



remote fun

Virtual fun From Home Tips for Families



#1. Jr. NBA at Home

As part of NBA Together, we launched "Jr. NBA at Home," an interactive content series providing basketball skills and drills featuring NBA and WNBA players that can be completed individually and in limited space to help young players around the world stay active and develop their game in a safe and healthy way. The initiative will include a series of daily posts on Jr. NBA social channels (Facebook, Twitter, Instagram) and NBA digital properties around the world that provide drills, activities and instruction to promote skill development, physical activity and character development.



#2. Cosmic Kids Yoga

Healthy and Active screen time.

Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.

- Stream all our videos ad-free:
<https://app.cosmickids.com>



#5. NFL Play 60 Challenge

Staying active is an important part of a healthy lifestyle and a great way to connect as a family. Watch Miami Dolphins' Walt Aikens, Davon Godchaux and Raekwon McMillian, Arizona Cardinals' Kenyan Drake, and New York Giants' Chad Slade demonstrate simple ways for the whole family to PLAY 60 every day.



#4. Family Virtual Field Trips

In light of recent events, families are staying home and safe. Visit www.adventuresinfamilyhood.com for virtual trips to museums, aquariums and more

**For more virtual ideas find us
on all social platforms**

www.facebook.com/DetroitPAL/

www.twitter.com/DetroitPAL

IG: Detrot_pal

WHERE'S MY STIMULUS

Filers: Get Your Payment
Use the "Get My Payment" application to:

Check your payment status
Confirm your payment type: direct deposit or check
Enter your bank account information for direct deposit if we don't have your direct deposit information and we haven't sent your payment yet

Update your bank account or mailing address
If we don't have your direct deposit information from your 2018 or 2019 return – and we haven't yet sent your payment – use the Get My Payment application to let us know where to send your direct deposit.

2019 Filers: We will send your payment using the information you provided with your 2019 tax return. You will not be able to change it.

2018 Filers: If you need to change your account information or mailing address, file your 2019 taxes electronically as soon as possible. That is the only way to let us know your new information.

Note: We are not currently able to process individual paper tax returns due to the COVID-19 outbreak.

Non-Filers: Enter Your Payment Info on irs.gov
If you don't file taxes, use the "Non-Filers: Enter Your Payment application to provide simple information so you can get your payment.

You should use this application if:

You did not file a 2018 or 2019 federal income tax return because your gross income was under \$12,200 (\$24,400 for married couples). This includes people who had no income. Or

You weren't required to file a 2018 or 2019 federal income tax return for other reasons.



Do not use this application if you receive the benefits below. If you receive these benefits, we already have your information and you will receive \$1,200.

**Social Security retirement, disability (SSDI), survivor benefits,
Supplemental Security Income (SSI)
Recipients of Veterans Affairs benefits
Railroad Retirement and Survivor Benefits**

Special note: People in these groups who have qualifying children under age 17 can use this application to claim the \$500 payment per child.

THINGS TO KNOW

UNEMPLOYMENT INSURANCE File Your Claim By **Last Name**

ONLINE SCHEDULE:	CALL CENTER SCHEDULE:								
 michigan.gov/uia WEBSITE IS 24/7	 1-866-500-0017 8AM-6PM MON-FRI, 7AM-2PM SAT								
<table border="1"> <tr> <td style="text-align: center;">A-L FILE CLAIMS Monday Wednesday Friday</td> <td style="text-align: center;">M-Z FILE CLAIMS Sunday Tuesday Thursday</td> </tr> <tr> <td colspan="2" style="text-align: center;">Saturday if you missed your days</td> </tr> </table>	A-L FILE CLAIMS Monday Wednesday Friday	M-Z FILE CLAIMS Sunday Tuesday Thursday	Saturday if you missed your days		<table border="1"> <tr> <td style="text-align: center;">A-L CALL ON Monday & Wednesday</td> <td style="text-align: center;">M-Z CALL ON Tuesday & Thursday</td> </tr> <tr> <td colspan="2" style="text-align: center;">Friday and Saturday if you missed your days</td> </tr> </table>	A-L CALL ON Monday & Wednesday	M-Z CALL ON Tuesday & Thursday	Friday and Saturday if you missed your days	
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The day or time of day in which a claim is filed will not impact whether you receive benefits or your benefit amount. Additionally, your claim can be backdated to reflect the date you were laid off or let go due to COVID-19.

New Rights for Michigan **VOTERS**

VOTERS

Register to vote through Election Day

At least 15 days Prior to an election

- Register at:
 - Any Secretary of State branch office
 - The Elections Division of Flint Township – 1490 S. Dye Road, Monday through Thursday from 8 a.m.-5:30 p.m.
 - A designated state agency
 - By mail

14 days Prior to an election Election Day

<ul style="list-style-type: none"> Register: <ul style="list-style-type: none"> In person with Clerk Kathy Funk in the Elections Division of Flint Township. Residency verification required. 	<ul style="list-style-type: none"> Register and vote: <ul style="list-style-type: none"> In person with Clerk Kathy Funk, <u>not</u> at a Precinct. Residency verification required. Residents who register on Election Day can get a ballot and vote!
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Residency verification required. Acceptable Documents:









• Driver's license	• Current utility bill
• State ID card	

Documents must have name and current address. Digital copies are accepted.

VOTE LIKE YOUR RIGHTS DEPEND ON IT.

your VOTE is your VOICE

★ What is the Census? ★

 <p>The U.S. census is a survey used to gather information about the population of our country.</p>	 <p>The U.S. Constitution requires there be a census taken of every person living in every U.S. state and territory.</p>
 <p>A new census is taken once every 10 years, with the first ever U.S. census occurring in 1790.</p>	 <p>The census helps organize every level of government around housing, demographics, and socioeconomic characteristics of the population.</p>
 <p>Everyone living in MI by April 1, 2020, or anyone who spends at least 50% of their time here, needs to be counted as living in MI on the 2020 Census.</p>	 <p>Starting early March, the U.S. Census Bureau will mail each household a postcard inviting residents to respond to the census.</p>
 <p>Residents can respond to the census online, by phone, or by mail, but only one person completes the census per household.</p>	 <p>The process ends July 31. The final census count is delivered to the president by December 31, 2020.</p>

To Learn More Visit: www.michigan.gov/census2020

#BeCountedDetroit



6 DEGREES OF SEPARATION

Join Detroit PAL and Partners
by virtually checking on 6
people in your network,
physical and mental health.

Every month on the

6th

16th

26th

Take the pledge

Text "PAL" to 51555