



GOLDEN CORNER

HACE Main Office
167 W Allegheny Avenue
Philadelphia PA 19140
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Monday-Friday
8:30am-5:00pm
(215) 426-8025

Coronavirus Pandemic 2019 (COVID-19) Senior Resources Updates

2nd Edition: Summer 2020

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Dear Community,

The Network of Care Manager (NOC) continues to be available to community members during the COVID-19 Pandemic; providing participants supportive services via telephone. The services include Center for Disease Control (CDC) COVID-19 resources and updates; three way medical conferences with practitioners and social security administration, referral assistance, translation services, food pantry access, and more.

We know that these times continue to be extremely difficult and challenging for our community, which is why we recommend that everyone continue practicing social distancing, wearing masks, taking the necessary precautions to protect yourself and your loved ones. COVID-19 continues to be of great concern in our community.

DO NOT LET YOUR GUARD DOWN.

For further information on the NOC services, please call Diana Sanchez at 215-426-8025, ext, 3012.

How are you dealing with the Pandemic Stress?

The coronavirus disease 2019 (COVID-19) pandemic has caused a great deal of stress in our lives, families, and communities. We all feel a great deal of fear and anxiety, along with overwhelming feelings and emotions during these uncertain times. The public health actions, such as social distancing, having to wear a mask at all times, not being able to gather with our friends and family causes a great deal of pain and stress. This isn't easy for anyone.

This pandemic has changed the lives of so many people, as well as taken the lives of many friends and family members. We can't lose hope. Sadly, we are living in the new normal, as a result of this pandemic. Although it may seem like these hard times will never come to an end, there is light at the end of the tunnel. Now is the time when we must be stronger than ever, and come together as community to get through this. This is not the time to let your guard down, instead we must continue protecting ourselves and our loved ones even more.

When you feel alone, afraid, sad, stressed, or worried, pick up the phone and call someone that can help lift up your spirits.

You must not forget to call your Doctor in the event you are not feeling well and/or think you are experiencing any COVID-19 symptoms. Don't fear seeking medical attention because you are afraid during these times. Remember hospitals and medical practices are mandated to adhere to COVID-19 safety protocols. Not seeking medication is not an option; you put yourself and others at risk.

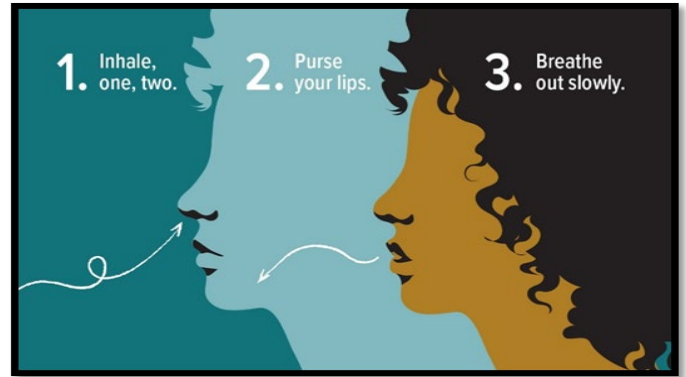
WE ARE IN THIS TOGETHER!



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

- ✚ **Be safe and prepared, but don't panic:** Listen only to credible sources such as the Centers for Disease Control and Prevention (CDC) or the World Health Organization to obtain up-to-date, scientific information about the illness.
- ✚ **Exercise:** Any type of physical activity, 20-30 minutes daily walk and stretching can help relieve stress and worries.
- Dance/Music:** Listen to your favorite tunes and dance your worries away.
- ✚ **Relaxation:** Incorporate relaxation techniques into your daily life. Meditation, journaling, yoga. Breathing, reading.
- ✚ **Connect with loved ones:** Make time to reach out to your friends and family via phone calls or video chats that can help you and your loved ones feel socially connected, less lonely, or isolated.
- ✚ **Eat Healthy:** Maintain a balanced diet and try to incorporating more lean meats, whole grains, fruits and veggies into your diet to keep your energy sources up and your body functioning as it should.
- ✚ **Game Time:** Try and find time to play board games, cards, etc. with loved ones within your home.
- ✚ **TV shows:** Make time to watch your favorite shows together
- ✚ **Dinner:** Try and schedule virtual dinners with your loved ones, children, grandchildren, friends and church community.

The following are some samples of easy and safe exercises to help you stay strong and healthy.



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The Network of Care would like to share the following information on the 2020 Senior Farmers' Market Nutrition Program information offered by PCA



We are happy to announce that the **Philadelphia Corporation for Aging (PCA)** began distributing Senior Farmers Market Nutrition Program (SFMNP) vouchers as of July 13, 2020. In previous years, vouchers were typically distributed each summer through PCA's N. Broad St. headquarters and via select distribution sites. However, this year, vouchers will only be distributed by mail to comply with COVID-19 social distancing guidelines.

Vouchers are limited to one set per person and in order to qualify, adults must be 60 years of age or older by Dec. 31, 2020 and meet household income guidelines. Eligible applicants will receive four \$6 vouchers, for a total increased value of \$24 worth of produce.

Strawberry Pineapple Smoothie



Smoothies with a Spoon

Let's get real, the only way I eat a smoothie these days is — thick and creamy with a spoon! This strawberry pineapple smoothie recipe is just that! Thick enough to eat with a spoon.

If you love strawberry smoothies and you love pineapple smoothies, then you are going to absolutely adore this amazing combination. To get started you only need a few ingredients and then optional add-ins to make it your own!

Ingredients

- frozen pineapple
- frozen strawberries
- Greek yogurt
- vanilla extract
- unsweetened almond milk

Blend it Up

As always, you're going to need a high-speed blender to blend this goodness together. Depending on how thick you like your smoothies, you can add more or less almond milk. This is pretty tried and true for all smoothies. Just make sure to monitor the liquid ratio for your preferred thickness!

RENTAL ASSISTANCE

APPLY FOR COVID-19 FUND

HACE is honored to share that it has received a PHL COVID-19 Fund Grant. A collaboration between United Way of Greater Philadelphia and Southern NJ, Philadelphia Foundation, and the City of Philadelphia, the PHL COVID19 Fund is providing financial assistance to nonprofits like ours during the Coronavirus crisis. With the funds granted through PHL COVID –19, HACE is launching a rental assistance program for households impacted by COVID.

- ✚ **Are You Eligible for PHL COVID 19 Rental Assistance?**
- ✚ **Have you suffered a loss of income due to COVID 19?**
- ✚ **Are you willing to contribute 30% of your income towards your rent payment?**
- ✚ **Do you live in the HACE NAC boundaries (photo on backside)?**

**Applications will be available on Wednesdays ONLY
starting on May 27, 2020**

9am-3pm

167 W. Allegheny Avenue Phila. PA 19140

215-426-8025 or 215-437-7867

HACE is following the city of Philadelphia's practices of social distancing; applicants are to wear face masks and gloves if applying in person.

Documents Needed:

- ✚ **Verification of income prior to COVID and current income**
- ✚ **Photo ID**
- ✚ **Current lease**
- ✚ **Current utility bills**

Community Engagement Announcements

Volunteer Painters Needed for Schmidt Playground

Looking to get out of the house and flex your artistic muscles? Help paint a mural at Schmidt Playground (Ontario & Westmoreland)! Volunteers are needed for afternoon shifts (3pm–5pm) starting July 27th. If you are interested in volunteering, contact Ellie Matthews (ematthews@hacecdc.org or 215-426-8025 x 3003) to coordinate.

Rebuild at Rivera Recreational Center & The Mann Older Adult Center

“Engagement is underway for ReBuild at Rivera Rec & Mann Older Adult Centers (3201 N. 5th Street). If you are interested in collaborating with neighbors to lead community dialogues and planning for reopening the renovated community centers, join the Community Advisory Team Meeting on Monday, July 27th, 2020 (3:30pm–5:30pm) via Zoom! Please contact Diana Sanchez to receive the Zoom meeting credentials: dsanchez@hacecdc.org or (215) 426-8025 x3012.

