

# Update & Activity Ideas

July 20, 2020

## DMV Gives 1-Year Extension to Seniors with Expiring Licenses Licenses for drivers 70 and older that expire March through December 2020 now valid until 2021

July 13, 2020 Bryan May

The California Department of Motor Vehicles is providing an automatic one-year extension to Californians age 70 and older with a noncommercial driver license with an expiration date between March 1 and December 31, 2020. This action delays the requirement for this population to visit a DMV office during the COVID-19 pandemic.

The DMV previously provided 120-day extensions to senior drivers with noncommercial licenses expiring in March through July. While the new extensions are automatic, drivers will not receive a new card or paper extension in the mail. As an option, drivers can request a free temporary paper extension online beginning July 15 through DMV's Virtual Field Office to document the extension, though it is not needed to drive. Californians with a suspended license are not eligible.

California law requires drivers age 70 and older to visit a DMV field office to renew their license but gives the DMV authority to issue extensions. The DMV has alerted California law enforcement of the extensions. The TSA accepts driver licenses for a year after the expiration date.

Commercial licenses, including those for drivers 70 and older, expiring between March and September are extended through September 30, 2020, to align with federal guidelines.

The one-year extension for senior drivers is the latest action to help Californians avoid or delay a DMV office visit during the COVID-19 pandemic. The DMV has issued extensions for expiring driver licenses and permits, expanded eligibility to renew a driver license or identification card online or by mail, and created new digital options for transactions that previously required an in-person office visit. The DMV continues to streamline its processes to limit the time customers spend at an office. Customers are encouraged to fill out the online application and upload their documents before they come to the office. The DMV is also contemplating other ways to safely serve seniors.

Summary of California driver license extensions:

	Expiration month	Status
Age 70 & older Non-commercial	March-Dec. 2020	Extended one year from original exp. date
Age 69 & younger Non-commercial	March-July 2020	Extended to July 31, 2020 Expanded eligibility to renew online or by mail.
All Ages Commercial	March-Sept. 2020	Extended to Sept. 30, 2020
Learner's Permits	March-Aug. 2020	Extended six months or to a date 24 months from the date of application

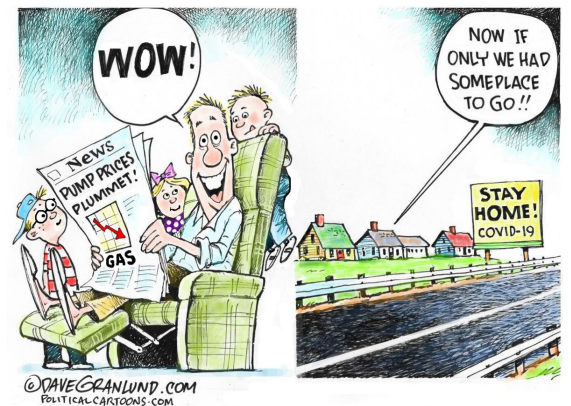
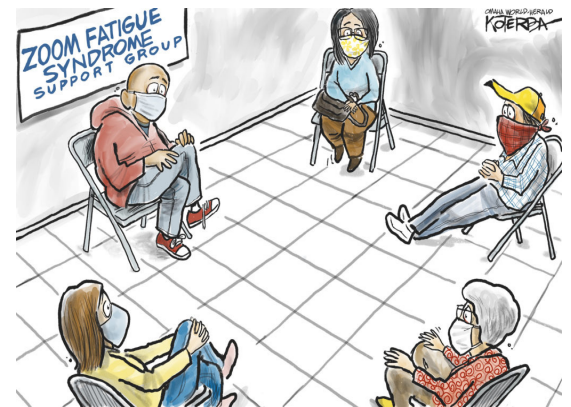
DMV field office employees are assisting customers with appointments at the specific office or with limited transactions that require an in-person visit. Last month, offices began offering additional services, including vehicle inspections and behind-the-wheel drive tests. The DMV continues to recommend that customers use its online services, expanded virtual services and other service channels to complete transactions, including eligible driver license and vehicle registration renewals. Customers can use the Service Advisor on the DMV website to learn their options to complete DMV tasks.

### In this issue:

Helpful Information

Informative Articles

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



## Face Masks Protect You More From COVID Than You Thought, Doctors Say

EVEN THOUGH THEY'VE ALWAYS BEEN TOUTED AS A WAY TO KEEP OTHERS SAFE, THEY ACTUALLY DO WONDERS FOR YOU, TOO.

By ZACHARY MACK, JULY 9, 2020

Read the entire article at <https://bestlifeonline.com/mask-protect-covid/>

Since March, the Centers for Disease Control and Prevention (CDC) has recommended wearing a cloth face covering to help stop the spread of coronavirus from those infected to other people around them. But, according to new research, that face covering might be doing more to keep you safe than you previously realized. Now, medical experts are saying that your face mask actually does protect you from COVID-19, too, decreasing the risk of infection for anyone wearing one by 65 percent.

During an interview on July 2 about the effectiveness of coronavirus prevention methods, Dean Blumberg, MD, chief of pediatric infectious diseases at UC Davis Children's Hospital, and William Ristenpart, a professor of chemical engineering at UC Davis, said research shows that the virus is spread by two primary methods: aerosol particles and droplets. And, according to their findings, someone wearing a mask is more protected against the barely visible droplets that are expelled when someone talks than someone who isn't. "Wearing masks decreases the risk by 65 percent," Blumberg said. "Everyone should wear a mask," he added. "People who say, 'I don't believe masks work,' are ignoring scientific evidence. It's not a belief system. It's like saying, 'I don't believe in gravity.'" Blumberg also explained that maintaining social distance and taking activities outdoors or into well-ventilated areas is also crucial for stopping the spread, since lighter aerosol particles we can't actually see can linger in the air and infect others. "People who don't wear a mask increase the risk of transmission to everyone, not just the people they come into contact with," Blumberg said, referencing how carriers spread the virus by talking, breathing, and coughing into the air. "You're being an irresponsible member of the community if you're not wearing a mask," he added. "It's like double-dipping in the guacamole. You're not being nice to others."

## 5 WAYS TO HELP SUPPORT LOCAL BUSINESSES IN YOUR COMMUNITY



As the novel coronavirus pandemic is forcing businesses to temporarily shut their doors, many are facing uncertain times ahead. Here are some helpful tips for ways consumers and the community can still help support their favorite local businesses during this crisis:

1

### BUY GIFT CARDS TO USE LATER

Look on the company's website for details on how to purchase gift cards online. Think of local shops and/or services to use later (i.e. hair/nail salons, retail, etc).



2

### SHOP ONLINE FROM LOCAL SHOPS

Many local businesses and vendors may run online shops. Order your favorite products online from their websites and have it delivered safely to your home.



3

### SIGN UP FOR A VIRTUAL FITNESS CLASS OR CIRCUIT

Check to see if your local gym, yoga studio or any other fitness club is offering any online classes.



4

### ORDER TAKEOUT OR DELIVERY

Restaurants are having to adapt now that they can no longer provide dine-in services. Support your favorite local restaurants by ordering take out or opting for their food delivery services.



5

### SHARE THEIR SOCIAL POSTS

As businesses are adapting to the situation and are making changes (i.e. going online, altered hours, etc), share and like their posts to help spread the word.



# Name That Tune... 50's Edition!



1. Well, my hands are shaky and my knees are weak  
I can't seem to stand on my own two feet  
Who do you think of when you have such luck?  
I'm in love
2. Well, what are we gonna tell your mama?  
What are we gonna tell your pa?  
What are we gonna tell our friends  
When they say, "Ooh la la!"
3. You shake my nerves and you rattle my brain  
Too much love drives a man insane  
You broke my will, but what a thrill
4. So before the light  
Hold me again  
With all of your might
5. The moon may be high  
Sha bop sha bop  
But I can't see a thing in the sky
6. One, two, three o'clock, four o'clock, rock  
Five, six, seven o'clock, eight o'clock, rock  
Nine, ten, eleven o'clock, twelve o'clock, rock
7. A Cadillac a-rollin' on the open road  
Nothin' will outrun my V8 Ford  
The Cadillac doin' 'bout ninety-five  
She's bumper to bumper, rollin' side to side
8. Well, I stepped out the tub  
I put my feet on the floor  
I wrapped the towel around me and I  
Opened the door
9. Every little swallow, every chick-a-dee  
Every little bird in the tall oak tree  
The wise old owl, the big black crow  
Flappin' their wings singin' "go bird, go"
10. The tables are empty, the dance floor's deserted.  
You play the same love song - it's the 10th time you've heard it.  
That's the beginning, just one of the clues.
11. I walk for miles along the highway  
Well, that's just my way  
Of sayin' I love you, I'm always walkin'
12. Guess you feel you'll always be the one and only one for me  
And if you think you could



- Answers**
1. All Shook Up- Elvis Presley
  2. Wake Up Little Susie- Everly Brothers
  3. Great Balls of Fire- Jerry Lee Lewis
  4. In the Still of the Night- The Five Satins
  5. I Only Have Eyes for You- The Flamingos
  6. Rock Around the Clock- Bill Haley & His Comets
  7. Maybellene- Chuck Berry
  8. Splish Splash- Bobby Darin
  9. Rockin' Robin- Bobby Day
  10. Learning The Blues- Frank Sinatra
  11. Walkin' After Midnight- Patsy Cline
  12. Chances Are- Johnny Mathis

# Moods & Emotions 1

Find and circle all of the words that are hidden in the grid.  
The remaining 12 letters spell an additional word.

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

AFRAID  
AGITATED  
ANGUISH  
BLUE  
BORED  
CHEERY  
DARK  
DOWN  
DREAD  
EDGY

ELATION  
FURIOUS  
GENIAL  
GLOOMY  
GROUCHY  
HELPLESS  
HOPEFUL  
HUMILIATED  
HURT  
IRKED

JADED  
JOVIAL  
LONELY  
LOVE  
MELLOW  
MERRY  
MISERY  
OFFENDED  
ORNERY  
PANIC

PEACEFUL  
PLEASED  
REMORSE  
SOMBER  
SUNNY  
SYMPATHY  
UNEASY  
UPBEAT  
WEARY



# Emotional Health Tips

## DURING SELF ISOLATION

<b>HONOR YOUR FEELINGS</b> Acknowledge your discomfort without shame	<b>SHIFT PERCEPTIONS</b> Missing connection is normal
<b>POSITIVE AFFIRMATIONS</b> Positively affirm healthier perceptions daily	<b>SET GOALS</b> Create a list of personal goals and take the 1st step
<b>BE INTENTIONAL</b> Make progress one day at a time	<b>SUPPORT SYSTEM</b> This can be encouraging and a positive reminder to stick to your goals

## Internet Craft pg. 6



<https://craftyourhappiness.com/2015/03/25/5-minute-stylish-clothespin-container/>

## Exercise

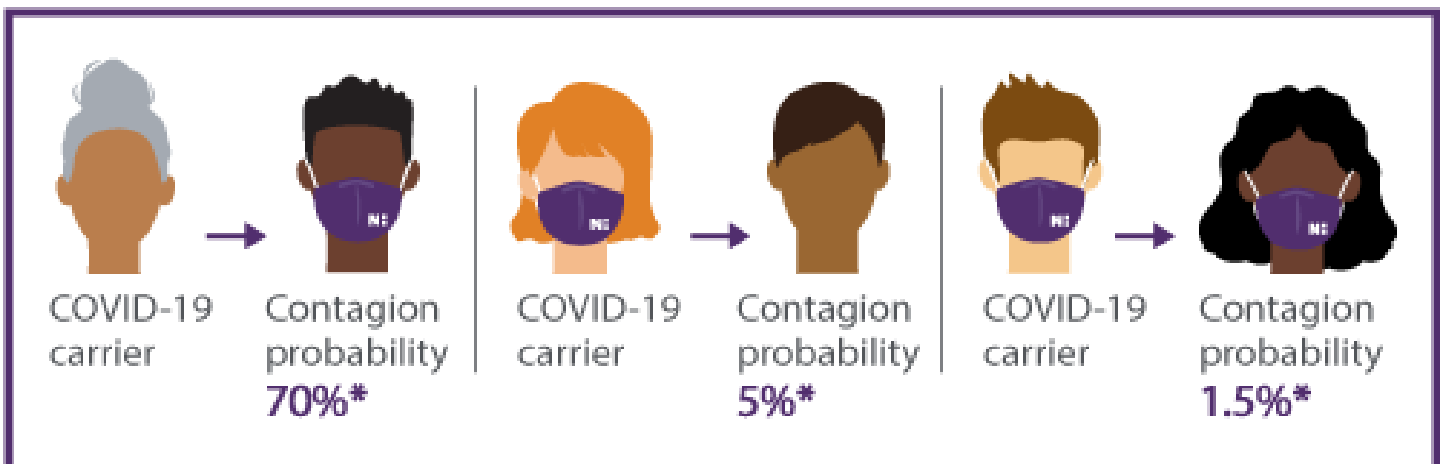


SENIOR GOLD DANCE  
 FITNESS AEROBICS

<https://www.youtube.com/watch?v=rn1r39YHfrE>

CHAIR ZUMBA FOR  
 SENIORS

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



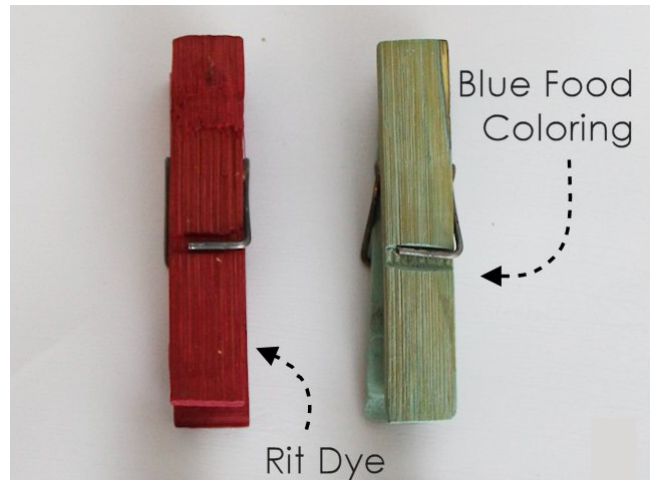
# 5 MIN CLOTHESPIN CONTAINER

Supplies: clothespins, food coloring, white vinegar, quart jar, tuna can, decorative items (twine, ribbon, flowers, etc.) & glue (optional for decorative items).



## DIRECTIONS

- 1) Follow the directions to the right to prepare the food color dyed clothespins. They must be prepared the night before.
- 2) Run tuna can thru the dishwasher to help remove the smell.
- 3) Clip clothespins around the tuna can.
- 4) Tie a ribbon or twine around clothespins.
- 5) Use glue to attach any other decorative pieces.
- 6) The container is complete! Use as a candle holder or for small items.



## FOOD COLORING DYE DIRECTIONS (for a stained look)

- 1) Fill a quart jar 2/3rds full of hot water.
- 2) Add 1 tablespoon white vinegar.
- 3) Add enough food coloring to darken the water.
- 4) Add clothespins.
- 5) Soak overnight.
- 6) Rinse and lay out to dry.



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