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greater rochester  
**Health**  
foundation

April 15, 2020

Dear Partners,

We hope that you are doing well. We miss our in-person meetings with all of you, and we miss being able to gather as a team. We are certainly thankful for the tools and technology that are helping us stay engaged -- and we're exploring new ways to stay connected. Last week we implemented "Take 5" breaks into our schedules, sharing ideas, coping tips, meditations and movements led by program officer Anita Black, who is also a yoga and meditation teacher. In addition, we're using resources from [Headspace](#), which is offering free resources during the pandemic.

Just as many of you are, we're seeking ways to better support our partners during this time. One clear way to do this is to move away from paper checks. In the coming weeks we'll be transitioning to electronic fund transfers as much as possible, to speed up the process of getting funds to partners. We'll still issue checks for those who prefer them, but our hope is to get resources where they are needed quickly.

If you have time, we'd love to hear about the ways your organization is innovating and adapting in order to continue to serve the community. Feel free to contact me, or Communications Officer Tiana Stephens via [email](#) to share with us.

As always, please let us know if you have any questions or concerns as we continue to navigate these trying times together.

Sincerely,

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

#### LEARNING OPPORTUNITIES

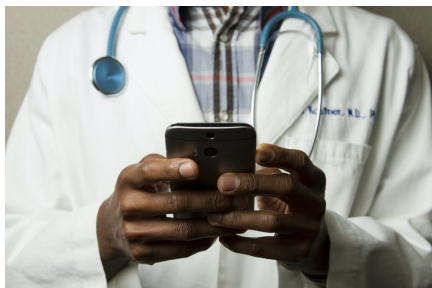
**Helping Teens During Quarantine:** [Roc The Future](#) Convener Chair and East High Superintendent Dr. Shaun Nelms talks about the unique issues teens are dealing with during the crisis with Jennifer Johnson, Director of Family & Community Outreach at URM. Watch the interview [here](#).

**Coordinated Care Services, Inc.** recently hosted a webinar on [Compassionomics](#). In this recorded presentation, CCSI's Cheryl Martin outlines how high compassion results in higher quality care, touching on the importance of practicing compassion amid the COVID-19 pandemic.

**The National Council of Nonprofits** has posted its recorded webinar, [Federal Coronavirus Relief Bills: What do they mean for Nonprofits](#)? Click [here](#) to view additional resources, including the slide deck from the presentation.

**Recommended Reading :** [Mendoza: 'Structural racism puts people of color in danger of COVID-19 disproportionately.'](#)

#### WAYS TO HELP



##### Medical Reserve Corps.

The Monroe County Health Department is seeking volunteers for the Medical Reserve Corps. to work at least two days a week for 4- to 8-hour shifts.

A wide range of licensed or certified health professionals are needed. Volunteers may be currently practicing, retired or in-training.

View sign up information [here](#), then send an [email](#) noting your credentials and availability.

##### In-Kind Donations Needed

[Ibero-American Action League](#) is in need of cleaning supplies and other items to continue to safely serve clients. View the list of needs [here](#).

Donations may be dropped off by appointment only. Email [angelica.perez-delgado@iaal.org](mailto:angelica.perez-delgado@iaal.org) to arrange a drop-off time.



## FUNDING OPPORTUNITIES

- NEW: The Federal Communications Commission is accepting applications for the COVID-19 Telehealth Program at [www.fcc.gov/covid19telehealth](http://www.fcc.gov/covid19telehealth). The program will provide \$200 million in funding, appropriated by Congress as part of the CARES Act, to help health care providers furnish connected care services to patients at their homes or mobile locations.
- 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.

## TOOLS & RESOURCES

The Children's Institute has created a [resource page](#) for families with children at home to share activities and other information, especially as it relates to young children's well-being.

During the COVID-19 situation, the [Rochester-Monroe Anti-Poverty Initiative](#) has been collecting feedback from the community to share with stakeholders responding to the evolving needs and concerns of residents in Rochester and Monroe County. View the feedback document [here](#).

The [Rochester Financial Empowerment Center](#) is offering one-on-one financial counseling sessions for businesses and nonprofits. Services include help with calling lenders to renegotiate loan terms, referrals to grant and loan resources, and more.

[Psych Hub](#) has created a COVID-19 Mental Health Resource Hub offering a free collection of videos and other digital assets to help individuals and providers address mental health needs during the COVID-19 pandemic. Access the hub [here](#).

Ibero American Action League/Poder 97.1 FM is sharing local [news & information about the COVID-19 pandemic](#) in Spanish and English.

Human service agencies serving Monroe County are invited to join the Human Service Support Hub to participate in real-time problem solving, share and receive information, and submit requests for supplies from United Way's central warehouse. To join the hub, email [covidresponse@uwrochester.org](mailto:covidresponse@uwrochester.org).

Visit the Rural Health [Information Hub](#) for resources, events and COVID-19 news related to rural communities.

### County Health Departments:

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

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

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

## BRIGHT SPOT

### Meeting a Critical Need

Foodlink's strong response to the COVID-19 public health crisis continues to be a bright spot in our community. This week, Chef Casey (pictured) and the kitchen team reached a milestone -- preparing 100,000 meals for school-age kids!

Since mid-March, [Foodlink](#) has also prepared 26,500 emergency food boxes, 2,500 food boxes for seniors, and 10,200 Backpack program bags.

If you'd like to help, volunteer shifts are available for healthy individuals at Foodlink's new off-site location on Manitou Road. Visit the [United Way of Greater Rochester's volunteer portal](#) to sign up.



NY Coronavirus Hotline:  
1-888-364-3065

[New York State Department of Health](#)

[Centers for Disease Control and Prevention](#)

*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.*

