WELCOME

We will be starting momentarily.
School Based Resources
for
San Juan Unified School District
School Based Resources

https://www.sanjuan.edu/covid19
School Based Resources

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School Based Resources

Family Resources

- Family Resources
- Tips for Families
- Distance Learning Resources
- Internet Access
- Technology Support
- Health Services
- Mental Health Resources and Social Emotional Support
- Local Food Banks
- Community Partner Resources
- Family Training

Family Resources

Welcome to the Family Resources Hub. We hope you will find the information on the subsequent pages helpful as we navigate the COVID-19 situation and the challenges that it brings.

Menu

- Tips for Families
- Distance Learning Resources
- Internet Access
- Technology Support
- Family Training
- Health Services
- Mental Health Resources
- Local Food Banks
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Food Resources

For All Families – Weekly Food Distribution

Each Family receives non-perishable food and several pounds of produce

Encina High School Parking Lot
1400 Bell Street Sacramento, CA 95825

When: Every Tuesday
Frequency: Weekly, until further notice
Time: 2:00 p.m. – 4:00 p.m. (or until all food is gone)
**beginning May 12th – 9:00am – 11:00am
School Based Resources

Food Resources

For Children 18 and under—Monday through Friday

San Juan Unified is providing an opportunity for families to pick up two meals daily (lunch and breakfast for the following day) in a mobile walk-up or drive-thru meal service for children 18 and under. The service is available at 27 school sites from 11:30 a.m. to 12:30 p.m. Monday through Friday during school closures due to COVID-19.

These meals will be available free of charge for anyone 18 and under regardless of what school they attend. No paperwork is required. Children must be present in order for meals to be provided. Meals will be provided based on the number of children present. This program will be solely for the pick up of meals, and meals will not be consumed on-site. We encourage families to continue to be proactive in reducing the risk of COVID-19 by not congregating at the school site and utilizing social distancing once meals have been distributed.
School Based Resources

Have you heard from your students’ school or teacher?

¿Has sabido algo de la escuela de sus estudiantes o de los maestros?

Ви чули від працівників школи чи вчителя своїх учнів?

If not, reach out to any one of the contacts listed so that you can connect with them!
Audrey Edwards, School Nurse
Student Support Centers
audrey.Edwards@sanjuan.edu
(916) 979-8514
New Request for Support Form
www.sanjuan.edu/gethelp

• Social emotional support
• Food shelter support
• Physical health support
• Other support
Be Kind To Yourself Flyer
Excellent tips on self care
www.sanjuan.edu/gethelp

Text crisis support – text HOME to 741741
Phone crisis support – (916)-368-3111
Both offer crisis support 24/7
BE KIND TO YOURSELF

Some things you control some things you do not. Your thoughts, your actions and even your emotions you control and they all MATTER!

- Allow yourself to understand your emotions
- Forgive yourself and others, mistakes are necessary to learn
- Practice positive self-talk
- Laugh and express joy
- Practice mindfulness activities
- Do something nice for yourself
- Challenge yourself
- Do something nice for someone else
- Talk & connect with family and friends

REACH OUT

Text "HOME" to 741741 – a 24/7 texting service providing crisis support! Or call 916-368-3111 for 24/7 crisis support!

Visit www.sanjuan.edu/gethelp to access the SJUSD support form
School nurses available for support
Find your school nurse on SJUSD Health Services website

- https://www.sanjuan.edu/Page6822
- Ask principal/teacher/office staff to have school nurse contact you
School nurses can help with:
• Help families obtain Covid 19 testing
• Find out who your student’s assigned pediatrician, Dentist, or eye care provider is
• Help apply for insurance
• Get 2 months temporary insurance through CHDP Gateway program run by Sac. Co. (916) 875-7151
• Starts with physical exam, can request referrals for specialist, dentist, optometrist, get immunizations, fill out school paperwork, like medication at school form
School nurse can also help with:

- Emergency dental appointments for
- Bleeding mouth that won’t stop
- Tooth pain
- Pain and/or swelling gums, jaw
- Broken braces
- Broken or knocked out tooth
- Help finding a good dental home when things open up
School nurses can also help:

- Find an optometrist
- May say closed to new patients but if nurse calls they will take a student on as a new patient
Currently there are a few optometrist offices open:

Martel Eye Medical Group (2 locations)
Phone (916) 635-6161
11216 Trinity River Dr, # H    *   650 Howe Ave. #830
Rancho Cordova, CA 95670  *  Sacramento, CA 95825
Currently a few optometrists office are open, cont.:

Eye 2 Eye Family Optometry
(916) 487-1717
633 Whitney Ave. #A
Sacramento, CA 95821

Eyeglass World, Lenscrafters are opening in 2-4 weeks, depends on the location
Dr. Hamilton

Shawm.Hamilton@healthnet.com
HEALTH SERVICES

Sandra Johnson, LCSW
Sr. Health Program Coordinator
(916) 874-1805
Primary Health Center, 4600 Broadway, is located at the corner of Stockton and Broadway

Open Monday – Friday, 8:00 A.M. to 5:00 P.M. If you are a designated member/patient, in need of medical services, please call (916) 874-9670 to schedule an appointment

If you suspect COVID-19 symptoms, please call our clinic to speak to an advice nurse

If you do not have medical insurance or Medi-Cal, Sacramento County Health Center offers, “Healthy Partners Program”
Healthy Partners:
- Helps Sacramento residents with medical services for those who do not qualify for Full Scope Medi-Cal due to their immigration status.

To qualify, you must be 19 years of age or older and be a resident of Sacramento County.

The Services include:
- Primary Care visits with no cost to members
- Labs and diagnostic services
- Medication

For more information please call (916) 874-1805.
Due to the devastation of COVID-19 pandemic, many people have lost their jobs and medical insurance. If you are interested, you can apply for Medi-Cal or low cost health insurance.

- To apply for Medi-Cal you may contact the Department of Human Services at (916) 874-3100.
- All services are currently available via telephone.

- You may also visit www.coveredca.com to apply for Medi-Cal or low-cost health insurance through Covered California.
- This option allows you to apply for Medi-Cal or low-cost health insurance with a single application.
FREE COVID-19 TEST

- If you have COVID-19 symptoms and you are interested in being tested, you have the following options:
  - If you have a designated primary health clinic/provider, please contact their office for further instructions
  - You may also visit https://www.projectbaseline.com/study/covid-19/ to complete the screening tool and schedule an appointment

- It is critical not to show up to testing sites or doctor’s office without an appointment
HEALTH EDUCATION COUNCIL

PROMOTING HEALTHY COMMUNITIES
Information about COVID-19

FOR THE LATEST UPDATES ABOUT COVID-19 PLEASE CHECK OUT THESE WEBSITES:

- CDC
- WHO
- The White House
- Sacramento County
- Yolo County
- Placer County

U.S. HOUSE OF REPRESENTATIVE - TOOLKIT

- FAMILIES FIRST COVID-19 Constituent Service Resources Toolkit

CALIFORNIA CORONAVIRUS (COVID-19) RESPONSE

- California's Response to COVID-19
- California Surgeon General’s Playbook: Stress Relief during COVID-19
- California Surgeon General’s Playbook: Stress Relief for Caregivers and Kids during COVID-19

www.healthedcouncil.org
Healthy Living Resources!

Visit: https://healthedcouncil.org/prog-upd/schools.html

For cooking tips, recipe videos, healthy living resources, newsletters, and more.
Family Newsletters

FAMILY NEWSLETTER

The Health Education Council wants to provide your family with some information to help you remain happy and healthy while staying home.

This Issue's Features: For the Body, For the Brain, In the Kitchen, Just for Fun!

For the Body

Staying physically active is a great way to burn extra energy, ease tension, and help your body and mind feel better!

• Click HERE to access a physical activity packet to follow along with for the month of April.

Here are tips for remaining active at home:

• Go for walks around your neighborhood, keep a safe distance of 6 feet from others.
• Play music and have a dance party with the whole family.
• Kids need at least 60 minutes of physical activity per day and adults need 30 minutes.
• Click HERE for more at-home physical activity ideas and a daily recess livestream!

For the Brain

During times of uncertainty it is important to take time to care for your mental health and check in on others.

• Click HERE to learn the signs of stress and how to soothe the symptoms.

Here are tips on how to reduce stress & talk to your children about mental health:

• Monitor your own stress levels to model calmness in your household.
• When speaking with your children, listen actively and validate their feelings.
• Practice relaxation strategies, like breathing exercises, journaling, drawing, or some light stretching to help everyone feel calmer.
• Click HERE for more tips to deal with Coronavirus anxiety.

In the Kitchen

Cooking is a great way to try something new and build healthy habits with the whole family.

• Click HERE to access guides & recipes for cooking with your family.
• Click HERE to learn about food planning during the Coronavirus pandemic.

Here are tips to engage kids in the kitchen & make the most of your meals:

• Invite your kids into the kitchen and ask them to help read the recipe or measure the ingredients.
• Make a large batch of one recipe all of once to eat during the week or to freeze meals for later.
• Spruce up leftovers—use them in new ways. Try using leftover chicken in a salad, stir fry, or in sandwiches.
• Create nutritious meals by keeping all food groups in mind when cooking.

Just for Fun!

Don’t forget the importance of staying positive and having fun.

Take a break from the news and try these ideas with your whole family:

• Click HERE for fun and educational activities for kids ages 0-6 years old.
• Click HERE for a list of animal livestreams you can watch from home!

Don’t forget to fill out the 2020 Census online! Click HERE to visit:
https://my2020census.gov/ Remember— all responses are confidential and private.

Virtual Walk With Friends

Join our walking group on Zoom every Monday and Wednesday (in English & Spanish) at noon! Click HERE to learn more and register to join us!

VIRTUAL WALK
Every Monday at 12p.m. Wednesday at 12p.m.
VIRTUAL WALK IN SPANISH
Every Tuesday at 12p.m.

The Health Education Council is a nonprofit organization that educates people and with living in urban fun. Visit the website for more information and resources: Visit: https://www.healtheducationcouncil.org/
At Health Education Council, we recognize the importance of social connection to one’s health and well-being. During this time of physical distancing, we are finding new ways to connect with one another.

- For information on open food distribution sites, check: [https://www.sacramentofoodbank.org/emergency-response-agencies](https://www.sacramentofoodbank.org/emergency-response-agencies)

- For information on school meal sites closest to you, check: [https://sacramentocounty.maps.arcgis.com/apps/webappviewer/index.html?id=1eba11107906463d806d838b3fbab104](https://sacramentocounty.maps.arcgis.com/apps/webappviewer/index.html?id=1eba11107906463d806d838b3fbab104)

- For information on our Virtual Walks: [https://healthedcouncil.org/mindful/virtual-walk-with-friends-group.html](https://healthedcouncil.org/mindful/virtual-walk-with-friends-group.html)
NEW!

On March 17, 2020, the Sacramento City Council adopted an emergency ordinance to establish a temporary moratorium on evicting residential tenants unable to pay rent due to a loss of income caused by the Coronavirus Disease 2019 (COVID-19). On March 24, 2020, the emergency ordinance was amended to add commercial tenants and to waive late fees. This moratorium will end once the Governor’s Executive Order issued on March 16, 2020 terminates.

ATTENTION CITY OF SACRAMENTO RESIDENTIAL AND COMMERCIAL TENANTS:

PLEASE SUBMIT THE DELAY OF RENT PAYMENT FORM DIRECTLY TO YOUR LANDLORD

WEBSITE http://www.cityofsacramento.org/TPP

COVID-19 Employment Resources

Links to Organizations helping:
- SACRAMENTO WORKS https://sacramentoworks.org/covid-19-employment-resources/
- SETA Sacramento Employment Agency https://www.seta.net/
- YOUTH PROGRAMS: 16-24 ages, call 916-263-4066 at SETA
- Companies Hiring:
  - Amazon: http://www.amazon.jobs/en/
  - Raleys: https://www.raleys.com/aboutcareers/job-openings/
  - Target: https://jobs.target.com

WEBITE: COVID19.CA.GOV
HELPLINE: 833-978-2511
We’re Here to Support YOU!

• Financial & Small Business Support
• Healthcare Questions
• Mental Health Resources
  • 916-556-3344
  • ext. 101 (English) & ext. 113 (Spanish)

FOR MORE QUESTIONS,
CONTACT US:
• Marissa Munzing: MMUNZING@HEALTHEDCOUNCIL.ORG
• Cynthia Lopez Foltz: CFOLTZ@HEALTHEDCOUNCIL.ORG
Jose Montano - U.S Census Bureau

Partnership Specialist for the Greater Sacramento Region 1

- Supervisory & Non-Supervisory positions available in Sacramento County
- $20-$22 Per hour
- Apply Online at: 2020census.gov/jobs

- 2020 Census Job Qualifications
  - Must be a U.S Citizen
  - Must be at least 18 years old
  - Valid Social Security Number
  - Valid E-Mail Address
  - Complete an application & assessment questions
  - Pass a criminal background check and fingerprinting screening
  - Have flexible working hours