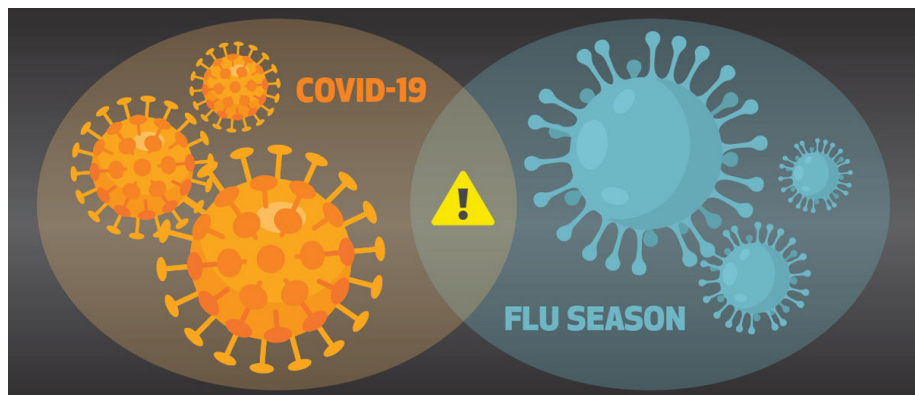


October 5, 2020



## What This Year's Flu Season May Look Like

How bad will it get? Experts share clues from the Southern Hemisphere — and COVID-19 concerns

by Hallie Levine, AARP, September 14, 2020

As colder weather approaches, infectious disease experts are worried that more people spending more time indoors will lead to not only an increase in COVID-19 infections, but more cases of the flu, too. But here's the good news (yes, some good news): The flu season in the Southern Hemisphere has so far been surprisingly mild. Why that matters? That season, which runs from April to September and peaks in August, is used as a bellwether for what to expect here a few months later.

One big reason, notes William Schaffner, M.D., an infectious disease specialist at the Vanderbilt University School of Medicine, is that the flu season in the Southern Hemisphere started shortly after COVID-19 hit. "All those precautions people were taking to avoid the novel coronavirus, like social distancing, wearing masks, and practicing good hand hygiene, are also key to preventing flu as well," he explains.

The other key factor in this year's flu season is the fact that many more people got flu shots. While it's true that a flu shot won't offer you total protection — a Centers for Disease Control and Prevention (CDC) report released this past February found that this past year's shot was only about 45 percent effective at preventing an infection — those who get one are less likely to spread it to others and less likely to experience complications, says Kenneth Koncilja, M.D., a geriatrician at the Cleveland Clinic. This, he notes, also adds up to less stress on an already taxed hospital system.

But experts stress that just the Southern Hemisphere experiencing a very mild flu season doesn't guarantee the United States the same. And given the fact that our country is still caught in the midst of COVID-19, even a modest flu season could still threaten to overwhelm our hospital system, he adds.

"Like COVID-19, older adults are particularly vulnerable to flu complications, given the fact that they have less robust immune systems and may have other underlying health conditions such as heart or lung disease," Koncilja says. The burden on hospitals of the two simultaneous viruses is still a concern.

### In this issue:

- Informative Articles
- Upcoming Virtual Events
- Fall Senior Recreation Information
- At Home... Activities & Exercise

### How to stay safe

The most important thing every older adult needs to do is to get their flu vaccine, stresses Koncilja. There are two specifically FDA-approved for older adults: Fluzone High-Dose, which has four times more antigen than the regular flu vaccine, and Fluad, which contains something called an adjuvant to promote a stronger immune response. Research has shown that both are more effective in older adults than the regular flu vaccine.

While most adults get their flu shot at their doctor's office, if you're squeamish due to fears of COVID-19, Schaffner recommends calling your provider to let them know. Many offer special hours for older adults, and some will send a nurse outside to give you the shot in your car. "The risks of coming down with the flu are much greater than the risk of getting COVID in your doctor's office or pharmacy," he explains.

It's also important for older adults to double down on all the everyday preventive steps they've been taking to prevent the spread of COVID, adds Koncilja. Since symptoms of COVID and the flu can be interchangeable — they both often manifest with fever, chills, congestion, trouble breathing, and body aches — it's also important to reach out to your physician as soon as you begin experiencing symptoms, he adds. This way, you can get tested for both, and if you do have the flu you can take a prescription antiviral medication such as Tamiflu. "It may make a difference between being able to ride it out at home instead of going to a hospital," says Koncilja.

<https://www.aarp.org/health/conditions-treatments/info-2020/seasonal-flu-predictions.html>

Joint Statement of the  
Bay Area Health Officers  
Local County Health Officials Offer  
Guidance on How to Celebrate  
**HALLOWEEN**

and Día de Los Muertos Safely and  
Prevent Spreading COVID-19 Among  
Friends and Neighbors

Monday, September 28, 2020

Neetu Balram, Public Information Manager  
Alameda County Public Health Department

Bay Area health officials remind residents that many commonly celebrated Halloween and Día de Los Muertos activities carry high risk for spreading COVID-19. Focusing on decorations, limiting activities to the people you live with, and virtual costume parties or contests will help keep our communities safe this season, especially our children. Together, we all need to do as much as we can to protect ourselves and those around us.

For instance, trick-or-treating is a high-risk activity, because it increases contact with people outside of your household who may not be as careful about COVID-19 prevention. Parties are high-risk, because mixing among people who don't live in the same home introduces more opportunities for the virus to pass from one person to another. Bay Area contact tracing has shown that gathering and mixing are key contributors to infection.

These holidays are no different than the rest of the year when it comes to reducing the spread of COVID-19. Stay home if you feel sick or have come into close contact with someone who has COVID-19; wear a face covering whenever you leave home; and keep your distance from others (even relatives) who don't live in your household, and remember that being outside is safer than being inside, especially in combination with face covering and keeping your distance. Consider using a themed cloth mask, as a costume mask is not a substitute. Avoid wearing a costume mask over a protective cloth mask because it can be dangerous if the costume mask makes it hard to breathe.

Alameda County residents are reminded that local and State Health Officer Orders are still in effect. Halloween gatherings, Día de los Muertos celebrations, events or parties with nonhousehold members are not permitted unless they are conducted in compliance with local and State Health Orders.



# NADRC

National Alzheimer's and Dementia Resource Center

## Focus on COVID-19 & Dementia: Fall Webinar Series

NADRC is hosting a free webinar series on COVID-19 and dementia. Each webinar will focus on organizations that have pivoted their service delivery systems to continue serving and supporting people living with dementia and their caregivers during the pandemic. **Please click [HERE](#) to view the webinar calendar.**

## THIS YEAR, WE'RE BRINGING **THINK PINK** TO YOU

Thursday, October 15, 6 p.m.  
Facebook Live

 [www.facebook.com/WashingtonHosp](http://www.facebook.com/WashingtonHosp)

Put your pink on and join us on our Facebook page for a one-hour event featuring experts on breast cancer treatment options, navigating health changes during a pandemic, and the diagnostic advancements made at the Washington Hospital imaging center. And of course, there'll be a fun food demonstration!

**Photo Contest!** Put on your best pink outfit and send a photo to [CommunityOutreach@whhs.com](mailto:CommunityOutreach@whhs.com).

Photos will be shown during the event and the winner announced at the end.

### AGENDA

**6 p.m. | Welcome and Women's Center Update**

*William Dugoni, Jr., MD*  
General Surgeon  
Washington Township Medical Foundation  
Medical Director, Washington Women's Center

**6:10 p.m. | Navigating Health Challenges in the Time of a Pandemic**

*Nicolas Prionas, MD, PhD*  
Radiation Oncologist  
Washington Radiation Oncology Center

**6:30 p.m. | Tomosynthesis (3D Mammography)**

*Sunil Upender, MD*  
Radiologist

**6:45 p.m. | Cooking Demonstration**

*Kimberlee Alvani, MBA, RD, CNSC*  
Director of Food and Nutrition Services, Chief of Patient Experience  
*Alfredo Macias*  
Catering Manager

**7 p.m. | Program Concludes**



**Washington Hospital Healthcare System**  
Investing in the health of the community.

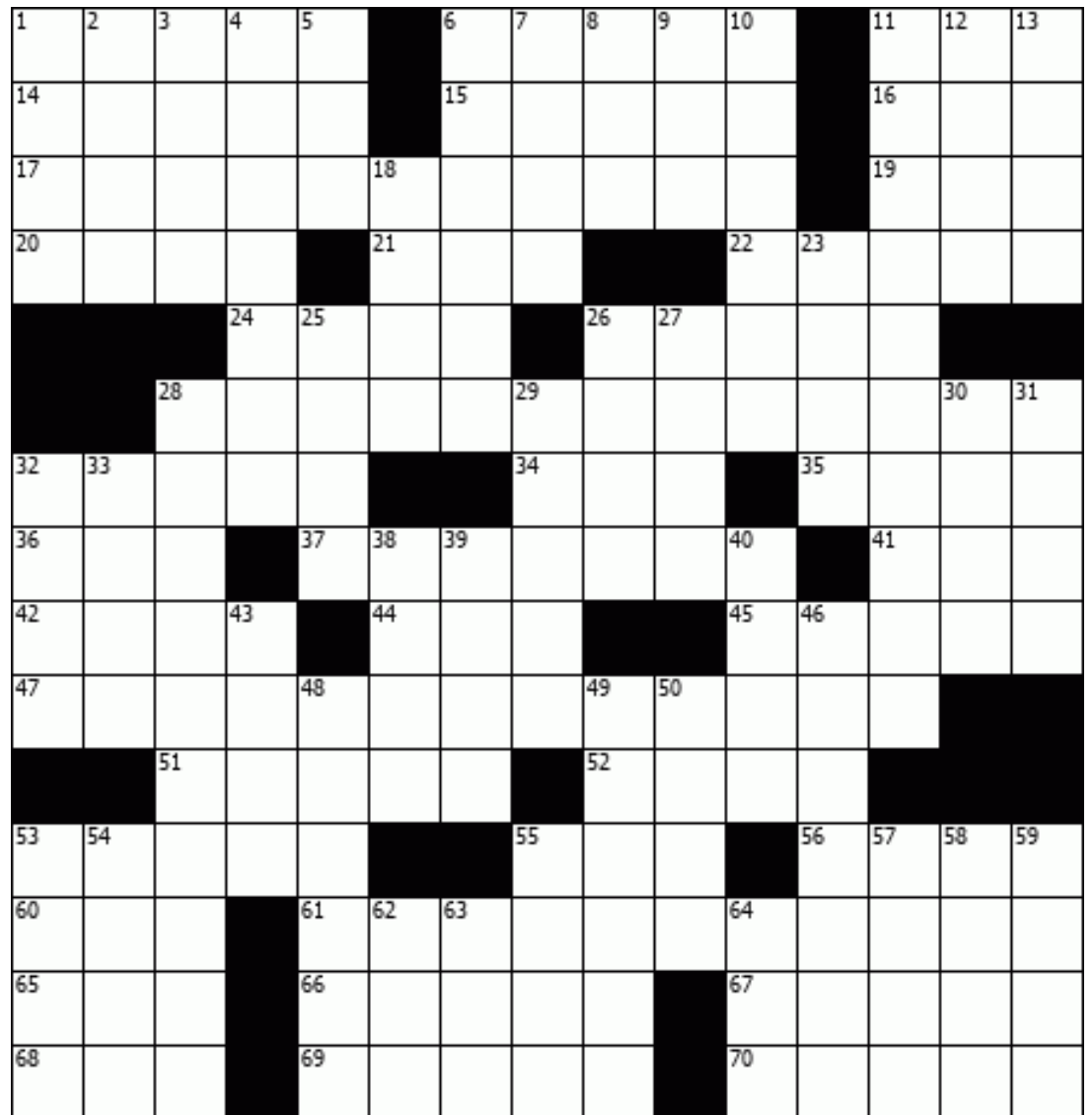


# Crossword Puzzle

Answers on page 6.

## Across

1. Easily duped
6. President Garfield's middle name
11. Deer female
14. "\_\_\_ to you": "Your decision"
15. Donizetti's "\_\_\_ di Lammermoor"
16. Fertilization targets
17. Memento of a salesman's visit
19. Soldiers, briefly
20. Coup d'\_\_\_
21. Dawn goddess
22. Boisterous
24. Over, in Germany
26. "Mutiny on the Bounty" captain
28. Latest date on which player swaps are allowed
32. Songwriter Leonard or skater Sasha
34. Yalie
35. Actor Morales
36. Opposite of WSW
37. Hack's charge
41. Norse god of war
42. Country's McEntire
44. Bossy comment?
45. Triple-meter dance, in France
47. Mock warfare event
51. Intense suffering
52. Slippery swimmers
53. Founded: Abbr.
55. Performed
56. Nastase of tennis
60. Coolidge's nickname
61. Front part of a revolver, say
65. Move quickly
66. Foolish
67. City near Syracuse
68. Pigs out (on)
69. More recent
70. One of a Biblical 150



## Down

1. Pleasant
2. Rat-\_\_\_
3. Cuba, por ejemplo
4. Buzzard relative
5. Prefix with center
6. Dick Cheney's predecessor
7. Tampa footballers, for short
8. Elvis's record label
9. Broadcast
10. Spain's capital
11. "Silent" pooch summoner
12. Exiled Roman poet
13. "Piece of cake!"
18. Requirement
23. Gape
25. Judicial seat
26. Actor Lugosi
27. Hibernation location
28. '60s musical phenomenon
29. Crusoe's creator
30. No votes
31. Leprechaun land
32. Bennett of "What's My Line"
33. "That's \_\_\_ haven't heard"
38. Church agreement
39. Like the Honda Element, say
40. Dastardly
43. Stagnant water problem
46. Basketball stats
48. Stereotypical farm horse
49. "All of Me" director Carl
50. Give up
53. Canyon comeback
54. Articulated
55. Wine and \_\_\_
57. "Star Wars" princess
58. "Batt. not \_\_\_"
59. Red-wrapped cheese
62. Parisian one
63. Observed
64. Have dinner



OUR LOCATIONS  
**Palo Alto, California**

[Palo Alto Home](#) [Upcoming Events](#) [Hotline](#) [News](#) [Visit Us at Avenidas](#) [Staff](#) [Contact Us](#) [Get Involved](#)

Have a technology question? Call the National Senior Planet Hotline: [\(920\)-666-1959](tel:920-666-1959)

For questions about Senior Planet @Avenidas, call [\(650\) 918-5570](tel:650-918-5570)

### Welcome to Senior Planet @Avenidas!

Senior Planet helps seniors learn new skills, save money, get in shape, and make new friends. Our courses, programs, and activities are changing the lives of older adults far beyond technology. Won't you join us?

Check out all of Senior Planet's online classes & resources by clicking the photos below or visit <https://seniorplanet.org/>

FREE



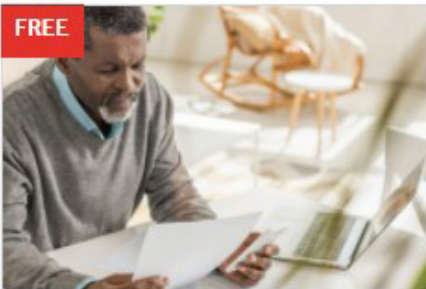
TUE OCTOBER 6 | 9:30AM-10:30AM PDT

#### Chair Yoga

Online

Follow various cues to develop body alignment and breath awareness. Hosted by Senior Planet NYC

FREE



TUE OCTOBER 6 | 10:00AM-11:00AM PDT

#### Navigating These Uncharted Frontiers

Online / By Phone

Please join us as part of National Digital Inclusion Week to learn about fake news. Hosted by Senior Planet @Avenidas

FREE



TUE OCTOBER 6 | 11:00AM-12:00PM PDT

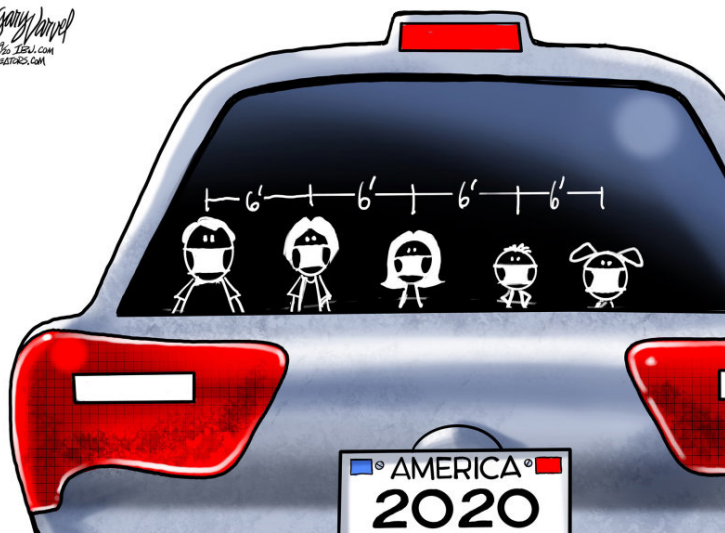
#### Short Story Podcast Discussion Group

Online / By Phone

Podcasts are free audio shows found online. Join us as we discuss an assigned podcast! Hosted by Senior Planet @Avenidas

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

*Gary Varvel*  
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www.garyvarvel.com



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## Exercise

**zoom**

FREE MORNING STRETCH WITH JESSICA EVERY WED. @ 10AM

Click [HERE](#) to register!

 **YouTube**

CARDIO & WEIGHT TRAINING

EXERCISES

<https://www.youtube.com/watch?v=PDe3vWszmUA>



## Pizza Word Search

Find and circle all of the pizza ingredients and toppings that are hidden in the grid.  
The remaining letters spell four additional pizza toppings.

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

ARTICHOKE HEARTS  
ASIAGO  
ASPARAGUS  
BACON  
BANANA PEPPERS  
BASIL  
BELL PEPPERS  
BLACK OLIVES  
BROCCOLI

CRUST  
EGGPLANT  
FETA  
GARLIC  
GOAT CHEESE  
GOUDA  
GREEN OLIVES  
GROUND BEEF  
HAM

JALAPENOS  
MONTEREY JACK  
MOZZARELLA  
MUSHROOMS  
OLIVE OIL  
ONIONS  
OYSTERS  
PARMESAN  
PEPPERONI

PROVOLONE  
RICOTTA  
SALAMI  
SAUSAGE  
SHRIMP  
SPINACH  
TOMATO SAUCE  
TOMATOES  
ZUCCHINI

# PLAYBILL®

Your guide to where and when to watch captures of live plays and musicals, from the National Theatre and more! Click the links below to view the upcoming free live streams of stage productions.

<https://www.playbill.com/article/schedule-of-upcoming-and-current-free-live-stream-broadcasts-com-322823>

## ***Broadway & The Bard: An Evening of Shakespeare & Song***

September 30 – October 4

The Actors Fund's YouTube Channel

Len Cariou performs a solo show that combines Shakespeare and American Musical Comedy.

## ***Julius Caesar***

October 9-15

StAnnsWarehouse.org

Harriet Walter, Jackie Clune, and Jade Anouka star in Phyllida Lloyd's all-female production of the Shakespeare play, filmed in December 2016 at the Donmar Warehouse King's Cross in London.

## ***Henry IV***

October 16-22

StAnnsWarehouse.org

Harriet Walter plays the title role in Phyllida Lloyd's all-female production of the Shakespeare play, filmed in December 2016 at the Donmar Warehouse King's Cross in London.

# Live Facebook Event!

## Medicare Open Enrollment: What You Need to Know

If you are new to Medicare, this seminar will provide an overview of

- Medicare
- Medicare Advantage Plan (Part C)
- Medicare supplemental insurance
- Medicare prescription drug coverage (Part D)

Find out what you need to know during open enrollment.



**Kristi Caracappa**  
Health Insurance Information  
Service Coordinator

### Two dates!

Tuesday, Oct. 6, 10 a.m.

Wednesday, Oct. 7, 6 p.m.

Washington Hospital  
Healthcare System Facebook  
page or Washington Hospital  
InHealth YouTube page

If you cannot join live, the presentation will continue to be available on our Facebook and YouTube pages.



[www.facebook.com/WashingtonHosp](http://www.facebook.com/WashingtonHosp)



[www.Youtube.com/whtsInHealth](http://www.Youtube.com/whtsInHealth)



Washington Hospital Healthcare System

Investing in the health of the community.



# Clark W. Redeker Newark Senior Center Fall Activities. Register now...

Click on activity to register online or complete and mail the provided registration form with payment.

Parking Lot Activities: Held at the Silliman Activity Center  
Parking Lot, 6800 Mowry Ave.

## Virtual Trivia WITH NICK!

Join Recreation Supervisor, Nick Cuevas, for a 55+ Virtual Zoom Trivia Game! Compete against others from the comfort of your home! There will be a wide variety and themed trivia questions each session! Participants must have access to a computer with internet capabilities and know how to use Zoom.

**FREE FOR SENIORS!**  
Pre-Registration Required

**“you don’t have to be a genius to join the fun!”**

Simple multiple choice format.

### DRIVE THRU/TAILGATE LUNCH AND COSTUME CONTEST

Thursday, 10/29, Arrive between 12:00pm - 1:00pm  
\$5/Senior

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Location: Silliman Activity Center Parking Lot

All participants must wear a mask at check-in. Grab and go or... eat your lunch (Chicken Caesar Wrap) in the car and bring a chair and join the parking lot tailgate. If you don't have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.

Wear a costume and participate in the tailgate costume contest. Prizes will be awarded!



### Drive Thru/Tailgate Friendsgiving Lunch

Monday, 11/23, Arrive between 12:00pm - 1:00pm  
\$5/Senior

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Location: Silliman Activity Center Parking Lot

All participants must wear a mask at check-in. Grab and go or... eat your lunch (Thanksgiving Turkey Sandwich) in the car and bring a chair and join the parking lot tailgate. If you don't have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.

Email your favorite Thanksgiving Recipe to [cheryl.galvez@newark.org](mailto:cheryl.galvez@newark.org) by 11/2 to be included in a recipe exchange.



### Senior Pen Pals

Are you interested in becoming a senior penpal for our teen volunteer program?

Exchange letters with our teen volunteers from September-December! Help them earn volunteer hours for school!

**Interested?**

Contact Recreation Coordinator Katie Dennis  
[Katie.dennis@newark.org](mailto:Katie.dennis@newark.org) or 510-578-4409

**ONLINE...** at [newarkca.activityreg.com](http://newarkca.activityreg.com) or scan the QR Code



**MAIL...** registration form and payment to "City of Newark":  
Silliman Activity & Family Aquatic Center  
6800 Mowry Avenue  
Newark, CA 94560

**PHONE IN REGISTRATIONS ARE NOT ACCEPTED.**

## Newark Recreation and Community Services Registration Form

Adult/Main Contact Name: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Day Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Participant: Name	Birth Date	Gender	Class Name, Date and Time	Fee
_____	____/____/____	M F	_____	\$ _____
_____	____/____/____	M F	_____	\$ _____
_____	____/____/____	M F	_____	\$ _____
_____	____/____/____	M F	_____	\$ _____

Voluntary donation to the Recreation Scholarship Program: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

**Release of Liability:** I understand that my (or my minor child's/ward's) participation in any City activity is voluntary. Further, I understand that participation can be a hazardous activity. By signature below, I agree that neither I, my successors, assigns, nor anyone acting on my behalf will hold the City of Newark, its officers, agents, employees, or volunteers liable for any injury, accident, or illness arising out of my (my minor child's/ward's) voluntary participation in the above named program/activity. I hereby release the City of Newark, its officers, agents, employees, or volunteers from and against any and all claims, cost liabilities, expenses, or judgments, including attorney's fees and court costs arising from my (my minor child's/ward's) participation in the program/activity or any illness/injury resulting therefrom, and hereby agree to indemnify and hold harmless the City of Newark, its officers, agents, employees, or volunteers from and against any and all such claims, whether caused by negligence or otherwise.

I further understand that the City of Newark is not and will not be responsible for Workers Compensation benefits as a result of any injury or illness due to my (my minor child's/ward's) voluntary participation in this activity.

The City of Newark reserves the right to photograph facilities, activities, and program participants for potential use in advertising brochures, department social media, and the City's web page. All photos will remain the property of the City of Newark.

\_\_\_\_\_  
Signature of Participant (or Parent/Guardian, if under 18)

Payment: \_\_\_\_\_ Check or Money Order made payable to the "City of Newark"

\_\_\_\_\_ Charge VISA/Mastercard... Card #: \_\_\_\_\_ ; \_\_\_\_\_ ; \_\_\_\_\_ Expiration: \_\_\_\_/\_\_\_\_  
month/year