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In The Garden

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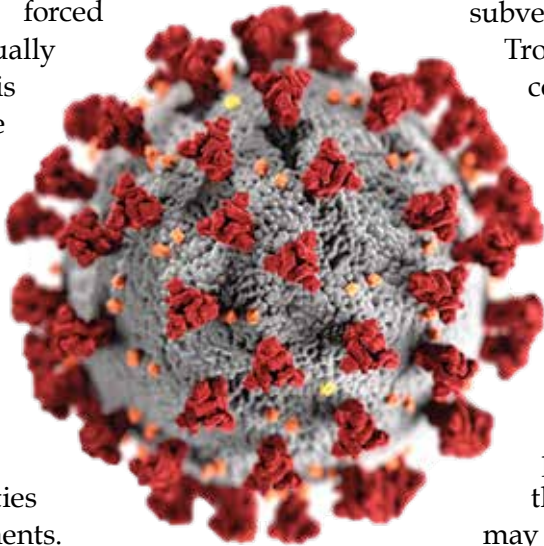
Securing Your Remote Workplace At Home

By Ron Frechette, The Cyber Coach

The Coronavirus (COVID-19) pandemic has forced millions of employees to work from home, virtually overnight. Deploying remote workforces at this scale is unprecedented, to say the least. Launching a remote workforce typically takes months of planning and testing to ensure the infrastructure is architected securely and implemented with as little flaws as possible.

This overnight workforce phenomenon has been especially challenging for many small-midsize businesses (SMBs), which make up over 90% of the US workforce. The majority of SMBs do not have the proper resources to deploy remote workforces, nor do they understand the vulnerabilities and risks it introduces into their corporate environments.

This situation has created the equivalent of the "California Gold Rush" within the cyber-criminal world. We are already beginning to see a dramatic increase in phishing, exploiting VPNs, malware dissemination, exploiting home network routers, and compromising unsecured IoT devices on home WiFi networks. Threat actors use these types of nefarious tactics to exfiltrate sensitive data,



subvert corporate networks, and leave behind malware Trojans for eventual remote exploitation, exfiltration and communication with unauthorized criminal networks.

Here are some basic security controls employees or small business owners can implement at home to immediately reduce the risk of a compromise.

Seven Critical Steps for Securing Your Remote Workplace

1. Secure Your Home Routers and WiFi Networks

- Routers provided by your internet service provider (ISP) have default usernames and passwords that can be easily identified by cyber criminals who may be conducting drive by sniffing attacks in your neighborhood. It is critical to change the username and password on your home routers and all IoT devices to avoid having your home network compromised.

- Ensure firmware updates are installed and consistently updated.
- Use the highest encryption option available (WPA2 or WPA3).
- Contact your internet service provider for support if needed.

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Annual Spring Cleanup For Winter Park Residents

Now is the time for spring cleaning, and the city is pleased to provide its annual Spring Cleanup. Many residents may have cleaned and organized their homes in recent weeks, during the COVID-19 "Stay at Home" orders, and residents are now welcome to discard of large items during this annual event.

Spring Cleanup provides an extra "bonus" pickup day so that residents can dispose of old furniture, broken appliances, and other bulky items. To take advantage of this convenient service, residents must place their items curbside after 5 p.m. on the evening prior to their second regularly scheduled pickup day.

Continued on page 8

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Publisher's Message



Rick Cable

and are seeking that normal back in our lives again soon.

This leads me to the high school senior class of 2020. Ironically, these are the children who entered this world around the time our nation was dealing with the fears and insecurities around the attacks of 9/11. And now, they are graduating high school while we are all once again dealing with fears and insecurities.

The graduating class of 2020 holds special significance to me, as my youngest is part of this class. Members of this class include kids I've known since they were mastering their first steps. I've tossed my hand on a sharp corner to protect them and caught a few from rolling off a couch or a chair. I've shared time reading their favorite book, and drawing for them so they could color, and then later having them read and draw for me. I've been on lifeguard duty for several of them when they were just learning to swim; I have always greeted each of them with a high five and a smile. They all return the high five and a smile and say, "Hi Mr. Rick!"

I've cheered them on at their sporting events,

As I write this I, like everyone, have so much on my mind. The Covid-19 virus has affected every single person around the globe, and efforts to get beyond this, are still out of sight. We are all dealing with the loss of what we used to know as normal



sat in the audience with pride as they performed their plays, concerts, or delivered a speech, as if they all were my own, and other parents have done this for my youngest.

They are very important to me, and they've been a positive influence on our community. I wish they could have all ended their senior year in a normal fashion. Been able to chase that last district championship, have a prom, senior skip day, sign yearbooks, and a traditional graduation ceremony, but it all just wasn't possible given the current time. They've worked hard and are well-prepared for their next chapter in life that involves acceptances to some of the best schools in the country. I'm so impressed by each as they've grown into very capable young adults, and I'll always be one of their biggest fans.

Congrats to the families and graduates of the class of 2020!

As always, thank you for reading *The Park Press*, and I look forward to the great things to come.

Rick

Rick Cable
Founder/Owner

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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



Robert F. Stuart

“Be strong now because things will get better. It might be stormy now, but it cannot rain forever.”

As I write this, we are entering our fourth week of Orange County’s stay at home order, which began March 26th (which in many ways seems like a lifetime ago). I am grateful for every resident’s sacrifices to help flatten the curve during these challenging times. Due in large part to your adherence to guidelines, Orange County’s Economic Recovery Taskforce has begun meeting to map out a phased approach to reopening our county.

To help us all continue to do our part to stay home, even as cabin fever may be setting in, here are some ideas for ways to enjoy some of local amenities while at home.

Orlando Science Center (OSC) challenges you to make an indoor obstacle course ‘Superhero Training Camp’ in your own home! To learn more about making an indoor obstacle course, making a tie dyed shirt using your avocado scraps, and other fun science experiments using household items, visit osc.org.

Instead of streaming a movie from Amazon, check out our local Enzian Theater’s films and support them in the process. Enzian is a single screen cinema café and home of Eden Bar and the Florida Film Festival. It is also a non-profit organization.



Orlando Science Center challenges you to make an indoor obstacle course at home.

Check out their movies at enzian.org.

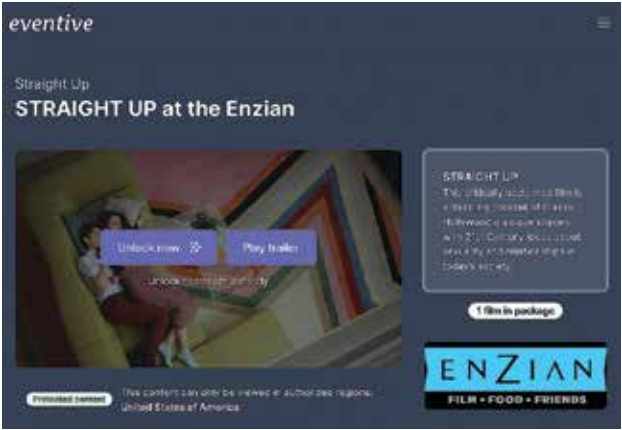
The Orlando Philharmonic Orchestra brings music to life in our community. Check out orlandophil.org for a new digital series, “Musician Moments,” which feature philharmonic musicians sitting down with Executive Director Paul Helfrich for an interesting conversation and to perform wonderful live music as well.

For our younger residents, local non-profit Michele Puppets is hosting live puppet chats via Zoom. Your child can sing, read a story, or just chat one-on-one with an entertaining puppet character. We know how much children connect with puppets and talking with one can sometimes help them express themselves in ways that talking to grown-ups can’t accomplish. Check out their Facebook page at Michele Puppets or visit their webpage at michelepuppets.org for more information.

Have you ever wanted to dance like a ballerina? Well now is your time to shine! Orlando Ballet School is doing free dance classes through FB live. <https://www.facebook.com/OrlandoBallet/>

The Central Florida YMCA is also hosting exercise classes via FB live, <https://www.facebook.com/ymcacentralflorida/> or visit ymca360.org for exercise classes for all ages and abilities.

While many types of crimes are down during this time, we have seen a spike in crimes of opportunity such as vehicle burglaries, so please make sure to



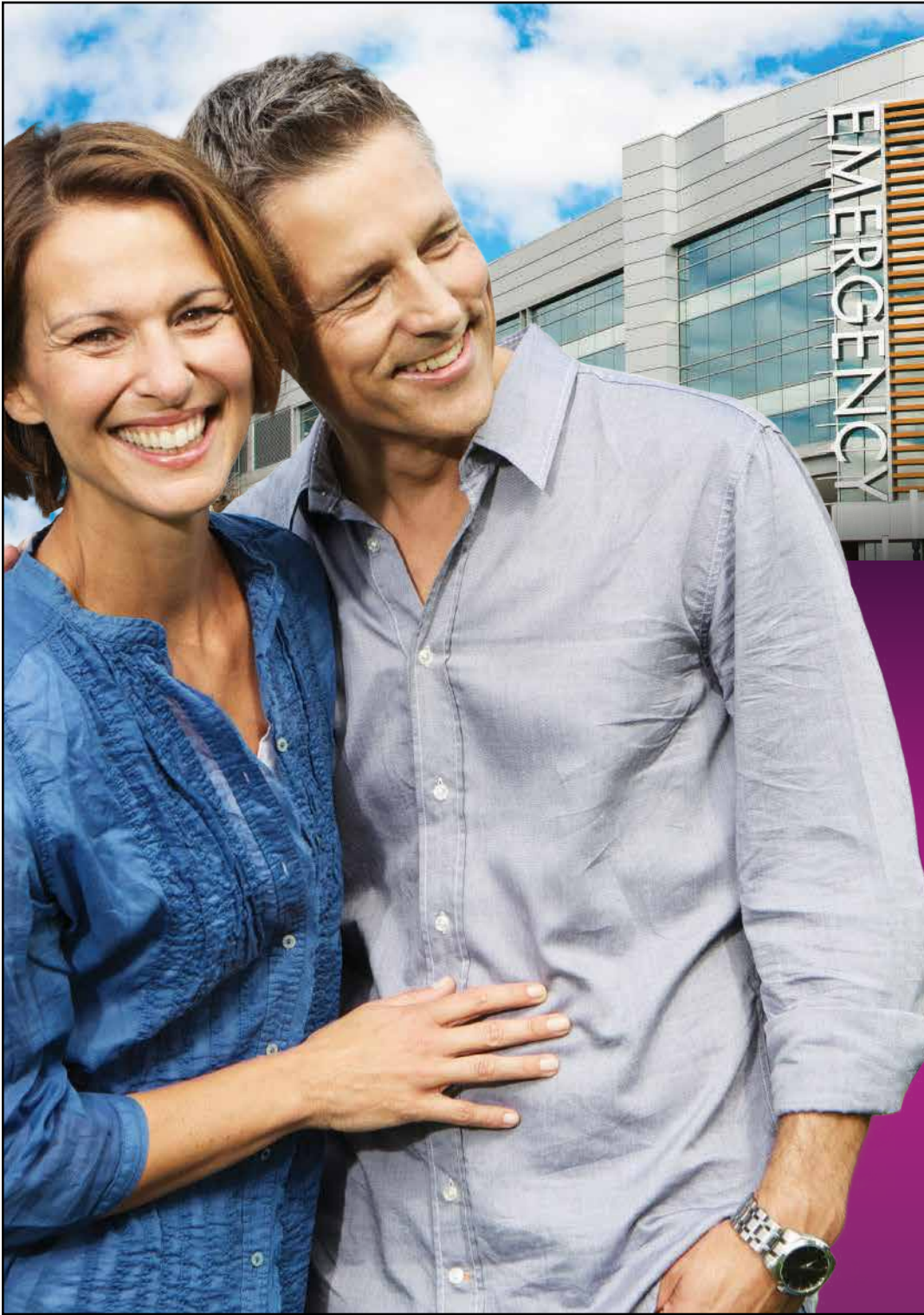
Instead of streaming a movie from Amazon or Netflix, support the Enzian Theater's options of downloading a film. Restrictions apply.

lock your cars and remove all valuable items.

With information ever changing, please do your best to verify your sources of information. Both the City of Orlando and Orange County have websites with useful information. The city’s website has a page, orlando.gov/covid19, dedicated to providing up-to-date information and links to trusted resources. The county also has a very detailed page with information that can be found by visiting ocfl.net/CORONAVIRUS.

We will get through this together. Our City has a history of doing hard things, things that many touted as nearly impossible. While this is like nothing we have faced, I have unwavering faith that we will come back from this stronger and more robust than ever, with a greater appreciation for all that our community has to offer our citizens. Thank you for your continued patience, perseverance and willingness to work together as a community as we navigate the phases of recovery.

Orange County has a very detailed web page with information that can be found by visiting ocfl.net/CORONAVIRUS.



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County Commissioner's Message

Commissioner Emily Bonilla, Orange County District 5



Emily Bonilla

Last month, our office kept busy helping our constituents with their needs during these hard times. With the help of an assessment I sent out, we were able to ensure we were assisting where most needed. Through this assessment, we were able to direct many people to the help they needed. We continue to provide the assessment and help as best we can. You can find the assessment on my website EmilyBonilla.com.

Last month, we also had a “Wine Down

Wednesday with Emily” webinar, where we featured special guest Congressman Darren Sotito to answer constituents’ questions. We hold our webinars every other week. Our schedule for May is 5/6 and 5/20.

Another noteworthy accomplishment was through the National Association of Counties (NACo), of which I sit on many committees. Working with county commissioners across the nation, we were able to achieve \$150 billion for direct funding to local governments. Our share of the funds to Orange County is approximately \$243 million. I sent a letter to the board of county commissioners with my suggestions for a project list for these funds. I also emailed the



public, asking for feedback. We received lots of great ideas from constituents. It is imperative to note that we received this funding thanks to YOU completing the census 10 years ago, which helped collect data of our local population today in Orange County to determine our share of the funds. PLEASE complete your census for 2020!

COVID-19 Consumer Questions And Guidance

At the time of publication, The Park Press has gathered useful information from various vetted sources for our readers. We hope that you and your family and friends stay safe and healthy during this challenging time. Check these websites often for up-to-date changes or new information.

I received information promising a treatment/vaccine for COVID-19. Is it real?

As of right now there is no approved treatment or vaccine. Be cautious of any information you receive via email or text related to the COVID-19 outbreak. When in doubt, go directly to that company or institution’s website as opposed to clicking on any links in the email. If you receive any items, you believe are scams or see evidence of price gouging on essential items, please contact your state’s Attorney General’s Office and file a complaint. For up-to-date health information you should turn to local state health departments, the CDC or the World Health Organization (WHO).

- CDC – <https://www.cdc.gov/>
- WHO – <https://www.who.int/>

Does my landlord have to clean more because of COVID-19?

When it comes to maintenance, there have been no rules put in place to address additional cleaning the landlord has to do in light of COVID-19. The landlord’s obligation still is that they have to provide a habitable place to live. For common areas of a building, as well as any public area, there are steps you can take to minimize your exposure and protect yourself. The Centers for Disease Control (CDC) has suggestions.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

I have a pending court case, will I be able to resolve it?

Many courts around the country are suspending court cases as well as new filings for at least the next two weeks. Some courts have suspended face-to-face hearings but will be proceeding with legal proceedings via electronic means. There has not been a national response dictated to the courts. You will need to contact your local county courthouse or check your county courthouse website for specifics in your area.

government in regard to utility delivery. Many local and state-wide providers have advised they will not terminate service or have suspended planned disconnections. There is a link below with some areas of the United States and their utility responses. The best practice is always to go directly to the utility company’s website to see what changes they have made to their services.

<https://www.energyandpolicy.org/utilities-disconnect-coronavirus/>

What if I cannot pay rent?

While COVID-19 may impact the ability to work and earn a living, it is unfortunately not a legal reason to stop paying rent. The responses from cities or landlords seem to be localized. In general, many courts have shut down and are not allowing new cases to be filed. Landlords cannot use any self-help remedies like changing the locks or throwing your stuff out; it is illegal. While not ideal, if landlords were seeking to evict tenants for failure to pay rent, the court systems around the country will make that process longer than normal, hopefully giving more time for your city to enact specific protections or come to an alternative with the landlord. Look to reputable news sources to investigate if your city has put in place any official restrictions. Below are some cities and states that have started to put protections in place.

<https://www.bankrate.com/mortgages/programs-to-freeze-foreclosures-evictions-from-coronavirusdisruptions/>

If your city has yet to formally address the issue you can try to negotiate directly with the landlord. If you reach an alternative agreement with your landlord, even a temporary one for the next 30 to 60 days, get the terms in writing and both sign it.

In addition, some banks have sought to help customers affected by COVID-19. Some bank and lending institutions are below. It is always best to check directly with your bank on the phone or via their website for the most up-to-date information.

<https://www.forbes.com/sites/advisor/2020/03/12list-of-banks-offering-relief-to-customers-affectedbycoronavirus/#2854d1993ee3>

What should I do with my retirement plan?

First, keep in mind that downturns happen periodically. While the current downturn hit all at once, losses of 30-35 percent do happen. Events such as 9/11, the housing bubble, and even Y2K have provided ample evidence of this. Once such an event happens, fear is a natural response. Investment decisions made out of fear are poor decisions. Fearful investors tend to sell after substantial losses. Investors who do sell as a result of fear are often unwilling to get back into the market as things start to improve. This leads to missing out on investment gains as the market recovers.

While it is sensible to regularly revisit your asset allocation and make sure you are not taking too much risk based on factors such as your age, retirement date and income needs, it is probably best not to do this while the market is seeing great levels of volatility or daily change. Those investors who held their positions after 9/11, and didn’t give into their fear, saw their portfolios recover and reach new heights within a year. The same scenario played out about three years after the housing bubble. A saying that’s appropriate for current conditions: “The time to get off the roller coaster isn’t during the ride.”

FINANCIAL GUIDANCE

What should I do if I was just laid off?

You should contact your state’s department of employment security. You can find links to your state’s resources at <https://www.usa.gov/unemployment>. Unemployment is a benefit that will provide you a minimal level of income while you are out of work.

What if I cannot pay for my internet service?

The Federal Communications Commission (FCC) has requested that all major internet carriers agree to the following for the next 60 days.

- Not terminate any residential or small business customer due to their inability to pay due to the COVID-19 pandemic.
- Waive late fees.
- Open Wi-Fi hotspots to anyone who needs them.

Almost every major provider has agreed to these terms. Please see the link below for a complete list.

<https://docs.fcc.gov/public/attachments/DOC-363033A1.pdf>

Many internet and cell service carriers have published other changes they are also making in addition to the recommendations of the FCC. It is best to go directly to your carrier’s website as many businesses have a link to COVID-19 pertinent information on their websites.

What if I cannot pay my utility bills?

As with the court system, there has not been a direct order from the



protection and service

by Jim Whitman, Winter Park Police Department

We Got This!

These past few weeks have been some like we have never seen before. Many people make correlations to the days and weeks immediately following 9/11. Yes, it is true that there are many similarities, restricted travel, a disruption to public gatherings, and a sense of loss. However, one of the main differences is that in the case of 9/11 we made a very conscious effort of pulling together to show that we were ready to combat terrorism. Of course, in our haste to “finger” those among us that we suspected of terrorism, many innocent people were wrongly accused (either formally or solely by the way they dressed or the religion that they practiced) and that is not unlike some of the issues that have mushroomed out of this predicament that we currently find ourselves in now.

This is a time to realize that we (and I mean everyone on this giant spinning mud ball we call Earth) need to pull together and continue to fight this new enemy. There have been so many amazing stories that have surfaced since this pandemic has hit our shores and that is what makes me proud to call myself an American. From the grass roots efforts to manufacture face masks to augment our healthcare facilities, to the restaurant owners (who even though they have no one coming through their doors to supply them with a reliable source of income) open their kitchens to feed First Responders and health care workers. As this continues, we will continue to see small businesses struggle and people lose their jobs. But, just like post 9/11 we will move forward and overcome this obstacle.

We need to continue to do what we can to support our restaurants and small businesses, make proper cleaning a norm, give each other space, and stay home when we aren’t feeling well.

Lastly, it is easy to become depressed during this time. In general, people don’t respond well to change and this isolation is a major change! Just because we can’t be next to each other does not mean that we have to cease all communications with each other. When you find that you have a few moments, pick up the phone and give someone a call (especially those who live alone) and check in with them or take advantage of one of the many apps that allow you to see each other as you converse. You may find that call not only helps that person but you as well (after all everyone likes to complain to someone else). If you find that you need a little extra assistance to get through this rough patch you can always call 1-800-273-TALK (8255), with people who are always there to offer help.

Remember, we are all in this together and together we will emerge from this just like we did from 9/11: a little wiser, a little kinder, and a lot more appreciative of each other and the little things that make our lives easier.

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From page 4.

What should I do if I can't pay my mortgage?

For federally-backed loans from Fannie Mae and Freddie Mac, there are substantial new safeguards in place.

Among these safeguards are:

- Providing mortgage forbearance for up to 12 months
- Waiving assessments of penalties and late fees
- Halting all foreclosure sales and evictions of borrowers living in Freddie Mac-owned homes until at least May 17, 2020

• Suspending reporting to credit bureaus of delinquency related to forbearance

• Offering loan modification options that lower payments or keep payments the same after the forbearance period. You can find more about these loans at: <https://www.fanniemae.com/portal/media/corporate-news/2020/covid-homeowner-assistance-options-7000.html> and <http://www.freddiemac.com/about/covid-19.html>

For loans that are not owned by Fannie Mae or Freddy Mac, the best thing to do is to call the lender directly to discuss your circumstances. Most large lenders are putting plans in place to assist homeowners during the pandemic. This help could be in the form of reduced payments or even no payments for a set period of time. The important thing to do is to make sure your lenders know if you, or a partner, have been unable to work as a result of the Covid-19 virus.

What should I tell my creditors if I am unable to work due to Covid-19?

There are a number of safeguards that have been put in place to help during the Covid-19 pandemic.

- Federal student loan payments are suspended for two months, backdated to March 15. Interest rates on these loans are reduced to 0% during this period.
- You may also be able to file for a deferment or forbearance for federal student loans. This may give you up to a year in which you do not have to make payments. Interest will continue to accrue.
- Visit www.studentaid.ed.gov and <https://www.moneysolver.org/covid-19-student-loan-relief/> for more information on options for government backed student loans.
- Many mortgage and home equity lenders are allowing borrowers to skip their payments for the month of March with minimal paperwork.
- For consumer debt, car loans or credit cards you should contact your creditors and explain your situation. Many lenders have plans in place to help people who have been affected by Covid-19. Visit <https://www.creditkarma.com/advice/i/coronavirus-credit-card-relief-options/> for more information.
- There is a plan in the works to allow retirement plan participants to take in-service distributions from their plans with no tax penalty.

Will my health insurance continue if I lose my job?

Almost 50 percent of Americans get their health insurance coverage as a benefit through their employers. A loss of a job usually means as loss of insurance. Here are some options to continue coverage or replace coverage to weather the storm.

- COBRA, or Consolidated Omnibus Budget Reconciliation Act, coverage allows you to extend your coverage for up to 18 months through your former employer's plan. COBRA is generally available to workers at companies that employed at least 20 employees and can usually be set up through HR. Premiums will likely rise under COBRA as the former employee is required to pay both their part of the premium, the employer's part and a service fee of up to 3 percent of the premium.
- If you are married you may be able to obtain coverage under a spouse's plan. This may be a lower cost option than COBRA.
- If you are under 26 you may be able to obtain coverage through a parent's plan.
- You may also obtain coverage through the Health Insurance Marketplace if you lose your job due to Covid-19. Premiums may be as much as \$450 a month for a silver plan for a single individual, although subsidies may reduce this considerably. Coverage starts the month following the month in which your job was lost. <https://www.healthcare.gov/>
- You may also qualify for Medicaid if you meet income and asset limits. This link will let you determine if you can obtain coverage through Medicaid. <https://www.healthcare.gov/lower-costs/>

LOCATING ASSISTANCE

How do I find local food pantries?

Search <https://www.feedingamerica.org/> and enter your ZIP code for local information and resources.

How do I find local rental assistance?

Search <https://www.rentassistance.us/> and enter your ZIP code for local information and resources.

How do I find prescription assistance?

Search <http://www.needymeds.org/> and <http://www.xubex.com/> for low-cost prescription assistance.

How do I find emergency shelter?

Search <https://www.homelessshelterdirectory.org/> and then click on your state followed by your county for resources in your area.

How do I find utility assistance?

Search <https://liheapch.acf.hhs.gov/> for local information and resources. The Low-Income Home Energy Assistance Program (LIHEAP) is a federally funded program that helps low-income households pay their home heating and cooling bills. It operates in every state and the District of Columbia, as well as on most tribal reservations and U.S. territories. The LIHEAP learning house is an information resource for state, tribal and local LIHEAP providers, and others interested in low-income energy issues. This site is a supplement to the LIHEAP-related information the LIHEAP Clearinghouse currently provides through its phone line (406.494.8662) and newsletter.

How do I find funeral and cremation assistance?

Search <https://funerals.org/>. You can find a local affiliate, which is arranged by state and then by county or area.

How do I find local elder care resources or a specialist to talk with?

Search <https://eldercare.acl.gov/> and enter your ZIP code for local information and resources.

How can I find information about Medicare and covered services?

Search <https://www.medicare.gov/> for information about Medicare benefits, plan options, and covered services. You can also contact the Medicare Helpline for assistance: 1.800.MEDICARE (1.800.633.4227).

How can I locate emergency childcare information?

Visit <https://crimcheck.net/resources/child-care-license-verification/> to locate your state's childcare licensing site. Please note that many states are still in the process of configuring emergency childcare. Many states are limiting this type of care to first responders and health care workers.

What should I do if daycare options are not available?

Another childcare option for families in need of emergency back-up care is a nanny. Some nanny agencies that serve families throughout the United States include www.care.com, www.urbansitter.com, and www.sittercity.com.

TRAVEL

I have upcoming travel plans within the United States, should I still go?

The government has yet to formally restrict travel to any state. Many cities and states are recommending against all nonessential travel here in the U.S. and internationally.

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

I have upcoming travel plans outside the United States, should I still go?

For international travel, the U.S. government has restricted travel for non-U.S. citizens coming into the United States, although there are no restrictions on travel for U.S. citizens. If you are a U.S. citizen and are returning from a high-risk country, you may be subject to additional screening and/or quarantine upon arrival back in the United States. The CDC recommends against non-essential travel to China, Iran, and the majority of Europe at the moment. You can find a risk assessment by country from the CDC below.

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

What if I decide I want to cancel my travel plans, will I get a refund?

The eligibility for a refund and/or change fees will vary greatly depending on what type of travel it was and who you booked it with. It is always best to check with your carrier about their policy changes. As phone lines are extremely busy at the moment; many carriers will suggest going online first and only seeking to call if you are within 1-2 weeks of your travel dates to help alleviate congestion for their call centers. Below is a link to many of the responses to COVID-19 from airlines and other carriers.

<https://www.airlines.org/content/covid-19-resources/>

Airbnb has also released changes to their cancelation/fee schedule. <https://www.airbnb.com/help/article/2701/extenuating-circumstances->

Winter Park Health Foundation Grants \$35,000 To Local Organizations In Support Of COVID-19 Relief Efforts

The Winter Park Health Foundation (WPHF) is granting \$35,000 in support of local COVID-19 relief efforts. The funding is going to four organizations: Heart of Florida United Way ALICE Recovery Fund for COVID-19, Joe R. Lee Boys & Girls Club of Eatonville, Second Harvest Food Bank, and the Winter Park Improvement Foundation. The grant money will be used towards efforts to relieve food insecurity and financial hardship and to feed frontline health workers.



Income Constrained, Employed) population experiencing hardship due to decreased hours or unpaid leave. The WPHF grant will specifically support Eatonville, Maitland and Winter Park residents who are eligible for the ALICE Fund, providing rent, mortgage and utility assistance to help prevent eviction and homelessness.

• **Joe R. Lee Boys & Girls Club in Eatonville:** a \$5,000 grant will support the organization's Family Fund and will provide food and support for Eatonville youth and families experiencing food insecurity and financial hardships due to the COVID-19 pandemic.

• **Second Harvest Food Bank:** a \$5,000 grant will provide food to older adults in Eatonville. Some of the most vulnerable to COVID-19 and a population most impacted by the quarantine, older adults need proper nourishment to boost their immunity to fight the virus. WPHF's funds will be matched dollar-for-dollar by Amerifactors, a business funding company based in Celebration, for a total grant of \$10,000 to Second Harvest Food Bank for this effort.

• **Winter Park Improvement Foundation:** a \$5,000 grant will support the Winter Park

About The Grants:

• **Heart of Florida United Way Alice Recovery Fund for COVID-19:** a \$20,000 grant will support the ALICE (Asset Limited,

Chamber of Commerce THRIVE Winter Park initiative, a hyper-local charitable response to the financial impacts of COVID-19 on residents and small businesses in Winter Park to enable and accelerate the community's recovery after the pandemic. WPHF funds will help "Feed the Frontline" by purchasing meals from local restaurants to feed frontline health workers responding to COVID-19.

COVID-19 pandemic's aftershocks will be long-lasting. Together with other local leaders in the philanthropic and non-profit sectors, the Foundation will be closely monitoring the ongoing needs of our communities, with a focus on both individuals and nonprofit organizations who are typically called upon to support the most vulnerable during times of crisis.

In addition to the funding announced today, WPHF and its partners in the Wellbeing Network, Growing Bolder, launched The Daily Well initiative in late March in response to the COVID-19 closure of the Center for Health & Wellbeing. The Daily Well, a virtual village of resources, digital programs and opportunities to connect and commiserate, designed especially for extraordinary times like these, is another touchstone in the Foundation's ongoing commitment to inspire and promote health and wellbeing. Learn more about the initiative at WellbeingNetwork.org/TheDailyWell.

Since 1994, the Winter Park Health Foundation has been focused on optimizing physical, emotional and social health and wellbeing through the development, implementation and support of innovative programs to improve quality of life for residents in Winter Park, Maitland and Eatonville. For more information, please visit www.wphf.org.

AdventHealth Morning Briefing

Join the AdventHealth Morning Briefing at <https://www.facebook.com/LifeAtAdventHealthCFL/> every Tuesday and Thursday, 8:30-8:50 a.m. EST, where they'll address your top questions, share the latest COVID-19 developments, and discuss what we're seeing in the organization.

Hosted by Dr. Scott Brady, internal medicine physician and president of AdventHealth Centra Care, this live discussion will feature Dr. Michael Cacciatore, chief medical officer at AdventHealth Medical Group, to help you become better informed about the pandemic. We hope you will join us!

For more information, visit www.axiombanking.com.

Local/Orange County Coronavirus Info

LEGAL SERVICES

Community Legal Services of Mid-Florida
1-800-405-1417

Legal Aid Society of the Orange County Bar Association
407-841-8310

Provides free legal services to low-income Floridians for civil matters, including housing.

Clerk of Court Information about Covid-19
<https://www.flclerks.com/general/custom.asp?page=COVID-19>
Attorney General Moody has activated Florida's Price Gouging Hotline in response to the COVID-19 state of emergency. Consumers suspicious of price gouging can report it by calling 1(866) 9NO-SCAM or by visiting MyFloridaLegal.com.

Federal Trade Commission Consumer Information - Avoid Coronavirus Scams
<https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>

Better Business Bureau tips on COVID-19 - Includes advice for consumers wishing to contribute to charities. Also includes BBB standards for Charity Accountability and their websites.

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policy-and-the-coronavirus-covid19 VRBO has not made any site-wide changes as of yet but suggests contacting your host if you are outside of the normal cancelation periods.

<https://help.vrbo.com/articles/What-can-I-do-if-my-reservation-is-affected-by-the-Coronavirus>



Anthony J. Diaz, Esq.



Aubrey H. Ducker, Esq.

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www.cplspa.com

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2. Apply Strong Passwords

- If you have not been in the practice of using strong passwords for protection, now is the time to start. Consider using pass phrases that are unique to you to make it easier to remember. Be sure to include upper and lower case letters, special characters, and numbers to increase complexity. Also change passwords every 90 to 180 days. Schedule password change reminders in your calendar as a way get into the habit of this practice.
- Another alternative is using a Password Manager. We use Last Pass at our company.

3. Implement Multi-Factor Authentication (MFA) Wherever Possible

- Multi-Factor (aka Two-Factor) Authentication is a lifesaver if your passwords are ever compromised. It requires an additional step in the authentication process such as receiving an email or text message verification.

4. Turn on Your Antivirus Software

- Antivirus software acts as a line of defense by detecting and blocking known malware.
- Most devices these days come with antivirus software installed and ready for use. Make sure your antivirus is turned on and updated on a routine basis
- Cyber criminals are actively targeting remote workers and we expect to see an increase in malicious campaigns.

5. Deploy a Virtual Private Network (VPN) Tunnel

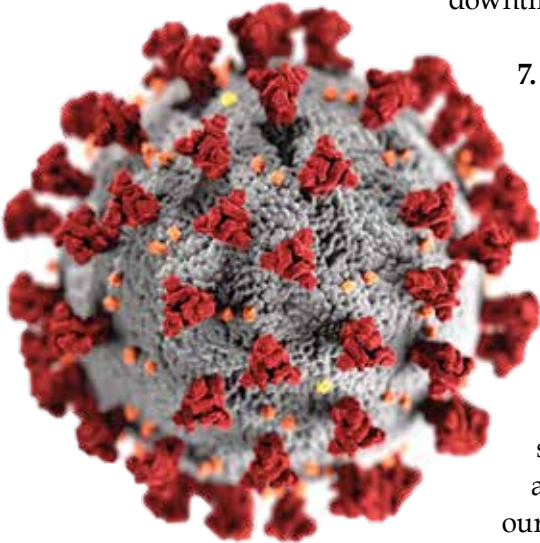
- A VPN Tunnel is a point to point connection that enable users to send and receive encrypted data across shared or public networks as if you were directly connected to a private network.
- Once both the sending and receiving computers have been authenticated, all of your internet communication is encrypted and secured from unauthorized viewers.
- A drawback to implementing a VPN is it can slow internet speed.

6. Run Updates on a Routine Basis

- Updates to device software and additional applications are critical when working in a remote environment. Updates often include patches for security vulnerabilities that have been uncovered since the last iteration of the software was released.
 - Establish a routine to run updates automatically to minimize downtime.

7. Encrypt Emails in Transit and at Rest

- Working from home requires you to communicate with other employees from your company which may include sensitive client data. Encrypting email messages before they are sent means that even if a hacker or anyone other than the intended recipient should intercept your email messages, they are unreadable, and essentially useless.
 - The best types of email encryption platforms should include military-grade encryption features and be user friendly to end users. We use Trustifi at our company and highly recommend it to our clients.



Are Remote Workforces Here to Stay?

Many global business thought leaders are predicting this could be the beginning of a Remote Workforce Revolution that will become the “new-normal” way of conducting business as we move further into the Digital Age. Now is the time to start thinking about securing your remote workplace at home. We urge you check with your employer to see what their remote workforce plans are for the future. Until next month, wishing you a safe and secure journey in cyber space!

Questions? Send me a tweet: @GoldSkyRon or email: ron.frechette@goldskysecurity.com

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407-621-3300, 1600 S. Grant Street, Longwood, FL 32750, M-F 8:30 a.m. – 4:30 p.m.
<https://www.bbb.org/council/coronavirus/>
<https://www.bbb.org/article/news-releases/21708-bbb-wise-giving-alliance-advice-for-charities-on-handling-coronavirus>

ORANGE COUNTY PUBLIC SCHOOLS

Hotspot request form for Wi-Fi home learning
<https://docs.google.com/forms/d/e/1FAIpQLScUHJKcZNNgBKJAQX6oDhESFhAF0aVN2eMZdMRxxJuZ9Ns8Q/viewform>

DOMESTIC VIOLENCE

Florida Domestic Violence Hotline 1-800-500-1119 or TDD 800-621-4202 (telecommunications device for the deaf)

Harbor House 24 hour Hotline 407-886-2856, Harborhousefl.com

Orlando Police Department Headquarters 1250 West South Street, Orlando, FL 32805

Orange County Sheriff’s Office – Sherriff John W. Mina COVID-19 Information

<https://www.ocso.com/coronavirus>
<https://www.orangecountyfl.net/EmergencySafety/Coronavirus.aspx#.XpsbmC-z1Bw>

CORONAVIRUS TESTING SITES

These are new testing sites that won’t require identification or insurance. An appointment is required by calling 407-723-5004 between 8 a.m. and 5 p.m., Monday through Friday.
Monday: Jay Blanchard Park, 2451 Dean Road, Orlando
Tuesday: South Econ Park, 3800 S. Econlock-hatchee Trail, Orlando
Wednesday: Camping World Stadium, 1 Citrus Bowl Place, Orlando
Thursday: Barnett Park, 4801 W. Colonial Drive, Orlando
Friday: West Orange Park, 150 Windermere Road, Winter Garden

WHERE TO DONATE HOMEMADE MASKS – ORLANDO HEALTH

Preferred Homemade Mask Specifications
To ensure that masks comply with production guidelines, please sew masks according to the specifications below:

- Tightly woven, high-quality cotton fabric
- Double-layer design
- Rope elastic, beading cord elastic or 1/8” flat elastic
- Fabric or ribbon tie is acceptable
- Size: 9” x 6” (Adult)

Please Take the Following Precautions:
Do not create home-made masks if anyone in your home is sick

- Wash hands immediately before and after creating and assembling homemade masks
- Keep any household pets away from production area
- Only masks created in a smoke-free environment can be accepted

Please download and print our donation form – please bring completed form with you when dropping off homemade masks to one of our site locations. Please note, drop-off donations are only accepted Monday-Friday.
<https://www.orlandohealth.com/covid-19/donations-with-locations/#/COVID+19+Donation+Locations/>

Nemours Children’s Health System

COVID-19 Donation of Goods:
<https://www.nemours.org/about/coronavirus-donations.html>

AdventHealth

AdventHealth has also launched a free phone service for Floridians who have questions about COVID-19, including the ability to speak with a nurse as appropriate. The AdventHealth COVID-19 information line is 1-877-847-8747 and is available 24 hours a day, seven days a week.

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Customer Location

Assigned Pickup Day

North of Fairbanks/Aloma avenues

Thursday, May 7, or Friday, May 8

South of Fairbanks/Aloma avenues

Thursday, May 14, or Friday, May 15

PLEASE NOTE: Household hazardous waste and yard waste are NOT included in the Spring Cleanup.

If you live in an apartment, townhome or condo that does not provide curbside service, please contact Waste Pro directly for a large item pickup (fees may apply).

For more information regarding Winter Park’s annual Spring Cleanup, please contact Utility Billing Customer Service at 407-599-3220 or Waste Pro at 407-774-0800.

GOVERNMENT LINKS


Orange County Government Site

<http://www.ocfl.net/COVID-19>

Center for Disease Control and Prevention:

CDC’s webpage. <https://www.cdc.gov>

- Florida Department of Health (DOH-Orange):** Orange County residents can call 407-723-5004. The Call Center is available Monday through Friday, 8:00 a.m. to 5:00 p.m.
- Coronavirus (COVID-19) Call Center** is 1-866-779-6121 or COVID-19@flhealth.gov.



in the garden

by Stephen and Kristin Pategas

What's THAT In The Garden? 1.0

During a stroll in a garden you spot something unusual – what is it? Is it an anomaly or from another planet? Scan the images to see what we have discovered in our garden and others.

All photography by Stephen G. Pategas/Hortus Oasis

1. **The monarch butterfly** (*Danaus plexippus*) caterpillar which becomes a butterfly, chows down ONLY on milkweed. Avoid pesticides which will harm them, and plant more milkweed.
2. **The mole** is the critter that tunnels just under the surface in search of plant-harming beetle larvae and mole crickets to feed upon. Sorry, other than providing drier soil conditions, there aren't any effective controls for these mammals that beneficially aerate the soil.
3. **Oh woe is this poor crape myrtle!** It has been inappropriately pruned – aka crape murder. Instead, practice trimming away only branches no thicker than a pencil or crossing ones.
4. **Mealybugs on the leaf of a yucca** (or any other plant) should be treated before they spread and

- affect plant health. Application of isopropyl alcohol is one suggested treatment.
5. **A bird called a yellow-bellied sapsucker has visited this red maple tree** and left regularly spaced holes as it feeds on sap. The holes provide entryways for wood-decaying fungi and bacteria. Wrapping the trunk with netting or burlap when the birds are wintering here can be helpful, or ignore it.
6. **The king sago cycad** (*Cycas revoluta*) is prone to infestations of the insect cycad scale which can kill a sago.
7. **A lichen on a tree branch** should be ignored. Lichens are not parasitic and do not harm plants. Lichens can also grow on non-living surfaces such as a terra cotta pot. They do not like polluted air so if you see one, breathe deeply.



pop culture detours

by George McGowan

Three Strong Voices For Your Quarantine Listening

What a month we have had! As of this writing, Central Florida is sheltering-in-place to keep the COVID-19 virus at bay. I sincerely hope that by the time this issue hits the streets we are getting back to the “New Normal.” The service I try to perform each month in this space is give you some ideas of pop culture items you may have missed, or at least another way of looking at the pop culture you already experience. Here is my latest effort.

Three strong voices released new music recently and the artists behind them each have something very important to say. First, an old favorite of mine, Lucinda Williams. Ms. Williams has been making music since 1978 and first won a Grammy in 1994 for writing the song “Passionate Kisses” which was turned into a country hit by Mary Chapin Carpenter that year. Williams is the daughter of poet Miller Williams and she has never strayed far from her roots and the influence of her father. She does all this while rocking incredibly hard on her latest album, “Good Souls Better Angels.” Ms. Williams has a bone to pick and after a couple of listens, it becomes pretty apparent who is currently influencing her passion at this time. When she recently performed at The Plaza Live in Orlando, she and her band were top notch. She has not lost her edge even after all these years on the road. Her album is her best in years, too.

Next, I have recommended Lilly Hiatt in this space before and she has a new album, “Walking Proof,” which is excellent. Ms. Hiatt has music in her bones, as her father is the great John Hiatt, who is a must-listen in my household. Ms. Hiatt does not simply use the successful songwriting formula of her father but branches out from her Americana roots into punkier sounds and indie rock guitars, all while delivering strong stories and theme in her lyrics. I especially like “Brightest Star,” and the album opener “Rae.” Her father helps out on the track “Some Kind of Drug” which should be on the radio, if I had anything to do with it.

Finally, perhaps the album of the year so far, “Fetch the Bolt Cutters” by the inimitable Fiona Apple. The album opens up with three (maybe four) absolute “instant classic” songs and proceeds to get deeper and deeper from there. Ms. Apple recorded the album in her home and this contributes to the intimacy of the music. It seems to have freed her to express whatever she is feeling, without the editing that might come from a more formal setting. I will admit that the intimacy something rankles, but after a few listens you will understand that these uncomfortable moments make the blissful moment even more blissful. If you are a fan of Ms. Apple, I believe this album will be a revelation. If you are not a fan, it may not make you a fan but it is the first album of hers that I find myself listening to again and again. And for a more complete understanding of Ms. Apple as an artist and human being, I highly recommend the recent profile of her by Emily Nussbaum in New Yorker magazine.

If we are all locked up, we can’t do any better than diving deep into these three awesome artists. Stay safe and healthy!

live meaningfully

by Ayesha G. Shenk, M.A.



Ayesha G. Shenk

Staying Human (Amid The Chaos)

These days are unlike any others in our history – we’re constantly being asked to pivot and recalibrate in our work, our lives, our routines, and our families, all while feeling an immense amount of uncertainty and fear. We have never before lived through something like this and... it’s really, really hard. Simple as that. There is a no handbook for how we are supposed to make all of this work amidst such emotional and global chaos.

But we will.


‘This too shall pass’ and, it is my great hope and belief, that we will be better for it. Our return (albeit forced) to our homes, to our families, to caring for one another, to a quieter pace of life and to our inner selves, is perhaps exactly the antidote to the ‘infection’ of separation from self and others under which we were suffering before this latest viral threat.

So, in the interim, some tips for self-care & balance throughout these unprecedented challenges...


- **Get connected:** No, not to your digital device, social media or any other technology that seems to be on an intravenous drip these days, but rather to one another! This mandated together time is an opportunity to really stop and get to know your partner, your children, your friends or your family for the first time in what may be years. This is the chance about which you’ve spoken wistfully. “If only I had the time _____.” Play a game, take a walk together, download interpersonal quizzes and take turns finding out more about one another. Take this time to get connected so your marriage/partnership/friendship/bond is that much stronger on the other side of this when life ramps up to mach speed again.
- **Disconnect:** Of course, we can’t completely disconnect from the media and from our news outlets as so much of life is in flux right now and it is our responsibility to stay informed. However, having the news, the death tolls, the anguish and fear and pain as a constant drum of background noise is not good for you. Give your ears/eyes/mind/adrenal system a much needed break! Disconnect for an hour at a time to give yourself the chance to reset and refresh before taking in any more difficult information.
- **Take it in:** Speaking of taking in information... What a fantastic moment to take it all in! Read that book on your nightstand, peruse the stack of magazines you’ve been saving for the beach, find and experience the plethora of free streaming art and cultural resources out there. Take this moment to explore the Smithsonian, visit the Louvre, watch Phantom of the Opera straight from Broadway, visit the pandas at the Smithsonian Zoo, watch the Northern Lights from your candlelit patio, research that hobby on youtube you’ve always wanted to pursue... there has literally never been more time or more readily available resources for you to take it all in!
- **Get it out:** Now, I happen to know we’re not only ‘taking in’ positive, creative, nourishing things. We’re also taking in fear, anxiety, stress, worry, doubt, etc... It’s time to get that stuff out. And by this, I mean... Journal! Set aside just a couple of minutes each day for a stream of consciousness exercise taking pen to paper. Get everything that’s clogging the channels in your brain out and park it somewhere for safe keeping. Getting the ‘stuff’ out of your head gives you some space from it and some time to heal and repair and then return to it with clearer thought.
- **Embrace the chaos:** When you look around your house and see the constant stream of food, dishes, paperwork...stuff that comes from being at home all the time and living life and trying to do work from within four walls. Take a moment to really examine what each thing means instead of merely being frustrated by the mess. Food left out means we are fortunate enough not to have to worry about from where our next meal will come. Dishes mean we are eating together more than we ever have. Paperwork means we have work to do and bills to pay for a home and a life with which we have been blessed and which will continue on the other side of all this. Life has clearly had to be in transition and will continue this way for a bit... but the chaos means we’re adapting and rolling with it. It is a sign of our resilience, not our disorder.
- **Find Order:** Speaking of ‘dis-order’... You know that linen closet, tupperware cabinet, kitchen pantry or sock/underwear drawer that’s been spilling out every time you open it? Now’s the time to take a moment to purge and organize everything in it. Empowering yourself to remove clutter and take hand of those things that are actually within your control will offer some positive feelings of calm/order/accomplishment every time you see your finished project. It’s a proven fact that clutter or mess detract from our feelings of wellness, add stress and limit creative problem solving. Do it now!
- **Move!** Get outside, take a walk, run, do jumping jacks, push-ups, yoga, dance to your favorite song, figure out a way to get your body moving every day, multiple times a day! I cannot overstate how important movement/exercise/activity is for both your physical health as well as your mental health. It is essential for your mind/body wellness.
- **Be Still:** As you can tell by now, much of this advice is intended to sound conflicting. It is not... It’s about balance and connecting to our inner selves and finding ways to root ourselves to your own internal repository of peace, love, acceptance and connectedness. By becoming still and tapping into your own force of health and your highest and best self, you may create an ‘emotional contagion’ that helps lift, regulate and steady those around you. Meditate. Do it often.
- **Breathe:** Last but not least...when EMTs, Paramedics, Mental Health Workers, etc. are trained for crisis, one of the first things they learn to ask those suffering to do is BREATHE. Take three deep, cleansing breaths (go ahead... do it right now as you read this). Exhale and empty your lungs completely. Inhale deeply into your abdomen for a count of FOUR. Hold the air in your lungs for a count of SEVEN. And now exhale, making an oceanic sound with your breath, for a count of EIGHT. (Now repeat twice more at least)

My hope is that, at the very least, these tips help to keep you buoyed on the more difficult days and offer you the balance and steadiness necessary to help someone else do the same as well.

schools


**Baldwin Park Elementary**
PRINCIPAL ANNA FERRATUSCO

At Baldwin Park Elementary the shift to distance learning has been successful. We are so proud of our staff and students. We appreciate everyone’s flexibility and support during this time. We look forward to having our Bobcats back to school, whenever that will be.

**Glenridge Middle School**
PRINCIPAL CHRIS M. CAMACHO, EdD

I would like to begin by saying I hope you and your families, far and near, are staying safe and well. So much has occurred over the past several weeks. I also need to share that I miss seeing our students, teachers, and each one of you on a regular basis. Distance learning has certainly provided us all with many learning experiences and I want to thank each of you for the hard work you have placed in working with your student through this new mode of learning. Glenridge Middle School and Orange County Public Schools are committed to ensuring our students receive a high-quality education.


Please know that I will always be here to assist you and provide you with insight on any school-related topic or situation you may need help with. I look forward to the day when we can all return to Glenridge Middle School and continue the level of greatness we have always had. Take care, be safe, and stay well.

**Dommerich Elementary**
PRINCIPAL KAREN VERANO

Dommerich Elementary students and teachers are connecting with each other on video calls. Our families are doing a remarkable job with distance learning!

Pictured at right and below: Dommerich Elementary students and teachers.



**Winter Park Presbyterian PreSchool**

The preschool has been closed since spring break. WPPP teachers have been working to provide home connections, rich educational experiences, and socialization for their students while they are staying at home.

Teachers of our youngest students have been sending emails containing newsletters, lesson plans, links to favorite class songs and books being read aloud, and many ideas for hands-on activities that encourage learning while helping to keep little ones busy. They also stay in touch via their class Dojo and Shutterfly.

Three-year-olds love their virtual class meetings where their teachers read stories, play games, and hold discussions in which the children take turns sharing their ideas. All “threes” teachers are using email to provide their lesson plans and related learning activities. Teachers have also been communicating individually with their students via FaceTime chats, personal emails, and mailing handwritten notes and cards.

Our VPK teachers have been sharing learning experiences through email, Dojo, Shutterfly, Seesaw, and text messages. All of our VPK classes are conducting online group meetings. Teachers have been providing lots of activities and songs to aid in teaching the letter of the week and other important lessons.



Winter Park Presbyterian PreSchool teachers and students.

WPPP’s dedicated art teacher created videos of art projects and a Pablo Picasso Pajama Arty Party that were posted on the preschool Facebook page. Our after-school ballet enrichment teacher created a instructional ballet videos for the kids to do at home.

We hope that during these challenging times we can be a small source of happiness in the lives of our preschool children and families. We miss everyone so much and look forward to being back in the classroom!

If you are interested in enrolling for 2020/2021 school year, we do have a few spots available and will resume tours as soon as we are able. Information on the preschool can be found on our website winppc.org/preschool, and photos of preschool activities and events are posted on our Facebook page. Please send email inquiries to our Director, Tricia Wilson, at triciaw@winppc.org.

Winter Park Presbyterian Preschool

Two-year-olds, threes, and Voluntary Pre-Kindergarten (VPK) students participate in our Chapel program every Wednesday morning during the

school year. Chapel is a special time of developmentally appropriate worship for young children, led by VPK teacher Mrs. Richcreek; Mrs. Wilson, director; and Emily Wasser, pastor for family discipleship.

Children from our VPK classes are selected to participate as Chapel Helpers and help to act out the week’s story of God’s love for us. The preschool families are welcome to join us for Family Chapel on the third Wednesday of each school month. During Family Chapel we invite children celebrating birthdays that month to stand on the steps to the altar while we sing Happy Birthday to the group.

Registration for the 2020/2021 school year is now open, for ages six months through VPK. Our school day runs from 9:00 a.m. until 1:00 p.m. with both early drop-off as well as extended day available. After-school enrichment programs are offered in soccer, gymnastics, music & movement, mixed sports, Spanish, art, yoga, nature discovery, ballet, science and cooking.

Please contact us for a campus tour at 407-629-0727, or submit a request online at winppc.org/preschool. Office hours are 8:30 a.m.-3:30 p.m. Monday through Friday.



Your Trusted Source for Coronavirus Care

**Nothing is more important
to us than you.**

We're here for you when it comes to providing your family with the quality health care you need. If you're feeling sick, you can schedule an online video visit with a medical specialist. Simply download the AdventHealth app on your phone or tablet from your app store. You can count on us for expert, whole-person care every day.

**For the latest information, call our
Coronavirus Information Line at
877-VIRUS-HQ. (877-847-8747)**



Schedule a Video Visit

Download the AdventHealth app on your phone or tablet from your app store.

Talk to a medical specialist via a live video chat 24 hours a day, 7 days a week.

Prescriptions are sent to your local preferred pharmacy and no appointment is necessary.

Learn more at [AdventHealth.com/eCare](https://www.adventhealth.com/eCare).


AdventHealth