

Jefferson City Housing Authority Senior Newsletter

May Newsletter 2020



We know our newsletter looks very different than it has in the past. We are still providing you a helpful informational resource, but for now, there are no activities or trips included. We can't wait to get back to normal and be able to meet in groups and provide wonderful outings and activities for you to enjoy.

Safety First! In these uncertain times, we need to do all we can to keep ourselves and our neighbors safe. Wash your hands often, stay at least 6 feet away from other people, and minimize skin contact with elevator buttons and doorknobs. Keep in contact with friends and family by phone or email. Visitors can only be in your unit. We are following the directives of local government. As those directives change, we will too. We want everyone to stay safe and healthy. Please do your part. Thank you.



What is social distancing?
Social distancing is a public health practice that aims to prevent sick people from coming in close contact with healthy people in order to reduce opportunities for disease transmission. It can include canceling group events or closing public spaces, as well as individual decisions such as avoiding crowds. The goal of social distancing right now is to slow down the outbreak in order to reduce the chance of infection among high-risk populations and to reduce the burden on health care systems and workers.

Reminders

Continue to practice social distancing at all times.
We need to work together to keep our community safe

- Stand 6 feet away from the elevator doors or entryways to permit people to safely enter or exit and maintain social distancing practices.
- If you are in any common areas like, halls, elevators or smoking areas, please spread out.
- If you are leaving your apartment, consider wearing a mask or covering your mouth and nose, even if you are not sick.
- Wash your hands often and try to not touch your face.
- Any surfaces you touch on a regular basis such as phones, tablets counters, remotes, doorknobs, medical equipment or anything that assists in your mobility, should be cleaned often.
- Experts tell us that smoking may increase the risk of a severe COVID-19 infection. If you smoke, please use extra caution to prevent getting sick.
- Keeping yourself healthy: Eat healthy foods and drink plenty of water. Get enough sleep and physical exercise. Avoid excessive amounts of caffeine and alcohol and limit use of tobacco products if you smoke.

Cole County COVID-19 Assistance Helpline

Phone Number: 573-634-6999 Hours of Operation: 8:30 – 4:30 pm, Monday – Friday Services:

Grocery/food pantry delivery, pharmaceutical delivery (non-narcotics) and other critical direct services.

If you need assistance with meals, access to food or transportation, or caregiver support, call Aging Best at 1-800-369-5211

Due to the shortage of toilet paper, you may have to turn to alternatives. Please do not flush anything but toilet paper down the toilet as that will cause a clog. Everything else should be placed in the trash.



Resources Available

Food

Changes to Food Stamps/SNAP benefits

- Food Stamps/SNAP recertification period extended by 6 months for those coming due in April/May.
- All households currently eligible for SNAP will receive the maximum amount of benefits for the household size during the pandemic.

Any low-income individuals who are now in need of Food Stamps or other benefits should reach out to the Family Support Division for help. Missourians can apply for services 24/7 online by visiting [MyDSS.mo.gov](https://mydss.mo.gov).

The Salvation Army, 927 Jefferson Street, is continuing lunch and dinner services by offering grab and go meals. Its food pantry is open by appointment only, make an appointment by calling 573-635-1975 ext. 7.

Samaritan Center, 1310 E. McCarty St., is offering a drive-thru, non-contact pantry. Hours of the food Pantry are 9-11 am on Tuesdays and Wednesdays and 2-5 pm on Thursdays.

The Pantry of JC, distributes food from 11 am - 4 pm on the 4th Saturday of each month. During the COVID-19 outbreak it is providing additional distributions by appointment only. Appointments can be made between 9-11 am., Tuesdays and Thursdays and between 4:30-6:30 pm Mondays, Wednesday and Fridays by contacting The Pantry JC via Facebook Messenger or using the contact form at thepantryjc.org.

Building Community Bridges, 213 E. Ashley St., provides a pantry from 10 am - 2 pm the first and third Thursday of each month.

First Christian Church, 327 E. Capitol Ave., provides a pantry from noon - 4 pm. every Tuesday.

First Presbyterian Church, 324 Madison St., provides a pantry from 1-3 pm. every Tuesday, bring a Photo ID. The church also offers to go meals at 5 pm. on Sundays.

The food bank for Central and Northeast Missouri is continuing its Cole County mobile food pantry using a drive-through to maintain a social distancing. The pantry will be located at Helias Catholic High School football Stadium, 1305 Swift Highway from 10 AM to noon on the first Saturday of each month.

Aging Best is providing curbside pickup and home delivered meals for seniors in Cole County. Curbside meals are currently available from 11 am to 12:30 pm Monday through Friday at the Clarke Senior Center in the Hyder Building. Call 573-634-8020 before 10:00 am to arrange to pick up a meal.

The United Way of Central Missouri is administering the Central Missouri Food service industry relief fund, intended to offer financial aid to members of the on-premises food service industries. To apply for aid visit us at www.unitedwaycemo.org/COVID-19.

Financial Resources

Catholic Charities of Central and Northern Missouri has an online form to request financial or volunteer assistance by calling 573-635-7719.

The Salvation Army of Jefferson City offers rent and utility assistance. To find out if you qualify, call 573-635-1975 and follow the prompts to reach social services.

Central Missouri Community Action has extended its energy assistance program to include anyone who has recently lost their job or has been furloughed due to the COVID-19 crisis in Cole County. The applications for the low income home energy assistance program are available at <https://cmca.us/get-help/energy-assistance/>

Legal Resources

Missouri.freelegalanswers.org is a service of the Missouri Bar, American Bar Association, offers free legal help for people whose income has been impacted by the COVID-19 crisis or who qualify as a low-income household.

Mental Health Resources

SHOW ME HOPE offers free support to persons impacted by the COVID-19 pandemic, with the **CRISIS COUNSELING**: Do you need help dealing with stress and anxiety? Do you need someone to talk to? Call our **HELPLINE** at **573-247-1629**.

Compass Health Immediate Access Disaster Hotline
Monday -Friday 7 am to 7 pm - **1-888-237-4567**
Other times 1-800-833-3915

COVID HOTLINE (24 hours): **1-877-435-8411**

Disaster Distress Helpline: **1-800-985-5990**

SUICIDE PREVENTION CRISIS LINE: **1-800-273-8255**