



From Dr. Robert Ramsey, President of Greater Stonegate Village

I appreciate the well wishes for Jane's recovery. I am pleased to report she is home and feeling better. I have heard from other board members how much they enjoyed the conversations with their fellow members and volunteers as part of the phone tree. We look forward to continuing to connect with you in the coming weeks.

Village Updates

Coffee Hour a Success

Last week's Coffee Hour, our first virtual event, was a success with seventeen village members enjoying a chance to check in with one another. The group decided that next time they preferred to gather for cocktails!

Join Us on Friday for Cocktails

The gathering will be virtual but the cocktails will be real. Grab your drink of choice, and join your neighbors to enjoy one another's company.

Conversation Starters: What is the most interesting **NEW** activity you have started doing to pass the time staying inside? Have you connected with any friends, relatives, schoolmates, etc that you had not been in touch with for a long time? Tell us about it.

Friday, April 17, 5 pm – 6 pm, by Zoom

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>

Need Help with Zoom?

Are you new to Zoom? You can learn more with the instructions sheet at

https://seniorplanet.org/wp-content/uploads/2020/03/Zoom.pdf?mc_cid=55a7478e84&mc_eid=68358fba8c

Do you want some one-on-one help or to do a private trial run? Please contact wendy@greaterstonegatevillage.org for assistance.

Volunteers Needed - Speakers for Virtual Events

If you know someone in the Village or around the world who might be a great speaker for an upcoming presentation, please contact Geri Cooperman at gcooperman@aol.com and let her know. As the program will be held virtually, there are no geographic limitations.

Staying Well

Here are some updates to help you stay well.

Face Coverings are Required

Montgomery County officials are requiring shoppers to wear a face covering while shopping at grocery stores, pharmacies, farmers markets and big box retailers. A face covering can be a homemade cloth mask, a scarf or bandana or other means of snugly covering the mouth and nose. Although there is no civil or criminal penalty for shoppers, businesses have the right to turn away customers.

Don't Wash Your Produce With Soap

Food experts advise against washing your produce in soapy water in hopes of scrubbing away the coronavirus. Soap is designed for cleaning surfaces and hands, and isn't formulated with consumption in mind. To learn more about the do's and don'ts of produce cleaning, visit www.huffpost.com/entry/why-you-shouldnt-wash-produce-soap-coronavirus | 5e8cced3c5b6e1d10a6b0a6f.

Online Exercise Options

Visit Montgomery County MD Caregiver Support Program's new YouTube Channel at www.youtube.com/channel/UCJqcd7_1_7LejYrHWKU-lrw for workout videos, tips, and updates. For even more exercise and other class offerings, join Senior Planet at <https://seniorplanet.org/get-involved/online>.

5 Tips to Help Protect Your Mental Health

These are trying times. Here are a few suggestions to keep your spirits up!

1. Limit your exposure to the news and media. We know the news is always changing and it can be easy to keep watching/reading. However, continually watching can increase anxiety and stress. Set an amount of time that you will consume the news each day.

2. Stay connected to family and friends. While we can't be physically close to people right now, we can still stay connected. Schedule time to check in with friends, loved ones, and family.
3. Have a routine. One great way to maintain a sense of normalcy right now is to have a consistent routine, like keeping a normal sleep schedule.
4. Enjoy nature. Nature and the outdoors are great ways to reduce anxiety and stress. You can take daily walks, sit on your porch, or even tend to your indoor plants.
5. Stay active! It's very easy right now to remain sedentary. Set intervals (maybe every hour) that you will get up and move. Walk around your room, stretch, water your plants, anything to get moving!

Staying Busy

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

- Catch up your favorite animals at the Zoo at www.nationalzoo.si.edu.
- Go back to school and take free online courses through www.edx.org or www.coursera.org.
- Check out performances from the Kennedy Center stage and beyond at www.kennedy-center.org/digitalstage.
- Watch a different Broadway musical every week at www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag
- Experience an Australian Pub Choir, where strangers meet up in certain pubs to sing, now on the couch at <https://youtu.be/HezxInuN1YA>.
- See Shakespeare's Macbeth at www.folger.edu/video-macbeth-folger-theatre?utm_source=wordfly&utm_medium=email&utm_campaign=AudioVideoReleaseAnnouncement&utm_content=version_A&promo=.
- Join the Washington Bach Consort for concerts at https://bachconsort.org/listen/?utm_source=newsletter&utm_medium=email&utm_content=Listen&utm_campaign=COVID-19.
- Consider Suburban's wellness programs and webinars at <https://events.suburbanhospital.org> including a free webinar, Healing for the Whole Person: How Mindfulness and Breathwork Can Ease Pain and Lift the Spirit on May 13.
- Explore Oasis Lifelong Adventure's classes at www3.oasisnet.org/Washington-DC/Classes.