

Dear Seniors,

If you are like me, you may be starting to feel like you've had enough of the coronavirus. It is normal to have stress, anxiety and tension on any day, but the current situation makes it harder to deal with, especially long term. So, this eblast will highlight ways to help handle the stress associated with this crisis.

First and most important, if you are feeling stressed, anxious or depressed due to COVID-19, New Jersey has a Mental Health Helpline. Please call 877-294-HELP (4357)

Next, let's start with some humor:

In case you need refreshers on handwashing, distancing and why you shouldn't touch your face, check out this friendly reminder from M*A*S*H* - the coronavirus version: <https://www.youtube.com/watch?v=YW0CaOaFiaQ>

Many of you know Michelle Wesley, who runs the Maplewood Senior Center. Michelle is missing the company and companionship of the many people she usually sees at the Senior and DeHart centers, and shares this:

More seriously, here are some important resources and advice:

Tips for Handling the Crisis

Source: Brian Carpenter, professor of psychology at Washington University in St. Louis, Mo., and president of the Society of Clinical Geropsychology

“Structure your days. Try to find a routine that is as normal as possible. Don't stay in bed. Don't oversleep. Get up. Take a shower. Make your bed. Set your goals for the day and develop a plan to meet them. Don't forget to schedule activities that you enjoy.

Stay in touch. Use whatever medium is most comfortable to you. If you don't want people to see you, stick to the phone and skip the video calls. Reach out to people who don't have family. If you can't call, email or text. Any communication is better than none.

Stay positive. Express gratitude. Pay attention to small joys and pleasures. Create positive experiences for yourself during the day.

Limit coronavirus news intake. Pick a couple of trusted news sources and one or two times during the day to check on them. Don't leave the news on in the background and shut screens off an hour before going to bed.

Maintain the basics: Exercise, eat healthy foods and get plenty of sleep”

How to Take Care of Your Mental Health, From AARP

“As it upends normal life, COVID-19 is causing people to feel anxious, angry, frightened, frustrated and sad. All these feelings are normal during this pandemic, mental health experts say....To boost your overall outlook, psychologists recommend getting plenty of

sleep, eating balanced meals, going outside if you can and staying physically active. Self-compassion is also important; acknowledging your feelings can help you cope in a healthy way.

AARP asked psychologists for tips on how to handle specific mental health challenges during this stressful time.” To see the complete article, click here:

https://www.aarp.org/health/healthy-living/info-2020/mental-health-and-covid19.html?cmp=EMC-DSO-NLC-WBLTR---NMCTRL-041020-TS3-4495931&ET_CID=4495931&ET_RID=32779266&encparam=hrnxmSGfuDCIx8Dbx011FOhcjRiKzVbW6hC0Zn3tB48%3d

Find Outlets

Recommendations for activities and past eblasts are posted on www.SOMATwoTownsofAllAges.org, including an exercise page. Many theaters, museums and cultural institutions have free, virtual performances and tours. In addition, many of the local arts organizations are posting ideas, suggestions and local art.

From the Maplewood Office of Cultural Affairs - CALLING ALL CREATIVES!

“Dear friends, neighbors, and creators,
It's been an interesting month, to say the least. Despite the challenges we're all facing right now, knowing our MAPSO Community, there are most likely a lot of artistic projects and imaginative ideas bouncing around. Even more so, there are people looking for inspiration to keep themselves motivated. Maplewood Office of Cultural Affairs has created a Facebook Group where creatives can share ideas, inspirations, and other endeavors.

Have fun and join MAPSO CREATIVES on Facebook, While we're all hunkered down, let's inspire others by uploading artwork, poems, musings, performances, short films, etc., and share your creations with the world. Anyone doing free classes and workshops, feel free to post them here.

Keep the creative juices flowing and show us what you've got!”

Passport Health NJ Offers Testing

NOW AVAILABLE at designated Passport Health New Jersey locations: COVID-19 and full Respiratory Panel for symptomatic NJ residents over age 65 covered by Medicare BY APPOINTMENT ONLY ON SCHEDULED DAYS.

Curbside service-tests administered in your car.

For an appointment please call: 732-345-0029 or 800-741-0504

www.passporthealthnj.com