

Wellness Guide COVID 19

From the South Windsor Department of Human Services

<https://www.southwindsor-ct.gov/human-services>

Covid 19 information

Town Covid 19 link <https://www.southwindsor-ct.gov/covid-19>

Connecticut Covid 19 link <https://portal.ct.gov/Coronavirus>

CT Department of Public Health Website -

<https://portal.ct.gov/DPH/Public-Health-Preparedness/Main-Page/2019-Novel-Coronavirus>

A Message from our staff

As information about Coronavirus continues to unfold and response plans are implemented, there can be a wide range of thoughts, feelings and reactions. Please make sure you have someone to talk to during this time of physical isolation. We suggest you consider the following:

- Maintain a schedule as best you can including a regular sleep schedule.
- Take care of yourself so you can do your best to take care of others.
- Structure your days to include exercise, alone time and family/friend time.
- Maintain a healthy diet
- Minimize your exposure to the news, just enough to stay informed.
- If you have no one to talk with CALL US 860 648-6361

Food and Groceries

South Windsor Food Bank (located at the Community Center 150 Nevers Rd.)

If your family is in need please contact us and make arrangements for food bank pickup. Residents call 860 648-6361 for details. We welcome donations too!

South Windsor Senior Center Grab and Go Meals Frozen meals are available once a week for seniors. Order by Thursday; pick up or delivery on Tuesday. Call 860 648-6361.

Geissler's Supermarket 965 Sullivan Ave. 860 644-3007 (for grocery orders)

Offers delivery for a reduced price of \$5 and on line ordering and pick up free at the store.

Orders should be placed on line at <https://www.geisslers.com/online-shopping/>

Community hour shopping (seniors, first responders), is from 7-8 AM every day of the week

Stop & Shop Supermarket 1739 Ellington Rd. 860 648-4026 (main number)

Senior citizen shopping exclusive time 6AM to 7:30AM. Pea Pod services are still available

<https://www.peapod.com/pages/coronavirus> with some restrictions.

School meals available Monday - Friday 11AM-12PM

"Grab and Go" meals will be available from the rear entrance at South Windsor High School.

Families of SW registered students will receive one per student:

(1) Breakfast meal (cereal, yogurt, cheese stick, fruit juice and milk) as well as one

(1) Lunch meal (Turkey Wrap or PB&J Uncrustable Sandwich or Bagel and Yogurt

Follow the signs and proceed to the rear of the high school, outside the kitchen entrance, across from the track field. Remain in your car.

Mobile Food Share

http://site.foodshare.org/site/PageServer?pagename=2017_food_mobile

At Wapping Community Church 1790 Ellington Rd. 11:30 to Noon Thursdays every two weeks starting 4/2/20 continuing 4/16, 4/30, 5/14, 5/28.

Food choices vary from week to week but usually include several types of fresh produce. Please remember to bring a bag or box with you to carry your food. You can also call our 24-hour phone line at 860-856-4321 to find out where the Mobile Foodshare truck will be. To receive the Mobile Foodshare schedule on your cell phone text FOODSHARE to 85511.

Youth and Family

Youth and Family Services - <https://www.southwindsor-ct.gov/youth-family-services>

South Windsor Youth and Family Services continues to provide mental health services remotely utilizing a HIPPA compliant telehealth platform. All other groups and programs, including the Teen Center are temporarily suspended through April. If you wish to speak with one of our social workers please contact Liz Langevin 860-648-5050.

Peace at Home Parenting- <https://www.peaceathomeparenting.com/get-started/>

Online FREE parenting classes for South Windsor residents. There are live interactive webinars and recorded webinars. Recently updated with COVID19 topics for parents! Contact Chris Garrahan at christopher.garrahan@southwindsor.com or 860 648-6361x3320 for more information or questions.

SWAN Parenting Program -<https://www.southwindsor-ct.gov/swan-parenting-program>

Find links to additional resources and articles. Check out our Facebook page too!

SWAN Parenting Programs <https://www.Sfacebook.com/swanparenting/>

Informative Links

8 Things Parents Should Know - NPR

<https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now>

Talking with Children about Coronavirus - CDC

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

Explaining Coronavirus to Children -ABC News

<https://abcnews.go.com/Health/explaining-coronavirus-children-best-approach/story>

Supporting Families during the COVID19 Crisis - Child Mind Institute

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Adults & Seniors

Adult & Senior Services - <https://www.southwindsor-ct.gov/adult-senior-services>

Human services staff is currently in the office 8am-4:30pm, M-F, and assisting people by phone. Staff are also contacting seniors who have been to the senior center this year to ensure their well being. Do not hesitate to call us with questions or concerns at 860 648-6361.

Transportation - Medical transportation is available on a limited basis to Manchester, South Windsor, Glastonbury, Vernon, East Hartford and Hartford. We reserve the right to ask you how you are feeling and respectfully request that you tell us if you have a cough and fever. Please call 860 648-6361 ext 3310 to register at least two days in advance.

Transportation to IN TOWN GROCERY STORES -Stop and Shop and Geissler's- on Wednesdays and Fridays mornings. Times vary, transporting one person at a time. Call 860 648-6361 ext 3310

SW Senior Center's April Newsletter has information on virtual learning, exercise and fun ways to stay connected with others - all from the comfort of your home. Follow the link for more info: https://www.southwindsor-ct.gov/sites/southwindsorct/files/uploads/april_2020_senior_connections.pdf

Unemployment <http://www.ctdol.state.ct.us/UI-online/index.htm> Click on Blue Tab, next page click on proceed, next page read carefully and click on Green Tab to Apply for Benefits

Greater Hartford Legal Aid is offering a Remote Legal Info Line staffed by our attorneys for financially eligible clients in greater Hartford, to respond to questions about [Un]Employment, Schools/Education, Public Benefits, Housing, and Victim's Comp. Call 860-541-5070. <https://ctlawhelp.org/en/coronavirus>.

Informative Links

Why Taking Care of Your Own Well Being Helps Others

https://greatergood.berkeley.edu/article/item/why_taking_care_of_your_own_well_being_helps_others

6 Daily Questions to Ask Yourself

https://greatergood.berkeley.edu/article/item/six_daily_questions_to_ask_yourself_in_quarantine

AARP Advice for Seniors during Coronavirus Crisis: <https://www.aarp.org/health/>

211

Click the link: <https://www.211ct.org/> or uwc.211ct.org/covid19resources or dial 211 for information regarding statewide services. You can also text CTCOVID to 898211 for updates. In the event of a mental health crisis contact 211 by phone and ask for Mobile Crisis Intervention Services.

911 for emergencies - be prepared to give your exact location