



*On August 10, 2020 a derecho struck Cedar Rapids and the metro area. It created wide-spread devastation. The September Centered News was already being printed. We couldn't let historic event pass without sharing some thoughts.*

## **Derecho – August 10, 2020**

### **How Are You Doing?**

Eight months of 2020 are almost history. Six of those eight months have been filled with situations most of us have never experienced – COVID-19, racial protests and now, recently a derecho! Most of us are still standing, unlike the trees that have become piles of sawdust and a mass of tree trunks and limbs that line our streets. But if you are like me, the ravages have tested your resilience! No longer having any trees in my previously tree filled back yard, along with the destruction of the hundreds of Hostas and other groundcover that Dave planted there, has resulted in a new round of grief about Dave. Dave died five years ago, but the destruction of something he created, felt like he died again! My grief has given me pause and made me wonder what has been happening to you physically as well as emotionally?

Since derecho, I have cried when people have asked how I am, or when people have been nice to me, or when I have looked at the back yard. I realize I am grieving. I have given myself permission to keep telling my story because I know it is a way of processing grief. Are you telling your story? Your story will be different than mine. As a caregiver you were already dealing with loss BEFORE the last six months. Do you have people to tell your story to?

I believe it is easier to give than to receive. I really don't like how it feels to need support (because I am the person who gives support, right?). So, I have been telling myself to live through the discomfort I feel. I have also been telling myself it is good to practice being a receiver since I am not good at it! How are you doing at being a receiver of care and support?

Since derecho hit there have been times I have not had energy to do much or found it difficult to focus on the things I have had energy to do. I know these are symptoms of the blow we have been dealt. So, I have tried to just sit when I haven't had energy to keep doing. And I have reassured myself that it will get easier to focus when my energy returns. I have tried to be nice to myself. How are you doing at being nice to yourself?

I found this quote, "Note to self – every time you were convinced you couldn't go on, you did." There were times as a caregiver I was overwhelmed and tired, but I kept going! I know my resilience will return. And I know yours will too. At the Family Caregivers Center, we are here to help. It is what we do (see the resources on the back)!

*Kathy Good, Director, Family Caregivers Center*

# Derecho Resources

## Locate Meals, Shelter & Assistance

- United Way 2-1-1 (319-739-4211 by cell)
- American Red Cross 1-800-RED-CROSS, dial 0

## Disaster Case Management

HACAP assists all Iowans with overcoming disaster-related hardship (no income cap). Call (319) 739-0056 to speak with a disaster case manager to help create a disaster recovery plan and provide guidance, advice and referrals.

## Crisis Hotline

Contact Foundation 2 to speak to a trained counselor (319) 362-2174.

## Volunteer Assistance

Call the emergency Volunteer Reception Center at (224) 406-1366 to be connected to volunteers.

## Chainsaw and clean-up assistance

Call the Samaritan's Purse at 319-270-5179.

**Home Repair Resources** (contractors, electricians, roofers, etc.)

- CR Metro Economic Alliance  
<https://www.cedarrapids.org/business-resources/derecho-resources>
- City of Cedar Rapids [http://www.cedarrapids.org/local\\_government/departments\\_a\\_-\\_f/building\\_services/here.php](http://www.cedarrapids.org/local_government/departments_a_-_f/building_services/here.php)

## ISU Extension & Outreach

Talk to a stress counselor, attorney for legal education, information and referral services. Call 800-447-1985 or visit <https://www.extension.iastate.edu/iowaconcern/>.

## U-haul- free 30 days of self-storage

[https://www.prnewswire.com/news-releases/derecho-recovery-u-haul-offers-30-days-free-self-storage-in-iowa-301112188.html?utm\\_medium=email&utm\\_source=govdelivery](https://www.prnewswire.com/news-releases/derecho-recovery-u-haul-offers-30-days-free-self-storage-in-iowa-301112188.html?utm_medium=email&utm_source=govdelivery)

## Financial Assistance

- Food Assistance Replacement  
If you receive food assistance and had food spoilage as a result of power outage, you can apply for replacement.  
[https://dhs.iowa.gov/sites/default/files/Food\\_Replacement\\_Form\\_470-2920.pdf?081220201858](https://dhs.iowa.gov/sites/default/files/Food_Replacement_Form_470-2920.pdf?081220201858)

- Iowa Individual Assistance Grant Program (Income restrictions may apply)  
Apply online  
<https://dhs.iowa.gov/disasterassistance-programs/> or contact HACAP at (319) 739-0056 for assistance.
- FEMA Assistance  
Includes grants for temporary housing and home repairs, low-cost loans to cover uninsured property losses, and other programs to help individuals and business owners. Apply online at <https://www.disasterassistance.gov/> or call 1-800-621-FEMA(3362).
- Iowa Association of Realtors  
Up to \$1,000 of storm relief to assist with mortgage payment or rental costs due to displacement.  
<https://www.iowarealtors.com/news/derecho-storm-relief>

*\*Visit the city of Cedar Rapids' and Linn County's websites or social media pages for up-to-date resources.*

## How you can help others?

### To Volunteer:

- Sign-up online at [www.uweci.org/volunteernow/](http://www.uweci.org/volunteernow/) or call (224) 406-1366
- Find opportunities with Volunteer Iowa, sign-up online [http://volunteeriowa.galaxydigital.com/need/index?need\\_init\\_id=3463&s=1&utm\\_medium=email&utm\\_source=govdelivery](http://volunteeriowa.galaxydigital.com/need/index?need_init_id=3463&s=1&utm_medium=email&utm_source=govdelivery)

### To Donate: (Disaster Recovery Funds)

- United Way of East Central Iowa:  
<https://www.uweci.org/disasterfund/>
- Greater Cedar Rapids Community Foundation:  
<https://gcrf.iphiview.com/gcrf/Donors/Donate>
- Marion Chamber Foundation:  
<https://www.marioncc.org/marionchamberfoundation.html>

Other places to donate: HACAP, Horizons, Willis Dady, Salvation Army, Red Cross, local food pantries, etc

The Family Caregivers Center can help caregivers connect to resources or provide support. Call (319) 221-8866 or email [fcgc@mercy.org](mailto:fcgc@mercy.org) if you need assistance.