



ST. MARY'S CENTER
Everybody needs a place



News from St. Mary's Center

Dear Friends,

We are working hard to serve and protect seniors, employees and neighbors. Here are some important changes to our essential services during the COVID19 pandemic.

- **Our Community Center is closed** until we receive the "all clear" from the Alameda County Health Officer to resume services to the public. Shelter residents have been relocated to a safer environment. Most enrolled in our transitional housing program.
- Under County Health Officer orders, **the Friendly Manor Drop-in Center is closed.**
- **Counseling, case and money management services are working remotely** thanks to technology. Our team is placing calls to St. Mary's Center seniors and checking on their well-being and need for food, medication, and conversation.
- **Our Preschool is closed until further notice.** We are following OUSD's direction and communicating with parents. Many parents are at home with older children since elementary and secondary schools are also closed. We are making plans to provide additional food support to our preschool families, particularly those who can not access the emergency programs at schools.

www.stmaryscenter.org
510 923-9600

*Thank you for honoring
the health official's order
to Shelter in Place.*

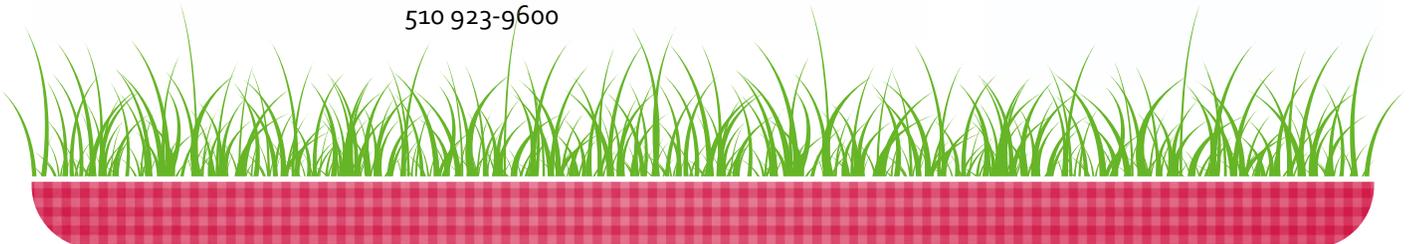
*We hope this bag of
groceries delivered by
St. Mary's Center and
Mercy Brown Bag helps
you through this crisis.*

***Stay inside,
Stay healthy,
And stay informed.***

*- St. Mary's Center Board,
Staff and Volunteers*

SPRING 2020

Programs offered through
the support of Alameda
County Area Agency on
Aging and Behavioral Health
Care Services.



St. Mary's Center partners with Computer and Technology Resource Center to Donate Desktop Computers to Households Sheltering in Place



Sign up to have a **FREE REFURBISHED DESKTOP COMPUTER** delivered by calling or texting your name and address to Janny Castillo at 510 367-1717.

Refurbished desktop computers come ready to access a wired/CAT 5 Internet connection.

You will need to purchase a USB wireless adapter if you want to connect wirelessly.

Computers come with a flat screen monitor, keyboard, mouse and installed with the Xubuntu operating system with full suite of programs.

Please note: we DO NOT have laptops to donate. You will also need to purchase computer speakers or headphones for sound.

Find out more about CTRC by visiting www.ewastecollective.org



"I love my Mercy Brown Bag. It really helps me get the nutrients I need for my chronic health condition." —Diana Davis, SMC Senior

Shelter in Place Tips

1. Every day, get dressed, make your bed, tidy up your space.
2. Include fruits and vegetables in every meal.
3. Stock up on healthy snacks, stay away from salty, sugary treats.
4. Deep clean and unclutter your drawers and closets.
5. Let the sun in, sit by a window or on a private outdoor space.
6. Adhere to your medication safety practices. Do not abuse drugs or alcohol.
7. Read, read, read, and write, write, write.
8. Call your family and friends. Pick three people a day to reach out to. Make each other laugh and tell them you love them.
9. Limit the amount of negative news and conversation. Stay informed not stressed.
10. Use your spiritual practice to keep yourself calm and hopeful.
11. If you **absolutely must** go out. Stay 6-10 feet away from everyone. Yes, even family you don't live with. Wear a mask and gloves.

