

Tuesday, March 24, 2020: District email

Below you will find a few updates available to families today:

Free Bear Care Health & Wellness Clinic

We are working with the St. Catherine University Nursing Department to provide a Free Bear Care Health & Wellness Clinic, open to all district students (birth-age 21). Services that will be available include health assessment/physical exams, strep throat test and treatment, ear infection checks and treatment, and more.

The clinic will be open Wednesdays & Fridays from 2-6 p.m. Telehealth (online) or in-person appointments are available, with same day appointments being subject to availability. Appointments can be made by calling 651-653-2923. Please note, the clinic phone will only be answered during open hours. Outside of Bear Care hours, please use your primary clinic or the emergency department for urgent needs.

Find complete information [here](#).

Community Services Catalog

The Community Services Spring/Summer Catalogs, which were printed and put into the mailing process weeks ago, are expected to arrive in district homes this week. Many of the classes and activities scheduled for the upcoming weeks will be postponed or canceled. Please see the Community Services website or social media pages for updates about classes and activities as the situation unfolds.

Meals on Wheels Volunteer Opportunities

The District's Community Services Senior Program runs a local Meals on Wheels service, which has been deemed an essential service and we continue to operate as normal. We have a growing need for volunteer drivers, Monday-Friday from 11am-12pm. If you are interested in volunteering or if you or someone you know is looking for information on in-home meal delivery, please contact our Meals on Wheels Specialist, Debbie Walker, at 651-653-3123 or email deb.walker@isd624.org. Volunteers are able to choose which days they are available and how often.