

There are many community resources (financial, food, and mental health) aimed to help those affected by the Coronavirus pandemic. Please refer to the links below for more information and for ways for you to help. We will update this page as new information becomes available. Please email office@rinat.org to add a new resource.

Food and Mental Health Services

- [Jewish Family and Children's Services](#) - JFCSNJ is a great resource for kosher meals on wheels, Food Pantry, and mental health services. The Kosher meals on wheels program could really use your help delivering boxes of frozen Kosher meals to homebound seniors in our community. Please call 201-837-9090 for more information. Ask for Francine, or the volunteer coordinator, Patrick.
- [Tomchei Shabbos of Bergen County](#) - Occasionally, families are faced with unexpected events that put a tremendous financial strain on them. These financial challenges can last 2 weeks, 2 months or even 2 years. Tomchei Shabbos is here to help by providing shabbos meals to community families regardless of how short or long it is required. Help is offered for as long as help is needed. Please contact info@tomcheishabbosofbergencounty.org if you are in need of shabbos meals or would like to volunteer to pack meals for others.
- [CDC](#) - Managing Stress and Anxiety during Crisis.
- [UJA Federation](#) - Under Resources for Individuals and Families find information ranging from how to access food (including a list of kosher food pantries) and financial support to engagement activities and other services.
- Amudim Anonymous Support Hotline - Mental health professionals are volunteering with the Amudim Anonymous Support Hotline, offering guidance and support to people struggling to cope with issues beyond anything they've ever experienced before. The call center can be reached at 888-726-8346, 718-972-3000 or support@amudin.org between 8:00 am and 11:00 pm.
- [Open Restaurants During COVID-19](#) - This app will make it easier for us to help our local businesses by providing the correct information on which of them is open during the COVID-19 crisis and when they are open. The app will be constantly updated with store hours of operation and the latest protocols restaurants are using.
- [Alone, Together](#): A Directory of Resources to aid the community during COVID-19

Financial Assistance

- [Hebrew Free Loan Society](#) - Coronavirus Financial Impact Loan
- [Project Ezra](#) - Project Ezra has developed a special fund to assist Bergen County community members who have been financially impacted and are in need of assistance. The program provides a one time pre-pesach distribution of up to \$2,000 per eligible family. Complete the form at: <http://tinyurl.com/project-ezrah-covid-19>
- [Division of Unemployment Insurance \(NJ\)](#) - File for Unemployment Insurance benefits in New Jersey.
- [COVID-19/Novel Coronavirus Information for New Jersey Businesses](#) - Information about applying for the Small Business Emergency Assistance Grant

- [OU Advocacy Center](#) - With the passage of the most recent round of COVID-19 stimulus response legislation (CARES Act), which includes help for day schools, synagogues and other nonprofit organizations, the federal government is providing critical relief for these institutions in the form of forgivable Small Business Administration (SBA) loans up to \$10 million and an assortment of other significant relief opportunities. OU has created a center for all this information.
- [Nonprofit Loans through the CARES act](#) - Information on loan options, eligibility criteria, terms, and application information.

Healthcare

- [COVID Testing Sites](#) - Up-to-date information about COVID-19 Testing Centers in NJ.
- [Teaneck Today](#) - Up to date statistics about COVID related cases in Teaneck.
- [TVAC](#) - The Teaneck Ambulance Corp is run solely by volunteers and is available to respond 24/7. Call 911 for emergencies. TVAC relies on donations to continue helping the community. Visit their [COVID-19 page](#) to see what supplies and monetary donations they need at this time.

Ways to Help

- [Rabbi's Discretionary Fund](#) - Donations to the discretionary fund will be used to assist members of our community.
- [Rinat Assistance](#) - Join Rinat volunteers to help check in on our community members or assist with their shopping needs.
- Drop off any gloves, masks, surgical or N95, (even opened boxes) for Holy Name Hospital staff at 88 Chadwick (dropbox outside, no need to enter building or interact with anyone). Donations can be made to ANY local hospital by simply calling their main line and asking where you can drop supplies off.
- Stop by the curb at 727 Dearborn St., Teaneck, to donate unexpired snacks and drinks to our local hospital staff at Holy Name Health and Hackensack Meridian Health who have requested snacks and drinks because they do not have time to eat.
- [Jewish Federation of NNJ](#) - Donate to the Coronavirus Relief fund.
- [Orthodox Union](#) - Join the Orthodox Union community for the recitation of Tehillim ([chapters 20, 27 and 130](#)) and divrei chizuk (words of inspiration) from our rabbanim each afternoon at 1:00PM EDT. To participate, please dial 773-377-9170 or 480-210-2150. Due to call congestion and those who have had issues connecting in the past, please dial either phone number to connect to the call.
- [Coronached.org](#) - Are you in quarantine in your home? Do you know someone quarantined? AM YISRAEL vs. COVID-19 has hundreds of volunteers who want to help you get what you need from outside your home without direct contact.

All the above organizations are providing great resources for our community. Please consider donating to their programs when possible so they can continue to service the community and help those in need.