

April 21

Introducing Sing for Hope

Sing for Hope, a non-profit dedicated to the power of the arts in creating a better world, has partnered with SOMA Two Towns for All Ages to provide Healing Arts experiences including Movement, Concert Series, Visual Arts and more to the Township's senior adult population.

Sing for Hope's Healing Arts programming brings the healing power of the arts directly to you each week beginning tomorrow, Wednesday, April 22 with Movement at 11am. Lexi, a professional artist, will lead you through warm up, gentle choreography and cool down. The movements are created to loosen your muscles and the enjoyable music will relax. JOIN Lexi for Movement for Mobility - enjoyable music and movement designed for you!

Join Zoom Meeting at : <https://zoom.us/j/94045203893>

Meeting ID: 940 4520 3893



Phone a Friend

Please know that you are not alone. We have a wonderful group of volunteers, some adults and some high school students, that want to connect with you. If you would like to chat with someone new, take a moment to go to www.SOMATwoTownsforAllAges.org and fill in your name, number and the town you live in on the home page. Or call and leave a message at 973-558-0863, or email SOMA2towns@gmail.com. Please share with friends who are not online.

Another way to connect:

Join the new facebook page, "SOMA Senior Silver Society" to connect with local senior citizens.

CARES Act

This week, as part of the Coronavirus Aid, Relief and Economic Security ("CARES") Act, the U.S. Federal Government began delivering "Economic Impact Payments" to eligible Americans. These direct cash payments to individuals and families are for

financial relief during the coronavirus pandemic, and are sometimes referred to as "stimulus checks." Here are a few things to keep in mind:

- The IRS will distribute payments using the information that the IRS has on file for each eligible individual or family. For most of the recipients, payments will be deposited directly into the same bank account that they have most recently used to receive a tax refund or monthly Social Security payment. Others will receive paper checks in the mail, at the address that the IRS has on file for that individual. Banks cannot and do not provide personal account or address information to the IRS.
- Direct deposits are posted for open accounts on the effective date set by the Treasury.

To determine your eligibility and when your payment will arrive, go to www.irs.gov.

To protect yourself from fraud, visit the Federal Trade Commission's Coronavirus Scam Tips for tips on how to recognize potential scams and learn more about how to keep your accounts secure.

Grocery updates

Ashley's Market in South Orange is no longer making deliveries, but is open for in store shopping

Umbrella

I know it is difficult finding slots for online deliveries, and Umbrella is stepping in to help: *"Umbrella is throwing all of our resources around the biggest need for seniors -- access to food. Delivery services have weeks-long waits (and non-digital seniors can't access them in the first place). We've set up a hotline where any senior in the state can call us at 973-200-4499 to ask for grocery delivery. They can also place an [order online](#). Young, healthy people are stepping up by [volunteering](#) to help shop on behalf of their older neighbors. "*

Barnes Foundation/Museum

Is doing a daily tour moderated by museum staff called "Barnes Takeout - Your Daily Serving of Art." It can be found on Youtube or on their website.

<https://www.barnesfoundation.org/whats-on/explore-the-barnes-online>

Face Coverings

The Governor's Executive Order requires "customers to wear a face covering when

entering any essential business open to the public, with limited exceptions' ' (e.g. health-related reasons and children under age 2).

So, this is no longer optional. If you are not wearing a face covering, you can be denied service. In addition, you must properly dispose of your gloves/masks in the trash, not our streets. Do not flush "disposable wipes."