

# RESOURCE GUIDE FOR 2020 STATE OF EMERGENCY SPOKANE AREA

## Steps for Personal Hygiene:

Stay home when you are sick. Staying home when ill prevents the spread of infections to others.

Use good respiratory etiquette and hand hygiene in all community settings, including homes, childcare facilities, schools, workplaces and other places where people gather. Cover your coughs and sneezes with a tissue and put the used tissue in a waste basket. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Wash your hands often and thoroughly with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer (with at least 60-95% alcohol) if you can't wash.

Avoid touching your eyes, nose or mouth: Germs often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

Practice other good health habits: Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

Community Preparedness - be cautious and prudent in all things

It's good to start thinking about some of the things that might be recommended on the community level now, so that everyone is better prepared.

Community measures include "social distancing" interventions in schools, workplaces, events, meetings and other places where people gather. Social distancing means creating ways to increase space between people in settings where people commonly come into close contact with one another to reduce the spread of infection. Multiple simultaneous social distancing measures might be recommended to help reduce the spread during a severe pandemic.

One example of social distancing is to increase the distance to at least six feet between people when possible to reduce person-to-person spread of infection. This applies to apparently healthy people without symptoms, while standing in line at a store or gathering at a meeting. In the event of a very severe pandemic, this recommended minimal distance between people might be increased.

People who show symptoms of COVID-19 and who might be infected should be separated from well people as soon as practical, sent home, and asked to isolate themselves from others at the home.

Other social distancing measures include temporarily dismissing childcare centers and schools. In addition, social distancing may include discouraging people from attending, or even closing sporting events, concerts, festivals, conferences, places of worship, and other settings where groups of people gather.

## March 16

- Effective Statewide limit size of gathering to 50 for up to 2 months
- temporary shut down of restaurants, bars, entertainment, and recreation, food courts, taverns, coffee and doughnut shops, ice cream parlors, wine and beer tasting venues, breweries and distilleries, beauty salons, barbers, nail salons, gyms and fitness centers, non-travel card rooms, museums, galleries, theaters, bowling alleys, tattoo parlors, youth sports and youth clubs that order is currently in effect up to 2 weeks
- Federal guidelines recommend no event more than 10 people. I would encourage even small informal social gatherings.
- Starbucks, REI to close stores Nationwide for 2 weeks
- Some report are of larger cities into lock downs, complete quarantine and you can only be out for basic needs
- check with elderly in neighborhood to help with any of their basic needs and exchange contact info
- stop needless and unwarranted harassment of Asian population in Spokane they did not cause this disease nor are they the ones spreading it nor is this disease limited to sanctuary cities

Reminder this directory is not complete things will change daily based on new regulation and restarts of programs. We will try to keep up as best as possible and add more resources daily. If you have new ones please contact Malcolm Haworth at 216-6090 or [resourcedirectory@thefigtree.org](mailto:resourcedirectory@thefigtree.org).

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## Public Service reminder:

get your application in for the US Census while you are at home looking for something to do go to <https://2020census.gov> Get Counted!!!

March is disability awareness Month. Donate to local causes that might help this vulnerable population

Primer/dossier of COVID-19 by local community member

info: <http://www.tomclloyd.com/pid051-covid-19-coronavirus/>

## Social Media:

Spokane Area Coronavirus Aid  
<https://www.facebook.com/groups/261027208235464/>

Helping Spokane County get through COVID-19  
[https://www.facebook.com/groups/290455981919123/?multi\\_permalink=293122408319147%2C293109208320467%2C293092354988819%2C293084104989644%2C293038454994209&notif\\_id=1584395879941242&notif\\_t=group\\_activity](https://www.facebook.com/groups/290455981919123/?multi_permalink=293122408319147%2C293109208320467%2C293092354988819%2C293084104989644%2C293038454994209&notif_id=1584395879941242&notif_t=group_activity)

## FOOD BANKS & CLOTHING BANKS IN SPOKANE COUNTY

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	Hours	Zip/Service area	qualifications/ contact info
Airway Heights Baptist	12322 W Hwy 2	244-2474		X				10-noon, 1st/ 3rd St	99001, 99011, 99013, 99022, 99029, 99224	ahbc.us
All Saints Lutheran FP	314 S Spruce, 99201	838-4409	X	X				10-2, MW	Brownes Addition	allsaintsgather.com
American Indian Community Center	610 E North Foothills Dr	535-0886		X	X	X		8:30-4, TTh	Native Americans	
Better Living Center	25 E North Foothills, 99207	325-1258		X	X	X	X	9-4, T; 9-1 Th	North Central	betterlivingcenter.org
Breaking Bread Rescue Market	Family of Faith Community, 1504 W Grace, 99205	325-0343		X				Tuesday 3/17 from 10-12.	limiting # of shoppers to 4 at a time.	ffcc.us cancelled : Emergency Chil- dren's Shelter
Care & Share Thrift Store (Medical Lake)	211 N LeFevre/PO Box 461	299-9024	X	X	X			9-5, M, W, St	Anne Starr	MedicalLakeTh- riftstore on FB
Caritas Outreach Ministries	1612 W Dalke, 99205	326-2249		X		X	X	10:30-1:30, MWTh; 3-6 2nd & 4th T	NW Spokane: of- fers food boxes, to sick clients outside	caritasoutreach- ministries.org
Cheney Food Bank/Cloth- ing Exchange	Wren Pierson Community Center, 630/ 624 3rd, 99004	FB: 235-2325 CB: 235-2327		X	X			FB: 9-noon, 1st-3rd W CB: noon-6 W	99004 (S of I-90); 22014, 99020;; (SW edge) 99224, 99032	cityofcheney.org
City Gate Food Bank	170 S Madison, 99201	455-9670		X	X			10-2:30, T-F; CB: by appt  Call	99201 (S side of Spo- kane River), 99204, 99224 (North of I-90, East of Grove Rd)	thecitygate- spokane.org No Drop-in services
Cleones' Closet	13114 Sunset Hwy, Airway Hghts	244-6215		X	X			noon-3, MWF	Airway Heights	cleonescloset.com
Clothes Closet - Central Lutheran	512 S Bernard St, 99204	624-9233	X		X		X	1-3, W	in-need, free	clspokane.org
Cup of Cool Water	1106 W Second	747-6686		X	X		X	1-4 M-F	drop in for Food bank but will have limited items,	clothing and hygiene will be given in walking around down- town
God's Closet Admin - Cen- tral SDA 804 W Spofford, 99205/POB 9297, 99209	Deer Park SDA, 809 S Colville, Deer Park	991-1582			X			9:30-12:30, W	area children, 0-18yrs, \$1 fee	godscloset.us deerpark@ or spo- kane@godscloset.com
GreenHouse, The	211 N Fir St , 99006	276-6897		X	X	X		FB: 1-5, MWF CB: 1-5, MWF	99006, Deer Park 99110, Clayton; delivery for sick only	greenhousefood- bank@gmail.com thegreen- houseonline.org
Heavenly Help, Crossroads Airway Heights	1118 S King St, Airway Heights	244-9343			X			8-4, 3rd M	infant, children, women & men	crossroadswest- plains.org
Helping Hands Food Pantry - St Peter Lutheran Food Bank	4620 N Regal, 99207	487-4843		X				9:00-10:30, 2nd & 4thF	NW Spokane & Hillyard	spspokane.org
Klothes Kloset - Opportu- nity Christian Fellowship	12321 E 14th Ave, 99206	926-2673		X	X	X		10-2, WTh		opportunitychris- tianfellowship.org
Lake Spokane Community Clothing Closet	6418-A Hwy 291, Nine Mile Falls 99026				X			3rd Sat		clothing@lake- spokanecommun- itychurch.org
Life River Fellowship FB & Free Store	2810 N Park Rd, 99212	924-9510		X	X	X		FB: 5-7 3rd F Free Store 5-7, 2nd F		liferiver.org, kids items
Martin Luther King Jr Family Outreach Center	500 S Stone, 99202	868-0856		X				1-5, MWThE	any zip code/week, Senior boxes in 99202, 99212,	
Mead (UMC) FB - POB 53	12611 N Wilson, 99021	466-7068		X				4-6:45, W, bread & prod 4-5, Sun	Mead SD	
Medical Lake Food Bank	207 S Washington	299-3819		X	X			10-noon, F	West Plains (not Air- way Hghts); West Hills, Grandview/Thorpe.	medicallakecom- munityoutreach@ live.com
Mission Community Outreach	1906 E Mission Ave, 99202	536-1084	X		X	X	X	1:30-4, MWTh	Spokane closed March 16-20)	4mission.org
Morning Star Baptist Community Clothing Bank	3909 W Rowan	534-4878			X			noon-2, W 1-3, Sat	anyone in need	FB

## FOOD BANKS & CLOTHING BANKS IN SPOKANE COUNTY

Organization	Address	Phone	Closed	Food	Clothes	Household	Hygiene	Hours	Zip/service area	qualifications/contactinfo
<b>New Hope Ranch Food Bank</b>	Connections 2524 E Queen	<b>954-5145</b>		X				12-2, MW	come in/appt by call	zahls@com-cast.net
<b>New Hope Resource Center</b>	4211 E Colbert Rd, 99005	<b>467-2900</b>			X			9:30-1:30 TTh, 6-8 Th	North Spokane, need based	newhopere-source.org
<b>North Country Food Bank</b>	40015 N Collins Rd	<b>292-2530</b>		X				11-2, M; 9-noon W & 6-8 2nd & 4th W	99003, -009,-156 (from Elk PO only),	Joe & Sandra Harvey ncf-pantry@gmail.com, northcountryfoodpantry.org
<b>Northwest Connect</b>	4520 N Crestline St/ PO Box 7398,99207	<b>290-5691</b>		X			X	9-11, MTTh,	99207, 99217	info@nwconnect.org, nwconnect.org
<b>NW Ecumenical Food Bank - Audubon UMC</b>	3908 N Driscoll, 99205	<b>325-4541, contact Dan Masters/Karen Peacock</b>		X				9:30-12:30, 2nd/last T	99205 (West of Division-N of Montgomery); Nine Mile Falls	audubonparkumc.org (community in need of volunteers)
<b>Otis Orchards Food Bank</b>	4308 N Harvard Rd, 99027/POB 189	<b>926-6196 842-2355</b>		X	X			12-2, 2nd & 4th T	Liberty Lake; Newman Lake; Otis Orchards	otisorchardsjda.org uccsad.org
<b>Our Place Ministries</b>	1509 W College, 99201	<b>326-7267</b>		X	X	X	X	10-12:30, MTTh	River-Montgomery (as of March 12)	ourplace@cet.com ourplacespokane.org
<b>Our Sister's Closet, Free Clothing Boutique- YWCA</b>	930 N Monroe, 99201	<b>789-9280</b>	X		X		X	(Closed Tuesday, March 17, 2020)	women only, 1.5 hr apt for 3-5outfits	oursisterscloset@ywcaspokane.org
<b>Revive Ministries</b>	118 E Wellesley Ave, 99207	<b>919-3587</b>		X	X					eviveministries@gmail.com ReviveCommunityServices.Com ReviveUS2day on FB
<b>Salvation Army Family Svcs</b>	204 E Indiana, 99207	<b>325-6751</b>		X	X	X	X	FB: 9-4, M-F (donations of masks, toilet paper, and other household items)	all zip codes in Spokane County Volunteers need for 4 hours shifts	spokane.salvationarmy.org (March 11 call for morevolnteers)
<b>Serve Spokane</b>	8303 N Division St, 99208	<b>998-5722</b>		X	X	X	X	1-2:30 T, 1-3:30 Th, 9-11:30, 2nd & 4th ST	99208 (VOLUNTEERS NEEDED 9-11 T-F)	ServeSpokane.org (goxes for home deliveries to sick)
<b>Shalom Ministries</b>	518 W Third, 99201	<b>455-9019</b>			X		X	7:30-8:30, M-Th, 4:30-5:30 M	during meal times	need based
<b>Society of St Vincent de Paul</b>	St Marys, 304 S Adams Rd, 99216	<b>928-3210</b>		X					Spokane Valley	oursvdp.com
<b>Southside Food Pantry</b>	2934 E 27th Ave, 99223	<b>535-2301</b>		X				10:30-12, Sat	99203, -223, Latah/Hangman	southsidefoodpantry.com
<b>Spangle Food Bank</b>	305 E 2nd, POB 239	<b>701-4532</b>		X				2-3 4th W	only in 99031, -170 Linda Chase	spanglecommunitychurch.org spangle on FB
<b>Spokane Community College CARE Center</b>	1810 N Greene St Lair Student Cntr, 6-114K	<b>533-7435</b>	X	X				9:30-3:30, M-F (winter qtr)	SCC students & rural extensions	scc.spokane.edu (closing)
<b>Spokane Dream-Ministry Resource Center</b>	2128 N Pines, Ste 1 99216	<b>926-7878</b>		X	X			12:30-3, T; 11:30-3, W; 1-3 Th		spokandreamcenter.org
<b>Spokane Falls Community College Food Bank</b>	SFCC, Bldg. 17, #139	<b>533-4198</b>	X	X				9:30-4:30, M-F	SFCC Students	sfcc.spokane.edu (closing)
<b>Spokane Valley Partners</b>	10814 E Broadway, 99206	<b>927-1153</b>		X	X	X		11-3:15, W, CB: 10-noon, M-T, 1-3 W, 10-1 Th	WV, CV Spokane Valley, SE Spo Cnty 11-12:45, Th (seniors & disabled) ,	svpart.org (precautionary cleaning, sanitization, Soc. Dist.
<b>Tum Tum Food Pantry</b>	6424 Hwy 291, Nine Mile Falls 99026	<b>276-5472</b>		X				9-noon, 1st/3rd Sat	protective gear-gloves and masks are requested for use by volunteers, food donations	TumTumPantry on FB
<b>Windsor Baptist FB/CB</b>	4404 W Hallett Rd, 99224	<b>455-7816</b>		X	X			varies		need based
<b>Women's Hearth - Transitions</b>	920 W 2nd Ave, 99201	<b>455-4249</b>			X		X	8:30-5, MTThF, 10:30-6, W	essential services only not programs or events	help4women.org

## COVID 19 - PUBLIC HEALTH & EMERGENCY MNGT

### Spokane Regional Health District

1101 W College Ave, 99201  
[srhd.org](http://srhd.org) 324-1500

Volunteers needed: Summer Warfield with the Health Department's Emergency Preparedness and Response program said they have identified a location for drive through screening, but need volunteers for a call center. There's no direct contact with those coming for screening but volunteers will respond to calls to assist people with information. For information, email [swarfield@srhd.org](mailto:swarfield@srhd.org).

### Referrals and Resources:

[cdc.gov](http://cdc.gov)

[doh.wa.gov](http://doh.wa.gov)

<https://www.dol.gov/coronavirus>

<https://esd.wa.gov/newsroom/covid-19>

[insurance.wa.gov](http://insurance.wa.gov)

[ready.gov](http://ready.gov)

[ssa.gov](http://ssa.gov)

[unitedwayspokane.org/  
COVID19Resources](http://unitedwayspokane.org/COVID19Resources)

[who.int](http://who.int)

### City Resources, Spokane Cnty

Airway Heights:

<http://www.cawh.org>  
Resource, Food support, utility bills, internet access, worker and business support, DOD restrictions, education resources

Cheney WA

[https://www.cityofcheney.org/  
CivicAlerts.aspx?AID=181](https://www.cityofcheney.org/CivicAlerts.aspx?AID=181)

Deer Park

[www.cityofdeerparkwa.com](http://www.cityofdeerparkwa.com)  
City Hall closed till further notice will not receive visitors

Liberty Lake

[www.libertylakewa.gov](http://www.libertylakewa.gov)  
Liberty Lake Library closed till further notice

Medical Lake

<https://medical-lake.org>

To help reduce exposure to the COVID-19 (Coronavirus) virus, all City buildings will be closed to the public through March 31st. Please use the utility payment drop box for payments. If you need assistance, please call 565-5000. Click on the following Spokane Regional Health District link to find out the latest updates on the COVID-19 virus.

Spokane Valley  
[https://www.spokanevalley.org/  
covid19](https://www.spokanevalley.org/covid19)

On Monday, March 16, City Manager Mark Calhoun signed a proclamation of emergency/disaster which enables the city to utilize additional resources and tools to slow the spread of the Coronavirus (COVID-19). The proclamation will allow the city to exercise emergency powers during the COVID-19 outbreak to preserve and maintain the health, safety and welfare of its citizens, and seek federal financial assistance to support resources that may be utilized in an effort to restrict the spread of the virus.

In addition, the city has an emergency response plan for situations such as infectious disease. The city is taking steps to educate employees about the disease and ensure that protocols are being followed in regard to good hand and respiratory hygiene, and proper cleaning of city buildings. In addition, the city will work with the Spokane Regional Health District to implement procedures to reduce employees' or visitors' exposure to COVID-19, such as social distancing.

### Governor, Washington State

[governor.wa.gov/issues/issues/  
covid-19-resources](http://governor.wa.gov/issues/issues/covid-19-resources)

contains info for businesses, schools, workers, insurance, and veterans. And Links to local Health Districts. State offers of brochure for workers on leave, or those sick not able to work, to get on worker comp, unemployment, and other social services.

[https://www.governor.wa.gov/  
issues/issues/covid-19-resources/  
covid-19-resources-businesses-  
and-workers](https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers)

### Greater Spokane Emergency Coordination Center

-EMERGENCY MANGEMENT 477-3046

1121 W Gardner Ave, 99201  
Dir: Sheriff Knezovich

centralized location where all aspects of response and recovery for multi-agency and multi-jurisdictional emergencies in Spokane County can be coordinated. Facilitate the flow of information within and between agencies and levels of the government (Local, County, State, and Federal) and the community during times of emergency or disaster. Facilitate the coordination of resources among all responding agencies during an emergency or disaster. Assist in coordination for continuity of services throughout the community during an emergency or disaster.

## FOOD & HYGIENE DONATIONS

### Feed Spokane 216-7364

PO Box 141674, 99214

[admin@feedspokane.org](mailto:admin@feedspokane.org)

[feedspokane.org](http://feedspokane.org)

Exec Dir: Steven Brashears  
Networks meal providers and community partners in the greater Spokane area. Works to eliminate food waste through food rescue.

### Giving Back Packs

[info@gbpacks.org](mailto:info@gbpacks.org) 389-2503

PO Box 30321

Spokane, WA 99223

collecting toilet paper from business donations and individuals to give to homeless shelters

### HRC Ministries 879-3773

POB 14257, Spokane Valley 99214

[warehouse@hrcministries.com](mailto:warehouse@hrcministries.com)

[hrcministries.com](http://hrcministries.com) Off 922-0939

Food Distribution to partner ministries and churches.

### Northwest Harvest Spokane

Warehouse 800-722-6924

PO Box 12272, Seattle 98102

[northwestharvest.org](http://northwestharvest.org)

EASTERN WASHINGTON

3808 N Sullivan Rd, Bldg 14-J  
Spokane Valley 99216 891-7012

Operations Mngtr: Dennis Vorhies  
Supplies 50 hunger relief programs and eight high-need schools. delivering 2.5 million lbs of food.

### Second Harvest of the Inland NW

1234 E Front, 99202 534-6678

[2-harvest.org](http://2-harvest.org) Fax: 534-8252

Supplies half a million pounds of food weekly to a network of 250 Inland NW neighborhood food banks and meal centers, as well as Mobile Food Banks.

SPEAR

475-5470

1905 E Pacific [spearspokane.org](http://spearspokane.org)  
PO Box 4033, 99220  
[spearspokane@gmail.com](mailto:spearspokane@gmail.com)  
SPEAR after school program in East Central north of I-90 needs non-perishable food for their food bank for low-income children and families – take donations to St. Mark's Lutheran, 316 E 24th Ave – call 747-6677 for hours.

### Veradale UCC 926-7173

611 N Progress [veradaleucc.org](http://veradaleucc.org)

Spokane Valley 99037

[genheywood@att.net](mailto:genheywood@att.net)

Pastor: Gen Heywood

offers a hoarders' Forgiveness Bank: Those who bought excess TP and hygiene items can bring them to 611 N. Progress Rd. to share with shelters.

## HOSPITALS & RESOURCES

### Blood Donation:

#### American Red Cross

[redcross.org](http://redcross.org)

315 W Nora, 99205

877-272-7337

Requesting type O blood

#### CSL Plasma, Inc [cslplasma.com](http://cslplasma.com)

Pays for blood plasma donations.

-2126 N Monroe St 340-6404

-9621 E Sprague 926-1881

#### Vitalant 800-423-0151

INLAND NW BLOOD CNTR [vitalant.org](http://vitalant.org)

Coronavirus Impacts Blood Supply URGENT SHORTAGE:  
DONORS NEEDED

-210 W Cataldo Ave, 99201

-North Spokane 10403 N Newport Hwy, 99218

-Valley: 12117 E Mission Ave  
Spokane Valley 992163

#### CHAS Health 444-8200

203 N Washington, Ste 300, 99201

<https://chas.org/health-alerts>

24/7 Nurse Advice Hotline:

866-418-1002

5921 N Market, Spokane

3919 N Maple, Spokane

914 W Carlisle Ave, Spokane

1001 W 2nd Ave, Spokane

817 S Perry, Ste B, Spokane

15812 E Indiana, Spokane Valley

5620 S Regal St., Suite 11

401 S Main St, Deer Park 99006–

1720 2nd St, Cheney 99004

(medical and behavioral health)

NURSE PRACTITIONER RESIDENCY CLINIC

15812 E Indiana Ave, Ste 101

URGENT CARE CLINICS

-Spokane Urgent Care-North, 5901

N Lidgerwood, Ste 126 434-1990

-Spokane Urgent Care - Valley

1502 N Vercler Rd 444-8204

#### Kaiser Permanente Medical

Centers

[kp.org](http://kp.org)

Consulting Nurse Srvc 800-267-6877  
 Member Services 888-901-4636  
 Social Work Services 877-216-6216  
 -SPOKANE - LIDGERWOOD 482-4402  
 6002 N Lidgerwood St, 99208  
 -SPOKANE - RIVERFRONT 324-6464  
 322 W North River Dr, 99201  
 -SPOKANE - SOUTH HILL 535-2277  
 4102 S Regal St, Ste 101, 99223  
 -SPOKANE VALLEY - VERADALE 922-2625  
 14402 E Sprague Ave, 99216

**MultiCare Emergency Dept**  
<https://www.multicare.org/coronavirus/>  
 -DEACONESS HOSPITAL  
 800 W Fifth, 99204 458-5800  
 -DEACONESS NORTH EMERGENCY  
 8202 N Division, 99208 473-3333  
 -VALLEY HOSPITAL 924-6650

12606 E Mission  
 Spokane Valley 99216

**MultiCare Hospitals** [multicare.org](https://www.multicare.org)  
 -DEACONESS HOSPITAL  
 800 W Fifth, 99204 458-5800  
 -VALLEY HOSPITAL 924-6650  
 12606 E Mission  
 Spokane Valley 99216

**MultiCare Indigo Urgent Care**  
<https://www.indigourgentcare.com/coronavirus>  
 -ARGONNE 598-7860  
 2713 N Argonne Rd  
 Millwood, WA 99212  
 -NORTH SPOKANE 598-7744  
 9420 N Newport Hwy, Ste 103  
 -SHADLE PARK  
 2401 W Wellesley Ave, Ste C

-SOUTH HILL 598-7810  
 4911 S Regal St, 99223  
 -VALLEY 598-7820  
 15605 E Sprague, 99216

**MultiCare Rockwood Clinics**  
<https://www.multicare.org/coronavirus/>  
 -AIRWAY HEIGHTS CLINIC 342-3380  
 10414 W Hwy 2, Ste 10, 99224  
 -CHENEY NEIGHBORHOOD CLINIC & EWU STUDENT HEALTH CENTER  
 19 N 7th St, 99004 235-6151  
 -DEER PARK CLINIC 755-5424  
 20 E J St, 99006  
 -MEDICAL LAKE CLINIC 755-5300  
 725 N Stanley St, Ste D, 99022  
 -QUAIL RUN CLINIC 755-5250  
 2214 E 29th, 99203  
 -VALLEY CLINIC 99216 744-5710  
 13221 E 32nd Ave, Ste 1

**MultiCare Rockwood Urgent Care** <https://www.multicare.org/coronavirus/>  
 -DOWNTOWN 342-3100  
 400 E 5th Ave, Ste 1 N, 99202  
 -LIBERTY LAKE 342-3990  
 1326 N Stanford Ln, 99019

**Native Project Medical Clinic**  
 THE NATIVE PROJECT  
 1803 W Maxwell, 99201  
[nativeproject.org](https://www.nativeproject.org) 483-7535  
 Call in advance if you suspect exposure to Covid-19 or have symptoms, on arrival you can be immediately triaged.

**Providence Health Clinics**  
<https://www.providence.org/patients-and-visitors/coronavirus-advisory>

## MEAL PROGRAMS AND SITES: SPOKANE & COUER D'ALENE

Grab and GO = GG

Sun	M	T	W	Th	F	Sat	Zip/City	Site Name	Location	Phone	Contacts and Area
12/5:30	12/5:30	12/5:30	12/5:30	12/5:30	12/5:30	12/5:30	99202	Union Gospel Mission	1224 E Trent	535-8510	uniongospelmission.org
7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	7:30a/11	99201	House of Charity	32 W Pacific	624-7821	cceasternwa.org
	7/4:30	7a	7a	7/4:30			99201	Shalom Ministries	518 W 3rd	455-9019	shalommeal.org GG
	1-4	1-4	1-4	1-4	1-4		99201	Cup of Cool Water (T-22)	1106 W Second	747-6686	cupofcoolwater.org GG
7p		12:30p	12:30p, 7p	12:30p, 7p	12:30p	8a, 12:30p	99201	The City Gate	170 S Madison	455-9670	-201,-204,-224
7am, not 1st							99202	Exodus Outreach Ministry	Below I-90 (on Division)	838-0139	orchardchristian.org
5pm		8:30am	5:30pm				99201	West Central Mission	1832 W Dean	326-6471	Creator's Table on Sunday is Dinner Church
12:30							99206	Spokane Valley UMC	115 N Raymond Rd	924-7262	spokanevalleychurch.org
12	9/11:30/5	9/11:30/5	9/11:30/5	9/11:30/5				God's Love Internat'l	Deer Park Youth Cntr	312-9875	godsloveinternational.com
1	6						99202	Neighborhood Lunch	St Anne's Fellowship Hall, 2120 W 1st	536-1189	stannsspokane.org
	noon		noon		5		99217	New Hope Ranch	2524 E Queen	954-5145	zahls@comcast.net
	5, 2nd & 4th							Medical Lake Free Meal, P.O. Box 364	St John's Lutheran, 223 S Hallett	714-1150	feedmedicallake.org
	5:30, last							Feed Cheney	204 4th St	381-7002	kriegheja@gmail.com feedcheney.com
		9:30, 2nd & last					99205	Audubon Park UMC	3908 N Driscoll	325-4541	audubonparkumc.org/ serve/food-ministry
		5					99201	All Saints Lutheran	314 S Spruce	838-4409	
		3	3		11:30		99205	Women & Children's Free Restaurant & Community Kitchen	1408 N Washington	324-1995	volunteer@wcfspokane.org 10 meal boxes at time first come first served, donating meals to area Social Service non-profits for Women and children
		6, last					99206	Holy Trinity Lutheran	2511 S Pines Rd	926-7966	holyltrinitylcmc.org
			6				99201	Blessings under the Bridge	I-90 overpass	869-6584	butb.org currently discerning what future course to take, possible work with feeding area children out of school
			6				99216	Spokane Valley Baptist	1222 S. McDonald Rd	924-1234	spokanevalleybaptist.com
				5:30			99207	American Indian Community Center	610 E North Foothills	535-0886	aiccinc.org
				D			99207	Salvation Army	222 W Indiana	325-6810	spokane.salvationarmy.org
					8am	8am		Faith Baptist	2804 E Euclid		
						8:30, 3rd	99207	Free Neighborhood Breakfast -	St Peter FB 4620 N Regal	487-4843	splspokane.org
						8, last	99207	NW Connect	Nazarene Church, 4560 N Crestline	487-2781	nwconnect.org
						11	99201	Calvary Bapt.	203 E 3rd Ave	747-8793	
						2:30, 2nd		Feeding The Homeless Min	Wall & Riverside	448-6425	South Hill SDA: uccsda.org

**PROVIDENCE EXPRESS CARE**  
Lincoln Heights 888-227-3312  
2923 E 29th Ave, 99223

**PROVIDENCE FAMILY MEDICINE**  
-INDIAN TRAIL (SPOKANE) 385-0610  
5011 W Lowell Ave, Ste 100, 99208  
-HAWTHORNE (SPOKANE) 252-1900  
551 E Hawthorne Rd, 99218  
-NORTH (SPOKANE) 252-9602  
212 E Central Ave, Ste 440, 99208  
-RESIDENCY CLINIC - SPOKANE 626-9900  
TEACHING HEALTH CLINIC Fax: 626-9917  
624 E Front Ave, 99202  
-SPOKANE VALLEY - 99216  
13102 E Mission Ave 928-0300  
PROVIDENCE FAMILY PHYSICIANS  
Providence Medical Park  
16528 E Desmet, Ste B3100  
Spokane Valley 994-9440

**Providence Hospitals**  
<https://www.providence.org/patients-and-visitors/coronavirus-advisory>  
Note visiting hours have been cancelled

**HOLY FAMILY HOSPITAL** 482-0111  
5633 N Lidgerwood, 99208  
**SACRED HEART MEDICAL CENTER & CHILDREN'S HOSPITAL** 474-3131  
101 W 8th Ave, 99204

**Unify Community Health**  
[yvfwc.org](http://yvfwc.org)  
-MISSION  
120 W Mission Ave 326-4343  
99201 Fax: 329-2280  
-NORTHEAST 483-3427  
4001 N Cook St Fax: 482-5062  
99207 Dental 326-4382  
-WEST CENTRAL CC 327-4646  
1603 N Belt St Fax: 327-7209

## SENIORS

**Aging & Long Term Care of Eastern WA - ALTCEW**  
1222 N Post St, Spokane 99201  
[action@altcew.org](mailto:action@altcew.org) [altcew.org](http://altcew.org)  
Dir: Lynn Kimball 458-2509  
See website for programs and event cancellations

**Elder Services** 458-7450  
5125 N Market St, Spokane 99217  
need family and friends to train and build support during these times  
**FAMILY CAREGIVER** 458-7450

**Greater Spokane County Meals On Wheels** 924-6976  
12101 E Sprague Ave, 99206  
POB 14278, Spokane Valley 99214  
[gscmealsonwheels.org](http://gscmealsonwheels.org)  
pre-cautionary regulations in place. As of March 20th cancelling ALL 12 Silver Cafes locations as Senior nutrition sites all over Spokane County. Will be replaced by meal deliveries to homes via MOW program. Requests for more volunteers, with new training for all drivers, including hygiene and

daily wellness checks for said volunteers

**Mid-City Concerns/Meals on Wheels Spokane** 747-3257  
1222 W 2nd MOW 232-0864  
Spokane 99201 [mowspokane.org](http://mowspokane.org)  
[director@mowspokane.org](mailto:director@mowspokane.org) 456-6597  
Sarah Hall 232-0864  
no change, but cleaning. Probably no meal

**RSVP - Retired Senior Volunteer Program YMCA**  
1126 N Monroe, Spokane 99201  
Programs cancelled 344-7787

## COMMUNITY CENTERS

**American Indian Community Center** 535-0886  
610 E North Foothills Dr, 99207  
[aiccinfo509@gmail.com](mailto:aiccinfo509@gmail.com) [aiccinc.org](http://aiccinc.org)  
Provides comprehensive social and economic development services for American Indians/Alaskan Natives and all racial groups in the community. Encourages self-sufficiency.

**Corbin Senior Activity Center**  
827 W Cleveland 327-1584  
Spokane 99205 Fax: 327-9162  
[info@corbinseniorcenter.org](mailto:info@corbinseniorcenter.org)  
[Jeff Edwards corbinseniorcenter.org](mailto:Jeff.Edwards@corbinseniorcenter.org)  
Pre-cautionary Cleaning and cancelaiton of larger events.

**Deer Park Senior Center**  
Deer Park City Hall, Lower Level  
E316 Crawford St 276-2411  
PO Box 842, Deer Park 99006

**Hillyard Senior Center**  
NE COMMUNITY CENTER 482-0803  
4001 N Cook, Spokane 99207  
[hillyardseniorcenter@yahoo.com](mailto:hillyardseniorcenter@yahoo.com)  
[hillyardseniorcenter.org](http://hillyardseniorcenter.org)  
canceling major events.

**Martin Luther King Family Outreach Center**  
500 S Stone, 99202  
[mlkspokane.org](http://mlkspokane.org) 455-8722 x100  
check change if FB Hours

**Northeast Community Center**  
4001 N Cook, 99207 487-1603  
[necommunitycenter.com](http://necommunitycenter.com) Fax: 489-3849  
NECC is open. Senior Center may be closing and not doing congregant meals as of end of this week. The Zone - will work to supply children and families with meals, food, toiletries & safe places

**Sinto Senior Activity Center**  
1124 W Sinto Ave 327-2861  
Spokane 99201 [sintocenter.com](http://sintocenter.com)

Cal Coblentz [calc@sintocenter.com](mailto:calc@sintocenter.com)  
NO info

**Southside Community Center**  
3151 E 27th Ave, Spokane 99223  
[southsidescc.org](http://southsidescc.org) 535-0803  
Pre-cautionary cleaning and sanitization.

**West Central Community Cntr**  
1603 N Belt St, 99205 326-9540  
[westcentralcc.org](http://westcentralcc.org) Fax: 326-2347  
before and afterschool cancelled, supportive services, many programs closed March 17-April 24

## SCHOOL DISTRICTS AND CHILD CARE

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

**CENTRAL VALLEY #354** 228-5400  
19307 E Cataldo [cvsd.org](http://cvsd.org)  
Spokane Valley 99016  
FREE Meals for Kids

Kids, age 18 and under, can enjoy a free, nutritious, grab-and-go, drive-through breakfast & lunch while our schools are closed. Starting on Tuesday, March 17th, 10am-1pm at eleven specific designated locations so far (more to be added). Registration is not required and children do not need to be a CVSD student to participate. Children must be present to pick up. Locations: (Look for the CVSD school bus out front)

Locations: (Look for the CVSD school bus out front)

- Bowdish Middle School – 2109 S. Skipworth Rd., Spokane Valley, 99206
- Broadway Elementary – 11016 E. Broadway Ave, Spokane Valley, WA 99206
- Evergreen Middle School – 14221 E. 16th Avenue, Spokane Valley, WA 99037
- Opportunity Elementary – 1109 S. Wilbur Road, Spokane Valley, WA 99206
- Pavillion Park – 727 N. Molter Road, Liberty Lake, WA 99019
- Pope Francis – 16412 E. Sprague Ave., Spokane Valley, WA 99016
- Progress Elementary – 710 N. Progress Rd, Spokane Valley, 99037
- Riverbend Elementary – 17720 E. Mission Ave., Spokane Valley, WA 99016
- Selkirk Middle School – 1409 N. Harvest Pkwy, Liberty Lake, WA 99016

- University Elementary – 1613 S. University Road, Spokane Valley, WA 99206
- University High School – 12420 E. 32nd Avenue, Spokane Valley, WA 99216

**CHENEY** [cheneysd.org](http://cheneysd.org)  
12414 S Andrus, 99004 559-4599  
Breakfast and lunch meals will be distributed beginning Wednesday, March 18. No specific pickup location or times have been determined yet.

**EAST VALLEY** 924-1830  
3830 N Sullivan Rd, Bldg 1  
Spokane Valley 99216 [evsd.org](http://evsd.org)  
The East Valley School District is still determining how it will support students and their families during the closure. At this time, no meal pickup plans have been put into place.

**FREEMAN** [freemansd.org](http://freemansd.org)  
15001 S Jackson Rd 291-3695  
Rockford 99030

**LIBERTY** 624-4415  
S 29818 North Pine Creek Rd  
Spangle 99031 [libertysd.us](http://libertysd.us)

**MEAD SD** [mead354.org](http://mead354.org) 465-6000  
2323 E Farwell Rd, 99021  
Meal service for Mead schools will begin Monday, March 23. Meals will be delivered to various hubs throughout the school district, but those locations have not yet been determined.

**MEDICAL LAKE** 565-3100  
116 W 3rd, 99022 [mlsd.org](http://mlsd.org)  
Meal pickup plans have not been finalized by the district. The Medical Lake School District will have an update by Thursday, March 19, with how it'll proceed with services like meal distribution.

**NINE MILE FALLS** [9mile.org](http://9mile.org) 340-4300  
10110 W Charles Rd, 99026

**ORCHARD PRAIRIE** 467-9517  
7626 N Orchard Prairie Rd, 99217  
[orchardprairie.org](http://orchardprairie.org)

**VALLEY** 888-284-5719  
3034 Huffman Rd, 99181  
[valleysd.org](http://valleysd.org) 937-2413

**WEST VALLEY** [wvvsd.org](http://wvvsd.org) 924-2150  
2805 N Argonne Rd, 99216  
West Valley will continue to offer breakfast and lunch to any student 18 years of age or younger. Beginning Tuesday, March 17, all elementary schools, CMS and WVHS will distribute "drive through" meals to go from 11:00 am to 1:00 pm. No paperwork or identification necessary.

Pullman School District:

Each school in the Pullman School district will be open for meal pickup beginning Wednesday, March 18, between 7:30 a.m. – 8:30 a.m. and 11:30 a.m. – 12:15 p.m. The district will also send vans out into the community to deliver meals to designated locations for those who cannot get to the schools. The breakfast and lunch meals will be grab-and-go style and free to any student. Families are free to pick those meals up at any school in the district.

Moses Lake School District:

The district said food service plans are in progress to have a neighborhood meal program for breakfast and lunch, but no further specifics have been shared.

Coeur d'Alene School District:

Breakfast and lunch meal pickup will begin Wednesday, March 18, at select locations throughout the district. More details are expected soon.

Moscow School District:

Students in the Moscow School District are on spring break from March 16 – 20. However, the schools will be closed through April 6. In a letter to district families, Superintendent Gregory Bailey says the district is working to make lunch available to students once spring break is over. More information is expected closer to the end of spring break.

Additionally, the Mad Greek restaurant is offering free lunches for kids for the next three weeks. Those lunch meals include a slice of pizza or a cup of soup. Meal pickup is available from 2 – 4 p.m. Monday through Thursday. More information is available here. Lewiston School District:

Meal pickup will be available from March 16 – 20 at Jenifer Jr. High and Sacajawea Jr. High for any Lewiston School District students and members of their household 18 years and younger from 11 a.m. until 1 p.m. Family members older than 18 will be able to purchase meals from the schools. More information is available here.

## SPOKANE PUBLIC SCHOOLS

200 N Bernard St, 99201  
[spokaneschools.org](http://spokaneschools.org) **354-5900**  
Will start meal program for children on reduced or low-income meal plans starting March 24th To April 24  
**SAFETY 354-7320**  
**SCHOOL MEAL PROGRAM 354-5976**

We are continuing to get plans in place to help our students and families during the upcoming school closure. The newest information concerns meals and technology. Meal distribution On Thursday, March 19, SPS will begin offering grab-and-go meals – a breakfast and a lunch together – for any child aged 0-18 from 11 a.m.-1 p.m. at these locations:

- Arlington
- Balboa
- Finch
- Garfield
- Hutton
- Lidgerwood
- Lincoln Heights
- Longfellow
- Moran Prairie
- Mullan Road
- Ridgeview
- Roosevelt
- Shaw MS
- Rogers HS
- Shadle Park HS
- Ferris HS

Meals will be offered Monday through Friday. Our goal is to expand these sites next week.

Learning at home: We have assembled a thorough collection of resources -- schedule ideas, sample daily plans and learning at home guides – for families to use during the school closure as they see fit. These are available at [spokaneschools.org/LearningAtHomeResources](http://spokaneschools.org/LearningAtHomeResources). Structure and routine are strong elements to reducing anxiety, but we recognize that nothing about this is routine. In the coming days teachers will be connecting with students and parents, answering questions, sharing materials, clarifying directions, and assisting with access to digital resources.

Child care: Express child care is closed Tuesday, March 17 through Friday, March 20, so we ask our Express families to please make alternate arrangements for that time. Based on the governor's request, our initial child care plan will prioritize child care support for children of first responders and medical workers. We will have an update on Wednesday, March 18, regarding our ability to provide child care to existing Express families.

Volunteering: If you or your organization would like to support SPS students, families or staff by donating resources or time, please call the SPS Office of Family and Engagement at 509-354-7882.

Graduation requirements: The Class of 2020 has access to the Expedited Appeals Waiver which allows students to waive the current assessment graduation requirement to pass both the ELA and Math Smarter Balanced

Assessment. Future guidance will be provided by the state regarding making up instructional days with regard to credits needed for graduation.

Testing: The state superintendent's office (OSPI) has canceled all state testing for the 2019-20 school year.

End of school: At this time, OSPI will grant emergency waivers to allow districts to end the school year on Friday, June 19, at the latest.

Stay healthy! Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. Avoid close contact with people who are sick. Put distance between yourself and other people.

**Vanessa Behan Crisis Nursery**  
2230 E Sprague, 99202 **535-3155**  
[kristena@vanessabehan.org](mailto:kristena@vanessabehan.org)  
[vanessabehan.org](http://vanessabehan.org) **Fax: 534-7099**  
offers support to Children and Families during COVID -19 School Closure Crisis. We are working closely with our licensors and our Board of Trustees to determine how we can increase our services during this crucial time.

With the notice of school closures, we know parents are scrambling to find childcare. Over the past 48-hours we have seen numerous people offer care to children over community forums. While we value the goal to pull together as a society and help each other out, there are risks looming among these offers. Parents need to carefully scrutinize anyone they plan to leave their children with in the coming days. Here are just a few things parents should ask and consider before leaving children with a new caregiver:

- How well do I know this person?
- What is this person's experience with children?
- What is their experience with age appropriate expectations?
- How many children will they be caring for at one time?
- Where will they be cared for – is the environment child-proofed (are their guns in the house; chemicals locked up; etc.)
- Is this person CPR certified?
- How do they handle stress-what support system do they have if they get overwhelmed in the moment?

## VETERANS

**Spokane Veterans Home**

WA DVA 222 E. 5th Ave  
Spokane 99202 **344-5770**  
<https://www.dva.va.gov/veteran-homes/spokane-veterans-home>  
In full Lockdown

**VA Medical Center, Mann-Grandstaff** **434-7000**

4815 N Assembly St, 99205 [va.gov](http://va.gov)  
patients and visitors to Mann-Grandstaff VA Medical Center: As a precautionary measure, MGVAMC has implemented mandatory screening. Until further notice, normal operating hours for the facility are reduced to 7:00a.m. to 7:00 p.m

## BUSINESS, SMALL & RESTAURANTS

<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>

[facebook.com/groups/SaveSpokaneSmallBusinesses/](https://facebook.com/groups/SaveSpokaneSmallBusinesses/)

### Grocery Stores

Rousauers  
Delivery  
Curbside pickup  
<https://www.rousauers.com/page-content/?PageContentID=50>

Safeway  
Drive up and Go, grocery and pharmacy delivery  
<https://www.safeway.com>

### Home Deliveries, Restaurants

[https://docs.google.com/spreadsheets/d/1-MwPtgncwVP\\_N8zqGZ2SpQALdH2B1IZUY-MgFpixBP4/edit#gid=0](https://docs.google.com/spreadsheets/d/1-MwPtgncwVP_N8zqGZ2SpQALdH2B1IZUY-MgFpixBP4/edit#gid=0)

UberEats

GrubHub

DoorDash

Tree House is a new local services  
[treehousespokane.com](http://treehousespokane.com)

### Support Local Servers!!! The Big Table 979-1005

POB 141510, Spokane Valley 99214  
[information@big-table.com](mailto:information@big-table.com)  
[big-table.com](http://big-table.com)  
With business reduced, restaurants that already operate on tight margins are struggling. Employees hours are reduced, and in some cases, establishments are closing their doors altogether. Both in hotels and restaurants, the massive drop in business will mean that our people will have their hours cut and wages plummet with no way to make up that money. Most live financially

day to day or week to week and have no safety net.  
Could you give a special gift to keep people in crisis from falling? (from their facebook-which has more a focus on Seattle area)

**Small Business Admin** *sba.gov*  
**-WSU SPOKANE 353-2800**  
801 W Riverside Ste 444, 99201  
Develops small business loan and assistance programs, special outreach efforts and initiatives to aid and inform small businesses.  
**-ID SMALL BUSINESS DEVELOPMENT CNTR**  
525 W Clearwater Ln *idahosbdc.org*  
Post Falls 83854 **208-665-5085**

**SNAP Financial Access 456-SNAP**  
500 S Stone, 99202 *snapwa.org*  
**SNAP THE BUSINESS CENTER**  
One-on-one consulting, business training and support services, access to resources, and networks for business owners.  
**SNAP BUSINESS DEVELOPMENT**  
Technical assistance and financing for people interested in starting or expanding a small business.

**Christ Kitchen 325-4343**  
2410 N Monroe, Spokane 99205  
*christkitchen.org*  
We realize the population we serve doesn't need any more trauma in their lives, so I have personally contacted each of them and working with them to ensure money continues to come in. If you are in a position to support our ministry during this time in a financial offering, we certainly welcome that. However, we pray we will be able to receive government funding; we are unclear at this time how much, however.  
Thank you for understanding and for your love and prayers!!  
You can continue buying our products are Yokes, Rosauers, and Super 1 Foods. We are doing our best to keep those shelves stocked.

**New Leaf Bakery Cafe Job Training - Transitions**  
930 N. Monroe St.  
Spokane, 99201 **496-0396**  
*help4women.org* NO info yet

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## DISABILITIES

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**The Arc of Spokane 328-6326**  
320 E Second St, 99202  
*sthorpe@arc-spokane.org*  
*arc-spokane.org* **Fax: 328-6342**  
From March 17 to April 24  
Suspending ALL activity

**Joya Childhood & Family Development**  
2118 W Garland Ave, 99205  
*joya.org* **326-1651**

In addition to the hygiene and heightened sanitizing measures outlined on our previous communication, all Joya groups will be cancelled, effective March 16th until April 24th or until further notice.

All families will be contacted by phone at the beginning of each day before a child has scheduled services. The Joya team member will ask:

- Has anyone in the household or in close contact had a fever, cough in the last 72 hours?
- Has anyone in the household or in close contact been tested for COVID-19/Coronavirus?

If we are unable to reach you, your child's services will be canceled.

This situation is evolving and Joya management has made the decision today (March 15) to cancel all home programs, effective Monday, March 16.

**Disability Action Center- NW, Inc**  
CommunityBldg/Saranac, 25 W Main, Rm North #2 (3rd Flr), 99201  
*dacnw.org* **208-618-1191**  
Starting to cancel events

**DDA - Developmental Disabilities Admin (DSHS)**  
Field Off: 1611 W Indiana, 99205  
*DD1FSO@dshs.wa.gov* **329-2900**  
<https://www.dshs.wa.gov/dda/consumers-and-families/dda-coronavirus-information>  
**800-462-3038**  
**Fax: 568-3037 TTY 568-3038**  
Supports and services for people 18+ with developmental disabilities such as, cerebral palsy, epilepsy, autism or other neurological issues.

**People First of Washington**  
**-LILAC CHAPTER 991-5861**  
Downtown Library 901 W Main, 99201 4pm, 2nd & 4th T  
*peoplefirstspokane on FB*  
John Lemus  
Due to the COVID-19 virus I have decided after careful consideration and input from our members and advisors that all in person lilac city people first chapter meetings are terminated until such time that social distancing is no longer in effect. We will hold our chapter meetings via zoom with a call in option. Also after careful consideration our annual Rock N Bowl fundraiser usually held in April is postponed. These decisions are in the best interest of the health and safety of our members and public health. Questions please reach out to me directly.

**SKILS'KIN 326-6760**  
4004 E Boone Ave, 99202  
*skils-kin.org* **Fax: 323-8987**  
No info so far

**Spokane Center for Independent Living (SCIL) 326-6355**  
8817 E Mission Ave, Ste 106  
Spokane Valley 99212 *scilwa.org*  
Due the circumstances surrounding COVID-19 starting Monday March 16, all appointments with Independent Living Specialists will take place over the phone or through email until further notice.

**St Luke's Rehabilitation Institute**  
711 S Cowley St, 99202 **473-6000**  
*st-lukes.org* **Fax: 473-6097**  
St. Luke's Rehabilitation Institute is implementing additional visitor and therapy restrictions in accordance with recommendations from the Center for Disease Control and Prevention (CDC). In addition, some hospital access points will be consolidated at our hospital campus location. These changes take effect Tuesday, March 17 at 7 a.m.  
<https://www.st-lukes.org/locations/>

St. Luke's Waterfall Café is allowing limited access to current patients, their families and St. Luke's employees. General public access is not being allowed at this time.

**OUTPATIENT:**  
-Valley, 9119 E Broadway, 99206  
-North, 235 E Rowan Ave, Ste 210  
-North Occupation Rehab  
551 E Hawthorne Rd, 99218  
-South Occupational Rehab  
421 S Division St, 99202

Outpatient Therapy Clinics:

In accordance with CDC guidelines, please be aware of the following changes taking effect Tuesday March 17:

- Pediatric outpatient entrance on S. Chandler is available only to pediatric patients and their family member. Screenings will be conducted upon arrival.
- Outpatient Cardiac & Pulmonary Therapy sessions are being postponed until further notice.
- Outpatient therapy services for "high risk" and older populations are being postponed at least until April 16.
- Any person coming to the main hospital campus for outpatient therapy services, will be screened.
- Patients being seen in an outpatient clinic are encouraged to come on their own.
- We encourage anyone who is not feeling well to stay home.
- St. Luke's therapy teams will be calling patients the week of April 6 with an update.