



# GREYNews



## NYC COVID-19 Information

**APRIL 2020**

**GREYyoga**  
 Save the dates for April Class

**Yoga Class 7pm**  
 Thursday April 2nd  
 Thursday April 9th  
 Thursday April 16th  
 Thursday April 23rd  
 Thursday April 30th




**“The secret of happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less.”**  
 — Socrates, 469 BCE.

### Coronavirus Stay-At-Home Order In NY: What Does It Mean?

NEW YORK CITY:  
 New York’s Governor Andrew Cuomo will issue an order Sunday night telling all New Yorkers to stay at home. He said he is putting the state on “pause.” What does that mean?



Most New Yorkers must stay at home, leaving only for:

- Grocery shopping.
- Getting medication.
- Solitary exercise, such as running or hiking. This does not include group sports such as basketball.

### When you leave home, you must maintain distance from other people.

People can work from home, but only essential workers can go to a workplace.

### Who is exempt?

Workers providing essential services. These include:

- Health Care workers.
- Food suppliers and deliverers.
- Pharmacy workers.
- Utility workers, including internet providers.

### What will happen if I don’t take notice of this order?

The governor said this is not voluntary. It will be monitored and there will be civil fines and closures for businesses. Civilians will be asked to return home.

### How long will this last?

The governor said it could go on for months.

### What about vulnerable New Yorkers?

Seniors over the age of 70, immune-compromised people and those with

underlying illnesses face the strictest rules

- Remain indoors
- Can go outside for solitary exercise
- Pre-screen all visitors and aides by taking their temperature
- Do not visit households with multiple people
- All vulnerable persons should wear a mask when in the company of others
- To the greatest extent possible, everyone in the presence of vulnerable people should wear a mask
- Always stay at least six feet away from individuals
- Do not take public transportation unless urgent and absolutely necessary

### What is essential?

Essential Health Care Operations

Essential Infrastructure

Essential Manufacturing

Essential Retail

### Essential Services

News Media

Financial Institutions

Providers of Basic Necessities to

Economically Disadvantaged Populations

Construction

Defense

Essential Services Necessary to Maintain the

Safety, Sanitation and Essential Operations

of Residences or Other Essential Businesses,

Vendors that Provide Essential Services

or Products, Including Logistics and

Technology Support, Child Care and Service

### What about houses of worship?

Houses of worship are not ordered closed but strongly recommended not to hold congregate services.

# GREYRecipes



## SPINACH AND ARTICHOKE PIZZA

### INGREDIENTS

1-1/2 to 1-3/4 cups white whole wheat flour

1-1/2 teaspoons baking powder

1/4 teaspoon salt

1/4 teaspoon each dried basil, oregano and parsley flakes

3/4 cup beer or nonalcoholic beer

### TOPPINGS:

1-1/2 teaspoons olive oil

1 garlic clove, minced

2 cups shredded Italian cheese blend

2 cups fresh baby spinach

1 can (14 ounces) water-packed quartered artichoke hearts, drained and coarsely chopped

2 medium tomatoes, seeded and coarsely chopped

2 tablespoons thinly sliced fresh basil

### DIRECTIONS

Preheat oven to 425°. In a large bowl, whisk 1-1/2 cups flour, baking powder, salt and dried herbs until blended. Add beer, stirring just until moistened.

Turn dough onto a well-floured surface; knead gently 6-8 times, adding more flour if needed. Press dough to fit a greased 12-in. pizza pan. Pinch edge to form a rim. Bake until edge is lightly browned, about 8 minutes.

Mix oil and garlic; spread over crust. Sprinkle with 1/2 cup cheese; layer with spinach, artichoke hearts and tomatoes. Sprinkle with remaining cheese. Bake until crust is golden and cheese is melted, 8-10 minutes. Sprinkle with fresh basil.

# GREYEvents

## Join us for weekly Sunday Coffee

Greystone Lounge •  
10am-12pm



## Dog Walking Group Sundays 10 am

Meet in the lobby for a walk to Riverside



**“What you do makes a difference, and you have to decide what kind of difference you want to make.”**

— Jane Goodall

## Building Link

### NITETABLES, Inc.

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### NITETABLES, Inc.

#### Birthday Party Packages

Offer URL: [www.nitetables.com/blog/nyc-birthday-party-package-deals?referrerId=blink](http://www.nitetables.com/blog/nyc-birthday-party-package-deals?referrerId=blink)

Offer Description: Birthday Party Packages at Bars, Lounges and Clubs

Choose from a variety of offers at NYC's best bars, clubs and lounges.

Expiration Date: 12/30/20

Contact Info: Brock Ganeles • 415-846-2220 • [brock@nitetables.com](mailto:brock@nitetables.com)

### OUR MOVING CONCIERGE

Verizon FiOS / Spectrum / RCN / Optimum -- Cable T.V., Internet & Phone

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Contact Info: Joseph • 877-693-4677 ext. 300 • [joer@installwithonecall.com](mailto:joer@installwithonecall.com)



If you work or own a business that would like to advertise in the monthly Grey News please send a sample ad and copy to [karen@bridgelinepm.com](mailto:karen@bridgelinepm.com) with the request.

## GREYFeedback

Send Karen an e-mail on your suggestions for the Greystone! [karen@bridgelinepm.com](mailto:karen@bridgelinepm.com)

**“Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think.”**

— Dale Carnegie

### Don't Forget

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and Follow Us On