Independence Day

According to Wikipedia, Independence Day (Fourth of July) is a federal holiday in the United States commemorating the Declaration of Independence of the United States on July 4, 1776. The Continental Congress declared that the thirteen American colonies were no longer subject to the monarch of Britain and were now united, free, and independent states. The Congress had voted to declare independence two days earlier, on July 2, but it was not declared until July 4.

Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States.
I don't know how I'm feeling.
I think I feel all right.
I'm busy doing nothing
From morning until night.

I left the house today.
I went to do some shopping.
I sang along the way.

I gave the bags to mom.
We smiled and laughed and she was fine.
Then I went back home.

Today I'm not too sure.
The numbers keep on climbing.
Will they find a cure?

I just don't need this stuff.
Some cake and wine and chocolate,
But boy this thing is tough.

I don't know how I'm feeling
When I stand and clap so loud.
So grateful, happy and so sad
In the isolated crowd.

I don't know how I'm feeling
When will that dream job come?
I'm optimistic, hopeful,
And luckier than some.

I don't know how I'm feeling.
I saw the news today
But only very briefly.
Why won't it go away?

Do you know how you're feeling?
You know that it's okay
To sit and cry and wonder,
To want a better day.

Let's just hold this feeling
Of love, of light, of hope.
Let's relish all the quiet.
Be proud of how you cope.

Today I got the feeling
That soon this will be done.
Our lives will change forever,
But look up at the sun.

You know that deep down feeling
Of joy, of loss, of pain,
The love, the sadness and the hurt.
You'll be okay again.

One day we'll get that feeling -
Was all this even real?
Hold onto that feeling.
In time we will all heal.
Hello Covenant Place Residents and Happy July!!

Just a few things I want to share with you all:

First I want to say thank you to everyone who came to our Independence BBQ. I had a great time while social distancing, enjoying food and good music. I hope you all had a great time as well.

July is a very hot month it is also UV Awareness Month. According to United States Environmental Protection Agency there are many Health Effects of UV Radiation. Understanding the risks and taking sensible precautions will help you enjoy the sun while reducing your chances of sun-related health problems. As it heats up I want you all to be mindful of the dangers of the warm weather.

Some heat risks are Skin cancer, Premature aging, Heat exhaustion, Sunburn, and Immune system suppression. In your newsletter last month there was a chart listing the different heat related illnesses, symptoms, and solutions. Please make yourself familiar with the chart so that you can stay safe while out in the sun. If you need a copy of the chart please give me a call I will be happy to make you one.

We now have scheduled visitation. If you are having a visitor please call the office to let us know 24 hours in advance. Visiting hours are 9am-3pm Monday—Saturday. Please remember that there are a max of TWO visitors allowed at a time. Your visitor must wear a mask to enter the building and you should wear a mask while they are inside of your apartment. These are precautions for your safety.

The “emergency” food pantry is currently closed until further notice. This is to ensure items are available when in an emergency/ quarantine/ lock down situation. Online shopping and delivery is available at your local grocery store.

The computer lab will be open for your use this month starting July 13th. The hours will be between 9am-3pm with everyone getting one hour in the lab. There will be scheduled time slots that you will call the office to reserve. Two people will be allowed at a time and masks must be worn.

Lastly, Just a warm reminder that Coronavirus (Covid-19) is still an ongoing pandemic in our country. Yes, at the current time we are in a better position than most. However, that can change at any minute if we are not careful. With that being said we must continue to ensure that we are taking the necessary precautions at Covenant Place. Please understand that these precautions are put into place for your safety, the safety of your fellow neighbors and the safety of UMC Associates. Also, remember that I am just a phone call away if you have any questions or concerns. I encourage you all to stay informed. Refer to page 6 for COVID-19 tips and resources.

Happy Birthday to Gamal A., Vivian H., Jessica M., Lloyd M., Juan N., Eldesein R.

Stay cool and stay safe. Hope you all have a great month.
AT HOME ACTIVITIES WHILE SOCIAL DISTANCING

Try A New Recipe!

Don’t be a couch potato! Exercise during TV commercials. Walk down the hall.
Stretch! MOVE!

Go through those old photographs. You know you’ve been meaning to do it! Write names and dates on the back.

KEEP A JOURNAL! These are unique times and should be documented!

Call a friend at least once a day. Get out the address book and have some fun!

Write down your childhood memories. Here’s your chance to pass those stories on to future generations. Don’t make it too complicated. A story on each page and a page a day!

Organize your clothes.

Count Your Blessings! Then count them again!

Go outside to sit in the picnic area or on the bench. Remember your mask, the heat illness Symptoms and social distancing.

One small positive thought in the morning can change your whole day.
Maintenance Memo

At this present time work orders are not being performed unless it is an emergency. The maintenance staff is working hard to keep the building clean and sanitized for everyone. You are encouraged to continue to call the office to place your request for work to be completed in your apartment. When work orders resume they will be performed in the order that they were received.

A Message from the UMC Foundation

#UNITEDagainstCOVID19

From the moment COVID-19 was declared a pandemic, our strong donor community of family members, residents, business partners, and friends sprang into action. Handmade masks, meals, and notes of hope and encouragement have been delivered to residents and staff. With donor support, “blessing bags” of treats and activities were distributed to brighten residents’ days. This outpouring of love means so much to our residents and team members.

Many families and friends who are new to the UMC Foundation have asked how they can help. Right now, the best way to honor our residents is to support the superhero staff that care for them with such compassion and creativity. The UMC Foundation launched a #UNITEDagainstCOVID19 appeal to fund special appreciation bonuses for all full-time and part-time staff serving in our Communities. We’re blessed to share that just over $106k has been raised towards our $200k goal.

If your family would like to join our #UNITEDagainstCOVID19 effort, please visit foundation.umcommunities.org/donate or send a check made out to United Methodist Communities Foundation to 3311 State Route 33, Neptune, NJ 07753.
Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

- Stay at least 6 feet (about 2 arms’ length) from other people.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- When in public, wear a cloth face covering over your nose and mouth.
- Do not touch your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

[cdc.gov/coronavirus]
# July 2020 Calendar

Check out our calendar and plan to attend the fun activities, educational workshops, and special events happening in our community.

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<td><img src="image" alt="Walking" /></td>
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