

CSS resource update #19

April 20, 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

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)

CSS resource update #19

April 20, 2020

HOUSING

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

Information from Tenant Rights in Regards to the CARE ACT Webinar April 14th.

By Attorney, Austin Fax – afax@lowtherjohnson.com

- There is no moratorium on rent. Tenants are still obligated to pay rent.
- For properties falling under the CARES Act (for example- properties that participate in VAWA or HUD and properties that have federally backed mortgages) there is a 120-day moratorium on eviction (until July 25, 2020). Please note, this is not a moratorium on rent owed. The moratorium does not apply to eviction for things other than non-payment (illegal activity, etc). Properties falling under the CARE Act cannot charge late fees, penalties or interest. It is advisable to consult an attorney to determine if the CARES Act applies to individual situations.
- For properties which do not fall under the CARES Act late fees can be assessed, evictions can be filed. Greene County has a suspension of in-person hearings until May 1, 2020 which might delay obtaining a judgement for eviction, but this can all change quickly.
- Low income tenants who need representation can contact Legal Services of Southern Missouri at (417) 881-1397. Landlords seeking legal representation can contact the Springfield Metropolitan Bar Association at [\(417\) 831-2783](tel:417-831-2783) for a referral.

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

CSS resource update #19

April 20, 2020

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

Medicaid application renewals

Family Support division **has waived all** Annual Reviews (aka reinvestigations) for MO HealthNet (Medicaid) cases under the Families First Coronavirus Response Act (FFCRA) which is in effect 04/01/2020 - 12/31/2020.

- Annual review due dates will be extended 12 months for cases with annual reviews coming due in this time period.
- This means that an annual review that would have been due 06/01/2020 will now be due 06/01/2021, and a review that would have been due 12/01/2020 will now be due 12/01/2021.
- So far as we are aware at this time 01/01/2021 Annual Reviews will still be due.
- More Info: <https://dmh.mo.gov/medicaid-eligibility/fag>

Missourians can apply for services 24/7 online by visiting MyDSS.mo.gov, or sending completed applications and verification documents by email to 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>.

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>

CSS resource update #19

April 20, 2020

More info on stimulus checks - 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 9:30-11:30 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-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

CSS resource update #19

April 20, 2020

- 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.
- Please check with individual school districts to their pick up schedules are changing

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://www.417mag.com/blog/your-covid-19-dining-plan/?utm_campaign=417%20-%20Content%20Blast&utm_source=hs_email&utm_medium=email&utm_content=86452743&_hsenc=p2ANqtz-9yyQrTUEGrN72II_VM5b9obnK1tnWdICliTaA9Y9XdFf9SDOe56nHMPk7PeO2NdDRX4RdmKRMymy4WooBRoMlp3DqF7qqqsSsLyMpKuAlbgFmApc&_hsmi=86452743

CSS resource update #19

April 20, 2020

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>

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> .

CSS resource update #19

April 20, 2020

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

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

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.**

Senior Age Emergency opt in program

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

Mental Health

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

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>

CSS resource update #19

April 20, 2020

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 or give us a call [1-800-444-0821](tel:1-800-444-0821). Our Family Navigators are ready to speak with you today

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 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/Virtual 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

CSS resource update #19

April 20, 2020

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 life skills 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>

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>

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.

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. You can also apply for a temporary library card at 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>

Free Lego Activities - <https://kidsactivitiesblog.com/137515/free-lego-activities-andprintables/?fbclid=IwAR3A5DBoTmSfQEb98iKHEsf6sDJcbfTsaX5FhMNAU7dgBvThLFT4Av-T8>

CSS resource update #19

April 20, 2020

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>

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¬if_id=1586964836005463¬if_t=feed_comment

Literacy Resources - <https://growingbookbybook.com/online-literacy-resources/?fbclid=IwAR1prup32F-TbPqBjfsC79KNXfqUHJ5mizg4Flbp6ks4HmQ4-23BYzJPulk>

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_NKpYu9nBIMqN-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_kUjWUdZrubQGSTLleQIFyCsA

Activities for Seniors

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

CSS resource update #19

April 20, 2020

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>

How to make a virtual schedule - https://theinspiredtreehouse.com/how-to-make-a-visual-schedule/?fbclid=IwAR1z9kq0l4ZAAtQAHxgOHC8rLraAPEh0xv7h6eKZBx_gfp3Gosc6a8SaE17s

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

Sesame Street is hosting Virtual Playdate with Elmo - https://www.mentalfloss.com/article/622655/sesame-streets-elmo-hosting-virtual-playdate?fbclid=IwAR17ISu1lpkmpkhF7NnJ1JdPi_aquAQcnN9pO-pAkI7Ue6y6BB56E2dq_Hc

List of kids activities and online learning opportunities - https://thekrazycouponlady.com/tips/family/free-kid-activities?utm_medium=social&fbclid=IwAR2rCk4aDvdI0wOVQos3f0IMsfHpIGBtIW7EWc_hnOgBjeWtkQXjTR361emU

New Creative Activities for Kids : https://www.kennedy-center.org/globalassets/education/education-landing-page/mo-willems/mokc_lunch-doodles_online-resources_final.pdf

NASA's Space Place - <https://spaceplace.nasa.gov/>

Girls Scouts from Home – At Home activities for members and nonmembers
<https://www.girlscouts.org/en/girl-scouts-at-home.html>

Free Daily Cooking Classes for Kids - <https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/>

Museum of Modern Art offers free online classes - <https://www.moma.org/research-and-learning/classes>

National Parks

CSS resource update #19

April 20, 2020

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=8&cad=rja&uact=8&ved=2ahUKEwig-p29vMzoAhVLXq0KHZMADLsQFjAHegQIBBAB&url=https%3A%2F%2Fwww.travelandleisure.com%2Ftrip-ideas%2Fnational-parks%2Fvirtual-national-parks-tours&usg=AOvVaw1MSHNh73Ni0rvFfkVi7fnx>

National Museums, Zoos, Theme Parks

https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=7&cad=rja&uact=8&ved=2ahUKEwjD7_LovMzoAhVDgK0KHVPcD1cQFjAGegQIARAB&url=https%3A%2F%2Fwww.goodhousekeeping.com%2Flife%2Ftravel%2Fa31784720%2Fbest-virtual-tours%2F&usg=AOvVaw218ou3YN5rG1Ab-0HnCFkl

Wonders of Wildlife daily animal update -

[https://www.facebook.com/wondersofwildlife/?_tn_ =kCH-R&eid=ARADqEDQT4y40MMvNax5ji95Bxr00a4OESYqxqUkB2oH-YSdsG9vU6k5KCKX8hTvVklyZpPcPINvLaxv&hc_ref=ARRS3OhtWCDnx9e_9cptQmEP01cl06T1VID3stiOGhZwpXU8JqLIISVffKA2I21Lbso&fref=nf&_xts__\[0\]=68.ARDCZQE7j1HGyKOlpoQRwcrlyX62hkNbDVUU3L4UiJq8wAd1hLEYHmJ4FcuJuWwx_6O7p_uBHCHSIIxz1lxGoF0-NnBcXRudlg4U7C8MyRTWxtmwbDNvYhBx2PBVWjwqMQ1_T0OPK3WITAI4hD-hYkdjUMOFENWbq_u17eQos8o8mtY1wbH7KMcjOZJvKyy6lmbSRXTEAILZonNXbRozcCFHep_gQgqFfRHU42GT0ZwzECeZ4-9Y9IyqV8G72XPLdE9ABh9ngsJ8rqFco4mU5YHmcMo32HZ5Gr8qCeE-47_2Inf2b1jOcd7EQ0UrjY0j2VZC0uU5ZLcfZ83DNcDUgx3YhXb2FWA](https://www.facebook.com/wondersofwildlife/?_tn_ =kCH-R&eid=ARADqEDQT4y40MMvNax5ji95Bxr00a4OESYqxqUkB2oH-YSdsG9vU6k5KCKX8hTvVklyZpPcPINvLaxv&hc_ref=ARRS3OhtWCDnx9e_9cptQmEP01cl06T1VID3stiOGhZwpXU8JqLIISVffKA2I21Lbso&fref=nf&_xts__[0]=68.ARDCZQE7j1HGyKOlpoQRwcrlyX62hkNbDVUU3L4UiJq8wAd1hLEYHmJ4FcuJuWwx_6O7p_uBHCHSIIxz1lxGoF0-NnBcXRudlg4U7C8MyRTWxtmwbDNvYhBx2PBVWjwqMQ1_T0OPK3WITAI4hD-hYkdjUMOFENWbq_u17eQos8o8mtY1wbH7KMcjOZJvKyy6lmbSRXTEAILZonNXbRozcCFHep_gQgqFfRHU42GT0ZwzECeZ4-9Y9IyqV8G72XPLdE9ABh9ngsJ8rqFco4mU5YHmcMo32HZ5Gr8qCeE-47_2Inf2b1jOcd7EQ0UrjY0j2VZC0uU5ZLcfZ83DNcDUgx3YhXb2FWA)

Turn phone into museum - [https://www.travelandleisure.com/culture-design/the-google-arts-culture-app-will-turn-your-phone-and-home-into-an-interactive-](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_qWq9eD4$V1B7jAav7WRWPmOY)

[museum?utm_source=facebook.com&utm_medium=social&utm_campaign=southernliving_southernliving&utm_content=link_internalcrosspromotion_travelandleisure&utm_term=20200401&fbclid=IwAR1q_dqGGVLLQYMr-EBlfq88NeCfXrRgvl_qWq9eD4\\$V1B7jAav7WRWPmOY](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_qWq9eD4$V1B7jAav7WRWPmOY)

Visit Australia - https://www.travelandleisure.com/attractions/melbourne-victoria-virtual-tour?did=512166-20200413&utm_campaign=just-in-newsletter&utm_source=travelandleisure.com&utm_medium=email&utm_content=041320&cid=512166&mid=32267113733

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>

CSS resource update #19

April 20, 2020

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/>

Virtual Tour of Missouri Botanical Gardens -

https://www.onlyinyourstate.com/missouri/virtual-tour-botanical-garden-mo/?fbclid=IwAR3k_DS42n2vDINX4SfcMEhUlaCvqtzH-EglkvWceLNRke0a6u1HLYwtiuU

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

Community members may enroll in Taking Care of You, a University of Missouri Extension program that offers practical strategies for dealing with stress and life challenges. This class will be taught virtually using Zoom. **#ExtendMU**
#Committed2MOFamilies Classes are temporarily free. To register for the 7-8AM class starting on April 27th visit: https://web.cvent.com/event/d100a078-5ddc-488a-88f5-402471368c19/regProcessStep1?fbclid=IwAR1TQ96ev6AN_5A4-JdyfjUITBQMDP5SuPYWCn8NJcxTzr4rknUI6RRbx4Q To register for the 12-1PM class starting on April 27th visit: <https://web.cvent.com/event/9f5b28d1-8a80-48f6-ac55-3bc3e160747b/register>

At Home DIY Make and Take Kit from AR Workshop -

<https://www.arworkshop.com/event/?loc=springfield&ev=165847>

American Heart Associates – Lets Move Together – Live and Virtual Workouts

https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-month?fbclid=IwAR3LFeeAH6EtgdSgOspMsrfsf0Lj46p53CX3iveBv1cbP0zgnmeWk62RFS_M

Enjoy Cirque du Soleil Shows Free

<https://www.cirquedusoleil.com/cirqueconnect#hubcontent>

In Home activities for Senior and Caregiver -

<https://www.seacarehomecare.com/resources/7-fun-indoor-activities-for-seniors-and-caregivers-to-enjoy>

CSS resource update #19
April 20, 2020