



# NEWSLETTER

Sewa International - New Jersey and New York

May 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.

Since its inception, Sew Helpline on the east coast has handled 112 calls till May 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. 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.

#### Spotlight on stranded travelers case

17 stranded travelers reached India from New Jersey safely in an evacuation flight bringing a happy conclusion to the case.

Sewa has been taking care of these 17 bandhus for last seven weeks, since NY CGI handed over them to us. We took care of stay, food, medical, emotional wellbeing, transportation and final evacuation. Along the way, many groups and individuals came in support of Sewa, from Massachusetts to New Jersey. Some of the new people who came in touch with Sewa want to continue as Sewa volunteers for rest of their lives. CGI NY was impressed and very thankful to Sewa, the way we took care of these bandhus.



# Sewa responds to COVID 19

## PPE Distribution in North New Jersey

North New Jersey volunteers distributed 2,521 KN95 masks, 4,210 Surgical masks, 4000 pair of gloves, 1280 wipes. 150 8 oz sanitizers, infrared thermometers to various medical facilities and Police. Some of the facilities where the PPEs were distributed are Alaris, Arbor Ridge Rehab, Arbor Terrace, Capital Health Center, Cheshire Home.

Horizon health care is a state Covid care facility for first responders.



## 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 580 cloth masks were made and distributed during May. 105 cloth masks were made for Habitat for Humanity. Sewa also donated cloth masks to Tenafly Senior Center.

**North NJ Mask Making**  
Denville | Randolph | Parsippany | Montville | Succasunna | Paramus



# Sewa responds to COVID 19

## PPE Drive Thru Distribution - Sewa North Jersey

**PAL Parsippany, May 29, 2020**

Sewa North Jersey conducted a mega Drive-thru event to distribute PPEs to Police and EMS departments of all the surrounding towns. More than 70 departments and county OEM and Sheriff offices came to collect. Total 9000 KN95, 16000 Surgical masks, 500 hand sanitizers, some cloth masks and disinfectant wipes along with 'Thank you' note and 'Thank you' cards created by LEADs were distributed. Parsippany Mayor and NJ Assembly Woman stayed for most of the event. All First Responders were very thankful.



## First Responder Appreciation - Sewa North Jersey

Sewa Volunteers expressed their appreciation to first responders ( EMS, Police, First & Admins ) by providing them the breakfast/lunch. As part of this initiative, volunteers reached out to 180+ first responders in Parsippany, Montville, Denville, Morris Plains, Paramus, Randolph and other towns The township authorities thanked the volunteers for this kind gesture.



# Sewa responds to COVID 19

## PPE Distribution - Sewa Westchester NY

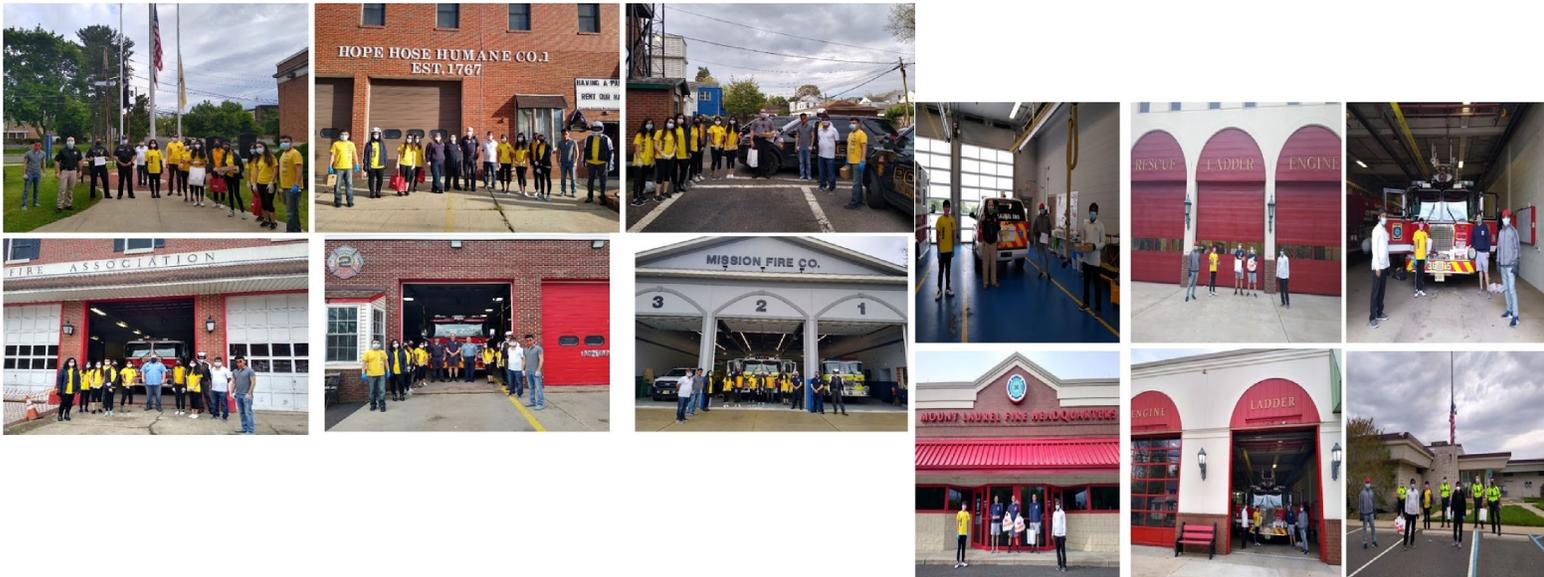
30 volunteers coordinated to stitch about 1000 masks. Masks were donated to Open Doors Health Centers and to Bangladeshi Hindu Community in Queens, NY. Sewa volunteers also provided breakfast to first responders, Scarsdale Police and Grenville Fire.



## Sewa Central Jersey - Chesterfield

### First Responder Appreciation

Chesterfield Sewa & HSS Volunteers expressed their appreciation to first responders ( EMS, Police, First & Admins ) by providing them the breakfast/lunch. As part of this initiative, volunteers reached out to 150+ first responders in Chesterfield, Mansfield, Bordentown City, Bordentown Town, Robbinsville, Florence & Mount Laurel. The township authorities thanked the volunteers for this kind gesture.



Sewa International is a global, Humanitarian, non profit service organization which serves humanity irrespective of race,color,religion, gender or nationality. Sewa's Westchester NY chapter has been actively involved in COVID-19 relief efforts-fundraising, PPE procurement and distribution, Meals and Groceries,Mask making and 24/7 help line

# Sewa responds to COVID 19

## Sewa Central Jersey—Drive Thru Food Distribution

May 31, 2020 1665 Oak Tree Road, Edison

As part of the COVID-19 pandemic relief effort, Central Jersey chapter of Sewa International in partnership with Punjabi Chamber of Commerce organized a drive-thru food distribution drive for the people in need. The expected number of people for the food drive was 500 people. The care package consisted of 8lbs rice packages, 4lbs lentil packages, and 1-liter cooking oil. The entire event was coordinated by 17 Sewa International LEADs and volunteers. The event was a big success and all 500 care packages were distributed.



## Sewa Central Jersey - Drive Thru PPE Distribution

May08, 2020 15 Center St, Metuchen, NJ

15 SEWA volunteers worked together to distribute approximately 25,000 PPE supplies to local

**Drive-Thru PPE Distribution**  
Central NJ Chapter  
Event Date: 5/8/20  
Senior Citizens Center, Metuchen, NJ  
sewacnj.help@gmail.com (732) 900-SEWA  
@JerseySewa Central Jersey Sewa

Number of Volunteers: 15  
Surgical Masks Distributed: 23,000  
KN95s Distributed: 2,000

Media Coverage:  
centraljersey.com  
TV Asia  
Radio Mirchi  
EMS Sentinel

Attendees:  
• Middlesex County Office of Emergency Management  
• Montgomery EMS  
• Sayreville Emergency Squad  
• North Brunswick Rescue Squad  
• Jamesburg First Aid Squad  
• Middlesex Police  
• South Brunswick Police  
• Spottwood Police  
• Monroe Township EMS  
• Piscataway Fire Marshal  
• New Brunswick Fire Dept.  
• Westfield EMS  
• Randall Park First Aid & Rescue  
• Kingston First Aid Squad  
• Metuchen EMS  
• Metuchen Police Dept.  
• Cambridge Police  
• East Brunswick Police

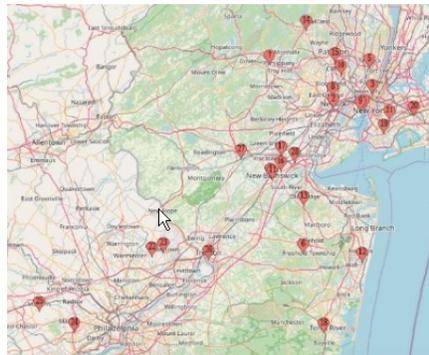
Stop 1 (entrance): Instruction Booth  
Stop 2: Surgical Masks  
Stop 3: KN95 Masks  
Stop 4: Hospitality Booth  
Stop 5 (exit): Info Sheet Collection

Donate: tinyurl.com/sewacnj-covid19 | Get Involved: Contact us

## Sewa Central Jersey - Hand Made Mask Distribution

Total handmade masks - 8,900

Total Hospitals Served in NY, NJ, PA region - 30



# Sewa responds to COVID 19

## Sewa Central Jersey - Food to Fire Fighter Houses

May27, 2020 Monroe

Sewa leads Aditi, Aniketh, Anurag, Saanvi, and Srushti prepared food for 50 firefighters and delivered the food to them. The food consisted of Macaroni salad, 2 different types of sandwiches, cookies, and pasta. They also donated hand made masks and cards for each firehouse. The leads had a great experience and a sense of satisfaction after delivering the food.



## Cause of Applause - Appreciation of Sewa Central Jersey

Central NJ Chapter is top finalist for Middlesex County's Thank you campaign.

Chapter was nominated under four categories:

Underprivileged Outreach, Hospital and 1st responders support during COVID-19 pandemic, Community Outreach (Adopt-A-Highway) and Innovative approach to community help (Mission Mask).

Sewa International will feature in multiple social media commercials of Middlesex County starting June 18th. Advertising company retained by Middlesex County took professional videos and pictures of the volunteers during the Food distribution drive-thru on May 31st.

Please stay tune and subscribe to twitter handle @JerseySewa, follow on FB @JerseySewa or on Instagram CentralJerseySewa. Middlesex county will be doing a press release indicating the nomination.



**Congrats and Well Done Central Jersey**



## Other activities completed during the month

### Sewa North Jersey

**Homework Help** - LEADs participated and completed three weeks of 'Homework Help Program'. They worked daily with kids from Grades 1-7 teaching Math, English, History, Science and Geography.

**Thank you Cards** - LEADs worked on making additional 'Thank you' cards for PPE workers, Sikh visitors, first responder and frontline workers. These cards were distributed at various locations.



**Homework Help**  
**Grades 1-7**

When:  
May 6th - May 29th (Monday through Friday)

Time:  
6 PM - 8 PM

Registration Form:  
<https://forms.gle/zGVw6y7pvzLopbHy7>

Link:  
<https://join.freeconferencecall.com/northjersey>

### Sewa North Jersey - Webinars

May09, 2020 Financial Management for families and Will Trust.

May 17, 2020 Introduction to Meditation and Breathing by Santosh Joshi. The webinar was very well received and a second session was conducted on May 23rd 2020.

### Sewa North Jersey - Soup Kitchen

**May30, 2020– Morristown NJ**

Sewa Leads donated 162 lbs of food to Morristown soup kitchen as part of the monthly services.

Thanks to all volunteers and leads for the generous donation.



## Other activities completed during the month

### Sewa Central Jersey

#### Sewa Kids Online Sessions

Since all the kids are at home & looking for new activities, Central Jersey Sewa Leads have launched a new series called " Sewa Kids Online Sessions" to keep them engaged. The following sessions were held in the Month of May

- ◇ Rubik's Cube Workshop - Kartik Patidar
- ◇ Company Logo Quiz - Ashlyn Sethi, Smera Kalra, Kartik Patidar
- ◇ Vocabulary Quiz - Sumanth Donur, Adith Tummala
- ◇ World History Quiz - Parthiv Valmikam
- ◇ US History Quiz - Sid Ravi
- ◇ Avengers Movies Quiz - Kartik Patidar
- ◇ Disney Movies Quiz - Aditi Kudva
- ◇ Marvel Movies Quiz - Srinath Chadive, Ravikiran Modukuru
- ◇ Taglines Quiz - Rashi Maheshwari
- ◇ Mahabharata Quiz - Parthiv Valmikam



#### A very special Birthday celebrated in a special way !

Chesterfield, Sewa volunteer, Meghana Dheeram, just turned 16. Instead of having a sweet sixteen party, she chose to celebrate her birthday in a different way. She donated a generous amount of groceries to Hightstown Rise Community, a food pantry that servers over 1000+ under privilege families. What a great way of celebrating a birthday, especially during this time! Wishing Meghana a very Happy birthday & many more years of success & happiness ahead.



**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 June 2020:

- ◆ Sur Sangam—Prominent Indian singers join the fight against Covid with Sewa - June 14
- ◆ Webinar on College Admissions—tbd
- ◆ Adopt-a-highway clean up of Route 27 in Metuchen - June 28
- ◆ Mission Mask Webinar for Queens, NY - June 20
- ◆ Edison Community Garden Meetings - June 13, 20, 27

## 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:

**“ Comfort is no test of truth. Truth is often far from being comfortable”**

***Sarve Bhavantu Sukhinah, Sarve Santu Nir-Aamayaah |***

