Cincinnati Community Resource Guide During COVID-19

UPDATED 3/17/20
COMPILED BY MEGAN RICH, MD AND ANNA GORONCY, MD
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Medication resources

Free Home Delivery of Medications


On March 9, 2020, CVS Health announced additional COVID-19 resources to increase patient access to medications.

- Beginning immediately, CVS Pharmacy will waive charges for home delivery of prescription medications, which will help patients avoid visiting their local CVS Pharmacy for refills or new prescriptions.
- Aetna will offer 90-day maintenance medication prescriptions for insured and Medicare members.
- CVS Caremark is working with all PBM clients to waive early refill limits on 30-day prescription maintenance medications.


Walgreen’s is delivering all medications if requested

- As of 3/14/20 Walgreen’s in Corryville have hand sanitizer, bleach cleaning supplies and toilet paper
Housing resources

**Evictions:**

- On hold for 30 days in Hamilton Co only
- Butler County has e-filing for evictions
- If people have questions about their rights as tenants, they should call HOME (housing opportunities made equal) — they are still staffing their phone lines: 513-721-4663

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**Duke Energy:** suspends disconnections (be aware: pts will still owe their bill at the end of the suspension…)

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**Cincinnati Water Works:** will not shut off water and will restore water service to those who have been shut off (again, bills will need to be paid at some point…)

Cincinnati Water (@CincinnatiWater) Tweeted:

We are giving you what you need to wash your hands! @CincinnatiWater has and will restore water service to homes and not complete shutoffs due to #coronavirus.

*If you have questions, please call 513-591-7700.*

You may experience longer wait times than usual.

@CityOfCincy [https://t.co/CWnNtJtI3N](https://t.co/CWnNtJtI3N)

[https://twitter.com/CincinnatiWater/status/1238212510056144900?s=20](https://twitter.com/CincinnatiWater/status/1238212510056144900?s=20)
Unemployment resources

Ohio is expanding access to unemployment benefits during this period!!

https://unemployment.ohio.gov/PublicSelfServiceChoice.html
1877-644-6562 or TTY 1 614-387-8408
Food resources

Resources for Kids:


- Includes Frederick Douglass

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<thead>
<tr>
<th>AMIS</th>
<th>Oyler</th>
<th>South Avondale</th>
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</thead>
<tbody>
<tr>
<td>Bond Hill</td>
<td>Parker Woods</td>
<td>Western Hills HS</td>
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<tr>
<td>Cheviot</td>
<td>Pleasant Hill</td>
<td>Westwood</td>
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<tr>
<td>Frederick Douglass School</td>
<td>Riverview</td>
<td>Winton Hills</td>
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<td>Hays-Porter</td>
<td>Roberts</td>
<td>Withrow</td>
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<td>JP Parker</td>
<td>Rockdale</td>
<td>Woodford</td>
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<td>LEAP</td>
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<td>Mt. Airy</td>
<td>Rothenberg</td>
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<td>Mt. Washington</td>
<td>Sayler Park</td>
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While schools are closed, Cincinnati Public Schools will be providing **FREE meals to all children** 18 and under.

Starting March 17th, visit us on **Mondays, Wednesdays, and Fridays** between **11am and 1pm** at one of the following school sites:

- On Mondays, each child will receive 2 breakfasts and 2 lunches (4 meals).
- On Wednesdays, each child will receive 2 breakfasts and 2 lunches (4 meals).
- On Fridays, each child will receive 1 breakfast and 1 lunch (2 meals).

*On **Tuesday, March 17th**, each child will receive 1 breakfast and 1 lunch (2 meals).*

For more information, visit **cps-k12.org**

or call **Student Dining Services** at 513-363-0800.

While supplies last.
# CPS Student Dining Meal Hubs during District Closure

3/17/2020-4/3/2020  
Drive through/pick up meals Tuesday and Thursdays, only  
11:00 am - 1:00 pm

<table>
<thead>
<tr>
<th>Site Name</th>
<th>Address</th>
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</thead>
<tbody>
<tr>
<td>AMIS</td>
<td>1908 E Seymour Ave, Cincinnati, OH 45237</td>
</tr>
<tr>
<td>Board of Education Center</td>
<td>2651 Burnet Ave, Cincinnati, OH 45219</td>
</tr>
<tr>
<td>Bond Hill</td>
<td>1510 California Ave, Cincinnati, OH 45237</td>
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<tr>
<td>Cheviot</td>
<td>4040 Harrison Ave, Cincinnati, OH 45211</td>
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<tr>
<td>Douglass</td>
<td>2627 Park Ave, Cincinnati, OH 45206</td>
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<tr>
<td>Hays</td>
<td>1030 Cutter St, Cincinnati, OH 45203</td>
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<tr>
<td>Iowa Street Student Dining Office</td>
<td>2315 Iowa St, Cincinnati, OH 45206</td>
</tr>
<tr>
<td>JP Parker</td>
<td>5051 Anderson Pl, Cincinnati, OH 45227</td>
</tr>
<tr>
<td>LEAP Academy</td>
<td>2001 Baltimore Ave, Cincinnati, OH 45225</td>
</tr>
<tr>
<td>Mt. Airy</td>
<td>5730 Colerain Ave, Cincinnati, OH 45239</td>
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<tr>
<td>Mt. Washington</td>
<td>1730 Mears Ave, Cincinnati, OH 45230</td>
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<tr>
<td>Oyler</td>
<td>2121 Hatmaker St, Cincinnati, OH 45204</td>
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<tr>
<td>Parker Woods</td>
<td>4370 Beech Hill Ave, Cincinnati, OH 45223</td>
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<tr>
<td>Pleasant Hill</td>
<td>1350 W North Bend Rd, Cincinnati, OH 45224</td>
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<tr>
<td>Riverview</td>
<td>3555 Kellogg Ave, Cincinnati, OH 45226</td>
</tr>
<tr>
<td>Roberts</td>
<td>1702 Grand Ave, Cincinnati, OH 45214</td>
</tr>
<tr>
<td>Rockdale</td>
<td>335 Rockdale Ave, Cincinnati, OH 45229</td>
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<tr>
<td>Roselawn</td>
<td>1594 Summit Rd, Cincinnati, OH 45237</td>
</tr>
<tr>
<td>Rothenberg</td>
<td>241 E Clifton Ave, Cincinnati, OH 45202</td>
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<tr>
<td>Sayler Park</td>
<td>8700 Home City Ave, Cincinnati, OH 45233</td>
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<tr>
<td>South Avondale</td>
<td>636 Prospect Pl, Cincinnati, OH 45229</td>
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<tr>
<td>West High</td>
<td>2144 Ferguson Rd, Cincinnati, OH 45238</td>
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<tr>
<td>Westwood</td>
<td>2981 Montana Ave, Cincinnati, OH 45211</td>
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<tr>
<td>Winton Hills</td>
<td>5300 Winneste Ave, Cincinnati, OH 45232</td>
</tr>
<tr>
<td>Withrow</td>
<td>2488 Madison Rd, Cincinnati, OH 45208</td>
</tr>
<tr>
<td>Woodford</td>
<td>3716 Woodford Rd, Cincinnati, OH 45213</td>
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</tbody>
</table>
Free meals for children under 18 at select library branches in partnership with UMC Food Ministry:
https://www.cincinnatilibrary.org/services/afterschoolsnacks.html
Shelf stable, ready to eat meals will be distributed on Monday-Friday while school is out at the following times and locations.

- 12-1 pm: Elmwood Place, Groesbeck, Madisonville, North Central, Reading and Main Library
- 2-3 pm: Avondale, Bond Hill, College Hill, Pleasant Ridge, West End, and Westwood
- 4-5 pm: Corryville, Covedale, Deer Park, St. Bernard, and Walnut Hills

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**For families and individuals:**

**Freestore Foodbank**
Freestore Foodbank (@FreestoreFB) Tweeted:
We are here to serve our neighbors when they need us the most. We provide food, connection & hope, especially during the most challenging times. As we face the COVID-19 (coronavirus) pandemic, our main priority is to keep our customers, volunteers, donors, & staff safe. (1/6)
https://twitter.com/FreestoreFB/status/1238661518784376832?s=20

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**Food Forest App**
Grocery delivery service but shop around for lowest prices. One of our partners in Walnut Hills. This is app-based but pretty easy to learn. They are waiving delivery fees during this time.
https://www.foodforest.app/?fbclid=IwAR1VXL8aMJQMT_LfHiBExt4vCisl10wYcrdnEQbsplqTRJre8_18aSFpZK4
Does someone you care about need their groceries delivered? Place an order for them on Food Forest and we will deliver with no service charge.

Food Forest can accommodate SNAP / EBT payment options.

Deliveries in Cincinnati:
Sunday 5-7pm
Tuesday 5-7pm
Thursday 5-7pm

Ordering windows cut off at midnight the night before!

Be safe💪

Healthy Harvest Mobile Market
Will have prepackaged items and adjusting how they interact with customers to limit exposures
Produce Perks apply - double SNAP/EBT for produce items
BRINGING FRESH, AFFORDABLE FRUITS, VEGETABLES, AND OTHER HEALTHY FOODS TO YOUR NEIGHBORHOOD EVERY WEEK!
OPEN TO THE PUBLIC!
Follow us @HHMobileMarket
Find our current schedule at HealthyHarvestMobileMarket.com

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOND HILL</td>
<td>CLIFTON</td>
<td>EVANSTON</td>
<td>PRICE HILL</td>
<td>WEST END</td>
</tr>
<tr>
<td>(10 a.m.-12 p.m.)</td>
<td>(9:30 a.m.-12:30 p.m.)</td>
<td>(11:30 a.m.-1:00 p.m.)</td>
<td>(10 a.m.-12 p.m.)</td>
<td>(10 a.m.-12 p.m.)</td>
</tr>
<tr>
<td>ST. ALOYSIUS</td>
<td>GOOD SAM HOSPITAL</td>
<td>THE EVANSTON</td>
<td>AUTUMN WOODS APES.</td>
<td>STANLEY ROWE TOWERS</td>
</tr>
<tr>
<td>4721 Reading Rd., Cincinnati, OH 45227</td>
<td>379 Bingham Ave., Cincinnati, OH 45220</td>
<td>1820 Retland Ave., Cincinnati, OH 45207 (Dixon and Montgomery)</td>
<td>WEST END</td>
<td>1621 Lime St., Cincinnati, OH 45214</td>
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<tr>
<td>WINTON HILLS</td>
<td>MILLVALE</td>
<td>AVONDALE</td>
<td>WALNUT HILLS</td>
<td>WALNUT HILLS</td>
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<tr>
<td>(1 p.m.-3 p.m.)</td>
<td>(1 p.m.-3 p.m.)</td>
<td>READING AND FOREST</td>
<td>(1 p.m.-2 p.m.)</td>
<td>(1 p.m.-2 p.m.)</td>
</tr>
<tr>
<td>WINTON HILLS ACADEMY</td>
<td>BEERKMAN MARKET</td>
<td>CINCINNATI,OH 45229 (Near Utica Station)</td>
<td>AT THE FORMER KROGERS</td>
<td>AT THE FORMER KROGERS</td>
</tr>
<tr>
<td>5300 Washington Ave., Cincinnati, OH 45222</td>
<td>5810 Brentwood Ave. &amp; Fricke, Cincinnati, OH 45225 (Blue Taylor Academy)</td>
<td></td>
<td>924 E McMillan, Cincinnati, OH 45206</td>
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<tr>
<td>‘NEW OCT 14th’</td>
<td>SAYLER PARK</td>
<td></td>
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<tr>
<td>COLLEGE HILL</td>
<td>(4 p.m.-6:30 p.m.)</td>
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<tr>
<td>COLLEGE HILL PRESBYTERIAN</td>
<td>6660 Gracely Dr., Cincinnati, OH 45233</td>
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<tr>
<td>5742 Hamilton Ave., Cincinnati, OH 45224</td>
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We Accept: SNAP/EBT
Cash
Credit/Debit
Double your SNAP/EBT with Produce Perks
Childcare resources for healthcare professionals

**For Health Care Providers**, the YMCA offering childcare for Healthcare Professionals: Childcare info to come, call branch for now.

Hospital Personnel Kids Camp, age 3-12  

**HOURS**

6 a.m. – 5 p.m.

Hours may vary based on need of 1st shift hospital personnel

**PRICING**

$50/day*  $225/week*

*Partial scholarships or subsides may be available, check with the local branch for details

**REGISTRATION**

Contact your local YMCA that is offering this program option. Space is limited, registrations will be first come, first serve. Proof of employment must be provided upon first check-in.

- Blue Ash 513-791-5000 (Blue Ash)
- Campbell County 859-781-1814 (Fort Thomas)
- Carl H. Lindner 513-241-9622 (West End)
- Clermont 513-724-9622 (Batavia)
- Clippard 513-923-4466 (Colerain)
- Gamble-Nippert 513-661-1105 (Westwood)
- Highland 937-840-9622 (Hillsboro)
- M.E. Lyons 513-474-1400 (Anderson)
Exercise resources

The Cincinnati YMCA is offering free workout video, adding on to it frequently. Currently has bootcamp, yoga, barre, kickboxing and exercises for older adults

https://myy.org/my-y-videos/
Educational resources for kids during school closures

**For Kids** during school closures:

Many phone companies also waiving data overage fees


Free videos of books being read aloud: [https://www.storylineonline.net](https://www.storylineonline.net)

Scholastic Learning at Home: 20 days worth of day-to-day projects divided by grade levels [https://classroommagazines.scholastic.com/support/learnathome.html?caching](https://classroommagazines.scholastic.com/support/learnathome.html?caching)

Resources from Cincinnati Library: [https://blog.cincinnatilibrary.org/Blog/covid19educator](https://blog.cincinnatilibrary.org/Blog/covid19educator)
eBranch - [https://cinlib.org/2kVu8kG](https://cinlib.org/2kVu8kG)
Ohio residents Can get a free Library card online [https://cinlib.org/2ZcBGif](https://cinlib.org/2ZcBGif)

Virtual entertainment list - includes Cincinnati Zoo, Art for Kids, Children’s museum of Indianapolis
[https://drive.google.com/file/d/1bV0KLHd_XNh4FrVFHUmckOUe_b_XULKg/view?fbclid=IwAR0w54bekfVV9RZQCCj-r0uSI6dq-WvxsJN5kttomFnhl-0iuTQD-FwWNM](https://drive.google.com/file/d/1bV0KLHd_XNh4FrVFHUmckOUe_b_XULKg/view?fbclid=IwAR0w54bekfVV9RZQCCj-r0uSI6dq-WvxsJN5kttomFnhl-0iuTQD-FwWNM)

Free homeschool resource designed for emergency periods (Designed during Hurricane Katrina); lesson plans include household items or links to free internet resources
[https://www.amblesideonline.org/HELP.shtml?fbclid=IwAR1ZXxPOADqUXDdyG_HRXjlsa0dQEJBIeyQZNSHRtV1yVRJSpZBjcK0tVg](https://www.amblesideonline.org/HELP.shtml?fbclid=IwAR1ZXxPOADqUXDdyG_HRXjlsa0dQEJBIeyQZNSHRtV1yVRJSpZBjcK0tVg)
Music Therapy

We are going LIVE on Facebook!
Beginning Monday March 16
from our community music studio in Silverton.

NOW!

LUNCHTIME LIVE!

with

Melodic Connections

Join us! From your desktop or your dining room.

Monday—Friday  12:00—12:15 pm

Put a little live music in your day. Sing along! Play along! Interact!

On our Facebook page at www.facebook.com/MelodicConnections
Ways I Can Help

**Blood donation**
Hoxworth Blood Center is calling on healthy people to donate blood because some area groups are canceling their blood drives and some individuals are cancelling their donation appointments over fears of spreading COVID-19. *That fear is causing a shortage of blood products across the United States - surgery, chemo-therapy, trauma patients and others are still in need of life-saving blood, irrespective of COVID-19.*

In addition to supplying our 30+ Cincinnati-area hospitals, Hoxworth is currently helping to supply various parts of the U.S. with blood. However, please self-defer or postpone your blood and platelet donation if in the last 28 days you:

- Lived in or traveled to areas with COVID-19 outbreaks (including Italy, France, Germany, Spain, China, South Korea, Iran)
- Live with or have had contact with someone who was diagnosed with or suspected of having COVID-19
- Have been diagnosed with or suspected of having COVID-19

To schedule an appointment:

- Online: [https://donateblood.uc.edu/donor/auth/signin](https://donateblood.uc.edu/donor/auth/signin)
- By phone: (513) 451-0910

**Donating to food pantries:**
Consider donating money to food banks instead of or in addition to shelf stable food. They can often leverage to make the money go farther through partnerships.

- Free store Food Bank [https://freestorefoodbank.org](https://freestorefoodbank.org)
- Queen City Kitchen [https://www.queencitykitchen.org/donate-3](https://www.queencitykitchen.org/donate-3) (Serves Walnut Hills)
- Our Daily Bread. [https://ourdailybread.us/donate-funds/](https://ourdailybread.us/donate-funds/)

**Donating to YMCA for Childcare**
The YMCA is providing Childcare for health care professionals, but the cost is prohibitive for some. They have a fundraising campaign to provide scholarships. [https://cincinnatiymca.networkforgood.com/projects/95500-ymca-covid-19-childcare-response-fund](https://cincinnatiymca.networkforgood.com/projects/95500-ymca-covid-19-childcare-response-fund)