



People
Serving
People

GUEST DIGEST

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What's in this update?

COVID-19

Voluntary Temperature Checks

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COVID Update

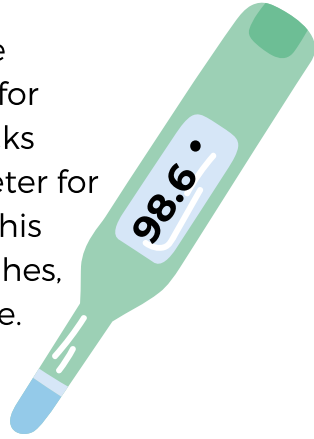
Stay at Home order is in place until May 4th.

Call the Front Desk at 612-332-4500 to discuss special needs. As of right now, **there are no known cases of or exposures to COVID-19 in the shelter.** Guests do not need to remain in their room, but should work on practicing social distancing. If you are sick or been instructed by a medical professional, please stay in your room.

Voluntary Temperature Checks

We know body temperatures above 100.4 degrees can be a symptom of COVID-19. Because of that, Healthcare for the Homeless Clinic Staff will be joining lunch meal delivery for voluntary temperature checks using a forehead thermometer for anyone who is interested. This will happen at random lunches, as there is not a set schedule.

Guests are not required to participate—it is just a preventative measure we want to offer to families.



Message from People Serving People

People Serving People maintains a commitment to promote a healthy and safe environment for you and your family. You are expected to adhere to People Serving People's policies and procedures; failure to do so will result in warnings, community service or restriction from shelter. We would like to remind you that, Guests are not allowed to enter another Guest's room for any reason, unless there is a babysitting form on file at the Front Desk. Visiting other Guest's rooms is also a public health hazard that could increase the chance of catching COVID-19 (there is no known case in shelter, but that may change).

Message from the Clinic

Clinic staff is currently limited, so please call first. If you have questions regarding COVID-19 or have symptoms and would like to request a test, please call either of the numbers listed here.

612.396.6157 (please call first)
Mon & Wed · 9am – 4pm
Tues, Thurs, Fri · 9am – 12 noon

After hours: Healthcare for the Homeless
612.348.5553 7am – 10pm daily

Symptoms of Covid-19

- 1) Cough
- 2) Fever
- 3) Tiredness
- 4) Difficulty breathing (severe cases)



When to go to the emergency room or call 911

- 1) Trouble breathing
- 2) Ongoing pain or pressure in your chest
- 3) Confusion or if someone can't wake up
- 4) Bluish lips or face

Stay up to date on our resource page at:

www.peopleservingpeople.org/shelter-guests/

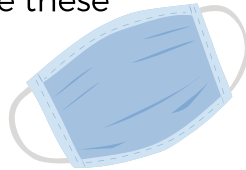
Here you will find answers to more commonly asked questions, community and public health updates, previous flyers and much more!

Masks

Last week masks were distributed to families who requested them.

If you have not received a mask and would like mask please see the front desk. We will distribute them while supplies last.

People Serving People, Inc. is under no obligation to procure or provide these masks, and makes no warranty regarding them.



Please Remember:

- Cloth masks should be thoroughly cleaned between each use, at least daily. A washing machine should suffice for properly cleaning a cloth face mask.
- Always wash your hands after removing your mask.
- Cloth masks should NOT be worn by children under the age of two
- Cloth masks should NOT be worn by anyone who has trouble breathing
- Cloth masks should NOT be worn by anyone who is unconscious, incapacitated or otherwise unable to remove the cover without assistance

K-12 Programming

Homework – Quiet Space

Grades K-12
Quiet Study Space students can do homework

Monday – Friday in 213/214
Session 1 • 10:30am – 11:30am
Session 2 • 1:15pm – 2:15pm



Covid-19 Stimulus Payments

Earlier this week, a flyer regarding the federal governments stimulus payments went out earlier this week in mailboxes. This flyer answers many commonly asked questions.

You may also find this flyer on our website at:

<https://www.peopleservingpeople.org/covid-guest-flyers/>

Head To Toe

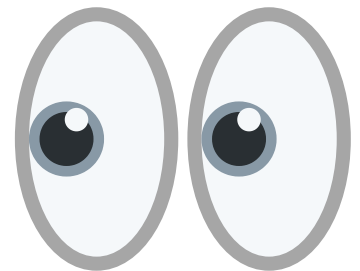
Guests will receive a Head to Toe Order Form in mailboxes on Friday.

Return the form to the Front Desk by Sunday @ 3pm.

Pick up the Head to Toe order after 1 pm on Monday at the Front Desk.

*To qualify for this service, guests must have completed their one-time “Meet & Greet” with Jocelyn. Ask at the Front Desk to schedule.

Be on the
lookout!
Next week staff
will be delivering
some donated
activity items!



Homework – TRC

Grades 5-12
Computer space for Homework. Parents can drop students off in 213/214 for online homework time.

Monday-Friday in the TRC
4:00pm – 5:30pm

Children's Mental Well-being and Mental Health Resources



Who?	Organization	Service Summary
Support for pregnant and <u>post partum</u> families in Hennepin County	Redleaf Center for Family Healing	<p>Mother-Baby <u>HopeLine</u>: Free mental health phone support for pregnant and postpartum mothers, fathers, and families with children 0-5 years old, as well as the mental health and medical providers that serve them. Our staff will listen and guide you to the right support — either at the Mother-Baby Program or in your community.</p> <p>This is not a crisis line. Call 612-873-4673. The <u>HopeLine</u> is available Monday to Friday, 8:30 am-4:30 pm.</p>
Support for children, youth, and families	Statewide Children's Mental Health Crisis response	<p>Access your county children's mental health crisis line through the State Department of Human Services; https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/resources/crisis-contacts.jsp</p>
Support for individuals and families	National Alliance on Mental Illness (NAMI) - MN	<p>The helpline will continue to operate, but please know that people will need to leave a message and it may take longer to return your call.</p> <p>The helpline number is 651-645-2948, ext. 117 or namihelps@namimn.org. https://namimn.org/nami-minnesota-covid-19-resources/.</p>
Support for individuals and families	Mental Health Minnesota	<p>The Minnesota Warm Line is answered to provide peer-to-peer support, Monday-Saturday, 5:00-10:00 pm. https://mentalhealthmn.org/support/minnesota-warmline/ or 651-288-0400 or 1-877-404-3109</p> <p>Mental Health Helpline is available to provide information about mental health programs and services for you or a loved one. Phone: 1-800-862-1799 Email: helpline@mentalhealthmn.org</p>

Walk-in Short-Term Therapy Services

There are walk-in times for short term therapy services twice a week. These services are offered to guests (16+), couples, and families staying in shelter.

When & Where: The Quiet Room (#122); Tuesdays 9:00am-11:00am & Thursdays 5:45pm-7:45pm and/or by appointment. Please see Lauren for any questions.

You may also see any advocate for additional resources