
REASSURANCE TEAM RESOURCE GUIDE



Wear Your Mask!

JANUARY 25, 2021
The Senior Hub
10190 Bannock St. Suite

Updates: As of January 25, 2021

Dial Status: High Risk- Level Orange

As of January 25, 2021, there have been 386,285 known cases of COVID-19 in Colorado, 21,237 Coloradans have been hospitalized and 5,505 Coloradans have died from COVID-19. Adams, Douglas, and Arapahoe counties will remain at level orange.

GUIDELINES AND RESTRICTIONS



P-12 Schools

In-person suggested
Counties are encouraged to prioritize in-person learning by suspending other extracurricular and recreational activities in order to preserve effective cohorting and minimize disruptions to in person learning



Higher Education

In-person, hybrid, or remote as appropriate



Restaurants

INDOORS: 25% capacity or 50 people †
OUTDOORS: 6ft between parties outdoors, per local zoning



Offices

25% capacity, remote work is strongly encouraged



Bars

Closed



Group Sports & Camps

Virtual, or outdoors in groups less than 10



Critical & Non Critical Retail

50% with increased curbside pick up, and delivery. Dedicated senior and at-risk hours encouraged.



Personal Services

25% capacity or 25 people †



Indoor Events & Entertainment

UNSEATED: 25% capacity or 50 person capacity (with calculator) †
SEATED: 25% capacity or 50 people †



Outdoor Events & Entertainment

UNSEATED: 25% capacity or 75 people
SEATED: 25% capacity or 75 people †



Gyms/Fitness

25% capacity, 25 people indoors †, or outdoors in groups less than 10



Outdoor Guided Services

25% capacity or 10 people †



Regularly Updated Information

COVID-19 Vaccine:

Data from Pfizer suggests the vaccines in-development could be 90% effective against COVID-19. The initial distribution of these doses is focused on essential health care workers and high-risk individuals.

The vaccine is distributed by the Federal government and directly relates to state population. Our state in comparison to the rest of the Nation makes up 1.69% of the total national population, so Colorado will receive 1.69% of the available vaccine quantities.

Although the supply is currently limited, Colorado expects to receive regular vaccine shipments each week. Colorado is anticipating 83,000 doses in each week's shipment. Thus far, 364,819 people have received their first dose and 80,181 have received both doses.

Colorado has implemented a three-phase distribution strategy. This is the expected timeline, and it will depend on vaccine availability as 2021 progresses. Governor Polis recently stated he hopes to have 70% of the population aged 70+ vaccinated by February 28, 2021. On January 15, 2021, Governor Polis also remarked that the state has reached its goal of vaccinating the majority of the 1A population.

- **Majority Complete- Phase 1A (Winter): Highest-risk health care workers and individuals.** These are the people who must have direct contact with COVID-19 patients for longer periods of time (defined as 15 minutes or more over a period of 24 hours) as part of their jobs. This phase also includes long-term care facility staff and residents.
- **Phase 1B (Winter): Coloradans age 70+, moderate-risk health care workers, first responders, frontline essential workers, and continuity of state government.**

- Health care workers who do not have prolonged direct contact with COVID-19 patients, but still work in direct patient care or as direct patient care support staff, and EMS.
- Firefighters, police, COVID-19 response personnel, correctional workers, and funeral services.
- Anyone age 70 and older.
- Frontline essential workers in education, food and agriculture, manufacturing, U.S. postal service, public transit and specialized transportation staff, grocery, public health, and direct care providers for Coloradans experiencing homelessness.
- Essential officials from executive, legislative and judicial branches of state government.
- Human services staff (e.g. child welfare workers and staff at state-run facilities).
- Essential frontline journalists.
- **Phase 2 (Spring): Higher-risk individuals and other essential workers.** People who are at an elevated risk of getting very sick or dying of COVID-19, including any adult age 65-69, as well as adults of any age with obesity, diabetes, chronic lung disease, significant heart disease, chronic kidney disease, cancer, or who are immunocompromised. This phase also includes essential workers not included in Phase 1B and continuity of local government.
- **Phase 3 (Summer): The general public.** Any individuals age 16-64 without high-risk conditions.

Populations that are currently eligible to receive the vaccine are the following:
 Under phase 1A-High risk health care workers and long-term care facility staff and residents
 Under phase 1B moderate risk health care workers, first responders and those aged 70+.

I am eligible-Where can I get the Vaccine?

If you are currently eligible to receive the vaccine and have not been contacted by a medical provider, you can **locate a provider at the Colorado Public Health website:**

covid19.colorado.gov/for-coloradans/vaccine/where-can-i-get-vaccinated.

Salud Family Health Centers are also affiliated providers of the vaccine. **To receive a vaccine through Salud Health, please visit their website:**

www.saludclinic.org/covid-vaccine.

To find even more information about where to sign-up for the vaccine visit the TriCounty Health Department's Vaccine page:

www.tchd.org/866/COVID-19-Vaccines

It is strongly encouraged to use the sites provided above to sign-up for the vaccine. However, if you do not have internet access, you can call (303)389-1687 or (877)462-2911.

It will be given without any cost to you. Medicare, Medicaid, and private insurance are required to cover the cost. In addition, those without insurance will have access to free vaccinations.

If you have further questions about the vaccine, Colorado Department of Public Health and Environment, created a vaccine hotline. The tollfree number is 1-877-268-2926

Hours:

Monday-Friday 9 a.m. - 10 p.m

Saturday and Sunday, 9 a.m. - 5 p.m.

After February 1, the line will be available 24 hours x7 days a week

The city has been sharing information on the vaccination clinic at the Adams County Government Center in Brighton. More info can be found here: <https://www.adcogov.org/news/adams-county-platte-valley-medical-center-partner-vaccination-clinic-government-center-brighton>.

CDPHE Get the Facts

Colorado Department of Public Health and Environment has launched a campaign called Get the COVID-19 Vaccine Facts. This campaign was launched to provide information regarding the vaccines and their safety. Colorado wants its residents to be fully informed by the time they are eligible to receive the vaccine. They will post regular informative updates on Facebook and Instagram. To find this information, go to Facebook and search “Colorado Department of Public Health and Environment.”

COVID Variant

On 12/30/2020 Colorado’s State Lab confirmed the first case of the COVID-19 B.1.17 variant is in Colorado. Although this variant is more contagious, by infecting 4 or 5 people on average compared to 2 to 3, it is not suspected to be more deadly. The symptoms for this variant are found to be the same-fever, cough and fatigue.

According to the CDC, there are now a total of 6 cases of the variant in Colorado. It is unclear whether these cases are stem from a centralized location. On a

positive note, they do believe the developed vaccine for COVID-19 will be effective against this variant.

Contact Tracing

A new feature on your smart phone notifies you if you have been exposed to someone known to be contagious with the virus. You can utilize contract tracing by opting in on your iPhone settings or through downloading the android app. In order to complete the contact tracing, they monitor the location of your phone. If someone reports to the app that they have tested positive, and your phone has record of you being in close contact of that person, it will alert you.

Quick Links to Stay Up to Date

- [Governor's Facebook Page](#)
 - Go to Facebook and search Governor Jared Polis
- [Covid19.colorado.gov](https://covid19.colorado.gov)
- Stay At Home Guide
 - <https://stayathomeco.colorado.gov/>
- Vaccine Locator
 - <https://covid19.colorado.gov/for-coloradans/vaccine/where-can-i-get-vaccinated>
- Moderna Vaccine Fact Sheet
 - <https://www.fda.gov/media/144638/download>
- Pfizer Vaccine Fact Sheet
 - <https://www.fda.gov/media/144414/download>

METRICS

METRICS, REQUIREMENTS AND WHAT THEY MEAN

What determines your county's level of protection?

Percent of positive cases

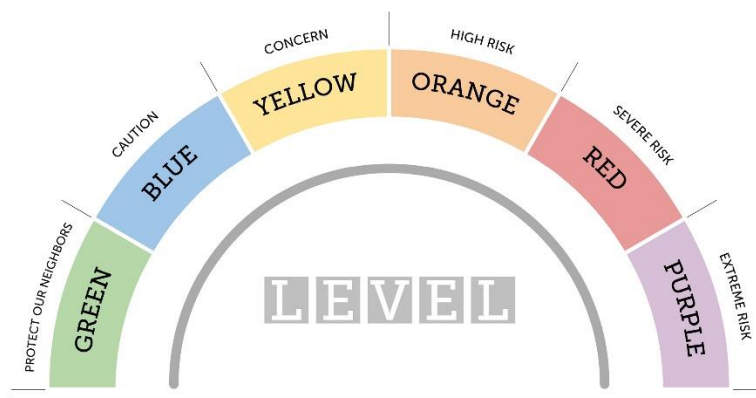
The percent positivity is defined as the percent of tests that come back positive, out of the total number of tests performed. The global standard to ensure that we are doing enough testing is a percent positivity of less than 5%.

Amount of cases in a two-week period

The 2-week incidence, per 100,000 population, helps us understand how much the virus is circulating in a community. This is the number of cases for every 100,000 people in the past two weeks.

Stable or declining hospitalizations

One of our key goals is to ensure that every person who needs hospital care can receive it. This metric ensures that there is sufficient hospital capacity available. Stable is defined as no greater than a 25% increase in the county's referral hospitals or no more than 2 new hospital admissions with COVID-19 on a single day, in the past 14 days.



Adams County – Pledge to Protect Mitigation Plan

Guidance for Small Gatherings

Tri-County Health Department (TCHD) would like to provide practical guidance on how to stay safe during small social gatherings. The steps outlined in this guide are designed to decrease the risk of COVID-19 transmission brought by in-person gatherings. TCHD acknowledges the need for in-person connection with family and friends but encourages the public to take gatherings, even small family gatherings, very seriously. People should still stay home to the greatest extent possible.

The number of people at a small gathering depends on which phase a county is in based on the [Colorado Dial Framework](#).

- Level: Purple: No small social gatherings
- Level Red: No small social gatherings
- Level Orange: Up to 10 individuals from no more than 2 households
- Level Yellow: Up to 10 individuals from no more than 2 households
- Level Blue: Up to 10 individuals from no more than 2 households
- Level Green: per local guidance

Develop a Plan

It may sound silly to “develop a plan” for a gathering, but this situation is new to everyone. A plan allows you to think through how you can help guests maintain social distancing, where you can reduce the number of shared surfaces/items and how you can keep those items sanitized throughout your event. A plan also ensures that you and your guests are on the same page before gathering. As you think about a plan, consider the guidance below as it relates to the setting you will be gathering in and the type of activities you plan to have. You will find many considerations below, but you are encouraged to be innovative in your approach to limiting contact and ensuring sanitation. We urge you to be thorough and serious in your plan, but we also encourage you to keep things fun and easy as we all figure out what our new normal looks like.

What you need to know

- Social distance or keep space between yourself and other people that live outside of your home. Attendees should be able to easily maintain 6 feet of distance during your event, even when moving about.
- Everyone [should wear a cloth mask](#) at all times.
- Provide easy access to hand washing and/or hand sanitizer as a good way to encourage guests to wash their hands frequently. Provide paper towels by all sinks to dry hands to avoid using a common cloth towel with people outside your household.
- Guests should self-screen themselves for [symptoms](#) before coming to a gathering and anyone with symptoms should stay home.
- Take special care in social interactions involving those people most vulnerable to serious complications of COVID-19 (those > 65 or with underlying illnesses) and it is important that gatherings remain as small as possible.

Ideas for a Safe Gathering

Keeping Everyone Six Feet Apart

- Use tape or other markers to identify where people should sit or stand or to illustrate personal distance among people when gathering.
- Use outdoor space whenever possible to increase the amount of space and open air.
- Remind guests to stay 6 feet apart. Signs can be a fun way to keep guests aware of spacing.
- Have a separate entrance and exit to decrease the number of people passing each other.

Preventing Unnecessary Contact During In-Person Gatherings

- Set up a way to video-call in guests, especially family and friends that are vulnerable.
- Have visitors come in shifts to decrease the number of people visiting at one time. Wipe down chairs and other touched surfaces between guests. Invite more vulnerable guests to visit before other guests arrive if they choose not to remain at home.
- Consider creating a seating chart for guests, this can limit movement and multiple shared surfaces.

- Prop open doors and take lids off trashcans to decrease the number of items touched.
- Remove unnecessary items that guests may be tempted to touch like lawn games.

Increasing Sanitization

- Keep disinfecting wipes close to commonly touched surfaces like doors and bathrooms and encourage guests to use them.
- If serving food, ask guests to use their own utensils to serve themselves rather than any shared serving utensils. Consider a picnic style gathering and ask guests to bring their own food and drink or serve a pre-packaged meal instead of buffet or family-style. • Identify someone to wipe down surfaces frequently.
- Have hand sanitizer available in different areas and encourage people to use it frequently, in addition to hand washing.

Other precautions

- Provide cloth face coverings to those guests that do not have one. If possible, consider asking guests to bring their own chairs to decrease the number of touched surfaces.
- Before allowing young children to participate, consider their ability to understand and adhere to social distancing.
- If inside, consider opening windows and doors to increase ventilation.
- If you plan to use your own private pool, clean handrails often; avoid sharing pool noodles, goggles, kickboards and toys; avoid using slides and other structures designed for climbing or playing; take turns swimming to reduce the number of people in the pool at one time; remind visitors to keep their distance and use EPA approved disinfectants.
- Consider the level of transmission in your area and in the areas where guests may be visiting from. If the transmission rate is high in your area or in the area where your guests are coming from it is riskier to gather, even in small groups.
- Send your plan to guests ahead of time to allow them to prepare and ask questions: this is a time to be intentional about taking steps to protect yourself and family/friends and not leave it to chance.

If you have questions or concerns, do not hesitate to reach out to TCHD's Business Re-Opening Task Force: covidbusinessrecovery@tchd.org

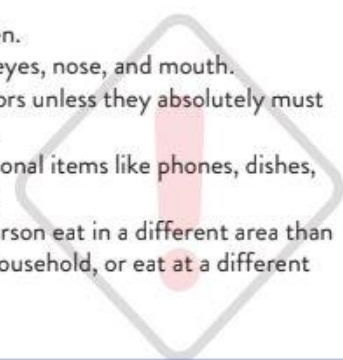
HOW TO ISOLATE WHEN HOUSEHOLD SPACE IS LIMITED



It's best to have a separate room and bathroom for someone sick with COVID-19, but sometimes that's not possible. Here's what to do when space is limited.

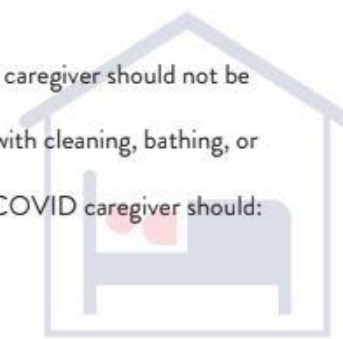
FOLLOW PRECAUTIONS

- Keep at least 6 feet between the sick person and everyone else. Be especially careful to keep people at higher risk of severe illness from COVID-19 (older people and people with medical conditions) away from anyone who is sick.
- Wear a mask or cloth face-covering around others.
- Anyone under age 2, anyone who has trouble breathing, and anyone who cannot remove the mask without help should not wear a mask.
- Cover coughs and sneezes with a tissue or your inner elbow.
- Wash hands often.
- Avoid touching eyes, nose, and mouth.
- Don't allow visitors unless they absolutely must be in the home.
- Don't share personal items like phones, dishes, bedding, or toys.
- Have the sick person eat in a different area than the rest of the household, or eat at a different time.



ASSIGN A COVID CAREGIVER

- Assign one person to help the person who has COVID-19. The COVID caregiver should not be someone who is at higher risk of severe illness from COVID-19.
- Assign a different person for other household members who need help with cleaning, bathing, or other tasks.
- When a person with COVID-19 is not able to care for themselves, the COVID caregiver should:
 - Bring food to the sick person, and wash their dishes.
 - Clean and disinfect in areas where the sick person has been.
 - Wash the sick person's bedding and laundry.



TIPS FOR SHARED BEDROOMS

- If possible, open a window to bring in and circulate fresh air.
- Place beds at least 6 feet apart, if possible.
- Sleep head to toe.
- Use a curtain, bedspread, large sheet of cardboard, or similar item to separate the sick person's bed from other beds.

TIPS FOR SHARED BATHROOMS

- If possible, open a window to bring in and circulate fresh air.
- Have the sick person clean and disinfect frequently touched surfaces after using the bathroom, if they are able.
- Wait as long as possible after the sick person uses the bathroom before entering it.

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Mask 101

MASKS SHOULD:

- Be clean and in good repair
- Fit snugly, but comfortably against the side of the face
- Be secure
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried
- Be on the wearer's face
- Be laundered on a daily basis



MASKS SHOULD NOT:

- Have anything hanging off the facial covering that would create a food safety hazard.
- Have holes or tears.
- Masks should not be shared with others.

STORING MASKS:

- Stored with personal items

WEARING MASKS:

- Wash your hands before and after putting a facial covering in place.
- Do not touch the facial covering again until you remove it.
- Masks should be positioned so that there is no need to adjust or otherwise touch the face frequently.
- If your mask becomes soiled or hard to breathe through, you should remove and not wear again until laundered.
- Remove your mask to eat and drink and if it is still in good repair, you may continue to use it for the duration of your shift.

Gloves 101

When to wear gloves

In most situations, like running errands, wearing gloves is not necessary. Instead, practice everyday preventive actions like keeping social distance (at least 6 feet) from others, washing your hands with soap and water for 20 seconds (or using a hand sanitizer with at least 60% alcohol), and wearing a cloth face covering when you have to go out in public.

When gloves are not needed

Wearing gloves outside of these instances (for example, when using a shopping cart or using an ATM) will not necessarily protect you from getting COVID-19 and may still lead to the spread of germs. The best way to protect yourself from germs when running errands and after going out is to regularly wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

Testing

Should I get tested?

If you have insurance, call or email your healthcare provider, or a [telehealth line or nurseline](#), to get their advice before going to any health facility. Ask about private lab sites where you can get tested. The CovidLine is a free hotline for COVID-19 screening and [telehealth](#) service for Adams, Arapahoe, and Douglas County residents who may not have insurance. CovidLine Telephone Hotline:

- Local: 720-902-9449
- Toll-free: 1-855-963-3721

You can also visit the online [Symptom Tracker](#) from the Colorado Department of Public Health and Environment. If you provide your phone number, you can receive text messages that check on you and your condition, point you towards resources to help you manage your symptoms, help you access medical care and services, and give you information about how to get tested if necessary.

Where can I get tested?

Call your health care provider before going to the clinic or hospital to be tested. Currently, the Tri-County Health Department does not test or directly collect samples for testing. Your healthcare provider may send you to a place that has testing available. Most testing sites require a referral and to schedule an appointment ahead of time. Check the details of each testing site online for the most up-to-date information.

[STRIDE Community Health Center](#) provides telehealth and testing for those without insurance. [Community testing](#) is available in some areas, but not currently in Adams, Arapahoe, or Douglas.

Mobile Testing Sites: Five mobile testing sites at the following locations have been established with a focus on uninsured residents.

- Advanced Urgent Care and Occupational Medicine - Brighton, Broomfield, Lafayette,
- Stapleton
- American Family Care - Urgent Care - Denver
- NextCare Urgent Care - Arvada, Aurora, Broomfield, Longmont, Thornton
- Rocky Mountain Urgent Care - Lakewood
- STRIDE Community Health Center - Aurora & Wheat Ridge

Connect with Maria Zubia, Kids First Healthcare (mdzubia@adams14.org or 720-447-3118) for more information on mobile testing sites and to connect residents in need of testing.

Thornton Fire Department - Thornton Fire is conducting FREE COVID-19 testing 9am to 3pm on Tuesdays, Wednesdays, Fridays and Saturdays for anyone 12 years old or older.

- No residency requirement.
- No fee.
- No doctor's referral needed.

This is a nasal swab test for the real-time presence of the active COVID-19 virus. It is not an anti-body test. Call (303) 538-7602.

Refer to our website for testing information and how-to sign-up for an appointment at: www.gocot.net/covid19testing .

Private provider testing for the public

The following private providers have indicated that they are able to provide COVID-19 testing. For more information, please contact these companies directly. Because they are private providers and not operated by the State of Colorado, neither the state nor the Colorado Department of Public Health and Environment is responsible for the information about or operations of these testing sites:

[Metro Denver Area Community Testing Locations](#)

[National Jewish Health Testing](#)

[Zip Clinic](#)

[King Soopers Little Clinic](#)

Find additional private provider testing on the Colorado Department of Public Health and Environment's [Testing for COVID-19 webpage](#).

Creating a household plan of action

Talk with the people who need to be included in your plan. Meet with household members, other relatives, and friends to discuss what to do if a COVID-19 outbreak occurs in your community and what the needs of each person will be.

Plan ways to care for those who might be at greater risk for serious complications. There is limited information about who may be at risk for severe complications from COVID-19 illness. From the data that are available for COVID-19 patients, and from data for related coronaviruses such as SARS-CoV and MERS-CoV, it is possible that older adults and persons who have underlying chronic medical conditions may be at risk for more serious complications. Early data suggest older people are more likely to have serious COVID-19 illness. If you or your household members are at increased risk for COVID-19 complications, please consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19. CDC will recommend actions to help keep people at high risk for complications healthy if a COVID-19 outbreak occurs in your community.

Get to know your neighbors. Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain access to neighbors, information, and resources.

Identify aid organizations in your community. Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.

Create an emergency contact list. Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

Anythink Library

Learning and entertainment resources accessible from home

Whether you are looking for educational opportunities or just want an entertainment escape, we've got you covered. Explore this list of free resources available from anywhere. Stay tuned – we will continue to update this list in the coming days and weeks.

Arts

Learn a new creative skill or experience the artistry from across the globe.

- [Bubbler in Your Bubble](#) – Learn, share, and create outside the box (while inside your house) with some of these stellar resources provided by our friends at The Bubbler at Madison Public Library.
- [Lunch Doodles with Mo Willems](#) – Daily drawing tutorials from a renowned illustrator.
- [Creativebug](#) – Gain unlimited access to more than 1,000 online art and craft classes. (Anythink card required)
- [Coloring Squared](#) – Combine math and art with printable coloring sheets.
- [The Met](#) – Live opera streamings from the comfort of home.
- [Museum Coloring Sheets](#) – Color the collections of many museums with a coloring page for every age.
- [Seattle Symphony Performances](#) – Invite an entire orchestra into your home.
- [Virtual Museum Tours](#) – Explore the collections of some of the world's most prestigious museums.
- [ThinkWritten Writing Prompts](#) – No writer's block here. Get a writing prompt for every day of the year.

Education

Want to learn to code your own game or practice a new language? These online educational resources can help you and your family learn new skills while social distancing.

- [Tutor.com](#) – Get the help you need. Tutor.com provides online tutoring, homework help, and test preparation with powerful resources designed to meet the individual needs of all learners.
- [Gale Presents: Udemy](#) – Take more than 3,500 online courses with world-class instructors, specializing in business, tech, and personal and professional development. (Anythink card required.)
- [The Great Courses](#) – Take remote courses in a variety of subjects taught by award-winning professors. (Anythink card required.)
- [Code.org](#) – Learn computer science. Change the world.
- [Girls Who Code](#) – Weekly at-home coding challenges for kids.
- [Rosetta Stone](#) – Interactive tutorials for learning a variety of languages. (Anythink card required.)
- [Scholastic Remote Learning](#) – Day-by-day projects to keep kids reading, thinking, and growing.
- [Explora Primary Schools](#) and [Explora Public Libraries](#) – Articles, research and more for school projects and papers. (Anythink card required.)
- [Scratch Coding](#) – Learn to code while creating stories, games and animations.
- [Universal Class](#) – More than 500 online courses in everything from algebra to yoga. Qualifying courses offer continuing education units (CEUs). (Anythink card required.)
- [Virtual Playground for Your Mind](#) – Just like the title says, provided by the Children's Museum of Houston.
- [STEM Activity Clearinghouse](#) – High-quality, vetted STEM activities for kids, provided by STARnet.

Entertainment

Check in on local wildlife or explore the world's curiosities.

- [Storyline Online](#) – The world's best storytellers inspire a love of reading in children.
- [Hoopla Digital](#) – A wide range of videos, ebooks, audiobooks and music available for instant streaming. (Anythink card required.)
- [OverDrive](#) – Download ebooks and audiobooks in all genres. (Anythink card required.)
- [Acorn TV](#) – The best in British television. (Anythink card required.)
- [Kanopy](#) – Watch high-quality and award-winning films and documentaries from around the world. (Anythink card required.)
- [Atlas Obscura](#) – The definitive guide to the world's hidden wonders.
- [Authors Everywhere](#) – A YouTube channel where authors provide workshops, readings, activities, art projects, writing games, writing advice and more.
- [Explore.org](#) – The world's leading philanthropic live nature cam network and documentary film channel.

- [Stingray Qello](#) – Watch the world's largest collection of on-demand full-length performances, concert films, and music documentaries. (Anythink card required.)
- [Saved You a Spot](#): A list of 20 screen-free activities for kids.
- [Mac Barnett's Daily Story](#) – Follow Mac Barnett's Instagram page for daily children's stories.
- [Museums for Kids and Families](#) – A roundup of apps, games and websites for exploring museums.
- [Westminster Bald Eagle Nest](#) – Keep tabs on what local eagles are up to.
- [RBdigital](#) – Digitally turn the pages of your favorite magazines. (Anythink card required.)
- [Flipster](#) – Popular magazines you know and love, as well as niche titles, academic publications, children’s resources, comics and coloring books.

Want to hear a friendly voice? Call the Anythink Connect line: 720-322-9199
The line is open Wednesday – Saturday 10am – 2pm

Transportation:

Uber:

In response to the COVID-19 pandemic, Uber is offering up to 2500 free rides through DRMAC for healthcare workers, seniors and people in need in and around the Denver Metro Area. Following the guidelines outlined in Governor Polis’ public health order issued this week, the rides should only be utilized for necessary travel. For additional details on how to access the free rides, please contact DRMAC at 303-243-3113

Lyft:

As local governments ease stay-at-home orders, Lyft is ramping up efforts to protect riders and drivers — including establishing new health and safety standards for ridesharing. Today we’re announcing a Health Safety Program with new policies, commitments, and products designed to address the needs of our community during this important time for public health.

Lyft’s Health Safety Program will include:

1. Personal health certification for drivers and riders
2. Required face masks for drivers and riders
3. Health safety education for drivers and riders
4. Distribution of cleaning supplies and masks for drivers

Other Community Resources

Alzheimer's Association Support

The Alzheimer's Association is here to help families take the necessary measures to prepare for and cope with extraordinary circumstances. For more information, visit our online COVID-19 Help Center or call our free 24/7 Helpline at 800.272.3900.

Most likely, dementia does not increase risk for COVID-19, the respiratory illness caused by the new coronavirus, just like dementia does not increase risk for flu. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk.

For example, people with Alzheimer's disease and all other dementia may forget to wash their hands or take other recommended precautions to prevent illness. In addition, diseases like COVID-19 and the flu may worsen cognitive impairment due to dementia.

They also offer Live Chat on their website: <https://alz.org/alzheimers-dementia/coronavirus-covid-19>

Caregiver Support:

TIPS FOR CAREGIVERS DURING COVID-19:

Keep Prescriptions Filled. Caregivers may ask their pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy.

Call Your Health Provider. If you or the person you are caring for has regular doctor's appointments to manage dementia or other health conditions, call your health care provider to inquire about a telehealth appointment. Medicare has recently expanded telehealth benefits to allow seniors to access health care from the safety of their homes during this crisis.

Stay in Contact with Your Loved One's Team. Facilities should be sanitizing common areas and rooms. Ask about what other precautions and tactics are being used to protect patients of residential and assisted living facilities and nursing homes.

Caregivers: Take Care of Yourself. Caregiver health is vital during these difficult times. Caregivers with a loved one living in a facility must recognize that they are not abandoning someone who may be quarantined; they are simply taking the necessary steps to help keep their family member safe and healthy. Find ways to ensure your own health is at its best.

Grief Support Group

Pennock Center for Counseling:

Purpose: This 4 week, no cost group follows the companioning model of Dr. Alan Wolfelt. The group will help individuals recognize the various aspects of grief, offer ways to cope, and provide connection to others who are also grieving.

Who can Attend: The group is open to all members of the community who are grieving the loss of a loved one. We ask that at least three months have passed from the date of the death before the first group meeting. Pre-registration is required by calling the number below.

When: This group will meet on Thursday from 1- 2pm

Where: All meetings will be held at Pennock Center for counseling 211 South 21st Ave., Brighton, CO 80601. Group Facilitator, Jody Pierce, LCSW at 303-655-9065 ext. 16

True Grief: 2593 Park Lane, Lafayette, CO 80026. 303-604-5300

Mental Health Support

Community Reach Center: FREE COVID-19 Heroes Program & Free Warm line

is designed specifically to serve healthcare workers during the pandemic. Any healthcare worker who lives or works in Adams or Broomfield counties can receive up to six counseling sessions free of charge. After initial evaluation counseling sessions will be provided via telehealth to support public health.

5 Ways to Get Help Now!

1. Call the Warm Line at 720-262-3312 Monday through Friday, 8am to 5pm
2. Call Colorado Crisis Services 1-844-493-8255 or text "TALK" to 38255
3. Visit the Behavioral Health Urgent Care 24/7 @ 2551 W. 84th Ave., Westminster, CO
4. Complete an intake assessment at either Community Reach Center intake location to begin services as a new client

8989 Huron St., Thornton, CO | Monday through Friday 8am to 2pm

1850 E. Egbert St., Brighton, CO | Tuesdays, 8am to 12noon

5. Visit the Telehealth page on CommunityReachCenter.org to learn about telehealth services for new and current clients.

Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program—(SNAP)—is the food assistance program in Colorado. It was formerly known as food stamps. SNAP aids benefits as part of a federal nutrition program to help low-income households purchase food.

Need to apply for SNAP?

- Apply online through Colorado PEAK: colorado.gov/PEAK
- Apply over the phone through Hunger Free Colorado: 720-382-2920
- Mail in or drop off a paper application to:
11860 Pecos St Westminster, CO 80234

Please call 720-523-2253 to request a paper application in the mail.

All applications must include a name, address, and signature.

The Senior Hub

Material Aid Program

What is it: groceries and home-goods delivered free of charge to individuals, must be 60 or older to qualify. Up to \$200 worth of items a month per individual. Restrictions apply. Call for more information.

Call Brittany Mitchell, Director of Adult day Services, at 303-426-4408 or 719-931-7109

Curbside Food bank

The Senior Hub food bank has transition to a curb side model. Instead of coming into the food bank, you instead drive up to a designated parking spot. A volunteer will come out and check you in. Lastly, a volunteer will put all your groceries in the trunk of your car. 100% no contact delivery. Please call to make an appointment to avoid waiting.

Call Tania Baxter, Director of Senior Solutions at 303-426-4408 ext 219

Well Elder

A joint project with, Adams Community partners, utilizing shared database tool, Staff and volunteers to make reassurance calls, provide fraud education, and share resources. The Senior Hub assists by being the database “Super User”, onboarding the community partners, providing tools, and assisting with the recruitment and retention of volunteers. **Qualified volunteers are welcome to participate, they will receive training and access to the tool kit.**

Call Angela Caudill, Volunteer Manager 303-426-4408 ext 202

Food Banks and Pantries in Adams County

Agency	Street	Phone	Hours/Comments
Arvada			
New Apostolic Church Food Pantry	5290 Vance Street	720.722.3663	Open every Wednesday 9:00AM-11:00AM Please enter around the back
Aurora			
Ansar Pantry	6251 E Colfax Ave #208	303.459.2153	Each Saturday of each month 9:30AM-12:00PM
Aurora Interfaith Community Services	1553 Clinton St	303.360.0260	Monday- Thursday 9:30AM-12:30PM Call by 8:30AM for same day appointment
Colfax Community Network	1585 Kingston St	303.999-6093	Tuesday & Thursday 10:00AM-12:00PM
Friends of St. Andrew	1525 Dallas St	303.364.2329	Call for time and dates of operations--AURORA RESIDENTS ONLY
Restoration Outreach Programs	1540 Boston St	720.859.2513	Every Tuesday 11:30AM-12:30PM
Bennett			
Bennett Community Food Bank	401 S 1st St	303.644.3249	Open the First & Third Saturday of every month 8:00AM-10:00AM
Brighton			
Calvary Chapel	103 E Bridge St	303.659.1886	Second & Fourth Monday 5:00PM-6:30PM
Chapel Hill Food Bank	10 Chapel Hill Dr	303.659.0745	Second & Fourth Monday 5:00PM-6:30PM
Mobile Food Pantry (FBR) Brighton Town Hall	22 S 4th St	303.371.9250	Second Saturday 9:00AM
St. Augustine's Community Food Pantry	129 S 6th Ave	303.654.1040	Tuesday & Thursday from 9:00AM-1:00PM
Broomfield			
North Denver Cares Food Pantry	6900 W 117th Ave Suite 700W	303.466.2115	Tuesday & Wednesday 10:00AM-2:00PM Thursday 7:30AM-11:00AM & Thursday 5:00PM-7:00PM
Commerce City			
Adams County Emergency Food Bank	7111 E 56th Ave	720.878.3563	Wednesday, Thursday, Friday 10:00AM-1:00PM
Impacto De Fe	5155 E 64th Ave	303.403.2744	Every Saturday 7:30AM-10:00AM
Mobile Food Pantry (FBR) Dick's Sporting Goods Park	6000 Victory Way	303.371.9250	First & Third Friday at 9:00AM and ending when the food is gone
Our Saviour Lutheran Church FISH	6770 Monaco St	303.288.9577	Tuesday- Friday 9:00AM-12:00PM Arrive by 11:30AM Bring ID COMMERCE CITY RESIDENTS ONLY
Denver			
Assumption of the Blessed	2361 E 78th Ave	303.288.2442	Wednesday 8:30AM-12:00PM one visit per month
Bienvenidos Food Bank	3810 Pecos St	303.433.6328	Open every Thursday at this location except the 3rd Thursday of the month from 10:00AM-12:00PM and 3:30PM-5:30PM
Denver Indian Center Inc.	4407 Morrison Rd	303.936.2688	2nd, 3rd, 4th Wednesday & Friday from 9:00AM-12:00PM and 1:00PM-3:00PM
Mt. Zion Lutheran Church Food Pantry	500 Drake St	303.429.0165	Third Saturday of every month 10:00AM-12:00PM
New Song & Ministries Church Food Pantry	8242 Pecos St	303.430.8100	Every Sunday except for the first Sunday of each month 12:00PM-1:00PM
Pioneer Village Mobile Home Park	2901 W 63rd Ave	303.650.4652	First & Third Wednesday of each month 3:00PM
Servicios de la Raza	3131 W 14th Ave	303.458.5851	Wednesday & Friday from 10:00AM-12:00PM Appointments are a must!
The Salvation Army West Adams	2821 W 65th Pl	303.428.6430	Monday, Wednesday, Friday 10:00AM - 2:00PM

Agency	Street	Phone	Hours/Comments
Federal Heights			
Thrive Church	272 W 92nd Ave	303.428.9535	Every Friday 11:00AM-1:00PM
Northglenn			
Good Shepherd Presbyterian Food Bank	10785 Melody Dr	303.452.5478	Tuesday & Wednesday from 10:00AM-11:45AM Serving zip codes 80234 and 80260 Need ID and Mail
Immaculate Heart of Mary	11426 Pearl St	303.452.2041	Monday, Wednesday, & Friday 9:00AM-11:30AM
Northglenn Christian Church Bank	1800 E 105th Pl	303.452.3787	Tuesday & Thursday 10:00AM-11:45AM
Strasburg			
CARES Foodbank of Strasburg	56155 Sunset Ave	303.622.4600	Strasburg Community Church Fridays 3:30PM-6:00PM
Thornton			
Holy Cross Food Pantry	9371 Wigham St	720.938.4304	Third Thursday of each month 3:00PM
North Suburban Medical Center (FBR)	9191 Grant St	303.451.7800	Third Thursday of each month 1:00PM-3:00PM
Regis University Thornton Campus Food Pantry	500 E 84th Ave	720.938.4304	First Thursday of each month 3:00PM
Senior Hub Senior Solutions	10190 Bannock St Suite 105	303.426.4408	Monday-Thursday 8:30AM- 4:30PM By appointment only
Thornton Community Food Bank	8990 York St	303.287.7268	Monday, Wednesday, & Friday 12:30PM-3:00PM
Westminster			
Growing Home's Food Pantry	3489 W 72nd Ave Suite 112	303.426.0430	Monday-Saturday 10:00AM-12:00PM Closed on some holidays
Have a Heart	3455 W 72nd Ave	303.427.6700	2nd Saturday of each month 8:00AM-10:30AM
Westminster Presbyterian Church FISH	3585 W 76th Ave	303.429.1569	Monday & Wednesday 12:30PM-4:00PM

**Resources located at
Adams County Human Services
11860 Pecos Street Westminster CO 80234**
Adoption, Adult Protective Services, Colorado Child Care (CCCAP), Child Support Services, Children and Family Services,
Community Support Services, Domestic Violence Resources, Foster Care, Financial Assistance Program, Head Start, Health First Colorado, Veterans Services, and Workforce & Business Center

Adams County Community Partners
A Precious Child, Center for People with Disabilities, Adams County CSU Extension, Denver Indian Center, Denver Indian Family Resource Center, ECPAC, Family Tree, Foster Source, Joyful Journeys, Let Your Light Shine, Maiker Housing Partners, Maple Star, The Senior Hub, Seniors Resource Center, Servicios De La Raza, UNE and YHC Clinic

720.523.2000

BEFORE YOU VISIT!
We recommend that you contact the agency before you visit to confirm hours of operation and find out what you need to bring with you. (Some agencies only serve people in a specific area or zip code, require ID and proof of address)

ANTES DE VISITAR!
Le recomendamos que se comuniquen con la agencia antes de su visita para confirmar las horas de operación y averiguar que necesitan traer con usted. (Algunas agencias solo atienden a personas en un área específica o código postal, requieren ID y prueba de dirección)