Food Offers & Requests FOOD UTIETS & REQUESTS

IMPORTANT: all needs requests in this document are intended to be private! You can help reach out to your network for things but please do not share the personal info of anyone requestinglying help beyond this document! However, this document itself is public - anyone with the link can view it. So please only enter contact into that you are comfortable sharing in this forum. Are say way to connect might be to offer your Facebook profile link instead of other contact into, set up a new email address to use for this list only, or set up a Google Voice phone number. Note: There is NO obligation to fill out this section. You are welcome to contact offers for aid directly Food Needs/Requests Days & Times I am available to help (optional) Days & Times avail for drop offs (option cashapp is casperkitty@gm sbless9991 venmo is @twilight999 e.g. can pick up/deliver groceries; can help with meal prep; can deliver anywhere in x County e.g. Alamitos Beach Name Phone/Email e.g. Wrigley Phone/Email Literally any time, I'm not going anywhere. Will run out of food on the 21st. Limited time by public transit availablity Can shop and deliver food to elders and immune-compromised folks in LB (public transit limitations)

Alexx 562-313-7008 I can make myself available whenever I work remotely & can run errands throughout the day; have dependable parking spot. Can cook for people with physical limitations/too busy with (562)833-7021 Venmo: @Christine-Danner (picture of a dog) Paypal: christine.e. danner@gmail.com n out of work from the nonprofit sector because of covid 19 d recleving expensive medical treatments for my chronic ness. I'm struggling to pay bills. Any amount you can donate to e would be much appreciated. Can shop and deliver food to elders and immune-compromised folks in LB North Alamitos/Rose Park Julie (732) 734-1482 Can shop and deliver food to elders and immune-corfolks in LB Buff Park 310-488-6534 Can shop and deliver food to elders and immune-comp folks in LB Text 510-845-3958 Can shop and deliver food to elders and i folks in LB Text 760-429-3087 text 916-705-7300 I am available Weekends and some evenings 310-872-9579 I am available Alamitos
Beach/Retro
Row/Downtown Alex
Belmont Shore Alison Any day and time Most afternoons Text (248) 840-6382 I am available text 917-991-5222 I am available California Heights Kristi
Belmont
Heights/Belmont
Shore/Alamitos
Beach/Downtown Nicole text 310.529.8319 Any day and time Any day and time Pretty flexible, afternoons better Can shop and deliver food to elders and immune-comp folks in LB Aamitos/Eastside LB Bixby Knolls/North LB melissa flexible Can shop for and deliver food for anyone in need 562-896-3312 North Alamitos Beach Can shop and deliver food for anyone who needs it

Food Offers & Requests	ad to be privated Yeur	on hole reach out	to your naturals for th	ings but plages do pe	at chare the personal info						
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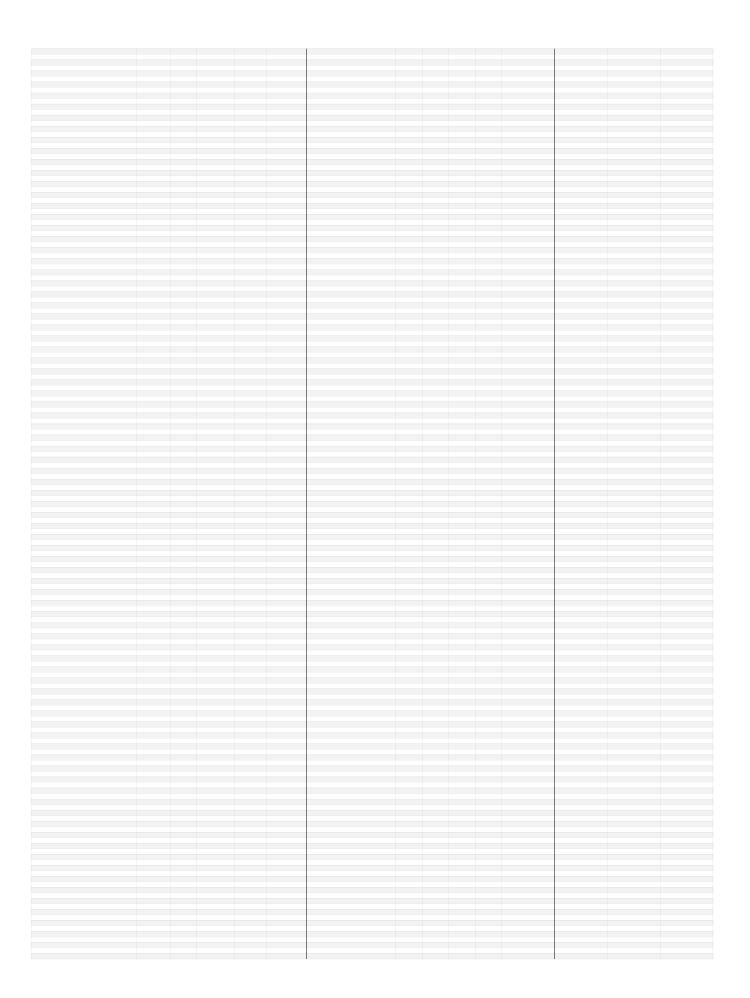
	***IF YOU ARE FEELING SICK***	Please feel free to share with anyone in the Long Beach community!		
*better view on a laptop than a phone screen*	REACH OUT TO HEALTHCARE PROFESSIONALS	To make your own copy of this document, click File > Make a copy		
There are TABS at the bottom of your screen!	ASAP. THIS IS NOT YOUR RESOURCE FOR URGENT MEDICAL	Important! If you use the "Share" link above, make sure you leave the current setting "Anyone with the link can edit" so that folks don't		
	CARE.	get locked out of this spreadsheet by accident. Thank you!		
Use of the LB Mutual Aid Spreadsheet is at your own risk. Please use common sense, and let's		Table of Contents:		
own risk. Please use common sense, and let's take care of ourselves and each other.	In the different tabs below, there is space to offer and to ask for any sort of resource or a service.	General Links/Info // Food // Healthcare // Childcare/Petcare //		
If you have suggestions to improve this	IF YOU NEED A RESOURCE, PLEASE CONTACT	Emotional Support // Housing // Transport // Storage // Miscellaneous		
spreadsheet, please email them to longbeachmutualaid@gmail.com	SOMEONE WHO IS OFFERING THE RESOURCE.	On each tab below, OFFERS are in BLUE on the left; NEEDS are in GREY on the right		
City of LB COVID-19 Page	Free Meals for Children During School Closure	COVID-19 and Stigma - Don't be Racist; we are all in this together!		
LBCC COVID-19 Page	CSULB COVID-19 Page	Coronavirus LB Support Group on FB		
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Special thanks to the organizers at Johns Hopk	ins University, Middlebury College & University of Michigan, wi to new friend and neighbor Jolene for using your spreadsheet	nose spreadsheets we have copied and adapted to our situation.		
And TH.	ANK YOU to all of you who are responding to needs and keepi	ng our links/info updated!		

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Emotional/Spiritual Support Offers & Needs														
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e.g. meditation/yoga, social work, friendly ear, professional therapy		Name	Phone/Email	I am available		eg I have anxiety and would like to chat with someone	e.g Wrigley Willmore	Name	Phone/Email	completed				
I am available via Facebook for chats. We can also watch TV shows remotely, set up virtual Hangouts. If we haven't met yet, that's fine, I'm available for new friends!	remote		dbconley@gmail.com www.facebook. com/DiannaConleyVO			I need to spend less time on news combing bc my health OCD, an update every so often on new medical info would help SD much so I can stay in the loop without spiraling into OCD related anxiety	e.g Wrigley Willmore (downtown Long Beach) but can be done digitally	Alexx Souter	562-313-7008 or Alexx Souter of FB	Needs	I added you on FB, I can send updates			
I'm available for new meriosi	remote	Dianna Coney	contolarnaconeyvo	i am avalable	DM me on discord or on Facebook ( www.	spraing into OCD related arrestly	uguary	ARXX Souler	OI FB	compreseu	opolates			
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Remote tarot sessions via text, voice, or video. Consult dieties, ancestors, sprifis, and morel Tm a polytheistic diviner with a lean towards dodekatheism in my own practice. I have a cleopatra deck and the numinous deck														
towards dodekatheism in my own practice. I have a cleopatra deck and the numinous deck	Online and global	Alexx		I am available	I'll do these whenever I have time, which is often throughout the day									
Graduate Social Work student available for emotional support, youth and educational edvacate. Father and husband, experienced home school parent. (Unfortunatly I have no financial support to offer)	Long													
Free playwrighting meet ups on Zoom, email list of writing prompts.	Beach/Lakewood  Online and global		562-308-8242 BOFilterary@gmail.	I am available	email for info									
Collective praying, I am here to pray/send healing energy/good		Danie			Please email me, i will pray/send energy/good									
vibes with you, for you, send me your message and I will send healing loving energy and pray for you, a loved one, family or friend in need.	Online and global	Stephi	stephiorourke@yahoo. com	I am available	vibes the moment i read your prayer request.									
Available for yogalmeditation sessions through Zoom if you need a buddyl Also available to just listen and chat if you're having a hard time	Online and global			I am available										
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Service programment of the progr						Days & Times I am available to help	Healthcare Needs/Requests	Neighborhood				Davs & Times available	
Marche   M	etails g. face masks, hand sanitizer, medication, nurse					(optional)				Contact Info	Status Needs completed	for drop offs (optional)	Other Notes
Column	D area abarman, rups for immunoscensormical and	· ·					Looking for an infrared medical thermometer			5.622.350.023	Still needed	Any day/any time	
	stiante avnariancino sumotome can coma to St. John's Wall						Im Jacob i have a sick mum and lack funds to clear hospital bills and utility bills.		jacob mark	Yakubluwer@g mail.com	Need immediately		
			Vicky Erin	323-633-3771 206-495-8020	I am available I am available								

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Childcare/Petcare Offers & Needs

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Childcare/Petcare Offers/Leads

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Details	Neighborhood or District	Contact	Contact Info	Status	Days & Times I am available to help (optional)	Details	Neighborhood or District	Contact	Contact Info	Status	Days & Times needed (optional)
e.g. can pet-sit/baby-sit for anyone to make any emergency trips				I am available		eg I need someone to take care of a cat		Name	Phone/Email	Needs completed	
Pet Care in your home and house check ins for plants. All animals other than non-pountry livestock	Long Beacher and neighboring cities	Alexx	562-313-7008	I am available	Late nights limited by public transit, overnight available						
Childcare (ages 4+) in your home	Long Beach and Neighboring cities	Alexx Souter	562-313-7008	I am available	Late nights limited by public transit, overnight available						
Math tele-tutoring for K-12		Alex	(248) 840-6382		Most days						
					M-F most times I am available! I have 1 pup						
Pet carecan watch in my home!	East Village	Dione	8054488973		already Tuesday, Friday, Saturday, Sunday - text						
					me to arrange other times!						

Childcare/Petcare Offers & Needs

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Childcare/Petcare Offers/Leads

Note: There is NO obligation to fill out this section. You are welcome to contact offers for aid directly. Child/Petcare Needs/Requests

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Storage Offers & Needs

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Storage Offers/Leads

Neighborhood or District

Contact Info

Status

Note: There is NO obligation to fill out this section. You are welcome to contact offers for aid directly.
Storage Needs/Requests

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Storage Offers & Needs												
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If you are a college student and you need more storage than listed limited to availability in the area: Link Here	nere, U-Haul is offerir	ng storage for co	illege students affe	cted, but it is	Note: There is NO obligation to fill out this section. You are welcome to contact offers for aid directly.  Storage Needs/Requests							
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Storage Offers & Needs											
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If you are a college student and you need more storage than listed limited to availability in the area: Link Here	here, U-Haul is offeri	ng storage for co	llege students affe	cted, but it is	Note: There is NO obligation to fill out this section. You are welcome to contact offers for aid directly.						
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Housing Offers & Needs

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Housing Needs/Requests

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Classification   Clas	Details	Neighborhood or District	Contact	Contact Info	Status	Details	Neighborhood or District	Contact	Contact Info	Status	Other Notes
### Company of the Co	eg. apartment x min from campus that can accomodate y									Needs	
	amount of people	e.g. Alamitos Beach	Name	Pnone/Email	available	eg need housing for x people by y date	e.g. Wrigley	Name		Still needed	
						need rousing for 1 person by April 5	anywhere in LB	JIII	(302)249-4616	Still Heeded	

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Section   Sect	Housing Offers/Leads	Neighborhood or District				Housing Needs/Requests	Neighborhood				
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Miscellaneous Offers & Needs

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lffers/Leads	Neighborhood				Days & Times I am available to help	Needs/ Requests	Neighborhood			
tails	or District	Contact	Contact Info	Status	(optional)	Details	or District	Contact	Contact Info	Status
						Money for rent and food, hospital bill and loss of income due to descrimination of being african american, disabled, and trans, artist who is out of work and also has to find a way to take care of an elderly family member. As of today 6/6 I have no money to my name. I will be forever grateful to anyone that can help me. God BlessI need money for rent which is \$10000 and this months bill for food and utilities I really need the money by the end of June. I am in the process of being evicted and this would keep me from being permanently thrown out. My landlord doesn't care and she has been threatening me for a while. My cash app is Sbless9991 Vermo is @twingh1999 Normally I am a painter and sculpter but I am high risk since I am immunocompromised. Any help I would be forever grateful. Thanks	Long Beach CA	casperkitty570	venmo is @twilight999 cashapp is \$bless9991	Needs complete:
						Internet Access - I depend on the library, cafes, and my former workplace for internet. Willing to post up outside, hopefully on a patio or set or stairs to be able to write e-mails, download books, and work on my at-home business	Willmore/Downt			
ecipes, food ideas, home-cooking tips (remote only)		Julian	310-737-8225	I am available		that I am launching since I was laid off. Can trade for avocados, baked goods, or TP.	own Long Beach	Andria	moscatostacatt o@gmail.com	Needs completed
ecipes, rood ideas, nome-cooking tips (remote only)		Julian	562-313-7008	Tam available		avocauos, bakeu goods, or 11 .	Deacii	Aliulia	Venmo:	completed
ormer unschooler, current educational advocate with dvice on not stressing about a few months without formal			Genderhawk#0 482 on discord   Facebook. com/alexxsoute		I'll answer questions in my free time as I am able, message me	I'm chronically ill and lost my employment in the nonprofit sector due to covid, any donation would help to fund my			@Christine- Danner Paypal: christine.e. danner@gmail.	
chooling!  V, resumé, logo, graphics, and online content help and diffing; intentionally unenrolled scholar of the humanities, and trained scientist, can tutor K-College for a pay-what-u-cua rate; kitchen consulations er maximizing your BT/incyridents; 1-1 dreamwork and/or sage sessions. on sosultations are full.	Remote contact	j. nyla	mxlifestyling.	I am available	I am available to chat over the phone/Zoom/Skype/Fac etime Weekdays and Saturday from 12-4pm.	expensive medical treatments I'm an south indigenous woman living with my father, I got laid off off my only job and tried to get another job left to right no one is hiring because of stores closing, I am slowly running out of funds to buy food and the medication of me and my father, I don't know what I will do when I have to pay the rent but I just wanna get the food and medicine that we desperately need		Christine	com Venmo: EVC111 PayPal: https: //www.paypal. me/ErikaCoaret y Cashapp: \$ErikaCoarety	Need immediate
			hellenaswabi@		I'll answer questions am always available at my	Requesting for assistance with overdue health expenses that I desperately need to pay off. I have been laid off from my campus job since the pandemic and am ineligible for government aid due to job nature and legal status. I have to prioritize all my money for rent and bills now and cannot afford to pay off my medical copys and renew my insurance which is jeopardizing my access to my prescription. I know this is tough for everyone and it would so appreciate if some			venmo:	Need
		Hellena	gmail.com	I am available	email inbox	one could help me out. Thank you in advance Hello Am Hellena Swabi a single mum with one son and			@LydiaELee	immediate
						restaurant. But due the pandemic. I lost my job. I used all the savings I had in the recent leveks. my gons is very sick and am out of money at the moment I also don't have money yet I have many responsibilities Am kindly requesting for your financial assistance. Any sums given to me will be highly appreciated. I as a person have very many responsibilities. Thanks alot. My God smoothen your life. Hope for positive response My Venmo is (@swabi-ma) Hey am jacob mark! have a sick mum and my kids lost my wife while she was gibing birth. I lack funds to take care of the family plus utility and hospital bills I am immune compromised person since the pandemic I			Venmo (@swabi-ma) Venmo@markt oum-nsubuga	Need immediate Need immediate
						have lost all of my income still keep getting denied unemployment. My landlord will not accept third party help to pay my rent so the place that was going to pay my rent was not able to convince my landlord to take it. I have no other option but to ask for help here thank you for listening				
						and any help will be appreciated \$963.00 is my rent		khudson1356@ gmail.com	paypal. me/sexyasfuk	Need immediate
						I am a new dad to a 4-month old baby girl, between my wife giving birth and losing my job 25 weeks ago we are a bit stretched out of funds to pay for our ent. My landlord has been very understanding about mssing to pay our rent fees over the last few months but now he demands that we start early the stretch of the stretch of the stretch of the con- need of help in paying rent. We currently owe our landlord \$562. Any donation or contribution will be deeply appreciated by my family.	Wrigley	krismarion. 1988@gmail.	paypal, me/kmp498	Need

MIscellaneous Offers & Needs
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Offers/Leads

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			Days & Times I am available to help (optional)					
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		Neighborhood or District	Contact	Contact Info	Status			Neighborhood or District	Contact	Contact Info	Status	

Transport Offers & Needs IMPORTANT: all the needs requests in this document are intended to be private! Yo personal info of anyone requesting/giving help beyond this document! However, this contact into that you are comfortable sharing in this forum. An easy way to connect new email address to use for this list only, or set up a Google Voice phone number. Note: There is NO obligation to fill out this section. You are welcome to contact offers for aid directly. Transport Needs/Requests Transportation Offers/Leads Days & Times I am available to help (optional)

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Transportation Offers/Leads						Transport Needs/Requests			,		
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