



**Low Cost Resources Available for the South Coast Community during Shelter-in-Place Order
What we know now – April 6, 2020**

Food

Gualala Food Bank – 2nd and 4th Fridays from 11:00 am-12:30 pm at **Gualala Baptist Church**. For food requests on non-Food Bank days, please call **Mendonoma Health Alliance (MHA)** for availability: **(707) 412-3176 x103** for English or **x106** for Spanish.

Point Arena Food Bank*: operated by **Coastal Seniors**, food bank distribution is the second Tuesday each month from 8:30-10:30 am at the Veterans Building in Point Arena and open to all ages. During the COVID-19 pandemic distribution is provided curbside only. Call **(707) 882-2137** or **(707) 882-2237** for more information.

Starcross Food Pantry – 1st and 3rd Fridays from 2:00 pm-4:00 pm at **Starcross Monastic Community** in Annapolis. For food requests on non-Food Bank days, please send a **text message** to **Angela Baker Marquez** for availability: **(707) 687-8315**.

Meals to Go*: **Coastal Seniors** is offering meals to go for seniors, non-seniors and disabled adults Mondays, Tuesdays and Wednesdays between 11:30-12:30 at the Veterans Building in Point Arena and at the Gualala Community Center. If unable to pick-up, they are offering delivery to seniors and disabled adults along the coast between Irish Beach and Stewart’s Point and inland to Annapolis. Meal prices are \$8 suggested voluntary contribution for seniors 60+ and disabled adults, \$10 for non-seniors, and \$6 for children under 12. Seniors and disabled adults are not denied a meal if unable to contribute toward the meal cost. Call **(707) 882-2137** or **(707) 882-2237** for more information.

Meals on Wheels*: **Coastal Seniors’** Meals on Wheels program is delivering on Mondays and Wednesdays and recipients receive seven meals each week. Seniors aged 60+ and disabled adults are not denied meals if unable to contribute toward the meal cost. Call **(707) 882-2137** or **(707) 882-2237** for more information.

MHA is providing grocery shopping and delivery for the community. Orders can be placed Monday-Thursday with same day delivery if orders are received between 9am-12pm. Maximum 15 item limit. To place an order, send an email to info@mendonomahealth.org or call **(707) 412-3176 x102** for English or **x106** for Spanish.

Grocery Shopping and Delivery: Coastal Seniors has volunteers available to assist seniors aged 60+ and disabled adults with grocery shopping at all of the local grocery stores and markets. Delivery is included at no cost. Call 707-882-2137 or 707-882-2237 for more information.

Mendocino County WIC is now offering appointments remotely! For new mothers with nursing babies and for children under the age of 3. No in-person appointments. No citizenship documents required to apply. For more information call **Maria Hurtado (707) 964-7106**.

Point Arena students: **Point Arena Schools** will provide meals for our students. Meals will be provided in a “drive thru” format at the following times and locations. Every child meal will include a lunch and a breakfast, but the child must be present to receive the meals.

BREAKFAST/LUNCH DELIVERY

Location	Address	Driver	Time
Point Arena Reservation	Head Start Parking Lot	Tom Craig	11:45 am-12:00 pm
Bower Park	Parking Lot	Sherry Baker	11:50 am
Moonrise/Stargaze		Sherry Baker	11:50 am-12:15 pm

*For a Spanish interpreter, contact MHA (707) 412-3176 x106

Mary Star of the Sea		Joann Enos	11:50 am
anchester Reservation	Garcia Court	Tom Craig	12:10 pm-12:30 pm
Point Arena Cafeteria	Point Arena High School	Denise Souza (contact person)	11:35 am-12:00 pm
Deer Trail – The Sea Ranch		Board Member Mary Visher	12:05 pm

Breakfast shall include a bagel or muffin, cereal/continental breakfast. Lunch shall include a sandwich, fruit, milk, and chips. Both the Box Lunch/Breakfast shall be included in each “pick-up” item.

Financial Assistance

Funds for undocumented individuals – Not active yet. Contact **Action Network** for more information: **(707) 884-5413** for English or **(707) 884-5414** for Spanish.

Gasoline vouchers are available. Contact **Action Network** for more information: **(707) 884-5413** for English or **(707) 884-5414** for Spanish.

Firewood Delivery*: **Coastal Seniors** is providing firewood to seniors aged 60+ and disabled adults at no cost and delivery is included. Call **(707) 882-2137** or **(707) 882-2237** for more information.

Resources for Families & Children

Backpacks with activities for children, diapers and potty chairs are available, while supplies last. **Chrome Books** for students in need that do not have access to computer or internet -contact **Action Network** for more information: **(707) 884-5413** for English, **(707) 884-5414** for Spanish, or to reach **Natalie Berg** directly, call **(707) 367-6433**.

Natalie Berg and **Jo Majorana** are offering supportive talks with adults and youth to help with the emotional impact of the pandemic. Contact **Action Network** for more information: **(707) 884-5413** for English, **(707) 884-5414** for Spanish.

Counseling Services: Miles Clark, MFT Arena Schools Behavioral Health Counselor 20 School Street Point Arena, CA 95468 707-489-3207

Project Sanctuary currently offers: Crisis-counseling (707) 961-1507 (M-F 8:30-4:30), * 24/7 Crisis and Support Line_ (707) 964-4357, * Domestic Violence Counseling (Phone/Video), * Sexual Assault Counseling (Phone/Video), * Restraining Order Assistance, * Emergency Shelter, *Safety Planning, * Support for a survivor's loved ones

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Transportation

Transportation*: **Coastal Seniors** operates two buses and they are providing local transportation to medical appointments and to complete essential errands. They are providing service to Santa Rosa, Fort Bragg and Ukiah for medical appointments only. Available for seniors aged 60+ and disabled adults. Call **(707) 882-2137** or **(707) 882-2237** for more information.

Resources over the phone

Action Network is offering weekly check-in calls for isolated seniors and adults. Contact **Jo Majorana: (510) 926-9230** or **Natalie Berg: (707) 367-6433** for more information (English and Spanish options available).

*For a Spanish interpreter, contact MHA (707) 412-3176 x106

Domestic violence resources and support is available. Contact **Natalie Berg: (707) 367-6433** with **Action Network** for more information (English and Spanish options available).

Coordination of Resources and Health Care Needs

MHA can help with prescription medication pick-up from the pharmacy and drop off to your home as well as assisting with any other questions or concerns. Call: **(707) 412-3176 x103** for English or **x106** for Spanish.

Additional Information and Resources:

Hubs and Routes – Jennifer Kreger, MD

Here are numbers for some of the most commonly used clinics:

Redwood Coast Medical Group – 707-884-4005

North Coast Family Health Center – Fort Bragg (707) 961-4631

Mendocino Coast Clinics – Fort Bragg (707) 964-1251

Fort Bragg Rural Health Center – Fort Bragg (707) 964-0259

Redwood Coast Medical Services - Gualala (707) 884-4005

Redwood Coast Medical Services - Point Arena (707) 882-1704

Sonoma County Indian Health Project – near Point Arena (707) 521-4545

Anderson Valley Health Center (707) 895-3477

NCMA Internal & Family Medicine — Mendocino (707) 937-1055

FREE INTERNET

We are offering Free Public Wifi Hotspots at numerous locations along the coast:

Gualala Point Park - visitor center

Gualala Point Park Campground

Gualala Arts Center - campus-wide (indoors and outdoors)

Hotel Breakers

Sea Cliff Motel

JR Home and Auto Care

Main Street Point Arena

Point Arena Library

Point Arena Elementary School

Point Arena Pier

Point Arena High School (being repaired)

Manchester State Campground

Manchester Grange Hall

Elk Community Center

Elk Museum

Elk Greenwood School

Albion Fire (being repaired)