

April 9

Dear Seniors,

First, happy holidays to everyone celebrating Passover and Easter. While it is very difficult to give up our usual celebrations at what, for many, is the holiest time of the year, it is important for everyone's safety to resist gatherings. Please follow social distancing and instead call, zoom, facetime or connect in other ways. There will be time for celebrating soon.

Also, please help reinforce the messages about safety and social distancing with your loved ones. If you have grandkids, they are now on their official spring break, and without school work. Please remind them and their parents/your adult children that they should not congregate. It is not the time for play dates. It's hard, but it's the way we stay safe.

Masks Now Mandatory for Grocery Stores

Per Governor Murphy's recent announcement, face coverings are now required in grocery stores. These do not need to be medical grade or surgical masks - the Centers for Disease Control (CDC) has instructions for cloth face coverings on its website, which also has current information and suggestions for all matters relating to COVID-19. Go to www.cdc.gov.

In addition, wash your hands after returning home from any public space. When in public, maintain social distancing, which is 6 feet while exercising, walking down the street or at the grocery store.

Did You Respond to the Census?

Reminder letters are going out to households that haven't yet responded to the 2020 Census. Go to www.2020census.gov or call 844-330-2020 to complete your census..

From AARP - Weekly Tele-Town Halls

AARP is hosting weekly live Coronavirus Information Tele-Town Hall on Thursdays at 1 p.m. ET. with the latest information on the coronavirus. You can participate by calling toll-free 1-855-274-9507, or listen to the live audio stream starting at 1 pm by going to their website, <https://www.aarp.org/health/conditions-treatments/info-2020/tele-town-hall-coronavirus.html>

Previous Tele-Town Halls are on their website:

- [April 2](#) – Coronavirus: Managing Your Money and Protecting Your Health
- [March 26](#) – Coronavirus: Protecting and Caring for Loved Ones

- [March 19](#) – Staying Safe: Protect Your Health, Wealth and Loved Ones
- [March 10](#) – Symptoms of COVID-19, How to Protect Yourself, and What It Means for Older Adults and Caregivers

For the latest coronavirus news and advice, go to www.AARP.org/coronavirus.

Managing Stress

This is a difficult time, and it is normal to feel stress and anxiety. Some people may feel anxious over the loss of autonomy and independence, or feel like they have lost control over their lives. These are normal reactions. But if you feel your stress and anxiety is rising above “normal” please call NJ Mental Health Cares at 866-202-4357.

Keeping Yourself Entertained and Engaged

Check out the fitness and exercise videos from your favorite instructors on our website, <https://www.somatwotownsforallages.org/exercise>

The Show Must Go On!

Theater legend Andrew Lloyd Weber has organized a theater program, “The Show Must Go On!” A new musical will be released every Friday at 2pm and will be available for 48 hours only, so make sure you don't miss out! See Andrew Lloyd's Webber's announcement here:

<https://www.youtube.com/watch?v=OLeErO8nXsc&feature=youtu.be>

On Good Friday, they will show a recording of a live stage performance of his classic, “Jesus Christ Superstar” <https://www.youtube.com/watch?v=GpO4ohqx3os>

Easter Sunday Concert

On Easter Sunday (April 12, 2020), The City of Milan, Italy, will broadcast a solo performance of global music icon Andrea Bocelli in the city's Duomo. Watch live at 1pm our time. You can click ‘Set Reminder’ on the video to get a notification ahead of the performance and share this link: <https://AndreaBocelli.Ink.to/LiveFrom...>”

A statement from Andrea Bocelli: “On the day in which we celebrate the trust in a life that triumphs, I'm honored and happy to answer ‘Si’ to the invitation of the City and the Duomo of Milan.... Thanks to music, streamed live, bringing together millions of clasped hands everywhere in the world, we will hug this wounded Earth's pulsing heart, this wonderful international forge that is reason for Italian pride. The generous, courageous, proactive Milan and the whole of Italy will be again, and very soon, a winning model, engine of a renaissance that we all hope for. It will be a joy to witness it, in the Duomo, during the Easter celebration which evokes the mystery of birth and rebirth”

Check in with the South Orange Library

The library staff continues to miss everyone and they are committed to keeping their connection with you and the community. They may be behind the scenes but are there for you. Their phone lines are open every weekday between 11 am and 1 pm if you have any questions, or just want to say hi! 973-762-0230. Email a librarian anytime at librarian@sopl.org.