



C.O.P.E. MINISTRY

SUPPORT RESOURCES

Please note that several of these resources are adapted from the website below:

<https://www1.nyc.gov/site/em/resources/covid-19-services-resources.page>

1. FINANCIAL ASSISTANCE RESOURCES

- a. Visit ACCESS HRA to apply for cash assistance at: <https://a069-access.nyc.gov/accesshra/>
- b. Visit HRA Home Energy Assistance Program (HEAP) to apply for the Home Energy Assistance Program (HEAP) grant at: <https://www1.nyc.gov/site/hra/help/energy-assistance.page>
- c. Call New York Disaster Interfaith Services (NYDIS) at 212-669-6100, Monday - Friday, 9:00 a.m. - 5:00 p.m. Emergency "life safety" financial assistance for under-resourced households with a direct impact.

2. EMPLOYMENT RESOURCES

- a. Unemployment Insurance: <https://labor.ny.gov/unemploymentassistance.shtm>
- b. Employment Opportunities
 - i. <https://www1.nyc.gov/site/sbs/careers/find-a-job.page>
 - ii. America Works - <http://americaworks.com/contact/>.
 - iii. Virtual Contact information:

Headquarters Office:	212-599-5627
Bronx:	718-801-4668
Brooklyn:	718-797-5627
Jamaica:	718-206-9675
Far Rockaway:	718-673-6700
Staten Island:	718-447-5627
5 th Avenue:	212-947-5627

3. SMALL BUSINESSES RESOURCES

- a. Financial Assistance and Guidance for Businesses
<https://www1.nyc.gov/site/sbs/businesses/covid19-business-outreach.page>
- b. Resources for small businesses (courtesy of GJDC). Check the link regularly and bookmark it for access to the latest updates. [Client Covid 19 Biz Support Programs.xlsx](#)

4. FOOD RESOURCES

- a. Meals On Wheels is still active. (For Seniors 60+ with disability or physical defects).
 - i. Go to <https://www.mealsonwheelsamerica.org/>
 - ii. Enter your zip code to locate the closest center. Call the center for assistance with enrollment, delivery and pick up.
- b. JASA – For seniors 65 and over.
 - i. https://www.jasa.org/community/index.html#Xn_OBy2ZNQI
 - ii. Offers home delivered meals to seniors throughout the 5 boroughs.
 - iii. Also offer health aide services.
 - iv. They may also offer car service to bring the senior to his/her doctor’s visit.
 - v. Events that keep seniors involved and active.
- c. Catholic Charities Community Services, Archdiocese of New York Helpline at 1-888-744-7900. (Food resources and support for seniors).
- d. NYC Food Bank: <https://www.foodbanknyc.org/get-help/>
- e. Hunger Free America
<https://www.hungerfreeamerica.org/neighborhood-guides-food-assistance>
- f. SNAP (Food Stamps): Apply online: <https://a069-access.nyc.gov/accesshra/>
- g. RAIN – Bronx Seniors over 60 years old. Call 718-231-5717
- h. Free Grab-And-Go Meal from 400 locations across the city – All NYCDOE students can obtain 3 meals.
 - i. Go to <https://www.schools.nyc.gov/school-life/food/free-meals>
 - ii. Fill out appropriate form with either ‘Borough and District’ or ‘zip code’. Go to the closest location and obtain meals.
 - iii. No registration, ID or documentation required.
 - iv. All 3 meals a day may be picked up at the same time.
 - v. Parents and guardians may pick up meals for their children.

5. RENT ARREARS & PUBLIC ASSISTANCE RESOURCES

If your work schedule was reduced as a result of the coronavirus and you are unable to pay your rent, you can apply for a Cash Assistance special grant request to get benefits for emergencies.

- a. If you have an active Cash Assistance case, visit ACCESS HRA New York City Housing Authority at <https://a069-access.nyc.gov/accesshra/>
- b. HRA one-shot deal: See the website for a detailed explanation on qualification and process of obtaining this assistance.
<https://www.coalitionforthehomeless.org/get-help/im-in-need-of-housing/one-shot-deals/>
- c. NYCHA residents that experience a loss of income may qualify for a rent reduction. Households that have experienced a complete income loss may qualify for the Zero Income Policy.

Agency: Human Resources Administration

Phone Number: 718-557-1399

Business Hours: Monday - Friday: 8:00 a.m. - 5:00 p.m.

6. EDUCATIONAL RESOURCES

Free help is available for anyone to access or set up their child's remote learning, in addition to creating appropriate schedules for children while they are home.

- a. Access to Free Internet at Home
 - i. Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. Installation fees will be waived for new student households.
 - ii. To enroll, call Spectrum at 844-488-8395.
- b. Supplemental learning activities and programs that are always available to students of all ages.
 - i. <https://www.khanacademy.org/> (for all).
 - ii. <https://www.engageny.org/> (for State Math and ELA exam practice).
 - iii. Free Museum Tours Available: Google Arts & Culture has teamed up with 500 museums world-wide to deliver online tours of their exhibitions.
<https://artsandculture.google.com/partner?hl=en>

7. SPIRITUAL RESOURCES

- a. ANAT Livestream: For all your Bible Study and Worship service needs.
<https://livestream.com/accounts/5275299>
- b. ANAT I-Pray: Join several groups for prayer by calling 646-307-1210
 - i. Monday - Friday: 5:30 a.m. - 7:00 am; Tuesday: 9:15 p.m. - 10:30 p.m.
 - ii. Thursday: 9:00 p.m.; Friday: 7:00 a.m. - 9:00 a.m.; Friday: 7:00 p.m. - 9:00 p.m.
 - iii. Saturday: 5:00 a.m. - 7:00 a.m.
 - iv. New Prayer line: 877-470-8519. Access code: 6224440
- c. YouTube or Spotify: You can play gospel and/or inspirational music on these websites.
- d. Giving - Ways to give.
 - i. Text "DONATE" to 718-400-6099
 - ii. Online giving: <https://www.allnationsapostolic.org>
 - iii. Zelle: email: finance@anatny.org

8. EMOTIONAL & MENTAL HEALTH SUPPORT RESOURCES

An infectious illness outbreak such as this one can be stressful to you, your loved ones, and your friends. It is not abnormal to feel anxious, scared, depressed and overwhelmed in light of this world wide crisis of the COVID-19 pandemic. Below are several resources to help you cope.

- a. If you're not feeling well, call 844-863-9314 (NYS COVID-19 emotional support hotline).
- b. If your symptoms of stress become overwhelming, reach out for support and help. You can contact NYC Well, a confidential 24/7 helpline, staffed by trained counselors. They can provide brief counseling and referrals to care in over 200 languages.
 - i. Call 888-NYC-WELL (888-692-9355)
 - ii. Text "WELL" to 65173
 - iii. Chat at: [NYC.gov/nycwell](https://nyc.gov/nycwell)
 - iv. Website at: <https://nycwell.cityofnewyork.us/en/>

- c. Mental health information: <https://www.samhsa.gov/>
- d. Ideas to pass the time and escape a little from all that's going on.
 - i. Classical Music: For those who listen and see and feel: <https://youtu.be/3eXT60rbBVk>
 - ii. Museums: Google Arts & Culture has teamed up with 500 museums world-wide to deliver online tours of their exhibitions.
<https://artsandculture.google.com/partner?hl=en>

9. HEALTH & MEDICAL ASSISTANCE

- a. Zero to low Cost Health Insurance: <https://nystateofhealth.ny.gov/>
- b. Medicaid: <https://a069-access.nyc.gov/accesshra/>
- c. Department of Aging: Medicare and other Health Insurance for seniors
<https://www1.nyc.gov/site/dfta/services/health-insurance-assistance.page>

10. OTHER ASSISTANCE RESOURCES

Nonprofit Organizations

- a. Immigrant & Refugee Services Email: immigration.services@archny.org or call 212-419-3700.
- b. Fair Fares NYC: People with low income can get 50% discount in transportation cost for subway and some buses. Visit: <https://a069-access.nyc.gov/accesshra/fairfares>
- c. Visit this website for over 30 economic opportunity and benefits programs for all age groups:
<https://access.nyc.gov/programs/>

11. EXERCISE RESOURCES

It is now more important to stay active than ever before, especially for our golden agers. Free workout videos on YouTube can help.

- a. Workouts catered to the elderly.
https://www.youtube.com/results?search_query=workout+for+seniors
- b. For all other ages, just search for workout exercises on YouTube where you'll find thousands of videos.
- c. Go for a walk in your community, but make sure you practice social distancing.

12. ANAT CARE - INTERNAL SUPPORT

In addition to the resources indicated above, ANAT Care is an internal team that has been established to offer emotional support to ANAT members as we go through the COVID-19 pandemic.

We offer support to our members by listening. We do not counsel or coach. We hold the door for members to explore their emotions. We listen, we do not instruct.

The emotional support team can be contacted via telephone or email (as given below). Please leave a brief message including your contact information and someone will contact you as soon as possible.

Telephone: 516 858 3282

Email: anatacare@anatan.org