



CARING TIMES

Neighborhood Groups

Contents

Brooklyn	2
Downtown 1	2
Downtown 3	4
Lincoln Square	4
Midtown East -Day	6
MurrayHill/KipsBay	7
Queens	8
Upper West Side 1	9
Upper West Side 3	13
Upper West Side 4	15
Upper West Side Afternoon	16

Click on any listing above to go there directly.

Press the HOME button on your keyboard to return to this page from anywhere.

Brooklyn



Botanic Garden

FEBRUARY

Back Pain

one member's bad back pain. Some others in our group have also suffered from back issues and were able to offer advice and suggestions.

Miscellaneous

Stress, technology, computer issues ,and phone company service, plus reminders of Task Rabbit as a source of help with various jobs, and Senior Planet as a useful resource.

Diet

We all wanted an update on one member's diet that has lost her a great deal of weight — 70 pounds over a couple of years — as well as getting rid of her diabetes. All her meals must include a grain and a vegetable. Another woman is on an NYU weight loss program that eliminates cheese and other foods.

Downtown 1



The High Line

APRIL

Why We Joined TTN

We shared about wanting to retire, redefining what that means, retiring and then going back to work and retiring again; some of us have made lots of friends through TTN and continue to meet new people through groups we attend or committees where we offer our skills and talents; some of us joined ten years ago and others just within the year. The common thread continues to be our desire for connection with others and discovering what we haven't discovered yet.

Favorite Exercise App or Video

Some thoughts here included

- Kiera Miller for Yoga Glo (<https://www.kiamiller.com/>)
- Elizabeth Hansen, CC/TTN member who offers her yoga classes on Zoom and wrote an article for last month's Carting Times on "Yoga for Arthritis? YES!!!" which can be viewed [here](#).
- Integral Yoga on 13th Street in the Village offers online classes for free or by donation.
- One of our members mentioned her Feldenkrais Master who combines yoga, Tai Chi, and physical therapy.

Coping

One of our members asked for help with resources as she's looking for someone who could help during this time related to a home health aide for her significant other. She's also looking for ideas related to isolation.

Some of our members have house cleaners that they do not want to enter their homes, but with concern of losing their services, are paying them anyway.

Some of our members who have deliveries ask that they be left in the hall, or the doorman or other building personnel brings them to their floor because outside deliveries are not permitted at this time.

Some of us are wearing plastic gloves to go outside and are very careful in how we remove them.

Some of us are leafing through old recipes looking for comfort food to help pass the time.

Another member has a Zoom "dinner" with friends every Friday. Of course, everyone cooks their own meal and then they "get together" on Zoom.

Another member enjoys jig saw puzzles online.

Covid-19

I think it's best to leave this topic for the experts vs. discussing here what we think are best practices. It was shared about someone one of our members knows who had the virus and has recovered and is back at work. Some of us feel it's helpful listening to Governor Cuomo. You can sign up on his website to get updates and find out when he's speaking. (<https://www.governor.ny.gov/>)

Some of us are news junkies watching NY1 or reading the Washington Post. One member mentioned she was taking an online class on the coronavirus through the Imperial College in London. Another member mentioned she's avoiding news outlets preferring to listen to NPR podcasts.

We cautioned each other to be careful and be safe. Hospitals are for people with coronavirus. Everyone should give their best effort to take care of themselves.

Downtown 3



Union Square Green Market

February

Cultural Events That Members Had Recently Attended

A number of good films on Netflix and at the Paris Theater, & Quad theaters.

A new restaurant in the neighborhood was recommended, Eleni's on Third Ave & 19th St. It is Greek with a few other Ethnic dishes on the menu.

Forgiveness and What That Means to Each of Us.

There was a range of issues discussed from

- not being included in a family will to
- how to handle problem neighbors, and
- how to be cordial when not necessarily friends.

Lincoln Square



Lincoln Center

MARCH

Our Major Concerns In Dealing With Covid-19, Considering That Most Of Us Live Alone: How We Would Cope If We Got Sick.

Most important is to stay out of the hospital, but that may not always be possible. If you call EMS, they will not give you a choice of which hospital they take you to. The best approach seems to be to call your doctor and ask them to arrange transportation; that way you can go to their hospital.

At least some Urgent Care facilities are seeing patients and will do a rapid test for seniors.

If you feel unwell – e.g., you wake up with a fever – you can call ZocDoc (<https://www.zocdoc.com/>), and they will put you in touch with a nurse. Medicare also has telehealth services. Private nursing services will not send people to help someone who might have Covid.

There is a NYC emergency phone number for seniors – 1-844-NYC4NYC.

You can prepare a go-bag in case you have to go to the hospital, but be prepared for it to be taken away by hospital authorities, who have no way to keep belongings secured. Most important in any case is paperwork – lists of family or other personal contacts with phone numbers, health insurance information, lists of medications taken, names of doctors. Keep this in your wallet (where authorities will look for it). You can also set a Medical Alert on your telephone, and use Life Alert or similar emergency notification system.

You can also reach out to your “buddy,” which is what we set our Neighborhood Group buddy system up for. If you learn that your buddy is not well, you should reach out to others in the group to help in any way they can, understanding that help will likely be limited to ordering food or medication or just calling or texting to offer moral support.

The JCC has organized volunteers to provide food and prescription delivery and IT help. Contact person: Mike Herman, 646-505-4396.

We traded some information on food stores in the neighborhood. Both Whole Foods and Trader Joe's have been closed for deep cleaning after Covid cases were identified in the stores. Smaller stores like Citarella designated 8 – 9 a.m. every day for seniors and the disabled, and Gourmet Garage have not been too busy since the initial rush, but some found that they were careless in enforcing the 6' spacing rule. Time slots for the major delivery services have been hard to come by, but it was noted that Fresh Direct releases slots after midnight so 1 or 2 a.m. would be a good time to try to snag one. Instacart is another possibility.

We agreed to meet on Zoom every Friday afternoon at 2:30 p.m., at least as long as we're shut in. And when it's all over, we'll all have a glorious dinner to celebrate!

APRIL

The group met via Zoom on successive Fridays – April 3, 10, 17 and 24. Attendance ranged from 12 to 14 members.

Because of the large number of participants and the limitations of Zoom we made particular efforts to ensure that each person had a chance to speak. At first, we spoke

about **How We Were Individually Managing Under Lockdown, Exchanged Information on Neighborhood Resources, and Shared Thoughts on What Brought Us A Bit of Pleasure or Hope** during the previous week.

About mid-month we moved to formalize the subjects, focusing in one meeting on **One Thing We've Learned About Ourselves Through This Period Of Isolation**, and in another, on **What Long-Term Changes We Thought That Covid Might Bring To Our Lives "On The Other Side."**

Meeting weekly has given us a chance to get to know each other better than when we were meeting in person, in part because most members of the group have been participating every week; attendance is almost double what it was on average when we met monthly in person. We intend to continue to meet weekly as long as members feel that this is helpful.

Midtown East -Day



Citicorp

MAY

Positivity

Several members described cleaning out and either storing or discarding clutter, mementos, old clothes, a project which made them feel they had accomplished a lot. Many said they had been meaning to do this for a while and finally got around to it now that sheltering at home had given them the time to attack these chores.

A couple were pleased that they had taken care of odd tasks they hadn't gotten to before. One member reported she had finally found out via Google that she needed to charge her toothbrush 16 hours in order for the charge to last; another was relieved she'd finally nailed delivery spots with Fresh Direct.

Others emphasized they were grateful for their good health, which allowed them to walk most days, an activity they enjoy.

A few members told of signing up for online art courses.

Another was taking advantage of free online exercise classes at Senior Planet.

Another researched old Alec Guinness movies and found several to watch which were either free or available at a nominal charge.

This strange time has also given some of the women the unexpected opportunity to connect with old friends and colleagues they hadn't been in touch with for a long time, in most cases by telephone rather than email.

One TTNER described watching concerts online, which make her feel that she's at Lincoln Center.

Another told of finding new friends through Zoom meetings.

Another member recalled how great it was to play Pictionary on Zoom with her daughter and grandchildren who live in California.

MurrayHill/KipsBay



FEBRUARY

Kips Bay towers

Positive Aspects of Aging,

We agreed that many advantages of aging stem from retirement and having more time to pursue non-work interests. Members brought up a number of new or renewed activities including volunteering, taking classes, learning a new language, traveling, and hobbies, such as genealogy. Many of us are putting a higher priority on health and fitness by cooking healthy meals and maintaining regular work out routines.

Increased peace of mind and less worry was another theme. Some of us are worrying less about the future, or at least no longer worrying about dying young. Aging often brings wisdom as well as feelings of freedom and being true to one's self – not having to answer to anyone and getting rid of "shoulds."

MARCH

Our Experiences During the Shut-Down.

Members mentioned lack of concentration and focus, sleep problems, anxiety and/or depression, and difficulty coping with isolation. For some of us, one day seems to blend into another.

In addition to fear of getting sick, much of the difficulty stems from not knowing how long the shut down and risk of contracting the virus will last. Members spoke about coping by going for daily solitary walks, meditating, taking classes via Zoom, and watching streaming videos.

Going forward, we agreed that we would have weekly Zoom meetings when any members who desired could login and talk with the group.

Queens



APRIL

The Unisphere

Catching Up

Reporting on what we knew and didn't know and supporting each other in this unprecedented new normal.

We learned that one of our newest members had just recovered from the virus, and she gave us a report of what her experience was.

Resources

Acquiring face masks, food deliveries, hand sanitizer, free online courses, and a website for the highlights of Governor Cuomo's daily updates.

Information on additional resources members found including a daily curated lecture from the Barnes Foundation, virtual tours of museums around the world, and websites for other cultural events, interactive games, and one passed on a mental health hotline (844-863-9314) which she recommended.

On a lighter note, which was much needed, one of our members gave a talk she called, "First Pets: Animals in the White House." We learned that there have been more animals that have lived in the White House than humans (over 400). She didn't even talk about all the cats and dogs, but instead recounted the many strange animals like turkeys, pigs, goats, opossums, lizards, a pony, a crocodile, and even a hyena. We also learned some of the odd names they had.

For many of us who live alone it has been great to see our friends and share our stories again.

Upper West Side 1



MARCH

Fairway Market

How We Are All Handling This Pandemic and Our Relative “Lockdown”

Good things to do:

- Make choices - and refrain from watching too much - TV - PBS with Judy Woodruff is preferred.
- Listen to only to one or two information sources that you find reliable. Some options: Bryan Lehrer, CDC, PBS News Hour.
- Sit down at night and make a schedule for the next day as a way of structuring these days.
- Exercise is most important. Everyone is liking Leslie Sansone's in-home walking videos. A way to get aerobic benefit.
- Walk outdoors - clears your lungs, and UV light kills off virus on your clothes. Nature restores. People touch their faces 90 times a day. Airing out our apartments is healthy. Open windows on a nice day.
- People like Spelling Bee on the NYT site. (\$19.99).
- Clean your apartment.
- Cook
- Listen to operas.
- Create—play the piano, if lucky enough to have one, paint, sing, voice lessons via Zoom, make face masks.
- Shop-- Try invisiblehands.com Someone will go shopping for you and deliver. Instacart, Farmer's Markets

Coping and Our Emotional States

- Talking on the phone can bring up the subject of the virus over and over. But can also make for meaningful connection as can meeting others via Zoom. We added an extra Zoom session this month.
- One member walks around her apartment while talking on the phone to keep from sitting too much.
- Another member distracts herself planning her escape. She plans to rent a space somewhere where there is less density.

Various Building Rules

- One person in an elevator is considered the best.
- No guests in home.
- One member had Verizon technician today per her request. He wore shoe covers and used Clorox wipes on his hands.
- Stopping newspaper print subscriptions - have to put a resumption date.
- For UPS delivery (or wine delivery) - make sure they have your cell phone. They'll call when they deliver.

Thoughts on Limiting Emails.

- It was suggested to put names in BCC to limit our email address circulation.

New Study with Aerosols - Droplets.

- Beware the misinformation/disinformation.
- Loss of smell is associated with multiple respiratory infections.
- Listen to Anthony Fauci and Andrew Cuomo

Perspective:

We are going to have more pandemics because we are destroying the habitat and upsetting animal patterns.

In discussing the pandemic, our resident physician said that half the people in the ICUs are under 55. Herd immunity doesn't work if there are too many people. It does work if there's a vaccine.

Do we (senior citizens) have to get a measles booster shot? We may not have enough immunity anymore. We can be tested.

Someone talked about a pre-emptive model vs. a reactive model –

Asian model is pre-emptive. Test anyone connected to anyone showing symptoms. South Korea has not shut down its economy. The totalitarian model works better.

They're fining people in France just for going to the park. In Spain people cannot go to the parks because they congregate there. Why did Columbia University disseminate their international students when one student died of COVID-19?

People are buying guns fearing marauders after their food and supplies (their toilet paper –LOL)

APRIL

TTN Calendar at TTN New York City Chapter <nycchapter@thetransitionnetwork.org>

Energy Exercises for Focus, Balance, Flexibility, Breathing.

- Daily Qigong Routine (17



minutes) <https://www.youtube.com/watch?v=nmmNWj9YtAw>



- Heaven and Earth Qigong for Respiratory Health
https://www.youtube.com/watch?v=VKRdUe2_SB0

- Qigong through Dorot from 3-4 on Mondays DOROTPrograms@dorotusa.org

Discoveries and Silver Linings:

One of us found the iNaturalist app, which identifies plants, flowers and trees.

<https://www.inaturalist.org>

Silver Linings:

- Clean air
- Bird varieties in Central Park because it is a migratory pathway.
- Coyotes in Central Park – have been in the northern region of the park for many years.
A member had heard the story of one running into the city at night, found sleeping under a car on 23d Street.
- Cuomo – in his present moment, showing great leadership.

Cultural events:

- Stephen Sondheim concert scheduled for 8 pm last night is now on YouTube.
- Public Theater – April 29 at 7:30pm – The Apple family – Richard Nelson playwright - it is free and can be accessed on Public Theater Website.
- Carnegie Hall Live – has some free streaming concerts.

- Angelique Kidjo – tomorrow afternoon (April 28).

Good things:

- Laurie Santos - Happiness course suggests savoring a moment a day – and keep a journal about what experiences you found satisfying each day.
- One of us is doing her drumming with her group by Zoom – not the same, but much more convenient. Rich musical life sitting in front of her computer. She is appreciating that the Brazilians (drummers) from Brazil are such a rich warm community.
- Another continues learning piano again and geography.
- One of us is keeping up with the chorus online. She also joined Somet. Someone mentioned the Kyrie Project at St. Ignatius Loyola church, to “sing” Renaissance Kyries. She has also been Face Timing with her family in Pittsburgh and Denver. That includes some young nieces.
- One member is pursuing playing the harmonica. Something she always wanted to do.
- Another has been painting while listening to Bob Dylan’s new song (dirge) about the JFK assassination – 17 minutes. Not cheerful but moving – another cataclysmic event our generation knows so well – seems pertinent now.

Ordering take-out dinner.

- One ordered from Pasha; it worked out well.
- Question was raised about how much to worry about contamination –

COVID-19 realities that beset us.

- Our member who was stricken described her experience, calling 911 when she first became sick. She literally felt that she couldn’t breathe. She states knowing that one can go on that way for some time without consequences.
- One of our members has lost four friends to the virus. One just today.
- Another expressed some worry about the cough she is experiencing. Noting that it could be anxiety, she nevertheless has purchased the Pulse oximeter through Amazon – to arrive on May 8th, mentioned in
<https://www.nytimes.com/2020/04/20/opinion/sunday/coronavirus-testing-pneumonia.html>
- We talked about having a pulse oximeter, which should read 95 or greater in room air. If it’s less (for example, 87) it’s too low.
- Our physician member also noted re determining what a cough might be. Do a “poor man’s workup” only if you have mild symptoms and are worried:
Take Tums and if you feel better, it’s acid reflux.
If you take an allergy med and you feel better that’s what it is.
(If you have serious symptoms DO NOT HESITATE TO GET MEDICAL HELP).
- The question arose as to why young people may now be having strokes related

to the virus. Our resident doctor: This suggests that It may be a vessel disease – why it affects the young. Why in some it affects the vessels in the lung, others in the brain, other in the kidney – these are the questions.

Following our meeting, she sent the following link to a piece on the subject
<http://www.wnyc.org/story/covid-19-thickens-blood-causes-strokes-in-some-patients-with-mild-symptoms/>

What we can be doing:

Organizations exist where you can read to kids online – We will learn more about this.

Hair -- last – not least –:

YouTube – Brad Mondo – for self-cutting long hair.

<https://www.youtube.com/watch?v=FAmE16ej9IU>

Upper West Side 3



APRIL Face Masks

West End Avenue

- Car shop cloths made from non-woven material excellent for making masks and available on Amazon and Walmart.com (handi wipes also non-woven)
- YouTube is filled with instructions for making face masks (some more basic than others), e.g., <https://youtu.be/mai-UqdNRi8>
- Recommended Washington Post article on face masks
<https://apple.news/A9T68RkXZTmOZVWjxUudu7Q>
- Another member showed us her bandanna mask and will send us instructions; she uses knee high stocking to hold mask in place instead of rubber band
- Whatever mask system we use, mask should fit snugly (but not give us a false sense of security)
- Wise to wear a mask when going into a hallway or getting mail
- Walking building stairs (wearing a mask!) is good exercise

Covid-19

A member has discontinued physical therapy sessions since feeling achy; self-isolating, but hard to know if a symptom is “normal” or coronavirus

The buddy system has made a big difference in being able to cope with self-isolation and anxiety

Increasingly aware of how coronavirus affects people according to socio-economic status

Food and Help

- Bloomingdale Aging in Place catchment area is West 96th St. - 110th St.
<https://www.bloominplace.org>
- Invisible Hands food delivery system really works
<https://www.invisiblehandsdeliver.com/about-us>
- Grocery shopping a trial, need to hustle for grocery delivery time slot
- Broadway Farm no longer delivers, Fresh Direct delivery takes 3 weeks (check for updates), grocery delivery tipping can be done online
- A member of the group reported that her apartment building has list of people who will shop for neighbors
- Check out Task Rabbit <https://www.taskrabbit.com>
- West Side Market delivers, but you may have to shop in person (worth checking out)

Miscellaneous

- Spending too much time dealing with bank
- Kept dental appointment (a quick in and out)
- Doing aerobics for seniors, but alone and not interactive

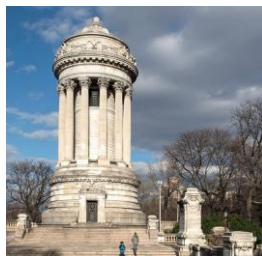
On the light side:

- Lincoln Center has great links to dance and orchestral performances
<http://www.lincolncenter.org/video/page/livestreams>
- Acorn TV is offering a free 30-day subscription <https://acorn.tv>
- LIW21 (channels 1227 & 1228) has good British shows
- 92nd Street Y offers free on-line courses; JCC has many on-line activities
- Streicker Center at Temple Emanu-El offers free programs at
<https://www.emanuelnyc.org/streickercenter/>
- Nia, an exercise that combines martial arts, dance and aerobics set to music, is on
<https://www.niatv.fit> Niatv.fit
- The Navigators: A Medieval Odyssey 1988 movie
<https://www.nytimes.com/1989/06/28/movies/reviews-film-a-fantasy-suspense-that-puts-adventure-first.html> (fantasy and mystery combined, a tale for our coronavirus times, not as grim as it sounds and uplifting)

Things to do:

- Tape favorite exercise shows, create your own menu and routine, replay when you want
- Follow Senator Schumer Q&A
- Virtual cook along with family member (e.g., with daughter in preparation for Seder)
- Zooming a Seder is challenging, but worth the effort
- Regular art classes now conducted via Zoom are hugely rewarding

Upper West Side 4



Soldiers and Sailors Monument

FEBRUARY

What Have Been the Positive And/or Negative Aspects Of Retirement Or Other Late-In-Life

There was only one who actually made and implemented an orderly plan for retirement.

Because of circumstances, one just quit one day without a plan for going forward.

One was caught up in a hostile takeover.

Another's company started outsourcing jobs and she was let go.

One felt her job had become too political and didn't want to deal with it any longer.

After being a workaholic and then quitting, one member said waking up and not knowing what to do the next morning was frightening, but then she made the decision to renovate her apartment, a project that took over a year to learn how to do and seven months to execute. For her, the end result was a very positive life changer and something she could never have done while still working.

Other members mentioned, after leaving work, the challenge of dealing with their identities being associated with their careers, the difficulties associated with the lack of structure in daily life and leaving valued colleagues behind.

Two found that the timing of their job losses turned out to be fortuitous because their parents became seriously ill, and they were needed as caregivers. Had they been working, they likely would have had to quit anyway in order to take on this role.

One mentioned that her job had become so political that she didn't miss it at all.

Some of the many activities the members enjoy doing now are attending classes, going to the theater, traveling, hobbies, charitable work and volunteering, etc., which they find interesting and fulfilling. All mentioned how TTN has also been a great source of new friendships and cultural activities.

Some said they could no longer remember what it was like to get up for work every morning and are glad they no longer have to do it! What was once a traumatic transition from work to unemployment has turned into a world of freedom to do what one wants each day.

APRIL

How We Have Been Coping

We offered suggestions regarding how to entertain ourselves with all the free time we now have.

One person decided to share something she wrote about what she's learned about herself over the last few weeks and several of us recognized ourselves in her description, which was very insightful. We shared how we think the city will survive this unique disaster, with some being more optimistic than others. And we were concerned about the impact on the poor, which always seems to be bigger than on others.

We also had more frivolous chatting about hair, makeup and jewelry and how one doesn't need to bother with these things while in the house.

Upper West Side Afternoon



Museum of Natural History

FEBRUARY

Searching for Medical Information on the Internet

D., a former research librarian, distributed the one-page summary which follows. These points were highlighted during her presentation on web searches for medical information:

- Begin your search by using just a few key words and use a variety of sources.
- Government websites- e.g., **CDC.gov** and **NIH.gov**; and Universities/Hospitals- e.g., Harvard Health and Cleveland Clinic, are more reputable than sites like WebMD that include advertising.
- National Associations for an illness or type of doctor are good resources, but be cautious about the accuracy of information found in patient chat rooms and bulletin boards.
- Manufacturers websites are a source of facts about drug interactions and risks.
- **The nydoctorprofile.com** contains information on file at the State Department of Health about all MDs licensed in NY. Googling a doctor's name may give you out of date info about the doctor's board certification or hospital affiliations.
- Save the URL of a website that you find useful, so you can refer to it again.
- Note when an expert or a journal article is cited in multiple other sources.
- Look for the most factual information, and Don't Scare Yourself!
- A good resource for health technology tips is Tech-Enhanced Life:
https://www.techenhancedlife.com/about

Tips for selecting Health Care Providers

B., a former hospital & medical school administrator, offered these suggestions:

- Look for a primary care provider who uses an electronic medical record (EMR) and is part of a group or faculty practice.
- Try to utilize doctors in the same health care system so they can share notes and test results already recorded in the system's EMR.
- Medicare and most commercial insurances cover the cost of 2nd opinions. If you are not comfortable with a doctor's treatment plan or advice, have it reviewed by another MD.
- If your doctor/hospital utilizes the EPIC electronic record you can go into the patient portal and give access to your EPIC records to other health systems/providers that use EPIC.
- Have a one-page health summary ready when you visit a new provider (*sample attached, from the CC Hospital Resource Manual*). Keep it in your handbag in case of emergency.
- Use the same pharmacy (one that has an electronic profile of all your medications and allergies) to minimize adverse drug interactions that can happen when multiple doctors are prescribing new meds.
- Urgent Care is an option if your MD office is closed and you are not feeling well, so you can avoid visiting a busy emergency department.

MARCH

How we are coping with Covid-19, especially Social Distancing

Fortunately, all the members participating in our discussion said they have not experienced any symptoms of the Coronavirus.

We discussed these resources for ways to stay healthy and virus free.

- Government websites- e.g., **[CDC.gov](https://www.cdc.gov)** and **[NIH.gov](https://www.nih.gov)**, and Universities/Hospitals- e.g., Harvard Health and Cleveland Clinic, are more reputable than sites like WebMD that include advertising.
- The CDC advice about wearing masks if currently asymptomatic has of course changed in the past week, as well as recommendations for disinfecting hard surfaces.
- The Medicare insurance program now reimburses all Medicare-enrolled providers for video and phone visits. (Just about all commercial insurances were already paying for virtual Urgent Care and Office Visits)
<https://www.medicare.gov/medicare-coronavirus>
It's a good idea, even if you are feeling OK right now, to call your primary care MD to find out if they are set up for video visits, especially if they are not part of a large group or faculty practice. If not, all the major hospital systems are doing video visits through their patient portals. You can check the systems websites in advance to see which ones accept your insurance for a virtual visit.
- The Washington Post and LA Times are offering free daily newsletters with links to their Covid-19 related articles. The balance of their websites still have a pay wall. These are the most respected and authoritative papers other than the NY Times, and it is also interesting to read their reporting about Covid in their local markets.
 - If you'd like to try Meditation to help you relax now, **[CALM.COM](#)** was suggested.
 - The TTN-NYC home page has links to many health and wellness on-line resources. **<https://www.thetransitionnetwork.org/chapters/chapters-ttn/chapters-new-york-city/wellness-fight-isolation/#>**

We also shared tips to keep busy while mostly confined to home:

- Fellow TTN members have suggested a number of Cultural and Educational Organizations that are streaming lectures, performances or virtual tours of their exhibits. **<https://www.thetransitionnetwork.org/cultural/>**
- **[Seniorplanet.org](https://www.seniorplanet.org)** has weekly newsletters listing additional Culture suggestions, as well as info about ongoing technology classes that have moved to zoom and other platforms.
- Check out Cultural Organizations outside of NYC that you've visited-they may also have recorded events that can be accessed for free now. **[chautauqua.org](https://www.chautauqua.org)** is an example.
- The TTN SIG page lists several "open" Culture groups that are, or will be, doing Zoom meetings.
<https://www.thetransitionnetwork.org/chapters-new-york-special-interest-groups/>

APRIL

Our group transitioned from meeting monthly to an every two weeks schedule, and nearly every member was able to participate in one or both of the ZOOM discussions in April.

We shared what we've been doing with our unexpected free time, including:

- Checking in with family/friends more frequently via ZOOM and Facetime
- Making face masks-and comparing which styles are most comfortable
- A majority of members are going outside regularly for fresh air, dog walking, or quick trips for groceries-but a few with medical issues have been inside since March
- Cooking more, and making more complex recipes
- Trying out new food resources, and sharing the best neighborhood stores and delivery services

We also discussed our concerns about how to safely obtain medically necessary medical care during the Covid-19 outbreak

- Several members related their experiences with virtual visits with doctors whose offices were closed. Chatting with a familiar medical specialist - via a hospital system app or Facetime- was generally positive. One member even had a virtual physical exam during her visit, when her doctor asked her to place her Iphone near the parts of her body that he always checks during her in-person visits.

While everyone in the group currently has no virus symptoms, we agreed that it was a good idea to pack a medical emergency "GO BAG" now-just in case.