

Dear Seniors,

I hope you are all well. Usually, I send the eblast of next month's events, but as you know, all public and large events are cancelled through April. Here is some new information and updates for you on resources and ways to stay active, engaged and safe. If you know other seniors who are not getting these eblasts, please share.

APRIL 1 IS CENSUS DAY!

Wherever you are living on April 1, 2020, is where you need to be counted by the U.S. 2020 Census. If you haven't already responded, take a few minutes now to do your part and make sure we have an accurate count, receive our share of federal funding and adequate representation in the U.S. Congress. For more information, check out <https://2020census.gov>.

About that Newsletter...

The SOMA Two Towns for All Ages newsletter is on its way. When it was sent to the printer on March 16 - and that seems so long ago- the events and calendar reflected what we thought would be a 2-week period of social distancing. Unfortunately, this has expanded and every event planned for April is cancelled. We don't have word on when we will resume normal activities. The trip to the Metropolitan Museum described in the newsletter is cancelled. But...you can still see the **NYBG Orchid Show!** Since the trip to the NY Botanical Gardens Orchid Show was cancelled, we can all see it on the NYBG facebook page. Enjoy a 20 minute guided tour at:

<https://www.facebook.com/watch/?v=145671790151768>

Does Any of This Seem Familiar?

This isn't the first time some of us have seen quarantine, social isolation and epidemics. Last year, we interviewed several local residents and captured their memories in "A Time Before Vaccines." This documentary presents their stories of growing up with polio, measles and other diseases we are now protected from. You can see it on youtube:

<https://www.youtube.com/watch?v=XmjyOg3rPV8&t=12s>

The NewsReord recently had a story of someone recalling the quarantines and early vaccines for the flu in the early 1950s. This practice has been around for centuries and carried out in different ways in different places. For a recent article from the University of Chicago on the practice of and lessons from Hawaii in the 1800s, see:

<https://news.uchicago.edu/story/why-quarantines-are-so-difficult-implement-lessons-1800s>

Silver Sneakers Exercise online

Check this out for a good, at home stretch and exercise:

"Sit Stand and Move" is an exercise class geared towards seniors and beginner exercisers. This class is 45 minutes of stretching and moving assisted with a chair. Ronnie Jordan, an exercise instructor at the YWCA of Asheville, teaches exercises that can be performed either standing or sitting." from www.buncombecounty.org

See the class at

https://www.youtube.com/watch?v=J2IPtuZgFsU&list=PLz5i2TbhU3H2UAWqTa7v48b_ZWgJ4FLAW

COVID-19 resources:

- Public Service Announcements (Creole, Spanish and English) /COVID-19 FAQs: <https://www.twp.maplewood.nj.us/psavideos>
- NJ COVID-19 Information Hub: <https://covid19.nj.gov/>
- General COVID-19 questions: 2-1-1
- NJ COVID-19 hotline: (800) 222-1222
- Essex county COVID-19 Testing Site: www.EssexCOVID.org

Mental Health Resources:

These are challenging times, which can impact everyone differently. Please know that you matter and that you are not alone.

If you need assistance, please call the Mental Health Hotline at 866-202-4357.

If you are dealing with domestic Violence, please call the New Jersey Domestic Violence Hotline at 1 (800) 572-SAFE (7233), which is available 24 hours a day to provide confidential access to information and services, including crisis intervention, referral, and advocacy. The hotline is bilingual and accessible to the deaf and hearing impaired.

Memory Care Support

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

SOPAC News

SOPAC is looking ahead and rescheduling performances and events, so if you missed a performance, they may be coming back! The schedule is going from August out as far as February 2021. If you are interested in any of the shows, please consider ordering tickets now. The arts are going to suffer with no shows/ticket sales, so buying tickets (that will be refunded if the show doesn't happen) can go a long way to support this local gem. Visit www.SOPACnow.org to see what they are up to.