

COVID-19 CAMPUS & COMMUNITY SUPPORT FOR STUDENTS

The College recognizes that this a difficult and unprecedented time which may be filled with uncertainty. Your safety, health, and well-being are our primary concern and we want to be able to support you in any way that we can.

We understand that at this time you may be facing some obstacles that would make it difficult to meet your academic goals. Please use this [form](#) to share if you have any concerns related to basic needs (housing, food, financial, medical, mental health, child care, etc.), clarification on official College communication, access to relevant technology, or information on campus services available at this time. After completing this form, you will be contacted by a staff member at the College as soon as possible to provide support and assistance.

You are not alone and we will navigate these challenges together. Yellowjackets take care of their hive!

This document contains resources on campus and within the community to provide support during the COVID-19 Pandemic. You can find resources on the following:

- Financial Support
- Food Resources and Support
- Healthcare and Insurance
- Internet and Technology Support
- Mental Health
- Survivors of Domestic Violence
- Transportation
- Utilities
- Wellness and Exercise

This document is not exhaustive of current offerings and will be updated regularly to reflect changes with services, resources, and support.

Aunt Bertha – Search for social services in your community

You can easily search for social services available in your community using Aunt Bertha – The Social care Network. You can find information on food, housing, childcare, and health resources.

Visit: <https://www.auntbertha.com/>

Financial Support

Student Emergency Fund

The **Student Emergency Fund (SEF)** provides students with financial support when they need assistance with unexpected emergency expenses surrounding situations such as accidents, illnesses, death of a family member, transportation issues, fire damage or need for temporary housing. We will also help provide assistance with expenses related to the COVID-19 pandemic. **Funds distributed do not generally exceed \$500.**

You can apply for the SEF online using this [form](#).

Unemployment Insurance – Minnesota Department of Employment and Economic Development

If you have had hours reduced or lost your job because of the COVID-19 pandemic you may apply for unemployment benefits. The Minnesota Department of Employment and Economic Development is encouraging people who have lost work to apply for benefits as soon as possible and to be patient as they anticipate a large amount of applications.

More information: <https://mn.gov/deed/newscenter/covid/workers/>

You may be eligible for Unemployment Insurance if:

- You are a bar, restaurant, or other worker affected by temporary closures
- You are an individual who is sick or quarantined due to COVID-19
- You are unable to work because you are caring for a person who is sick with COVID-19
- You had to quit your job due to a lack of childcare.
- Your hours were reduced, or your employer has shut down operations due to COVID-19

You can apply for Unemployment Insurance here:

<https://www.uimn.org/applicants/index.jsp>

Need Help Paying Bills

This organization provides information on assistance programs, charity organizations, and resources that provide help paying bills, mortgage and debt relief (financial, rent and government assistance).

Visit: <https://www.needhelppayingbills.com/>

Food Resources and Support

Hive Supply – Campus Based Food Pantry

The Hive Supply is our campus-based food pantry is still open for student use during this time. To comply with current recommendations for the CDC related to social distancing we have created pre-packed brown paper bags with items from the Hive Supply as a grab and go option. You can receive a grab and go bag at the Welcome and One Stop Center. If you would prefer to visit the Hive Supply on campus, we ask that you schedule an appointment by contacting Travis Rutt at travis.rutt@rctc.edu.

Rochester Public Schools Drive Up Meal Locations

During the school closure related to COVID-19 beginning Wednesday, March 18th, 2020 FREE meals will be made available to any child age 0 to 18 years old.

Drive Up Meal Locations include: Riverside Central Elementary School, John Adams Middle School, and Rochester Mayo High School from 11:00 AM until 12:30 PM on weekdays, March 18 – March 26. Families will drive up, and meals will be brought to the vehicle similar to a drive-through line.

Meals will consist of a cold lunch with breakfast included for the next day. Lunches are intended to be eaten immediately or should be stored in the refrigerator within 2 hours.

Please discard any leftovers within 3 days. Cold foods should be kept cold (milk & cheese < 41 degrees).

If your child is on a special diet and needs meal accommodations, please contact Kayla Timmerman, SNS Dietitian at (507) 328-4250 or email at katimmerman@rochester.k12.mn.us.

The District is also offering a meal grab and go delivery service with our school buses. This service will begin on Monday, March 23. More information to follow.

Free Lunches for Children in Rochester

Below is a list of restaurants that are providing free meals for children in need:

- Victoria's Ristorante & Wine Bar
 - Please see the front desk for a meal (Marinara Sauce with Pasta, Meat Sauce with Pasta, or Buttered Noodles and fresh bread). No questions asked and no purchase required. More Information [here](#).
- Casablanca
 - Free lunch for kids in need. More Information [here](#).
- Newt's
 - Free Mac and Cheese with choice of fries or applesauce. More Information [here](#).
- True Smoke BBQ
 - Free lunch for children offered from 10am to 2pm. More Information [here](#).

Y.105FM is keeping an updated list of restaurants providing free meals to children [here](#).

Supplemental Nutrition Assistance Program (SNAP)

SNAP, formerly known as Food Stamps, helps Minnesotans with low incomes get the food they need for nutritious and well-balanced meals. The program provides support to help stretch your household food budget. It is not intended to meet all of your household's food needs. It is a supplement. If you are approved for SNAP, you can use your benefits at many stores, farmers markets and senior dining sites.

For more information on SNAP eligibility and application process click [here](#).

Women, Infants, & Children (WIC)

WIC is a nutrition and breastfeeding program that helps young families eat well and be healthy. WIC helps pregnant woman learn about nutritious foods for a healthy pregnancy and birth, support breastfeeding, and helps families provide nutritious foods to their young children so they are healthy, happy and ready to learn.

Women who are pregnant or nursing or individuals with a child under the age of five may be eligible for WIC.

To see if you are eligible contact the WIC Hotline at 1-800-942-4030 to find a WIC Clinic near you. For more information about WIC click [here](#).

Healthcare and Insurance

[COVID-19 Symptom Assessment and Testing Recommendations](#)

No-charge Symptom Assessment

You can use the following resources to have symptoms screened free of charge for COVID-19

[Virtuwell.com](https://www.virtuwell.com)

Health Insurance Response to COVID-19

Health insurance providers are taking action by providing co-pays, coronavirus testing, prescription assistance, and information hotlines. Click [here](#) to view a list of insurance providers to get more information on available resources.

MNsure and Medical Insurance

If you are uninsured you may be eligible to enroll in Medicaid and MNsure programs to gain access to low-cost health insurance coverage that meets your needs. When you apply for financial help through MNsure you will also find out if you qualify for Medical Assistance and Minnesota Care which provides low-cost to no-cost health insurance.

For information on eligibility and enrollment click [here](#).

Internet and Technology Support

Broadband Access for Students

For students who do not have broadband internet access at home, several service providers have created opportunities for college students to get free internet including installation.

For students in Rochester, Charter (Spectrum) Communications is offering: Free Spectrum broadband and WiFi access for 60 days in home with K-12 and/or college students that don't have an existing Spectrum service level up to 100 Mbps. Click [here](#) to learn about the Spectrum Internet Assist program.

Comcast is creating options for more wireless and data access for subscribers and non-subscribers, including free wifi hotspots nationwide for all and unlimited data for their subscribers. Click [here](#) to learn more about the Comcast Internet Essential program. Minnesota Employment and Economic Development Office of Broadband Development has additional information and resources on reduced rates for Broadband Services. Click [here](#) to learn more.

Computer Access - PCs for People

PCs for People provides affordable computers and low-cost internet for eligible individuals. For more information about eligibility and services visit www.pcfpeople.org

Mental Health

Campus Based Mental Health Services

Out of an abundance of caution, RCTC Student Health Services will not be open for in-person student visits during the extended Spring Break. Students utilizing mental health counseling services from Zumbro Valley Health Center can continue to receive the services either at an alternative site or via tele-therapy during the extended Spring Break. Students are never denied services for mental health therapy if unable to pay.

Please contact Zumbro Valley Health Center at 507-289-2089 or email healthservices@rctc.edu for more information.

College Counseling

Our College Counselors are available to provide support through personal counseling, referrals to community resources, and academic advising and planning. They are able to assist students with financial support through the [Student Emergency Fund](#). College Counselors are able to provide appointments through a web-based meeting or over the phone at this time.

Call 507-285-7260 or visit [Advisortrac](#) to schedule an appointment.

Guided Meditations

UCLA Health provides free Guided Meditations that you can practice on your own. Guided Meditations are available in English and Spanish. You can access them [here](#) or by downloading the UCLA Mindful App from [iTunes](#) or [Google Play](#).

National Alliance on Mental Illness (NAMI)

NAMI has compiled a list of information and resources related to COVID-19 that you can access [here](#). The NAMI information and resources includes information about loved ones who are incarcerated, support for small business owners, and strategies for managing isolation during a quarantine or social distancing.

NAMI Minnesota Online Meetings

NAMI Minnesota has moved their support group meetings online. Support Groups include Young Adults, Anxiety and Panic, Parenting, and Family. For more information on a support group through NAMI Minnesota click [here](#).

Managing Stress During COVID-19

The following agencies and organizations have developed guides that provide helpful strategies to manage stress and knowing when to get help.

[***Minnesota Department of Health Managing Stress and the Threat of COVID-19***](#)

[***CDC Manage Anxiety and Stress Coronavirus Disease 2019 \(COVID-19\)***](#)

[***SAMHSHA Coping with Stress During Infectious Disease Outbreaks***](#)

United Healthcare Emotional Support Help Line

United Healthcare is offering an emotional support help line through one of their subsidiary companies called **Optum**. The toll-free help line will be open 24 hours a day, 7 days a week, for as long as necessary and the service is free of charge for any student. Students would have access to specially trained mental health specialists to support them if they feel they are experiencing anxiety or stress related to the recent developments around COVID-19.

Call 1-866-342-6892

Online 12 Step Meetings

Individuals in recovery may have concerns about being able to practice social distancing while still engaging in a meeting. You can find information on online meetings for 12 Step programs [here](#).

Survivors of Domestic Violence

Are you concerned about your personal safety at home and having to be isolated and/or quarantined with an abuser? We recognize that for some individuals staying at home is not the safest option right now. If you are worried about having to self-isolate in a dangerous home situation, please contact the National Domestic Violence Hotline:

Call 1-800-799-7233

TTY 1-800-787-3224

Chat at thehotline.org

Learn more about how survivors can stay safe during the COVID-19 pandemic by clicking [here](#).

Transportation

Rochester Public Transit (RPT)

RCTC Students can use their student ID to ride any RPT route at any time. For more information click [here](#).

Please note that effective Friday, March 20, regular weekday transit service is being suspended and RPT will begin operating reduced service as follows:

Routes 21, 22, 23, 24, 25 and 26 (typical weekend holiday service) will begin operation seven days a week. Direct route service to the Park & Rides will continue Monday through Friday.

Car Rentals – Enterprise

Enterprise is reducing the minimum age to rent a car to 18 through May 31st, to allow for college students to get home to families during the COVID-19 pandemic. The company is also waiving the young renter fees for rentals during this time. For more information click [here](#).

Utilities

The following companies have released statements that they will not disconnect services during the COVID-19 pandemic.

Xcel Energy: The company will not disconnect residential customers' electric or natural gas service until further notice. Customers struggling to pay their electric or gas bills will have access to payment plans.

CenterPoint: The company has temporarily suspended natural gas disconnections due to nonpayment and will work with customers who need payment assistance.

Wellness and Exercise

Unable to visit the gym or fitness center, but looking for ways to remain active while social distancing? The following companies are offering online, on demand, and livestreamed classes. (list sourced from [NBC News](#)).

- Cardio and Strength Workouts:
 - [Fitness Blender](#): Free cardio, strength and stretch workout videos
 - [Tone It Up](#): Daily online workouts with a 7-day free trial
 - [Beachbody](#): Online classes with a 14-day free trial
 - [ObéFitness](#): Live fitness classes with a 30-day free trial (use code ATHOME)
 - [CrossFit](#): Free at-home workout videos, including single exercises and drills
 - [The Sculpt Society](#): Online cardio and sculpting workouts with a 14-day free trial
 - [NEOU](#): Various live, on-demand workouts with a 30-day free trial.
 - [P.volve](#): Streamed functional movement workouts with a 30-day free trial (use code ONEPVOLVE)
 - [Fitting Room](#): On demand HIIT and strength workouts with a 30-day free trial
- Yoga, Barre, and Pilates:
 - [YogaWorks](#): Online yoga classes with a 14-day free trial
 - [Down Dog App](#): Free yoga, HIIT and barre classes until April 1, 2020
 - [SkyTing](#): Online yoga classes with a free 7-day trial
 - [The Bar Method](#): Online barre classes with a 14-day free trail, plus some free workouts via Instagram
 - [Physique 57](#): Online barre classes with a 7-day free trial
 - [Barre3](#): Online barre classes with a 15-day free trial
 - [Blogilates](#): Free workout videos, challenges and plans
 - [Pilates Anytime](#): Access to over 3,000 Pilates classes with 15-day free trial