

We are trying to shift over to a better platform for this. Please sign up [here](#) if you would like for it to be delivered to your inbox at the end of each day.

Saturday 4/4/20

LOCAL

From Mutual Aid Tompkins

1. [Transformative Mutual Aid](#)
 - a. Join us for a new weekly interview series by Lolly Bee.
 - b. Our first session will answer your questions about what is mutual aid and how it can be used for transformation.
 - c. Time: Apr 4, 2020 02:00 PM Eastern Time (US and Canada)
 - d. Join Zoom Meeting - <https://zoom.us/j/824000383>
2. [Mutual Aid Livestream: Alex Mora](#)
 - a. April 7, Tuesday at 8 pm - 8:50 pm
3. [Mutual Aid Tompkins Instagram Content](#)
 - a. Tell me something positive that has happened to you lately. It can even be a small win like for example I was able to take a shower today without my toddler and it was glorious.

News & Tracking

1. We Are Ithaca: [3-minute report: owner of Collegetown Bagels gives update on COVID-19 impact on local businesses](#)

"At this point, between all of my places, we're probably right around 400 people that we've laid off." Owner of Ithaca's beloved Collegetown Bagels, Gregar Brous, talks about how the #COVID-19 pandemic and New York lockdown have drastically affected business, and how he's trying to adapt and stay open in this We Are Ithaca 3-minute report.

Mask Making

1. [Guidelines for sewing face masks during COVID-19 pandemic by Upstate medical](#)
2. [Sewing instructions for face mask](#)
3. [Step by Step instruction with picture](#)
4. [Medium Mask Pattern 1 of 2](#)

5. [Medium Mask Pattern 2 of 2](#)
6. [Large Mask Pattern 1 of 2](#)
7. [Large Mask Pattern 2 of 2](#)
8. [Mask Pattern \(Patrick's Notebook\)](#)

Activities & Events

1. [Our Hearts Beat As One for Downtown Ithaca](#)
 - a. April 9, Thursday at 6 am
 - b. In the midst of the COVID-19 closures and limitations, our beloved downtown small businesses have experienced a tremendous amount of upheaval. But they have also been working non-stop to ensure they stay connected to you, their community! And they really need all our support at this time. Details about how you can help ensure that various local establishments stay in the heart of our community during this uncertain period will be posted here on an ongoing basis. Keep the heartbeat of downtown Ithaca going by supporting local! See our website www.downtownithaca.com for these listings at a glance as well. Be sure to check back here for more details as they develop. We appreciate your patience as we add the most up to date information here as quickly as we can. Please be sure to check in with local businesses directly if you have any questions or inquiries about their most current updates.
2. [Social Persistencing: DJ-Thon Fundraisers](#)
 - a. April 12, Sunday from 6 pm - 12 am
 - b. Dear Ithaca, Tompkins County, and our neighboring communities: We the DJs... your friendly neighborhood party-starters, fun-makers, and help-you-relieve-stress-through-shaking-your-booty-ers... miss you. This is obviously a stressful time for us all, and while the true heroes among us (medical workers, first responders, and more) are performing herculean feats on a daily basis, most people have been sitting at home and wishing they could be helping more. SO LET'S! Beginning at 6pm Sunday April 5th, 2020, the Ithaca DJ Festival will be hosting an ongoing series of live-streaming DJ-thons to raise money for various local initiatives who are in need during this challenging time. Each DJ-thon will be 6 hours long and feature 3 local DJs, each spinning 2 hours of music to get you grooving. We'll have a video chat room set up so you can show off your social disDancing! These events will be family friendly for the most part (but we won't be censoring lyrics, fyi). The DJ schedule, including fundraising goals and donation instructions are at ithacadjfestival.com Every bit helps. Looking forward to seeing you on the virtual dancefloor! Love love love to you all. -IDJF

Help Sites

1. [Managing Anxiety in an Anxiety-Provoking Situation](#)

2. Text HOME to 741741 to reach a Crisis Counselor. Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via a medium people already use and trust: text.
3. Immediate Help at 1-800-273-TALK (8255). If you experience significant changes in your energy level, eating patterns, or sleeping patterns, difficulty concentrating on normal tasks, prolonged and overwhelming worry and hopelessness, or thoughts of self-injury or suicide, seek out immediate help at 1-800-273-TALK (8255)
4. NY State Domestic Violence Hotline: 1-800-942-6906. "Women should know that they don't have to stay in those situations. We will help them relocate. We will help them find safe shelter." Troopers will investigate every reported case.
5. National Sexual Assault Hotline at 1-800-656-4673

Questions & Advice

1. **One fun thing you can do easily with kids is an "Around Town Bingo Game."** In car or on a walk. Make cards with classic Ithaca things or just ordinary things you might see and then check them off when you get them. Examples: A Mural, A Little Free Library, A Pride Flag, A Bernie Lawn Sign, A Purple House, A Tree House.... Hay Bales, Tire Swing - could be anything. We do it just for fun - not as a competition - you can make up crazy points - like 10,00 points for an Ithaca is Gorges bumper sticker - just have fun with it.
2. **How to thank medical workers?** Everyone's doing what they can - making masks, donating money, and more. I read that in NYC, every night at 7 p.m. people stand at their windows to clap for the medical workers risking their lives to save others. Here in Ithaca, it might not work so well since we are pretty far apart sometimes. But Ithacans are no strangers to putting signs in our windows or hanging banners out. I am going to make a sign or banner that says THANK YOU, MEDICAL WORKERS! Maybe more will too and we can blanket the town with gratitude.

Friday 4/3/20

LOCAL

News & Tracking

Employment/Unemployment/Funding

1. [Child Development Council offers free supplies and childcare scholarships for those in need](#)
2. Need someone to help with garbage take out (will pay)

- Contact Person – [Jasmine Somers](#)

Mask Making

Mask Making for local CM Hospital

- Looking for working sewing machine
- Contact Person: [Marina Billott](#) (607) 229-4929

Questions & Advice

- Looking to help families get hygiene products
- Contact person: [Sasha Elyse](#)

STATE

Tuesday 3/31/20

From Mutual Aid Tompkins

Hello friends! We have had a few inquiries come in about finding a space to quarantine for low or no cost. Does anyone know if there is something set up like this already? Please email us at communityaidtompkins@gmail.com if you know of a program like this happening. Thank you!

LOCAL

News & Tracking

[Lansing & Ithaca say basketball courts are closed](#): The Town of Lansing and City of Ithaca say basketball courts and playgrounds are closed until further notice due to the need for social distancing during the Coronavirus pandemic.

[Cornell orders halt to hiring, freezes salaries](#): [The news came Monday afternoon in a letter posted to the university's COVID-19 response website](#). In the letter, signed by Provost Michael Kotlikoff and Executive Vice President and Chief Financial Officer Joanne DeStefano, several immediate efforts to reduce operating costs are put forth. Most significant are the freeze on all new staff and temporary staff hires, and the cancellation of salary increases originally set to go in effect on July 1st. The hiring freeze does not apply to academic hires like professors, though

the letter states all proposed faculty hires will be "carefully reviewed" by deans. An exception also exists to the salary increase declaration for raises required as part of previously agreed collective bargaining agreements with unions.

Family Medical Associates of Ithaca: In light of the current outbreak of the Covid-19 virus, the providers at Family Medicine Associates of Ithaca want you to know that our practice continues to be committed to caring for you. We have modified our office practice to better serve patients that are currently ill, and those who are well and need routine follow up medical care. 209 W. State Street office now is to be considered for sick patient evaluations, and 8 Brentwood Drive Suite D office is being used for routine well visits. Our staff will be asking you screening questions on the phone as well as when you check in for an appointment.

- Telemed Health now available at Family Medicine. Our providers can now provide video visits for almost all of your medical needs. Please check with your insurance carrier to verify coverage. If you would like to schedule a video visit with your doctor, please either call the office at 607-277-4341 or submit a request through the online patient portal.

TOWN OF ITHACA NEWSLETTER: COVID-19 Update of Impacts #3 – March 31, 2020

Town of Ithaca Facilities continue to be closed to the public until further notice.

The Governor has also issued an Executive Order that affects building and construction.

Applications, Permits and Inspections – Severe Limitations Enacted: Based on Governor Cuomo's Executive order 202.6, The Town of Ithaca will no longer be issuing permits or conducting inspections for projects unless it meets one of the following categories as defined and listed in the Executive Order 202.6 and the Empire State Development Guidance for Construction Activities:

1. The project is determined to be essential, such as, but not limited to: roads, bridges, transit facilities, utilities, hospitals or health care facilities, affordable housing, and homeless shelters
2. The project is determined to be emergency construction (e.g. a project necessary to protect health and safety of the occupants, or to continue a project if it would be unsafe to allow to remain undone until it is safe to shut the site).
3. A project where only a single worker, who is the sole employee/worker, is on a job site.

All applications can still be submitted for review, but a permit will not be issued unless it is determined to fall into one of the categories described above.

If you feel your application meets one of the categories, please CLEARLY mark that on your application.

All other procedures and processes from the earlier Applications, Permits and Inspection Update are in force for those projects determined to be essential. (See Website for Full Process)

Parks / Trails / Playground safety during COVID-19

The Town of Ithaca asks its residents to practice responsible recreation during this time period with the ongoing COVID-19 public health crisis. It is the goal of the Town to practice safe social distancing within the CDC guidelines by staying 6 feet away from others, washing your hands, staying home if you have any symptoms, and avoiding close contact. We ask our residents to avoid using playground equipment due to these safety guidelines.

While using Town trails and walkways, we ask our residents to also use these social distancing practices while respecting the space of other users. While we encourage residents to get out and use our trail system during this time, it will only work if we use an abundance of caution so as to not further spread the virus.

Town wide Brush pickup

Due to the COVID-19 health crisis, Town of Ithaca Public Works has delayed its brush pick up until the week of Monday, April 20th. Please have ALL waste to roadside by 7am on this date. Due to staffing issues during this health emergency, there may be a delay in your curbside pickup. Whereas in the past we could be done in one week, it may take several. Smaller crews and social distancing guidelines will certainly slow the course of the operations but will keep our staff and residents safer during these times. Please remain patient with the process as we wish to remain safe and follow all guidelines.

Brush drop off / compost / wood chip pickup

The Town of Ithaca Public Works at 114 Seven Mile Dr. is currently under construction due to a renovation of the facility. During this time, the facility will see increased traffic patterns as our operations will join with additional construction vehicles. We urge residents to use caution and be mindful when entering the facility for brush/compost/wood chips. Please follow all appropriate signage for drop off and pickup procedures. Due to the COVID-19 virus – sign in will not be required. It will be monitored both visually and verbally as the Town strives to practice proper social distancing guidelines. Please use proper social distancing guidelines while at the Public Works.

Sewer Systems

DO NOT flush disposable wipes, tissues or paper towels! This will cause major problems to the Town's system and/or your own system. Many wipes claim they are "flushable" but they should not be flushed! Put them in the trash instead.

Handicap permits

Permits will automatically be renewed and sent to you.

Water Bills

Due date has been extended to April 30th.

Employment/Unemployment/Funding

[Community Arts Partnership grant](#): The Community Arts Partnership's (CAP) created an Emergency Arts Relief Fund to provide some financial support to artists located in Tompkins County who have experienced lost income from the postponement and/or cancellation of specific, scheduled opportunities or programs due to the outbreak of COVID-19.

Mask Making

THANKS to ANGELO Cleaners for offering to help with this process. Please drop off all masks you have made to their Meadow St Ithaca location and they will sanitize and be a location for pick up from agencies in need.

Activities & Events

[ScienCenter Interactive Virtual Programs](#): The Sciencenter is currently closed to the public. In an effort to continue to bring fun, science education to you at home, Sciencenter educators are facilitating live Zoom activities every weekday morning at 10:30 am. Recorded versions of the live sessions can be found on our [Facebook page](#) by 4 pm each day. Access the Monday-Friday, 10:30 am live Zoom activities.

[Seed Starting 101 Zoom Class from Cornell Cooperative Extension](#): April 1, 6-8pm. Save money and enjoy the miraculous process of seed germination and plant growth in your home to get you through these last weeks of winter and get your garden started early.

Food

[Dryden American Legion](#): We will be open again for takeout this week Wednesday 4/1 through Saturday 4/4 from 12-8pm. Order early it is sure to sell out!! 844-9900

- Wednesday-Lunch Prime Rib Sandwich with side \$8.50. Our famous Wing night from 5-8 pm \$9/dozen
- Thursday-Lunch Mushroom Swiss Burgers with side \$8.50
- Friday-Lunch Fish sandwich with side \$8.50, Dinner 5-8 pm Fish fry \$12 Steak Dinner \$14
- Saturday Prime Rib Dinner with salad and side \$19

[Cornell teams up with GIAC and Food Bank of the Southern Tier for a new downtown food pantry](#): Beginning Tuesday, March 31st from 1-4pm, and continuing each Tuesday and Thursday afternoon, Cornell staff will be giving out boxes of food staples as well as frozen items at GIAC's basketball court. They hope to provide food packages, each containing a three-day supply for a family of four, to 200 families on Tuesday and another 200 families on Thursday.

Town and Village of Groton Community: [Community Give back Free Chicken BBQ Happening](#): BBQ Chicken Halves will be handed out (free of charge)

- *Limit 3 halves per family*
- Saturday - April 4th 9:30 AM till Gone.... Drive-Thru Only - Please drive up to the front of the Groton Fire Dept Chicken Halves will be delivered to your vehicle.
- Note: All Safety, Food/Health and Social guidelines will be followed at all times during this community giveback.

Parenting/Childcare

[Child Development Council's Emergency Scholarship fund](#): available to families that experience a financial emergency and are unable to pay their child care bills.

COVID-19 guidelines: The Child Development Council has expanded the normal eligibility criteria for Emergency Scholarship. Families may be eligible for up to \$200 per week for a maximum of 4 weeks for future child care needs, not only a back child care bill. If you are an essential personnel paying 2 child care bills because your usual program is closed or you have extended hours, Emergency Scholarship can help. To apply, contact the Council to request an application. You will need to provide information about your finances and the emergency situation. Include the dollar amount you owe your child care provider. Funds, pending application approval, are paid directly to the provider. For families with ongoing financial needs, first contact the Department of Social Services (DSS) at (607) 274-5219 and apply for child care subsidy. Subsidy pays a portion of your child care costs while you work, seek work, or are enrolled in an approved program.

Questions & Advice

Does anybody know the actual, current, guidelines for an infected persons re-integration back into "society" (aka their own socially distanced world)? [Follow the larger discussion on Mutual Aid Tompkins here](#).

STATE

[Guidance for Cashiers During COVID19 Outbreak](#) from Western NY Council for Occupational Safety & Health.

[NYC Presidential Primary Moves to June](#): Governor Cuomo issued an executive order on Saturday moving New York State's presidential primary election from April 28 to June 23. That puts it on the same day as the already scheduled federal and state primaries for congressional and state legislative offices.

[School Budget Votes Postponed Until at Least June 1](#): School budget votes were scheduled for mid May – the state’s next scheduled mass voting event – but were delayed by Cuomo until at least June 1 and potentially longer.

[Homeowners Coronavirus Mortgage Benefit. But No Relief For Renters](#)

[Democracy Matters: Why We Need Voting by Mail in New York State](#)

[Planning for your Pets During COVID-19 from the NYC Veterinary Medical Society](#)

Take time now to make plans and prepare your pets in case you need help caring for them due to COVID-19.

For a downloadable guide you can complete to help with emergency planning for pets, see NYC Emergency Management's Pets page:

<https://www1.nyc.gov/site/em/ready/pets.page>

Make a plan for your pet



If you are sick with COVID-19 (either suspected or confirmed), the CDC recommends that you restrict contact with pets and other animals, just like you would around other people.

When possible, have another member of your household care for your animals while you are sick. Avoid contact with your pet including, petting, snuggling, being kissed or licked, and sharing food. Wash pet bedding, leashes, collars, dishes and toys the same way you would clean other surfaces in your home. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them.

Ensure Proper Identification:

- Dogs and cats should wear a collar or harness, rabies tag, and identification tag at all times. Identification tags should include your name, address, and phone number, and the phone number of an emergency contact.
- Make sure your pet's microchip is registered and up to date.

Veterinary Care:

- Refrain from physically visiting your veterinarian for routine or non-urgent issues during this time. Call your veterinarian ahead of time to confirm if your pet is experiencing an emergency.

PET PLANNING FOR COVID-19

This advisory notice is based on text provided by the Office of the Mayor of New York City

Make a Plan - Prepare for a Human Health Emergency:

- Designate a trusted pet caregiver (family, friend, neighbor, colleague). Your identified caregiver should have a set of your house keys, be familiar with your home and pet, know your emergency plan, and have your contact information.
- Record important information about your pet so that you can easily access it during an emergency.
- Put together a Go Bag for each pet with basic food, supplies, medicine, identification, a list of emergency contacts, your veterinarian's contact information, and vaccination proof.
- Keep a collar/harness, leash, and your animal's Go Bag in a place where it can be easily found.
- Have crates, food and extra litter and other supplies on hand for quick movement of pets.
- If you have neighbors who are self-quarantined or otherwise in need of help, offer to walk their dog or take pets for routine visits.
- Talk with your local veterinarian, kennel, grooming facility, or other potential boarding facilities to see if they can offer safe shelter for your pet during a health emergency.
- Update animal vaccines (Rabies, Bordetella) in the event boarding becomes necessary.
- If your pet is on medication, ask your veterinarian for an extra supply.
- Ensure all medications are documented with dosages and administering instructions.
- If you do not have a yard, be sure to have extra cleaning products and newspaper/puppy pads on hand if you cannot leave your home to walk your dog.



NATIONAL

[Workers World Party Webinar](#): Join Workers World Party as we discuss the growing worker resistance to the capitalist response to COVID-19. Speakers from the front lines will share experiences and strategize on building a united working class fightback.

[Food Safety and Coronavirus: A Comprehensive Guide](#)

[Can I Get Fired for Talking About Virus Risks](#): a short run-down of your legal right to organize around wages, hours, and working conditions, even if you don't have a union—and if you do have a union, your additional protection under your contract.

Monday 3/30/20

LOCAL

News & Tracking

3-minute report from [We Are Ithaca: Interview with Cayuga Medical President and CEO at COVID-19 Test Site](#)

[Tracking by NYS County](#): A spreadsheet keeping track of what is happening in the other NYS counties. It has links to their COVID-19 websites, dashboards, press appearances, and etc.

How You Can Help

[Cayuga Medical Center Heros Wear Masks Program](#): Volunteer to help!

Several Ithacans are planning to join the planet on Thursday, April 2, at 6:00 for 10 or so minutes and open our windows and bang on our pots to show support for health workers, and all doing support work during COVID19. We will say thank you to all the delivery people, and workers at Wegman's and GreenStar and all our food stores, and janitors and health workers doing so much for all of us. Please spread the word. We will continue this action every Thursday at 6 until the catastrophe ends.

SPANISH TRANSLATORS NEEDED: Stony Brook Hospital on Long Island is currently in dire need of bilingual people who can help translate between medical staff and patients/families. They have a particular need for Spanish speakers. No medical background needed, just the ability to help bridge that communication gap. This would all be done remotely, through

Zoom/Skype/Facetime, and no specific hours are necessary. The hospital is looking for a deep bench of volunteers they can call on during those moments when they need this sort of help. Anyone interested should contact (mailto:Roseanna.Ryan@StonyBrookMedicine.edu). Please also think of people you know who are bilingual (particularly in Spanish) and who would be interested in pitching in, and please forward this message to them!

Workplace/Computing

Midstate COSH (Council on Occupational Safety & Health) is offering FREE home computer workstation safety assessments provided by our professional ergonomists. Many people are working at home during this crisis and we want you to work safely, without musculoskeletal strain. We are offering these remote Tele-Ergonomics assessments in one of two ways. Either you can send photos/videos ahead of time with a follow-up call from one of our ergonomists, or we can meet live via Zoom or Skype for the assessment. Our work is grant funded and provided by Empowerment Ergonomics (ebd-ot.com). Contact me with questions or to set up an assessment -midstatecosh@gmail.com.

Zoombombing? How to Keep the Party Crashers From Crashing Your Zoom Event

from the Human Service Coalition: In case you haven't heard, some people have been "Zoombombing" and trying to disrupt meetings on Zoom and other meeting platforms.

Click on the Zoom Settings Tab and do these 4 things to keep it from happening to you:

1. Disable "Join Before Host"
2. Enable "Co-Host" to assign extra moderators
3. Disable "File Transfer" to stop digital virus sharing
4. Disable "Allow Removed Participants to Rejoin"

Employment/Unemployment

Navigating the constant "internal server error" messages on mybenefits.ny.gov : Google Chrome browser seems to work well for both PCs and Macs, over FireFox or Safari. Microsoft Edge is also supposed to work well.

[Unemployment Insurance Flowchart](#): What you need to know and do about the CARES Act.

[NEW YORK COVID-19 PAID SICK LEAVE LAW UPDATES](#): Guidance issued by New York state clarifies employers' questions on a recent law that provides sick leave benefits to some employees affected by the coronavirus (COVID-19) crisis.

Free ONE-ON-ONE JOB READINESS and JOB SEARCH ASSISTANCE for snap recipients: While unemployment claims hit a record high nationwide last week, there are still lots of businesses who are hiring. In fact, just this morning, we received a list of 26 local employers with multiple openings, including many remote positions. Over the past few years, Challenge Workforce Solutions's Job Club has been gradually transitioning from a highly structured classroom-based program to a highly individualized coaching service, and the present crisis has rapidly accelerated that evolution. Job Club Coordinator Krystal Dorn is currently working with all job seekers one-on-one via email, phone, and Zoom. Do you or someone you know qualify for SNAP and need to find a good job? Email krystald@aboutchallenge.org or call 607-288-2689 today!

Mask Making

[Tompkins Mask Makers Facebook page](#): newly created page for local mask makers to connect and share info

Fabric mask makers: Homespun Boutique in Tburg is NOT open but phone is being monitored for materials needed. Homespun # 387-7786 is checked once a day and owner will arrange meet up or drop off of mask supplies (elastic and or fabric) as total donation on owner's part (no shopping in store).

Update on 3D printing efforts: Today we shipped 750 full-face-shield frames and thousands of transparencies to the Kings County ED in NYC. Should the spirit move you, Ithaca Generator -- a major component of our group -- has an ongoing fundraiser for this effort: <https://www.facebook.com/donate/629068487878863/>

Housing

NEW YORK RENTERS IN FINANCIAL DISTRESS OVER CORONAVIRUS: If your lease was made before the changes in tenant law, your landlord may still have a "last month's rent" that hasn't formally been applied as a rent payment. If you need it, you may be able to do what I just did and ask your landlord to apply it to the next month's rent instead. My landlord saw this was an option when we were discussing things, and we both noticed it would help existing contracts transition to the new system faster anyways. If you know you can make future payments past that and it buys you a month to work through this pandemic.

Food/Restaurants

[Cornell Emergency Food Pantry at GIAC](#): Located at the basketball court. Please maintain social distancing at all times. March 31, 1-4pm, 301 W. Court St.

Infant Formula: Please reach out to your local WIC office if you are having issues with finding formula for your child. TOMPKINS County WIC - 607-274-6630.

Saigon Kitchen: To Our Family and Friends, For the safety of our community and employees, we have decided to temporarily close. Public health and safety is our number one priority at this time. We wish you and your family health and safety and hope to be serving you again soon!
-Your Saigon Kitchen Family

[CBORD Webinar: Feeding Students Part 2 - Meal Donation Programs](#): On a normal day, 40% of college students report themselves as food insecure. Add in a global pandemic, campus and restaurant closures, and loss of part- or full-time income, and many young adults are left with little assistance to meet their basic needs. In part two of our feeding students series, Swipe Out Hunger will share how they are bringing together student and campus leaders to combat food insecurity during COVID-19. From weekly webinars to advocacy efforts, the Swipe Out Hunger team is compiling resources to help students nationwide. Rachel Sumekh, founder and CEO of Swipe Out Hunger, will detail ways campuses can act now to support students left on or near campus

General Tips & Advice

Q: How do you set it up @ the hospital/state to officially give medical permissions/access to someone in your life? A: Medical decisions is a healthcare proxy, just getting medical info is a HIPAA release, legal decisions is a power of attorney. All three forms for New York should be available online for you to print and fill out — a POA needs a notary. [Healthcare Proxy Form](#) ; [HIPAA Release Form](#)

- Q: Do they need to be notarized? A: Basic HIPAA release - No, Power Of Attorney - Yes, Healthcare Proxy - just two witnesses (and one of the witnesses cannot be the named proxy)

Our Community: Spotlight

Veronica Haunani Fitzhugh is new to the Ithaca area but not new to grassroots organizing. She comes from an anti-racist and anti-oppression intersectional stance. She is a Spiritual Humanism chaplain. She earned an English BA from the University of Virginia, Charlottesville, VA but is more proud of the friendships she earned in her Charlottesville, VA social justice work. She believes this emergency work can turn into a movement for liberation and freedom for all. She recognizes we all have needs and ways to help each other. And, she looks forward to helping build an ever-changing and permanent community of care.

STATE

Gov. Cuomo Briefing for 3/30/20

- Governor Cuomo has directed the state nonessential workforce to continue to work from home for an additional two weeks through April 15th.
- In-person workforce restrictions, which have been implemented through various executive orders are also extended until April 15th.
- Statewide school closures are extended by two weeks until April 15.
- The first 1,000-bed temporary hospital at the Javits Center is open and accepting patients.
- Public and private hospitals will implement a new balanced approach to fighting COVID-19 where hospitals that are beginning to reach or exceed capacity can transfer patients to other hospitals that are not as full.
- NYS Department of Health will work with statewide healthcare systems to share Information about supplies among hospitals.
- There is a new mobile testing site at the Bay Plaza AMC Theater at 2210 Bartow Ave in the Bronx. Site hours are Monday - Sunday, 8am - 6pm. Appointment only.
- Pharmacies have agreed to offer free home delivery to help reduce long lines for prescriptions at their facilities.
- The NYS's Wadsworth Lab has developed a new test for COVID-19, which is done through a saliva sample and a self-administered short nasal swab.
- Three new sites have been identified to serve as a place for emergency beds - South Beach Psychiatric Center in Staten Island, Westchester Square in the Bronx and Health Alliance in Ulster County – adding 695 more beds.
- The federal government has approved four new sites for temporary hospitals - the Brooklyn Cruise Terminal, the Aqueduct Racetrack facility in Queens, CUNY Staten Island and the New York Expo Center in the Bronx - adding an additional 4,000 beds.
- New Yorkers can call the COVID-19 Emotional Support Hotline at 1-844-863-9314 for mental health counseling.
- New Yorkers without Health Insurance can apply through NY State of Health within 60 days of losing coverage.
- Department of Motor Vehicles offices are temporarily closed for in-office visits. Online transactions, including for license renewals, are still be available. License and permit expirations will be extended.
- Testing is free for all eligible New Yorkers as ordered by a health care provider.
- Your [local health department](#) is your community contact for COVID-19 concerns.

[State Legislature to utilize remote voting amid pandemic](#)

NATIONAL

[General Strike 2020](#): We are a grassroots, decentralized, non-hierarchical movement of the working class. We are a diverse, inclusive organization dedicated to building a coalition of organizations and individuals of various political tendencies to save the lives of vulnerable, marginalized people in the USA and around the world.

Sunday 3/29/20

Local


March 29, 2020 Update   :

DATA IS COMPARED TO YESTERDAY'S NUMBERS

Pending Test Results  : 125

Down by 386 (75% )

Positive Test Results : 70

Up by 14 (25% )

Negative Test Results : 996

Up by 372 (59% )

Total Tested  : 1191 (Compared 3/28 & 3/27)

Up by 182 (18% )

No Changes since 3/27

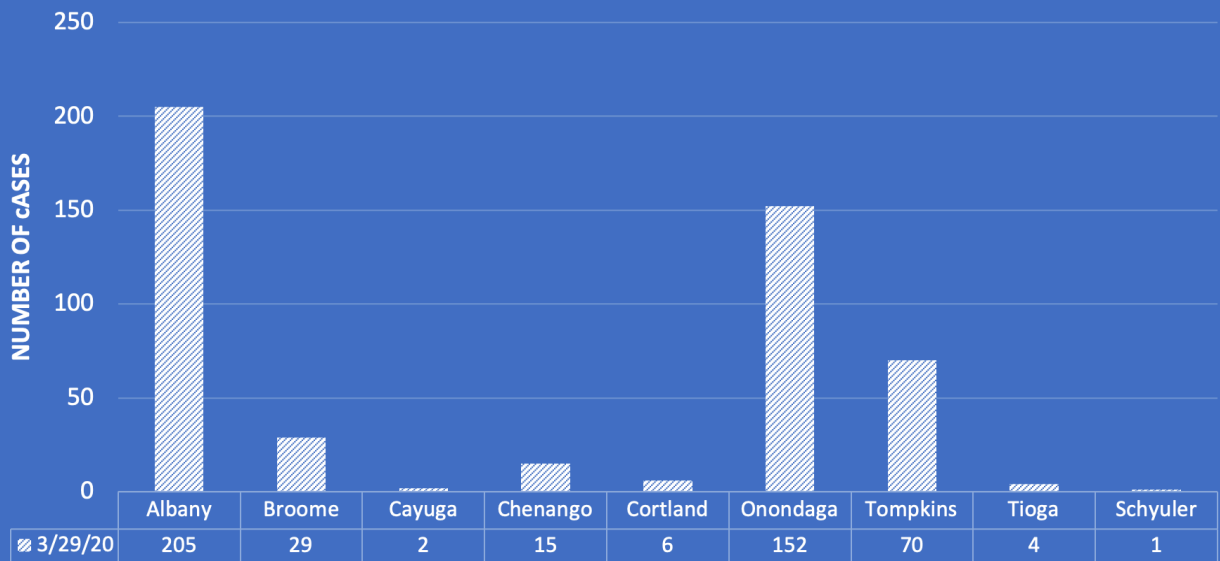
Hospitalized : 2

No Change

Deaths : 0

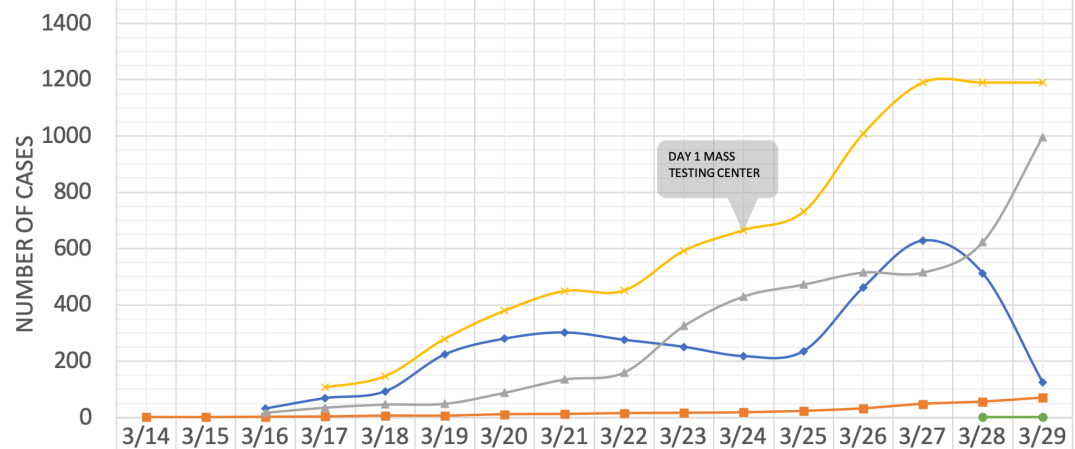
Data collected from
NYSDOH online website
as of 3/24/2020

Graph by
Ricco Espinoza



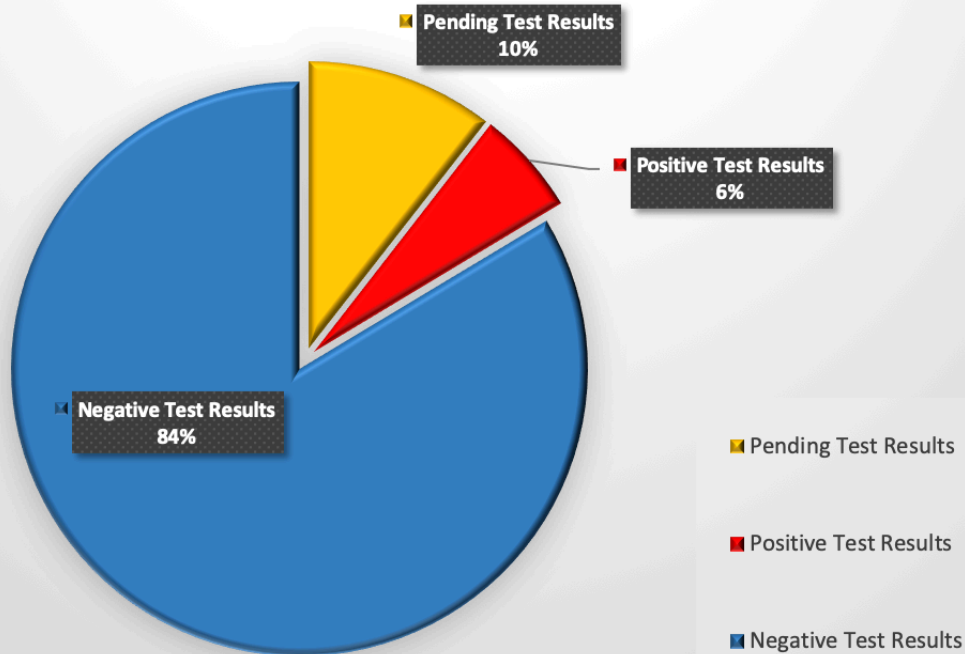
Data collected from
TCHD online0
website as of
3/29/2020

Graph by
Ricco Espinoza

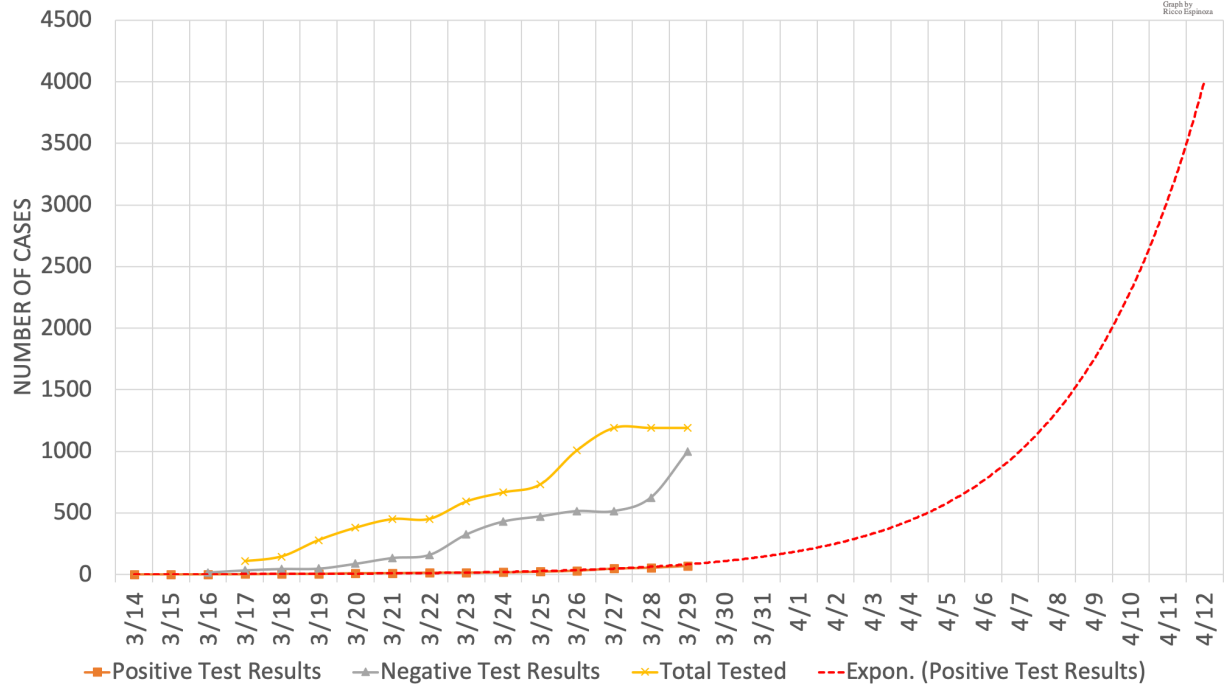
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Data collected from TCHD online website as of 3/29/2020
Graph by Rico Espinoza

Tompkins County COVID-19 Tests Status Percentage



TOMPKINS COUNTY COVID-19 CASES 2-WEEK PREDICTIVE TRENDLINE



Ithaca Bakery Adopt a Doc or Nurse: We are feeling inspired by a piece we read about Tootsies restaurant in Palo Alto, CA. So we have brought it to the Ithaca area. Needing a way to say “thank you” to our local medical workers? Offer a meal to your local staff at Cayuga Medical Center. Send breakfast or lunch to the department of your choice and we will deliver it in your name 607-273-7110

Cayuga Medical Center Hours Change

Starting Monday March 30th, our Urgent Care Centers in both Ithaca and Cortland will have adjusted hours.

The new hours will be: 8a-8p

Outpatient Laboratory at the Cortland location will have adjusted hours as well.

These hours will be:

Monday-Friday 7:30a-3:30p

Saturday 7:30a-12p

State

Governor Cuomo Update

- Non-essential workforce to remain at home until April 15th
- Cuomo stresses that access to at-home, accurate testing will help bring back normalcy
- 76,019 healthcare workers that have volunteered
- 59k cases, 8,503 currently hospitalized (1,175 new but the rate of increase has slowed), 2,037 ICU patients, 3,572 patients discharged (846+)
- 965 deaths up from 728

National

- Travel advisory for residents of NY, NJ, and CN
- Federal Stimulus Package: [Summary of stimulus payment, unemployment benefits, student loan, retirement accounts and renters info here](#)
- [North American Townhall on Tenant Organizing](#): April 4, 1 p.m.

Saturday 3/28/20

If you have an immediate need, call (607) 288-3252

As always, community members looking for more information on local health resources and resources related to COVID-19 can contact 2-1-1 by calling 1-877-211-8667 or visiting 211tompkins.org

[Mutual Aid Tompkins](#) Facebook Group

[Mutual Aid Tompkins Immediate Needs](#) Facebook Group

[Mutual Aid Tompkins Food Systems](#) Facebook Group

[Mutual Aid Tompkins Volunteer Form](#)

[Mutual Aid Tompkins Community Resource Folder](#)

Ithaca Rent Freeze

Do you want to help get a [Rent Freeze](#) passed in the City of Ithaca for the COVID-19 state of emergency?

Covid-19: Ithaca Rent Freeze is trying to flood the phone lines of the Mayor and the Common Council members to demand they institute a Rent Freeze when they meet Wednesday, April 1 — forgiving residential and commercial rents for however long this crisis lasts. Our plan is to call them all day Monday–Wednesday to show them how much the 70% of Ithacans who rent need financial and housing security during this time of growing mass unemployment.

Signing up means committing to making 3 calls per day for 3 days. We'll provide a script, a time slot, and the phone numbers of the legislators you'll need! We ask that these calls be polite and welcoming, to give us the highest chance of winning our legislators' support.

Friday 3/27/20

If you have an immediate need, call (607) 288-3252

As always, community members looking for more information on local health resources and resources related to COVID-19 can contact 2-1-1 by calling 1-877-211-8667 or visiting 211tompkins.org

[Mutual Aid Tompkins](#) Facebook Group

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[Mutual Aid Tompkins Volunteer Form](#)

[Mutual Aid Tompkins Community Resource Folder](#)

Local

Food

[Community Food Pantry Calendar](#)

[List of restaurants, delis, coffee shops, and retail locations](#) offering take-out, delivery, etc.

The McLean Food Give-away will be held tomorrow, Saturday 3/28/20, at 1:30pm at the McLean Community Church, 50 Church St., Mclean NY. They request you arrive by 1:15 at the latest and remain in your car, food will be brought out.

Ithaca Farmers Market

Hello market supporters! We want to say THANK YOU to those who braved the chilly weather last week for our impromptu outdoor market. We are so lucky to live in a community that values local farms and food producers. We hope to see you tomorrow 10:30-2, at the outdoor pavilion for our last "winter market." More details to come next week about markets in April.

New Rule:

In order to keep our market open and safe, there are some rules our vendors and customers have to follow. We'll be posting about them on social media and reinforcing them in our newsletter. #1 is a hard one - especially when so many of us are cooped up at home and looking for an outing. But please remember that by sending only one person per household, you are keeping the market less crowded and safer for everyone else. We thank you for helping us navigate this tricky and constantly evolving situation!

[LETTER TO OUR COMMUNITY](#): Includes all new market rules and precautions.

- [FARMS SERVING TOMPKINS COUNTY](#): Directory for pickup or delivery options.
- [WINTER MARKET VENDORS](#): A list of what vendors came last week.
- [VENDOR DIRECTORY](#): Search for your favorites to contact them.
- [OUTDOOR MARKET FACEBOOK EVENT](#): Join to stay in the loop about April

[WINTER MARKET FACEBOOK EVENT](#): Got questions about tomorrow? Post 'em here.

Legal Services

If you have lost your job or you are a low-income resident of Tompkins or Tioga County and have questions about:

- eviction
- foreclosure
- unemployment
- disability benefits
- other related legal questions

call LawNY-Ithaca at (607) 273-3667.

Due to the pandemic outbreak of coronavirus COVID-19, Legal Assistance of Western New York, Inc, (LawNY), will be closing its offices to the public until further notice. We will continue to follow federal, state, and local guidance and best practices to make a decision about re-opening.

Staff are working from home to maintain normal phone intake during quarantine! Office hours are still 9:00 - 12:30 and 1:30 - 5:00.

- If you have questions or received legal papers from a court or government agency, you can call LawNY-Ithaca at (607) 273-3667
- You can usually speak with a real person, but feel free to leave a voicemail. We check them throughout the day.
- You can email staff members as well at ithacainfo@lawny.org
- For general Covid-19 related legal information, visit our website at lawny.org or our Ithaca Office page at www.lawny.org/node/51/ithaca-location

LawNY is taking this action out of an abundance of caution and strong sense of responsibility towards our staff, clients, and the community. The importance of staying home and limiting your contact with other people, to protect your health and the health of others, including people with disabilities, caregivers, and older adults can't be overstated. It is also important to reduce the burden on our medical community, allowing them to work effectively.

Thank you for your patience during this difficult time.

TCAT Further Reducing Service Starting Monday 3/30/20

TCAT will be reducing service for the second time this month starting Mon., March 30, while still maintaining as many travel options as possible for those who need to go out for essentials. [See route changes and cancellation at this link](#)

Reminder: TCAT is operating fare-free through April 9, to avoid rider-driver contact at the farebox.

Intercity Buses Routes Suspended

Buses have suspended service effective 3/27/20 between Ithaca and NYC. Reminder that anyone that has recently left NYC are told to self-isolate for 14 days.

Library

TCPL Community Support and Virtual Access During the Closure

ITHACA— Tompkins County Public Library is going virtual so that patrons can continue to read, access reliable information, find the answers they need, and interact with the Library community during the closure due to the COVID-19 pandemic. TCPL's website is www.tcpl.org. All of the services listed below can be accessed there.

To make access to TCPL's resources even easier, there is now an online procedure for applying for a library card. After signing up online, TCPL will send card information and access instructions. To learn more and to register for a card, go to <https://www.tcpl.org/node/18905>.

TCPL offers many virtual resources, including eBooks, online courses, and arts, music, culture, virtual travel, and wellness resources. Literacy resources for children are also available, from TCPL's Discovery Trail partners and other institutions. Also offered are online games, storytimes, educational tools, and group chats.

TCPL is still a reliable source of information, whether online or in person. TCPL's librarians have compiled a curated assortment of resources focused on the COVID-19 pandemic, available online. As always, TCPL's Ask-a-Librarian service is available online for anyone to use.

Additional virtual programming, resources, and services are being developed, to keep the community supported and connected.

To learn more about the Library closure and the availability of services and resources, contact Director Annette Birdsall at abirdsall@tcpl.org.

Trash Pickup in Ithaca

Reminder from Mayor Myrick that trash will be picked up without trash tags in the City of Ithaca. Follow normal bagging and weight restrictions and keep it to two bags per household, per week.

Parking in the City of Ithaca

Reminder from Mayor Myrick that on-street parking is free and garages are offering three hours of free parking in the City to reduce contact with meters and to better facilitate curbside pickup for local restaurants and businesses.

State

Unemployment

As of Wednesday 3/25, the New York State Department of Labor was experiencing systemic overload due to overwhelming amounts of new claims. Normal filing windows:

- A - F, file your claim on Monday.
- G - N, file your claim on Tuesday.
- O - Z, file your claim on Wednesday.
- If you missed your filing day, file your claim on Thursday, Friday or Saturday.

NYSDOL announced on Thursday **an extension to hours** people will be allowed to file over the phone.

Extended telephone filing hours:

- Monday through Thursday, 8 a.m. to 7:30 p.m.
- Friday, 8:00 a.m. to 6:00 p.m.
- Saturday, 7:30 a.m. to 8:00 p.m.

[Apply with the New York State Department of Labor here.](#)

The department of labor has also created this [step by step guide on how to file an unemployment insurance claim](#).

New York State Department of Labor Rapid Response Team will assist employees in re-gaining employment and potentially shorten the duration of their Unemployment Insurance (UI) payments, and overall cost. Reach out to the Southern Tier Region Rapid Response Coordinator, Vikki Kaufman at vikki.kaufman@labor.ny.gov or by phone at 607-741-4518.

Unemployment pay is available through the New York State Department of Labor. The state has announced a waiver to the 7-day waiting period for unemployment insurance for people who have been laid off due to the virus.

Due to recent overloads to the system due to a spike in layoffs from the outbreak, the state has set up a schedule, based on the first letter of your last name, to keep down demand.

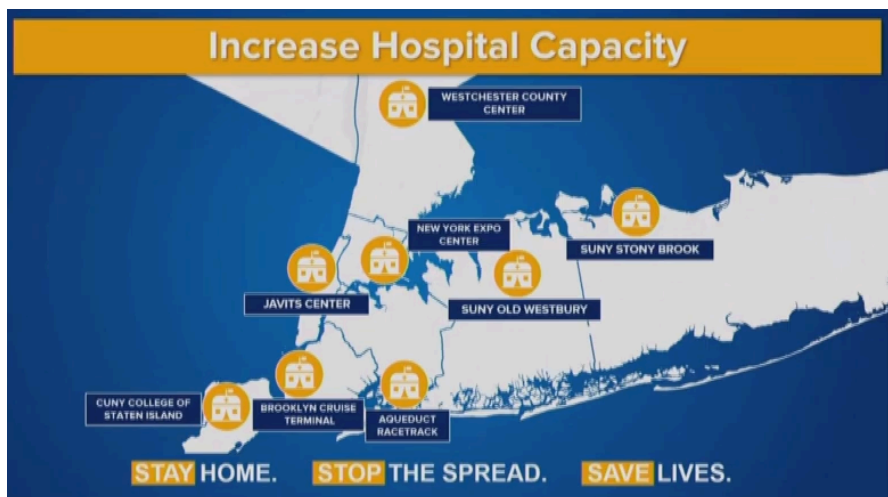
NYSEG Shut-offs

NYSEG has joined utility companies across the state in agreeing to suspend utility shut-offs during the crisis. While you should continue to keep current on bills, if you have just been laid off or had your hours reduced, you may qualify for [utility subsidies through the HEAP program](#).

Governor Cuomo Update

- 44,635 positive cases (49% of 91,029 total cases in the US), 6,481 people currently hospitalized, 1,583 ICU patients (+290), 2,045 patients discharged (+528)

- Medical staff volunteering to help provide staffing for additional beds has increased another 10,000 in *one day* for a current total of 62,447
- Mental healthcare volunteering has increased another 1,400 for a total of 10,099 volunteers
- Continuing to focus on flattening the curve, increasing hospital capacity. Schools were originally scheduled to be closed until April 1st-that date is moved out another two weeks until April 15th.
- Apex of need could be in 21 days.
- Hospitals still required to increase capacity by 50% and encouraged to get to 100% to get to 140,000 beds up from 53,000 beds (40,000 ICU beds will be required, NY started with 3,000)
- Wants to add more temporary hospitals (looking at the NY Expo Center, Brooklyn Cruise Terminal, College of Staten Island)



- Navy Hospital ship USS Comfort due to arrive on Monday 3/30/20
- Ready nursing homes and dormitories to serve as overflow space

National

Empowering and protecting families during the COVID-19 pandemic

Dr. David Price of Weill Cornell Medical Center in New York City [shares information in a Mar. 22 Zoom call.](#)

Phase 3 Coronavirus Package

\$2 trillion economic stimulus package ratified by the House 3/27/20 and signed by President Trump. Provisions include:

Small Business Provisions

- **Paycheck Protection: Forgiveness For Small Business Loans for Keeping Employees:**
Through the SBA's existing [7\(a\) loan program](#), the bill creates a "paycheck protection program" for small employers, self-employed individuals, and "gig economy" workers, with

\$350 billion to help prevent workers from losing their jobs and small businesses from going under due to economic losses caused by the COVID-19 pandemic. The “Paycheck Protection Program” would provide 8 weeks of cash-flow assistance through 100% federally guaranteed loans to small employers who maintain their payroll during this emergency. If the employer maintains payroll, the portion of the loans used for covered payroll costs, interest on mortgage obligations, rent, and utilities would be forgiven. This proposal would be retroactive to February 15, 2020, to help bring workers who may have already been laid off back onto payrolls.

- **Flexibility with Disaster Loans:** Businesses that have already taken advantage of the SBA's [Economic Injury Disaster Loans](#) will have the opportunity to “re-finance” those loans into the “paycheck protection program”.
- **Debt Relief:** For six months, SBA is required to pay all principal, interest and fees on all existing SBA loan products including 7(a), Community Advantage, 504, and Microloan programs for six months.

Tax Provisions

- **Money for American families.** A one-time check of \$1,200 per individual and \$500 per child for those with a valid SSN. There are no earned income or tax liability requirements to receive these rebate checks. The full rebate amount is available for those with incomes at or below \$75,000 for individuals, \$112,500 for head of household, and \$150,000 for married couples. The rebate amount phases out after those income levels.
- **Loosens Rules on Retirement Accounts.** A temporary pause for 2020 on the mandatory minimum distributions from retirement accounts allowing capital to stay invested instead of being forced to cash out. The bill also waives the 10% penalty on coronavirus-related early distributions from 401(k)s and IRAs, which applies to distributions up to \$100,000 made at any time during 2020.
- **Employee Retention Tax Credit:** Employers that face closure orders or suffer economic hardship due to the coronavirus crisis that continue to pay employees that are furloughed may be eligible for a 50% credit on up to \$10,000 of wages paid to those employees.
- **Delays Payroll Tax Payments for Employers:** Employers would be able to delay the payment of their 2020 payroll taxes until 2021 and 2022, leading to approximately \$300 billion of extra cash flow for businesses.
- **Restores Supports for Businesses Suffering Losses:** The bill also allows businesses to carry back losses from 2018, 2019, and 2020 to the previous 5 years, which will allow businesses access to immediate tax refunds.
- **Encourages Businesses to Invest in Improvements:** The bill would fix cost recovery for investments in Qualified Improvement Properties, which will allow businesses that made these investments in 2018 and 2019 and receive tax refunds now.

Unemployment Provisions

- **Expanded Unemployment Benefits:** Temporarily expands unemployment benefits to cover the self-employed, independent contractors, gig workers, etc. during the public health emergency. The bill also includes support to state and local governments and nonprofits so they can pay unemployment to their employees.

- **More Money for a Longer Period for More Workers:** Adds a \$600/week across-the-board payment increase through the end of July. In addition, for those who need it, the bill provides an additional 13 weeks of benefits beyond what states typically allow.

Coronavirus Relief Fund

- **Additional State Emergency Funding:** \$150 billion to States, Territories, and Tribal governments to use for expenditures incurred due to the public health emergency with respect to COVID-19 in the face of revenue declines, allocated by population proportions.

Additional Emergency Relief

- **\$425 billion for loans, loan guarantees, and investments** in support of [lending facilities established by the Federal Reserve](#) for the purpose of providing liquidity to businesses, states, or municipalities through purchasing obligations or other interests directly from issuers of such obligations or other interests.
- The bill **cuts red tape** to ensure that banks have room to provide the resources businesses need.

Additional Funding of Existing Programs

- The **Rural Business Cooperative Service** is receiving an additional \$20.5 million to facilitate making \$1 billion in lending authority available for the [Business and Industry loan guarantee program](#), which provides financing to business owners that might not be able to qualify for a loan on their own.
- The [Reconnect Pilot](#) is receiving \$100 million to provides grants for the costs of construction, improvement, or acquisition of facilities and equipment needed to provide broadband service in eligible rural areas.
- The [Community Development Block Grant \(CDBG\)](#) receives \$5 billion to provide communities and states with funding to provide a wide range of resources to address COVID-19, such as services for senior citizens, the homeless, and public health services. Funding will be distributed using the CDBG formula.
- The [Dislocated Worker National Reserve](#) is receiving \$345 million to help states and communities to respond to the workforce impacts and layoffs resulting from the coronavirus.
- [State and Local Preparedness Grants](#) receive \$1.5 billion in designated funding for state and local preparedness and response activities. When combined with the first supplemental, Congress has provided \$2.5 billion for state and local needs.
- The [Child Care and Development Block Grant](#) receives \$3.5 billion in grants to states for immediate assistance to child care providers to prevent them from going out of business and to otherwise support child care for families, including for healthcare workers, first responders, and others playing critical roles during this crisis.
- The [Community Services Block Grant](#) program receives \$1 billion in direct funding to local community-based organizations to provide a wide-range of social services and emergency assistance for those who need it most.
- The [Supplemental Nutrition Assistance Program \(SNAP\)](#) receives \$15.51 billion to provide additional funding for SNAP to cover waiver authorities granted in H.R. 6201 and anticipated increases in participation as a result of coronavirus.

- The [Emergency Food Assistance Program](#) receives \$450 million to provide additional funding for commodities and distribution of emergency food assistance through community partners, including food banks.
- **Veteran Affairs** receives \$14.4 billion to support increased demand for healthcare services at VA facilities and through telehealth, including the purchase of medical equipment and supplies, testing kits, and personal protective equipment. Also enables VA to provide additional support for vulnerable veterans, including through programs to assist homeless or at-risk of becoming homeless veterans, as well as within VA-run nursing homes and community living centers.

Specific Health Appropriations:

- \$100 billion to hospitals and other health care providers through a new program. The bill provides wide latitude to the Administration to determine program parameters. We believe HHS will hire a third-party claims processor, similar to a Medicare Administrative Contractor. This processor will use criteria, outlined by HHS, to determine (1) eligibility of provider, (2) justifiability of amount, (3) amount of claim, (4) payment, and any other information determined by HHS. We also assume there will be an administrative appeals process. We do not know specifics yet as this is a new program.
- \$16 billion to the Strategic National Stockpile to procure personal protective equipment, ventilators, and other medical supplies for federal and state response efforts
- \$11 billion to support research and development of vaccines, therapeutics, and diagnostics to prevent or treat the effects of coronavirus.
- \$4.3 billion to the CDC to support federal, state, and local public health agencies to prevent, prepare for, and respond to the coronavirus
- \$185 million through HRSA to support rural critical access hospitals, rural tribal health and telehealth programs
- \$200 million for CMS for priorities like assisting nursing homes with infection control and support states' efforts to prevent the spread of coronavirus in nursing homes
- \$1.32 billion in supplemental funding to community health centers on the front lines of testing and treating patients for COVID-19.
- \$340 million for rural broadband and telehealth infrastructure, as well as telemedicine initiatives.

Thursday 3/26/20

Inspiration of the day

“Life isn't about getting and having, it's about giving and being.” –Kevin Kruse

[Tompkins COVID-19 Mutual Aid Response](#) Facebook Group

[Tompkins COVID-19 Immediate Needs](#) Facebook Group

[Tompkins COVID-19 Food](#) Facebook Group

[Ithaca/Tompkins County "Offer Support" Volunteer Form](#)

[Community Resource Public Folder](#)

Local

COVID-19 Cases in Tompkins County

32 positive tests results, 462 pending test results. 515 negative test results, 1009 total tested, 354 in quarantine and being monitored, 526 released from quarantine.

Food Pantry Google Calendar

<https://calendar.google.com/calendar?cid=Z3ZzbWl0MThAZ21haWwuY29t>

Testing Update

NOTE: A doctor's order is no longer required to get tested in Ithaca for the Coronavirus.

If you develop symptoms, seek testing at the Cayuga Health Sampling Site located at The Shops at Ithaca Mall parking lot, 40 Catherwood Rd., between the hours of 10 a.m. to 3 p.m. Monday-Friday. Pre-register online <https://cayugahealthsystem.org/> or call the Cayuga Health Registration Line at 607-319-5708. Per Executive Order of Governor Cuomo, all tests for CV are free-of-charge for NYers.

City of Ithaca COVID-19 Resource Page

<http://www.cityofithaca.org/658/COVID-19>

Hotels for Essential Employees to Quarantine

Super 8 Motel has rooms available for quarantine, business travel or other needs
Contact: Sanjay Patel 973-807-2191

Baywood Hotels has rooms available. Contact 315-399-5501

Sarah Shutt 607-329-8839

Zach Fischl zach.fischl@mariott.com 607-379-6610

Transportation Update

For a list of the latest service updates in Tompkins County and the surrounding region go to Way2Go.org. Please be patient with us as we try to compile the ever-moving transportation service updates. Please call 2-1-1 if you have any questions.

[List of Tompkins County Transportation Updates](#)

[List of Regional Transportation Updates](#)

Safe Grocery Shopping Tips

[PSA Safe Grocery Shopping in COVID-19 Pandemic](#)

Places Hiring Workers

Tompkins Workforce NY has pulled together information on who is hiring in the area. You can find the info [here](#).

TCAT Update

TCAT will be reducing service for the second time this month starting Mon., March 30, while still maintaining as many travel options as possible for those who need to go out for essentials.

Ridership is now at about 10 percent of what it was before the recent statewide escalation of the coronavirus crisis, which has more and more people staying home and social distancing.

The newly adjusted service will better coincide with the lower demand while also providing more flexible scheduling to give TCAT drivers some relief.

The new schedules will be in effect tentatively through end of spring service period May 23, but they are subject to change depending on how the crisis evolves in the coming weeks. Given the unpredictability, riders are strongly advised to check [TCAT's Bus Tracker](#) and [MyStop and other apps](#) before boarding.

Reminder: TCAT is operating fare-free through April 9, to avoid rider-driver contact at the farebox.

Routes not operating are 11N; 11S: 53; 72, 74; 75; 81, 83W; 83; 90; 92 and 93. Routes typically operating only weekdays will be extended to seven days a week.

The following routes are to be adjusted as follows:

Route 10: Mon.-Fri.

Will operate from 8 a.m. to 6 p.m. Frequency reduced to 30 minutes. Last two trips will have a little more frequency starting from Seneca St. Station at 5:24 p.m. and 5:45 p.m.

Route 11: Mon.-Sun:

- **Outbound** hourly service from Green St. Station starting at 8:08 a.m. with the last trip at 6:08 p.m.
- **Inbound** hourly service from College Circle Apts. starting at 8:30 a.m. with last trip at 6:30 p.m.

Note: Route interlines (or offers one seat rides) to both the routes 15 and 13 to serve shopping areas.

Route 13: Mon.-Sun.:

Route shortened for efficiency and will only serve the Commons to and from Northside neighborhood, Aldi and Fall Creek.

- **Outbound** hourly service from Green St. Station starting 8:34 a.m. with last trip at 6:34 p.m.
- **Inbound** hourly service from Falls @ Lake starts at 8:51 a.m. with last trip at 6:51 p.m.

Route 14: Mon.-Sun.:

- **Outbound** hourly service starts at Green S. Stations at 8 a.m. with last trip at 6 p.m.
- **Inbound** hourly service starts from Cayuga Medical Center hourly at 8:25 a.m.; THEN (:27 on the hour) from 9:27 a.m. through 1:27 p.m.; and THEN (:35 on the hour) from 2:35p.m. to 5:35 p.m.
- **Last inbound departs Cayuga Medical Center is 6:36 p.m.**

Route 14S: Mon.-Sun:

Slight reduction in service. Routing change due to Hector St. construction.

- **Route leaves** West Village 10:28 a.m.; 11:23 a.m.; 12:18 p.m.; 1:13 p.m. and 2:08 p.m. (to serve Conifer/Linderman; Overlook and Cayuga Meadows.)
- **Return trip** departing Walmart 11:10 a.m.; 12:05 p.m.; 1 p.m.; and 1:55 p.m.

Route 15: Mon.-Sun.:

- **Outbound** hourly service starts at Seneca St. Station at 8 a.m. with the last trip at 6 p.m.
- **Inbound** hourly service from Tops starts at 8:14 a.m. with the last trips at 6:14 p.m.

Route 17: Normal service on routes that are scheduled to operate.

Route 20: Mon. Fri.:

Routing change due to Hector St. construction. Route will follow Elm to Westhaven.

- **Outbound** hourly service Green St. Station from 7 a.m. and 10 a.m. and outbound from Vet School at 2:15 p.m. and 4:55 p.m.
- **Inbound** departing hourly from Enfield Highway Dept. at 7:25 a.m.; 10:25 a.m.; 2:52 p.m. and 5:38 p.m.

Sat. and Sun.

- **Outbound** service from Green St. Station from 7:45 a.m. and 10 a.m.; Vet School at 2:15 p.m. and 4:55 p.m.
- **Inbound** from Enfield Highway Dept. at 8:10 a.m.; 10:25 a.m.; 2:52 p.m. and 5:38 p.m.

Route 21: Mon.-Sun:

- **Outbound** service from Green St. Station at 6:45 a.m. and 9:40 a.m., and Vet School at 3:03 p.m. and 5:50 p.m.
- **Inbound** departs Aubles Trailer Park at 7:15 a.m.; 10:10 a.m.; 3:50 p.m.; and 6:35 p.m.

Route 30: Mon.-Fri.

- **Outbound** half hour service from Green St. Station at 8 a.m. with last trip at 6 p.m.
- **Inbound** from Shops at Ithaca Mall 8:28 a.m. with last trip leaving mall at 5:58 p.m.

Sat. and Sun.

- **Outbound** leaving Green St. Station every hour from 8 a.m. with last trip 6 p.m.
- **Inbound** from Shops at Ithaca Mall every hour from 8:28 a.m. through 5:28 p.m.

Route 31: No weekend service.

- **Outbound** service from Green St. Station every hour from 8:05 a.m. through 6:05 p.m.
- **Inbound** service from Convenient Care every hour from 8:30 a.m. to 1:30 p.m.; and every hour from 2:38 p.m. through 5:38 p.m.

Route 32: Mon.-Sat.

- **Outbound** leaving Green St. Station every hour from 8 a.m. through 6 p.m.
- **Inbound** leaving Ithaca Tompkins International Airport every hour from 8:23 a.m. through 5:23 p.m.

Note: This route will no longer be interlined (or become a one-seat ride) with the route 15.

Route 36 and 37 to run clockwise and counterclockwise: Weekdays only:

- **A.M. outbound route 36** from Green St. Station at 6:40 a.m. and 9:48 a.m.
- **A.M. inbound route 37** from Lansing Town Hall at 7:12 a.m. and 10:20 a.m.
- **P.M. outbound route 37** outbound from Green St. Station. 2:45 p.m. and 6:05 p.m.
- **P.M. inbound route 36** from Lansing Town Hall 3:27 p.m. and 6:45 p.m.

Route 40: Mon.-Fri.

- **Outbound** from Green St. Station 6:42 a.m.; 10:55 a.m.; 1:10 p.m.; and 5:05 p.m.
- **Inbound** from Groton Express Market at 7:15 a.m.; 11:40 a.m.; 1:52 p.m. and 5:46 p.m.

Sat. and Sun.

- **Outbound** from Green St. Station from 8:40 a.m.; 11:35 a.m.; 1:10 p.m.; and 5:05 p.m.
- **Inbound** from Groton Express Market at 9:12 a.m.; 12:18 p.m.; 1:52 p.m.; and 5:46 p.m.

Route 41: Weekday only service has timing changes. Schwartz Center for Performing Arts stop relocated to Statler Hall due to construction.

- Trips will be running 20 minutes later in both directions. There will no trips inbound departing 11 a.m.; 12 p.m. and 1 p.m.
- **The last a.m.** outbound trip from Statler departs at 10:57 a.m.
- **The last p.m.** outbound trip from Statler departs at 5:57 p.m.

Route 43: Mon. - Sun.:

- **Outbound** from Green St. Station, first trip 6:40 a.m. and then 10:30 a.m., 1:30 p.m.; 6 p.m.
- **Inbound** from TC3/Dryden at 7:15 a.m.; 11:10 a.m.; 2:20 p.m. and 6:45 p.m.

Route 51: Mon. through Sun.

- **Outbound** service from Green St. Station hourly from 8:20 a.m. through 5:20 p.m.
- **Inbound** from Eastern Heights @ Skyvue hourly from 8:51 a.m. through 5:51 p.m. (**Please note that the inbound 51 at the Vet School interlines or becomes a route 67 and will first stop downtown.**)

Route 52: Mon.-Fri.

- **Outbound** from Green St. Station at 7:20 a.m.; 11:10 a.m.; 3:05 p.m. and 6:10 p.m.
- **Inbound** from Caroline Turnaround at 7:40 a.m.; 11:50 a.m.; 3:45 p.m. and 6:50 p.m.

Sat. and Sun.

- **Outbound** from Green St. Station at 7:20 a.m.; 10:10 a.m.; 3:05 p.m. and 6:10 p.m.
- **Inbound** from Caroline Turnaround at 7:40 a.m.; 10:50 a.m.; 3:45 p.m. and 6:50 p.m.

Route 53 not running: Use route 52 for service to Brooktondale.

Route 65: Mon. through Sun.

- **Outbound** from Vet School at 8:08 a.m.; 3:35 p.m.; and 5:05 p.m. and outbound from Green St. Station at 12:15 p.m.
- **Inbound** from Hillside View Trailer Park at 8:40 a.m.; 12:35 p.m.; 4:10 p.m. and 5:37 p.m.

Route 67: Mon. through Sun.:

- **Outbound** from Seneca St. Station at 7:05 a.m.; 10:45 a.m.; 2:50 p.m. and outbound from Vet School at 6:08 p.m.
- **Inbound** from Newfield Central School at 7:26 a.m.; 11:10 a.m.; 3:15 p.m. and 6:44 p.m.

Route 70: Sat. and Sun.

- **Outbound** hourly service from Green St. Station 8:30 a.m. through 5:30 p.m.
- **Inbound** hourly service from Shops at Ithaca Mall hourly from 8:58 a.m. to 5:58 p.m.

Route 72: not running. See route 32, which is running seven days a week.

Route 74: not running. See route 40, which is running seven days a week

Route 75: not running. See route 43, which is running seven days a week.

Route 77: Sat. and Sun.

- **Loop leaving shops at Ithaca Mall at** 1:30 p.m. 3 p.m. 3:55 p.m. and 4:55 p.m.
- **Leaving Village Solars** at 1:44 p.m.; 3:14 p.m.; 4:09 p.m. and 5:09 p.m.
- **Leaving Winston Court** at 1:55 p.m.; 3:25 p.m.; 4:20 p.m. and 5:20 p.m.

Route 81: No service. See route 82.

Route 82: Frequency to remain at 30 minutes with service operating between 8 a.m. and 6 p.m.

- **Southbound** from A Lot: first trip 8:15 a.m. every half hour through 5:45 p.m.
- **Northbound** from East Hill Plaza every half hour from 8:18 a.m. through 9:48 a.m. and every half hour after from 10:20 a.m. through 6:20 p.m.

As announced earlier, Green St. Station indoor waiting area will be closed until further notice.

TCAT is asking people to obey stay-at-home orders, practice social distancing and heed the advice of medical professionals. Use the bus only if you really need to. Don't board if you are sick or have any symptoms. Follow guidelines from the [Tompkins County Department of Health](#).

TCAT's customer service representatives are available from 8 a.m. to 5 p.m. Mon.-Fri. at (607) 277-RIDE (7433).

TCAT's FAQs will be updated periodically:

<https://www.tcatbus.com/frequently-asked-questions-about-tcat-the-coronavirus-crisis/>

Social isolation, homeschooling, and working at home

1) Self-Care is a priority and necessity: Continuing with regular schedules (as much as possible) and doing self-care will help to make this situation more familiar and will have a positive impact on mental and physical health.

2) School or work from home may be new for a lot of you. Create a dedicated space that is free from distractions and comfortable. Make sure to build in breaks for stretching and snacks. Build-in incentives for yourself and young people that can be given once certain tasks are completed.

3) Get regular exercise, take advantage of the spring weather and get outside. Go for a walk/run and enjoy the beautiful area we live in. Go to a park or outside area you have never been to but remember to keep social distancing.

4) Reach out to your school district for help with homeschooling activities. There are also online resources available to you. [This link will connect you to the 20 best homeschooling resources.](#)

5) Help spread the message that staying at home and social distancing is something we can all do to help ourselves, families, friends and our community. Below is the Tompkins County social media campaign:

a. We are asking you to be a Peer Influencer - Make a Public Service Announcement (PSA) video at home, highlighting all the things you are doing at home with your families during this time of Covid-19 Quarantine. Make them funny, creative, and unique to get the importance of this message out to everyone in Tompkins County. Once you make your video or photos for #stayhomeTompkins share with us on Facebook @ToCoYouth or on Twitter @TompkinsCoYouth. We CANNOT wait to see what you come up with!

6) Consider getting your teen to create a Zine (Quaren Zine). [Here is a PDF on how to get started.](#)

Thank You,

Kate Shanks-Booth (she/her/hers)
Director of Youth Services Department
Tompkins County
320 W. MLK Jr./State Street
Ithaca, NY 14850
(607) 274-5310 (phone)
(607) 274-5313 (fax)

State

Governor Cuomo Updates

37,258 have tested positive, 5,327 people currently hospitalized, 1,290 ICU patients, 1,517 patients discharged.

“The outpouring of support for NY has been inspiring. You’d be surprised by the number of offers of support, creative ideas, and calls we receive.

We had 12,000 health care volunteers in one day. Number of mental health professionals volunteering as of yesterday was 6,175 and today that number is over 8,600.” - Gov. Cuomo

National

Domestic Violence Support

WOMAN, Inc. is currently providing:

- 24/7 [support line services](#).
- Remote counseling via Zoom, Google Hangouts and over the phone in both English and Spanish.
- An online domestic violence support group.

For more information on DV supports click [here](#)

Wednesday 3/25/20

Local

23 positive tests, 236 tests pending results, 472 negative test results, 731 total tested, 351 in quarantine and monitored by Tompkins County Health Department, 487 released from quarantine.

Press Release from TCHD: Mango Mango Desserts

From Tompkins County Health Department:

An individual who worked two shifts at Mango Mango Dessert, a restaurant located at 159 Dryden Rd., Ithaca, NY has been confirmed to have COVID-19.

The food worker was at Mango Mango Dessert on the following dates:

Saturday, March 14 from 1:00 PM - 5:00 PM

Sunday, March 15 from 11:30 AM – 5:00 PM

If you ate at this restaurant during the times listed above, please do the following:

Self-quarantine in your home for 14 days from the date you were at the restaurant.

Monitor your health for any symptoms of cough, fever, and shortness of breath.

If you develop symptoms, seek testing at the Cayuga Health Sampling Site located at The Shops at Ithaca Mall parking lot, 40 Catherwood Rd., between the hours of 10am-3pm Monday through Friday. Pre-register online <https://cayugahealthsystem.org/> or call the Cayuga Health Registration Line at 607-319-5708.

“As more cases have been identified we have been preparing for situations where a broader segment of the population may have been exposed. Communications like this are meant to reduce further exposure by encouraging individuals who may have come in contact to act in the community’s best interest and self-quarantine even if they are not exhibiting symptoms,” stated Frank Kruppa, Public Health Director.

The public needs to prevent the spread of COVID-19 not just to protect themselves, but others in our community who are most vulnerable to getting very sick – older adults, those who are immune-compromised, and those with underlying chronic health conditions. Everyone can take these steps to stop the spread of COVID-19 and “flatten the curve” in our community:

- Stay home, even if you don’t feel sick, unless absolutely necessary.
- Keep 6 feet distance between yourself and others.
- Minimize in-person contact.
- Social Distancing does not mean emotional isolation, check on friends, coworkers, neighbors through phone and text.
- Wash hands well and often with soap and water for at least 20 seconds.

As this situation evolves, check the [TCHD website](#) for updates and [Frequently Asked Questions](#).

Resources for updated information on COVID-19

Centers for Disease Control and Prevention: <https://www.cdc.gov/.../2019-n.../index.html>

NYS DOH: <https://www.health.ny.gov.../coronavirus/>

World Health Organization: <https://www.who.int/.../novel-coronavirus...>

Visit the CDC's Traveler's Health webpage for the latest travel health notices at:
<https://www.cdc.gov/.../travel.../index.html>

A hotline is available for New Yorkers to call for information about COVID-19: 1-888-364-3065.

For more information go to the Health Department website: <https://tompkinscountyny.gov/health>.

Find us on Facebook @TompkinsPublicHealth and Twitter@TompkinsHealth.

COVID-19 Cases in Tompkins County Daily Report

Mental Health Resources

The Mental Health Association has compiled [a list of available support resources](#).

Cayuga Health Seeking Volunteers

Volunteers, supplies, face mask sewing. [Production at Cornell, Bartels Hall, Tuesday, March 24 will continue daily Monday-Friday and from 8 am - 3 pm.](#) If you are interested in helping with the surgical mask production, call Michelle Vellake. You can call her at 274-4535 (preferred) or mvellake@cayugamed.org

Specific requests include:

- Sewing volunteers that are able to bring personal sewing machines or make masks at home.
- Four (4) to aide in the supply of materials and packing masks to be sent back to the hospital daily into the supply chain at both Schuyler Hospital and Cayuga Medical Center. Patterns are being cut from blue wrap from surgical instruments being upcycled.
- Sewing machines, rotary cutter with extra blade, cutting ruler, sewing needles (size 90), all-purpose sewing thread, pipe cleaners.

3D Printing Medical Supplies

Hey Makers! Do you have a 3d printer at home?

[Ithaca Generator](#) is working with the Cornell College of Engineering and Weill Medical Center to make PPE for our medical providers in the city.

The design is done, and they are taking care of the clear plastic portion - but they are desperately looking for folks to print their STL file from home in PETG filament! The need right now is for 15k-20k units PER DAY - so every unit makes a difference. Please reach out to us to get involved!

Ithaca Tip Jar Randomizer

Tip Jar turned into a [Random Acts of Kindness](#) generator. Full list [here](#).

State

COVID-19 Emotional Support/Mental Health Healthline

1-844-863-9314 - a free, mental health hotline coordinated by NYS.

Governor Cuomo updates

- 30,811 total cases, 5,146 new cases - rate of new cases slowing in Westchester
- 12% of cases are hospitalized (3,805), ~3% of cases are in ICU (888)
- Need 140,000 beds, have 53,000. Looking at increasing beds in hospitals, FEMA and Army Corps, dormitories downstate, other facilities including nursing homes.
- Need 30,000 ventilators, have 4,000, purchased 7,000 additional, federal government is providing 4,000, exploring technological ability to “split” ventilators (share one unit per multiple patients)
- To date, 40,000 responses from retired healthcare professionals and other registered professionals currently not in direct healthcare that have volunteered for “surge healthcare staff”.
- COVID-19 Emotional Support Hotline 1-844-863-9314 (6,715 mental health professionals have volunteered to do this for free)

Federal

WHD Federal Guidance

US Department of Labor’s Wage & Hour Division (WHD) published its first round of implementation guidance pursuant to the Families First Coronavirus Response ACT (FFCRA). [Employee Paid Leave Rights](#), [Employer Paid Leave Requirements](#), and [FAQ](#)

Updates

President Trump and Governor Cuomo have been speaking directly, multiple times a day. Working in cooperation to find vendors, maximizing production of necessary medical equipment & supplies

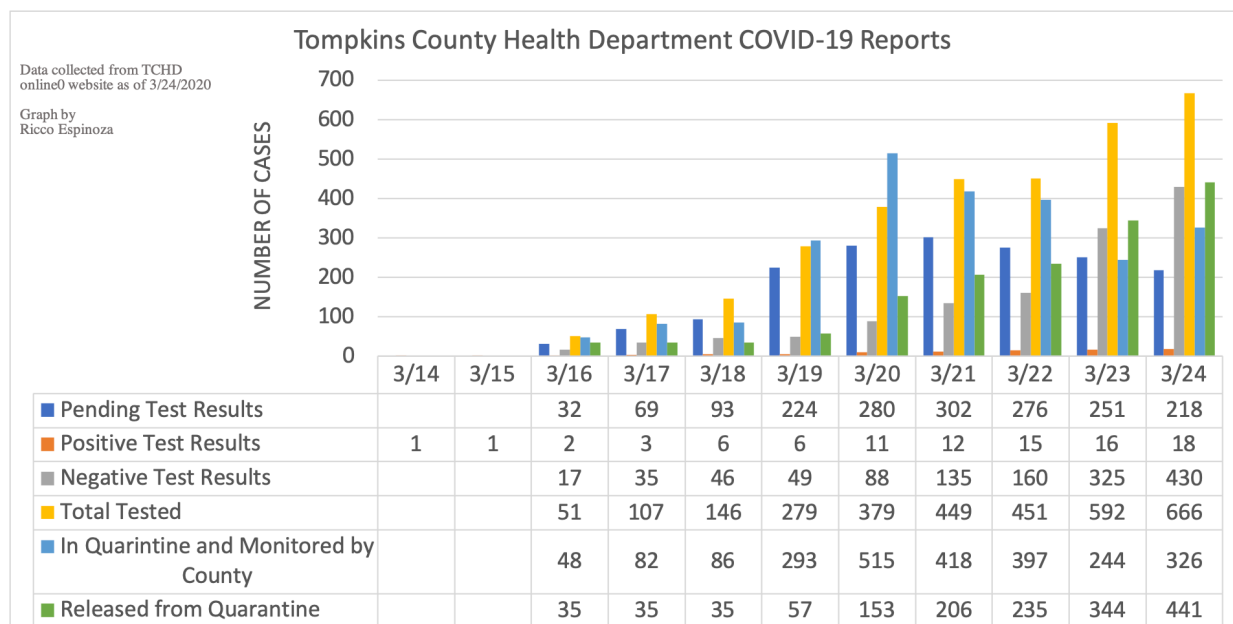
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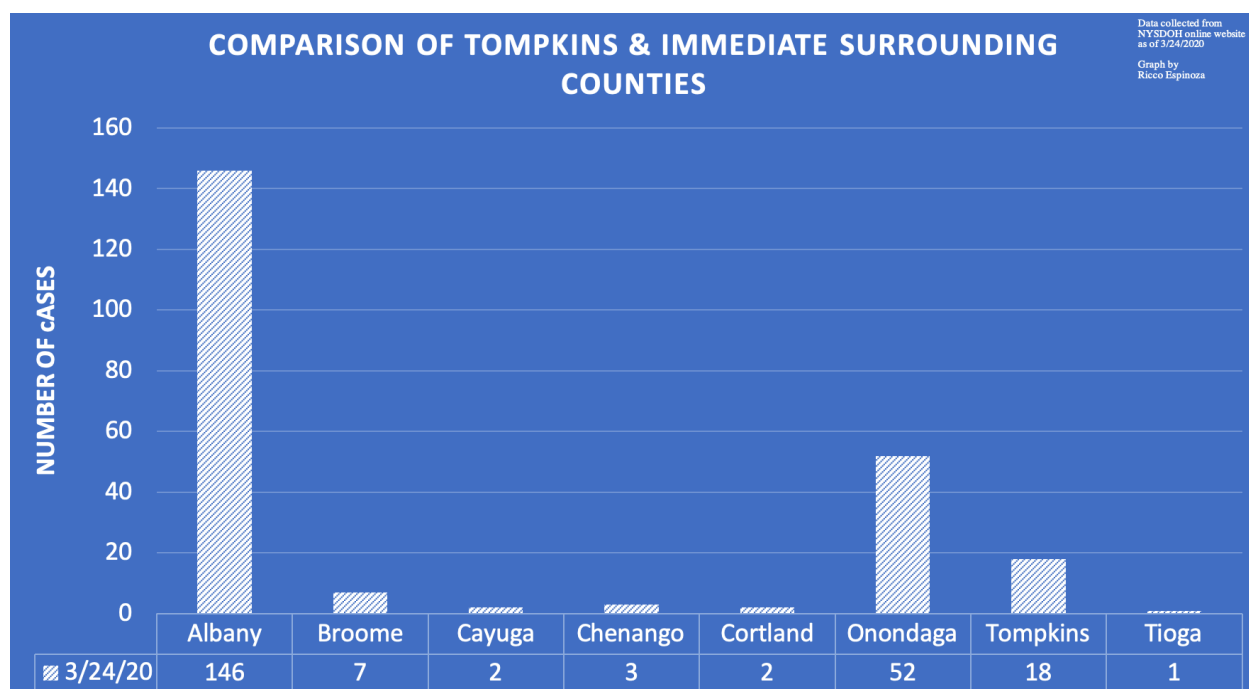
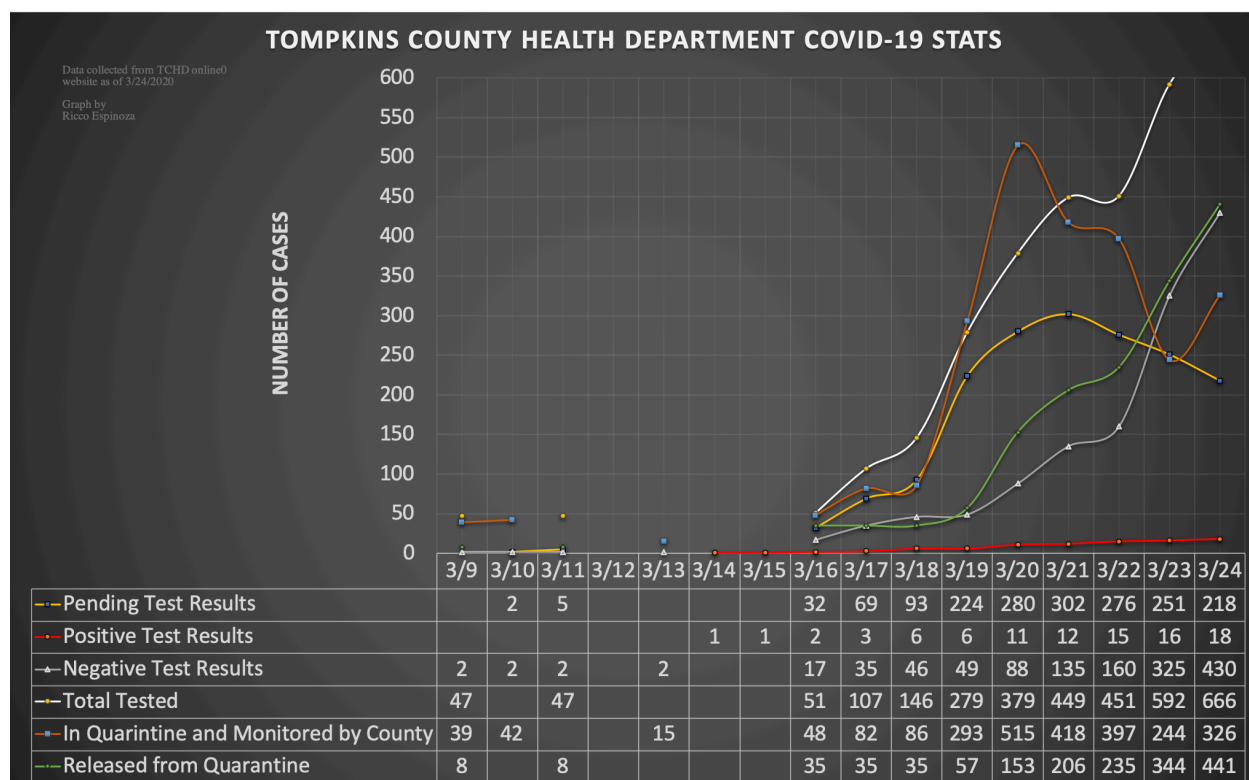
Local

March 24, 2020 Update 🦠🦨📈📉:

DATA IS COMPARED TO YESTERDAY'S NUMBERS

- Pending Test Results 🌀😞: 218
 - Down by 33 (13% ⬇️)
- Positive Test Results 😞: 18
 - Up by 2 (13% ⬆️)
- Negative Test Results 😞: 430
 - Up by 105 (32% ⬆️)
- Total Tested 🦠🦨: 666
 - Up by 74 (13% ⬆️)
- In Quarantine and Monitored by County 🦠: 326
 - Up by 82 (34% ⬆️)
- Released from Quarantine 🦠: 441
 - Up by 97 (28% ⬆️)





Drive-through testing facility in Ithaca

A new drive through testing facility is available in the portable structures in the parking lot of the Shops at Ithaca Mall.

If you're sick, or have been in close contact with someone who has tested positive, register online to take the test. Register online at www.cayugahealth.org or call (607) 319-5708 before going to the center; no doctor's order needed. Open 10 a.m. to 3 p.m. Monday - Friday, starting today 3/24/2020. All testing is free for New Yorkers, regardless of health insurance.

For instructions once you arrive on site, tune into 96.3 FM and follow the signs. Please bring a valid I.D. No one will be denied access to testing for lack of identification.

COVID-19 Cases in Tompkins County Daily Report

18 positive cases, 218 test pending results, 430 negative test results, 666 total tested, 326 in quarantine and monitored by Tompkins County Health Department, 441 released from quarantine.

Recovery Support

[Ithaca Community Recovery](#) - though the building is physically closed for now - the recovery community can still find meetings, help and support online. And "as always, the AA hotline is available. 607-273-1541."

A list of AA groups with virtual meetings [here](#).

Ithaca City School District Meal Delivery

The Ithaca City School District is offering free meals to all children for the duration of the school closure.

UPDATE: In order to help support travel and social distancing restrictions, beginning Tuesday, March 24, the ICSD will move to only home delivery for school meals. Meal pickup locations will no longer be operational.

Meals (breakfast and lunch) are available Monday through Friday from March 16th through April 10th. Meals will be delivered to families' homes on a daily basis.

Any ICSD family can arrange for daily meal delivery by completing our online delivery request form: <http://bit.ly/2U55Q5p>. Families should complete one form per week for all children in the household and submit the form at least 24 hours in advance.

If you do not have access to the internet, or otherwise need assistance completing the meal delivery request form, please call 2-1-1. The call center is available 24/7 and is also locally staffed Monday to Friday from 8:30 a.m. to 5:00 p.m.

All meals will be delivered to homes only and will be left outside. Please do not meet the delivery person at the door.

Weekly menus can be found on the [district website](#) and the [Ithaca School Food Facebook page](#).

Ithaca Tip Jar to support local service industry workers

[The tip jar](#) is operated as a sort of "phone book" — people submit their name, workplace and the payment service through which they can receive tips. Local bartenders, waitstaff, hairdressers and others who rely on tips are encouraged to [fill out the online form to have their info added](#).

Childcare

Coddington Road Community Center : We are proud to announce that our center has been approved as an emergency child care facility for parents and caregivers who are classified as "essential services". Please contact us at crcc@coddingtonroad.org or call us at 277-1434 and leave a voicemail for Heather at extension #3 if you are in need of care. Please be prepared to provide employment information as needed to verify essential designation.

Full Plate Farm Collective

[Offering limited availability of vegetable and fruit shares for pickup or delivery](#). There are HFFA subsidies available on Full Plate veggie shares. These cover half the cost of the share for WIC and SNAP eligible families.

Circus Truck - free meals for laid-off workers

FREE MEALS for laid-off workers, and great food for the rest of us, too, at the Circus Truck. Weekdays til 2pm in the west end. (607)229-5198 to order.

This week's schedule for completely FREE laid off worker meals :

MON 3/23 - housekeeper

TUE 3/24 - waitress/waiter

WED 3/25 - tattoo artist/body artist

THUR 3/26 - retail store floor/cashier

FRI 3/27 - dishwasher

Local Food, Farmers

- Groundswell Center for Local Food & Farming and CNY Young Farmers Coalition are holding a “virtual meet-up for farmers to skill-share, exchange resources, and brainstorm new ideas on Thursday, March 26th from 7:00pm to 8:30pm.” Zoom registration [here](#)
- Sean Dembrosky will be finalizing plans for distributing elderberry and currant cuttings for people to pick up downtown Ithaca to be able to grow food and medicine.
- Farm Serving Tompkins County: [Directory](#)

Homelessness

From Shawna Black - Tompkins County Legislator - District 11

Serving Tompkins County's Homeless Population During COVID-19 Pandemic

(Ithaca, NY) – During this challenging time we want to assure the community that services continue to be provided to our homeless population. Tompkins County Department of Social Services (DSS) along with St. John's Community Services have been working to accommodate the needs of homeless persons in our community while supporting social distancing to prevent the spread of the coronavirus (COVID-19).

Those who typically stay at the homeless shelter are currently being housed in alternate locations. The Code Blue population, which are those who are provided accommodations when it is 32 degrees or colder, are being served at the homeless shelter while ensuring good social distancing practices are implemented. In the event the number of individuals exceeds the number the shelter can accommodate, they too will be housed in alternate locations.

The Friendship Center is limiting their services but is still providing boxed meals for individuals and will accommodate those individuals who do not have alternate options for warmth and other needs.

Outreach staff, consisting of DSS staff and other community partners, are visiting individuals who are experiencing homelessness and have provided information and education on COVID-19 and continue to offer options for sheltering and other services. This outreach will continue, and resources will be encouraged and provided. Tompkins County DSS continues to serve the community mostly over the phone.

If individuals are homeless or experiencing a housing crisis, they can call 607- 274-5644 for housing services or 607-274-5345 for cash assistance.

If someone does not have access to a phone, they can come to the DSS office (320 West Martin Luther King Jr Street) where they will be met at the door and screened. Once they are cleared to enter, they will be able to call their worker from the lobby phone and will be assisted. Many community members have inquired about how they can assist the homeless during this time. If you are interested in volunteering your time to help, please contact 607-274-5022.

Human Rights Coalition Statement on Racism

The Tompkins County Office of Human Rights, Chair of the Tompkins County Legislature, Tompkins County Sheriff's Office and Ithaca Asian American Association strongly condemn recent acts of racist-motivated harassment, intimidation, verbal and physical attacks and microaggressions against our fellow Asian and Asian American community members. During the current COVID-19 pandemic communities in Ithaca and worldwide have been working together to mitigate its spread; making emergency provisions for those infected; and compassionately helping many whose lives and livelihoods have been disrupted.

Yet there are those, locally, nationally and globally, who have seized this moment to tear at the fabric of human community. The pandemic affecting us all, directly or indirectly, is global, untethered to any one locale, ethnicity, region, continent or hemisphere. This public health emergency, during which we practice social distancing, should not be exploited to foster racist division and ethnic scapegoating that separates us as human beings. We are all in this together. And we will eventually overcome this together.

We stand with and in support of all Asian and Asian American residents of Tompkins County and against anti-Asian discrimination. They should not be subjected to "cruel, inhuman or degrading treatment or punishment"—a violation of their human rights—because of Coronavirus. Please report incidents of discrimination to the Office of Human Rights, which can facilitate the filing of complaints regarding institutions and individuals with the New York State Division of Human Rights (607-277-4080; <https://tompkinscountyny.gov/humanrights/email>). Report acts of intimidation, verbal and physical attacks report to law enforcement by calling the 911 Center - 911 for emergencies, and 273-8000 for non-emergencies. Contact the Ithaca Asian American Association if you seek support an affinity group at iaaa607@yahoo.com; www.ithacaasian.org;

State

Governor Cuomo Updates

- NY case count is doubling every three days.
- Javits Center in Manhattan is being retrofitted by the Army Corps of Engineers into a 1,000-bed emergency hospital.
- As of Tuesday morning, NY had 25,665 cases, at least 157 deaths.
- Procured 7,000 ventilators, need 30,000.

Federal

Total cases (CDC data)

Total cases: 44,183

Total deaths: 544

Coronavirus Rumor Control

[FEMA Page](#) to help the public distinguish between rumors and facts

Tips to Keep Children Healthy

[CDC website](#)

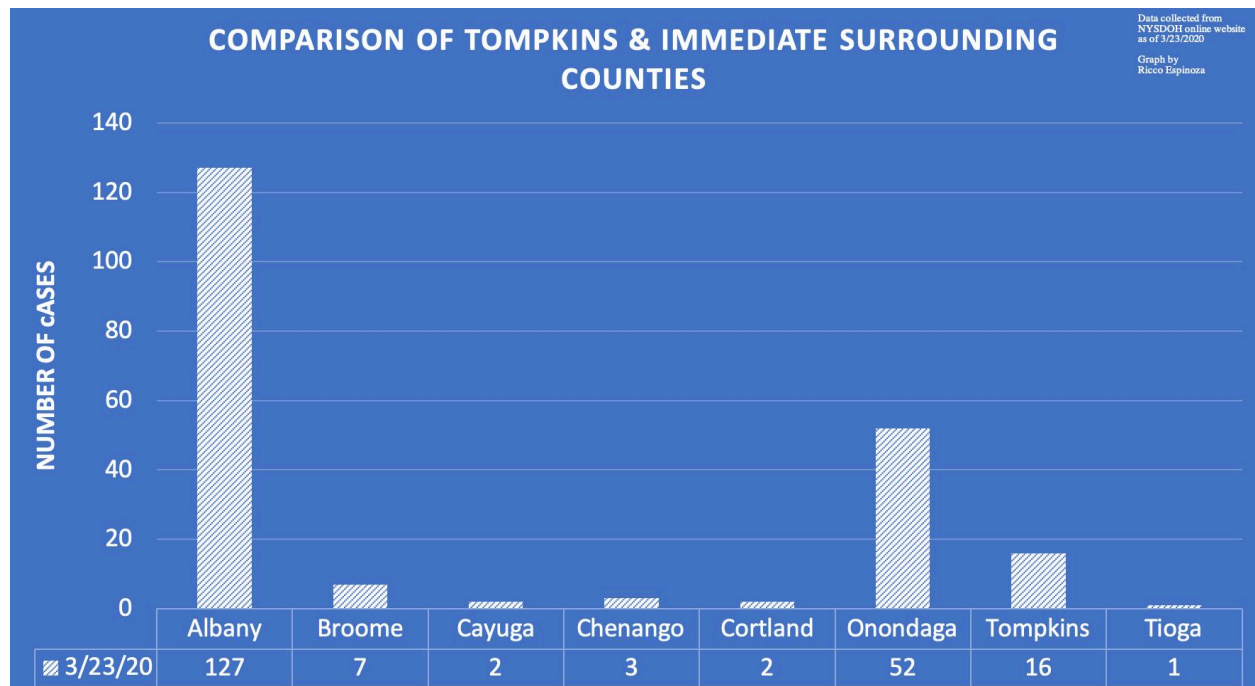
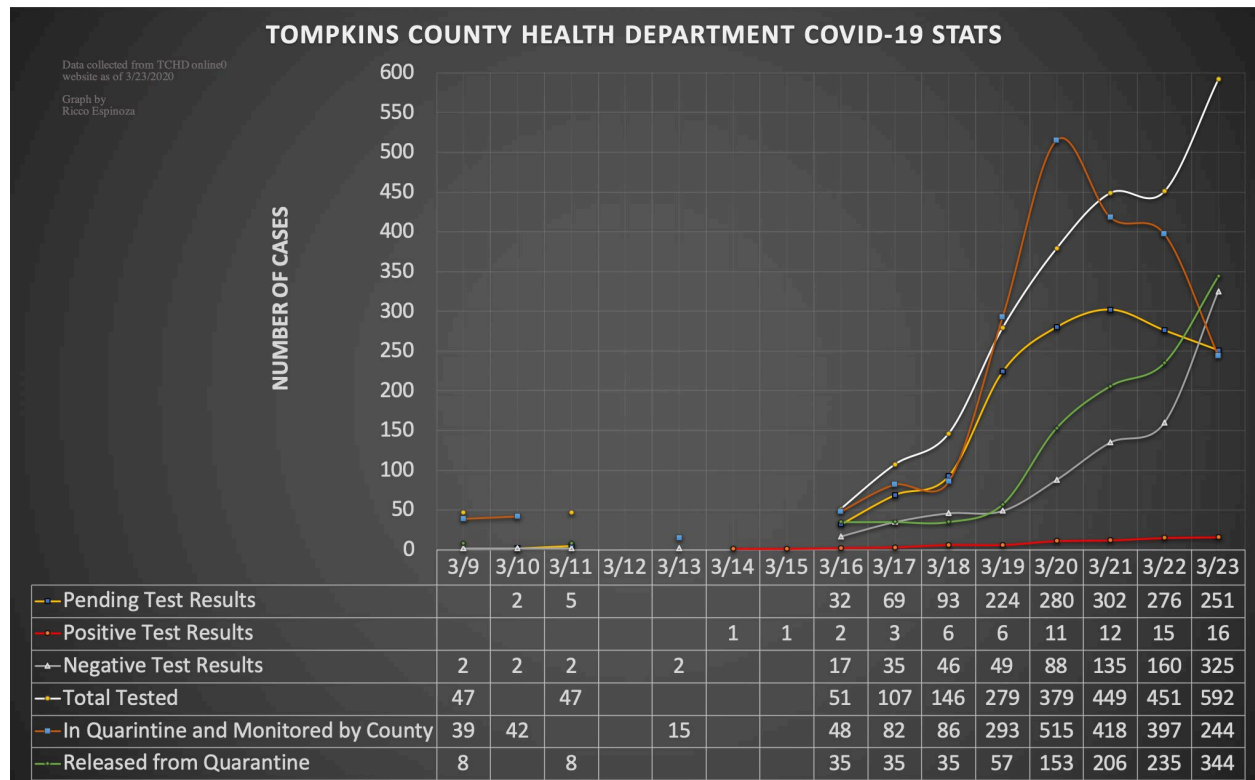
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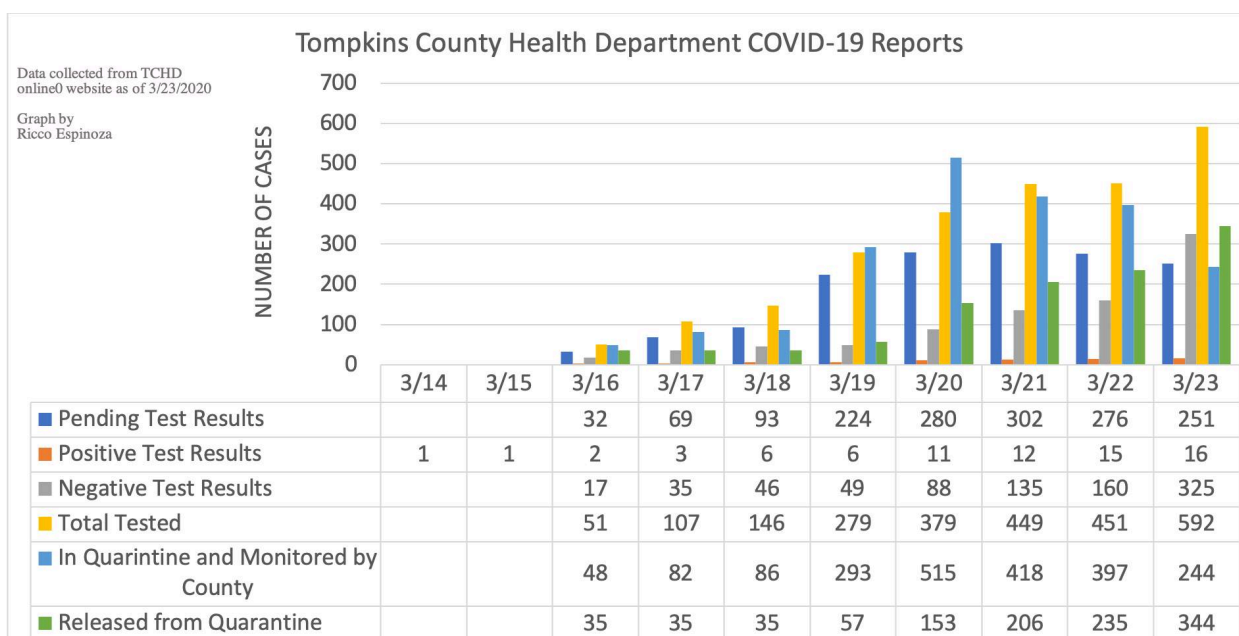
Local

COVID-19 Cases in Tompkins County Daily Report (Data is compared to yesterday's numbers)

- Pending Test Results 🌀😞: 251
 - Down by 25 (9% ↓)
- Positive Test Results 😞: 16
 - Up by 1 (7% ↑)
- Negative Test Results 😞🔪: 325
 - Up by 165 (103% ↑)
- Total Tested 🧪🔪: 592
 - Up by 141 (31% ↑)
- In Quarantine and Monitored by County 🚫👤: 244
 - Down by 153 (39% ↓)
- Released from Quarantine 🏃🏃: 344
 - Up by 109 (46% ↑)

Bar graph comparing Tompkins County's confirmed cases with its immediate surrounding counties. This may help gain perspective on how the county is doing relative to its surrounding counties.





Tompkins COVID-19 Mutual Aid Response Group Community Resource Folder

We have been working diligently to get organized. Here is what we have so far for our [Community Resource Public Folder](#). If you have more resources you would like added please email communityaidtompkins@gmail.com

COVID-19 Sampling Center in Ithaca

Cayuga Health and Tompkins County Open New COVID-19 Sampling Center in Ithaca

March 23, 2020 Ithaca, New York — Cayuga Health (CH) and Tompkins County officials announced today that they are opening a new COVID-19 sampling center location for patients who meet screening criteria for testing to handle more widespread screening.

The Sampling Center will be open starting Tuesday, March 24 from 10am-3pm, Monday-Friday. A new website with on-line registration is available at www.cayugahealth.org for patients to review the screening criteria and pre-register before their arrival, allowing greater efficiencies with patient volume and decreased wait times. In addition, a call center has been set up for patients who may not have access to Internet, need assistance registering, or have questions. The call center number is 607-319-5708. Individuals are strongly encouraged to pre-register prior to coming to the site.

“Testing for COVID-19 has rapidly evolved. Last week we were successful with opening one of the first COVID-19 sampling centers in New York State and we will continue to do what it takes to meet the healthcare needs of our community,” states Martin Stallone, President & CEO of Cayuga Health. “I want to thank [The Shops at Ithaca Mall](#) and our Tompkins County officials for their efforts and support in making this Sampling Center come together so quickly. I would also like to thank the entire Cayuga Health staff for their tireless dedication and hard work over the past several weeks.”

“This new sampling center is another way for us to do our part to flatten the curve, get people tested, and keep our community safe,” states Frank Kruppa, Tompkins County Public Health

Director. "We recognize there are limitations to this sampling site and we will continue to work to find solutions to ensure that everyone who needs to get tested is able to receive this service. I would like to thank Dr. Stallone and his entire team for leading this effort for the Sampling Center."

The criteria for testing includes two questions:

Have you had a recent onset of fever, cough, shortness of breath, or body aches?

Have you been in the same room with a person confirmed positive with COVID-19 in the last 14 days?

For those tested, they must go straight home, as they will be on *mandatory home isolation* as directed by the Health Department. Individuals will be contacted in about one week with the test result. Someone will contact individuals daily on behalf of the Health Department to ensure that there is compliance with mandatory home isolation.

The Sampling Center is located in portable structures at The Shops at Ithaca Mall parking lot and will be staffed by experienced and knowledgeable employees. Screening will include swabbing the throat and nose and will be sent to offsite designated testing centers for results. The new Sampling Center will replace the previous sampling facility, which opened on March 16.

Patients entering the screening location by car can tune into FM 96.3 to receive instructions about driving through the Sampling Center. In addition, signs will convey important information to assist with traffic control. If you do not have transportation, please do not take public transportation to the sampling center. Cayuga Health and Tompkins County officials are working closely to determine if mobile sampling is available or other transportation options. The public will be updated about these options.

The Sampling Center will open starting Tuesday, March 24, and will be open into the foreseeable future as needed. Hours will initially be 10:00 am - 3:00 pm Monday through Friday. The website can be found at www.cayugahealth.org. As directed by Governor Cuomo, COVID-19 testing is free for all New Yorkers, regardless of health insurance.

###

About Cayuga Health

Cayuga Health (CH) has two hospitals, Cayuga Medical Center and Schuyler Hospital, as well as a multi-specialty group, Cayuga Medical Associates. Combined employment, including affiliated organizations, is over 2,200 employees. CHS is clinically linked to Mayo Medical Laboratories, Rochester Regional Health for cardiac services, Roswell Park for cancer services, and the University of Rochester for neurosciences.

The Tompkins County Health Department is your partner for a healthy community.

For more information call the Health Department at 607-274-6600, or go to

TompkinsCountyNY.gov/health/factsheets/coronavirus

Find us online at TompkinsCountyNY.gov/health, and follow us on Facebook at

Facebook.com/TompkinsPublicHealth and on Twitter at [@TompkinsHealth](https://Twitter.com/TompkinsHealth)

Health Insurance Enrollment

SPECIAL ENROLLMENT PERIOD is Available for Uninsured New Yorkers.

Reminder: There is NO COST SHARING for COVID-19 testing across Medicaid, Child Health Plus, Essential Plan, and Qualified Health Plans

****New York State's official health plan Marketplace announced that eligible (uninsured) individuals will be able to enroll in insurance coverage either through the Marketplace or directly through insurers between March 16 and April 15, 2020.****

The open enrollment period for coverage in 2020 had previously ended on February 7, 2020.

Individuals who are eligible for other New York State programs - Medicaid, Essential Plan, and Child Health Plus - can enroll year round.

To apply for coverage, you may:

-Apply online at:

<https://nystateofhealth.ny.gov/>

-Call the NY State of Health Marketplace at 1-855-355-5777

-Call a local enrollment assister.

Assistors include certified navigators, certified application counselors, and facilitated enrollers.

-Human Services Coalition- call 607-273-8686, press 1; or schedule an appointment at:

<https://hsctc.org/health-insurance-assistance/>

-Southern Tier Independence Center - call 1-855-478-4262.

-Fidelis Care - Plan representative at 607-237-2101 Jaime or 607-222-5739 Nicole

In Tompkins and Cortland, you can call the 211 helpline (2-1-1 or 1-877-211-8667), 24 hours a day, 7 days a week for information resources.

The original press release can be found here:

https://www.health.ny.gov/press/releases/2020/2020-03-16_nysoh_special_enrollment_period.htm

Mental Health Resources

includes a [growing list](#) of mental health resources including free individual counseling, crisis lines, and groups.

- Post from Brian Denise Horvath - "Members of the Ithaca Therapist Community are offering pro bono short-term support to Ithaca area healthcare workers stressed by caring for our community during this difficult time. All therapists are licensed professionals in the Ithaca area." helpforhealthcareithaca@gmail.com

Ithaca Farmers' Market

Has switched to the open air market at Steamboat Landing. Currently scheduled for next Saturday, March 28th 10:30am-2pm at 545 3rd Street in Ithaca.

Press Bay Food Transfer

[curbside farm food transfer hub in downtown Ithaca](#). Offering farmer drop offs Mon-Thurs and customer pick ups on Thursday 3-7pm in an effort to keep food flowing through our community with an emphasis on health, safety and consistent access.

Renters & Business Owners

[Tompkins County Chamber of Commerce has resources from renters to landlords and patrons to business owners](#)

Mask Making for CMC

Post on Facebook Page about Mask making effort for Cayuga Medical Center (CMC)

"Please note that right now, Cayuga Medical Center is not accepting masks made at home as they need to ensure a secure, clean environment as these masks will go directly into the hospital supply chain. Specifics for the effort:

Production will happen at Cornell University, Bartels Hall, side basketball court.

Sewing begins on Tuesday March 24, from 8:00 am - 3:00 pm and will continue daily Monday through Friday. Please do not just show up to help. If you would like to volunteer please contact Carol at the contact info provided at the bottom of this post to sign up.

They will need the following volunteers daily:

- * 10 sewing volunteers who will bring personal sewing machines
- * 10 cutting pattern volunteers, no sewing experience required. Patterns are being cut from blue wrap from surgical instruments being upcycled.
- * 4 to aide in the supply of materials and packing masks to be sent back to the hospital daily into the supply chain at both Schuyler Hospital and CMC.

Additionally, listed below is requested to be brought in by sewing volunteers if you have these items available to you

- * Sewing machine if signing for sewing detail
- * cutting mat
- * Rotary cutter with extra blade
- * Cutting ruler
- * Sewing needles size 90
- * All purpose sewing thread
- * Pipe cleaners

If you would like to sign up to help please contact:

Carol O'Driscoll RN, BSN, BS

Sr. Director Perioperative Services

Cayuga Medical Center codriscoll@cayugamed.org

(607) 274-4632"

List of AA Meetings

Here's a list of AA meetings. With all meetings in Ithaca basically on lockdown, this is the closest we can get right now to a community share. Social media isn't nearly like the experience of human contact, but it's the best that can be done under the circumstances.

<http://aacny.org/wordpress/meetings/?tsml-region=ithaca>

Homelessness

Our country is wisely scaling back in-person gatherings to stop the spread of COVID-19. Governor Cuomo signed the 'New York State on Pause' Executive Order to assure safety for everyone. His executive order closes all non-essential businesses, enacts "Matilda's Law" to provide protections for vulnerable persons, and directs a 90-day moratorium on evictions.

The effects of these shut-downs are causing tremendous hardships for the most vulnerable Ithacans: the homeless, many of whom struggle with disabilities, health conditions, addiction, and compromised immune systems from the stress of living outdoors. We must do everything possible to ensure the health and safety of the unhoused in Ithaca, who run a high risk of infection and lack the space and resources to preserve their health. The current pandemic threatens to make a bad situation much worse. We must do everything possible to prevent this health catastrophe from metastasizing into a deeper social and economic crisis, with race and class defining who does well and who does not.

As the pandemic is growing in Ithaca, how is the local government helping Ithaca's homeless citizens?

- A team met at Ithaca's homeless encampment, the Jungle, today, led by Michael J. Thorne, P.E. Superintendent of City of Ithaca Department of Public Works
- Six encampments, housing approximately 15 people, must be vacated within the next 7 days.
- Construction of a de-watering facility will begin on Monday, March 30th.
- All items within the construction site (which includes six camps) will be considered abandoned as of that date and **will be removed (bulldozed with a large excavator)**.
- The homeless were directed to remove all of their personal belongings prior to March 30th.
- The CDC guidelines state, "If toilets or handwashing facilities are not available nearby, provide access to portable latrines, with handwashing facilities for encampments of more than 10 people." Presently, none of these items have been provided for the homeless to prevent the spread of COVID-19.

How will Ithaca Homeless Crisis respond?

- IHC does not intend to stand in the way of construction of the de-watering facility.
- IHC advocates for the dignity, rights, and safety of Ithaca's homeless.
- **IHC is opposed to construction starting on Monday, March 30, 2020 due to the coronavirus pandemic.** Forcing the unhoused to move during a time when our governor has enacted 'Matilda's Law' is reckless. In addition, CDC guidelines state, "do not clear encampments during community spread of COVID-19. Clearing encampments can cause people to disperse throughout the community and increase(s) the potential for infectious disease spread." The health and safety of the unhoused, as well as the health and safety of homeless advocates and volunteers who would be forced to help the homeless relocate, is at risk.

WE NEED YOUR HELP! CONTACT YOUR ELECTED OFFICIALS and call Michael Thorne at 607-274-6527, and politely request postponement of this project by 90 days (similar to the NYS 90-day moratorium on evictions). And, please share this information widely.

On behalf of the entire homeless community,

The Ithaca Homeless Crisis team

No one should need to worry about losing their home

when the health imperative is for everyone to stay home.

Update from GreenStar Cooperative

Dear Member-Owners, Volunteers, and Shoppers,

Thank you for continuing to support your local Co-op! As an essential service, we remain open and ready to serve our community. We have received many emails praising GreenStar staff and expressing appreciation for the actions we have taken so far to fulfill our social responsibility to both feed our community and help mitigate further spread of COVID-19. Your messages of support are especially appreciated and encouraging in these challenging times, and your expressions of thanks have been shared in a recent staff communication. Thank you for your kind words!

A great way that customers can continue to support GreenStar staff and protect one another is to honor the guidelines we are providing here for infection control and social distancing.

Below are some further actions we are taking at GreenStar for the benefit of both customers and staff:

High-Risk Customer Shopping Hours

Like many grocery retailers, we are joining in asking customers to consider our first hour of operation reserved for those identified by the CDC as high-risk, including people over the age of 60 and people with compromised immune systems.

Please Practice Social Distancing and

Hygienic Precautions While Shopping

- If you are experiencing any cold or flu-like symptoms, please do not come into the store for the safety of others. As a reminder, please practice social distancing when shopping by maintaining a distance of at least 6 feet between yourself, other shoppers, and employees.
- As always, please use our sanitizer stations to apply hand sanitizer upon entry and sanitizing wipes provided to wipe cart and basket handles. GreenStar continues to deep clean and sanitize the store and high-touch surfaces as possible throughout the day and after hours.
- You will see yellow floor markers approximately every 6 ft. throughout the West End store and at our check-out lane. Please use these markers as a guide to help maintain the appropriate 6' distance from other customers and staff.
- At checkout, please stand behind the 6 ft. marker until the customer being cashed out is done. Cashiers will sanitize the area before the next customer is allowed to place their groceries and begin the checkout process.
- Please use credit/debit cards if you can, and if paying in cash, please place money on the signing shelf to eliminate hand to hand contact with the cashier.
- Please do not bring in your reusable bags. Brown paper bags are available and we are waiving the 5-cent fee until further notice. We are asking shoppers who are able to bag their own groceries to do so to further limit shared handling of product and bags.
- We will not be providing empty boxes at the end of registers or in the foyer for customer use.

Changes for Bulk Foods Shopping

It was a very difficult decision, but we have determined that we need to close the bulk aisle in order to significantly reduce the possibility of exposure in this high contact area. We have created a Grab & Go bulk section in the deli/Aisle 2 area. Over the coming days we will be packaging dry bulk food items to shelve in this area. Small pre-packaged bags of snacks are on shelves in the deli. Liquid bulk items, such as vinegars, oils, and detergents will not be available at this time.

Current Limitations – Special Orders, Holds, Quantities

Please understand that due to limited staffing, the limitations of our facilities, and a rapidly developing situation, there are some programs we need to discontinue for now and also, there are some requests that we cannot accommodate.

- We are temporarily discontinuing our wholesale and special-order programs.
- We are not able to shop for our customers.
- We are not able to hold items for customers.
- We are not accepting orders or payment over the phone.
- We have chosen not to enforce limits on quantity of product purchasing at this time. We understand that there are many people who are shopping for themselves as well as family members or friends who are seniors, immunocompromised, or self-quarantining, which both protects people at high-risk and limits the number of people entering the store. We hope our customers will be considerate and mindful in their purchasing. However, we will continue to evaluate this decision and other measures on an on-going basis and notify you of changes or additional practices.

Grocery Delivery

We continue to offer grocery delivery through Instacart. More information is available [here](#).

What is GreenStar Doing for Staff?

The safety and well-being of our staff is our top priority and we know you care about the GreenStar team too. Gov. Cuomo announced March 20 that he will sign an executive order mandating that all employees except for essential services stay home. New York State defines grocery stores as an essential service. Those in our administrative team who can work remotely to fulfill vital financial, human resources, and communications functions have been working at home. Of course, we need staff on the retail floor and in the kitchen to continue the critical service we provide to the community. In addition to actions described in previous communications, these are further steps we're taking to support employees:

- We have suspended our attendance policy expectations and are permitting anyone who feels like they need to stay home to do so.
- Staff are permitted to wear protective gear, such as masks and gloves. We are providing gloves to employees. Some employees have their own personal supply of this protective gear. It has been widely publicized that masks, face shields, hand sanitizers, and others forms of protective gear are in very short supply. As they are manufactured, items are being directed to first fulfill needs in healthcare settings. Due to this shortage, we have not been able to source masks or face shields for staff. We are actively trying to obtain these items.

- We have installed plexiglass barriers at most registers in the West End store and we're working on barrier installations at our satellite stores. It takes time to source materials, manufacture, and install the barriers, so this may take a few days.
- We are allowing for staff-only shopping hours from 7 AM to 8 AM before we open to the public. For staff who are eligible to charge their groceries, their charge limit has been raised to \$150.
- Staff who are working in the stores can accrue 15-minutes of personal time for every hour worked. This is in addition to paid time off that staff can use from their existing banks and the additional 2 weeks of paid sick time that GreenStar is providing to every active GreenStar employee, including our substitute workforce.
- Both Federal and State lawmakers recently implemented measures to provide additional paid leave to employees affected by COVID-19. We expect to have more details about what has been decided, and how it impacts GreenStar by the beginning of next week.
- We are expediting our hiring process for temporary staff assignments to help with cleaning, sanitizing, stocking shelves, packaging food, and other duties.

Again, I want to express my thanks to our community, our customers, and our amazing staff for pulling together in this time of crisis. I truly hope that GreenStar can be a leader in our community by responding thoughtfully with a measured approach. I completely understand that some of the steps we've had to take over the past couple of weeks will be disappointing. Please know that our team is working around the clock to stay abreast of recommendations from the CDC, DOH, and mandates from our state and federal government, and we are in ongoing conversations to determine safe and equitable solutions to the challenges we are all facing. Thank you for being patient as we are committed to first communicating with our staff and then notifying our member-owners, volunteers, and customers of changes we need to make. I sincerely appreciate the patience, kindness, and cooperation that has been demonstrated through this experience. I will continue to provide updates.

Wishing you all good health.

In cooperation,
Brandon Kane, General Manager

Handling Mail

A little bit of information on our current situation and some things you may need to know if you'd like to stop the spread of the Coronavirus.

This virus can live for 24 hours on cardboard, 2-3 days on plastics and some metals. It can live on some metals for up to 9 days.

As a mail carrier, I wear gloves, sanitize those gloves and change them frequently, carry wipes and wipe down surfaces I've touched as not to spread anything. We do not have time to wipe down the 3-8,000 packages Ithaca gets everyday, seven days a week. (That's on average, but as more people are staying home, we're seeing more and more orders.) We've been instructed to sign for packages as to keep social distancing relevant. With the precautions we're taking and the influx of package volume (not to mention when people start getting sick, there will be less of us to carry the mail), we will be working late to get everyone their things. We have the same fears and concerns about this as everyone else does, but we are doing our best as individuals and an entity to keep our community and ourselves as safe as humanly possible.

If the public wants to help, do not come out to greet your mail carrier or delivery person, we love seeing you and enjoy the interactions, but at this time, it's safer to do behind a closed door or at a distance. Wipe down your mailbox, maybe even door handles if we need to use them to access your box or porch for packages. (Daily if possible, with disinfectant wipes.) Order all in one day, rather than getting packages six or seven times a week. Stay inside and don't let your children play with the neighborhood kids while they're out of school. (I've seen a lot of this while on my routes.) We all need to do our part in this. I know I'm keeping up my end. But chances are, with the exposure your mail carriers incur, we're almost guaranteed to get this. I cover five routes a week on those carriers days off, so I serve over 5,000 people in this community. Help us keep you safe and take the necessary precautions.

SBA Business Loan Information

SBA Economic Injury Disaster Loans will become available as soon as NY State moves through the disaster declaration request process with SBA, which is anticipated to start happening very soon. When this occurs press releases will be issued announcing the availability of the Economic Injury Disaster Loans with detailed information on the SBA website at www.SBA.gov/disaster. Below is information about this process and program.

Any Economic Injury Disaster Loan assistance declaration issued by the SBA makes loans available to small businesses and private, non-profit organizations in designated areas of a state or territory to help alleviate economic injury caused by the Coronavirus (COVID-19). Once a declaration is made for designated areas within a state, the information on the application process for Economic Injury Disaster Loan assistance will be made available to all affected communities as well as updated on our website: www.SBA.gov/disaster.

SBA's Economic Injury Disaster Loans offer up to \$2 million in assistance per small business to provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing. These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact. The interest rate is 3.75% for small businesses without credit available elsewhere; businesses with credit available elsewhere are not eligible. The interest rate for non-profits is 2.75%. SBA offers loans with long-term repayments in order to keep payments affordable, up to a maximum of 30 years. Terms are determined on a case-by-case basis, based upon each borrower's ability to repay.

SBA's Resource Partners: SCORE, Small Business Development Centers provide free counseling and low-cost training to help small business owners; Veterans Business Outreach Centers provide entrepreneurial development services to eligible veterans; Women's Business Centers give free and low-cost counseling and training to women entrepreneurs.

Childcare

Child Development Council staff are still here to help you with child care needs! We are working remotely and have made the following adjustments to how we communicate and work with those who rely on our services to find child care.

- If you need child care, call us at (607) 273-0259 or email info@childdevelopmentcouncil.org. We will return your call or email as soon as possible.

- Child care availability is being monitored and referrals will be provided to essential personnel.
- We will not be conducting non-essential site/home visits until further notice. We will continue child care inspections where necessary, and deliver food and resources to providers who remain open and are caring for children.
- Updates will be posted at Child Development Council [Website](#)

Meals on Wheels Donations

Good afternoon wonderful community! Foodnet Meals on Wheels is an essential service and will do everything we can do to stay open. As you know there are limited supplies of critical items. We need some of these items to help us stay safe and to help keep our community's most vulnerable safe. If you are willing to donate the following, please email me directly at jgosa@foodnet.org so we can make arrangements for the delivery of items. Arrangements for delivery or pick is key since we are also limiting non-essential visits to our organization. Thank you in advance for your help!

- Face masks
- hand sanitizer
- 3 non-touch Thermometers
- sanitizing wipes

Filing for Unemployment Update

IMPORTANT: If you are filing a new Unemployment Insurance claim via phone or web, the day you should file is based on the first letter of your last name:

A-F: Monday
G-N: Tuesday
O-Z: Wednesday

If you missed your filing day, please claim on Thursday or Friday.

Filing later in the week will NOT delay your payments or affect the date of your claim, since all claims are effective on the Monday of the week in which they are filed.

Curbside Farm Food Transfer Hub in Downtown Ithaca

A distribution option for area farmers with direct to customer sales online

For more info, please use our website:

<http://pressbayalley.com/pressbay-food-transfer-hub/>

Syringe Exchange Program Update

NYS has declared Syringe Exchange program Essential. Please call 607-227-8159 to arrange delivery or pick up. Staff will be in the office Tuesday and Thursday 2-5pm to fill orders by the phone.

Collegetown Bagels Update

Effective immediately, Collegetown Bagels is partnering with World Central Kitchen in efforts to keep the vulnerable members of our community well-fed. We have opened a community kitchen at our City Centre location at 301 E. State Street in downtown Ithaca. All pre-packaged soups, salads, sandwiches, and entrees are now offered on a "pay what you can" basis, up to two items per person, per day. Ithacan's that would like to aid in the effort have the option to "pay it forward" at the register to help buy the next meal for their neighbors in need. The restaurant will continue to offer their full menu for delivery, curbside pickup, or take-out. In addition, everything in the store is 10% off for members of the hospitality industry. Collegetown Bagels is following the guidance of World Central Kitchen, led by Jose Andres, to provide meals during this uncertain time and will continue to evolve to serve the needs of the Ithaca community.

House Calls and Contractors Thoughts

Hi all, local electrician here:

Just to share, a lot of the trades have been talking together re: procedures for our work during this time (there is not a lot of information specific to how we do things). Almost all of us are continuing to do important house calls, so just wanted to share a few thoughts:

- 1) Anyone who comes into your house should be explicit about the measures they are following to keep you and themselves safe. Washing hands immediately on arrival, wearing gloves if possible, being mindful of social distancing, etc. Telling this explicitly to customer when we arrive should be part of our first interactions.
- 2) If someone is working in a common space (kitchen, bath room, etc), please clean that area well before their arrival if possible.
- 3) Make sure people coming into your house are taking this seriously. Essential crews could be vectors for the virus. Feel empowered to request someone follow protocols or to communicate that they need to. Listen to your gut around someone in your house--always, but especially now.
- 4) Please give technicians space to work, especially in tight quarters. We move around a LOT, social distancing is difficult and stressful when we have to navigate around people watching us.
- 5) Wipe down and or clean things that are commonly touched after we leave (faucets, switches, door handles, etc). If we can a lot of us will do this ourselves after we finish our work.
- 6) Please be kind: a lot of us are concerned about doing the work we do now, and are feeling a lot of stress. This is a time for seriousness and gravity, but also compassion and grace.

Apologies if this is a repeat of something others have shared. If you have anything to share or add, we would all love the input. Thank you all for being such a wonderful community to be a part of.

-Chris

Postpartum Community Zoom

[Join](#) a few of the doulas from the Ithaca Doula Collective and other new parents in our community for a virtual meet-up every Tuesday afternoon!

Bringing home a baby or exploring life during the first year postpartum is an unpredictable and often isolating time...without the implications of a pandemic. While this will be more of an open forum to share your experiences, ask questions, and offer advice to one another, we will also be sharing resources and ideas to best support you throughout this unprecedented time.

We plan to "meet" each Tuesday afternoon from 2-3pm for the next 4 weeks, but may extend these sessions into the Spring if warranted. Bring your snacks, we'll keep it casual, and - as always - babes and kids are welcome!

<https://zoom.us/j/653034794>

Meeting ID: 653034794

Keeping Workers Safe

Grocery stores and supermarkets have been designated as essential businesses during the COVID-19 pandemic. To date cashiers have seen little in the way of job or workstation redesign to protect them from the virus. The Western New York Council on Occupational Safety and Health (WNYCOSH) is releasing the following guidance to improve working conditions for these frontline workers while at the same time reducing the risk of community spread. WNYCOSH would like to recognize that Wegmans' has already implemented our first recommendation for businesses across all of their stores. It is incumbent that these changes be made to reduce the risks of community spread and worker exposure.

For Businesses:

- Install floor markings to require customers to stand behind, until it's time to complete the transaction.

- Schedule handwashing breaks. Assign a relief person to step in for cashiers so they can wash their hands with soap for a full 20 seconds. Provide hand lotion so workers' hands don't crack.

- Schedule cashier station sanitation breaks. Assign a relief person to rotate through the store and sanitize all frequently touched surfaces.

- Relax all existing production standards and productivity monitoring systems.

- Explore ways to reduce handling of paper coupons, including substitutes that will not present a hardship to customers.

- Explore scheduling adaptations to accommodate childcare arrangements.

For employers working overtime and shiftworkers, make sure that there are at least 12 hours from the end of one shift to the beginning of the next shift so that workers working extra hours have plenty of time to travel to and from home and get 8 hours of sleep.

Find out which workers are at increased risk – older workers, immune-compromised workers, people with respiratory or heart disease, people with asthma.

Stores waive pick-up fees to avoid in-store crowds.

Encourage the use of credit cards over cash.

Post CDC guidelines in breakrooms.

Be alert for racism or discrimination against workers of Asian descent.

Understand the difference between cleaning, disinfecting, and sanitizing.

For Workers

Retail workers are among the heroes of the COVID-19 pandemic response. We need to protect the health of retail workers throughout the duration of the pandemic.

Many workers are feeling the pressure of trying to keep shelves stocked. They are working faster, skipping breaks, and working more hours. Stress, fatigue, and constant exposure to the public can make retail workers more vulnerable.

Take your breaks! Other people's urgency is real, but it cannot come at the expense of your health.

Take extra handwashing breaks. Hand sanitizer is helpful, but it is not a substitute for handwashing, especially if hands are dirty. Keep in mind that everything you scan at the cash register was handled by multiple people including customer; and that you handle money, coupons, and credit cards or store cards. Use the hand scanner if possible for store cards.

Secure your hair, to avoid having to touch your face to adjust stray hairs.

If you use a cellphone, remember that you touch it with your hands and hold it against your face. Use a disinfecting wipe on it regularly and before you take it home where family members might use it.

Get plenty of sleep.

Get the flu shot, keep all your other vaccinations up-to-date, including tetanus.

Please understand gloves don't offer significant additional protection. If you touch your face while wearing gloves there is the same risk of infection as bare skin. If using gloves they must not be reused and must be removed properly to avoid infection.

CONTACTS: Brian Brown-Cashdollar (716) 348-6199, WNYCOSH Program Director
Nellie Brown, MS, CIH (716) 852-1444 x111, Cornell ILR, The Worker Institute

State

Hate Crime Crisis Hotline

[NY AG launches hate crisis hotline amid rise in assaults of Asian Americans](#)

The hotline is (800) 771-7755 or email Civil.Rights@ag.ny.gov

Governor Cuomo's Press Conference

- "Socially distanced, but spiritually connected" "Finding the silver lining, the positive. Life is going to be quieter for a matter of months. Everything will function. Life will function. Everything will normal operations, there won't be chaos There's less noise. You know what, that can be a good thing in some ways. You have more time. You have more flexibility. You can do some of those things that you haven't done, that you kept saying, 'Well I'd love to be able to, I'd love to be able to.' Well now you can. You have more time with family." - Gov. Cuomo
- 20,875 Total Cases in NYS with 5,707 new cases (12,339 of the cases are in NYC). Hospitalization rate is 13% and 24% of those hospitalizations have resulted in intensive care.
- Emergency order instructing New York hospitals to increase hospital capacity by 50%, encouraged to increase by 100%
- New York State now accounts for 6% of global cases
- More than 30,000 retired doctors, nurses, and healthcare professionals have responded to the state's call for volunteers
- Testing has increased testing capacity from 1,000 people (10 days ago) to 16,000 a day
- 100% of the workforce must stay home, excluding essential services.
 - [Guidance on Essential Services under New York State on 'PAUSE' Executive Order](#) this is a reference for what services are deemed "essential" under the Governor's order:
- All non-essential gatherings of individuals of any size for any reason are temporarily banned.
- The FDA approved the use of a new experimental drug in New York on a compassionate care basis to help treat patients with COVID-19.
- Department of Motor Vehicles offices are temporarily closed for in-office visits. Online transactions, including for license renewals, are still available. License and permit expirations will be extended.
- An initial delivery of supplies has been made to the Jacob K. Javits Center where FEMA has started to build a 1,000-bed temporary hospital.
- Enacting Matilda's Law to protect New Yorkers age 70+ and those with compromised immune systems
 - Remain indoors
 - Can go outside for solitary exercise
 - Pre-screen all visitors by taking their temperature
 - Wear a mask in the company of others

- Stay at least 6 feet from others
 - Do not take public transportation unless urgent and absolutely necessary
- All barbershops, hair salons, tattoo or piercing salons, nail salons, hair removal services and related personal care services are closed until further notice.
- Casinos, gyms, theaters, retail shopping malls, amusement parks and bowling alleys are closed until further notice. Bars and restaurants are closed, but takeout can be ordered during the period of closure.
- Testing is free for all eligible New Yorkers as ordered by a health care provider.
- Your [local health department](#) is your community contact for COVID-19 concerns.
- **NYS on 'PAUSE': [Ways to support local business, and yourself, during the crisis:](#)**
- **Voting: [Info from the ACLU](#)**

National

- 33,404 cases in US, ~500 deaths, cases in all 52 states
- President Trump signed an order to combat price gouging
- US Citizens are [advised by the Department of State](#) to avoid all international travel.

3/22/20

Department of Motor Vehicles offices are temporarily closed for in-office visits. Online transactions, including for license renewals, are still available. License and permit expirations will be extended.

3/21/20

Governor Cuomo's Press Conference

- NY performing more tests per capita than China or South Korea, more than any other U.S. state
- 10,356 cases as of today; 15% of cases require hospitalization
- 1.5 million N95 masks being sent to NYC and Long Island
- 6,000 new ventilators being purchased by the state
- Federal Disaster declaration allows FEMA to pay 75% of the costs of disaster response. Federal government can waive the remaining 25% local cost and Cuomo has asked the government to waive it
- Requesting 4 field hospitals of 250 capacity each in Javits Center
- Various SUNY campuses being looked at for field hospitals
- Asking congressional delegation for a fix to recently passed federal coronavirus bill to include NY

- FDA getting 10,000 doses of Hydroxychloroquine + Zithromax; NY wants to participate in trials

3/20/20

Governor Cuomo's Press Conference

- Asks all New Yorkers to stay indoors ("We're all under quarantine now")
 - Cuomo is adamant about not using the phrase "shelter in place" because "words matter" but many people consider this essentially the same thing
- 100% of non-essential workforce must stay at home
 - "Essential" includes food service, groceries, internet, utilities like water and electricity, pharmacies, et al. See this list: <https://esd.ny.gov/guidance-executive-order-2026>
- New York will implement a 90-day moratorium on evictions for residential and commercial tenants
- NY, CT, NJ, and PA will temporarily close all barber shops, nail & hair salons, tattoo shops, & similar services in our four states effective tomorrow at 8PM.
- Now testing 10,000 people a day. Cases have surged to over 7,000.
- The state will be offering financial incentives for companies to manufacture masks and gowns
- Considering Javits Center and various colleges for setting up hospital space
- Need ventilators: currently the greatest need
- PAUSE - Policies Assure Uniform Safety for Everyone
 - essential business only; now moving to 100% workforce reduction excluding essential services (water, internet, food)
 - stricter rules for the most vulnerable population
- Remain indoors!
 - can go outside for solitary exercise; stay at least 6 feet apart from others you encounter
 - do not visit households with multiple people
 - vulnerable people should wear a mask
 - do not take public transportation unless urgent and absolutely necessary
- Civil fines for businesses that don't comply
- Young people who are taking this cavalierly: 20% of hospitalizations are 20-44!
- Worries about social isolation
 - Reach out (by phone, internet) to loved ones regularly to check up on them
 - Cuomo's own daughter is currently quarantined and he brought up a sweet, vulnerable conversation about the mistakes he's made as a father, etc.

Ithaca YMCA is distributing food until 5 pm - fruit, pantry items, veggies, etc.

3/19/20

Governor Cuomo's Press Conference

- Mortgage payments waived for 90 days for those not working or working only part-time
- New mandate: 75% of the non-essential workforce MUST work from home
- The state is now processing 7,500 tests per day, up from the recent 200/day. As a result 4,152 cases have been identified in NYS, 777 of them hospitalized
- Cuomo projects peak infection is still 45 days out. By that point, New York state could need 110,000 hospital beds, more than double its current capacity, and more than 37,000 ICU beds. There are 5,000 to 6,000 ventilators right now; the state is expected to need at least five times that.
- Governor Cuomo signed the bill guaranteeing job protection and pay for New Yorkers who have been quarantined as a result of novel coronavirus.
- Governor Cuomo signed an executive order directing all schools in New York to close by Wednesday, March 18 for two weeks ending April 1.
- New York State is waiving all park fees in state, local and county parks.
- Testing is free for all eligible New Yorkers as ordered by a health care provider.

There have been no NEW confirmed cases since yesterday in Tompkins County, we are totaled at 6 confirmed in the county. However the number of people tested has doubled since yesterday, and there are now 224 tests pending.

Tompkins County Waste and Recycling will remain open, and are considered an essential service.

Furthermore Mayor Myrick has directed sanitation workers to collect trash whether it has a tag or not.

Loaves and Fishes will remain open and is considered an essential service.

Mayor Myrick has instituted free parking up to 3 hours city wide, exceptions are handicap accessible spots and 2 hour limit locations, these will still be enforced.

TCAT is going fare free from 3/20-4/9.

Childcare is now available for essential services, and emergency personnel through the Child Development Council. Inquiries can be made at (607) 273-0259 or info@childdevelopmentcouncil.org

Free fresh-baked bread!

Joanna Alario is offering free freshly-baked bread:

"I still want people to have bread if they want/need it. I will have a cooler on covered front porch to enable a dropbox transaction to remove any human interaction. No payment necessary. If anyone is interested in some of my starter, I'm also offering that for free. Please be specific in the pick-up time column! And yes, this is truly free. HOWEVER, if you wish to contribute to the flour fund, you can venmo me whatever you wish: @Joanna-Alario.

FYI: If I don't know you personally, I would appreciate it if you could message me your phone number or email address on instagram (@sourjobreadco) or sourjobreadco@gmail.com just in case I need to contact you about your bread. Also, please put a reminder in your calendar about bread pick-up. IF I DON'T HAVE A WAY TO CONTACT YOU, I WILL NOT MAKE YOUR BREAD. (This is in an effort to not waste anything.)"

Sign up here:

https://docs.google.com/spreadsheets/d/1SgOeFHWG63jfe--yji1Pt_9gzaJS3ZmOGoeXtW8HUNE/edit

3/18/20

Drive-Through Testing Reminder

With a doctor's order, you can get a FREE test at Craft Rd M-F, 12-5. It's drive-through so you don't get out of the car, just get swabbed. They expect results back in 2-5 days (the swab has to be sent to a lab, and testing volume is very high). Those without health insurance or a designated primary care physician can go to Convenient Care to get doctor authorization.

Free Stress and Anxiety Management

Yoga Farm Ithaca, a nonprofit dedicated to supporting your mental, emotional and physical health, offers free stress and anxiety management practices, inspirational chats, and daily yoga and meditation classes. All totally free, live streamed or replayed. Join at:

www.Facebook.com/groups/yogafarm

Midday update 2:18pm

Recycling and Materials Management Department Update

The Tompkins County Recycling and Materials Management Department will continue to operate essential services in the coming weeks as public health officials work to address the COVID-19 outbreak.

The Recycling and Materials Management office, weigh station, and Recycling and Solid Waste Center will remain open. Users of the facility may continue to drop off trash and recycling, purchase and renew solid waste permits, pay for disposal, and complete most other routine use. Curbside recycling will continue as scheduled. Additionally,

Food Scraps Recycling Drop Spots will continue to operate throughout the County. Residents may continue to drop off their material as normal.

We ask that all users of the facility follow the [steps outlined by the CDC](#) to protect themselves and others and prevent spreading the virus. Clean your hands often, avoid touching your face, and avoid close contact. Take steps to protect others by staying home if you are sick, covering coughs and sneezes, and avoiding close contact.

Please visit the [Tompkins County Health Department website](#) for more information about COVID-19 and for updates about the situation in Tompkins County.

Contact:

Tompkins Recycling and Materials Management

www.recycletompkins.org

(607) 273-6632

For Immediate Release:

(Ithaca, NY) – Tompkins County is temporarily reducing its onsite workforce in compliance with an executive order issued by Gov. Andrew Cuomo. On March 16 Cuomo ordered local governments to pare down workforces as the COVID-19 situation evolves. This allows non-essential personnel to work from home or take leave. These measures will reduce, temporarily, the County's onsite workforce by 60%.

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Despite these reductions, the County is committed to maintaining critical services to the community and its residents.

“As we face the challenges of COVID-19, Tompkins County is committed to maintaining essential services for the community while, at the same time, maintaining the health and safety of the workforce.” said Tompkins County Administrator Jason Molino. This reduction in the County's workforce reporting for onsite work is a precautionary measure to slow the spread of COVID-19.

Changes to County related programs and services are as follows, and will be updated as needed:

Tompkins County Office for the Aging:

- All business will be conducted by phone. If you have an appointment or need services from the Office for the Aging, please call 607-274-5482.

- We encourage visitors to call and schedule an appointment by phone and not to walk in unless absolutely necessary. In the case that visitors do come to the office they will be greeted and asked to make an appointment.
- The Personal Emergency Response program medical monitoring will continue as usual and service inquiries will be addressed and prioritized on the phone.

Tompkins County Board of Elections:

- All Village elections originally scheduled for March 18th have been rescheduled to April 28th

Tompkins County Legislature:

- Legislature meetings as well as Committee meetings will be closed to in-person attendance by members of the public. Legislators and staff can elect to participate remotely. The public can listen in on the Legislature meetings by calling 646-558-8656 ID# 587 980 1385 and submit comments via email at legislature@tom-pkins-co.org
- All meetings of advisory boards, committees, and commissions will be suspended through the end of March

Tompkins County District Attorney:

- Will remain open during normal business hours with limited staffing
- Court system is open for essential matters only

Tompkins County Finance Department:

- Will be open 8:30-4:30 yet we strongly encourage utilizing online services
- If you need help with any services, please email: finance@tom-pkins-co.org or call Treasury 607-274-5543 or Accounting 607-274-5544
- Property Tax Payments may be completed online at www.xpress-pay.com
Please email for detailed instructions: finance@tom-pkins-co.org
- Residency certificates can be requested on line at <https://ifweb.tom-pkins-co.org/Forms/TC-CertOfResidency>

Tompkins County Health Department:

- The following programs have been suspended:
 - MOMS

- SafeCare
- Immunizations
- Healthy Neighborhoods Program
- Early Intervention
- Preschool Special Education Services
- WIC will take appointments via phone call at 607-274-6630 through March 31st. WIC will continue to provide benefits remotely.
- Environmental Health will have limited public contact; electronic and phone communication is encouraged.
- The public is encouraged to call ahead with inquiries about services.

Tompkins County Mental Health Services:

- Clinic and PROS Services:
- Essential services will be provided over the phone. Crisis, medications, injections, payee, and intake services will be available by phone Monday-Friday 8:30-4:30. Please call 607-274-6200 for information
- Anyone that comes to the building will be asked a few questions pertaining to travel outside the country, if they have been exposed to someone known to be in quarantine or exposed to COVID-19, or if they have symptoms. If they answer yes, they will be directed to seek the services of a medical provider and they will not be seen in the building.
- Care Management:
- Care Coordination will be available by telephone and offer the following:
 - Increased telephone communication to assess for immediate needs
 - Work with member's providers in order to link/connect member's to resources
 - Provide necessary supports during this time
 - Call the Care Management Unit at 607-274-6333

Department of Motor Vehicles:

- Will remain open to the public from 8:30 a.m.-12:30 p.m.

Department of Probation and Community Justice:

- Probation remains open for normal business and reporting with the exceptions of:
 - Day reporting program is closed
 - Community Service/SWAP has been suspended until further notice

Tompkins County Sheriff's Office

- Administrative Offices, including the Civil and Records Division is closed
- The following functions have been suspended:
- Pistol permit transactions
- Sheriff Identifications
- Background Checks
- Civil payments (can mail certified check or money order to the Sheriff's Office)
- Request for copies of reports – Please mail request with a copy of your government issued ID to the Sheriff's Office. In cover letter please include what records you are requesting, your mailing address, and a contact phone number
- All inmate visitation is suspended
- All group meetings are suspended for non-essential professional visitors

Tompkins County Department of Social Services:

- All business will be conducted by phone for the near future. For those with an appointment or needing services from the Department of Social Services, please contact your assigned worker or call 607-274-5345
- TCDSS will be screening all visitors to the building. People will be asked a few questions pertaining to travel outside the country, if they have been exposed to someone known to be in quarantine or exposed to COVID-19, or if they have symptoms. If people respond yes, they will be directed to seek advice from a medical provider, and they will not be seen in the building

Tompkins Workforce NY:

- Closed to the public.
- Unemployment Insurance Claims: The State is working to alleviate the significant pressure the influx of unemployment claims has created on the workforce system. Therefore, the New York State Department of Labor has just released a new schedule for individuals filing new Unemployment Insurance Claim by phone or web. As a reminder the 7-day waiting period has been waived https://labor.ny.gov/ui/how_to_file_claim.shtm
- The day you file is based on the first letter of your last name and filing later in the week will not delay payments or affect the date of your claim. Claims are effective on the Monday of the week of filing:
- A-F: Monday
- G-N: Tuesday

- O-Z: Wednesday
- If you missed a filing day, claim on Thursday or Friday

Tompkins County Department of Veterans Services

- No walk-ins. Please call for an appointment, 607-274-5920

County Administration asks for the community's patience during this challenging time. It is advised that if community members need services provided by a department of the County, call in advance for availability.

End of Release

Canada Closes the Canada US Border

[Families First Coronavirus Response Act](#)

[United Way COVID-19 Economic Relief Fund](#)

[Coronavirus living for hours on surface](#)- **Jon Harrod's post** "The sources I've been reading indicates that the virus can survive 3-4 days on surfaces like plastic and metal. I've been thinking about how to adapt for this when making deliveries to people with underlying medical conditions like asthma, COPD, diabetes etc. that really should be in 100% isolation. What I've come up with is, leave the delivery in a secure location (remotely unlocked car trunk, garage, mudroom etc) where it can decon for a necessary time. Then the recipient can get it in safety. Obviously only works for nonperishable items."

Sarah Rice asked "While in social distancing/isolation mode, is it safe to go out for a walk in the streets? To be on the other side of the street from other people walking in the opposite direction? How about the black diamond trail? Is that too close to be passing by someone going in the opposite direction?" The answer was it is ok as long as you keep a 6 foot perimeter around you and other individuals. If this information is incorrect please contact us at communityaidtompkins@gmail.com

[Amazon has suspended all shipments except medical supplies and high demand products](#)

Regional Access- For your Customer Pickup Order, Please Proceed to the Overhead Door to Your Right and Text the Phone # on the sign on the Overhead Door.

Please, only electronic payments at this time.

Thank you, from the Regional Access team! www.regionalaccess.net

First shift is starting at Foodnet- Meals on Wheels

<https://www.facebook.com/FoodnetMealsOnWheels/>

They usually pack 700 meals, through emergency United Way funding they are doing a total of 8,700 meals!!!

👉 This great organization is still seeking an additional \$10,000 in funding that they are missing due to their Mac N Cheese Bowl being cancelled due to COVID-19. Head over to their FB page or the link in the pic to donate.

👉 They also have a plan to pack up 14 day packs in case folks are in quarantine or if they have to shut down for a couple of days.

❤️ What a great group!! They are taking very limited volunteers due to precautions, but money is always helpful ❤️

❤️ Maine's Trucking has donated a refrigerator truck to hold the excess meals

❤️ A few Cornell Women's Hockey ladies are here to help us load truck and run supplies.

Community Support is awesome! Keep it up!

Governor Cuomo

State Will Organize National Guard, Building Unions and Private Developers to Identify Sites to Retrofit Existing Buildings and Convert Them to Medical Facilities - Goal of Creating 9,000 Additional Beds

Directs Nonessential State Workforce Statewide to Work from Home Starting Tomorrow

Directs Local Governments to Reduce Workforce by 50 Percent and Allow Nonessential Employees to Work from Home-This means that no more than 50% should report to work outside of their home

NYC, Nassau, Suffolk, Westchester & Rockland must have childcare, educational services & meal programs in place by midnight and ultimately approved by State
State to Open Drive-Through Mobile Testing Facility on Staten Island — the First in New York City - and in Rockland County

NYS will waive all park fees in state, local and county parks

[Coronavirus Live Tracker](#)

[Food Pantry Update](#)

3/17/20

1. A third case in Tompkins County has been identified as testing ramps up:
https://www.ithaca.com/news/ithaca/tompkins-county-now-has-three-positive-covid--cases-testing/article_fda362c8-6893-11ea-b6df-73a33b3fb6ba.html
2. County Administrator Jason Molino signed an Executive Order requiring **all licensed childcare centers in Tompkins County to close Wednesday, March 18 to April 13, 2020**. This decision was made in collaboration with the Tompkins County Health Department, Child Development Council, Human Services Coalition, and other community partners.
3. Wegmans hours updated again: 7am - 10pm
4. Group members put out a call for help from family law practitioners who can answer questions about protecting a child under shared custody with a co-parent. There were concerns about shuttling children back-and-forth and questions about whether custody agreements can be suspended in order to keep a child in the safest environment.
5. Note about pollen aggravating respiratory symptoms and the confusion of mistaken diagnoses compared to COVID. Spring weather is coming early and the plants are getting ready!
6. Group member Paula has been compiling a list of local restaurants that have confirmed via their websites or social media that are offering takeout or delivery with notes on the particulars for each business (e.g., if they offer curbside pickup, etc):
https://docs.google.com/document/d/1d4u_ZJ93-PrbKv_LsVYnFo0rGUteTtLk4MRb4NUePmE/
7. Group member Becca et al have been compiling a directory of farms willing to deliver and/or with a farm stand. This is a living document and will be updated and changed for as long as we need it — more farms will be added as the season continues. A huge thank you goes out to Justin Smith for building this document:
https://docs.google.com/spreadsheets/d/1duF9uHalh0d3OOYbz7mWhE_-BJRKDOU3lcFqbxJirvY/edit?usp=sharing
8. The Downtown Ithaca Alliance continues to monitor and update downtown stores and restaurant services. They have a list of business offerings at:
<https://downtownithaca.com> with notes on which stores are closed completely until further notice and which are offering by-appointment services, online

shopping, and/or curbside pickup/doorstep delivery. People can subscribe to the enews for these updates in a weekly digest on Wednesdays.

9. Ithaca Doula Collective has a Doula Accessibility Fund for free doula care for income-eligible families, as CMC is limiting who can attend a delivery (no friends or family, for example):

<http://www.ithacadoulacollective.com/apply-for-a-doula.html>

The collective is being hyper-vigilant with CDC and Department of Health recommendations, universal precautions, and self-isolating as a way to protect our clients

10. Suggestions for safe places to work outside the home with wifi

- a. Press Bay Alley
- b. Outside of libraries (Tompkins, Lansing, Newfield, Ulysses)
- c. Outside of private businesses:
 - i. McDonald's
 - ii. Ithaca Bakery
 - iii. Panera Bread
 - iv. Wegmans
 - v. Starbucks
 - vi. Gimme Coffee
- d. Cornell Campus visitor network access
- e. Spectrum wifi throughout the county

11. Mutual aid fund for LGBTQI+ BIPOC folks (note that this is not Tompkins County-specific):

<https://www.gofundme.com/f/covid19-relief-fund-for-lgbtqi-bipoc-folks>

The fund prioritizes LGBTQI+, non-binary, gender fluid, and gender non-conforming people of color because they often have fewer ties to familial support networks, have historically been simultaneously overlooked and surveilled by welfare state systems, their needs have been surplus to mainstream political formations, and they tend to work in the gig economy.

12. A friendly reminder from Mayor Svante Myrick to not be racist as we all navigate this crisis: <https://www.facebook.com/svantem/videos/10106360138927405/>

His remarks reference a few incidents of people verbally harassing Asian people by yelling at them or calling them names blaming them for the COVID-19 pandemic.

13. A reminder for those of us lucky enough to be able to work from home, but aren't used to it: make sure you're backing up your hard drive to prepare for failure

- a. On Mac [Carbon Copy Cloner](#) and the built-in [Time Machine](#) are good tools
- b. On Windows use the built-in backup feature:

<https://support.microsoft.com/en-us/help/17127/windows-back-up-restore>

- c. Google Drive provides 15 GB of free storage online:
<https://www.google.com/drive/download/backup-and-sync/>
- d. Automatic cloud backup solutions like [BackBlaze](#)

3/16/20

1. To Listen or Read the [WRFI Coronavirus Update, March 16, 2020](#), visit their website <https://www.wrfi.org/news/>.
 - a. Effective 8PM Monday in New York State, New Jersey, and Connecticut, crowd capacities must be reduced to 50 people, restaurants and bars will be takeout and delivery ONLY, Gyms will close, Movie theaters will close, and Casinos will close. That's according to New York Governor Andrew Cuomo. Grocery stores will remain open.
 - b. In the last two days, Tompkins County Health Department has announced two confirmed cases of coronavirus, or COVID-19 in the county. The first infected person is a member of the Ithaca College community who tested positive after they became symptomatic on March 5. The second infected person has been in isolation since the samples were collected for testing. The Tompkins County Health Department has started a contact investigation to determine if there were any additional exposures.
 - c. New York State's total number of cases has hit 950, according to the state Health Department.
 - d. On Friday, Tompkins County officials declared a state of emergency and announced the closure of all county schools from Monday, March 16 through April 12.
 - e. Cayuga Medical Center has also announced [new COVID-19 precautions](#) that limit visitors to the hospital and increase the screening process in order to enter the building.
 - f. Tompkins County Sheriff Derek Osbourne announced Sunday that they're suspending inmate contact visitation within the county to prevent the spread of COVID-19. In addition, all non-essential professional visitors will not be allowed into the jail. To make up for the suspension of visitation, each inmate will be provided with a limited number of free phone calls. New inmates entering the jail will be housed separately from the general population, until they can be examined by a medical professional.

2. Group is not a place to call out or shame sick people.
3. Repost of Mutual Aid Volunteer form, people asked whether there is a similar form to request services; will assemble volunteers first. We are connecting with various established Ithaca Agencies to match volunteers with projects.
4. [COVID-19 Response Fund Launched for Gifts to be Used to Support Essential Nonprofit Services](#) The COVID-19 Response Fund will provide flexible resources to basic needs nonprofit organizations in our region working with our communities to address how they and their participants are impacted by this crisis.

Unemployment Compensation: some people are laid off, others go to work (at a restaurant) and the business is just closed. Don't know how to handle that. People also are having trouble filing or getting through and the web site is crashing. If the website is crashing, you can try calling 1-888-209-8124. You don't need a formal letter stating you have been laid off in order to file, but you do need to know your EIN (should be on the W-2 from the job in question). Very high volume on phone and internet, even though the 2 week waiting period has been waived, the system has not been updated and you still get a message saying there is a wait.

MEDICAL INFO

1. Drive-through testing facility at Women's Health of CMA on Craft Rd. CMC is working on a release. Open 12-8 tomorrow. Please be aware that in order to get tested you will need orders from your primary care provider. You cannot just show up and get tested. If you do not have a primary care provider, the health department has instructed that you call convenient care (607) 274-4150 or WellNow (formerly 5 star urgent care) (607) 319-4563 or call 211.
2. PLEASE do not rush to the emergency room with COVID-19 symptoms unless you are truly experiencing an emergency (can't breathe, etc.). If you are at all able, call your healthcare provider or the hospital BEFORE showing up so they can prepare for your arrival/assess whether you need to be seen urgently. Many respiratory illnesses will self-resolve, and at this moment, the CDC and local health care providers are recommending that you STAY AT HOME and self-isolate for mild respiratory illness so we don't overwhelm our medical system with non-emergencies. There will likely be a community testing center soon where people can get rapid testing, but at the moment, please protect and reserve our healthcare facilities for those experiencing life-threatening emergency. (And for what it's worth, there are MANY illnesses circulating in our

community right now that cause fever and cough, including several strains of flu, adenoviruses and other coronaviruses. In all cases, you should stay at home for mild cases and/or call your healthcare provider for guidance in order to protect our community.)

3. Upstate University Hospital opens new triage phone line dedicated to COVID-19
 - a. Upstate University Hospital has opened a regional triage line dedicated to answering Central New York's questions about COVID-19.
 - b. The line officially opened on Saturday at noon and will take calls daily from 7 a.m. to 11 p.m. at 315-464-3979
4. [The Occupational Safety and Health Administration released on Monday guidance to help employers prepare their workplaces for an outbreak of COVID-19 — along with a reminder that any incidents of employees contracting the novel coronavirus at work are recordable illnesses, subject to the same rules and failure-to-record fines as other workplace injuries and illnesses.](#)
5. Health Benefits Reps for Fidelis in Tompkins county are Nicole Argetsinger and Jaime Siemon. During this crisis we are able to meet/ process applications via phone for those individuals who are uninsured. *Many are suffering from loss of employment as well which makes them Medicaid eligible.* We are here to help individuals who are in need immediately for free or low cost insurance. Please do not hesitate to call us as a resource during this crisis. Nicole: 607-222-5739
Jaime: 607-237-2101

FOOD INFO

1. Governor Andrew Cuomo announced the mandatory closing of all bars, gyms and theaters and restricting restaurants to take-out service and banning gatherings of greater than 50. One solution to combat the steep economic downturn is purchasing gift cards and ordering take out from your local businesses.
2. Free to-go meals will be available from Loaves and Fishes of Tompkins County. We will be limiting volunteer involvement to keep a minimum number of folks handling food. We will be doing our best to include hearty, home cooked entrees, in combination with prepackaged snacks and fresh fruits. Come to Cayuga street entrance, grab a meal, and enjoy off premises!
 - a. *If you can commit to a shift within the next two weeks Pm Isiah Parker and you will be put on the schedule. Limited availability as our regular volunteers are signing up as well.*
 - i. MWF 9am-12pm 8 people max
11:30-1:30 6 people max
 - ii. T Th 2:30pm-5pm 8 people max

5pm-7pm 6 people max.

b. FOOD AVAILABLE AT LOAVES & FISHES

- i. M,W,F 12-1pm
- ii. T & TH 5:30-6:30pm

3. Eddydale Farm south of Ithaca on Rt. 13 has produce and bulk foods.
4. For chicken/meat: suggestions of Autumns Harvest Farm in Romulus, P&C is expecting more meat on Tuesday. ShurSxave Trumanburg had meat in stock today. Other suggestions: Kingbird Farm self-service store in Richford; The Piggery has chickens in stock now. Also suggested: Schraders (?), Red House Ranch (?),
5. Try shopping at the Mennonite and Amish stores in Ovid - they have plenty of local food. Check out Sauders in Seneca Falls, or Hollow Creek in Ovid . Look for a large wholesale store on the right just before Ovid on 96 .
6. Two \$40-off Home Chef coupons are available for new customers
7. Ithaca Farmers' Market is pulling together a list of their vendors, would be good to have a list countywide.
8. Cooperative Extension has an online directory of more than 400 farms and producers in Tompkins, Tioga, Schuyler, Chemung and Cortland Counties are listed at <https://buylocalfoodny.org/>. For people who wish to buy local meat in bulk for the freezer, there's a sister website, <https://www.meatsuite.com/> that lists livestock farmers who sell directly to the consumer.
9. Little Free Pantry is ready - formerly community book trade boxes. Located on the bottom of Hook Pl. Near Chestnut St. Please take precautionary sanitization measures before utilizing or donating in locations like this.
10. Manndible Cafe has food that we need to sell and we will have sandwiches, salads, soups (cold) ready to eat that we will be selling in the loading dock of Mann Library & Plant Science on Tower Rd. today, Monday from 11:00- 2:00 or when we sell out. We will potentially also be selling on Tuesday and Wednesday
11. Sean Dembrosky of Edible Acres will donate cuttings from elderberry and black currants along with instructions on how to grow them for their own medicine. Determining how to distribute now, probably from their place on Ellis Road, will provide updates in a day or two when they figure it out.
12. From Mama's Comfort Camp:
 - a. Do not prepare food for sharing if you are currently ill. Do prepare food following food safety guidelines.
 - b. Use gloves when preparing ready to eat foods and no bare hand contact with any ready to eat food. To sanitize 1/2 teaspoon bleach to 1 qt bleach. Vinegar is not recommended.

- c. When sharing cooked food, choose dishes that can be sanitized by extensive boiling or baking. (Soups, casseroles, etc.). Sanitize the outer containers before handling received food. Avoid sharing raw food like salads. If sharing produce, give it whole so it can be properly cleaned.
- d. Consider sanitizing the outer packaging of all nonperishables handled by people outside your household.

CHILDCARE DISCUSSIONS

1. ICSD is implementing a total plant shutdown starting Tuesday, March 17, 2020 at 2:00 p.m. through Monday, March 23, 2020 at 6:00 a.m. for all non-essential staff. During this period of time all buildings will be locked and entry will not be permitted. The only ICSD employees permitted to enter buildings are those connected to meal preparation and delivery for children. We are ensuring that the employees preparing and delivering meals have the appropriate protective gear and training to limit their exposure to COVID-19. These precautionary measures are intended to protect our staff and our community. BOCES will continue to process payroll. If you do not participate in direct deposit, your checks will be mailed to the address you placed on file with the district.
2. [Tompkins Families](#) will be going on Facebook Live every day of the week from 1-2pm to offer support to families. If you have a request for content, please send them a message on FB.
3. [Scholastic is offering free online courses so your kids can keep learning while schools are closed](#). Source: CNN
4. [Education Companies Offering Free Subscriptions due to School Closings](#) email amazingeducationalresources@gmail.com for a complete list.
5. Mamas Comfort Camp is a FB resource for thousands of mothers to share judgement-free emotional support online and help each other locally. (At this time, there is not a known comparable network for Dads).
6. Question: can kids who are out of school safely get together to play? Answer from an epidemiologist: Running around outside or riding their own bikes or scooters should be pretty low risk. It seems like the virus survives on inanimate objects for a couple of days. I would stay away from playground equipment, with or without other kids. Similarly, don't let the kids share toys, maintain and enforce 6ft distance between individuals.

LOCAL COMMUNITY COMMENTS

1. Town hall meeting virtual about Corona virus tonight. Please consider attending everyone! FOR THE PUBLIC Coronavirus Virtual Town Hall: Local Preparedness and Response: Monday, March 16, 6-7pm, 88.1FM Ithaca, 91.9FM Watkins Glen, streaming at www.wrfi.org Facebook Event (<https://www.facebook.com/events/545961572698842/>)
2. [Tompkins Weekly](#) is converting our events calendar into a community resource page. Just enter your resource as if it was an event. Select a multiday event starting today. PM [Stephen Kimball](#) for help or just send me your resource and he will post it. There will also have a resource section in the print edition.
3. Need WiFi Access?
 - a. [Coronavirus: Spectrum to offer free high-speed internet to households with students](#)
 - b. The Lansing Library's WiFi reaches the parking lot and garden. It's free, 24/7, and not password protected. Connect to LibraryPublic.
 - c. Gimme! Coffee locations also have open-access public WiFi
4. [Cornell COVID Shutdown Housing Resource Page Available](#)
 - a. STORAGE: Ithaca UHaul confirmed that they are providing 30 days free storage to assist students with moving out: <https://www.uhaul.com/storage>
5. Donation Drive: Cayuga Nation Support: A drive to collect goods to support the Cayuga Nation at Seneca Falls is being held. They were the recent targets of a wave of state-sponsored domestic terrorism led by BIA-appointed Clint Halftown, who called for the demolition of their longhouse, schoolhouse, daycare center, administrative building, gas station/convenience store, and ice cream shop overnight. A list is available on FB
 - a. Drop-off location: Akwe:kon Program House located at 125 Triphammer Road, Ithaca, NY
 - b. Open until March 27
6. Discussion of whether or not to pause your membership at Island and YMCA or not, question of whether workers are paid if they are closed.
7. Question about how all the discarded items from students leaving are being handled, whether Dump & Run is retrieving any of it for resale. People reported big overflowing dumpsters but no info on whether it is being reclaimed.
8. For people in Tioga County, Catholic Charities offers services there, visit www.catholiccharitiesst.org for information.

In order to better protect the health of their clients, volunteers and staff, Catholic Charities has closed their free clothing closet, located at its Ithaca office, 324 West Buffalo Street, effective immediately until mid-April.

They will not be accepting donations for clothing or housewares during that time. They ask that people ring the door bell and use our intercom system at the front door. Catholic Charities will continue to serve people in need with heightened precautions.

9. Suggestion: Now is NOT the time to be going door to door to get petitions signed. Measures like closing schools are being jeopardized by folks going door to door with petitions.
10. Download Free Book, "The Response: Building Collective Resilience in the Wake of Disasters" at <https://www.shareable.net/>
11. For folks running low on Toilet Paper: DIY suggested items include wash cloths, sox, coffee filters, makeup wipes, cut up old t shirts—don't flush any of these items and do fully sanitize them if reusing them.
12. Marco Poloapp: search for Covid-19 Emotional Support group if you would like to join. Sponsored by [Elijah Joseph Weber-Han](#)
13. Heather Crespino is offering free coaching chats (via FaceTime or phone) to anyone who could use some tools to manage their anxiety.
14. Bob Laurentz offers to freely contribute: remote healing & hopefully symptom reduction, emotional support & relaxation exercises via phone. For those who do not know me, I am a (mostly retired) psychologist with healing abilities--see boblaurentz.com for contact info if you wish. For those not in my cell directory, best to text & leave #. If you call, leave message since I do not respond to new #s.
15. [Managing Coronavirus Anxiety](#) article available by Amelia Sauter
16. Dante Mariano Acquavella is offering to chat with anybody who has had recovery meetings cancelled and needs somebody to talk to. Contact by DM please.

STATEWIDE COMMENTS

1. New York state halts evictions statewide due to coronavirus. The measure will go into effect Monday at 5pm. [Source: The Real Deal](#)
2. NYS orders no shutoffs of utilities (gas/electric/water) during Covid-19 outbreak but fees will still accrue.

NATIONAL RESOURCES

1. [BARTENDER EMERGENCY ASSISTANCE PROGRAM AVAILABLE:](#) If you are a bartender, barback, or cocktail waitress who needs financial support, you can apply to the USBG National Charitable Foundation's Bartender Emergency Assistance Program. USBG Membership is not required to receive funds.

