

Windy Hill Older Adults Community News

April 2020



HAPPY SPRING!



Reduce Stress During Social Isolation:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Remember, we're all in this together.

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Hello Friends,

I will be staying home this month as the country struggles to contain the COVID-19 pandemic. While I am gone, please know that essential services in the County are available to help you through this difficult time. I can't wait until we can all get together again for a community celebration once we get the all-clear to return to normal life!

In the meantime, please be careful and follow these instructions from Virginia's Department of Health:

1. Do not gather in groups.
2. Practice social distancing, which generally means maintaining 6 feet between you and others at all times.
3. Avoid public places where close contact with others may occur and public transportation.
4. Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer only if soap and water are not available.
5. Avoid touching your eyes, nose, and mouth.
6. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
7. Clean and disinfect frequently touched objects and surfaces.

For an updated list of Loudoun County COVID-19 resources, visit <https://www.loudoun.gov/5327/COVID-19-Needs-Assistance> or call (703) 777-0420.

It's a Census Year! Here's how to participate:

The 2020 Census will ask a few simple questions about you and everyone who is or will be living with you on April 1, 2020. You have the option of completing the questionnaire by phone. To begin, call [844-330-2020](tel:844-330-2020). **Hours of Operation:** Phone lines are open every day from 7am to 2am Eastern Time.

Staying Home Information



COVID-19 Basic Needs Resource List

- Rent** - TM Management has agreed not to evict any residents during this crisis. If you cannot pay your rent, you must call (540) 687-3402 or windyhill@tmamgroup.com. The Property Management office is currently closed, but you can leave a note under the door.
- Middleburg Water Bills** - The Town of Middleburg will not shut water service off for customers who can't pay their bills, will waive associated late fees, and will also give a one-time credit of up to \$200 to customers on their May utility bills.
- Dominion Energy Bills** - Dominion has suspended all service disconnections and is reconnecting residential customers whose services were shut off. Help is available at 866-366-4357 8 a.m. to 5 p.m., Mon-Fri. Or call Middleburg FISH at (540) 687-8771 between 9 am and 4 pm Mon-Fri.
- Seven Loaves Food Pantry** - Seven Loaves is open on a limited basis each week for drive through food pickups. Check the schedule at (540) 687- 3489 or sevenloavesservices@gmail.com
- Healthworks** - If you are experiencing a fever, cough or shortness of breath or have come in close contact with someone confirmed to have COVID-19, **please call and select option #1** to be screened **BEFORE** coming in for an appointment and **BEFORE** going to the hospital for testing. HealthWorks is only offering testing for current patients. (703) 443-2000.



SNAP Benefits Increase

Individuals who get SNAP benefits will get more money deposited onto their cards as of March 25. They will go to any household not already receiving the maximum benefits. SNAP households will receive their regular April benefits on their usual issuance date, with emergency benefits added on April 16.

The increases depend on household size, as shown here:

Household Size	48 States and DC
1	\$194
2	\$355
3	\$509
4	\$646
5	\$768
6	\$921
7	\$1,018
8	\$1,164
Each Additional Person	\$146

Staying Home Information



Virginia Medicaid is Taking Action to Fight COVID-19



No co-pays for any Medicaid or FAMIS covered services



No pre-approvals needed and automatic approval extensions for many critical medical services



Outreach to higher risk and older members to review critical needs



90 day supply of many routine prescriptions



Ensuring members do not inadvertently lose coverage due to lapses in paperwork or a change in circumstances



Encouraging use of telehealth

Medicaid covers all COVID-19 testing and treatment. Call your doctor.

Frequently Asked Questions

How can I get health coverage?

You can apply for Medicaid at any time at <https://www.commonhelp.virginia.gov>. Medicaid covers a variety of services, including testing and treatment for COVID-19.

I am sick but cannot afford my co-pay to see the doctor. What should I do?

All Medicaid and FAMIS co-pays are eliminated. You do not need to pay anything to see a doctor.

I am worried my prescriptions will run out. How can I prepare?

Medicaid is allowing members to fill a 90-day supply of many routine prescriptions. Check with your pharmacist or doctor.

Check out our FAQs

for answers to more of your questions.
https://coverva.org/materials/FAQ_Final_3_20.pdf

Stay Connected!

Sign up for regular updates and information about your health coverage and COVID-19
<https://bit.ly/CoverVAUpdates>

Text COVID19 to 268-782

to keep up with the latest Medicaid news on COVID-19*

Follow us on social media

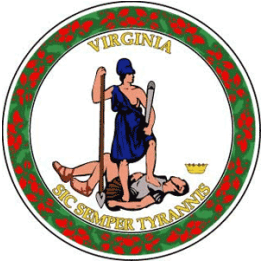


Have other questions

about how Medicaid is improving access to care in response to COVID-19? Contact DMAS here:
<https://www.dmas.virginia.gov/contactforms/#/general>

*Message and data rates may apply. Message frequency varies. Reply HELP for help or STOP to cancel. Visit <http://bit.ly/vawireless> for more.

For more information about COVID 19, visit the Virginia Department of Health website at www.vdh.virginia.gov



**Governor Ralph Northam's
NUMBER FIFTY-FIVE (2020)
TEMPORARY STAY AT HOME ORDER
DUE TO NOVEL CORONAVIRUS (COVID-19)
*A Graphic Illustration***



You can leave your home to get groceries, or medicine, go to a doctor's appointment or the hospital, or to visit family members, exercise outdoors with members of your own household only including pets, or to volunteer with a charity. The [governor's order](#) goes into effect immediately and lasts until June 10, although the governor could cancel it earlier. Violation of the order is a Class 1 misdemeanor, punishable by up to a year in jail and a \$2,500 fine.

