

September 7, 2020

## Navigate Pandemic Social Life Without Fracturing Friendships: Find new ways to communicate about gatherings, mask wearing and more

by Wendy Helfenbaum, AARP, August 18, 2020

What happens when close friends invite you to join them on a vacation, but you're not comfortable with their quarantine protocols? How about if a pal asks you over for a home-cooked dinner at the kitchen table, but you're sticking to all fresco socializing? What if you ask your buddy to go on a road trip but she wants you to wear a mask in the car?

The question is how to navigate – or even turn down – these pleasant offers without offending anyone or damaging friendships.

COVID-19 has affected every facet of our lives, including how we socialize. When people have different comfort levels with everything from masks to group outings, keeping friends from feeling insulted or judged can be a challenge, says Gayle Whitlock, a marriage and family therapist in Santa Rosa, California.

Varied requirements around social distancing from state to state and even among regions have prompted many people to develop their own "boundaries and comfort levels," Whitlock says. "Some people are more risk adverse and some are rule followers, and that's going to seep into relationships."

Jim Owen and his wife, Stanya, both 79, recently moved from Austin, Texas, to San Diego. Their closest friends, both in their 80s, wanted to host a going-away meal at a restaurant, something Owen insisted was too risky.

The friends were "indescribably hurt by this, because in their minds, we're as close as family, so we would be safe," says Owen, an author and producer of the coming documentary *The Art of Aging Well*. "We said, 'We promise we will see you again. We just cannot see you now.'"

### Brainstorm together to reach consensus

To prevent hurt feelings or to negotiate terms everyone is comfortable with, focus on the relationship and not the specific activity being suggested, says Shasta Nelson, a friendship expert in San Francisco and author of *The Business of Friendship*. "The goal is not the cottage or the restaurant or the party. The goal is the relationships you foster in those settings," Nelson says.

If you're the host or initiating a visit, it's your responsibility to cater to the needs of everybody you're reaching out to, she says. Make sure you are up front about who is likely to attend – don't invite surprise guests.

"Treat it the way you would with friends that don't have the same amount of money," Nelson says. "You wouldn't talk somebody into something that was beyond their financial ability, so offer up options to make this work and express acceptance."

On the flip side, when you're invited somewhere, speak up and be clear about your expectations around masks, indoor and outdoor interactions, and social distancing. Be transparent: If a teen in your house was tangentially exposed to someone who might have the coronavirus, for example, be up front about it and let the friend decide on their risk tolerance. "Don't feel bad about it. Brainstorm together, and put it on everybody to make this as safe as possible," Nelson says.

## In this issue:

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At Home... Activities, Exercise, and an opportunity to spread sunshine

## 4 Tips for Discussing COVID-19 With Friends

1. Try not to judge: "A healthy friendship is where both people feel seen in a safe and satisfying way," says friendship expert Shasta Nelson. "If either person feels like they can't speak their truth ... we walk away feeling judged or blamed or rejected."
2. Be transparent: Share both your expectations and comfort levels, as well as any risks, to allow everyone to make educated decisions about socializing.
3. Shift the conversation: If you're not comfortable with the way a friend wants to socialize, focus on your own way forward instead of the actions of others. "We may have to be distant from each other, but that doesn't mean we have to be emotionally distant," says therapist Gayle Whitlock.
4. Don't argue about it: If wearing a mask and staying outdoors is nonnegotiable, don't try to convince friends with other views, says psychotherapist Gina Handley Schmitt. "Physical and emotional safety aren't areas that make for great compromise," she says.

Read the full article at <https://www.aarp.org/home-family/friends-family/info-2020/social-life-coronavirus.html>

# 10 New Memoirs and Biographies to Read This Fall

Top nonfiction books featuring Michael J. Fox, Mariah Carey, Malcolm X and more

by Christina Ianzito, AARP, August 26, 2020

If you find reading about the lives of the famous and fascinating an intriguing pursuit, you may rejoice at a long list of new memoirs and biographies available this fall. Below are 10 of the most notable:



**Wild Thing: The Short, Spellbinding Life of Jimi Hendrix**, Philip Norman  
Norman offers a transfixing story about a Seattle kid known as Buster who grew up to become the greatest guitarist of all time... Sept. 15, Norton

**Dolly Parton, Songteller: My Life in Lyrics**, Dolly Parton, with Robert K. Oermann

This lovely offering, sure to be treasured by Dolly Parton's biggest fans, is more like a colorful scrapbook than a traditional memoir... Nov. 17, Chronicle Books

**The Meaning of Mariah Carey**, Mariah Carey, with Michaela Angela Davis  
The Grammy-winning singer-songwriter's memoir, which Carey describes as "my memories, my mishaps, my struggles, my survival and my songs. Unfiltered."... Sept. 29, Henry Holt & Co.

**No Time Like the Future: An Optimist Considers Mortality**, Michael J. Fox  
Fox, 59, writes about the health challenges he's faced since his Parkinson's disease diagnosis at age 29, as well as his thoughts on aging and mortality... Nov. 17, Flatiron

**Cary Grant: A Brilliant Disguise**, Scott Eyman  
The actor's screen name is synonymous with effortless charm and confidence, but behind that charisma lurked loads of anxiety and insecurity (not to mention the birth name Archibald Alexander Leach) — an emotional mix that was "a perfectly natural response to his experience of life."... Oct. 20, Simon & Schuster

**His Very Best: Jimmy Carter, A Life**, Jonathan Alter  
Alter had decades of access to the Carter family while researching this first comprehensive biography of Jimmy Carter, 96, our unlikely 39th president — a man who grew up as a little kid nicknamed "Peewee" on a farm without running water or electricity... Sept. 29, Simon & Schuster

**The Dead Are Arising: The Life of Malcolm X**, Les and Tamara Payne  
Pulitzer Prize-winning investigative journalist Les Payne spent more than 30 years talking to everyone who'd known the former Nation of Islam spokesman and civil rights icon, including FBI moles, anyone still alive from Malcolm X's family, political leaders, and even the two men convicted of his 1965 murder who may have been wrongly accused.... Sept. 29, Liveright

**Eleanor**, David Michaelis  
This probing, detailed biography dissects the remarkable life of Eleanor Roosevelt, including her difficult childhood with troubled parents that Michaelis presents with vivid detail.. Oct. 6, Simon & Schuster

**Once I Was You: A Memoir of Love and Hate in a Torn America**, María Hinojosa  
Hinojosa, 59, the Mexican American host of NPR's Latino USA, has penned an inspiring, deeply personal exploration of the immigrant story that reads like an ambivalent love letter to a sometimes painfully hostile America... Sept. 15, Atria

**Eat a Peach: A Memoir**, David Chang  
Korean American chef and the star of Netflix's Ugly Delicious, Chang dishes out an outrageously entertaining memoir about his improbable ascent to culinary fame... Sept. 8, Clarkson Potter

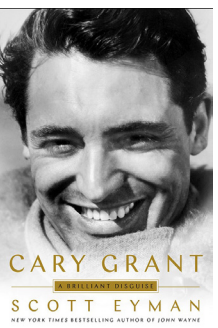
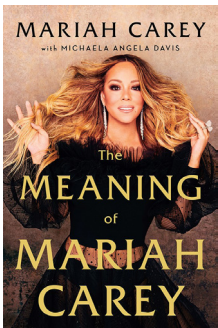
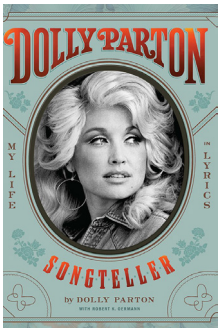
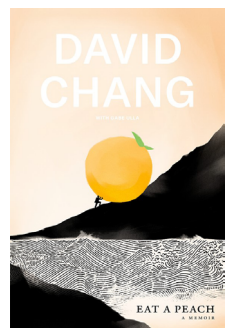
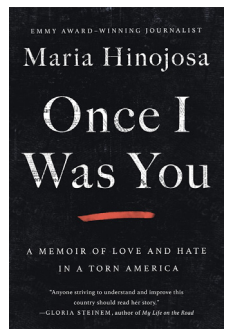
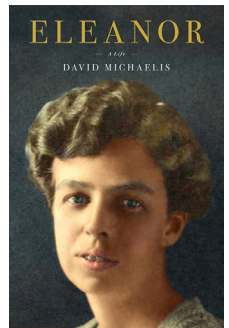
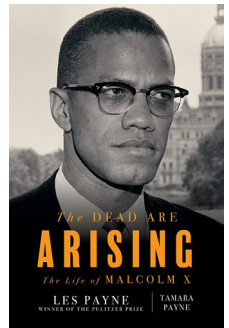
Read the full article at <https://www.aarp.org/entertainment/books/info-2020/memoirs-biographies-fall-nonfiction-preview.html?intcmp=Outbrain&obref=obnetwork>

## HIS VERY BEST

JIMMY CARTER, A LIFE



JONATHAN ALTER



# 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

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

August 20, 2020

Dear Friend:

**You're invited to the 17<sup>th</sup> Annual Healthy Living Festival which will be taking place on Thursday, September 17<sup>th</sup> 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](http://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 11<sup>th</sup>, will receive a free non-perishable meal and swag bag.** Those that register after September 11<sup>th</sup>, 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 17<sup>th</sup> year! For more information contact Tanya Washington on our staff at (510) 905-9308 or email [twashing2013@gmail.com](mailto: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



Those who bring  
sunshine ☀ into  
the lives of others  
cannot keep it  
*from themselves.*  
- J. M. Barrie



## 7-YEAR-OLD WITH CANCER HOPES TO GET CARDS FROM EVERY STATE TO MARK HER 1,000TH DAY OF CHEMOTHERAPY

A 7-year-old girl in Idaho who has been battling cancer for three years has turned her 1,000th day of chemotherapy into a celebration involving strangers across the country.

Ahead of the date, people from across the United States are mailing Zoe Ray cards to wish her well.

"They say they're thinking of me and they share stories of encouragement," Zoe, who is entering second grade, told "Good Morning America." "It makes me really excited and happy and it gets me distracted opening the cards all day."

**SPREAD SUNSHINE AND SEND A CARD TO ZOE RAY:**

c/o Zoe Ray of Sunshine  
1930 N Wind Cave Way  
Eagle, ID 83616

Read the entire article at <https://www.goodmorningamerica.com/wellness/story/year-cancer-hopes-cards-state-mark-1000th-day-72511606>

# 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

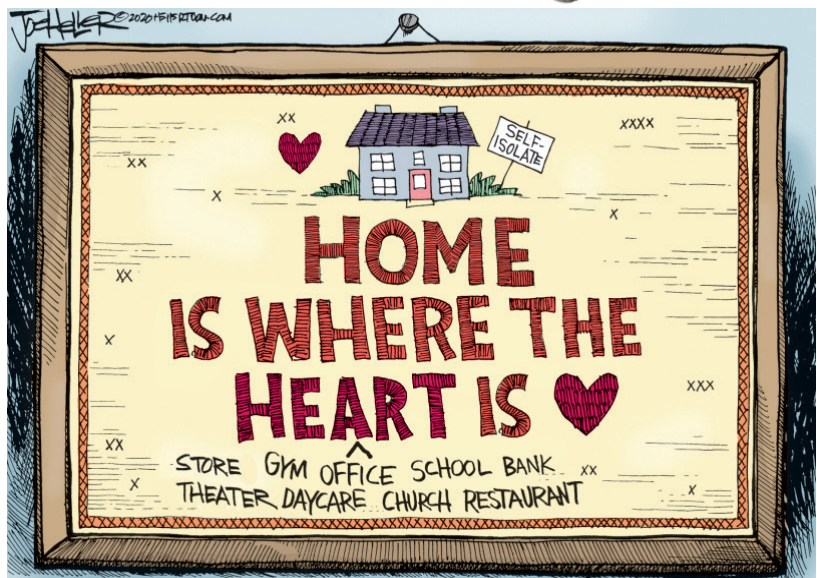
## Exercise

# zoom

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

## YouTube

BRISK LOW IMPACT CARDIO WORKOUT  
[https://www.youtube.com/watch?v=Y\\_58ycNDqZg](https://www.youtube.com/watch?v=Y_58ycNDqZg)



# Candy Word Search

Find and circle all of the Candy treats that are hidden in the grid.  
The remaining letters spell a secret message.

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

ALMOND JOY  
BABY RUTH  
BAZOOKA GUM  
BOTTLECAPS  
BUBBLE YUM  
BUTTERFINGERS  
CANDY NECKLACE  
CHICLETS  
CHUCKLES  
CLARK BAR  
COFFEE CRISP

CRACKER JACK  
DUBBLE BUBBLE  
GOOBERS  
GUMMI BEARS  
HERSHEY KISSES  
HUBBA BUBBA GUM  
JAW BREAKERS  
JUJUBES  
KIT KAT  
LEMON DROPS  
LICORICE PIPE

LIFESAVERS  
LOLLIPOPS  
MILK DUDS  
MILKY WAY  
MOUNDS  
NECCO WAFERS  
OH HENRY  
PEPPERMINT PATTY  
PEZ  
POP ROCKS  
PUMPKIN SEEDS

RED HOTS  
SEN-SEN  
SLO-POKES  
SMARTIES  
SOUR BALLS  
SPEARMINT LEAVES  
SWEETARTS  
TOOTSIE ROLLS  
TWIX  
TWIZZLERS  
WAX LIPS

# 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 6 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~~ 9/15-12/17 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

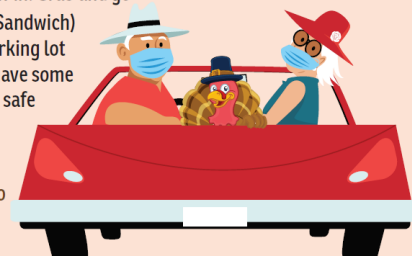
\$5/Senior

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](mailto: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](http://www.newark.org)



**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