

Dear Patient(s),

I understand that it is a very difficult time and you may be experiencing numerous hardships. We want to make sure you are aware that we are here to help you so that you could maintain your medical/ mental health needs. I have composed a list of resources that you could utilize to alleviate some of the stressors you may be facing during this time. Please do not hesitate to contact me if you have any questions or need assistance with something that may not be listed.

Greatly Appreciated,

**Anna Andrews, LMSW**  
**(929) 536-1040**  
**M-F 8:30-4:30pm**

## **COVID-19 RESOURCES**

### **Food Pantries/Food Assistance**

Many local restaurants and food pantries are providing lunches for students and families whose daily lives have been disrupted due to the coronavirus shutdowns. You can also find a list of food pantries/soup kitchens, organized by borough, by clicking this [link](#).

### **QUEENS**

- **Jackson Diner** - 37-47 74th Street Jackson Heights, NY 11372
  - Complimentary boxed lunch for any needy families with kids. Please email us at [jacksondinernyc@gmail.com](mailto:jacksondinernyc@gmail.com)
- **Blessed Virgin Mary Help of Christians Church** - 70-31 48th Ave, Woodside, NY 11377
  - Food Pantry: Thursdays, 9:30a - 12pm
- **First Baptist Church** - 100-10 Astoria Blvd, East Elmhurst, NY 11369 P: (718) 446-0200
  - Soup Kitchen on Wed 12pm-1pm,
  - Food Pantry Sat at 12pm-2pm
- **St Mark AME Church - The Voices of Hagar Food Pantry** - 95-18 Northern Blvd, Jackson Heights, NY 11372 P: 718-205-0506
  - Food Pantry on Tue 12pm-2:30pm
- **Corona SDA Church**, 35-30 103rd Street, Corona, NY 11368, P: 718-429-7050
  - Soup Kitchen - Sun 12pm - 2pm
  - Food Pantry - Mon 9am -11am
- **Salvation Army**, Queens Temple, 86-07 35th Ave, Jackson Heights, NY 11372, P: 718-335-3693
  - Soup Kitchen: Mon-Fri 12pm–1pm
- **New Immigrant Community Empowerment**, La Jornada, and World Central Kitchen and Assembly Member Catalina Cruz are giving meals to community members in Queens. Please call 718-458-5367.

## Funeral/Burial Assistance

### From NYS Assembly Member Catalina Cruz' Office:

**HRA Burial Assistance:** Low-income New York City family members may be eligible for up to \$900 in financial assistance to meet the costs of funeral expenses for a deceased low-income New York City resident- <https://www1.nyc.gov/site/hra/help/burial-assistance.page>

**FEMA Disaster Funeral Assistance:** FEMA Funeral Assistance is provided to help with the cost of unexpected expenses associated with the death of an immediate family member attributed to an event declared a major disaster or emergency- <https://www.fema.gov/>  
Other resources are also available. Call our office to learn more at 718-458-5367.

### Contact Your Local Consulate if the Body Needs to Be Repatriated Outside the U.S.

If the person is an immigrant and had indicated that he or she would like to be repatriated outside of the U.S. for burial, contact the consulate of the person's country of origin. Each country has its own requirements and steps you need to take before transporting the body. The consulate will guide you through necessary paperwork and documents needed in order to make the process as smooth as possible.

If you need help navigating the consular process, please contact our office at 718-458-5367.

## Funds and Other Resources

- **NYSYLC** has created a fund for undocumented youth and families in the wake of coronavirus crisis. If you wish to apply for this fund, please email [info@nysylc.org](mailto:info@nysylc.org) for more information.
- **RAISE NYC's** Undocumented Workers Fund will support undocumented workers in the service industry who will not have the privilege to apply for unemployment benefits during the COVID-19 health crisis. The fund will be distributed to undocumented workers at restaurants in Manhattan & Brooklyn. Email [undocuworkersfund@gmail.com](mailto:undocuworkersfund@gmail.com) for more information.
- **Betancourt Macias Family Scholarship Foundation** – If you are undocumented yourself or have family members who are undocumented and have been impacted by the COVID-19 pandemic, click on this [link](#) to fill out the request form.
- **ROC United** has listed [national and city/state](#) resources available to restaurant workers during the COVID-19 pandemic.
- The [Coronavirus Care Fund](#) was established by the **National Domestic Workers Alliance** to provide emergency assistance for home care workers, nannies and house cleaners to support them in staying safe and staying home to slow the spread of the coronavirus and to care for themselves and their families.
- **Nueva Yorkinos** has compiled a list of [resources](#) available during this crisis.
- **National Domestic Workers Alliance** (NDWA) have created a [National Domestic Workers Alliance Emergency Fund](#). At this time, the Coronavirus Care Fund application is open to domestic

workers who have participated in NDWA activities, NDWA chapters, affiliate organizations, circles and current Alia users.

- [Restaurant Worker Community Fund](#) has funds available for restaurant workers in need of financial assistance. You can apply for financial assistance on their website.

### Hotlines

- New York State Coronavirus Hotline - 1 (888) 364-3065
  - o For Spanish Updates: Text COVID to 692-692
- Tenants' Rights Hotline - (212) 979-0611
- NYC Well - Connect to Free & Confidential Mental Health & Substance Use Support
  - o (888) NYC-WELL
  - o Text WELL to 65173
- National Domestic Violence Hotline - 1 (800) 799-7233
- Family Justice Centers - Queens Number: (718) 575-4545

### For undocumented service workers to apply directly for emergency funds:

<https://ofwemergencyfund.org/help> English

<https://ofwemergencyfund.org/ayuda> Spanish

### LegalHealth

The phone will be answered during business hours of 9:30-5:00 Monday – Friday.

**(929) 333-2264 or emailing [LegalHealthTriage@nylag.org](mailto:LegalHealthTriage@nylag.org)**

Referrals will be responded to base on urgency and on a first come, first served basis. Services are **free and confidential**, you will be contacted directly and the phone number may appear as unknown to them. Attorneys do not have the ability to meet in person at this time.

In addition to the civil legal matters we regularly handle, here are some other issues that you may be facing at this time that would be appropriate for a LegalHealth referral:

- Returning to work after a COVID-19 positive or presumptive diagnosis
- Advance planning for parents with young children, including health care workers
- Shelter advocacy for individuals with COVID-19 symptoms
- Visa extensions for immigrants who can't travel back to their home countries
- Housing conditions that directly impact on an individual's health
- Upcoming court dates
- Upcoming hearings regarding benefits, immigration, Social Security, or other
- The need to recertify for benefits
- Immigration deadlines
- Concerns regarding home care or insurance coverage
- Sick pay, unemployment

**\*NY State COVID-19 Emotional Support Helpline: 1.844.863.9314. It's a free and accessible resource for mental health counseling for any New Yorker.**

**\*Novel Coronavirus (COVID-19) Hotline: 1.888.364.3065 for ALL Coronavirus related questions information.**

### **Food Security Resources:**

- **School Food:**
  - Beginning Monday, 3/23, NYC students can pick up 3 free meals daily from 7:30am-1:30pm Mon-Fri at 400 [NYC sites](#).
  - Go to <https://www.schools.nyc.gov/> or call 311 for updated locations and information
- **Food pantries & free meals NYC**
  - [Hunger Free America's Guide to Queens](#) // [Spanish](#) Version
  - [Feeding America](#) - covers all 5 boroughs

**Invisible Hands /[www.invisiblehandsdeliver.com](http://www.invisiblehandsdeliver.com) (food delivery)**

- **Elmcor Youth and Adult Activities, Inc** **Food Pantry is open.** Open from 11am-5pm, only Wednesdays. 107-20 Northern Blvd. Corona, NY 11368. Entrance is on 108<sup>th</sup> st.
- **Food delivery:** <https://cv19engagementportal.cityofnewyork.us>

### **Access to Technology:**

- **Remote Learning**
  - The NYC DOE wants every student who needs a device for remote learning to have one, even if the student does not have internet access at home. Simply call #718.935.5100 and choose Option 5 on the menu. Someone will help you get a device with internet connection.
    - NYC Public Library branches are closed until the end of May, click here for available resources through their website. Digital library cards can be obtained for access to eBooks and audio-books using [SimplyE](#).
- **WIFI Assistance**
  - [Altice USA](#) - families must apply for free wifi
  - [Comcast](#) - families must apply for free wifi, 60 days
  - [Spectrum](#) - families must apply for free wifi, 60 days
  - [Free Wifi Hotspots in New York](#) - [Queens/Live Links](#)
- 82-61 Broadway (Broadway & Elmhurst Ave)
- 88-03 Roosevelt Ave (Roosevelt Ave & 88th St)
- 30-01 33rd St (33rd St & 30th Ave)
- 33-28 Northern Blvd (Northern Blvd & 34th St)
- 92-03 Roosevelt Ave (Roosevelt Ave & 92nd St)

- 34-02 Queens Blvd (Queens Blvd & 34th St)
- 147-05 Jamaica Ave (Jamaica Ave & Sutphin Blvd)
- 37-02 Astoria Blvd S (Astoria Blvd S & 37th St)
- 83-20 Roosevelt Ave (Roosevelt Ave & Baxter St)
- 10-63 Jackson Ave (Jackson Ave & 49th Ave)
- 90-02 Roosevelt Ave (Roosevelt Ave & Case St)
- 95-36 Roosevelt Ave (Roosevelt Ave & Warren St)
- 31-90 Steinway St (Steinway St & Broadway)
- 45-02 44th St (44th St & Queens Blvd)
- 32-07 Broadway (Broadway & 32nd St)
- 168-06 Jamaica Ave (Jamaica Ave & 168th St)
- 29-01 Broadway (Broadway & 30th St)

[How to Get Service Set Up - https://www.internetessentials.com/covid19](https://www.internetessentials.com/covid19)

Staying Connected During Coronavirus

As our country continues to manage the COVID-19 emergency, Comcast is taking immediate steps to make it easier to connect low-income families to home Internet.

- New Internet Essentials customers will receive two free months of Internet service if you apply by May 13, 2020. After promotion, regular rates apply.
- For all new and existing Internet Essentials customers, the speed of the program's Internet service has increased to 25 Mbps downstream and 3 Mbps upstream.
- Households with outstanding debt owed to Comcast may be eligible for Internet Essentials. We are waiving this qualification if you apply and are approved by 5/13/20. After 5/13/20, standard eligibility rules apply.

### **Parenting Support:**

- [CDC](#): Talking with Children About CoronaVirus
- [CMI](#): Talking to Kids About the Corona Virus Article // [Spanish](#) Version

### **Mental Health Supports:**

- Beginning Monday, 3/23, Yoga International is offering kids free 10-minute yoga breaks via [Facebook Live](#).
  - Check daily for schedule (today's schedule is 11am for 3-6 year olds, 12pm for 7-10 year olds, and 1pm for 11-14 year olds)
- [NYC Well](#)
- [Child and Adolescent Mental Health Emergency and Crisis Services](#)
- [SAMSHA Disaster Distress Hotline: 1.800.985.5990](#)
- [AFSP Article: Taking Care of your Mental Health in the Face of Uncertainty](#)

### **Eviction Prevention:**

- [Catholic Charities](#) - Support given regardless of denomination 888-744-7900
- [Coalition for the Homeless](#) – 212-962-4795

### **Physician Self-Care:**

- Headspace Plus (Meditation App) is offering a free 1-year subscription to healthcare professionals in response to COVID-19, visit <https://www.headspace.com/health-covid-19> to apply.
  - Will need your NPI to subscribe (which you can google)

### **NYC Mayor's Office of Immigrant Affairs:**

- Updates and Resources on CoronaVirus in multiple languages [here](#).

### **WIC:**

- Please advise ALL patient's (registered or unregistered) to call WIC before presenting to the clinic.
  - Registered during pregnancy: date to recertify/register your newborn has been extended by several weeks.
  - Unregistered: Call to schedule intake appointment (no longer required to bring baby to appt).
    - WIC Baxter office created time-blocks specifically designated for priority cases (ie. pregnant women with close EDD or newly postpartum women).
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### **Family Court:**

- Only emergency hearings and applications will be heard at this time
- The Following Emergency applications may be made in person at the Family Court:
  - Petitions for new Family Court Orders of Protection
  - Petitions for new emergency Child Custody & Visitation (Writ of Habeas Corpus)
  - Petitions for Child Support Violations

### **Adoptions:**

- Spence Chapin continues to remain available to SW and our patients, and will work collaboratively with our procedures for visitors.
  - For options counseling, adoption planning, and guidance, please call #800-321-5683, available 24/7.

**QFJC:**

- Queens FJC is temporarily closed, and staff is working from home to serve survivors by phone to provide immediate crisis support and advocacy, including legal consultations, counseling sessions, safety planning, case management sessions, and more.
- Between 9 a.m. to 5 p.m. on Monday through Friday, survivors can reach each of our FJCs directly, in...
  - Brooklyn: 718-250-5113
  - The Bronx: 718-508-1220
  - Manhattan: 212-602-2800
  - Queens: 718-575-4545
  - Staten Island: 718-697-4300
- During evenings and weekends, victims and survivors can access help and resources by:
  - Calling **NYC's 24-hour Domestic Violence Hotline (800-621-4673)**; or
  - Visiting the **NYC HOPE Resource Directory** online at [www.nyc.gov/NYCHOPE](http://www.nyc.gov/NYCHOPE)