COVID-19 Resources

OFFICE OF SPECIAL EDUCATION AND STUDENT SERVICES

RESOURCES

Here are the resources that we have compiled so far that may be useful for you during these extraordinary times.

FREE BREAKFAST AND LUNCH AT UPPER MORELAND HIGH SCHOOL

Beginning on Monday, March 30, there will be an important change to our breakfast and lunch schedule for students.

Our distribution of breakfasts and lunches will continue, although now delivery will be only on Monday and Wednesday (two days per week). On Mondays, students will receive two days of breakfasts and lunches. On Wednesdays, students will receive three days of breakfasts and lunches. Delivery will still be between 10:00 am and noon on Mondays and Wednesdays.

All Township children 18 years of age and younger are eligible for these completely free meals.

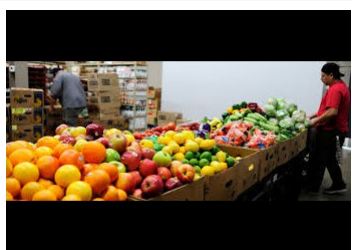### EASTERN MONTGOMERY COUNTY FOOD BANK INFORMATION

BETH SHOLOM CONGREGATION MITZVAH FOOD PANTRY

8231 Old York Road
Elkins Park, PA 19027.

215-887-1342 x107.

Wednesday, 1- 3 pm

CALVARY ASSEMBLY OF GOD

7910 Washington Lane
Wyncote, PA 19095.

215-886-0404.

2nd Tuesday, 9 am - 11 am

MATTIE N. DIXON COMMUNITY CUPBOARD

150 N. Main Street
Ambler, PA 19002

215-628-3002.

Monday & Wednesday, 9:30 am - 11:30 am

JENKINTOWN UNITED METHODIST

328 Summit Avenue
Jenkintown, PA 19046

215-886-7250

Thursday 12 pm - 2 pm

NORTH HILLS FOOD CUPBOARD

212 Girard Ave.
North Hills. PA 19038

215-628-3002

Thursday, 9:00 am - 11:00 am
Run by Maddie Dixon

DONATIONS

Many local food banks are not accepting drop off donations at this time. If you would like to donate, please visit the following websites:

Mattie N. Dixon

Chelten (Local church, make sure to note that your donation is for the food bank)

Beth Shalom Food Bank

SAFE2SAY HOTLINE

The Safe2Say Hotline remains open during the COVID-19 school closure. All tips will either be investigated to the best of our ability or will be turned over to the Upper Moreland Police for investigation.

Call: 1-844-723-2729
Online: safe2saypa.org
Download the App through the Google Play or Apple Store

NATIONAL SUICIDE HELPLINE

If you are someone you know is struggling with suicidal thoughts, please do not hesitate to reach out:

Call: 1-800-273-8255

Go Online:
www.suicidepreventionlifeline.org

MONTGOMERY COUNTY CRISIS SUPPORT

For students experiencing a mental health crisis, please reach out to Crisis Support:

Phone: 1-888-435-7414
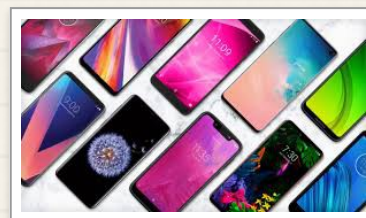Online:
www.accessservices.org

INTERNET OPTIONS

XFINITY WIFI FREE FOR EVERYONE

Xfinity WiFi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi. To see if a hotspot is nearby, consumers should select the "xfinitywifi" network name in the list of available hotspots and then launch a browser. For more information, please see: tinyurl.com/talm67v

COMCAST INTERNET ESSENTIALS

We have been informed that free broadband is available to families who may need access. To qualify for Comcast's Internet Essentials service, customers must be eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, or SSI. Applicants can visit www.internetessentials.com to enroll in the program and to receive a free self-install kit via mail; they may also call (855) 846-8376 for English or 855-765-6995 for Spanish. For more information, please see: tinyurl.com/qwfakwn

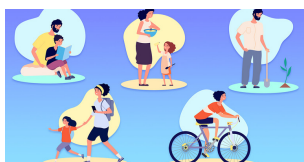## USE YOUR MOBILE PHONE AS A HOTSPOT (DATA CHARGES MAY APPLY)

****Note: Not all cellular plans allow for Hotspot connection, you may need to contact your cellular provider to turn this on and charges may apply.****

Android
1. Open your phone's Settings app.
2. Tap Network & internet Hotspot & tethering. Wi-Fi hotspot.
3. Turn on Wi-Fi hotspot.
4. To see or change a hotspot setting, like the name or password, tap it. If needed, first tap Set up Wi-Fi hotspot.

iPhone
1. Open your phone's Settings app.
2. Tap Personal Hotspot.
3. Turn on Wi-Fi hotspot, by tapping "Allow Others to Join" button.
4. See Wifi Password below, tap to create your own password.

Yale webinars: Using emotional i...   news.yale.edu

In a series of webinars starting March 25, the Yale Center for Emotional Intelligence will address ways of maintaining emotional health and building resilience.

UNEMPLOYMENT RESOURCES

Pennsylvanians are eligible for unemployment compensation in the following scenarios:

- Your employer temporarily closes or goes out of business due to COVID-19
- Your employer reduces your hours because of COVID-19
- You have been told not to work because your employer feels you might get or spread COVID-19
- You have been told to quarantine or self-isolate or you live/work in a county under government-recommended mitigation efforts
- For faster processing, unemployment claims should be submitted online.
- If you believe you have been exposed to the coronavirus while at work, you may be eligible for workers compensation as well. To check if you are covered you should:
- Notify your employer to file a typical "disease-as-injury" WC claim, which requires you to provide medical evidence that you were exposed to COVID-19 in the workplace.
- Notify your employer to file an "occupational disease" WC claim, which requires you to show that COVID-19 is occurring more in your occupation/industry than in the general population.
- For more information visit:
  - Office of Unemployment Compensation Website

GOVERNMENT SERVICES

Thomas Murt, State Representative
District Office
19 South York Rd.
Hatboro, PA 19040
215-674-3755
FAX: 215-674-3021
Hours: 8 a.m. - 4 p.m. and by appointment

Montgomery County Resources

This is an exhaustive list of resources in Montgomery County—from food banks, to free medical services, drug and alcohol treatment programs, domestic abuse hotlines, mental health resources, and so much more.

OFFICE OF SPECIAL EDUCATION AND STUDENT SERVICES

Dr. Michelle L. Lutz, Director of Special Education and Student Services
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