



Los Alamos JJAB Working Resource List for COVID-19 Shutdown

Last updated 4-2-20, 12:00pm

Please contact Tara Adams at tara@losalamosjjab.com with updates or corrections.

Today's new items appear in **green**.

Information about any informal and formal offers of assistance with food, childcare, elder care, supply runs, and community programs is available at the Facebook group "Los Alamos Helping Each Other During COVID-19". The link to their page is here:

<https://www.facebook.com/groups/1415112578673222/>

Public announcements

State Announcements

New Mexico Health Department: Revised testing criteria for COVID-19 ... Guidelines relaxed to allow more people tested: [Information here](#).

The governor has officially extended the stay-at-home order for the remainder of April.

The governor released new rules for auto sales during the COVID-19 outbreak. The rules include that only one appointment can take place at a time per dealership, while communication must take place over the internet, phone or text. See the full list of rules [here](#).

Udall, Heinrich: Coronavirus Relief Bill Provides \$377 Billion in Small Business Aid, Up to \$10 Million Each for Businesses and Non-profits Up to 500 Employees: [details here](#). New Coronavirus bill includes direct payments, major unemployment insurance expansion for New Mexicans. [Information here](#).

UPDATE: New Mexico schools will remain closed for the remainder of the year. [Information here](#). PED Answers Frequently Asked Questions about the extended public school closure [here](#).

The New Mexico Department of Health announced Saturday the launch of two new online tools for New Mexicans to use during the COVID-19 outbreak. Individuals who have already been tested can check for their results online by using the new portal and creating an account and individuals who wonder if they need to be tested can access a self-screening tool : [Information here](#).

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The state now has a webpage with information about getting financial, basic needs, and childcare assistance in one place: [Information here](#).

The state of New Mexico will use an emergency alert system, disseminated from the state's Emergency Operations Center, when conditions warrant. This system is similar to Amber Alerts, which are used to notify the public about missing children. Alerts will be sent through text messages, television and radio. [Information here](#).

Gov. Lujan Grisham issues 'stay at home' instruction for New Mexico residents starting March 24. [Information here](#). FAQs are [here](#).

A statewide list of COVID-19 testing sites is [here](#)

Complete your Census: [here](#) to ensure adequate funding for New Mexico. Every person undercounted potentially costs the state \$3,745 of funding.

Applications for no-excuse absentee ballots are encouraged: [Information here](#). [Application here](#).

Los Alamos Announcements

Parents should be receiving emails from their child's school with information about accessing a Chromebook (for elementary students), delivery of instruction, and SPED instruction. This is an ongoing process, and some contacts may not be completed until the week of April 6-10. Please contact your child's school if you are not receiving this information.

Elementary students: 2nd through 6th grade families need to complete an online Google form to request a Chromebook if your child does not have access to a computer at home: [Form here](#). Kinder and 1st grade students' families will be contacted next.

Officials in the Los Alamos County's Emergency Management Office, along with Red Cross and other local responders, are urging residents to refrain from hoarding food and other paper products or cleaning supplies as New Mexico enters another week of "Stay at Home." [Information here](#).

Los Alamos County "Neighbors Helping Neighbors Guide" is [here](#).

COVID-19 testing will occur on April 2 in White Rock at Overlook Park from 10:00 to 3:00 or until supplies last. Priority screening will be provided for those with symptoms of fever, cough, or shortness of breath and those who have traveled to and from a location with significant infection rates. Those without symptoms should not seek testing. Please limit to two people per vehicle. No insurance is required. More [information here](#).

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The New Mexico PED has announced that schools will remain closed for the remainder of the academic year. [Information here](#).

At this time there are no directives to postpone or cancel any of the 2020 Los Alamos Summer Concert Series dates, which are still two months away. The concerts will take place each Friday May 22 through Aug 28: [Information here](#).

County Issues Latest Update (March 28) On COVID-19 Pandemic [here](#).

The Los Alamos County Council meeting scheduled in Council Chambers on Tuesday, March 31 at 6:00 p.m. will be using a format that complies with the recent New Mexico Department of Health's public health emergency order governing mass gatherings because of COVID-19: [Information here](#).

LAPS is using telephone calls and email surveys to identify students who do not have internet connectivity. **If you do not have internet access in your home, please call 505-663-2227.** Leave your name, your students name, and the best number to reach you. Students without an internet connection or a computing device will be contacted with offers of assistance. The goal is equity for all students.

Superintendent addresses LAPS parents and families as spring break begins: [here](#).

Scam Warnings

Attorney General Hector Balderas issued a consumer safety advisory, warning New Mexican consumers of various scams related to the coronavirus outbreak: [Information here](#). An article on phishing scams using LinkedIn is [here](#). There are reports of scammers who claim to be calling about the federal government's COVID-19 stimulus package: [Information here](#).

LANL Announcements

John Sarrao, Deputy Director, Science, Technology and Engineering, issued an announcement pausing all summer student programs for the summer at LANL: [Announcement here](#).

Summer camp and public pre-K registrations: Parents, don't forget that many summer camps are now open for registration and will fill quickly. Summer camps: [YMCA](#), [Fuller Lodge Art Camp](#), [The Lab Brazilian Jiu Jitsu Camp](#), [PEEC Los Alamos School of Gymnastics](#) STEAM Lab for [June](#), [July](#), and [August](#), [Young Life High school](#), [Summer Physics Camp for Young Women](#). Families can contact a JJAB resource specialist to assist with scholarship applications: [here](#).

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[Applications for the New Mexico PreK Lottery](#) also will open Monday, April 6, 2020. LAPS currently has a New Mexico PreK program at Piñon Elementary School: [Information here](#). LAPS hopes to receive funding to offer additional New Mexico PreK programs in Los Alamos for the 2020-2021 school year.

Closures:

Local Business and Organizations

Activity Centers

While the Los Alamos Teen Center, operated by The Family YMCA under a contract with Los Alamos County, is temporarily closed, its staff members have created a new website and an online space where Teen Center staff and teen members can interact via text and voice. Named, “Los Alamos QUARANTEEN Center”, the website can be reached at www.losalamosquaranteencenter.com and will allow youth to access a curated collection of web resources shared by their favorite Teen Center staff, other teens and community members. [Information here](#).

Stores

Starting March 24, under order of the governor, all businesses deemed inessential must cease their in-person operations. Grocery stores, all food and beverage stores, supermarkets, food banks, and convenience stores are considered essential. So are gas stations, auto repair facilities, hardware stores, laundromats, and dry cleaner services, and others are also excluded. Restaurants may remain open for carryout only. [Information here](#).

Smith’s is open for limited hours to regular customers (see seniors’ section below): Both stores are now open **8:00am to 8:00pm** to allow for restocking. An update for Clicklist customers is [here](#). Clicklist customers may experience delays due to the high demand for orders.

Los Alamos Chamber of Commerce has made a list of all Los Alamos businesses with their status, hours, and capability for drive-through or delivery service: [here](#). More (updated) details on restaurants are [here](#).

Los Alamos Coop is serving take-out meals, taking bulk orders, and **offering curbside pickup as of March 25**. [Information here](#). New hours for store shopping and curbside pickup can be found [here](#).

Metzger’s is also offering curbside pickup. Call ahead and pay for your order by phone. You can call Los Alamos at 662-3715 and White Rock at 672-3856. You can also place orders at www.MetzgersHardware.com for pickup. **Effective Saturday, April 4, both**

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Metzger's stores will be open 9 a.m. to 6 p.m., seven days a week. [Information here](#) and [here](#).

Pet Pangaea is open, and orders for pet supplies can be called in to 505-661-1010, using Face Time at petpanstore@icloud.com, or WhatsApp using the phone number above. Curbside delivery is available. Virtual commerce is encouraged: [here](#).

Film Festival is open and three customers can use the laundry facilities at a time. [Information here](#).

Automotive

RPM automotive is offering free pickup and delivery of vehicles in need of repair in Los Alamos and White Rock: [here](#).

AutoDoc is offering free pickup and delivery in Los Alamos and White Rock for car service: [here](#).

Restaurants

Restaurants, bars, breweries, eateries and other food establishments must close to dine-in customers; take-out and home delivery are permitted. Theaters, malls, recreational facilities, and flea markets are closed. Hotels, motels and other places of lodging shall not operate at more than 50 percent of maximum occupancy. [Information here](#).

A list of Los Alamos restaurants available for takeout and their hours and procedures are [here](#).

Banks

Del Norte Credit Union has reopened their Los Alamos and White Rock branches for drive-through service only. The White Rock branch is on a limited schedule of Tuesdays and Thursdays only. [Information here](#).

Most banks have closed their lobbies and are providing drive-up, ATM, and online services only. Check your banks' webpage for details.

Veterinary services

Animal Clinic of Los Alamos, Ridgeview Veterinary Hospital, and Cottonwood Veterinary Clinic have modified operations and remain open. Information [here](#), [here](#) and [here](#). The Santa Fe satellite of Veterinary Emergency and Specialty Center is closed. Smith Veterinary Hospital is open with extended hours. [Information here](#).

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Other services

Dr. Layne Kalbfleisch of 2E is offering a variety of remote support services for parents and children, including homeschool consultation, translation of test results, and others. Appointments scheduled using teleconference, Zoom, or Google Hangouts. [Information here](#).

Colleges

A list of New Mexico colleges with information about their status is [here](#).

UNM-LA campus will close campus buildings but remain “open” with employees working from home. All operations will be handled remotely using phone, email, and online technology. UNM-LA classes, and student services, will continue but with a different delivery system. Information [here](#)

The University of New Mexico has extended its spring break for two weeks and does not expect to continue in-person classes. [Information here](#). UNM has postponed all spring convocations indefinitely—including the spring graduation ceremony scheduled for May 16. [Information here](#). The University of New Mexico will refund over 1,110 students for their student housing and meal plans, after forcing them to vacate eight weeks early, according to Residence Life and Student Housing. [Information here](#).

Beginning March 30, NMSU will move to an online delivery model for nearly all classes. While exceptions might be made for labs that require students to be present, every precaution will be taken to reduce the risk of virus transmission. [Information here](#).

WNMU students are scheduled to return for the remainder of the spring semester on Monday, March 30 at which time classes will be delivered online through Canvas or via Zoom. [Information here](#)/

Transportation

NMDOT Park & Ride is free now through for the duration of the public health emergency. Updates will be [here](#). **New routes have been suspended starting March 25 [here](#).**

The Rail Runner has stopped running.

Atomic City Transit announced that bus fixed-route services will be suspended effective Wednesday, March 18. ACT will still be operating Dial-a-Ride services 7:30 a.m. to 5:30 p.m., with reservations accepted up to one day in advance. Call 661-RIDE for information: [Information here](#).

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Effective Tuesday March 24, LANL will be maintaining minimum safe and secure operations onsite, continuing to support limited, key national security activities that NNSA has deemed mission-essential, and requiring that all other staff telecommute. This will immediately and significantly further reduce the number of employees on Laboratory property and they will be monitoring their success in meeting that objective. There will be a small segment of the workforce who must be onsite to conduct critical activities. These employees are working with their line managers to arrange appropriate schedules. If you are wondering whether your job falls into this category, please contact your manager. [Information here](#). COVID-19 hotline: 505-606-2667

Medical and Dental

Children's Clinic has made multiple changes to address the situation with COVID-19: The clinic now has a dedicated entrance on the southwest side of the hospital that bypasses the hospital entrance, and the clinic has been divided into sick (fever, cough, sore throat, etc.) and well(check ups, immunizations, school/sports exams, medication follow up, injuries, etc) patients areas. The White Rock Clinic will remain open to well patient care. There are now a variety of options for meeting children's medical needs, including drive-through, Telehealth, and phone consultation [Complete information here](#).

Dr. Robert McClees of Trinity Urgent Care reminds the community that if you think you have a serious medical situation developing during the Stay at Home order, please seek medical care right away. Trinity Urgent Care is here to help, and we are open 9 a.m. to 7 p.m., seven days a week at 1460 Trinity Dr., Los Alamos, NM 87544. trinityurgentcare.net. Call 505.412.6033. If you have a cough, fever, trouble breathing, or you think you have contracted COVID-19 then immediately call the New Mexico Department of Health Hotline at 1.855.600.4353 or use the link <https://cv.nmhealth.org/> for instruction for what to do next. They are there to help you. [Information here](#).

Starting March 25, a new state order prohibits non-essential health services, defined as *services that can be delayed for three months without undue risk to the patient's health*. Eliminating non-essential medical procedures will slow the use of personal protective gear. The order will remain in place until rescinded. Pre- and postnatal care will still be provided, as will any emergency surgery that threatens a patient's life or their ability to use an extremity. [Information here](#).

LAMC has limited its entrance to the main entrance or the cafeteria entrance where you will be screened prior to being let into the facility. This is to protect patients and staff. Expect to go out from our office to the main entrance for lab draws and radiology testing

New Mexico dentists have been asked to remain open for urgent and emergency procedures only and to postpone all routine care. [Information here](#).

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Medical Associates of Northern New Mexico (MANNM) is posting updates and changes in services to Los Alamos-Keep it Local. Virtual doctor's visits are now available.

[Information here.](#)

County and State Government

Courts

The New Mexico Supreme Court issued further restrictions for court procedures. The order limits the number of people that can be in courtrooms to 15 and mandates that all court proceedings should be done over video conference except in cases of emergency that require in-person appearances.

The New Mexico Law Offices of the Public Defender on Tuesday night temporarily closed its Santa Fe office and has launched a contact history after a public defender tested positive for COVID-19. The office's employees are continuing to work from home, and the office is closed until at least April 12. For more information, call or text media contact Maggie Shepard (505) 690-4529. LOPD can be found at www.lopdnm.us.

[Information here.](#)

Service delivery changes have taken effect for the Department of Veteran's Services:

[Information here.](#)

All state government and leased office buildings are closed to the public.

County employees move to essential services and telecommute. Customer service windows within County facilities will be closed to over-the-counter transactions and information about how to interact with County employees will be provided via phone or email. Individuals with County business transactions should call the department they wish to visit before traveling to County buildings : [Information here.](#)

County Facilities currently closed:

- Mesa Public Library and White Rock Branch Library
- Larry Walkup Aquatic Center
- Fuller Lodge
- Los Alamos History Museum
- Teen Center
- White Rock and Los Alamos Youth Activity Centers
- Nature Center
- Golf Course Pro Shop
- Fuller Lodge Art Center
- Visitor Centers in Los Alamos and White Rock
- Both senior centers (see food resources)

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Due to COVID-19 concerns, the Los Alamos County Eco Station and White Rock Overlook Convenience Center will reduce operating hours, effective Wednesday, April 1. In an effort to reduce possible exposure between customers and residents, the Bulk Waste Collection Program and Household Hazardous Waste Program will be suspended until further notice. [Information here](#).

Don't have a library card? No problem!! Give the Los Alamos County Library a call and we'll sign you up for a temporary card over the phone, so you can start downloading, and using our services immediately!

Staff are available at (505) 662-8265, Mon - Fri 8am - 5pm

Los Alamos County Social Services Division staff are working remotely. They will do their best to assist individuals and resolve issues by phone or by email. 505-662-8068 is the general office number. Email manager Donna Casados at donna.casados@lacnm.us or call her call at 505-709-7289.

County Public Works still happening as usual: [here](#).

All MVD Field Offices will be closed until further notice. All appointments have been cancelled until further notice. All Road Tests are postponed until further notice. All mobile unit events are canceled until further notice. [Information here](#).

Local nonprofits

Mesa to Mesa (M2M), a local nonprofit organization that provides modest home repairs for low-income homeowners in Northern New Mexico, is temporarily modifying their program in response to the growing coronavirus problem: [Information here](#).

LANL foundation is working remotely through at least April 6. [Information here](#).

Rio Arriba Adult Literacy Program continues to offer services. In-person tutoring has been suspended, but RAALP is connecting tutors and students for distance learning. RAALP is also offering video chat, language learning apps, internet, and free laptops. Contact RAALP at read@raalp.org.

Fitness/Athletics

The New Mexico Activities Association and its Board of Directors have canceled the 2020 State Spirit Championships, the 2020 Spring Sports Season, and all remaining activities for the current school year. This cancellation applies to practices/workouts, in addition to contests/events: [Information here](#).

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YMCA is closed, offering some online exercise classes. The schedule of virtual classes will be published on their website, Facebook page, and the Y app, or check [here](#) and [here](#).

All fitness facilities are closed for in-person business per order of the governor.

Los Alamos Little League has suspended the season until May 11. [Information here](#).

LAYSL has announced that all soccer activities are officially suspended through the month of April. Local leagues/communities can make the call to resume soccer activities IF the pandemic subsides during the month of April and normal(ish) sporting activities are reinstated both on the national and state levels. Also, there are legitimate discussions happening between the NMYSA and DCSL to hold a condensed/abbreviated schedule for competitive leagues starting in May and into early June IF conditions improve. Pre-competitive and recreational soccer is also postponed but may, likewise, follow an abbreviated/condensed schedule should we obtain approval to play again. [Full information here](#).

[Outdoor Facilities/Parks](#)

Per governor's order, groups of more than five people, even in the same family, may not gather together out of doors. New Mexicans are encouraged to get out to walk but to return home as quickly as possible. A "mass gathering" is now defined as any public or private gathering that brings together five or more individuals in a single room or connected space, confined outdoor space or an open outdoor space. Those who violate may face a \$100 fine. [Information here](#).

The five national forests in New Mexico, including the Santa Fe National Forest (SFNF), will begin the orderly closure of developed recreation sites as early as Monday, March 23, to protect public health and safety and align with state and local measures already in place to contain the COVID-19 outbreak. [Information here](#).

All Pueblo Council of Governors requests for public to temporarily refrain from entering Pueblo reservations and nearby recreational areas: [Information here](#). NMDOT and NMIAD supports travel restrictions on Pueblos and Reservations. The traveling public are asked not to get out of their car on Pueblo or reservation land. At this time, the Pueblos are closed to the public.

Santa Fe Ski Area asks that visitors refrain from using there area for recreation during the pandemic. [Information here](#).

Bandelier has made additional changes to its operation to protect health and safety: [Information here](#).

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Pajarito Mountain and Sipapu are closed for the remainder of the 2019-2020 ski season.

New Mexico State Parks are closed through April 9.

National parks remain open and have waived all entry fees: [here](#).

Los Alamos County public parks and trails are still accessible. Visit www.losalamosnm.us and click on the COVID-19 Updates icon for updates.

Per Governor's proclamation all historic sites and state museums are now closed to the public. This includes Jemez Historic Site, Coronado historic site and the Los Luceros site. Closure is indefinite.

State Hotlines:

The state has two hotlines for concerns. For everything health-related, call 1-855-600-3453.

For all concerns not-health related, like school, childcare and job security, call 1-833-551-0518.

For up-to-date information on COVID-19 in New Mexico, go [here](#).

Senior Citizens & Disabled Adults:

(Also see Food Resources below.)

The U.S. Treasury Department announced Wednesday that Social Security recipients will automatically receive direct cash assistance from the COVID-19 recovery bill without having to file tax returns. [Information here](#).

The latest update from LARSO [is here](#).

A list of multiple stores with information about provisions for seniors' shopping is [here](#).

Smith's will begin having hours for **senior citizens only shopping**. They will be Monday, Wednesday, and Friday from 7am to 8am. Smith's will have associates standing by to assist seniors with their shopping. Smith's asks that people respect this reserved time for our seniors. Smith's will also be waiving the pick-up fee for online

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orders received curbside for customers 60 and older. The deal will be available through April 18. [Information here.](#)

Pojoaque Supermarket now offers seniors-only hours between 7 and 9 am. This is for ages 55+. [Information here.](#)

If you are an older adult who is caring for children and in need of resources, call the Aging and Disability Resource Center at **1-800-432-2080** <http://www.nmaging.state.nm.us/>

Senior & Disabled Adults Food Access Hotline: **1-800-432-2080** [Information here.](#)

If you are unable to leave your home and need prescription medication, call 505-768-2084 if you are in Albuquerque; **1-866-699-4927** if you are outside of Albuquerque; 928-871-6868 if you are on the Navajo Nation; **505-629-8544** if you are in another tribal area or Pueblo

Medical:

If someone suspects they have been exposed to or may have COVID-19, they need to call 505-257-8322 (MANNM) or 1-855-600-3453 (State Hotline) **before** going to a medical clinic. [Information here.](#)

Testing for COVID-19 does not require a copay or deductible but is limited. Contact your health care provider to learn more. Testing is still limited to patients with fever, cough, or shortness of breath.

FAQs on Coronavirus: [here.](#)

Childcare:

The LAB Brazilian Jiu Jitsu has started to plan an early opening for THE LAB Summer Camp. The camp is planned to open after the restriction on gatherings and the closure of essential business is lifted. Camp is for ages 5-13. The Lab is already discussing set times for the campers to work on their required school assignments. For more information and reserving a space please feel free to message them at losalamosbjj@outlook.com. [Information here.](#)

The state has temporarily expanded eligibility for its subsidized childcare program with special provisions for neighbors and relatives to care for children and for medical workers and first responders to access childcare. No one will lose their CYFD childcare eligibility because they choose to keep their child at home during this time. For more details: [Information here.](#) To complete a survey of childcare needs for essential workers and request help, go to the state's page [here](#). Please call 1-833-551-0518 to connect

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with the state's child care Resource and Referral line or go to www.cyfd.org to download a child care assistance application.

There are several offers of childcare on the "Los Alamos Helping Each Other During COVID-19" page, some from providers who normally work in childcare centers that have closed. Individual parents are responsible for any background-checking of these offers.

Food Resources:

Donated Food Distribution

Contact LA Cares at (505) 661-8015 for emergency food. A monthly food box is available *by prior arrangement only* on the second Friday of the month and the Thursday night before. The next distribution is April 9 and 10. Residents will be asked to drive-thru to pick up their box (there will be no extra "shopping the room" at this time). Anyone who resides in Los Alamos County who has seen a temporary drop in income is welcome to register. [Information here](#).

Los Alamos Mobile Food Pantry is available at First Methodist Church at 715 Diamond Drive (behind Lemon Lot). The Food Depot distributes food on the fourth Friday of the month from 11:00 to 12:30. No pre-registration is required. It is advised that you arrive early to wait in line. Distribution took place March 27.

The Food Depot has added a distribution to take place Wednesdays 10-12 at Ohkay Hotel Casino. [Information here](#).

The Santa Fe Food Depot has opened weekly drive-by food distribution in various locations in Santa Fe: [Information here](#).

Infant & Toddler Needs

[The WIC \(Women, Infants, and Children\) program](#) is asking applicants to call **505-753-4659** (Espanola) to start the process of application. They can pick up the WIC card at the Espanola office (drive through) or in Los Alamos at Public Health (once a month). WIC is setting people up with a provisional account for four months so that people can access food quickly without their usual appointment with a dietician etc. The program serves families who are pregnant or have a child younger than five.

Dr. Lynda Adrouche-Amrani, Medical Director of the Newborn Services at Los Alamos Medical Center, has offered to contact their formula representatives on behalf of any family running out of formula and unable to find it. Look for her post on the "Los Alamos Helping One Another During COVID-19" Facebook group and tag her.

Hope Pregnancy has donations of formula (also diapers, wipes, and baby/toddler clothes and toys). Text **505-500-4165** for help.

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Grab and Go School Lunches

LAPS grab-and-go lunches continue to be available during the week of spring break: [Information here](#). Starting Monday 3/30, Chartwell's will provide both a breakfast and lunch meal packaged together for one single distribution ([information here](#)). They are available at Aspen school on weekdays 11 am -1 pm Monday March 16- Friday April 3. Meals will also be offered at both Chamisa and Pinon from 12-12:30. Menu items are listed [here](#). Becca Jones is no longer able to offer grab-and-go lunch delivery to homes.

Statewide grab-and-go lunch information is [here](#).

Pojoaque Valley High School will be providing grab and go breakfasts and lunches for anyone under the age of 18 starting March 17. Meals will be available curbside at the parent pick-up and drop-off area between 8:30 am – 1 pm Monday through Friday at the high school through April 3.

San Ildefonso Pueblo: Cold breakfasts and lunches are provided for pre-K-12th grade students who attend any school, starting at the cluster boxes at Batteleship/Deer Tail at 10:00, Shuma Po entrance at 12:30, Saa Paa cluster boxes at 10:45, and Black Mesa housing at 11:00. Food will be available at the library if these locations don't work for you. Contact the library at (505) 455-2273 for information.

Espanola: All children 1-18 are eligible for grab and go meals, including EPS, private school, charter school and other public-school children within the Espanola Public Schools Service area. [Information here](#).

Moving Arts of Espanola has temporarily suspended its meal distribution program. [Information here](#).

Statewide information on grab-and-go meals is [here](#).

Senior Citizens

The Senior Centers will not be offering meals on-site at either center. Instead they will offer a drive-thru option from 11:30-12:30. Members must be registered, as you would for a daily meal, by 10am. Frozen food is also being made available. You can join if you are 60 and up for free. LA 662-8920 or WR 672-2034.

See post on seniors-only shopping period under Senior Citizens & Disabled Adults above.

Starting Wednesday, LARSO will attempt to offer grocery and prescription pickups made by their staff. Call 662-8920 to arrange this.

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If you would like a daily call from the senior center to check on you call Bernadette at 662-8920 or email Director@losalamosseniorcenter.com

Little Food Pantries

The Little Food Pantry at Trinity on the Hill Episcopal Church (lower parking lot, corner of Diamond and Trinity) is filled.

Another free food pantry is available inside Los Alamos Christian Church, 92 East Rd, Los Alamos. Access during business hours.

There is also a pantry at St. Job's Orthodox Church at 1319 Trinity Dr, Los Alamos.

Other Basic Needs:

Loss of employment income

The state now has a webpage with information about getting financial, basic needs, and childcare assistance in one place: [Information here](#).

A March 30 video message from the secretary of New Mexico Workforce Solutions clarifying procedure for all applicants and explaining the status of self-employed claims is here. Please watch before applying with Workforce Solutions: [here](#).

If your income has fallen or been cut off completely, this NY Times guide is here to help. This guide will connect you to the basic information you'll need to get through this, including on government benefits, free services and financial strategies. [Information here](#).

The Wage and Hour Division provides information on common issues employers and employees face when responding to COVID-19, and its effects on wages and hours worked under the Fair Labor Standards Act (FLSA), job-protected leave under the Family and Medical Leave Act (FMLA), and paid sick leave and expanded family and medical leave under the Families First Coronavirus Response Act (FFCRA) [here](#).

Enterprise Back and Trust has launched new financial programs to address the immediate needs of businesses and consumers. [Information here](#).

Zia Credit Union is working with families on loan extensions and emergency loans: [Information here](#).

For school employees, LASCU is offering assistance include 0% interest loans, loan payment extensions, and financial counseling: [Information here](#).

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NM Department of Workforce Solutions has made changes to the requirements for Unemployment Insurance to assist workers whose hours are reduced or eliminated during the COVID-19 shut-downs: [Information here](#).
A video on how to access help is [here](#).

Tribes

Resources for Indian Tribes and Native Communities in the CARES Act
Prepared by the Senate Committee on Indian Affairs, Office of Vice Chairman Udall are [here](#). FAQs about CARES for tribes are [here](#).

Non-citizens

Non-citizens with work authorization are eligible for unemployment insurance in New Mexico. For New Mexicans with DACA or any other immigration status who are being let go of their jobs and have questions about collecting unemployment, we are here to help at Santa Fe Dreamers Project. Call and leave a message 505-490-2789 or e-mail info@santafedreamersproject.org. [Information here](#).

Help with housing costs

News on national mortgage relief: [here](#).

NM State Supreme Court orders a moratorium on evictions. [Information here](#).

Immediate assistance

Contact Self Help at (505) 662-4666 for urgent help with basic needs. They are open and serving clients over phone and email.

Freedom Church is offering emergency assistance online: [here](#).

Utilities

Jemez Mountain Electric Company (JMEC) at this time has suspended all disconnects (except emergency and safety disconnects) until further notice. Past-due notices will be mailed out and not hand delivered as is customary. [Information here](#).

As of March 13, 2020, officials with the Los Alamos Department of Public Utilities suspended shutting utility services off to customers for non-payment due to the COVID-19 Public Health Emergency. Board of Public Utilities members agreed at the March 25 meeting and directed the DPU staff to continue this practice until the New Mexico Department of Health COVID-19 Order is lifted. [Information here](#).

The City of Española's Water Utility will not turn off water for any customers due to nonpayment until April 20. Customers should continue to pay bills on time if able.

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New Mexico's largest electricity provider PNM and New Mexico Gas Company announced on Monday, March 16 that they will be **suspending** electric service and gas disconnections due to the impact of the coronavirus. [Information here.](#)

Internet

Information on Internet Service Provider emergency options now available is [here](#).

Comcast is making Internet Essentials discounted internet program available to its eligible customers for free for 60 days. To sign up, applicants can simply visit www.internetessentials.com. The accessible website also includes the option to video chat with customer service agents in American Sign Language. There are also two dedicated phone numbers 1-855-846-8376 for English and 1-855-765-6995 for Spanish.

Los Alamos Network (LANET) will not disconnect any customer for non-payment dated March 16 or forward, will not charge late fees or interest, and will work with customers on alternate payment plans. [Information here.](#)

Courts

New Mexico courts will be extending the payment of fees and fines for 30 days without penalty: [Information here.](#)

Vehicles

MVD will waive most late fees and other penalties since March 11, the date that the governor first declared a public health emergency.

Business

The SBA is offering low-interest federal disaster loans up to \$2 million for working capital to small businesses and non-profit organizations suffering substantial economic injury as a result of Coronavirus: Information here and here.

Learn about new Small Business Development Center programs to support businesses through the COVID-19 pandemic [here](#).

A new UNM online course for the community, *New Mexico Small Business Recovery: Take and Expand your Business Online*, will teach businesses e-commerce techniques including developing storefronts and driving traffic to your store. The cost is \$17. [Information here](#) and [here](#).

The New Mexico State Investment Council voted unanimously Tuesday to immediately pump up to \$100 million from one of the state's large permanent funds into a newly

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formed New Mexico Recovery Fund, which will provide discounted, short-term loans to businesses struggling to stay afloat during the coronavirus crisis. [Information here.](#)

Mental Healthcare:

The New Mexico Crisis and Access Line (NMCAL) has established business continuity plans to ensure that services continue to operate as normal. Counselors are available 24/7 at 855-662-7474.

Small Steps Child Counseling in Albuquerque is offering services for **crisis, short-term,** and ongoing for the **Spanish speaking community as well as English and ASL.** All services are accessible through phone, video or online. Services are available for any child, family, or adult in need of practical or emotional support. Message for more information or text Courtney (Owner) at 505-633-8251 and she will connect you with a highly qualified therapist, so you don't have to do this alone. [Information here.](#) [Video here.](#)

A separate list of mental health providers with their availability during the closures is available through JJAB and is being updated with new information as it is available. It is also noted whether they can accept new clients during closures. Contact tara@losalamosjjab.com or rachelmr@losalamosjjab.com for an updated copy. **Many updates have been made.** *This copy is not intended for public distribution but as a reference for anyone needing to make a referral.*

North Star Psychiatric: North Star Psychiatric Services is shut down for the three-week shut down as of Monday March 16th. They are offering Telemed services in lieu of physical appointments for all scheduled patients. Please call the office at 412-7756 for automated details. Direct contact will be made to each patient as well as this local posting. Please remember that we are closed the week of the 23rd- 27th for what was to be Spring Break, no appointments, Telemed or otherwise, are scheduled during that week. If you have any questions, refill requests, scheduling needs, or otherwise, please call the office manager at 505-695-4691 anytime.

Los Alamos Family Council: While the Counseling Center is closed, all therapists are using telehealth during the closure and we will be taking in new clients. The normal office phone has a message forwarding people to a mobile office. That temporary number is (505) 551-2671.

Medical Care:

Pediatrician Dr. Jacqueline Krohn announces that she is available for appointment via Doxy.me online video visit. Please call as usual for an appointment and ask for a video visit: [Information here.](#)

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Family Support:

JJAB can serve clients via Zoom, WhatsApp, or Skype as well as by phone, text, and email. Resource specialists can serve as connection points to urgent resources and mental healthcare, as well as a variety of other needs. [Information here](#) or contact any resource specialist. Resource specialists can temporarily help eligible families without opening a case. **Please see attached flyer.**

Hope Pregnancy can offer remote/online parent mentoring. Text 505-500-4165 for more information. [Informative video here](#).

The First Born Program is serving its clients using video conferencing. Contact ebennaim@firstbornla.org for information.

Clinical and developmental psychologist Dr. Stroud has provided this informational video for parents in order to support caregivers in managing the emotional responses and developmental needs of their children during this crisis. Dr. Stroud provides parents with information and skills to support their children's emotional health, mental well being, and build necessary skills of resilience. [Information here](#).

This video interview with Dr. Chandra Gosh-Ippen provides helpful advice for parents [here](#).

Recovery/Substance Use:

Alcoholics Anonymous meetings are available online. The only requirement for membership is a desire to stop drinking: [Information here](#) and [here](#).

Narcotics Anonymous meetings are online and by phone. The primary purpose of an NA group is to carry the message of recovery to the addict who still suffers.
<https://virtual-na.org/>

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders:
<https://www.samhsa.gov/find-help/national-helpline>

Smart Recovery offers its toolbox online: [here](#).

New Mexico resources for risk reduction for drug users: [here](#).

Domestic Violence/Family Safety:

Order of protection hearings are now occurring by phone.

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The Families First Coronavirus Response Act signed into law 3/18/20 contains key provisions that can help survivors of domestic violence: [Information here](#).

The Los Alamos County Victim Assistant will continue services via phone for any domestic violence, sexual assault, stalking related cases. Call (505) 663-3511 to access services. [Information here](#).

Crisis Center of New Mexico has no changes to services. The shelter is open and supervised visitation and counseling will take place as scheduled, call 505-753-1656.

Care for your animals at the stables:

Kristin Tobias of Gifted Horse posted the following: If anyone who has animals at North Mesa Stables is experiencing symptoms and/or is immune compromised, please don't leave your home. There is a small group of us folks who can feed and water for you. Text me at 505-500-7255

Volunteers and Donations Needed:

There is a statewide drive to address the increased food insecurity as a result of COVID-19. Learn more about how to help. [Information here](#).

The Los Alamos Community Foundation has set up Nonprofit Emergency Response Funds, as a hub for accepting donations from individuals, foundations, and businesses and distributing 100% of those funds rapidly to nonprofits, with priority to those on the front lines of COVID-19 response. [Information here](#) and [here](#).

Become a neighbor, family, or friend emergency childcare provider for essential workers: [here](#).

A "Pay it Forward" GoFundMe campaign has been set up to provide gift cards from local businesses to essential employees. [Information here](#).

A blood drive is being set up in Los Alamos to meet the increased need for donations. Any questions or concerns regarding blood donation eligibility and also COVID-19 related concerns can be directed to Sarah Chandler at (505) 662-8923. Blood drives will take place on April 9 and May 6-8. **The Bloodmobile drive previously scheduled for Smiths will now take place at the Bryce Avenue Presbyterian Church. It is still April 9. If you have an appointment, check your email.** Information [here](#). The drive now has all the donors it needs for April 9.

The State is asking for financial contributions to its new fund established by the New Mexico Coalition of Community Foundations to help New Mexico respond to and

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eventually recover from the COVID-19 pandemic. The All Together NM Fund will be used to address immediate needs and offer long-term support for the recovery work that lies ahead. [Information here](#).

Los Alamos Family Council is asking for donations to its financial hardship fund and Los Alamos Family Council Endowment Fund to provide for counseling clients who cannot afford their copays and to stabilize income for the agency. [Information here](#).

Christus St. Vincent is in urgent need of medical and cleaning supply donations: [here](#).

Chartwell's: Donations of paper lunch sacks are needed. Please drop off at Aspen, Chamisa, or Pinon schools during grab-and-go lunch distribution. Aspen 11-1, Chamisa and Pinon weekdays 12:00-12:30.

LA Cares: No longer accepting donations of food or asking for volunteers. Questions? Call LA Cares, 661-8015 and leave a message. [Information here](#).

Santa Fe Food Depot is no longer accepting food donations. Volunteers are needed: [Information here](#). Financial donations are also greatly needed: [Information here](#).

Self Help: Financial contributions are needed to meet the increased need for assistance. Self Help now has adequate volunteers to help with fielding requests for help. Contact Maura Taylor at director@selfhelpla.org. [Information here](#).

The state is requesting State volunteers to deliver food to seniors. People can email altsd-volunteers@state.nm.us if they want to volunteer. They should write 'ready to help' in the subject line. Officials also ask prospective volunteers to include their city, and phone numbers.

Los Alamos Retired and Senior Organization is asking for donations of dry and canned goods at both sites. Financial contributions are accepted through Pay Pal n their webpage or by check. Donations of gift cards for groceries and Pet Pangaea can be mailed or dropped off during business hours and will be used to support the home delivery program. [Information here](#).

Blood donations are needed as the shutdowns are impacting the supply. If you are healthy and can donate blood, make an appointment [here](#).

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Help Needed Fostering or adopting animals:

The Los Alamos Animal Shelter has modified hours but will still make appointments for interested parties to look at adoptable pets from 11-3 Monday-Thursday.: [Information here](#).

Espanola Valley Humane Society is asking for people to foster pets right now. I imagine they are having issues with getting enough food, donations, and volunteers. If you can help, you can contact Linda Sanchez at 505-927-3675.

Employment Opportunities During Closures

Smith's is hiring additional staff to help with restocking. [Information here](#).

A list of companies hiring during the Coronavirus pandemic is [here](#).

Become a neighbor, family, or friend emergency childcare provider: [here](#).

Nearby communities' resource lists

Albuquerque resource list [here](#).

Regional and indigenous resources from Tewa Women United: [here](#).

Santa Fe, Albuquerque, and beyond: [here](#).

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