

**Disclaimer:** Please note that this is a rapidly evolving situation. Resources may change hour by hour. Please contact the resource directly to verify that they are still providing the resource.

## General Website Links for Facts on COVID-19

[COVID-19 information from Spectrum Health](#)

[Spectrum Health Ludington Hospital Triage Tent Information](#)

[Spectrum Health has opened drive-thru COVID-19 testing by appointment](#)

[Spectrum Health symptoms and prevention flier](#)

[COVID-19 information for Mason, Oceana, and Lake Counties District Health Department #10](#)

[Ludington and Scottville Area Chamber of Commerce](#)

[COVID-19 information from the CDC](#)

[COVID-19 information for Michigan](#)

[COVID-19 MDHHS Fact Sheet](#)

[USCIS Public Charge](#)

[COVID-19 & Pregnancy Information](#)

[CDC Information on Pregnancy & Breastfeeding](#)

[Proper Hand Hygiene/Washing Video](#)



## **Unemployment Benefits**

There is some [expansion of benefits](#); able to receive unemployment if you must be the primary caregiver, benefits are extended to 26 weeks and the in-person component is waived. Online wait times are long, but are up and running.

## **Unemployment Toolkit**

[Unemployment Toolkit](#) to help navigate the process in order to receive benefits.

## **Michigan Bridge**

Michigan Bridge [has released a list of resources](#) where families can get food, cash, and internet during the COVID-19 pandemic

## **Dial 2-1-1**

[United Way](#) of Mason County 2-1-1, Mason County Family Link, Lakeshore Employer Resource Network 231.843.8593

[Ludington Area Senior Center](#) – phone support only 231.845.6841

[Scottville Area Senior Center](#) – phone support only 231.757.4705; all in-home services and medical transportation are cancelled

## **Food/Nutrition Resources**

### **SCHOOLS**

#### **Mason County**

Mason County's three public school districts are distributing free breakfast and lunch to children ages 18-years and younger (26-years and younger for special needs students) during the mandatory closing period. The meals are free and open to children from any school district. The efforts are collaboration between the school districts' food services and transportation departments.

#### **Ludington Area School District**

Food pick up in the high school back parking lot on Mondays and Wednesday over Christmas break, December 21 and 28. Each pick up date will contain food for six days' worth of meals.

#### **Mason County Central School District**

Due to the USDA extending their Summer Food Service Program all children ages 0-18 and up to age 26 if receiving special education services are eligible for free lunch and breakfast until December 31st, 2020 or until funding runs out.

Please take the time to fill out your free and reduced lunch application as this helps our district with extra funding though grant eligibility and when this program ends we will need your free or reduced status on file so we can charge your student's meals accordingly.

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Spartan Connected families are eligible for 7 days of meals – Pre-orders need to be in on Mondays by 3:00 pm, call the Food Service department 231.757.5721. You can only get meals by pre-ordering. Meal pick up will be Wednesday afternoons from 3:00 pm to 3:30 pm in the back of Mason County Central Middle School.

Face to Face students are eligible for weekend meals by pre-ordering Mondays and picking up on Wednesdays, same as Spartan Connected. All meals meet the Summer Food Service Program requirements. We encourage you to participate in this program. Feel free to call with any questions:

Mary Ann Nielsen

Mason County Central Food Service Director 231.757.5721

(For MCC areas: For specific dietary restrictions/allergies, contact MaryAnn Nielsen, director of MCC Food Service, at 231.757.5721. Weekend meals will be distributed on Fridays. Multiple days can be picked up but are limited to that day's meal. Parents can pick up on behalf of children and families can pick up for other families' children.)

## **Mason County Eastern School District**

Any student whether they are doing in-person learning at school or virtual/remote learning at home can get free meals. Free meals are also available to children 18 years and younger who are not enrolled in MCE schools. This includes younger children who are not in school yet, children enrolled in other districts, and children who are homeschooled. Meals are available for pick-up at MCE schools cafeteria on Tuesdays between 1:30 and 2:30 p.m. Children do not have to be present for meal pick-up. Children will receive six breakfasts, six lunches, and six snacks. Menus are posted on the website at [mceschools.com](http://mceschools.com).

## **Oceana County**

- Hart Public Schools. See district Facebook page for updates.
- Hesperia Community Schools - This program will last through the end of December or until the USDA depletes program funding and allows us to distribute meals on the weekends to our families. For more information, please contact our food service director for more information.
- Pentwater Public Schools, Pentwater Public Schools' food service will be distributing student meals during the holiday break on the following dates/times: Monday, 12/21: 8am-10:30am Monday, 12/28: 8am-10:30am Monday, 1/4: 8am-10:30am Please come to the back (north) kitchen entrance and a food worker will bring the meals to you.
- Shelby Public Schools – contact the respective school your child attends
- Walkerville Public Schools - Free breakfast and lunch (for the week) will be available for pick up on Mondays from 2:00 – 4:00 p.m. Please contact the Food Service Department to be added to the roster for meal pick up. We will need to know how many children age 0 to 18 years of age are in your home. Students or parents may pick up the meals. Parents are allowed to pick up meals without children present. For additional information, contact Sheri Boes 231.873.4850 ext. 3328 or email: [kitchen@walkerville.k12.mi.us](mailto:kitchen@walkerville.k12.mi.us)

## **Lake County**

Baldwin Public Schools are delivering meals every Monday and Thursday to all students who have signed up to receive them. They are provided breakfast, lunch, supper, and snacks that cover seven days of food. This will continue until students return to face-to-face learning.

## LOCAL AGENCIES FOR FOOD ASSISTANCE

Salvation Army – Food Pantry -non-perishables – Call 231-843-3711 Drive thru service only – Monday – Friday 10 am – 3 pm – 1101 S. Madison Avenue, Ludington

FiveCap, Inc. 302 N. Main Street, Scottville, MI 49454, 231.757.3785 Emergency Food Pantry: Applications will be taken by phone, pre-packaged and delivered at door.

United Way of Mason County  
2-1-1, Mason County Family Link, Lakeshore Employer Resource Network, 231.843.8593

Cornerstone Baptist Church Food Pantry, 121 Nelson Road, Ludington, 231.845.1285, open every Friday from 11 am – 1 pm, will give 3+ days' worth of food

Crossroads Church, 1463 E. U.S. 10, Scottville, 231.757.2857, first Tuesday of each month from 10:00 a.m. until food is gone

*See next page for list of restaurants offering take-out.*



## Restaurants offering take-out (not including fast food):

### Mason County

Applebee's	Hungry Howie's	Emerson Lake Inn
Blu Moon	Jimmy Johns	Sportsman's
Ludington Pub	Big Apple Bagels	House of Flavors
Jamesport Brewing	El Rancho	SandBar
Ludington Bay Brewing	Chief John's	Table 14
Mancino's	Fourth Ward Market	Old Hamlin
Chuck Wagon	Luciano's	Brenda's Harbor Cafe
Scotty's	The Grand Hotel	Thai Mango
Hunan Garden	China Buffet	Little Ceasar's
Pizza Hut	Timber's	Culver's
Q Smokehouse	Brenda's Burgers	North Country Cafe
KFC		

### Oceana County

Brown Bear  
Big Hart Brewing Company  
Open Hearth  
Hart Pizza  
La Prohadita  
La Fiesta  
BC Pizza  
Antler Bar  
Kristi's Pour House

### Lake County

Chase Creek Smokehouse  
Barski's  
Club 37  
Pompeii's Pizza  
Natahka  
Natahka South



## Fitness/Wellness

### **Spectrum Health COVID-19 Hotline**

Spectrum Health has a hotline 616.391.2380, call this if you are experiencing symptoms. Call 9-1-1 if symptoms are life threatening

### **YMCA Virtual Fitness Classes**

[FREE for anyone—do not have to be a member](#)

### **Free Yoga App**

Free for all until May, [free for students and teachers](#) until July

### **Planet Fitness**

Streamed [FB live classes available](#) for ALL for free

[Fitness Blender](#) - offers free workout videos and includes a wide variety of options to choose from based on skill level and minimal to no equipment necessary.

### **M. Wellness and Nutrition – Stay Twisted**

- Online fitness videos

#### [Chalkheadz Fitness Center](#)

- Fitness challenges for kids

#### [Northstar Fitness/Ludington Cross Fit](#)

- Virtual online fitness classes

#### [Flipstar Gymnastics](#)

## Educational Resources

### **Grand Rapids Public Library**

[GRPL is closed](#), but they have many online resources

### **Home School Resources**

[Home school resources](#)

ECIC 4 Kids [released resources for early childhood.](#)



[Giant list of ideas for being home with kids](#)

## Free Educational Sites

A Google Document of [free educational sites](#).

## Cincinnati Zoo

Cincinnati Zoo is doing [a Home Safari on Facebook Live](#) every weekday at 3pm where they will highlight one animal and include an activity you can do from home. If people do not have access to Facebook, it is also on YouTube and activities on their website

## FitKids360 Verbal info

[COVID-19 Verbal Info](#) in Spanish for Kids/Parents from FitKids 360

## Scholastic

Scholastic [has a free website](#) with educational resources for students.

## Grand Rapids Kids

[21-day Home for the Day Challenge](#): 15-20 minute activities for kids streamed on FB Live

[Audible – free books](#)

[Free NASA site](#). Learn about the Kelly brothers, twin astronauts.

[Free yoga classes](#)

[Grand Rapids Public Museum](#)

[Brookfield Zoo – free virtual learning](#)

[Georgia Aquarium – free virtual learning](#)

[Mason County District Library](#)

[Hart Public Library](#)

[Pathfinder Public Library](#)

[Libby – free online library books](#)

[Recorded Books \(RB\) – free online digital books](#)

## Emotional/Mental Health Support

### COVID-19 Screening Hotline

A menu has been added to the COVID-19 screening hotline (833.559.0659) with the following options:

- If you are calling to schedule a COVID-19 screening, press 1.
- If you are experiencing increased anxiety or depression related to COVID-19, press 2.
- This menu will be active from 7 a.m. to 11 p.m. Between 11 p.m. and 7 a.m. the screening hotline will default to
- the previous set up without this menu.

**Jewish Coalition Against Domestic Abuse (JCADA)**

Contact info: 877-88-JCADA

The Jewish Coalition Against Domestic Abuse (JCADA) is safety planning with people who may be quarantined with their abuser. Their helpline is available during business hours for just this purpose. Available for non-Jews too!

**Online AA Meetings during COVID-19**

A list of [online Alcoholics Anonymous meetings](#) during COVID-19.

**Taking Care of Your Mental Health in the Face of Uncertainty**

[Resources](#) on taking care of your mental health.

**Places of Worship**

Many places of worship are livestreaming their services. Contact your place of worship for information.

**The Crisis Text Line**

Text TALK to 741-741

**Disaster Distress Helpline (Substance Abuse and Mental Health Services Administration).**

Contact info: 1-800-985-5990

