



From Dr. Robert Ramsey, President of Greater Stonegate Village

GSV is led by a group of your neighbors dedicated to building a strong and vibrant community to serve members and ensure essential services are available when needed. This June, the officer positions and three director positions are up for election. We would like to invite members to consider a leadership role. The board meets monthly and corresponds by email a few times a week. As a Board Member, you will participate in activities, help set the direction for the future of GSV, and get to know some of your neighbors better. If you want more information, please reach out to me at robertramseymd@gmail.com.

Village Events

Mindfulness and Mental Health on Thursday

We are going through a very stressful and uncertain time. Many of us are experiencing increased anxiety, poor sleep, and feelings of hopelessness. Join us for this virtual workshop discussing healthy coping strategies. Sydney Palinkas will give easy tips to protect your mental health. Finally, she will lead you through several mindfulness exercises to help reduce anxiety and stress.

Speaker: Sydney Palinkas, MSW, Community Educator, Charles E. Smith Life Communities

Date: Thursday, April 23

Time: 1 pm – 3 pm

Where: On Zoom

By telephone: Call 646-558-8656 and use meeting ID 839 676 8530

By your desktop or laptop: Visit <https://us04web.zoom.us/j/8396768530>

By mobile phone or iPad: Open the Zoom app and enter the meeting ID: 839 676 8530

Cocktail Hour

Friday's cocktails was a success, so we will be gathering again! Grab your drink of choice and join your neighbors to enjoy one another's company.

Conversation Starters: Will be announcing the conversation topics as the date approaches.

Date: Thursday, April 30

Time: 5 pm – 6 pm

Where: On Zoom

By telephone: Call 646-558-8656 and use meeting ID 839 676 8530

By your desktop or laptop: Visit <https://us04web.zoom.us/j/8396768530>

By mobile phone or iPad: Open the Zoom app and enter the meeting ID: 839 676 8530

Annual Meeting – June 7 – Save the Date

The Annual Meeting will be held on Sunday, June 7. We will share more details soon.

Stay Well

5 More Tips to Help Protect Your Mental Health

1. Eat healthy foods. Overeating or eating 'junk' foods can feel comforting when we are stressed; however, it ultimately just makes our body feel worse. Use this as time to be creative with new recipes.
2. Be creative! This is a great time to catch up on an old hobby or pick up a new one. You can read, write, sew, draw, or do a puzzle. This is a great way to feel productive and let your mind focus on something else.
3. Take control. We do not have control over many things right now. Focus on the things you can control. You can organize your closet, do meal prep, exercise, or declutter.
4. Help others. Everyone has the power to help in some way right now. Call or send letters to friends and neighbors that may be especially lonely right now. We are all in this together.
5. Breathe. While this one may seem obvious, we often unconsciously hold our breath when we are stressed or tense. Remember take full, deep breaths.

Watch for Scams Related to COVID-19

Scammers are taking advantage of fears surrounding the Coronavirus. Here are some tips from ElderSafe to keep you and your money safe.

- Be suspicious of emails claiming to be from the Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO), or other experts saying they have information on the virus.
- Ignore online offers or advertisements for vaccinations and cures for the Coronavirus.
- Don't answer unknown or blocked numbers. If you receive robocalls, hang up right away. Don't give any personal information or press any numbers. The recording may

promise that pressing a number will stop the calls; however, it will likely just lead to more.

- Do your homework before making any donations. Scammers will use this time to take advantage of your generosity. Don't let anyone rush you into donating. If someone is asking for donations through gift cards or wired money, don't do it.
- Beware of online sellers claiming to have in-demand products, like cleaning, household, and health supplies. They may take your payment and never ship your order. They may also be selling items for a price far above their value. Do research before ordering anything. If everything checks out, make sure to pay by credit card and keep a record of your transaction.

For more information on scams and fraud, visit the Federal Trade Commission at www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing.

Stay Busy

Access Digital Books at No Cost

You can access a wide assortment of digital books to enjoy on your Kindle, iPad, or other devices at no-cost from the Montgomery County library. If you don't have a library card, the county is offering an online library card option at www.montgomerycountymd.gov/library/services/registration.html

Free Online Entertainment

Here is a list of some additional online entertainment.

- Enjoy enlightening stories at www.themoth.org
- Hear short plays, discussions of current events, comedy, drama at [www.bbc.co.uk/sounds/play/live:bbc radio fourfm](http://www.bbc.co.uk/sounds/play/live:bbc_radio_fourfm)
- Listen to authors reading stories by their favorite authors at www.newyorker.com/podcast/fiction
- Embrace art with videos about artists and art genres at www.nga.gov/audio-video/video/exhibition.html?
- Get jazzy with the sounds of New Orleans at www.wwoz.org