



Petra Community Housing

Petra Community Housing The Community Connector

June 2020



Creating A New Normal...

Connect.

This is a time to come together because we need each other now more than ever. At Petra, we are updating many of our residents via email. Make sure we have your email to keep you informed and increase our availability to you! Use this time to strengthen your connections with your loved ones and friends through phone calls, texts, greeting cards, etc. Connect with your pet or your neighbors fur baby for a little unconditional loving!



Keep Your Routine.

Keeping your routine can provide you with a sense of control, which becomes essential during times of uncertainty. Routines are different for everyone but planning out your day, a time to be productive and a bedtime routine is a good place to start.

Find Things That Bring You Joy, Then Do Them!



Do things that make you happy while at home. This can be a great time to explore new pastimes. Read a new book, experiment with cooking new foods or start following a new TV series. Attempt an activity or a project you never thought you would do. Make your bucket list and check off the things you can do here and now. This will exercise your mind and you'll experience the joy of learning something new!

Eat Well, Exercise and Get Your Sleep!

During these stressful times, it might be challenging to eat or exercise as you normally would or should. Maintaining nutritious eating habits and continuing to exercise are essential to keeping your body happy and healthy. Follow (chair) yoga on TV or take healthy walks as a good way to maintain your health. Don't forget how important a good night's sleep is. Have your downtime routine 2 hours before going to bed, reduce TV blue light and the influences of sugar and caffeine for a good night's rest.

Maintain Your Medical Appointments.

Don't put your health on hold. If you're concerned about exposure, Medicare has approved the use of telehealth (phone call) appointments. Contact your medical professional and make arrangements to maintain your health regime.



Practice Mindfulness.

Mindfulness-based activities can be extremely beneficial. One such activity is meditation. Try sitting comfortably and focusing on your breath for even just 5 minutes or use the internet to find guided meditations that work for you. You can also start journaling to put your thoughts and feelings on paper and release the stress of uncertainties. Feel free to contact your Resident Services Coordinator for more activities to increase mindfulness.

Limit The News and Media!

There's a lot happening in the world and the constant reporting can create anxiety and stress. Most news and media has a tendency to focus on negative aspects. Limit the amount of news you consume and spend less time on social media. If you must watch the news, do some research to find the stations with the best human interest stories.



Reach Out.

Recognize that this can be a hard time and that a lot of things are out of your control. So reach out to your loved ones if you feel a little lonely or you need a little extra something. Better yet reach out to someone else who you think might need a little reassurance and a little extra love.

Be Kind To Yourself and Others.

It's important to be kind to yourself during this tenuous time. Putting your life on hold can be incredibly frustrating, so use the time to do extra special things for yourself and others. Create little "thinking of you" gift packs and drop them at someone's door. Send out greeting cards to say hello and cheer someone's day. Treat yourself to one of your guilty pleasures or better yet do something very healthy for yourself and then pat yourself on the back for doing it!

SNAP (Food Stamp) Bonus's

In you receive SNAP/Food Stamps, Check your balance. You may find a pleasant surprise! Bonus's of additional food stamps have been issued to recipients to help offset food costs during this crisis. Check your balance to see what you qualified for!

Residents, Please Note:

Please **do not approach Petra staff unless you are wearing a Mask**. Also, **do not verbally relay a work order to a maintenance employee** as they are often not able to write it down and may forget.

Please email your work orders to workorders@petrach.org or call in all work orders to 610-948-1797 and choose the work order option #4.

Masks & Social Distancing...

There is a lot of controversy regarding masks and social distancing. Do they protect or not? Problem is, you can never be sure. We are told the virus could be in someone long before they get a symptom. Therefore when you are within 6 feet of someone in public spaces we encourage you to take precautions. Isn't better to be safe than sorry?



Movement from Phoenixville Senior Center on Local TV!

Starting **May 25th at 9am**, Phoenixville Cable Access **Channel #22** will present **"STRETCH & FLEX" on Mondays & Wednesdays and CHAIR YOGA with Lana on Fridays!** No Computer required!

Memory Lane



NEW SNAP Grocery Delivery APPROVED!

Earlier this week, Pennsylvania received approval from Food & Nutrition Service to join the pilot program that lets **SNAP recipients purchase groceries online** through participating dealers.

Now that approval has been received, DHS is working with its EBT vendor and approved retailers to implement system changes necessary to implement online payment for SNAP recipients. It will take approximately two weeks to complete the testing and validation to make these changes. **The program expects to have online EBT grocery purchasing activated by the beginning of June.** Once active, only eligible food items normally paid for by SNAP will be able to be purchased by EBT. **Delivery fees, driver tips, & other associated charges may not be paid with EBT.** Individuals will need to use other methods of payments such as debit or credit card to cover non-allowable fees.

The pilot program currently includes three approved retailers: **Amazon, Walmart & Shoprite.** Other retailers and Farmers Markets may be able to accept SNAP by using mobile EBT programs. Don't be afraid to ask retailers.

We are really excited to finally have EBT/SNAP access to grocery delivery. This is great news for Seniors and those with compromised health conditions! We will do our best to notify you when its officially begun.

Here Comes the Sun, Enjoy!

Outdoor furniture will be available for your enjoyment. For your safety, **please practice social distancing while outside.**