

STARVISTA HOLIDAY WELLNESS TOOLKIT RESOURCES 2021

Recipes/quick meals:

- [Quick Meals I'm Throwing Together Lately Because Cooking During the Pandemic is a Scam](#)
- [17 Easy, Inspiring, Meals That Are Busting us Out of Our Cooking Rut](#)
- [Trans People of Colour Project](#) (link to website) [Cooking with Trans People of Color](#) (link to PDF)

Mental Health Support for Intolerant family/friends

- [Self Compassion](#) by Dr.Kristin Neff
- [Holiday Self-Care Tips for LGBTQ Youth](#) by The Trevor Project
- [8 Queer Tips to Get Through the Holidays](#) by Brian Murphy, including a resource about religion

Feel Good Films for FREE

- [Reelgood free movies](#)

Misc Resources

- [The Nap Ministry](#)- Black founded organization grounding communities on the importance of, "Rest is Resistance". They hold workshops and organize performances about rest
- [Freedom Community Clinic](#)- PoC led community clinic in Oakland offering holistic healing, community trainings, and support groups for all ages
- [Queer Care Inc](#)- Free post-op care services for Trans and Non-Binary residents of the SF/Bay Area and New York. Services include transportation to surgeries and consults, in-person and virtual care, and more.
- [Folx Health](#)- free and reduced cost virtual care for trans, non-binary, and intersex folks various states. Can send medication like HRT, PrEP, and more to folks 18+

Youth

- Self-accountability [journal](#); A transformative justice mini journal (print or type available)
 - Description: Take some time during the final months of 2021 to focus on your own wellness and envision taking accountability as a generative, liberating and life affirming process.
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- Make your own color palette using [Coolers](#)
 - Description: Set yourself up for 2022 by fancying up your google calendar with a customized color scheme!
- [Venture into queer graphic novel land](#)
- [Get connected to Queer Hx in the U.S](#)

Older Adults:

Older Adults and Isolation

Institute on Aging Friendship Line 1-800-971-0016

COVIA Well Connected Program – Formerly Senior Center Without Walls – 877-797-7299

Villages – Virtual communities of neighbors helping neighbors

Non-profit membership organizations that help older adults who live at home to connect with their community, and age with dignity and grace. The Villages often schedule interesting social events and excursions for their members. They also have many volunteers performing services for members, such as home safety evaluations, technology assistance, minor home repairs, garden chores, errands, driving to requested local destinations, etc.

Brisbane Village Helping Hands – 415-508-2185

Foster City Village – 650-378-8541

Village of the Coastside – 650-440-5030

Villages of San Mateo County – 650-260-4569

Network of Care

www.sanmateo.networkofcare.org/aging

Caregiving Issues

Family Caregiver Alliance 1-800-445-8106

Home Delivered Meals for Older Adults

Home Delivered Meals – San Mateo County EXCEPT Pacifica & Coastside - 650-323-2022

Home Delivered Meals – Coastside – 650-726-9056

Home Delivered Meals – Pacifica – 650-738-7350