

Community Resources

In Response to the COVID-19 Crisis



Need Assistance?

**Call (585) 442-6470 and ask for the
Independent Living On-Call Representative**

March 20, 2020—We will continue to expand and update this list.

Call RCIL—Phone: (585) 442-6470 or email dpeace@rcil.org for the latest information.

A NOTE . . .

Please note, resources are popping up and being exhausted quickly. Lifespan was offering some food drop off seniors and people with disabilities and in one day their food was gone.

UPDATE: They are back in business. Call 585-325-2800

We have people who can help (volunteers) and we can find more if you know of a desperate need that can be remedied by a shopping run or errand. After hours and on the weekend you can try calling 2-1-1 for assistance. Understand you may be on hold for a while, or you can leave a message and they will call back as they can. —or check out this link. <https://www.uwrochester.org/Resources/Get-Help> to *Chat*.

Encourage people to think ahead. Getting calls that food is GONE is more difficult to remedy than “I am running out and need assistance finding resources.”

THANK YOU ALL for what you are doing for our community.

We're in this together.
#SupportingEachOther



**LAST UPDATED:
MARCH 20, 2020 8:45AM**

What You Need to Know

- All barbershops, hair salons, tattoo or piercing salons, nail salons, hair removal services and related personal care services will be closed to the public effective Saturday, March 21 at 8:00PM.
- Governor Cuomo signed an executive

order mandating businesses that rely on in-office personnel to decrease their in-office workforce by 75%.

- Exemptions from the order will include shipping, media, warehousing, grocery and food production, pharmacies, healthcare providers, utilities, banks and related financial institutions.
- The Department of Financial Services has issued a new directive to New York State mortgage servicers to provide 90-day mortgage relief to mortgage borrowers impacted by the novel coronavirus.
- Retail shopping malls, amusement parks and bowling alleys to close by 8 PM Thursday in New York, New Jersey, Connecticut and Pennsylvania.
- Governor Cuomo signed the bill guaranteeing job protection and pay for New Yorkers who have been quarantined as a result of novel coronavirus.
- Governor Cuomo signed an executive order directing all schools in New York to close by Wednesday, March 18 for two weeks ending April 1.
- Casinos, gyms, theaters are closed until further notice. Bars and restaurants are closed, but takeout can be ordered during the period of closure.
- New York State is waiving all park fees in state, local and county parks.
- Testing is free for all eligible New Yorkers as ordered by a health care provider.

Your [local health department](#) is your community contact for COVID-19 concerns.

<https://coronavirus.health.ny.gov/home>



LAST UPDATED: MARCH 20, 2020 **3:26PM**

What You Need to Know

- New York State on PAUSE: In New York we know that Policies Assure Uniform Safety for Everyone
- Governor Cuomo will sign an Executive Order mandating that 100% of the workforce must stay home, excluding essential services. Exemptions from the order will include shipping, media, warehousing, grocery and food production, pharmacies, healthcare providers, utilities, banks and related financial institutions.
- Enacting Matilda's Law to protect New Yorkers age 70+ and those with compromised immune systems
- Remain indoors
- Can go outside for solitary exercise
- Pre-screen all visitors by taking their temperature
- Wear a mask in the company of others
- Stay at least 6 feet from others
- Do not take public transportation unless urgent and absolutely necessary
- All barbershops, hair salons, tattoo or piercing salons, nail salons, hair removal services and related personal care services will be closed to the public effective Saturday, March 21 at 8:00PM.
- New York will implement a 90-day moratorium on evictions for residential and commercial tenants.
- Casinos, gyms, theaters, retail shopping malls, amusement parks and bowling alleys are closed until further notice. Bars and restaurants are closed, but takeout can be ordered during the period of closure.
- Testing is free for all eligible New Yorkers as ordered by a health care provider.

Your [local health department](#) is your community contact for COVID-19 concerns.



Virus Update . . .

Friday, March 20 - Happening Now: *34 positive cases of COVID-19 were confirmed by Monroe County health officials on Friday morning. 195 people are in mandatory quarantine. Eleven of the patients are hospitalized.*

A 54-year-old man who previously tested positive for COVID-19 died at Rochester General Hospital on Tuesday evening. Public Health Commissioner Dr. Michael Mendoza said that complicated factors, like underlying health conditions, contributed to the death. The patient becomes the first person to die after testing positive for COVID-19 in Monroe County.

Wayne County confirmed its first case of COVID-19 on Thursday afternoon, according to Wayne County Public Health. The patient is in isolation at Newark-Wayne Community Hospital.

Ontario County has confirmed its first three positive cases.

The Steuben County Public Health Department confirmed its first positive case in Steuben County on Friday morning.

Livingston County also confirmed its first case of COVID-19. The patient is a male in his 80s who resides in Geneseo, according to the Livingston County Public Health Director, Jennifer Rodriguez. He is currently at his home under mandatory quarantine.

Genesee County confirmed its first case of COVID-19 on Tuesday evening. The individual who tested is positive is over the age of 65 and contracted the virus through community transmission.

Monroe County and Ontario County have been placed under a state of emergency.

All public schools are closed indefinitely.

All restaurants and bars are takeout only.

All gyms, movie theaters, and casinos are closed.

- Rochester Regional Health is now offering COVID-19 testing in-house. Priority for testing is based on clinical circumstances. Patients cannot receive testing upon request. If you feel unwell, call your healthcare provider, practice social distancing, and avoid contact with others until your healthcare provider advises otherwise. More information will be provided shortly.
- In an effort to focus as much of our resources on COVID-19 as possible, Rochester Regional Health is proactively rescheduling all elective surgeries at RRH facilities from March 16 - March 29, 2020.

For total confirmed cases in New York State and the United States, [view the map on our COVID-19 resource page](https://www.rochesterregional.org/coronavirus-covid19#covidmap).

Big Picture: President Trump has banned all travel from Europe into the United States. COVID-19 has been declared a global pandemic by the World Health Organization.

<https://www.rochesterregional.org/news/2020/02/coronavirus-in-new-york>

Financial Assistance

Monroecounty.gov



As of now TAX
filing can be
postponed until
July 15th.

The Financial Assistance Division is responsible for the delivery of Temporary Assistance, Medicaid, SNAP (Supplemental Nutrition Assistance Program), Child Support Enforcement and Day Care subsidies, and for ensuring that only persons eligible for public assistance services are provided such aid. This division also includes employment, domestic violence and managed health care services.

Financial Assistance services are provided in the form of cash, rent, utilities, transportation, food/nutrition, housing, health insurance, day care subsidies, job search support, and job skills training to those who meet eligibility requirements.

The government assistance programs of Temporary Assistance, Medicaid and SNAP (Supplemental Nutrition Assistance Program) are complex and governed individually by their own set of laws, rules and regulations. The answer to most program-related questions often begin with the words, 'it depends.'

In collaboration with community case managers from several local human services agencies, we have developed and published [DHS 101](#). This booklet of information serves as a basic guide to navigating the complex systems of social services. We try to publish updates at least once per year, but the laws often change frequently. If you see information that is out-dated, please let us know.

FOODLINK

Mobile Pantry Schedule

FRIDAY 3/20/20

Livingston County:

- Little Lakes Community Center: 4705 South Main Street Hemlock 14466 (9-11AM)



Monroe County:

- Cameron Ministries: 48 Cameron Street (9-10:30 AM)
- Rochester Family Mission: 230 Adams Street 14608 (5-7 PM)

SATURDAY 3/21/20

Genesee County:

- Le Roy: ½ Mill St LeRoy 14482 (11AM–1PM)

Monroe County:

- Pearce Memorial: 4322 Buffalo Rd, North Chili 14514 (9-10:30 AM)

MONDAY 3/23/20

Monroe County:

- Community Place: 145 Parsells Ave 14609 (10-11 AM)

TUESDAY 3/24/20

Wyoming County:

- Valley Chapel Free Methodist Church: 3415 State Route 19 S Warsaw 14569 (9-11AM)

Ontario County:

- Wellspring: 22 Teft Ave Clifton Springs 14432 (5:30-7:30 PM)

WEDNESDAY 3/25/20

Monroe County:

- Salvation Army: 100 West Avenue Rochester 14611 (9-10:30 AM)

Monroe County:

- Grace Church of the Nazarene: 2924 S. Union St. Rochester 14624 (5-7 PM)

Allegany County:

- Cuba Cultural Center: 38 E Main St Cuba 14727 (3:30-5:30 PM)

THURSDAY 3/26/20

Orleans County:

- Calvary Cupboard: 324 Catherine St Medina 14103 (5-7 PM)

Wayne County:

- Lyons Community Center: 9 Manhattan Street Lyons 14489 (4-5:30 PM)

FRIDAY 3/27/20

Yates County:

- Starkey Town Barn: 656 Dundee-Glenora Rd, Dundee 14837 (4-6 PM)

Livingston County:

- East Avon Fire Hall: 1615 W Henrietta Rd, Avon 14414 (10-11:30 AM)

TUESDAY 3/31/20

Seneca County:

- South Seneca Food Pantry: 7137 Main St Ovid 14521 (3-5 PM)

Wayne County:

- Sodus Intermediate School: 54 Mill Street, Sodus, NY 14551 (4-5:30 PM)

https://foodlinkny.org/fight_hunger/mobile-pantries/#tab-1



**Mobile
Food Pantry**

FOOD—Children and Families

SNAP recipients of households with children who would otherwise receive free or reduced-price meals if not for their schools being closed are eligible for emergency benefits. Households wishing to access this emergency benefit can call the SNAP Workgroup at 585-753-2740 or email dfa2a26.sm.monroe.team41@dfa.state.ny.us with a request. Additional waivers to the SNAP program administration will be forthcoming from NYS Office of Temporary and Disability Assistance.

Individuals in need of a **benefit cards** should call 585-753-6006 for a card to be mailed to them within 24 hours.

School Districts Outside of Monroe County

Families outside of the City of Rochester who are eligible for free or reduced meals should also check with their local school district to find out more information on food distribution in your district.

City of Rochester R-Centers

The City of Rochester and Foodlink are providing pre-packaged breakfast, lunch and dinner, Monday through Friday, at the following city R-Centers and schools between the hours of 8 a.m. and 8 p.m.:

- Adams Street R-Center, 85 Adams St.
- Avenue D R-Center, 200 Avenue D
- Carter Street R-Center, 500 Carter St.
- Tyshaun Cauldwell R-Center, 524 Campbell
- Frederick Douglass R-Center, 990 South Ave.
- Flint Street R-Center, 271 Flint St.
- David Gantt R-Center, 700 North St.
- Trenton and Pamela Jackson R-Center (Clinton-Baden), 465 N. Clinton Ave.
- Thomas Ryan R-Center, 530 Webster Ave.
- East Upper & Lower School, 1801 E. Main St.
- Dr. Freddy Thomas Campus, 625 Scio St.
- The former Jefferson High School, 1 Edgerton Pk.
- James Monroe High School, 164 Alexander St.
- John Williams School No. 5, 555 Plymouth Ave.
- Wilson Foundation Academy, 200 Genesee St.



Burger King and McDonalds and probably other places by now are offering free meals for kids. Call places near you to find out what they are offering and during which hours.

<https://www2.monroecounty.gov/hs-coronavirus#food>

CHILDCARE—Monroe County

[Childcare Applications—https://www2.monroecounty.gov/files/hs/OCFS-6025%205-2019.pdf](https://www2.monroecounty.gov/files/hs/OCFS-6025%205-2019.pdf)

[How to fill out Childcare Assistance Application—https://www2.monroecounty.gov/files/hs/OCFS-6026%205-2019.pdf](https://www2.monroecounty.gov/files/hs/OCFS-6026%205-2019.pdf)

Applications for **Child Support** can be mailed or emailed to the Child Support Unit at 33 N. Fitzhugh St. 14614. Parents needing assistance with child support issues are encouraged to call the Child Support hotline at 888-208-4485 or by email at : CSEWEBMonroe@dfa.state.ny.us

Current childcare subsidy recipients with school age children are eligible to have their care authorizations updated to include full time care during the day while school is out if their provider can accommodate them. Families in need of such, can contact us by email at : dfa2a26.sm.monroe.ChildCare-DHS@dfa.state.ny.us

For families not currently in receipt of subsidy, childcare eligibility certificates can be provided to allow for use of subsidy to pay for childcare by eligible providers during school closures. Families must provide the childcare application (6025) as well as proof of employment for consideration. Applications can be emailed to dfa2a26.sm.monroe.ChildCare-DHS@dfa.state.ny.us or faxed to 585-753-6308.

<https://www2.monroecounty.gov/hs-coronavirus#childcare>



Transportation



Regional Transit Service announced Thursday (March 19th) afternoon it plans to temporarily waive bus fares beginning Friday.

The fares will be waived until at least April 19, or until the current state of emergency is lifted in Monroe County.

"RTS will assess the situation at that point, in coordination with local elected leaders and health experts, and make a determination on next steps," a release stated.

The fares will also be waived for RTS Access and Lift Line paratransit programs.



Housing Worries?

#CORONAVIRUS KNOW YOUR RIGHTS

YOUR LANDLORD **CANNOT** EVICT YOU
if you are unable to pay rent



Utility Worries?

#CORONAVIRUS KNOW YOUR RIGHTS

YOUR UTILITIES *CANNOT* BE SHUT OFF
if you are unable to pay them!



What about Court?

Information about Coronavirus and the New York State Courts

New York State is experiencing an increase in cases of the coronavirus (COVID-19) and it is expected that the virus will continue to spread. Please be assured that the New York State Court System is monitoring developments closely and is working with our partners at all government levels to take appropriate measures as the situation progresses, and to ensure that courthouses statewide are prioritizing the health and safety of all visitors. Please continue to visit this site for updates on the latest developments concerning the New York State Courts.

Notice of Court Status:

If conditions warrant court closure or any change in operations, notice will be posted on the court system's web site at: www.nycourts.gov, and at: 800-268-7869. Notifications also will be sent out via the New York Courts Alert Emergency Portal (to sign up to receive alerts, visit: www.nycourts.gov/alerts/)

If you have specific questions about your juror service, a case already in court, or you need to start a court case, call: the Coronavirus Telephone Hotline: 833-503-0447.

Juror Service:

If you have been summoned for juror service or are serving on a jury, please see the [notice](#) from the Commissioner of Jurors regarding coronavirus and the flu.

Health Info:

For the latest information on coronavirus and guidance on how to protect yourself, visit: the [New York State Department of Health](#) or the [Centers for Disease Control](#). The State Department of Health also has a coronavirus hotline at 1-888-364-3065. Your healthcare professional always is the best person to consult for questions about your personal health and well-being.

<https://www.nycourts.gov/whatsnew/covid.shtml>

Steuben, Schuyler, Chemung and Tioga Counties

Steuben County Information:

<https://www.steubencony.org>

Schuyler County Information:

<https://www.schuylercounty.us/>

Chemung County Information:

<https://www.chemungcountyny.gov/>

Tioga County Information

<https://www.tiogacountyny.com/>

For ALL:

<https://otda.ny.gov/>

Specific programs or assistance for these areas was difficult to find on line.

Remember 2-1-1 for the latest services in your area.

List of Food Pantries (Corning):

<https://www.foodpantries.org/ci/ny-corning>



Self-Care—Your Mental Health

Steps to Care for Yourself

- **Take Care of Your Body** » Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.
- **Connect** » Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- **Take Breaks** » Make time to unwind. Try to return to activities that you enjoy.
- **Stay Informed** » Watch for news updates from reliable officials.
- **Avoid** » Avoid excessive exposure to media coverage of the event.
- **Ask for Help** » Talk to a clergy member, counselor, or doctor or contact the SAMHSA helpline helpline at 1-800- 985-5990 or text TalkWithUs to 66746.



Common Signs of Distress

- Feelings of shock, numbness, or disbelief
- Change in energy or activity levels
 - Difficulty concentrating
 - Changes in appetite
- Sleeping problems or nightmares
- Feeling anxious, fearful, or angry
- Headaches, body pain, or skin rashes
- Chronic health problems get worse
- Increased use of alcohol, tobacco, or other drugs

Seek help from your healthcare provider if these stress reactions interfere with your daily activities for several days in a row.