

Stay Up to Date

If you have questions, please visit the NJ COVID-19 Information Hub at <https://covid19.nj.gov/> or call 2-1-1 for general COVID-19 questions from 7am to 11pm or the state coronavirus hotline at (800) 222-1222.

Please also visit the towns' COVID-19 websites:

<https://www.twp.maplewood.nj.us/covid19>.

<https://southorangecovid19.com/>

For up to date, accurate and important information, go to: The Centers for Disease Control www.CDC.gov

Finally, the Essex county COVID-19 Testing Site is open and taking appointments. Go to www.EssexCOVID.org to register.

Mental Health Hotline: 866-202-4357

Things to Do:

See new ideas and links on:

<https://www.somatwotownsforallages.org/things-to-do-during-corona>

Alzheimer's Association Support:

While the Alzheimer's Association staff is working remotely, operations continue to support their mission. As always, the Alzheimer's Association is available 24/7 for around-the-clock care and support at 1-800-272-3900.. Please see alz.org for caregiver resources and program updates. Please reach out to the 24/7 Helpline for any concerns about caregiving.

New From AARP

We may be isolating ourselves, but we don't have to be alone. Learn more at AARP Community Connections, a new website that offers steps to find help — or give it — during the coronavirus pandemic. www.aarpcommunityconnections.org. Additionally, AARP will hold a weekly teletown hall with experts from the federal government at 1 p.m. ET on Thursdays; view the [livestream](#) or use the call-in number (855-274-9507). Ask federal experts your questions, learn the latest information about the disease and find out how to protect yourself and loved ones from coronavirus scams.

Free Online Screening of "I Shall Not Be Silent"

From Sunday, March 29th at 10 am through Sunday, April 5th, visit <https://vimeo.com/78217773> to stream *I Shall Not Be Silent* for free.

Rabbi Prinz escaped Nazi Germany in 1937 and became a civil rights activist in America. Producers R Squared Productions and distributor Menemsha Films are making the film available for free as a beacon of hope during the COVID-19 crisis. See the film in tandem with the depiction of Rabbi Prinz as a character in HBO's adaptation of Philip Roth's *The Plot Against America*.

From the South Orange Public Library

Call and talk to a SO librarian from 11am-1pm M-F at 973-762-0230

Email us anytime librarian@sopl.org. Go to the library webpage www.sopl.org and click on Library Updates in the menu to get the latest news – and a video from sopl librarian Michael Pucci. There will be more on the schedule next week and we will keep you updated. All phone-in and online programs will also be listed on the [calendar](#) on our website. We look forward to connecting with you!

Take a MOOC

From www.classcentral.com

You may have heard of these or tried a few yourself, and now is a great time to check them out. MOOC stands for Massive Open Online Course:

Massive because enrollments are unlimited and can run into hundreds of thousands.

Open because anyone can enroll — that is, there is no admission process.

Online because they are delivered via the internet.

Course because their goal is to teach a specific subject.

Class Central consolidates MOOCs from all over the world into a user friendly site.

Check them out at: <https://www.classcentral.com/>

Elective Surgeries

As part of the state's effort to preserve the capacity of the health care system to respond to COVID-19, Governor Phil Murphy signed Executive Order No. 109, directing the suspension of all elective surgeries and invasive procedures performed on adults that are scheduled to take place after 5pm on Friday, March 27. This applies to all medical and dental operations that can be delayed without undue risk to the health of the patient, as determined by the patient's physician or dentist. Please reach out to your physician or dentist if you are scheduled to have a procedure after March 27.

New Jersey Job Portal to Connect Residents to Opportunities

The state has launched a new online portal with jobs in critical industries responding to COVID-19. The jobs portal is available at: <https://jobs.covid19.nj.gov>.

Information for Caregivers

Whether you have been a caregiver for a while or helping someone for the first time, The corona virus disruptions brings a new level of caution and challenges. Here are resources or information related to informal caregivers in light of the COVID-19 pandemic:

Here is the CDC's language for caregivers (scroll down to the end)

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

The Family Caregivers Alliance has a list of resources for caregivers here:

<https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>

And here is an article from AARP: <https://www.aarp.org/caregiving/basics/info-2020/coronavirus-tips-for-caregivers.html?intcmp=Outbrain&obref=obnetwork>