

Jesus Is Lord!



From the Heart Church Ministries of Tulsa

COVID-19 Benefits Resource Document for Tulsa Church Members

This information is designed to assist you in understanding your rights, benefits and available resources during this time. This information is a starting point, so you can review it and then speak with your debtors, health professionals, employers, counselors and/or providers regarding any questions you may have about how to get the assistance you and your family may need during this time.

- Everything you want to know about Coronavirus (COVID – 19) <https://www.cdc.gov/>
- **211.org** National Crisis and Emergency Disaster Assistance for Essential Needs (utility assistance, mental health, food assistance, housing and shelter and more)
 - Oklahoma www.211.oklahoma.org or text 211OK to 898211.
- **Ready.gov** National public service campaign designed to educate the American people to prepare for emergencies <https://www.ready.gov>
- **Benefits.gov** resources for COVID – 19 to increase citizens awareness of benefits <https://www.benefits.gov/help/faq/Coronavirus-resources>
- **Coronavirus.gov** resources for households, people who are sick, small business owners, schools, and more <https://www.coronavirus.gov/>
- **DOL.gov** Temporary rule: Paid Leave under the Families First Coronavirus Response Act
 - Emergency Paid Sick Leave Act and Emergency Family and Medical Leave Expansion Act <https://www.dol.gov/agencies/whd/ffcr>
 - Family and Medical Leave Act (job protected unpaid leave if caring for those with COVID – 19) <https://www.dol.gov/agencies/whd/fmla/pandemic>
- **Mortgage Relief:** no late fees, no delinquencies reported to credit bureaus, foreclosures and legal proceedings suspended.
 - **FHFA.gov** Federal Housing Finance Agency <https://www.fhfa.gov/Homeownersbuyer/MortgageAssistance>
 - **Ok Cares Act 2020** www.ok.gov/oesc

- **HUD.gov** Mortgage Payment Relief <https://www.hud.gov>
 - <https://www.thedailybeast.com/during-coronavirus-do-i-have-to-pay-my-rent-or-mortgage>
 - <https://www.cnbc.com/2020/03/18/what-to-do-if-you-cant-make-your-rent-or-mortgage-payments.html> What to do if you are having problems paying rent or mortgage
 - <https://www.forbes.com/sites/advisor/2020/03/20/mortgage-relief-tracker-covid-19-relief-for-homeowners-and-renters/#3013e67a2f19>
- **Student Loan Relief:** forbearance information for students, borrowers, and parents
 - StudentAid.gov Federal Student Aid <https://studentaid.gov/announcements-events/coronavirus>
 - Ed.gov Suspend Federal Student Loan Payments, Waives interest during national emergency. <https://www.ed.gov/news/press-releases/delivering-president-trumps-promise-secretary-devos-suspends-federal-student-loan-payments-waives-interest-during-national-emergency>
- **USA.gov** Financial Assistance After a Disaster <https://www.usa.gov/disaster-financial-help>
- **Legal aid** <https://oklegalconnect.org> or call 888-534-5243
- **AttorneyGeneral.gov:**
 - Estate Planning in Oklahoma eforms.com/estate-planning/ok
 - Oklahoma Advance Health Directive <https://www.ok.gov/health/>
 - Power of Attorney <https://eforms.com/power-of-attorney/ok/>
 - Wills <https://resource.lawinfo.com/wills/Oklahoma>
 - Oklahoma Chamber of Commerce <https://okstatechamber.com>
- **SBA.gov** Small Business Guidance, Loan and Debt Relief Options www.sba.gov – small business administration
- **Unemployment Insurance** www.ok.gov/oesc
- **What to Do If You're Having Trouble Paying Bills** <https://www.consumerreports.org/personal-finance/trouble-paying-bills-coronavirus-pandemic/>
 - Check your email
 - Energy Crisis Assistance Program (ECAP) www.benefitscheckup.org
- **List of Stores with Senior Hours during Coronavirus Pandemic**
 - Walmart, Sam's Club, Save A Lot, Dollar Tree, Dollar General. Target only on Tuesdays and Wednesdays. (List was updated April 30, 2020)

- **Food Banks, Meal Programs and Food/Grocery Delivery**

- National Food Banks and Meal Programs
<https://www.feedingamerica.org/find-your-local-foodbank>
- <https://hungerfreeok.org/covid19>
- <https://meals4kidsok.org>
- Dream Center – 200 W. 46th St. N.
- Common Ground Church – 918-270-4372, 7810 E. 49th St, Mondays 6pm – 8pm, Thursdays 10am – 12pm.
- Catholic Charities 2450 N. Harvard Ave, 918-949-4673
- Groceries delivered your area.
www.instacart.com
- Restaurant delivery in your area
<http://www.grubhub.com> or doordash.com
- Grocery Delivery Service
www.peapod.com

- **Pharmacy Delivery**

- CVS free delivery
<https://www.cvs.com/content/delivery/shop-online?icid=rxdelivery-tab-cvsdelivery>
 - Walgreens in partnership with Postmates
https://www.walgreens.com/topic/promotion/postmates.jsp?ban=dl_dlhp_03292020_Hero_Postmates
 - Couch Pharmacy, 444 S Sheridan Rd, 918-835-9577
 - Freeland Brown Pharmacy, 4112 S Peoria Ave, 918-743-4491
 - CareFirst Getman Pharmacy, 2516 E 15th St, 918-728-6420
- **USDA** Food and Nutrition Services <https://www.fns.usda.gov/disaster/pandemic/covid-19>
 - **American Red Cross** Safety Tips <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/coronavirus-safety.html>
 - **Salvation Army** COVID-19 Response/Get Help <https://www.salvationarmyusa.org/usn/covid19/>
 - **US Dept of Labor** Occupational Safety and Health Administration information for workers and employers about the evolving coronavirus outbreak <https://www.osha.gov/SLTC/covid-19/>