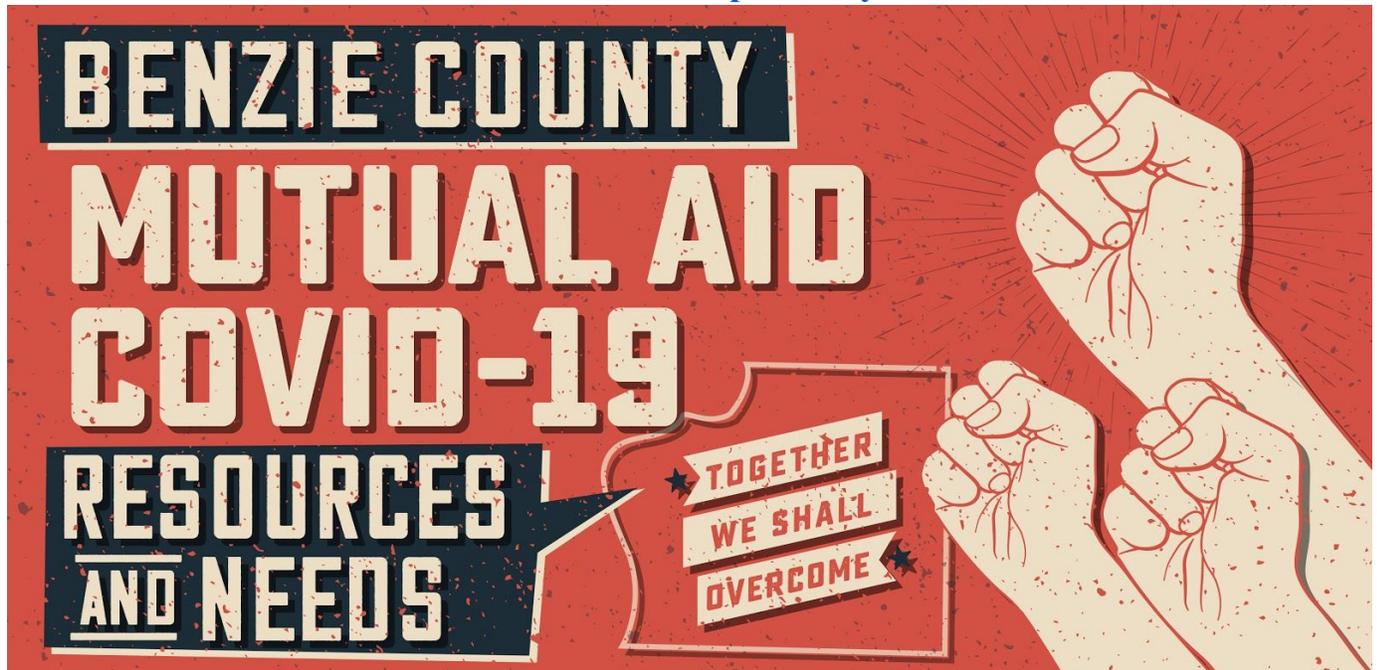


Updated: Thursday, April 2, 2020, 2:00 p.m. *

Find this entire document online at: <https://bit.ly/BNZMutualAid>



This document is an aggregated list of Benzie County resources during the COVID-19 pandemic. It is meant to be a one-stop location where you can find any services that are being provided in Benzie County, whether you are looking for yourself, a family member, a neighbor, or if you are simply looking to volunteer your time. You will also find links to county, regional, and state resources; neighborhood support and social media groups; and innovative tool kits/templates. ([See our FAQ for more details.](#))

Important Updates and Definitions:

- Michigan Governor Gretchen Whitmer’s [“Stay Home, Stay Safe” Executive Order](#) on March 23, 2020, in which only “essential services” are to remain active.
- All of Governor Whitmer’s [COVID19-related executive orders](#).
- Federal descriptions of [what “essential critical workforce” means](#).

**This online document is updated daily. While we try to keep it as up to date as possible, institutions are continually changing their offerings in response to COVID19 containment and help issues. If you are viewing a printed version, know that some resources might have changed—always call to double-check.*

HELP!! Suggestion for this document: Have you seen a great community resource that we missed? [Click here to send the information to us!](#)

Here is a press release about this document. <http://bit.ly/BNZPR>

GENERAL RESOURCES

Where to start in looking for/to help? Take the self-assessment below to get pointed in the right direction.

FIRST STEP: Is this a need that might be met by a state or regional agency?

Call “211” on your phone or visit HWMUW.org/211 for county-wide resources for food, health, housing, and other essential needs or financial assistance/unemployment.

SECOND STEP: Is this a need that might be met by a county agency?

Review this document and call the appropriate office. Also check [Benzie Co. Resource Directory](#).

THIRD STEP: Is this a need that I might get from neighbors in a Facebook group?

Try [Overheard in Benzie County](#), [Mutual Aid of North West Michigan](#), [Spark in the Dark TC](#), etc.

FOURTH STEP: Is this a need that is coming directly from the COVID19 situation but is related to Benzie County?

Use this guide and share it with friends! (Use this link to share: <https://bit.ly/BNZMutualAid>)

See below for more detailed information on each of the answers above.

1. State & Regional Resources:

- HWMUW.org/211: State and county-wide resources for food, health, housing, financial, unemployment, and other essential needs. Call “211” on your phone or visit website.
- [State of Michigan](#) Health and Human Services COVID-19 hotline: 1-888-535-6136 Website has: volunteering and donations; apply for unemployment or assistance with health insurance, food, and other needs; find resources in your local community; locate your local school meal pick-up; resources for small businesses; 24/7 crisis counseling hotline.
- [University of Michigan COVID Response Resources](#): unemployment, utility shut-offs, etc.
- [United Way of Northwest Michigan](#): Brings donors, volunteers, and community organizations together to solve critical problems in our five-county region (Antrim, Benzie, Grand Traverse, Kalkaska, Leelanau) in three key areas—health, education, and financial stability. 231-947-3200

2. County Resources:

- [Benzie County Resource Directory](#): Comprehensive list of aid organizations and resources in Benzie County—childcare, legal aid, housing, food, clothing, and more—that was last updated in November 2019. (Make sure to call for post-COVID19 changes to resources.)
- [Benzie County Department of Human Services](#): Located at 448 Court Plaza, Beulah. Call 231-882-1330; [sign up online](#) for emergency alerts to your phone.
- [Benzie-Leelanau District Health Department](#): Located at 6051 Frankfort Hwy Benzonia. Lots of information for various programs at the local and state level. 231-882-4409 BLDHD.org

3. Neighbor Support and/or Facebook Groups:

- [Overheard in Benzie County](#): 2,300+ people posting about anything Benzie County. Sometimes pretty landscapes, but lately, many posts have related to COVID19.
- [Mutual Aid of North West Michigan](#): Created to help with COVID19-related problems in Northern Michigan, this 1,700+ member regional Facebook group is a great resource with many people posting ways to get/give help daily.
- [Spark in the Dark TC page and Spark in the Dark group](#): Request help. Give help. This regional resource—started in 2015—connects people in need with people/organizations that are able to help through peer-to-peer resource sharing.

- [Neighborhood-Level Support](#): One-page printable letter to safely check-in with your neighbors.

Benzie County Mutual Aid COVID19 Resources & Needs Table of Contents

(Live links at each section, so you can jump to the content you want. Just click on the blue text.)

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FOOD RESOURCES

There are many food pantries and other resources for members of our Benzie County community, see [Benzie County Resource Directory](#) for a complete list. (The list below is just related to COVID-19.)

Food For Kids:

1. **[Benzie County Central Schools](#)**: All children under the age of 19* are eligible for free meal-delivery service. Each delivery will contain multiple days' worth of food. Call 231-882-9653.

How it works: BCCS will be utilizing regular bus stops to make deliveries. Busses leave the Middle/High School parking lot (9300 Homestead Road, Benzonia) around 9 a.m. They will then proceed on their runs, stopping at each regular stop as they normally do at the end of each school day. Please be watching for them between the hours of 9-11 a.m. Delivery will take place right at the stops; any adult or child may pick up the meals from the stop. (The child/children need not be present to receive the meals, but whoever is receiving the delivery must be healthy, for the safety and well-being of BCCS staff.) Should you miss the bus at the stop or if your child does not ride a bus, meals will also be available for direct pick-up in front of the MS/HS building from 11-11:30 a.m.. All busses will be cleaned/disinfected, and BCCS employees will be taking necessary precautions to safely serve and deliver meals. Deliveries will occur:

- Mondays, through April 6/TBD—breakfast and lunch bags for Monday, Tuesday, and Wednesday.
- Thursdays, through April 9/TBD—breakfast and lunch bags for Thursday, Friday, Saturday, and Sunday.

2. **[Frankfort-Elberta Area Schools](#)**: All children under the age of 19* are eligible for free meal delivery, each containing multiple days' worth of food. You can [sign up online here](#) or call 231-352-7601.

How it works: FEAS bus drivers will be leaving at 8:30 a.m. and driving their regular routes. Staff will also be on busses to hand out meals as they greet students or parents at the stop. If students do not ride a bus and they would like food, please call the elementary school (231-352-7601) for a bus stop close to you, or food can be picked up at the back of the JH/HS cafeteria on Elm Street, for drive-thru service between 11 a.m. to 1 p.m every weekday, Monday through Friday. (It is labeled as door "13," located next to the dumpster.) Deliveries will occur:

- Mondays, through April 6/TBD—breakfast and lunch bags for Monday, Tuesday, and Wednesday.
- Thursdays, through April 9/TBD—breakfast and lunch bags for Thursday, Friday, Saturday, and Sunday.

**NOTE: All children are eligible for this service. The State of Michigan has even extended it beyond regular BCCS and/or FEAS students; in other words, even if your child does not attend BCCS and/or FEAS, but this assistance would be helpful, you are welcome to participate! (Homeschool, school-of-choice, etc.)*

3. **[Benzie Area Christian Neighbors \(BACN\)](#)**: Blessing in a Backpack weekend food sacks will be available. Parents need to call BACN at 231-882-9544 on March 25 and again on April 1 to set up a time

to pick up the sacks. BACN will have the sack(s) ready to pick up at the arranged times. (Located at 2804 Benzie Highway/US-31, Benzonia; BenzieBACN.org)

4. **[Lake Ann United Methodist Church](#)**: "If the school closures have you concerned about your child not being able to eat breakfast or lunch, please let us know! We want to help!" 231-275-7236

5. **Baby Pantry at [Advent Lutheran Church](#) of Lake Ann**: Diapers, wipes, baby food, and other supplies available to those who have the need. Open at 8481 Lake Ann Road on the second Saturday of the month from 9 a.m. to 12 p.m. 231-275-8031

- Saturday, April 11

6. **[The Baby Pantry at St. Philips Episcopal Church](#)**: The items provided—diapers, baby food, clothing, books, and much more—are meant to fill in the gaps where other helping organizations leave off. (Located at 785 Beulah Highway/US-31, Beulah; 231-882-4506; StPhilipsBeulah.org.)

How it works: Completely free, and there are no income requirements. The Baby Pantry is open to parents and guardians of newborns and children through age five who live in Benzie County and surrounding communities. Open the first and third Saturdays of the month from 10 a.m. to 3 p.m. During the COVID19 crisis, this is a drive-through service only.

- Saturday, April 4
- Saturday, April 18

Food For Senior Citizens:

1. **[Benzie Senior Resources](#)**: There are two services for people 60 years and older—Congregate Meals at The Gathering Place (10579 Main Street, Honor) on weekdays during lunch and Home-Delivered Meals (“Meals on Wheels”) on weekdays, typically delivered by noon. However, The Gathering Place and the BSR administration office are closed through (at least) Monday, April 30, so services have changed somewhat. Requirements for receiving meal delivery have been relaxed during the self-isolation period; no one will be refused, and you will not be taking from someone else if you elect to use this service.

How it works: Congregate Meals are available for curbside pick-up at The Gathering Place between 11:30 a.m. and 1:00 p.m., but you must order your meal by calling 231-525-0600 or 231-525-0601 at least 24 hours in advance of a pick-up. Home-Delivered Meals (“Meals on Wheels”) can be scheduled by calling 231-525-0600 or 231-525-0601. Suggested \$4 donation.

Food For All:

1. **[Benzie Area Christian Neighbors \(BACN\)](#)**: Pre-packaged food (one bag or two, depending on the household size) will be available for pick-up four days of the week, but each household is currently restricted to two pick-ups per month. (BACN will share any needed changes on their Facebook page.)

How it works: You must first call 231-882-9544 to talk through the process and be assigned a number for your food bag(s). There is limited ability to customize the bags, and that will be part of the phone discussion, as will the window of time for bag pick-up. The numbered bags will be made available in the parking lot at BACN (2804 Benzie Highway/US-31, Benzonia) during the appointed time window, or placed into the Benzie Bus for those who are riding to BACN.

- Pick-up times (scheduled via phone): Mondays through Thursdays, 10 a.m. to 2:30 p.m.

2. **Benzie Food Partners**: Provides food and seasonal produce, meat, personal/grooming supplies, and cleaning products, when available. Open to the public on the first and third Thursdays of the month from 10 a.m. to 12:30 p.m. at 10907 Main Street, Honor. Individuals/families are free to select items they need.

Eligible for residents of Benzie County in need of emergency and/or supplemental. 231-325-2936

How it works: Sign up outside; only three families allowed inside at a time. (No congregating in the waiting room.)

- Thursday, April 2
- Thursday, April 23

3. Community Spirit Food Source: Offering food cards for those in need. Call/text Melanie at 231-383-2606 for information on how to receive by mail.

Crescent Bakery “Bread Bank”: Will be stocked with free fresh-baked bread each morning.

How it works: On the honor system—the bread bank is intended for people in our local community who need help feeding themselves and family. If you are short on food, please take some bread. If you have an elderly neighbor who cannot get out, please take them some bread. If the family down the road is short on food, please take them some bread. We understand not everyone can make it into our door themselves. (404 Main Street, Frankfort; 231-352-4611)

- Tuesdays through Saturdays, from 7 a.m. to 3 p.m. or until that day's bread is gone.

4. First Congregational Church of Benzonia: Supplemental food at 900 Barber Street on the second Monday of the month from 11 a.m. to 12 p.m. Call 231-882-4922 to sign up.

- Monday, April 6

5. Fresh Wind Christian Community: Offering twice-weekly food pantry during the COVID19 crisis.

Stationary food pantry at 9780 Honor Highway, Honor (by Cherry Bowl Drive-In): Held every Tuesday and Thursday with drive-through service from 10 a.m. to 1 p.m.

- Tuesday, March 24
- Tuesday, March 31
- Tuesday, April 7
- Thursday, March 26
- Thursday, April 2
- Thursday, April 9

6. Lake Ann United Methodist Church: Food bank, open to help those in need. 231-275-7236

- Mondays 9 a.m. to 12 p.m.
- Wednesdays 4:30-6:30 p.m.
- Thursdays 9 a.m. to 12 p.m.

Grocery Stores:

Watch for and share (NICELY) [these grocery store “best practices”](#) at your local store.

1. Family Fare: SpartanNash and its family for retail stores will set aside time twice per week for store guests most at risk of contracting coronavirus, including older adults, pregnant women and immunocompromised individuals. Call 231-352-7151 for the Frankfort location.

- Tuesdays and Thursdays from 7-9 a.m.

2. Schneider’s Markets (Copemish Family Market & Honor Family Market): If anyone has special needs, call 231-378-2440 (Copemish) or 231-325-3360 (Honor). They are taking orders over the phone with credit card information and having curbside pick-up.

3. Market Basket: Curbside Pick-up and Delivery. Call 231-882-5041.

4. Benzie Bus: Call 231-325-3000 or visit [BenzieBus.com](#) to schedule grocery delivery for free.

Local Farms/Grow Your Own:

- **Cold Creek Farm:** Offering seedlings for sale. 3026 Ballard Road, Benzonia. 616-304-7079

- **[Krull's Composting](#)**: Taking calls/emails for Humified Compost Delivery for local farmers and gardeners, so that you don't have to interact face to face with anyone. They are offering discounts to locals during the lockdown. krullscomposting@gmail.com or call 231-360-0243.
- **[New Dawn Fields](#)**: "Victory Garden" seed-starter pack and vegetable CSA shares available.
- **[The May Farm](#)**: Livestock shares available for purchase—100% grass-fed lamb and beef, plus chickens. "Early Bird" incentives if you send a deposit by May 15. [Learn more here](#). Call 231-352-5210 or email TheMayFarm@gmail.com
- **[Taste the Local Difference](#)**: Use the "Find Food and Farms" directory to find what you need!

Take-Out/Delivery Services from Benzie County Restaurants:

(List adjusted from the [Benzie County Record Patriot](#). These are subject to change; always call ahead!)

STAY SAFE: [OSHA's recommendations for workplace prevention of COVID-19](#); make sure to ask if your restaurant is following protocols for gloves and handwashing, etc. Also, [here are some "best practices"](#) for take-out and delivery from *Nation's Restaurant News*.

TIP THE STAFF: They are not making as much as they normally would if they were not doing take-out only, so please remember to help them out, since they are helping you out by working during this time.

- **[231 Bar & Grill](#)**: Take-out, including \$1 kids meals (limit of three). Call 231-378-0231 for hours.
- **[A Papano's Pizza - Beulah, Frankfort, and Thompsonville](#)**: Take-out daily in Beulah and Thompsonville, 11 a.m. to 9 p.m.; curbside delivery for elderly/immunocompromised in Thompsonville; take-out daily in Frankfort, 4-9 p.m. Call 231-882-2300 (Beulah), 231-352-6700 (Frankfort), or 231-378-4300 (Thompsonville); use the app; or order online at Papanos.com.
- **[Birch and Maple](#)**: Free delivery to Frankfort and Elberta residents, curbside take-out for others.. Thursdays - Mondays; place orders from 12-5 p.m., pick-up is 5-8 p.m. 231-399-0399.
- **[Crescent Bakery](#)**: Take-out. Online take-out ordering is also available. Call 231-352-4611 for hours. Free Bread Bank for those in need. (See above in "Food For All" section for details.)
- **[East Shore Market](#)**: Take-out. Call 231-882-4323 for hours.
- **[Five Shores Brewing Company](#)**: Food and beer delivery, must order one day ahead of time; food and beer curbside pick-up. Thursdays through Mondays 4-7 p.m. 231-753-8885.
[Hibernators Club pre-sale](#), with 10% of profits going toward their Employee Relief Fund, to help meet the needs of laid-off staff during the COVID-19 crisis.
- **[Frankfort A&W](#)**: Take-out and drive-up orders. Daily 9 a.m. to 8 p.m. 231-352-9021.
- **[Fusion](#)**: Take-out food, plus beer and wine sales. Thursday through Sunday, 12-7 p.m. Catering availability any day of the week, with 24 hours notice. 231-352-4114.
- **[Geno's Sports Bar and Grill](#)**: Take-out and delivery. Call 231-378-2554 for hours.
- **[Hotel Frankfort](#)**: Take-out. Fridays and Saturdays, 3-8 p.m. 231-352-8090.
- **[Hungry Tummy/Corner Pub](#)**: Take-out. Daily 3-9 p.m. 231-882-5103.
- **[Jim's Joint](#)**: Take-out. Daily 11 a.m. to 3 p.m. (231) 227-1227.
- **[Lighthouse Cafe](#)**: Take-out. Thursday through Sunday, 8 a.m. to 1 p.m. 231-352-5273.
- **[Papa J's of Honor and Lake Ann](#)**: Take-out (Delivery at Lake Ann Location only). Call for hours. 231-325-7070 (Honor); 231-275-7007 (Lake Ann).
- **[Platte River Inn](#)**: Take-out. Daily 11 a.m. to 1 p.m. and 5-7 p.m. 231-227-1200.
- **[Roadhouse](#)**: Take-out. Daily, 4 -8 p.m. 231-882-9631.
- **[The Stone Oven](#)**: Take-out and delivery. Monday through Saturday, 11 a.m. to 9 p.m.; Sunday 12 p.m. to 9 p.m. 231-275-8520

- [Stormcloud Brewing Company](#): **Pub CLOSED**. Considering curbside beer pick-up.
231-352-0118
- [Ursa Major Bistro](#): Monday - Saturday, 7 a.m. to 3 p.m.; Sunday 8 a.m. to 2 p.m. 231-383-4250.

TRANSPORTATION & DELIVERY SERVICES

1. **Benzie Bus:** Public transit is considered an “essential service,” so Benzie Bus will remain open, but they are enforcing an "essential travel only" policy for access to food, care, jobs, and other necessary resources. Until further notice, they will only provide rides to grocery stores, pharmacies, banks, crucial jobs, and medical appointments. (Bo Traverse City Express or Airport Service; those needing to get to Traverse City will connect to BATA in Interlochen.) If you absolutely do need a ride, and you are well, call 231-325-3000 or visit BenzieBus.com. All riders should practice social distancing—do not sit directly behind the driver or near other passengers. DO NOT travel on the bus if you, or anyone in your family, is feeling unwell. Below are the updates to services due to COVID-19.

Free Transportation: Fare-free rides for everyone.

Free Delivery Services: Call or go online to schedule. They are delivering food (take-out from restaurants; food pantry; and grocery shopping), as well as prescription deliveries from Corner Drug of Frankfort.

- **Grocery Shopping & Delivery:** There is a limit of 15 items; no alcohol or nicotine products. You must pay the store by credit card. Available 10 a.m. to 4 p.m. on the following days at the following locations:
 - **Mondays, Wednesdays, Fridays:** Shop’n’Save in Benzonia
 - **Tuesdays & Thursdays:** Copemish and Honor Family Markets

Step #1: Email dispatch@benziebus.com with your name, phone number, address, and grocery list.

Step #2: You will get a confirmation email.

Step #3: A Benzie dispatch driver will shop for your items.

Step #4: At checkout, the cashier will call you to type in your credit card information.

Step #5: The driver will deliver your groceries. (They sanitize them.)
- **Take-out:** Benzie County residents can call a restaurant (see our list of take-out services above on Page 8) to place an order over the phone, and then call or go online to schedule Benzie Bus to pick up the order and deliver it to the resident’s door.
- **Senior Citizens:** [As mentioned above on Page 6](#), anyone in Benzie County over the age of 60 can get meals delivered daily by Benzie Senior Resources (“Meals on Wheels”). Additionally, there is also a daily pick-up service during lunch from The Gathering Place in Honor—Benzie Bus will pick this meal up for you and deliver it! Just call Benzie Senior Resources (231-525-0600) at least 24 hours in advance of a pick-up, and then call Benzie Bus to schedule your delivery.
- **Food Pantries:** BACN provides food in a bag twice a month for those in need. If you are unable to pick up your bag, Benzie Bus can pick it up and deliver to you. Additionally, there is free delivery from the Lake Ann United Methodist Food Pantry. (For details on these services, [please see the “Food For All” section above on Pages 5 & 6.](#))
- **Medical:** Prescription deliveries to any pharmacy in Benzie County. (Rules for Corner Drug of Frankfort: You must be an existing patient. Only certain prescriptions are eligible. Prescriptions must be paid and cleared by the pharmacist in advance. Call the pharmacy at 231-352-4471.)

MEDICAL SERVICES

Hospital, Pharmacy, & Hand Sanitizer

1. **New Coronavirus COVID-19 Hotline for the State of Michigan: 1-888-535-6136**

2. **[Paul Oliver Memorial Hospital](#)**: Call 231-935-0951 for COVID19-related questions. Call 231-352-2200 with other, general questions. Located at 224 Park Avenue, Frankfort.

[FAQ about COVID-19](#), via Munson.

Feeling Sick? [Click here for directions](#) on what to do if you think you are sick, as well as information on the COVID-19 symptoms, how you can protect your loved ones, and resources to find out if you are “high risk” for contracting the virus, etc. Patients without a primary care provider can call the Munson COVID-19 nurse hotline at 231-935-0951—available 7 days a week, from 7 a.m. to 7 p.m. Munson Healthcare is following the State of Michigan guidelines for testing, which includes a decision tree, based on severity of symptoms. The COVID-19 test is free, however, other tests that may have to be done first, such as (not-free) flu swabs.

Facility & Event Closures: [Click here for a list](#) of all Munson closures/cancellations due to COVID-19. Events are listed based on the hospital associated with the event, including a section specifically on Paul Oliver. Please call ahead to verify an event that you are planning on attending to find out if it is still happening.

Visitors: There are new rules in place regarding visitors to Munson Healthcare hospitals and facilities. All visitors will be screened—please be prepared to answer questions about your current health, travel history, and contact with people exhibiting signs of COVID-19. Every individual must wash hands or use alcohol sanitizer before and after leaving any rooms, as well as the Munson Healthcare facility. In general, all visitors are prohibited from entering Munson Healthcare hospitals and facilities, with a few exceptions, which [can be found here](#).

How You Can Help: Want to donate new or unused N95 masks, thermometers, or other items that are needed right now? Want to join the dozens of people who are making masks for healthcare workers? [Click here](#) to learn how you can help our healthcare system during this crisis.

3. **[Northwest Michigan Health Services](#)**: A 501(c)3 nonprofit that welcomes anyone in the seven-county area—Antrim, Benzie, Grand Traverse, Leelanau, Manistee, Mason, Oceana—seeking health care, regardless of their income, occupation, age, ethnicity, or country of origin. You do not need to have insurance to come in for treatment. They offer a full spectrum of primary care services, vaccines, counseling, dentistry, and prescription medications on a sliding scale. [NMHSI.org/Locations/Benzonia/](#)

How it works: Serving medical and behavioral health patients during the COVID19 pandemic, including tele-video and tele-audio visits for both; they are seeing dental patients for emergency needs only. On-site, they are pre-screening patients who present with fevers/cough and triaging them out of their clinics for the most appropriate testing and follow-up. The Benzie County location—6051 Frankfort Highway/M-115, Benzonia—has services five days a week; call 231-383-4800 for more information or to schedule an appointment.

4. **[Corner Drug of Frankfort](#)**:

- Curb-side pick-up only (Call 231-352-4471 for any pharmaceutical needs.)
- Free Delivery via Benzie Bus

5. Hand Sanitizer: [Iron Fish Distillery](#) has produced ethanol-based hand sanitizer to help meet the demand in our community. consistent with State mandates and the recommendations of experts from the World Health Organization (WHO); free for the public. 14234 Dzuibane Road, Thompsonville.

How it works: Bring your own container (8 oz limit), or they have containers available. Though sanitizer is free, they will be accepting any contributions (100% donated to their staff). Call 231-378-3474 or email info@ironfishdistillery.com to schedule pick-up.

6. Break the Chain of Infection Infographic: Created by a local Registered Nurse and a graphic designer, this infographic has been translated into multiple different languages and has gone around the world (it was printed on the front page of India’s largest newspaper, for instance).

- [Printable English version](#)
- [Printable Spanish version](#)

MENTAL HEALTH

Mental Health For Kids

1. [Benzie County Central Schools](#): Free counseling services for any student in need of assistance. Please do not hesitate to reach out, even if it is just to have someone to talk to. [Please complete this form](#) if a student—your child, or yourself as the student—needs to talk to a school counselor for any reason. Keep the following in mind: please give BCCS staff 24 hours to follow up on weekday requests (Monday through Friday), or after a weekend.

Disclaimer: Calls and/or Google Chats with a school counselor are not intended to replace formal counseling services or serve as therapy; if you/your child has a counselor with whom they regularly meet, please contact them about ongoing services.

2. [Frankfort-Elberta Area Schools](#): Free counseling services for any student in need of assistance. Please do not hesitate to reach out, even if it is just to have someone to talk to. [Please complete this form](#) if a student—your child, or yourself as the student—needs to talk to a school counselor for any reason. Keep the following in mind: please give FEAS staff 24 hours to follow up on weekday requests (Monday through Friday), or after a weekend.

Disclaimer: Calls and/or Google Chats with a school counselor are not intended to replace formal counseling services or serve as therapy; if you/your child has a counselor with whom they regularly meet, please contact them about ongoing services.

Mental Health For All

- Medical or safety emergency: Call 911 on your phone
- 24-hour mental health crisis line: 1-833-295-0616 (Northern Lakes Community Mental Health-FAST)
- Crisis counselor text line (24/7, national service): text “HOME” to 741741
- National Suicide Prevention Hotline: 1-800-273-8255
- [Submit tip](#) of criminal activity (OK2SAY)
- National Domestic Violence Hotline (24/7, for survivors & victims): 1-800-799-7233, or text “LOVEIS” to 22522
- United Way (all general community resource inquiries): Call 211 on your phone.
- Michigan DHHS Coronavirus Hotline: 1-888-535-6136, 8 a.m. to 5 p.m., 7 days a week

- [Substance Use/Substance Use Disorder recovery support](#)
- [Traverse City Compulsive Eaters Anonymous H.O.W.](#): Zoom meetings via 61-371-4256 on Thursdays from 5:30-6:30 p.m. [Regional Food Resources](#)

1. Munson Behavioral Health Services - Recovery Coaches: To schedule an appointment for assistance with substance abuse, or for help determining the right care for you or a loved one, please call the Traverse City office at 800-662-6766. Open Monday through Thursday from 8 a.m. to 7 p.m. and Friday from 8 a.m. to 4 p.m. If experiencing a crisis, call the region’s 24-hour crisis line at 833-295-0616.

2. Northwest Michigan Health Services: Providing assistance to patients and members of the public who are coping with COVID19-related stress. Behavioral therapists are staffing a “warm line” at 231-655-3867 and COVID-stress@nmhsi.org on Mondays through Fridays from 8 a.m. to 12 p.m. and 1-4 p.m. (NMHSI is a 501c3 nonprofit that welcomes anyone in the seven-county area—Antrim, Benzie, Grand Traverse, Leelanau, Manistee, Mason, Oceana—seeking health care, regardless of their income, occupation, age, ethnicity, or country of origin.)

Disclaimer: The warm line is not intended to address emergencies, and patients are advised to avoid sending personal medical information by email.

INTERNET & PHONE SERVICES

Lots of kids are having to now do school work from home and/or adults are having to work from home. There are a few ways that we’ve heard about to help out with internet availability at your house, even if you’ve been told in the past that you couldn’t get internet service at your home!

Internet

1. [Charter Spectrum:](#)

- Free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription at any service level up to 100 Mbps. To enroll, call 1-844-488-8395. Installation fees will be waived for new student households.
- For eligible low-income households without school-aged children, Charter continues to offer Spectrum Internet Assist, a low-cost broadband program delivering speeds of 30 Mbps.
- Charter will open its Wi-Fi hotspots across their footprint for public use.

2. [Comcast:](#)

- Increasing speeds for the Internet Essentials program (from 15 Mbps to 25) for everyone
- The Internet Essentials program is free to new low-income customers for 60 days. (This is normally available to qualified low-income households for \$9.95 per month.)
- All new customers will get a free self-install kit that includes a cable modem and WiFi router. There is no term contract.
- Xfinity WiFi hotspots across the country will be available to anyone who needs them for free—including non-Xfinity Internet subscribers.

3. Christopher Varenhorst from [Eclipse Communications](#): "We will do all that we can to try to help our communities and families in this situation. Though we have made great strides over the last couple years developing the Benzie County rural broadband network, the precedence of this entire situation

keenly reminds me that there is still much to do and that connectivity is important for reasons beyond the superficial. For those out there looking for help or a solution, we will make all attempts to find a way. My team and I stand ready to work around the clock to help out as best we can."

Phone & Data Plans

1. **AT&T:** Waiving internet data overage fees for customers who have capped data plans.
2. **Verizon:** Waiving any late fees and not terminating any service for the next 60 days. It is also opening its Wi-Fi hotspots for public use.

ARE YOU A SENIOR CITIZEN?

Coming soon... If you have suggestions for this section, [please submit them to us here!](#)

EMPLOYMENT/UNEMPLOYMENT

Unemployment Benefit Factsheet: Michigan Unemployment benefits (recent expansion of qualifiers due to COVID-19). 1-866-500-0017

Daily briefings on topic relative to Michigan small businesses INCLUDING sole proprietorships, self-employed and contract workers.

Are you an artist needing emergency support?

https://www.artworkarchive.com/blog/financial-relief-resources-for-artists-during-covid-19?utm_source=newsletterclass&utm_campaign=covidrelief&fbclid=IwAR1z3-KpOguVcwHtzGvVmTqbAKRkzH4fbJCic4T69FtHRXJR0YbpbOJVL_Y

https://www.crosshatch.org/emergency?fbclid=IwAR11mXckMTSpxnPu3L7ipsn4_J1KWvR0UReSOm9PPB3WxkodUVICWpVMuww

<https://covid19freelanceartistresource.wordpress.com/emergency-funding/>

The Gig Economy: Are you self-employed, an independent contractor, temporary or part-time worker? <https://www.gigworkerscollective.org/covid-19-resources> **NOTE: The federal relief package now allows gig and self-employed workers to apply for unemployment benefits.**

Are you looking for employment while temporarily laid off? We've heard that the following places are hiring in/near Benzie County:

1. **Frankfort Laundromat:** Pay is \$15 per hour, plus weekly bonus, based upon overall laundromat revenue and drop-off revenue. Looking for someone to cover Saturdays and Mondays, from 8 a.m. until sometime between 12 p.m. and 6 p.m., depending upon season and

the amount of drop-off laundry for that day. At least 1 year of retail, customer service, or related experience necessary, as well as physical ability to wash, dry, and fold up to 400 pounds of laundry in one day. 231-645-2689

2. **Krull's Composting**: Part-time work bagging compost so that local farmers and gardeners can start prepping their gardens and growing food! The work would be outside and would have plenty of appropriate "social distancing" space. Must be able to lift 50 pounds or more; bonus points if you have experience driving a tractor. Email krullscomposting@gmail.com or call 231-360-0243.

3. **Modern District Financial**: Licensed insurance agent offering life and health insurance, along with Financial Services. Looking for someone to cover Mondays through Fridays from 9 a.m. to 5 p.m., sometimes later; occasional Saturdays for extras and trainings. Pay is 100% commission, but new hires usually average \$500 per week. No experience necessary. This industry is not affected by COVID-19 shut-downs. Contact David Poirot at 231-645-0822 for details.

4. **The Maples**: Currently hiring full-time, part-time, and contingent Certified Nurse Aides. On-site training available; sign-on bonus for all new employees, regardless of position accepted. Full time position benefits: health care, including vision and dental; low premiums for employees; employer-funded health savings account; pension program; earned time-off; college tuition reimbursement; attendance bonus; uniform allowance. Interested? Already certified? Apply on-line at BenzieMaples.org. Questions regarding the class or employment opportunities? Contact our Megan Garza at mgarza@benziemaples.org or 231-399-6044.

5. **Michigan State University Extension**: Full-time, salaried "Extension Educator" position with a focus in health. Given recent financial stresses in agricultural markets, MSU Extension developed "farm stress management" programs to help farmers and those who work with farmers to learn techniques to manage stress and access resources—mental health, suicide prevention, etc. Master's degree in a field of study related to counseling, social work, human development, family studies, psychology, public health, or related field must be earned by date of hire. [Read more and apply here.](#)

6. **Paul Oliver Memorial Hospital/Munson Healthcare**: Now hiring many different positions—certified nurse assistants; housekeepers; central supply technicians; tools; certified athletic trainers; registered nurses. Learn more about [POMH careers here](#), and search for [specific jobs here](#).

7. **Triple D Orchards**: Pay is \$11.50 per hour, and you get paid every Monday. Hours are Monday through Friday from 7 a.m. to 4:30 a.m. Overtime is available after 40 hours, and you get paid "time and a half." 231-326-5174.

RETURNING SUMMER RESIDENTS

Benzie-Leelanau Health Department Press Release: Recommendations on 14-day quarantine

Village of Beulah: The village crew will no longer be entering homes to put water meters in. If your meter was pulled last fall and your meter is inside your home, you will need to hire a plumber to put it back in. (The plumber will need to come see the village to get the meter, if it is

stored at the office.) However, the village will still handle the turning on of the water to the home from outside and somebody *must* be there when they turn the water on to the home. (i.e. Homeowner or plumber.)

EDUCATION & INFORMATION

MSU VIRTUAL CLASSES FOR FAMILIES

https://www.canr.msu.edu/rlr/index?utm_source=ConstantContact&utm_medium=districtdirector-email&utm_campaign=extension_remote_learning_resources

Benzie Shores District Library: Expanding list of Online Educational Resources:

<https://www.benzieshoreslibrary.org/Pages/Index/121430/online-learning-resources-k-12>

Zoom: Connect with online video meeting/classroom software (classes, meetings with drs., virtual happy hour; family meetings, you name it!) Zoom is offering free services during the pandemic:

<https://zoom.us/docs/en-us/covid19.html>

COVID INFO:

Trustworthy Info on COVID-19 from Traverse Area District Library:

<https://www.tadl.org/2020/03/04/where-to-find-up-to-date-information-on-coronavirus-covid-19/>

Great list of **COVID-19 UPDATES** in Michigan:

<https://www.jnewsradio.com/articles/coronavirus-what-you-need-to-know-on-wed-march-18>

Fact-Checking

[Snopes: The Coronavirus Collection](#)

[Fact Check: Viral Social Media Posts Offer False Coronavirus Tips](#)

[AFP Fact Check: Busting coronavirus myths](#)

[Coronavirus: Resources for reporters \(First Draft News\)](#)

[Coronavirus Data Interpretation Skillshare For Activists](#) (free webinar, register to get link)

[Coronavirus Misinformation Tracking Center](#) (run by Newsguard)

AGENCY/NON-PROFIT ORGANIZATION NEEDS

GRAND TRAVERSE COMMUNITY FOUNDATION (<https://www.gtrcf.org/>):

- Are you a nonprofit, governmental, or educational entity in need of support? [APPLY HERE](#) to request funding.
- View Non-Profits in Need: <https://www.gtrcf.org/give/local-nonprofit-needs.html>

VOLUNTEER YOUR TIME

Making Masks: [See Munson standards.](#)

FAQ Section

As of the making of this document, Governor Gretchen Whitmer's office has been taking steps to slow the spread of the coronavirus in Michigan, including cancelling K-12 schools until (at least) April 13, 2020; limiting groups to 10 persons or less and limited to same household; and closing all bars and restaurants (excluding take-out service) and all nonessential public spaces. (For a complete and up-to-date list of all executive orders in Michigan, [check out the state website here.](#))

During this time, it's very important that everyone stay at home in voluntary self-isolation, to try to slow the spread of this virus.

However, isolation can be difficult without the support of your neighbors. We recognize that these closures and rapid changes can bring hardship and difficulties on many in our Benzie County community; but this time can also inspire many individuals and groups to ask how they can give/receive help.

This document is an effort to fill that gap with an aggregated list of Benzie County organizations, grassroots organizations, and dynamic social media groups that are emerging to put out the fires with "boots on the ground" at the neighborhood level.. You will also find links to county, regional, and state resources, innovative tool kits and templates.

- **Who are you people?**

The Benzie Connection is a group of concerned citizens who have been actively involved in local, county, and regional networks, organizations, and grassroots initiatives across multiple sectors. Our volunteers are proven leaders in the private and non-profit sectors and the gig economy. What we are **NOT**: a state, county or local government; a single business, organization or partisan group; a social media group or a hotline.

- **What is Mutual Aid?**

A form of giving and receiving care for one another in a way that fosters relationships in our community. This practice is reciprocal: hence the word "mutual." Area institutions of support will continue to provide avenues for care during this time (United Way, BACN, etc.). At the same time, this Mutual Aid network of support is intended to strengthen our community through neighbor-to-neighbor direct care in the same way that we bring casseroles to grieving families and baby clothes to celebrate newborns. We can come together as a community to help each other through this difficult time. This document will help us provide support to each other! Now is the time to spread calm, keep each other informed, flatten the curve, and practice self and community care.

- **How do I use this document?**

Those in need of help or resources can use this as a document when asking: Where can I go?

Volunteers can use this as a resource for identifying agencies with which to volunteer.

Organizations and groups can use this as a resource in decision-making when asking: What are other groups doing? Are we duplicating any existing efforts? If so, how can we collaborate? Is there a gap that still needs to be filled that would be a more appropriate use of our time/energy/resources?

- **Where will this document be stored/accessed?**
Google Docs. We intend for all of the groups on this list to make this document available and to have a contact who will be updating it with dynamic changes or additions as they occur.
- **Why are we doing this?**
To identify and connect individuals and groups. To identify overlaps and gaps.
To facilitate more dynamic communication, responsiveness, and the cross-pollination of ideas.
- **How will we do this?**
Continuous daily updating of the Google Doc. Specifically, [we have created a separate Google Form](#) in which the public is invited to send us information about resources that we may have missed related to Benzie County's response to COVID19: we rely on users like you!
- **How frequently do you update this document?**
Minimally, we are checking for updates from the public [via our Google Form](#) daily and posting them in this document. We are also checking in weekly with the organizations that are already in this list, in case they have updates to their services.
- **What are the costs associated with this document?**
None. (Beyond the volunteered time of the four creators of this document, plus the volunteered time of those who [submit to our Google Form](#).)
- **How do I get my group on your list?**
As mentioned above, [you can fill out our Google Form](#) to be considered for addition to this document. (Note: we do screen to make sure that the information is relevant.)
- **Where are other Mutual Aid groups in Michigan, and what are they providing?**
[Check out this interactive map](#) from Interlochen Public Radio!