



## March 2020 Presidents Council SHIP Update

**\*\*Please share this information with residents.\*\***

**NOTE: All classes are postponed due to COVID-19 until further notice.  
Participants will be notified when classes resume.**

### COVID-19 Resources

#### **Where to find free/low cost food, food shelves, and food delivery updates**

- MN Hunger Solutions: <http://www.hungersolutions.org/2020/03/13/covid-19-information-for-food-shelves/>
- MN Hunger Solutions Helpline (language interpreters available):  
**1-888-711-1151**

#### **Free meals for kids while schools are closed**

- MN Hunger Solutions: <http://www.hungersolutions.org/2020/03/16/meals-for-kids-during-covid-19-closings/>
- St Paul Public Schools: SPPS school bus stops become weekly meal pickups for students. <https://www.spps.org/Page/38722>

#### **NAMI Helpline for people experiencing anxiety related to COVID-19**

- 1-800-950-6264 Monday-Friday, 10a-6P EST
- NAMI Resource Handout (attached)

HUD: [www.HUD.gov](http://www.HUD.gov)

CDC: <https://www.cdc.gov/coronavirus>

MN Dept of Health: <https://www.health.state.mn.us/diseases/coronavirus>

Ramsey County: <https://www.Ramseycounty.us/coronavirus>

Saint Paul: <https://www.stpaul.gov/departments/emergency-management/coronavirus-covid-19>

### SHIP Updates

#### **Living Well with Diabetes Series – Postponed until further notice**

- Seal – Tues., Feb. 18-March 24 1:30-3:30P
- Wilson – Wed., March 3/11-4/15/20 1:30-3:30P

#### **Garden Mentor Program Training – Postponed until further notice**

- Questions, please contact Natalie Mikkelson, Green Initiatives Technician at [Natalie.Mikkelson@stpha.org](mailto:Natalie.Mikkelson@stpha.org)

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### **QUIT PARTNER: MN's New Cessation Program starts April 1, 2020**

- Beginning April 1, 2020 the new smoking cessation support line **Quit Partner** will start. **Call 1-800- QUITNOW (1-800-784-8669).**
- The **Spanish cessation number is 1-855-DEJELO-YA.**
- Quit Partner will offer free cessation services starting April 1 for Minnesotans using cigarettes, vapes and chew.
- In addition, it will offer specialized programs for people living with mental illnesses or substance use disorders, American Indian Communities, pregnant or post-partum women, and youth under the age 18. Print information will be available in April.
- **1-800- QUITNOW (1-800-784-8669)**

### **St Paul & HOUR Car Electric Vehicle Network Outreach and Engagement – Postponed until further notice**

Project coordinators, Julia and Shannon (who presented at a Presidents Council meeting a few months ago) are reevaluating their community outreach. I will share updates as soon as I hear more.

**At Home Exercises** – here are a few free online options to help keep you moving indoors. You can likely find many more by searching online.

- **YMCA 360** The YMCA is offering a new free streaming fitness program, called Y360, for adults and kids. The fitness exercises can be done at home.  
[https://www.youtube.com/channel/UCOGt\\_IpceP\\_xQhhCMCrut\\_A/videos](https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A/videos)
- **Healthline** – 30 Exercises to do at Home  
<https://www.healthline.com/health/fitness-exercise/at-home-workouts>
- **Planet Fitness** is hosting "Home Work-Ins" (on the Planet Fitness Facebook Page) – a series of free fitness classes for everyone that will be streamed live daily **Monday – Friday at 7 p.m. ET** and led by our certified trainers, as well as special guests. There is no equipment needed and all classes will be 20 minutes or less.
- **Twin Cities PBS TV – 'TPT Life' Channel** hosts: 6am Stretch and 6:30am Yoga Monday – Friday
  - Stretching <https://www.tpt.org/classical-stretch-by-essentrics/>
  - Yoga <https://www.tpt.org/wai-lana-yoga/>

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