



Community Connection

UMSL
University of Missouri–St. Louis





Dear Neighbors and Community Partners,

First, I am happy to share that I moved into the neighborhood over the summer and am thrilled to be writing to you as a resident of the communities for which we all care so deeply. I look forward to engaging with you in community life as well as continuing the strong university-community partnerships we have built over many years.

Second, school districts and higher education institutions across the region are taking steps towards reopening in various ways. In the coming weeks, you will see more activity on UMSL's campus as some students return for in-person courses starting August 24th. While we remain ready to transition back to a 100% virtual experience, we have developed practices and protocols to keep students, faculty, staff, and visitors safe as we return. I want to share with you our website ([click here](#)) outlining our approach to starting safe and staying safe as our community adapts to operating in the pandemic.

As community businesses, schools, and organizations continue to open and conduct business in new ways, we wish you all health and safety.

Sincerely,

Kristin Sobolik
Chancellor, University of Missouri-St. Louis

RECOVERING FROM COVID-19
University of Missouri-St. Louis
Community Psychological Service
Psychosocial Therapy Group for Adults
50+ Recovering from Severe COVID-19 Infections

UMSL Community Psychological Service Launching New Recovery Group for Adults

The rising death toll from COVID-19 has received regular attention on the nightly news. But often overlooked are those who've survived some of the most serious effects of the disease. More than 3,000 people in the St. Louis region have been hospitalized and are still recovering after returning home.

The Community Psychological Service at the University of Missouri–St. Louis is launching a new rehabilitation group intervention to help them through the healing process.

COVID-19 Resources

[Click here](#) to view resources for support during the pandemic.

UMSL Community Connection

[Click here](#) to sign up for the community connection newsletter.

UMSL Community Card

[Register](#) for a community card to receive benefits and discounts at UMSL events and facilities.

UMSL Contracts

Interested in bidding on projects at UMSL?

[Procurement Bids](#)
[Construction Bids](#)

Resources and Reminders

Lifeline Phone and Broadband Discounts

LifeLine Program Phone and Broadband Discounts are offered by the Federal Communications Commission to qualifying low income consumers. Many fixed (landline) Lifeline carriers already offer unlimited local and toll-free calling to their subscribers, and mobile wireless Lifeline carriers that are temporarily offering unlimited calling to subscribers during the COVID-19 pandemic. For more information, [click here](#).

Ameren Offers Energy Bill Relief for Small Businesses

If you're a small business owner with 50 or fewer employees and are having trouble paying your energy bill, now is the time to apply for energy assistance through Ameren Missouri's new COVID-19 Small Business Relief Program.

Starting July 6, 2020, Ameren's new program will provide up to \$250 in energy assistance per eligible small business or non-profit 501(c)(3) customers. [Click here](#) for eligibility, program details, and to apply.

Managing Forward: Courses to Reinforce and Strengthen Your Small Business for the

“Recovering from COVID-19” is a psychosocial rehabilitation group designed for adults, ages 50 and older, who are recuperating after extended hospitalizations of three or more nights.

“We know what a really long and arduous process the recovery is,” said John Nanney, the director of the Community Psychological Service and a clinical assistant professor in UMSL’s Department of Psychological Sciences. “There are many symptoms that linger for months after people have cleared the infection, and the hospitalization and medical interventions themselves can be traumatic. Folks – particularly older adults – really need some ongoing support to manage the recovery and address both the physical and psychological toll of the illness.” The weekly sessions are on Tuesday’s and begin at 9:30 a.m. [Click here](#) to learn more or email umslcps@msx.umsf.edu or call 314-516-5771.



UMSL Launches Support for Coping with Race Related Stress and Trauma

The nationwide protests that have occurred in the aftermath of the deaths of George Floyd, Breonna Taylor, and others have created a renewed dialogue about racism in the United States. But it’s an issue that African Americans, in particular, endure everyday with or without public attention with repercussions for their mental health and well-being.

The Community Psychological Service at the University of Missouri–St. Louis aims to help community members deal with the psychological challenges that racism creates. “Coping with Race-Related Stress and Trauma” is a free group therapy delivered via telehealth over HIPAA-protected Zoom or telephone.

“We know that for African Americans racism and race-related stress and trauma is one of the primary risk factors for mental health issues and suicide,” said John Nanney, the director of the Community Psychological Service and a clinical assistant professor in UMSL’s Department of Psychological Sciences. “There’s really no way to treat African Americans and help African Americans without taking that into consideration. But a lot of other therapies don’t really directly address racism. The point of this group is to directly address the role of racism in the mental health of African Americans and provide some tools for coping.” [Click here](#) to learn more. [Click here](#) for a flyer on the service.



Future

The Managing Forward Series are online courses to reinforce and strengthen your small business for the future. These sessions are hosted by the Missouri SBDC and facilitated by subject matter experts from the Henry W. Bloch School of Management at the University of Missouri-Kansas City, with examples from Missouri businesses. Courses remaining in the series are:

August 20, Essentials of Cybersecurity for Small Businesses

August 27, Managing Forward series Live Q&A Panel

To learn about and register for sessions, [click here](#).

MO Department of Economic Development Small Business Grant

The purpose of the Small Business and Family-Owned Farm Grant Program is to provide grants to small businesses and family-owned farms for reimbursement of costs of business interruption caused by the COVID-19 public health emergency. In addition to focusing on family-owned farms, the Department of Economic Development (DED) is focused primarily on impacting the industries that were hardest hit by the COVID-19 crisis: Retail Trade, Accommodation, Food Service, and Health Care. However, the grant is not limited to these industries. Grants may be up to \$50,000. Applicants must incur/have incurred COVID costs between March 1, 2020, and November 15, 2020. To learn more about the program and how to apply, [click here](#).

COVID-19 Testing Sites

In addition to Affinia Healthcare offering testing at their Pagedale location, a number of pop-up testing sites are available in North St. Louis County. Testing for COVID-19 will be available at the following locations on the dates listed. Appointments are required and can be made online [here](#).

Every Wed. and Fri. beginning July 12 testing will be



Photo from St. Louis American

Increased COVID-19 Testing Coming to North St. Louis County

St. Louis American - Aug. 3, 2020

More north county residents will have access to COVID-19 testing with CARES Act funding from St. Louis County.

County Executive Sam Page announced Aug. 3 that the Betty Jean Kerr People's Health Centers will receive \$578,000 for COVID-19 testing through the remainder of the year. The centers' current testing site is in West Florissant at 11642 W. Florissant.

"The BJK People's Health Centers has served the health care needs of the north county underserved community for more than 20 years," said Dwayne Butler, CEO of BJK People's Health Centers. "And in this unprecedented time of crisis and concern, this injection of County funding to support and broaden our COVID-19 mitigation and testing efforts in north county, as well as support our general partnership to attend to the health needs of our community, is a great step in the direction of good health and healing."

Page said the county has committed \$4 million of its CARES Act funds to ensure residents in north county receive coronavirus testing. He said additional community partnerships to offer more testing will be announced soon.

For more information or to schedule an appointment, visit BJK People's Health Centers' website at peoplesfamilystl.org or call 314-627-5405.

Share with Us

We'd love to hear your questions and comments about UMSL and stories about great things happening in our communities. Your thoughts will help shape content covered in future newsletters to be pertinent to you and your neighbors. Leave any suggestions, questions, or stories [here](#). Thank you!

available at:

Bellefontaine Rec Center
9669 Bellefontaine Rd. Saint
Louis, MO 63137

Aug. 1st and 2nd from 8:00
a.m. to noon testing will be
available at:

Northside Seventh-day
Adventist Church
9001 Lucas & Hunt Road St.
Louis, MO 63136



*Images courtesy of the 2020
Missouri Census website*

Step Up and Be Counted! Census 2020 is Underway

Good news, there is still time to take the Census! Self-response has been extended through October 31 and is available online or over the phone. EVERYONE living in the United States needs to be counted. Communities benefit from this data because it affects how funding is managed for city infrastructure, health care centers, the number of seats Missouri has in Congress, schools, and more. To see how your city or county is stacking up against others across the state, review [these rankings](#) or go to <https://2020census.gov/en/response-rates.html>.

Don't wait! Visit <https://2020census.gov/> for more information and to complete the Census now.

UMSL Community Engagement Office
One University Blvd, 426 Woods Hall | St. Louis, MO 63121
314-516-5267 | www.umsl.edu/collaborations

University of Missouri–St. Louis
Community Engagement
1 University Boulevard
426 Woods Hall
St. Louis, MO | 63121

If you wish to be removed from this group's mailing list. Unsubscribe