

Caregiver Resources

Resource	Location	Offering	Dates/restrictions
Freebies			
Crocs	https://www.crocs.com/COVID19-REQUEST.html	free pair of crocs for healthcare workers	work email
McDonalds		free meal for healthcare workers	show credentials
Sam's Club		hero hours for shopping	show credentials, Sundays 8-10AM, workers only (no family)
Krispy Kreme		2 dozen glaze donuts- free	show credentials, Mondays until May 12
Starbucks		free tall iced/hot coffee	show credentials, M-F until may 3
BJs Wholesale		free four month membership for healthcare workers	show credentials, Sundays 8-9AM
FJOLK Shoes	Email together@fjolk.com for a pair of shoes from the FJOLK community	Free shoes for healthcare workers	show credentials
Glowforge	https://forms.glowforge.com/request	free ear savers	show credentials
Dollar General		10% discount for healthcare workers	show credentials, through Apr. 30, may be extended
Little Caesar's Pizza		free pizza for healthcare workers	show credentials
Long John Silvers		20% every Wednesday for healthcare workers	show credentials
Checker's/Rally's		free small combo for healthcare workers	wear uniform
Airbnb		frontline stays qualify for waived fees	first 100k responders invited to book until May 31
Delta Airlines		free roundtrip flights to Georgia, Louisiana, Michigan	June 30, eligible medical volunteers
IHOP		20% off for healthcare workers	May 6, show credentials
JetBlue	http://blog.jetblue.com/doingourpart	flights for medical workers and supplies	
Hilton Hotels		free nights for frontline healthcare staff	thru May
Red Roof Inn		rooms for first responders, 20% discount	thru May, participating hotels
Uber		free transportation for healthcare workers between patient's homes (for homecare nurses) and healthcare facilities. free rides for patients with Uber Health.free food with Uber Eats	
Wyndham Hotels		essential workers given GOLD reward membership	Must be Wyndham Rewards member
BP/Amaco gas	ID.me	50 cent per gallon discount for frontline workers	until Apr 30, date may extend
AAA	1-800-400-4222	free Roadside Assistance for frontline workers	
AT&T		free 3 months on FirstNet Mobile for healthcare workers, \$200 activation credit	starting Apr 13
Barco	https://www.barcouniforms.com/covid-19-request-form/	scrubs, donation-based	10,000 scrubs each month
Bearpaw	https://bearpaw.com/bearpawcares	free slippers for healthcare workers	

Care.com	Care.com	frontline workers get free month of premium access and unlimited messaging	
Careismatic	Scrubs@Careismatic.com	scrubs donated to hospitals	12-120 units when possible
COVID Rangers	https://covidrangers.com/#get-masks	request PPE for healthcare professionals	
DHVANI	https://www.dhvani.com/pages/freemasks	1 free mask for every American	
Dr. Scholls	coronavirus.outreach@drscholls.com	hospitals can request insole donations	
GE Appliances	https://www.geappliances.com/our-company/gea4heroes.htm	free appliances for frontline workers and workstations	need-based
Decor8 Interiors	https://www.masksbydecor8.com/free-mask	freebie mask (9 wk shipping time) 18% discount if you have to order	first come first serve
MaskMatch	https://www.mask-match.com/	matches healthcare workers with mask donaters	
Mazda		Essential Car Care Program- oil changes and cleaning services for all healthcare workers at participating locations	thru May 4, may extend
Progressive	https://progressiveagent.actonsoftware.com/acton/fs/blocks/showLandingPage/a/289/p/p-05e1/t/page/fm/1	\$25 Uber Eats card for frontline workers	anyone
Preppi	https://www.preppi.co/pages/covid-19	donating N95 Masks to hospitals in need	
Samsung	https://www.samsung.com/us/support/service/free-repairs-for-the-frontline/	free repairs for frontline workers	30-Jun
Adidas	https://www.adidas.com/us/discount-programs	frontline workers can get 40% off	
Asics		60% off to frontline workers	
Bleets		30% discount for apparel under scrubs for healthcare professionals	
Clarks		50% off one pair of shoes for healthcare workers	
Clove		free compression socks with purchase	WITHLOVE
Danform Shoes		20% footwear discount to healthcare professionals	SUPERHERO20
Emma Mattress	support@emma-mattress.com with proof of employment	10% to healthcare workers	
ENELL	https://enell.com/blogs/blog/50-off-for-healthcare-workers-and-teachers	50% off through May 30 for first responders, healthcare workers, teachers	
Medelita		medical workers 30% discount on scrubs	FRONTLINES
Nike		20% first responder medical/professional discount	

North Face	https://www.thenorthface.com/help/th-e-north-face-healthcare-workers-discount-program.html	10-50% discount for healthcare workers through Dec 31	exclusions apply
Otterbox	relief@otterproducts.com subject line "OtterBox Front-liners"	40% off to frontline workers	include your full name, what country you live in, job industry, company name, job title, and photo of your work badge or nametag.
Owala		50% off discount for water bottles for healthcare workers, first responders, government/public service, retirees	
Purple		10% discount to healthcare workers	exclusions apply
Reebok		50% discount to healthcar eprofessionals, first responders, teachers, military, gov	
Rothy's	https://rothys.com/style/discount-deals-program	50% off one-time to frontline workers	exclusions apply, by May 31
Saxx Underwear	saxxunderwear.com/pages/support-the-front-line	30% discount for frontline workers	
Sketchers		30% discount and free shipping for essential workers	thru May 31
Tech21	healthcare.hero@tech21	60% off antimicrobial tch cases for healthcare workers	
Under Armour		40% off to frontline workers	
Verizon		additional discounts on wireless plans for nurses	
DoorDash	https://get.doordash.com/dashpass-for-healthcare	2 month free DashPass to hospital employees	
Home Chef		50% off first meal delivery, 10% after for hospital employees, first responders, military, teachers	
Down Dog	apps	free for healthcare professionals through july 1	
Ten Percent Happier	https://www.tenpercent.com/care	healthcare, grocery, food delivery free access to meditation app	
Resources			
ExactCare	Call 1-844-287-1609 ,Visit www.exactcare.com	Medication Management and delivery assistance and assessments	taking referrals
SAMHSA Disaster Distress Helpline	800-985-5990	24/7 crisis counseling and support for caregivers and others experiencing disaster-related emotional distress	
Francie Perkins Coaching	covid@francieperkins.com	nurses, radiology techs, respiratory therapists get 30 min life coaching session	
Neurocore Counseling		free telehealth counseling to frontline workers	through May 1, may be extended
Supporti	app	accountability partner app, one month subscripion for healthcare workers	
Nurses House		grant for those with valid nursing license that have COVID-19 or taking care of someone with COVID19	through july 31
Coaches4Good		30 min life coaching session	healthcare, small business, education, nonprofit leaders
Costco		present membership card and worker ID to get priority access to store	

Walgreens	All stores	drive thru shopping, senior and caregiver hour, discounts for seniors	Tuesdays 8 am for in-store senior shopping
Early Childhood Resource Center	18 N Forge St., Akron	referrals to licensed Temporary Pandemic Child Care Programs for essential workers	serving via phone, (877) 691-8521
Ohio DJFS	http://jfs.ohio.gov/cdc/docs/Pandemic-Provider-Approved-List.pdf	Offers an electronic listing of child care centers authorized to provide care and support to toddlers and preschoolers while parents are working essential service jobs	
Comcast	https://www.internetessentials.com/	Free broadband service for low-income families	To qualify for Comcast's Internet Essentials service, customers must be eligible for public-assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, or SSI.
Verizon	https://www.verizon.com/about/news/verizon-helps-eliminate-worry	addtl 15 GB of data for customers, 2 month waived latefees, overage charges, internet and voice service charges for current Lifeline customers and new affordable internet option for low-income households.	
Guided meditation	https://www.meditationmuseum.org/	Free online guided meditation	
Yoga Squared Akron	http://www.yogasquaredakron.com/virtual-of-the-week	Online yoga classes	
Burn Boot Camp Fairlawn	@BurnBootCampFairlawnOh	Mini workouts	Facebook
WHO COVID19 App		The WHO put out an app that has info about staying safe during COVID19	Tentative release 3/30/2020
Ohio Dept of Mental Health and Addiction Services	1-877-275-6364 or text '4HOPE' to 741741	COVID-19 crisis hotline/crisis counseling	
Aaptiv	app	home gym	
Headspace	app	meditation	
Care Academy	https://info.careacademy.com/en-us/covid19-certification-class	self-study class, gain relevant, reliable information about the virus and learn how to care for yourself and your care recipients amidst the COVID-19 pandemic.	free COVID19 certification
Justice in Aging	https://www.justiceinaging.org/covid-19-resources-for-advocates/	COVID19 legal/preparedness resources for older adult advocates	
Family Caregiver Alliance	https://www.caregiver.org/relaxation-caregivers-series-english	relaxation series for caregivers	
Fitness Blender	https://www.fitnessblender.com/	free workouts	
InsightTimer	app	meditation	
YMCA	https://ymca360.org/on-demand#/	health and fitness videos	

Podcast	https://www.socialworkers.org/News/Social-Work-Talks-Podcast/EP48-Self-Care-During-the-Coronavirus-Pandemic	Self-Care for Social Workers During COVID19	
Podcast	https://www.socialworkers.org/News/Social-Work-Talks-Podcast/EP17-Self-Care-and-Avoiding-Burnout	Self-Care and Avoiding Burnout	
Podcast	https://www.socialworkers.org/News/Social-Work-Talks-Podcast/EP43-Faith-Based-and-Secular-Meditation	Faith-Based and Secular Meditation	
AARP	1-877-333-5885	Caregiver Support Line	
AARP	https://www.aarp.org/caregiving/financial-legal/info-2020/crisis-planning.html?intcmp=AE-CAR-R1-C3-CORONA	Caregiving in times of Crisis tips	
Alzheimer's association	https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care	COVID19 tips for dementia caregivers, staying healthy, caregivers in assisted living	
CDC	https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/prevent-spread-in-long-term-care-facilities.html	Long term care facilities preparedness checklists, info, tips, guidelines	
CDC	https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html	Home Care Guidance	
CDC	https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html	Strategies to Optimize PPE and Equipment	
ODH	https://coronavirus.ohio.gov/wps/wcm/connect/gov/69817818-5d52-4577-9b04-c7a4ca46d367/Family+Activities+to+Do+During+COVID-19+%281%29.pdf?MOD=AJPERES&CONVERT_TO=url&CACHEID=ROOTWORKSPACE.Z18_M1HGGIK0N0JO00QO9DDDDM3000-69817818-5d52-4577-9b04-c7a4ca46d367-n3Fd3hi	Family activities for home	
Relias	https://www.relias.com/topic/coronavirus	COVID19 and Influenza Free online training and resources	

Natl Assoc for Home Care and Hospice	https://www.nahc.org/event/covid19-0325/	COVID19 Town Hall for home healthcare workers with industry professionals	
Healthier Generation	https://www.healthiergeneration.org/campaigns/covid-19#parents	Health tips for families and caregivers; tips for home childcare	
Stark Co Library	https://starklibrary.org/home/about/covid-19/	24/7 library, Kid's Activities, wifi resources, voting info, food distribution, local resources, etc	
PBS	https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids	Talking to your kids about COVID19	
Caregiver Action	https://caregiveraction.org/covid-19	tips and checklists for family caregivers during COVID19	
Ntl Caregivers Library	http://www.caregiverslibrary.org/caregivers-resources/grp-caring-for-yourself.aspx	maintaining health, self-assessment, caring for the caregiver	
EPA	https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf	EPA approved cleaning supplies	
Ten Percent Happier	https://www.tenpercent.com/coronavirusanxietyguide	COVID19 Sanity guide, podcasts, and daily meditations	
Have Fun Teaching	https://www.havefunteaching.com/resources/relief-packs	COVID19 educational activity relief packets for preschool-5th grade	
CDC	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html	Stress and coping	
Grace Church, Norton Campus	https://norton.gracechurches.org/?fbclid=IwAR1rblPddQiUU9G2zdlhA1T9tplRW1FG0Orybziwo IEUT13z0qJgFjWX6I	virtual services and teen programming through website and social media	
First Christian Church, Canton	https://firstchristian.com/	virtual services	Sundays at 9 AM and 11AM
Quarantine Kitchen	Instagram- @massimobottura	Chef Instagram series "Kitchen Quarantine" cooking	
IMusic School	https://www.imusic-school.com/en/	Free music lessons for many instruments	
Harvard	https://online-learning.harvard.edu/CATALOG/FREE?page=2	free courses to continue education	
Cornell	https://www.edx.org/school/cornellx	free courses to continue education	

Google Online	https://learndigital.withgoogle.com/digitalworkshop-eu	free courses to continue education	
Language learning	Apps- Duolingo, Babbel, Memrise		
Nike Training Club	App	free, multi-intensity workouts	
8Fit	App	customized workouts, meal plans	
Gaiam Yoga Studio	App	yoga and relaxation- all levels	
kinedu	App	personalized playtime activities for 0-4yr old	
Meditation	Apps- Meditopia, Zen, Calm, Insight Timer, Simple Habit		
Stark Co Critical Incident Stress Management Team	FREE 24 hr access, call Coleman Crisis Center at 330-452-6000 and ask for Stark County CISM	The Stark County CISM Team is made up of individuals trained to provide information, education, and mental healthinformed interventions to decrease common stress responses due to exposure or involvement in a critical incident.	first responders and community
Natl Alliance for Caregiving	https://www.caregiving.org/resources/covid-19-resources-for-caregivers/	info on COVID resources/local resources	info on COVID resources/local resources
Family Caregiver Alliance	https://www.youtube.com/watch?v=vSd_dhmnZzA	social isolation and well-being for caregivers during COVID 19 webinar	
Family Caregiver Alliance	https://www.caregiver.org/pilotIntegration/indexPersistent.html?uri=%2FTaking-care-you-self-care-family-caregivers	Taking care of YOU: Self-care	