

Philadelphia Corporation for Aging Remains Committed in the Midst of the COVID-19 Pandemic

Community Relations Department

The world as we know it has undoubtedly changed as a result of COVID-19. Many of you are used to receiving educational sessions from PCA's Community Relations Department through conferences and trainings. Unfortunately, due to COVID-19, we've had to adjust how information is now disseminated to our community. Below are multiple resources that you or a community partner may find helpful. Community Relations staff can be contacted directly via email or by phone at 215-765-9000:

Wanda F. Mitchell, Director, Wanda.Mitchell@pcaCares.org, ext. 5340

Roger Moore, Outreach Coordinator, Roger.Moore@pcaCares.org, ext. 5341

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Helpline

PCA's Helpline staff can be reached at **215-765-9040** to schedule an assessment or provide assistance as needed. Housing and Older Adult Protective Service referrals can still be made at this number as well.

Long Term Care Assessment (LTCA)

All assessments are being conducted via telephone. No face to face assessments are conducted at this time. To schedule an assessment, please call PCA Helpline at **215-765-9040**.

Meals Distribution

PCA has committed to continuing its home-delivered meals program for income-eligible consumers throughout the COVID-19 pandemic. In addition, PCA is working with senior centers throughout the city to provide grab-and-go lunch options. Visit pcaCares.org/seniorcenters to find a senior center near you.



**Our staff remain committed to improving the quality of life for seniors and individuals with disabilities.
For more COVID-19 related information and resources for seniors visit PCA's website at
www.pcaCares.org.**



As many of you are aware Thursday, April 1 was Census Day. If you have not completed the Census application, you still have time. We want to ensure our communities are counted. Complete the census form online at my2020census.gov or by phone before April 30, 2020 and a census worker will not come to visit you. Everyone in the household should be counted; children, youth, adults, and seniors. The census happens once every 10 years. Make sure your voice is heard!

Ways to cope with stress:

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths, stretch, or meditate
 - Exercise regularly, get plenty of sleep
 - Try to eat healthy, well-balanced meals
 - Avoid alcohol and drugs
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.

Need help? Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

- Visit the Disaster Distress Helpline website, call 1-800-985-5990, or text [TalkWithUs](#) to 66746
- Visit the National Domestic Violence Hotline website, or call 1-800-799-7233 and TTY 1-800-787-3224.



Senior**LAW** Center
Protecting the Rights of Older Pennsylvanians

Open and Advocating for Older People During the COVID-19 Pandemic

Physical office locations remain closed, however staff continue to provide legal services during this time of crisis. Join us in making extra efforts to ensure the older people in our lives are safe, healthy and connected. Areas of law include: *Fraud/Bank Account Issues, Illegal Lockouts/Evictions, Emergency PFA's, Emergency Custody, Elder Abuse, Social Security/Income, and Utility Shut Offs.*

Those needing services should contact the SeniorLaw Center by phone at:

215-988-1242 (Philadelphia) 610-910-0210 (Bucks/Montgomery)
610-910-0215 (Delaware/Chester) 1-877-727-7529 (statewide)



City of
Philadelphia

Get Free and Nutritious Food During COVID-19

The City of Philadelphia has made available a listing of sites that are providing free meals to families. Residents do not need to present an ID or proof of income for eligibility.

About food sites:

- Sites are open Mondays and Thursdays from 10 a.m. – 12 p.m.
- Residents can pick up one box per household.

For more information and site locations, go to <https://www.phila.gov/2020-03-28-where-to-find-free-nutritious-food-during-covid-19/>



The Race Against Hunger is going virtual! The Race is being re-imagined as a virtual event so that you can run or walk where and when it works for you between April 17th and April 27th. Support PCA's Team here: <https://hungercoalition.salsalabs.org/race2020pca/index.html>