

THE COMMUNITY CHEST OF PORT WASHINGTON

Port Washington COVID-19 Community Response Fund



Non-profit grant recipients: Littig House Community Center • Our Lady of Fatima, Parish Outreach • St. Peter of Alcantara, Parish Social Ministry, EOC/Port Washington Community Action Council, Port Washington Parent Resource Center, Outreach Program

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Port Washington Union Free School District
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Frail Elderly: A Public Service Announcement

Members of our community, specifically **older adults (and people of any age who have serious underlying medical conditions)** are at higher risk for severe illness from COVID-19 and have been staying indoors. Some of the frail elderly—lacking outdoor time, social connections, and a lack of physical activity during this extended pandemic--may be more at risk for malnutrition, muscle attrition, loneliness, and other health problems.

Access to information and support is often by telephone or computer—both can be difficult for many seniors. It is generally agreed that more than 50% of seniors over 80 years old are not computer literate, and many also have some significant degree of hearing loss.

We are asking all residents to be aware of elderly neighbors and others who may need help and who are possibly not getting the help they need. Either call or knock on the door and ask if they need anything. Remember that many seniors have hearing and/or mobility issues.

If your neighbor is 60 or older, encourage him/her to **call 311 or 869-6311** to register for Project Independence. Project Independence is the Town of North Hempstead's aging in place initiative, serving Town residents age 60 or older. By calling 311 or 869-6311 a senior will be connected to Project Independence and all their programs and services including, taxi transportation to doctor appointments and food shopping. In addition, Project Independence has a staff of community nurses and social workers to assist senior Town residents with food insecurities, entitlements, reassurance, and more. [Click here](#) to find out more about Project Independence.

If you cannot help or if he/she is having trouble registering for Project Independence, please ask if you can share his/her contact information with someone who can help.

Refer them to one of Port Washington's Outreach organizations:

Our Lady of Fatima at 516-883-3903

St. Peter of Alcantara at 516-883-0365

Littig House Community Center 516-767-2010

Or contact the Community Chest (info@portchest.org, 516-767-2121) for help.

Thank you!