

June 15, 2020



How to Hug During a Pandemic

The New York Times

June 4, 2020

Credit...Eleni Kalorkoti

Of the many things we miss from our pre-pandemic lives, hugging may top the list. We asked scientists who study airborne viruses to teach us the safest way to hug. Not only do we miss hugs, we need them. Physical affection reduces stress by calming our sympathetic nervous system, which during times of worry releases damaging stress hormones into our bodies. In one series of studies, just holding hands with a loved one reduced the distress of an electric shock.

"Humans have brain pathways that are specifically dedicated to detecting affectionate touch," says Johannes Eichstaedt, a computational social scientist and psychology professor at Stanford University. "Affectionate touch is how our biological systems communicate to one another that we are safe, that we are loved, and that we are not alone."

To learn the safest way to hug during a viral outbreak, I asked Linsey Marr, an aerosol scientist at Virginia Tech and one of the world's leading experts on airborne disease transmission, about the risk of viral exposure during a hug. Based on mathematical models from a Hong Kong study that shows how respiratory viruses travel during close contact, Dr. Marr calculated that the risk of exposure during a brief hug can be surprisingly low — even if you hugged a person who didn't know they were infected and happened to cough.

Here's why. We don't know the exact dose required for the new coronavirus to make you sick, but estimates range from 200 to 1,000 copies of the virus. An average cough might carry anywhere from 5,000 to 10,000 viruses, but most of the splatter lands on the ground or nearby surfaces. When people are in close contact, typically only about 2 percent of the liquid in the cough — or about 100 to 200 viruses — would be inhaled by or splashed on a person nearby. But only 1 percent of those stray particles — just one or two viruses — actually will be infectious.

There's tremendous variability in how much virus a person sheds, so the safest thing is to avoid hugs. But if you need a hug, take precautions. Wear a mask. Hug

In this issue:

Helpful Information

Food Resources

At Home... Activities, Crafts, Exercise
and a few more laughs!

outdoors. Try to avoid touching the other person's body or clothes with your face and your mask. Don't hug someone who is coughing or has other symptoms.

And remember that some hugs are riskier than others. Point your faces in opposite directions — the position of your face matters most. Don't talk or cough while you're hugging. And do it quickly. Approach each other and briefly embrace. When you are done, don't linger. Back away quickly so you don't breathe into each other's faces. Wash your hands afterward.

And try not to cry. Tears and runny noses increase risk for coming into contact with more fluids that contain the virus.

"There's a real challenge right now for older people who worry that they won't be able to touch or connect with family for the rest of their lives," said Dr. Marcus. "Keeping hugs brief is particularly important because the risk of transmission increases with more prolonged contact."

Here are the Dos and Don'ts of hugging, based on the advice of Dr. Marr and other experts.

DON'T hug face-to-face

"This position is higher risk because the faces are so close together," said Dr. Marr.

DON'T hug cheeks together, facing the same direction

This position, with both huggers looking in the same direction, also is higher risk because each person's exhaled breath is in the other person's breathing zone.

DO hug facing opposite directions

This prevents you from directly breathing each other's exhaled particles. Wear a mask.

DO let children hug you around the knees or waist

This lowers risk for direct exposure to droplets and aerosols because faces are far apart. There is potential for the child's face and mask to contaminate the adult's clothing. Change clothes, and wash your hands after a visit that includes hugs. The adult also should look away so as not to breathe down on the child.

Read the entire article at <http://worldnewsnetwork.co.in/how-to-hug-during-a-pandemic-the-new-york-times/>

12 Inspiring Quotes to Keep Your Spirits Up and Help You Find Meaning During the Pandemic

They have the power to boost your optimism during this tough time.

By Elaine Lipworth, Content Writer at Thrive Global
Published on April 21, 2020

As the pandemic continues, staying resilient and optimistic can be a challenge, whether you are sheltering at home or working on the front lines. That's why it's more important than ever to have tools that can help you reconnect with yourself and your inner wisdom. Inspirational phrases and quotes can do just that – helping you find hope and meaning when you need it the most. Keep these close by, and read them whenever you are looking for a dose of perspective or purpose.

[“Hello, sun in my face. Hello you who made the morning and spread it over the fields... Watch, now, how I start the day in happiness, in kindness.”](#) – Mary Oliver, poet

How you begin your morning can set the tone for the entire day. These words from the late Pulitzer Prize-winning poet can help you find the beauty in simple things and connect you to the importance of kindness. [“If we have no peace, it is because we have forgotten we belong to each other.”](#) –Mother Teresa
Wise words about the abiding value of human connection.

[“What you are looking for is already in you... You already are everything you are seeking.”](#) –Thich Nhat Hanh, Vietnamese Buddhist monk, spiritual leader
We have all the answers within us, if we only take the time to look, says Thich Nhat Hanh, a renowned monk and leading proponent of mindfulness.

[“You may not always have a comfortable life. And you will not always be able to solve all the world's problems all at once. But don't ever underestimate the impact you can have, because history has shown us that courage can be contagious, and hope can take on a life of its own.”](#) –Michelle Obama
Inspiring words from the former First Lady – our smallest acts of courage and kindness can make a world of difference.

[“All shall be well, and all shall be well, and all manner of things shall be well.”](#) –Julian of Norwich
This reminder from the 14th-century Christian mystic can serve as a mantra when we need a little help remaining optimistic about the future.

[“Help thy brother's boat across and lo! thine own has reached the shore.”](#)–Hindu proverb
Helping others has the power to transform the giver as much as the recipient. In other words, if you're searching for meaning, looking for an opportunity to be useful to someone else may be your best bet.

[“If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment.”](#) –Marcus Aurelius, from his seminal book, *Meditations*

The Roman Emperor and Stoic philosopher understood that it's not our circumstances that truly define us, but our internal response to even the most challenging times.

[“We spend precious hours fearing the inevitable. It would be wise to use that time adoring our families, cherishing our friends and living our lives.”](#) –Maya Angelou, poet

A great reminder to look for and savor the opportunities of this time.

[“That best portion of a man's life, his little, nameless, unremembered acts of kindness and love.”](#) –William Wordsworth, poet

What we give represents the best of who we are.

[“The very least you can do in your life is figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.”](#) – Barbara Kingsolver, *Animal Dreams*

The author reminds us that we need to inhabit hope in order to activate it.

[“We may not be able to witness our own eulogy, but we're actually writing it all the time, every day.”](#) – Arianna Huffington, founder and CEO, Thrive Global
From our own CEO's book, *Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder*, a reminder that every single day contributes to a life of meaning, so make it count!

[“This is the time to be slow,
Lie low to the wall
Until the bitter weather passes.](#)

[Try, as best you can, not to let
The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.](#)

[If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning.”](#) –John O'Donohue, *Benedictus Book Of Blessings*

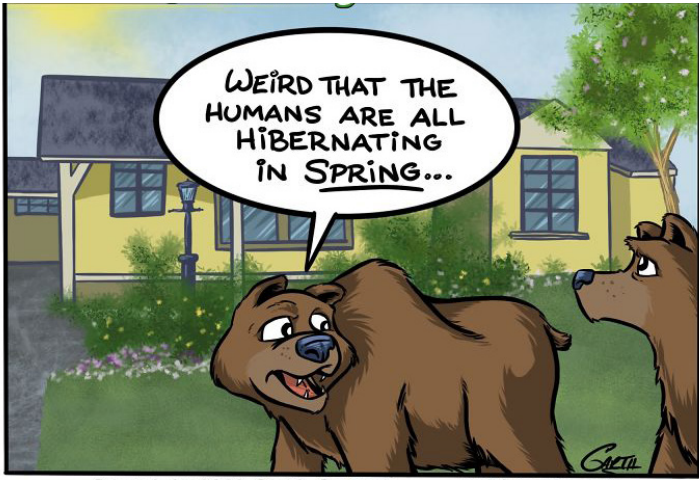
The late Irish poet's poignant words about gentle renewal are perfect for our time – when many of us are forced to slow down.

U.S. States Word Search

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

Word List

Washington	Arizona	Minnesota	Tennessee	Maine	Rhode Island
Oregon	New Mexico	Wisconsin	Kentucky	Vermont	Illinois
California	North Dakota	Iowa	Virginia	Connecticut	Utah
Idaho	Nebraska	Ohio	West Virginia	Delaware	Alabama
Montana	Kansas	Mississippi	South Carolina	Alaska	Florida
Nevada	Oklahoma	Missouri	Maryland	Hawaii	Michigan
Colorado	Arkansas	Louisiana	New York	New Hampshire	Indiana
Wyoming	Texas	Georgia	New Jersey	Pennsylvania	

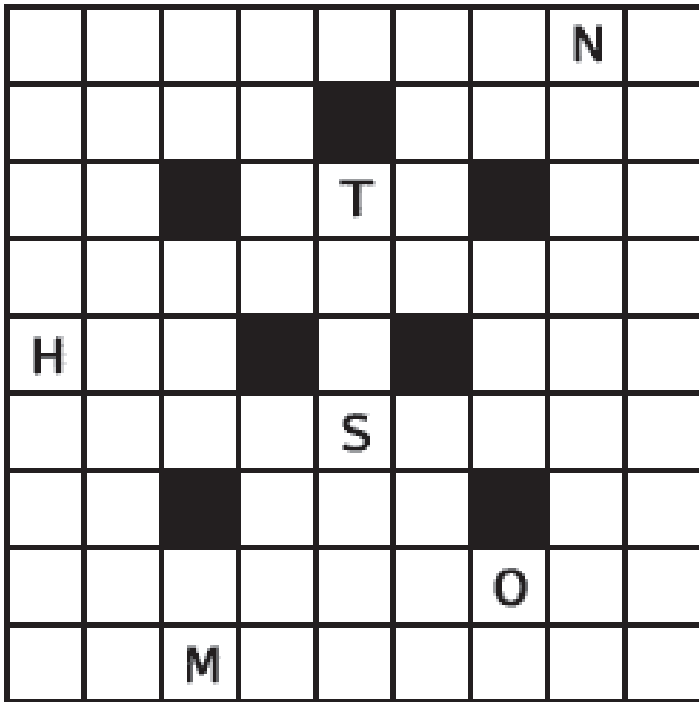


YouTube Crafts



PAPER POP UP FAN

https://www.youtube.com/watch?v=_BmfaOwHVt4

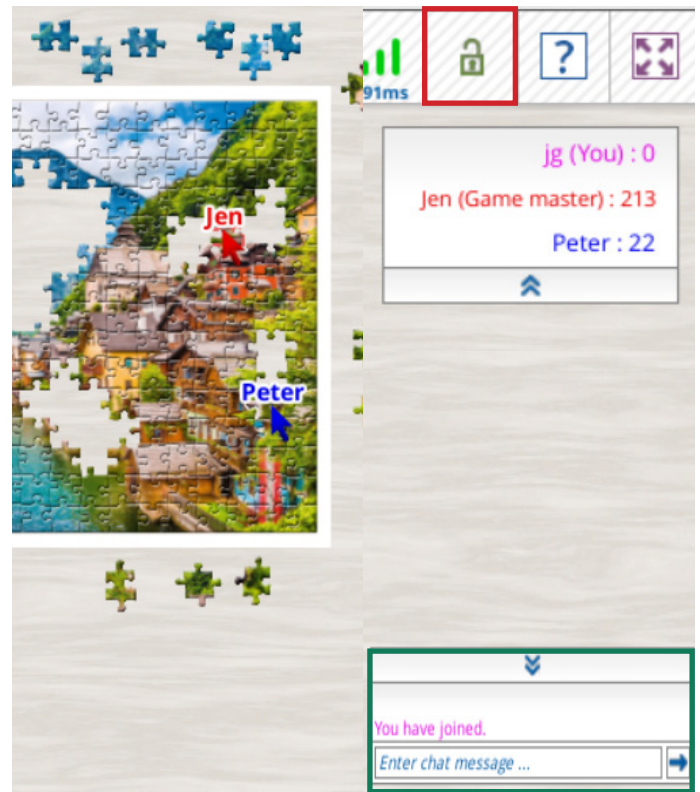


MONTHS BRAIN TWISTER

Place JANUARY, FEBRUARY, MARCH, APRIL, MAY, JUNE, JULY, AUGUST, SEPTEMBER, OCTOBER, NOVEMBER, DECEMBER, into the grid. The sequence will snake around, but cannot go diagonally, nor cross itself.

ONLINE PUZZLES WITH FRIENDS!

- Go to <https://digitalpuzzle.ravensburger.us/>
- Type your name, then click "Login"
- Start a new puzzle
- Once your other players "Login" on their computers, tell them which puzzle you're working on in the "join an active game" section located in the first row of puzzles
- Once your entire group is in (max 8) click the **padlock button** on the top right corner so others cannot join
- At the bottom right corner there is a **chat box** to talk to each other



YouTube Exercise

LOWER BODY STRETCHES

<https://www.youtube.com/watch?v=J-H5ksxaRg>

UPPER BODY STRETCHES

<https://www.youtube.com/watch?v=WdXZcxd1R-U>



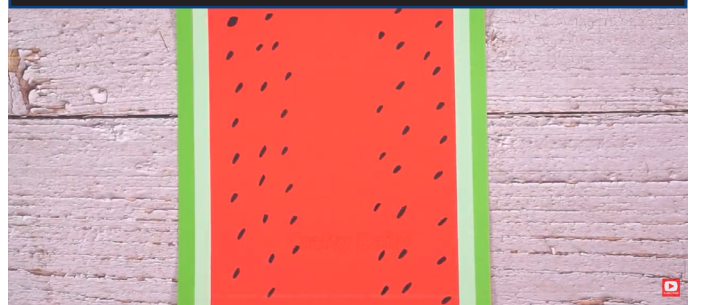
PAPER POP UP FAN

Supplies: square cardstock or construction paper, 2 popsicle sticks, thread, scissors, glue or tape, green paper and marker (optional)

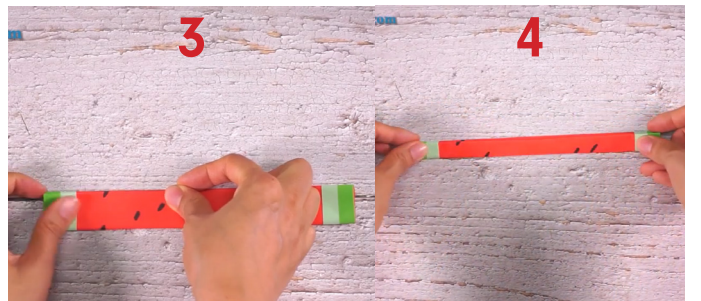


1) Glue or tape green paper onto opposite sides of red paper.

2) Draw watermelon seeds onto red paper with a marker.



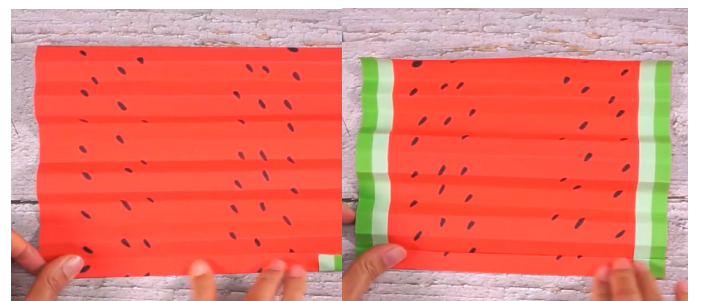
3) Fold paper in half 4 times.



3) Continued...



3) Completed.... pull paper open.



4) Using the folds you've already created, fold on one side, flip over, fold on the other side, flip & repeat.



5) Fold the accorded paper in half. Repeat steps 1-5 to create a second piece.



6) Pinch the two pieces together, tie a thread around them and cut off the excess thread.

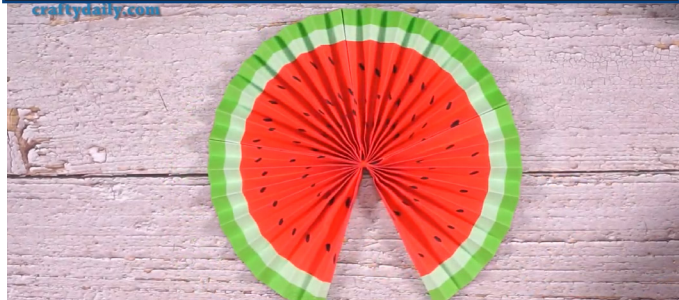


7) Tape or glue 2 sides together. Repeat 3 times.

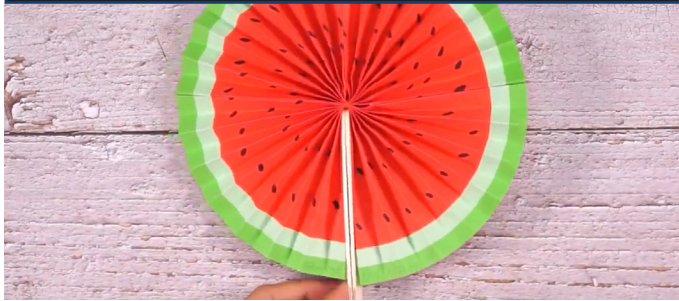
8) Glue or tape popsicle sticks onto both sides of the bottom of the fan.



7) Completed.



9) Now your fan is complete!



10) To make a closure strap... tape or glue a small strip of paper together.



11) Slide over the ends of the popsicle sticks.



12) Viola!



13) To make a plain fan, follow steps 3-8! Stay cool!

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