

May 26

Note: Both Maplewood and South Orange require face coverings in the town parks.

Check the calendar of events on our website for exercise classes and events offered on zoom or virtually <https://www.somatwotownsforallages.org/events>

National Senior Health & Fitness Day

On Wednesday, May 27, the Metropolitan YMCA of the Oranges will celebrate National Senior Health & Fitness Day® — the Y's national initiative to improve the health and well-being of Seniors — virtually.

National Senior Health & Fitness Day® is a nationwide health and fitness event for older adults, always held the last Wednesday in May during Older Americans Month. 2020 will mark the 27th anniversary of the program. Download the attached guide - activities can be done at any time.

Maplewood Health Dept Q&A - May 29, 2020, 10:30 am

Join Health Officer Candice Davenport for a COVID-19 health update. Candice will also answer your questions - email them to SOMA2towns@gmail.com with the subject "Q&A" by Friday at 9am. Additional question will be taken live as time allows.

Join Zoom Meeting

<https://us02web.zoom.us/j/81977301515?pwd=UIQxaUhmaER6UHBFTTJpZm9Gb0RGQT09>

Meeting ID: 819 7730 1515

Password: 357579

Or dial in by phone (646) 558-8656 US (New York)

A Health Update from the Public Health Division

The Public Health Division would like to provide you with some important health updates.

1. On May 15, 2020, Governor Murphy signed Executive Order 145 allowing elective surgeries and invasive procedures to resume on May 26. The full executive order can be found here: <https://nj.gov/infobank/eo/056murphy/pdf/EO-145.pdf>. Please contact your healthcare provider and know that we can now resume scheduling elective surgeries and invasive medical and dental procedures.

2. We advise residents to seek immediate medical care if they are experiencing a life threatening emergency. Do not ignore symptoms of heart attack (see below) or stroke (Look for F.A.S.T symptoms of stroke: face drooping, arm weakness, and speech difficulty is the time to call 9-1-1). Hospitals are ready and capable to treat patients and are advising people to get the lifesaving care they need.

3. As Governor Murphy begins to lift restrictions on activities, please keep in mind that we still need to maintain social distancing to prevent the transmission of COVID-19.

Social distancing is not just about standing six feet apart. It's about reducing our exposure to crowded spaces. People can be carriers of COVID-19 and not show any symptoms or have mild symptoms, so they may move about not realizing that they can transmit the virus to others. The more people you are around, the more you increase your risk of exposure to COVID-19. Please make wise choices about where you and your family members go and please wear a face mask in public spaces when you cannot guarantee a six foot distance from others.

Stay healthy and safe. We are stronger and healthier together, if we stay apart.

Tennis Courts are Open

Both Maplewood and South Orange have opened the tennis courts. Please adhere to these rules to ensure public safety and social distancing:

- Only singles tennis will be allowed; no doubles.
- Courts will open at 8 a.m. and close at 8 p.m., with a one-hour match time limit.
- Players will stay on their same side
- Use your own equipment
- Do not congregate on or near the courts.
- Face coverings are recommended prior to and after play (but not during).
- Avoid the net game if possible while playing.
- Please bring sanitary and disinfectant products
- Courts are available on a first come, first serve basis.

Maplecrest tennis courts are temporarily closed due to unsafe playing conditions.

The Bocce Court by Walter Park is open!

Please BYOBB (Bring Your Own Bocce Balls) and maintain social distancing guidelines while playing.

Maplewood Farmers Market Reopens June 1

Moving to a new location for better, safer access, the Farmers Market will be open Mondays, 2-7pm at the corner of Yale St and Springfield Ave. If you need transportation, use the free Gogo Grandparent rides using code "SOMA Seniors." If you don't yet have an account, click here:

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

OPERATIONS DURING COVID19

- Moved to Yale Corner for increased safety
- Single entrance and exit for full market
- Wayfinding on site will help direct you
- No shoppers will be allowed entry prior to 2PM
- Shoppers are limited to 1 person per family
- Face coverings required for all shoppers
- Shoppers are not permitted to handle or touch produce

Shoppers who are uncooperative or not adhering to these policies will not be permitted to enter the market

LATEST UPDATES AT:
[FACEBOOK.COM/MAPLEWOODFARMERSMARKET](https://www.facebook.com/maplewoodfarmersmarket)



The South Orange Village Center Alliance (SOVCA) has postponed the 2020 South Orange Farmers Market. Shoppers will still be able to get their Jersey Fresh produce and other goods locally. A few of the local businesses have marketplaces stocked with fresh fruits, vegetables and other essential items including [Ashley Marketplace](#), [Jackie's Marketplace](#) and [Groceries on the Go by David Burke Orange Lawn](#). You can also find some of your favorite vendors from the South Orange Farmers Market at the Maplewood Farmers Market.

SOVCA will continue to monitor the COVID-19 situation closely and will amend our market plans if resources allow. [Please sign up for the Village Vibe](#) for updates.

Medicare.gov

Mental health support is available for you

If you're feeling anxious or depressed during these stressful and uncertain times, make sure you call your doctor or a healthcare professional.

Medicare covers a number of services to support you, including outpatient mental health services like a depression screening, individual and group psychotherapy, and family counseling.

Counseling services via telehealth may be available to you. Be sure to check, as some healthcare providers and plans are reducing or waiving the amount you pay for telehealth visits during the COVID-19 pandemic.

Always take care of your mental health, and call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Visit [Medicare.gov](https://www.Medicare.gov) or [CDC.gov](https://www.CDC.gov) for more information.

Sincerely,

The Medicare Team
