



Resources for Families

Last updated:5/7/2020

Lutheran Social Services of Indiana has developed this list of resources to assist individuals and families during the COVID-19 pandemic. The intent of this list is to provide one central document to use as a reference for possible community assistance and resources. The responses and relevance of the listed organizations could quickly become obsolete due to the fluid nature of COVID-19 crisis and response. As such, your use and our responsibility for this list is subject to the limitations set forth at the end of this list of resources.

For more information or additional COVID-19 resources, visit www.lssin.org/covid19

211: Complete List of Resources

Indiana 2-1-1 is a free, confidential service that helps Hoosiers across Indiana find the local resources they need, like food, clothing, healthcare, housing and utility assistance, and more—and it's available 24/7. Dial 2-1-1 to connect with a navigator, or visit in211.communityos.org

COVID19 – Resources in many different languages plus sign language videos

Click on the link below to go the Minnesota Department of Health Resource page:
<https://www.health.state.mn.us/diseases/coronavirus/materials/index.html>

Recovery Resources:

For assistance and identification of recovery services, contact the HART team (a partnership between The Lutheran Foundation, Fort Wayne PD, Parkview and LSSI). **Hart Hotline: (260) 427-5801**

If you are in recovery but struggling with COVID-19 or life issues, or have a loved one suffering from Substance Use Disorder, please contact LSSI's **Recovery Care Team: (260)-426-3347**

Utility Resources:

AEP:

AEP is temporarily suspending all disconnections for non-payment as the coronavirus (COVID-19) continues to spread in our communities. We know our customers are concerned about their families and ensuring they have reliable electric service allows them to focus on staying healthy and well. AEP is committed to doing what we can to help our customers, our employees, and the communities we serve navigate this uncertain time.

Nipsco:

NIPSCO today announced that it will voluntarily suspend shutoffs for nonpayment in response to the COVID-19 pandemic, effectively immediately. This suspension will apply to residential, commercial and industrial customers and will remain in effect until further notice. In addition, NIPSCO will offer its most flexible payment plans to customers who indicate either an impact or hardship as a result of COVID-19 and will suspend late payment charges until May 1. NIPSCO will continue to monitor current events and support our customers and communities. "The safety of our employees and customers is at the forefront of everything we do at NIPSCO," said NIPSCO President Violet Sistovaris. "We are taking a proactive, coordinated approach to prevent, mitigate and respond to COVID-19." Any customer who has received a termination notice or is having trouble paying his/her bill should call [1-800-4NIPSCO](tel:1-800-4NIPSCO) to discuss payment arrangements and/or financial assistance programs. In addition to the shutoff moratorium, NIPSCO is doing the following in response to the pandemic:

- Our employees are taking all appropriate precautions to keep themselves and our customers safe.
- NIPSCO has activated its incident management team and is closely monitoring the Centers for Disease Control and Prevention, World Health Organization, and local state and federal health agencies for updates related to the virus.
- To help reduce the spread of COVID-19, until further notice, employees whose positions allow it are working remotely.
- For those critical employees who must report in person to complete their work, additional precautions are being taken to minimize the spread.
- We will continue to ensure that our system is safe and, if an outbreak would occur in our service territories, have plans in place to suspend all non-emergency work if necessary.



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Fort Wayne City Utilities:

Walk-in Visits Stopped to Protect Customers and Service Reps

- City Utilities has suspended non-payment disconnects for non-payment until further notice.
- Customers are urged to do their best to continue paying their bills.
- Flexible payment plans are always available with City Utilities and will continue to be as we understand the financial hardship this outbreak has placed on many families. Please call City Utilities Customer Support at 260.427.1234 to discuss extended payment plans. *Communicating with customer representatives:* City Utilities' customer service representatives can handle all questions, including payment arrangements, by phone. The team can answer questions in English, Spanish and Burmese. Customers can call 260-427-1234 for service, Monday through Friday from 7:30 a.m. until 5:30 p.m.

Duke Energy: Since many customers may be facing unusual financial hardships as a result of COVID-19, we are suspending disconnections for nonpayment effective March 13, 2020. This applies to all home and business accounts in Florida, Indiana, Kentucky, North Carolina, Ohio and South Carolina. Have questions about your Duke Energy Bill: contact 1-800-521-2232

General Assistance:

Aunt Bertha:

https://anthembcbs.auntbertha.com/search_results/46807

Food Resources:

Indiana State Map of Food Banks

<https://www.in.gov/fssa/dfr/5768.htm>

Fort Wayne Community Schools FWCS will provide free breakfast and lunch for children at ALL elementary schools **starting Tuesday, March 17**. Meals are available by walk-up/drive-up for all kids, regardless of the school they attend, ages birth through high school from **10:30 a.m. - 1:30 p.m. Monday-Friday. Children MUST be present.**

East Allen County Schools: East Allen County Schools will continue to provide meals, breakfast and lunch, to all of our EACS students and anyone in the EACS community who is 18 years of age and under during the closure period. Both breakfast and lunch meals (cold packs) can be picked up at these 3 designated sites. The designated sites are listed below:

Heritage K-12 (Door #8)

Southwick Elementary (Door #6)

New Haven Intermediate (Door #9)

All 3 sites will be available for meal pick-up every Tuesday on the dates and times below:

Please note the following dates and pick up times that have changed for the month of April: (same locations)

Please note the following dates and pick up times that have changed for the month of April: (same locations)

Please bring a writing utensil!

- April 7th (3:00pm-6:00pm)
- April 14th (3:00pm-6:00pm)
- April 21st (3:00pm-6:00pm)
- April 28th (3:00pm-6:00pm)

Each child will receive two bags. The first bag will have a five-day allotment of breakfast and a five-day allotment of lunch items. The second bag will have 10 milk cartons to be provided for each meal. To limit interaction and proximity to other participants and therefore decrease the risk of COVID-19 exposure, food service staff will deliver these items to your vehicle upon arrival. Please be prepared to provide your child's name upon meal pick-up. Please remember some of the meals you will receive, contain items that must be refrigerated within 2 hours of receiving them. Leaving food out too long at room temperature can cause bacteria to grow and therefore will be unsafe to consume.



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Southwest Allen County Students :

We are still going to have meal pick-up available at Homestead High School each weekday from 11 am-1 pm, but we will no longer be offering meal pick-up during the evening. Students will be allowed two meals, per student, during the 11 am-1 pm pick-up time. We will also be making meal deliveries to several locations throughout the district. (See the list below) These deliveries will be made from 11 am-11:30 am each day, and meals will be dropped off by members of our Transportation Department team and our Food Service Staff. Deliveries will be made to the clubhouse of each neighborhood, in SACS vehicles and offered to any Southwest Allen County Student. Our staff will simply need to know the student's name and which school they attend. If you have any specific questions, feel free to reach out to me, via email: bbrown@sacs.k12.in.us or phone at 260-431-2282. Brant Brown, Food Services Director

Chestnut Hills Apartments
940 Steinman Drive
Fort Wayne, IN 46814

Hamilton Pointe Apartments
1740 Freedom Drive
Fort Wayne, IN 46814

Hunt Club Apartments
1111 Fox Hound Way
Fort Wayne, IN 46804

Liberty Mills Apartments
6101 Cornwallis Drive
Fort Wayne, IN 46804

Preston Pointe at Inverness
8075 Preston Pointe Drive
Fort Wayne, IN 46804

Willows Apartments
4499 Coventry Parkway
Fort Wayne, IN 46804

Woodlake Estates
12204 Indianapolis Road
Yoder, IN 46798

NACS Meal Info Northwest Allen County Schools is pleased to offer both breakfast and lunch meals starting Wednesday, March 18. Meals will be available for pick-up: Mondays-Fridays from 11 a.m. to 1 p.m., and on Tuesdays and Thursdays from 5:30 p.m. to 6:30 p.m. at Hometown Elementary School at 15330 Lima Rd., and Carroll High School, 3701 Carroll Rd. To Secure Meals: Call either of these two numbers between 9 a.m. and 1 p.m. to reserve meals for the next day, entire week or entire duration. (If more than one child, please give the names for all) OR email NACSmeals@nacs.k12.in.us with all of point #2 information answered.

Harvester Chruch The Harvester Church on the corner of Birchwood and Harvester is having a food bank every Wednesday from 5p-6p .. (They will be there today) said anyone can go, curbside service. Please share if you know anyone in need!

Salvation Army Miami County, Indiana: We are now asking that you call first for food pantry. The door will be locked so call for assistance, this way we can have your food packaged and ready for pick up. Hours are still Monday - Thursday, 8:30 - 11:30. These precautions are for your safety and our volunteers. Phone number is 765-473-5498. We appreciate your cooperation during this crisis time.

YMCA FREE GRAB-&-GO SUPPER Anyone who needs food can pick up supper at the [Renaissance Pointe YMCA](#). The Y will also deliver Grab & Go suppers to specific neighborhoods where the need is great. Renaissance Pointe YMCA is located at 2323 Bowser Avenue. The pick-up is available Monday – Friday, 4-6 p.m.

Fort Wayne Parks & Rec Free to go dinner for k-12 students from 4pm-5pm You may drive up, or walk up outside of the building. There will be no building entry or outdoor setting available.

Effective Thursday, March 26, the Fort Wayne Parks and Recreation Department will be making a location change for dinner service to school children. As a response to a decreased demand due to Indiana's stay-at-home order, and the need for Community Harvest Food Bank to focus on other local efforts to provide food to citizens in need during this crisis, dinners will now be served only at McMillen Park Community Center from 4:00 – 5:00 p.m., Monday-Friday as supplies allow.

Rescue Mission Fort Wayne:

The Rescue Mission is doing sack lunch and dinners for folks at 12pm and 5pm as an option.



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Restaurant Offerings (still open):

https://docs.google.com/spreadsheets/d/16MUeFw64QO6ClnWG2k_rm_mZ-JyRoH9eLq2m0zaUZyY/edit?usp=sharing

ASSOCIATED CHURCHES FOOD PANTRIES

Most of Associated Churches' Food Pantries remain open. Visit the following link to find locations and times:

<https://www.associatedchurches.org/local-food-pantries>

AGING & IN-HOME SERVICES

Aging & In-Home Services Home-Delivered Meals program is operating and accepting eligible clients. To determine your eligibility, call 260-745-1200.

Website for more information: <https://agingihs.org/>

HOMEBOUND MEALS

Homebound Meals is still delivering meals. Call 260.422.3296 to check availability.

Wellsprings Interfaith Social Services

We have two separate programs that give out food. I've listed the information and restrictions for each below.

Food Bank

- Located at Wellspring (1316 Broadway)
- Clients must bring photo ID and current piece of mail with address
- Those living inside our designated area are served 5 days worth of food per month. You can find if you are in our area by visiting <https://www.associatedchurches.org/local-food-pantries>
- Those living outside our designated area are served 5 days worth of food and can come once a year.
- **Wellspring's food bank is open on the following days:**
 - **Monday, Wednesday, Friday, Saturday from 9am – 11:30am**
 - **Tuesday from 4pm-6pm**
 - **Thursday from 2pm-4pm**

Wellspring on Wheels (WOW)

- Each week we are at a different location.
- Anyone can come to any and all locations.
- No ID or mail required.
- We are working to add new temporary sites during the COVID-19 pandemic so watch our Facebook page for updates.
- I've attached the schedule of our regular WOW sites. These will continue indefinitely.
- **The first new site we have added is at Study Elementary on the 4th Tuesday of each month from 11-1pm. (this site will only be open temporarily based on need)**




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Every Thursday 9-11am

1st Thursday- Neighborhood Health Clinic 1717 S. Calhoun St.		
April 2 nd	July 2 nd	October 1 st
May 7 th	August 6 th	November 5 th
June 4 th	September 3 rd	December 3 rd
2nd Thursday- Pontiac Library 2215 S. Hanna St.		
April 9 th	July 9 th	October 8 th
May 14 th	August 13 th	November 12 th
June 11 th	September 10 th	December 10 th
3rd Thursday- Indiana Tech Parking Lot 6 1600 E. Washington Blvd.		
March 19 th	July 16 th	October 15 th
April 16 th	August 20 th	November 19 th
May 21 st	September 17 th	December 17 th
June 18 th		
Last Thursday- Autumn Woods Apt. 2021 Carterton Dr.		
March 26 th	July 30 th	October 29 th
April 30 th	August 27 th	November 19 th
May 28 th	September 24 th	December 17 th
June 25 th		




Pop-Up WOW Site!

The Wellspring van will be distributing food at...

Where: Adams Township Trustee's Office
at 1125 Hartzell St, New Haven, IN—look for the fire fighters directing traffic!

When: Tuesday, April 14th
Time: 11:00am-1:00pm

No identification needed & Please follow the orange cones for drive-thru access.



Community Harvest Food Bank:

Update 03/23/2020

Our Farm Wagon schedule will be changing effective 03/30/2020. We are sending out an email about this new development. Copies of the schedule and more information can be found on our website here: <https://www.communityharvest.org/get-help-farm-wagon-mobile-pantry/>

Farm Wagon guidelines: Please arrive ten to fifteen minutes early and bring the following:

1. You do not need to show identification, but for our records, we do ask for zip code and family size
2. For the safety of Community Harvest's staff, volunteers, and participants, all Farm Wagon distributions have been converted to a drive-through distribution. We request that participants **clear and unlock the trunk of their vehicle** to facilitate a no-contact transfer of groceries.



The Farm Wagon mobile pantry program run through Community Harvest Food Bank will undergo schedule and location changes **effective March 30, 2020** due to developments with our COVID-19 virus safety plan.

What is Farm Wagon? – Farm Wagon distributes fresh fruits, vegetables, and dairy products to individuals and families in need. Distributions are outdoors after food is unloaded from our refrigerated truck.

Who can attend? – Any adult in need may attend a scheduled Farm Wagon. No ID is required.

Day	Time	Location	Address	City
Monday	9:00 a.m.	Garrett UMC	108 Houston St.	Garrett
Monday	1:00 p.m.	IGA Parking Lot	401 N. Main St.	Wolcottville
Tuesday	9:00 a.m.	Bluffton Middle School	1500 Stogdill Rd.	Bluffton
Tuesday	1:00 p.m.	Markle UMC	145 W. Morse St.	Markle
Tuesday	1:00 p.m.	CHFB North	1010 N. Coliseum Blvd.	Ft. Wayne
Wednesday	9:00 a.m.	Adams Central High School	222 W. Washington St.	Monroe
Wednesday	1:00 p.m.	Huntington	1330 S. Jefferson St.	Huntington
Thursday	9:00 a.m.	Angola Housing Authority	617 Williams St.	Angola
Thursday	1:00 p.m.	Crossroads Bank	105 E. Columbia St.	South Whitley
Friday	9:00 a.m.	Central Noble Jr/Sr High Sch.	302 Cougar Ct.	Albion
Friday	1:00 p.m.	St. Peter's Catholic Church	518 E. Dewald	Ft. Wayne



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- **Willie's Family Restaurant**
6342 St. Joe Center Road
Contact Kim Cambell for breakfast or lunch
- **The Bluebird Restaurant**
4410 Bluffton Road
Free sack lunch for kids
- **Mancino's**
1025 W. Coliseum Blvd., Fort Wayne
10874 Isabelle Drive, New Haven
Free sack lunch for kids Monday-Friday, 11 a.m.-1 p.m.
- **Elmos**
ALL locations and the Subway at 7405 Maplecrest Rd.
Free sack lunch for kids Monday-Friday
- **Caliente Cuban**
120 W. Wayne St.
Free sack lunch for kids

Youth Service Bureau's Drop In Center

1330 Lincolnway East

between Miami and Twyckenham

You can also call for curbside delivery 235-5517

Free food, Hygiene Supplies for anyone under age 21 who are unstably housed

Unemployment:



If you are a food & beverage industry worker (**restaurant, bar, etc.**) who has been laid off due to the impact of the current Covid-19 situation and need information on filing for unemployment benefits, contact the Department of Workforce Development at 1-800-891-6499 or use this link for information and to file from home: <https://www.in.gov/dwd/2362.htm>

For further resources and websites visit:
https://www.in.gov/dwd/files/Claimant_Handbook.pdf
<https://www.in.gov/dwd/3468.htm>



The WorkOne System is an equal opportunity program and does not discriminate in the programs and services offered. Auxiliary aides and services are available upon request to individuals with disabilities. The TDD/TTY number is 1-800-743-3332; Relay Indiana is 711.

INRlarelife

If you are an adult (18+) who has worked on a part-time or full-time basis in the hospitality industry in Indiana for at least 90 days in the last year, you are eligible for consideration for a one-time \$500 relief grant. https://inrlarelief.com/apply-for-funds/?fbclid=IwAR2-wwBxdTyPKhYYTBJ-m2dNPVs8aBHlxqROfmZO7Wd84vOy3YemOI_-JU

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Mental Health:




BOWEN
CENTER

Bowen Center is proud to partner with Warsaw Community Schools with its Student Assistance Program (SAP). Every student is eligible for 2 free sessions.

To schedule an appointment, call (574) 267-7169 ext. 3200.

Your local office is located at 850 N. Harrison Street Warsaw, In 46580

 Warsaw Community Schools
FAQ # 9. What if my child has anxiety over this current issue?

WCS posted a resource at [warsawschools.org](https://www.warsawschools.org). Link below.
How to Talk to Children about COVID-19
<https://www.warsawschools.org/component/k2/how-to-talk-to-children-about-covid-19>

BOWEN CENTER: WCS Student Assistant Program (SAP) offers every student 2 free sessions. To schedule an appointment, call (574) 267-7169 ext. 3200

Trinity English: Trinity English Lutheran Church has created a remote yoga class that you can join via ZOOM every Wednesday at 5:30,. Join Zoom Meeting URL: <https://zoom.us/j/622506277>

Insight Meditation Fort Wayne: has helpful tips on creating a living space that promotes wellness:
<https://www.facebook.com/InsightFortWayne/>

RemedyLIVE is offering it WIRED Experience in webinar form to businesses/churches/organizations. Guests can join via a stream and poll/interact with our text to trivia/text to poll technology. More on WIRED at <https://www.remedylive.com/wired> and WIREDx at https://www.remedylive.com/wired_x



ACTIVE COPING CALENDAR: APRIL 2020

SUNDAY
"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time

ACTION FOR HAPPINESS

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind



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Mental Health America

<https://mhanational.org/covid19>

is doing the following- all virtual so these could be added to the mental health section Here's some MHANI-specific additions they can include:

Parent Café:Parent Cafes are fun, free, supportive, educational, parent-led get-togethers where parents can talk openly with one another about the struggles of parenting and ways to strengthen their families. Meetings are now being held virtually using Zoom, a free web conferencing software. You can view the current schedule of meetings on the <https://mhanortheastindiana.org/our-services/parent-cafe> of our website.

Parent Support Facebook Group

We also have virtual Parent Café classes available online which are easily accessible via our Facebook group; STRONG PARENT LOUNGE. <https://www.facebook.com/groups/211935889428623/>

Anxiety and Depression Support Group:

In this uncertain time, Mental Health America of Northeast Indiana is offering a virtual support group. Open to any interested participants. No diagnosis needed to attend. The group will meet on Mondays at 10:30-12PM on Zoom. Please sign-up weekly for each meeting. We are looking forward to meeting you and supporting each other! You can register for Monday, March 23 on <https://www.eventbrite.com/e/monday-morning-depression-anxiety-support-group-tickets-100167230884>

Wellness Recovery Action Plan Courses

Wellness Recovery Action Plan (WRAP) recovery courses are being conducted virtually using web conferencing software called Zoom, which you can access for free. WRAP courses teach you how to apply the Five Key Concepts of Recovery to your everyday life to improve your quality of life. Participants identify tools and action plans to counter the negative effects of life challenges. If you are interested in attending one of our newly-added courses, you can find them all on our <https://www.eventbrite.com/o/mental-health-america-of-northeast-indiana-10013419691>

MHA is also compiling mental health resources and parents/kids focused stuff on our website at

<https://mhanortheastindiana.org/coronavirus>

Miles Nitz, LFMT - Take Charge Counseling Miles Nitz, LFMT has created a page on his website titled Corona, that contains basically a 75 minute video-taped crash course in using a very powerful strategy, Cognitive Behavioral Technique (CBT), to manage anxiety related to the CoronaVirus pandemic. The videos are self-explanatory. Included with the videos, he is donating 100 hours to 'virtually' coach folks through the process, and then at least 10 additional hours of free coaching each week until we get through this <http://takechargecounseling.org/corona>

Headwaters Counseling: We are accepting new clients for teletherapy. We are still conducting counseling throughout the pandemic---telephone counseling and teletherapy (video). Some insurances cover tele-therapy completely. Others will still have a copay. 2712 S Calhoun Street Fort Wayne, IN 46807 Phone: 260.744.4326 Fax: 260.744.0188

Parkview Behavioral Health Institute: Our facility continues to operate 24/7 for inpatient admissions; however, new IOP admissions are not being accepted at this point. Youth admissions, eleven years old or younger, are also on hold. In-person visitation has been suspended for adult and geriatric patients. Only one assigned visitor for youth is permitted. Safety precautions for staff and patients are in place and are carefully monitored. For questions or mental health issues, call our HelpLine, 260-373-7500. Screenings are being done over the phone and when needed, referrals made to the Walk-In Clinic at 2710 Lake Avenue, 8a-10p. Assessments in the ED are done virtually.



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Columbus Behavioral Center:

Facility Services and Programs

Our facility is fully operational. We are monitoring for symptoms in patients and staff. We are taking proactive steps to keep our patients and team members safe while serving the needs of our community. We have implemented additional training for all employees on handwashing and hand sanitation, and strict employee and client compliance with washing/sanitizing hands thoroughly and often.

Visitation- New Temporary Policy – In effect until further notice:

All in-person visitation has been suspended (with limited critical exceptions.) We strongly encourage the use of electronic methods to stay connected with loved ones including telemedicine, zoom, and extended phone time.

Admissions:

We continue to admit youth at this time and currently have beds available.

Please e-mail, call or fax records to:

Michelle Orr, RN

Admissions Director

Email: Michelle.orr@uhsinc.com

Phone: 812-314-3721 Fax: 812-314-3718

Harsha Behavioral Center: Service Children age 3-12, adolescents age 13-17, adults age 18-54 and geriatrics age 55 and older for inpatient and outpatient treatment of mental health conditions. For more information visit:

<http://harshacenter.com/about-us/>

Seize the Awkward: new webpage dedicated to supporting youth mental health during this pandemic.

Visit: <https://seizetheawkward.org/coronavirus>

Healthcare:

Neighborhood Health Clinic/WIC:

Calhoun Medical Office: Still seeing patients (all ages) for well visits and those who have chronic health conditions ONLY (prenatal patients and other women's health services are being offered here as well)

East Paulding Medical Office – still seeing sick patients ONLY. Covid19 testing for current and new patients.

Neighborhood Health Dental – providing emergency dental care during normal office hours at our Calhoun location.

Neighborhood Health Optometry Office – providing emergency optical care at our Calhoun location.

Women's, Infants, and Children (WIC) Services – conducting appointments over the phone to ensure clients obtain their WIC benefits. This goes for the Calhoun and East Paulding WIC offices as well as the Noble and DeKalb Counties offices. **For those coming into the office for medical, dental, and/or optometry, we are restricting visitors. No visitors will be permitted unless they are a guardian/caregiver of a minor or a patient caregiver.**

Matthew 25:

Matthew 25 Health and Dental Clinic serves low-income adults with no insurance. At this time, we are only seeing current medical patients with an appointment and those experiencing a dental emergency; we are not taking on new patients.

Hours of operation for Matthew 25 are 8:15am-1:00pm. Hours for medication pickup are 8:30am-12:00pm. If you are experiencing any of the following symptoms; fever, cough, difficulty breathing, shortness of breath, do NOT come to the clinic. Please call our phone nurse at 260-426-3250 x237 for further instructions. If you are having difficulty breathing or shortness of breath, seek care at the nearest emergency department. For the most up-to-date information on clinic hours and care provided please visit our website at <https://www.matthew25online.org/community/events/covid-19-coronavirus-information/>



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Medicare:

As you know, as of March 17,2020 we closed all Social Security offices to the public for in-person service due to the COVID-19 pandemic. We understand that due to current circumstances, beneficiaries may have difficulties submitting their Medicare enrollment forms by mail. To assist beneficiaries who have stopped working and are seeking immediate enrollment into Medicare Part B, we have developed a method for beneficiaries to fax their enrollment forms. Now Medicare beneficiaries can now fax Medicare Part b form, CMS-408 – <https://cms.gov/Medicare/CMS-Forms/CMS-Forms-Items/CMS017339> and CMS-L564-Request for Employment Information – <https://www.cms.gov/Medicare/CMS-Forms/CMS-Forms-Items/CMS009718> along with proof of employment, Group Health Plan (GHP) or Large Group Health Plan (LGHP) to 1-833-914-2016, if unable to mail the forms directly to your Social Security Office. To find your local office mailing address please use our Social Security Office Locator – <https://secure.ssa.gov/ICON/main.jsp>

Meridian Health Services

Meridian Health Services is committed to the community's 'whole-person' health. Meridian is working diligently to provide physical, mental and social healthcare and services to those in need during a time when concerns are at the highest we have ever experienced as a global community.

The Allen County Office is open and accepting referrals for:

1. New patient registration
2. Skills development
3. Case management
4. Behavioral health therapy
5. Psychiatric evaluations
6. Medication management

All our services are through a secure telehealth system and based on the patient's availability. Our goal as an organization and team is to serve the community during a time in which they need it most. We serve Allen, DeKalb, Noble, Whitley, Huntington, Wells, Adams, Grant, and Wabash Counties.

New patient virtual appointments can also be scheduled by going to www.meridianhs.org

If you have questions, please feel free to call us at 260-436-0932. Our office is open daily from 9-5 pm Monday through Friday. If you have questions regarding referrals or other items please feel free to reach out to me, Jamie Swaidner, Practice Manager, via email at Jamie.swaidner@meridianhs.org

IU Health Below is the link for the IU Health Virtual clinic that offers free Coronavirus (COVID-19) screening. Please share with family, friends, networks and distribution lists. <https://iuhealth.org/news-hub/iu-health-virtual-clinic-offers-free-coronavirus-screening>

Super Shots:

Immunization Services:

Super Shot is open to provide routine vaccinations. Social distancing practices are in place to ensure a safe environment. Super Shot is spreading out appointments, limiting one parent to one child being vaccinated, checking the temperature of everyone coming in the door, moving families to a cleaned exam room as soon as they check in, and limiting the time in their facility through expedited paperwork.

- Clinic located at 1515 Hobson, Fort Wayne, IN 46805 **only**.
- Super Shot serves Medicaid eligible, uninsured and underinsured children, uninsured and underinsured adults, and can also accept most commercial insurance plans for children and adults.
- Daytime, evening and weekend appointments available.
- Call 260-424-SHOT (7468) or email info@supershot.org to make an appointment.



Resources for Families

Last updated:5/7/2020

Indiana Youth Institute: creates fund to assist youth workers

As COVID-19 continues to create uncertainty and uproot routines, thank you for everything that you are doing to support Indiana children and youth. Many Indiana youth workers, like employees in many fields, are facing layoffs or reductions in hours based on the COVID-19 public health crisis. In these unprecedented times, IYI is acting to offer one-time **monetary grants**.

We recognize that even a small amount of support can create a lasting impact, so we will be providing **grants of \$500** to individuals who meet the following brief criteria. Applications will be accepted April 22–27, 2020.

Eligibility Criteria for IYI Youth Worker Relief Fund:

- You must be 18 years or older,
- You must have lost income based on COVID-19, either through a reduction in hours or a furlough/layoff,
- You must currently be, or have recently been, an employee of an Indiana based tax-exempt youth serving organization or school, and
- All grants funds will be electronically deposited. You must be able to receive an electronic bank transfer of funds.

Important Information:

- Grants are limited to one per individual,
- Only complete applications can be considered, and
- Grants are nontransferable and can be used by applicant only.

If you, or someone you know is an Indiana youth worker and or educator and have been negatively impacted by COVID-19, please consider applying for these funds, linked [here](#).

If you have additional questions about our guidelines or the application process, please refer to our FAQ document, [here](#), or visit iyi.org.

Thank you, again, for your dedication to serving our kids and youth.

Turnstone Resources for People with Disabilities

Turnstone is a not-for-profit organization providing a comprehensive continuum of supportive services addressing the unique needs of people with disabilities and their families. Turnstone continues to offer many of its support services remotely during the COVID-19 pandemic.

Information about the agency's response to COVID-19 can be found [here on Turnstone's website](#). Additionally, any community members who need assistance related to any disability needs are encouraged to contact Kathy Baer, Turnstone's Director of Social Services, at Kathy@Turnstone.Org or (260)969-7637. Turnstone's Social Services support is available to people with disabilities and their caregivers free of charge.

Social Services

- Participants in the Healthy Indiana Plan (HIP) and the Children's Health Insurance Program are not required to make premium payments.
- Job search requirements are waived for those applying for Temporary Assistance to Needy Families (TANF) benefits.
- The Family and Social Services Administration will seek a federal waiver to extend renewals for existing Medicaid and HIP recipients.
- Telehealth services for mental health, substance use disorder and prescribing for Medicaid covered services will be expanded.



Resources for Families

Last updated:5/7/2020

Transportation: CTN has expanded our medical transportation program, stopping nearly all other transportation programs. We're working with local healthcare providers and resources as well as Medicaid to add more riders. If you all know anyone that needs a ride to the Dr., pain management ctr, wound clinic, etc – all appointments that you can't really afford to miss – let us know! Riders should call 260-420-3280 to schedule their trip. We run 7am – 6pm M-F with limited trips on Saturday. We are cleaning/sanitizing vehicles after each client disembarks.

CITILINK

Offering free rides on a limited schedule in response to the crisis:

<https://www.fwcitilink.com/fort-wayne-citilink-news.php>

Child Care:

The YMCA of Greater Fort Wayne and Love Ministries are providing emergency child care at 3 sites in Allen County *for healthcare workers*. Please call YMCA Child Care Services at [260.449.8474](tel:2604498474) between 8:30 am and 4:00 pm for a referral based on the age(s) of your child(ren) and location preferred.

WHEN: Monday - Friday; beginning Monday, March 23 until TBD TIME: 6 am - 6 pm COST: \$50 per child per day (some employer subsidies are available) LOCATIONS: East Central, East State, North Side, Downtown/South

More information: <https://www.fwymca.org/serving-you-and-community>

BRIGHTER FUTURES INDIANA

For information on childcare vouchers follow this link:

<http://brighterfuturesindiana.org/2020/03/latest-covid-19-related-child-care-resources-and-information-for-indiana-families/>

If looking for childcare or assistance paying for childcare should call 1-800-299-1627

Online Childcare Finder: <https://www.in.gov/fssa/childcarefinder/>

Phone:

Click on the links below to learn more about how each mobile phone company is responding to this health crisis. The response at each company is different and ranges from unlimited/increased data, low cost phone plans and other features that can help you connect virtually with youth and families.

AT&T <https://about.att.com/pages/COVID-19.html>

T-Mobile <https://www.t-mobile.com/news/t-mobile-update-on-covid-19-response>

Verizon <https://www.verizonwireless.com/support/covid-19-faqs/>

Sprint <https://newsroom.sprint.com/covid-19-updates-sprint-responds.htm>

Internet:

Comcast: Internet Essentials:

As our country continues to manage the COVID-19 emergency, Comcast is taking immediate steps to help connect low-income families to the Internet at home. New Internet Essentials customers will receive two free months of Internet service, which is available to all qualified low-income households for \$9.95/month plus tax. Apply by April 30, 2020. Additionally, for all new and existing Internet Essentials customers, the speed of the program's Internet service has increased to 25 Mbps downstream and 3 Mbps upstream. That increase will go into effect automatically for no additional fee and it will become the new base speed for the program going forward. _English: 1-855-846-8376 Spanish: 1-855-765-6995

FREE OR LOW-COST INTERNET SERVICE AND OTHER RELATED RESOURCES (DEVICES AND CONTENT) THAT CAN ASSIST HUD-ASSISTED RESIDENTS DURING THE COVID-19 CRISIS*

National Locator Tool for Low-Cost Internet Service Offers: www.everyoneon.org/find-offers. Provided by HUD's nonprofit partner, EveryoneOn, the locator is easy to use. Users simply type in their zip codes and answer a few questions to determine eligibility for low-cost offers by the major Internet Service Providers (ISPs). The site has been updated to reflect new offers many ISPs have made to help ensure connectivity for low-income Americans during the COVID-19 outbreak.



Resources for Families

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AT&T's "Access by AT&T." Available in 21 states. One family member must be eligible for SNAP. • COVID-19 response: AT&T has committed waive data overage fees in response to Covid-19. • For more information go to: <https://gizmodo.com/at-t-waiving-data-coverage-fees-for-home-internet-subscr-1842300601>

Charter Communications' low-cost offer is "Spectrum Internet Assist" and is based on eligibility for the National School Lunch Program. • COVID-19 response: Charter is now offering free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have service through Spectrum. To enroll, call 1-844-488-8395. Installations fees are waived. There are no data caps. • For more information go to: https://drive.google.com/file/d/1-TjZ8yN2VKMFbhaoG_FlquGgyCD4aSPS/view

Comcast's low cost offer "Internet Essentials" is available to any low-income American. COVID-19 Response: Internet Essentials will be free to new customers. New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for \$9.95/month. Additionally, for all new and existing Internet Essentials customers, the speed of the program's Internet service was increased to 25 Mbps downstream and 3 Mbps upstream. That increase will go into effect for no additional fee and it will become the new base speed for the program going forward. Xfinity WiFi Free for Everyone: Xfinity WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi. Once at a hotspot, consumers should select the "xfinitywifi" network name in the list of available hotspots, and then launch a browser. Data overages will no longer apply for 60 days. No Disconnects or Late Fees: Comcast will not disconnect a customer's internet service or assess late fees if they contact them to let them know that they can't pay their bills during this period. Comcast care teams will be available to offer flexible payment options and can help find other solutions. For more information and updates from Comcast related to Coronavirus, visit: <http://www.comcastcorporation.com/COVID-19/> For a limited time, the first month of service will be free, \$9.95/month thereafter.

Cox Communications' Connect2Compete is for families with school-aged children who are enrolled in low-income assistance programs.

LOW-COST DEVICES:

- Computer refurbishers are a good source of low-cost devices. To find one near you, go to the Alliance for Technology Reuse and Refurbishing.
- PCS for People is a member, has worked with many PHAs, and offers tech support for individual customers: <https://www.pcsforpeople.org/>

Pregnancy:

Formula: During uncertain times like this, some parents may be tempted to stretch their baby's formula by watering it down or waiting longer between feedings. **This is not safe for your baby.** Please reach out to one of these organizations if you need help getting more formula.

A Hope Center Call 260-422-3544; text 224-585-3544; or visit www.ahopecenter.org

Parkview Women's and Children's Outreach Call 260-373-9651

Women's Care Center Call 260-203-5476 or 260-483-8918; or visit www.womenscarecenter.org

Healthier Moms and Babies Call 260-469-4076; or visit www.healthiermomsandbabies.org

Supplies including diapers: Baby supplies may be difficult to find or afford in stores right now. It is important to continue regular hygiene and diaper-changing routines during this time. If your supplies are running low, you can ask these organizations for help.

A Hope Center Call 260-422-3544; text 224-585-3544; or visit www.ahopecenter.org

Women's Care Center Call 260-203-5476 or 260-483-8918; or visit www.womenscarecenter.org



Resources for Families

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Healthier Moms and Babies Call 260-469-4076; or visit www.healthiermomsandbabies.org

Talking: Social distancing is necessary for community health, but it can be very lonely, especially if you are pregnant or think you might be. If you need advice or want to talk about concerns – safe, secure, confidential help is available.

A Hope Center: Call 260-422-3544; or text 224-585-3544

Women’s Care Center: Call 260-203-5476 or 260-483-8918, or text 260-403-1256

Pregnancy Testing Wondering if you might be pregnant? If you need to take a test to be sure, these organizations provide testing services. Reach out for help as you start your journey. Call one of the following locations or visit their website for more information and to check for current hours of operation.

Women’s Care Center Call 260-203-5476 or 260-483-8918; or visit www.womenscarecenter.org

Neighborhood Health Call 260-458-2641; or visit www.nhci.org

Need to see a doctor? If you are pregnant but scared to go to the doctor’s office because of COVID-19, there are still services available for you. Call one of the following locations or visit their website for more information and to check for current hours of operation.

Parkview Health PPG Call 877-774-8632; or visit www.parkview.com

Dupont Hospital: Call 260-416-3042; or visit www.theduponthospital.com

Neighborhood Health Call 260-458-2641; or visit www.nhci.org

Housing:

Allen County Evictions: Judge Avery: <https://www.youtube.com/watch?v=g1yMqjN1wz8>

Indiana Foreclosure Prevention Network

This is your Home. Hardest Hit Fund

Are you currently struggling to pay your mortgage because of:

- an involuntary loss of or substantial reduction in employment income;
- a substantial reduction in household income due to death of a contributing household member;
- significant expenses related to non-elective medical procedures or emergencies; • significant reduction in income due to military service? Are you back to work following a period of unemployment, and struggling to catch up on missed mortgage payments?

Who’s Eligible?

The applicant must:

- Be an Indiana homeowner residing in that home as their primary residence
- Have experienced a qualifying involuntary loss of or reduction in employment or household income on or after January 1,2009
- Be within the income eligibility requirements based on county of residence (requirements can be found online at www.877GetHope.org)

Additional eligibility requirements are available at www.877GetHope.org If so, you may be able to receive mortgage payment assistance through Indiana’s Hardest Hit Fund. For more information on the Hardest Hit Fund, please visit www.877GetHope.org, or call 1-877-GET-HOPE (877-438-4673). Applicant and property must meet all requirements; additional underwriting criteria may apply.



Resources for Families

Last updated:5/7/2020

Indiana Foreclosure Prevention Network
30 S. Meridian Street, Ste. 1000
Indianapolis IN 46204 www.877GetHope.org



Gov. Holcomb Takes More Actions to Protect Hoosiers During Public Emergency

Governor Eric J. Holcomb took additional unprecedented actions today to protect and support Hoosiers during the COVID-19 outbreak. Actions include:

Housing

- No residential eviction proceedings or foreclosure actions may be initiated during the public health emergency. This does not relieve the individual of obligations to pay rent or mortgage payments.
- All public housing authorities are requested to extend deadlines for housing assistance recipients and required documentation to show eligibility for housing programs. For more information, please see [**Executive Order 20-06**](#).

Economy

- Providers of essential utility services such as gas and electric, broadband, telecom, water and wastewater services are prohibited from discontinuing service to any customer during the public health emergency.

For more information, please see [**Executive Order 20-05**](#). Each of the Governor's Executive Orders can be found <https://www.in.gov/gov/2384.htm> For questions, or guidance about these Executive Orders, please <https://www.in.gov/ihcda/4300.htm>

Undocumented Immigrants:

<https://mydocumentedlife.org/2020/03/30/resources-for-undocumented-immigrants-and-their-families-during-covid-19/>

Recovery Resources

We know that in light of COVID-19, there are a lot of concerns about resources for the recovery community that comply with the concept of social distancing. We have found a couple resources for you and your communities to reference. We hope these are helpful in this unprecedented time.

<https://unityrecovery.zoom.us/> and intherooms.com If you are in search of 12-step meetings and other online resources, check out the links for virtual meetings. Unity Recovery has meetings 7 days a week at 9am, noon, 3pm, and 9pm.

<https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/mobilebasic> Here is another link to a list of speaker meetings, recordings, etc

[Unity Recovery](#) – Free virtual recovery meetings

AA Meetings Online:

<https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/mobilebasic>



Resources for Families

Last updated:5/7/2020



Throughout the coming weeks we will be offering a new space of recovery by using the platform of Zoom; this is to provide access to Narcotics Anonymous meetings twice daily. If you are unaware of how to use, or need help using Zoom, call 260-427-8113 and somebody will reach out. To join via-a phone call please dial 415-762-9988 and follow verbal instructions- enter the Meeting ID follow by the # key. Enter # key again, and you will be connected.



Due to COVID19, most in-person Narcotics Anonymous meetings have been temporarily suspended. Instead Northeastern Indiana NA members are holding two meetings everyday via the application called "Zoom."

The best way to attend explained in the easiest way possible, is to do the following:

Go to Zoom.us or download the app, create an account. Set your name.

When you are ready to attend: enter the Meeting ID, connect with audio (and video if you wish), & from there, the meeting chair will proceed with the meeting. Feel free to join at any time. We will keep the meeting open for an hour and a half – we want to see you!

12pm – Meeting ID 180-964-315

7pm – Meeting ID 926-708-425

You can join using any of these:

- Zoom Smartphone App
- Web browser @ <https://zoom.us/join>
- Phone (audio only) by dialing 415-762-9988. Enter meeting ID# followed by the # key, enter # key again, then you will be connected.

Due to Zoom increasing security of it's online meeting service, the daily noon and 7 PM Narcotics Anonymous meetings will soon have a password. This password is "hope" - four letters, all lower-case.

In addition one weekly meeting for women is now held Thursday evenings at 6:30 PM, and one weekly meeting for men is now held Saturdays at 3 PM. The password for these meetings is also "hope" .

Meeting ID numbers are as follows:

Daily noon recovery meeting:180-964-315

Daily 7 PM recovery meeting:926-708-425

Women's recovery meeting, Thursdays at 6:30 PM:670-458-719

Men's recovery meeting, Saturdays at 3 PM: 901-387-114

The Mom of an Addict We are meeting online via Zoom each Tuesday at 6:30 PM. We are continuing our lessons and also continue to have guest speakers join us on the calls. The link to the Zoom meeting each week is posted on our Facebook page - The Mom of an Addict, Inc., and we also send out an email to our communication list. To be added to that, someone can email us at info@themomofanddict.com

Resources for Families

Last updated:5/7/2020

Information for Law Enforcement Regarding Self-Administered Medications



In an effort to reduce the potential to acquire and/or spread the coronavirus (COVID-19) and in accordance with Governor Holcomb's Executive Order 20-02, the Indiana Division of Mental Health and Addiction has authorized exceptions for patients receiving treatment at one of our 19 opioid treatment programs, commonly referred to as "OTPs." Specifically, we are allowing for an increase in the number of self-administered medications (also known as take-home doses) for patients who are stable in their treatment. This will reduce their number of trips and time spent at an OTP to receive their daily dose of methadone.

OTPs are the only locations in the state with the authority to dispense methadone for treatment of opioid use disorder. Prior to this public health emergency, the majority of patients were required to visit the clinic every day for their medication. Every day, OTPs serve more than 10,000 Hoosiers in recovery from opioid use disorder with methadone, evidence-based therapies and other psychosocial services. As you may encounter OTP patients and their medications during this time, we the Division of Mental Health and Addiction wanted to share some important information about these medicines. These patients are permitted by U.S. and Indiana law to possess and transport these medicines for their own use.

Patients do not receive a prescription or paper document along with their medication. However, Indiana law regarding self-administered medication states that OTPs must prepare bottles for self-administration of medication with labels containing the following information:

- 1. Patient's name**
- 2. Name of OTP physician**
- 3. Medication name**
- 4. Medication dose**
- 5. Date bottle was filled**
- 6. Date or dates when the medication is to be ingested**
- 7. Directions for ingesting the medication**
- 8. The name, address and telephone number of the OTP**
- 9. Appropriate cautionary statement, including "Caution: Federal law prohibits the transfer of this drug to a person other than the patient for whom it was dispensed."**

Patients are required to transport and store self-administered medications in approved lock boxes. The lockboxes will secure take-home doses of methadone for people in treatment and help to reduce their exposure to COVID-19. The lockboxes will be issued in full accordance with Indiana Code for self-administered medication. The additional flexibility for OTPs and their patients is in full accordance with recent emergency guidance issued by the U.S. Substance Abuse and Mental Health Services Administration. Naloxone will be issued with the lockboxes as a precaution. Naloxone is a life-saving antidote for a person experiencing an opioid overdose. State law requires anyone administering naloxone to call 9-1-1



Resources for Families

Last updated:5/7/2020

Teens:

Youth for Christ-Remedy Live:

Free resources to equip you to engage your teen during this global crisis.

This pandemic will likely be the defining event for today's youth. Youth for Christ and Remedy Live have partnered to bring you resources that will equip you to walk beside teens right now, to understand how they are engaging with this pandemic, and to prepare you to step into this season more fully with them. We are also hosting a Live Webinar next Tuesday April 14th at 4:00pm. We hope you'll join us. YFC and Remedy Live share a passion for youth and serving our community. We want teens to see their value and we are committed to ensuring that they aren't alone. We want to point them to Jesus. Our organizational heartbeats overlap, so naturally, we are coming together and inviting you into this with us. Visit the resources and join us next Tuesday. Thank you for joining us in our effort to come around teenagers in the midst of this crisis.

Resource: <https://www.remedylive.com/coronavirus>

Free Live Webinar – Register here: <https://www.remedylive.com/coronavirus-live>

**Indiana COVID-19
Call Center**

**NEW TOLL FREE NUMBER
877-826-0011**

If you are calling with **general questions** about novel coronavirus, please **press 1**; if you are a **healthcare provider** calling about the novel coronavirus, **press 2**.

Indiana State
Department of Health

**ECONOMIC
IMPACT
PAYMENTS**
WHAT YOU NEED TO KNOW

\$1,200* FOR INDIVIDUALS
Eligible individuals with adjusted gross income up to **\$75,000** will automatically receive the full \$1,200 payment.

\$2,400* FOR MARRIED COUPLES
Eligible married couples filing a joint return with adjusted gross income up to **\$150,000** will automatically receive the full \$2,400 payment.

\$500* PER CHILD
Parents also get \$500 for each eligible child **under 17**.

AUTOMATIC PAYMENTS
Most taxpayers don't need to take any extra steps to receive a payment. The IRS will use information from a taxpayer's **2019 tax return** if they've filed it, or their **2018 tax return**, if they haven't.

* Income and other limits apply.

LEARN MORE & STAY UPDATED
www.IRS.gov/coronavirus

Resources for Families

Last updated:5/7/2020



**HEALTHY HABITS
CARE PACKAGES**

Items Being Distributed:
Shampoo, Deodorant, Body Soap, Toothpaste, Body Lotion,
Dish Soap & Detergent.
Feminine hygiene products and diapers will be available as needed.

When:
Every Tuesday & Thursday
10:00 AM - 1:00 PM | 4:00 PM - 7:00 PM
Until Supplies Last

Where:
2609 Fairfield Ave

Who Qualifies?
Anyone who is in need!

Contact us at (260) 744-0998 for more information!

Limitation of Liability

If you utilize this resource page by utilizing any listed resource (other than services directly provided by Lutheran Social Services, Inc., ["LSSI"]) you understand and agree that LSSI, including any affiliate or subsidiary of LSSI (collectively "LSSI") is not responsible for the statements, terms, conditions, directives, guidelines or recommendations (collectively "Content") of any third party resource provider. You understand and agree that the applicability and relevance of any Content may quickly become obsolete and inapplicable due to the fluid nature of the effort to combat the coronavirus pandemic. It is your responsibility to determine the relevance, suitability, implementation and impact of any resource provider recommendation, plan, program, course of action or benefit directly with the resource provider. As such, you, for yourself, your spouse, heirs, successors and assigns agree to release, indemnify and hold LSSI harmless from and against any and all claims, costs, expenses, damages and liabilities (including attorney fees) arising out of or in any manner relating to the use of any listed resource and/or resource provider for any purpose whatsoever.