

Better Together Community Resource Page

Latest News and Events



We are better together. Now more than ever people and businesses are coming together to defeat the Covid-19 pandemic. Just as this virus is spreading so is the heartfelt generosity and support of everyday people committed to doing their part to defeat the coronavirus. This latest article published in The Philadelphia Inquirer demonstrates what happens when we stick together.

https://www.inquirer.com/news/food-4-staff-feeding-hospital-workers-in-south-jersey-and-philadelphia-coronavirus-pandemic-20200407.html?_vz=medium%3Dsharebar

Covid-19 Community Response

Information on how we're helping to STOP THE SPREAD and Ways You Can Help!



Here is an article from nj.com highlighting local agencies accepting assistance.

<https://www.nj.com/coronavirus/2020/03/how-to-volunteer-and-donate-in-new-jersey-during-the-coronavirus-outbreak-032920.html>

Staying Safe and Keeping Healthy



To wear a mask or not to wear a mask. That is the question?

Checkout this video as United States Surgeon General, Dr. Jerome Adams, shares ways to create your own face covering in a few easy steps.

<https://youtu.be/tPx1yqvJgf4>

The Ad Council in partnership with the White House, Centers for Disease Control and Prevention (CDC), U.S. Department of Health and Human Services (HHS), developed PSAs to inform Americans about the steps they can take to protect themselves to prevent the spread of coronavirus. Together, we can help slow the spread. https://youtu.be/wKX1PQTz5_M

There are three things that are fundamental pillars for health and wellness: Sleep, Nutrition and Movement.

The wonderful part of these pillars is that if we have a good handle on them, our brains work better, and we will look and feel better. This Corona lockdown is a great time to begin to build these pillars into our daily lives. Over the next few months, we will try and put tips, information and online resources to answer a lot of health and wellness questions.

Today's Tip: Sleep

- Sleep is the only time your brain cleans itself.
- A Clean Brain:
 - Supports healthy relationships
 - Supports fewer mood swings
 - Supports less anxiety
- While at home or driving to work here is a great podcast to help better understand sleep <https://chriskresser.com/why-most-people-are-sleep-deprived-and-what-to-do-about-it/>