

REACH Resident Resources

September 2021

HEALTH & WELLNESS

SNAP Benefits to Increase this Fall

President Biden has approved an increase to SNAP benefits for the first time in years. The increase starts on October 1, 2021 and will amount to about \$36 per person. Every jurisdiction or state has a different process and application for receiving benefits, we advise you to check with your local agency.

COVID-19 Booster Shot Recommendations

The CDC recommends people who are moderately to severely immunocompromised should receive an additional dose of mRNA (Moderna and Pfizer) COVID-19 vaccine after the initial 2 doses and at least 28 days after a second dose.

Check with your health care provider for guidance on whether you should get a booster shot.

Suicide Prevention Month

September is National Suicide Prevention Month and provides a time to share resources and opportunities to join the conversation of how to help prevent suicide. If need support for yourself or are worried about a friend or loved one, the Lifeline network is available 24/7 across the U.S.

National Suicide Prevention Lifeline – 1-800-273-8255

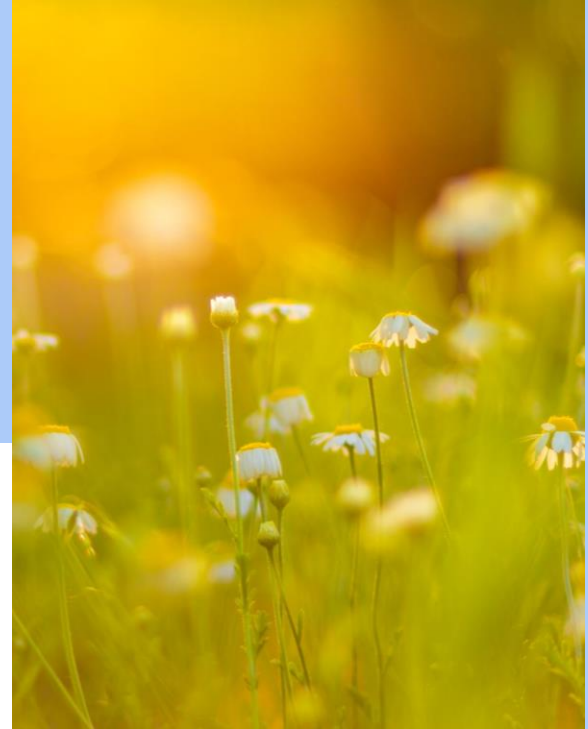
Veterans Crisis Line – 1-800-273-8255

Option for Deaf + Hard of Hearing – dial 711 then 1-800-273-8255

Nacional de Prvención del Suicidio – 1-888-628-9454

Cold and Flu Season is on the Horizon

As Cold and Flu Season approaches, remember to schedule your flu vaccine as soon as available with your health provided. Flu vaccines are encouraged for all, regardless of your COVID-19 vaccination status.



9/11 20th Anniversary

The 9/11 Memorial & Museum is collecting notes for its Remembrance Wall. All are invited to post a personal message of commemoration or tribute in honor of those that lost their lives, all who risked their lives to save others, and those who “demonstrated extraordinary compassion in the aftermath of the attacks”.

To share your own personal message, please visit neverforget.org/remember.



A moment of silence will also be held nationwide at 8:46 am Eastern.

SENIORS SECTION

National Yoga Month

September is National Yoga Month! The purpose of this month is to promote the health benefits of yoga and inspire a healthy lifestyle. According to the National Center for Complementary and Integrative Health (NCCIH), many individuals practice yoga to maintain their health and wellbeing, improve physical fitness, relieve stress, and enhance their quality of life.

There are a number of free resources online and in the community, including Yoga with Adriene on YouTube (<https://www.youtube.com/user/yogawithadriene>).

Car Care for Seniors

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. Due to COVID-19, the CarFit program is hosting a series of Virtual Workshops to provide an in-depth look at several key aspects involved in getting a proper fit in your vehicle. Learn about what to look for when it comes to "fit," including the distance between the driver and the steering wheel, and mirror and foot positioning. Learn about the everyday household objects you can use to measure and adjust. These tips and more will keep you safer on the road.

Visit <https://www.car-fit.org/> to register for a virtual workshop today!

15% Off Oil Changes and Additional Services

AARP Members save 15% off drive-thru, stay-in-your-car oil changes – including a free 18-point maintenance check. The discount also applies toward preventive maintenance services – including radiator, transmission and differential services, air filter or wiper blade replacements. It excludes batteries and state inspection services. Visit <https://www.aarp.org/> for more information.

KIDS CORNER

Stress Relief as School Resumes

The return to school and can bring additional stress for students. Below is a list of stress busting activities for children.

- Exercise
- Deep breathing
- Explore a hobby
- Music
- Journaling
- Healthy snacks
- Arts & Crafts
- Talking about stress

Resource Connections

Call 211 or visit [211.org](https://www.211.org)

[FindHelp.org](https://www.findhelp.org)

CIS Hotline (Resource and Referrals for Residents) – 202-895-8905