

**To:** All Trillium Members and Stakeholders  
**From:** Cindy Ehlers, Executive Vice President  
**Date:** February 2, 2020  
**Subject:** Move Your Way, Hope4NC, Small Business Funding, COVID Vaccines, and Supported Living Levels 2/3 Action Team Focus Group

Trillium shares information with our members, their families or guardians, and our community stakeholders in a variety of ways, including this Member and Stakeholder Communication Bulletin. If you were forwarded this email and have not signed up to receive these notifications, [you can do so here.](#)

## MOVE YOUR WAY

Trillium joins the Move Your Way® campaign sponsored by the Office of Disease Prevention and Health Promotion at US DHHS. We encourage physical activity, no matter the type...whether it's house chores, a walk with your dog, or parking farther away from the store. The start of the New Year is the perfect time to assess your health and make plans to take steps (literally!) to improve your well-being.

It's important to exercise and keep moving despite the pandemic to stay healthy. There are multiple benefits, both physical and mental, when you are active even just for five minutes. Ultimately, Trillium's goal is to increase inclusive community options for exercise to the members we support as soon as it is safe to do so. While we are practicing social distancing, you can consider alternative options that work best for you!

Are you wondering where to find ideas on how to get started? Check out the "[Move Your Way](#)" website sponsored by the Office of Disease Prevention and Health Promotion. Here you will find an interactive tool to help you build your weekly activity plan. Members can also utilize this Activity Planner found below:

 [Activity Planner](#)

Trillium is in contact with providers of day programs to help members with increasing their physical activity. Providers will use the form below to submit information to Trillium by the close of business every Friday.

 [Move Your Way! Weekly Report](#)

 [Informational Flier](#)

## HOPE4NC

Sometimes, the stress of life can leave you feeling hopeless and alone and you may not know where to turn. With support and someone to listen, you can find a way through.

Hope4NC is here to connect you with the help you need, whenever you need it. Call them at 1-855-587-3463 or text the word “hope” to 1-855-587-3463 anytime of the day for free and confidential emotional support, counseling referrals, and community resources.

Learn more at: [NCDHHS HOPE4NC](#)



[Click to see this informational video](#)

## SMALL BUSINESS FUNDING

Trillium recognizes that employment and financial security are an important social determinant of health. Just as building a strong house requires a variety of materials, building well-being requires community resources, social relationships, and opportunities to thrive.

In an effort to assist our members' financial stability, Trillium is offering financial assistance for members interested in starting a new small business or sustaining their current one. Amounts between \$100-\$5,000 are available. We encourage our eligible members to apply as soon as possible as funds are limited. Please [visit our webpage here](#) to review who is eligible and how to apply.

## COVID VACCINES

Trillium will share information on the COVID-19 vaccination as it becomes available. NC DHHS has shared a plan for who will receive the vaccination first, including health care providers, people living in long-term care settings, and those with certain chronic health conditions. Please visit their webpages for more information:

[Vaccine](#)

[Vaccine Plan](#)

[Vaccine Infographic](#)

[Resources](#)

## SUPPORTED LIVING LEVELS 2/3 ACTION TEAM FOCUS GROUP

If you are currently accessing Supported Living Level 2 or Supported Living Level 3, the Supported Living Levels 2/3 Action Team would love to hear the challenges and successes you are experiencing in accessing this service. The focus group will be held in late March and they would like to invite you to participate! If you have an interest in being part of this effort, please send an email with "SL 2/3 Focus Group" in the subject line to Linda Kendall-Fields at [lkfields17@gmail.com](mailto:lkfields17@gmail.com) by the end of the day on February 12, 2021. You will be contacted by a group member who will share more information about the focus group.

### Supported Living 2/3 Workgroup Quarterly Meetings:

Anyone utilizing Innovations Supported Living levels 2 or 3; their providers or families/natural supports are all invited to participate in meetings held regarding Innovations Supported Living Levels 2/3. To receive more information and be added to our list to get information about these meetings, please contact Christina Trovato at [Christina.A.Trovato@dhhs.nc.gov](mailto:Christina.A.Trovato@dhhs.nc.gov) and ask to be added to the SL 2/3 Listserv.

**The group will meet next on March 26, 2021 from 2:30-4:30pm.**

---

As always, members may contact our Call Center 24 hours a day through our **Access to Care Line at 1-877-685-2415**. The health, safety, and overall well-being of our community is first and foremost in everything we do. To learn more, please check out [our website](#), follow us on [social media](#), or give us a call if you have any questions.

---

Any questions about this Communication Bulletin may be sent to the following email: [MemberEngagement@TrilliumNC.org](mailto:MemberEngagement@TrilliumNC.org). These questions will be answered in a Q&A format and published on Trillium's website.