

Dear Seniors,

I hope you are doing well as we wind up our first week navigating through the challenges and disruptions of coronavirus/COVID -19. Hopefully, there will not be too many more. If you are looking for creative ways to spend your time, go to www.SOMATwoTownsforAllAges.org and look at the new coronavirus pages. We are filling it up with all sorts of things, like virtual museum tours, National Parks tours, and more. Please share your ideas and suggestions.

Grocery Shopping

I heard from several people about the crowds at Stop & Shop for early senior shopping. The first day was overwhelming but it has settled down and they have put things in place to calm things down, like limits to prevent hoarding. The town is helping them reinforce social distancing. When you do go shopping, use your shopping cart as an estimate for how far to stay apart. All local grocery stores are using the early morning shopping for seniors.

Transportation:

You can get free rides to shopping and doctor's appointments by using Gogo Grandparent. You can use your current Gogo Grandparent account or set one up by calling them at (855) 464 - 6872 (855- GOGO-USA), or through their website, <https://gogograndparent.com/>. Use code "**SOMA Seniors**" for your free rides. If you cannot set up an account, call (973) 558-0863 and a ride will be arranged for you.

Keep up to date:

Both towns are constantly updating their websites. Please sign up for e-alerts on their home pages.

The NJ 2-1-1 hotline is available for general public information and basic needs. For alerts/ updates: text NJCOVID to 898-211.

Live assistance for medical information regarding COVID-19 is available through the New Jersey Department of Health 24-hour hotline (1-800-222-1222) or (1-800-962-1253) .

New things to try:

Visit a Zoo:

<https://nationalzoo.si.edu/webcams/panda-cam>

<https://zoo.sandiegozoo.org/live-cams>

Ever Been to a National Park? Several sites are online. Revisit <https://www.nps.gov/yose/learn/photosmultimedia/webcams.htm>

Womens' Suffrage Celebration

From the Newark History Society, who is dedicated to making sure the 100th anniversary of women's right to vote does not get lost in all the disruptions. Read on:

The Newark History Society's spring programs are on hold, but we wanted you to see these articles that provide background for the postponed "Battle over Woman's Suffrage" program. Also attached is a wonderfully informative "Women's Suffrage Map of Newark" that George Robb created and intended to distribute at the program.

Beth Zak-Cohen of the Newark Public Library (and NHS member) tells the neglected story of immigrants and African American women who fought for suffrage in "Suffrage for All":

http://gardenstatelegacy.com/files/Suffrage_For_All_Zak-Cohen_GSL47.pdf

George Robb, NHS board member and professor of history at William Paterson University, explores the social, economic, and political motivations of New Jersey's anti-suffrage movement in:

http://gardenstatelegacy.com/files/Booze_Bosses_and_Separate_Spheres_Robb_GSL47.pdf

Both articles appear in the latest issue of *Garden State Legacy*, the online magazine published by Gordon Bond (also an NHS member). The full issue, including other suffrage-related articles, is available at:

http://gardenstatelegacy.com/Latest_Issue.html

We'll let you know when we reschedule our programs, and we'll distribute printed copies of the Suffrage map when we next meet, or you can pick one up in the New Jersey room when the Library reopens.

Be well - we will get through this together.