

... a monthly community calendar of events in Philadelphia,  
by and for Consumers of **Liberty Resources, Inc.**

## Liberty Lite

### LRI Calendar of Events: Special Edition

### **COVID-19 Information, Resources, and Updates**

Liberty Resources, Inc. offers Consumers a variety of programs and events each month. For more information about any activity listed, call LRI's main number (215-634-2000) and the extension at the end of the listing.

#### **Free Tax Prep**

The IRS has extended the tax deadline to July 15, 2020. Contact an ILS Specialist for info on where to get free tax preparation assistance 215.634.2000 Ext. 325

#### **Census Update**

The 2020 Census is still happening! In fact it is a great way to help make sure our services continue and to pass the time at home! You will receive a paper in the mail with a Census code that is unique to you. You now have until August 14, 2020 to complete the census and make sure you're counted.

For any assistance or questions related to the Census contact Ext. 325. Our Specialists are trained "Census Champions." Let's make sure our community is counted so that we can receive the federal funds we need!

#### **Voter Registration and Information**

The Primary Election has been moved to June 2<sup>nd</sup>! If you'd like to register for the general election, or set up your mail in ballot for the general election please visit [www.pavoterservices.pa.gov](http://www.pavoterservices.pa.gov) or contact Ext. 325 for assistance.

#### **Nursing Home Transition Program**

Liberty Resources Nursing Home Transition Program provides assistance to people with disabilities who wish to transition out of costly and isolating nursing homes in Philadelphia County. This transition helps people live full, independent lives in their own homes in the communities they choose. To

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learn more about our Nursing Home Transition Program please contact  
215.634.2000 Ext. 325.

**Liberty Home Choices:**

To enroll in LRI's attendant agency, call Ext. 617

**Nicole's Place**

Though our store is currently closed we could still use donations so that we can continue to run the store in the future. We have wonderful volunteers who operate the store and we provide lunch and transportation to them. A donation would help us be able to continue to provide our volunteers with lunch and transportation.

**Peer Support**

Connect with other people with disabilities one-on-one on the phone. Call Ext. 325. You can also join the virtual 'Consumer Connections' event happening on June 18<sup>th</sup>. Details are further down in the newsletter.

**Advocacy**

Would you like to be more involved in disability advocacy regarding federal and state relief efforts? Contact an ILS Specialist at Ext. 325 and ask about upcoming info sessions and webinars you can join from the comfort of your home.

**June 5,12,19 & 26**

**Young Adults with Disabilities Club:** 12:30-2:30 PM, virtually. The Group has been meeting every Friday, as a way to give/get support during the time away from each other. The meeting includes LRI updates, a Chair Yoga session, and an active discussion based on the topics that the Young Adults are interested in. Past topics have included Productive uses of you Time, Advocacy, Favorite Food, Favorite Sports, etc. Topics are decided week to week, by the group!!! Anyone 14-32 years is welcome to attend. Contact Mary Beth Morgan for an invitation link or follow the instructions for telephone number to connect, sent via email to the LRI Young Adults Group weekly. Stay Healthy and Be Well! [MaryBethMorgan@libertyresources.org](mailto:MaryBethMorgan@libertyresources.org) or Ext. 335

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**June 13**

**Momma Chronicles**, 1:00 PM via **ZOOM**. Are you a parent who has a disability or a child with a disability? If so, we would love to hear from you. Please contact Domonique Howell at Ext. 286 or Latoya Maddox at Ext. 114 for more information or to get access to the meeting!

**June 18**

**Consumer Connection** group will be meeting virtually through a conference call. We want to hear about any disability related issues you have been having during the COVID-19 pandemic. How are your services? We also welcome you to join to just talk about how you're feeling.

1:00PM-2:00PM

Call [+1 267-417-7923](tel:+12674177923) United States, Philadelphia (Toll)  
Conference ID: 477 070-237#

**June 27**

**Disability Pride Philadelphia** has gone virtual! This year is the 30th Anniversary of the ADA. DPP event kicks off with a virtual flag raising pep rally (6/27), continuing with contests, panels, bands, comedy, storybook time for kids, movement and mindfulness classes, talent show, and more. DPP will wrap up the 30 days with ADA coverage on July 26th. Go to DPPs website or any of their social media handles for more information:  
<https://www.disabilitypridephiladelphia.org/>

**Food Resources**

LRI is currently capacity for our food delivery services, but currently working on expanding our efforts. Email your name/address/contact info to [Food@libertyresources.org](mailto:Food@libertyresources.org) to be added to our waitlist our waitlist  
Here's some resources in the meantime: Our partner at the Share Food Program is however offering bi-weekly food deliveries through June 20<sup>th</sup>. Register: [https://docs.google.com/forms/d/e/1FAIpQLScK5GZRPsPDTKYwksXB7n4NsO725PPVLHzdkHf\\_jpHSoRbljA/viewform](https://docs.google.com/forms/d/e/1FAIpQLScK5GZRPsPDTKYwksXB7n4NsO725PPVLHzdkHf_jpHSoRbljA/viewform)

If you are able to safely leave your home, the Share Program asks that you visit one of their distribution sites on Monday or Thursday, which can be found

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here: <http://phl.maps.arcgis.com/apps/View/index.html?appid=34b210c6dd684b8e944768c82c0efa5e>

If you are over 60, Philadelphia Corporation for the Aging is operating a series of grab and go meal distribution sites for older adults, to provide nourishment during COVID-19. In all, a total of 20 sites are open for grab and go meals. PCA recommends calling the center closest to your house because most have delivery drivers as well. Here is the link:

<https://pcacares.org/services-for-seniors/pca-grab-and-go-meal-sites/>

If you receive managed care long term supports and services under Community Health Choices (CHC), home delivered meals are available as a benefit during this time. Please reach out to your managed care organization for more information or to request this service. For more information on CHC please click here-->

<http://www.healthchoices.pa.gov/info/about/community/index.htm>

If you are a Veteran currently registered with the Philadelphia VA and are in need of food you can request home delivered groceries. For more information contact your VA social worker.

### **Utility Assistance**

**COMCAST**- offering 60 days of **free** internet (extended):

Eligibility:

- need to be someone that is already eligible for a public assistance program such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, or SSI.
- You'll also need to live in an area where Comcast is available, but have not subscribed to the service in the past 90 days and not have an outstanding debt to Comcast that is less than a year old.

Apply at <https://www.internetessentials.com/Apply>

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### Legal Assistance

**Disability Rights Pennsylvania:** Intake will remain open during the pandemic. Mon-Fri 9:00AM-3:00PM, Call (800)-692-7443.

### Chair Yoga

Curious about adaptive yoga?

As a Liberty consumer or attendant, you can now access a fully accessible Chair Yoga class recording for free.

To receive your free Chair Yoga class, email our Yoga Instructor at [PascaleVallee@LibertyResources.org](mailto:PascaleVallee@LibertyResources.org).

### Mental Health

**Optum Public Crisis Line:** Our toll-free emotional support help line at (866) 342-6892 is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect people to resources. It is open 24 hours a day, seven days a week.

**National Alliance on Mental Illness (NAMI):** Philly has two Connections support groups going at Rodeph Shalom via Zoom.

NAMI Bucks County is offering support groups via Zoom. Their number is 1-866-399-NAMI (6264) or go to <https://namibuckspa.org/> to get more information.

If you are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-8255 or text NAMI to 741-741.

If you need information, resources or support, feel free to call NAMI Warmline at 267-687-4381 Option 1.

**Communication Health Choices:** If you have a problem, a question, concern or complaint about your new Community Health Choices provider – call the State participants/consumers helpline 833-735-4416 or Email: RA PWCHCpa.gov.

MCO Participant Lines:

Keystone – 1.855.332.0729

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PA Health & Wellness - 1.844.626.6813

UPMC – 1.888.876.2756

### **HOW TO FILE A COMPLAINT OR GRIEVANCE with LRI**

You can also file a grievance by calling the Complaint Line at  
(215) 634-2000 x 250 or by emailing us at  
[Grievance@libertyresources.org](mailto:Grievance@libertyresources.org).

Website: [www.libertyresources.org](http://www.libertyresources.org)



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