

May 11, 2020

## Reduce your risk of falling at home



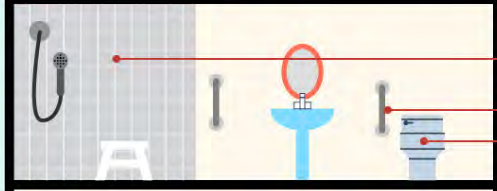
### BEDROOM

- Keep a light—a lamp, light switch or night-light—near your bed.
- Sit down to get dressed.
- Keep loose items off the floor.



### STAIRS AND HALLWAYS

- Add handrails on both sides of the stairs.
- Install anti-slip strips on each stair.
- Install night-lights along the route from the bedroom to the bathroom.



### BATHROOM

- Use a shower chair and handheld shower head while bathing.
- Install grab bars near toilet and shower.
- Put a riser seat on the toilet.



### KITCHEN

- Move things so they're within easy reach.
- Use dining chairs that have armrests and no wheels.
- Don't clean with a high-gloss wax floor protector.



### LIVING ROOM

- Move cords and other objects out of walkways.
- Use a cushion or a seat riser if your chair is too low to easily stand from.
- Keep frequently used items within reach.
- Remove throw rugs.

### In this issue:

- Food Resources
- Helpful Information At Home...
- Activities
- Crafts
- Exercise Resources
- and a few more laughs!



### to do list:

1. Read this update
2. Learn a new language for free at [duolingo.com](https://www.duolingo.com)
3. Start a journal
4. Reminisce through old photos
5. Take a walk
6. Take up a new hobby
7. Phone a friend
8. Bake
9. Cook your favorite meal
10. Stay in and stay safe!



**STAY  
HOME  
SAVE  
LIVES**



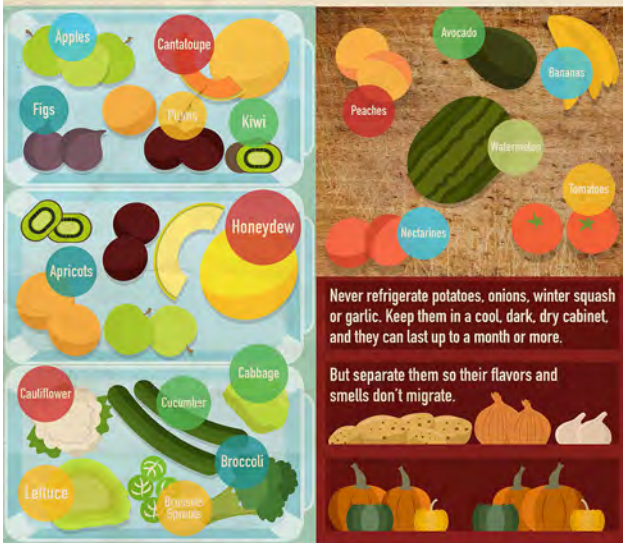
# How can we keep produce fresh longer?

## WHERE TO STORE?

Some fruits and vegetables should be stored in the refrigerator while others are cold-sensitive and should be stored at room temperature. Make sure you are storing your produce in the proper place.

### REFRIGERATE

### DON'T REFRIGERATE



If your produce rots after just a few days, you might be storing incompatible fruits and veggies together.

Those that give off high levels of Ethylene gas (a ripening agent) will speed the decay of ethylene-sensitive foods.

Keep the two separate

### GAS RELEASERS

- Apples
- Apricots
- Cantaloupe
- Figs
- Honeydew
- Kiwi
- Plums
- Avocados
- Bananas, unripe
- Nectarines
- Peaches
- Tomatoes

Use trapped ethylene to your advantage. To speed-ripen a peach, put it in a closed paper bag with a ripe banana.

### GAS SENSITIVE

- Bananas, ripe
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Lettuce and other leafy greens
- Peas
- Peppers
- Squash
- Sweet potatoes
- Watermelon



## FREE COMMUNITY PROGRAM DRIVE-THRU GRAB & GO GROCERY BAG

CLARK W. REDEKER NEWARK SENIOR CENTER  
7401 ENTERPRISE DRIVE | NEWARK

STARTING THURSDAY, MAY 7, 2020

**Pickup Dates:** First & Third Thursday of each month  
**Pickup Time:** 10:30 AM - 11:30 AM or until supplies runs out

FOR OUR COMMUNITY MEMBERS IN NEED  
RECEIVE (1) BAG PER FAMILY PER CAR  
DRIVE THROUGH ONLY  
PLEASE REMAIN IN YOUR VEHICLE & WEAR A FACE MASK

### UPCOMING DATES:

Thursday, May 21  
Thursday, June 4

### QUESTIONS:

NICK CUEVAS, RECREATION SUPERVISOR  
OFFICE: 510-578-4432  
NICHOLAS.CUEVAS@NEWARK.ORG

### Coronavirus

## How To Properly Wear A Face Mask

Last updated: April 24

Always wash hands before and after wearing your mask and clean reusable masks after use. Avoid touching the mask at all times and only use the bands or ties to put on and remove.



**DON'T**

wear your mask below your nose



**DON'T**

wear your mask low on your nose



**DON'T**

leave your chin exposed



**DON'T**

wear your mask under your chin or temporarily remove it in public



**DON'T**

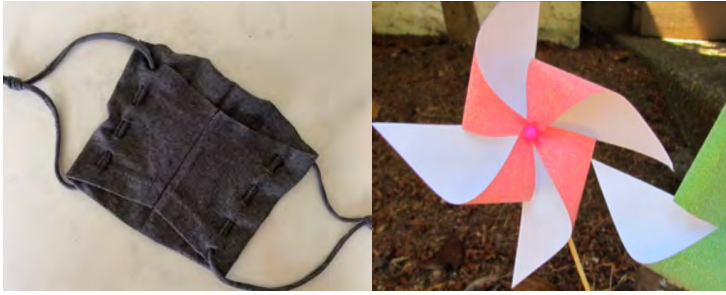
let your mask hang loosely with gaps around your face



**DO**

wear your mask up to the top of your nose and under your chin; snug and without gaps





HOW TO MAKE A NO-SEW T-SHIRT MASK  
<https://www.youtube.com/watch?v=Ol3jKp-YH8k>

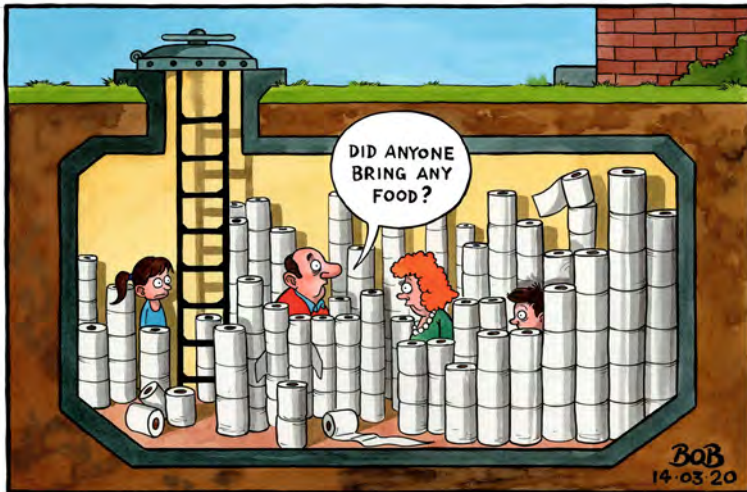
HANDMADE PINWHEEL  
<https://www.youtube.com/watch?v=4ox88B8yjWQ&t=100s>

20 MIN CHAIR EXERCISES  
<https://www.youtube.com/watch?v=azv8eJgoGLk>

GENTLE CHAIR YOGA  
<https://www.youtube.com/watch?v=KEjiXtb2hRg>



## Ideas for Reusing Leftover Paper Rolls



Kaiser Permanente has some wonderful resources for self care and surviving the Covid-19 Crisis.

Visit their site at <https://thrive.kaiserpermanente.org/thrive-together/covid-coronavirus-articles>



**A SUGGESTION FOR ALL THOSE MEDALS THE OLYMPICS WON'T BE NEEDING THIS YEAR...**



1. Make a pillow box for small gifts
2. Make a birdfeeder with peanut butter & seeds
3. Organize cords that aren't being used
4. Make a seed starter that is easily transplanted
5. Organize leftover yarn scraps
6. Stop your pants from getting hanger marks



E N V F V D U H R E J B K B V X S G F V S N C D  
 C E R T A L K T O A F R I E N D H B X T W R I I  
 A S T R E S S B A L L T R I A O B I R J F C V T  
 L X O M H A K J H L M V Y A M T J E Z P L S H H  
 P I G G F A L L Z A P S J A X D T B M R C I Q L  
 L P W L V Q A S D B G L G P L C T X N O N P Q O  
 U L G G O V W D T T W Q A F H M R X G K X K O O  
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 E A X L K M E E G K K Z T T W C K E Y G B M K F  
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 A T J C H K A M J A P P O O K P T B V N D E A R  
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 O T C E O F F G X P H D T R N L C R V E D D K E  
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 C U I H S R B Z T I O U Y M R C H S E P D M A N  
 I N N H M R L E N N A H C E H T E G N A H C C G  
 P Q G M Y A L J Y Q A G H G L A W C S G V R R H

**“COPING”  
WORD  
SEARCH:**

- PLAY WITH DOG
- PLAY BASKETBALL
- QUICK CALMING
- READ A BOOK
- TALK TO A FRIEND
- THINK HELPFUL THOUGHTS
- STRESS BALL
- CHANGE THE CHANNEL
- RELAX MUSCLES
- STRETCH
- LOOK FOR SILVER LINING
- TAKE A BREAK
- MINDFULNESS
- WATCH TV
- PICTURE YOUR PEACEFUL PLACE
- TAKE A WALK

**CAN YOU SPOT THE 8 DIFFERENCES BELOW?**





# DIY Pinwheel

Supplies: ruler, pencil w/ eraser, drawing pencil, scissors, square paper & push pin

Find the video tutorial at:

<https://www.youtube.com/watch?v=4ox88B8yjWQ&t=100s>



**1)** Make sure paper is a square and draw dot in center.



**2)** Draw 4 diagonal lines starting 1" from the center to each corner.



**3)** Cut each diagonal line. Make sure to not cut all the way to the center dot.



**4)** Punch a hole on the center dot. It is easier to reach the center if you fold one side up.



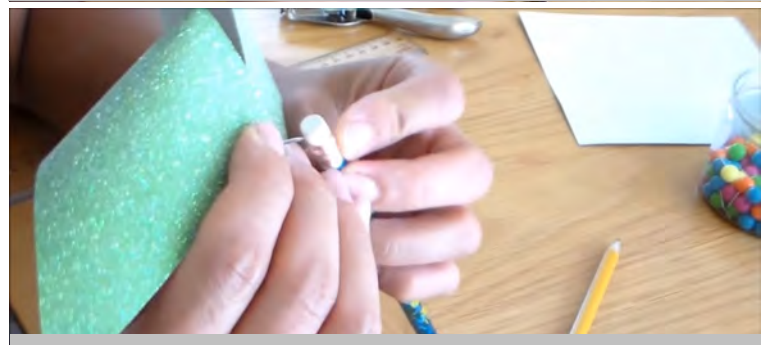
**5)** Punch a hole in the top left corner of each of the 4 triangles.



**6)** Fold each corner of the 4 triangles to match up all of the holes with the center hole.



**7)** Put a pushpin thru the center.



**8)** Push the end of the pushpin thru the tip of a pencil eraser. Now your pinwheel is complete!

Send us a photo of your completed project at [senior.center@newark.org](mailto:senior.center@newark.org)

# No-Sew T-Shirt Face Mask

Supplies: Old cotton t-shirt & scissors

Find the video tutorial at:

<https://www.youtube.com/watch?v=Ol3jKp-YH8k>



1) Carefully cut the sleeves off a t-shirt while lying flat as close to the armhole seam as possible.



2) Flatten the sleeve with the seam facing up and center.



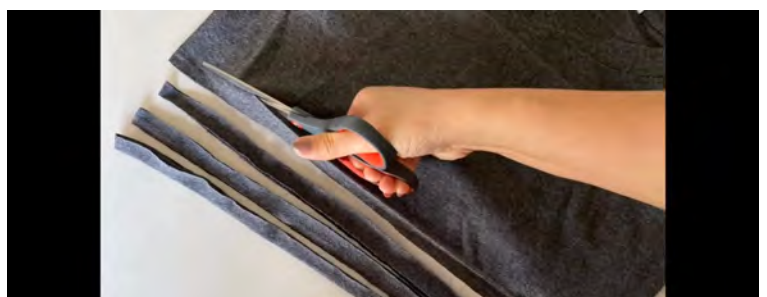
3) While keeping flat, fold 1" on one side.



4) Cut small slits along the fold. Make sure to cut through both layers.



5) Repeat steps 3 & 4 on the other side. The mask is complete... Now moving on to the strings.



6) Cut 4 strips off of the bottom of the t-shirt. (FYI You only need to cut 1 strip if only making 1 mask, cut more if you want extra strings in case they get stretched out).

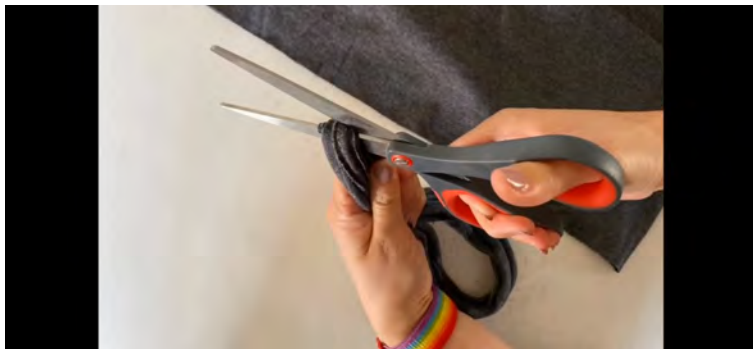


7) Make a figure 8.



8) Fold the bottom loop onto the top loop and stretch them out until they are string-like.





9) Cut circle. Now you have strings... Time to assemble!



10) Push closed scissors through holes on one side of mask to stretch for strings.



11) Weave 1 string back and forth through the holes.



12) Tie both strings together.



13) Repeat steps 10-12 on the other side.



14) Pull the strings and try on. Most likely, you will need to adjust the knots so it fits snugly behind your ears.

Send us a photo of your completed project at [senior.center@newark.org](mailto:senior.center@newark.org)



# COMMUNITY FOOD DISTRIBUTION PROGRAM

## 200 MEAL BOXES AVAILABLE

FOR OUR COMMUNITY MEMBERS IN NEED  
**NEWARK COMMUNITY CENTER**  
35501 CEDAR BLVD. | NEWARK

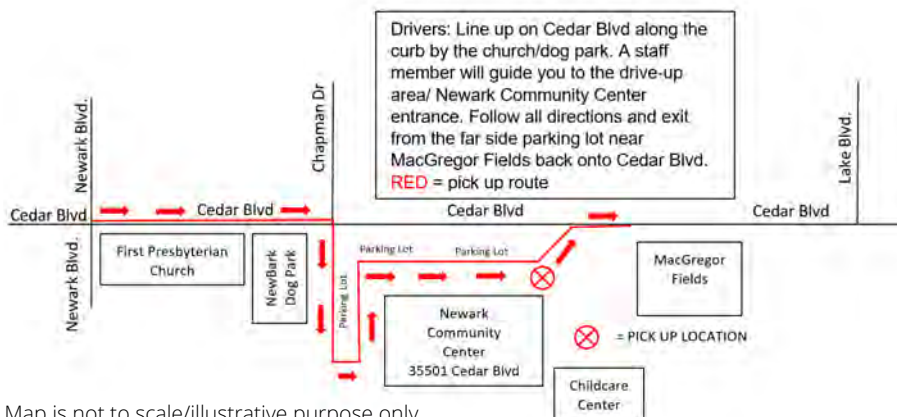
**SATURDAY, MAY 16 | 8:30 AM**

OR UNTIL SUPPLIES RUN OUT

RECEIVE (1) BOX PER FAMILY PER CAR

DRIVE THROUGH ONLY

PLEASE REMAIN IN YOUR VEHICLE & WEAR A FACE MASK



Map is not to scale/illustrative purpose only

### GENERAL QUESTIONS:

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VISIT US AT [WWW.NEWARK.ORG](http://WWW.NEWARK.ORG)  
FOR ADDITIONAL COMMUNITY RESOURCES