
Utilities

Washington Gas is offering flexible payment plans to government employees affected by the shutdown. One plan lets customers spread winter heating bills across the entire year. Payment deferments are possible, as well as access to the Washington Area Fuel Fund for low-income customers. Call 1 (844) WASH-GAS to discuss your individual situation.

BGE offers payment options, such as budget billing, which averages payments out over a 12-month period to help customers manage their monthly energy bill, and flexible payment arrangements, including individually tailored payment installment plans. Customers who may be challenged to pay their BGE bill should contact BGE at 1 (800) 685-0123.

Washington Suburban Sanitary Commission announced it is suspending water service shutoffs. Also, a number of programs are available to lower your bill.

<https://www.wsscwater.com/contents/news/2019/wssc-assists-federal-workers-imp.html>.

Dominion Energy is offering assistance, including payment extensions, long-term payment plans, and bill payment assistance options. For details, visit the website at www.dominionenergy.com.

DC Water will “begin working with any federal worker who may need additional flexibility in paying their bill because of the government shutdown.” Extended payment plans are available, as well as a program that helps customers keep water and sewer service on despite financial emergencies: <https://www.dewater.com/customer-assistance> .

Maryland residents may apply for the **Low-Income Home Energy Assistance Program** (LIHEAP), which provides grants in varying amounts based on a household’s income size, type of fuel, and type of dwelling, with no pay back required. Maryland customers may apply for LIHEAP energy assistance through the [Department of Human Services](#), by visiting a [Local Energy Assistance Office](#), or by calling the Maryland Department of Human Services Office of Home Energy Programs at 1(800) 332-6347.

The **Electric Universal Service Program (EUSP)** helps eligible customers pay for a portion of their current electric bill. The Arrearage Retirement Assistance (ARA) program helps customers with large, past due electric and gas bills. If eligible, customers may receive forgiveness of up to \$2,000 towards their past due bill. The Utility Service Protection Program (USPP) is designed to help low-income families during the heating season. Information regarding these programs can be found on the Maryland Department of Human Services [Office of Home Energy Programs website](#) or by calling 1 (800) 332-6347.

Prince George's County residents may qualify for energy assistance from Mary's Center. Get more information by visiting the Mary's Center website at www.maryscenter.org or by calling (202) 545-2024.

If you're a furloughed federal employee who lives in **Arlington** and you're having trouble paying your **water bill**, there's help available. The county is allowing extended payments without late fees. For info, call (703) 228-6570, or visit their website:

https://water.arlingtonva.us/customer-service/rates/?fbclid=IwAR07fd5zQvMXGZER7j7Yu2w_9V4LCZZnX1es4K25vatRcELlm4OAGYaPelI.

The **Emergency Assistance Program** provides resources to citizens with dependent children who are under 21 years of age, who face an immediate crisis, and who need help to resolve the situation. Emergency Assistance may cover, but is not limited to, eviction notices, mortgage foreclosures, gas and electric turn-off notices, and delinquent water bills.

Visit <https://mydhrbenefits.dhr.state.md.us/>.

Verizon Wireless: Verizon Wireless says it is ready to help workers with flexible payment options to keep service running. The "Our Promise Pay Program" allows customers to set a future date for payment. www.verizonwireless.com.

The **Crisis Assistance** unit provides housing stabilization assistance to help residents avoid evictions, foreclosures, and other housing related crises. To determine if you are eligible, call 211 for a telephonic screening.

Coordinated Services Planning (CSP) connects Fairfax County residents to county and community-based services and resources. Just one phone call will get you connected to the information and assistance you need. Call (703) 222-0880, TTY 711.

Mortgage, Loans, Banking

Quicken Loans is waiving all late fees for clients who may miss a mortgage payment due to the shutdown. For help call (800) 508-0944 or email Help@QuickenLoans.com.

Bank of America advises its mortgage clients to call its assistance line at 1 (844) 219-0690 or visit one of its branches to inquire about the Client Assistance Program.

Navy Federal Credit Union is offering a zero-percent APR loan up to \$6,000 during the government shutdown. The assistance is open to federal government employees and active duty members of the Coast Guard whose pay has been disrupted by the shutdown and who have an established direct deposit account. You can register on Navy Federal's website, in branches, or by phone at 1 (888) 842-6328.

Fed Choice Federal Credit Union lists several relief options for mortgage and banking clients online, including short-term, low-interest furlough loans and mortgage refinancing options. Visit the credit union's website for more information. <https://www.fedchoice.org/>.

Chase Bank: Chase encourages its customers to call to discuss certain hardship programs if they are employees of, or do business with, a U.S. federal agency and their income is affected by the shutdown. Customers who are in financial need should call the special care line at 1 (888) 356-0023.

Wells Fargo: Wells Fargo is helping individuals who are experiencing hardship as a result of the federal government shutdown. The bank will work with individuals and business banking customers whose income is disrupted as a result of the shutdown. Customers should call 1 (800) TO-WELLS.

Navient Student Loan Service is offering different payment plans to help federal employees with student loan debt. Lower payment options include income-based payment plans, income-sensitive payment plans, and graduated repayment plans. There is also an option to postpone payment by placing loans in forbearance. Login and visit the Repayment Options page, or contact Navient via phone to get more information on what options you qualify for. <https://www.navient.com/>.

Food

Dinner with Some Fellow Feds: Montgomery County Councilmember Tom Hucker is hosting a community potluck and live music night on **January 11** for furloughed federal workers, contractors, and their families. The event is free from **6:30p.m. to 9:00p.m.** at Blair High School Cafeteria. Supporters and neighbors are asked to bring a dish to share. RSVP here: https://docs.google.com/forms/d/e/1FAIpQLScc1Z3nMr-TKccnYIW4rHtOjZsngPk2s6s8LXHLC4_YnwxMbg/viewform.

Groceries:

Local food banks can be located by accessing the organization's food bank network at <https://www.capitalareafoodbank.org/get-help/> . Use your zip code to find your local food bank.

School Lunches:

The head of **Prince George's County Public Schools** announced a new fund to pay for hot meals for students during the shutdown and beyond. The fund aims to cover the cost of 10,000 meals. <http://pgcps.org/foundation>.

Charles County Public Schools are offering a temporary \$30 increase in meal credits for families affected by the shutdown. Anyone with questions may contact

the Food and Nutrition Services Department at (301) 392-5570 or contact their child's principal.

Falls Church City Public Schools is offering help paying for school lunches, tuition, and day care. Also, the district is hiring substitute teachers and school bus drivers. School social workers are available to families as well. <https://www.fccps.org/about/news/furloughassistance>.

Pregnant women and children, birth through age 5, can contact **WIC** to see if they are eligible for assistance at 1 (800) 242-4942. More information about the WIC program and locations in Prince George's County is available here: <https://www.princegeorgescountymd.gov/2036/Women-Infants-Children-WIC>.

The **Emergency Food Assistance Program** acts as a clearinghouse for the distribution of donated food. More than 30 local community pantries and shelters currently participate in the program. All food is provided to eligible individuals and families free of charge. Call (301) 909-6343 for more information.

National Capital Baptist Convention: Ham and turkey giveaway at Beltway Plaza in Greenbelt, MD. The event is scheduled for January 21, 2019, 11:00 a.m. to 2:00 p.m. Beltway Plaza, 6000 Greenbelt Road, Greenbelt, MD 20770.

Central Baptist Church and 7th-day Adventist Joint Service Project: This is a joint effort under the theme of "All Faiths United." The coalition is hosting a food giveaway (30,000 pounds of fresh produce). The event is scheduled for January 31, 2019, 11:00 a.m. to 2:00 p.m. Central Baptist Church, 5600 Old Branch Avenue, Camp Springs, MD 20748
At all fourteen **Sardi's** locations, show your Federal Government Identification and get a "Buy One, Get One Free" meal deal. Additionally, Sardi's will distribute 500-1,000 coupons for 10 percent off a customer's meal.

&pizza: The chain will offer free pies to government workers from 6:00 p.m. to 8:00 p.m. each day of the shutdown. The deal was moved from lunchtime after the first week of the shutdown.

ThinkFoodGroup Restaurants: Jose Andres promised to give federal workers and their families a free sandwich at the bar of any of the famed chef's restaurants, including Oyamel, Zaytinya, America Eats Tavern, and Beefsteak. The offer stands from 2:00 p.m. to 5:00 p.m. daily until the shutdown ends. You'll need to show a federal ID.

Counseling, Guidance

Employee Assistance Program: EAP services can be helpful in providing confidential counseling and coaching with experienced, licensed counselors—including legal and financial

consultation. Federal employees are advised to contact their agency's EAP office to determine whether services will be available in the event of a lapse in appropriations. The Courts' Employee Assistance Program is serviced by Federal Occupational Health (FOH), a division of HHS. Employees may contact the toll free EAP phone number: (800) 222-0364 (TTY (888) 262-7848) to find out how to access EAP services during a lapse in appropriations.

During this most difficult period, the first step is to consult your Primary Care Physician for an appropriate referral if you have insurance. This is to avoid any future financial burdens as a result of going out of your insurance network. The [SAMHSA](#) websites to locate treatment resources within your neighborhood is: <https://www.findtreatment.samhsa.gov/>.

The [Maryland Crisis Hotline](#) can be reached at 1 (800) 422-0009. Individuals in crisis can also call 211 for Maryland's response services.

Pets

The [Humane Rescue Alliance](#) has a Pet Pantry that federal workers who live in D.C. can use to help feed their animals.

The [Animal Welfare League of Arlington](#) has opened a pet food pantry for government workers who need help and live in Arlington County or the City of Falls Church. People who request help need to show government ID <https://www.awla.org/>.