

# CSS resource update #16

April 15, 2020

## **State of Missouri Resources**

Stay at Home order Q and A - [https://governor.mo.gov/stay-home-missouri-order-guidance-and-frequently-asked-questions?fbclid=IwAR10\\_fs5IWasMG6DY9aUnLgaNrZ0AW0aa8GsD6f7KHSKBTq6Uogk3Ubw2Ms](https://governor.mo.gov/stay-home-missouri-order-guidance-and-frequently-asked-questions?fbclid=IwAR10_fs5IWasMG6DY9aUnLgaNrZ0AW0aa8GsD6f7KHSKBTq6Uogk3Ubw2Ms)

**Missouri Resource Navigator** -Missourians in need can find essential services, such as nearly 240 food pantries, food banks, school meal programs for students, diaper banks, and more through the online **Missouri Services Navigator** system. The Services Navigator offers instant access to programs and services available in Missouri. There are currently over 2,000 services listed, with new services added daily. Searches can be keyword, location, and/or service. Every program and service contains a map of the location as well as contact information.

The Missouri Services Navigator can also link families to services such as:

- Child care
- Counseling
- Financial services
- Organizations that assist with food, health/dental services, housing, and help with legal issues, transportation, and utilities
- Employment and mental health services for the disabled, dislocated workers and youth, and others seeking employment
- Information on educational services such as HiSET, job training, apprenticeships, and post-secondary education

<https://mo.servicesnavigator.org/s4s/WhereILive/Council?pagelid=1&lockla=true>

**COVID19 and Disability Information:** Stay up to date on information about COVID-19 as well as specific policies and resources for people with developmental disabilities by visiting the Division webpage at: <https://dmh.mo.gov/dev-disabilities/covid-19-information>

### **Springfield Daily COVID updates-**

<https://www.springfieldmo.gov/CivicAlerts.aspx?AID=6642>

## **Utilities**

Utility assistance is available through OACAC; however, offices are currently closed due to COVID-19. Applications can be accessed online at <https://oac.ac/liheap-energy-programs/> and can be mailed to the appropriate address included in the application. (CPOzarks)

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## HOUSING

\*\*\**There is currently no rent assistance available in Springfield. (CPOzarks)*

### **Information from Tenant Rights in Regards to the CARE ACT Webinar April 14<sup>th</sup>.**

**By Attorney, Austin Fax** – [afax@lowtherjohnson.com](mailto:afax@lowtherjohnson.com)

#### **Myth:**

- There is a moratorium on paying rent
- Tenants do not have to pay rent during this pandemic

#### **FALSE** - You **MUST** continue to pay rent

- State MO Law –There has not been any change at a state level regarding evictions and payments

#### **Truth** - Suspended in person hearing on court hearings.

- However, how it is being implemented is up to judge how this is handled (how long it is pushed out or some counties are working on video conferencing )

## **HUD and SECTION 8 Housing**

- Payments federal portion will be paid to landlord
- Tenant's portion MAYBE suspended for 120 days.
- Is depending ONLY on type of dwelling and you MUST consult with the landlord regarding this ruling.
- Total payment is due after 120 days from March 23, 2020 - it is **NOT forgiveness** only delay in payment.
- *If your dwelling is covered by CARE Act. Landlord can still demand rent – if there is a nonpayment of rent the landlord cannot request eviction for 120 days and then have to give 30 days to give notice before he/she can file the eviction*
- Eviction for Criminal activity – is not covered in CARES ACT
- Keep landlord in the loop on communication on how you are going to get caught up with payments

**Mortgages** - FHA loan is covered under CARE ACT. This is still just a delay of payment NOT a forgiveness of payment. Total amount is due after 120 days from March 23, 2020.

**Legal Services** of Southern Missouri will offer legal assistance to those that will qualify. (417) 881-1397 <https://www.lsosm.org/contact/springfield/>

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## **Making connections**

**Updates daily - AARP - Across the country**, people are informally organizing online mutual aid groups to stay connected, share ideas and help those most affected by the global coronavirus pandemic. The new AARP Community Connections website can help individuals start a group, join a group, or find support in their community.

[https://aarpcommunityconnections.org/?utm\\_source=aarp&utm\\_medium=newsletter&utm\\_campaign=livable&utm\\_term=communityconnections&utm\\_content=032520&cmp=EMC-DSM-NLC-LC-HOMFAM-20200401\\_LivableCommunities\\_899300\\_1315603-040120-F3-CommunityConnections-Text-CTRL-4474631&encparam=GtD79%2BL7x5sRZFXeFZDymekX%2BsvAjKvNZK4V%2FDatP11%3D](https://aarpcommunityconnections.org/?utm_source=aarp&utm_medium=newsletter&utm_campaign=livable&utm_term=communityconnections&utm_content=032520&cmp=EMC-DSM-NLC-LC-HOMFAM-20200401_LivableCommunities_899300_1315603-040120-F3-CommunityConnections-Text-CTRL-4474631&encparam=GtD79%2BL7x5sRZFXeFZDymekX%2BsvAjKvNZK4V%2FDatP11%3D)

## **Transportation**

- CU Bus Schedule Updates: <https://www.cutransit.net/routes/>
- Lyft: Transportation service opportunities. <https://www.lyft.com/lyftup>
- [OATS – essential activities only](#)

## **Benefits**

Updates regularly - **Social Security** - Q and A - <https://www.ssa.gov/coronavirus/>

## **Medicaid / Food Stamps**

***Due to the Families First Coronavirus Response Act, any adverse actions or closings are on “pause” indefinitely until the federal emergency COVID-19 declaration ends.***

Missourians can apply for services 24/7 online by visiting [MyDSS.mo.gov](http://MyDSS.mo.gov), or sending completed applications and verification documents by email to [FSD.Documents@dss.mo.gov](mailto:FSD.Documents@dss.mo.gov), or by fax to 573-526-9400. Missourians who have questions or need assistance can call 855-FSD-INFO or 855-373-4636 Monday through Friday, 6:00 a.m. to 6:30 p.m., Saturday 8:00 a.m. to 5:00 p.m. and Sunday 10:00 a.m. to 3:00 p.m.

The Department of Social Services is committed to serving the needs of Missouri citizens during COVID-19 pandemic. Information regarding the department's response to the pandemic is available online <https://dss.mo.gov/covid-19>.

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**Stimulus Checks** – [Get SSI But Don't File taxes - How to apply for stimulus check](#)

<https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>

**More info on stimulus checks** - [https://www.irs.gov/coronavirus/economic-impact-payments?fbclid=IwAR2eF\\_QGB7BRxxdEAOv8kuo6pY5LB3GgbxwUsw0HgnM8cA9yL\\_Xn6FMUC\\_8](https://www.irs.gov/coronavirus/economic-impact-payments?fbclid=IwAR2eF_QGB7BRxxdEAOv8kuo6pY5LB3GgbxwUsw0HgnM8cA9yL_Xn6FMUC_8)

## **Food / supplies**

Through May 7, 2020, Missourians in need can get a **food package from mobile and drive-by** locations through six Missouri food banks at over 200 distribution sites. Disaster Household Distribution expects to serve over 90,000 Missourians, including elderly households, households with health conditions, and the recently unemployed. Each food package weighs approximately 25 pounds and contains vegetables, fruits, pasta/rice/starch, protein, and dairy products. Only agencies that have proper cold/frozen storage facilities will distribute frozen meats and any

Greene County Residents can call their area food bank to find out when food packages will be available in their community. **Ozarks Food Harvest: (417) 865-3411**

## **Assistance for Seniors**

- Black Sheep: Providing food for adult seniors in need. Contact Mike Jalili at 379-2111
- Crosslines Food Pantry: 615 N. Glenstone M-F 9:00 A.M.-1:45 P.M. Drive through food pantry 417-869-0563, <http://www.crosslines.org/find-support/>
- Salvation Army Food Pantry: 1707 W. Chestnut. Drive through services provided on Wednesdays from 9:30-1:30 A.M. and 1:00-2:30 P.M. ID, social security cards for household members and recent mail required.
- SeniorAge: Providing both curbside pickup and delivery of meals. Call 417-862-0762.
- The Springfield Dream Center: 829 W. Atlantic offers a Wednesday night meal from 5:30-6:30. This is a to-go meal provided either through a drive through car line or walk-up.

## **Children and Families**

- Boys & Girls Clubs of Springfield: Providing three meals per day per person at three locations (extra meals on Fridays for weekends), curbside home deliveries, and health and hygiene items (thanks to a partnership with Care to Learn) for any Club family. Henderson (835 W. Calhoun) Monday-

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Friday 4:30pm-6:30pm (expanded afternoon hours, effective 4/6/2020. If Henderson families need to pick up meals in the AM, they can pick up at another Unit). Musgrave (720 S. Park) and Stalnaker (1410 N. Fremont): Monday-Friday 7:00am-8:30am AND 4:30pm-6:00pm

- Crosslines Food Pantry: 615 N. Glenstone M-F 9:00 A.M.-1:45 P.M. Drive through food pantry 417-869-0563, <http://www.crosslines.org/find-support/>
- Day Spring Christian Church: 2157 N Prospect, 417-864-4338 Thurs, 9:00 A.M. to 12:00 P.M. Food pantry. North side Springfield residents.
- Harbor House Frontline Feeding: 636 N. Boonville Lunch 12:00-1:00 P.M. sack meal pick-up. Grab a meal and go.
- Life360 Chesterfield: 2220 W. Chesterfield, 9:00 A.M. to 7:00 P.M. To-go meal package with food for a week.
- Life360 Fairbanks: 1126 N. Broadway (Fairbanks) Mondays 9:30 A.M.-12:30 P.M. and 5:00-6:00 P.M. Thursdays 5:15-6:00 P.M. To-go meal package with food for a week.
- Ozarks Food Harvest: Food pantries are open and ready to serve. Drive-through or walk-up model for food distribution at this time. <https://ozarksfoodharvest.org/coronavirus-update/>
- Schweitzer UMC: 2747 E Sunshine, 417-881-6800 Mon/Weds 9:00 A.M. to 2:00 P.M. Food pantry, open to the public. Crisis Only.
- Springfield Public Schools: Providing breakfast and lunch 9:30am-12:30pm at every SPS school <https://www.sps.org/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=1305&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=13073&PageID=1>
- The Springfield Dream Center: 829 W. Atlantic offers a Wednesday night meal from 5:30-6:30. This is a to-go meal provided either through a drive through car line or walk-up.
- Willard School District – Grab and go meals Mondays and Wednesdays for those that have signed up 10-12

Some AMAZING community organizations and churches in our area have come together to create resources during the COVID-19 crisis. Check out their new website for all the details! <http://417outreach.com/>

**Restaurants with curbside or home delivery** and how to order – updated daily

<https://417togo.com/?fbclid=IwAR28hLcgQzDv3BycVPRmDJNJ3quxoTZLe9Z4CBDtVAjoTutyjNssQFpBKXw#springfield2>

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### **Diapers, baby wipes and Misc.**

**Republic Pregnancy Resource Center (291 US Highway 60)** - The Pregnancy Resource Center will be open Monday through Thursday 10:00 a.m. to 4:00 p.m., handing out diapers (sizes 0-6) and baby wipes.

**Calvary Baptist Church (804 US60, Republic)** 417-732-1405 Tuesday and Wednesday 1:00-4:00 p.m. Hygiene Kits, Bottled Water, Gatorade, Paper Towels, Baby Wipes, Diapers

**Diaper Bank of the Ozarks:** Distributing diapers to partner agencies serving families in need throughout the Ozarks. 417-501-4411, <https://diaperbankoftheozarks.org/>

**United Way (211): 211 is a free**, confidential referral and information helpline and website that connects people of all ages and from all communities to the essential health and human services they need, 24 hours a day, seven days a week. 211 can be accessed by phone or computer. A toll-free call to 211 connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services that can improve—and save—lives.

### **Homeless**

- One Door: If you are homeless or at imminent risk of homelessness, call One Door at 417-225-7499, <https://www.cpozarks.org/one-door/>
- The Connecting Grounds: 1109 E. Commercial Daily 5:00 P.M. sack meal pick-up for the homeless. Grab a meal and go.
- Grace United Methodist: 600 S. Jefferson Daily 5:00 P.M. sack meal pick-up for the homeless Grab a meal and go.
- Veteran's Coming Home: 806 N. Jefferson Breakfast 8:30 A.M. sack meal pick-up for the homeless. Grab a meal and go

### **Internet access / Cell phones**

Quick Check Internet Option Site: <https://www.everyoneon.org/find-offers>

Sprint: Offering unlimited data to existing customers for 60 days and all hotspot-capable handsets will be enabled with 20GB of hot-spot service per month for 60 days. Late fees and service disconnections are also waived for 60 days.

T-Mobile: Offering unlimited data to existing customers for 60 days and all hotspot-capable handsets will be enabled with 20GB of hot-spot service per

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month for 60 days, and free international calling for existing customers. Late fees and service disconnections are also waived for 60 days.

Springfield Greene County Library: The public library is offering free wifi in the library parking lots, including the Library Express West. Here is more information about connecting to the public library wifi:

<https://thelibrary.org/services/wifi.cfm> .

## **Communication**

### **APPS for virtual communication**

- Facetime
- Whatsapp
- Skype – group chats
- Marco Polo – for sending videos or messaging
- Facebook Messenger
- House Party – to play games
- Google Hang Out Meet – for google users

## **Health**

**Be Well Community** - <https://bewellcommunity.ca/>

**Both hospitals are closing some of their urgent cares.** Follow the links to see what facilities are open and you are able to make appointments online to prevent from setting in the waiting rooms.

### **Cox – Cox Telehealth is free**

[https://www.gohealthuc.com/springfield/springfield/east-battlefield?utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=IP\\_PS\\_Mercy\\_Springfield\\_EBattlefield\\_NB\\_BB&utm\\_term=fast%20%2Burgent%20%2Bcare&utm\\_content=Urgent%20Care%20-%20BMM](https://www.gohealthuc.com/springfield/springfield/east-battlefield?utm_source=bing&utm_medium=cpc&utm_campaign=IP_PS_Mercy_Springfield_EBattlefield_NB_BB&utm_term=fast%20%2Burgent%20%2Bcare&utm_content=Urgent%20Care%20-%20BMM)

**Mercy** - [https://www.gohealthuc.com/springfield/springfield/east-battlefield?utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=IP\\_PS\\_Mercy\\_Springfield\\_EBattlefield\\_Brand\\_BB&utm\\_term=mercy%20urgent%20care&utm\\_content=Mercy%20Urgent%20Care%20-%20Exact](https://www.gohealthuc.com/springfield/springfield/east-battlefield?utm_source=bing&utm_medium=cpc&utm_campaign=IP_PS_Mercy_Springfield_EBattlefield_Brand_BB&utm_term=mercy%20urgent%20care&utm_content=Mercy%20Urgent%20Care%20-%20Exact)

**Jordan Valley – updates** <https://www.jordanvalley.org/news-and-events>

**\*\*\*If you are or someone you love is having a medical emergency please call 911 and/or go to the emergency room.**



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### **Senior Age Emergency opt in program**

<https://senioragemo.org/breaking/seniorage-alert-program-opt-in-form/>

### **OT made outside exercise video -**

<https://www.facebook.com/rebekahjohnstone/videos/10221689818012397/>

### **The Whys of Hygiene for Kids especially during this time -**

<https://outschool.com/classes/why-shower-why-brush-your-teeth-the-whys-of-hygiene-for-kids->

[P6EE7Z4t?fbclid=IwAR1XtZuRZLCHntFTfHVtzEREmFH9dQikrMqrYo2soaJgDn495M\\_MoExpwCY#us5DFhrrZL](https://outschool.com/classes/why-shower-why-brush-your-teeth-the-whys-of-hygiene-for-kids-P6EE7Z4t?fbclid=IwAR1XtZuRZLCHntFTfHVtzEREmFH9dQikrMqrYo2soaJgDn495M_MoExpwCY#us5DFhrrZL)

### **Mental Health**

**Burrell Behavioral Health- myStrength** is a FREE online support tool, available 24/7, and filled with quality information and daily inspiration with a focus on improving overall well-being. Visit <https://www.burrellcenter.com/our-services/online-support/> for more and/or call 417-761-5000 for more information about mental health screenings. 24-Hour Crisis Line is available 417-761-5555

Join **Burrell Behavioral Health** on their Facebook page - Join daily from 12:45-1:15 to practice self-care and connection during the COVID-19 response.

[https://www.facebook.com/BurrellCenter/?\\_\\_tn\\_\\_=%2CdkCH-R&eid=ARBwi1R7qkukLEZqPQqgsqVSUdSq7abEsPKKJMmqNM4I5NyT\\_hIUaISAMRcCHZKSp-h7WYh8qA3cccOm&hc\\_ref=ARSRL-aMOK7C3lqroFTQqDUeS5h\\_Jn7pAnVzVdMwhWFyS\\_-\\_sHIXbppn8jrGVeJJ-oA&hc\\_location=group](https://www.facebook.com/BurrellCenter/?__tn__=%2CdkCH-R&eid=ARBwi1R7qkukLEZqPQqgsqVSUdSq7abEsPKKJMmqNM4I5NyT_hIUaISAMRcCHZKSp-h7WYh8qA3cccOm&hc_ref=ARSRL-aMOK7C3lqroFTQqDUeS5h_Jn7pAnVzVdMwhWFyS_-_sHIXbppn8jrGVeJJ-oA&hc_location=group)

**Free Counseling openings - HELP AVAILABLE!** Currently only telehealth or phone visits during the stay at home order. Three students who will be starting in May doing their counseling internships. These students will be in their final semesters before graduation and need some more practical experience. If you, your family, children or grandchildren need counseling services we will be able to offer those free of charge to you. So please don't be shy, reach out and see how we can help. Thank you for all you do and let us support you and those around you. Connected Counseling Services, LLC (417) 496-6444  
Kerri@ConnectedCounselingServices.net

**Centers for Disease Control:** CDC offers suggestions on coping directly with the stress of COVID-19 at <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html> and suggestions for caring for your emotional health at <https://emergency.cdc.gov/coping/selfcare.asp>



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**Family-to-Family Supports:** During these times of uncertainty, Missouri Family-to-Family is here to help. If you'd like someone to talk to about issues affecting your life or want to be connected with a trained peer support mentor, [send us an email](#), visit our website at [www.mofamilytofamily.org](http://www.mofamilytofamily.org) or give us a call [1-800-444-0821](tel:1-800-444-0821). Our Family Navigators are ready to speak with you today

**The National Federation of Families for Children's Mental Health:** The collection of resources below includes videos, toolkits, activities to use at home and more to support parents and caregivers and their children during the COVID-19 pandemic. <https://www.ffcmh.org/covid-19-resources-for-parents>

### **100 Everyday Ways to Strengthen Your Child's Mental Health**

<https://parentswithconfidence.com/everyday-ways-to-nourish-a-childs-mental-health/?fbclid=IwAR3TeV0f5wWEEc6bj1O-ckMGT-TVUIR6CqISV2ZOM0XZjPvOrAm0ac9hA0Y>

### **Temple Grandin Tips for Children with Autism Coping with the Quarantine**

<https://parade.com.cdn.ampproject.org/c/s/parade.com/1019088/debrawallace/temple-grandin-tips-children-with-autism-coronavirus-quarantine/amp/?fbclid=IwAR3vW056yEkkq17DIFN7sNrtZ>

**Burrell Crisis Line** 800-494-7355 24 hours a day / 7 days a week

**Crisis Text Line** – Text HELLO to 741741 or message us a [facebook.com/crisistextline](https://www.facebook.com/crisistextline) to chat with a crisis counselor. 24 hours a day / 7 days a week

**National Suicide hotline** 800-784-2433 or 800-422-4673 24 hrs / 7 days a week

**Spectrum** 1-833-267-6094

If you need assistance in managing stress related to COVID-19, please call the **Disaster Distress Helpline** at: 1-800-985-5990 or text "TalkWithUs" to 66746

## **Employment/Unemployment**

- **Missouri unemployment: Department of Labor:** If you lost your job due to COVID-19, you can apply for unemployment at <https://uinteract.labor.mo.gov/benefits/home.do> When applying, select COVID-19 as the reason for your job loss; job search requirements are waived. Call 800-320-2519 or 417-895-6851 if needed. (CPOzarks)
- If you are approved for unemployment, you still need to make your weekly request for payment. COVID related claims don't require work

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search, so enter 0 there. It is open now for the 3/22-3/28 week - always opens on Sunday. The sooner you file, the sooner it is processed.

- You can check the status of your weekly claim by logging into your uinteract account, going to Inquiry, Benefits, Claimant/Claim Inquiry and it will be near the bottom.
- **Missouri One Start:** Check out this compressive list of places currently hiring <https://missourionestart.com/nowhiring/>

**Employment resource page** <https://www.careeronestop.org/>

**MO Career Center** <https://www.springfieldmo.gov/1007/Workforce-Development>

### **Activities/Virtural Fun**

**Art Inspired Academy ONLINE Zoom! CLASSES** -Registration is first come, first serve. Each class will be a small size (approximately five students total). When you register for an AIA zoom class, you'll receive an email password that will allow you to log into your online class and some tips on how to get the most out of your online AIA classes. If you have to miss a session of your AIA Zoom class, we understand. However, there will be no make up sessions. Please do not sign up for a class unless you are confident that you'll be able to attend regularly at that time. <https://www.abilitiesfirst.net/art-inspired-academy/>

**Special Olympics** -Online trainings in health and wellness and leadership and lifeskills for Special Olympics Missouri athletes, coaches, families and volunteers. The health and wellness portion of #SOMOatHome goes live at 10 a.m. and 4 p.m. every day on our [Facebook channel](#), while the Lead-At-Home programming will offer a class every weekday, but the times may differ depending on who's leading that session. <https://somo.org/athome>

**Special Olympics – School of Strength** exercise video program <https://www.specialolympics.org/school-of-strength>

**Parents resource**

<https://echoautism.org/parent-resources-during-covid-19/>

**Macaronikid** – daily schedule of activities for toddlers to young adults. <https://springfieldmo.macaronikid.com/>

**Springfield Greene County Park Board updates** – what parks and activities are currently available <http://www.parkboard.org/civicalerts.aspx?AID=234>

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**Parks Pick-Me-Up Daily** The Springfield-Greene County Park Board have launched Parks Pick-Me-Up for families to enjoy. They are sharing fun things to do and see in the Springfield parks. It includes health and wellness tips, park stories, cool places to walk or hike, kids activities and photos. They also have downloadable content for families. All the details and more information, can be found at [parkboard.org](http://parkboard.org).

### **Missouri Department of Conservations (trails, lakes etc.)**

<https://mdc.mo.gov/about-us/mdc-covid-19-response>

**Springfield Greene County Library -** Library Don't forget -- you can use the Library's online resources 24/7 with your library card at [thelibrary.org](http://thelibrary.org). You can also apply for a temporary library card at [thelibrary.org/catalog](http://thelibrary.org/catalog). Stay healthy, everyone, and watch for updates on Facebook!

**Missouri State University** has a website with a variety of links to various activities from streaming, art, to fitness <https://alumni.missouristate.edu/maroonation-hibernation.htm>

**OT Toolbox Routines** offer children a sense of normalcy. Chores and helping out around the home are just one way to make new routines a family event. Here are age-appropriate chores for kids: <https://www.shrs.pitt.edu/.../c.../children-and-family-resources>

### **Ozarks Public Television launch educational show for kids stuck at home -**

<https://www.ozarksfirst.com/local-news/local-news-local-news/ozarks-public-television-launch-educational-show-for-kids-stuck-at-home/>

**Free Lego Activities -** <https://kidsactivitiesblog.com/137515/free-lego-activities-andprintables/?fbclid=IwAR3A5DBoTmSfQEb98iKHEsjf6sDJcbfTsaX5FhMNAmu7dgBvThLFT4Av-T8>

**Dickerson Park Zoo** – Daily Facebook live post with animal interactions and education <https://www.facebook.com/DPZoo/>

**Arc at Home** <http://www.thearcoftheozarks.org/arc-at-home?fbclid=IwAR3QmzU207OToEs2N1kLgmJIARhaDb7NVjbNjXC3p2AtbgYcl67h0cZmgFs>

### **Free Photography classes online -**

[https://www.theverge.com/2020/4/2/21204243/nikon-free-photography-classes-april?fbclid=IwAR3C7-2Wv2ERHZNOB\\_DPcWdtzL-bfYqUR5pJUSyw8DLG3uHgFHr4YqdAFd4](https://www.theverge.com/2020/4/2/21204243/nikon-free-photography-classes-april?fbclid=IwAR3C7-2Wv2ERHZNOB_DPcWdtzL-bfYqUR5pJUSyw8DLG3uHgFHr4YqdAFd4)

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**Sproutflix**, a nonprofit organization and distributor of films exclusively featuring people with intellectual and developmental disabilities (I/DD), is offering a free full-screen playlist of three short films featuring people with I/DD.

<http://sproutflix.org/sprout-virtual-film-festival-2/>

**Fitness Blender – Free online workouts for every fitness level -**

<https://www.fitnessblender.com/>

**Creating a Sensory Path for the Neighborhood -**

[https://www.facebook.com/michelle.l.swanson.7/videos/10222008068731000/UzpfSTY2NDMzMtIwMzoxMDE1ODQxNjM1MzYxMTIwNA/?comment\\_id=10158417055376204&notif\\_id=1586964836005463&notif\\_t=feed\\_comment](https://www.facebook.com/michelle.l.swanson.7/videos/10222008068731000/UzpfSTY2NDMzMtIwMzoxMDE1ODQxNjM1MzYxMTIwNA/?comment_id=10158417055376204&notif_id=1586964836005463&notif_t=feed_comment)

**Literacy Resources -** <https://growingbookbybook.com/online-literacy-resources/?fbclid=IwAR1prup32F-TbPqBjfsC79KNXfqUHQJ5mizg4Flbp6ks4HmQ4-23BYzJPulk>

**Barnes and Noble – Daily Digital Storytime**

<https://www.barnesandnoble.com/h/bn-storytime?fbclid=IwAR2oKNMqROf8ekGovXtq2gr1fzXPXziUZAfdxafTFg3cKDBL5TwMOxHmXto>

**Harry Potter at Home - Games, Coloring pages, vides**

<https://www.wizardingworld.com/collections/harry-potter-at-home>

**OT Tool Box offering 31 days of free learning -**

[https://www.theottoolbox.com/31-days-of-learning-with-free-materials/?fbclid=IwAR2\\_DmnkdQij\\_NKpYu9nBlMqN-aaChfDfBXY7Uub15BhtzSEgMQNNi9ScQk](https://www.theottoolbox.com/31-days-of-learning-with-free-materials/?fbclid=IwAR2_DmnkdQij_NKpYu9nBlMqN-aaChfDfBXY7Uub15BhtzSEgMQNNi9ScQk)

**List of Live Streams for Kids to watch -**

[https://www.goodhousekeeping.com/life/parenting/a32022219/livestreams-for-kids/?utm\\_campaign=socialflowFBGHK&utm\\_medium=social-media&utm\\_source=facebook&fbclid=IwAR2T7RYk3ukBkOulgfNn3exwA1egwK-16\\_kUfWUdZrubQGSTLleQIFyCsA](https://www.goodhousekeeping.com/life/parenting/a32022219/livestreams-for-kids/?utm_campaign=socialflowFBGHK&utm_medium=social-media&utm_source=facebook&fbclid=IwAR2T7RYk3ukBkOulgfNn3exwA1egwK-16_kUfWUdZrubQGSTLleQIFyCsA)

**Activities for Seniors**

<https://dailycaring.com/9-enjoyable-activities-for-seniors-with-limited-mobility/>

**National Geographic Launches FREE Website for Kids w/ Games, Experiments, Videos & More -** <https://www.nationalgeographic.com/family/at-home-education-resources>

**Hulu Frog - Local daily activities for children** <https://hulafrog.com/springfield-mo>

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**How to make a virtual schedule** - [https://theinspiredtreehouse.com/how-to-make-a-visual-schedule/?fbclid=IwAR1z9kq0l4ZAAtQAHxgOHC8rLraAPEh0xv7h6eKZBx\\_gfp3Gosc6a8SaE17s](https://theinspiredtreehouse.com/how-to-make-a-visual-schedule/?fbclid=IwAR1z9kq0l4ZAAtQAHxgOHC8rLraAPEh0xv7h6eKZBx_gfp3Gosc6a8SaE17s)

**Make Sensory Bins:** Start with the basics: Use some rocks, sand, water, ice, and small items like plastic toys. Fill a bin and play.

<https://littlebinsforlittlehands.com/dinosaur-sensory-bin-outdoors-moon-dough-more/>

**50 fine motor activities for children under 3 -**

<https://www.growinghandsonkids.com/50-fine-motor-activities-for-children-under-3-years-old.html?ref=40&fbclid=IwAR0IF4HBXbpl0g7eRzGWaQ3Bj1BirkRP4-AVGWAgRzRYcnae2le-yDi1UIY>

**Adult coloring** <https://www.justcolor.net/>

**Free Sign Language class -** [https://spectrumlocalnews.com/nys/hudson-valley/human-interest/2020/04/07/deaf-woman-offers-free-virtual-sign-language-classes-during-pandemic?cid=facebook\\_Spectrum\\_News\\_Hudson\\_Valley&fbclid=IwAR1qtelpXSAPT6ZwCYV55jufkbd\\_eFyAucNLyarVimEP3ONOiClnP5CoC\\_M](https://spectrumlocalnews.com/nys/hudson-valley/human-interest/2020/04/07/deaf-woman-offers-free-virtual-sign-language-classes-during-pandemic?cid=facebook_Spectrum_News_Hudson_Valley&fbclid=IwAR1qtelpXSAPT6ZwCYV55jufkbd_eFyAucNLyarVimEP3ONOiClnP5CoC_M)

**Sesame Street is hosting Virtual Playdate with Elmo -**

[https://www.mentalfloss.com/article/622655/sesame-streets-elmo-hosting-virtual-playdate?fbclid=IwAR17ISu1lpkmphkF7NnJ1JdPi\\_aquAQcnN9pO-pAkI7Ue6y6BB56E2dq\\_Hc](https://www.mentalfloss.com/article/622655/sesame-streets-elmo-hosting-virtual-playdate?fbclid=IwAR17ISu1lpkmphkF7NnJ1JdPi_aquAQcnN9pO-pAkI7Ue6y6BB56E2dq_Hc)

**List of kids activities and online learning opportunities -**

[https://thekrazycouponlady.com/tips/family/free-kid-activities?utm\\_medium=social&fbclid=IwAR2rCk4aDvdI0wOVQos3f0lMsfHplGBtIW7EWc\\_hnOgBjeWtkQXjTR361emU](https://thekrazycouponlady.com/tips/family/free-kid-activities?utm_medium=social&fbclid=IwAR2rCk4aDvdI0wOVQos3f0lMsfHplGBtIW7EWc_hnOgBjeWtkQXjTR361emU)

**Itty Bitty City daily facebook live events** -Here's our weekly schedule:

**Mondays at 10am:** [Live from the Lab: An Interactive Playology Lab Craft](#) -

**Wednesday, April 15th at 1pm** - [Meet Cubetto](#),

**Thursdays at 10am:** [Itty Bitty Animals Which Way Adventures](#)

**Fridays at 10am:** for Musical Moments [Musical Bridges Facebook Page](#).

**Sundays at 1pm:** hosting [Online Storytime Yoga](#) on their FB Page.



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**Swim with Sharks** - [https://apsari.com/ripleys-aquarium-in-canada-is-offering-livecams-for-sharks?fbclid=IwAR2ZGOW5PD\\_dGt8hbtyj3uCv0INbhOSEZGGDmWz5gMnLO2liQs\\_wl35AWPZY](https://apsari.com/ripleys-aquarium-in-canada-is-offering-livecams-for-sharks?fbclid=IwAR2ZGOW5PD_dGt8hbtyj3uCv0INbhOSEZGGDmWz5gMnLO2liQs_wl35AWPZY)

**Turn phone into museum** - [https://www.travelandleisure.com/culture-design/the-google-arts-culture-app-will-turn-your-phone-and-home-into-an-interactive-museum?utm\\_source=facebook.com&utm\\_medium=social&utm\\_campaign=southernliving\\_southernliving&utm\\_content=link\\_internalcrosspromotion\\_travelandleisure&utm\\_term=20200401&fbclid=IwAR1q\\_dqGGVLLQYMr-EBlfq88NeCfXrRgvl\\_qWq9eD4SV1B7jAav7WRWPmOY](https://www.travelandleisure.com/culture-design/the-google-arts-culture-app-will-turn-your-phone-and-home-into-an-interactive-museum?utm_source=facebook.com&utm_medium=social&utm_campaign=southernliving_southernliving&utm_content=link_internalcrosspromotion_travelandleisure&utm_term=20200401&fbclid=IwAR1q_dqGGVLLQYMr-EBlfq88NeCfXrRgvl_qWq9eD4SV1B7jAav7WRWPmOY)

### **The National Theatre is going to stream a free play every Thursday night**

[https://www.timeout.com/london/news/the-national-theatre-is-going-to-stream-a-free-play-every-thursday-night-032620?utm\\_medium=Social&utm\\_source=Facebook&cid=%7Elondon%7Enatso%7Efacebook%7Eechobox&fbclid=IwAR38COSjifYssJCFXuWuTMrgIT5Ds4TChx689u-WEvmJNXZPY7MFgETH2aA#Echobox=1585229560](https://www.timeout.com/london/news/the-national-theatre-is-going-to-stream-a-free-play-every-thursday-night-032620?utm_medium=Social&utm_source=Facebook&cid=%7Elondon%7Enatso%7Efacebook%7Eechobox&fbclid=IwAR38COSjifYssJCFXuWuTMrgIT5Ds4TChx689u-WEvmJNXZPY7MFgETH2aA#Echobox=1585229560)

**Andrew Lloyd Webber's Musical free online** - <https://www.msn.com/en-gb/entertainment/music/andrew-lloyd-webber-will-stream-his-musicals-for-free-online-starting-with-joseph/ar-BB1247pd?ocid=sf>

**Epic Hikes around the World** [https://www.lonelyplanet.com/articles/virtually-hike-the-appalachian-trail?utm\\_campaign=ENL-AMERICAS-ENGAGED-20200407&utm\\_source=sfmc&utm\\_medium=email&stuid=a9e7762ae5d39c26f071eb07e8622042&utm\\_content=144799&utm\\_term=](https://www.lonelyplanet.com/articles/virtually-hike-the-appalachian-trail?utm_campaign=ENL-AMERICAS-ENGAGED-20200407&utm_source=sfmc&utm_medium=email&stuid=a9e7762ae5d39c26f071eb07e8622042&utm_content=144799&utm_term=)

**Buckingham Palace** - <https://www.youtube.com/watch?v=gen0NgJjry4>

**Stonehenge** - <https://www.youtube.com/watch?v=RyqU1r1Fmk>

**Edinburgh Castle** - <https://www.youtube.com/watch?v=Zu-KVWSqJll>

**Tower of London** - <https://www.youtube.com/watch?v=yeLQVare-3k>

### **St Louis Aquarium offering live streams**

[https://www.onlyinyourstate.com/missouri/livestream-tour-mo/?fbclid=IwAR3f1\\_KAs3luIQzmSdm5nGeSCSW95xR0vTQDc62CgJn\\_QJvr4efkypRIM](https://www.onlyinyourstate.com/missouri/livestream-tour-mo/?fbclid=IwAR3f1_KAs3luIQzmSdm5nGeSCSW95xR0vTQDc62CgJn_QJvr4efkypRIM)

**Visit Australia** - [https://www.travelandleisure.com/attractions/melbourne-victoria-virtual-tour?did=512166-20200413&utm\\_campaign=just-](https://www.travelandleisure.com/attractions/melbourne-victoria-virtual-tour?did=512166-20200413&utm_campaign=just-)



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[in\\_newsletter&utm\\_source=travelandleisure.com&utm\\_medium=email&utm\\_content=041320&cid=512166&mid=32267113733](https://www.travelandleisure.com/newsletter?utm_source=travelandleisure.com&utm_medium=email&utm_content=041320&cid=512166&mid=32267113733)

**KC Film Fest 2020** Due to Covid-19, KC Film Fest International is celebrating our 2020 filmmakers by sharing their films online, April 13 - 19. Grab an All-Access pass for \$10.00, and binge on films that will entertain, inspire and connect you to the world. Thank you for your support and we will see you in theaters next year.  
[www.kcfilmfest.org](http://www.kcfilmfest.org)

**Air BNB experiences** – Online experiences from mediation with a Tibetan Monk to cooking class. Cost varies from free - \$35  
<https://www.airbnb.com/s/experiences/online>

**Free online music classes** -We are continuing our free live stream music classes through the month of April if anyone has kiddos who need something fun to do on Friday mornings! Classes will be streamed on the event page below 😊;) Stay safe and be well Springfield!  
<https://www.facebook.com/events/1520796544764859/>

**Crystal Bridges At Home Activity – Quilt Squares**  
[https://crystalbridges.org/blog/cbfromhome-activity-south-bend-quilt-squares/?utm\\_source=wordfly&utm\\_medium=email&utm\\_campaign=4.8.20CBWeekly%23CBfromHome&utm\\_content=version\\_A&sourceNumber=](https://crystalbridges.org/blog/cbfromhome-activity-south-bend-quilt-squares/?utm_source=wordfly&utm_medium=email&utm_campaign=4.8.20CBWeekly%23CBfromHome&utm_content=version_A&sourceNumber=)

**Heritage Collage** - [https://crystalbridges.org/blog/cbfromhome-activity-heritage-collages/?utm\\_source=wordfly&utm\\_medium=email&utm\\_campaign=4.15.20CBWeekly%23CBfromHome&utm\\_content=version\\_A&sourceNumber=](https://crystalbridges.org/blog/cbfromhome-activity-heritage-collages/?utm_source=wordfly&utm_medium=email&utm_campaign=4.15.20CBWeekly%23CBfromHome&utm_content=version_A&sourceNumber=)

**Virtual Tour of Missouri Botanical Gardens** -  
[https://www.onlyinyourstate.com/missouri/virtual-tour-botanical-garden-mo/?fbclid=IwAR3k\\_DS42n2vDINX4SfcMEhUlaCvatzH-EgIkVWceLNRkE0a6u1HLYwtiuU](https://www.onlyinyourstate.com/missouri/virtual-tour-botanical-garden-mo/?fbclid=IwAR3k_DS42n2vDINX4SfcMEhUlaCvatzH-EgIkVWceLNRkE0a6u1HLYwtiuU)

**Virtual Tour of Disneyland Paris** - [https://www.travelandleisure.com/trip-ideas/disney-vacations/virtual-tour-of-disneyland-paris-video-series?utm\\_campaign=travelandleisure\\_travelandleisure\\_trueanthem&utm\\_content=manual&utm\\_medium=social&utm\\_source=facebook.com&utm\\_term=5e9632c5bb567600011f6e61&fbclid=IwAR1eeVucvFWnTaUKGUTuKe3C0KvQPvNouvK7X6le-WwUPJDpCKL8Emngsg](https://www.travelandleisure.com/trip-ideas/disney-vacations/virtual-tour-of-disneyland-paris-video-series?utm_campaign=travelandleisure_travelandleisure_trueanthem&utm_content=manual&utm_medium=social&utm_source=facebook.com&utm_term=5e9632c5bb567600011f6e61&fbclid=IwAR1eeVucvFWnTaUKGUTuKe3C0KvQPvNouvK7X6le-WwUPJDpCKL8Emngsg)

13 virtual train rides around the world - [https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-](https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides-around-the-world)

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[rides?utm\\_source=facebook.com&utm\\_campaign=travelandleisure\\_travelandleisure&utm\\_medium=social&utm\\_term=3F8CBEDC-7E60-11EA-A0FB-59C9923C408C&utm\\_content=link&fbclid=IwAR2iH66qlxXgyrlXqKbbn7eh8CfarnZVbAz-xEKR\\_N9IkZQtEoDyCmaXpYY](https://www.facebook.com/moxiekids/?utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_medium=social&utm_term=3F8CBEDC-7E60-11EA-A0FB-59C9923C408C&utm_content=link&fbclid=IwAR2iH66qlxXgyrlXqKbbn7eh8CfarnZVbAz-xEKR_N9IkZQtEoDyCmaXpYY)

Check the [Moxie Kids newsletter](#), [YouTube](#) and our [Moxie Kids Facebook](#) page for videos and activities.