



March 2020

Understanding, Community & Compassion



We've had such a great response that we're back with another issue of Positive Pulse! This time, we'd like to discuss the importance of understanding, community, and compassion.

- Broadening your understanding of the current situation can help to alleviate fears and anxiety. When you know why you are doing something, you can better understand if it is a good decision for you and how to explain it to others. You'll gain self-

confidence that you are doing your best and can guide others as well. We are going to explain some of the key terms you probably have heard a lot about lately.

- While everyone is currently feeling isolated, communication is more important than ever. Find new ways to stay in touch and maintain social connections and build community with those around you.
 - Everyone is in the processing of adjusting their lives during this pandemic. It is important to stay flexible and resilient to maintain positivity and a healthy outlook on life. If you are doing well, it is time to help others who are struggling.
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Understanding COVID-19 Terms

What is a Coronavirus?

- The new illness spreading around the world is a coronavirus.
- Read our last issue to learn more about the basics and how to stay safe.
- Coronaviruses are the cause of about 1/3 of common colds, but this current strain (COVID-19) is much more infectious and dangerous than the usual variety.
- Coronaviruses are named for their "corona" or "crown" shape of pointy spires.
- Around this crown is an outer layer made up of lipids, which are fatty acids.

How Does Hand Washing Help?

- Think about getting butter, a type of fat, on your hands. Water will not be enough to get it off on its own; you need to use soap.
- Soap molecules have a head and tail. The head bonds with water but the tail rejects it, preferring oil and fat.
- Trying to escape water, the tail of the soap is drawn to the fatty outer layer of the virus and begins to pry it open, much like we might use a crowbar to separate two pieces of wood.
- Once the virus or bacteria splits open, it spills its guts into the soapy water and dies.
- Water and scrubbing with your hands are important to this process because the combination creates more soap bubbles, which disrupt the chemical bonds that allow bacteria, viruses, and other germs to stick to surfaces.
- Hand sanitizer with 60% alcohol can kill the virus, but it is more difficult to wash it all away.
- Remember to wash for 20-30 seconds and [use proper hand washing technique!](#)

What is Social Distancing?

- Social distancing is deliberately increasing the physical space between people to avoid spreading illness.
- Staying at least six feet away from other people lessens your chances of catching COVID-19.
- Other examples of social distancing that allow you to avoid larger crowds or crowded spaces are:

- Working from home instead of at the office
- Closing schools or switching to online classes
- Visiting loved ones by electronic devices instead of in person
- Cancelling or postponing conferences and large meetings

What is Self-Quarantine?

- People who have been exposed to the new coronavirus and who are at risk for coming down with COVID-19 might practice self-quarantine.
- Health experts recommend that self-quarantine lasts 14 days. Two weeks provides enough time for them to know whether or not they will become ill and be contagious to other people.
- You might be asked to practice self-quarantine if you have recently returned from traveling to a part of the country or the world where COVID-19 is spreading rapidly, or if you have knowingly been exposed to an infected person.
- Self-quarantine involves:
 - Using standard hygiene and washing hands frequently
 - Not sharing things like towels and utensils
 - Staying at home
 - Not having visitors
 - Staying at least 6 feet away from other people in your household
 - Once your quarantine period has ended, if you do not have symptoms, follow your doctor's instructions on how to return to your normal routine.

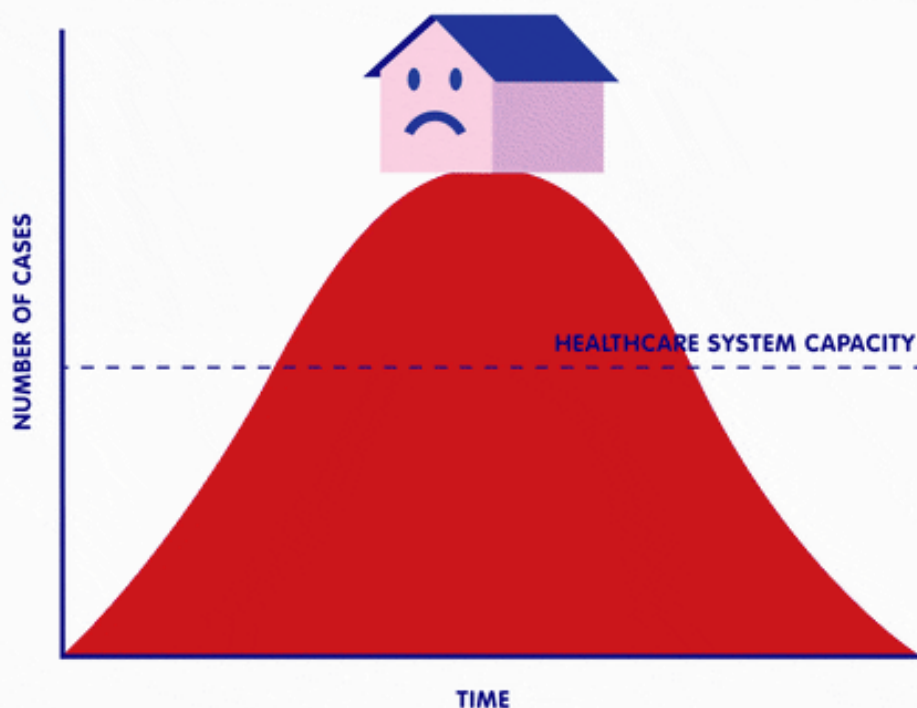
What is Isolation?

- For people who are confirmed to have COVID-19, isolation is appropriate.
- Isolation is a health care term that means keeping people who are infected with a contagious illness away from those who are not infected.
- Isolation can take place at home or at a hospital or care facility. Special personal protective equipment (PPE) will be used to care for these patients in health care settings.

What Does It Mean to "Flatten the Curve?"

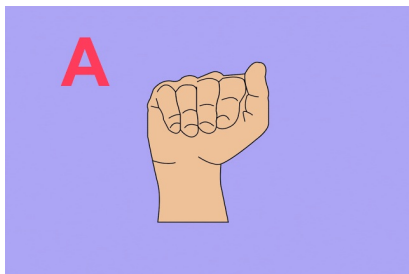
- The "curve" is referring to the exponential growth curve. When something grows exponentially, it means that it gets really big very quickly.
- In the case of the coronavirus/COVID-19, that means a lot of people getting sick in a short amount of time.
- If we practice social distancing, where we avoid large gatherings and keep a significant distance between ourselves and other people, we can reduce the amount of people getting sick at one time.
- This "flattens the curve" and stops hospitals and healthcare workers from getting overwhelmed and running out of space and equipment.
- It is not a perfect solution because people will still get sick, but over a longer period of time we can manage the situation better.

STAY HOME FLATTEN THE CURVE



SOURCE: <https://www.cnn.com/2020/03/24/health/soap-warm-water-hand-sanitizer-coronavirus-wellness-scn/index.html>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>



Understanding Others

Find a Penpal

- A penpal is a person who you exchange letters with, through regular mail or email.
- It's a good way to make a new friend, keep in touch with an old friend who is now far away, or to learn about another culture.
- Reading and writing letters frequently will help build your language skills.
- Hearing from someone else can help you see things in a different perspective than your own.
- It can build social skills and help you build common ground with someone you've just met.
- Waiting for a reply from your penpal can give you something fun to look forward to.

Learn a New Language

- It can help you communicate with people you previously could not.
 - As of 2013, more than 25 million U.S. residents speak a language other than English at home. That's one in five U.S. residents.
- The repetition involved in learning a new language can improve your memory.
- Using your brain to navigate multiple languages can make you more adept at multitasking.
- Learning a new language contributes to greater tolerance because of the exposure to a variety of cultures.
- Learning grammar for a new language also helps to improve your understanding of grammar in your native tongue.
- The brain is a muscle and learning a new language is a full brain workout!
- Learning American Sign Language is a great skill to have and can help you communicate with people with hearing impairments and people who are nonverbal.



Keep Following the News You Care About

- The coronavirus has dominated news cycles, and for good reason, but that doesn't mean it's the only thing happening; huge events like this have a way of eclipsing smaller stories.
- Keep in touch with the other things in life you care about.
- For disability related news, all of the programs at The Arc of New Jersey continue to provide updates, so make sure to keep checking your inbox!
- You can also download Abilities TV mobile app to have [more disability related news and radio stories right on your phone.](#)

Bond with Your Community

- Neighborhoods have been bonding in unique ways that still comply with social distancing rules:
 - String up Christmas lights for a festive glow
 - Completing outdoor craft projects, such as making positive chalk drawings on driveways
 - Singing songs from porches and balconies



Inspired By Italy, Dallas Residents Sing Together From...

In these uncertain times, we all need somebody to lean on. Or so felt the residents of South Side on Lamar, an apartment building in Dallas, Texas, where a group of residents stuck their heads out of windows in a chorus of quarantined voices.

[Read more](http://www.npr.org)
www.npr.org



Coronavirus NJ: Chalk The Walk, rainbow trails and love...

CLOSE Sidewalks all over the state glow in neon yellow and pastel pink, as kids decide to #ChalkTheWalk. Rainbows can be spotted in towns such as Barnegat, Hamilton and Collingswood, as parents tape rainbow drawings and messages of hope to their...

[Read more](http://www.app.com)
www.app.com



compassion

Be Understanding

Accept the New Normal

- We don't know what a couple weeks or even months will bring so don't speculate about it.
- If you're going to dwell on the worst-case scenario, come up with a contingency plan and focus on creating a routine to get through the days, one at a time.
- When worry strikes, take a deep breath and relax.

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting


Help Your Household Keep a Routine


- Set a schedule for rising, meals and bedtime. Resilience thrives with proper nutrition, and rest.
- Get dressed as though you're meeting people outside.
- Fill the day with projects and end it with pleasant rituals such as reading and catching up with friends over video.
- Build in time to exercise. You can find free exercise videos on YouTube and follow along in your living room or outdoors.
- Consider what anchors and relaxes you—meditating, music, yoga or gardening.
- Steer clear of social media that makes you anxious and restrict news consumption, especially one hour before going to sleep.


Reach Out For Help


COVID-19 UPDATE


REMEMBER: YOU ARE NOT ALONE.

 **Crisis Text Line:** Text "NJ" to 741741

 **Family Helpline:** 1-800-843-5437

 **Domestic Violence Hotline:** 1-800-572-7233

 **Mental Health Hotline:** 866-202-4357



More Ways To Help

- Be understanding of others and share these ways to help [from our Instagram!](#)

Buy Gift Cards

It helps small
businesses
stay in business

You can also
donate them to
other programs

You can always
use them later

Donate Your Items

Donate to hospitals
or daycares

Donate to neighbors
in need

Items like Sanitizer,
Tissues, Face masks,
Soap, toilet paper,
or unopened food

Make masks

If you know how to Sew
You can make face masks
for hospitals

They are for visitors and
non essential personnel

Helps save the N95
Masks for the
doctors and nurses

For pattern and instructions:
www.vumc.org

Check On Neighbors

Can do so on the phone,
Through a window,
Or in an online group
For your neighborhood

They might need supplies

They might need help
walking pets

They might just need
to socialize

Stay Home

Helps to stop
Fast infection rates

You might still be able to
Spread Covid-19
Without symptoms

Staying home ensures
your safety &
the safety of others

#flattenthecurve

Donate Money

Only if you can

Donate to your
Favorite programs

Donate to a charity
Like The World Health
Organization, or Feed America

Consider continue paying
for services you use regularly
but might not be using right now
like your dog walker, hair dresser,
personal trainer, or babysitter

Donate Your Time

Help a neighbor in need

Volunteer for
A phone line

Clean up your neighborhood
while on your walks

Start a Pen Pal Program

Consider using a skill you
have to help others

Virtual Volunteering

Be My Eyes

BeMyEyes.com

Use your sight to help Someone

Catch A Fire

catchafire.org

Volunteer your expertise

BookShare

BookShare.org

Read to people with disabilities

Crisis Text Line

Crisistextline.org

Support people going through crisis

Translators Without Borders

Translatorswithoutborders.org

Translate text for NGOs and nonprofits

SOURCE: <https://news.columbia.edu/news/stay-calm-and-create-daily-routine-during-covid-19-crisis>
<https://www.instagram.com/p/B-NRl4TjLlp/>

Let's Stay Healthy Together!

We need your help to keep this important information flowing! Please make a donation to NJSAP now so we can keep you informed in the future.

<https://www.arcnj.org/programs/njsap/donations.html>

TOGETHER
WE CAN GET THROUGH ANYTHING.



This is one of many emails that The Arc of New Jersey is distributing in an effort to help individuals with I/DD, their families, and staff to be safe and healthy throughout the COVID-19 pandemic. To see other emails that The Arc of New Jersey has distributed on this topic, please go to <https://www.arcnj.org/information/covid-19-updates-information.html>

Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your location! ***In person trainings are not currently available but will resume in the future.**



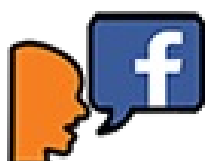
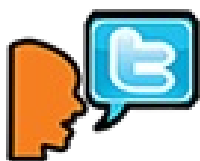
Don't see what you're looking for? We'll make it for you!
E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
training at your location!



The Horizon Foundation for New Jersey

The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

For more information on HLP and NJSAP
follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities