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National Coalition
NCBI
Building Institute
MONTEREY COUNTY, CA

NCBI creates
communities in
which everyone
wants to belong!

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National Coalition **NCBI** Building Institute **INTERNATIONAL**

We begin this newsletter update with a [letter](#) from NCBI International which includes the NCBI principle for today— from Leading Diverse Communities (Page 22):
“People Can take on tough Issues more readily when the issues are presented in a spirit of hope.”

COVID-19 Resources for Immigrants in California



From the [California State COVID-19 website](#):
“If you’re an immigrant living in California, here is what you need to know to protect yourself, your family, and your community from coronavirus. Services and public benefits are available to you, some regardless of immigration status. And special assistance for immigrant Californians who don’t qualify for other programs can be applied for starting May 18.”

Mental Health and Emotional Well- being

Donate to NCBI through PayPal by clicking the button below:

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"The Department of Psychiatry [University of Wisconsin] has compiled a curated [collection of resources](#) from a variety of sources to support the mental health and emotional wellbeing of our community during this difficult time. We hope this guide will offer helpful information, expert tips, coping strategies, tools and best practices to support the well-being of individuals and families, as well as healthcare providers on the front-lines of this crisis and the patients they serve."

Running While Black



In response to the killing of Ahmaud Arbery, the New York Times asked readers to "share their experiences of 'running while black.'" [Here](#) is a selection of those submissions."

Japanese Internment Documentary



See this [review](#) of *Alternative Facts: The Lies of Executive Order 9066*, a documentary about the internment of Japanese-American citizens during World War II. The film can

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rey.org](http://www.ncbimonte
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be viewed for free until June 1st [here](#).

Whites for Racial Equity



Whites for Racial Equity is the Monterey County affiliate of SURJ (Showing up for Racial Justice). SURJ moves white folks into accountable action as part of a multi-racial movement through community organizing, mobilizing and education. Go to their [website](#) and sign up for their weekly email highlighting racial equity news and events in our area.

Local COVID-19 Resources

A drive-through COVID-19 testing site has opened up at Monterey Peninsula College on May 19th. As of Thursday, May 21st it is temporarily closed due to lack of supplies, but is expected to open again soon. Check the [website](#) for more information.

Great Plates Delivered- meals for seniors living in Seaside (may be expanded to other cities) who meet the income and need requirements. Contact: To enroll residents or if you are an interested business, contact Dan Meewis at 831-899-6821 or dmeewis@ci.seaside.ca.us or Blanca Diaz, recreation specialist at 831-899-6809 or bdiaz@ci.seaside.ca.us



**Great Plates
Delivered
is Coming!**

Are you...

- A resident of Monterey County?
- Over 60?
- High risk?
- Unable to shop for meals?

You may be eligible for this food program.

Call 2-1-1 for a phone screening and to begin the application process.

Are you..

- A Monterey County restaurant or food provider?
- Can you prepare and deliver three meals a day?
- Offer a variety of food options?

Join the program!

Please apply at <https://covid19.ca.gov/restaurants-deliver-home-meals-for-seniors>