



Building Communities. Growing Leaders.

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BPSOS Falls Church NEWSLETTER

June 2020

NUMBER OF CASES IN VIRGINIA as of June 5th



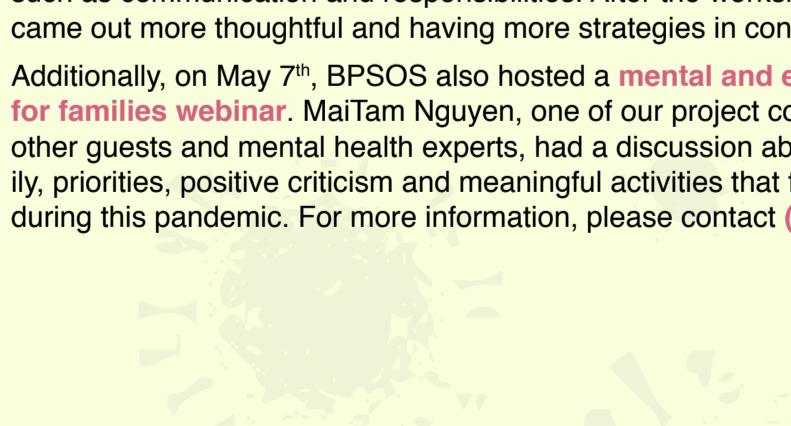
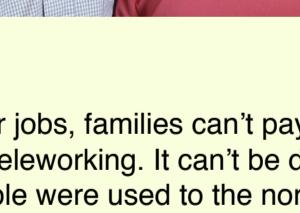
Virginia governor Northam announces Phase Two guidelines to further ease public health restrictions. **Phase Two is expected to begin Friday June 5th; however, Northern Virginia and Richmond are to remain in Phase One until further announcement.**

Under Phase Two, the Commonwealth will maintain a Safer at Home strategy with continued recommendations for social distancing, teleworking, and requiring individuals to wear face coverings in indoor public settings. The maximum number of individuals permitted in a social gathering will increase from 10 to 50 people. All businesses should still adhere to physical distancing guidelines, frequently clean and sanitize high contact surfaces, and continue enhanced workplace safety measures.

Restaurant and beverage establishments may offer indoor dining at 50 percent occupancy, fitness centers may open indoor areas at 30 percent occupancy, and certain recreation and entertainment venues without shared equipment may open with restrictions. The current guidelines for religious services, non-essential retail, and personal grooming services (such as nail salons and barber shops) will largely remain the same in Phase Two.

Governor Ralph Northam also signed Executive Order Sixty-Three, **requiring Virginians to wear face coverings in public indoor settings** to help contain the spread of the novel coronavirus.

Follow governor.virginia.gov for more detail.



In May, where Virginia was struggling with reopening, BPSOS-VA has been helping more than 40 people with their **Unemployment Insurance** questions. While unfunded, we were aware of the community's desperate financial need during this time. Compared to April, the majority of the cases were ongoing and complicated ones where our staffs needed to identify the problem, submit an appeal and monitor the situation weekly. Additionally, in May, we have submitted an dozen new cases that were resolved successfully, thanks to our hardworking staffs.

With how many people lost their job, income during Covid-19, BPSOS's navigators have been updating and correcting their **health insurance**. Due to the change in income, many people were eligible for insurance that they weren't before that are better suited their needs. The traditional unemployment benefit and Pandemic Unemployment Assistance (PUA) also make it complicated when health insurance literacy so that they will be more confident in the future. Every month since April, we helped more than 200 people with their health insurance problem and question. For more information, please call **(703) 538-2190**.



The 2020 Census is underway—more than half the households across America have responded—and more are responding every day. **Because of social distancing, the most effective action you can do is respond online, by phone, or by mail when you receive your invitation.**

In light of the COVID-19 outbreak, the U.S. Census Bureau has adjusted 2020 Census operations in order to protect the health and safety of participants, count of all communities, and to ensure a complete and accurate count.

BPSOS-VA is still helping more than 300 people filling out the census online in May. Especially, the seniors in our community were very happy to participate in the Census. They reminded and referred their peers and family members to us as well. They expressed their wish to have more funding for housing, Medicaid and SNAP benefits, etc.

If you haven't responded to the Census, please do so as soon as you can. You can do it online or if you need help, please contact our office at **(703) 538-2190**.

Workers lose their jobs, families can't pay their bills, parents have to take care of children while teleworking. It can't be denied that Covid-19 has brought us a lot of stress. Pandemic has turned society on the normality, the stability of everyday life, and coronavirus suddenly turned society on the normality, the stability of everyday life, and

Healthy Marriage. We have given 21 people, 16 of which were couples, about how to manage stress within family. The workshops, conducted via Google Hangout, focused on the common issues between husband and wife such as communication and responsibilities. After the workshops, every parent came out more thoughtful and having more strategies in conversations.

Additionally, on May 7th, BPSOS also hosted a **mental and emotional health for families** webinar. Mai-Tam Nguyen, one of our project coordinators along with mental health experts, had a discussion about conflict, family priorities, positive criticism and meaningful activities that families can enjoy during this pandemic. For more information, please contact **(703) 538-2190**.

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