

THE SPOONFUL

A MONTHLY NEWSLETTER FROM YOUR AGENCY RELATIONS TEAM

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Beat the Heat

TIPS FOR STAYING SAFE IN THE SUMMER SUN

Serving our neighbors a lot of times also means serving in the heat. Take care of your team and your neighbors with some heat care tips!

- Hydrate the night before and the morning of a distribution
- Provide a “cool off” station at your distributions for your team
- Use tent coverage wherever possible
- Know the signs of Heat Illness so that you can react quickly if it happens

Want to learn more ways to protect your team and your neighbors? Check out the Extreme Heat Preparedness Checklist and Cooling Locations list for Orange, Seminole, and Osceola counties at the end of the Spoonful!

Creating Connections

COUNTY SPECIFIC FACEBOOK GROUPS



- Are you interested in connecting with other agencies in your county?
- Are you trying to figure out how to share resources in your area with other people fighting hunger and feeding hope?
- Do you want an easy way to ask other food pantries how they are dealing with issues you may be encountering?

If you answered yes to any of the above questions, you should join the SHFB Facebook group for your county! Joining the group is optional, but we encourage you to join to connect with other partners in your area. Our goal with the groups is to encourage collaboration and help you all connect. The group can be used for asking questions, sharing knowledge, and learning more about each other.

Any contacts you have registered with Second Harvest are welcome to join. All posts must be approved by the AR Team, and the only posts we do not allow are any posts for fundraising, recruitment for activities not related to the food pantry, or anything against your MOA.

If you have any questions, you can reach out to the main Admin Sheridan, or your county coordinator.

Join your county's Facebook Group today!



Scan the QR Code to find the links to each county Facebook Group!



Agency Spotlight

BABA SENIOR OUTREACH



The seed and heart of Baba Senior Outreach was the dream of Geetha Priyanka, MD and was incorporated as a 501(c)(3) in 2022. Gaining momentum in the Fall of 2023, the organization primarily focuses on supporting low-income seniors aged 60 and above by offering services such as food assistance and light housekeeping. Additionally, the organization provides a companionship program and other forms of assistance to seniors in this age group.

Many seniors struggle to meet even their most basic needs—food, safe housing, medical care, and companionship. Baba Senior Outreach aims to bridge this gap. They focus on providing essential services, advocacy, and human connection to elderly individuals, enabling them to live with the dignity and security they rightfully deserve. Through initiatives like meal delivery, transportation assistance, home visits, and social activities, their goal is to reduce isolation, enhance quality of life, and ensure access to crucial resources. They currently serve about 40 families, but hope to utilize their community partnerships to increase to 200 families.

Baba Senior Outreach exists to bring dignity, comfort, and hope to elderly seniors.

“Beyond meeting material needs, our mission is rooted in compassion. We believe that every senior deserves to feel valued, heard, and cared for, regardless of their financial circumstances. By mobilizing volunteers, building community partnerships, and fostering intergenerational connections, we strive to create a supportive network that uplifts and empowers older adults. At its heart, our organization is about restoring dignity and hope. We seek not only to ease the burdens of poverty in late life but also to honor the wisdom, contributions, and humanity of the seniors we serve.”



Visit their website at babaseniore Outreach.org to learn more about the amazing work that they do!

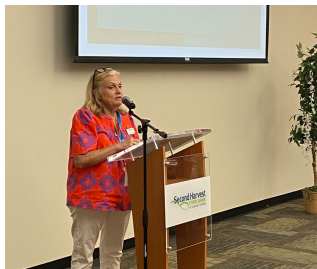
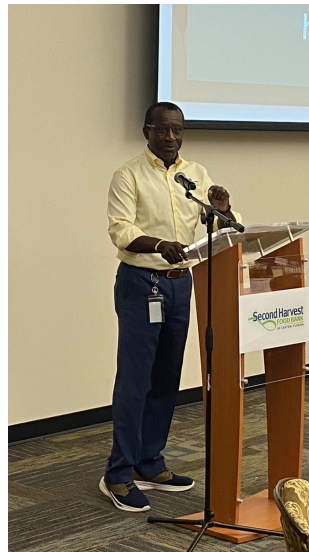
Around The Town

STEERING COMMITTEE THINK TANK (PART 2)

People say the original is better than the sequel—but not this time. This is our Think Tank Steering Committee Part 2, held on June 16th at our main office at Second Harvest.

We brought together current and past Steering Committee members from across all of the counties we serve to share feedback and discuss the Memorandum of Agreement (MOA)—highlighting key challenges and opportunities.

The insights were powerful, giving us a clearer understanding of agencies' needs and sparking stronger collaboration between agencies and the foodbank. We encourage all agencies to connect with their Steering Committees, stay engaged, and share ideas.



...because every great sequel leaves you waiting for what comes next



To be continued... 🎬



Extreme Heat



An extreme heat event is a series of hot days, much hotter than average for a particular time and place. Extreme heat is deadly and kills more people than any other weather event. Climate change is making extreme heat events more frequent, more severe and last longer. But we can take action to prepare. Prepare now to protect yourself and your loved ones.

What to Do: Before



Learn How to Stay Hydrated

You need to drink enough water to prevent heat illness. An average person needs to drink about 3/4 of a gallon of water daily. Everyone's needs may vary.

- You can check that you are getting enough water by noting your urine color. Dark yellow may indicate you are not drinking enough.
- Avoid sugary, caffeinated and alcoholic drinks.
- If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals you lose in sweat.
- Talk to your doctor about how to prepare if you have a medical condition or are taking medicines.



Gather Emergency Supplies

Gather food, water and medicine. Stores might be closed. Organize supplies into a Go-Kit and a Stay-at-Home Kit. In the event of a power outage, you may lose access to clean drinking water. Set aside at least one gallon of drinking water per person per day. Consider adding drinks with electrolytes. Include sunscreen and wide-brimmed hats.

- Go-Kit: at least three days of supplies that you can carry with you. Include backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
- Stay-at-Home Kit: at least two weeks of supplies.
- Have a 1-month supply of medication in a child-proof container and medical supplies or equipment.
- Keep personal, financial and medical records safe and easy to access (hard copies or securely backed up)
- Consider keeping a list of your medications and dosages on a small card to carry with you.



Make a Plan to Stay Cool

Don't rely only on electric fans during extreme heat. When temperatures are in the high 90s, fans may not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

- Spending a few hours each day in air conditioning can help prevent heat illness.
 - If you have air conditioning, be sure that it is in working order.
 - If you do not have air conditioning or if there is a power outage, find locations where you can stay cool. For example, a public library, shopping mall or a public cooling center. Plan how you will get there.
 - Additional resources may be available from local government or community groups.
- Make sure you have plenty of lightweight, loose clothing to wear.
- Create a support team of people you may assist and who can assist you. Check in with them often to make sure that everyone is safe.



Learn Emergency Skills

- Learn how to recognize and respond to heat illness.
- Learn First Aid and CPR.
- Be ready to live without power. Utilities may be offline. Be ready to live without power, gas and water. Plan for your electrical needs, including cell phones and medical equipment. Talk to your doctor. Plan for backup power



Plan to Stay Connected

- Sign up for free emergency alerts from your local government.
- Plan to monitor local weather and news.
- Have a backup battery or a way to charge your cell phone.
- Have a battery-powered radio during a power outage.
- Understand the types of alerts you may receive and plan to respond when you receive them.
- A WATCH means **Be Prepared!** A WARNING means **Take Action!**

What to Do: During



Stay Hydrated

- Drink plenty of fluids. Encourage others to drink plenty of fluids, too.
- Replace salt and minerals with snacks or a sports drink.



Prevent Heat Illness

Check on your friends, family and neighbors. Help them prevent heat illness. Act fast if you notice someone with symptoms.

Anyone can develop heat illness. But, people at greater risk are:

- Older adults
- Infants, children and pregnant women
- People with medical conditions
- Outdoor workers
- People with limited personal resources
- People living in places that lack green spaces



Stay Cool

- Stay in an air-conditioned place as much as possible.
- If your home does not have air conditioning, go to your predesignated cool location.
- Wear lightweight, loose clothing and take cool showers or baths.
- Limit your outdoor activity. If you must work outdoors, schedule tasks earlier or later in the day.

Heat Illness	What to Look For	What to Do
Heat Cramps are muscle spasms caused by a large loss of salt and water in the body.	Heavy sweating with muscle pain or spasms	▪ Move to a cool place. ▪ Drink water or a sports drink ▪ Get medical help right away if: - Cramps last longer than 1 hour - Person affected has heart problems
Heat Exhaustion is severe and may require emergency medical treatment.	▪ Heavy sweating ▪ Cold, pale and clammy skin ▪ Fast, weak pulse ▪ Nausea or vomiting ▪ Muscle cramps ▪ Tiredness or weakness ▪ Dizziness-Headache-Passing out	▪ Move to a cool place ▪ Loosen tight clothing ▪ Cool the body using wet cloths, misting, fanning or a cool bath ▪ Sip water slowly - Get medical help right away if: - Vomiting occurs - Symptoms last longer than 1 hour or get worse - Confusion develops
Heat Stroke is deadly and requires immediate emergency treatment.	▪ High body temperature (104°F or higher) ▪ Hot, red, dry or damp skin ▪ Fast, strong pulse ▪ Headache-Dizziness ▪ Nausea-Confusion-Passing out	Call 911 right away, then: ▪ Move to a cool place ▪ Cool the body using wet cloths, misting, fanning or a cool bath ▪ Do NOT give the person anything to drink

What to Do: After



Take Care of Yourself

It's normal to have a lot of bad feelings, stress or anxiety. Eat healthy food and get enough sleep to help you deal with stress.

You can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text **1-800-985-5990**.

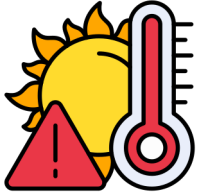
Prepare so you can protect.

| For more information, visit redcross.org/prepare

| Download the Emergency App



Orange County Cooling Locations



Please scan the QR code for the current heat index to know if the resources below are open for an extreme heat emergency. If you do not have a phone, please check with a Lynx bus driver to confirm an extreme heat emergency.



Christian Service Center-Parramore

Cooling Center, Treatment for heat-related injuries/illness, Water, Heat Safety Kits

Mon-Sun: 8am – 7pm (Cooling Center)

Mon-Thurs: 10am – 2pm (Medical Care)

407-425-2523, 808 W Central Blvd, Orlando, FL

Christian Service Center-Ocoee

Cooling Center, Water, heat safety kits, protective clothing

Mon-Fri: 11am – 12pm (Cooling Center)

407-656-6678, 300 West Franklin Street, Ocoee, FL

Coalition for the Homeless

Cooling Center, Water

Mon-Fri: 2pm – 5pm

407-652-5300, 18 North Terry Avenue, Orlando, FL

Matthew's Hope

Water, Gatorade (when available)

Mon-Fri: 10am-4pm

407-905-9500, 611 Business Park Blvd. # 101. Winter Garden, FL

Samaritan Resource Center

Patio with misting fans, Showers

Mon-Fri: 9:30am-12:30pm (Showers)

Mon-Fri: 9am-5pm (Patio with misting fans)

407-482-0600, 9837 E Colonial Dr, Orlando, FL

United Against Poverty

Water, Heat Safety Kits

Mon-Sat: 9am – 6pm; Sun: 11am-6pm

407-650-0774, 150 W Michigan St, Orlando, FL

Transformation Village

Cooling Center, Water, Showers

Mon-Thu: 9am-5pm, Fri: 10 am-2:30 pm, Sat- Sun: 12pm-4pm 407-810-221, 18401 11th Avenue, Orlando, FL 32833

Salt Outreach

Showers, Water

1-866-237-2589

- 5511 W Colonial Dr., Orlando FL (Youth 16-24 only), Wed-Fri: 9am-4pm
- 1025 S Orange Blossom Trail, Orlando, FL, Mon-Fri: 9am - 4pm (Age 65+ only) Call 407-205-7589 for updates on capacity
- 199 S Park Ave, Apopka, FL, Mon-Wed: 9am-4pm

All County Libraries

Call 407-835-7323 for location and hours of operations

City Libraries

- Maitland Public Library (407) 647-7700
- Winter Park Library (407) 623-3300

Parks and Recreation

Call 407-836-6200 for location and hours of operations

- Apopka Station at West Orange Trail
- Barnett Park (Magic Gym)
- Bithlo Community Park
- Goldenrod Recreation Center (Magic Gym)
- Magnolia Park
- Marks Street Senior Recreation Complex
- Meadow Woods Recreation Center (Magic Gym)
- Orlo Vista Park
- Renaissance Senior Center/South Econ Community Park
- Silver Star Recreation Center (Magic Gym)
- Tibet-Butler Preserve
- West Orange Recreation Center

Seminole and Osceola County Cooling Locations

Seminole County

The Sharing Center

Shaded Patio, Water
Mon-Fri: 7am-1:30pm
407-260-9155
600 N. Highway 17-92, Suite 130
Longwood, FL 32750

Salt Outreach

Showers, Water
Mon, Wed, Fri: 9am-4pm
1-866-237-2589
419 S Park Ave, Sanford, FL

Rescue Outreach Mission

AC Access, Water, Heat safety kits, Bathroom Access
Mon-Fri: 12pm-7pm (subject to change)
407-321-8224
1701 Historic Goldsboro Blvd, Sanford, FL 32771

All County Libraries

Call 407-665-1500 for location and hours of operations.

Parks and Recreation

Call 407-665-2001 for hours of operations

- Sanlando Park
401 W Highland St, Altamonte Springs
- Sylvan Lake Park
845 Lake Markham Rd, Sanford
- Red Bug Lake Park
3600 Red Bug Lake Rd, Casselberry
- Soldiers Creek Park
2400 State Rd 419, Longwood
- Boombah Sports Complex,
3450 E. Lake Mary Blvd, Sanford

Osceola County

Hope Partnership

Cooling Center, Water, Showers
Hope Cares Day Mon: 10am-1pm
321-677-0245
2420 Old Vineland Road, Kissimmee, FL 34746

All County Libraries

Call 407-665-2001 for hours of operations

- Hart Memorial Central Library
211 East Dakin Avenue
Kissimmee, FL 34741
- Veterans Memorial Library
810 13th Street
St. Cloud, FL 34769
- Poinciana Branch Library
101 North Doverplum Ave
Kissimmee, FL 34758
- Buenaventura Lakes Branch Library
405 Buenaventura Blvd
Kissimmee, FL 34743
- West Osceola Branch Library
305 Campus Street
Kissimmee, FL 34747
- Kenansville Branch Library
1154 South Canoe Creek Road
Kenansville, FL 34739

Please scan the QR code for a google map
of cooling locations.



WANT MORE OF THE SPOONFUL?

Visit our Partner Agency Website
for more information, resources,
and other helpful tools!

shfbpartneragencies.org

