

April 12, 2021



Autism is a developmental disability that affects how we experience the world around us. Autistic people are an important part of the world. Autism is a normal part of life, and makes us who we are.

Autism has always existed. Autistic people are born autistic and we will be autistic our whole lives. Autism can be diagnosed by a doctor, but you can be autistic even if you don't have a formal diagnosis. Because of myths about autism, it can be harder for autistic adults, autistic girls, and autistic people of color to get a diagnosis. But anyone can be autistic, regardless of race, gender, or age.

Autistic people are in every community, and we always have been. Autistic people are people of color. Autistic people are immigrants. Autistic people are a part of every religion, every income level, and every age group. Autistic people are often many of these things at once. The communities we are a part of and the ways we are treated shape what autism is like for us.

There is no one way to be autistic. Some autistic people can speak, and some autistic people need to communicate in other ways. Some autistic people also have intellectual disabilities, and some autistic people don't. Some autistic people need a lot of help in their day-to-day lives, and some autistic people only need a little help. All of these people are autistic, because there is no right or wrong way to be autistic. All of us experience autism differently, but we all contribute to the world in meaningful ways. We all deserve understanding and acceptance.

Every autistic person experiences autism differently, but there are some things that many of us have in common.

1. We think differently. We may have very strong interests in things other people don't understand or seem to care about. We might be great problem-solvers, or pay close attention to detail. It might take us longer to think about things. We might have trouble with executive functioning, like figuring out how to start and finish a task, moving on to a new task, or making decisions.

Routines are important for many autistic people. It can be hard for us to deal with surprises or unexpected changes. When we get overwhelmed, we might not be able to process our thoughts, feelings, and surroundings, which can make us lose control of our body.

2. We process our senses differently. We might be extra sensitive to things like bright lights or loud sounds. We might have trouble understanding what we hear or what our senses tell us. We might not notice if we are in pain or hungry. We might do the same movement over and over again. This is called "stimming," and it helps us regulate our senses. For example, we might rock back and forth, play with our hands, or hum.

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3. We move differently. We might have trouble with fine motor skills or coordination. It can feel like our minds and bodies are disconnected. It can be hard for us to start or stop moving. Speech can be extra hard because it requires a lot of coordination. We might not be able to control how loud our voices are, or we might not be able to speak at all—even though we can understand what other people say.

4. We communicate differently. We might talk using echolalia (repeating things we have heard before), or by scripting out what we want to say. Some autistic people use Augmentative and Alternative Communication (AAC) to communicate. For example, we may communicate by typing on a computer, spelling on a letter board, or pointing to pictures on an iPad. Some people may also communicate with behavior or the way we act. Not every autistic person can talk, but we all have important things to say.

5. We socialize differently. Some of us might not understand or follow social rules that non-autistic people made up. We might be more direct than other people. Eye contact might make us uncomfortable. We might have a hard time controlling our body language or facial expressions, which can confuse non-autistic people or make it hard to socialize.

Some of us might not be able to guess how people feel. This doesn't mean we don't care how people feel! We just need people to tell us how they feel so we don't have to guess. Some autistic people are extra sensitive to other people's feelings.

6. We might need help with daily living. It can take a lot of energy to live in a society built for non-autistic people. We may not have the energy to do some things in our daily lives. Or, parts of being autistic can make doing those things too hard. We may need help with things like cooking, doing our jobs, or going out. We might be able to do things on our own sometimes, but need help other times. We might need to take more breaks so we can recover our energy.

Not every autistic person will relate to all of these things. There are lots of different ways to be autistic. That is okay!

<https://autisticadvocacy.org/about-asan/about-autism/>

Tired of Sheltering
in Place at Home?

Ready to Travel
the World?



Join your Newark Senior
Center Friends on a
Virtual Trip to

**Italy, Sicily, Malta
and Sardinia**

Tuesday, April 20
10:00am - 12:00pm
\$5/person

Hosted via Zoom by
World Traveler, Nino Mohan

Pre-registration required online
or use the registration form
attached. The zoom link will be
sent via email prior.

RIDE-ON TRI-CITY!

Funded by the Alameda County
Transportation Commission through
Measure B/BB sales tax revenues. For more
information on Measure B/BB, visit:
www.alamedactc.org

Ride-On Tri-City!

Services to Newark residents are provided through a partnership between the City of Newark and the City of Fremont's Human Services Department.

Eligibility Requirements for RIDE-ON TRI-CITY!
transportation services:

- Newark residents who are 70 years of age or older; OR,
- Newark residents who are unable to use public transportation independently due to a disability or disabling health condition.

RIDE-ON TRI-CITY! registrants can use the following:

Taxi Service:

Subsidized curb-to-curb taxi rides in the Tri-City area using a taxi voucher. Taxi vouchers cost \$4 each and subsidize up to \$20 of taxi meter fare.

Ride-Hailing Service (through Lyft):

Pilot program... Subsidized curb-to-curb rides on Lyft in Tri-City area. Participants pay for the first \$4 of their trip and up to \$16 of additional trip costs will be subsidized.

Wheelchair-Accessible Van Service:

Participants requiring special door-to-door assistance can get subsidized wheelchair-accessible van rides in Tri-City area. Participants pay \$4 per one-way trip, using a pre-paid voucher.

Call (510) 574-2053 for more information.

Transportation Questions Answered...

A Transportation Resources Specialist from RIDE-ON TRI-CITY! can assess your individual needs and work with you over the phone or by email to answer any questions you have about transportation and how to get around the community.

- Learning how to ride public transit buses or BART
- Obtaining and learning how to use a Clipper card
- Finding and applying for affordable transportation alternatives if you no longer drive and cannot take public transit
- Learning how to use ride-hailing services, like Lyft.
- Renewing your driver's license, obtaining a DMV Disabled Parking placard or figuring out how to maintain driving safety as you age.

For more information, call (510) 574-2053 or email rideontricity@fremont.gov

Senior Clipper Card

Seniors 65 years of age or older can obtain a Senior Clipper Card by visiting: www.clippercard.com/discounts
MAIL your application form and a copy of your proof-of-age document to: Clipper Youth/Senior Applications, PO Box 318, Concord, CA 94522-0318. Do not send originals, as documents will not be returned. Or EMAIL scans or photos of your application form and your proof-of-age document to senioryouthapps@clippercard.com.
Or FAX your application form and proof-of-age document to 877.565.3149.

Please allow 7 business days for delivery.

CINCO DE MAYO

DRIVE-THRU LUNCH

Wednesday, May 5... *\$5/senior

Drive-Thru 12:00-12:15pm

Silliman Activity Center Front Parking Lot

MENU: CHICKEN TACOS, RICE, BEANS & DESSERT

Space is limited. *Pre-registration required at newarkca.activityreg.com or use the mail-in registration form on the final page of our Weekly Update.

PLEASE WEAR A MASK AND REMAIN IN YOUR VEHICLE.



Sudoku Puzzle #11

Sudoku Puzzle #12

The rules to play Sudoku are quite simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

5	6			7	3	8		
	3	7	4		8		1	
		4				7		
	1			4			6	
2		3		6	9			5
1			5				2	
	5		9	2	6	4		
	4			3				

1			5	8				4
3	8			9	6			1
9								3
	5	3			2			
6			7					5
	1		9		4	3	6	
5			4	7				
		9		1		4		2
8						1		

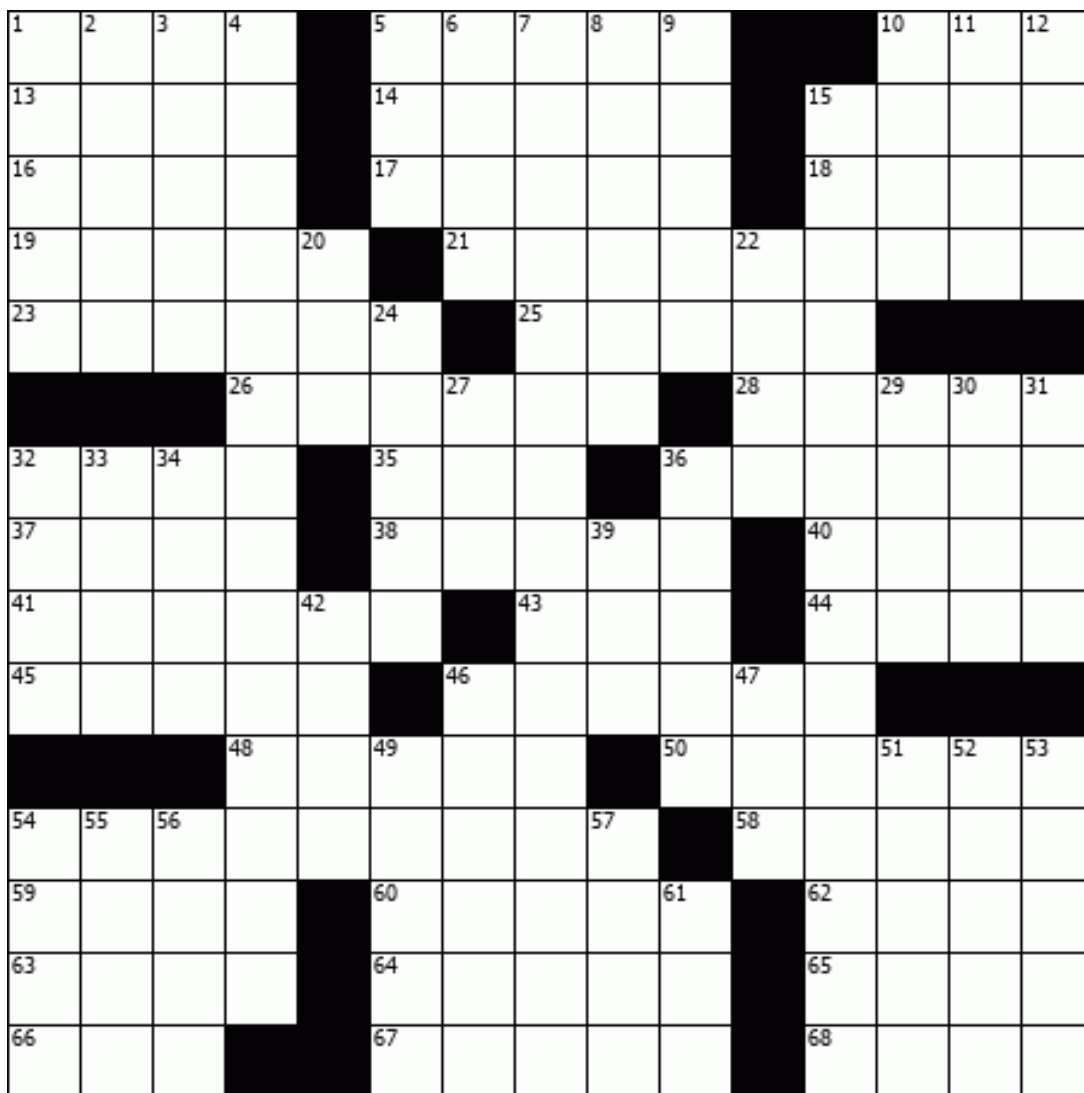
Solutions on page 9.

Crossword Puzzle

Answers on page 9.

Across

1. Caper or savory
5. Carpenter's pin
10. Lippo Lippi's title
13. Facial outline
14. Patsy's "Absolutely Fabulous" pal
15. Water carrier
16. "___ and the Swan" (Yeats)
17. Like river bottoms
18. Hoggish bellow
19. "Love Story" author Segal
21. Scot's capital
23. Tends a furnace
25. Dress to kill
26. Require renewal
28. No longer novel
32. "Judging Amy" co-star
35. "___ pig's eye!"
36. Put on
37. HOMES member
38. Part of a place setting
40. Mashhad's country
41. Light source
43. Cartoon dog
44. Zola's young courtesan
45. Dietetically challenged
46. Pump selection
48. Remove an ascot, e.g.
50. Editorial aid
54. Third anniversary gift
58. Outward appearance
59. Shangri-La cleric
60. Start of many bumper sticker slogans
62. Musical figure
63. It'll make your dough grow
64. Labor leader Chavez
65. Word with more and lasting
66. Blackout
67. Ideal locales
68. Late-night TV name



Down

1. Darn them!
2. Three-time Wimbledon queen
3. You may walk with it, man
4. Maryland's state flower
5. Start of an Illinois city
6. Jim Davis pup
7. North Dakota's state flower
8. Plenary
9. NFL Hall-of-Famer Bobby
10. Type of shake
11. Circus stage
12. Egyptian cross
15. Connecticut's state flower
20. Bewitch
22. Vanquish
24. Big Board jump
27. Roadside retreat
29. Pearl Mosque city
30. Pastrami order
31. Journalist Buchanan
32. Art style
33. Steed of distinction
34. Pick-up lure
36. Common or horse end
39. Late charge, e.g.
42. Magnifying glass
46. Used a rotary phone
47. Energy unit
49. Now and again?
51. Screening device
52. Ruhr valley city
53. Fashionably in
54. Moldable lump
55. Ring of fire output
56. "That goes for me, too!"
57. Picone of fashion
61. Sounds of uncertainty

Delicious Desserts Word Search 1

Find and circle all of the desserts that are hidden in the grid.

The remaining letters spell a secret message.

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

AMBROSIA
 APPLE CRISP
 APPLE PIE
 BAKED ALASKA
 BAKLAVA
 BANANA SPLIT
 BREAD PUDDING
 BROWNIES
 BUTTER TARTS
 CARROT CAKE
 CHEESE CAKE
 CHOCOLATE CAKE

CINNAMON ROLLS
 CREME BRULEE
 CREPES
 ECLAIRS
 EMPANADAS
 FLAN
 FRUIT CRUMBLE
 FUDGE
 GELATO
 GINGERBREAD
 ICE CREAM

JELLY ROLLS
 LEMON BARS
 MACAROONS
 MERINGUES
 MONKEY BREAD
 MOUSSE
 NUT BRITTLE
 PARFAIT
 PASTRIES
 PAVLOVA
 PEACH COBBLER

PINEAPPLE DELIGHT
 PLUM SQUARES
 RAISIN PUDDING
 RUM BALLS
 SORBET
 STRAWBERRY SHORT CAKE
 STRUDEL
 SUNDAE
 TIRAMISU
 TORTES
 TRIFLE

COVID-19

#COVID19

OLDER ADULTS AND COVID-19

FOLLOW THESE TIPS FOR AN ACTIVE LIFESTYLE AND TO STRENGTHEN YOUR IMMUNE SYSTEM



GET OR STAY ACTIVE AND STRONG



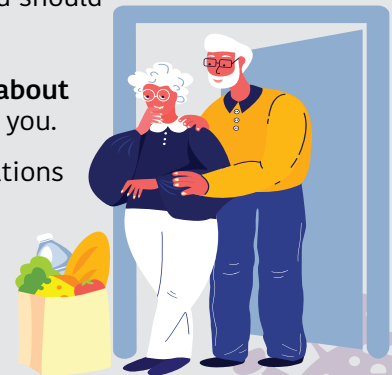
- **Some activity is better than none at all!** Start with light activity and work your way up.
- Try not to sit for long periods. **Stand up and move around** throughout the day. Doing chores count.
- Set up a daily routine that allows **at least 30 minutes for physical activities**. This can include walking, cycling, playing sports, or other physical activities.
- **Your healthcare provider can help you** create or recommend a varied exercise routine to help you build your strength, endurance and flexibility.
- **Check out online workouts** or connect virtually to work out with friends and family.
- **Use your own body weight** and objects around you to work out.



EAT WELL, HEALTHY AND TASTY



- **Pay attention** to what and how much you eat.
- **Eat foods rich in vitamins**, like fruits and vegetables.
- **Limit foods that are high** in salt, fats and sugars.
- Limit juice, sodas and caffeinated drinks and **drink water instead**.
- **Ask your healthcare provider** how much water you should drink per day.
- If you have trouble getting or preparing food, **ask about social programs in your community** that can help you.
- **Weigh yourself periodically** and report large variations to your doctor.



PAHO



Pan American
Health
Organization



World Health
Organization
ORGANIZACIÓN
MUNDIAL DE LA
SALUD

BE AWARE. PREPARE. ACT.

www.paho.org/coronavirus

Follow This Spring Gardening Checklist for a Gorgeous Landscape Year-Round

The garden is waking up, and you're in charge! It's time to start planting, pruning, and preparing your flower beds. By Andrea Beck, March 19, 2021



CREDIT: LYNN KARLIN

Early Spring

When you're first getting back out into your garden after the winter, start with these tasks to get your yard ready for spring and the growing season ahead.

1. Clean up flower beds

Clear away dead leaves or any other debris from winter storms from the soil surface where you are planning to plant annual flowers and veggies. Remove protective winter mulch from around perennials and ornamental grasses (hedge trimmers make it easy to give grass clumps a clean, even look), and cut back last year's dried foliage. Remember to wear gardening gloves, especially when working with plants with prickly leaves such as lungwort, to keep your hands protected from cuts and scrapes.

2. Divide perennials

A good time to divide many perennials is just before their spring growth has begun. Dividing perennials is a budget-friendly way to fill your garden with more plants or share them with friends. It's also good for keeping your existing perennials healthy; sometimes, if your plants grow in a large clump, the middle can thin out after a few years, leaving a bare spot. Dividing the clump will encourage new growth.

3. Add fresh mulch around perennials

One of the easiest ways to make your yard look polished is to add a fresh layer of mulch to garden beds. This also helps the soil retain moisture for your plants, and keeps down weeds. It often takes more mulch than it seems to cover a bed, so it's a good idea to get a little more than you think you'll need or you'll likely end up having to go back to the store. Spread mulch evenly with your gloved hands or use a rake, being careful not to layer it on too thickly around your plants because this could cause problems such as diseases. Keeping the layer level also helps it stay in place whenever it rains heavily or is windy. (If you have downspouts that tend to wash away mulch, one fix is to remove mulch where rainwater empties, and replace it with river rocks).

4. Prune trees and shrubs

Now is the time to trim fruit trees if you didn't prune in winter. Prune before buds begin to break into bloom or you'll stress the tree and get a tiny crop (or possibly none). It's also a good time to prune summer-blooming trees and shrubs, like potentilla and butterfly bush, just before they push out new growth.

5. Perform basic maintenance of hardscaping

Check stonework for frost heaves, particularly in paths and edging. Check the general condition of your deck or patio and make any needed repairs. Clean off outdoor furniture so it's ready when you are for relaxing after a busy day in the garden.

6. Plant veggies

Hardy, cool-season vegetables, like potatoes, artichokes, peas, and some lettuces, germinate best in cool soil, so plant them in early spring once the soil has thawed. They should be ready to harvest by early summer.



CREDIT: ANDREW DRAKE

Mid-Spring

Halfway through the season, you should start seeing your spring landscape take shape as more and more bulbs, perennials, shrubs, and trees start growing again and even blooming. And with most of the clean-up done, you can get started on adding new plants to your garden.

1. Clean bird feeders

Some people like to take down their bird feeders in mid-spring and put them away until fall. If you want to leave them up year-round, now's a good time to take them down, wash them out, and fill them up with fresh seed or nectar for spring.

2. Make notes as you watch the spring show

Some of your spring bulbs should be starting to flower! Enjoy the blooms, and take note of any empty spots where you want to plant bulbs later in the fall.

Continued on page 8.

3. Plant new perennials and cold-hardy annuals

Freshly planted perennials need a little time to get settled and grow new roots before the hot summer weather hits. And for some quick color, add a few cool-season annuals like pansies or snapdragons around your yard. They also work well in containers to brighten up your front porch.

4. Add new trees and shrubs

Plant as soon as the ground isn't frozen anymore. The earlier you can do this, the better, so your trees and shrubs have enough time to grow new roots before temperatures start getting hot.

5. Apply mulch

Once you're finished planting, add a fresh layer of mulch around all your new plants. If you mulch now before weeds have a chance to sprout, you'll have next-to-no weeding come summer.



CREDIT: LYNN KARLIN PHOTOGRAPHY

Late Spring

In late spring, you can start cleaning up flowers that have already bloomed. It's also time to get planting in earnest to fill out your garden.

1. Deadhead bulbs

Remove spent blossoms from spring-flowering bulbs; this encourages the plants to store energy for next year rather than use it to make seeds. Be sure to let the foliage die back on its own without removing it until it is completely yellow or dried up.

2. Shop for summer annuals

Pick out flats of your favorite summer annuals like petunias, impatiens, and zinnias; remember to pick ones that aren't in bloom yet for stronger plants.

3. Start warm-season veggies

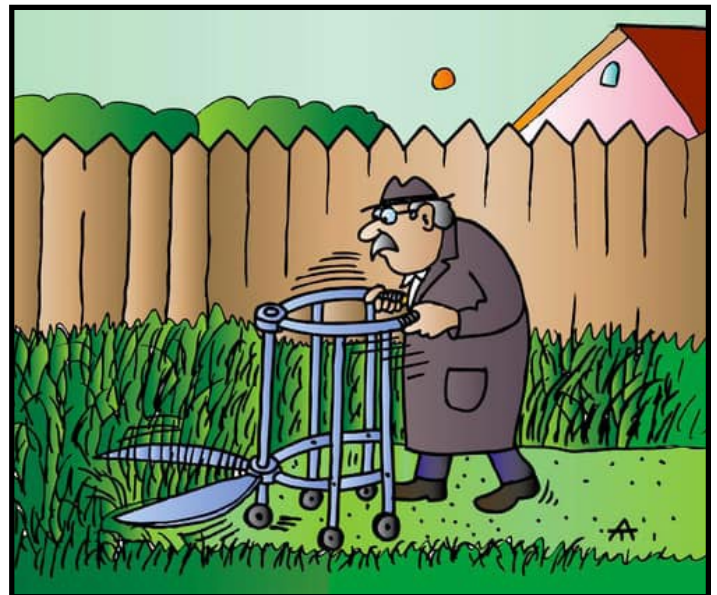
While you're harvesting the radishes and lettuces you sowed earlier in the spring, you can transplant seedlings of warm-season crops like tomatoes, peppers, and all sorts of herbs.

4. Plant summer-blooming bulbs

While spring-blooming bulbs should be planted in the fall, summer-blooming bulbs like dahlias and gladiolus should be planted once there's no more threat of frost. Check your area's average last frost date for a general idea of when to plant these bulbs, then get them in the ground after the last frost once the ground has warmed up.

With this spring landscaping checklist, you'll have one of the best-looking gardens on the block. While there are still a few maintenance chores you should do every season, once you power through these tasks early on, you'll have more time to kick back and enjoy your landscape over the summer.

<https://www.bhg.com/gardening/yard/garden-care/spring-gardening-checklist/>



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

Exercise



FREE MORNING EXERCISE/
STRETCH W/ JESSICA,
MONS. & WEDS. @ 10AM
Click [HERE](#) to register!



BALANCE EXERCISES FOR
SENIORS

[https://www.youtube.com/
watch?v=FwyZBTsZbGQ](https://www.youtube.com/watch?v=FwyZBTsZbGQ)

5 MIN. LOWER BODY
WORKOUT

[https://www.youtube.com/
watch?v=GWL1mzzL-ac](https://www.youtube.com/watch?v=GWL1mzzL-ac)

10 MIN. CHAIR WORKOUT

[https://www.youtube.com/
watch?v=uTkntqlsBml](https://www.youtube.com/watch?v=uTkntqlsBml)

Sudoku Solution #11

5	6	1	2	7	3	8	9	4
9	3	7	4	5	8	6	1	2
8	2	4	6	9	1	7	5	3
7	1	5	3	4	2	9	6	8
2	8	3	7	6	9	1	4	5
4	9	6	8	1	5	2	3	7
1	7	9	5	8	4	3	2	6
3	5	8	9	2	6	4	7	1
6	4	2	1	3	7	5	8	9

Sudoku Solution #12

1	7	2	5	8	3	6	9	4
3	8	4	2	9	6	5	7	1
9	6	5	1	4	7	8	2	3
4	5	3	8	6	2	7	1	9
6	9	8	7	3	1	2	4	5
2	1	7	9	5	4	3	6	8
5	2	1	4	7	8	9	3	6
7	3	9	6	1	5	4	8	2
8	4	6	3	2	9	1	5	7

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: _____ Birthdate: _____

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 Date: _____
month/year