

July 6, 2020

Latest Updates on Coronavirus: Older Americans Urged to Continue 'Distancing'

by Rachel Nania, AARP, Updated June 29 2020

What can older adults do to reduce their risk of illness?

Older adults and people with chronic underlying health conditions are more likely than younger, healthier people to experience serious illness from COVID-19, the disease caused by the coronavirus. There is no specific age at which risk increases. Rather, the Centers for Disease Control and Prevention (CDC) says "risk increases steadily as you age" and despite initial warnings from the agency, "it's not just those over the age of 65 who are at increased risk for severe illness." Part of the reason risk increases with age is because people are more likely to have other health issues later in life, and underlying health conditions are a huge driver of complications that arise from COVID-19. A June report from the CDC found that hospitalizations for people with COVID-19 were six times as high for patients with chronic health conditions, compared to otherwise healthy individuals; deaths among this population were 12 times as high.

Health conditions most associated with severe illness from COVID-19 include:

- Chronic kidney disease
- Chronic obstructive pulmonary disease (COPD)
- A weakened immune system from organ transplant
- Obesity (BMI of 30 or higher)
- Serious heart conditions, such as heart failure, coronary artery disease or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes

Health conditions that might increase risk for severe illness from COVID-19 include:

- Asthma (moderate to severe)
- Cerebrovascular disease
- Cystic fibrosis
- Hypertension or high blood pressure
- A weakened immune system
- Neurologic conditions, such as dementia
- Liver disease
- Pregnancy
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Smoking
- Thalassemia (a type of blood disorder)
- Type 1 diabetes mellitus

The CDC has issued specific guidance for older adults and people at high risk for serious outcomes. Here's what the agency recommends: Avoid close contact with others, Stock up on supplies. For older adults and others at high risk for severe illness from a coronavirus infection, traveling can be dangerous, especially if you are in close contact with others. "People at higher risk for severe illness need to take extra precautions," the CDC says. Staying home is still the best way to protect yourself and others from getting sick.

Read the entire article at <https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-facts.html#Q1>

In this issue:

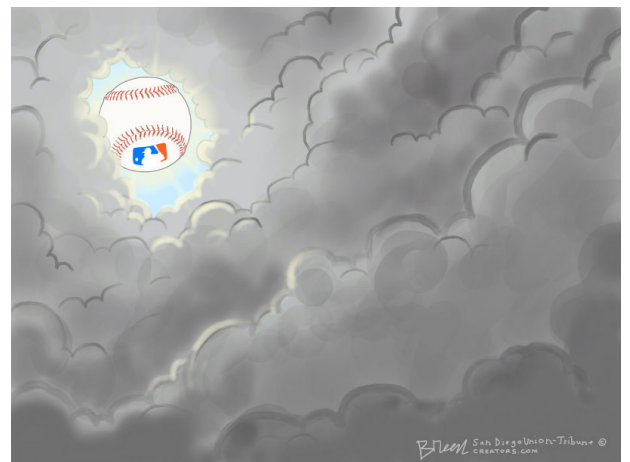
How to reduce your risk of illness
Helpful Information
At Home... Activities, Crafts, Exercise
and a few laughs!



"You make a life
out of what you
have, not what
you're missing."

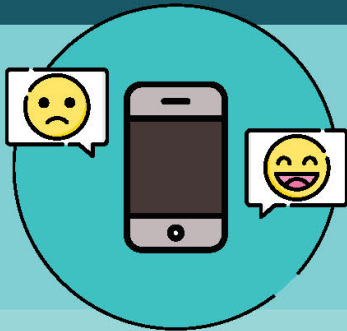
—KATE MORTON,
THE FORGOTTEN GARDEN

RS



Major League Baseball has officially announced a plan to return to play that features players reporting for training by July 1, leading up to a proposed 60-game regular-season schedule anticipated to begin on July 23 and 24.

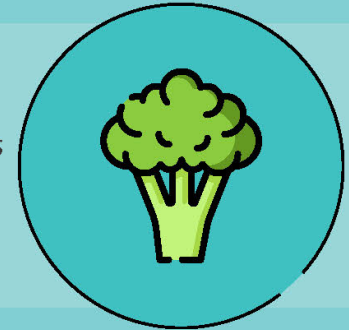
Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

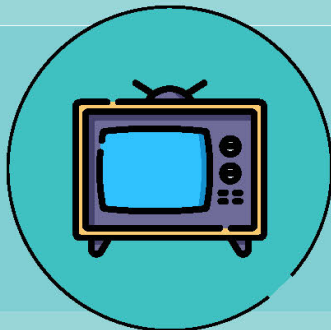
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

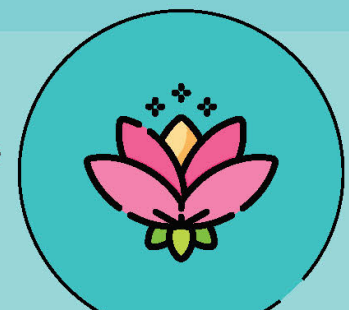
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

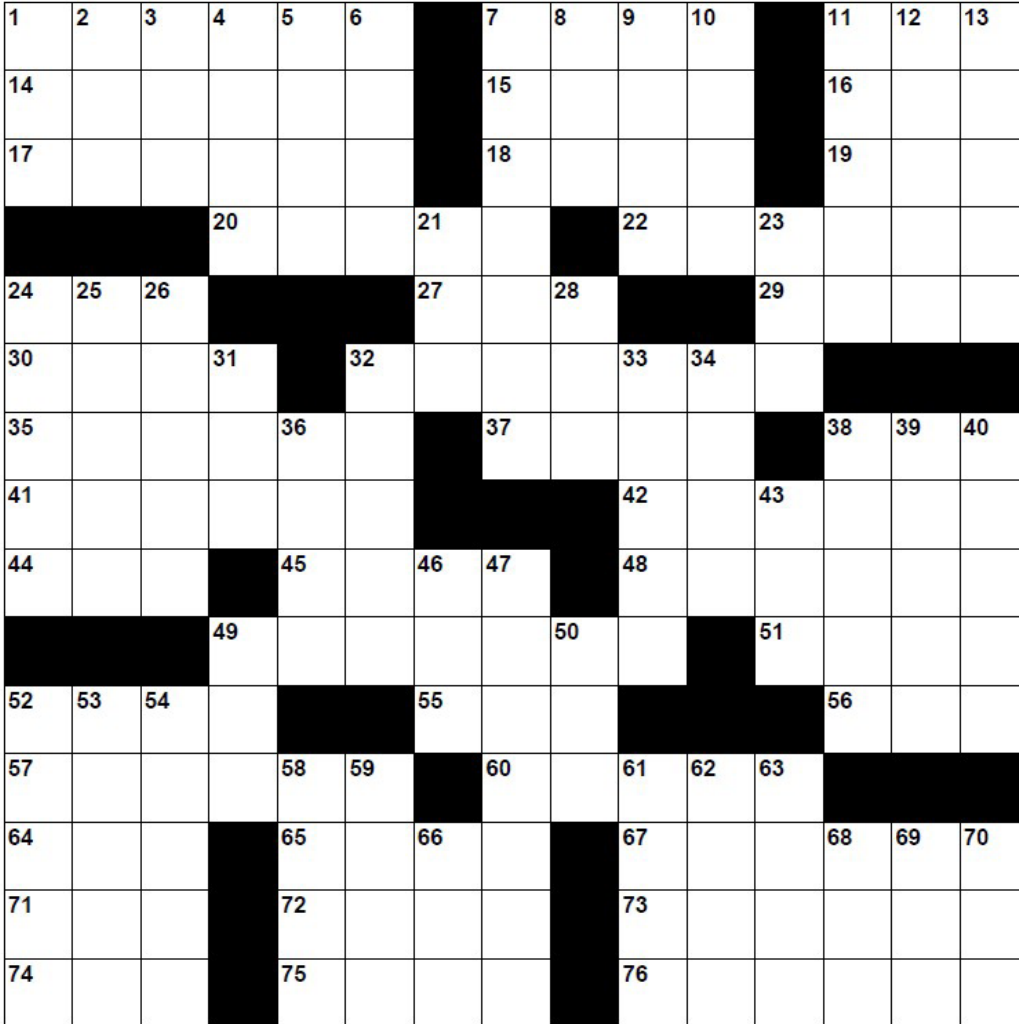


Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

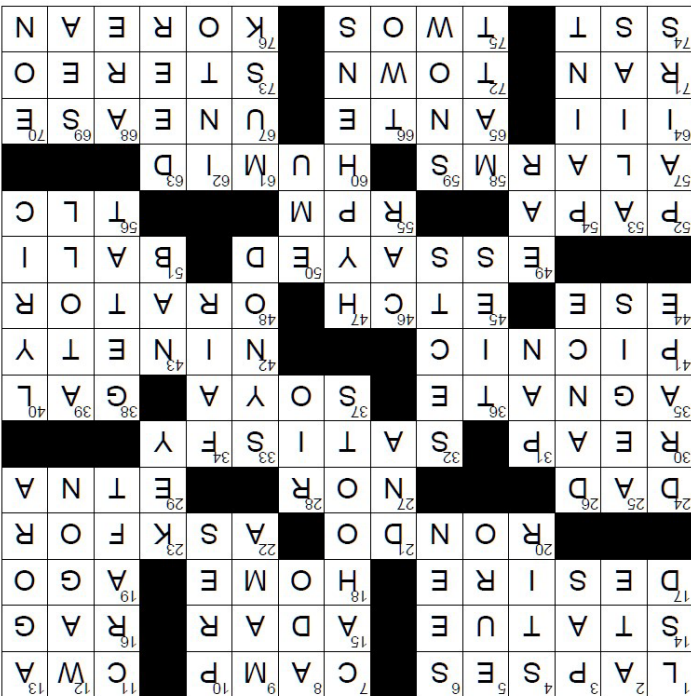
Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



FAMILY AND FRIENDS



- ACROSS**
1. Slips
 7. Bivouac
 11. Communication Workers of America (abbr.)
 14. Sculpture
 15. 6th month (Jewish calendar)
 16. Scrap
 17. Hanker
 18. House
 19. Past
 20. Musical composition
 22. Demand (2 wds.)
 24. Father
 27. Neither's partner
 29. Bunsen burner
 30. Harvest
 32. Allay
 35. Male relation on father's side
 37. Soybean
 38. Miss
 41. Eat in the open air
 42. Very old age
 44. East southeast
 45. ___-a-sketch (child's toy)
 48. Talker
 49. Wrote
 51. Indonesian island
 52. Pa
 55. Revolutions per minute
 56. Tender loving care
 57. Morning bells
 60. Sultry
 64. Caesar's three
 65. Parlay
 67. Uncomfortableness
 71. Manned
 72. Small city
 73. Music player
 74. Concord e.g.
 75. Duces
 76. Asian language



Solution:

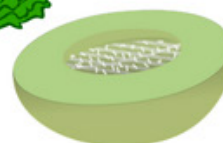
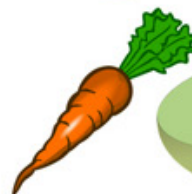
FAMILY AND FRIENDS

- DOWN**
1. Hallucinogen
 2. Dined
 3. Old-fashioned dads
 4. Change position
 5. European monetary unit
 6. Was looked at
 7. Conspiracy, with "in"
 8. Flurry
 9. Ma
 10. President (abbr.)
 11. Business
 12. What horses pulled
 13. One hundred of these makes a shekel in Israel
 21. Deoxyribonucleic acid (abbr.)
 23. Cay
 24. Cover
 25. Sponsorship
 26. Move
 28. Rio de Janeiro
 31. Pot's pal
 32. Factions
 33. Council
 34. Just
 36. Knots
 38. Access (2 wds.)
 39. Coral reef
 40. Musical
 43. Wrest
 46. Wheeled vehicle
 47. Dashes
 49. Serving of corn
 50. Flightless bird
 52. Duos
 53. False name
 54. Make a picture of
 58. Flat
 59. Frozen rain
 61. Cologne ingredient
 62. Within
 63. Elk's cousin
 66. Couple
 68. To be
 69. Body of water
 70. Long time

Fruit and Vegetables



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





LIFE Meals on Wheels ElderCare Volunteers Needed

If you're available on weekdays between 10:30-12:30, LIFE ElderCare needs volunteers to deliver Meals On Wheels to elders in Fremont, Union City, and Newark. Help out as often as you can - 1x / week, once every two weeks, once a month, etc.

Or, sign up to become a friendly visitor and make weekly calls to an isolated senior who needs support. This is a flexible opportunity that can easily fit into your schedule - and is a great way to volunteer while still sheltering-in-place.

Please call 510-894-0370, email info@LifeElderCare.org, or sign up at www.LifeElderCare.org.



YouTube Craft pg. 6



YARN & WIRE SIGN
<https://www.youtube.com/watch?v=0GQ5TcboecI>



*To Camilla Chinn...
For donating beautiful masks that will be distributed to the Drive-Thru BBQ participants. A lot of love and hard work was put into them. What an excellent example of making the most of your time at home!*

Exercise

YouTube

SEATED RANGE OF MOTION & STRETCHING
https://www.youtube.com/watch?v=_Md14Kj4BFE

STANDING CARDIO
<https://www.youtube.com/watch?v=M6PrVvrmMVY>

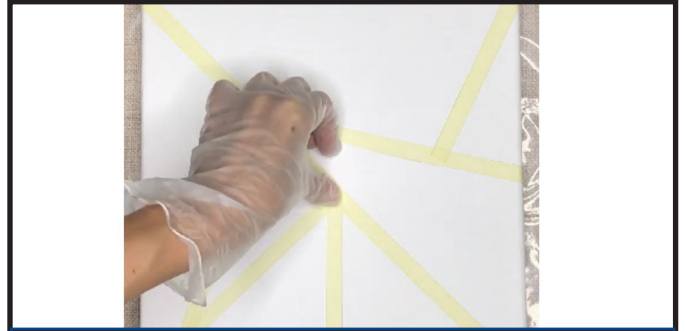


ABSTRACT ACRYLIC PAINTING USING TAPE

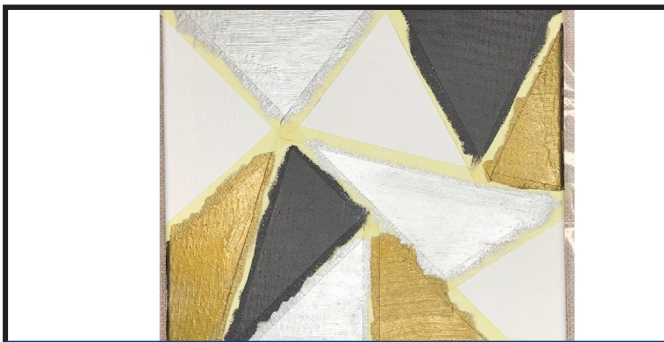
Supplies: blank canvas (or a piece of cardboard/poster board), white acrylic paint, acrylic paint of your choice, masking tape, paint brush, elmers glue (optional) & glitter (optional)



1) Paint canvas with white acrylic paint & let dry.



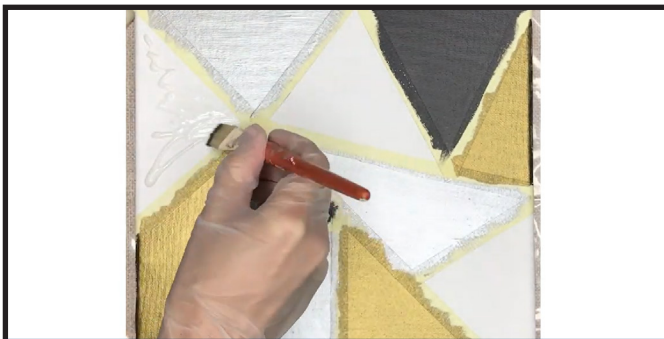
2) Place masking tape in desired geometric pattern.



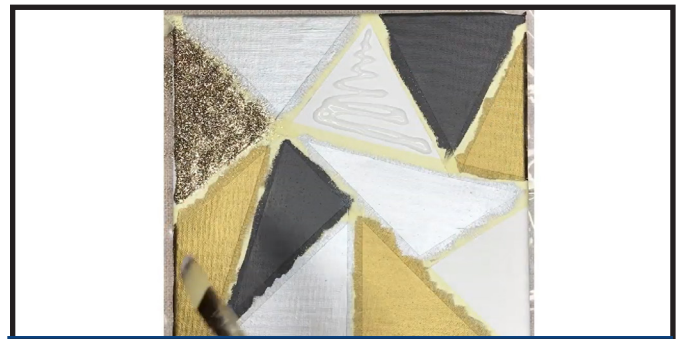
3) Paint shapes in desired acrylic paint colors.



4) Squeeze elmers glue onto a shape.



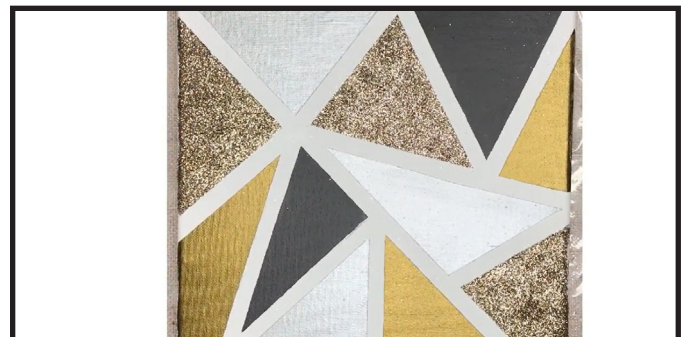
5) Brush the glue so it's evenly spread.



6) Sprinkle sparkles over glue.



6) Once the paint is dry, peel tape off carefully.



8) Your project is complete!

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