

7 WAYS TO STAY HEALTHY (AND SANE) DURING THE FALL CORONAVIRUS SURGE

By Holly Yan, CNN, October 17, 2020

(CNN) Get ready for the most difficult months yet in this pandemic.

The fall Covid-19 surge is here, fueled by colder weather, reopened schools and pandemic fatigue. The flu season could make the coronavirus pandemic even worse.

For the next several months, new Covid-19 infections, hospitalizations and deaths are expected to keep rising as the temperatures keep dropping.

But that doesn't mean your fall and winter have to be miserable. Here are seven ways you can stay healthy, sane and actually enjoy these cold-weather months:

1. Find your social distancing crew and stick with it

You're probably sick of hearing about face masks, social distancing and hand washing. But those are your strongest weapons against coronavirus.

Yet many Americans are ditching those precautions and letting their guard down with friends and family members who don't live with them. Casual at-home get-togethers are fueling recent Covid-19 spikes, said Dr. Robert Redfield, director of the Centers for Disease Control and Prevention.

So Dr. Peter Hotez suggests limiting your physical contact this fall and winter to a small, select group of friends or family – and avoiding close contact with anyone outside that group.

"Think about who you want to do your social distancing with as you head into later in November, in December, in January, and get ready to hunker down," said Hotez, dean of the National School of Tropical Medicine at Baylor College of Medicine.

2. Have a plan to take care of your mental health

"This terrible period is not going to go on forever. I do think we're going to be in a much better place by the middle of next year because vaccines will be available," Hotez said.

But "be realistic and recognize that this winter – this November, December, January, February – could be the worst time in our epidemic, and plan accordingly and be smart about it. And take steps to protect your mental health," Hotez said.

"Make certain that you know a mental health counselor, how to reach them if you need them. Know how to call on family members. It's OK to feel scared and to be upset and to get depressed. That's a normal reaction to this. But get ready for it."

3. Determine your risk of infection

MyCovidRisk.app lets you find your risk of getting infected based on your location, your planned activity, the duration of that activity and what percentage of people are wearing masks.

The calculator, created by the Brown-Lifespan Center for Digital Health, also gives suggestions on how to decrease your risk, said Dr. Megan Ranney, the center's director and an emergency medicine physician.

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October 26, 2020

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wishing you a
Fa"BOO"lous
.....Halloween



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4. Know that socializing outside is safer, but not always safe

Colder weather means people tend to socialize indoors, where there's less opportunity for viral particles to disperse. And that increases the risk of coronavirus spread.

So if you do have gatherings, keep them outside if you can – perhaps with a fire pit, a warm coat or a heat lamp, said Dr. Leana Wen, an emergency room physician and visiting professor at George Washington University.

But just because you're outside doesn't mean you can abandon all safety precautions.

"Outdoors is not perfect. If you're still sitting a foot away from other people, without a mask, you can still spread it – especially if you're in that very infectious period," Ranney said.

One reason why coronavirus is so contagious is because people who get sick from it typically are most contagious before they start showing symptoms. This means people can easily spread the virus without knowing it.

"Just because someone is close family does not mean they're safe, either," Ranney said. "Unfortunately, if that close family member has been out having a lot of contacts, they still could be sick and bring it home."

5. If you visit friends or family, do it wisely

"We know by now that much of Covid-19's spread is actually driven not by formal settings with strangers but by informal gatherings of family and friends," Wen said. "Some individuals may be letting down their guard with loved ones."

If you must travel for the holidays, cut out risky behavior before your trip, such as dining at restaurants indoors or getting in close contact with people who don't live with you.

It's also a good idea to get tested before seeing loved ones, so those who test positive can stay home. But don't get a false sense of security just because you have a negative test result.

"Sometimes there are false negatives, which means you have the disease but the test doesn't detect it," according to Penn Medicine.

"Because it is possible to get a negative result even when you have coronavirus, it is important to be careful even when you receive a negative result."

Ranney said the recent White House coronavirus outbreak is a prime example of how testing is not always perfect.

And even if a negative test result is correct, you may have been infected since that test was taken.

6. Celebrate the holidays safely

The CDC offers a long list of ways to celebrate Halloween and Thanksgiving safely.

Instead of Halloween parties or trick-or-treating, the CDC suggests carving pumpkins with your family or with friends and neighbors (at a safe distance).

You can also have virtual costume contests or a Halloween scavenger hunt, "where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance," the CDC said.

For Thanksgiving, you can celebrate by having a virtual dinner with friends or family from afar and sharing your favorite Thanksgiving recipe, the CDC said.

"Thanksgiving is a really tough one," Ranney admits. "I am going to be doing a Zoom Thanksgiving with my parents."

You can also help those at high risk for Covid-19 or those who are feeling isolated by preparing traditional Thanksgiving dishes "and delivering them in a way that doesn't involve contact with others," the CDC says.

7. Keep things in perspective

Yes, this fall and winter will be tough. But Covid-19 has killed more than 218,000 people in the US, and many survivors still have complications months after infection.

So remember the long-term benefits of making short-term changes.

"I think for the short term, we have to hunker down," said Dr. Jonathan Reiner, a professor of medicine at George Washington University.

"The consequences of this virus – particularly for older folks, the people that we really want to gather with on Thanksgiving – can be really dire. And frankly, I'd rather do a Zoom Thanksgiving with people that I love than expose them to something that might kill them."

<https://www.cnn.com/2020/10/17/health/covid-fall-surge-ways-to-stay-healthy-wellness>

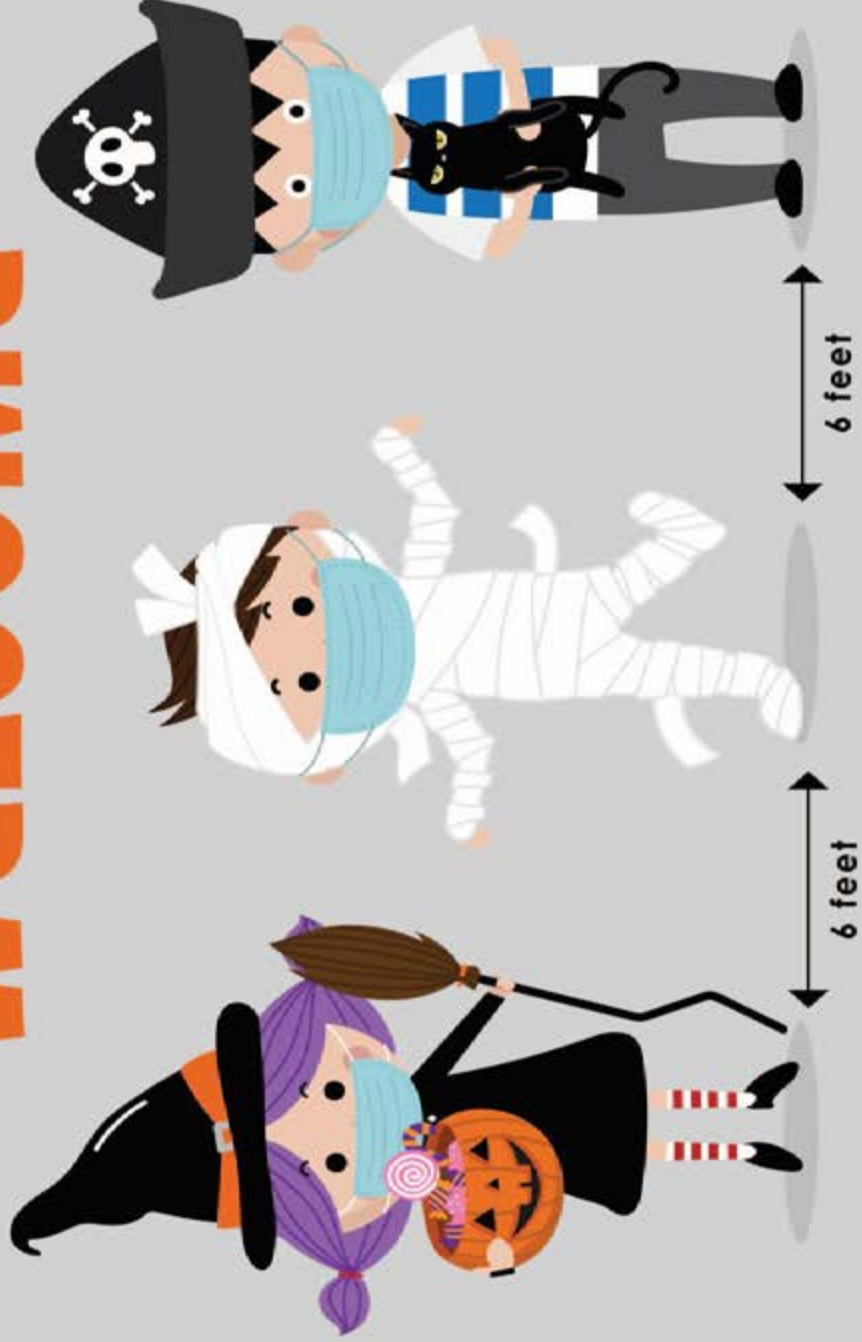


THERE ARE MANY REASONS WHY YOU MAY OR MAY NOT WANT TRICK OR TREATERS TO COME THIS HALLOWEEN. WHATEVER THE REASON, HERE ARE 2 FREE SIGNS THAT ARE PRINTABLE.



Trick-or-Treaters

WELCOME

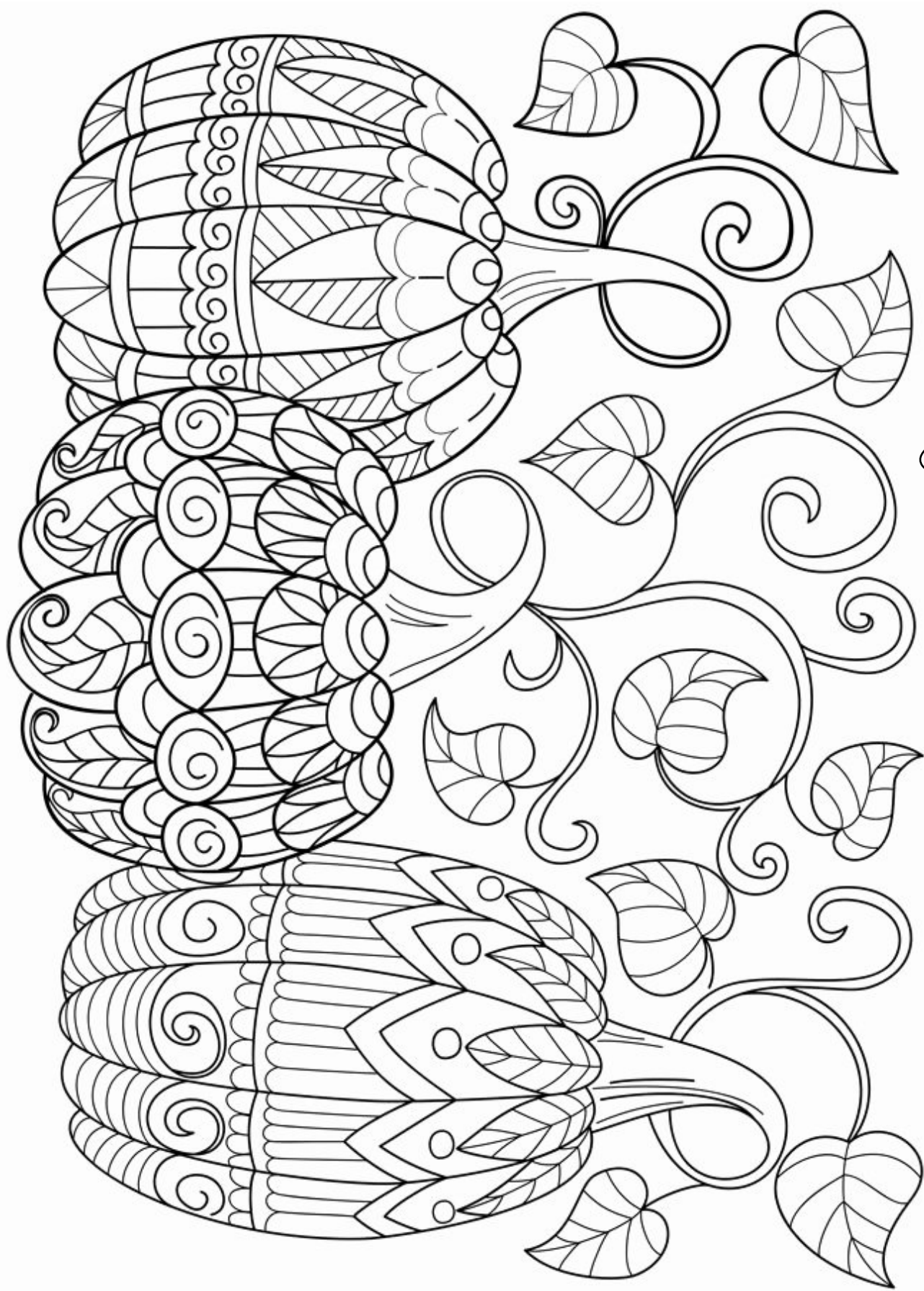


SOCIAL DISTANCING

please NO **Trick-or-Treaters**



Happy Halloween



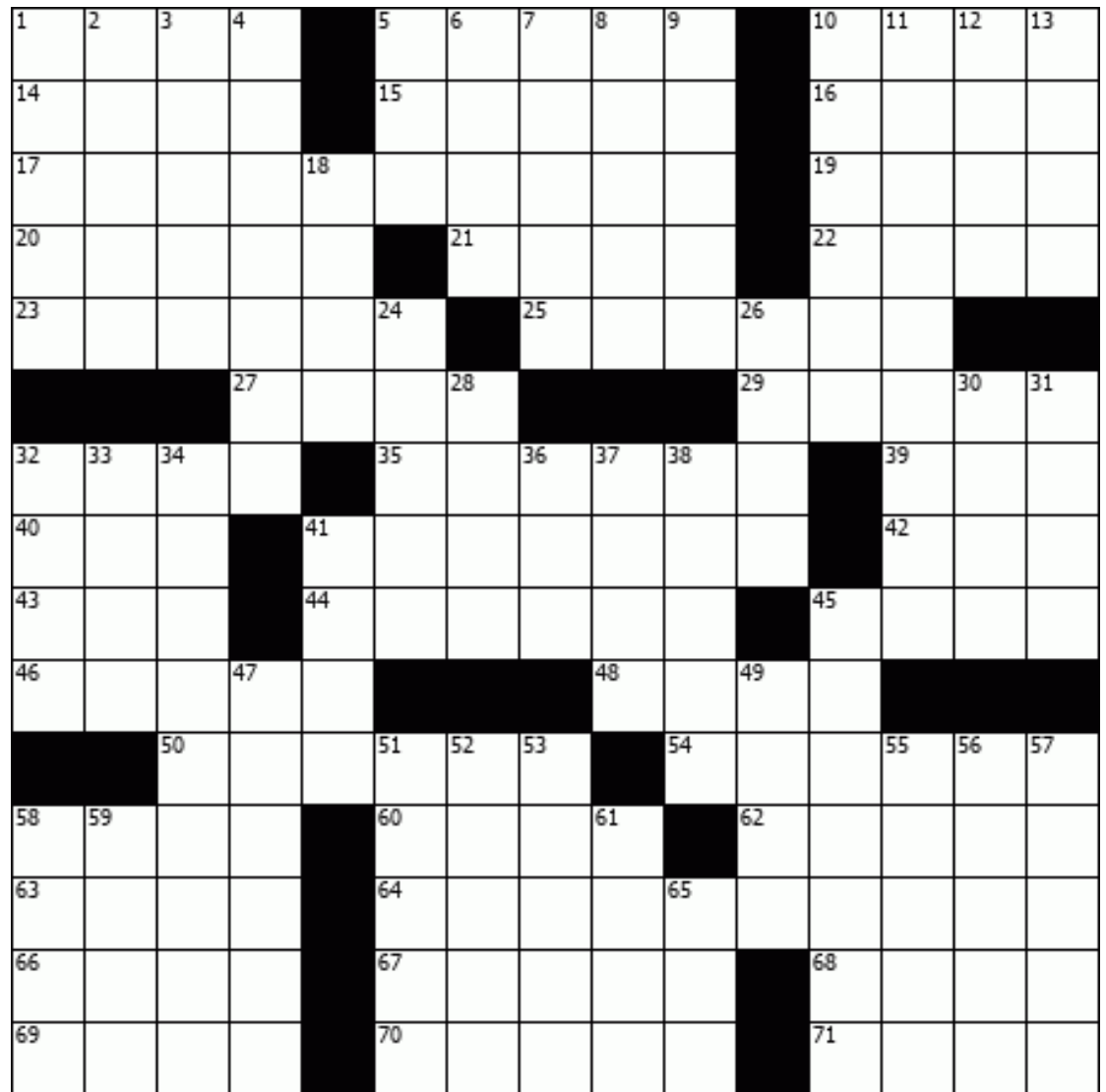
Crossword Puzzle

Answers on page 8.

Across

1. Made broadcloth
5. Capital in the Himalayas
10. John Candy comedy series
14. Ladd of film
15. Pale hues
16. "America" pronoun
17. Spicy cookie
19. "Newsweek" cover number
20. "___ little bit helps"
21. Tokyo serving
22. Irish stew ingredient
23. Dude ranch, e.g.
25. Satirization
27. Lord's servant
29. Poise, e.g.
32. Klutzy types
35. Far from genteel
39. That woman's
40. 61, to Cicero
41. Items involved in this

- puzzle's theme
42. Score on an aces hole
43. Cub Scout group
44. Dined at a diner
45. Mythological river
46. Perfect places
48. Word form for "outer"
50. Long-winged seabird
54. Gave (to)
58. Potpourri containers
60. Cupid alias
62. T-shirt size
63. Did a dismount
64. Overall perspective
66. Area
67. More wintry
68. Left in the wine cellar
69. Catherine ___-Jones
70. Fandango, for one
71. Former Atl. crossers



Down

1. Reno transaction
2. Pimiento surrounders
3. Wind-direction signalers
4. Occupy the attention of
5. Env. enclosure
6. Cat's "Back off!"
7. Paquin and Moffo
8. Vampire vanquisher
9. Poplar tree
10. Phonograph needle
11. Mean-spirited remark
12. Locker-room group
13. Predicate part
18. Brontë character
24. 10/31 option
26. Fortnight's 14
28. Starlet's goal
30. Counting-rhyme starter
31. Cretaceous predator, briefly

32. Shoppe preceder on signs
33. Hewn
34. Contractual details
36. '20s car
37. "I can't deny that"
38. Concoct, as a plot
41. Assign roles
45. Some Mozart music
47. Lipton alternative
49. Soft mineral
51. Up one's offer at an auction
52. "All My Children" role
53. Get online via password
55. Pharmacy inventory
56. Marsh bird
57. Actions
58. Mardi Gras music
59. Baby-wipes additive
61. Blueprint detail
65. Indignation

Halloween Word Search

Find and circle all of the words that are hidden in the grid. The remaining letters spell an activity played on Halloween.

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

APPLES
BATS
BLACK CAT
BROOMSTICK
CANDLE
CANDY
CEMETERY
COFFIN

COSTUME
DRACULA
FRIGHTENING
FULL MOON
GHOSTS
GHOULS
GOBLINS
GRAVEYARD

JACK O LANTERN
MASK
MUMMY
NIGHT
PUMPKIN
SCARECROW
SCARY
SCREAM

SKELETON
SKULL
SPIDERS
TOMBSTONE
VAMPIRE
WEREWOLF
WITCHES
ZOMBIE

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

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

YouTube

SENIOR CARDIO & BALANCE
W/ PETE MO
<https://www.youtube.com/watch?v=DJUR9jpNm0>





Ballot Drop Box



Installed :
Newark
Library
Parking Lot



Outside
Newark
Community
Center
(Delivery Pending)

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.



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