



Resources for our Youth & Families!

Last Update: March 23, 2020

RECOMMENDATIONS FOR CONNECTING

- Our young people and our whole community are facing a lot of disruption right now. It's important that our youth know they are cared for by many people! **Social distancing can lead to social isolation. We want people to be safe AND feel connection with others so we're encouraging matches to stay in touch!**
- Matches are encouraged to stay in contact via phone, text and video. This is an important time to stay in communication with people we care about!

ACTIVITIES KIDS CAN DO AT HOME

1. Read at least 30 minutes a day!
2. Online Learning Platforms (Free/Low Cost Internet Resource Below if Needed)
 - a. [Kahn Academy](#) - non-profit providing online learning
 - b. [Desmos](#) - free math learning
 - c. [Scholastic Learn at Home](#)
3. Drawing Activities
 - a. [Making Drawing Fun!](#)
4. [Online Education Resources](#)
5. [Giant List](#) of activity ideas generated by lots of community members!
6. [Easy Science Experiments](#) using common household supplies
7. [Erin Jones is offering an hour a day through Facebook Live](#) (which can be watched later any time) a discussion about equity - all ages!
8. [12 Famous Museums](#) that offer virtual tours!

FOOD RESOURCES WHILE SCHOOLS ARE CLOSED

- **[Davenport Community Schools](#) - Any child between the ages of 1-18 years old may receive a lunch and breakfast at no cost at one of the following locations between 11am-1pm, beginning on Monday, March 23, 2020:**
 - DLC/Keystone, 1002 W Kimberly Road, Davenport
 - Sudlow, 1414 East Locust Street, Davenport
 - Williams, 3040 North Division, Davenport
 - Frank L. Smart, 1934 West 5th Street, Davenport
 - Wood, 5701 North Division, Davenport.
 - **The child must be present to receive the free meal.**

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- Monday through Friday we will provide sack lunch, and breakfast for the following morning will be handed out daily at lunchtime.
 - **[Moline – Coal Valley Community Schools](#) – GRAB & GO MEALS → Grab and Go meals will be available to students while school is closed. All students in the MCV district are eligible to pick up a meal each weekday beginning Tuesday, March 17th through Monday, March 30th.**
 - Pick up meals from 10:00 am - 12:30 pm at these sites:
 - Wilson Middle School – Cafeteria door
 - John Deere Middle School – Cafeteria door
 - Bicentennial Elementary – Northeast parking lot door
 - Both students and parents can pick up meals each day and the student does not need to be present with the parent.
 - **Take home education packets are also available during pick up times.**
 - **[Rock Island – Milan Community Schools](#) –RIMSD #41 is committed to providing access to the nutrition students need for health and learning. While schools are closed, we are offering pick up meal service for ALL STUDENTS in RIMSD #41. The meal kits (3 day meal packages with breakfast and lunch) will be available for pickup from 9:00 a.m. to 11:00 a.m. on Monday, March 23 and Thursday, March 26 at the following locations:**
 - Earl Hanson Elementary, 4000 9th Street, Rock Island
 - Rock Island Academy, 930 14th Street, Rock Island
 - Frances Willard, 2503 9th Street, Rock Island
 - Longfellow Liberal Arts, 4195 7th Avenue, Rock Island
 - Thomas Jefferson Elementary, 1307 W 4th Street, MILAN
 - Rock Island High School, 1400 25th Avenue, Rock Island
 - Ridgewood Elementary, 9607 14th Street West, Rock Island
 - **Take home education packets are also available during pick up times**
 - **[Bettendorf Community Schools](#) and [Pleasant Valley Schools](#) -Beginning March 23rd, both school districts will be offering meals for children ages 1 to 18 at the following schools:**
 - Neil Armstrong Elementary, 3311 Central Avenue, Bettendorf IA 52722
 - Bettendorf Middle School, 2030 Middle Road, Bettendorf IA 52722
 - Breakfast can be picked up at 8am, Lunch can be picked up at noon
 - **[North Scott Schools](#) -**
 - Fill out this [form](#) if you are in need of meal services
 - **[River Bend Food Bank](#)- River Bend Foodbank is partners with 300 programs and agencies in eastern Iowa and western Illinois. Available sites are listed on their website.**
 - **McAlister's Deli**
 - We encourage anyone who needs a sack lunch to call their local McAlister's Deli and press 3 at the prompt. This will put you directly in touch with a team member. If you provide a description of your vehicle and your estimated time of arrival, they

will deliver the meals to your vehicle in the parking lot, or curbside. Many of our locations also have drive-thru or drive-up windows as well, but we encourage you to call ahead if at all possible.

- **Moline** 3929 41st St Avenue Dr. Moline IL 61265 309-524-5100
- **Davenport** 2198 E Kimberly Rd Davenport IA 52807 563-322-0001

FINANCIAL & OTHER RESOURCES FOR FAMILIES We're asking Bigs not to do crowd-sourcing fundraising, like GoFundMe pages for specific families. Bigs, if there is a specific need for your Little's family (like food, or other emergency needs) please take a look at this list and reach out to BBBSMV directly about needs and desires to help.

- [Comcast Internet Essentials](#) - FREE for two months right now, normally \$9.95 for low income families
- [Connect2Compete](#)- Internet access offered through Mediacom: If your child qualifies for free or reduced school lunches (NSLP), you could qualify for discounted home internet.
- [United Way of the Quad Cities](#)
 - For resources regarding food, bills, childcare, other essentials, use one to the following options to contact;
 - Dial 211
 - Toll Free 888-680-4636
 - Local number 563-355-9900
 - Text your zip code to 898-211

TRANSPORTATION & DELIVERY SERVICES

Kale Heating and Air Conditioning Delivery Service – Starting 3/20/2020

DELIVERY SERVICE PHONE (309)-797-9290

Kale Company will provide the use of our vehicles and drivers to any Quad Cities resident unable to leave their homes and need supplies.

- This is a free program. Our community will not be charged for delivery services whatsoever. Our technicians will be paid for their travel time using company identified vehicles.
- Hours from 8am -430pm Monday- Friday.
- We will be running this program for the next 2 weeks with the option to stop or extend the program as affected by government regulations.
- Call or place orders online at any Quad Cities retailer, grocery, or restaurant. Orders must be paid for before we will dispatch a technician to pick up and deliver.
- Once order is complete, call Kale Company at 309-797-9290 and provide us with your name and address, the vendor address, order number, and time the order is ready for pick-up. We will then dispatch a driver to pick-up the order and deliver to your residence.
- We will call when outside of home, drop supplies off at the front door, knock and leave to avoid contact or interaction with the homeowner.
- We will wear rubber gloves when moving supplies.
- Our trucks have been sanitized and employees using cleaning supplies to maintain cleanliness to avoid transfer of germs or viruses.

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- This program is to help those who are unable or unwilling to travel out to get their own supplies.

MetroLink- If families need transportation to lunch sites at Wilson and John Deere Middle Schools for the Grab & Go lunch pickup, Metro IL Quad Cities is offering free rides for residents on their fixed routes. Thank you MetroLINK! Information on bus route and schedule, contact 309-788-3360 or visit MetroLINK's website: <http://bit.ly/2QnoDI4>

SELF-CARE DURING STRESSFUL TIMES - for youth AND adults!

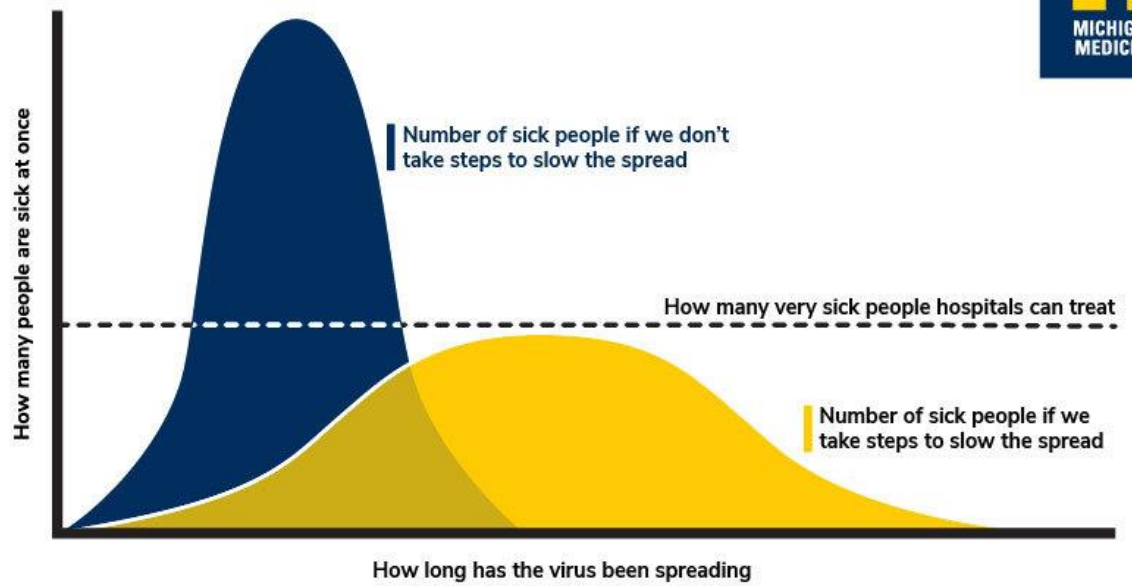
- Exercise. Go for a walk outside - bundle up if you have to.
- Participate in online workout classes at the [YMCA](#)
- Have a dance party with your family!
- Listen to music - or make music if that's your jam.
- Color. Even adults can color.
- Call a friend and catch up!
- Get good rest! Keep a solid routine, even with school and work changes.
- Drink lots of water!
- If you feel worried or stressed talk to someone about your feelings. Don't keep it bottled up.
- You can also write about your feelings! Or use art to express feelings too.

INFORMATION ABOUT COVID-19

Center for Disease Control - [click here](#)

How do I talk to kids about COVID-19?

- [Tip Sheet](#) from The Search Institute rooted in how to work through this time using a development relationship framework.
- National Association of School Psychologists: [CLICK HERE](#)
- World Health Organization - [helping kids cope with stress right now](#)



Adapted from the CDC

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