

September 14, 2020

In a time when others
can't hug you...

**Remember to
hug yourself!**



TREATING YOURSELF WITH KINDNESS

<https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/self-compassion/how-to-practice>

You can probably recite the golden rule, “treat others as you would treat yourself.” It is commonly taught in elementary school – but have you been taught to treat yourself as you would treat others you care for? It’s likely you are compassionate with family members, friends, colleagues, and sometimes, even strangers. You are willing to extend a caring, understanding hand when they need it. You may accept their personal failings easily and without judgment. But what about your own personal challenges and shortcomings? Are these an endless source of self-judgment, blame and disappointment?

Self-compassion is a practice where you seek to be kinder and more supportive towards yourself. Having self-compassion helps you approach life with optimism, happiness and resilience.

If you are your own worst critic, it could be time to give self-compassion a shot. It can help you be more motivated, optimistic and happy. Self-compassion can help you improve all of your relationships – starting with the relationship you have with yourself.

Three building blocks of self-compassion:

1. First, it’s about offering kindness to yourself when in pain, when you fail, or feel unworthy.
2. Second, self-compassion helps connect you to the shared human experience, knowing that you aren’t alone and that no one, including you, can expect to be perfect all the time. This can protect you against feelings of isolation, or the feeling that bad things “only happen to me.”
3. Third, self-compassion lets you take a balanced approach to managing negative emotions. You don’t need to ignore your pain or hurt in order to feel self-compassion. But, when you get wrapped up in negative personal emotions or failings, you can miss the bigger picture.

Self-compassion in the real world

You might think self-compassion sounds a little too indulgent. But self-compassion isn’t self-pity, indulgence or vanity. You can feel good about yourself without feeling like you are better than others. You can acknowledge pain without making it your focus. You can give yourself emotional comfort and room to make changes and move forward.

Say thanks. Expressing gratitude for what you have can be a powerful emotion. It can help you gain a new and positive perspective on shortcomings and what you do well. Gratitude can keep you moving in a positive direction.

In this issue:

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

Wondering What’s Open in
Alameda County?...
For Up-To-Date Opening Information Visit
<https://covid19.ca.gov/safer-economy/>



California has a blueprint for reducing COVID-19 in the state with revised criteria for loosening and tightening restrictions on activities.

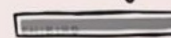
Find the status of activities in your county

County	Activity
<input type="text" value="Alameda"/>	<input type="text" value="Enter a business or activity"/>
<input type="button" value="GET LATEST STATUS"/>	

sending virtual hug



loading...



hug sent!

*We can't wait to see you at
our Fall Activities and Events
beginning this week!*

Nick, Cheryl & Jessica

COVID-19

What you need to know to keep your family safe and healthy.



With all the news about COVID-19, you've probably heard the term:

SOCIAL DISTANCING

But What Does That Mean?



Social distancing, also referred to as physical distancing, means making changes to your everyday routine **to minimize close contact with others.**

The Centers for Disease Control and Prevention (CDC) defines social or physical distancing as:

- ✗ avoiding groups of more than 10 people
- ✗ maintaining a distance of 6 feet or more from others when possible



Why Do We Need to Social Distance?

COVID-19 is **highly contagious**. The goal of social distancing is to slow down the spread of the virus and to reduce the strain on the health care system and its workers. You may have heard this described as "flattening the curve."

How Do You Practice Social Distancing?



Other Ways to Practice Social Distancing

- Greet others with a wave
- Stay home as much as possible, and work from home if possible
- Shop online to avoid going to the store
- Use technology to keep in touch with friends and family

"Two Carts Apart"

"One Car Far"

Person-to-Person Spread

According to the CDC, the virus is thought to spread mainly from person-to-person.

- ✓ **Between people who are in close contact with one another (within about 6 feet).**
- ✓ **Through respiratory droplets produced when an infected person coughs or sneezes.**

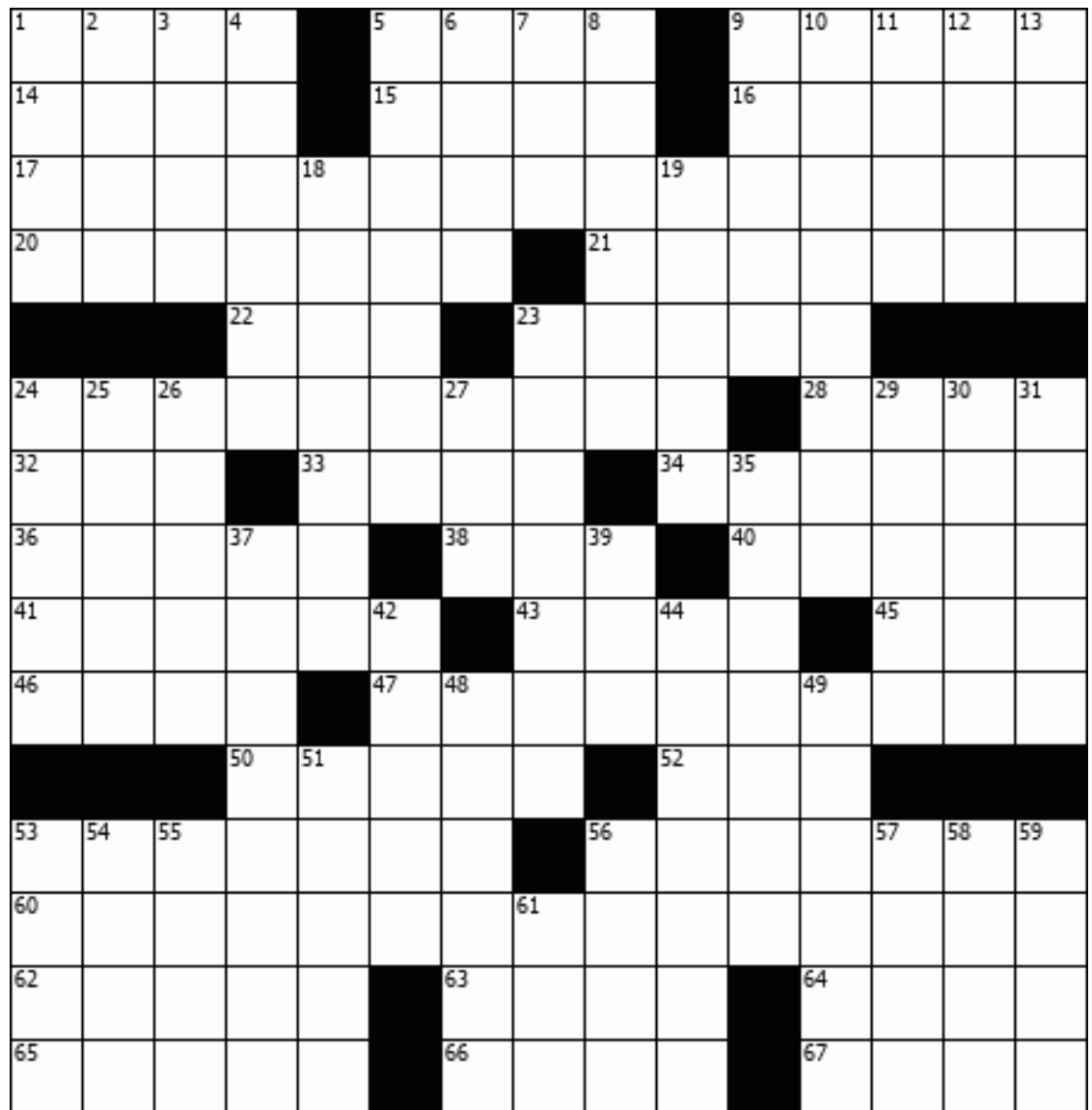
These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Crossword Puzzle

Answers on page 7.

Across

1. Part of a doorway
5. Defect
9. Prolonged attack
14. London Magazine essayist
15. Misplace
16. "Circle of Life" singer John
17. Emulate a raindrop
20. Work a form
21. Splits up evenly
22. Occupational suffix
23. Moll Flanders' creator
24. Avoid incoming fire
28. Type of log
32. Rumford-to-Bangor dir.
33. Verses of tribute
34. Nova follower
36. To any extent
38. Right away
40. Chichen Itza attraction
41. Grayish green
43. Breaker
45. Mediocre mark
46. Bit of residue
47. A beach ball may do it
50. Bean and Bates
52. Animal pouch
53. Lillehammer events
56. Female player
60. Airplanes do it every day
62. Liqueur flavoring
63. Nephew of Cain
64. Arraignment offering
65. Alternatives to walks
66. Lalique or Russo
67. Brother of Cain and Abel



Down

1. "Mutt and ___"
2. Jai ___
3. Grain grinder
4. Setting for some Tchaikovsky score
5. Prepared fish, in a way
6. Trent of the Senate
7. It's a grate thing
8. Garden neatener
9. Prefix for motor or control
10. Start of Barney's theme song
11. A case of pins and needles
12. Used up
13. Word with split or book
18. Rock climber's need
19. They're kept under wraps
23. Writes out of the will
24. Caught wind of
25. Prefix with change
26. Add body to hair
27. Daniel survived it
29. Carthage neighbor
30. Type of closet
31. Reduced, as tension
35. Having a scalloped edge
37. Attorneys' jargon
39. Money roll
42. San Antonio landmark
44. Type of rayon
48. Reply
49. Meal leftovers
51. Rich sources
53. Old wound mark
54. Burt's ex-wife
55. In the thick of
56. Like ___ of bricks
57. First name in mysteries
58. Editor's "Let it stand"
59. Former Iranian monarch
61. Cincinnati-to-Toledo dir.

VIRTUAL HEALTHY LIVING FESTIVAL..



United Seniors of Oakland and Alameda County

Empowering Seniors ♦ Enriching Youth ♦ Enhancing Community

7200 Bancroft Avenue, Suite #270, Oakland, CA 94605 P: (510) 729-0852 Fax: (510) 729-0796

You are Invited to Join Us
for the
17th Annual Healthy Living Festival
** A FREE Virtual Event **
Thursday, September 17th, 2020
10:00 AM – 1:00 PM

August 20, 2020

Dear Friend:

You're invited to the 17th Annual Healthy Living Festival which will be taking place on Thursday, September 17th from 10:00 AM – 1:00 PM. The Healthy Living Festival is a free event for older adults living in Alameda County to promote health and wellness. This annual event draws an average of more than 2,000 participants. The Healthy Living Festival features free entertainment, physical fitness activities and valuable resources for older adults. **Due to the COVID-19 pandemic, this year's Health Living Festival will be taking place virtually and can be watched via Zoom or on Facebook.**

To participate in this free event, please register online at www.tinyurl.com/hlf2020 or return the enclosed registration form. Alameda County residents age 55 and older that **register by the deadline of Friday, September 11th, will receive a free non-perishable meal and swag bag.** Those that register after **September 11th, are younger than 55 or those that live outside of Alameda County can still participate in this free virtual event but will not receive a free non-perishable meal or swag bag.**

We are very grateful to have had many older adults along with their families and/or friends participate in past Health Living Festivals; although this year's HLF will be virtual, *we anticipate having a fantastic event for seniors and those who love them! As I always say, "if it is good for seniors, then it is good for everyone!"*

United Seniors of Oakland and Alameda County (USOAC) is a grass-roots non-profit organization that provides support to and serves as a voice for the older adult community of Alameda County. USOAC's focus is to empower seniors to address issues that affect their quality of life. The HLF was started by USOAC in 2003.

Thank you for your time, consideration, and cooperation in the furtherance of the annual tradition of the Healthy Living Festival for the 17th year! For more information contact Tanya Washington on our staff at (510) 905-9308 or email twashing2013@gmail.com or call the USOAC office at (510) 729-0852.

Sincerely,

A handwritten signature in black ink that reads "Nate Miley".

Nate Miley
President of United Seniors of Oakland and Alameda County



AN ACTIVITY TO DO WITH YOUR GRANDCHILDREN...

<https://s3.letsembark.ca/long-creations/2020-COVID-19-Time-Capsule-EN-US.pdf>

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 or 510-578-4409

A FLU VACCINE CAN KEEP YOU FROM GETTING SICK WITH FLU,

- ✓ **HELPING PROTECT YOU,**
- ✓ **YOUR LOVED ONES,**
- ✓ **AND THE MOMENTS THAT MATTER MOST.**

#FIGHT FLU

Getting your flu vaccine is more important than ever this year. Flu vaccine helps to protect you and your loved ones from flu and can also reduce the burden on hospitals and healthcare systems. Learn more about flu vaccine benefits: <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>

Exercise

zoom

FREE MORNING STRETCH WITH JESSICA EVERY WED. @ 10AM
 Click [HERE](#) to register!

YouTube

LOW IMPACT SALSA CARDIO
<https://www.youtube.com/watch?v=Cv0z9HEXl6U>



Old TV Shows Word Search 1

Find and circle all of the old TV shows that are hidden in the grid.
The remaining letters spell the name of an additional old TV show.

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

ALICE
BEN CASEY
BEVERLY HILLBILLIES
CHIPS
CANNON
CAPTAIN KANGAROO
DOBIE GILLIS
DONNA REED
DR. KILDARE
EMERGENCY
FLIPPER

FLYING NUN
FUGITIVE
GOMER PYLE
GOOD TIMES
GREEN ACRES
GREEN HORNET
HOWDY DOODY
I SPY
IRONSIDE
JETSONS
KOJAK

L.A. LAW
LASSIE
LOVE BOAT
MAD ABOUT YOU
MAUDE
MEDICAL CENTER
MIAMI VICE
MOD SQUAD
MOONLIGHTING
MURPHY BROWN

ODD COUPLE
PEYTON PLACE
RAWHIDE
RIFLEMAN
RIN TIN TIN
SOAP
ST. ELSEWHERE
TAXI
THREE'S COMPANY
WALTONS



Celebrating Newark's 65th Birthday!

Join us in celebrating Newark's 65th Birthday September 19th & 20th! Although we are not able to gather in person because of COVID-19, it doesn't mean we can't get together virtually. The Newark Days committee is hard at work planning fun and exciting ways for us to celebrate Newark's 65th Birthday! Visit the Newark Days website for detailed information: www.newarkdays.org

Puzzle Solution © OnlineCrosswords.net

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

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.

Virtual Activities: Participants must have access to a computer with internet capabilities and know how to use Zoom. Zoom link will be emailed to registered participants prior to start.

Free Virtual Morning Stretch with Jessica!

Get up and get moving with a 20-minute stretch with our very own Jessica!

Age Day Date Time
55+ Wed 9/2-12/16 10:00am
Via Zoom!

Only 2 spots left!



Pre-registration Required!

Virtual Hula Classes

Learn beginning hula... on your feet or in a chair!



Via Zoom!

Age Day Date Time
55+ Tue 9/8-12/17 12:00pm
Instructor: Janice Gonzalves

Pre-registration Required

NEWARK
Recreation
and Community Services

Trivia

- When did the Senior Center open? 20 Points
- Who was the 23rd President of the US? 20 Points
- who was Newark's first elected Mayor? 20 Points



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 computer with internet capabilities and know how to use Zoom.

FREE FOR SENIORS!
Pre-Registration Required
Starting Tuesday, September 15, 2020 10:30 AM

Information: Nick Cuevas, Recreation Supervisor
510-578-4432 or nicholas.cuevas@newark.org

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.

Drive-Thru/Tailgate ICE CREAM SOCIAL

Thursday, 9/24, Arrive between 1:30pm - 2:00pm

Free of charge for Seniors

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Location: Silliman Activity Center Parking Lot



All participants must wear a mask. Grab and go... eat your ice cream 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.

Parking Lot BINGO

Arrive between 12:00pm - 12:15pm

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Drive up and purchase your pack and optional daub tickets (cash or check written to NBC, no credit card payments)

Birthday BINGO: \$10/ten-game pack. Payout: \$30/regular games, \$75/blackout.

Regular BINGO: \$7/ten-game pack. Payouts: \$25/regular games, \$50/blackout.

Optional Daub Game: \$1 ea. Payout: 50/50 split.

All payouts will be split if multiple winners. Location: Silliman Activity Center Parking Lot BINGO will be canceled due to rain.

All participants must wear a mask. Play from your car or bring a chair. 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/volunteers.

Age	Day	Date	Time	10-game pack
55+	Th	9/3	12:00pm	\$10 - cancelled
55+	Th	9/17	12:00pm	\$7
55+	Th	10/1	12:00pm	\$10
55+	Th	10/15	12:00pm	\$7
55+	Th	11/5	12:00pm	\$10
55+	Th	11/19	12:00pm	\$7



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... 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

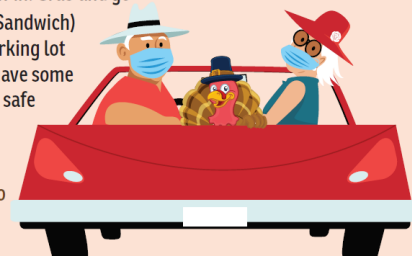
\$5/Senior

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 by 11/2 to be included in a recipe exchange.



Senior Ages 55+

Social Distanced Paint Day

Friday, September 18th

1:00-3:00 pm

Silliman Center Parking Lot
6800 Mowry Ave. Newark.

\$10 per person

All supplies included

Bring your own snack to enjoy while painting!

Pre-registration required

Register online @ www.newark.org



ONLINE... at 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