



Dear Vintage Members,

During this time that the Vintage building is closed, the staff are making every effort to be available to you if needed. Cheryl, Jan, Linda and Rosemary are making calls to check in on how you are doing, and asking if you need anything. If you have not received a call, it's likely because we don't have a working phone number for you – please call us at 412-361-5003 and leave your name and number for a return call.

The most frequent question we hear is “*when will Vintage reopen?*” Unfortunately, the answer is “*we just don't know*”. However, we will continue to be available to you by phone if you have questions or concerns. In addition, we have listed other available resources on the enclosed flyers. We encourage you to review this information, and to keep it handy for future use.

We would like to encourage you to do two things related to our duties as citizens:

Complete the Census and Be Prepared to Vote. If you need help with your census form, please call us at 412-361-5003 and we can assist you by phone. Everyone is encourage to request a Mail-In Ballot for the upcoming primary election on June 2. It's an easy, convenient and secure way to cast your ballot. Apply by 5:00 p.m. on Tuesday, May 26, and return your ballot by 8:00 p.m. on Tuesday, June 2.

To request your Mail-In Ballot:

- www.allegheynyvotes.com to request your ballot.
- If you do not have access to a computer, and do not have a family member or friend to help you, please call us at 412-361-5003 and we will assist you by phone. You will need a PA Driver's License or photo ID.

For those of you who typically ate lunch at Vintage, we know that you may have depended on that daily hot meal. The County Area Agency on Aging is providing frozen meals as a replacement to the hot lunch.

These County meals are restricted to current registered senior center participants.

If you are in need of food (see below), please call Tom at 412-361-5003 ext. 104.

What does it mean “to be in need of food”, doesn't everyone need food?

Yes, of course everyone needs food! Vintage has a limited supply of food for distribution, so our focus is on supporting seniors who have no other options. This would include: people who are sick, those who are low on money for groceries, and people who cannot get to the grocery store and don't have a family member or friend to go for them. If you fall into one of these groups, please call to make arrangements. If you are fortunate enough not to be in one of these circumstances, please leave the food for those in true need.

Warmest Regards From the Vintage Staff,

Ann Cheryl, Jan, Jennifer, Linda, London, Michael, Rosemary and Tom

RESOURCES BY PHONE

United Way's 2-1-1 is ready to help!

Their resource navigators can help connect individuals and families with food pantries, health care services, tax prep assistance, utility and eviction prevention assistance and much more. United Way's 2-1-1 is a trusted source for reliable information. Simply Dial 2-1-1.

Allegheny County Area Agency on Aging SeniorLine

SeniorLine staff members are highly-skilled care managers who will answer your questions.

412-350-5460

1-800-344-4319 (Toll-free)

University of Pittsburgh Community Technology Help Desk (see details on the back)

412-383-0805

If prompted, enter: 702 100 473#

RESOURCES ON THE INTERNET

United Way's 2-1-1 is ready to help!

Visit: www.pa211sw.org

- Text your zip code to 898-211
- Sign up for text alerts at pa211sw.org/text-alerts

SilverSneakers

Videos: <https://tools.silversneakers.com/>

App: Search "SilverSneakers Go" on the app store

www.virtualsenioracademy.org

Live, web-based classes on a variety of topics

Pittsburgh Public Theatre's Play Time Series

Watch a live reading of a play (Thursday and Friday evenings)

www.ppt.org/playtime

SCAM ALERTS

Please see the enclosed flyer.

For additional information, visit: www.usa.gov/coronavirus

KEEP CALM and Avoid Coronavirus Scams

Here are **5 things** you can do to avoid a Coronavirus scam:



Ignore offers for vaccinations and home test kits.

Scammers are selling products to treat or prevent COVID-19 without proof that they work.



Hang up on robocalls.

Scammers use illegal sales call to get your money and your personal information.



Watch out for phishing emails and text messages.

Don't click on links in emails or texts you didn't expect.



Research before you donate.

Don't let anyone rush you into making a donation. Get tips on donating wisely at [ftc.gov/charity](https://www.ftc.gov/charity).



Stay in the know.

Go to [ftc.gov/coronavirus](https://www.ftc.gov/coronavirus) for the latest information on scams. Sign up to get FTC's alerts at [ftc.gov/subscribe](https://www.ftc.gov/subscribe).



Federal Trade Commission

If you see a scam, report it to
[ftc.gov/complaint](https://www.ftc.gov/complaint)

COVID-19 PATIENT INSTRUCTIONS FOR SELF-ISOLATION WHILE AWAITING LABORATORY RESULTS

BACKGROUND

COVID-19 is a new disease. We know that it mainly spreads between people who are in close contact with one another (within about six feet for about 10 consecutive minutes), other times called person-to-person transmission. It is important to remember that we are still learning how this virus spreads, how severe it is and how it may spread in the United States.

After getting tested for COVID-19, you will receive your results from your healthcare provider anywhere between one to seven days after testing. This time may take longer depending on the testing volume and the laboratory doing the testing.

WHAT SHOULD I DO WHILE I WAIT FOR MY RESULT?

- Self-isolate to your home.
- If you live with others, self-isolate in a private room and use a private bathroom if possible.
- Whoever else lives in your home should also stay at home.
- Make a list of close contacts you have had from two days before you became sick until you isolated. Close contacts are people who have been within 6 feet of you for a period of 10 minutes or more.
- Wear a mask when you enter general living areas. Interact with others as little as possible.
- If you develop additional symptoms or if your symptoms get worse, notify your healthcare provider for instructions.

WHAT SHOULD I DO IF I TEST POSITIVE?

- Notify your close contacts and let them know they should quarantine at home for 14 days. This includes your family members.
- Self-isolate in your home until each of the following conditions are met:
 1. It has been at least seven days since your symptoms first appeared **AND**
 2. It has been at least three days since you have not had a fever (without using fever-reducing medications) and your respiratory symptoms are improving (e.g., cough, shortness of breath).
- If your symptoms get worse or if you require hospitalization, notify your healthcare provider immediately and follow instructions about wearing a mask when you arrive to the facility.
- If you do not need hospitalization, continue to self-isolate at home.

WHAT DO I DO IF MY TEST IS NEGATIVE?

- If you had a **known exposure** to a confirmed case, continue to quarantine until 14 days after your exposure.
- If you were tested but had **no known exposure** to a confirmed case, and you are **asymptomatic**, you can stop your self-quarantine.
- If you were tested but had **no known exposure** to a confirmed case, and you are symptomatic, you may have another respiratory pathogen that is circulating in the community. Avoid work and group settings until three days after the last day of your respiratory symptoms and fever.

RESOURCES FOR MORE INFORMATION

For more information, visit <https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>

The latest information on the coronavirus in the U.S. and worldwide can be found on the [CDC website](#)

Additional information from the CDC on what to do if you are sick can be found [here](#)

Help is available, contact the Crisis Text Line by texting **PA to 741-741**.

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