

WHITE PLAINS HEALTHY COMMUNITY INITIATIVE

COMMUNITY RESOURCE GUIDE



MAY 2020

Community Resource Guide

The Healthy Community Initiative (HCI) aims to positively impact the overall health of our community by creating programs and resources that focus on promoting healthy behaviors, disease prevention and overall well-being.

This resource guide aims to provide a link to health and human services to empower individuals with the tools they need to take better care of themselves and their families, as well as reduce barriers for solving problems in our community.

To learn more about the Healthy Community Initiative, please visit wphospital.org/hci.

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COVID-19

Resources and Information

COVID-19, the disease caused by the coronavirus has greatly impacted the Westchester community. It is crucial to continue to practice preventive measures such as social distancing, wearing face coverings and handwashing.

While there is currently no vaccine or approved medication to prevent this virus, these simple steps can help stop the spread of this and other respiratory viruses.

White Plains Hospital Coronavirus Hotline | (914) 681-2900

[White Plains Hospital: Coronavirus FAQ](#)

White Plains Hospital & COVID News

[White Plains Hospital: Convalescent Plasma Program](#)

New York State (NYS) Official COVID-19 Website

COVID-19

Resources and Information

To help you to remain safe, please take the following actions:

Practice social distancing

- When in public, wear a face covering and stay at least 6 feet from other people.
- Do not gather in groups and stay out of crowded places.

Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Pay attention to your symptoms. Call your doctor if you or someone in your home is not feeling well.

- Watch for fever, cough, or shortness of breath.
- Take your temperature if symptoms develop.
- Make sure to call your doctor before showing up to their office or the Emergency Department.

Stay at home and away from others if you recently had close contact with a person diagnosed with coronavirus

- Check your temperature twice a day and watch for symptoms.
- Stay home for 14 days and monitor your symptoms. Call your doctor if you begin to feel sick.
- If possible, stay away from people who are at high risk for getting very sick. These include the elderly or those with pre-existing health conditions.

If you experience symptoms such as a fever and cough, congestion, or shortness of breath, call White Plains Hospital's coronavirus hotline at (914) 681-2900. Diagnostic testing is available in the Emergency Department for those who are symptomatic.

If you have any other concerns about your general health, please contact your primary care doctor. If you don't have one, you can call (914) 849-MYMD for assistance or schedule and appointment at our Family Health Center (914-681-1128). We now offer virtual visits as well.

COVID-19 Testing

New York State (NYS) continues to increase testing capacity for COVID-19. Individuals who have questions regarding eligibility or access to testing should call the New York State COVID-19 Hotline at (888) 364-3065 or visit the NYS-DOH website. Please call the testing site or your health care provider before you go for testing.

[NYS COVID-19 Testing Site Locator & Eligibility](#)

General Health and Wellness

White Plains Hospital remains committed to our mission – caring for our community. Now, more than ever, we are here and ready to treat the most advanced conditions safely and skillfully. Patients should have no fear of seeking the care they need to stay on top of their health. Not getting prompt, proper, regular medical care can have long-term consequences.

At White Plains Hospital and our physicians' practices, we've exceeded the state and federal guidelines to protect you. Infection control was always our priority, and now we've taken further action, creating separate COVID patient areas, implementing extensive cleaning practices, and enhancing screening for all staff and patients.

If you do not have a primary care provider, please contact White Plains Hospital's Family Health Center at (914) 681-1128 or call (914) 849-MYMD.

Have you recently lost health insurance coverage?

New Yorkers without health insurance can apply through NY State of Health through August 15, 2020; must apply within 60 days of losing coverage visit nystateofhealth.ny.gov

General Health and Wellness

Virtual Visits

White Plains Hospital's physicians are here for you when you need them – without even having to leave your home. Patients can now schedule a virtual visit with a WPH provider using the new White Plains Hospital Connect app.

The virtual visit is easy – you can connect through your iPhone, iPad, or computer that is equipped with a microphone and camera. During the 15-30 minute “live” consultation, you will have personal and private access to your own clinician, who will make a diagnosis, recommend treatment, and send prescriptions to your pharmacy just like they would during a normal office visit.

To schedule a virtual appointment, call your WP Hospital Physician Associates or Scarsdale Medical Group provider's office. You can also call (914) 849-7099 if you need help finding the right provider for your needs. Insurance coverage may vary. Please check with your insurance provider before scheduling a virtual health visit.

[Frequently Asked Questions](#)
[Frequently Asked Questions – Español](#)

[How to Download the App](#)
[How to Download the App – Español](#)

[Tips for a Successful Visit](#)
[Tips for a Successful Visit - Español](#)

[WPH Connect Video Tutorial](#)

Medical emergencies such as chest pain, difficulty breathing, significant bleeding, or other serious conditions require immediate care. Please call 911 or go to the nearest emergency care location.



General Health and Wellness

Virtual Visits

For adults and children seeking routine care and specialist opinions, White Plains Hospital Connect offers a quick and easy solution for connecting with your doctor. Through our virtual platform, we are able to treat conditions such as:

- abdominal pain (minor)
- allergy
- back pain (minor)
- cough
- diarrhea
- fevers (mild)
- gout
- headache (mild)
- heartburn
- pink eye (conjunctivitis)
- rashes
- sinus pain
- sore throat
- sprains or strains
- urinary tract infection (UTI)
- upper respiratory illness (mild)
- vomiting

In addition, WPH Connect providers offer several other specialties to patients including:

- allergy & immunology
- cardiology
- dermatology
- endocrinology
- family medicine/internal medicine/primary care
- gastroenterology
- nephrology
- orthopedics
- otolaryngology/ENT
- pediatrics
- podiatry
- pulmonology
- rheumatology

Mental Health Services

Now more than ever, it's important to look after your mental well-being. The following resources are available to the community and offer a variety of outpatient mental health services utilizing a multi-disciplinary team approach to treatment. Financial assistance may be provided for patients who are unable to pay all or some of their medical costs.

White Plains Hospital: [Coping with COVID-19 / Helping Children Cope with COVID-19](#)

St. Vincent's Behavioral Center

79 East Post Road
White Plains, NY 10601
(914) 286-4440

Mental Health Association of Westchester

300 Hamilton Avenue
White Plains, NY 10601
(914) 345-0700

ANDRUS

19 Greenridge Avenue
White Plains, NY 10605
(914) 949-7680

Westchester Jewish Community Services

Hartsdale Family Mental Health Center
141 North Central Avenue
Hartsdale, NY 10530
(914) 949-7699

Additional Resources

NYS Office of Mental Health COVID-19 Resources

OMH Emotional Support Helpline | (844) 863-9314

National Suicide Prevention Lifeline | (800) 784-2433 or (800) 273-8255

Crisis Text Line - Free 24/7 Support | Text HOME to 741741

Food Security

Food insecurity is defined as “the disruption of food intake or eating patterns because of lack of money and other resources.”

Feeding Westchester reported that 200,000 individuals, or 21% of residents in Westchester County, live in food insecure households.

Because of this, it is paramount to connect the community with resources that can increase one’s access to food. In addition, proper nutrition can help combat chronic diseases that are impacted directly by nutrition (i.e. type 2 diabetes, cancer, hypertension).

[Feeding Westchester Distribution Calendar](#) | (914) 923-1100

[Feeding Westchester Distribution Site Locator](#)

[City of White Plains Food Distribution Programs](#)

[Supplemental Nutrition Assistance Program \(SNAP\)](#) | (880) 342-3009

[Frequently Asked Questions for the Emergency Allotment of SNAP Benefits](#)

Employment Resources

Here, one can find a collection of support services related to employment, career, and job-related information. There are many services available to assist with cover letters, resumes, and job search efforts, as well as unemployment guidance.

How to Claim NYS Unemployment Benefits | (888) 581-5812

The day you file is based on the first letter of your last name, and filing later in the week will not delay payments or affect the date of your claim. Claims are effective on the Monday of the week of filing.

Step-by-step process for filing:

A–F: Monday

G–N: Tuesday

O–Z: Wednesday

Missed your day: Thursday and Friday

Additionally, filing hours have been extended as follows:

Monday through Thursday, 8 a.m. to 7:30 p.m., Friday, 8 a.m. to 6 p.m.,
Saturday, 7:30 a.m. to 8 p.m.

Immediate Hiring Opportunities

NYS Job Bank

Childcare / Children's Services

Interruptions in schedules can be challenging for everyone – especially children. During this time, it is increasingly important to ensure that children are receiving the care and attention they need. It is also crucial to support parents who may have limited access to childcare due to school and day-care closings, or financial reasons.

Child Care Council of Westchester, Inc.

313 Central Park Avenue
Scarsdale, NY 10583
(914) 761-3456

White Plains Youth Bureau Programs

Call for program availability.
11 Amherst Place
White Plains, NY 10601
(914) 422-1378

Parent Resources:

[Talking to your Children about Racial Bias](#)

Mindfulness / Stress Management

While stress may always exist in one's life, there are steps that can be taken to relieve the pressure and regain control. Various forms of exercise and meditation can greatly contribute to stress management.

[App Suggestions for At-Home Workouts](#)

[Wellness Week: Health & Wellness Resources- White Plains Youth Bureau](#)

[Why You Should Make Time to Meditate](#)

Brief Meditation Exercises

[Moment of Mindfulness - Candle](#)

[Moment of Mindfulness - STOP to Find your Inner Peace](#)

[Moment of Mindfulness - Quick Body Scan to Relieve Stress](#)

NYS Parks and Recreation

[NYS Parks and Recreation and Historic Preservation COVID-19 Updates](#)

[NYS Trails](#)

[NYS Parks in Westchester County](#)

Support Services for Seniors

Healthy aging is a priority and is even more critical during these uncertain times. Below, one will find resources and support services to ensure our aging community has access to all the services they need to remain physically and emotionally healthy.

[Westchester Pandemic Older Adult Community Resource Guide - The Center for Aging In Place](#)

[Westchester County Department of Senior Programs and Services](#)
90 South First Avenue, 10th Floor
Mount Vernon, NY 10550
(914) 813-6300

[DOROT of Westchester](#)
925 Westchester Avenue, Suite 200
White Plains, NY 10604
(914) 485-8354

[Westchester Jewish Community Services](#)
845 North Broadway
White Plains, NY 10603
(914) 761-0600 ext 2340

[The LOFT LGBT](#)
252 Bryant Avenue
White Plains, NY 10605
(914) 948-2932

[National Council on Aging \(NCOA\) - COVID-19 Resources for Older Adults & Caregivers](#)

[National Institute on Aging - Exercise and Physical Activity](#)

[Benefitscheckup.org - Resource Library](#)

Support Services for Seniors

Food Delivery Services

Meals on Wheels of White Plains | (914) 946-6878

Family Services of Westchester - Ride Connect Program | (194) 242-7433

Grocery Stores: special hours designated for seniors

Whole Foods Market | 8AM-9AM
110 Bloomingdale Road
White Plains, NY 10605
(914) 288-1300

Stop and Shop | 6AM-7:30AM
154 Westchester Avenue
White Plains, NY 10604
(914) 997-0715

ShopRite | 7AM-8AM
13 City Place
White Plains, NY 10601
(914) 539-4500

Trader Joe's | 8AM-9AM
215 N Central Ave
Hartsdale, NY 10530
(914)997-1960

H Mart | 8AM-9AM
371 N Central Ave
Hartsdale, NY 10530
(914) 448-8888

Stay at Home Activities

Adventures in NanaLand