



NEWSLETTER

Sewa International - New Jersey and New York

March 2020

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.

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. Calls have been received from senior citizens, college students, tourists and people visiting US for a short time. Top trending questions usually revolve around information on how to get groceries and what steps to be taken immediately related to international travel (to or from US).

Some of the questions are from people looking for COVID -19 information as well as testing process. Our team helps these callers by connecting them with our panel of doctors.



CORONAVIRUS
DISEASE 2019 (COVID-19)

CORONAVIRUS HELPLINE
NON-MEDICAL RESPONSE ACROSS THE UNITED STATES



www.sewausea.org/COVID-19-Fundraiser

Helpline by
region

WEST COAST
(203)-872
SEWA

EAST COAST
(302)-330
SEWA

SOUTH WEST
(281)-909
SEWA

MID WEST
(708)-872
SEWA

Sewa responds to COVID 19

Fundraiser to help Soup Kitchens—Sewa4Community

COVID-9 has impacted our lives in ways we could never have imagined before. As one of the worst hit states by Coronavirus, the community food banks and soup kitchens are seeing an unprecedented increase in demand. Sewa Diwali, which is a collective effort for Sewa by various Hindu faith-based organizations, launched Sewa4Community in order to raise funds to donate to various COVID-19 related relief funds. Due to restrictions and social distancing, the fundraiser was mainly executed through Facebook and Sewa International’s website. People from all walks of life generously contributed to this cause.

Sewa4Community NJ, which is Sewa Diwali’s latest fundraising effort has raised over \$24,000 for donations to various COVID-19 related relief efforts. So far, Sewa4Community has donated \$10,000 to various food pantries and soup kitchens in New Jersey. Some of the beneficiaries include Elijah’s Kitchen, North Brunswick High School, food pantries in Monroe, Hightstown, Plainsboro, Parsippany, Bordentown, Morristown townships and MCFOODS.

Sewa4 Community NY which is a joint effort of Sewa Westchester NY and Sewa NY Metro has collected \$18,000 to be donated to the local soup kitchens.

Sewa distributes PPE

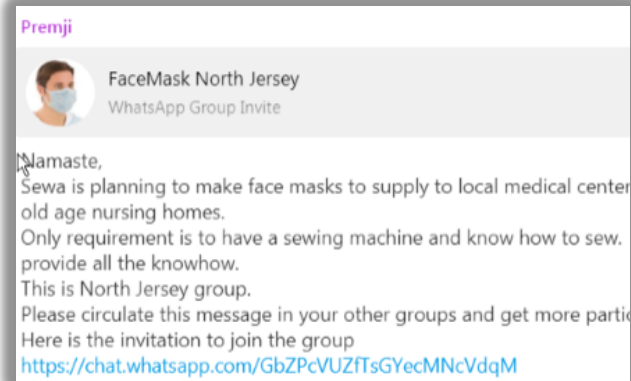
Sewa volunteers are helping in the distribution of PPE (Personal Protection Equipment) like masks, gowns, head gear to hospitals, clinics, and senior care centers. Many of these places are running low in supplies and have reached out to Sewa.



Sewa responds to COVID 19

Sewa volunteers make cloth masks

Sewa is contributing a nation wide effort to make cloth masks. These masks are being supplied to old age homes, hospitals and other organizations who can use it. Sewa North Jersey and Sewa Central Jersey are conducting many webinars, tutorials and other events to facilitate mask making.



Other Lead activities completed during the month

Sewa Central Jersey - Veterans Memorial Home Visit

Veterans Memorial Home, March07, 2020

On Saturday, March 7, 2020, Sewa leads went to the Veterans Memorial Home at Menlo Park, Edison. We first played volleyball with the veterans. It was not actual volleyball, of course, but rather it was racquet and balloon tennis. They just called it volleyball. After that we played 4 rounds of bingo, and a horse race game, where one of us threw a die into the air, indicating the horse number, and a second person threw another die for the number of spaces the horse moves. Overall a very satisfying visit and had lots of fun.



Lead activities completed during the month

Sewa Central Jersey - Radha Gopinath Temple Sewa

Radha Gopinath Temple Edison, March08, 2020

On March 8 2020, 8 SEWA volunteers volunteered in Radha Gopinath Temple. It was a Holi celebration on that day. As a result, several people (devotees) came. All SEWA volunteers had the opportunity to serve food to the people. The devotees celebrated 'Holi' using flowers, not colors.



Sewa Central Jersey - Kidde Keep Well Camp

Kidde Keep Well Camp, Edison, March07, 2020

On 03/7/2020 SEWA leads got a great opportunity to help out at Kidde Keep Well Camp. 4 leads attended this event, which was an art and craft project. Kids had to design and paint their own catapults. SEWA leads were involved in assisting the kids with the painting by doing activities like refilling the paint, helping the younger kids understand the instruction etc. The leads also assisted with setting up tables for lunchtime. Kids and the leads had a great time at this event.



Sewa North Jersey - Morristown Soup Kitchen

On March 29 2020, SEWA volunteers from North Jersey made a delivery to the Morristown Soup kitchen as part of the monthly activity.



Sewa Central Jersey - Chesterfield

Since many Lead activities have been canceled due to Corona virus spread. Chesterfield Sewa Leads have launched a new series called "**Sewa Kids Online Sessions**" to keep them engaged. The sessions include quizzes, games, arts & crafts, technology presentations, etc. So far, we have seen great response & participation from the community. The sessions will continue until the COVID-19 situation gets better.

The Sewa Leads are also actively helping out with the Sewa4Community fundraiser, raising awareness by making videos & spreading the word through social media platforms such as Snapchat, Instagram, Twitter & Facebook.

SEWA Kid's
Online Fun Sessions

Chesterfield Sewa Chapter high school volunteers will be conducting various **free** fun activities via zoom video conference for kids/teens/adults.

Activities

- Kahoot
- Riddles
- Story Telling
- Arts & Craft
- Informational Sessions & many more

QUIZ ? TIME ?

RIDDLES

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

<https://www.ed.gov/coronavirus> - U.S department of education

Upcoming Events April 2020:

- ◆ Multiple Webinars on how to make masks
- ◆ Online Tutorial Classes
- ◆ Chess Boot Camp

Communication Channels



Please add yourself to North Jersey Volunteers WhatsApp group at following link

<https://chat.whatsapp.com/0qAhEyU3v99DGfe5IV9pPf>

Please visit our Chapter Website, Facebook and Instagram pages:

<https://sewausea.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:

“We are responsible for what we are, and whatever we wish ourselves to be, we have the power to make ourselves. If what we are now, has been the result of our own past actions, it certainly follows that whatever we wish to be in the future can be produced by our present actions; so we have to know how to act”.

Swami Vivekananda

Om Sarve Bhavantu Sukhinah, Sarve Santu Nir-Aamayaah |