

November 16, 2020

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MITCH BLUNT / AARP

## 7 Questions to Ask While Planning for Holidays During the Pandemic

Here's how you and your family can stay safer

by Mike Zimmerman, AARP, November 9, 2020

We don't need more proof of how dangerous the coronavirus is. Now the holidays are here, and we're missing our friends and loved ones more than ever. Can we safely celebrate the holidays and the end of a long, lousy year? To help us cope with the coming holidays, we queried top experts about navigating the season safely and warmly.

### 1. A relative had COVID-19 several weeks ago. Can he or she still make me sick?

People who have had the virus generally stop spreading it 10 to 14 days after exhibiting symptoms. But the more we learn about the coronavirus, the more twists and turns we discover. For that reason, anyone who has contracted the virus, or thinks he's been exposed to it, should be cleared by a doctor before seeing anyone, says Sten Vermund, M.D., dean of the Yale School of Public Health.

### 2. I tested positive for COVID earlier this year. Does that mean I'm immune now?

Unfortunately, we don't yet know the answer to that. People who recover from the virus do have some level of acquired immunity, but it's difficult to know how much or for how long.

### 3. Is catching the coronavirus linked to how much time we spend together?

The amount of exposure you have to the virus — both in terms of how sick another person is and how much time you spend with him or her — does appear to determine your risk, says Thomas Fekete, M.D., professor of microbiology and immunology at Temple University. "We're less concerned if someone rides an elevator with someone for 30 seconds than if he or she shares a small space with someone for an hour," he says. "Our policy also mandates wearing a mask and eye protection. That said, there are no guarantees." And that's what makes holiday gatherings so problematic. An infected person will throw off more virus when talking than when breathing — and more still when singing Christmas carols or shouting to be heard.

### 4. We've already had a bad outbreak in my town. Have we reached herd immunity?

As the pandemic has progressed, you may have heard about getting the U.S. population to a point where enough people have been exposed to the virus — either by infection or vaccine — that it's no longer a threat. This "herd immunity" is a real thing — the U.S. all but eradicated measles because an effective vaccine created herd immunity. Just don't expect this to happen soon with COVID-19.

### 5. If I do host a holiday gathering, are there any rules I should put in place for my family?

Here's a good one: Nobody gets to come to dinner unless he or she has had a flu shot. The reasons go far beyond the usual in 2020. Flu and COVID-19 symptoms are similar, so if you become ill with the flu, it could necessitate a trip to the doctor or even the hospital, which puts you at additional risk. And yes, it's possible to get both, either one after the other, or simultaneously, Vermund says. Just imagine getting COVID after your lungs have already been dealing with the flu.

### 6. My whole family is in excellent health. Does COVID-19 really pose a threat to us?

The fact is, researchers cannot predict how sick any one person will get if infected by the coronavirus. "None of us are clear [about] what's going to happen," Fekete says. Which means even if you're a "healthy" person, getting COVID-19 is a risk to yourself and everyone else.

### 7. Are our holiday traditions ruined?

After more than six months of distancing and isolation, the pressure to gather for Thanksgiving and other holidays will be massive. But this is just one year, and it would be tragic to get even one family member or friend (or yourself!) sick.

<https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-holiday-planner.html?intcmp=HEALTH>



# Congratulations

**Nicola Crispino**  
Viola Blythe Senior Volunteer  
Award Winner

Nic has been a volunteer at the Clark W. Redeker Senior Center for 10 years as a Mercy Brown Bag volunteer and Kitchen Aide. He prepares and serves meals at the Senior Center. His experience and expertise has improved the quality of the meals and has increased attendance at Senior Center events.



## **YOU ARE INVITED! TO THE 32<sup>nd</sup> ANNUAL COMMUNITY THANKSGIVING DAY DINNER**

**FREE MEALS WILL BE GIVEN OUT FROM 12:30 - 4 PM  
AT THE NEWARK PAVILION PARKING LOT  
6430 THORNTON AVE. IN NEWARK (CROSS STREET - CHERRY)  
Car entries are on Cherry St. and don't come earlier than 12 noon**

**OPEN TO ALL THOSE WHO WOULD SPEND THE DAY ALONE, OR WHO DO NOT HAVE THE RESOURCES. BECAUSE OF COVID-19 YOU MUST COME TO PICK UP IN A CAR AND WAIT TO BE WAITED ON IN THE CAR. IF YOU DO NOT HAVE A CAR, THERE WILL BE AN AREA WHERE YOU CAN WAIT WITH YOUR BICYCLE FOR THE FOOD. YOU CANNOT EAT IN THE PARKING LOT.**

**EVERYONE IN CAR OR OUTSIDE MUST WEAR A MASK**

**YOU WILL BE GIVEN A TRADITIONAL THANKSGIVING MEAL  
WITH ALL THE TRIMMINGS**

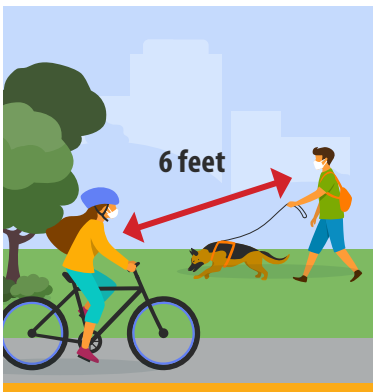
**EVERYONE IS WELCOME - NO QUESTIONS ASKED**

# Meeting Friends? Protect Yourself and Others from COVID-19

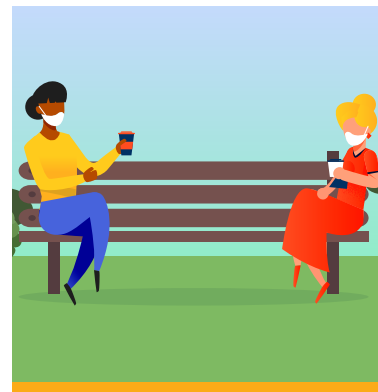
Wear a mask



Stay 6 feet from others



Meet outdoors if possible



Protect yourself and your friends the most by doing all three



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

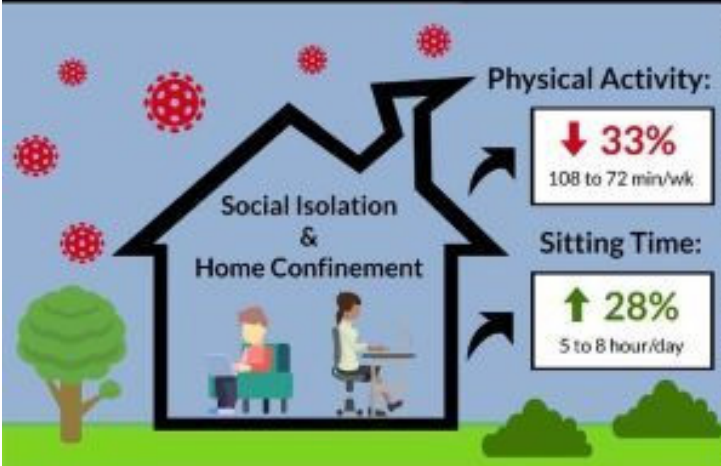
# Exercise Is Medicine

Staying Active during COVID-19



## COVID-19 & Lifestyle

## Physical Activity Benefits



## Types of Physical Activity

## Move More & Sit Less

Informal Activity	Formal Exercise
<b>Indoor Work</b> <ul style="list-style-type: none"><li>Cleaning</li><li>Laundry</li></ul>	<b>Strengthening</b> <ul style="list-style-type: none"><li>Yoga</li><li>Bodyweight Exercises</li></ul>
<b>Outdoor Work</b> <ul style="list-style-type: none"><li>Raking</li><li>Gardening</li></ul>	<b>Aerobic</b> <ul style="list-style-type: none"><li>Walking/running</li><li>Cycling</li></ul>

Standing break (11)

10-min cleaning (2)

10-min morning walk (8)

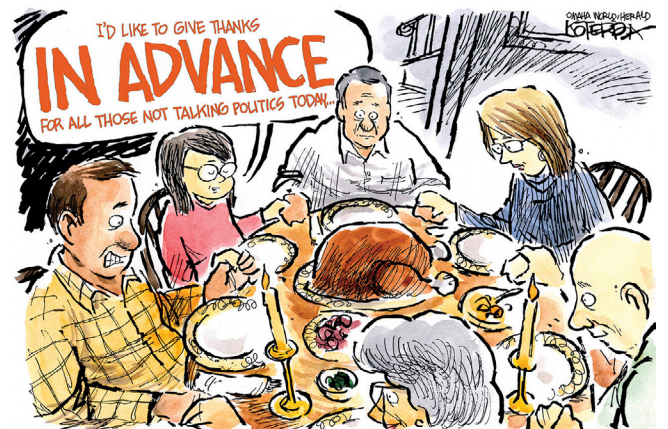
10-min evening jog (5)

30 min x 5 days = 150 min

## Free Virtual Field Trips

Virtual field trips allow you to travel the world and explore natural environments without leaving your house. Click the link below to start exploring now!

<https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/virtual-field-trips/>





**What you Need:**

1.5 yards of fleece fabric

Scissors



Please note: The length of fleece you use for this project is an estimate. Yours may vary based on your own preferences and size. For children you may use less, while for adults you may wish for more. The suggested amount is ideal for an adult and a great starting point.

**Directions:**

1. Begin by laying the fabric flat. Cut the fabric so it is about 8-10 inches wide.
2. Take your cut fleece and lay it flat so you can start snipping the fringe on the ends.



3. Cut the ends of each side of the fabric into strips as shown. You want them to be about 3 inches long and about 1 inch wide. You can adjust these measurements as you wish according to your liking.

4. Finish the fringe by tying each strip into a knot. Just tie it into itself, loop, and pull.



5. Repeat by tying each strip until all are secure.

Your no sew fleece scarf is now ready to be worn. Should you need to wash it, wash on cold and hang dry.

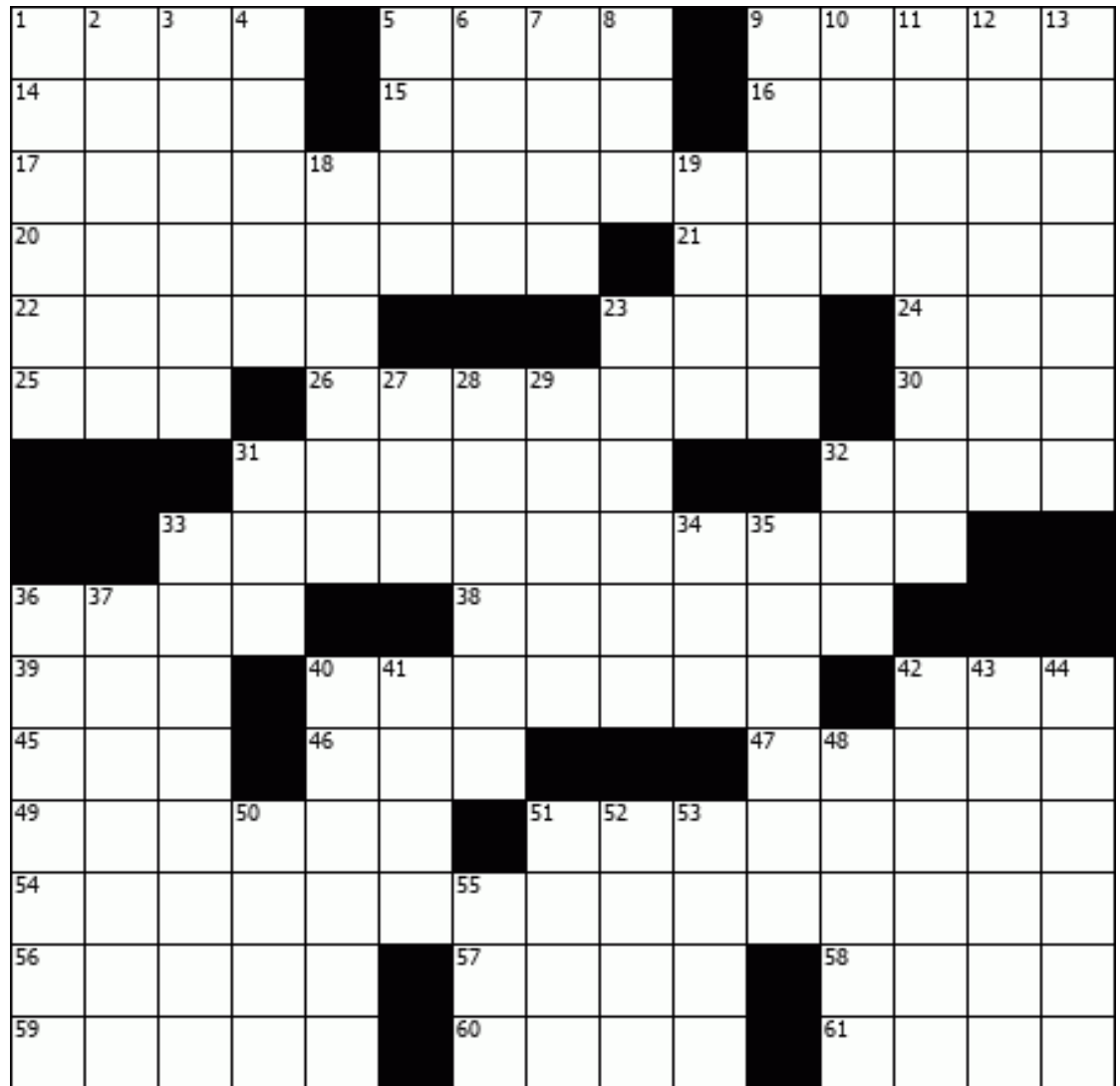
<https://www.theneighborhoodmoms.com/no-sew-fleece-scarf/>

# Crossword Puzzle

Answers on page 8.

## Across

1. Sundance's girl
5. Singer Lane
9. Taking out the trash, say
14. Narrow inlets
15. Brest beast
16. Eleazar's father
17. Start of a quip
20. Guts
21. South attachment
22. Street show
23. Talk
24. UK award
25. Help with the dishes
26. Dodger manager for 20 years
30. Bemoan
31. Euro predecessor
32. Movies, slangily
33. Middle of the quip
36. Tabula \_\_\_
38. Actress Barbara Bel \_\_\_
39. SE U.S. capital
40. Beset
42. Parental limits?
45. Lea bleat
46. Sci-fi drama set at an island factory
47. Likeness
49. When both hands are up?
51. Smoker, e.g.
54. End of the quip
56. Coeur d'\_\_\_
57. Work with feet
58. Greenspan of the Fed
59. Longtime Senate first name
60. Church section
61. 1991 Pulitzer poet Van Duyn



## Down

1. Adenauer's successor
2. Clip at a business meeting
3. Base
4. "For want of \_\_\_ ..."
5. Accomplished
6. Place to be conked
7. A/C units
8. MD's skull session?
9. Winter melon
10. "The Laughing Cavalier" painter
11. Haydn's "The Seasons," for one
12. Future flower
13. Menu heading
18. It may be Spanish
19. Belfry, so to speak
23. Three-legged instruments
27. Bat wood
28. Folk singer Pete
29. Siouan tribesmen
31. Dept. of Homeland Security ad, e.g.
32. Beta alternative
33. Nassau Coliseum player
34. Stamp finish?
35. Low-heeled shoe
36. Beach shelters
37. Leaning
40. For now
41. Hierarchy level
42. Composer Paganini
43. Certain Japanese
44. Two-time Australian Open champ Williams
48. Fix, as a copier
50. \_\_\_ account
51. Sports car feature
52. Lines of passage: Abbr.
53. Wistful phrase
55. UV index monitor

# Weather Word Search

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell an additional weather word.

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


BAROMETER  
BLIZZARD  
CELSIUS  
CLOUDS  
COLD  
CYCLONE  
DOWNSPOUR  
DRIZZLE  
DROUGHT  
FAHRENHEIT

FLOOD  
FLURRIES  
FOG  
FORECAST  
FREEZE  
FROST  
HAIL  
HOT  
HUMIDITY  
HURRICANE

ICE  
LIGHTNING  
MIST  
MONSOON  
OVERCAST  
RAIN  
SHOWER  
SLEET  
SNOW  
SQUALL

STORM  
SUNNY  
TEMPERATURE  
THERMOMETER  
THUNDER  
TORNADO  
TSUNAMI  
TYPHOON  
VISIBILITY  
WINDY

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

 **YouTube** Top 10 Positive News Stories of 2020 That Give Us Hope



<https://www.youtube.com/watch?v=aFchVtl-wyE>

## Exercise



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



30 MINUTE SEATED &  
STANDING SENIOR WORKOUT  
<https://www.youtube.com/watch?v=ASXGYu7IFxE&t=1370s>





# 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.



November 14 - November 29

\$20 Registration Fee

Complete your 5k run anywhere on your own during the dates above!

All participants receive a turkey trot medal and printable certificate!

Email a picture of you completing your 5k to [bryan.cobb@newark.org](mailto:bryan.cobb@newark.org) to be entered into the photo contest!



**\*Pickup location ACROSS from Senior Center\***

**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, November 19th, 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

**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