

April 23

A little humor for our 5th week of social distancing, thanks to Nan S:



The Show Must Go On!

This week, Friday April 24 at 2pm, Lord Andrew Lloyd Webber is calling all musical lovers for the return of the Phantom and releasing the sequel to "The Phantom of The Opera", "Love Never Dies" in full and for free worldwide! It will be only available for 48 hours after its initial release so make sure you catch it before it's gone.

Who knew there was a sequel to Phantom?

What is "Zoom"?

You may be hearing about events being held through "Zoom," or "Facebook live" or "Facetime". These are all programs and computer apps that you can use through your computer, tablet or smartphone to join events remotely. All you need is a device and internet access. If you want to take part in an event - for example, the new programming listed below - turn on your device, click the link and you will be "allowed" into the meeting or event. You can see the speaker, and they will be able to see you. At the beginning of the events we are sponsoring, we will give instructions for new users and reminders about how to participate. So please, check it out, if it's your first time try clicking the link a few minutes before the start time so we can help you get ready and enjoy it!

Introducing New Live, Online Programs for SOMA Seniors

Mondays at 11am

South Orange AND Maplewood seniors are invited to join South Orange Senior Adult Social Worker, Carol Berman to talk about what's keeping us going through the COVID19 crisis: home based activities, staying connected with the outside world, working remotely, singing, dancing, acknowledging our fears, managing our anxiety. Time to nurture your spirit!

Join Zoom Meeting

<https://zoom.us/j/91861355140?pwd=RTJIWnJVMUNiQTFmeEVqQ0JEWVhGdz09>

Meeting ID: 918 6135 5140

Password: 941137

Questions Email: SOSocialWorker@southorange.org

Mondays at 1pm

SOMATowns for All Ages Concert Series:

Join Sing for Hope for a Concert Series to cheer you up and get you humming along. Variety concerts from pre-war to today: reminisce as we sing the best of jazz, rock & roll, musical theater, standards and all the great oldies! Put in your requests and dance/sing-a-long.

First Zoom Concert: Monday April 27 at 1pm!

Join Zoom Meeting

<https://zoom.us/j/92688260494?pwd=eWE0MmdEbi9xQ2s1OC80NGM3dDcvZz09>

Meeting ID: 926 8826 0494

Password: 535276

Wednesdays, 11am

Movement with Lexi

The 30+ people who joined our first Zoom movement class can tell you how much fun it was. We will continue this class through May. Get up, get stretched, get exercise and get dancing.

Join Zoom Meeting

<https://zoom.us/j/99647288417?pwd=ZFhZTC9Oa0ljRzY5RkZVbHkrLzU5Zz09>

Meeting ID: 996 4728 8417

Password: 308844

Need Tech Help?

It is great that so many things are being offered online but only if you know how to use the technology well enough to enjoy it! A company called **Candoo Tech** is available to help you set up and learn how to use your technology with online visits from their expert Tech Concierges. For services and fees, go to: <https://www.candootech.com/>

Emergency Food Distribution Event

Essex County and the Community FoodBank of New Jersey are holding a food event to help people affected by COVID 19. The 2,000 boxes of food that will be distributed are meant to benefit families who have been forced out of work and are not able to afford to purchase food.

Date: Tuesday, April 28, 2020

Time: 10 a.m.

Place: Essex County Branch Brook Park/Cherry Blossom Welcome Center, Newark.

Residents who want to take advantage of this free giveaway must enter Branch Brook Park by the Heller Parkway entrance or other more southern entrances. Residents are asked to not arrive on site until 8 a.m. Vehicles that arrive before 8 a.m. will be asked to leave. The emergency food boxes prepared by the Community FoodBank of New Jersey contain enough food to provide for 40 meals. They consist of a variety of non-perishable food such as cornmeal, oatmeal, rice, fruit, peanut butter, jelly, shelf stable milk and canned vegetables, chili, soup and ravioli. Items may vary based upon their availability.

The emergency food boxes will be distributed on a first come, first served basis. When residents arrive at the site, they are asked to keep their windows rolled up and to open their trunk. Volunteers will place one emergency food box into each vehicle.

For People Needing Mental Health Support



THE BRIDGE

*Healthy Minds. Healing Hearts.
Peaceful Communities.*

During this pandemic crisis, life as we know it has changed. We are all adjusting to a new landscape of living--and the need to manage anxiety, depression, parenting challenges, family or marital conflict may feel more challenging than ever.

Many are faced with the need to adjust to health concerns, financial stress, grief and loss. And many in recovery are challenged by the need to manage urges to use substances.

**We at the Bridge understand the need for support.
We are here to help.**

Our dedicated and compassionate clinicians are available through telehealth services (by phone or video) to help you get the support you and your family need. While the connection may be virtual, the experience is real.

**If you or a loved one is in need
of support, please call our Access Center
to schedule an appointment at
(973)-228-3000.**