What is Bloomington Mutual Aid for COVID19?

This is the Bloomington Indiana group for mutual aid actions surrounding the COVID-19 health crisis. Our goal is to foster a network of collective solidarity that allows us to care for the most sick and vulnerable people in our community, and find strength together in order to push back against the broader social narrative of individualistic self-reliance and preparedness.

How to get involved

If you are interested in getting involved please contact us as mutualaidmoco@gmail.com, join our facebook group @ BloomingtonMutualAidforCOVID19, or continue reading to find out how to set up your own community or neighborhood pod. We are all here to help each other.

About the Community Resource Zine

The Community Resource Zine is aimed to be an evolving and quick reference zine to mutual aid during a pandemic, natural, or societal catastrophe. We welcome any additional information, or notification of broken QRC codes, that would enhance the zine, please feel free to contact us. Thank you for your support!
Community Guidelines for Facebook and In Person

Here are some rules and guidelines to behavior in the group in order to facilitate the vibe we’re trying to cultivate.

**VERY IMPORTANT:** If you have any issues with anything, a member, whatever, and you think it may be sensitive, feel free to message an admin or a mod about it.

1. When in doubt, let your better angels guide your behavior. If you’re gonna say something unnecessarily edgy, don’t. We have people going through all sorts of things here, and we really care about their well-being. If you see anything you think may be abusive, tag an admin or mod in the comments of the offending post or message with screenshots. Posts that result in dog piling or toxic behavior may be locked, deleted, offenders may be banned, etc. We’ll do our best to curate a good experience here.

**IMPORTANT:** The main behavioral expectation is that people be as helpful and accommodating as possible. While sometimes tough to judge, if you can’t abide, you’ll be out, though we try our best to be fair.

2. Don’t spam. Also, if sharing screens, blur names.

3. Toxic behavior will not be tolerated. You can have disagreements, but keep it reasonably civil, please.

4. Racism of any kind is not tolerated - this includes anti-semitism. Same goes for homophobia, transphobia, ableism, etc. If it’s inadvertent, you’ll get the chance to make amends or you’ll have find a way to contribute somewhere else.

5. No threats against others. No doxxing threads. Call-out threads will be deleted.

6. Posts that are harmful/problematic will be deleted at mod discretion.

If your behavior is against the higher aims of the group, you may be banned from this and related, depending. Ultimately everything is up to mod discretion. This is meant to be for people that take organizing in the face of the COVID-19 crisis to be a civil and moral duty, and everyone is actively encouraged to help create the sort of space they’d be interested in participating in. Any in-group protestations over a ban or deletion will be shut down.
Zine of Safety Practices & Resources for COVID19 Mutual Aid Projects

Thank you (We need the credit of this author/creator please!) for compiling this resource. We have adapted this zine for those in the Monroe County Community.

This is a compilation of the following resources accessible online to support mutual aid-based projects providing services for their communities amid the COVID-19 pandemic. More Sources are provided at the end of the Zine.

Note this zine is NOT meant for those providing direct care for individuals with Coronavirus. Distribute to those who are undertaking the challenging and scary work of navigating this crisis while getting communities the resources they need to survive. To make edits or suggestions, contact mutualaidmoco@gmail.com.

-- WE KEEP US SAFE --

BACKGROUND

COVID-19/Coronavirus is a contagious virus and can be spread rapidly by people who are unwitting carriers. Infection can be life-threatening, especially for elderly and immunocompromised people.

The virus is believed to be transmitted most commonly person-to-person:

- Between people who are in close contact with one another (within ~6 feet)
- Through respiratory droplets produced when an infected person coughs or sneezes

A person can also get infected by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. The virus can live for up to 3 days on various surfaces (as low as 1 hour for cardboard and fabric, longest for non-porous surfaces like metal).

People are thought to be most contagious when they are most symptomatic (the sickest), but may also be contagious in the 1-14 days before they show any symptoms. As they recover and become asymptomatic, people continue to shed the virus, usually for 8-37 days. People may also be contagious even if they never show symptoms.

This means that someone could become infected by proximity to an infected stranger in a crowded space or by touching a contaminated surface. In the days before the experience any symptoms, they could then unwittingly spread the virus to anyone they come in contact with or touch the same surfaces as. Accordingly, mutual aid participants should take careful precautions to decrease the risk of contracting the virus or spreading it to others, especially to elderly and immunocompromised people whom the mutual aid effort aims to support.
GENERAL SAFETY PRACTICES

• **Closely self-monitor your health.** If you have been exposed to anyone who is or has become ill or if you experience any symptoms of COVID-19/Coronavirus such as fever or coughing, follow CDC guidance and have someone else pick up your mutual aid tasks.

• **Implement social distancing** at all times, including in your personal life.
  - Avoid crowded spaces - public transit, bars, restaurants, gatherings, etc.
  - Maintain 6’ distance with others.
  - Avoid touching the same items as others (like serving spoons, board game pieces, and joints/pipes/cigarettes/vapes).

• **Use additional precautions when handling mutual aid supplies.**
  - Pick up supplies at off-peak times from less crowded stores/places.
  - Wear gloves and a mask (or clean bandana) when shopping, sorting, or distributing supplies and interacting with other participants and recipients.
  - Between tasks and after touching any surface that may have the virus (like your face), change out gloves and wash hands for at least 20 seconds.
  - Routinely clean and disinfect storage and transport spaces.
  - Clean and disinfect sealed nonporous items before distributing them.
  - Transport items by bike, car, or foot instead of using public transit.

• **Minimize physical interaction between mutual aid participants.**
  - Avoid multiple participants being together to pick up, drop off, or manage supplies. Use individual or small shifts.
  - Instead of handing supplies off directly to recipients, deliverers can leave items outside recipients’ buildings or doors and knock/text/call the recipient; maintain at least 6 feet of distance between deliverers and recipients at all times.
  - Host mutual aid project meetings via phone or video conference.

ADOPTION & COMMUNICATION

• **Ensure each participant understands and agrees to the safety practices of the mutual aid project.**
  - This can take the form a list of mutually agreed-upon principles/practices for different levels of participation, so no individual person has to enforce them.
  - For those that don’t or can’t agree to the safety practices (ex. people who must continue to travel on public transit and/or work in close proximity to others, are caring for infected loved one, or personally refuse to adopt safety practices), see if there is a remote/digital role they can play instead.

• **Coordinate distribution of gloves, masks (or bandanas), cleaners, and disinfectants** to people who join the mutual aid project.

• **Communicate regularly with other participants about safety practices.**
• Create open channels for concerns and ideas. Keep up-to-date with evolving guidance from health officials.
• Publicize the mutual aid project’s safety practices and work with other mutual aid projects to develop theirs.
• **Watch for signs of stress, trauma, and burnout amongst participants.**
  • Encourage self-care, breaks, and honesty about individual and group capacity.

**PRINCIPLES & ASSUMPTIONS**

This is a list of principles and assumptions to know and act upon for carrying out support work in and during the COVID-19 global pandemic:

1. **Anyone could be infected with the virus**, and could be spreading it asymptomatically. Anyone could be already infected with other illnesses or have underlying chronic health conditions that could worsen outcomes or cause further problems.
2. The aim of community organisations should be to **prevent as many infections happening as possible**, and where this isn’t possible, reduce the number of cases that need an ICU.
3. The primary way to do this is to **reduce the exposure of people at high risk** of developing severe or critical illness as a result of the virus.
4. **Public transport is a common location of virus spread.**
5. **A solution of bleach at 10% can be used for disinfecting surfaces** that are clean of visible dirt or contaminants, if left on a surface for more than ten minutes (WHO Guidelines).
6. **Washing hands thoroughly with soap or with alcohol based hand sanitiser is effective at removing the virus**, and preventing it being passed onto things touched by those hands, until they touch an infected surface.
7. **It is essential that people feel able to, and are able to, reach out to community support organisations**, to ensure they have options other than leaving the house and spreading or being infected by the virus. This means they need to feel those organisations can be trusted with their data, and as such it is vital to prevent data from being used for any purpose apart from than providing support.

**POLICIES FOR DOING SUPPORT WORK**

1. People doing support work should have **as low a chance of being infected as is possible.**
2. If people are infected, they should have **as low a chance of passing on the infection** as is possible. Systems should be designed on the assumption that anyone is infected.
3. If someone is showing symptoms of infection, it should be easy to trace all contact they have had with at-risk people. They should cease doing support work immediately.
   4. The minimum number of people should be able to have direct or indirect
contact with at-risk people, in order to reduce their possible exposure to infection.

5. All meetings should be done remotely through digital means where possible. Where it is absolutely necessary for people to meet, they should have minimal contact.

6. Thorough hand washing should be done frequently, and always done following touching the face, or using public transportation.

7. Wearing gloves should be done while handling all items which may be given to people who are immuno-compromised and while in proximity to anyone who may be infected. Aprons should be worn around anyone who may be infected.

8. All items given to someone at risk must be disinfected on all surfaces that will be handled by them.

9. Public transport should be avoided where possible. Where this is unavoidable, public transport should be used by as few people as possible as infrequently as possible.

10. Disinfection must be carried out after items are taken on public transport.

11. Masks should be worn where possible, by both people doing support, and people needing support, but if in short supply should be prioritised for situations where people must come into close physical proximity. Masks should be worn in line with manufacturer recommendations, which for paper masks is no more than 15 minutes of effective use.

12. To ensure people feel safe and secure in asking for help, data must not be shared beyond support groups (e.g. with private companies, political parties, councils, the NHS, or the police) without that person’s explicit consent.

13. Support should be provided without being conditional on sharing someone’s data with another organisation (such as a private company, political party, a council, the NHS or the police).

**HOW TO DISINFECT THINGS**

*Disinfection with Bleach*

1. This should be carried out in a well-ventilated space, with windows open.

2. Take care to avoid contact between bleach and bare skin. While mixing the solution, it is advisable to wear gloves to protect your skin from bleach splashes. (These gloves should then be changed before beginning to clean the items.)

3. Wash your hands with soap and hot water before beginning. If wearing kitchen gloves which you have previously used, wash your hands with soap while wearing the gloves.

4. Mix 1:9 thin home bleach with cold water, and put it in a spray bottle, squirt bottle, or open topped container. Wipe down the outside of the bleach solution bottle with your bleach solution, leave it for 10 minutes. After ten minutes have passed, the outside of the bottle should be only just dry, or ideally slightly wet to the touch- if it's not, you must add more bleach to your solution, or use more solution, then try again. Make new bleach solution every 24 hours, as it will degrade rapidly. (WHO Guidelines)

5. Remove any protective gloves you are wearing, wash your hands, and put on
(fresh) disposable gloves. If you cannot, you must wash your hands very thoroughly with soap and hot water.
6. When putting on gloves, ensure that you touch only the cuff area with your bare hand, to prevent transmission of virus onto the exterior of the glove. If this is not possible, disinfect the exterior of your gloves before touching the items which you plan to exchange.
7. Wipe down a space to put disinfected items upon once you’ve wiped them down. Leave it for ten minutes.
8. Wipe down the surface of each item you need to disinfect and regularly add more bleach solution to the cloth. Place each item on the disinfected surface.
9. With freshly washed hands, place items in a new unused, or also disinfected, plastic bag until needed. Seal the bag.

Removing Some of the Virus with Soap and Water

This is a much less reliable option as compared to bleach solution. Try to get bleach if at all possible.

1. Clean each item or surface of visible dirt, as you normally would. Place items on a surface with no visible dirt or soil on it.
2. Wash your hands thoroughly with soap and hot water.
3. Thoroughly scrub down a clean surface on which you can leave things you’ve cleaned.
4. Wash your hands again, pick up each item, thoroughly scrub the item on all surfaces, and rinse in clean water.
5. Place it on the surface you scrubbed earlier.
6. With freshly washed hands, place items in a new unused, or also washed, plastic bag until needed.

Holding items before use *

Some groups are making a practice of holding all incoming supplies for a minimum of 72 hours before disinfecting as the virus persists less on surfaces over time. Note, however, that the virus can live on some surface types for longer; disinfection with bleach or soap is still necessary.

* This point was added by other mutual aid groups.

DELIVERY/COLLECTING PROTOCOLS

These are the protocols for:
- delivering items to someone immuno-compromised or in self isolation
- collecting items from someone who is infected or in self-isolation

They are designed so you do not introduce the virus to their home, or take away virus from an already-infected home. They may appear long and thorough, but it is absolutely essential that virus is not introduced into the home of someone especially at risk, who may need an
ICU bed if infected. It is also essential that you do not risk spreading the virus further from the home of someone who is already infected.

In most cases, the person delivering should not even enter the recipient’s home at any point during this process in order to prevent the virus from being spread into or out of the house (on shoes, coats, etc). People receiving deliveries should be aware that anyone who attempts to persuade them into allowing entry is not acting according to protocol.

For situations where it is necessary to enter the recipient’s home, see QueerCare’s ‘protocol for entering a home in self-isolation’ on their website.

**How to deliver items to someone in self-isolation**

1. You should clean and disinfect each item you’re going to deliver, and place them all in a plastic bag (carrier, ziploc, etc) cleaned both inside and out (or a new unused bag).

2. Disinfect the inside of another bag (or use a new unused one) and place the first bag inside this bag. This is to protect the disinfected items in the inner bag, so someone immuno-compromised can safely touch it. Close the top of the outer bag as much as you can.

3. Try to travel to see the person without using public transport – so by pavement, a private car in which you’ve wiped down all the surfaces you’ll touch with 1% bleach solution, or a taxi. If you cannot do these, and must use public transport, try not to touch surfaces (like handrails or buttons) with your hands, use hand sanitiser after travelling if available, or wear gloves which you can change. If wearing gloves while travelling, remove these without touching the exterior with your bare skin.

4. As you approach the person’s house, call/text/etc them to open the door. Do this before you put on (fresh) gloves, so that you don’t risk contaminating the gloves with any virus that may be on your phone. If they live in a block of flats or other building with a communal entrance accessed by a buzzer, call/text and ask them to buzz you in, rather than pressing the button.

5. Put on (fresh) gloves, ensuring that you touch only the cuff of the glove with your bare hand. This minimises the risk of transmitting viruses to the exterior of your gloved hands. If you have hand sanitiser, use it before putting on the gloves, to further reduce this risk.

6. If there are plenty of masks available in your area, you should wear a mask for this; if not, prioritise masks for healthcare workers and people who must enter houses to assist with personal care. If you do have a mask, put it on before putting on your gloves, to minimise the risk of transferring virus from your face to your gloved hands. (ECDC Guidelines)

7. Ask the recipient to back away from the door at least two meters, and put your bag on the floor immediately inside the doorway. Do not step through the door.

8. Fold out the outer bag so the recipient doesn’t have to touch it. Don’t touch the inner bag.

9. Back away two meters, let them get the items by picking up the inner bag and
lifting it out of the outer bag and do not get closer than two meters. (Feel free to shout greetings! But don’t hug/hand off items in person/etc.)

10. When they have backed off, take the outer bag away with you - it’s potentially covered in viruses on the outside.

11. Take your gloves off, without touching the exterior of the glove with your bare skin. This protects you from virus transmission if delivering to an already-infected recipient. If you are wearing a mask, remove gloves first and if possible put on fresh ones, then remove the mask by hooking fingers under the straps at the back. Finally, remove fresh gloves if used. (ECDC Guidelines)

12. Leave, after washing your hands with hand sanitiser for more than 20 seconds if possible.

13. When you get back, wash your hands and disinfect items you have used.

**How to collect items from someone in self-isolation**

1. If someone is self-isolating because they have been exposed to infection or if it is confirmed that they are infected, the same procedures apply if it is necessary to collect cash or other items from the house. Items must only be removed from a potentially-infected house if there is no alternative.

2. The self-isolating person should clean and disinfect each item, while wearing gloves, according to the protocol for disinfecting things above. Remember that the majority of bank notes are now plastic and can be washed.

3. Place clean items in a new unused plastic bag, or a bag which has been disinfected inside and out, then place this bag inside another bag.

4. When the person collecting arrives, the self-isolating person should place the double-bagged items on the floor, fold the outer bag down, and back away two metres (Feel free to shout greetings! But don’t hug/hand off items in person/etc.)

5. The person collecting should put on gloves and pick up the inner bag without touching the outer bag.

6. After leaving, the person collecting should remove gloves without touching the exterior, and wash their hands as soon as possible.
FOOD HANDLING DURING OUTBREAK

GENERAL SANITATION GUIDELINES FOR VOLUNTEERS:

• Volunteers should take their temperature before EVERY shift. If you have an elevated temperature or any symptoms, do not volunteer onsite or with deliveries.
• Volunteers with ANY symptoms of ANY kind (even if not respiratory) should stay home and help with distance/dispatch tasks.
• Volunteers with any known contact with people who are symptomatic should stay home.
• Clean all surfaces with CDC-approved disinfectant before doing anything with food on the surface, even if the food is packaged and sealed.
• Always tie long hair back before handling food. Always wear a hat while handling food.
• Always wear plastic gloves while handling food. Use a fresh pair of gloves for EACH delivery.
• Wash hands with running water if possible, or use hand sanitizer if no running water is available (during deliveries), every time you put on a fresh pair of gloves while delivering food. Clean hands immediately before putting on gloves, and put on fresh gloves immediately before interacting with food or food bags.
• Wear bandana over nose and mouth at all times while interacting with food. Use a clean bandana for each shift, and do not remove it until you are finished with your shift.

FOOD BAGGING ZONE PROTOCOL:

• Food Bagging Zone must be thoroughly wiped with CDC-approved disinfectant and a disposable towel at the beginning and end of every shift and once every hour while in continuous use.
• Put bandana over nose and mouth before entering food bagging zone.
• After putting on bandana, wash hands with soap and water immediately before entering food bagging zone.
• Put on fresh, sterile gloves once inside Food Bagging Zone.
• Do not touch anything that could be cross-contaminated by people who have not washed hands with your Food Bagging gloves on, including doors, light switches, fridge/freezer doors, etc. If you touch anything, dispose of gloves, wash hands again, and get a fresh pair of gloves.
• When volunteers are ready to take deliveries, place the bags in their car or bike without touching anything but the bags. Let them open the doors for you.
PUTTING GLOVES ON PROPERLY

1. Take out a glove from its original dispenser, holding only the cuff.

2. Hold glove at opening with one hand and slide fingers and thumb of opposite hand into glove.

3. Pull towards wrist to fully don glove using only knuckles to avoid fingernail puncture.

4. Take second glove out of dispenser with bare hand, holding only the cuff.

5. Hold glove at opening and slide fingers and thumb into glove. Pull glove towards wrist using knuckles of gloved hand.
1. Grasp outside of glove with opposite gloved hand and peel off.

2. Hold removed glove in gloved hand.

3. Slide fingers of ungloved hand under remaining glove at wrist.

4. Peel second glove off over first glove.

5. Discard gloves in appropriate waste container.
PUTTING ON A MASK PROPERLY

1. Choose a small or medium-sized face-piece that fits the face. Pull the head bands loose. The metallic strip should be uppermost. Pass the hand through the head bands.

2. Put on the mask. The head bands should be around the head and neck.

3. Press the metallic strip on both sides with the forefingers and middle fingers of both hands.

4. Seal Check:
   - Positive pressure checking – cover the mask lightly with both hands. Breathe with deliberation. Air should not leak out from the side of the mask.
   - Negative pressure checking – cover the mask lightly with both hands. Suck in air with deliberation. The mask should depress slightly inward.

Note: Masks don’t seal well if you have facial hair. If you can shave, it’s recommended to ensure a tighter seal.
1. Wet hands with water

2. Rub hands palm to palm

3. Right palm over left dorsum with interlaced fingers and vice versa

4. Palm to palm with fingers interlaced

5. Backs of fingers to opposing palms with fingers interlocked

6. Apply enough soap to cover all hand surfaces.
MUTUAL AID STARTER PACK

8. Rinse hands with water

11. ...and your hands are safe.

7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

10. Use towel to turn off faucet

6. Rotational rubbing of left thumb clasped in right palm and vice versa

9. Dry thoroughly with a single use towel
Pod Mapping for Mutual Aid
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3/9/2020

Mutual aid can look many different ways. Those of us who are sick and disabled, black, indigeneous, multiracial, and people of color, poor, working class, immigrants, queer, trans, two spirit, and more, probably already practice mutual aid and may not even know it. Mutual aid is that random person from the internet bringing a hot meal when you can't get out of bed, it’s cleaning or spiritually cleansing the home of someone who’s too severely depressed to do it themselves, it’s staying up late talking to that suicidal friend, helping unpack an apartment after someone moves, giving rides to chemo, visiting or writing letters to folks in prison, walking someone’s dogs when they can’t walk themself. It can also look like sharing coping skills, survival skills, job search skills. Mutual aid can be sharing medicine, making medicine, helping sift through allopathic doctors to find a good fit, or referring someone to that awesome working class naturopath you know. Mutual aid can also be fighting to change the structural causes of oppression so that everyone can be more free.

I’m writing this as COVID-19 is taking hold in my region, people are talking about social distancing as a form of survival, and I’m thinking about all the people who are already housebound and having a hard time making ends meet, getting needs met, and who need social support to survive. I’m thinking of my houseless and elderly neighbors, my immunocompromised friends who may need food but also protection from any germs I may be carrying. I’m thinking about how we survive together rather than apart. Even if together means Zoom hangouts, texting, leaving groceries on the doorstep and not coming in to say hi.

Mutual aid can happen between two, twenty, or two hundred people (or more!). A good place to start, though, is with your “people.” Whether that’s your one best friend, some folks from church, or the handful of acquaintances you never hang out with but who came through that one time when things were really tough, it’s important to assess who would show up for you in a crisis or emergency, and who you’d do the same for.

This is where “pod mapping” comes in. Originally developed by Mia Mingus for the Bay Area Transformative Justice Collective, pod mapping is a tool specifically for accountability and dealing with harm in communities. However, it can also be adapted to help you assess who you can rely on in a pinch—who you’d turn to for support and who would turn to you. These groups may or may not overlap. You may also have different pods for different situations.

A “pod” is a microcosm of “community.” Since it’s more concrete, it’s easier to get organized—to connect, make a plan, and follow through if and when it’s needed. There may be certain qualities you look for in the folks in your pod(s): maybe they’re really reliable, well-resourced, generous, committed, kind. Maybe they have certain skills that you don’t and need. Maybe they live nearby.
Here's what the pod mapping worksheet looks like:

(Larger Pod Map in Appendix I)

In the center circle, write your name.
The dark circles are your pod. It’s important to write specific names, as well as what supports they can provide. Is it a neighbor who has a generator that will charge your wheelchair when the electricity is out? Is it someone who can buy and drop off groceries? What about a friend who will take care of you when you’re sick? Talk to your people and ask what they feel able to provide. Then ask them what they need from you to be in their pod, or let them know what you can offer. (Mutual aid is mutual.)

The dotted lines are people who are movable—they could become part of your pod if you have some conversations and build relationships.
The larger circles on the outside are bigger community groups, networks, organizations, etc that could be resources for you.

Here's my pod map as an example. I don’t have everyone’s skills written down because I still need to have those conversations. But as I have more information, I can continue to fill it in. Like, “Do you want to be part of my disaster survival mutual aid pod? OK cool, what do you feel like you can contribute? I can bring meals and groceries, provide emotional support, and have a couple extra inhalers. We have a safe place where you can come and stay in our guest room if you need it.”
(Image description: whiteboard with circles in four different colors and names in each circle. My name in the middle pink circle. My pod in purple circles. Moveable people in teal dotted circles around the pod. Groups where I can get support in red circles at the outside.)

Use this tool in the way that works for you. And don’t forget where it came from—this is a resource created by BATJC to designate who could be a support in being accountable for harm, holding someone else accountable for harm, or who could help you if you witnessed harm. Honor where it came from and who created it.

Lots of love,
Rebel Sidney Black
HOW TO POD MAP

As things get harder, we show up for our neighbors. As a neighborhood point person, you’d take on the responsibility of reaching out to your neighbors, checking in on what needs are arising on your block, coordinating a neighborhood group chat or phone tree, and staying in touch with the point people from other neighborhoods for resource pooling. We are trying to build a network of many neighborhood pods across Monroe County.

How to build your pod (Refer to Reference Appendix for Blank Template)

• Fill out the survey online using QR Code at bottom of page or contact mutualaidmoco@gmail.com to volunteer as a neighborhood point person (NPP).

Starting your pod:
• Print (or write out!) copies of the following contact sheet (APPENDIX I) and deliver to your neighbors. You might deliver 30+ fliers to the houses/apartments right around where you live. Knock, talk through the flyer with them, and if they aren’t home, leave a flyer. (For germ avoidance, might be better to just leave the flyer!)
  • It is illegal to put things in other people’s mailboxes: try the crack of their door, between screen door and main door, etc.
  • Safety advice: leave off your house number
• The flyers are to exchange contact info, in order to start a text thread (or whatsapp, signal, slack, facebook messenger, whatever!) or a phone tree.

FLYER ASAP BEFORE THERE ARE RESTRICTIONS ON LEAVING HOME
• Naming your pod: Pick a fun name! My dad’s pod is “the Peralta Street Blockheads”

Building your pod:
• Create a group chat for your neighborhood and as people text you, add them to the group. We recommend WhatsApp but whatever works for you all.
• Troubleshoot as needed - helping folks download whatsapp and get set up if they need it, answering questions, and asking neighbors to help bring more people in.
• Neighborhood Pods should be between 5 and 30 or so, if there are more than 30 neighbors interested, figure out how to split up into two pods.
• Stay in touch with folks. Use the conversation guide below to get a sense of what support needs may come up in your pod. Share wider-community resources.
• Connecting to other pods:
• Join the Neighborhood Point People whatsapp group chat to connect with other pods. You may want to ask for resources that your pod doesn’t have, ask for advice, share successes, or offer ideas to others.

Scan QR Code to Sign-Up as NPP
Pod Conversation Guide

This can be a conversation or you can take notes, compiling a little neighborhood directory with emergency contacts for people.

**We encourage that you have this conversation over the phone once you have exchanged info rather than in person to minimize disease spread**

Hi neighbor! We may know each other well -- or we may be meeting for the first time. If this is the first time: tell me a little about your life! What is your living situation like? Do you have pets? What are your days like? Do you have any particular skills or hobbies?

What are you concerned about right now in regard to COVID-19? Your health or your family’s? Losing work or childcare? Being confined to your home? What do you think this may mean for you?

Who are the main people in your life who you contact about your well-being? How do you contact them (by phone, on facebook), and would you be open to sharing their contact info with me in case of emergency? Who else lives with you, and how can we best contact them if need be?

What resources, skills, interests, knowledge do you hold that you would be open to sharing with the block?

What do you think is important to share with me and others about your health? Dietary restrictions? Where do you pick up prescriptions? Which clinic do you go to?

Suggested Resources to Share with Your Pod (refer to Resource Appendix)
- City websites and alert systems
- Hotlines
- Indiana Resources
- Anything that you think would be helpful to your pod
- Join our Facebook group to learn more, and email mutualaidmoco@gmail.com if you have resources that we should add!
ANIMAL & PET

Bloomington Animal Care & Control .............................................................. 812.349.3492
3410 S Walnut St, Bloomington, IN 47401
https://bloomington.in.gov/animal-shelter
https://www.facebook.com/COBAnimalShelter
Services: Pet food, Will provide food for pets in need, Animal Surrender, Foster Program
Current fosters email Julia Eppley eppleyj@bloomington.in.gov

Feral Cat Friends ............................................................................................. www.feralcatfriend.org
https://www.facebook.com/feralCatfriends/
Services: will provide food and supplies for cat colonies

Monroe County Human Association .................. 812.333.6242, ext. 2 (for Appt. & Pantry)
4635 West Richland Plaza Dr., Bloomington, IN 47404
https://www.monroehumane.org
https://www.facebook.com/MonroeCountyHumaneAssociation/
Services: Veterinarian Clinic, Vaccinations, preventatives, tests and minor injuries, Pet Food Pantry, Will provide food for pets in need

Pet’s Alive Spay and Neuter Clinic ................................................................ 812.349.1349
2444 S Walnut St, Bloomington, IN 47401
http://petsaliveindiana.org
https://www.facebook.com/PetsAliveIN/
Services: Low-cost Spay/Neuter Surgery, Low-cost Wellness Clinic, Vaccinations, preventatives, tests, and minor injuries
Walk-in only. Only one family currently allowed in waiting room at a time

Pipsquakery ........................................................................................................ www.thepipsqueakery.org
https://www.facebook.com/thepipsqueakery
Services: Will make space for non-cat and non-dog animals

The Nest ............................................................................................................. www.inthenest.net
https://www.facebook.com/TheNestRescue/
inthenest@gmail.com
Services: Rescue and adoption facility

Wayport Pet Resort ......................................................................................... 812.336.7387
3234 W. Woodyard Road, Bloomington, IN 47404
http://wayportpetresort.com/
Services: Boarding for dogs and cats, crematory services

The Dog House ................................................................................................. 812.339.0590
1999 S Yost Ave, Bloomington, IN 47403  
hello@trydoghouse.com  
https://www.facebook.com/trydoghouse  
Services: Cage Free Dog Boarding, Pet retail sales and home delivery  
Online Store: https://shop.trydoghouse.com/products/shop/  

Hacker’s Creek Kennel ................................................................. 812.935.7387  
4242 N Louden Rd, Bloomington, IN 47404  
hackerscreek@bluemarble.net  
Services: Dog Boarding  

BloomingPaws................................................................. 812.330.7297  
3409 S Walnut St, Bloomington, IN 47401  
https://bloomingpaws.net  
https://www.facebook.com/bloomingpaws/  
Services: Veterinary Clinic, Full Service Veterinary Clinic, Cat and Dog Boarding  

CITY & FEDERAL  
Bloomington ................................................................. www.bloomington.in.gov  
Monroe County ................................................................. www.co.monroe.in.us  

FOOD / FOOD INSECURITY  
Hoosier Hills Food Bank ............................................. https://www.hhfoodbank.org/find-food/  

MCCSC Breakfast and Lunch Information -  
ADDED: Monroe County Dem Headquarters (116 S Madison St)  

Local Restaurants Helping with Meal Assistance Programs:  

Buffalouie’s at The Gables ................................................................. Facebook Message  
For MCCSC students: if your child is eligible for a free lunch, Buffalouie’s at The Gables will deliver a lunch for free. Delivery fees are also suspended. Message through FB  

DeAngelo’s Bloomington ................................................................. 812.961.0008  
Free Kid’s Pizza for all free-lunch eligible children. Simply give us a call to receive the free kid’s pizza for your child, and we will have it ready for dine-in or carry-out.  

Community Food Train .................................................................
Email whitney59@gmail.com

We are offering a community food train across Bloomington on Tuesday and Thursday from 12:30-2:00 p.m. to provide meals for k-12 students! Simply show up, grab a meal and go! Contact: Nichelle Whitney. The distribution locations are as follows:

Arlington Valley Mobile Home Park @ Classic Lanes
Banneker Community Center
Boys & Girls Club, Crestmont
Countryview Apartments
E Burks Drive (Walnut Springs)
Highland Park Elementary
Kroger (Seminary Square)
Marquise & Lismore intersection
Post Office (3210 E 10th St, Bloomington, IN)
Southcrest Estates
Winslow Plaza

We are partnered with:
BJ's Brewhouse and Restaurant
Cheddar's Restaurant
Longhorn Steakhouse
Olive Garden Restaurant
Pizza X Restaurant
Red Lobster Restaurant
Texas Roadhouse

Area 10 Agency on Aging 812.876.3383
Type of resource: food delivery to homebound seniors, Call if you can volunteer, or if you need help.

Backpack Blessings
Type of resource: food for children
Mobile: TBA
Volunteers needed: text 812-606-0916 if you can help with packing, delivery, and going to the pick up stations.

Community Kitchen 812.332.0999
Type of resource: kitchen
1515 S Rogers St, Bloomington, IN 47403
Hours: Monday to Saturday, 4-6PM: DINING ROOM CLOSED, BUT CARRY OUT OPTIONS AVAILABLE
To volunteer, or if you have questions about services, call 812-332-0999
**in need of healthy volunteers**

Donation needs: canned tuna, chicken, and other proteins; canned noodles and soups
Crimson Cupboard
Type of resource: food pantry
800 N Union St, Rm 189, Indiana University Bloomington
Hours:
Mon., March 16, 2-4pm / Fri., March 20, 2-4pm; / Mon., March 23, 2-4pm / Thurs., March 26, 2-4pm Fri., March 27, 2-4pm / Mon., March 30, 2-4pm / Thurs., April 2, 2-4pm / Fri., April 3, 2-4pm
cupboard@indiana.edu *Everyone is welcome, not just IU students!*

Expensify.org/hunger
We’re devoting everything to a new program: matching SNAP grocery purchases up to $50 per family. It works like this:
- Purchase food as normal with your SNAP card
- Download Expensify on iOS or Android, for free
- Join the Expensify.org/hunger policy
- SmartScan the receipt, which will tell us how much you paid and show that it was paid for with an Electronic Benefits Transfer (EBT) card
- Submit it to volunteer@expensify.org
- Set up your bank account to receive the funds
- So long as we have funds available, we will reimburse up to $50 per family (one time), the very next day. *Can’t commit to reimbursing everyone that applies

Feed the Needy at Second Second Baptist Church
Type of resource: food pantry
321 N Rogers / (812) 336-5827
Hours: M, T, Th, F 10am-12pm
People now have to wait outside and we will provide them with prepackaged bags that include meals for breakfast lunch and dinner

Food Pantry @ First United Methodist Church
Type of resource: food pantry
219 East 4th Street Bloomington, IN 47408
Hours: Wed 3:30-5:30pm
Note: Follow signs at chapel entrance. Open to students and no mandate to show proof of need

Grace Food Pantry
9206 S Old SR 37, Harrodsburg / (812) 329-0337
Hours: 3-7pm
Drive thru style - park and then volunteers will come out to you with pre packaged food. Only serve Clear Creek, Indian Creek, and Polk Townships, but they won’t turn anyone away.

Little Free Pantry Bloomington
Type of resource: food pantry
Locations: https://lfpbloomington.org/
Hours: 24/7
Monroe County United Ministries
Type of resource: food pantry/basic needs assistance
827 W. 14th Court
Hours: Monday, Tuesday, Thursday, Friday 12-6 PM
Call 812.339.3429 to inquire about making donations.
MCUM will remain open until absolutely necessary. Beginning March 23 or sooner, the food pantry will temporarily pre-bag grocery sets while food is available. Also includes hygiene and cleaning supplies.

Mother Hubbard's Cupboard 812.355.6843
Type of resource: food pantry
1100 W Allen St, Bloomington, IN 47403
Hours: Tuesday, Wednesday, Thursday 12-2 PM, 4-6 PM
Note: starting March 16, MHC will shift to distributing pre-packaged boxes of groceries for pick up in the truck bay of the pantry. This precaution will minimize the spread of coronavirus. Patrons will be asked to park their car, walk up to the loading bay, and receive a box of groceries. Patrons are encouraged to wash all food thoroughly at home. Please be patient with staff and volunteers. Take note of new hours!

New Hope for Families 812.334.9840
Type of resource: food pantry
301 W 2nd Street, Bloomington IN 47401
Hours vary, call ahead
Note: provides resources to homeless families.

One World at Woolery Mill
2250 West Sunstone Drive
Hours: 3-4pm
We will provide family meals (one meal daily per person) for those people and their families laid-off in our local food/beverage/bar community, and experiencing food insecurity. Family Meals are prepared fresh, Mon-Sat at a specified time in the afternoon. These meals are at NO COST to the recipient and One World will do this for as long as it takes. We will continue to practice an extremely high level of sanitation, and we will expect that of our guests. One World will also provide to-go meals if that is needed. Staff who wish to attend should go to www.bloomington.com/rbfood for more information and immediate access.

Pantry 279 812.606.1524
Type of resource: food pantry
501 E Temperance St, Ellettsville, IN 47429
Hours: Monday/Wednesday 4-6 PM; Saturday 3-5 PM
If feeling sick, please stay in your car and call from the parking lot and a volunteer will work with you to pack a box of food to fit your needs and tastes. Small waiting room for disabled and elderly. Call to inquire about delivery options for homebound or quarantined.
Redeemer Community Church Food Pantry .......................................................... 812.269.8975
111 S Kimble Rd
Hours: T/Th 2-4pm
Open during regular hours, but protocol is a little different

Salvation Army .................................................................................................... 812.336.4310
111 N Rogers St.
Our pantry will remain open Tuesday and Thursday 1-3:30 Wednesday and Friday 9-11:30

Shalom Community Center
620 S Walnut Street, Bloomington, IN 47401
Take out lunches available from 12-1:30pm
Only those experiencing homelessness will be served by Shalom at this time.

Tabitha’s Storehouse
421 S Curry Pike, Bloomington, IN 47403
Hours: March 26, 10-2pm (open the last Thursday of every month)
We will be open this Thursday the 26th 10 -2. The difference will be, your bagged/boxed food will be prepicked. We will put it into your vehicle or given to you to transport however necessary. Due to the current situation we are not letting any shoppers into the inside, even the hallway. So, if you come early please wait in your vehicle. We realize you may not get exactly what you would have picked but hope you will be blessed with what you receive.

Township Resources

<table>
<thead>
<tr>
<th>Township</th>
<th>Trustee</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Bean Blossom</td>
<td>Pam Cook</td>
<td>(812) 935-7174</td>
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<tr>
<td>Benton</td>
<td>Michelle Bright</td>
<td>(812) 339-6593</td>
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<tr>
<td>Bloomington</td>
<td>Kim Alexander</td>
<td>(812) 336-4976</td>
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<tr>
<td>Clear Creek</td>
<td>Thelma Jeffries</td>
<td>(812) 824-7225</td>
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<tr>
<td>Indian Creek</td>
<td>Vicky Sorenson</td>
<td>(812) 824-4981</td>
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<tr>
<td>Perry</td>
<td>Dan Combs</td>
<td>(812) 336-3713</td>
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<tr>
<td>Polk</td>
<td>Christopher Spiek</td>
<td>(812) 837-9446</td>
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<tr>
<td>Richland</td>
<td>Martin Stephens</td>
<td>(812) 876-2509</td>
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<tr>
<td>Salt Creek</td>
<td>David Lane</td>
<td>(812) 837-9696</td>
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<tr>
<td>Van Buren</td>
<td>Rita Barrow</td>
<td>(812) 825-4490</td>
</tr>
<tr>
<td>Washington</td>
<td>Barbara Ooley</td>
<td>(812) 876-1158</td>
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Walnut Grove Food Pantry .............................................................................. 812.332.3695
3100 S Walnut St, Bloomington, IN
Hours: 3rd Friday of the month at 3:$5
We will be operating from a sign up list that is posted at Walnut Grove and will be distributing pre bagged sacks of groceries. If you have people that have used the pantry in the past and would like a bag of food, please make a list of those names, their addresses (in case
there is a recall) and if they would like meat. People must not congregate in groups. So please stress this to your patrons and ask them to wait in their cars or in the courtyard shelter at Walnut Grove until they receive their food.

**Wheeler Mission**
**Center for Men**
215 S. Westplex Ave., Bloomington, IN 47404
Lunch is served from 12-1pm and dinner is served from 5:30-6:30

**Center for Women**
400 S Opportunity Ln, Bloomington, IN 47404
Dinner is served from 4:45-5:30 and check in is from 4-8.

**Volunteers: Monroe County Food Train**
If you are interested in serving as a volunteer for the Monroe County Food Train, please complete this form by Sunday at 11:59 p.m. Your shift will be assigned to you via email. Any questions? Contact: Nichelle Whitney at whitneyn59@gmail.com or 317-658-7053

**Crimson Cupboard (on campus)**
Campus View Apartments 800 N. Union Street Bloomington, IN 47406
open to students and no mandate to show proof of need:

**Food Pantry @ First United Methodist Church**
219 East 4th Street Bloomington, IN 47408 Note: Follow signs at chapel entrance. Hours: Wed 3:30-5:30pm, open to students and no mandate to show proof of need

**Walnut Grove Food Pantry (Unitarian Universalist Church of Bloomington)**
3100 S. Walnut St. Pike. Hours 3:45pm-5pm.
open to students and no mandate to show proof of need

**Mother Hubbard’s Cupboard**
1100 W Allen St, Bloomington, IN 47403; Monday – Friday, Noon - 6 pm

**Community Kitchen**
1515 S Rogers St, Bloomington, IN 47403; Monday – Saturday, 4:00pm - 6:00pm

**Community Organizations for Non-Food Essentials**

**All Options Pregnancy Resource Center**
1014 S Walnut St, Bloomington, IN
Hours: Tuesday-Friday, 12-5 PM
Type of resource: Diapers, wipes, menstrual products, some baby formula
Closed to the public temporarily, but text 812-558-0089 if any resources are needed. At present, only pick-ups.
Project Pink Bloc
Type of resource: aid to sex workers in Indiana
“If you’re a sex worker in need in Indiana please reach out, if you have money to share and want to help a vulnerable population during this pandemic, please consider showing us some love. thank you so much to everyone who’s donated already and kept food in our pantries”
NOTE: please stay tuned for alternative methods of donating.

Hannah Center
808 N College Ave, Bloomington, IN 47404
Hours: Tuesday, March 24, 10-6 PM
Drive-through service for diapers, pull-ups, wipes, formula, baby food, breast pads

HOUSING

No Space for Hate Resource Form
https://docs.google.com/forms/d/e/1FAIpQLSd-No5BLo6y-9ubpTnQAzFyOk7Q7gwe17iLPd-7Q9gpPF36sg/viewform
If you are in need of housing due to displacement from on campus housing, fill out this form by No Space for Hate indicating that you are in need of help and looking for immediate housing. People across Bloomington are offering spare rooms to students in need of housing, and this form will help you connect with one of these people. You can also email No Space for Hate with questions and concerns at: mutualaidmoco@gmail.com

RPS Instructions for Move-Out
https://www.rps.indiana.edu/announcements/important-instructions.html
RPS has posted information about move-out policy, retrieving essential items from vacated dorms/apartments, and petitioning to stay on campus. You can find those resources with this link. If you wish to stay on campus, be sure to fill out the petition if you haven’t already.

Sublets in Bloomington
Craigslist: https://bloomington.craigslist.org/search/sub
Several rooms have become available for people to sublet due to students leaving Bloomington. You can find a list of rooms, houses, and apartments that are being sublet right now on Craigslist.

Facebook: https://www.facebook.com/groups/179350159474056/
A Facebook group for information about sublets in Bloomington.

College Pads List of Apartments/Houses:
https://www.rentcollegepads.com/off-campus-housing/iu-bloomington/search
This link also provides a collection of housing options around Bloomington, however it doesn’t indicate whether or not these options are currently available. As a last resort, use this site to find potential housing alternatives.

IU Classified
https://one.iu.edu/task/iu/classifieds
There are several posts here of apartment and house subleases that are currently available.

UHaul Truck Rentals and Storage
https://www.uhaul.com/Locations/Truck-Rentals-near-Bloomington-IN-47404/037627/
If you intend to move and need transportation, UHaul rents trucks out of various sizes. They are also offering storage space if you need to store items immediately.

HOTLINES

All-Options Talkline ............................................................. 888-493-0092
Judgment free listening and support if you are pregnant and unsure how to feel or what to do next, or you want to talk about a past or current experience with abortion, adoption, parenting, infertility or pregnancy loss

Centerstone Crisis Line for mental health crises ......................... (800) 832-5442
We are continuing to deliver services and all services are being delivered via phone or a video method such as Zoom or SnapMD. Additionally, we have closed our drop in centers (PRRC and REC) at this time. For new clients needing services they should call the initial appointment line (812-355-6389). If they have difficulty, getting through they can contact me (812) 337-2237 x. 02-2237. For existing clients they can call the person they work with. If they have difficulty, getting through they can also contact me.

Indiana Recovery Alliance .......................................................... 502-644-8811 (Kass)
Resources on recovery .............................................................. 812-929-2434 (Emily)

Middle Way House, 24/7 ................................................................. (812) 336-0846
Middle Way House works to empower survivors of domestic violence, human trafficking, and sexual assault. Trained peers and advocates offer immediate intervention and support on our 24/7 Help and Crisis Line. Through the use of a language line, assistance is available in multiple languages as well as TDD for those who are Deaf or hearing impaired. All services are free and confidential.

QUEER CARE


SPIRITUAL CARE

Osunbimpe Abegunde......................................................... bimpeabegunde@gmail.com
African-based Ancestral Priest (Yoruba Ifa Tradition) Ariran, Memory Keeper, Reiki Master/Teacher, Contemplative Practitioner, Doula

Lucas Allen.................................................................Contact Information Coming Soon.
Ordained Christian Minister, Offering to speak with people of any (or no) faith
Joie Barry ....................................................................................................................610-390-2128
Email .............................................................. merc70hp@aol.com
Interfaith Minister, Available by Facebook & Messenger

Amy Bartleson Balcam ..............................................................................................812.325.3938
Email ................................................................................................................. 928aab@gmail.com
Licensed mental health counselor, Youth minister, Lutheran Church, Hospital chaplain, Serving all faiths, beliefs & all-inclusive, Available via phone, zoom (EST)

Rev. Noreen Campbell ..........................................................................................412.860.7874
Skype ......................................................................................................................Noreeninharmony
Ordained Minister, Avatar Master, Offering tools to help the client reimagine beliefs about one's self and the world, Serving all faiths, beliefs & all-inclusive, Available worldwide via phone, Skype (EST)

Laurie-Ann Curry .................................................................................................812.203.0701
Email ............................................................................................................. heartseasefarm@gmail.com
Certified Family Development Professional, Spiritual Confidant & Encourager, Available phone & FaceTime (EST)

Carol Hasler ........................................................................................................812.243.8340
Ordained Minister, United Methodist Church/Cross Tabernacle Church  
(local to Terre Haute, IN)

Todd Humphrey .................................................................................................todd@imtoddh.com
Ordained Minister, Serving all faiths, beliefs & all-inclusive, Available by phone or zoom (EST), www.imtoddh.com

Karla Kamstra ....................................................................................................812.345.0948
Email ............................................................................................................... karla@revkarla.com
Ordained Minister, Trained in End-of-Life Doula care, Reiki, Serving all faiths, beliefs, non-beliefs & all-inclusive, Focus in grief support, Available by phone or zoom (EST), www.revkarla.com

Mary Lokers ......................................................untetheredtransformation@gmail.com
Certified Life Coach/EFT Practitioner, Spiritual advisor/listener, Serving all faiths, beliefs & all-inclusive, Available by phone (EST)

Nicole Losie ......................................................................................................419.376.6300
Email ............................................................................................................ rev.nicole.losie@gmail.com
Ordained Interfaith Minister, Serving all faiths, beliefs & all-inclusive, Available by phone, text, Zoom, or Skype (EST)
Bianca Lynn .................................................................................................................. 917.847.9203
Email ........................................................................................................................... biancadisalvo1@gmail.com
Ordained Interfaith Minister, Spiritual counseling and pastoral care, Available Skype, Facetime & Zoom EST

Lisa Meuser ................................................................................................................ 812.327.3642
Email ......................................................................................................................... llmeuser@me.com
Esoteric Minister, Serving all faiths, beliefs & all-inclusive, Specializing in Dark Night of the Soul/ Faith Crisis & Hospice, Available by phone or zoom (EST) http://www.integrativehealingnow.com, http://integrativehealingnow/blog/

Sandy Mood ............................................................................................................. 812.360.9576
Guided Hands Healing by Sandy, Reiki Master, Emotional & Physical, Available by appointment online (EST), (please leave message)

Leon Olenick .......................................................................................................... llmeuser@me.com
Email ......................................................................................................................... leonolenick@gmail.com
Rabbi/Chaplain, Certified Board Chaplain, All faith spiritual counseling, Available by phone (EST) email to arrange appointment

Danielle Rochford .................................................................................................. 802.448.0358
Email ......................................................................................................................... boichaplain@gmail.com
MID United Church of Christ/Interfaith Chaplain, Pastoral Care/Life Transitions, Specializes in LGBTQ+, Non-monogamy, & BDSM, Serving all faiths, beliefs and all-inclusive Google Hangouts: BoiChaplain@gmail.com

VOLUNTEER OPTIONS

Community Kitchen of Monroe County ................................................................ june@monroecommunitykitchen.com
1515 S Rogers St, Bloomington, IN ................................................. Time: Monday-Saturday, 11:30-1:30, 3:30-6:30
Shift Length: 2-3 Hours
Type of Work: Meal preparation (11:30-1:30), meal serving (3:30-6:30)

Indiana Recovery Alliance .......................................................... brooklyne@indianarecoveryalliance.org
118 S Rogers St, Bloomington, IN ................. Time: Tuesdays, Thursdays, and Saturdays 5-7PM
Shift Length: 2 Hours
Type of Work: Greeting participants at the door (observing social distancing of 6ft) with nonjudgmental attitudes of love and respect, and getting their safer use supply needs + collecting simple program data.
Contact: Fill out an application at indianarecoveryalliance.org/volunteer OR contact Brooke.

Middle Way House Transitional Housing (the RISE) ........................................... 317.225.9449
401 S Washington, Bloomington, IN  Time: M-Th 8am-7pm, F 8am-5pm
Shift length: one hour or more
Type of work: direct service to families who have been affected by domestic violence,
sexual assault, and human trafficking. Answering phones, cleaning, maintaining security while accepting packages and communicating to visitors.
Contact: Call Cassie Petty or volunteer@middlewayhouse.org

New Leaf New Life
Time: varies
Location: varies: both open-air and from home options available!
Type of work: Jail support, open-air volunteer triage desk, workshops/medical preparedness, organizational support.

Jail support: Our staff person Arielle is preparing a webinar on how to respond to jail-based resource requests to help someone with an individualized transition plan through letter writing. If doing this kind of jail-support is of interest to you, be in touch with her at arielle@newleafnewlife.org.

Open-air Volunteer Triage Desk: We want to keep services going. If you are a person with low-risk, who would consider supporting clients at our open-air table, please be in touch with stacy@newleafnewlife.org. We hope people can take short outdoor shifts, especially on cold days.

Donations Collection: If you are a person with low-risk, who has a vehicle and would consider picking up donations from outside people's homes, please be in touch with lindsey@newleafnewlife.org.

Workshops/Medical Preparedness: We have three Nurse facilitated open-air/outdoor “hygiene and health: street medic teams” workshops scheduled for Sunday March 22nd, Sunday April 5th, and Sunday April 12th. All workshops will be 330-5. These are train-the-trainer workshops designed specifically for those who are in or who serve vulnerable populations, and attendees are expected to share what they’ve learned in their communities. Join us, or if you know folks who might benefit from this, let them know. (you can stay as far from the crowd as you want, and we’ll be outside). Contact lindsey@newleafnewlife.org if you have questions or ways to support this effort.

Ongoing Organizational Support: We need ongoing grant writing support- if this is a skill you have, get in touch with Bobby at bobbyjpcv@gmail.com
CREDITS AND ACKNOWLEDGEMENTS


QueerCare Resources for Support Care In and In Response to the COVID019 Global Pandemic - http://bit.ly/QueerCareResources


SAFETY PRACTICES FOR COVID-19/ CORONAVIRUS MUTUAL AID PROJECTS

Hey! My name is ______________________ and I am your neighbor at the address
______________________________ and my number is ______________________. I’m
reaching out because I know that Coronavirus is spreading in our area, and I want to be connected with
you and our other neighbors so we can stay in touch, pool resources, and support each other with any
needs that may come up. I am going to coordinate a group text message thread or phone tree so we can
be in communication. Please text me when you get this if you would like to be part of this network. If you
prefer not to communicate via text, give me a call and we can talk that way!
Here are a couple of quick resources if you or someone you know is struggling:
All-Options Talkline for pregnancy-abortion/adoption support and peer counseling: call or text
(812) 558-0089
Centerstone Crisis Line for mental health crises: (800) 832-5442
Middle Way House for survivors of domestic violence, human trafficking, and sexual assault 24/7 hotline:
(812) 336-0846
Indiana Recovery Alliance: (502) 644-8811 (Kass) or (812) 929-2434 (Emily) for resources on recovery
ADDITIONAL NOTES
Please let us know of any information that incorrect, misleading, or if you have any constructive feedback on what should additionally be included.

Designed with Passion and Purpose