

# COVID-19 Senior Resources

**St. Vincent DePaul****[svdpfdlc.org](http://svdpfdlc.org)****(920) 922-3650**

Rent or utilities help

Referral assistance:

- Food pantries and meal programs
- Housing opportunities of rental property, hotels and shelters
- Employment opportunities
- Energy assistance
- Abuse services
- Counseling and parenting
- Health resources, including medical and pregnancy
- Transportation, including gas and bus vouchers

**Fondy Food Pantry****[Fondyfoodpantry.org](http://Fondyfoodpantry.org)****(920) 322-0369**

Tuesdays 11 a.m. to 1 p.m.

Thursdays 3:30 to 5:30 p.m.

**ADRC****[www.fdlco.wi.gov/adrc](http://www.fdlco.wi.gov/adrc)****(920) 929-3466**

ADRC offers help for long-term care options to the Frail Elders and individuals with disabilities.

**Fond du Lac Senior Center****[fdl.wi.gov/senior-center](http://fdl.wi.gov/senior-center)****(920) 322-3630**

The Fond du Lac Senior Center is offering a curbside pickup lunch program for people age 60 and older. Lunches come prepackaged from a supper club and can be picked up in the senior center parking lot off 1<sup>st</sup> Street between 11:30 a.m. and 12 p.m. daily. Participants must call (920) 322-3630 by noon the day before, and Friday by 12 p.m., if they want a Monday lunch. They can call ahead and ask what is for lunch as well, and if they come to pickup they can ask for a menu.

The senior center also has an outreach program, and urges anyone who needs emotional support to call and someone will talk to them and possibly link them to a volunteer who can talk to them on a regular basis. They can call (920) 322-3641.



If individuals have access to the Internet, they can follow the Facebook page where they offer daily updates and will be starting a live exercise class on Monday, April 13 at 9 a.m.

When the safer-at-home order has lifted, please visit <https://www.fdl.wi.gov/senior-center/monthly-newsletter/> for an updated newsletter. The senior center always has extra hard copies available for people to pickup.

**United Way 2-1-1** provides easy access to health and human services, gives callers an opportunity to get or give help, and serves as a hub for community information in times of disaster.

2-1-1 is available seven-days-a-week, 24-hours a day, and is free and confidential for callers. <https://www.fdlunitedway.org/wisconsin-2-1-1/>

### **Crisis Lines**

- **Disaster Distress Helpline:** Call **1-800-985-5990** or text **TalkWithUs to 66746**
- **National Suicide Prevention Lifeline:** Call **1-800-273-8255**
- **Crisis Text Line:** Text **HOPELINE to 741741**
- **Fond du Lac County Crisis Intervention:** **(920) 929-3535**

[csifdl.org/COVID19](https://csifdl.org/COVID19) has many resources related to COVID-19

**The Fond du Lac County Department of Community Programs** provides a wide range of services in the areas of mental health, alcohol and other drug abuse (AODA), crisis intervention, and prevention/education, primarily for the residents of Fond du Lac County. Call (920) 929-3500.

**NAMI**                      **namifonddulac.org**                      **(920) 979-0512**

The National Alliance on Mental Illness (NAMI) is a grassroots, family and consumer, self-help, support, education and advocacy organization dedicated to improving the lives of people with severe mental illnesses.