

Food Offers & Requests

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Food Offers/Leads

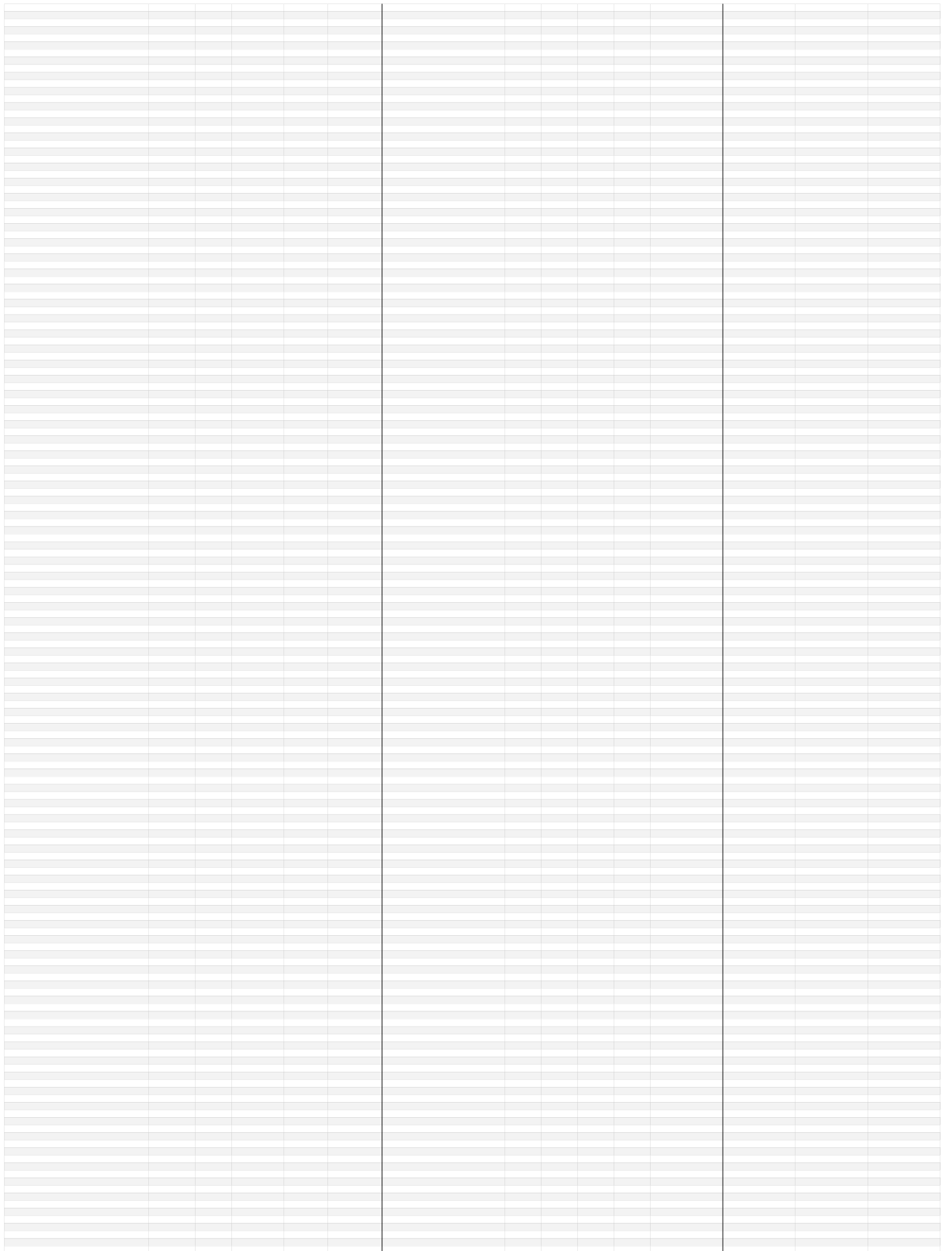
Food Needs/Requests

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 available for drop offs (optional)
e.g. can pick up/deliver groceries; can help with meal prep; can deliver anywhere in x County	e.g. Alamos Beach	Name	Phone/Email	I am available		eg I'm in self-quarantine, I need someone to deliver	e.g. Wrigley	Name	Phone/Email	Needs completed	
Can shop and deliver food to elders and immune-compromised folks in LB (public transit limitations)	Willmore (by the pike)	Alexx	562-313-7008	Unavailable	Limited time by public transit availability	I'm immunocompromised and need food delivered. I can cover the cost.	Bixby Knolls / Los Cerritos	Tricia	TransTrenders@Protonmail.com	Still needed	Literally any time. I'm not going anywhere. Will run out of food on the 21st.
Can cook for people with physical limitations/too busy with kids/etc	Los Coyotes Area	Emily	(562)833-7021	I am available	I can make myself available whenever I work remotely & can run errands throughout the day, have dependable parking spot.	I helped out Meals on wheels today, there are a few elderly that cannot help out during this virus. I had 19 deliveries today. Help needed M-F 3rd and Termino downstairs church off parking lot 7-12pm food packing easy food deliver 10am			Venmo: @Christine-Danner (picture of a dog) Paypal: christine.a.danner@gmail.com		
Can shop and deliver food to elders and immune-compromised folks in LB	North Alamos/Rose Park	Jule	(732) 734-1482	I am available				Christine			
Can shop and deliver food to elders and immune-compromised folks in LB	Buff Park	Bridget	310-488-6534	I am available							
Can shop and deliver food to elders and immune-compromised folks in LB	Alamos Beach/Retro Row/Downtown	Napua	Text 510-845-3958	I am available							
Can shop and deliver food to elders and immune-compromised folks in LB	Willmore	Emma	Text 760-429-3087	I am available							
Can shop and deliver food to elders and immune-compromised folks in LB	Belmont/Bluff Park/Downtown	Christine	text 916-705-7300	I am available	I work from home so available throughout the day/evening						
Can shop and deliver food to elders and immune-compromised folks in LB	Downtown/Alamos Beach/Bluff Park		310-872-9579	I am available	Weekends and some evenings						
Can shop and deliver food to elders and immune-compromised folks in LB	Alamos Beach/Retro Row/Downtown	Alex	Text (248) 840-6382	I am available	Any day and time						
Can shop and deliver food to elders and immune-compromised folks in LB	Belmont Shore	Alison	text 917-991-5222	I am available	Most afternoons						
Can shop and deliver food to elders and immune-compromised folks in LB	California Heights	Kristi	text 310.529.8319	I am available	Any day and time						
Can shop and deliver food to elders and immune-compromised folks in LB	Belmont Heights/Belmont Shore/Alamos Beach/Downtown	Nicole	Text or call (707) 772-9339	I am available	Any day and time						
Can shop and deliver food to elders and immune-compromised folks in LB	Alamos/Eastside LB			I am available	Pretty flexible, afternoons better						
Can help deliver meals for elderly and immune-compromised	Bixby Knolls/North LB	DR	drodriguez@cottonwood.org	I am available	Flexible						
Can shop for and deliver food for anyone in need	Bixby Knolls/North LB	melissa	562-896-3312	I am available	flexible						
Can shop and deliver food for anyone who needs it	North Alamos Beach	Erin	206-495-8020	I am available	Any day/any time						
Can shop and deliver food for anyone who needs it	East Village Arts District	Nelly	nelyalonso21@gmail.com	I am available	I WFH most days so kinda flexible, a days notice would be helpful to plan accordingly						

available					
at capacity					
still needed					
need filled					

<p>"better view on a laptop than a phone screen"</p> <p>There are TABS at the bottom of your screen!</p>	<p>***IF YOU ARE FEELING SICK***</p> <p>REACH OUT TO HEALTHCARE PROFESSIONALS ASAP.</p> <p>THIS IS NOT YOUR RESOURCE FOR URGENT MEDICAL CARE.</p>	<p>Please feel free to share with anyone in the Long Beach community!</p> <p><i>To make your own copy of this document, click File > Make a copy</i></p> <p>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 get locked out of this spreadsheet by accident. Thank you!</p>			
<p>Use of the LB Mutual Aid Spreadsheet is at your own risk. Please use common sense, and let's take care of ourselves and each other.</p> <p>If you have suggestions to improve this spreadsheet, please email them to longbeachmutualaid@gmail.com</p>	<p>In the different tabs below, there is space to offer and to ask for any sort of resource or a service.</p> <p>IF YOU NEED A RESOURCE, PLEASE CONTACT SOMEONE WHO IS OFFERING THE RESOURCE.</p>	<p>Table of Contents:</p> <p>General Links/Info // Food // Healthcare // Childcare/Petcare // Emotional Support // Housing // Transport // Storage // Miscellaneous</p> <p>On each tab below, OFFERS are in BLUE on the left; NEEDS are in GREY on the right</p>			
<p>City of LB COVID-19 Page</p>	<p>Free Meals for Children During School Closure</p>	<p>COVID-19 and Stigma - Don't be Racist, we are all in this together!</p>			
<p>LBCC COVID-19 Page</p>	<p>CSULB COVID-19 Page</p>	<p>Coronavirus LB Support Group on FB</p>			
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<p>However, this document itself is public - anyone with the link can view it. So please only enter contact info that you are comfortable sharing in this forum. An easy way to connect might be to offer your Facebook profile link instead of other contact info, set up a new email address for use with this list only, or set up a Google Voice phone number.</p>					
<p><i>Special thanks to the organizers at Johns Hopkins University, Middlebury College & University of Michigan, whose spreadsheets we have copied and adapted to our situation. Thanks to new friend and neighbor Jolene for using your spreadsheet skills to improve this tool! And THANK YOU to all of you who are responding to needs and keeping our links/info updated!</i></p>					

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need filled					



Healthcare Offers & Needs

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Healthcare Offers/Leads

Details	Neighborhood or District	Contact	Contact Info	Status	Days & Times I am available to help (optional)
e.g. face masks, hand sanitizer, medication, nurse practitioner/medical professional	e.g. Alamitos Beach	Name	Phone/Email	I am available	
LB area pharmacy runs for immunocompromised and self/quarantined people	LA County, LB centered	Alexx	562-313-7008	I am available	Public transit time constraints
Patients experiencing symptoms can come to St. John's Well Child & Family Center	North Long Beach/Paramount	Vicky	323-633-3771	I am available	8am-5pm Mon-Sat
Single-use face masks and can also do pharmacy runs for folks	North Alamitos Beach	Erin	206-495-8020	I am available	Any day/any time

Healthcare Needs/Requests

Details	Neighborhood or District	Contact	Contact Info	Status	Days & Times available for drop-offs (optional)	Other Notes
eg I'm immuno compromised. I need...	e.g. Wigley	Name	Phone/Email	Needs completed		
Looking for an infrared medical thermometer	Rose Park	Joe D	5.622.350.023	Still needed	Any day/any time	
Im Jacob I have a sick mum and lack funds to clear hospital bills and utility bills.		jacob mark	Yakubuwei@gmail.com	Need immediately		

Miscellaneous Offers & Needs										
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Offers/Leads						Needs/ Requests				
Details	Neighborhood or District	Contact	Contact Info	Status	Days & Times I am available to help (optional)	Details	Neighborhood or District	Contact	Contact Info	Status
						Money for rent and food, hospital bill and loss of income due to discrimination 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 Bless! 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 \$bless9991 Venmo is @twilight999 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	casperkitty57c	venmo is @twilight999 cashapp is \$bless9991	Needs completed
Recipes, food ideas, home-cooking tips (remote only)		Julian	310-737-8225	I am available		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 that I am launching since I was laid off. Can trade for avocados, baked goods, or TP.	Willmore/Downtown Long Beach	Andria	moscatostaccato@gmail.com	Needs completed
Former unschooler, current educational advocate with advice on not stressing about a few months without formal schooling!	Remote contact	Alexx	562-313-7008 Genderhawk#0452 on discord Facebook.com/alexxsouter	I am available	I'll answer questions in my free time as I am able, message me whenever	I'm chronically ill and lost my employment in the nonprofit sector due to covid, any donation would help to fund my expensive medical treatments		Christine	Venmo: @Christine-Danner PayPal: christine.e.danner@gmail.com	
CV, resumé, logo, graphics, and online content help and editing; intentionally unenrolled scholar of the humanities, and trained scientist, can tutor K-College for a pay-what-you-can rate. kitchen consultations re maximizing your EBT/ingredients, 1-1 dreamwork and/or sage sessions. Consultations are free.		j. nyla	mxfifestyling.com	I am available	I am available to chat over the phone/Zoom/Skype/Facetime Weekdays and Saturday from 12-4pm.	I'm a south indigenous woman living with my father, I got laid off of 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		Erika	Venmo: EVC111 PayPal: https://www.paypal.me/ErikaCoaretyCashapp: \$ErikaCoarety	Need immediately
		Hellena	hellenaswabi@gmail.com	I am available	I'll answer questions am always available at my email inbox	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 copay and renew my insurance which is jeopardizing my access to my prescription. I know this is tough for everyone and I would so appreciate if some one could help me out. Thank you in advance.			venmo: @LydiaELee	Need immediately
						Hello Am Hellena Swabi a single mum with one son and daughter. I was working as a waitress In a certain restaurant. But due the pandemic. I lost my job, I used all the savings I had in the recent weeks, my sons 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)			Venmo (@swabi-ma)	Need immediately
						Hey am jacob mark.i have a sick mum and my kids lost my wife while she was giving birth.i lack funds to take care of the family plus utility and hospital bills			Venmo@marktour-nsubuga	Need immediately
						I am immune compromised person since the pandemic I 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 amount		khudson1356@gmail.com	paypal.me/sexyasafuk	Need immediately
						I am a new dad to a 4-month old baby girl, between my wife giving birth and losing my job 26 weeks ago we are a bit stretched out of funds to pay for our rent. My landlord has been very understanding about missing to pay our rent fees over the last few months but now he demands that we start paying again. I'm now looking for a new job but certainly in need of help in paying rent. We currently owe our landlord \$562. Any donation or contribution will be deeply appreciated by my family.	Wigley	krismarion.1988@gmail.com	paypal.me/kmp498	Need immediately

