Dear Parents and Primary Caregivers,

Ask yourself these three questions right now:
Did I tell and show my children that I love them today?
Did I help them name their own emotions or at least ask them how they are feeling?
Did I acknowledge where my own emotions came from at least once today?
If you can answer a full-hearted YES to these, YOU ARE DOING EVERYTHING RIGHT!

Meals/Food

Ramadan: The Mayor announced that, in an effort to ensure that members of the Muslim community have access to meals during Ramadan, the City will serve over half a million meals via school grab-and-go sites and partnerships with community based organizations. Halal meals are available at all 400+ grab-and-go sites and the City will add 25% additional capacity at 32 DOE sites in neighborhoods with high need during the month of Ramadan. PS 69 in Jackson Heights is a meal site. [https://www.amny.com/coronavirus/city-doe-offering-more-halal-meals-at-local-schools-during-ramadan/](https://www.amny.com/coronavirus/city-doe-offering-more-halal-meals-at-local-schools-during-ramadan/)

The NYC Department of Social Services (DSS) received a federal waiver that allows them to issue Supplemental Nutrition Assistance Program (SNAP) benefits to individuals without an interview, if they meet certain criteria. For info [click here](https://www.amny.com/coronavirus/city-doe-offering-more-halal-meals-at-local-schools-during-ramadan/)
**Health Care**

Concerned a family member isn’t receiving proper care in a nursing home? The Governor urges you to file a complaint at [www.ag.ny.gov/nursing.homes](http://www.ag.ny.gov/nursing.homes)

- **Health Insurance Enrollment**: Through May 15th, 2020, health insurance enrollment is open for uninsured New Yorkers as part of a Special Enrollment Period: [Get Covered](http://www.getcoverednyc.gov).
- **Aide for Pet Owners**: If you are a pet owner affected by COVID-19 and need assistance, call the NYC COVID-19 Pet Hotline, 1-877-204-8821, 8AM - 8PM, seven days a week.
- **Donate Plasma**: For those who are allowed to donate: the New York Blood Center and NYC Health + Hospitals (H+H) needs your help. Plasma from people who have recovered from COVID-19 has been used by H+H to successfully help patients recover. H+H is participating in trials using plasma to improve COVID-19 care. Please visit New York Blood Center to [schedule an appointment and donate](http://nybloodcenter.org) today.

- **The Department of Health has created a short video in four languages with tips on how to properly cover your face to prevent the spread of COVID.** [Click here to view it and share widely](http://www.health.ny.gov)

**Community Testing Update**

5 new community testing sites will serve at-risk patients (seniors and those with symptoms) Testing sites currently open at NYC Health + Hospitals:

- **Brooklyn**: H+H Gotham, East New York
- **Bronx**: H+H Gotham, Morrisania
- **Staten Island**: Vanderbilt Health Center, Clifton
- **Manhattan**: Sydenham Family Health Center, Harlem
- **Queens**: H+H Queens Hospital, Jamaica

Additional sites are currently open through [onemedical.com](http://www.onemedical.com), use the code NYCCARE30 to make an appointment or call 1-888-ONEMED1.

**Education**

- **Join us Thursday, May 7th**, for a [free webinar](http://www.health.ny.gov) and discover how to help your kids through COVID-19 AND why Oprah Winfrey calls Mawi “Amazing.” Mawi’s ability to inspire led Oprah to call her interview with him one of her top twenty moments in twenty years.
- **Idlewild Science-in-the-Park** "After-School" ONLINE STEAM Workshops **FREE and ONLINE**!
- Registration is Ongoing! Children can work according to their own schedule. Past lessons remain posted for access and review. **Recommended Ages: 8 – 12**
- **Regents Exams scheduled for June are cancelled**: students who intended to take any June 2020 Regents may be eligible for a June 2020 Regents exemption. **For more information, click here**.
- **SUNY** students are encouraged to refer to [SUNY’s Community Response to COVID-19](http://www.suny.edu) page for the most up-to-date information.
- The **Queens STEM Girls** Conference scheduled for May 9th has been cancelled, but there is a fun virtual activity that kids can try out - **BUILDING AN OCTAHEDRON**. Visit their website and you will also be able to receive a [color poster free](http://queensstemgirls.org/) CLICK ON [http://queensstemgirls.org/](http://queensstemgirls.org/) for details.
Immigrant Community


ActionNYC, a partnership between MOIA and the City University of New York, is continuing to provide legal help to New Yorkers remotely. Click here to learn more. ActionNYC provides the following services: Green Cards, DACA, Citizenship and more

Housing

The City has activated a new hotline to assist tenants. Receive guidance on pressing issues like harassment, eviction, and benefits access. Call 311 for Rent Support

Employment

Learn what benefits you may qualify for and how to apply. A new FAQ is available in multiple languages. View the FAQ.

NYC Taxi is hiring for delivery work! Pay is $15/hour, plus mileage and toll reimbursement. Sign up at nyc.gov/deliverytlc or share on Twitter in multiple languages.

Arts & Recreation at Home

• Galli Theater has free live performances this weekend. Just join our one man show through facebook live:https://www.facebook.com/GalliTheaterNYC/live/
• Love animals? Visit your favorites at the zoo:
  • Tune into the Atlanta Zoo's PandaCam to watch giant twin pandas, Lun Lun and Yang Yang.
  • Check in on your favorite animals at the Bronx Zoo. Watch sea lions, lemurs, turtles and more
  • Travel to a different safari each day on the Cincinnati Zoo’s website! Every afternoon at 3 p.m
  • Enjoy a live look at animals that call the Houston Zoo home on the Zoo’s Webcams.
  • The San Diego Zoo offers viewers the chance to switch between koalas, polar bears and tigers on one screen.
• The Irish Arts Center’s new digital series At Home With Irish Arts Center and Live From Irish Arts Center continue over the next week with a live performance by Junior Brother, a conversation with Sinéad Gleeson and Rachel Syme, a virtual tour of photographer Stephen McGinn's exhibition capturing Northern Ireland's borderland, a look back at IAC's 2019 residency with David Keenan, and more. See it all here from April 23 - May 3.
• **Carnegie Hall** has launched a new online series—Live with Carnegie Hall—featuring new original artistic programming as well as past performance material and selections from their Archives.

• **Invitation from Make Music New York:** Over eighty US cities present a Make Music Day every June 21st and even more music is made in over 120 countries across the globe. This Make Music Day, Make Music NY invites you to join in a global song swap! Learn a tune by another artist, and share one of yours to be covered in return. Songwriters and composers of all styles and walks of life are encouraged to participate in this program called #MySongIsYourSong. Sign up by May 21st. Musical partners will be matched based on registration information and introduced to one another on June 5th. Then you'll have the chance to make your partner's song your own (and vice versa) and to share your video performance.

• **Broadway shows** have been temporarily canceled during the coronavirus outbreak, but you can do the next best thing – stream them from home. Click here for more information.

• **Theater Works** presents Charlotte’s Web https://twusa.org/shows-artists/on-tour/anywhere/charlottes-web/

**Administrative**

**Census Contest**  NYC is 11 points behind the nation on census numbers, so Lin-Manuel Miranda is working with NYC Census 2020. Fill out the census online in the next week for a chance to win a call from him. Check out and share the instructions.

Here is all you need to know about filling out the census! https://2020census.gov/en/ways-to-respond/responding-online.html