



# FELLOWSHIP SENIOR LIVING

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## Resources to Inform and Remain Active During COVID-19

### Websites Offering Health Information

#### Official Site of the State of NJ [www.nj.gov](http://www.nj.gov)

Department of Human Services- Novel Coronavirus Information: Includes press releases, information on child care, developmental disabilities, mental health and addiction services, NJ FamilyCare/Medicaid, social services, including food and cash assistance.

#### Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)

Includes information on COVID-19 updates, preparedness, travel, schools & childcare, community & faith-based organizations, and Information for Healthcare Professionals.

#### World Health Organization (WHO) [www.who.int](http://www.who.int)

Includes quick links, scam alert, advice for the public, advice for health workers, and more. Offered in multiple languages.

#### Johns Hopkins Covid19 Dashboard and resource center [www.Coronavirus.jhu.edu](http://www.Coronavirus.jhu.edu)

#### Somerset County Health Dept. [www.co.somerset.nj.us](http://www.co.somerset.nj.us) Local Updates

#### Bernards Twp. Regional Chamber of Commerce [www.bernardstwpregionalchamber.org](http://www.bernardstwpregionalchamber.org)

Nonprofit organization whose President & ED, Al Licata provides morning briefings daily.

#### NJ Gov. Phil Murphy 24 hour hotline 800-222-1222 to answer questions regarding COVID-19.

#### NJ Transit [www.njtransit.com](http://www.njtransit.com) Offers up to date status reports on NJ transportation.

### Staying Connected, Social and Active

#### Meetup [www.meetup.com](http://www.meetup.com)

Consider finding a group that appeals to you. They're available for most anything, including friends, book clubs, dancing, yoga, mindfulness and meditation, cooking, hiking, biking, traveling and so much more. In light of COVID-19, many of the groups got creative, and host "on-line" events using social media. They include dance parties, exercise classes and even NetFlix watch parties!

#### Library [www.bernardslibrary.org/downloadables](http://www.bernardslibrary.org/downloadables)

Vast array of digital resources including books, videos, articles and more available.

#### NY Times [www.nytimes.com](http://www.nytimes.com): World, US news, politics, business, health, sports, books, art, style, food.

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#### Fellowship Village Life Plan Community (CCRC)

- Independent Living
- Assisted Living
- Memory Care
- Skilled Nursing
- Sub-Acute Rehabilitation
- Outpatient Rehab & Wellness

#### Fellowship At Home Services

- Long-Term Care Plans
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**Mindfulness & Relaxation** [www.youtube.com](http://www.youtube.com) [www.apple.com](http://www.apple.com) [www.play.google.com](http://www.play.google.com)

Link is for reference/suggestion only. Please be mindful of any possible charges, fees and data usage.

**Keep in Touch with Family and Friends** via Zoom, FaceTime, House Party, WhatsApp, Snapchat

**Meditation, Mindfulness and Sleep** Google various sights including: CALM, Headspace, Ten Percent Happier, Zen, Meditation Studio

**Guided Meditation for Stress Relief** [www.mindworks.org](http://www.mindworks.org)

**Relaxation Tips, Coping Skills** [www.innerhealthstudio.com](http://www.innerhealthstudio.com)

**Storyteller and podcaster Jay Shetty** [www.jayshetty.me](http://www.jayshetty.me) Offers daily live meditation sessions.

## Mental Health

**Online Therapy** [www.Talkspace.com](http://www.Talkspace.com)

**Webinars on varied topics** including peer support, Older Adults and Isolation during COVID 19 and more. [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

**Mental Health Association of NJ** – 877-294-4357/[www.mhanj.org/community](http://www.mhanj.org/community)

Provides virtual support and learning as well as COVID 19 information.

**The Soul/Body Connection** [www.spiritualityhealth.com](http://www.spiritualityhealth.com) Staying Sane and well during COVID 19.

**Psychology.com** [www.psychology.com](http://www.psychology.com): Keeping our families mentally fit during COVID 19.

## Work Out at Home/Fitness

[www.wakeout.com](http://www.wakeout.com)

[www.nikettrainingclub.com](http://www.nikettrainingclub.com)

[www.Zova.com](http://www.Zova.com) – Workout and stretch library.

[www.MyFitnessPal.com](http://www.MyFitnessPal.com) – Calorie counter, diet plan and more.

[www.dailycaring.com](http://www.dailycaring.com) – Multi use sight for exercise, caregiver stress, activities for seniors and those with memory impairment, and more.

[www.time.com](http://www.time.com) – How to stay physically and mentally healthy while confined at home due to COVID 19.

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## Recreational Activities

Consider a podcast, Music, Videos, Learning, News, Sports [www.youtube.com](http://www.youtube.com) [www.facebook.com](http://www.facebook.com) [www.instagram.com](http://www.instagram.com) Please note some content requires subscription, fees, user agreements. It's important to ALWAYS read the fine print when utilizing social media.

NPR [www.npr.org](http://www.npr.org) Tiny Desk Concerts, live operas, podcasts.

Museums <https://artsandculture.google.com> Search "streetview" to explore museums.

**Google Search Individual Museums for Virtual Tours** British Museum, London, Vatican Museum, The Louvre, just to name a few.

**Broadway Shows** [www.broadwayhd.com](http://www.broadwayhd.com) Please note some fees may apply.

**Boston Symphony Orchestra** [www.bso.org](http://www.bso.org) Enjoy various symphonies at home at no charge.

**Google Search Zoos and Aquariums for Live and Virtual Tours** Zoo Atlanta, Georgia Aquarium which has live webcams; Houston Zoo, National Aquarium and others of your liking.

**Virtual Museum and Art Gallery Tours** <https://www.theguardian.com/travel2020>

**Google National Parks Service Virtual Tour** Enjoy visits to Bryce Canyon, Hawaiian Volcanoes and more! Can also go to [www.nationalparks.org](http://www.nationalparks.org) and explore.

**Google US virtual field trips** Go on trips regarding American History, Nature Walks, Smithsonian Museum etc.

**Google Nature Conservancy of Oklahoma Virtual Field Trip** Immerse yourself in nature!

**Music Never Sleeps NYC** <https://www.youtube.com/channel/UCdSF30RzMusQPY-NwEBUfDA>

## Additional Caregiver Support & Grief and Bereavement Support Resource

**United Way** [www.unitedwaynj.org](http://www.unitedwaynj.org)

Headquarters located at 222 Ridgedale Avenue, 3 rd. Floor, Cedar Knolls, NJ 07927 (973) 993-1160  
United Way improves lives by mobilizing the caring power of communities to advance the common good. This comprehensive website offers a great deal of information including education, income and tax preparation, health, and wellness, including information on coronavirus. Support for caregivers, information and referral to many support groups.

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## **AARP** [www.aarp.org](http://www.aarp.org)

Go to New Jersey Caregiver Resource Guide and access phone numbers, websites, and organizations covering virtually every aspect of caregiving including support groups, financial, health, aging and disability services, assistance programs.

## **New Jersey Self-Help Clearinghouse** [www.NJGroups.org](http://www.NJGroups.org)(800) 367-6274

Offering support groups, financial, health, aging and disability services, assistance programs. The New Jersey Self-Help Group Clearinghouse is a statewide operation whose mission is to help people find and form all types of self-help support groups in order to provide hope, strength and experience to those in need in order to not feel alone. Distance Not Disconnect! In light of the current health pandemic, NJ Groups is providing information of staying connected using video chat, telephone calls, on-line support group meetings and even Zoom!

## **NJ211** [www.nj211.org](http://www.nj211.org)

Comprehensive NJ website offering information on basic needs, emergency preparedness, family matters, help in hard times, and bereavement and other support groups.

## **Forums Grieving** [www.forums.grieving.com](http://www.forums.grieving.com)

Offers grief support groups and online bereavement forums.

## **Open Hope** [www.opentohope.com](http://www.opentohope.com)

Giving A Voice To Grief And Recovery. Open to hope is a non-profit with the mission of helping people find hope after loss. They offer podcasts, articles and book list.

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### **Fellowship Village Life Plan Community (CCRC)**

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