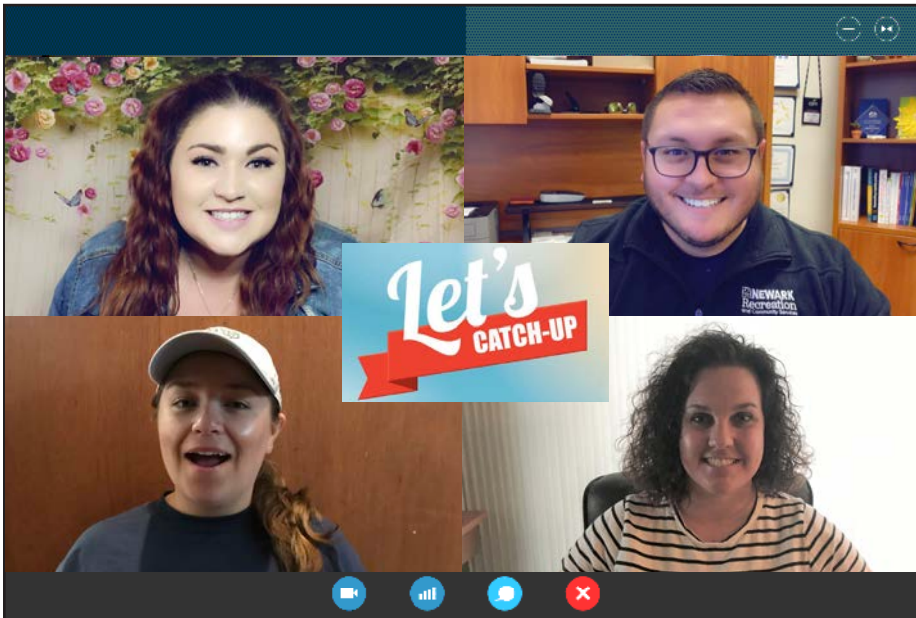


May 25, 2020



## Join our First Clark W. Redeker Newark Senior Center Chat via Zoom... Friday, May 29 at 11:00am

An invitation link will be sent to everyone receiving these updates via email prior to May 29. We hope to see your smiling faces! Those of you who receive this update by regular mail, send your email address to [nicholas.cuevas@newark.org](mailto:nicholas.cuevas@newark.org) to join us. Check pg. 7 for directions on how to join via computer or phone!

## Coping with Loneliness

Posted: APR 13, 2020

Read the complete article at <https://thrive.kaiserpermanente.org/thrive-together/covid-coronavirus/how-to-cope-with-loneliness>

### Reach out virtually

A smartphone or computer can be a lifeline for social connection. Call, text, or video chat with friends and family. Maybe you could host a virtual family gathering or happy hour with friends using an app like FaceTime, WhatsApp, or Zoom. You could also explore apps that let you play games with others. Games can be a fun way to connect with friends. And they're also a good way to relieve stress.

### Take care of your health

When you're stuck at home, it may be easy to spend a lot of time sleeping, snacking, or watching TV. You'll probably feel better if you try to stay on a normal routine. So, try to get up and go to bed at your usual times. And remember to eat healthy foods and be active.

### Remember that you're doing the right thing

Staying home may be boring and lonely. It's especially hard for people who thrive on social connection. But you can feel good about what you're doing. Staying home helps you protect yourself, your neighbors, and those you care about.

## In this issue:

Helpful Information

Food Resources

At Home...

- Activities
  - Crafts
  - Exercise Resources
- and a few more laughs!



## How long does COVID-19 live on:

**Cardboard**  
1 day



**Stainless Steel**  
2-3 days

**Plastics**  
2-3 days



**Wood**  
4-5 days

**Paper**  
4-5 days



**Metal**  
5 days

**Glass**  
5 days



AARP has a variety of free online games.  
 Here are three Clark W. Redeker  
 Newark Senior Center favorites.  
 Find more at <https://games.aarp.org/>



<https://games.aarp.org/games/mahjongg-solitaire>



<https://games.aarp.org/games/9-ball-pool>



<https://games.aarp.org/games/bridge>

## Before Going to the Grocery Store During Coronavirus Outbreak

Need to run errands? Experts say planning and handwashing are important

by Sarah Elizabeth Adler, AARP

Updated April 22 2020



MATIJA KEBER/GETTY IMAGES

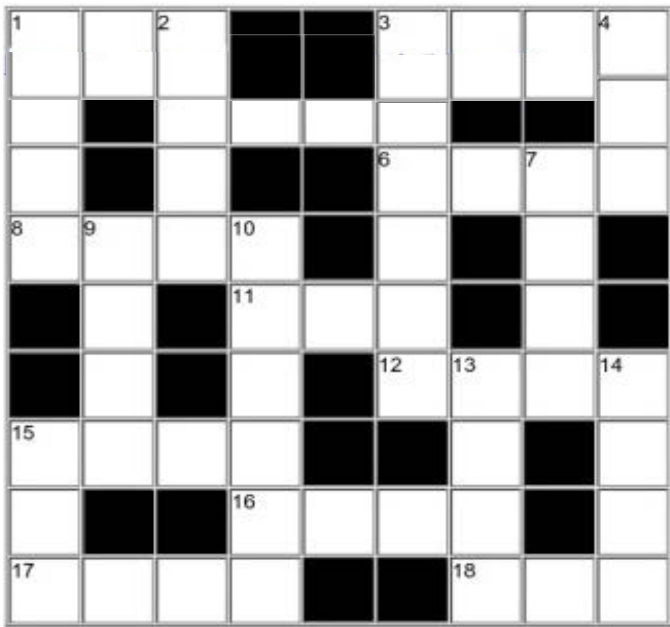
Whether you are grocery shopping for yourself or helping friends and family in need, here's what experts say about staying safe while going in and out of stores.

"Exhausting all other options is really important here," says Ben Chapman, a food safety specialist and professor at North Carolina State University. Chapman urges older adults and those at higher risk of complications from COVID-19 to take advantage of alternatives to in-person shopping trips, like asking friends or family to run errands, using a grocery delivery service, or opting for curbside pickup.

Some major pharmacy chains have waived fees for in-home delivery services, and a growing number of mutual aid organizations, among them AARP Community Connections, pair those in need with volunteers who can deliver groceries and other supplies.

CDC guidelines for grocery shoppers:

- Only shop in person when you absolutely need to.
- Avoid shopping if you are sick.
- Stay at least 6 feet away from others.
- Cover your mouth and nose with a cloth face covering.
- Shop during off-peak hours or during special hours for high-risk people (65 or older, and those with serious underlying medical conditions).
- Disinfect shopping cart with wipes if available.
- Don't touch your eyes, nose or mouth.
- Use touchless payment if available.
- Use hand sanitizer right after paying with cash or touching a keypad.
- Use hand sanitizer after leaving store, then wash hands with soap and water for at least 20 seconds at home.



## Crossword Puzzle

### Across

1. Father
3. Cause to go
5. Not west
6. \_\_\_ bitsy spider
8. Maker of foam toys
11. Large boat, like Noah's
12. Create unison
15. Netting
16. At any time
17. Close by
18. Had done

### Down

1. Not up
2. Honey, sweetheart
3. Smells bad
4. Not night
7. Amaze; make speechless
9. Slacken
10. Male parent
13. Land around a house
14. Ace, King or 8
15. Not a woman

Answers:  
 Across: 1.dad, 3.send, 5.east, 6.itsy, 8.nerf, 11.ark, 12.sync, 15.mesh, 16.ever, 17.near, 18.down, 19.father, 2.dear, 3.stinks, 4.day, 7.stun, 9.ease, 10.father, 13.yard, 14.card, 15.man



## Homemade Birthday Card Ideas pg. 5



## Exercise

**vimeo**

DANCE WITH JESSICA- THE TWIST

Standing Version: <https://vimeo.com/420847476/a4d690e3a9>

Chair Version: <https://vimeo.com/420847879/4e7a04452f>

**YouTube**

SEATED WARM UP ROUTINE

<https://www.youtube.com/watch?v=nfGwaRoKr7k>

## YouTube Craft pg. 4-5



PLASTIC HANGING WATER BOTTLE PLANTERS

<https://www.youtube.com/watch?v=-l39m6Y3-FA>

# How much do you remember from the Fabulous 50's

## History

1. Which president of the United States was in office from Jan. 20, 1953 to Jan. 20, 1961?
2. Which disease did Dr. Jonas Salk successfully create a vaccine for in 1952?
3. What was the name of the first satellite launched into orbit by Russia in 1957?
4. Who overthrew Fulgencio Batista in 1959 and became dictator of Cuba?
5. What year did Disneyland open?
6. What famous explorer first climbed Mount Everest in 1953?
7. Who became Premier of the Soviet Union in 1958?
8. Senator Joseph McCarthy, who conducted a nationally televised hearing in 1954 to root out Communists in the government, represented what state?
9. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?
10. Which member of the royal family became head of state in Great Britain in 1953?



## Music



1. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?
2. What singer had a hit with *Sixteen Tons* in 1955?
3. Which group had a hit with *Twilight Time* in 1958?
4. Which smoky-voiced singer sang *Too Young* in 1951?
5. What Cleveland disc jockey first used the term "Rock N Roll" in 1951?
6. Tony and Maria were the lead characters in what Broadway musical that premiered in 1957?
7. Who recorded *Rock Around the Clock* in 1955?
8. Who originally sang *That'll Be the Day?* in 1957?
9. The Coasters recorded a song in 1959 with the line "You're gonna need an ocean of Calamine lotion." What is the name of the song?
10. B.J. Thomas sang "*I Can't Help It If I'm Still In Love With You*" in 1967. Who first recorded it in 1951?



## Pop Culture

1. Which aspiring rock and roll singer appeared on the Ed Sullivan show in 1956, but could only be shown from the waist up?
2. Which rising young star from the movie *Rebel Without a Cause* died in an automobile accident in 1955?
3. Which television game show first aired in 1956 and is still running today?
4. What famous baseball player married Marilyn Monroe in 1954?
5. What piece of women's clothing, named after a dog, became popular in the 1950s?
6. What teen idol sang, "*Kookie, Kookie, Lend Me Your Comb?*"
7. What type of hat/cap did both Davy Crockett and Daniel Boone wear on TV in the 50s?
8. Eating what type of live fish became popular in the 1950s?
9. What famous cowboy of the 1950s was really named Leonard Slye?
10. What was the name of the circular plastic 1950s toy that was placed around the waist and operated by gyrating the hips?



Answers will be posted in the June 1 update.

# PLASTIC BOTTLE HANGING GARDEN

Supplies: Any size plastic water bottles, scissors, paint, twine/string, hole punch, pvc pipe (optional). Plants can be hung individually if a pvc pipe is not available.



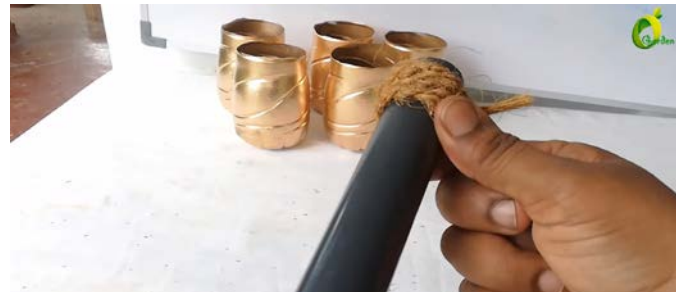
1) Cut plastic bottles leaving 3-4" on the bottom.



2) Paint bottom half of plastic bottles



3) With the twine, tie one knot on the end of the pvc pipe.



4) Wrap the twine around the entire pvc pipe.



5) Once you get to the end, tie another knot.

6) Hole punch 4 holes in the bottom on the plastic bottle.



7) Hole punch 2 holes opposite each other on the top of the water bottle.



8) Plant!





9) Feed string through one of the top holes and tie off. Do the same on the other side if NOT using pvc pipe.

11) Make several hanging containers & your project is complete!



1) Cut out 13 diamond shapes. Fold in half over string and glue closed. Write on pendants & glue string to card.



3) Glue buttons to card & use a pen to draw strings.



10) If hanging from pvc pipe, put the string over the pvc pipe and tie knot through the other hole.



## HANDMADE BIRTHDAY CARD IDEAS

Supplies: Paper (preferably cardstock), colored paper/scrapbook paper, glue or tape, scissors, colored pens, string, playing cards

- 1) Birthday Banner Card
- 2) Candle Card
- 3) Button Balloons Card
- 4) Poker Card

2) Cut colored or scrapbook paper into rectangles. Cut sparkle or yellow paper into tear drop shapes. Glue.



4) Glue or tape playing cards to card. Cover the bottom portion w/ different colored paper.



SEND US A PHOTO OF YOUR COMPLETED PROJECTS AT [SENIOR.CENTER@NEWARK.ORG](mailto:SENIOR.CENTER@NEWARK.ORG)



## WHAT IT IS AND HOW TO USE IT

Zoom is an online program that allows you to video chat one-on-one or in large groups for work meetings, distance education and social relationships. If you do not have a computer with video/microphone capabilities, you can still join in the fun over the phone! Directions for joining a Zoom meeting via telephone and computer are below.

### Phone Directions

Call 1-669-900-9128

When asked for the meeting ID enter: 864 9508 7924#

When asked to enter your participant ID enter: #

When asked for the meeting password enter: 7401#

You have now entered the meeting and will be able to hear and speak to all other participants!

### Computer Directions

Copy and paste the link below for a youtube video tutorial on how to download, setup and use Zoom on your computer! <https://www.youtube.com/watch?v=kh50kValdAY>



**NEWARK Recreation and Community Services**

**GROCERY OUTLET**  
Bergain Market  
NEWARK

**COMMUNITY FOOD DISTRIBUTION PROGRAM**

**200 MEAL BOXES AVAILABLE**



**NEWARK Recreation and Community Services**

**TCV FOOD BANK**  
THIRD FLOOR

A Partnership to serve the community

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

**SATURDAY, MAY 30 | 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



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

**ASSISTANCE IN SPANISH:**  
EDDA RIVERA, ADMINISTRATIVE ASSISTANT  
OFFICE: 510-578-4346  
EDDA.RIVERA@NEWARK.ORG

**VISIT US AT WWW.NEWARK.ORG**  
**FOR ADDITIONAL COMMUNITY RESOURCES**

**FREE COMMUNITY PROGRAM**  
**DRIVE-THRU GRAB & GO GROCERY BAG**  
CLARK W. REDEKER NEWARK SENIOR CENTER  
7401 ENTERPRISE DRIVE | NEWARK

**Thursday, June 4, 2020**

**Pickup Time: 10:30 AM** or until supplies run 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

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



# COVID-19: UPDATE



## Great Plates Delivered Home Meals for Seniors



Designed to provide meals to Alameda County adults age 65 and older and adults age 60-64 who are at high-risk, as defined by the CDC and who are unable to access meals while staying at home and are ineligible for other nutrition programs. Please note that this program is subject to a limited time period and available funding under the State or local Shelter In Place Order.

To enroll, please visit <https://acgreatplates.acgov.org/> <https://acgreatplates.acgov.org>

For any questions, please email [ACGreatPlates@acgov.org](mailto:ACGreatPlates@acgov.org) or call 925-803-7943.

*\*\*\*The County is in the process of developing this program and meals are not being delivered at this time. We will contact interested persons, screen them for eligibility and keep them informed as to when they can expect their first meal.\*\*\**

### Frequently Asked Questions:

#### How does the program work?

Local administrators partner with multiple local Restaurants & Food Providers to deliver three (3) nutritious daily meals to qualified individuals enrolled in the program.

#### Who qualifies for enrollment into the program?

- Individuals who are 65 or older, or 60-64 and at high-risk as defined by the CDC, including:
  - Individuals who are COVID-19 positive (as documented by a state/local public health official or medical health professional),
  - Individuals who have been exposed to COVID-19 (as documented by a state/local public health official or medical health professional), or
  - Individuals with an underlying condition.
  - Individuals must live alone or with one other program-eligible adult
  - Participants must not be currently receiving assistance from other state or federal nutrition assistance programs
  - Participants must earn no more than 600% of the federal poverty
  - Individuals must affirm an inability to prepare or obtain meals

#### How long will the program run?

The program runs until June 10, 2020, which is the timeframe currently approved by FEMA. The state intends on requesting an extension for the Great Plates Delivered program.

#### If I receive IHSS services, health care coverage through Medi-Cal, other public assistance, am I eligible to participate in this program?

Yes, as long as a criteria for eligibility is met. Receiving other types of public assistance is allowable, just not state or federal nutrition assistance programs.

#### Will I be charged for meals delivered?

No, meals are delivered free of charge through this program.

#### How many meals may be delivered per day?

Each individual is allowed a maximum of three (3) nutritious meals per day.

#### How are meals selected and delivered?

Each local administrator determines how meals are selected and delivered. Meals meet specific nutritional requirements. Individuals delivering meals are subject to background checks