Mask Mission

We want to get masks into your hands! With the support of donors, volunteers and commitment from our staff, we will still have masks to distribute. Please email ch@iamtheplan.org if want one and if you need the mask kit delivered to your home. We can come to you!

COVID - 19 - Stay Informed!

Currently, the Chanda Center for Health is staying informed via credible responses within our community. Please know that we will continue providing updates each week via this newsletter. Additionally, we've dedicated an entire webpage to this as well.
Important Health Policy News for YOU!

We invite you to join us in advocating for more funding and support for HCBS in any future Congressional package to address COVID-19 by sharing your stories, photos and videos about what HCBS means to people with disabilities and the direct support professional and personal care attendants who support them.

Please send stories to casey_seniorsspotlight@aging.senate.gov. You can also share your story, photo or video on twitter with the hashtag #WhatWeNeed and tag @DemsonAging.

Thanks to the advocacy of the disability community, many initiatives have been signed into law the past month, including:

- Supplemental Security Income and Social Security Disability Insurance recipients will receive COVID-19 relief rebates
- $50 million allocated to the disability community as well as older adults
- $85 million delegated for Independent Living Centers
- A temporary bump in Medicaid FMAP to 6.2%
- An extension in funding for the Money Follows the Person program and the Spousal Impoverishment protections until Nov. 30th, 2020
- Non-profit organizations (such as direct service provider agencies) can apply for and receive Small Business Administration loans
- $30 billion was added to the Elementary and Secondary Schools Emergency Relief Fund, which means that programs for the disability community such as special education and 504 plans for students will benefit greatly
- Prevention in legislation from changing the law that would’ve allowed the Secretary of Education to waive requirements of the Individuals with Disabilities Education Act
Please follow us on our Facebook Page (https://www.facebook.com/chandaplan/) to get access to various online classes! We hope you will invite us into your home for some health and wellness activities. Most classes will be pre-recorded, posted online at the dates listed below, and available for you at any time.

**Week 3:**
April 13 - Sex and Disability with Sara
April 15 - Acupressure with Stephen
April 16 - Stretching to alleviate tension and pressure on lower back an pelvis with Dr. Jenna Kloor
April 17 - Lesson Three: A quick description of the Five Elements and guided visual meditation purging negativity with Yvonne

**Week 4:**
April 20 - Adaptive Yoga with Sara
April 22 - Self Care with Stephen
April 24 - Lesson Four: The Six Healing Sounds to Purify the Mind, Body & Soul With a Meditation with Yvonne

**Week 5:**
April 27 - Fitness Class with Sara
April 29 - Acupressure with Stephen

Some classes may be subject to change if necessary. If available, we may be offering other classes and opportunities as well.