

June 8, 2020

## The Coronavirus Crisis

### From Camping To Dining Out:

#### Here's How Experts Rate The Risks Of 14 Summer Activities

May 23, 2020

Meredith Miotke for NPR

It has been around two months of quarantine for many of us. The urge to get out and enjoy the summer is real. But what's safe? We asked a panel of infectious disease and public health experts to rate the risk of summer activities, from backyard gatherings to a day at the pool to sharing a vacation house with another household.

One big warning: Your personal risk depends on your age and health, the prevalence of the virus in your area and the precautions you take during any of these activities. Also, many areas continue to restrict the activities described here, so check your local laws.

And there's no such thing as a zero-risk outing right now. As states begin allowing businesses and public areas to reopen, decisions about what's safe will be up to individuals. It can help to think through the risks the way the experts do.

"We can think of transmission risk with a simple phrase: time, space, people, place," explains Dr. William Miller, an epidemiologist at Ohio State University.

Here's his rule of thumb: The more time you spend and the closer in space you are to any infected people, the higher your risk. Interacting with more people raises your risk, and indoor places are riskier than outdoors.

Dr. Emily Landon, a hospital epidemiologist and infectious diseases specialist at University of Chicago Medicine, has her own shorthand: "Always choose outdoors over indoor, always choose masking over not masking and always choose more space for fewer people over a smaller space."

Our experts shared their thoughts via phone and email interviews.

1. A BYOB backyard gathering with one other household: low to medium risk
2. Eating indoors at a restaurant: medium to high risk
3. Attending a religious service indoors: high risk
4. Spending the day at a popular beach or pool: low risk
5. An outdoor celebration such as a wedding with more than 10 guests: medium to high risk
6. Using a public restroom: low to medium risk
7. Letting a friend use your bathroom: low risk
8. Going to a vacation house with another family: low risk
9. Staying at a hotel: low to medium risk
10. Getting a haircut: medium to high risk
11. Going shopping at a mall: risk varies
12. Going to a nightclub: high risk
13. Going camping: low risk
14. Exercising outdoors: low risk

Read the complete article at: [https://www.npr.org/sections/health-shots/2020/05/23/861325631/from-camping-to-dining-out-heres-how-experts-rate-the-risks-of-14-summer-activit?utm\\_campaign=storyshare&utm\\_source=facebook.com&utm\\_medium=social](https://www.npr.org/sections/health-shots/2020/05/23/861325631/from-camping-to-dining-out-heres-how-experts-rate-the-risks-of-14-summer-activit?utm_campaign=storyshare&utm_source=facebook.com&utm_medium=social)

## In this issue:

Helpful Information

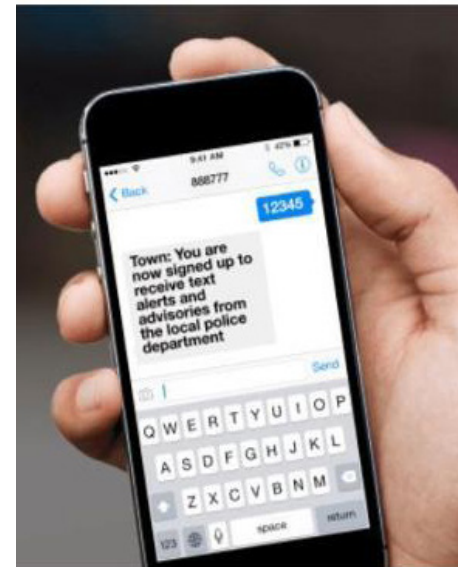
Food Resources

At Home...

- Activities
- Crafts
- Exercise Resources

and a few more laughs!

## Receive Text & Email Alerts from the Newark Police Department



Nixle is an app that will send you text messages or email alerts from your local agencies.

To receive alerts via text: text your zip code to 888777

To receive alerts via email: enter your information at <https://local.nixle.com/register/>

# What You Can do if You are at Higher Risk of Severe Illness from COVID-19

## Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
  - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

## Here's What You Can do to Help Protect Yourself



**Stay home** if possible.



**Wash your hands** often.



**Avoid close contact** and stay at least 6 feet (about 2 arms' length) from other people.



**Clean and disinfect** frequently touched surfaces.



**Cover your mouth and nose** with a cloth face cover when around others.



**Cover coughs and sneezes.**

Call your healthcare provider if you are sick.

For more information on steps you can take to protect yourself, see CDC's webpage on [How to Protect Yourself](https://www.cdc.gov/coronavirus/2019-nCoV/how-to-protect-yourself.html)



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



inspire kindness



Join us for a  
**Clark W. Redeker**  
**Newark Senior Center**  
*Zoom Chat*

**Wednesday, June 10**  
**11:00am**

*Share Your Post-Quarantine Plans...*

- What's the first place you want to go?
- Who is the first person you will visit?
- What restaurant are you most looking forward to dining at?
- Where would you like to travel to?



# Sports Word Search

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

## Word List

Football  
Soccer  
Baseball  
Hockey  
Basketball  
Softball  
Volleyball  
Track and Field



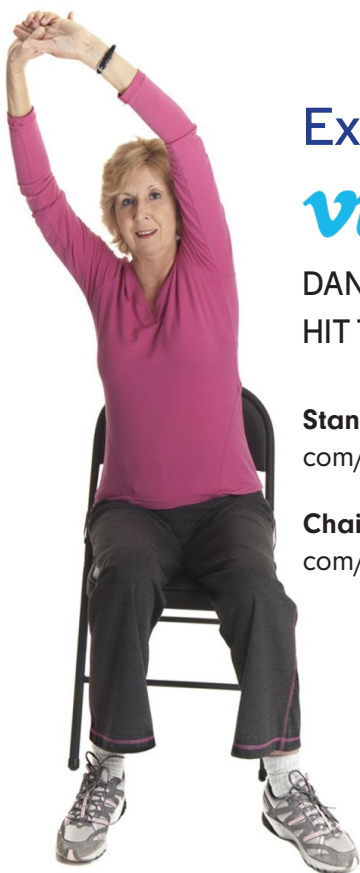
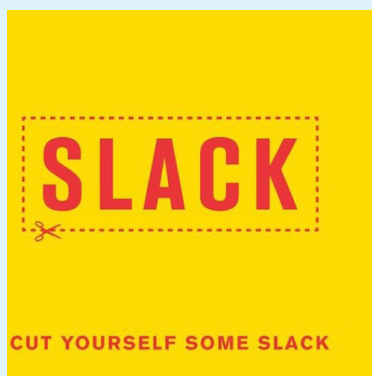
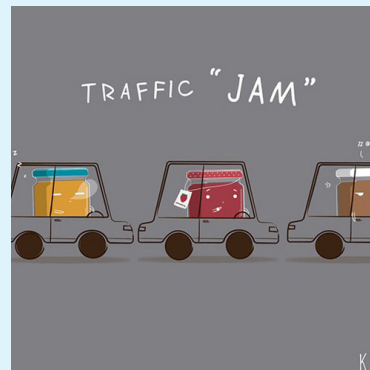
Cricket  
Croquet  
Tennis  
Badminton  
Wrestling  
Boxing  
Archery  
Skiing

Dodgeball  
Climbing  
Golf  
Gymnastics  
Tag  
Riding  
Sailing  
Hide and Go Seek





# THAT'S SO PUNNY!



## Exercise *vimeo*

DANCE WITH JESSICA-  
HIT THE ROAD JACK

**Standing Version:** <https://vimeo.com/425994197/27219aed5>

**Chair Version:** <https://vimeo.com/425994622/4fe7f5d46d>

## YouTube Craft pg. 5-6



**HOW TO MAKE A TASSEL**  
<https://www.youtube.com/watch?v=p1-qYMpGtho>



For food distribution information please visit our facebook page "Newark Recreation & Community Services"

# HOW TO MAKE A TASSEL

Supplies: thin yarn or embroidery floss (depending on your desired thickness/size of the tassel), scissors & a DVD case or something similar in width size



1) Wrap yarn around DVD case approximately 30 times. If you desire a thinner tassel, do less.

2) Cut the yarn.



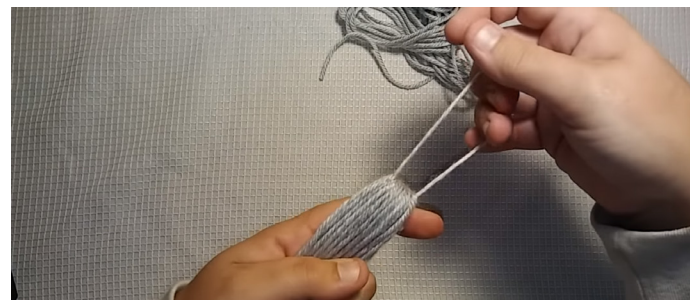
3) Carefully slide the yarn off and make sure to keep the yarn loop together.



3) Completed...



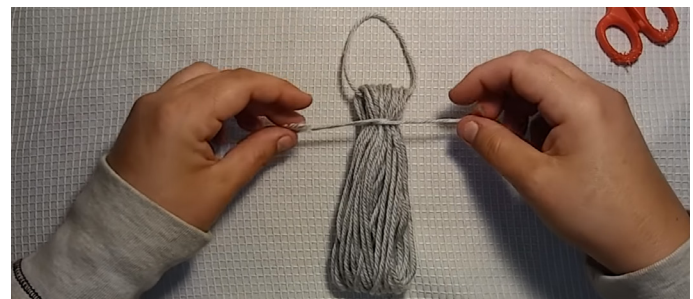
4) Cut a new piece of yarn (however long you want the top of the tassel to be) and tie a surgeons knot.



4) Continued... Once the knot is tied, hide it under the loop bundle.



5) Cut a new piece of yarn approx. 10in long and place the tassel on top of it. Criss cross the yarn.



5) Continued... Once the yarn is crossed, flip over the tassel and criss cross. Repeat two more times.

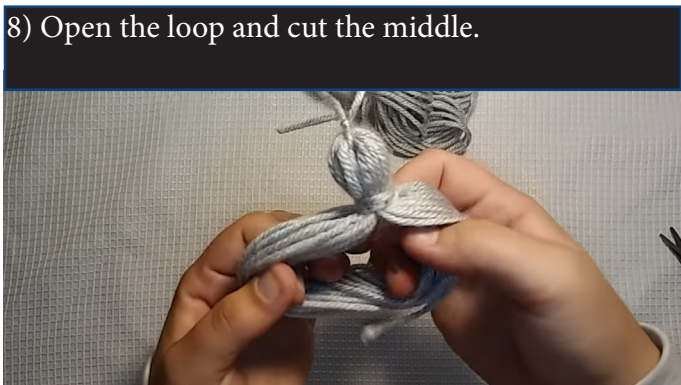




6) Tie a surgeons knot and cut off the loose ends.



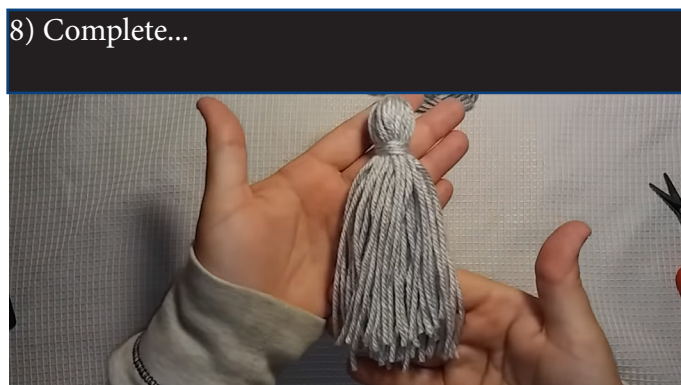
7) Tie an overhand loop knot with the looped yarn on top to create the top of the tassel.



8) Open the loop and cut the middle.



8) Continued...



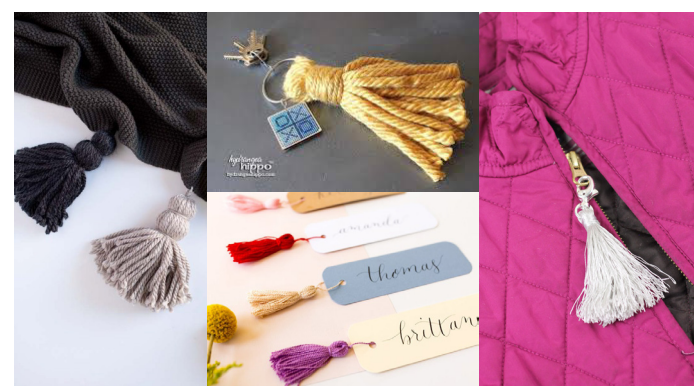
8) Complete...



9) Cut the bottom of the tassel to make a straight edge.



10) Your tassel is now complete! Add them to book marks, blankets, zippers, scarves, key chains, etc!



**SEND US A PHOTO OF YOUR COMPLETED PROJECT AT SENIOR.CENTER@NEWARK.ORG**