

RESOURCES DURING THE COVID-19 CRISIS

WHAT TO DO FOR HEALTH, FOOD & FINANCIAL ASSISTANCE

FOOD ASSISTANCE

Free Meals for Children Under 18 (instructions and locations):

1. Orange County:

<https://www.ocps.net/cms/One.aspx?portalId=54703&pageId=1404484>

2. Seminole County: <https://www.scps.k12.fl.us/covid19/food.stml#meals>

Food Pantries and Food Drop Locations:

1. Second Harvest Food Drop, visit their website for locations near you

https://www.feedhopenow.org/site/SPageServer/?pagename=need_food

2. The Christian Sharing Center

600 N US Hwy 17 92 #152, Longwood, FL 32750

Phone: (407) 260-9155

Open 9:30am- 5PM Mon-Saturday, Closed Sundays

3. Catholic Charities' Agape Mission Market:

1771 N. Semoran Blvd.

Orlando, FL 32807

407-658-1818

Open Monday-Friday, 8:30am-12:30pm (Closed Tuesdays)

FINANCIAL ASSISTANCE

1. Orange County Energy Bill Assistance:

<https://www.orangecountyfl.net/FamiliesHealthSocialSvcs/EnergyBillAssistance.aspx#.XoNQL4V3U-8>

2. Seminole County Financial Assistance:

<http://www.seminolecountyfl.gov/departments-services/community-services/customer-orientation-presentation.stml>

3. Apply for Unemployment Benefits: <https://connect.myflorida.com/>

Tablets, phones, and other mobile devices are not currently supported by CONNECT and may result in errors. Supported browsers are - Internet Explorer version 11, Chrome, Mozilla Firefox versions 16 or 17, or Apple Safari versions 4 or 5.

OTHER SERVICES

1. Other Services Available during COVID 19, visit: <https://cflcc.org/>

RESOURCES FOR SENIORS

1. Seniors First: <http://seniorsfirstinc.org/what-we-do/>

2. Senior Resource Alliance: <http://www.seniorresourcealliance.org/programs/>

3. Meals on Wheels:

4. Seminole County: <https://www.mealsetc.org/need-assistance.php>

5. Orange County: call 407.615.8987 to learn more or to complete an application
<http://seniorsfirstinc.org/what-we-do/meal-programs/>

COVID-19 POP UP COMMUNITY TEST SITES

Seminole County, in partnership with True Health and Florida Department of Health-Seminole, is offering drive up or walk up testing throughout the community.

REQUIREMENTS: Must bring government issued I.D., patients do not have to exhibit symptoms

COST: Free of charge; patients with insurance should bring insurance cards

APPOINTMENTS: No appointments necessary

Please note, testing is for COVID-19. Antibody testing is not available at Pop Up Community Test Sites.



COMMUNITY	LOCATION	DATE
East Altamonte	Apostolic Church- Jesus Christ 444 Ford Dr, Altamonte Springs	Tuesday, April 21 10:00 a.m.-2:00 p.m.
Midway	Midway Community Center 2251 Jitway Ave, Sanford	Wednesday, April 22 10:00 a.m.-2:00 p.m.
Goldsboro	Westside Community Center 919 S Persimmon Ave, Sanford	Thursday, April 23 10:00 a.m.-2:00 p.m.
Lincoln Heights/ Lockhart	Journeys Academy Parking Lot 1722 W Airport Blvd, Sanford	Friday, April 24 10:00 a.m.-2:00 p.m.
Bookertown	Bookertown Community Center 4631 Gilbert Street, Sanford	Monday, April 27 10:00 a.m.-2:00 p.m.
Georgetown	Historic Sanford Stadium 1201 Mellonville Ave, Sanford	Tuesday, April 28 10:00 a.m.-2:00 p.m.
Jamestown	Location To Be Announced	Wednesday, April 29 10:00 a.m.-2:00 p.m.

**FOR MORE INFORMATION, PLEASE VISIT PREPARESEMINOLE.ORG OR CALL 407-665-0000
(DAILY, 8:00A.M. UNTIL 5:00P.M.)**

HOW TO

CARE FOR YOUR HEALTH AND WELL-BEING DURING COVID-19

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

Things You Can Do for Self-Care:

1. **Limit excessive news intake:** Designate a time of the day to check updates from a credible source. Too much exposure to news outlets could increase stress and anxiety, possibly putting extra strain on your immune. Getting information from credible sources like the CDC.
2. **Stay in a routine:** Structure builds resilience when times are difficult. Even during times of self-isolation or social distancing by waking up at a regular time, exercising at home, cooking nutritious meals, working from home, if possible. In times when feeling out of control or powerless it's important to focus on what you can control in the present.
3. **Reach out to loved ones:** Get creative: phone calls, FaceTime, online gaming, or social media. Staying connected to love ones during times of high stress and anxiety allow you to feel emotionally supported. Share how you are really doing and allow others to share with you. This builds connection and feelings that you are not alone in what you/they are going through
4. **Do something that brings you joy!** If that's getting lost in a book that you haven't had a chance to finish, binge watching a series, starting a garden, or spending time in nature by visiting a local trail. Spending time outdoors boosts your mood, lowers stress levels, and boosts your immune system!
5. **Tend to your spiritual needs:** Pray, meditate or journal to unwind and ground yourself from all the chaos.

1. United States Conference of Catholic Bishops (USCCB):
<http://www.usccb.org/about/communications/usccb-president-reflection-andprayer-during-coronavirus.cfm>
2. The following publishers have generously made their resources available to support daily/weekly prayer during these difficult days:
 - Liturgical Press: <https://giveusthisday.org/Digital>
 - Magnificat: <https://us.magnificat.net/free>
Magnificat in spanish <https://latina.magnificat.net/gratis>
 - Bayard: <https://giveusthisday.org/Digital>
 - The Word Among Us: <https://giveusthisday.org/Digital>
La Palabra in spanish <https://la-palabra.com/meditations>

HOW TO CARE FOR YOUR HEALTH AND WELL-BEING CONTINUED

6. Seek help when needed: Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 available 24/7 365 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

7. Reach out to Catholic Charities of Central Florida Behavioral Health Services
 - In English: Program Director-Catherine Galda Email: cgalda@cflcc.org; Contact Care Coordinator Kyle Osborn for services, cell 407-969-8534, Email: kosborn@cflcc.org

 - En Español: Directora de Programa-Catherine Galda Email: cgalda@cflcc.org; Contacte a la Consejera de Salud Mental Rosa para servicios, cell 407-406-1563, Email: rosa.malagon@cflcc.org

SUPPORTING OTHERS

THINGS YOU CAN DO DURING THE COVID-19 CRISIS

Reaching out and doing something for other people is a great way to serve your community during this time, but also serves as a great way to cope with your own stress or anxiety. Below are several suggestions of things you can do to help others.

1. MAKE FACE MASKS FOR HEALTH WORKERS

It's time to put your sewing skills to work to assist our health workers!

You can find instructions on YouTube showing how to sew face masks, just go to: https://www.youtube.com/watch?v=S9RWII2-5_4&app=desktop

(The measurements in the video are given in centimeters. The measurements in inches are 7.5" x 9.5"; two lining pieces are 5" x 7"; and the elastic is cut at 10".)

The masks will be sanitized by the Seminole County Medical Director's team – you don't need to worry about sanitizing them.

As masks are completed, you are asked to drop them off at St. Stephen Catholic Community, 575 Tuskawilla Rd, Winter Springs, in the labeled baskets or carts that will be outside the parish office door. You may drop off masks Monday through Thursday, 8am – 3pm.

Questions? Contact: Becki Long, beckil@st-stephen.com or 407.699.5683 x 223

(see page that follows for details)

2. DONATE FOOD FOR THOSE IN NEED

You can drop off donations directly to The Sharing Center's Food Pantry department. From the front parking lot, if you are facing the Columbian and Italian restaurant, it's the door to the left of the restaurants.

The Christian Sharing Center, Inc.
600 North Highway 17-92, Suite 158
Longwood, FL 32750-3638
Drop-off Hours: 9-4:30pm (ring the doorbell)

Check here for the list of supplies needed:

<http://sharingcenter.permeliamedia.com/covidcrisisalerts/>

Give online using their Virtual Food Drive:

<https://secure.qgiv.com/event/virtualpantrydrive/store/>

SUPPORTING OTHERS DURING THE COVID-19 CRISIS

3. LEARN THE BASICS OF MENTAL HEALTH FIRST-AID

Visit USA Mental Health First Aid's website www.mentalhealthfirstaid.org for loads of information on caring for yourself, your family and your friends. Below is a sample of their information on anxiety.

Anxiety can vary in severity from mild uneasiness to a terrifying panic attack. Anxiety can also vary in length of time that it lasts — from a few moments to many years.

Although everyday anxiety is an unpleasant state, it can be quite useful in helping a person avoid dangerous situations and motivating them to solve everyday problems. However, an anxiety disorder differs from everyday anxiety in the following ways:

1. *It is more severe.*
2. *It is persistent.*
3. *It interferes with the person's activities, studies, and relationships.*
4. *If not treated, it can lead to poor academic performance, impaired social functioning and other negative outcomes.*

Unsure if you need treatment or where to turn? Talk to a health professional. Primary care physicians, mental health professionals, certified peer specialists and psychiatrists can all help you get more information for your specific situation.

4. MAKE INSPIRATIONAL CARDS

Make inspirational cards for people like inmates, patients in hospitals, residents in nursing homes, grieving individuals, and human-trafficking survivors. After the COVID-19 crisis has passed, drop them off at the parish office and we will distribute them for you.

- Use regular stock paper 8.5" x 11", fold it in half or fourths.
- Avoid using hazardous decorations or making 3-D cards.
- Do not sign your full name, sign ONLY your first name.
- Make general inspirational cards or Christmas Cards.
- We accept envelopes and stamps that come with your cards.

St. Mary Magdalen Catholic Church - 861 Maitland Ave., Altamonte Springs.

SERVING OUR COMMUNITY DURING COVID-19

SEW FACE MASKS

for our health workers

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The masks will be sanitized by the Seminole County Medical Director's team – you don't need to worry about sanitizing the finished masks.

Please direct any questions to Becki Long at beckil@st-stephen.com, 407-699-5683 x 223.

NOTE:

The measurements in the video are given in centimeters. The measurements in inches are as follows:

7.5" x 9.5"; the two lining pieces are 5" x 7"; and the elastic is cut at 10".



DROPOFF LOCATION AND TIMES

Monday - Thursday; from 8am - 3pm
St. Stephen Catholic Community's Parish Office
575 Tuskawilla Rd, Winter Springs, FL 32708

Please leave masks in the labeled baskets or carts that will be outside the parish office door.

CHILDREN & FAMILY

RESOURCES DURING THE COVID-19 CRISIS

A FAMILY GUIDE TO WATCHING VIRTUAL MASS

SEE DOCUMENT BELOW.



FORMED[®]... for Families



Formed is an online media library of hundreds of Catholic movies, cartoons, speakers, series, e-books, audio dramas, Bible study, discussion guides and more. It's like a Catholic Netflix. You can access Formed from your computer, smart TV, streaming service, or your smart phone, so you and your kids can listen and watch on the go! Subscription is free for all St. Mary Magdalen parishioners. To register for your free account, visit StMaryMagdalen.org and click on the Formed link in the *Coming Up* section of the homepage.





INDEX FINGER
FOR THE ONES THAT TEACH US
For those who instruct you and heal you. They need the support and wisdom to show direction to others.

MIDDLE FINGER
FOR OUR GOVERNORS
As it is the tallest finger, it reminds us of our leaders, the governors and those who have authority.

RING FINGER
FOR THE SICK AND WEAKEST
It is our weakest finger. It reminds us to pray for the weakest, the sick or those plagued by problems.

THE THUMB
FOR THE ONES WE LOVE
Start praying for those who are closest to you. They are the easiest to remember.

THE PINKY
PRAY FOR YOURSELF
The smallest finger—should remind you to pray for your own needs when you are done praying for the other four groups,

THE 5 FINGER PRAYER

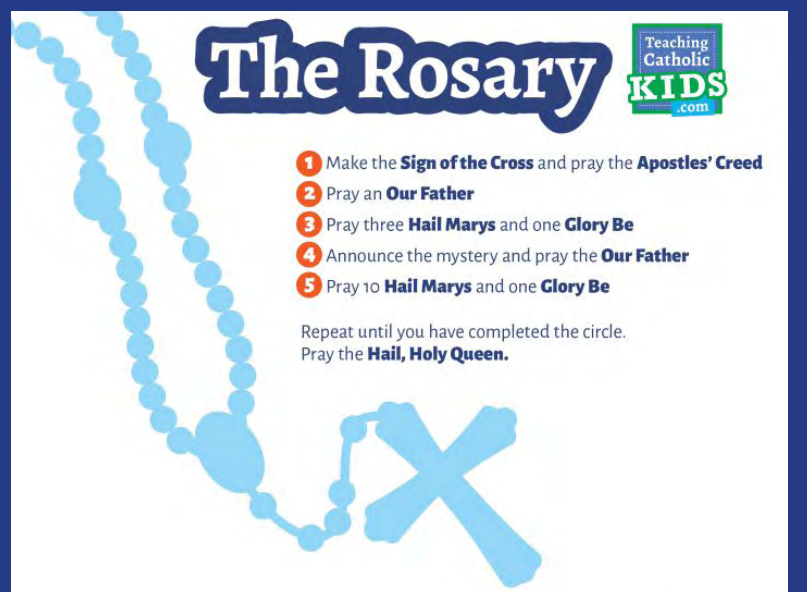
BY POPE FRANCIS

SOURCE:
CATHOLIC.ORG - POPE FRANCIS' FIVE FINGER PRAYER
<http://www.catholic.org/prayers/prayer.php?p=3396>

 CatholicLink

YouTube Channels

- Breaking in the Habit
- Busted Halo
- Sophia Institute for Teachers
- Dynamic Catholic
- St. Mary's Winfield
- Ascension Presents
- The BQ Breakthrough



The Rosary

Teaching Catholic KIDS .com

- 1 Make the **Sign of the Cross** and pray the **Apostles' Creed**
- 2 Pray an **Our Father**
- 3 Pray three **Hail Marys** and one **Glory Be**
- 4 Announce the mystery and pray the **Our Father**
- 5 Pray 10 **Hail Marys** and one **Glory Be**

Repeat until you have completed the circle.
Pray the **Hail, Holy Queen.**

A FAMILY GUIDE TO

WATCHING VIRTUAL MASS AT HOME

BEFORE MASS

Get dressed as if you were going to church

Consider fasting for 1 hour before mass

Say a prayer together in preparation for mass

Prepare the area where you will be gathering

- Set up technology
- Clear the area of distractions and food
- Set up a table/ home altar in front of the tv
[Some items you could include are a purple table cloth, candles, the Bible opened to today's gospel, a cross or crucifix, a statue or picture of Mary and/or your family's patron saint, a list of your family's prayer intentions]
- You could also set up chairs around the tv or computer

Act of Spiritual Communion

*My Jesus,
I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You.
Amen.*



DURING MASS

Participate actively by responding and singing if possible.

Stand, sit, and kneel as you would normally while attending mass.

Join in saying the prayer of spiritual communion.

Consider opening a Bible and following along with the readings.

Pray for an end to COVID-19 as well as for the safety of all medical practitioners and first responders.

Lectio Divina for Children

Things to Keep in Mind

- * Choose the scripture of the day that works best for your children.
 - * It's ok to shorten a passage – God can still speak to you!
- * Connect with experiences, images, and imagination, not just words and phrases.
- * Let God bring peace to your home: resolve to live differently when you finish!

Getting Started

1. Get comfortable and quiet down!
2. Ask: What do you want God to do or say to you in prayer?
3. Opening prayer: Ask God to speak to you through His word.
4. *Read the passage once.*
5. If it makes sense, ask your children to imagine the scene.
6. Read the passage again.

Discussion

1. Ask what image, picture, or word are they thinking about the most?
2. Say, "Why do you think God is inviting you to think about that?"
3. Invite them to respond to God, out loud or in their heart.

Finishing Up

1. Remind them that Our Father in heaven is looking upon us, lovingly.
2. Help them imagine God looking upon them, and how happy He is with them.
3. Invite them to tell God something good about the day, then thank Him.

Resolve

- * Based on prayer and scripture, choose to live more like how God wants you to as a family.

You can find the readings of the day ([English](#) and [Spanish](#)) at the USCCB website. Audio readings ([English](#) only) are also available.

LECTIO DIVINA PARA NIÑOS



COSAS PARA TENER EN CUENTA

- * Elija la lectura del día que mejor funcione para sus niños.
- * Está bien acortar un pasaje – ¡Dios todavía podrá hablarle!
- * Haga una conexión con experiencias, imágenes y la imaginación, no solo palabras y frases.
- * Deje que Dios traiga paz a su hogar; ¡decida vivir de un modo diferente al terminar!

PARA EMPEZAR

1. Póngase cómodo y *haga silencio*
2. Pregunte: *¿Qué quieren que Dios haga o les diga en oración?*
3. *Pídale a Dios que le hable a través de Su palabra*
4. *Lea el pasaje despacio y haga una pausa*
5. *Si tiene sentido, pida a sus niños que imaginen la escena*
6. *Vuelva a leer el pasaje y haga otra pausa*

DISCUSIÓN

1. *Pregunte ¿qué imagen, figura, o palabra les llamó más la atención?*
2. *Diga, “¿Por qué crees que Dios te está invitando a pensar acerca de eso?”*
3. *Invítelos a responder a Dios, en voz alta o en su corazón.*

PARA TERMINAR

1. *Recuérdelos que nuestro Padre celestial nos mira con cariño.*
2. *Ayúdelos a imaginarse a Dios mirándolos y lo contento que está con ellos.*
3. *Invítelos a compartir algo bueno acerca del día con Dios y a darle gracias.*

DECIDA

- * En base a la oración y la lectura, elija como familia vivir más como Dios quiere que vivan.

Puede encontrar las lecturas del día ([Español](#) e [Inglés](#)) en la página web de USCCB. Audio de lecturas ([Inglés](#) solamente) también está disponible.