



**July, 2020**

**Heritage Center**

**SOCIAL SERVICES RESOURCES UPDATE**

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Heritage Center Administrative Assistant

203-938-9725

Click **here** to email Michelle

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Director of Social Services

203-938-3580

Click **here** to email Angelica

# Note From Social Services Department

Social Services and the Food Pantry are actively open and serving the community. The **drop off** hours continue to be on **Tuesdays, from 1-3 pm** and Food Pantry **pick ups** are on **Thursdays, from 2-4 pm**. We are also accepting donations via **Paypal (link HERE)** and gift cards can be mailed to Social Services, PO BOX 1118, Redding, CT 06875.

There are about 102 students who are part of the free and reduced lunch program which ends by June 30, 2020. So any resident going through hardship and needing assistance, please contact our office at **203-938-9725** or via email at **afontanez@townofreddingct.org**.

## Important Data Regarding Redding Residents

### SNAP

*(Supplemental Nutrition Assistance Program formerly known as food stamps)*

The net income limit for 1 person is \$1041 a month and a family of 4 is \$2146.00. If someone is disabled or over 60 years of age, then the gross income limit for 1 person is \$1926 and family of 4 is \$3970. There is an asset limit test.

Data is current as of 3/31/2020:

- 88 individuals *(61 adults, 27 children)*
- 17 individuals from the above are aged 60+
- 54 Households

### Free or Reduced Price School Meals

The annual gross income for a family of 4 for the free meals is \$33,475 and the annual gross income for the reduced-price meals for a family of 4 is \$47,638.

Prior to the pandemic: There were 67 students in both the Elementary and Middle schools on this program. There were 38 Redding high school students and 40 Easton students on this program.

### Husky/Medicaid Program

- March Medicaid enrollment was 620 individuals.
- April Medicaid enrollment was 670 individuals.
- 65+ = 8 people
- 18-64 = 488 people
- 0-17 = 174 children

## United Way 211 Counts Data

*From May 2, 2019 to June 2, 2020*

Out of 100 percent of the 402 phone calls from Redding 06896: Mental Health and addiction was 41.7 % (164 phone calls). Those calls are broken down to:

- Mental Health Services were 73.8% (121 households requesting referrals and resources).
- Crisis Intervention and Suicide were 22% (33 calls). These calls reflect individuals with suicidal ideation, attempt, or plan.
- 24.2% were under the age of 18 (at least 8 were identified) and mainly females.
- 42.4% of the calls did not want to confirm the age.
- In this past month, there were about 20 calls for Mental Health Services.



## Heritage Center Virtual Classes

*Prior to the class please connect with the instructor via the listed email so you can join the Zoom session.*

### **Mondays:**

**9 a.m.** Beginner Qi Gong & Tai Chi \$5.00 / session

Instructor: Sensei June

Email: [kemposenseijune@gmail.com](mailto:kemposenseijune@gmail.com)

**For Monday's class please register by 6 p.m. Sunday.**

### **Tuesdays:**

**9:30 a.m.** Fitness to Fit You \$5.00 / session

Instructor: Garner Lester

Email: [lestergarner27@gmail.com](mailto:lestergarner27@gmail.com)

### **Wednesdays:**

**9:30 a.m.** Intermediate Qi Gong & Tai Chi \$5.00/ session

Instructor: Sensei June

Email: [kemposenseijune@gmail.com](mailto:kemposenseijune@gmail.com)

**10:00 a.m.** Current Events Discussion Free

Facilitator: Peter Bonfanti

Email: [peterb44@optonline.net](mailto:peterb44@optonline.net)

Waiting list only

### Thursdays:

**9:30 a.m.** Fitness to Fit You \$5.00 / session

Instructor: Garner Lester

Email: [lestergarner27@gmail.com](mailto:lestergarner27@gmail.com)

### Fridays:

**9:30 a.m.** Balance & Stretching \$5.00 / session

Instructor: Garner Lester

Email: [lestergarner27@gmail.com](mailto:lestergarner27@gmail.com)



## Things to Reduce Stress

*(Practicing these things just a few minutes a day can make a huge difference)*

Here are some resources on meditation and mindfulness that could be useful at this time. Feel free to share. These are all *free* and only require payment if you want premium features. *(Click on the names for links.)*

There are several Apps you can install on your phone including:

- **Calm**
- **Headspace**
- **Abide** *(Christian Meditation App)*
- **Mindbody**
- **Insight Timer**
- **Sleep Cycle**
- **10% Happier**

**The Breathing Room** in New Haven is also offering meditation sessions via zoom, some of them are free, others have a fee. They offer Yoga and Meditation.

For those of you on **Instagram**, you're welcome to follow Social Services' own Dev Patel at *Aspire Mental Performance*, where he will be sharing weekly guided meditations, tailored specifically to the pandemic.

Visit **Insight Meditation Society** via website or Facebook page (*daily teachings and guided meditation*).



**HELP**  
**CRISIS**  
**ASSISTANCE**

## **Crisis Resources**

### **Mobile Crisis Intervention Services for Youth**

**LOCATION: WELLMORE BEHAVIORAL HEALTH - DANBURY CLINICAL SERVICES**

#### *DESCRIPTION*

Mobile crisis intervention team for children and youth will go to homes, community sites, and emergency rooms to assess psychiatric emergency and to provide emergency intervention and brief in-home follow up when indicated for children and adolescents ages 0 through 17 - Will also take 18 and 19 year old adolescents who are still in school.

Mobile response is provided M-F: 6am-10pm; Sat, Sun, Holidays: 1-10pm. Phone response is provided 24 hr/7.

*LOCATION: 72 West Street, Unit 402, Danbury, CT 06810*

*PHONE: 203-797-9778*

### **Emergency Mobile Psychiatric Services for Adults**

**DANBURY HOSPITAL - WESTERN CONNECTICUT HEALTH NETWORK**

**LOCATION: DANBURY HOSPITAL - PSYCHIATRIC EMERGENCY SERVICES/CRISIS INTERVENTION CENTER**

### *DESCRIPTION*

Emergency psychiatric outreach for adults in Bethel, Bridgewater, Brookfield, Danbury, New Fairfield, New Milford, Newtown, Redding, Ridgefield, Roxbury, and Sherman.

### *ELIGIBILITY*

Age 18+; Resident of Bethel, Bridgewater, Brookfield, Danbury, New Fairfield, New Milford, Newtown, Redding, Ridgefield, Roxbury, Sherman

*LOCATION:* 24 Hospital Avenue, Danbury, CT 06810

*PHONE:* 203-739-7799

Emergency Mobile Psychiatric Services Provided

### **First Responders and Healthcare Workers Support Group.**

This service is free and open to the general public. Click here: **Virtual First Responders and Healthcare Workers Support Group**

**High Watch:** With the COVID-19 pandemic spreading rapidly and AA meetings shutting down or becoming harder to access, **High Watch** will be providing a remote access online meeting every day of the week. This way friends and alumni can still get the recovery they need from the comfort of their own home. It is important to stay connected despite social isolation, and we must work together to protect our sobriety.

**Redding Police crisis phone number:** non-emergency phone number is **203-938-3400** or **911** for emergencies

**Please note** there is always help at the **Redding Food Pantry** (203) 938-3580) and **United Way** program ([application here](#))

**For parents and caregivers** who need someone to listen, to understand and to talk your feelings out. Call: **1-833-258-5011**, Visit: [www.talkitoutct.com](http://www.talkitoutct.com), Watch: [TalkITOutCT.com](http://TalkITOutCT.com) - PSA



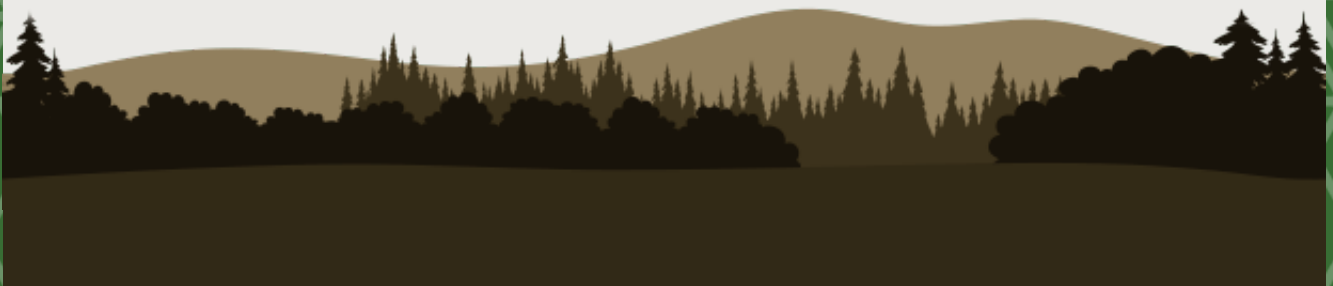


For **donations** to the **Redding Food Pantry, Redding Shares the Warmth, Salvation Army Redding Unit or United Way Alice Program** to help your friends and neighbors, please **click here**. Donations in this time of need are greatly appreciated!



For access to the Redding home page on Facebook, click here **Redding CT on Facebook**

**Above all, stay home, stay safe, be well!**



Redding Heritage Center | Redding Community Center, 37 Lonetown Road, Redding, CT 06896

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