



Being Home Made Easier



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NJV HUB Village is a member of the Village-to-Village Network

By now we've all heard the constant reminders to wash our hands, avoiding close contact with others, avoiding touching our faces, etc. One of the best resources you can check if you have questions about how to protect yourself or about what to do if you think you are sick is the [Centers for Disease Control](#) website.

Food/Supplies

Here are a few resources for food, medicine and other provisions. With the COVID-19 outbreak and increased demand, some services might have less stock or delayed deliveries.

<https://www.peapod.com/>

<https://www.instacart.com/>

<https://www.postmates.com/>

<https://www.target.com/>

<https://grocery.walmart.com/>

<https://www.wegmans.com/>

<https://www.amazon.com/>

<https://www.walgreens.com/>

<https://www.cvs.com/>

Connecting With Technology

Not everyone has high-speed internet access, but most mobile phones can connect through their networks. Experiment with different ways to stay connected with friends and family.

<https://www.skype.com/en/>

<https://zoom.us/>

[Google Hangouts](#)

[Facebook Messenger](#)

Virtual Entertainment

You can only clean your closets for so long before you need a diversion. Here are a few interesting things to check out when you have some free time.

<https://www.netflixparty.com/>

[BroadwayDirect](#)

<https://www.metopera.org/user-information/nightly-met-opera-streams/>

<https://www.cbsnews.com/news/coronavirus-culture-guide-for-socially-distanced-art-lovers/>

<https://www.montereybayaquarium.org/live-web-cams>

[SafariLive](#)

<https://www.hulu.com/welcome>

Canada's Northern Lights on Live Cam – *February and March are best months to view – check out best times*

<https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam>

FREE Digital Magazines, Audiobooks and e-Books from your library! (*Visit your local library's website*)

Health and Wellness

Keep moving! Don't just sit around cooped up at home... Here are a few exercise programs you can try. Remember, the hardest part is getting started, but you can always stop after 5 minutes if you want!

<https://tools.silversneakers.com/>

<https://www.nia.nih.gov/health/exercise-physical-activity>

National Council on Aging <https://www.verywellfit.com/>