

**Attention: Please read the daily COVID-19 update in its entirety!**

In an effort to effectively communicate updates and information to all staff it is essential, expected and mandatory that you read the daily COVID-19 updates provided. Reading all information will keep all information centralized, ensure staff is up to date regarding needed information, and prevent staff questions regarding information that has already been communicated.

*Believe in yourself  
&  
you will be  
Unstoppable*

**Tuesday, APRIL 14, 2020**

### **New Procedure for Entering Building**

Effective tomorrow, April 15<sup>th</sup>, nurses will be taking temperatures of all individuals entering the building in the main vestibule. Please remain outside until the nurse has finished with the person in front of you. There will be a limit of one person in the vestibule with the nursing staff at a time (or 1 person per nurse if there are more than 1 nurse available to take temps)

For any individual coming to the building for an appointment, there will also be a limit of one support person allowed at time and only if the support person is necessary. All individuals will have the temperature taken then asked to return to their car until called by the CMH receptionist.

### **Updated Weekly Service Form**

Attached is the updated copy of the Weekly Service Form. If you have a copy of this form saved on your desktop, please delete and replace it with the updated version.

***REMINDER FOR CASEHOLDERS:*** All CMH case holders need to complete the 'weekly services form' on a weekly basis. Case holders need to do one weekly form for their entire caseload, and email it to their immediate supervisor at the end of each the week and cc Tracy Goyette.

## New CSCB website

At the request of our Emergency Management Operations Center the CSCB is launching its website and FB page soon to assist our community in providing a central location with immediate access to much needed community resources during the COVID 19 pandemic. So please continue to forward any resource information to this email address and we will share with Jill Vandenabeele to put on the website after we have the opportunity to vet

it. Feel free to check out the new website at [cscbinfo.org](http://cscbinfo.org) for an early preview (it is being updated daily☺). If you have any feedback on the website or the contents please email Jill at [jvandenabeele@scccmh.org](mailto:jvandenabeele@scccmh.org). Thanks in advance for your assistance with this☺.

## Information on Stimulus Check, Social Security, SSI, HUD and Unemployment

Attached are two documents, the first document is from Cornell with guidance on how to receive the stimulus check if a person did not file taxes last year. Cornell also provided information regarding social security, SSI, HUD, unemployment, Medicaid and Medicare. The second document is from Social Security and gives more guidance on how and who will receive payments.

The website regarding the stimulus payment is below:

<https://www.irs.gov/coronavirus/economic-impact-payments>

## Blue Water Clubhouse

Check out the Blue Water Clubhouse Facebook page for COVID-19 information, inspirational quotes, and tons of resources! Share with friends, family and individuals on your caseloads.

<https://www.facebook.com/bwclubhouse.org/>

## Understanding COVID-19, A Plain-language Guide

This plain language guide explores several topics and concerns regarding COVID-19.

- How is it transmitted
- How to prevent it
- Change in daily routines
- What am I allowed to do during the stay home order
- How to handle feelings of loneliness, scared or sad



## The Coping Skills Toolbox

The Coping Skills Toolbox is a collection of various favorite and healthy items that you can use when you are feeling anxious, panicky, or distressed.

This is a very large document (116 pages), if you would like to print any part of the document choose the custom print option then select the range of pages you would like.

<https://www.bcbe.org/cms/lib/AL01901374/Centricity/Domain/1760/Coping%20Skills%20Toolkit.pdf>



## YouTube

Did you know CMH has a YouTube channel? That's right... jump online and check out all the great videos from the InShape team and Registered Dietitian Nutritionist.

[https://www.youtube.com/channel/UC5wU3loyijqFajPxY8Bjug?view\\_as=subscriber](https://www.youtube.com/channel/UC5wU3loyijqFajPxY8Bjug?view_as=subscriber)

THANKS  
FOR  
BEING  
AWESOME

A BIG THANK YOU to Jen Ritchie for the daily transportation of an individual facing radiation and chemo.

Thank you Dawn Guzdial for continuing to handle second contacts without a hitch!

Shout out to Hilary Tesluck and Nicolette McGahey for remaining steadfast on a few very intense situations for individuals we serve under IDDT.

Nathan Mullins hard work, dedication and willingness to lend a hand in all situations has not gone unnoticed. From delivering food to individuals in Outpatient to offering a helping hand throughout the agency. Nathan embodies the spirit of "Team CMH."