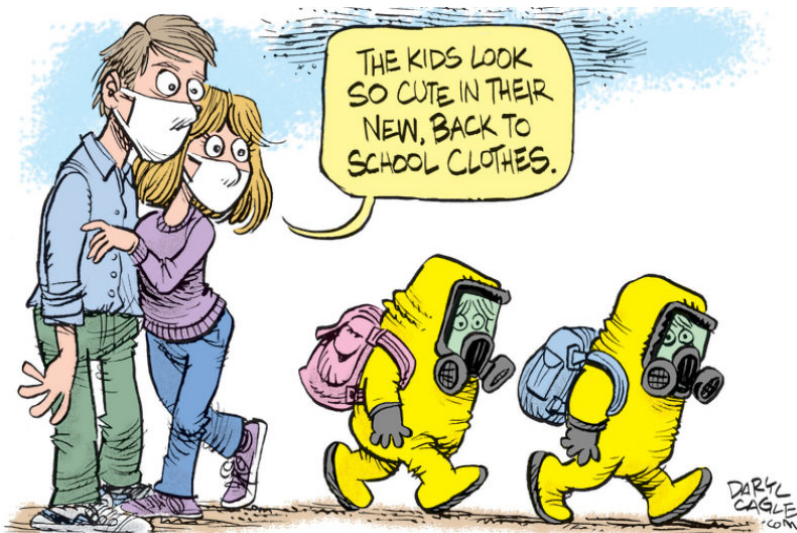


July 13, 2020



## In this issue:

Helpful Information  
Informative Articles  
At Home... Activities, Crafts, Exercise  
and a few laughs!



We had a great time seeing familiar faces at the drive-thru BBQ!

### RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

**⌚** Duration of the entire procedure: 20-30 seconds

<p><b>1a</b></p> <p>Apply a palmful of the product in a cupped hand, covering all surfaces;</p>	<p><b>1b</b></p> <p>Rub hands palm to palm;</p>	<p><b>2</b></p> <p>Rub hands palm to palm;</p>
<p><b>3</b></p> <p>Right palm over left dorsum with interlaced fingers and vice versa;</p>	<p><b>4</b></p> <p>Palm to palm with fingers interlaced;</p>	<p><b>5</b></p> <p>Backs of fingers to opposing palms with fingers interlocked;</p>
<p><b>6</b></p> <p>Rotational rubbing of left thumb clasped in right palm and vice versa;</p>	<p><b>7</b></p> <p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p>	<p><b>8</b></p> <p>Once dry, your hands are safe.</p>



## KAISER PERMANENTE®

ClassPass

Fitness industry leader ClassPass makes it easier for you to work out from anywhere. ClassPass partners with 30,000 gyms and studios around the world, offering a range of classes including yoga, dance, cardio, boxing, Pilates, boot camp, and more.

With this ClassPass offer, Kaiser Permanente members can get:

- Unlimited on-demand video workouts at no cost
- Reduced rates on livestream and in-person fitness classes

Click the link below to access this ClassPass offer.  
<https://healthy.kaiserpermanente.org/sign-on.html#/signon>

## **Are you considering in-person visits with family and friends? Here are some things to consider to help make your visit as safe as possible:**

### When to delay or cancel a visit

- Delay or cancel a visit if you or your visitors have symptoms of COVID-19 or have been exposed to someone with COVID-19 in the last 14 days.
- Anyone who has had close contact with a person with COVID-19 should stay home and monitor for symptoms.

In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher the risk of COVID-19 spread. So, think about:

- How many people will you interact with?
- Can you keep 6 feet of space between you and others?
- Will you be outdoors or indoors?
- What's the length of time that you will be interacting with people?

### Encourage social distancing during your visit

- Visit with your friends and family outdoors, when possible. If this is not feasible, make sure the room or space is well-ventilated (for example, open windows or doors) and large enough to accommodate social distancing.
- Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don't need to be 6 feet apart from each other.
- Consider activities where social distancing can be maintained, like sidewalk chalk art or yard games.
- Try to avoid close contact with your visitors. For example, don't shake hands, elbow bump, or hug. Instead wave and verbally greet them.
- If possible, avoid others who are not wearing cloth face coverings or ask others around you to wear cloth face coverings.
- Consider keeping a list of people you visited or who visited you and when the visit occurred. This will help with contact tracing if someone becomes sick.

### Wear cloth face coverings

- Cloth face coverings should be worn over the nose and mouth. Cloth face coverings are especially important when it is difficult to stay at least 6 feet apart from others or when people are indoors to help protect each other.
- Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others
- Wearing a cloth face covering helps protect others in case you're infected, while others wear one to protect you should they be infected.
- Who should NOT use cloth face coverings: Children under age 2 or anyone who has trouble breathing, is unconscious, or is incapacitated or otherwise unable to remove the mask without assistance.

### Wash hands often

- Everyone should wash their hands for at least 20 seconds at the beginning and end of the visit and whenever you think your hands may have become contaminated.
- If soap and water are not readily available, such as with outdoor visits or activities, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Remind guests to wash or sanitize their hands before serving or eating food.
- Use single-use hand towels or paper towels for drying hands so visitors do not share towels. Have a no-touch trash can available for guests to use.

### Limit contact with commonly touched surfaces or shared items

- Encourage your visitors to bring their own food and drinks.
- Clean and disinfect commonly touched surfaces and any shared items between use.
- If you choose to use any shared items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash, clean, and sanitize them after the event.

To read the full article visit <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>



# STAY HOME. SAVE LIVES. CHECK IN.

## RESOURCE CARD



For More Resources, visit [EngageCA.org](https://www.engageca.org) and [aarp.org/coronavirus](https://www.aarp.org/coronavirus) or [aarp.org/elcoronavirus](https://www.aarp.org/elcoronavirus).

For Information For All Older Adults Services, call California Aging & Adult Information Line **1-800-510-2020** or go to [www.aging.ca.gov](https://www.aging.ca.gov).

## DO YOU OR SOMEONE YOU KNOW NEED:

- ✓ **GROCERIES OR MEALS**, call 2-1-1 or visit [www.211ca.org](https://www.211ca.org) to connect to local food assistance and more.
- ✓ **MEDICINE OR MEDICAL ATTENTION**, call your health plan or doctor's office for help. **In an emergency call 911.**
- ✓ **COMMUNITY CONNECTIONS**, reach out to 5 people for regular check-in calls, or call Friendship Line CA at **1-888-670-1360** for someone to listen 24/7.
- ✓ **PROTECTION FROM ABUSE AND NEGLECT:**
  - Call **1-800-231-4024**, if you are living in a care facility for the Long-Term Care Ombudsman CRISIS Line
  - Call **1-833-401-0832**, if you are living at home to talk to Adult Protective Services.
- ✓ **PROTECTION FROM FRAUD**, call **1-877-908-3360**, for AARP's Fraud Watch Network Helpline.
- ✓ **SUPPORT WITH ALZHEIMER'S OR OTHER DEMENTIAS**, call **1-800-272-3900** for the Alzheimer's Association® 24/7 Helpline.
- ✓ **GENERAL COVID-19 INFORMATION**, call the COVID Information Line at **1-833-544-2374** or visit [www.covid19.ca.gov](https://www.covid19.ca.gov).



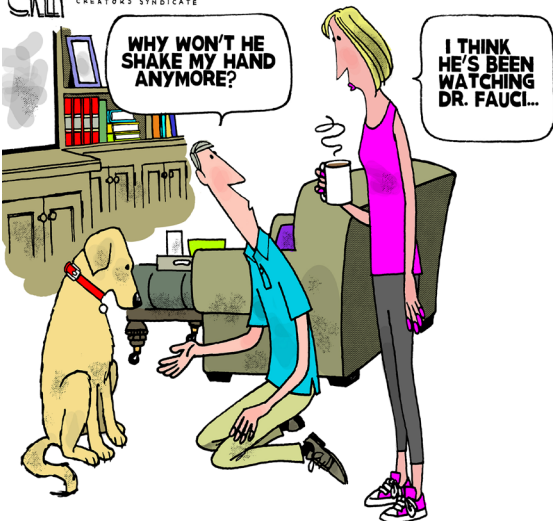
## Friendship Line California



1 (888) 670-1360



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CREATORS SYNDICATE



## \*NEW pickup location ACROSS from Senior Center\*



### FREE COMMUNITY PROGRAM DRIVE-THRU GRAB & GO GROCERY BAG

**NEWARK SERVICE YARD (across from Senior Center)**

37440 FILBERT STREET | NEWARK

Park along Filbert Street, Don't block driveways, Staff will guide you

## Thursday, July 16, 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

#### PROGRAM INFO:

1st & 3rd Thursday of each month  
first come, first serve, open to everyone

#### QUESTIONS:

NICK CUEVAS, RECREATION SUPERVISOR  
OFFICE: 510-578-4432  
[NICHOLAS.CUEVAS@NEWARK.ORG](mailto:NICHOLAS.CUEVAS@NEWARK.ORG)

# Summer

Find and circle all of the summer words that are hidden in the grid.  
The remaining letters spell an additional summer item.

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

ANTS  
AUGUST  
BARBECUE  
BASEBALL  
BEACH  
BEES  
BICYCLE  
BLUE SKY  
BOATING  
BREEZE  
CAMPING

FISHING  
FLIES  
FLOWERS  
GARDENING  
GOLF  
GREEN GRASS  
HAT  
HIKING  
HOLIDAYS  
HOT  
ICE CREAM

JULY  
JUNE  
MOSQUITOES  
NO SCHOOL  
PICNIC  
ROLLER BLADES  
SANDALS  
SKATEBOARD  
SOCCER  
SOLSTICE  
SPRINKLERS

SUNBURN  
SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SUNTAN  
SWEAT  
SWIMMING  
U V RAYS  
WASPS  
WATER FIGHTS  
WATERMELON

# Boggle® BrainBusters!™



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 puzzle grid. Can you find them?

Find SEVEN EUROPEAN CAPITALS in the grid of letters. Write your answers below.

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## Exercise



30 MIN STANDING &  
SEATED EXERCISE

<https://www.youtube.com/watch?v=1zyWa3vko6k>

FULL BODY FLEXIBILITY  
FOR SENIORS

<https://www.youtube.com/watch?v=BQ7svzep14g>



## YouTube Craft pg. 6



## NO SEW PRODUCE T-SHIRT BAG

<https://www.youtube.com/watch?v=i8nKJkZ144Y>



# NO SEW PRODUCE T-SHIRT BAG

Supplies: old t-shirt, scissors & fabric glue (or needle and thread).



1) Cut "S" line from the top of the t-shirt.



1) Complete.



2) Cut the bottom of the t-shirt with a rounded edge.



3) Open the t-shirt, turn inside out & glue (or sew) the bottom pieces together... then let dry!



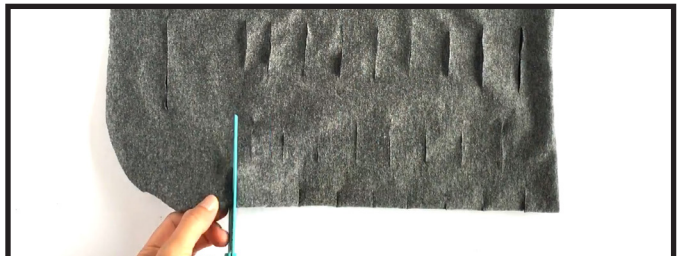
4) Once dry, turn right side out & cut a handle slit.



5) Cut slits down the center approx. 1.5" apart.



6) Unfold & refold the t-shirt & cut slits so they line up in between the slits above.



7) Repeat step 6 for the 3rd row of slits.



8) Repeat step 6 for the 4th row of slits. Repeat steps 6-8 for the other side of the bag.



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