



March 30, 2020

Dear Horizons Student and Family:

This update provides helpful information during a national health emergency. Horizons cares about you and your loved ones! Resources are presented by type, specifically, **Financial, Emergency Assistance, Employment, Health and Wellness**. Ask your family, advisor, pastor or therapist to help you find local contacts.

Financial

- Follow your monthly budget and spending plan as you have learned at Horizons.
- Reduce personal wants and pay needs, first. For example, paying rent and ordering medication refills are *needs*. Renting a program on Netflix and ordering takeout are *wants*.
- Work with your roommate and family to pay shared monthly rent and utilities. You have learned how to read bills to determine the amount due, date to be paid, and where to send your payment. Contact Mr. Carter if you have questions, dcarter@horizonsschool.org
- While sheltering at home, you may begin a savings plan! Start small and develop the habit to save.
- A useful tool is attached, *My Spending Diary*. Record your spending and compare to your monthly budget. Did you overspend by online shopping, online gaming or meal delivery? How may you change to begin saving for future needs?
- It is very important to protect your bank account from scams. Untrustworthy people try to take advantage of others. Find enclosed *Fraud Prevention Guidelines* from Regions Bank.
- Do not respond to requests from strangers to borrow money. Never share your private banking information with others over the phone, by Email or social media.
- If you think your account has been accessed by others, immediately call Regions at 1-800-REGIONS (734-4667).

Emergency Assistance

- Some individuals have been laid off from work due to business closure. Congress is working on short-term assistance.
- Ask your employer about paid leave during this national emergency.
- Local United Way agencies provide direct assistance to residents.

State Licensed Post-secondary School
2018 15th Avenue South, Birmingham, AL 35205
<https://horizonsschool.org>
Tel. (205) 322-6606, Fax (205) 322-6605

Visit [<https://www.unitedway.org/find-your-united-way#>] and search by Zip Code or Country to find local agencies. For instance, United Way of Central Alabama, Inc. serves the Birmingham-Hoover MSA, (205) 251-5131.

- For help with food, visit Feeding America [<https://www.feedingamerica.org/find-your-local-foodbank>]. Search by your Zip Code or State for a list of nearby food banks. For instance, the Community Food Bank of Central Alabama is located at 107 Walter Davis Dr. in Birmingham, Tel. (205) 942-8911.
- Check eligibility for the Supplemental Nutrition Assistance Program. SNAP may be able to help with food costs, home energy, and rental costs. Answer questions about your household size and income to request help, <https://www.benefits.gov/benefit/361>
- Check with city and county government offices and faith communities. Ask about local assistance programs.

Student Internship and Paid Employment

- Our Career Team communicates with supervisors of student internships. We will contact individuals when it is safe to return to your internship.
- For students with paid jobs, it is important to keep in touch with your worksite supervisor. The employer will share updates about their business. (It is important to know that residential support cannot be provided to Horizons students until health officers declare it safe to do so.)
- For those needing unemployment compensation, contact your state department of labor. This agency determines which employees receive short-term financial help and will help you to file a claim. For example, you may reach the Alabama Department of Labor by phone at 1-866-234-5382 (8:00 am - 4:30 pm, Mon. - Fri.), web <https://labor.alabama.gov/>

Health and Wellness

- Thoroughly wash your hands with soap and water for at least 20 seconds. See *Wash Your Hands* attached.
- Stay away from others who are sick. Use a tissue when sneezing or coughing and then discard.
- Practice daily hygiene and grooming. Bathe or shower, shave, brush your teeth.
- Wash dirty clothing and linens weekly or more often when sick. Use hot water to kill germs.
- Clean and disinfect frequently touched surfaces in your bedroom, kitchen and bathroom. Don't forget to clean doorknobs, light switches, tables and chairs. Listen to your favorite tunes while cleaning!
- Plan pharmacy refills for medication taken daily. Work with your family to order refills by phone or online.
- Ask about 90-day refills of medications saving you travel and copays. Many pharmacies now deliver without charge. Some will send via Mail.

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- If you have difficulty remembering to take daily medication, consider Pill Pack by Amazon Pharmacy. Pill Pack will ship medication packs to your residence labeled for each day and also help to manage refills, <https://www.pillpack.com/>
- Health professionals are working hard to treat those with illness. Be patient. Your routine care appointments may be rescheduled in order to serve those most in need.
- Check with your health plan to ask about telemedicine benefits. You may be able to “see” your doctor via video or voice call and avoid crowded clinics.
- Glenwood Autism and Behavioral Health offers Telebehavioral Health Services to current and new clients. Call the intake coordinator for more information, (205) 939-1088.

If you think you have been exposed to COVID-19 and develop a high fever, persistent cough or difficulty breathing, call your healthcare provider, state or local health department for medical advice.

By sharing needs and resources, we will overcome this national crisis.

Sincerely,

Dr. Brian Geiger, Dr. Karen Dixon, Directors

Attachments: My Spending Diary, Fraud Prevention Guidelines, Wash Your Hands

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