NFB of AZ Phoenix Chapter

Conference Call Meeting

Buddy Group & Resources

Monday, March 23, 2020

6:00 p.m. to 7:35 p.m.

Conference Call Line: (712)770-4856

Code: 614039#

Phoenix Chapter Listserv

Email: nfba-phoenix@nfbnet.org

Meeting Notes

Call to Order

6:08 p.m. Brad called the meeting to order.

Roll Call

Thirteen people joined the meeting to discuss concerns, share resources, and establish a Buddy Call Group. Brad emphasized the importance of regularly contacting the person chosen as our “Buddy,” since circumstances can change from, moment-to-moment and day-to-day. Each participant had the opportunity to share their thoughts, concerns, and strategies, for meeting daily living needs that contribute to peace of mind. These comments are presented in the order of discussion, below, followed by general discussion topics and local and national resource contact information. Please contact Brad at, (815) 501-1153, if you do not have your Buddy contact information.

Buddy Partners:

Brad contacts Vicki

Vicki contacts Donna

Donna contacts Tom

Tom contacts Kimberly

Kimberly contacts Colin

Colin contacts Jenny

Jenny contacts Betty

Betty contacts Rodnick

Rodnick contacts Monica

Monica contacts Jordan

Jordan contacts Mike

Mike contacts Dan

Dan contacts Brad

Participant Comments:

Brad Kuhn and Jordan called the meeting out of concern for members and friends. Carrie Tailor has friends that provide support and ensure she has supplies, but we still need to keep in touch with her. Already, Brad is experiencing “cabin fever,” so is interested in finding diversions to fill time, provide entertainment, and stay connected with people. It is Brad’s hope that this first meeting will establish an organized way to share resources and solutions, in support of one another.

Jordan Moon shared that the NFB blog page has a wealth of information, regarding the effect of Covid19 on the lives and life-styles of blind people. For more information, log onto,

nfb.org/covid19

From the NFB homepage, activate the link to “Coming Together during CoVig19: Concerns & Connections, that includes:

“The Disproportionate Impact” addresses: transportation; medical treatment; Information; Groceries & Supplies; School Materials; Risk Considerations; and Taking Action together.

Issues under “Taking Action Together,” include:

Contacting senators about threats to IDEA rights;

Providing resources and recommendations about schools and accessibility, including an education technology survey;

NFB Newsline includes a coronavirus breaking news section;

Affiliates and divisions hosting informative workshops, over the Zoom platform; and

Local chapters are meeting via conference call to develop ways to help one another compile resource lists, and participate in virtual social gatherings, such as Happy Hour, Crafting calls, and Descriptive Movie night.

Access Breaking News For COVID-19 Updates on NFB-NEWSLINE

From: Scott White

(410) 659-9314, Ext. 2231

swhite@nfb.org

In response to the current situation with the coronavirus (COVID-19), the National Federation of the Blind has decided to provide up-to-date information to all eligible subscribers of the service.

COVID-19 updates are available in the Breaking News Online category of NFB-NEWSLINE. This information is being obtained by the system searching the thirty-four publications in the Breaking News Online category for "coronavirus" and displaying the results. This information will also be available for those few states that are currently not sponsored for the next sixty days starting Monday, March 16th.

Access the coronavirus COVID-19 information using the telephone by pressing 5 from the main menu, then press 1 for the Breaking News Online category, followed by pressing the 1 key which will bring you to the virus information. If you are using the NFB-NEWSLINE Mobile IOS app, look for the virus information under the "All Publications" section. The content can be accessed with Braille devices such as note-takers and refreshable Braille displays.

Jordan expressed our common concern for finding ways for people to pay their bills, have the proper resources in a timely manner, and ensure that everyone has everything they need.

Colin encouraged participants with needs to reach out to family, friends, church community, and Chapter members, without hesitation--the sooner, the better.

Donna is still working, and has the supplies she needs, so far.

Vicki is self-quarantining, due to potential exposure, and is working with the local, Walgreens manager to set aside a list of supplies, for a friend to pick up and deliver. The managers and employees of retail stores where we regularly shop may be willing to set aside certain products at the time of delivery, so we can arrange to purchase and pick them up.

Monica and her family regularly shop for diapers, to keep well stocked. They are also keeping well ahead of their need for other basics, by shopping more often.

Tom is not doing well. He has an appointment, later this week for prior issues, and will, hopefully, be tested for the Coronavirus, to determine the source of congestion in his lungs. Many symptoms associated with the virus are similar with those of the common cold, allergies, etc. Testing will identify the cause, so the appropriate medical treatment can be administered, immediately.

Jenny observed that it is easier to be calm, when around other people who are calm. She also noticed that the air is cleaner, with fewer people traveling; and, communication with colleagues from work is better. Jenny’s immediate concern is that her annual physical was canceled. It was during this appointment that her PCP was to authorize more refills of a standard prescription, she has taken for years. Some pharmacies will issue an emergency supply of a regular prescription, until the physician authorizes the refills. If this is not an option for Jenny, she may have to arrange a virtual appointment, with her doctor’s office.

Nick stated that his grocery supply is good, and has no issues for which he needs assistant.

Kimberly has experienced difficulty with pharmacies’ willingness to issue an emergency supply of a prescription. It is more likely that scheduling a virtual appointment with the PCP’s office through Tele-Help is necessary. This service is widely being used by doctor’s offices.

Dan orders from Walmart every two days to keep well supplied. Also, he has a good rapport with the store manager to help with shopping and delivery, or set aside for pick-up. Dan stated that ordering through the Walmart App is not the same as ordering via online shopping. Also, he reminded us that delivery services are bogged down, so delivery frequency is impacted. Additionally, orders may not be completely filled, due to product shortages.

Betty and family are keeping well-supplied. She has found that stores do not shelve the entire delivery of some products, such as water and paper supplies, but keep some in reserve. Because the standard cleaning products are scarce, Betty recommended rubbing alcohol and white vinegar as effective sanitizing substitutes. She has found that Home Depot sells water, paper products, and cleaning supplies, with a quantity limit.

Mike and his family are well-supplied, due to his mother shopping, daily. Social distancing is difficult for Mike, but understands that he must self-quarantine, because he is among those with fragile immune systems after the kidney transplant. Mike observed that the whole world is changing, but “this too will pass” and that there “is a light at the end of the tunnel.” These are positive words by which to be encouraged.

Other Discussion Topics:

Kimberly encouraged us to reach out to others in the community that are under enforced quarantine, primarily seniors living in assisted-living communities. Sending positive messages in braille and large print was suggested. Kimberly provided contact information for the following communities:

Atria Senior Living

Attn: Sheri Federico

10101 West Palmers Drive

Sun City, AZ 85373

Phone: (623) 208-7172

* Olive Grove Assisted Living & Memory Care

Attn: Valerie, Life Enrichment Director

3014 East Indian School Road

Phoenix, AZ 85016

Phone: (602) 957-7021

* Beehive Homes Assisted Living

Attn: Troy

17202 N 69th Avenue

Glendale, AZ 85308

Phone: (602) 717-1864

For Those with Cabin Fever

While online chat lines and other social media outlets have to be chosen carefully, a variety of activities are offered. Brad frequently visits the Livewire network, and explained how to set up an individual mailbox account. The website is closely monitored to ensure that the activities offered are not abused or compromised. Each new account has to be approved by one of the website operators. If those interested in setting up a Livewire account will notify Brad at,(815) 501-1153, he will contact the website manager to expedite the approval process. Call (631) 403-1000, and follow the prompts to enter a Username and Password, to establish your individual mailbox account. Most of the activities are free, but some have a fee attached.

Secretary’s Note: Additional resource information can be found after the conclusion of the meeting notes.

Phoenix Chapter Listserv

Jordan will add the following people to the Phoenix Chapter Listserv, so they can receive and post organization-related messages. Vicki will provide Jordan the phone number and email address for: Betty Love, Kimberly Parks, Dan Thuenen, and Jenny Kasl.

Meetings

The group agreed to meet via conference call on Monday evenings at 6:00 p.m., in addition to contacting our Phone Tree Buddy throughout the week, until it is determined that the Coronavirus is no longer a threat. The next conference call meeting is:

Date: Monday, March 30, 2020

Time: 6:00 p.m.

Conference Call Line: (712) 770-4856

Code: 614039 Pound Sign

Prayer

Mike led the Prayer.

Pledge to the American Flag

Jordan led us in the Pledge to the American Flag.

NFB Pledge

Donna led us in the NFB Pledge.

NFB Pledge

I pledge to participate actively, in the efforts of the National Federation of the Blind;

to achieve equality, opportunity, and security for the blind;

to support the policies and programs of the Federation; and,

to abide by its constitution.

Adjournment

7:35 p.m., Brad adjourned the meeting.

Local Resources

Area Agency on Aging Region One | Maricopa County, Arizona

www.aaaphx.org

24-Hour: (602) 264-3457, Ext. 2

Toll Free: (888) 264-2258

For the hard of hearing and deaf, TEXT: (520) 775-1899 SMS (Short Message Service)

Meals for Moms

Call (602) 264-3457, Ext. 2 to begin the qualification and application process. You will have to leave a message, and allow 24 hours to receive a return call. It may take more than the standard 48 hours to be added to the delivery list, due to a higher volume of applications being reviewed and approved. Deliveries are Tuesday through Friday, between 10:00 a.m. to 2:00 p.m. UPS and FedEx are used to deliver the meals. Those that qualify for the extended, weekend program will receive frozen meals on Friday, along with the regular, Friday meal delivery. Special dietary requirements should be shared, during the application interview.

Meals for Moms, in collaboration with other non-profit organizations, provides other limited supplies, as a last resort.

Phoenix Civic Center

District 7 Representative Gallego and others are involved with seeing that donations are being received at the City of Phoenix Civic Center. No other information is available, at this time. Jordan agreed to research this effort.

AZ Information Hotline

Jordan stated that Governor Ducey has authorized an Information Hotline to be established, and available from 8:00 a.m. to 8:00 p.m. Dial 211, and follow the prompts.

Website for Senior Grocery Shopping in The Valley

Colin stated that some stores are opening their doors, one to two hours early, to allow seniors the opportunity to shop. While there is no guarantee that shopping assistance is available, this is an option, for our members to consider. One of the SAAVI staff members provided the following website to consult:

The link below lists stores that are going to be open in the Valley, one to two hours earlier for seniors to do their grocery shopping. Only one store lists that it includes people with disabilities.

https://www.azfamily.com/news/continuing\_coverage/coronavirus\_coverage/phoenix-area-grocery-stores-offer-senior-shopping-hours-to-combat/article\_efa1ad9e-6869-11ea-bba2-fb9843dfb0c7.html?utm\_source=azfamily%203TV%20CBS%205&utm\_medium=referral&utm\_campaign=Breaking%20News

AZ Center for the Blind

Jordan reminded us that all organizations associated with the AZ government, such as the AZ Center for the Blind, have closed to the public, until further notice. However, a staff member may have been assigned to take calls, or return voice mail messages. The number for the AZ Center for the Blind is, (602) 273-7411.

Phoenix Food Banks

https://www.needhelppayingbills.com/html/maricopa\_county\_food\_banks.html

Thank you, Kimberly, for providing the following list of Phoenix Food banks. People should call in advance, for current hours of operation and service procedures.

Church on the Street, 902 E. McKinley, Phoenix, AZ 85006; (602) 254-8302

Note: Provides hot meals, information on local shelters, and other aid to the low income and homeless in the community.

St. Vincent de Paul/Dining Rooms - Phoenix, 112 S. 9th Ave., Phoenix, AZ 85007; (602) 495-3065

Note: This is the free soup kitchen. It serves hot meals, lunches, and more. The homeless, immigrants, and working poor in Maricopa County are some of the main clients.

Agape Network, 2425 E. Thomas Rd., Ste. 6, Phoenix, AZ 85016; (602) 234-6143

Note: Check for hours of operation.

Andre House of Arizona, Inc., , 213 S. 11th Ave., Phoenix, AZ 85007; (602) 255-0580

Hours: Monday - Thursday, 5:30 p.m. - 6:30 p.m.; Saturday - Sunday, 5:30 p.m. - 6:30 p.m.

Note: Emergency food boxes, perishable fruits, vegetables, breads, and other support is provided.

Central Arizona Shelter Services (CASS), 230 S. 12th Ave., Phoenix, AZ 85007; (602) 256-6945

Chicanos Por La Causa Senior Center - Casa Primavera, 1617 N. 45th Ave., Phoenix, AZ 85035;

(602) 272-0054

Hours: Monday - Friday, 9:00 a.m. - 3:00 p.m.

Note: Older adults can use a congregate meal site, and the homebound may have food and hot lunches or meals delivered. Also provides information about programs for seniors, such as Medicare and medical bill assistance.

Church on Fillmore, 745 W. Fillmore St., Phoenix, AZ 85007; (602) 252-1407

Hours: Tuesday, 9:00 a.m. - 12:00 p.m.

Cultural Cup Food Bank, 342 E. Thomas Rd., Phoenix, AZ 85012; (602) 266-8370

Hours: Monday & Thursday, 11:30 a.m. - 4:00 p.m.; Tuesday & Wednesday, 8:30 a.m. - 2:00 p.m.; Friday, 8:30 a.m. - 12:00 p.m.

Note: Some of what may be offered includes free emergency food boxes, sack lunches, and more.

Deer Valley Senior Center, 2001 W. Wahalla Ln., Phoenix, AZ 85027; (602) 495-3714

Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.

Desert Christian Fellowship, 1445 W. Northern Ave., Phoenix, AZ 85021; (602) 861-4008

Hours: Sunday, 8:00 a.m. - 12:00 p.m.

Desert West Senior Services, 6501 W. Virginia Ave., Phoenix, AZ 85035; (602) 495-3711

Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.

FIBCO Family Services, Inc., 1141 E. Jefferson St., Phoenix, AZ 85034; (602) 385-3900

Hours: Tuesday, Wednesday,& Friday, 10:30 a.m. - 1:30 p.m.

First Pentecostal Church Community Center, 2709 E. Marguerite Ave., Phoenix, AZ 85040;

(602) 276-2126

Hours: Saturday, 9:00 a.m. - 11:00 a.m., or by appointment

Note: Low income and struggling families can stop by this community center. Receive applications to public aid (food stamps and Commodity Supplemental Food Program - CSFP), free canned goods, and meals.

First Southern Baptist Church Benevolence Center, 3100 W. Camelback Rd., Phoenix, AZ 85017;

(602) 242-6104

Hours: Wednesday, 9:00 a.m. - 11:00 p.m.

Gateway Church of God, 3400 E. Melvin St., Phoenix, AZ 85008; (602) 267-0663

Hours: Monday - Friday, 9:00 a.m. - 1:00 p.m.; Sunday, check for afternoon hours

Highways & Hedges Ministries, 2515 E. Thomas Rd., Phoenix, AZ 85016; (602) 212-0850

Hours: Monday - Friday, 9:30 a.m. - 5:00 p.m.

Note: Free food and groceries are distributed to low income families and the needy.

ICM Food & Clothing Bank, 501 S. 9th Ave., Phoenix, AZ 85007; (602) 254-7450

Hours: Monday - Saturday, 9:00 a.m. - 11:00 a.m.

Note: Clothing for children, school supplies, shoes, and more is offered. A pantry also provides free groceries, food, and nutritional support.

Life Bridge Resource Center, 7510 N. 27th Ave., Phoenix, AZ 85051; (602) 864-3408

Hours: Tuesday, 9:00 a.m. - 1:00 p.m.; Thursday, 1:00 p.m. - 3:00 p.m.

Church on the Street, 2141 W. Madison St. , Phoenix, AZ 85009; (602) 252-7444

Note: Call the church food pantry for hours.

Living Streams Church Food Pantry, 7000 N. Central Ave., Phoenix, AZ 85020; (602) 957-7500

Hours: Monday - Thursday, 9:30 a.m. - 11:30 a.m.

Manzanita Senior Center, 3581 W. Northern Ave., Phoenix, AZ 85051; (602) 262-4949

Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Lunch, 11:30 a.m. - 12:30 p.m.

Note: Commodities are available on the 4th Monday of each month. While the non-profit focuses on senior citizens, people of all backgrounds can get help and referrals. Home-delivered and congregate meals are offered, in Maricopa County.

Bread of Life, 3840 N. 30th St., Phoenix, AZ 85016; (602) 304-9044

Mount of Olives Lutheran Church, 3546 E. Thomas Rd., Phoenix, AZ 85018; (602)956-1620

Hours: Wednesday, 10:00 a.m. - 12:00 p.m.; Thursday, 3:00 p.m. - 6:00 p.m.

Neighborhood Ministries, Inc., 1929 W. Fillmore St., Phoenix, AZ 85009; (602) 252-5225

Hours: Friday, 9:00 a.m. - 12:00 p.m.

Note: Spiritual guidance, free food and meals, household goods, and more may be offered.

Open Door Fellowship Church, 8301 N. 19th Ave., Phoenix, AZ 85021; (602) 242-4414

Hours: 2nd & 4th Saturdays of each Month, 9:00 a.m. - 11:30 a.m.

Paradise Valley Emergency Food Bank, 10862 N. 32nd St., Phoenix, AZ 85028; (602) 867-9228

Note: If you are faced with hunger and need items in a hurry, call this food bank for help.

Caja de Comida para Niños, 4520 N. Central Ave., Ste. 250, Phoenix, AZ 85012; (602) 263-1017

Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.

Rio Vista Center, 1431 E. Southern Ave., Phoenix, AZ 85040; (602) 243-1866

Hours: Monday - Thursday, 9:00 a.m. - 11:30 a.m.; Sunday, 11:00 a.m. - 12:00 p.m.

Salvation Army - Laura Danieli Sr. Activity Ctr., 613 N. 4th Ave., Phoenix, AZ 85003; (602) 251-2006

Hours: Monday - Friday, 8:30 a.m. - 3:30 p.m.

\*\*\* Government and USDA programs:

The two main ones are SNAP food stamps and free school lunches. The Maricopa public assistance programs and social services process applications. Most of the support is for families in poverty and/or immigrants, seniors, and low income single moms. The government aid can help them buy food.

Salvation Army - Phoenix, 2702 E. Washington St., Phoenix, AZ 85034; (602) 267-4122

Hours: Monday - Friday, 12:30 p.m. - 3:30 p.m.

Note: The Salvation Army is one of the leading non-profit social service and charity organizations in the United States and the world. They can provide a number of assistance programs, including access to a food pantry, thrift store, and clothing closet.

Some of what is distributed include meals, canned goods, and baby formula. Free Christmas assistance, such as gifts, clothing and toys is offered from programs such as Angel Tree. Some limited financial assistance for rent or cooling bills may be available as well.

Seventh Day Adventist Community Center-Central Phoenix, 1320 N. 15th St., Phoenix, AZ 85006;

(602) 258-9951

Hours: Monday, Tuesday, & Wednesday, 9:00 a.m. - 11:30 a.m.

Society of St. Vincent de Paul, 1075 W. Jackson, Phoenix, AZ 85007; (602) 261-6886

Hours: Sunday - Saturday, Breakfast, 7:00 a.m. - 8:30 a.m.; Lunch, 11:00 a.m. - 12:45 p.m.

South Mountain Community Center, 212 E. Alta Vista, Phoenix, AZ 85042; (602) 262-4093

Hours: Monday, Tuesday, & Friday, 8:00 a.m. - 5:00 p.m.; every 3rd Thursday, 8:00 a.m. - 5:00 p.m.;

South Phoenix Baptist Church - Bernard Black Ministries, 2006 E. Broadway Rd., Phoenix, AZ 85040

Call for help: (602) 268-2512

Church Hours: Tuesday & Thursday, 7:00 a.m. - 1:00 p.m.; Saturday, Breakfast

St. Mary’s Food Bank Alliance, 2831 N. 31st Ave., Phoenix, AZ 85009; (602) 242-3663

Hours: Monday - Friday, 9:00 a.m. - 4:00 p.m.

Note: Partners with many Maricopa County charities and non-profits to help low income families, the elderly, and working poor. Donated items, including food and more, are distributed.

St. Stephen’s Episcopal Church, 2310 N. 56th St., Phoenix, AZ 85008; (602) 840-0437

Hours: Wednesday, 9:00 a.m. - 12:00 p.m.

Tanner Chapel A.M.E. Church, 20 S. 8th St., Phoenix, AZ 85034; (602) 253-8426

Hours: Tuesday & Friday, 11:00 a.m. - 3:00 p.m.

Trinity Broadcasting - His Hands Extended - KPAZ #21, 3551 E. McDowell Rd., Phoenix, AZ 85008;

(602) 273-1479

Hours: Monday - Thursday, 1:00 p.m. - 4:00 p.m.

Note: Call for referrals to food assistance programs, banks, and even limited financial aid.

Whole Truth Community Development Organization, 4628 S. 7th St., Phoenix, AZ 85040; (623) 780-0727

Hours: Tuesday, 12:00 p.m. - 1:00 p.m.; Saturday, 11:00 a.m. - 2:00 p.m.

Note: While resources are limited, emergency food boxes are offered at certain periods and only so many times per month. Get information on employment services and self-sufficiency programs, resume review, and more.

Valley Christian Centers, Inc., 1326 W. Hadley St., Phoenix, AZ 85007; (602) 258-5163

Hours: Monday - Thursday, 8:00 a.m. - 2:00 p.m.

Note: People of all incomes and backgrounds can call for help. Assistance ranges from free Christmas and Thanksgiving meals to Easter baskets, groceries from the pantry, and other support.

Westward Ho CSFP650, 618 N. Central Ave., Phoenix, AZ 85004; (602) 258-6221

Hours: 2nd Friday of each Month, Call for hours.