBYTERIAN 5742 Hamilton Ave. Cincinnati, OH 45224</p>	<p><b>CLIFTON</b> (9:30 a.m.-12:30 p.m.)</p> <p>GOOD SAM HOSPITAL 379 Dixmyth Ave. Cincinnati, OH 45220</p> <p><b>MILLVALE</b> (1 p.m.-3 p.m.)</p> <p>BEEKMAN MARKET Beekman &amp; Fricke. Cincinnati, OH 45225 (Near Taylor Academy)</p> <p><b>SAYLER PARK</b> (1:30 p.m.-3:30 p.m.)</p> <p>6600 Gracely Dr. Cincinnati, OH 45233</p>	<p><b>EVANSTON</b> (11:30 a.m.-1:00 p.m.)</p> <p>THE EVANSTON 1820 Rutland Ave. Cincinnati, OH 45207 (Dana and Montgomery)</p> <p><b>AVONDALE</b></p> <p>READING AND FOREST Cincinnati, OH 45229 (Near Lincoln Statue)</p>	<p><b>PRICE HILL</b> (10 a.m.-12 p.m.)</p> <p>AUTUMN WOODS APTS. Westmont Ln. Cincinnati, OH 45205</p>	<p><b>WEST END</b> (10 a.m.-12 p.m.)</p> <p>STANLEY ROWE TOWERS 1621 Linn St. Cincinnati, OH 45214</p> <p><b>WALNUT HILLS</b> (1 p.m.-3 p.m.)</p> <p>AT THE FORMER KROGERS 924 E McMillan. Cincinnati, OH 45206</p>



**We Accept:** Double your SNAP/EBT with Produce Perks

Cash Credit/Debit



## Childcare resources for healthcare professionals

**For Health Care Providers**, the YMCA offering childcare for Healthcare Professionals: Childcare info to come, call branch for now.

Hospital Personnel Kids Camp, age 3-12

<https://myy.org/hospital-personnel-kids-camp/>

### **HOURS**

6 a.m. – 5 p.m.

Hours may vary based on need of 1st shift hospital personnel

### **PRICING**

\$50/day\* \$225/week\*

\*Partial scholarships or subsidies may be available, check with the local branch for details

### **REGISTRATION**

Contact your local YMCA that is offering this program option. Space is limited, registrations will be first come, first serve. Proof of employment must be provided upon first check-in.

- Blue Ash 513-791-5000 (Blue Ash)
- Campbell County 859-781-1814 (Fort Thomas)
- Carl H. Lindner 513-241-9622 (West End)
- Clermont 513-724-9622 (Batavia)
- Clippard 513-923-4466 (Colerain)
- Gamble-Nippert 513-661-1105 (Westwood)
- Highland 937-840-9622 (Hillsboro)
- M.E. Lyons 513-474-1400 (Anderson)

## Exercise resources

The Cincinnati YMCA is offering free workout video, adding on to it frequently. Currently has bootcamp, yoga, barre, kickboxing and exercises for older adults

<https://myy.org/my-y-videos/>

## Educational resources for kids during school closures

**For Kids** during school closures:

**Internet access:** multiple companies offering free or discounted internet for 60 days.  
Comcast <https://corporate.comcast.com/press/releases/internet-essentials-low-income-broadband-coronavirus-pandemic>

Charter Call 1-844-488-8395. <https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>

Many phone companies also waiving data overage fees

Tour Museums virtually: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Free videos of books being read aloud: <https://www.storylineonline.net>

Scholastic Learning at Home: 20 days worth of day-to-day projects divided by grade levels <https://classroommagazines.scholastic.com/support/learnathome.html?caching>

Resources from Cincinnati Library: <https://blog.cincinnati.library.org/Blog/covid19educator>  
eBranch - <https://cinlib.org/2kVu8kG>

Ohio residents Can get a free Library card online <https://cinlib.org/2ZcBGif>

Virtual entertainment list - includes Cincinnati Zoo, Art for Kids, Children's museum of Indianapolis

[https://drive.google.com/file/d/1bV0KLHd\\_XNh4FrVFHUmckOUe\\_b\\_XULKg/view?fbclid=IwAR0w54bekfVV9RZQCCj-r0uSIn6dq-WvxsJN5kttomFnhl-0iuTQD-FwWNM](https://drive.google.com/file/d/1bV0KLHd_XNh4FrVFHUmckOUe_b_XULKg/view?fbclid=IwAR0w54bekfVV9RZQCCj-r0uSIn6dq-WvxsJN5kttomFnhl-0iuTQD-FwWNM)

Free homeschool resource designed for emergency periods (Designed during Hurricane Katrina); lesson plans include household items or links to free internet resources

[https://www.amblesideonline.org/HELP.shtml?fbclid=IwAR1ZXxPOADqUXDdyG\\_HRXjlsa0dQEQJBleyQZNSHRtV1yVRJSpZBjcK0tVg](https://www.amblesideonline.org/HELP.shtml?fbclid=IwAR1ZXxPOADqUXDdyG_HRXjlsa0dQEQJBleyQZNSHRtV1yVRJSpZBjcK0tVg)

Music Therapy



We are going LIVE on Facebook!  
Beginning Monday March 16  
from our community music studio in Silverton.

**LUNCHTIME LIVE!**

with  
**MELODIC CONNECTIONS**

Join us! From your desktop or your dining room.  
**Monday—Friday 12:00—12:15 pm**  
Put a little live music in your day. Sing along! Play along! Interact!  
On our Facebook page at [www.facebook.com/MelodicConnections](http://www.facebook.com/MelodicConnections)



## Ways I Can Help

### Blood donation

Hoxworth Blood Center is calling on healthy people to donate blood because some area groups are canceling their blood drives and some individuals are cancelling their donation appointments over fears of spreading COVID-19. **That fear is causing a shortage of blood products across the United States - surgery, chemo-therapy, trauma patients and others are still in need of life-saving blood, irrespective of COVID-19.**

In addition to supplying our 30+ Cincinnati-area hospitals, Hoxworth is currently helping to supply various parts of the U.S. with blood. However, please self-defer or postpone your blood and platelet donation if in the last 28 days you:

- Lived in or traveled to areas with COVID-19 outbreaks (including Italy, France, Germany, Spain, China, South Korea, Iran)
- Live with or have had contact with someone who was diagnosed with or suspected of having COVID-19
- Have been diagnosed with or suspected of having COVID-19

To schedule an appointment:

- Online: <https://donateblood.uc.edu/donor/auth/signin>
- By phone: (513) 451-0910

### Donating to food pantries:

Consider donating money to food banks instead of or in addition to shelf stable food. They can often leverage to make the money go farther through partnerships.

- Free store Food Bank <https://freestorefoodbank.org>
- Queen City Kitchen <https://www.queencitykitchen.org/donate-3> (Serves Walnut Hills)
- Our Daily Bread. <https://ourdailybread.us/donate-funds/>

### Donating to YMCA for Childcare

The YMCA is providing Childcare for health care professionals, but the cost is prohibitive for some. They have a fundraising campaign to provide scholarships.

<https://cincinnatiymca.networkforgood.com/projects/95500-ymca-covid-19-childcare-response-fund>