

## Some Resources in Time of COVID-19 Congregation Beit Simchat Torah

Last updated: May 19, 2020

We will regularly update this list with resources. Please let us know if you have resources to suggest by emailing Judy Ribnick ([jribnick@cbst.org](mailto:jribnick@cbst.org)). This guide is currently 3 pages long and contains information on (1) Mental/Spiritual Health Hotlines, (2) Official Information and Updates, (3) Wills, Trusts and Estate Planning, and Legal Protections, (4) Funeral Resources, (5) Unemployment Insurance, and (6) Food Resources.

### Mental/Spiritual Health Hotlines:

- **For CBST members only:** In case of death or need for other pastoral care (Monday-Thursday, 9am-5pm; Friday, 9am-3pm), please call **212-929-9498, x876**. Outside of regular office hours, please call **917-513-0413**.
- **Institute for Jewish Spirituality** (646) 461-6499 **Resources from IJS to help respond to these tense and challenging times:**
  - [FREE Daily Online Meditation Sit](#) | [FREE Weekly Torah Study](#)
  - [Gift of Awareness Online Course](#) | [FREE Jewish Meditation Starter Kit](#)
- **NYC Well – Talk. Text. Chat. 24/7:** NYC Well is your connection to free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365.
- **RUACH: Jewish Emotional and Spiritual Support:** Need someone to talk to? We are a 100% volunteer-run initiative made up of therapists, social workers, rabbis, chaplains, and providers-in-training offering support during the COVID-19 pandemic. Caregivers span the spectrum of Jewish identity and practice, and we have providers who specialize in LGBTQ+, multi-faith, & accessible care. If you need free support, [fill out this form](#) and you will be matched with a caregiver for a 30-minute call. Your caregiver will reach out to you within 48 hours [Mon.-Fri.].
- **New York State COVID-19 Emotional Support Hotline: 1-844-863-9314** Free, over-the-phone mental health counseling from certified providers.

### Official Information and Updates:

- **New York State COVID-19 Updates:** Regular updates from New York State, including useful health and policy information such as mobile testing sites and current stay-at-home recommendations.
  - **New York State COVID-19 Hotline: 1-888-364-3065**
- **CDC (Centers for Disease Control & Prevention)** Most up-to-date information about the novel coronavirus symptoms, treatment, and spread in the United States.

- Text **COVID to 692-692** to get regular updates on the latest developments with COVID-19.
- [Met Council resource center on coronavirus](#) Met Council has many resources about unemployment, SNAP, and other benefits.
- [NY State Department of Health information about coronavirus](#)
- [LGBTQ Coronavirus Resources — NYC Unity Project - Generation NYC](#)
- [Centers for Disease Control information about coronavirus](#)
- [Listing of important NYC coronavirus links](#)
- [NY State information on tenants' rights](#)
- [NYC coronavirus crisis resources](#)
- [HELP NOW NYC \(NYC Government\)](#)

### **Wills, Trusts and Estate Planning, Legal Protections**

Lawyers (LGBTQ or LGBTQ-friendly): *If you want to be added to our list, please email Tasha Calhoun at [tcalhoun@cbst.org](mailto:tcalhoun@cbst.org).*

#### **Judith E. Turkel, Esq., Howard M. Forman, Esq.**

Wills, Trusts and Estates, Family Law and Real Estate

Turkel, Forman, & de la Vega, LLP

304 Park Avenue South, New York, NY 10010

(212) 353-2200 // [jturkel@turkelforman.com](mailto:jturkel@turkelforman.com), [hforman@turkelforman.com](mailto:hforman@turkelforman.com) // [turkelforman.com](http://turkelforman.com)

#### **Carol Buell, Esq.**

Weiss, Buell, & Bell, 350 Fifth Avenue, Suite 2604, New York, NY 10118

(212) 967-5710 // [cbuell@wbblaw.com](mailto:cbuell@wbblaw.com) // [carollbuelllaw.com/](http://carollbuelllaw.com/)

#### **Elizabeth Deutsch, Esq.,** Second Parent Adoptions, Wills, Living Wills with Medical Health Care Proxy, Powers of Attorney

17 Burroughs Way, Maplewood, NJ 07040

917-655-4971 // [EDeutsch2001@verizon.net](mailto:EDeutsch2001@verizon.net)

#### **Leslie Deutsch, Esq.,** Second Parent Adoptions, Wills, Living Wills with Medical Health Care Proxy, Powers of Attorney

19 Rynda Road, Maplewood, NJ 07040

917-355-5638 // [LSDeutsch2003@yahoo.com](mailto:LSDeutsch2003@yahoo.com)

#### **Noemi Masliah,** Masliah Firm, Immigration Law

225 Broadway, New York, NY 10007

(212) 227-9390 // <https://themasliahfirm.com/> // [Noemi.Masliah@themasliahfirm.com](mailto:Noemi.Masliah@themasliahfirm.com)

#### **Ralph Randazzo, Esq.,** Elder Law

475 Park Avenue South, Suite 2100, New York, NY 10016

(631) 673 4998 // [ralph@randazzolaw.com](mailto:ralph@randazzolaw.com)

**Richard Tesler, Esq.**, Estate Planning  
41 West 72nd Street, New York, NY 10023  
(212) 362-6961 // [Richtesler@aol.com](mailto:Richtesler@aol.com)

**Jillian T. Weiss**, Law Office of Jillian T. Weiss, P.C.  
527 Hudson Street, P.O. Box 20169, New York, NY 10014  
(845) 709-3237 // [jweiss@jtweisslaw.com](mailto:jweiss@jtweisslaw.com) // <https://jtweisslaw.com>

### **Funeral Resources:**

- If you would like to obtain information about purchasing a plot in CBST's cemetery, please contact Yolanda Potasinski ([ypotasinski@cbst.org](mailto:ypotasinski@cbst.org)) and Chaz Macrina ([cmacrina@cbst.org](mailto:cmacrina@cbst.org)).
- Louis Urban, CBST member and Funeral Director: (973) 422-0600 Lou is available to discuss pre-arrangements or funeral details for anywhere in the Tri-State area.
- [Riverside Memorial Chapels](#) (212) 362-6600
- [Plaza Jewish Community Chapel](#) (212) 769-4400 // email: [plaza@plazajewish.org](mailto:plaza@plazajewish.org)
- [Shastone Memorials Corp.](#) (516) 487-4600: Please contact CBST member Russell J. Rosen for resources, and there are resources available on the company's website.

### **Unemployment Insurance:**

- [Unemployment insurance fact sheet](#)
- CBST member Hugh Baran has offered to talk with our members who have questions or are seeking help with unemployment insurance. **Contact him here.**
- Educational Alliance Employment Services: [employmentServices@edalliance.org](mailto:employmentServices@edalliance.org)

### **Food Resources:**

- [Invisible Hands Deliver](#): Local NYC 20-somethings will pick up your groceries, pharmacy needs, etc. and deliver to your door for free. You can give them cash or call to pay the store directly. Throughout 5 boroughs, greater NYC area.
- [Mazon](#): Online state-by-state list of resources for both free food pickup and delivery (food banks, meals on wheels, etc). Possibly more to come.
- [SelfHelp](#) selfhelp.net "For those in need of meals at home, we have made referrals to a home delivered meals provider." Currently considering everyone over 60 as homebound. [info@selfhelp.net](mailto:info@selfhelp.net); West Side, Project Pilot; East Side, case management; Downtown, neighborhood house; Department of Aging contract with Meals of Wheels
- [God's Love We Deliver](#): Home-delivered meals for those with major health challenges (HIV/AIDS, cancer, etc.), requiring doctor confirmation. Delivery in all five boroughs and beyond.
- [List of NYC mutual aid groups and coronavirus resources](#)