



Resource Manual for Covid-19 Families

Crozer Keystone Hospice Program

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Contact Information

CKHS Hospice and Homecare:	610-284-0700 (Main)
Safe2Say	Phone 1-844-723-2729 www.safe2say.pa.org
Veterans in Crisis	Web:Veteranscrisisline.net Phone: 1-800-273-8255 press 1 Text: 838255 Support for deaf/hard of hearing: 1-800-799-4889
Disaster Distress Helpline	Phone: 1-800-985-5990 (En Espanol Press 2) Text: Talkwithus to 66746 Support for deaf/hard of hearing: TTY 1-800-846-8517
Get Help Now for Substance Use Disorder	1-800-662-4357 TTY 1-800-487-4889
PA's Support Helpline	1-855-284-2494
National Suicide Prevention Lifeline	1-800-273-8255 TTY 1-800-799-4889
Linea Nacional de Prevencion del Suicidio	1-888-628-9454
Crisis Text Line	Text 'PA' to 741741
COSA(County of Delaware Services for the aging)	610-490-1300
Delaware Mobile Mental Health Crisis Team:	855-889-7827
CKHS COVID-19 Hotline	610-447-6730
Delaware County Housing Authority	(610)876 -2521
EMERGENCY SERVICES	911

COVID-19 Resources

Resources by Delaware County

To sign up for the Delco Community Alert System

www.delcopa.gov/delcoalert/delcoalert.html

Resources (Multiple Languages)

www.delcopa.gov/ich/resources/coronavirus.html

<https://www.chesco.org/4465/Coronavirus-COVID-19-Spanish>

<https://www.chesco.org/4467/Coronavirus-COVID-19-Arabic>

<https://www.chesco.org/4466/Coronavirus-COVID-19-Bengali>

<https://www.chesco.org/4468/Coronavirus-COVID-19-Punjabi>

<https://www.chesco.org/4463/Coronavirus-COVID-19-Urdu>

<https://www.chesco.org/4464/Coronavirus-COVID-19-Vietnamese>

Community Resources

<https://www.delcopa.gov/ich/resources/resourcesforcommunity.html>

Delco Crisis Connects Team

1-855-889-7827

http://www.delcohsa.org/mh_adult/DCCCT_Crisis_Brochure_REV_7_23_13.pdf

County of Delaware services to the aging (COSA) link:

<https://www.delcosa.org/>

Elwyn

<https://www.elwyn.org/services/adult-behavioral-health>

610-891-2000

Keystone Disaster Spiritual Care Network

<https://www.pdscn.org/whoweare>

717-303-3538

**The Pastoral and Temporal Response of the Archdiocese of Philadelphia to the
Coronavirus (COVID-19) Pandemic**

<http://archphila.org/covid19/>

NAMI COVID-19 Resource and Information Guide

<https://www.nami.org/covid-19-guide>

NAMI Main Line PA-Resources for Coping

<https://namimainlinepa.org/resources-coping-covid-19-pandemic/>

NAMI Delaware COVID-19 Resources

<https://www.namidelaware.org/covid19-resources>

Fox29 Resources to Help Navigate the COVID-19 Pandemic

<https://www.fox29.com/news/resources-to-help-you-navigate-the-covid-19-pandemic>

CDC's Daily Life Coping, Managing Stress/Anxiety

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Medical Legal Partnership-Resources for Philadelphia

<https://helpmlp.org/covid-19-resources-and-information/covid-19-resources-for-philadelphia/>

Weill Institute for Neurosciences/Helping families cope

<https://psych.ucsf.edu/coronavirus/families>

5 Buddhist teachings that can help you deal with coronavirus anxiety

<https://www.good.is/Health/5-buddhist-teachings-coronavirus-anxiety>

A crisis of coping: Staying emotionally, spiritually healthy at home

<https://catholicphilly.com/2020/04/commentaries/a-crisis-of-coping-staying-emotionally-spiritually-healthy-at-home/>

WHO-Coping with stress during the COVID-19 outbreak

https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

How Hindu spiritual practices can help manage your COVID-19 anxiety

<https://www.hinduamerican.org/blog/hindu-spiritual-practices-manage-anxiety-covid>

Crisis Text Line: How to Handle Coronavirus

https://www.crisistextline.org/topics/get-help-coronavirus/?gclid=EA1aIQobChMI_dG0lYX_6AIVFKSzCh2GEA2oEAAYAiAAEgKGRPD_BwE_-dealing-with-coronavirus-1

Coronavirus: 8 Ways to look after your mental health

<https://www.mhe-sme.org/covid-19/>

COVID-19 and your mental health

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>

CoronaVirus Information and Hand-Outs in Multiple Languages:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Translated.aspx>

Housing Resources

Affordable Housing

<https://affordablehousingonline.com/coronavirus-resources-for-low-income-households#aho-coverage>

[Coronavirus Coverage on Affordable Housing Online](#)

[Important Updates on Stimulus Payments For Low Income Households](#)

[Unemployment Benefits Under the CARES Act](#)

[Coronavirus Eviction Policies By State](#)

[Homeless and Emergency Housing Resources By State](#)
[HUD Resources](#)

[USDA Rural Housing Resources](#)

[Resources and Services By State](#)

[Coronavirus Household Concerns and FAQs](#)

[CDC Recommendations to Protect You, Your Family, and Your Community](#)

COVID-19 Response and Homelessness: An Action and Resource Guide

https://www.hud.gov/homelessness_resources

Renter Resources:

- [COVID-19 FAQs for Public Housing Agencies \(March 30, 2020\)](#)
- [FAQs for Public Housing, Housing Choice Voucher, Project-based Voucher Program, and Native American Programs \(March 13, 2020\)](#)

Community Action resource for assistance with rent, Aqua, peco

<https://caadc.org/events/please-read-coronavirus-and-caadc-offices-and-services/>

Food Resources

Free Food Resources: <https://delcopa.gov/ich/pdfs/foodassistance.pdf>

Food Delivery Services

Instacart www.instacart.com

Postmates www.postmates.com

UberEats www.ubereats.com

Shipt www.shipt.com

-CVS, Acme, Lidl, PetSmart, and Target

Upper Darby Food Bank

Wayne Avenue

Upper Darby, PA 19082

610-853-2481

Bernardine Center

2625 West 9th Street

Chester, PA 19013

610-497-3225

Delaware County Department of Human Services

20 South 69th Street

Upper Darby, PA 19082

610-713-2115

Delaware County Community Action

201 West Front Street

Media, PA 19063

610-891-5101

Catholic Social Services of Delaware County

130 East 7th Street

Chester, PA 19013

610-876-7101

Mental Health Resources

Omni Health Child & Adult Services - Upper Darby & Chester:

<http://www.omhsi1.com>

Merakey Behavioral and Developmental Health - Sharon Hill:

<https://www.merakey.org/>

Family and Community Service of Delaware County - Media:

<https://www.fcfdc.org/>

Holcomb Behavioral Health Systems - Drexel Hill

<https://chimes.org/about/chimes-family/holcomb-behavioral-health-systems/>

Mindfulness Exercises:

Mindful Breathing Meditation

<https://www.youtube.com/watch?v=nmFUDkj1Aq0>

Progressive Muscle Relaxation

<https://www.youtube.com/watch?v=86HUcX8ZtAk>

Relaxation/Meditation Music:

Relaxing Music 24/7, Mediatation, Reiki Music, Healing, Spa, Stress Relief, Zen, Study, Sleep Music

https://www.youtube.com/watch?v=Ca3Og-ij9_I

Relaxing Music for Stress Relief. Healing Music for Meditation, Soothing for Massage, Deep Sleep, Spa

<https://www.youtube.com/watch?v=DJUIgV7t8C0>

The 99 most essential gregorian chants (complete)

<https://www.youtube.com/watch?v=xdroyjKs1Ls>

Adhane, Prayer Call - Islamic Call to Prayer (Adhane, Prayer Call)

<https://www.youtube.com/watch?v=pdABWBvzDoc>

Deep Prayer - 1 Hour Piano Music | Prayer Music | Meditation Music | Healing Music | Worship Music

<https://www.youtube.com/watch?v=74ZHHfQLj4o>

Cantor Marcel Lorand: Synagogue Chants

<https://www.youtube.com/watch?v=tRyg2wt4tK4>

Spirituality & Prayer Resources:

Questions on spirituality in general

<https://www.youtube.com/watch?v=xum35-XplNY>

Catholic Spirituality:

Sensus Fidelium

<https://www.youtube.com/user/onearmsteve4192>

Online Catholic Mass at Saint Madeline in Ridley Park:

<https://stmadelineparish.com/>

Protestant Spirituality:

Healing Prayer with Healing Verses from the Bible (1 hour)

<https://www.youtube.com/watch?v=DOIVJwycFpk>

Jewish Spirituality:

JEWISH PRAYER & MEDITATION - Rabbi Michael Skobac - Jews for Judaism

https://www.youtube.com/watch?v=vwN_EdqfiLU

Muslim Spirituality:

Bayyinah Institute

<https://www.youtube.com/channel/UCRtiU-lpcBSi-ipFKyflkug>

Eastern Spirituality:

Sadhguru

<https://www.youtube.com/channel/UCCeYzLCs3zrOIBVHYA1sK2sw?pbjreload=10>

Home Health Aide Resources

PRIVATE PAY HOME CARE PROVIDERS: The following is a non-exclusive list of home care providers in the CKHS area available to provide bathing assistance and/or homemaking services. Bathing and/or homemaking services are not normally covered by medical insurance. CKHS does not recommend any specific company. Rates vary and may start around \$20.00/hour with a minimum of 2-4 hours per day. Check with the specific agency for their rates.

Comfort Keepers Homecare

905 W Sproul Rd Ste 105, Springfield, PA 19064 610-563-2968/610-543-6300

Right at Home

111 Carlton Place, Media, PA 610-566-6550

Home Instead Senior Care

600 North Jackson Street #200, Media, PA 19063 610-565-8901

Home Instead Senior Care

2347, 1701 Shallcross Avenue #A, Wilmington, DE 19806 302-654-4003

Home Instead Senior Care

7 North 5 Points Road West Chester, PA 19380 610-431-7877

Reliant Home Health Agency

1401 MacDade Boulevard Folsom, PA 19033 610-534-1414

Home Helpers

423 Burmont Road Drexel Hill, PA 19026 484-461-8887

Caresify

704 MacDade Boulevard Collingdale, PA 19023 215-631-3999

SYNERGY HomeCare

450 Parkway Suite C Broomall, PA 19008 610-265-2350

ComForCare

111 North Olive Street 2nd Floor Media, PA 19063 610-566-5102

Home Health Specialists, Inc

349 West State Street Media, PA 19063 610-566-2700

Victoria's Home Care, LLC

630 Fairview Road Unit 101 Swarthmore, PA 19081 610-544-3037

Penn Home Health Care

405 Avenue of the States Chester, PA 19013 484-483-9413

Successful Aging Care Net-Home Healthcare Agency
46 A Garrett Road Upper Darby, PA 19082 484-461-9342

Total Health Home Care Corporation
2710 West Township Line Road Havertown, PA 19083 610-853-1402

BAYADA Home Health
1400 North Providence Road Suite 210 Media, PA 19063 610-891-1636

Griswold Special Care
113 North Lansdowne Avenue, Lansdowne, PA 610-622-5555

GrayHawk Home Care
1880 John F Kennedy Boulevard Philadelphia, PA 484-999-8699

A Personal Touch Home Care Services, LLC
150 Monument Road #207 Bala Cynwyd PA 19004 610-667-8060

Starr Associates
401 East Chester Pike #2, Ridley Park, PA 610-522-9199

Epicure Home Care Inc
462 Germantown Pike #3, Lafayette Hill, PA 19444 610-825-5234

Senior Helpers
1 Raymond Drive Suite 5 Building 1, Havertown, PA 610-563-2868

Surrey Services for Seniors
Fellowship House, 302 S Jackson Street, Media, PA 610-566-0505

Bereavement Support Resources

Crozer-Keystone Hospice Bereavement Support Group
<https://ckhsbereavementsupport.blogspot.com/>



CKHS Bereavement Support

ckhsbereavementsupport.blogspot.com

Grief Share

www.griefshare.org

6 Ways to Help Loved Ones Grieving Deaths During Coronavirus

<https://mashable.com/article/how-to-support-someone-grieving-coronavirus/>

Center for Loss & Life Transition articles on grieving during Coronavirus

<https://www.centerforloss.com/category/articles/covid-19/>

What's Your Grief / Grieving During the Pandemic resources/support

<https://whatsyourgrief.com/>

Understanding Grief in the Age of the COVID-19 Pandemic

<https://www.verywellmind.com/understanding-grief-in-the-age-of-the-covid-19-pandemic-4801931>

Coping with Death During a Pandemic

<https://www.psychologytoday.com/us/blog/love-online/202003/coping-death-during-pandemic>

How to Grieve and Support Others During a Pandemic

<https://www.wired.com/story/how-to-grieve-during-a-pandemic/>

Funeral Resources

Philadelphia Cremation Society 610-572-7078

Science Care Body Donation main# 800-417-3747 / Heidi 602-612-5076 (No COVID+)

Bateman's Funeral Home Chester, PA 610-876-5237

Brower Funeral Home Wallingford, PA 610-872-3314

Carr Funeral Home Ltd Wallingford, PA 610-874-3655

Catherine B Laws Funeral Home Chester, PA 610-494-6565

Catholic Burial Society Media, PA 610-892-7506

Cavanaugh Funeral Homes /Private Crematory Media, PA 610-566-3400

Cavanaugh Funeral Home Norwood, PA 610-532-3120

Chadwick & McKinney Funeral Home Inc Ardmore, PA 610-642-6303

Charles P Moreland-Pagano Funeral Home Marcus Hook, PA 610-494-0505

Clarence Johnson Jr Funeral Home Yeadon, PA 610-626-1100

D'Anjolell Memorial Homes Aston/Broomall, PA 610-356-4200

DeBaptiste Funeral Homes Bryn Mawr, PA 610-525-4336

Donohue Funeral Home Upper Darby, PA 610-449-0300

Doyle-Stonelake Funeral Home Lansdowne, PA 610-626-3037

Edney Funeral Home Sharon Hill, PA 610-586-8890

Foster's Funeral Home Chester, PA 610-874-2877

Francis Funeral Home Chester, PA 610-874-0500

Frank C Videon Funeral Home Broomall, PA 610-356-8080

Griffiths Funeral Chapel Norwood, PA 610-586-2142

Hunt Irving Funeral Home/Crematory Chester, PA 610-494-2961

Israel S Ray Funeral Home Chester, PA 610-497-2683

J Nelson Rigby Funeral Home Media, PA 610-566-4526

James J Sweeney Funeral Home Newtown Square, PA 610-356-1878

John J McFadden Funeral Home Aldan, PA 610-622-0664

John P Donohue Funeral Home Upper Darby, PA 610-991-8842

Johns Funeral Service LLC Chester, PA 610-876-2100

Joseph A Ward Funeral Home Inc Linwood, PA 19061 610-485-2425

Kaniefski Kendus & D'Anjolel Funeral Home Marcus Hook, PA 610-494-6220

Kevin M. Lyons Funeral Services, Ltd Glenolden, PA 610-583-4400

Knoetgen-Donohue Funeral Home Morton, PA 510-544-0600

Kovacs Funeral Home Springfield, PA 610-544-3222

Lewis M Hunt-Irving Funeral Home Chester, PA 610-872-2500

Logan Funeral Home Havertown, PA 610-449-3030

Marvil Funeral Home Darby, PA 610-583-2727

McCausland Garrity Funeral Home /Crematory Glenolden, PA 610-583-0148

Metropolitan Funeral Service Willow Grove, PA 215-659-6400

Minshall Shropshire Bleyler Funeral Home Media, PA 610-876-4213

Nolan Fidale Funeral Home Aston, PA 610-358-3255

Norman Shropshire Funeral Home Media, PA 610-876-4213

O'Leary Funeral Home LTD Springfield, PA 610-259-1959

Pagano's Funeral Home Boothwyn, PA 610-485-6200

Rigby Harting & Hagan Funeral Home Media, PA 610-566-3755

Ruffenach Funeral Home Drexel Hill, PA 610-789-4448

Stretch Funeral Home Havertown, PA 610-446-1075

Stuard Funeral Directors Inc Newtown Square, PA 610-649-0243

The Oliver H Bair Company Funeral Home Upper Darby, PA 215-563-1580

Toppitzer Funeral Home Drexel Hill, PA 610-259-1111

Vraim Funeral Home Inc Upper Darby, PA 610-449-7770

White- Luttrell Funeral Home Ridley Park / Aston, PA 610- 532-9606

William C McConaghy Ltd Funeral Home Ardmore, PA 610-642-7954

Williams Lombardo Funeral Home Clifton Heights, PA 610-626-2110