



April 2020

[www.harlestonneighbor2neighbor.com](http://www.harlestonneighbor2neighbor.com)

**Dear Friends & Neighbors,**

In an effort to help you feel connected to the outside world during these days of isolation, we will keep a running and ever-expanding list of resources that we hope will be helpful to you. We hope you have been taking advantage of these online resources!

Newest Topics:

- [Social Security Administration Update](#): New Guidance about COVID-19 Economic Impact Payments for Social Security and Supplemental Security Income (SSI) Beneficiaries.
- [IRS COVID19 Information and Instructions](#): Individuals who receive Social Security retirement, survivors, or disability insurance benefits and who did not file a tax return for 2018 or 2019 can get information on how to apply for your Economic Impact Payment.
- Upcoming Virtual Seniors Engage Charleston Events:
  - [Older Adult Therapeutic Discussion Group on 4/21](#)
  - [Healthy Living for your Brain and Body on 4/21](#)
  - [Take Care to Give Care: Caregiver Stress on 4/23](#)
- The City of Charleston has a page for latest updates and tips [here](#).
- Here is another newsletter from the [Blue Zones Project](#) about mindful breathing techniques to help reduce our stress.

- The Charleston Symphony Orchestra now has its own [YouTube Channel](#).
- An ongoing list of restaurants that are offering delivery or takeout options can be found at: <https://www.diningatadistance.com/charleston>
- Local stores are offering [Senior Shopping hours](#)
- Here are a few online services providing extended services:
  - [Audible classic stories](#) (these are geared towards kids, but there are many well-loved classics there)
  - "[Beethoven Bytes - A Livestream Mini-concert](#)" offered by local duo Chee-Hang See and Nina Sandberg
  - [Chamber Music Charleston](#) is offering viewings of past concerts Mondays at 7:00 pm.
  - [Charleston Jazz](#) is offering concerts every Thursday at 7:00 pm.
  - Charleston County Public Libraries' many offerings (e-reading, e-audio, and movies require downloading of apps from their website):
    - [Met Opera Live](#) every evening at 7:30 pm.
    - [Virtual Museum Tours](#)
    - [Ebooks and magazines](#)
    - [Audiobooks](#)
    - [Music](#)
    - [Movies and TV shows](#)
  - CCPL also offers platforms for you to [learn a new language!](#)
- Several downtown religious parishes are offering online services for those of us missing our church connections (This is only a list of downtown parishes that offer live-streams or archives of their services and is meant to be inclusive):
  - [Bethel United Methodist Church](#)
  - [Circular Congregation Church video services](#) (podcast)
  - [First Baptist Church](#)
  - [First Scots Presbyterian Church](#)
  - [Grace Episcopal Church](#)
  - [Greek Orthodox Church of the Holy Trinity](#)
  - [St. Michael's Church \(audio sermons\)](#)
  - [St. Philip's Church](#)

Since our list of resources is ever-growing, we have moved the list to our website under the Resources tab. Although we will try to send out the latest updates, you can access the full list [here](#).