

COASTAL CURRENTS

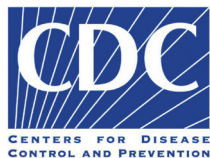
Coastal San Pedro
Neighborhood Council
1840 S. Gaffey St., #34
San Pedro, CA 90731

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JUNE 2020

Coping With COVID-19 Stay Informed with Reliable Sources



COVID-19 GOVERNMENT RESOURCES

City of Los Angeles COVID-19: Keeping Los Angeles Safe
corona-virus.la

Los Angeles County Department of Public Health
publichealth.lacounty.gov

Centers for Disease Control and Prevention (CDC)
cdc.gov

Stay safe! Keep others safe!

- **Wear a mask!**
- **Wash your hands!**
- **Keep your distance!**

This issue of *Coastal Currents* is a guide to available resources to help our community cope with COVID-19 and the fallout that has changed everyone's life. As we adapt to changing conditions and learn to live with this altered reality, the Coastal San Pedro Neighborhood Council will continue to be a source of reliable information. Subscribe to our email list at cspnc.org to receive updates. The online version of this newsletter contains active links to the listed websites. Information in this newsletter was the latest available at the time of publication. Please check websites for the most current information.

COVID-19 SURVEILLANCE DASHBOARD

An interactive dashboard is available that provides an overview on COVID-19 testing, cases and deaths along with maps and graphs showing testing, cases and death data by community poverty level, age, sex and race/ethnicity.

dashboard.publichealth.lacounty.gov/covid19_surveillance_dashboard/

FREE COVID-19 TESTING

L.A. Mayor's Help Desk
(213) 978-1028
coronavirus.lacity.org/testing

L.A. County information
covid19.lacounty.gov/testing

California state information
<https://covid19.ca.gov/testing-and-treatment>

Schedule a COVID-19 test
<https://lacovidprod.service-now.com/rrs>

COVID-19 Testing for frontline workers
All essential workers regardless of symptoms can be tested. This includes health care workers, first responders, social service employees, utility workers, food supply workers, and other public employees. They can use the link below which is a registration page reserved only for these groups.
lacovidprod.service-now.com/rrs_first_responders

Testing is available (by appointment only) for all city and county residents. You do not have to display symptoms to be tested.

HEALTH CARE

California health care coverage
(including coronavirus testing)
covid19.ca.gov/healthcare/#top

California Department of Public Health updates
cdph.ca.gov/Programs/OPA/Pages/New-Release-2020.aspx

Los Angeles County Department of Health Services (offers information on getting low cost or no cost health insurance)
file.lacounty.gov/SDSInter/dhs/1054218_HS000026_2019_ATP.pdf

Los Angeles County Department of Public Social Services (DPSS) Healthcare
dpss.lacounty.gov/wps/portal/dpss/main/adults
publichealth.lacounty.gov/media/Coronavirus/

My Health LA

My Health LA is a no-cost health care program for people who live in Los Angeles County. MHLA is free to individuals and families who do not have and cannot get health insurance, such as Full-Scope Medi-Cal. Health care services are provided by nonprofit clinics called Community Partners.
(844) 744-6452 / dhs.lacounty.gov/wps/portal/dhs/mhla

Los Angeles County Department of Mental Health

News and updates about COVID-19 may trigger anxiety, panic, frustration and depression—even when your risk of getting sick is low. Please take the time to care for your own physical and mental health, and please reach out to others in kindness and compassion. Many resources available at dmh.lacounty.gov/covid-19-information



BLACK LIVES MATTER

The murders of Breonna Taylor and George Floyd have forced us to confront white supremacy. We cannot ignore the racism in our nation nor can we turn aside when those whose job it is to enforce the law break the law. We cannot pretend that racism does not live in San Pedro and in other parts of our city, state, and nation. We must not look the other way.

THE COASTAL SAN PEDRO NEIGHBORHOOD COUNCIL

We are grateful for all the hard work of the doctors, nurses, medical technicians, and support personnel who are testing and treating those suffering from COVID-19 and related illnesses. More than anyone, they are on the frontlines, exposed to the danger posed by the virus. Despite the gradual reopening of many places where the community gathers, this pandemic has not retreated. The number of new cases and deaths in Los Angeles County has not abated. We must all continue to do our part to prevent the spread of COVID-19.

The Coastal San Pedro Neighborhood Council

Our Purpose and Function

Neighborhood councils provide a way for people to get together and discuss their mutual concerns, and then have those concerns communicated directly to our city government.

Representatives of local officials frequently attend our meetings. We also welcome the LAPD senior lead officers, who report on crime trends and confer with us regarding issues such as parking, graffiti, and violent crime.

The governing board hears public comments at the beginning of every meeting and also receives public input on each agenda item. The public comment period often results in the creation of a resolution or action item to be taken up at a later board meeting.

The city funds each neighborhood council. This is used to publish this newsletter and publicize the council. Money is also allocated in a number of ways, including support of local cultural activities, youth programs, crime prevention, and education. The city has rules which limit the acceptable uses and which provide for audits and oversight by city departments. This newsletter reports on expenditures.

Monthly Meetings

The CSPNC governing meet month on the third Monday, except in January and February, when meeting dates are different because of federal holidays. Because of the COVID-19 crisis, all meetings are conducted online. Please check at cspnc.org for meeting dates and times. Participants may access meetings via the Internet or telephone.

Meeting Agendas

Coastal San Pedro Neighborhood Council meeting agendas are posted on our website, cspnc.org, and on the window at The Mailroom, 1840 South Gaffey Street, San Pedro, CA 90731.

For more information, please visit us online at cspnc.org.

Governing Board Members

Doug Epperhart, *President*

Dean Pentcheff, *Vice President*

Louis Dominguez, *Treasurer*

Kathleen Martin, *Secretary*

Isiah Cade

Greg Ellis

Robert Gelfand

Noel Gould

Richard Havenick

Andrea Herman

Erika Hernandez

Daniel Kohn

John Kopczynski

Kavitha Muthuswamy

Shannon Ross

Robin Rudisill

Jose Vargas

CSPNC Committees

Administrative Operations

Dean Pentcheff, Chair

Communications

Shannon Ross, Chair

Emergency Preparedness

and Public Safety

Robert Gelfand, Chair

Homelessness

Kathleen Martin, Chair

Parks and Coastline

Noel Gould, Chair

Planning and Transportation

Robin Rudisill, Chair

Port

Louis Dominguez, Chair

Sustainability and Environment

Richard Havenick, Chair

Ad Hoc Committee on Sunken City

Noel Gould, Chair



MEALS AND FOOD DISTRIBUTION

Los Angeles Regional Food Bank

The Food Bank mobilizes resources to help people who are in need of food assistance throughout Los Angeles County. If you are in need of food assistance, visit their pantry locator or dial 211.

(323) 234-3030 / lafoodbank.org/coronavirus

San Pedro Service Center: Call **(310) 519-6091**, Monday to Friday, 8:00 a.m. to 5:00 p.m. wdacs.lacounty.gov/wp-content/uploads/2020/03/Emergency-Food-Assistance-Program-SPSC.pdf

CalFreshFood

As of April 28, 2020, you can now use your EBT card to purchase groceries online at select retailers. For more information please visit EBT online.

www.cdss.ca.gov/ebt-online

Assistance with Food and SNAP benefits

Whether you are here for the first time or have used food assistance before the COVID-19 pandemic, a number of federal programs are available to help make ends meet during difficult times. State and federal programs have expanded to help even more people.

feedingamerica.org/need-help-find-food/apply-for-food-assistance

SNAP (Supplemental Nutrition Assistance Program, formerly known as food stamps) currently provides one in seven Americans with help making ends meet. Find out if you are eligible and learn how to access your SNAP benefits.

Senior Meals for 65-plus or 60 to 64 with underlying health concerns

Register at **coronavirus.lacity.org/seniormeals** or call **(213) 263-5226**, Monday to Friday, 9:00 a.m. to 5:00 p.m.

San Pedro Meals on Wheels

A food delivery service for anyone who is unable to prepare a nutritious meal which can include those with long-term disability or chronic illness, or someone recovering from hospitalization who is house-bound. This organization has increased their services to accommodate the increase of house-bound people due to the COVID-19 pandemic.

(310) 832-7335 / sanpedromealsonwheels.org/home

Grab & Go food distribution

Distributing free meals to students at Dana Middle School, 1501 South Cabrillo Avenue, San Pedro, weekdays from 8:00 to 11:00 a.m. Each child can take home two nutritious meals. **achieve.lausd.net/resources**

Boys & Girls Club of the Harbor Area

“Grab & Go” food program for Boys & Girls Club students, Monday to Friday, 12:00 noon to 2:00 p.m. A lunch and snack will be given to every child on a first-come, first-served basis. Child does NOT need to be present to receive food and all food must be eaten off-site. Location: Port of Los Angeles Boys & Girls Club, 100 West Fifth Street, San Pedro, CA 90731. **(310) 833-1322**

LA County WDACS free delivery service for older adults

Items may be delivered 24 hours a day, seven days a week, at no cost to the client. No application process is required; however, items must be prepaid and ready for pickup. Deliveries may be scheduled by calling **1-888- 863-7411** between 8:00 a.m. and 5:00 p.m., Monday through Friday. **wdacs.lacounty.gov/wp-content/uploads/2020/04/04.08_CDS_PR.pdf**

FACE COVERINGS / HAND SANITIZER

In addition to regular handwashing and physical distancing, simple face coverings made at home with common materials can be used to slow the spread of the virus. CaliforniaForAll offers videos and guidelines to help you make a face covering. **californiavolunteers.ca.gov/get-involved/covid-19/** scroll down and click on “Making Face Coverings”

The World Health Organization provides information on the proper formulations for making your own hand sanitizer. **who.int/gpsc/information_centre/handrub-formulations/en/**



LOS ANGELES UNIFIED SCHOOL DISTRICT

LAUSD COVID-19 updates

(213) 241-1000 / achieve.lausd.net/latestnews

Grab & Go Food Centers (distributing free meals to students) location finder achieve.lausd.net/resources

Hotline for students and families to speak with mental health counselors

(213) 241-3840, Monday to Saturday, 6:00 a.m. to 6:00 p.m.



VETERANS RESOURCES

AARP - free resources to aid veterans, military, their families amid COVID-19. This link provides many resources to assist veterans

aarp.org/home-family/voices/veterans/info-2020/free-coronavirus-resources.html

U.S. Department of Veteran Affairs – frequently asked questions
va.gov/coronavirus-veteran-frequently-asked-questions/

U.S. Dept of Veteran Affairs – COVID resources
veterans.house.gov/covid-19

IMMIGRATION AND REFUGEE

California Disaster Relief Assistance for Immigrants (213) 315-2659

DRAI is a one-time, state-funded disaster relief assistance program for undocumented immigrants impacted by COVID-19. The program will provide \$500 in direct assistance to those who qualify, and a maximum of \$1,000 in assistance per household. To qualify, individuals must be able to provide information that they are an undocumented adult (18 years of age or older); not eligible for federal COVID-19 related assistance such as the CARES Act tax stimulus payments or pandemic unemployment benefits; and have experienced financial hardship as a result of COVID-19. Eligible individuals who live in Los Angeles County can apply through the following nonprofit organizations:

Coalition for Humane Immigrant Rights (CHIRLA)
(213) 201-8700 / irelief.chirla.org/

Asian Americans Advancing Justice
(213) 241-8880 / advancingjustice-la.org/

National Immigration Law Center Frequently Asked Questions
nilc.org/issues/workersrights/faq-immigrant-workers-rights-and-covid-19/

HOMELESS ASSISTANCE PROVIDERS AND RESOURCES

Harbor Neighborhood Relief Fund – Provides financial assistance and resources to the most vulnerable in the Harbor area, especially due to COVID-19. Call the San Pedro Chamber of Commerce at (310) 832-7272 for details. Application and details online at feedandbefed.org/harbor-relief-fund

LAHSA (Los Angeles Homeless Services Authority) is working with other government departments to promote effective hygiene, to prevent and address potential Coronavirus infections among those experiencing homelessness. lahsa.org

Project Roomkey is a collaborative effort of the state, county, and LASHA to secure hotel/motel rooms for vulnerable people experiencing homelessness by providing a way for people who don't have a home to stay inside to prevent the spread of COVID-19. covid19.lacounty.gov/project-roomkey/



Harbor Interfaith Services' mission is to empower the homeless and working poor to achieve self-sufficiency by providing support services including shelter, transitional housing, food, job placement, advocacy, childcare, education and life-skills training. harborinterfaith.org
Administration (310) 831-0603
Family Shelter (310) 831-5729
Children's Center (childcare) (310) 547-3762
Coordinated Entry System (CES) for families (310) 831-0589
CES for individuals and transitional age youth (424) 276-3602

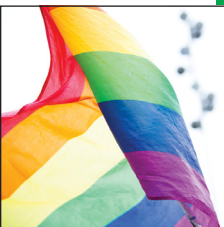
211 LA is the central source for providing information and referrals for all health and human services in L.A. County. The 2-1-1 phone line is open 24 hours, seven days a week, with trained Community Resource Advisors prepared to offer help with any situation, any time. 211la.org

LGBTQ+ RESOURCES

The Trevor Project – If you are thinking about suicide and are in need of immediate support, contact the TrevorLifeline at (866) 488-7386 / thetrevorproject.org/get-help-now/

The Los Angeles LGBT Center
lalgbtcenter.org/

Human Rights Campaign
The LGBT Community and COVID-19
hrc.org/campaigns/covid-19



COVID-19 EVICTION MORATORIUM

City of Los Angeles Housing Investment Department – temporary moratorium in effect of non-payment of rent due to circumstances related to COVID-19; 12 months for renters, 3 month for commercial tenants – HCID hotline (866) 557-7368. See website for more details: hcidla2.lacity.org/covid-19-eviction-moratorium and hcidla2.lacity.org/covid-19-renter-protections to learn about renter protection.

COVID-19 Eviction Moratorium L.A. County – Get information on Tenants Bill of Rights (833) 223-7368 / dcba.lacounty.gov/noevictions/

RENTERS ASSISTANCE

COVID-19 Emergency Rental Assistance Program provides rental assistance funds to low- and moderate-income eligible households economically impacted during the COVID-19 pandemic. 2020.211la.org/form/covid-rental-assistance

ESSENTIAL AND GIG WORKERS

National Domestic Workers Alliance – Resources for Domestic Workers on the Coronavirus Pandemic:
Domestic works provide care for elders, children, people with disabilities as well as work as nannies, home care workers and housecleaners which puts them on the frontlines of the coronavirus pandemic. Link to a resource hub: membership.domesticworkers.org/coronavirus/#fund

DOMESTIC VIOLENCE AND ABUSE

Los Angeles County Domestic Violence Hotline: (800) 978-3600 or 211. The Safer at Home order and physical distancing may leave people more vulnerable to abuse in the home. If you or anyone you know is experiencing domestic violence, support is always available. publichealth.lacounty.gov/dvcouncil/ If anyone you know is in immediate danger, call or text 911.

Rainbow Services – Emergency Crisis and Assistance
24-hour English/Spanish hotline
(310) 547-9343 / rainbowservicesdv.org

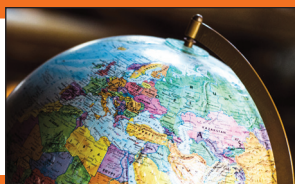


WIFI-NDER

Locate and access FREE WiFi internet spots throughout Los Angeles County by visiting findwifi.lacounty.gov

COVID-19 STATISTICS

Up-to-date numbers around the world
worldometers.info/coronavirus/



Like us on Facebook!

www.facebook.com/coastal.sanpedro

JOB AND JOB TRAINING

Resources for Angelenos Economically Impacted by COVID-19 – For those whose jobs have been impacted by COVID-19, this website enables unemployed or underemployed Angelenos to find and apply to job opportunities across all industries, so they can start working right NOW.
lajobsportal.org/

Workforce Development Aging and Community Services (WDACS) wdacs.lacounty.gov/wp-content/uploads/2020/03/03.23.2020-Latest-Update-.pdf

Pacific Gateway Job Center
(562) 570-3748 / pacific-gateway.org/

California Employment Development Department (EDD)
The EDD provides a variety of support services to people who have lost their jobs, had their hours reduced, or had their businesses affected due to the impacts of COVID-19 in California. For faster and more convenient access to those services, they encourage the use of their online options.
edd.ca.gov/about_edd/coronavirus-2019.htm

Pandemic Unemployment Assistance
edd.ca.gov/about_edd/coronavirus-2019/pandemic-unemployment-assistance.htm

CalJobs – supporting the people of California getting back to work caljobs.ca.gov/vosnet/Default.aspx

SAN PEDRO CHAMBER OF COMMERCE RESOURCES FOR BUSINESSES

Businesses access resources created under the CARES Act (Phase III bill)

Guide to SBA's Economic Injury Disaster Loans (EIDL)

Guide to the Employee Retention Tax Credit

Coronavirus Emergency Loans Small Business Guide and Checklist (Paycheck Protection Program)

(310) 832-7272 / sanpedrochamber.com/sanpedrochamber.com/covid-19-resources

NONPROFIT ORGANIZATIONS NEEDING AND OFFERING HELP

San Pedro Meals on Wheels – Not-for-profit organization made up of volunteers provides meals to seniors and other homebound people locally. To receive information on receiving meals or for volunteering, contact
(310) 832-7335 / sanpedromealsonwheels.org/home

Harbor Neighborhood Relief Fund with Feed and Be Fed
The fund has been created to support the most vulnerable individuals and families in the harbor area who are in immediate need of assistance and resources.
feedandbefed.org/harbor-relief-fund

Toberman Neighborhood Center – Offers many services such as home food delivery from their food pantry, rent and utility support and other financial support. To receive services or to volunteer, contact (310) 832-1145 / toberman.org/

COVID-19 SCAMS – BEWARE!

IRS-related scams
treasury.gov/tigta/coronavirus.shtml

L.A. County Coronavirus online scams
covid19.lacounty.gov/covid19-2-2/consumers-businesses/avoiding-scams/

L.A. County public alerts about COVID-19 scams, fraudulent websites, emails and donations
covid19.lacounty.gov/covid19-news/fraud-alert/

BUSINESS FINANCIAL ASSISTANCE

Small Business Guide and Checklist
uschamber.com/sites/default/files/023595_comm_corona_virus_smallbiz_loan_final.pdf

Express Bridge Loan Pilot Program SBA Loans
sba.gov/funding-programs/loans/coronavirus-relief-options/sba-express-bridge-loans

L.A. City Small Business Emergency Microloan Program
(213) 744-7300
ewddlacity.com/index.php/microloan-program

L.A. City Business Source Center Harbor Watts Office
Provides small business loan support.
(310) 221-0644 / 222 Sixth Street, San Pedro

SBA Disaster Assistance provides low-interest disaster loans to help businesses and homeowners recover from declared disasters. sba.gov/disaster-assistance/

Small Business Resilience Tool Kit helping small business impacted by COVID-19 ewddlacity.com/images/business/COVID19_BusinessResilienceToolkit_v4.pdf

LAEDC Los Angeles Economic Development Corporation Resources for Small Business and Nonprofits
laedc.org/coronavirus/

The CARES Act Paycheck Protection Program – U.S. Department of the Treasury
The CARES Act provides fast and direct economic assistance for American workers and families, small businesses, and preserves jobs for American industries.
home.treasury.gov/policy-issues/cares

Small Business Protection Plan
The Paycheck Protection Program provides small businesses with funds to pay up to eight weeks of payroll costs including benefits. Funds can also be used to pay interest on mortgages, rent, and utilities.
home.treasury.gov/system/files/136/PPP%20--%20Overview.pdf



THINGS TO DO, PLACES TO GO (MOSTLY ONLINE)

Los Angeles Public Library
Did you know you can check out books to read online? LAPL also offers activities to keep young ones busy at home.
lapl.org

Los Angeles Department of Recreation and Parks
Latest information on what's open, permitted activities and rules for use laparks.org

Cabrillo Marine Aquarium
The aquarium is closed. The gift shop is open (check for hours).
cabrillomarineaquarium.org

Los Angeles Maritime Museum
Online exhibits and a virtual tour of the museum
lamaritimemuseum.org

U.S.S. Iowa
Open for outdoor museum tours. pacificbattleship.com

Boys & Girls Club of the Harbor Area
Offering virtual programs via YouTube. Distributing supplies to members to go online and follow instruction for various programs including art, athletics, academics, STEM, etc. The YouTube channel is at bgclaharborprograms

Angels Gate Cultural Center
Online exhibits and information about programs
angelsgateart.org



SUPPORT YOUR COMMUNITY – SHOP LOCAL!
Many stores and restaurants in San Pedro are open for business. Your support is vital to our community's economic well being.