

CC Resources re: Covid-19

The Caring Collaborative has compiled a list of wellness resources for you to keep in mind to reduce the threat of isolation and loneliness, as well as resources to keep you healthy as the pandemic continues.

**** Indicates the information is new or revised.**

**** How Covid vaccines work**

<https://www.youtube.com/watch?v=eK0C5tFHze8>

OMH Emotional Support Line: 1-844-863-9314

The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

Managing anxiety in a difficult time

[The Office of Mental Health COVID-19 Resources](#)

Meditation

[Guided Meditations](#)

HEADSPACE.COM <https://www.headspace.com/covid-19>

CALM.COM <https://www.calm.com/freetrial/plans>

****Expansion of Medicare Covered Services during COVID-19**

<https://www.medicare.gov/medicare-coronavirus>

**** A Step-By-Step Guide to Using Telemedicine**

<https://www.aarp.org/health/conditions-treatments/info-2020/how-telemedicine-works.html>

****AARP weekly Covid-19 Updates**

<https://www.aarp.org/health/conditions-treatments/info-2020/tele-town-hall-coronavirus.html>

Food Purchasing: Resources & Guides

**** Ideas for Healthy Take Out** <https://www.nutritionaction.com/daily/what-to-eat/leaning-on-takeout-or-delivery-right-now-we-have-ideas/>

UPDATED 6/14/2020

**How to Disinfect Reusable Shopping Bags https://foodsafety.ces.ncsu.edu/wp-content/uploads/2020/03/Reusable-bags_COVID-19_Flyer.pdf?fwd=no

**[Invisible Hands](#) (grocery shopping and store pick up by college-age volunteers)
[Age-Friendly Supermarket Guide](#)

Health & Fitness Videos

**YMCA <https://www.ymca.net/your-y-at-home-staying-active>

[Sit & Be Fit](#)

[Silver Sneakers](#)

[Tai Chi and QiGong](#)