**April 6, 2020**

**Tele-Town Hall**

**ADA Coordinator Resources**

## **Food Assistance**

* [Senior Connection Center](https://seniorconnectioncenter.org/) (link): Assistance for individuals age 60 and older.

1-800-963-5337

* [Feeding Tampa Bay](http://feedingtampabay.org/find-a-pantry/) (link)

813.254.1190

* [Meals on Wheels](https://mowtampa.org/) (link)

813 238-8410

## **Access to Emergency Notifications for Deaf and Hard of Hearing**

* Access concerns for City’s Emergency Announcements

Raquel Pancho, ADA Coordinator

813 274-3964 and raquel.pancho@tampagov.net

* Access concerns for City’s, County’s, and State’s Emergency Notifications

Disability Rights Florida

800-342-0823 and [www.disabilityrightsflorida.org](https://urldefense.proofpoint.com/v2/url?u=http-3A__www.disabilityrightsflorida.org&d=DwMFAg&c=XqATCztIzLCYon5OykG81w&r=43HzlJSCTDJaVHmPQKfSY3C6tyGMv1bSOQXLHVejCis&m=3dUzA3_4tylLA8AEuFy1YP7JR7jJoBO9vw471eWtSzA&s=7IwWsQOFLCbpgxUvuICdnhOq_yBrVJ7OVl-ULs-obJQ&e=).

## **Resources for Stress Management**

* [CDC Information on Stress and Coping](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html) (link)
* [SAMHSA Taking Care of Behavioral Health](https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf) (link)

## **COVID-19 Resources for Older Adults and People with Disabilities**

* City’s [COVID 19 Disability Resources](https://www.tampagov.net/accessibility/covid-19) (link)
* [Administration for Community Living](https://acl.gov/COVID-19) (link)
* [Florida Center for Inclusive Communities](http://flfcic.fmhi.usf.edu/program-areas/emergency.html) (link)

## **Financial Assistance**

* [Reemployment Assistance](http://floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants/apply-for-benefits) (link)
* [TECO](https://www.tampaelectric.com/updates/) (link)
* [Stimulus check Information](https://elink.clickdimensions.com/m/1/15166116/02-t20093-05a50fbeb6bb42f181b980e7823a8cd4/0/1/1) (link)

## **Resources for Downs Syndrome**

* [F.R.I.E.N.D.S. - Down Syndrome West Florida](https://fdswf.org/) (Link)

Ann Foyt 813-245-2782

* Virtual dance party on Saturdays at 7pm
* Ms. Bonnie’s Arts and Craft’s Corner
* Boundless Global Superhero Hour
* Easter Baskets for Children

## **Rights of Individuals with Disabilities to Receive Equitable Medical Care**

* [Bulletin from Department of Health and Human Services Office for Civil Rights](https://www.hhs.gov/sites/default/files/ocr-bulletin-3-28-20.pdf) (link)