April 2020 Newsletter

Dear Neighbors,

This has been a difficult time for our community as we navigate through the COVID-19 pandemic. We still face uncertainty with the next days and weeks, and continue to endure constant changes to our daily life; but I believe if we all continue to stay at home and limit physical contact, our community will emerge from this crisis stronger and more vibrant than ever.

Most agree that there should be a decline in the number of COVID cases for 14 days throughout the County to implement the beginning steps to re-open our systems and that decline is happening. It is imperative that we have a plan in place by the beginning of May to slowly re-open our City and that includes the parks and beaches. That doesn't mean party time, but I think we can smartly look at it as an extension of the congested A1A sidewalks and other roadways, where folks can swim, walk, run, and recreate on the sand and elsewhere. Perhaps we should consider closing some traffic lanes on A1A and Las Olas, for instance, to better enable social distancing while recreating. I am also in favor, and have been advocating for, letting each multi-family building responsibly and safely control its private property so residents can get needed exercise. I am hoping the Broward County will withdraw Emergency Order 20-05 and enable buildings to control their amenities.

As we slowly re-open and in phases, we must constantly adhere to all CDC guidelines, maintain social distancing, and wear masks – at least for the foreseeable future. Lastly, our restaurants and businesses should reopen under strict occupancy guidelines as well as taking all of the standard precautions. All of this can only happen while guided by science, the medical experts, and watching the data from our area.

The worst thing that could happen is if we re-open all at once and too quickly and then relapse because we were not smart; that is why we must be able to access testing for everyone. In addition, when we do begin to open up, it is so important that each and every one of us takes personal responsibility in adhering to the guidelines and regulations so that we do not have to go backwards and close again. The Mayor has extended his emergency declaration to May 1 and we will continue to keep everyone updated with any changes.

Please let us know if you have any questions, concerns, or suggestions. We are not in the office, but we are constantly on the phone and monitoring all office emails, newsletters, and notices as well. Pratima, Celia, and I are here to assist you in any way possible. Hopefully, you are getting all of our correspondences on almost a daily basis.

I look forward to the day when we can all see each other in person. In the meantime, please stay safe and stay healthy!

Annie Beck House Update

Middle River Terrace Park previously had some crime issues over the years. One of my priorities was for the City to step in with park improvements including security and the rehabilitation of the historic Annie Beck House. I am pleased to report that the work is almost complete - excellent job under the supervision of Parks and Recreation Department. The house looks terrific and soon a police officer will reside there as early as

May 1. Unfortunately, current events have changed a lot of plans so we hope to do a housewarming event outside the house to showcase the exterior, landscaping, and introduce our new resident officer when we are once again able to gather together.



Following is an update from the City of Fort Lauderdale on the coronavirus (COVID-19).

Governor DeSantis Convenes Reopen Florida Task Force

Governor Ron DeSantis has convened a task force charged with developing a plan to reopen Florida. The task force met today and will continue to meet throughout the week in an effort to deliver recommendations on how to reopen the state to the Governor by Friday, April 24. The committee includes leaders from Florida's political, business, entertainment, healthcare, finance, utility, transportation, and other key industry sectors. They group's next meeting is scheduled to take place on Tuesday, April 21 at 10 a.m. and will be streamed live on thefloridachannel.org.

Food Distribution at Fort Lauderdale's Mills Pond Park set for April 23

The cities of Fort Lauderdale, Oakland Park, and Wilton Manors are partnering with Feeding South Florida to host a second COVID-19 drive-thru food distribution on Thursday, April 23 from 9 - 11 a.m. at Mills Pond Park, located at 2201 NW 9 Avenue in Fort Lauderdale. The free event is intended to provide healthy and nutritious food to those who are most in need due to job loss, income loss, or the inability to cover their monthly expenses. Food will be distributed on a first come, first served basis to the first 1,000 vehicles with a limit of one container of food per vehicle. Recipients are asked to place an empty box or container in their trunk that can be filled with food as their vehicle passes through the distribution stations. Recipients must remain in their vehicles and will be instructed to open their trunk when volunteers are ready to load it. To access the event, enter Mills Pond Park from southbound NW 9 Avenue. For more details, visit bit.ly/2K8cnrn. For more information about Feeding South Florida, visit www.feedingsouthflorida.org.

Fort Lauderdale Emergency Regulations

The City of Fort Lauderdale has numerous emergency regulations in place regarding operations and services, buildings and facilities, openings and closures, public meetings, events, public gatherings, and promoting social distancing in an effort to help slow the spread of COVID-19 and ensure the healthcare system is not overwhelmed. To see the latest updates on current regulations, please visit <u>bit.ly/covid19regs</u>.

Department of Health Information

According to the Florida Department of Health, as of April 20, 2020 at 7:30 p.m., results from tests administered in Broward County indicated 30,784 negative results; 4,078 positive results; 39 inconclusive results; and 58 pending results. To see the latest data from the FDOH, visit bit.ly/2wb29D2. Individuals with questions related to the coronavirus should call the Florida Department of Health's Coronavirus Call Center at 1-866-779-6121

which is available 24 hours a day, seven days a week or email <u>COVID-19@flhealth.gov</u>. Individuals who are concerned that they may have been exposed to COVID-19 should call the Florida Department of Health in Broward County at 954-412-7300 and their healthcare provider before traveling to any healthcare facility.

State of Florida Opens Two Walk-Thru COVID-19 Testing Sites in Broward County
The state of Florida has opened its first two walk-thru testing sites, both of which are
located in Broward County. The sites are open at the Urban League, located at 560 N.W.
27 Avenue in Fort Lauderdale, and Mitchell Moore Park, located at 901 N.W. 10 Street in
Pompano Beach. Each site will administer 200 tests a day. Individuals experiencing
COVID-19 symptoms can walk up to the sites to receive a test or can set up an
appointment to be tested. The Urban League testing site will be open Tuesday - Saturday,
9 a.m. to 6 p.m. and the Mitchell Moore Park site will be open 9 a.m. - 6 p.m. every day
except Thursday. Appointments may be made by calling (954) 412-7300.

Virtual City Commission Meeting and CRA Board Meeting on April 21

The City of Fort Lauderdale will host a virtual Commission Meeting on Tuesday, April 21 at 6:00 p.m. A Community Redevelopment Agency (CRA) Board Meeting will take place at 6:15 p.m. or as soon thereafter as possible. The public will be able to listen to and view both meetings at www.fortlauderdale.gov/fltv, as well as on Comcast Channel 78 and AT&T U-verse Channel 99. The agenda for the April 21 Commission meeting may be accessed by visiting bit.ly/ccagenda421. The agenda for the April 21 CRA meeting may be accessed by visiting bit.ly/cra421meeting. Members of the public who would like to sign up to speak on an agenda item at either meeting may do so by completing a virtual speaker card form online at bit.ly/virtualspeakercard. To learn more about the virtual meetings, visit bit.ly/virtualccmeetings. If you have any questions, please email CommissionVMS@coftl.com.

Chamber of Commerce Podcast Explores Impact of COVID-19 on Development Dan Lindblade, President and CEO of the Greater Fort Lauderdale Chamber of Commerce, recently interviewed Stephen Tilbrook, Partner at Akerman LLP and the Chair-Elect of the Chamber Board of Directors, as part of the Chamber's Podcast Series for Business. As an environmental real estate development and land use lawyer, Tilbrook offers insights on how the COVID-19 outbreak has impacted the development industry and outlines some of the steps that are being taken to adapt to the challenging market conditions now and into the future. To listen to the podcast, visit bit.ly/2RNZ6Zh.

Broward Schools Launches Distance Learning Technical Support Line With the recent announcement that distance learning will remain in place through the remainder of the current academic school year, Broward County Public Schools has launched a Distance Learning Technical Support Line. The help line is available to answer questions and provide students and parents with technical assistance on computer devices, academic platforms, and programs such as Canvas, Microsoft Teams, Microsoft Office, and others. To contact the Distance Learning Technical Support Line, call 754-321-0569 Monday thru Friday, 8 a.m. to 4 p.m. For additional updates, visit

www.browardschools.com/coronavirus.

SCORE Broward to Host Free Webinar "Using Google Ads" on April 22 SCORE Broward will host "How to Use Google Ads to Grow Your Business," a free webinar that will take place on Wednesday, April 22 from 6:00 – 7:30 p.m. The "Google Ads" platform can be very effective at recruiting new customers for your business if you know the best techniques for using it. Digital marketing expert, Nancy Leve, will walk participants through the Google Ads content creation, bidding, and scheduling process in this highly informative free webinar. Registered attendees will receive a confirmation email with a link to the webinar. To register, visit bit.ly/3brbki3.

Chamber's Rising Leaders Present Business and Personal Finance Seminar on April 22

The Greater Fort Lauderdale Chamber of Commerce's Rising Leaders will host "How to Manager Your Business and Personal Finances as a Young Professional," on Wednesday, April 22 from 5:30 – 7:30 p.m. As the second virtual workshop in the Chamber's "Now What?" series, the free event will feature a presentation by Ido Alexander, Managing Member of Leiderman Shelomith Alexander + Somodevilla, PLLC, focusing on the do's and don'ts of managing business and personal finances during COVID-19. Following the presentation, there will be facilitated virtual breakout rooms for

further discussion and networking. All participants must pre-register at <u>bit.ly/2yr7eYW</u> to receive a Zoom invite.

South Florida Business and Wealth Magazine to Host Virtual Connect on April 22 South Florida Business and Wealth magazine will host a Virtual Connect with industry leaders to discuss present and future opportunities in South Florida and the ongoing transformation of Broward County. The free event will take place on Wednesday, April 22 from 2-3 p.m. Panelists will include Bob Swindell, President and CEO of the Greater Fort Lauderdale Alliance, Edgardo Defortuna, CEO and Founder of Fortune International Group, and Shahab Karmely, Principal of KAR Properties. Space is limited. To register for the event, visit bit.ly/2wZuKfe. Individuals who have registered will receive an email with a link to join the webinar on the day of the event.

Virtual Chamber Breakfast April 23 Sponsored by Galleria Fort Lauderdale
The Greater Fort Lauderdale Chamber of Commerce will present a virtual breakfast on
Thursday, April 23 from 9:30 - 10:30 a.m. titled, "How Fast Can South Florida
Development Recover from the Coronavirus Crisis?" Hosted by the Chamber's Downtown
Council, the breakfast will feature a panel of special guests who will share their thoughts
on how quickly South Florida can regain the momentum that had been building for a
decade. Moderated by Tom Hudson of WLRN, panelists will include Craig and Debbie
Danto of Danto Builders; Alan Hooper of Hooper Construction; and Dev Motwani of
Merrimac Ventures. The event is \$10 for Chamber Members and \$15 for Non-Members.
To register, please visit bit.ly/2vb8iA0.

Greater Fort Lauderdale Convention and Visitors Bureau Launches "Eat Local" Campaign

Due to the COVID-19 outbreak, restaurants are currently limited to offering delivery and takeout service. To support them and to offer a helpful resource to our community, the Greater Fort Lauderdale Convention and Visitors Bureau has launched "Eat Local," a campaign that features a comprehensive list of local restaurants offering takeout, drivethru, curbside and delivery services that residents and visitors can use while practicing social distancing. To access the listing, which includes details about menus, hours, and more, visit bit.ly/34NtAzQ or check out the @VisitLauderdale social media channels. Restaurants may sign up to be added to the "Eat Local" listing for free at bit.ly/3eu2e6p.

Broward County to Host Business Resiliency Virtual Town Hall on May 7

The Broward County Office of Economic and Small Business Development will host a free <u>Business Resiliency Virtual Town Hall</u> on Thursday, May 7 from 10 – 11:30 a.m. The seminar will focus on assisting local business owners in developing a successful plan for business continuity and resilience in times of crisis. Speakers will include experts from the Office of Economic and Small Business Development, the Broward County Emergency Management Division, U.S. Small Business Administration and Florida SBDC at Florida Atlantic University. Registered attendees will receive secure login information to join the event using Zoom. To register, visit bit.ly/3bmZUMn.

Applications for Fall 2020 Jim Moran Small Business Executive Program Extended to May 15

Created to be a world-class learning experience that accommodates the busy schedule of small business owners, the Jim Moran Small Business Executive Program (SBEP) is ideal for CEOs, entrepreneurs, presidents of small businesses, and immediate successors of businesses. The program focuses on creating strong, innovative leaders who are ready to capitalize on business opportunities, implement best practice management, and turn challenges into a strategic advantages. The program is free to accepted participants, thanks to the generous support of sponsors. The application deadline has been extended through May 15, 2020. To apply, visit <u>fla.st/2ytWfh2</u>.

Complete the Census!

It has never been easier to respond to the Census on your own, whether online, over the phone or by mail—all without having to meet a census taker. It's something everyone can do while practicing social distancing at home to make a difference today, tomorrow, and for the next 10 years. Counting every neighbor helps determine how much of the \$1.5 trillion in federal funding the city, county, and state receive for schools, roads, infrastructure, and public services and programs. An accurate census count also provides funding for hospitals and health centers, disaster recovery, vital health services, and emergency readiness for pandemics like COVID-19. Help Fort Lauderdale get its fair

share of the funding. Complete your census at <u>my2020census.gov</u> or call 1-844-330-2020.

<u>FAQ on Reemployment Assistance from Florida Department of Economic</u> Opportunity

Customer Service Hotline: 1-800-204-2418
Main Department: 1-850-245-7105
Fraud Hotline: 1-800-342-9909
Language Barrier/Computer Assistance: 1-800-681-8102

Greater Fort Lauderdale Alliance Free Assistance for Nonprofits and Businesses

The Greater Fort Lauderdale Alliance is sharing a resource to assist local businesses and nonprofits. The South Florida Emergency Response Program, powered by Axis South Florida and nationally-recognized business accelerator gener8tor, offers free assistance to businesses and nonprofits in Broward and Miami-Dade counties affected by COVID-19. The program feature daily webinars in English and Spanish designed to identify, understand, and help small businesses secure resources to withstand the current crisis. One-on-one meetings are also available. For more information or to sign up visit, www.gflalliance.org or www.axishelps.org/generator.

U.S. Conference of Mayors (USCM) Offering Business Assistance

The U.S. Conference of Mayors Small Business and Entrepreneurship Task Force is pleased to announce that individual business assistance is now available at no cost to small business owners. Small business owners impacted by the economic consequences of the pandemic can call 855-876-5561 to receive one-on-one help. Owners will be connected with experts who can assist them in developing strategies for their businesses, including personnel management, operations, and liquidity. Additionally, specialists will help owners navigate funding options at the federal, state, and local levels. For more details, visit bit.ly/2Vhvqoo.

Business and Employee Assistance Programs

The City of Fort Lauderdale is sensitive to the stress and financial impact our businesses and their employees are experiencing as a result of COVID-19. For more information about programs and resources designed to assist businesses, employees, and the general public during this challenging time, please visit bit.ly/2U2qwfw.

Report Price Gouging to 1-866-966-7226

During the COVID-19 outbreak, neighbors are reminded to be on the lookout for scams and guard against price gouging. For a list of items covered under the state's price gouging laws during the COVID-19 state of emergency, visit bit.ly/2wAxiA4. Individuals who have experienced price gouging or scams related to COVID-19 can report them by calling Florida's Price Gouging Hotline toll-free at 1-866-9-NO-SCAM (1-866-966-7226). Complaints may also be submitted online at www.myfloridalegal.com. Violators of the price gouging law are subject to civil penalties of \$1,000 per violation and up to a total of \$25,000 for multiple violations committed in a single 24-hour period. For more information on price gouging, visit bit.ly/2K2pWsi.

NSU Art Museum Offers Free Virtual Tours and Educational Resources

The NSU Art Museum Fort Lauderdale is offering the following free virtual tours and educational resources. To learn more, visit <u>nsuartmuseum.org</u>.

- <u>Virtual tours</u> of the exhibitions *Happy!*, which explores the full range of human emotion in contemporary art, and *I Paint My Reality: Surrealism in Latin America* that offer 360 views of the galleries and art on view. To take a virtual tour, visit <u>bit.ly/34rctnf</u>.
- In the Artist's Studio consists of virtual studio visits featuring artists in the museum's current exhibitions including Emilio Martinez, José Bedia, and Demi. Visit with the

artists at bit.ly/2RvGrkR.

<u>Video Channel</u> features talks by artists, curators and historians along with features
on museum events like the recent Rob Pruitt Flea Market in which local artists were
invited to participate in this socially engaging art activation. Check out the video
channel at bit.ly/2RvGrkR.

Please Dispose of Used Gloves and Face Coverings Properly

As more and more people wear gloves and face coverings in public to protect themselves and help slow the spread of COVID-19, it is important to remember to properly dispose of these items after use. Gloves and face coverings should never be left on the ground, on sidewalks, in streets, or in parking lots. These items may be contaminated and could potentially pose a risk to workers who have to pick them up. In addition, used masks and gloves are not biodegradable or recyclable. Those discarded on streets and sidewalks can easily make their way into our stormdrain system, potentially causing drainage problems and polluting our oceans and waterways. Please be respectful of others, particularly during this challenging time, and dispose of these items properly. To view CDC guidelines on how to protect yourself and others, visit bit.ly/3acut6g.

Online City Services

Neighbors are encouraged to utilize Fort Lauderdale's online services to conduct business. Please visit the Lauderserv page on the City's website at www.fortlauderdale.gov/lauderserv for information about a variety of online services including utility billing, parking and transportation, code compliance, building permits, human resources, and more.

City Sanitation, Yard Waste, Recycling, and Bulk Trash Services

All City sanitation collection services, including residential trash collection, yard waste, recycling, and bulk trash, will continue to operate on their regular collection schedules.

Water and Wastewater Services

Water and wastewater services are **not** affected by the coronavirus outbreak. These essential services will continue without interruption. During this challenging situation, as people are spending more time at home, please help us prevent sanitary sewer overflows.

Help Prevent Sanitary Sewer Overflows

Neighbors can do their part to help prevent sewer overflows. Never flush the following items down the toilet: tampons and other feminine hygiene products; baby wipes, wet wipes, and cleaning pads; dental floss; swabs and cotton balls; diapers; paper towels and tissues; hair; cigarette butts; condoms; and kitty litter. When flushed down the toilet, these items bind together and may cause sewage backups in homes, manhole overflows, and failures at sewage pumping stations. In addition, never pour cooking oils down the drain. Instead, pour the oils into old cans, milk containers or other packages and dispose of them in the black garbage cart. To report a sewer overflow, please contact the City's 24-Hour Neighbor Call Center at 954-828-8000 or online at www.fortlauderdale.gov/lauderserv.

Utility Billing

Utility billing staff will be available by phone at 954-828-5150 during normal business hours, Monday through Friday, from 7:30 a.m. to 5 p.m. Neighbors can call utility billing to ask questions, open a new utility account, or make a payment. Utility billing payments may also be made online at www.fortlauderdale.gov/utilitybilling and at the drive-thru kiosk on the east side of City Hall, which is located at 100 North Andrews Avenue.

For Additional Information

For additional information regarding Coronavirus, including the Centers for Disease Control and Prevention's (CDC) recommended protective measures, please visit:

- www.coronavirus.gov
- www.floridahealth.gov
- www.cdc.gov

Ways to Stay in Touch

The City of Fort Lauderdale offers numerous ways for neighbors to receive important information and updates:

- Monitor the City website at www.fortlauderdale.gov
- Register for CodeRED alerts
- If you live in Fort Lauderdale, join NextDoor

- Follow us on Twitter @FTLCityNews
- Like us on Facebook @CityofFortLauderdale
- Get E-news delivered to your inbox
- Download the Lauderserv App on your smartphone or tablet
- Contact our 24-hour Customer Service Center at 954-828-8000

REMINDER PER BROWARD COUNTY EMERGENCY ORDER: YOU MUST WEAR A FACIAL COVERING WHEN DELIVERING OR RECEIVING ESSENTIAL SERVICES. New COVID-19 Testing Locations in Pompano Beach, Fort Lauderdale, and Lauderhill.

Broward Health: Two Locations Opened Monday, April 20 at 8 am Mitchell Moore Park: Opened Friday, April 17th at 9 am Urban League: Opened Saturday, April 18th at 9 am



Central Broward Park & Broward County Stadium 3700 N.W. 11th Place Lauderhill, Florida 33311



Festival Flea Market

2900 W. Sample Road Pompano Beach, FL 33073 (Enter the testing site from N.W. 27th Avenue, behind Festival Flea Market)

To help ensure the health and wellness of our community during the COVID-19 pandemic, Broward Health is extending **FREE** mobile, drive-through testing for our community. We are dedicated to caring for you and safeguarding our community. Please see instructions below.

TO GET TESTED, INDIVIDUALS MUST BE:

- Pre-screened and meet CDC and DOH testing guidelines
 If you do not have a primary care physician and need assistance,
 call 954.320.5730 to speak with a nurse for FREE through Nurse Connect.
- · Pre-registered through our call center

AND YOU MUST BRING:

- · Proper ID required with name, date of birth, and photo (one of the following):
 - FL Drivers License State-issued ID Passport
- · Patient confirmation number from our call center

WALK UPS NOT ALLOWED. By appointment only.

To register, call **954.320.5730** from 8am-4:30pm.

'While supplies last. Results are NOT immediate.

If experiencing shortness of breath or in case of emergency, dial **9-1-1** immediately.

M5485 4:15-20





COVID-19 TESTING

WALK-UP NO CAR REQUIRED



Are you experiencing symptoms?

Symptoms may appear in 2–14 days after exposure to the virus.







SHORTNESS OF BREATH

Other symptoms include:

- Tiredness
- Aches
- Runny/Stuffy Nose
- · Sore Throat
- Abdominal Pain
- Headache
- Diarrhea
- Nausea/Vomiting
- Chills
- Some people have experienced the loss of smell or taste

Call (954) 412-7300 for an appointment

Mitchell Moore Park

901 NW 10th Street, Pompano Beach, FL 33060 STARTING FRIDAY, April 17th 9am-6pm (Open every day except Thursdays)

> Be sure to wear a face covering Broward County Emergency Order 20-07

Drive up sites

C.B. Smith Park 954-276-4680

https://www.broward.org/CoronaVirus/Pages/Collection-

Central Broward Park & Broward County Stadium 954-320-5730.

https://www.browardhealth.org/pages/coronavirus

Cleveland Clinic - Krupa Center 954-659-5951

https://my.clevelandclinic.org/locations/ directions/315-krupa-center



Are You Experiencing Symptoms?



ADDITIONAL SYMPTOMS INCLUDE:

TIREDNESS ACHES RUNNY/STUFFY NOSE SORE THROAT ABDOMINAL PAIN HEADACHE DIARRHEA Nausea/vomiting Chills SOME PEOPLE HAVE Experienced the loss of smell or taste

SYMPTOMS MAY APPEAR 2-14 DAYS AFTER EXPOSURE TO THE VIRUS.

WALK-UP TESTING

Urban League of Broward County 560 NW 27th Avenue | Fort Lauderdale

Beginning Saturday, April 18th OPEN TUES - SAT | 9 AM - 6 PM

*Appointments preferred. No doctor referral needed. Open to anyone experiencing COVID-19 symptoms.

Mobile drive-thru testing is not permitted at this site.

DRIVE-THRU TESTING

C.B. Smith Park 954-276-4680

Cleveland Clinic - Krupa Center 954-659-5951

Central Broward Park & Broward Stadium 954-320-5730

To Learn More About COVID-19 and Available Testing, Visit www.broward.org/coronavirus

CALL FOR AN APPOINTMENT

954 - 412 - 7300

Be Sure To Wear A Face Covering
Broward County Emergency Order 20-07

Fort Lauderdale, Oakland Park, and Wilton Manors Team Up with Feeding South Florida to Host Drive-Thru Food Distribution Event

THURSDAY, APRIL 23 AT MILLS POND PARK IN FORT LAUDERDALE

The Cities of Fort Lauderdale, Oakland Park, and Wilton Manors have come together in partnership with Feeding South Florida to host a second COVID-19 food distribution event on Thursday, April 23, 2020 from 9 - 11 a.m. at Mills Pond Park, located at 2201 NW 9th Avenue, Fort Lauderdale, FL 33311.

The free event is intended to provide healthy and nutritious food to those who are most in need due to job loss, income loss, or the inability to cover their monthly expenses. Food will be distributed on a first come, first served basis to the first 1,000 vehicles with a limit of one container of food per vehicle.

Recipients must remain in their vehicles and will be instructed to open their trunk when volunteers are ready to load it.

To access the event, enter Mills Pond Park from southbound NW 9 Avenue.

We're coming together, again, with the cities of Oakland Park and Wilton Manors to host a second COVID-19 food distribution with Feeding South Florida on Thursday, April 23, 2020 from 9 - 11 a.m. at Mills Pond Park, located at 2201 NW 9th Avenue, Fort Lauderdale, FL 33311.

Neighbors are asked to place an empty box or container in their trunk that can be filled with food as their vehicle passes through the distribution stations. Recipients must remain in their vehicles and will be instructed to open their trunk when volunteers are ready to load it.

Food will be distributed on a first come, first served basis to the first 1,000 vehicles with a limit of one container of food per vehicle. This free event is intended to provide healthy food to those who are most in need due to job loss, income loss, or the inability to cover their monthly expenses.

To access the event, enter Mills Pond Park from southbound NW 9 Avenue.

For more details, visit bit.ly/2K8cnrn.

For more information about Feeding South Florida, visit www.feedingsouthflorida.org.



Governor DeSantis signed <u>Executive Order 20-104</u>, which suspends the biweekly "actively seeking work" reporting requirement by claimants when filing for unemployment.

CLICK HERE to view the Executive Order.

Reemployment Assistance:

From March 15 to April 15, DEO has made 121,102 payments to Floridians in Reemployment Assistance benefits totaling \$47,544,993.

This week, 23,801 checks for \$600 have been mailed to Floridians for their benefits available through the CARES Act. Floridians who received their \$600 check will receive their state benefits for Reemployment Assistance via direct deposit or prepaid debit card based on their preference.

Pandemic Unemployment Assistance (PUA) provides unemployment benefits to those that may not otherwise be eligible for regular Reemployment Assistance benefits. This includes individuals who are self-employed or independent contractors.

DEO will provide more information on PUA and how to apply in the coming week.

System Enhancements:

DEO will be conducting nightly maintenance to the CONNECT system to help with processing claims. CONNECT will be unavailable from 8 p.m. – 8 a.m. daily. This maintenance will not affect individuals that are filing a new claim on the CONNECT website.

New Mobile-Friendly Application:

Last week, DEO <u>announced</u> a mobile-friendly online application for individuals filing a new Reemployment Assistance claim available at <u>www.FloridaJobs.org/RAApplication</u>. For more information about Reemployment Assistance benefits, including how to apply and frequently asked questions, visit <u>www.FloridaJobs.org/COVID-19</u>

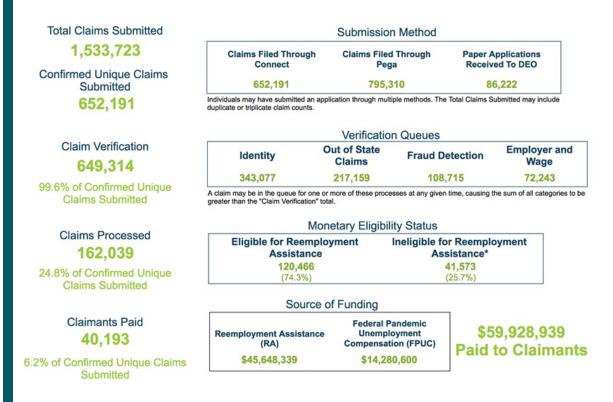
DEO Launches State Reemployment Assistance Claims Dashboard

After a shift in leadership for the Florida Unemployment System, and in a measure to bring more accountability from DEO to citizens, The State Reemployment Assistance Claims Dashboard has been made available <u>HERE</u>, and will be updated daily.

Governor DeSantis has suspended the bi-weekly reporting requirement. This means individuals DO NOT have to log into CONNECT every two weeks to claim your weeks of reemployment assistance.

CLICK HERE for the updated Reemployment Assistance Guide.

REMINDER: DEO will be conducting nightly maintenance to the CONNECT system to help with processing claims. CONNECT will only be available from 8 a.m. – 7:59 p.m. daily.



REMINDER PER BROWARD COUNTY EMERGENCY ORDER: YOU MUST WEAR A FACIAL COVERING WHEN DELIVERING OR RECEIVING ESSENTIAL SERVICES.

Mental Health Resources During COVID-19

As COVID-19 continues to isolate members of our community, Henderson Behavioral Health is a useful resource that is available 24 hours a day, 7 days a week.

Keeping safety and physical distancing in mind, Henderson Behavioral Health is committed to being available to serve individuals in the office, by telephone or through various video-health technologies.

During these uncertain times, it is especially important to keep in touch with family members, friends and colleagues. We know that this can be a stressful time for everyone and we will continue to provide resources in order to help you.

If you or a loved one are in need of support, please call 954-606-0911.

Below are some helpful resources for your family and friends during this difficult time:

How to Support a Loved One Going Through a Tough Time with COVID-19

Maintaining Sobriety During COVID-19

Addiction is often seen as a disease of isolation because it impacts people's ability to form and maintain healthy relationships. Much of treatment and recovery takes place in a group setting. Dealing with isolation can be challenging for people in addiction recovery and may heighten feelings of stress, worry, and anxiety. All of these feelings can trigger substance use. Although the current guidelines to stay safe from COVID-19 are asking us to physically distance ourselves from others, we can still remain socially connected with our supports in order to stay well.

RELAPSE PREVENTION STRATEGIES

Avoid Triggers

Negative emotions can be triggers for relapse, so it's important to focus on what you can do to improve your mental health and stay positive during this time.

- Limit exposure to social media and the news. Get information from reliable sources:
 - Florida Department of Health Coronavirus Website: https://floridahealthcovid19.g
 - Broward County Department of Health: http://broward.floridahealth. gov/
 - CDC Coronavirus site: irus/2019-ncov/index.html
- Take care of yourself and your physical health.
- Write in a journal.
- Try a new hobby or activity.
- Structure your day by maintaining a schedule and routine to keep busy.
- Stay connected to your support system with phone calls and video chats.

Stay Involved in Therapy and **Support Groups**

Social distancing doesn't have to mean social isolation. Participation in group meetings can reduce feelings of loneliness and help prevent relapse.

- Recovery support groups like Alcoholics Anonymous are meeting online. Online group meetings can't take the place of face-to-face meetings, but they can help you stay connected to your support network.
- If you participate in individual and group counseling, don't stop attending your sessions. Many treatment providers are able to https://www.cdc.gov/coronav offer telehealth services, so you can continue to receive the care you need.
 - Even in times of uncertainty, one thing you can control is your sobriety. Make recovery your priority. If you are currently in treatment, continue to participate. Don't be afraid to seek help if you relapse or your mental health symptoms worsen.

Personal Recovery Plan

Recovery plans provide people who are experiencing cravings with a specific set of concrete strategies to decrease risk. Be sure to update your existing recovery plan based on the COVID-19 guidelines. You can use the questions below to assist you in updating/developing your new plan:

- 1. List the personal triggers that put you at risk for using
- 2. How will you address each trigger?
- 3. How will you increase your selfcare?
- 4. What coping skills will you learn or improve on and how will you do this?
- 5. List your relapse prevention strategies.
- 6. List additional commitments that will help you stick to your recovery plan.
- 7. List the consequences you agree to accept, should you break any of the above promises.

Be sure to share your relapse plan with your supports!

Florida Narcotics Anonymous (NA) Alcoholics Anonymous (AA) Cocaine Anonymous (CA) Marijuana Anonymous (MA) **Smart Recovery Online Community IntheRooms** Women for Sobriety Life Ring- Secular Recovery **Moderation Management** Wellness Recovery Action Plan (WRAP) App **Mood Tracker** Nomo- tracking sober days AA Big Book App QuitSTART- to quit smoking



Thank you to the more than 3,300 residents who were on the line for my telephone town hall. We covered a lot of ground and heard many excellent suggestions and thoughtful input. We are a strong and resilient community and will do whatever it takes to overcome this crisis together. Do not panic, be patient, and be kind to your neighbors. Please contact my office at 954-828-5923 if you have any questions or concerns or need assistance. Stay safe and be healthy.



Enjoyed spending time with NBC National Correspondent Kerry Sanders. We discussed the challenges of COVID-19 before being interviewed about the Holland America cruise ships. Also, thank you to the Florida Chamber of Commerce for the conference call with Governor DeSantis and Florida Surgeon General Scott Rivkees. We are all in this together and everyone is working hard.

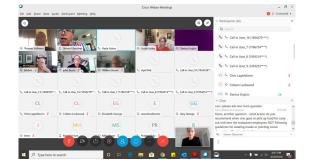
What would Fort Lauderdale be without the tourism/hospitality industry? Scary thought and that is why I was so eager and pleased to join the Zoom meeting of the Greater Fort Lauderdale Chamber of Commerce Beach Council. Excellent updates, great ideas, engaging discussion, and such a committed group of business leaders. Together we will all get through this. Thank you Dan Lindblade, Robert Keesler, and Carolyn Michaels for the opportunity to be with everyone.





I so admire the spirit and work of the District 2 Neighborhood Presidents! We continued our quarterly meeting schedule by Webex Video/Phone Conference and I want to thank Chris Lagerbloom, Greg Stuart, Karen Warfel, and Mark Brown for taking the time to join us. We covered a lot of ground and it was great to connect with everyone. Sharing a photo of meetings past; miss you all!

D2 forges on! All our meetings continue on a daily basis either in small phone conferences or large Webex groups. D2 residents met for our regular pre-agenda meeting prior to tonight's Commission meeting. We don't skip a beat! Thank you City Manager Chris Lagerbloom for joining us. Here is a photo from our new reality!



COVID-19 Frequently Asked Questions & Informational Links

COVID-19 Dashboard

Baptist Health

Memorial Health

Health Information

City Rules

Business Assistance

Broward School Coronavirus Updates

Broward Food Resources

Search COVID-19 In Your Area By Zip Code

The greatness of our community starts with passionate citizens like you.

Please do not hesitate to contact our District 2 Outreach Coordinator, Celia Gisleson, with any questions, comments or thoughtful suggestions cgisleson@fortlauderdale.gov or 954-828-5923.

Fort Lauderdale City Calendar

City News Center

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Steve Glassman
Fort Lauderdale Vice Mayor, District 2