



# NEWSLETTER

Sewa International - New Jersey and New York

April 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 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.



**CORONAVIRUS**  
DISEASE 2019 (COVID-19)

**CORONAVIRUS HELPLINE**  
NON-MEDICAL RESPONSE ACROSS THE UNITED STATES



[www.sewausea.org/COVID-19-Fundraiser](http://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

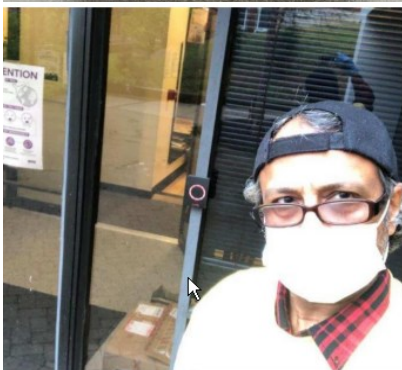
## NY Area Fundraising Drive

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.

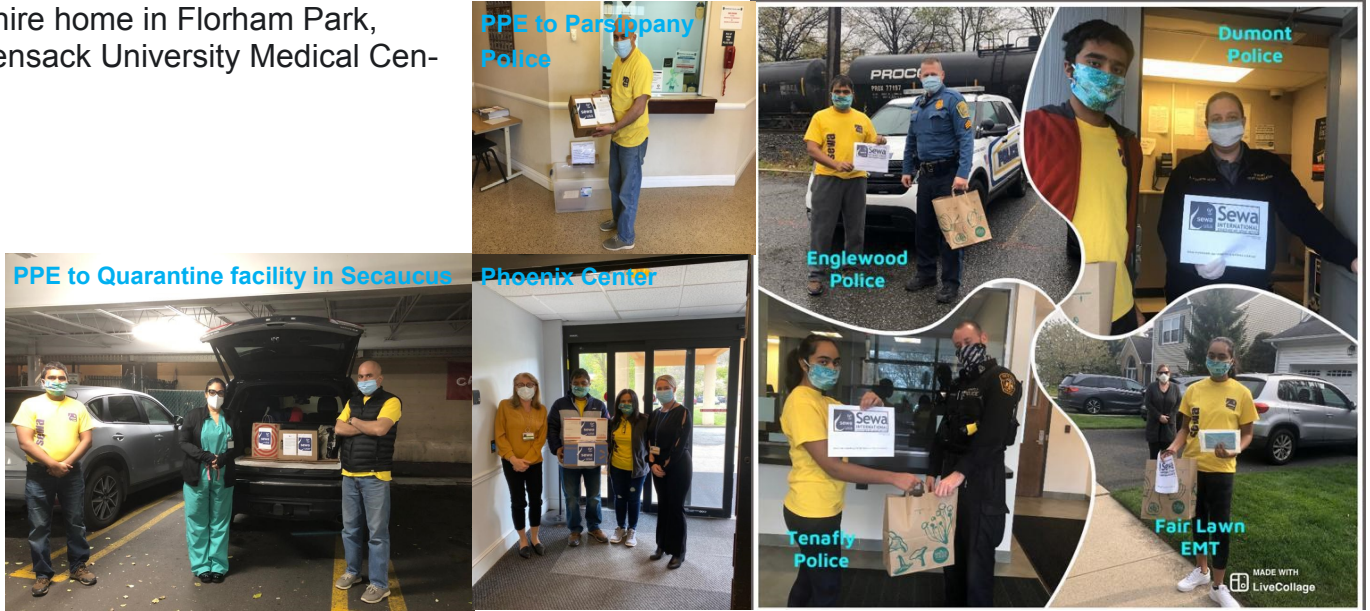
Open Door Family Medical Center in Ossining NY (<https://www.opendoormedical.org/>), had an urgent request for 350 masks for adults and children. Volunteers from many organizations including Sewa were involved in this project.



# 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.

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



# Sewa responds to COVID 19

## Cloth mask making & distribution in Central New Jersey



Metuchen EMS-  
Metuchen, NJ



Phoenix Center for Rehab  
and Pediatrics- Haskell, NJ



Raritan Bay Medical  
Center- Old Bridge, NJ



Raritan Bay Medical  
Center- Old Bridge, NJ



Food Delivery to  
Metuchen, EMS



Handmade masks

### 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

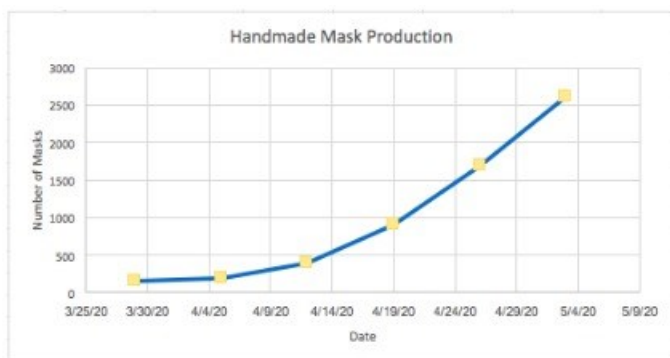
## Hospitals Served

### 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 Maas Medical Center, Belleville, NJ
11. Christ Hospital, Jersey City, NJ
12. St. Mary's Hospital, Passaic, NJ
13. Robert Wood Johnson, New Brunswick, 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. Wyckoff Hospital, Brooklyn, NY



## How can you help?

### Donate:

[tinyurl.com/sewacnj-covid19](https://tinyurl.com/sewacnj-covid19)

**Get Involved:** Contact us to  
sew masks!

### Stay safe!

**Central NJ Chapter**



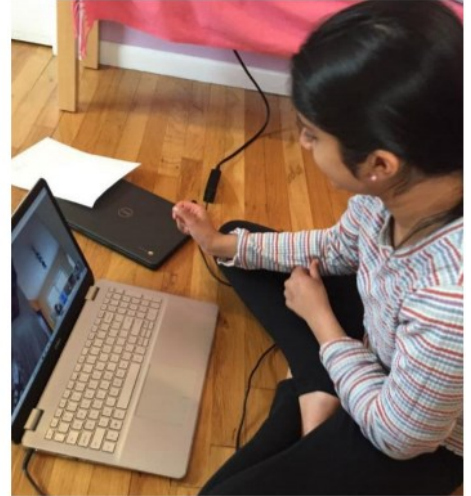
### Mission Mask:

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

## 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](mailto: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) ( <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.

## 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

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

## 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



*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://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 |***