

7 Daily Habits That Help Fight Off Viruses

September 28, 2020

Taking these steps every day can bolster your health and immune system

by Clint Carter, AARP, September 17, 2020

Breakfast: Unsweetened bran cereal with berries

Fiber is a nondigestible carbohydrate that feeds the good bacteria in your gut. And when the little buggers are happy, they help keep the immune system ready when needed. A half-cup of wheat bran has 12.5 grams of fiber, and by adding berries, you'll earn a few more. Plus, blueberries and other dark-colored berries are rich in flavonoids, antioxidants that improve the health of macrophages and other virus-eating cells.

A brisk walk

"Immune cells circulate the body during exercise and for two or three hours afterward," says David Nieman, director of Appalachian State University's Human Performance Lab. Aim for 30 to 60 minutes of cycling, swimming, jogging or walking that's brisk enough to make you breathe hard.

Post-workout smoothie or salad

At the start of the pandemic, Helen Messier, a California-based family practitioner and immunologist, added a daily all-plant smoothie to her diet that included a number of different fruits and vegetables. You should, too. "Nutritionally, variety is the most important thing," she says. "So I try to get in at least 10 servings of fruits and vegetables every day."

Start your relaxation routine

Stress is a high-powered immune suppressant that floods your body with corticosteroids, the same class of compounds doctors prescribe to treat autoimmune diseases. They work by suppressing the immune system – not what you want if you're trying to quell an army of viral invaders. Consider taking up a mind-body activity such as yoga, tai chi or meditation. In one study, adults cut stress with eight weeks of mindfulness training and, as a result, they were 20 percent less likely to experience respiratory infection. If the zen arts aren't for you, then gardening, painting and other hands-on hobbies can also work.

Visit friends – virtually or outdoors

Emerging research indicates that loneliness and social isolation can increase inflammation throughout your body. Experts aren't entirely sure how, but they do know that the effect appears to increase with age. If the weather's nice, consider scheduling a socially distanced walk in the park (with a mask on, of course). Otherwise, video chats can fill the gap until sunnier days return.

Dine with the fishes

Omega-3 fatty acids – the kind found in oily fish like mackerel, fresh tuna, sardines and salmon – can measurably reduce levels of inflammation in older adults, according to a review from researchers in Italy. And animal studies indicate that dietary fish oil can increase the health and circulation of antibody-producing B cells.

Begin a screen-free wind-down

Sleep is critical for immune health. So in order to avoid difficulty falling asleep, turn off your phone, tablet and computer three hours before bedtime. "Those digital devices emit blue light, which suppresses the sleep-inducing hormone melatonin," Messier says. Though you can use a blue-light blocker for your device, a book and a hot bath are excellent, and more natural, ways to prep for slumber.

<https://www.aarp.org/health/healthy-living/info-2020/daily-virus-prevention-tips.html?intcmp=AE-HP-BB-LL3>

In this issue:

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



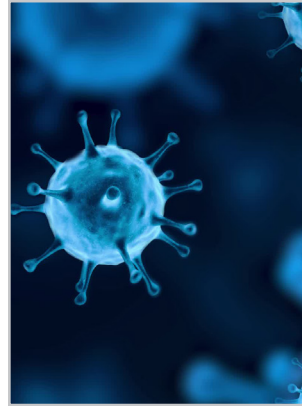
It was so much fun seeing you at our Ice Cream Social! Don't forget to sign up for our upcoming events listed on page 9. Register online or fill out the registration form on page 10 and mail-in your registration.



COVID-19 SYMPTOMS: COLD VS. FLU VS. CORONAVIRUS

When it comes to symptoms, there are a lot of similarities between COVID-19, a seasonal cold, and the flu. It can be difficult to tell the difference, which is why mild cases of COVID-19 may go undetected. Watch this video to learn the most common symptoms of each and what you should do – as well as emergency warning signs of COVID-19 that you should watch out for.

https://healthy.kaiserpermanente.org/health-wellness/videos/covid-19/symptoms-cold-flu?wt.tsrc=email_COVID



CORONAVIRUS (COVID-19)
Symptoms of Coronavirus
Cold vs. Flu vs. Coronavirus



Feeling ill?
Get tested for COVID-19.
Stay home. Save lives.

Wear a mask



Keep 6 feet apart



Wash your hands often



Stay home if you are sick



Get tested for COVID-19

YOU SHOULD GET TESTED IF YOU HAVE:

difficulty breathing



chills



cough



fever



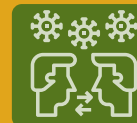
new loss of taste



new loss of smell



been in *close contact with someone who tested positive for COVID-19



*Close contact means spending 15 minutes or more within 6 feet or less with someone who is confirmed to have COVID-19.

Call 510-268-2101 to learn more about COVID-19 testing sites near you.

For a list of COVID-19 testing sites:

Scan the QR code



Follow the link

<https://tinyurl.com/yakefsmj>



COVID-19 Testing in Fremont



Alameda County
Health Care Services Agency



ASIAN HEALTH SERVICES



color

No cost COVID-19 testing for the community

Testing is available for anyone 13 or older.

You do not need a doctor's note or insurance.

You will not be asked about immigration status.

Bay Area Community Health

39500 Liberty St, Fremont

By Appointment Only – Call (510) 770-8040

Drive through and walk-up testing offered

Monday through Saturday 11am-2pm

Asian Health Services at Fremont Family Resource Center

39155 Liberty St, Fremont (Capitol and Liberty)

By Appointment Only – Call (510) 735-3222

Or register online at: www.color.com/ahs

Walk-up testing offered 9am-3pm

- Saturday, September 19
- Saturday, September 26

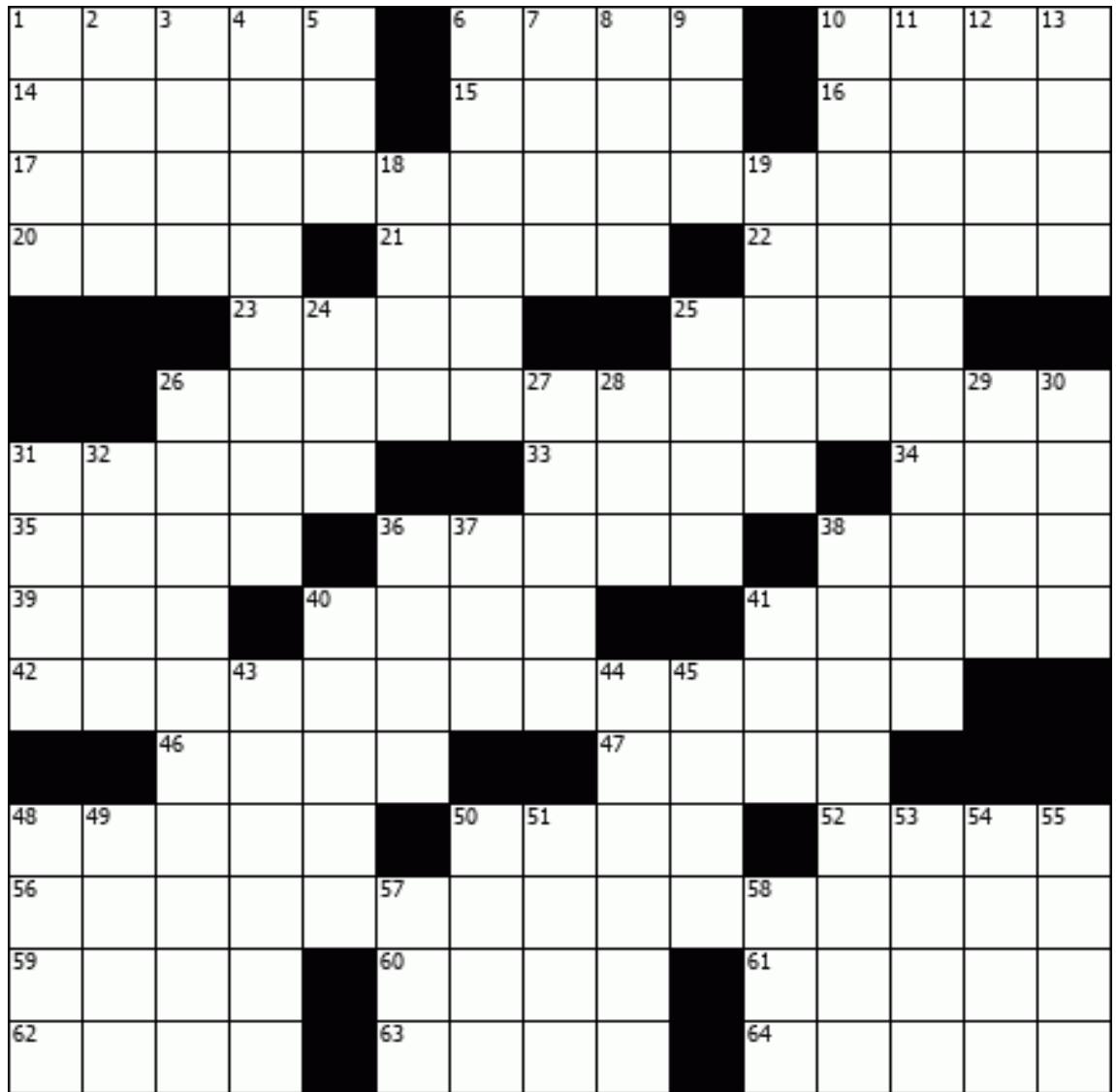
Visit Alameda County's website for a list of free community COVID-19 testing sites: covid-19.acgov.org/covid19/testing.page

Crossword Puzzle

Answers on page 6.

Across

1. In an upright position
6. Mentally sound
10. Thick slice
14. ___ plexus
15. Walk heavily
16. Hawaiian port
17. "Why can't you see what you're doing to me . . ."
20. Coup d' ___
21. They may be found in prospectors' sectors
22. Intestinal
23. Light bulb, to Edison and comics
25. Prig
26. "Your love is worth all the gold on earth . . ."
31. Rat Islands resident
33. Alder or aspen
34. So-so mark
35. Things cast for Jesus' clothes
36. Roma's hill count
38. Three-player card game
39. Silvery gray
40. Chief official of Venice
41. Wagner specialty
42. "Kiss me my darling, be mine tonight . . ."
46. Very wide shoes
47. Kind of thermometer
48. Some unconscious states
50. Knock or social preceder
52. Phyllis Lindstrom's TV hubby
56. ". . . and the desk clerk's dressed in black"
59. Queen before George I
60. "Young Frankenstein" role
61. Surpass
62. Not the retiring type
63. More than lean
64. Musical composition



Down

1. First word of North Carolina's motto
2. Beat soundly
3. "Born Free" heroine
4. Faultfinding
5. Prefix with cycle or pod
6. Montana pass?
7. Burn soother
8. Entre ___
9. Bradley and McMahon
10. Civil War battle site
11. Defensive stalwart
12. Benjamin Franklin Pierce portrayer
13. Bartlett's cousin
18. Admitting both sexes
19. Cut into small pieces
24. Dash's counterpart
25. ___-Ball (arcade game)
26. Where Jesus was arrested
27. Put into words
28. PC screen, possibly
29. Raise children
30. "I never ___ man I didn't like"
31. End of a court game name
32. Needing directions
36. Scatters seed
37. Id companion
38. Make clear
40. Thou ___ protest too much
41. Fertilization sites
43. More imminent
44. Public opening
45. Actor Estrada
48. Paper ballot piece
49. Prefix meaning "wine"
50. Golden Fleece ship
51. "Light" gas
53. Island off Alaska
54. Famous Foxx
55. Fruit for flavoring gin
57. It's usually served with lobster
58. Groundbreaker

Phone Calls Work Better Than Texts or Emails, Study Says

Research suggests conversations create stronger connection than typed words

by Peter Urban, AARP, September 21, 2020

If you crave human connection, try phoning a friend rather than sending a text message or email. It's more likely to produce a stronger bond, according to a new study.

During this era of social distancing because of the coronavirus pandemic, keeping up with family and friends outside your home is difficult. While you may think a less intrusive text message or email will suffice, researchers from the University of Texas at Austin (UT) and the University of Chicago found that isn't so.

"People feel significantly more connected through voice-based media, but they have these fears about awkwardness that are pushing them towards text-based media," Amit Kumar, an assistant professor of marketing at UT, said in a statement.

As part of the study published in the Journal of Experimental Psychology, researchers asked 200 people to make predictions about what it would be like to reconnect with an old friend via either email or phone, and then they randomly assigned them to actually do it. Most participants preferred to email because they thought a phone call would be too awkward, even though they assumed it would make them feel more connected. That's not what happened.

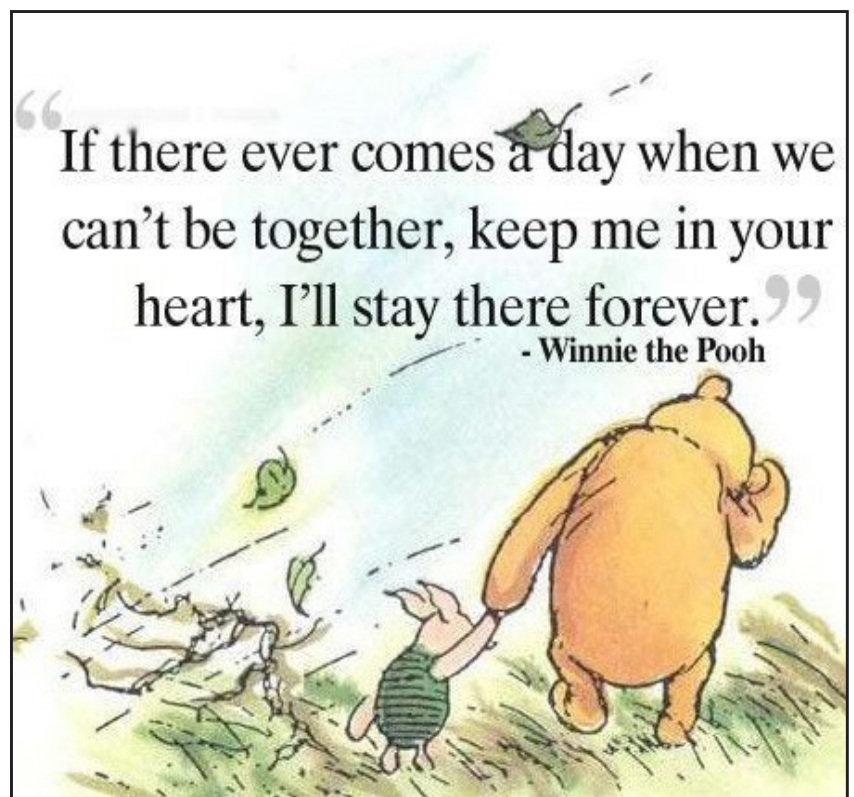
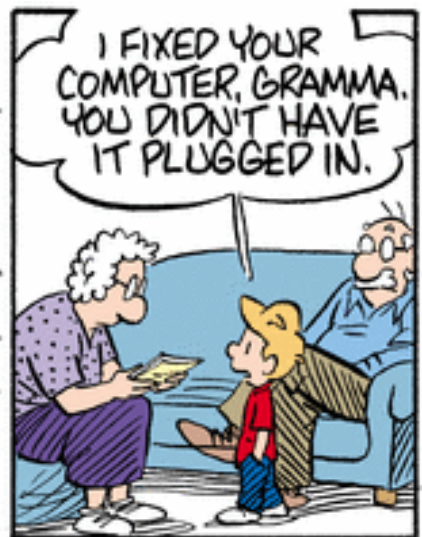
"When it came to actual experience, people reported they did form a significantly stronger bond with their old friend on the phone versus email, and they did not feel more awkward," Kumar said.

This echoes a 2017 study published in the Journal of Experimental Social Psychology that showed face-to-face communication was more effective in persuading colleagues to donate to a cause than an email missive. The email can be ignored or viewed with suspicion. People who see and hear someone respond to both the nonverbal and verbal cues.

Kumar and his fellow researchers also found that a call to a friend took about the same amount of time as reading and responding to email.

"We're being asked to maintain physical distance, but we still need these social ties for our well-being – even for our health," Kumar said.

<https://www.aarp.org/home-family/personal-technology/info-2020/phone-calls-build-stronger-bonds.html?intcmp=AE-HP-TTN-R3-POS3-REALPOSS-TODAY>



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

Food	Mental Health	Health Care	Housing
Transportation	Income	Utility Assistance	More Categories

Exercise



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



CHAIR YOGA DANCE CLASS
<https://www.youtube.com/watch?v=ndAKjFUKEbl>



Basketball Word Search

Find and circle all of the words that are hidden in the grid.
The remaining 39 letters spell a piece of Basketball trivia.

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

ASSIST
 BACKBOARD
 BALL
 BASKET
 BENCH
 BLOCK
 CENTER
 CLOCK
 COACH
 COURT
 DRIBBLING

FOUL
 FREE THROW
 GAME
 HALF-TIME
 HOOP
 JERSEY
 LAY-UP
 NET
 OUT OF BOUNDS
 OVERTIME

PASSING
 PLAYER
 POINT GUARD
 POINTS
 POWER FORWARD
 QUARTER
 REBOUND
 REFEREE
 RIM
 SCOREBOARD

SHOOTING GUARD
 SHOT
 SLAM DUNK
 SMALL FORWARD
 SNEAKERS
 SUBSTITUTIONS
 TEAM
 THREE POINTER
 TIME-OUT
 TRAVELING

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, October 1, 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
MUST BE IN A CAR

QUESTIONS:

NICK CUEVAS, RECREATION SUPERVISOR
OFFICE: 510-578-4432
NICHOLAS.CUEVAS@NEWARK.ORG

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

 www.Youtube.com/whhsInHealth

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



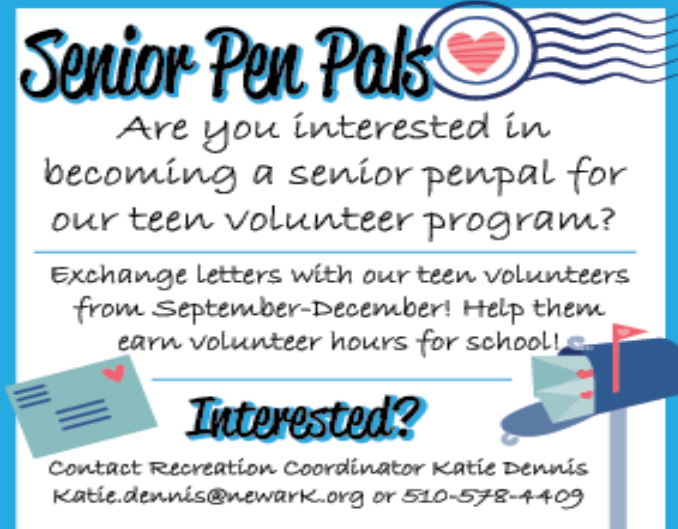
Senior Pen Pals

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 or 510-578-4409



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