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COVID-19 Resources May 11, 2020

As we go through this journey together, Above & Beyond Relocation Services (ABRS) continues to be a resource for you, your family, friends and coworkers. Below is a list of resources that may be helpful during this time. It is not a comprehensive list, but a place to start if you are in need of information. We will continue to update it as more information and resources become available.

State, County, City and Local Resources:

- State of Arizona - <https://az.gov/government-0>
 - Arizona Together - <https://arizonatogether.org/> access employment, financial, homeowner, rental, food/meals, healthcare, childcare, community, emergency services, and mental health resources
 - University of Arizona Prevention Research Center - <https://azprc.arizona.edu/news/southern-arizona-covid-19-related-resource-list> a detailed list of statewide resource updated regularly
- Maricopa County - <https://www.maricopa.gov/5460/Coronavirus-Disease-2019>
- Pima County - <https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=527452>
- Avondale - <https://www.avondaleaz.gov/visit/advanced-components/covid-19>
- Buckeye - <https://www.buckeyeaz.gov/residents/covid-19/covid-19-response>
- Chandler - <https://www.chandleraz.gov/government/city-managers-office/coronavirus-disease-2019-covid-19>
- Gilbert - <https://www.gilbertaz.gov/community/residents/covid-19-information>
- Glendale - <https://www.glendaleaz.com/cms/One.aspx?portalId=15209085&pageId=16532333>
- Goodyear - <https://www.goodyearaz.gov/residents/coronavirus-info>
- Marana - <https://www.maranaaz.gov/news-covid19-response>
- Mesa - <https://www.mesaaz.gov/city-hall/coronavirus>
- Oro Valley - <https://www.orovalleyaz.gov/covid19>
- Paradise Valley - <https://paradisevalleyaz.gov/AlertCenter.aspx?AID=COVID19-1>
- Peoria - <https://www.peoriaaz.gov/residents/covid-19-information>
- Phoenix - <https://www.phoenix.gov/newsroom>
- Queen Creek - <https://www.queenecreek.org/government/covid-19-info>
- Scottsdale - <https://www.scottsdaleaz.gov/news/coronavirus-update>
- Tempe - <https://www.tempe.gov/government/communication-and-media-relations/coronavirus-covid19/coronavirus-faqs>
- Tucson - <https://www.tucsonaz.gov/manager/covid-19-updates>

- Arizona State University - <https://eoss.asu.edu/health/announcements/coronavirus>
- University of Arizona - <https://www.arizona.edu/coronavirus-covid-19-information>
- Arizona Department of Health Services - <https://www.azdhs.gov/>
- Arizona Poison and Drug Information Center - www.azpoison.com or call 24 hours a day at 1-800-222-1222

The University of Arizona Toolkit for parents, teachers and school administrators to reference before talking to their kids about coronavirus - https://publichealth.arizona.edu/news/2020/covid-19-communication-toolkit-parents-and-teachers?_ga=2.2382192.195448516.1584978725-1842084760.1580406444

Pima County Libraries - <https://www.library.pima.gov/>
 Maricopa County Libraries - <https://mclidaz.org/>

Arizona State Parks - <https://azstateparks.com/coronavirus>

Employment/Unemployment:

- <https://des.az.gov/pua> Arizona Department of Economic Security provided unemployment resources
- <http://tourism.az.gov/hiring-opportunities/> Arizona Office of Tourism shares links to current employment opportunities

Senior Grocery Shopping Hours:

- AJ's Fine Foods: Wednesdays 6-7 a.m. (65+), Tuesdays and Thursdays 6:30-7 a.m. (first responders & healthcare workers)
- Albertsons: Tuesdays and Thursdays 7-9 a.m.
- Bashas: Wednesdays 5-6 a.m. (65+), Tuesdays & Thursdays 5:30-6 a.m. (first responders & healthcare workers)
- Costco: Tuesdays and Thursday 9-10 a.m. (60+)
- Food City: Wednesdays 7-8 a.m. (65+)
- Safeway: Tuesdays and Thursday 6-9 a.m.
- Target: Tuesdays and Wednesdays 8-9 a.m.
- Walmart: First hour every Tuesday (60+)
- Whole Foods: First hour every day (60+)

Donate Blood:

Red Cross - <https://www.redcross.org/>
 Vitalant - <https://www.vitalant.org/Home.aspx>

Support Nonprofits:

- Volunteer opportunities in Pima County <https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=540035>
- Donate to your favorite charity. Check and see what they currently need.
- Foster a dog or cat.
- Here are a few organizations, but there are countless others –
 - Friends of Pima Animal Care Center - <https://www.friendsofpacc.org/>
 - Cody's Friends - <https://codysfriends.org/>

- Tempe Homeless - <https://www.tempe.gov/government/human-services/housing-services/ending-homelessness>
- Pima County Homeless Shelters - <https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=496989>
- Arizona Humane Society - <https://www.azhumane.org/2020/03/coronavirus/>
- Pima County Care Center - https://webcms.pima.gov/government/pima_animal_care_center/

Support local business:

- Order takeout from restaurants.
- Tucson Restaurants - https://tucson.com/restaurants-open-for-business/html_19845230-69fd-11ea-a984-7b9df564ca6c.html
- Arizona Restaurants and Small Businesses - https://www.localfirstaz.com/covid19?inf_contact_key=287f693fbafa4ddb7ab259499148df16358d5485884e2f31e6019a0d26c8b0
- Arizona Restaurants - <https://arizonarestaurantweek.com/>
- Order gift cards from restaurants and small businesses.
- Order online from small business.
- Leave a nice review of the business on Google, Facebook and Yelp.
- Tag the business on your social media.

What Else:

- Peruse ABR's [Things to do at Home!](#)
- Check in with neighbors.
- Practice random acts of kindness – take trash cans in, deliver a meal
- Write a letter and mail it.
- Talk a walk.
- Meditate.
- Catch up on movies, tv series and documentaries. Many services offer free trial periods.
- *USA Today's* 100 Things to do Inside - <https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-to-do-while-trapped-inside/5054632002/>

