As the country battles the pandemic of Corona. Sewa volunteers have been helping along.

Sewa volunteers from Sewa North Jersey, Sewa Central Jersey and Sewa Westchester NY are involved in all of the following activities.

Sewa responds to COVID 19

Sewa Helpline

Sewa Helpline east coast is being manned by volunteers from all 3 chapters.

Since its inception, Sew Helpline on the east coast has handled 112 calls till April end. 12 volunteers man the helpline 24/7. The calls come in as early as 6:35am and as late as 11:15 pm from east coast as well as other parts of US. There have been 16 cases which have been given by Indian embassy trying to help fellow Indians during this time.

Calls have helped senior citizens, students, international tourists and Covid patient families. Help is provided with grocery shopping, medicine supplies, immigration questions, accommodation and travel.
Sewa responds to COVID 19

NY Area Fundraising Drive

Sewa of Westchester, along with Sewa of NY Metro launched a Facebook campaign to raise funds to support local causes – COVID-19 Relief Efforts New York. As of 4/26/2020, $13,750 of $20,000 target was raised. The fundraising was a pan Westchester County effort with support from Westchester Indians IACAW and HSS of Westchester. The funds will be used to support Feeding Westchester (food bank) and PPE purchases/mask manufacturing material.

PPE & Handmade Masks Distribution in Westchester NY

For the past month, Sewa of Westchester has delivered over 10,000 pieces of masks, gowns and gloves to multiple hospitals in the tristate area: Brooklyn Hospital, Montefiore Hospital, Jacobi Hospital, St. John’s Yonkers, Phelps Hospital and Dobbs Ferry Hospital. Volunteers of Sewa of Westchester drive to New Jersey to pick up the supplies and drop them off in far-flung locations like Brooklyn.

Open Door Family Medical Center in Ossining NY (https://www.opendoormedical.org/), had an urgent request for 350 masks for adults and children. Volunteers from many organizations including Sewa were involved in this project.
Sewa responds to COVID 19

PPE distribution in North New Jersey

North New Jersey volunteers distributed 1,543 KN95 masks, 3100 Surgical masks, 12,300 gloves and 900 gowns to various medical facilities and Police. Some of the facilities where the PPEs were distributed are Phoenix Rehab center in Haskell NJ, Cheshire home in Florham Park, Hackensack University Medical Center.

Cloth Mask making in North Jersey Chapter

22 volunteers involved in the effort. Some cutting cloth, some stitching and some transporting the material and finished masks.

Total 1300 adult masks and 60 child masks were made by the volunteers till April end.
Sewa responds to COVID 19

Cloth mask making & distribution in Central New Jersey

Mission Mask:
1. Multiple webinars by Akhila ji, Sapna ji and Anitha ji for various chapters nationwide on DIY 3 layer mask with pocket (Model B)
2. DIY video on how to make Hair Bonnet by Sapna ji

Hospitals Served

New Jersey
1. St Francis Hospital, Trenton, NJ
2. Palisades Medical Center, North Bergen, NJ
3. St Michael Medical Center, Newark, NJ
4. JFK Medical Center, Edison, NJ
5. St Peter's University Hospital, New Brunswick, NJ
6. Care Point Medical Center, Hoboken, NJ
7. Holy Name Medical Center, Teaneck, NJ
8. Centra State Hospital, Manalapan, NJ
9. St Claire's Hospital, Denville, NJ
10. Clara Maass Medical Center, Belleville, NJ
11. Christ Hospital, Jersey City, NJ
12. St. Mary's Hospital, Passaic, NJ
14. Jersey Shore University Hospital, Neptune, NJ
15. Raritan Bay Medical Center, Old Bridge, NJ
16. Phoenix Center for Rehab and Pediatrics, Haskell, NJ

New York
1. King County Hospital, NY
2. Queens Hospital, Queens, NY
3. Wycoff Hospital, Brooklyn, NY

Handmade Masks Delivered: 2600
Mask Production: 900/week
Material Consumption: 175 yards/week
Webinars Conducted:
Florida
Texas
Washington D.C.
Ohio
Maryland
Pennsylvania
Tennessee
Total Webinars: 15
New Handmade Products:
Hair Bonnets: 30
Face Shields: 25

How can you help?

Donate: tinyurl.com/sewacnj-covid19
Get Involved: Contact us to sew masks!
Stay safe!
Central NJ Chapter

www.sewausa.org (973)531-7736
northjersey@sewausa.org

POBox 584 Montville, NJ
Lead activities completed during the month

Sewa Westchester - e playgroup

Lead Nishi Uppuluri, started an e-Playgroup, initially with a few kids between the ages of 4 and 8 in Westchester. She was then joined by Saumya Sawant. The duo conduct 1 hour playgroup on google hangouts every afternoon. Program consists of games – mental and physical, quizzes, and language enhancement (Spanish/ French). The effort is a win for multiple parties: Kids have fun, parents get some time off, and the teens get human interaction. Do you know any kids who would enjoy this? Please email: sewaplays@gmail.com

Sewa Central Jersey - Chesterfield

Face Shields by teen volunteers

High school Sewa volunteer Krish Shah, joined hands with his classmates Ethan White, Daniel Vail and Sucheth Seethalla in making the face shields using 3D printers at home & in school. Recently they have donated 180 face shields to Sewa to donate to hospitals. Each headband takes about 90 mins to print & they have printed 200+ so far & plan on printing more. Their inspirational story was published in Trenton Time newspaper & nj.com (https://www.nj.com/coronavirus/2020/04/high-school-students-3d-printing-their-way-to-making-a-difference.html)

Sewa Kids Online Sessions

Since all the kids are at home & looking for new activities, Chesterfield Sewa Leads have launched a new series called " Sewa Kids Online Sessions" to keep them engaged. This month's session included quizzes on Geography, Science, Sports, Hindu Culture & Stories from Amar Chitra Katha. All age group kids participated from Chesterfield, Monroe & Edison locations.
Sewa Central Jersey - Chesterfield

First Responder Appreciation
Chesterfield Sewa volunteers & HSS Volunteers have come together & expressed their appreciation to first responders to a nearby town by providing them the breakfast/lunch. This month the team hosted the breakfast for first responders from Chesterfield, Mansfield, Robbinsville & Florence.

Sewa Central Jersey - Edison

Webinars

1. Online Chess Classes (Weekly) - Arya, an international ranked chess player conducted the online chess classes for the whole month. 50 kids are currently enrolled in the classes.
2. Online music Classes by Aditi - weekly class to teach how to read notes and compose music on piano.
3. Inspirational video song release by Mahathi.
4. HITT - Daily 30 minutes exercise for whole month conducted by Atharva to keep LEADs fit
5. Cook-along workshop by Arav to teach how to cook breakfast for family
6. Mission Mask : Aniketh shared his experience as to what goes in making a handmade mask.
7. Webinar for De Stressing conducted by Art Of Living teacher Shri Manoj Warrior ji. The webinar was attended by 35 volunteers.

Sewa North Jersey

04-02-2020 Kahoot game
LEADs participated in the Kahoot game and were very excited to answer questions about History, Science and Geography. We plan to conduct more of these in next couple of months.

04-29-2020 College admissions webinar
Goal of this program is to educate both LEAD & LEAD parents to understand the whole college admissions process, what can be done during the high school which will make this process easy in Sr. Years. Presenter is a professional and has worked with many less privileged kids & have enabled them to join college of their liking. This webinar has been well received by LEADs and parents. We have received multiple requests for additional sessions.

www.sewusa.org (973)531-7736
northjersey@sewusa.org
POBox584 Montville, NJ
Sewa North Jersey - Thank You Cards

LEADs worked on Thank you cards for first responders and frontline workers. These cards are currently being distributed at various locations. Each LEAD worked on 10 thank you cards.

Sewa North Jersey - Lawn Signs

Sewa LEAD is selling lawn signs to appreciate 'First responders' and Medical providers, all proceeds go to Sewa.

Sewa North Jersey - Soup Kitchen

April 26, 2020– Morristown NJ

Sewa Leads donated 70 lbs of food to Morristown soup kitchen. Thanks to all volunteers and leads.
Sewa urges all friends and families to practice social distancing, follow CDC guidelines and remain safe.

Please see helpful links.
https://www.cdc.gov/ - Official site to get updates on Corona virus
https://nj.gov/ - New Jersey State update on Corona
https://www.ny.gov/ - New York State update on Corona
https://www.google.com/covid19/ - Google Help on Corona

Upcoming Events May 2020:
♦ Webinar - Financial Mgmt. for families and Will Trust
♦ Webinar - Emotional well being and Support Training
♦ Multiple Webinars on how to make masks
♦ Online Tutorial Classes
♦ Appreciation for first responders and EMTs
♦ HITT continues
♦ Chess online continues
♦ How to solve Rubik Cube?
♦ Cook-along Lunch for family
♦ Drive-thru event to distribute PPE to first responders in Metuchen NJ

Communication Channels
Facebook, WhatsApp, Instagram

Please add yourself to North Jersey Volunteers WhatsApp group at following link
https://chat.whatsapp.com/0qAhEyU3v99DGfe5lV9pPf

Please visit our Chapter Website, Facebook and Instagram pages:
https://sewausa.org/Chapter/NewJersey
https://www.facebook.com/SewaNorthNJ
https://www.instagram.com/sewanorthjersey
https://www.instagram.com/centraljerseysewa
https://www.facebook.com/centraljersey.sewa

This month’s thought:

“All power is within you; you can do anything and everything.”

Sarve Bhavantu Sukhinah, Sarve Santu Nir-Aamayaah |