

October 12, 2020



The Benefits of Dogs for Seniors

10/1/2020 | By Annie Tobey

A dog can have many, many benefits for its owners. From stress relief to joy to even longevity, we've reviewed the best reasons to look into the adoption of dogs for seniors; and things to look out for when you get the ball rolling!

The Healing Power of Pets

Besides the warm fuzzies from having a loyal companion by your side, science has discovered genuine health benefits in owning a dog. The American Kennel Club (AKC) reports:

1. Dogs relieve stress. Playing with or petting a familiar dog lowers blood pressure and heart rate, slows breathing, and relaxes muscles.
2. Dogs are good for your heart. Post-heart attack, pet owners had a higher rate of survival than non-pet owners.
3. Dogs make us happy. Staring into a dog's eyes raises the level of oxytocin, the "love hormone." Owning a dog can alleviate depression, especially for older adults. Specifically, notes the AKC, "As social ties loosen and family members live farther apart from each other, seniors are at risk of becoming isolated and lonely, which is a cause of depression."
4. Dogs make us more social. From talking to people when we're out with our dogs to simply feeling more connected with other people, dogs encourage our social tendencies.
5. Walking your dog is good for you, too!

What should you look for?

In determining the best breed for you, consider your needs and the dog's.

- Time constraints and lifestyle. Any dog needs and deserves time and attention, but some are needier than others. A companion that wants frequent love may be ideal if you're retired and living alone. And if you frequently visit dog-friendly businesses and homes, be sure to get a friendly breed and socialize him early on.
- Physical activity level. A dog that needs moderate exercise can be a great motivator for your own daily walks, but beware of an overly energetic dog if that doesn't suit your lifestyle.
- Grooming needs. Dogs' fur coats and their grooming needs vary greatly: dogs who shed a little or a lot, dogs that need frequent brushing, and dogs that require regular trims.
- Temperament and other considerations. Ask yourself what traits you appreciate and need in a dog. Is your ideal dog:

- | | |
|--------------------|--------------------------------------|
| o Friendly? | o Independent and aloof? |
| o Intelligent? | o Cuddly? |
| o Great with kids? | o Great with other dogs and/or cats? |
| o Adaptable? | o Stubborn? or Eager to please? |

Overall, if you have the time, patience, and energy – the benefits of dogs for seniors are endless! Get yourself a friendly Fido!

<https://www.seniorsguide.com/independent-living/the-benefits-of-dogs-for-seniors/>

In this issue:

Informative Articles
Reopening Information
Fall Senior Recreation Information
At Home... Activities & Exercise

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

How to put on the mask

How to remove the mask

How NOT to wear a mask



1. How can I learn about current air quality?

Nearby wildfires may be affecting your air. Visit www.baaqmd.gov or www.airnow.gov for current air quality information. The Air Quality Index (AQI) uses colors to communicate recommended actions (see table). Check often as conditions can change quickly.

2. How can I protect my health on smoky days?

- **Stay indoors** with doors and windows closed. Set A/C in home or car to recirculate.
- **Stay hydrated.**
- **Keep cool.** Place damp towels over hands, face and feet, or take a bath and cool with a fan. See our [Heat Pocket Guide](#) for tips. If you can't get cool, go to a [Cooling Center](#). Watch for [signs of heat illness](#), including headache, dizziness or nausea.
- **Limit physical activity outdoors**, like running, biking, physical labor and sports.
- **Keep indoor air clean.** Avoid burning candles, vacuuming, or using the stove, fireplaces, tobacco products or aerosol sprays. Create a "[clean room](#)" with windows and doors closed. Use a portable air cleaner if possible.
- **Visit a [Cleaner Air Center](#) if needed.**
- **Create an [emergency plan](#)** with your household or neighbors. Sign up for ACAAlert.org. Be ready to evacuate.

Air Quality Index Levels of Health Concern	Recommendations
Good (0 to 50)	No health impacts expected
Moderate (51 to 100)	Unusually sensitive people should consider limiting prolonged outdoor exertion
Unhealthy for Sensitive Groups (101 to 150)	Stay indoors if you: <ul style="list-style-type: none"> • are pregnant • are an infant or young child • are elderly • have asthma or other breathing issues or heart disease • are bothered by smoke
Unhealthy (151 to 200)	Everyone, especially children, should limit prolonged outdoor activities.
Very Unhealthy (201 to 300)	Everyone, especially children, should limit prolonged outdoor activities.

- If your health condition gets worse, contact your health care provider.

3. Can masks and face coverings reduce smoke exposure?

The best way to protect from COVID-19 and poor air quality is to stay indoors. Bandanas, cloth and surgical masks do not protect from smoke, but do protect from COVID-19. Save N95 masks for healthcare workers unless you have no option to be indoors.



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

Colleen Chawla – Agency Director
Kimi Watkins-Tartt – Director
Nicholas Moss, MD – Interim Health Officer

Contact

Public Health Department:
(510) 267-8000 Main Line

COVID-19 Information:
(510) 268-2101

www.acphd.org



4. Who is most at risk from wildfire smoke?

Children, older adults and those who are pregnant or have breathing or heart conditions are particularly impacted. These groups should take extra care to avoid polluted air.

5. How can at-risk populations protect themselves further?

Those with breathing or heart conditions should create a plan with their doctor for dealing with smoke.

Keep up to two weeks' worth of medication on hand to avoid going out in smoky air.

Anyone with a cough, shortness of breath, or other symptoms that seem linked to smoke should contact their doctor.

Consider leaving the affected area if there is a prolonged heavy smoke event.

6. What are some of the health effects of wildfire smoke?

Smoke contains fine particles that can affect the lungs and heart when inhaled deeply. Smoke can irritate the eyes and airways, causing cough, a dry scratchy throat, runny nose, phlegm, wheezing, and trouble breathing. It may affect the body's ability to remove pollen and bacteria from the lungs. Smoke can aggravate pre-existing heart and lung disease. Elevated particulate matter in the air can trigger wheezing in those who suffer from asthma, emphysema, and COPD.

7. How are symptoms from smoke exposure different from [symptoms of COVID-19](#)?

If you are experiencing symptoms unrelated to smoke exposure such as fever or chills, muscle or body aches, or diarrhea, the CDC COVID-19 [Self-Checker](#) can help determine whether further assessment or testing for COVID-19 is needed. If you experience [severe symptoms](#), such as difficulty breathing or chest pain, call 911.

8. How can I filter air in my home?

Even without filtered air, staying indoors is the best way to reduce smoke exposure. To filter air, consider a portable [HEPA](#) air purifier (make sure it does not produce ozone) or a [MERV 13 or greater filter](#) for your HVAC system.

9. Should I leave my home for cleaner air?

The best way to avoid smoke and COVID-19 exposure is to stay indoors. Follow the suggestions in this FAQ for cleaner indoor air.

Alameda County has created a [Cleaner Air Center resource](#). Go to a cleaner air location if you're unable to seal your home or if smoke occurs during hot weather and you cannot stay home.

If you leave your home, make sure to practice physical distancing, cover your cough, wash your hands frequently, and always wear face coverings to reduce the spread of COVID-19.



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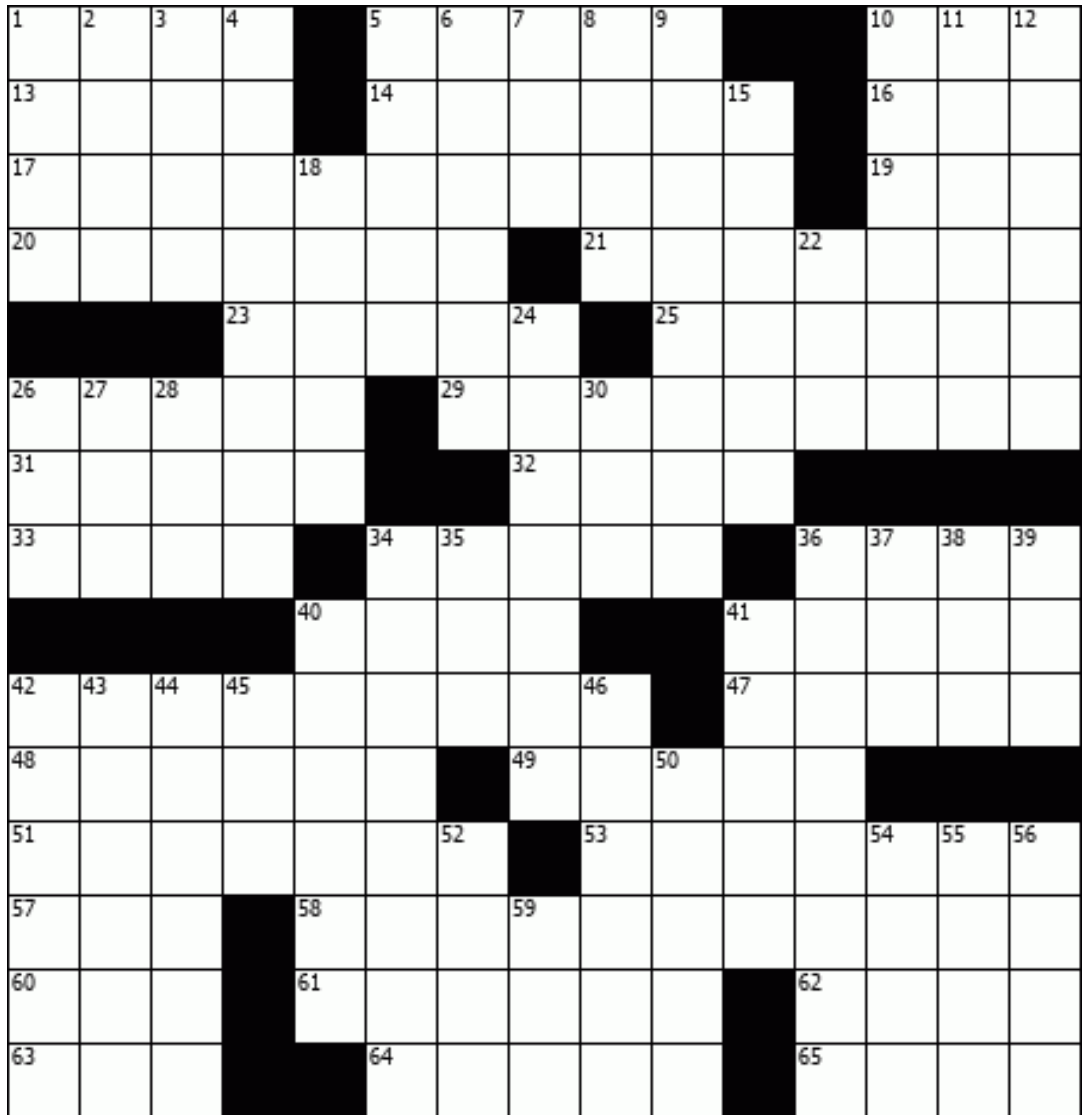
www.acphd.org

Crossword Puzzle

Answers on page 6.

Across

1. Fencing foil
5. "I don't want to go off on ___ here..." (Dennis Miller)
10. Frodo's friend
13. Refreshed after meditation
14. Of a Roman emperor
16. Skeleton starter
17. Birthday that usually prompts "Over the Hill" gags
19. Help out
20. Prefix for "scope" or "graph"
21. Shameful
23. Late conductor Solti
25. Mobile phone battery size
26. Letter used to represent resistance
29. NBA team whose mascot is Burnie
31. In the buff
32. Diamondback or Marlin, for short
33. Site of a fall
34. Does a moviemaking job
36. Unmitigated stuff
40. Enthusiastic assent, in Spanish
41. Comes in second out of two
42. Preteen's attempt at growing a beard
47. Story Achilles appears in
48. Hook tab A up with slot B
49. Became oblivious
51. Brian Williams's employer
53. Fiber source
57. Microbrewery output
58. 1979 hit for Cheap Trick
60. Heavy weight
61. First name in student loans?
62. Takes drugs
63. It's divided into scenes
64. "Do you already have ___?"
65. Pigsty



Down

1. ___-1 ("Ghostbusters" vehicle)
2. Oom-___ (brass band sounds)
3. One type of util.
4. Make larger, slangily
5. ___-American
6. Perot's party, once
7. Former Bush spokesman Fleischer
8. ___ Sad (Serbian city)
9. Overtime causes
10. U.S. Navy builder
11. Armpit, in medical terms
12. Car that only came in black for ten years
15. 1997 Nicolas Cage thriller
18. "This Life ___" (2Pac song)
22. "And," in Swedish
24. Cocktail choice
26. "The loneliest number"
27. Nutso
28. ___ out a living
30. Alien who said "Ha! I kill me!"
34. Paper used with double-sided tape
35. Home of the Sun Devils: abbr.
36. Culkin's godfather, in "Igby Goes Down"
37. "___ see it..."
38. Perrins's partner in sauce
39. Sandoz Laboratories drug
40. Bits of evidence
41. "Would I ___ you?"
42. It gets hit on at parties
43. As a whole
44. Climb
45. In the middle: abbr.
46. Adjust the lens, maybe
50. Kittens' pick-up points
52. Win over
54. Get out of bed
55. Deck quartet
56. Costner, in "The Untouchables"
59. Chicken ___ king

Adult Coloring Page



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



Exercise

zoom

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

YouTube

RELIEVE STRESS & ANXIETY
W/ BREATHING TECHNIQUES
<https://www.youtube.com/watch?v=odADwWzHR24>



Public Library Word Search

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a secret message - a Henry Ward Beecher quotation.

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

APPLIED SCIENCE
ARTS
BIOGRAPHY
BOOKS
BORROW
BRANCH
CATALOG
CHAIRS
CHECKOUT
COMPUTERS
DICTIONARY
DUE DATE

ENCYCLOPEDIA
FICTION
FINES
GEOGRAPHY
HARDCOVER
HISTORY
INFORMATION
INTERNET
LANGUAGES
LIBRARIAN
LIBRARY CARD
LITERATURE

MAGAZINES
MATHEMATICS
MOVIES
MUSIC
NEWSPAPERS
NOVELS
OVERDUE
PAPERBACK
PERIODICALS
PHILOSOPHY
PHOTOCOPIER
PSYCHOLOGY

QUIET
READ
RECREATION
RELIGION
RENEW
RESEARCH
RESERVE
SHELVES
SOCIAL SCIENCES
TABLES
TECHNOLOGY

Starting October 9, Additional Activities Permitted in Alameda County

Alameda County public health officials have determined that the following activities with restrictions as allowed by the State in the Red Tier would add only limited additional risk when appropriate safety measures are followed and may open on October 9:

Reopening Date	Sectors & Activities
10/9/20	<ul style="list-style-type: none">• Hotels & lodging for tourism: fitness centers and indoor pools restricted• Museums, zoos, & aquariums: indoors < 25% capacity• Personal care services: indoors with modification; services requiring removal of face covering prohibited• Libraries < 25% capacity• Gyms and fitness centers: indoors < 10% capacity; restrictions on aerobic exercise and classes• Outdoor film production per local guidance
10/13/20	<ul style="list-style-type: none">• Elementary Schools: may open per State and Local guidance, as ready• Middle and high schools may be considered in 4-12 weeks, as data trends permit
For consideration in next 4-6 weeks, as data trends permit	<ul style="list-style-type: none">• Indoor retail: expand to 50% capacity• Shopping centers: expand to 50% capacity, add food courts• Indoor worship services: expand to 25% capacity or <100 people• Indoor dining < 25% capacity or <100 people• Indoor movie theaters < 25% capacity or <100 people• Outdoor cardrooms and satellite wagering

For a complete list of activities that are currently open and not open in Alameda County, visit:
<https://covid-19.acgov.org/sip.page>. Guidance and resources to support safe opening are available here:
<https://covid-19.acgov.org/covid19/recovery.page>

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.



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! Pre-registration required. Participants must have access to a computer with internet capabilities and know how to use Zoom. Don't know how to use Zoom? Please click [HERE](#) for a video tutorial.

**"you don't have to be a genius to join
the fun!"**

Simple multiple choice format.

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