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Sent: Wednesday, June 3, 2020 1:01 PM
To: McDaniel, Rebecca - SBMC
Subject: June 2020 Community Health Newsletter

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Community Health Newsletter June 2020



DAILY REFLECTIVE PAUSE

"Your job is not to judge. Your job is not to figure out if someone deserves something. Your job is to lift the fallen, to restore the broken and to heal the hurting."

-Mother Theresa

Community Health Updates

On or off the front lines, heroes fill our hospitals. This past month we celebrated hospital week and we would like to thank all healthcare personnel who are serving our communities.



Hello humankindness®

St. Bernardine Medical Center is committed to caring for and protecting the health of our patients and our communities. Through community collaborations with local non-profits and churches we have been able to continue serving the needs of our community, via resources, healthcare, health education, and fresh food boxes.

#Hellohumankindness



Virtual Care

Virtual Care Anywhere

Dignity Health is focused on helping our providers and communities prepare for, and respond to, the spread of COVID-19 in every way we can.

To support our community response to this virus, we are expanding



access to virtual urgent care options.

Dignity Health is offering free virtual urgent care visits with a coupon code for patients experiencing mild to moderate symptoms of COVID-19.

Fever, cough, or respiratory issues?

Enter code COVID19 for a free 24/7 virtual care visit.

To access a free virtual urgent care visit, go to dignityhealth.org/virtualcareanywhere, download the Virtual Care Anywhere app in the Apple App Store or Google Play Store, or call 855.356.8053 and use the coupon code **COVID19**.

[CLICK HERE for our virtual visit flyer](#)

[Virtual Urgent Care- Frequently Asked Questions](#)

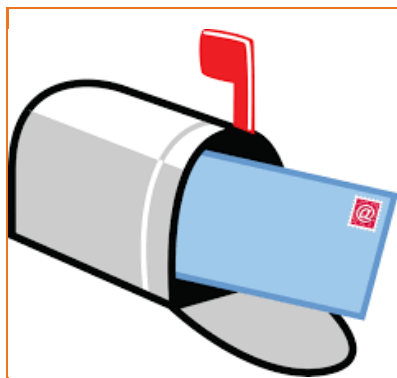
Happy Father's Day!

Happy Father's Day!

We want to wish a Happy Father's Day to everyone who fills the father role. May your day be filled with love, joy, and laughter.

Health Education

To meet the needs of our community we are now offering the following health education services:



Health Education Packets

If you would like to receive a health education packet sent to your home with information and tools on diabetes, heart health, nutrition, and much more please fill out the survey below.

[Click here for survey.](#)

Diabetes Basics Zoom Class

Join us for our Diabetes Basics Class



06/22 at 10AM

With these free online classes, you and your family can learn about caring for diabetes.

This online class covers topics such as monitoring blood sugar, basic nutrition and how to avoid the complications of diabetes.

To register for this event, please register online below, or call 909.475.2528.

[Register Here!](#)



Maternal Child Education



The Baby & Family Center at St. Bernardine Medical Center continues to provide free breastfeeding assistance to mothers. Our lactation consultants are here to help make breastfeeding a positive experience.

Services are available Monday thru Friday 10 am-12 pm and by appointment.

Please contact the Baby & Family Center prior to your arrival at 909.881.4420

For more information on St. Bernardine Maternal Education programs

[Visit our website](#)

Community Health Navigator



Our community navigator is here to help assist you in navigating the healthcare system and to locate resources to help with your wellness needs.

Provides Assistance with:

- Medical Insurance
- Finding a Primary Care Physician
- Referrals to Free or Low Cost Clinics
 - ID DMV Waivers
 - Homeless Assistance
 - Linkage to Resources

If you would like to schedule and appointment or have questions please contact us below or register online.

909.475.2528

[Schedule Here!](#)

Resources



The ever changing COVID-19 pandemic has changed all of our daily habits. For many families kids are home from school, many adults are being forced to work from home and we're each doing our part in social distancing. However, it is still important to stay active, eat healthy, and manage our stress.



Below you will find helpful links to help keep us healthy:

Food Assistance



- [Pandemic EBT](#)
- [SBCUSD Meal Distribution Sites](#)
- [Rialto Unified School District Meal Distribution](#)
- [Fontana School District Weekly Summer Meals](#)
- [SB County Food Assistance](#)

COVID-19 Resources & Updates

- [Community Testing Sites](#)
- [San Bernardino City Unified School District COVID-19 Updates](#)
- [Emergency Preparedness](#)
- [COVID-19 Section 8 Assistance](#)
- [COVID-19 CA Tenant Protections](#)
- [CDC: How to Protect Yourself and Others](#)



Health & Wellness

- [Top 25 At-Home Exercises](#)
- [Move More Together- Live Workouts from the American Heart Association](#)



- [Cosmic Kids Yoga](#)
- [25 Ways to Get Moving](#)
- [Tips for reducing stress during COVID-19](#)
- [Alzheimer's Association Services](#)
- [Diabetes and COVID-19](#)
- [Victor Services](#)

Fun & Engaging Activities

- [Virtually Tour National Parks](#)
- [Virtually experience Walt Disney World](#)
- [Make Art At Home|Los Angeles County Museum of Art \(LACMA\)](#)
- [Educational Activities You Can Do at Home with the Animal Cams|Smithsonian's National Zoo](#)



Other Resources

- [Head Start Preschool Enrollment](#)
- [SBCUSD Affordable Home Internet Information](#)
- [Edison- CARE & FERA Bill Assistance Programs](#)
- [SoCal Gas CARE Program](#)
- [CDC-Heat Related Illness](#)

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