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May 6, 2020

Dear Partners,

I hope you are doing well. You might recall that I came to the Health Foundation in January of 2019, that we moved into a new building last fall, updated and centered our mission in equity in January of 2020, and added three new members to our team...That's a lot of change for an organization in what would be considered a short amount of time -- under normal circumstances, that is.

Considering the time from mid-March until today, we have learned and adapted so much in just a matter of weeks. We're in awe at the work being done by our grantees and partners and the increased collaboration in our community to address a situation that no one could have prepared for. The timing of our focus on equity is not lost on us.

Along with providing individualized supports based on grantee needs and participating in the [Community Crisis Fund](#), we are committed to seeking out new information, opportunities and resources to share that we hope you find helpful in these times of change.

Speaking of new information, Senator Kirsten Gillibrand's office asked us to let you know that as of yesterday at 5 p.m., the Paycheck Protection Program still has nearly \$130 billion in available funding. Her office reports that the tremendous backlog of applications from the first round appears to be mostly resolved, and the [Small Business Administration](#) is strongly encouraging businesses to apply now if they have not already. We'll keep you posted on this.

These past few months have no doubt been stressful and unpredictable, but we are a resilient community, and we'll get through this together. Please check in on each other often, offer help if you can, give back if you are able to do so, and we'll keep working alongside you to build a healthier region where all people can thrive.

With Gratitude,

Matthew A. Kühlenbeck
President & CEO
(585) 258-1704

LEARNING OPPORTUNITIES

The Mental Health Association in New York State is presenting webinars throughout Mental Health Awareness Month. Topics include promoting resiliency in schools, workforce development and outreach, and more. Click [here](#) to view the schedule and register for a webinar. Click on the graphic to take the pledge help end the stigma surrounding mental health and access a toolkit with handouts and activities to share.



The Council on Foundations is offering a free webinar, *Strengthening Cyber Security for Foundations & Nonprofit Partners*, from 2 to 3 p.m. on Thursday, May 7. Learn about quick wins and successful strategies for protecting your organization and discuss the role of leadership in managing risk, incident response, and how to ensure nonprofit partners can function well in this new reality. Click [here](#) to learn more and to register (you will be prompted to create an account).

Lifespan of Greater Rochester continues to provide information, guidance and services for older adults and caregivers via online workshops. Upcoming workshop include: Supportive/Assistive Housing Options; Peace of Mind Planning; Home Care Options; The New Normal: Current Markets, Tax Acts and How They May Affect Your Retirement Savings; Medicaid Planning, and more. View the workshop schedule and register [here](#).

Recommended Reading: Opinion piece from the Chronicle of Philanthropy - [Here's How Nonprofits Can Get Americans to Fight the Racism Laid Bare by COVID-19](#)

FUNDING OPPORTUNITIES

- [GrantStation](#) is posting the latest coronavirus grant funding opportunities for nonprofits, small businesses, journalists and artists.
- The Council on Foundations has shared a [spreadsheet](#) listing global response funds and opportunities related to COVID-19 relief.
- Visit our [resource page](#) to explore funding opportunities that may be a fit for your organization. New grants are posted [here](#) each week.

- The [Community Crisis Fund](#) activated by the [United Way](#) and [Rochester Area Community Foundation](#) is deploying flexible resources to nonprofits disproportionately impacted by the pandemic. The Health Foundation is proud to participate in this effort and work collaboratively to address both the immediate and long-lasting impact of COVID-19 in the communities we serve.

HEALTH & WELLNESS



Take 5 Videos

Just like many of you, we are trying our best to stay centered. If you haven't done so already, please check out the wonderful resources that community members are creating as part of the [Take 5 Monroe](#) campaign to help boost optimism, strengthen connections and keep people healthy during physical distancing. Videos posted [here](#) will guide you through 5 minutes of mindful activities.

We're proud to share that Health Foundation Program Officer Anita Black, who is also a yoga and meditation teacher, leads some of the mindful and restorative activities on the page.

Trillium Health is Ready to Help

[Trillium Health](#) has created a dedicated COVID-19 hotline at (585) 545-7292 for community members who lack access to a primary care physician and are experiencing symptoms of the coronavirus such as fever, shortness of breath, or cough.

The hotline, open weekdays from 8:30 a.m. to 4 p.m., is part of a community health care initiative being led by the City of Rochester and Monroe County in partnership with [UR Medicine](#), Trillium and [Jordan Health](#).

Trillium is also sharing coronavirus [fact sheets](#) in Spanish, and its website may be viewed in Spanish [here](#).

atención
para todos.

Evaluación de COVID-19 en Trillium Health

¡Estamos aquí para ayudar! Llame a nuestra línea directa COVID-19 si usted es:

- Un paciente de Trillium Health con síntomas o con contacto cercano con un caso confirmado de COVID-19
- Un miembro de la comunidad con síntomas o contacto cercano con un caso confirmado de COVID-19, pero sin un proveedor de atención primaria
- Un trabajador de cuidado de salud que trabaja en contacto cercano con pacientes
- Un trabajador esencial que trabaja en estrecho contacto con el público
- Tiene por lo menos 16 años de edad

RESOURCES



Empire Justice Center has launched the Unemployment and Paid Leave Legal Help Line for New Yorkers who have lost their job or who are seeking Emergency Paid Sick Leave or Family and Medical Leave in response to the crisis.

Call 1-800-724-0490 ext. 5827 to be connected with an attorney or browse other tools and FAQs sheets on their

[website](#); topics include Medicaid, LGBTQ rights and resources, nursing homes, NYS Special Education, and more.

Testing Available: Health care, first responders and other essential workers can be tested for the coronavirus by calling 1-888-364-3065 or by visiting [covid19screening.health.ny.gov](#). Click [here](#) for a list of eligible occupations.

The National Association of School Psychologists has shared [resources](#) to help with talking to kids about COVID-19. Materials are offered in multiple languages.

The New York State Office of Mental Health and the Suicide Prevention Center of New York has created a [guide](#) to help others who may be experiencing emotional distress.

Lifespan of Greater Rochester has created a [resource page](#) to help people age 60+ living in Monroe County obtain food, personal care items and prescription drugs during the crisis. In addition, the page provides scam alerts and lists ways that the community might assist Lifespan in its efforts.

County Health Departments:

[Genesee](#)
[Livingston](#)
[Monroe](#)

[Ontario](#)
[Orleans](#)
[Seneca](#)

[Wayne](#)
[Wyoming](#)
[Yates](#)

WAYS TO HELP

Pink Ribbon Walk & Run Goes Virtual

Along with transitioning support and education programs to online platforms, the [Breast Cancer Coalition of Rochester](#) has turned its annual Pink Ribbon Walk & Run into a virtual walk/run.

The event will be held this weekend with people walking and running safely in their neighborhoods, on wider park trails, or on treadmills at home.

This is the Coalition's largest fundraiser of the year, typically raising \$200,000. Funds raised through this event stay local, allowing the Coalition to offer free programs and services to breast and gynecologic cancer survivors in our community. Register for the event [here](#).



PARTNER SPOTLIGHT

Play Kits Promote Healthy Fun

Congratulations to our partners at [Healthi Kids](#) and the City of Rochester's [Department of Recreation & Youth Services](#) for creating an innovative way to promote the power of play as schools, recreation centers and playgrounds are closed.

The Healthi Kids team spent Monday morning assembling 500 "play kits" and made them available for pick up at City R-Center buildings where meals are being distributed. The free kits were all claimed by the end of the day!

Play kits include bubbles, kites, jump ropes and other items for kids and their caregivers to enjoy recreational time together at home.

More kits will be going out soon, and Healthi Kids has issued a [#playrocsathome](#) social media challenge, asking the community to share pictures of children at play.



A Heart for Frontline Workers

Like so many organizations right now, the [American Heart Association](#) (AHA) is adapting and innovating when it comes to serving to our community.

Last week, the [AHA and other partners](#) sprung into action after hearing feedback from workers about the need for healthier donated meals that were more complete, delivering 1,400 "heat-and-eat meals."

During the pandemic, the AHA is also sharing [resources](#) for people who are more at risk for complications from COVID-19 due to cardiovascular diseases.



"Thank You" by Daryl Davis of Penn Yan

Art Inspires & Heals

"Studies show clear correlations between art and both mental and physical health and centuries of experience reflect the truly fine work that can be created in times of crisis." These are the words of Kris Pearson, Executive Director of the [Arts Center of Yates County](#) , who believes that checking in with members and celebrating their artwork is key to cultivating creativity, while having good, productive fun.

Although its physical locations are closed, the Arts Center is actively engaging its members via social media, issuing "challenges" that range from creating art from empty toilet paper rolls, to composing music, to photographing everyday objects from unique perspectives.

Regardless of where you live, you can follow the Arts Center of Yates County on [Facebook](#) for artist tutorial videos, projects ideas and prompts, and activities to guide you in creating art at home. While you're there, be sure to check out their online gallery , [Art Heals](#) , a collection of member artwork created as a way to demonstrate art as a coping tool during stressful times.

WE'RE HIRING!

We're seeking a Finance and Grants Manager to join our dedicated team at the Health Foundation! Learn more [here](#) .

The mission of the Greater Rochester Health Foundation is to pursue and invest in solutions that build a healthier region where all people can thrive.

