



GREATER STONEGATE VILLAGE NEIGHBORLY NEWS

www.greaterstonegatevillage.org

APRIL 6, 2020, NEWSLETTER #4

Message from Geri Cooperman, Vice President of Greater Stonegate Village:

As some of you may have heard, Bob's wife, Jane, broke her leg. I am sure I speak for all of us wishing her the best as she goes through a period of recovery from surgery. As she is feeling better, we look forward to having Bob come back soon to his role as our President.

The GSV board is continuing with our work to expand our offerings in the face of COVID-19. We are happy to share some highlights of our efforts below.

I hope everyone is staying safe and well.

Geri Cooperman, Vice President

VILLAGE NEWS

Phone Tree Kicks off This Week

The GSV board of directors and volunteers will be reaching out by telephone to all GSV members and volunteers to say hello, see how you are managing, and find out how we can lend some assistance. We look forward to speaking with each of you.

Join Us on Thursday – Coffee Hour

The GSV will be launching a schedule of virtual events in the coming weeks to help us connect in this time of distancing. We will host our first event on Thursday using Zoom. It will be an informal get together and it will allow us to get to see each other and become more familiar with the Zoom technology.

GSV Coffee Hour

Thursday, April 9, 10:30 am – 11:30 am

There are three possibilities for joining us at this event:

By telephone. This one is easiest but has fewer features (no video or chat). Simply call 646-558-8656 and use meeting ID: 839 676 8530

By your desktop or laptop. Click on this link, <https://us04web.zoom.us/j/8396768530>, and you will be invited to download the software and join the meeting. You can learn more about how to do this by watching a short tutorial available at <https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting->

By mobile phone or iPad: The first step will be to go to the App Store or Google Play, search on Zoom, and download the app. When you open the app, it will ask you for the following meeting ID: 839 676 8530. You can learn more by reading this brief informational sheet at <https://support.zoom.us/hc/en-us/articles/201362033-Getting-Started-on-Windows-and-Mac>

Zoom sessions include video, but you will have the choice to block the video when you enter a meeting. To avoid mishaps, please consider your attire and the background behind you when you join a Zoom session.

Other Village Events

One of the advantages of virtual events is it is easy to participate in other village's

offerings. Here are a couple of programs of interest from the Little Falls Village.

Mindfulness Meditation, Every Thursday in April, 1:00-2:00 pm, For more information and to RSVP: info@littlefallsvillage.org or 301-320-3267.

Back Pain Management and Prevention: Ways to Minimize Pain and Maximize Function, Wednesday, April 22, 1:00 pm - 2:30 pm. RSVP:

https://www.littlefallsvillage.org/content.aspx?page_id=4002&club_id=560791&item_id=1149860

Follow Us on Facebook

Did you know that GSV has a page on Facebook? Please follow us at www.facebook.com/greaterstonegatevillage and invite your neighbors to follow us too.

STAYING WELL

Face Masks: Staying home is the safest choice of all but if you need to go out, the CDC is recommending that you wear a face mask to help slow the spread of COVID-19. You can make a face cover from a bandanna, hand towel, or a t-shirt without sewing by following the directions provided by the CDC at <https://youtu.be/tPx1yqvJgf4>.

Taking Care of Yourself: Mental health professionals from the County's Department of Health and Human Services have the following guidance to manage in these difficult times: 1. It is natural and okay to feel anxious and overwhelmed; times are uncertain and difficult right now. 2. Work individually and together to find creative ways to keep anxiety in check. 3. It is important to find time to take care of ourselves and our mental health, so we can ultimately look out for each other. 4. Focusing on news headlines can worsen anxiety. 5. Stick to the facts about COVID-19 and what is being done to combat it. 6. Turn off the television and limit social media consumption. 7. When possible, connect with friends and loved ones through video chats and other online platforms; share your tips for relaxation. 8. Get outside to exercise but remember to keep your distance from others. 9. Take deep breaths. 10. Eat right and get enough sleep.

At Home Exercise: Join Power in Breath for online yoga classes including chair yoga. You can learn more and obtain access to the sessions at <https://powerinbreath.com>

Resource Packet for Older Adults During COVID 19 Outbreak: Here is the latest packet of resources compiled by the Villages and County staff. It contains resources for people with no internet access, information on essential resources, and ideas on what to do at home if you have access to internet. You can access it at <https://montgomerycountymd.gov/HHS-Program/Resources/Files/A&D%20Docs/ResourcePacketForOlderAdultsDuringCOVID19.pdf>

STAYING BUSY

There are a lot of online offerings to keep you busy at home. Here are a few highlights:

Artists, Mediums, Art Movements, Historic Events, Historical Figures, Places
<https://artsandculture.google.com/explore>

Museums with Virtual Tours
www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours

Encore Presentations by the Met Starring Opera's Greatest Singers
www.metopera.org/user-information/nightly-met-opera-streams

Scottish Symphony Orchestra
www.youtube.com/user/BBCSSO/videos

Beethoven 9 - Chicago Symphony Orchestra
www.youtube.com/watch?v=rOjHhS5MtvA&list=PL0geWiwSGmxgDFAYJ99ZCtwgx1_t3C7jo

Full-length Musicals and Plays from the UK National Theatre
www.nationaltheatre.org.uk/at-home

Musicals and Plays
<http://filmedonstage.com/news/76-free-musicals-and-plays-you-can-now-stream-during-the-coronavirus-outbreak-updating-daily>

Stars in The House Featuring Broadway Stars
www.youtube.com/user/actorsfundorg/videos

Mini Profiles on Artists Recently Featured at the Guggenheim Museum Exhibits.

www.youtube.com/playlist?list=PLWt9nvDxzGOqHRBHzciGLb-UwKwJksaFF

NPR Concerts of All Genres

www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown

TED Talks for Adults – Many Topics

<https://docs.google.com/document/d/1IUzad8RFMU8cFwCLMeTv7bq1R3ctmdAo1MvZ-NOobpY/mobilebasic>