

# RESOURCES DURING THE COVID-19 CRISIS

## WHAT TO DO FOR HEALTH, FOOD & FINANCIAL ASSISTANCE

### FOOD ASSISTANCE

#### Free Meals for Children Under 18 (instructions and locations):

1. Orange County:

<https://www.ocps.net/cms/One.aspx?portalId=54703&pageId=1404484>

2. Seminole County: <https://www.scps.k12.fl.us/covid19/food.stml#meals>

#### Food Pantries and Food Drop Locations:

1. Second Harvest Food Drop, visit their website for locations near you

[https://www.feedhopenow.org/site/SPageServer/?pagename=need\\_food](https://www.feedhopenow.org/site/SPageServer/?pagename=need_food)

2. The Christian Sharing Center

600 N US Hwy 17 92 #152, Longwood, FL 32750

Phone: (407) 260-9155

Open 9:30am- 5PM Mon-Saturday, Closed Sundays

3. Catholic Charities' Agape Mission Market:

1771 N. Semoran Blvd.

Orlando, FL 32807

407-658-1818

Open Monday-Friday, 8:30am-12:30pm (Closed Tuesdays)

## FINANCIAL ASSISTANCE

1. Orange County Energy Bill Assistance:

<https://www.orangecountyfl.net/FamiliesHealthSocialSvcs/EnergyBillAssistance.aspx#.XoNQL4V3U-8>

2. Seminole County Financial Assistance:

<http://www.seminolecountyfl.gov/departments-services/community-services/customer-orientation-presentation.stml>

3. Apply for Unemployment Benefits: <https://connect.myflorida.com/>

Tablets, phones, and other mobile devices are not currently supported by CONNECT and may result in errors. Supported browsers are - Internet Explorer version 11, Chrome, Mozilla Firefox versions 16 or 17, or Apple Safari versions 4 or 5.

## OTHER SERVICES

1. Other Services Available during COVID 19, visit: <https://cflcc.org/>

## RESOURCES FOR SENIORS

1. Seniors First: <http://seniorsfirstinc.org/what-we-do/>

2. Senior Resource Alliance: <http://www.seniorresourcealliance.org/programs/>

3. Meals on Wheels:

4. Seminole County: <https://www.mealsetc.org/need-assistance.php>

5. Orange County: call 407.615.8987 to learn more or to complete an application  
<http://seniorsfirstinc.org/what-we-do/meal-programs/>

# HOW TO

## CARE FOR YOUR HEALTH AND WELL-BEING DURING COVID-19

Coping with stress will make you, the people you care about, and your community stronger.

### Things You Can Do for Self-Care:

1. **Limit excessive news intake:** Designate a time of the day to check updates from a credible source. Too much exposure to news outlets could increase stress and anxiety, possibly putting extra strain on your immune. Getting information from credible sources like the CDC.
2. **Stay in a routine:** Structure builds resilience when times are difficult. Even during times of self-isolation or social distancing by waking up at a regular time, exercising at home, cooking nutritious meals, working from home, if possible. In times when feeling out of control or powerless it's important to focus on what you can control in the present.
3. **Reach out to loved ones:** Get creative: phone calls, FaceTime, online gaming, or social media. Staying connected to love ones during times of high stress and anxiety allow you to feel emotionally supported. Share how you are really doing and allow others to share with you. This builds connection and feelings that you are not alone in what you/they are going through
4. **Do something that brings you joy!** If that's getting lost in a book that you haven't had a chance to finish, binge watching a series, starting a garden, or spending time in nature by visiting a local trail. Spending time outdoors boosts your mood, lowers stress levels, and boosts your immune system!
5. **Tend to your spiritual needs:** Pray, meditate or journal to unwind and ground yourself from all the chaos.

1. United States Conference of Catholic Bishops (USCCB):  
<http://www.usccb.org/about/communications/usccb-president-reflection-andprayer-during-coronavirus.cfm>
2. The following publishers have generously made their resources available to support daily/weekly prayer during these difficult days:
  - Liturgical Press: <https://giveusthisday.org/Digital>
  - Magnificat: <https://us.magnificat.net/free>  
Magnificat in spanish <https://latina.magnificat.net/gratis>
  - Bayard: <https://giveusthisday.org/Digital>
  - The Word Among Us: <https://giveusthisday.org/Digital>  
La Palabra in spanish <https://la-palabra.com/meditations>

## HOW TO CARE FOR YOUR HEALTH AND WELL-BEING CONTINUED

6. Seek help when needed: Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 available 24/7 365 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
  
7. Reach out to Catholic Charities of Central Florida Behavioral Health Services
  - In English: Program Director-Catherine Galda Email: [cgalda@cflcc.org](mailto:cgalda@cflcc.org); Contact Care Coordinator Kyle Osborn for services, cell 407-969-8534, Email: [kosborn@cflcc.org](mailto:kosborn@cflcc.org)
  
  - En Español: Directora de Programa-Catherine Galda Email: [cgalda@cflcc.org](mailto:cgalda@cflcc.org); Contacte a la Consejera de Salud Mental Rosa para servicios, cell 407-406-1563, Email: [rosa.malagon@cflcc.org](mailto:rosa.malagon@cflcc.org)