



May 2020 - Newsletter

Upcoming Dates & Reminders



- Please note all meetings and in person activities are currently postponed to further notice

A message from our President Allison Foster

Hello, neighbors!

We hope you and your family are continuing to be well & safe. Our world continues to face challenges, and we are grateful to have you as a part of Tarpon River.

Our Commissioner, Ben Sorensen has created a COVID-19 Community Resource Guide. Find it here. [Community Resource Guide](#)

May is also Mental Health Awareness Month. We have provided resources and links below to organizations that can be supportive, as well as handouts from Mental Health America. [This NPR article](#) also provides an overview the rising anxiety of Americans.

Additionally, we have updated the [Tarpon River website](#). Should you encounter any issues, please contact secretary.trca@gmail.com.

Best Regards,
Allison
Tarpon River Civic Association President
trcapresident@gmail.com

Latest Neighborhood News



**Hurricane Season
June 1st - November
30th**

**Mental Health
Awareness Month**

**Tarpon River & Fort
Lauderdale related
updates**

This list of hurricane preparedness resources is being sent to you on behalf of the TRCA. It is our hope that these resources help you get an early start on your 2020 hurricane preparedness efforts. Please consider that the COVID-19 pandemic may affect your ability to plan, respond, and evacuate in your normal manner.

We urge you to start planning today and hope you find these web resources to be of assistance.

[Hurricane Supply Checklist](#)

[Disaster Supply Kit](#)

[Disability Disaster Information](#)

[Planning for Your Home](#)

[Landscape Preparation](#)

[Forecasts & Active Maps](#)

[Disaster Prep. Sales Tax Holiday](#)

[Vulnerable Population Registry](#)

[Broward's Hurricane Prep. Guide](#)

[City Hurricane Site & Alert Sign-Up](#)

May is Mental Health Awareness Month. This particular topic continues to have relevance as we experience COVID-19 as individuals and as a community. Below find resources within Broward County.

[National Alliance on Mental Illness - Broward County](#)

Mental Health America has provided great resources. We have provided copies of their handouts through the links below:

[Owning Your Feelings](#)

[Finding The Positive After Loss](#)

[Eliminating Toxic Influences](#)

[Creating Healthy Routines](#)

[Supporting Others](#)

[Connecting with Others](#)

Additionally, [TalkSpace is virtual therapy app](#). There is a cost associated with it, but you can find on their website that many work places and organizations are partnered with the app providing financial discounts or support - you may find [additional information about the partnerships here.](#)

TRCA continues to follow conversations regarding the Codification of the City of Fort Lauderdale Master Plan, as well as the Whiddon Property. We know you are interested in these topics. When we know presentation dates we will share with the community

Broward County Targets May 18 to Begin a Phased Reopening. For more information, please check out:

[COVID-19 Updates May 12th,2020](#)

**Shape Fort Lauderdale's Future!
TAKE THE CENSUS**

The 2020 Census is underway and households across America are responding every day. In light of the COVID-19 outbreak, the U.S. Census Bureau has adjusted 2020 Census operations in order to:

Protect the health and safety of Census employees and the American public.

Implement guidance from federal, state, and local health authorities.

Ensure a complete and accurate count of all communities.

[Why the Census is Important?](#)

So Start Here by click the button under:

✓ Take the Census ✓

Masks



Our local Tarpon River resident, Nicole Alcaro is providing masks for purchase. Nicole uses 100% cotton material for the outer layer and the pocket. She also includes a blue shop towel as a disposable filter. To support our small business and neighbor, please visit her shop at: [TheAtomicLounge at Etsy](#) for different options on styles and prices.

VIRTUAL RECREATION CENTER



Although most parks are still closed, we understand the power of parks and recreation more than anyone. During this time of social distancing, we will be providing virtual recreation opportunities for you and your families.

Our Virtual Recreation Center offers free, fun, and educational activities and resources for all ages. Visit this page often or follow us on our social media channels for a variety of free instructor-led classes, at-home activities, updates, and ideas to keep you and your loved ones healthy, entertained, and informed.

We hope to flatten the curve and look forward to serving you all again soon!

For details, visit [Fort Lauderdale Recreation](#).

Virtual Class Schedule				
Monday	Wednesday	Thursday	Friday	Saturday
10-11 AM Yoga	8:30-10:30 AM Yoga	6-8 PM Line Dancing	9-10 AM Yoga	8-9 AM Yoga
6:30-7:30 PM Zumba				9 AM-12 PM Line Dancing
				12:15-1:30 PM Zumba

The classes above are instructed by staff from the City of Fort Lauderdale Parks and Recreation Department.

Download our [weekly schedule](#) or [register online](#).

Please check back often as we are continuously adding new programs!

VIRTUAL EXHIBITS

[Thank You Goes A Long Way](#): Create a thank you for our essential workers.

[Healing Together Through Art](#): This exhibit gives participants an opportunity to come together and let them know that they are not in this alone and there are others who are experiencing similar feelings. It can also motivate and inspire others to find alternative ways to communicate how they are feeling.

STAY INFORMED!

Don't wait for updates to be forwarded to you, sign up to receive city news & alerts [here](#).



- [Next Virtual Fort Lauderdale City Commission Meeting on May 19](#)
- [South Florida Churches to Host “HOPE Alive” Services on May 14](#)
- [Florida Restaurant and Lodging Association Offers Standards for Hospitality Reopening](#)
- [Beware of COVID-19 Scams!](#)

SPONSORS



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Arrow Discovery Travel serves as your personal, trusted, travel advisor to help you plan vacations that fit your interests, your style, your dreams.



Specializing in Europe and Bucket List Destinations
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Contact Janet Scaper - janet@arrowdiscoverytravel.com,
Office- 954-525-7753, Cell- 954-600-2555, Website:
www.arrowdiscoverytravel.com



My Hien Domeika your neighborhood broker
with Coldwell Banker Real Estate.



My Hien Domeika's knowledge of Florida's residential real estate market is extensive and unparalleled. Her clients consistently seek her advice and trust her judgment on their transactions with confidence.

Contact her today at: 954-516-4492



HomeVantage Mortgage

Contact your local neighborhood mortgage lender Aaron Hassinger at (954) 641-8103 with any home buying, refinancing or mortgage lending support you may need.

Do you have a local business you'd like to

advertise? Our newsletter currently reaches 250 plus neighbors in our neighborhood on a monthly bases.

Reach out to secretary.trca@gmail.com for more info and get your ad placed here!

Become a member today!

Joining your local neighborhood civic association is easy and fun. Your membership includes access to all our fun yearly activities such as Party in the Park, Holiday Party and much more. Plus you'll be able to stay up to speed with all the latest neighborhood news and have a voice on any upcoming changes. [Click here](#) to sign up today!

Join us on Next Door - [click here](#) to join.