

For Seniors from the DeCorso Community Center

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These certainly are different times we are living in. We hope that you are staying healthy, safe and sane during this time. We have tried to reach out to many of you in the last couple of weeks. If we have not spoken directly, please know that we are thinking of you. If you need to reach us, please try the center in the morning, or **PLEASE** leave a message and someone will return your call. Each of you is important to us! Additionally, we want to provide you with some information. In case you haven't heard/read/seen this before, we have included some helpful information for you.

STAY AT HOME ORDER: To mitigate the impact of COVID-19 and protect the capacity of New Jersey's health care system for the state's most vulnerable, Governor Phil Murphy on March 21 signed Executive Order No. 107 and Executive Order 108, directing all residents to stay at home until further notice. The order provides for certain exceptions, such as obtaining essential goods or services, seeking medical attention, visiting family or close friends, reporting to work, or engaging in outdoor activities.

SENIOR BUDDY PROGRAM: The Borough has started a "Senior Buddy" program as an outreach. We are connecting our seniors with borough employees who will be checking in with anyone who feels they may need a little help making it through this time. "Buddies" will have information available about grocery stores and pharmacy hours and food delivery, and will also just check in to brighten someone's day. If you are a resident of New Providence and would like a "Buddy", please email us at seniorbuddies@newprov.org or call the **DeCorso Community Center at (908) 665-0046** (messages are being checked regularly). In the event of a true emergency, please dial 911.

STAY CONNECTED: ***This is important! Call the people you care about - reach out to another club member or two - connect! Share a story, a joke, or a memory. Talk about ideas of how to fill the time. Make someone smile! If you have any ideas or good news, please share it with us too - leave a message at the center. We are all in this together!***

TEMPORARY STORE HOURS FOR SENIORS (March 2020): A number of local stores have established special hours for seniors. We suggest that you do grocery shopping during the week (not weekends) during senior hours, and call to check hours before heading out!

- ShopRite in Gillette/Stirling and Chatham – 7:00-8:00am
(908) 604-2129 (Stirling) and (973) 377-4788 (Chatham)
- Stop and Shop in Berkeley Heights – 6:00-7:30am
(908) 464-8997
- Acme in New Providence – 7:00-9:00am weekdays
(908) 286-1725
- Kings in Summit 7:00-8:00am
(908) 598-4500
- BJs on Rt 22 – 8:00-9:00am
(908) 322-2110
- Walgreens – Senior Day is Tuesday. Senior hours – 8:00-9am.
Up to 30% off some items 908-464-2095
- TD Bank – 9:30 -10:30am lobby hours for seniors
(908) 771-6750

Please reach out to the local restaurants and stores in New Providence via telephone. Many are providing either curbside pick-up or home delivery. All are willing to go out of the way to serve the needs of the people in New Providence. This is something that makes this town great!

OTHER IDEAS FOR THINGS TO DO:

- Move and get physical exercise as you always did. Take walks (practice social distancing – 6ft) or stretch your body by moving around the house.
- Eat well and stay hydrated
- Do something fun - Do crafts or puzzles. Play board games or card games, Write a letter (this is a lost art!). Record a favorite story or memory. Try out a new recipe. Watch movies or TV shows. Read a great book (book club members - keep a list).
- The Atlantic Health System has a link to a page called Fighting COVID Together on their website, www.atlantichealth.org with instructions if you are interested in making masks for those in health care spaces who are not taking care of patients with Coronavirus but still may want additional protection.
- For those with internet access, there are abundant resources online. Watch an online music performance, take a virtual tour of a national park or a museum, watch a webcam from a zoo or aquarium, or download an online coloring app!

INFORMATION AND RESOURCES: Listed below is useful information from the Westfield Board of Health and/or other agencies regarding COVID-19. These lists, and other updates and important information will be updated on the Special Notices section on the Borough of New Providence Home page <https://www.newprov.org/coronavirus-covid-19-information-updates/>

RESOURCES:

- **New Providence Public Health Nurse:** (908) 743-1049.
- **Coronavirus 24-Hour Public Hotline – 1-800-222-1222**
- **New Jersey has set up a hotline staffed by the State's poison control center**
- **NJ COVID-19:** Call (General COVID-19 Questions): 2-1-1 (7a-11p) The hotline is open 24/7 and has multi-language capacity. Callers who need medical advice should contact their health care provider. Call (Clinical Questions): 1-800-962-1253 (24/7)
- **Westfield Board of Health:** <https://www.westfieldnj.gov/health> or (908) 789-4070
- **New Jersey Department of Health:** <https://www.nj.gov/health/>
- **Centers for Disease Control and Prevention (CDC):** <https://cdc.gov>
- **NJHELPS.org:** This site will help to see if you are eligible for food assistance (SNAP), cash assistance (WFNJ/TANF) and health insurance (NJ Family Care/Medicaid) from there you can apply for services.

**Stay tuned as we go through this together.
We are thinking of you all. Stay healthy and safe!**