

BELLE HAVEN Newsletter

Our Community News

4/1/2020

Edition 4, Volume 4

WAYS TO STAY CONNECTED; THINGS TO DO WHILE STAYING AT HOME!

Making use of all the current technology we have at our disposal, you can still stay connected: Call, text, email or video chat with at least one person daily. Connect with friends and family using apps like Skype, Facebook Messenger, or Zoom that allow you to video chat with several people at once. Get creative: host a virtual family reunion, happy hour (with or without adult beverages), or game night. Go to this link on YouTube for an uplifting virtual moment:

<https://www.youtube.com/watch?v=3y51WWrYodI>

-Write emails, letters or send cards to friends and loved ones. -Watch live-stream videos on Facebook and interact in the chat box. -Search YouTube for exercise classes and educational videos

to keep your body and your brain moving!
Things you can do at home: BH has digital starter programming and many programs you may not have seen (or even knew about) can be seen On Demand (go to Channel 01 and choose from many movies / programs). Do a jig saw puzzle (heard today sales of puzzles are up 370%!). Read that book that has been sitting on the bookshelf. Do at-home exercises (again many programs available on-line or on TV). Take a walk (keep your social distance). Clean out that closet! Organize your drawers and files. And, there's extra cleaning to do on the lanai with the wicked pollen season this year!

ASSISTANCE FROM COUNCIL ON AGING

If you are in need, even though office is closed, you can reach COA. Meals on Wheels will continue to be

Clubhouse Events

**(CLUBHOUSE IS CLOSED
AND EVENTS CANCELLED
UNTIL FURTHER NOTICE)**

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Monday – Bingo 7 p.m.
Tuesday – Cards 6 p.m.
Wednesday – Crafts 7 p.m.
Friday - Book Club
(monthly) 7 p.m.

DATES FOR APRIL

Wednesday, 04/01

Census Day!!

Thursday, 04/09 through

Thursday, 04/16

Passover

Friday, 04/10

Good Friday

Sunday, 04/12

Easter Sunday

Wednesday, 04/15:

allowance to submit by

Wednesday, 07/15

Tax Day

Friday, 04/24

Book Club; 7 PM (hoping)

"The Secret to Happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less!"

Socrates

delivered, and caseworkers and members of COA staff will continue to be available by phone and via email. Should you need assistance, you can contact COA at 904-209-3700, Monday - Friday from 8 am to 5 pm; via email at info@coasjc.org; and via their website at www.coasjc.org.

BE CAREFUL OF SCAMS AND FRAUD

There are those trying to take advantage during this time of uncertainty. Watch for fraudulent phone calls, e-mails, and even texts. Make sure your e-mail is from a trusted sender; don't open attachments / links that you are not sure of, and don't give out personal information over the phone! BE CAUTIOUS!

NATIONAL CENSUS; STARTING APRIL 1ST

The once-a-decade population housing count has started. This directly affects representation in your government, determines the amount of funding our community receives over the next ten years, and provides necessary data to adequately plan future needs in St. Johns County, Florida, and across the United States.

Nearly every household will receive an invitation to participate in the Census and will have the option to

respond by mail, online, or by phone. If you respond online or by mail, you will be counted and no one will have to visit your house. If you've received your census form by mail, please fill it out and return it. If you haven't received a form in the mail, you can go to <http://www.sjcfl.us/census/> and do the census on-line. St. John's County loses \$14,450.00 per person over ten years for each person that is not counted!

BH EVENTS BEING POSTPONED

The yearly complex-wide tag sale in April is postponed until the fall. The Social Committee had planned to host a pizza party in April that will be rescheduled for the fall. The annual Kentucky Derby Party in early May is cancelled; perhaps we can have a Breeders Cup Party in early November! The March Book Club was cancelled; we are hoping to have a meeting at the end of April (reading "My Brilliant Friend" by Elena Ferrante).

SAFE DRIVING WHEN GOING OUT ONTO ROUTE 1 SOUTH (LEFT)

When leaving Belle Haven and pulling out to go south

(left) onto Route 1, instead turn right on Route 1, go up to the next left turn slot and make a U-turn to get you going south. This can be safer and easier than trying to make that left onto Route 1 from Southwood Lake Drive.

PUBLIX: GROCERY DELIVERY OR CURBSIDE PICKUP

If you'd like to have someone "pick" your groceries and then deliver them to your home, or pick them up inside the store or at curbside, go to:

<https://www.publix.com/> and then under Shop Online, you will see three options: Delivery, In Store Pickup, or Curbside Pickup. Click on one of those and you will be redirected to Instacart where you, for a fee (\$5.99 for orders of more than \$35.00; \$9.99 for order of \$10.00-\$35.00, unlimited deliveries for \$14.99 / month, or an annual fee of \$99.00 - \$149.00 depending on location). You will choose your items (probably have to put in 2 choices in case the first one you choose is not available). Add the items to your cart and proceed to checkout and scheduling your delivery. Please note the prices may be higher

than in-store shopping, and the regular sales circular prices won't apply. If you need help, you can get it at <https://help@instacart.com>, or call 888-246-7822.

SOME STORES HAVE SPECIAL SENIOR HOURS

PUBLIX: Tuesday & Wednesday, 7 – 8 AM
WINN DIXIE: Monday thru Friday, 8 – 9 AM
WHOLE FOODS: Daily, 8 – 9 AM
FRESH MARKET: Monday thru Friday, 8 – 9 AM
COSTCO: Tuesday and Thursday, 9 – 10 AM
WALMART: Tuesday, 7 – 8 AM
TARGET: Wednesday, 8 – 9 AM
DOLLAR GENERAL: There are several in the area. Daily, 8 – 9 AM
BIG LOTS: Daily, 9 – 10 AM

BE SAFE!!

During this COVID-19 Pandemic, here's a link to the President's Guidelines to help slow the spread of the virus.

https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf

Stay home! Stay at least 6' away from other people! Avoid groups of more than 10 people! Avoid discretionary travel! Wash your hands (for at least 20 seconds) with soap and water. Avoid touching your face. Sneeze or cough into a tissue or your elbow. Disinfect frequently used items (your cell phone) and hard surfaces (doorknobs, handles, counters).