

## May 5

### From Health Officer Candice Davenport:

“Seniors! Show the young ones how it is done and wear a facemask when in public places or whenever you cannot guarantee a 6 feet distance from others. When everyone wears a facemask, we are protecting each other.” Please stay at home and only go out for essential needs and if you do not feel comfortable, do not go out. We have volunteers who will shop for you.

### Free Rides for Essential Outings

During the restrictions, we are offering free rides through Gogo Grandparent. If you already have a Gogo Grandparent account, use code "**SOMA Seniors**" for a free ride for shopping, doctor's appointments and other essential trips. If you do not have an account, you can set one up through their website at [www.gogograndparent.com](http://www.gogograndparent.com) or by calling (855) 464-6872. If you need help, call (973) 558-0863 and a ride will be arranged for you. *This offer is for South Orange and Maplewood residents age 60+ for travel originating or ending in either town.*

### Exercise Together At Home

We are filling up the week with fitness, music and LIVE online get togethers. Fitness instructors Yvonne Christianson and Robin Weber are holding classes, and new offerings from the arts non-profit “Sing for Hope” include music and movement. Plus, social worker Carol Berman is holding weekly check-ins and chat sessions on Monday mornings to connect, share how you are doing and offer support. All of these are online, open to all, and free! Tell your friends. The links to classes will be posted on the website under the coronavirus, exercise tabs:

<https://www.somatwotownsforallages.org/exercise>

so you can connect to classes without searching through emails.

And from Robin Webber re the yoga class today - sorry about the fire alarm and sudden end to class - all is OK. and she'll see you Thursday

Here is our zoom schedule:

Monday	Tuesdays	Wednesdays	Thursdays
10am COVID-19 Support Group Check in & chat with Carol Berman and friends	11am Exercise with Yvonne Chritianson	10am Senior Fitness with Robin Weber	11am Exercise with Yvonne Chritianson
1pm Sing for Hope Concert	1:30pm Chair Yoga with Robin Weber	11am Movement & Music with Lexi	1:30pm Chair Yoga with Robin Weber

May 11 - "Rat Pack Jazz"			
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### **Its Garden Time**

The weather is (or at least was over the weekend) warm enough to get out and garden! It's about time - April was a long and gray month which prevented people from getting out and getting their plants in the ground. The good news is that the Maplewood Garden Club will hold their **annual plant sale this weekend**, entirely online. For details and instructions on how to order, go to their website [www.maplewoodgardenclub.org](http://www.maplewoodgardenclub.org).

A link to order plants will go live on Thursday, May 7, when you will be able to choose the plants you want, pay online and schedule a pickup time at the greenhouses behind Maplewood Town Hall (574 Valley Street). If you can't make the Garden Sale, check out the **Millstone Nursery** at 1 Pierson Road, Maplewood. They have a great selection and can provide contact-free shopping. Visit them or call (973) 763-6633.

Even if gardening is not usually your thing, consider exploring your yard or even windowsill as a way to enjoy nature during these restrictive times. For an article by AARP on how gardening can help battle the blues of staying at home by reducing stress and encouraging fresh air and exercise, click here:

<https://www.aarp.org/home-family/your-home/info-2020/coronavirus-gardening-health-stress.html?intcmp=AE-HF-R1-C1>

### **Have You Always Wanted to Go Back to School?**

Now's a great time to learn! Thanks to Tracy Carroll for providing information on free classes offered by Harvard University and Yale University. The long list can be accessed via the links below. Summer sessions begin soon so this may be an opportune time to get started. You can also find many offerings by googling Coursera or MOOC (Massive Open Online Course).

<https://online-learning.harvard.edu/catalog/Free>

<https://www.classcentral.com/university/yale>

### **Noticing Critters?**

The news and internet are on fire with sightings of animal activity. One reason we see so many more animals in our yards is...we are home all day to see them. But, not all critters are welcome. More from the health departments:

Raccoons - it is spring and mating season. Don't be alarmed if you see a raccoon in broad daylight. They are looking for food for their babies. Please avoid wildlife and take a picture from afar. If however you see a raccoon that is behaving erratically (stiff movements, foaming, stumbling, or aggressive behavior) do not approach it and call St. Hubert's Animal Services at (973) 377-2296.

Prevent rats in your neighborhood - with everyone home all day, we are generating more garbage in our bins. Spread the word to remove all food sources and places of

shelter for rats and other wild vermin. Please make sure your garbage cans are secured, that there is no open compost bins, that all grass seed are closed in plastic bins and if you see vermin, remove bird feeders.

### **Be Alert for Scams**

Unfortunately, scammers seem to find a way to try to steal even under a social isolation! Be alert to a scammer trying to trick you into giving them money by pretending to be a charity. See below for flyers and tips from the Federal Trade Commission :



Tips from the  
**Federal Trade Commission**

How to Spot, Avoid and Report  
**CORONAVIRUS SCAMS**

Scammers are taking advantage of fears surrounding the Coronavirus. The Federal Trade Commission ([ftc.gov/coronavirus](https://www.ftc.gov/coronavirus)) offers these tips to help you *fight back*.

#### Treatments & Cures

Ignore online offers for vaccinations and home test kits. If you see ads touting prevention, treatment, or cure claims for the Coronavirus, stop. If there's a medical breakthrough, you're not going to hear about it for the first time from an ad or sales pitch. At this time, there also are no FDA-authorized home test kits for the Coronavirus.

#### Email and Text Scams

Don't click on links from sources you don't know. It could download a virus onto your computer or device. Make sure the anti-malware and anti-virus software on your computer is up to date.

#### Robocalls

Hang up on illegal robocallers. Don't press any numbers. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.

#### Government Relief Checks

Expect scammers to take advantage of this. Here's what you need to know: The government will not ask you to pay anything up front to get this money. The government will not call to ask for your Social Security number, bank account, or credit card number. Anyone who does is a scammer.

#### Fake Charities

Do your homework when it comes to donations. Use the organizations listed at [ftc.gov/charity](https://www.ftc.gov/charity) to help you research charities. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

#### Misinformation & Rumors

Before you pass on any messages, do some fact checking by contacting trusted sources. Visit [usa.gov/coronavirus](https://www.usa.gov/coronavirus) for links to federal, state and local government agencies.

### Stay informed:

#### 1 Visit:

- [ftc.gov/coronavirus](https://www.ftc.gov/coronavirus)
- [coronavirus.gov](https://www.coronavirus.gov)
- [usa.gov/coronavirus](https://www.usa.gov/coronavirus)

- #### 2 Report
- suspicious claims or questionable practices to the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

- #### 3 Keep up
- with the latest scams. Sign up for the FTC's Consumer Alerts at [ftc.gov/subscribe](https://www.ftc.gov/subscribe).

# KEEP CALM and Avoid Coronavirus Scams

Here are **5 things** you can do to avoid a Coronavirus scam:



## Ignore offers for vaccinations and home test kits.

Scammers are selling products to treat or prevent COVID-19 without proof that they work.



## Hang up on robocalls.

Scammers use illegal sales call to get your money and your personal information.



## Watch out for phishing emails and text messages.

Don't click on links in emails or texts you didn't expect.



## Research before you donate.

Don't let anyone rush you into making a donation. Get tips on donating wisely at [ftc.gov/charity](https://www.ftc.gov/charity).



## Stay in the know.

Go to [ftc.gov/coronavirus](https://www.ftc.gov/coronavirus) for the latest information on scams. Sign up to get FTC's alerts at [ftc.gov/subscribe](https://www.ftc.gov/subscribe).



Federal Trade Commission

If you see a scam, report it to

[ftc.gov/complaint](https://www.ftc.gov/complaint)