

June 29, 2020

How to Use Zoom to Stay Connected During the Coronavirus

by Ed Baig, AARP, May 27, 2020

Read the entire article at <https://www.aarp.org/home-family/personal-technology/info-2020/how-to-use-zoom.html>

How do I join a Zoom Session?

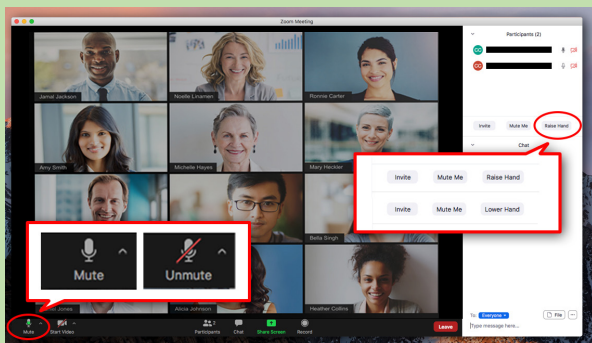
An invitation typically arrives via email or text. Click the Join link in the body of the message. You'll be prompted to download Zoom or to launch the app if you already have it. You then just choose to join a meeting with or without video.



Speaker view, on the left, and gallery view. The control to toggle between views is towards the top right corner of the Zoom window on laptops and desktops.

How will I see other people?

There are two common layouts: speaker view, in which the active speaker takes up the majority of the screen, and gallery view, with thumbnails of participants laid out as a grid. On a laptop or desktop computer, the control to toggle between these views is toward the top right corner of the Zoom window. On a tablet the control is on the upper left – you may have to gently tap the screen to see it. You'll see all participants' live video feeds if they've enabled their camera. In the absence of video, you'll see a dark rectangle with the person's name or initial.



Should I mute my microphone?

If you're not about to speak, yes, especially if you are with other people. Background noise can be a distraction.

In this issue:

How to Use Zoom

Helpful Information

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




Join us for another
Clark W. Redeker Newark Senior Center
Zoom Chat
Wednesday
July 1
11:00am-12:00pm
Meeting ID: 969 4078 6450
Password: 7401
Join by phone: (408) 638-0968



The New Rules for Safer Summer Cookouts

CDC issues health guidelines for hosting backyard barbecues during the pandemic

by Rachel Nania, AARP, June 16, 2020



Hosting a safe cookout used to mean keeping the potato salad cold, the grill flames low and the mosquitoes away. But these days there's a whole new list of concerns to consider — chief among them, should you be having a cookout in the first place?

Throughout the coronavirus pandemic, the advice from public health experts has been to stay home as much as possible and to avoid groups of people. On June 12, however, the Centers for Disease Control and Prevention (CDC) released a new set of guidelines to help people who are eager to break out of quarantine do so in a way that minimizes their risk for catching and spreading the virus.

"The pandemic is not over, and it's important to recognize that," Jay Butler, the CDC's deputy director for infectious diseases, said in a media briefing. That said, "we recognize that we are all getting tired of staying at home ... and as we head into the summer months we know that Americans will be looking forward to reconnecting with family and friends and be able to attend events, and we want that to occur as safely as possible."

The new guidelines have prevention strategies for several routine activities, such as running to the bank, working out at the gym and traveling overnight.

Hosting friends and family for a meal is also on the list. Here's how to do that as safely as possible during the pandemic.

On the menu: A single server with a side of hand sanitizer

Before you venture out or invite others over, it's important to assess your risk. Consider whether COVID-19 is spreading in your community or whether you or someone you live with is more likely to get severely ill from a coronavirus infection.

If you decide to move ahead with plans, the CDC recommends implementing a few preventive measures to reduce the odds that your backyard barbecue will turn into a hot zone. At the top of the list: Remind anyone who hasn't been feeling well or who has come in contact with someone who has COVID-19 to stay home and away from others.

"Even if your belly is a little off but you think it's OK, don't come," advises Gonzalo Bearman, M.D., chief of infectious diseases at VCU Medical Center and director of the hospital's health care infection prevention program. "That should be strongly encouraged."

Second, try to keep guests outside as much as possible. Inside, "you have a greater concentration of virus in the air and a greater chance of infection," Bearman says. Outdoors, the virus can disperse more easily, which "decreases infectivity." It's also easier to maintain a distance of at least 6 feet from other people when you're outside — and that's another tip on the CDC's guide to a safer summer cookout. Also, wear a face mask if you are medically clear to do so, and wash your hands often, especially before and after eating.

Consider adding BYOB to your party invite; guests may want to bring their own plates, utensils and cups, too. The CDC says it's best to minimize shared items, and if you have a few out (think bottles of barbecue sauce or salad dressing), identify one person to serve them.

"What we understand about viral-transmission dynamics is that about 70 or 80 percent of it is from the droplets that we inhale, but then there's still 20 to 30 percent that comes from contact with inanimate environment — we touch that with our hands or a mouth or mucous membranes, and that's how we get secondarily infected," Bearman explains.

The general rule of thumb, the CDC's Butler says, is that "the more closely you interact with others, the longer the interaction lasts, and the greater the number of people involved in the interaction, the higher the risk of COVID-19 spread."

With proper distancing, good hand hygiene and face coverings, "you can certainly risk-mitigate" to make a cookout or dinner with friends "safer than it would be otherwise," Bearman says. Of course, the safest option is to avoid social interactions. "But then again, we're also social beings and aren't meant to be alone all the time after periods of isolation."

For more safety tips for cookouts, read the complete article at <https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-summer-cookouts.html>



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 UNITED

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Drive-Thru BBQ

Free for Seniors 55+
Thursday, July 9

At the Silliman Activity Center, 6800 Mowry Ave.

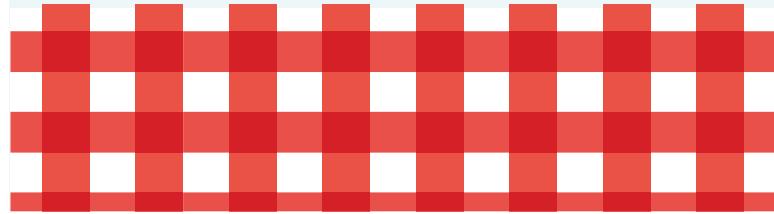
Pre-registration required.

Registration begins June 22 at newarkca.activityreg.com or call 510-578-4845

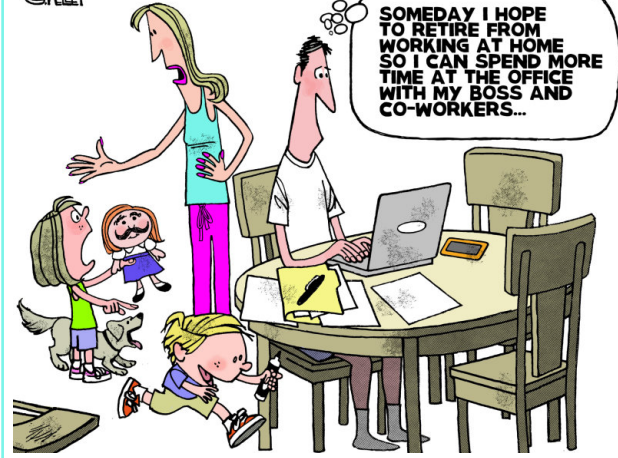
Choose your pickup time when registering!
For safety precautions, please do not get in line earlier than your assigned time.

Drive-thru for pickup only.

Please wear a mask & do not exit your vehicle.



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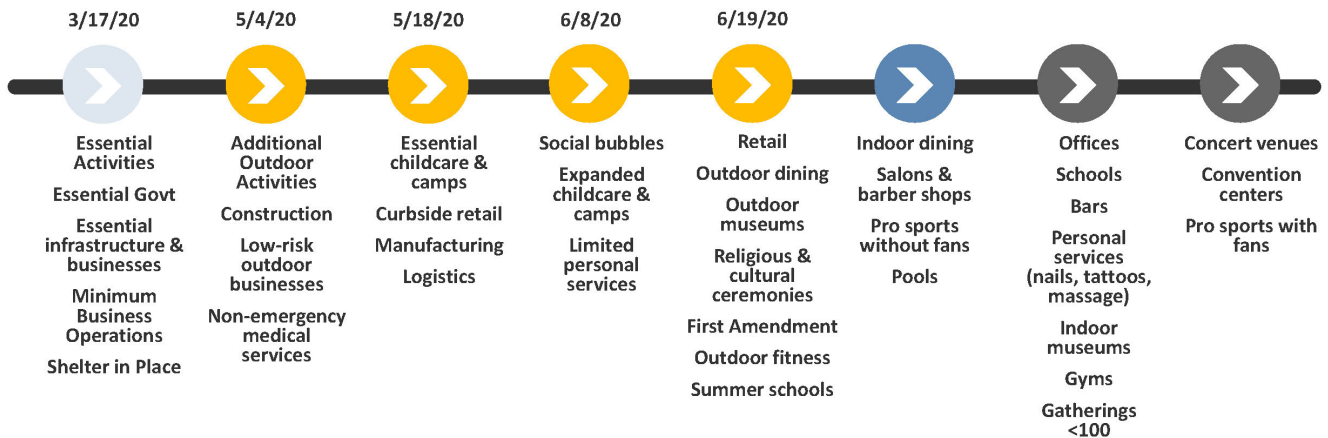


Social Bubble Tips:

1. Stick to a stable group of 12 or fewer
2. Join only one bubble
3. Stick together for at least 3 weeks
4. Plan for outdoors only
5. Don't forget face coverings
6. Talk about why/how you want to bubble up: routines, communication
7. Remember that your actions affect everyone in the group
8. Agree to have no hard feelings if it doesn't work out
9. Agree to all follow the same rules

Alameda County Reopening Plan: Updated 6.18.20

Movement to next stage contingent upon local COVID-19 indicators, at 2-4 week intervals



Face Coverings, Physical Distancing, and Site Specific Protection Plans Required – Stay in your Community



Exercise

vimeo

DANCE W/ JESSICA- NIGHT FEVER

Standing Version: <https://vimeo.com/432254046/1c039c6a3b>

Seated Version: <https://vimeo.com/432261143/d0355b9d39>

YouTube

SEATED CHAIR STRETCHES

<https://www.youtube.com/watch?v=XHlqzdK5hw>

YouTube Craft pg. 6



YARN & WIRE SIGN

<https://www.youtube.com/watch?v=AnryJX5ldVc>



By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE® POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE® RATING

- 151+ = Champ
- 101-150 = Expert
- 61 - 100 = Pro
- 31 - 60 = Gamer
- 21 - 30 = Rookie
- 11 - 20 = Amateur
- 0 - 10 = Try again

Boggle® BrainBusters Bonus

We put special brain-busting words into the grid of letters. Can you find them?

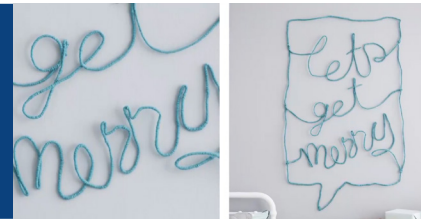
Find **FOUR SIX-LETTER FRUITS** in the grid of letters. Write your answers below.

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www.bogglebrainbusters.com

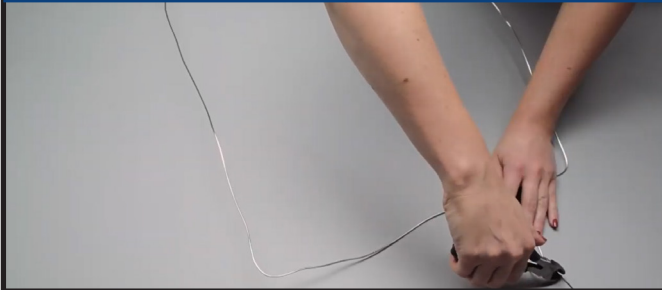
*Answers to Saturday's Boggle® BrainBusters:
 LONDON BOGOTA DUBLIN BERLIN BEIRUT*

YARN & WIRE SIGN

Supplies: yarn, floral wire or other lightweight pliable wire, scissors & wire cutters



1) Shape a frame for your text using the wire and cut.



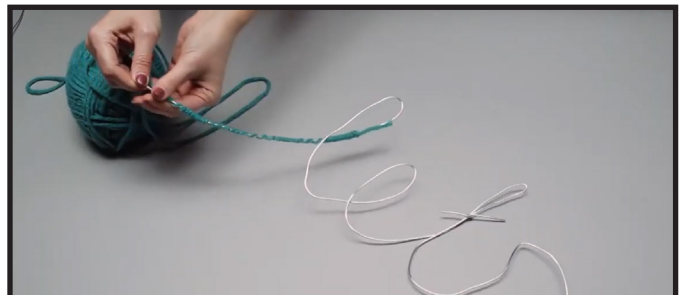
2) Shape wire into text and cut. Make sure to leave excess wire on both ends for attaching to frame later.



3) Tie a double knot on one end of the wire and wrap around.



4) Continue wrapping and pushing yarn until it reaches the end of the text.



5) Add on any extra wire pieces and cover with yarn (ex: cross to a T or an A).



6) Wrap each wire end of the text around the frame and cut the excess.



6) Continued...



8) Your project is now ready to be hung!



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