“Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.” – Henry James
Administrator’s Corner

From the Housing Administrator, Dominique Phillips

Dear Residents,

Attention resident I would like to take this time out to introduce our newest member to the team Paul Jones Jr. (Porter)
When you see him in the hallways lets give him a big warm welcome!

We spend precious hours fearing the inevitable. It would be wise to use this time adoring our families, cherishing our friends and living our lives.
We are in this together, United we stand divided we fall.

Dominique

Social Service Coordinator Chat

By Aleshia Alston

I know many of you by now are dealing with “COVID19 fatigue”. We all are tired of hearing about COVID19, wearing masks and social distancing. It can be overwhelming at times but necessary. Here are some ways to deal with “COVID19 fatigue”:
1. Maintain contact with family and friends.
2. Get some fresh air. Sit outside or go for a walk in the morning or evening when it is not too hot.
3. Reach out for emotional support if you need it.

If you are feeling the emotional and mental toll of #COVID19 can call 1-866-202-HELP (4357), for free, confidential support. NJMentalHealthCares will be answered by live trained specialists 7 days a week, 8am – 8pm.
NJ Hopeline (855) 654-6735
PineRidge’s Pantry

For your convenience, PineRidge of Montclair has established a food pantry. We also have additional items as well. We have dish detergent, toothpaste, toothbrushes, bar soap and lotion. If there is something you need, please do not hesitate to call (973)746-0003 for assistance.

#UNITEDagainstCOVID19

A Message from the Foundation

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.
Learning Opportunities

Check out TV34 for Wellness and Learning!

TV34 Schedule of Classes

Mondays
11:30 AM - Sit & Be Fit

Wednesdays
9:30 AM - Global Current Events with Pierre Fabian

Thursdays
9:30 AM - Renaissance Humanism
11:00 AM - A Taste of Tai Chi

Saturdays
11:00 AM - Work Your Core, Improve Your Balance
2:30 PM – Zen Art

Sundays
11:00 AM – Watercolor Class
6:00 PM - Art History

Keep in mind that there may be interruptions to the classes if other programming must air (for example, the Governor's daily briefings). All of the classes can also be viewed online at www.lifelongmontclair.org/youtube.

Connect with us through social media!
Wellness

COVID19 has taken a toll on everyone. Pay attention to how you are feeling. Pay attention to your neighbors, friends and family members.

Warning Signs of Suicide

Here are a few other warning signs of suicide:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

Suicidal behaviors are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 911:

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

If you are unsure, a licensed mental health professional can help assess.

New Jerseyans feeling the emotional and mental toll of #COVID19 can call 1-866-202-HELP (4357), for free, confidential support.

NJMentalHealthCares will be answered by live trained specialists 7 days a week, 8am – 8pm.

NJ Hopeline (855) 654-6735

National Suicide prevention Hotline
1-800-273-8255

Mental Health Resource Center
Mon, Tues, Thurs / 9am-9pm
Wed, Friday / 9am-5pm
(973) 744-6522
As you are aware, the township of Montclair in conjunction with Tony’s Kitchen provides bags of food and meals every Wednesday afternoon to the residents of PineRidge of Montclair. Moving forward, the food will be delivered once a month. The food will continue to be delivered to you. We will knock on your door to alert you that the delivery has been made.

**Reminder!**

*At this time emergency work orders and issues in your apartment that are safety related are priority so that we can concentrate on sanitizing the building. Your health and safety are our priority!* However, if something in your apartment is not working properly, please do not hesitate to contact the office or security. Please do not try to fix it yourself! It will be addressed at a later time.

*Thank you in advance for your cooperation!*

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Masks protect you from getting *my germs*, therefore, “Wearing a mask means I care about you”.

How to Wear a Cloth Face Covering

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- allow for breathing without restriction and be able to be laundered and machine dried without damage or change to shape

Remember to wash your cloth mask daily and make sure that it is thoroughly dry.
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**July 2020**