

April 19, 2021



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Vaccinated Americans Are Eager to Travel

After a year of caution, plans for family visits and 'vaxications'
by Christina Ianzito, AARP, Updated April 6, 2021

The Centers for Disease Control and Prevention's current guidance says that people who are fully vaccinated can resume travel "at low risk to themselves," although the agency still recommends staying home as the best way to protect yourself and others from COVID-19. It continues to ask non-vaccinated Americans to avoid nonessential travel.

Now that they've received their COVID-19 vaccinations, Joel Ettinger, 75, and his wife, Gail, 73, are set for their first big trip since the coronavirus pandemic began last March: They're headed from their home in New York City for a two-week visit with their two sons and their families – including a new baby granddaughter – in Seattle. "We are off-the-charts excited to meet her," says Ettinger, who adds that they also can't wait to spend time with their two grandsons, whom they haven't seen in more than a year because of COVID-19.

As an increasing number of older Americans receive COVID-19 vaccinations – about 75 percent of people 65 and up had received at least one dose by April 4, according to the CDC – they are eager to visit dearly missed family members or take dreamed-about vacations (some are calling them "vaxications") knowing that they're protected from the worst effects of the virus.

A survey of 1,200 clients by Virtuoso, a network of travel advisers, this year found that among those older than age 56, about 90 percent said they're more ready to travel in 2021. Eighty-two percent said they'd wait for the vaccine before they depart.

"There's definitely a big bump in interest," says Dana Storr, owner of Luxami Travel, based in Rancho Palos Verdes, California. "Starting at the end of January, I started hearing from my older clientele, saying, 'We're getting the vaccine next week,' and then, 'We've now gotten our second shot.' There's this appetite to just go."

But is it safe?

The CDC says yes (it's "low-risk"), and other health experts also express confidence that the vaccines will keep travelers safe from contracting a serious case of COVID-19. "If someone's vaccinated, their risk during travel is negligible," says Aaron Richterman, M.D., a fellow in the Division of Infectious Diseases at Penn Medicine in Philadelphia. You have a higher risk of getting COVID-19 if you're out and about than if you stay home, he adds, but as long as you've been vaccinated, it would most likely manifest as no more than a mild, coldlike illness.

<https://www.aarp.org/travel/travel-tips/safety/info-2021/vaccinated-americans-are-eager-to-take-a-vacation.html>



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.

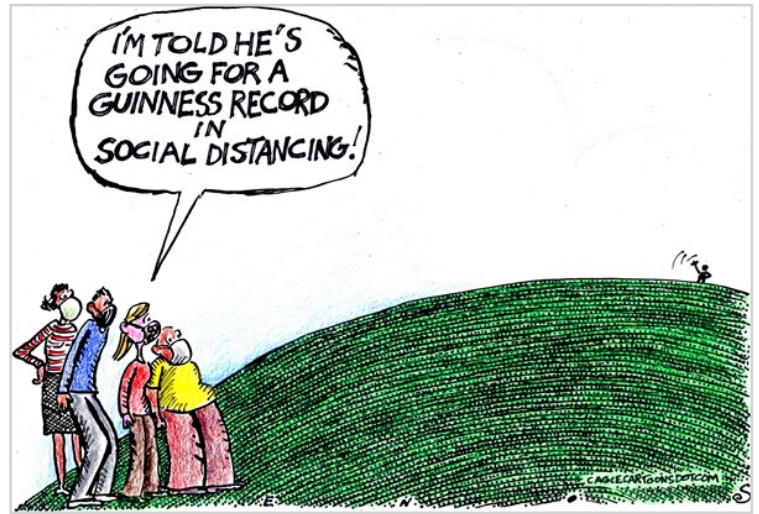
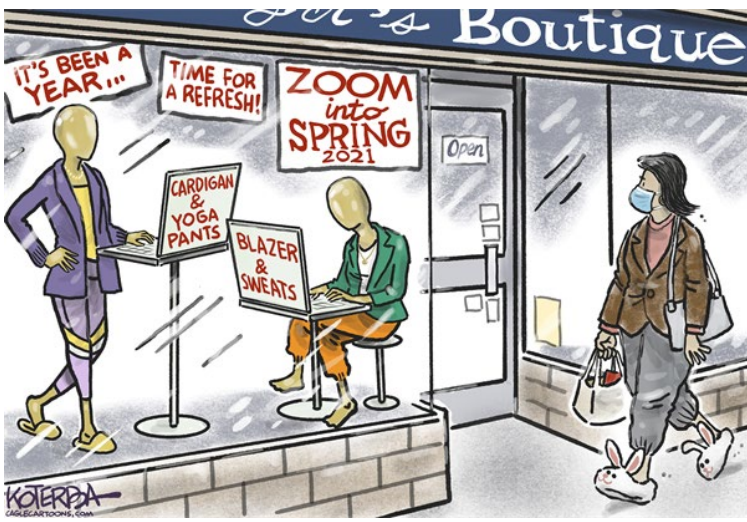
- Learning how to ride public transit buses or BART
- Obtaining and learning how to use a Clipper card
- Finding and applying for affordable transportation alternatives if you no longer drive and cannot take public transit
- Learning how to use ride-hailing services, like Lyft.
- Renewing your driver's 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.



Sudoku Puzzle #13

Sudoku Puzzle #14

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.

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

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

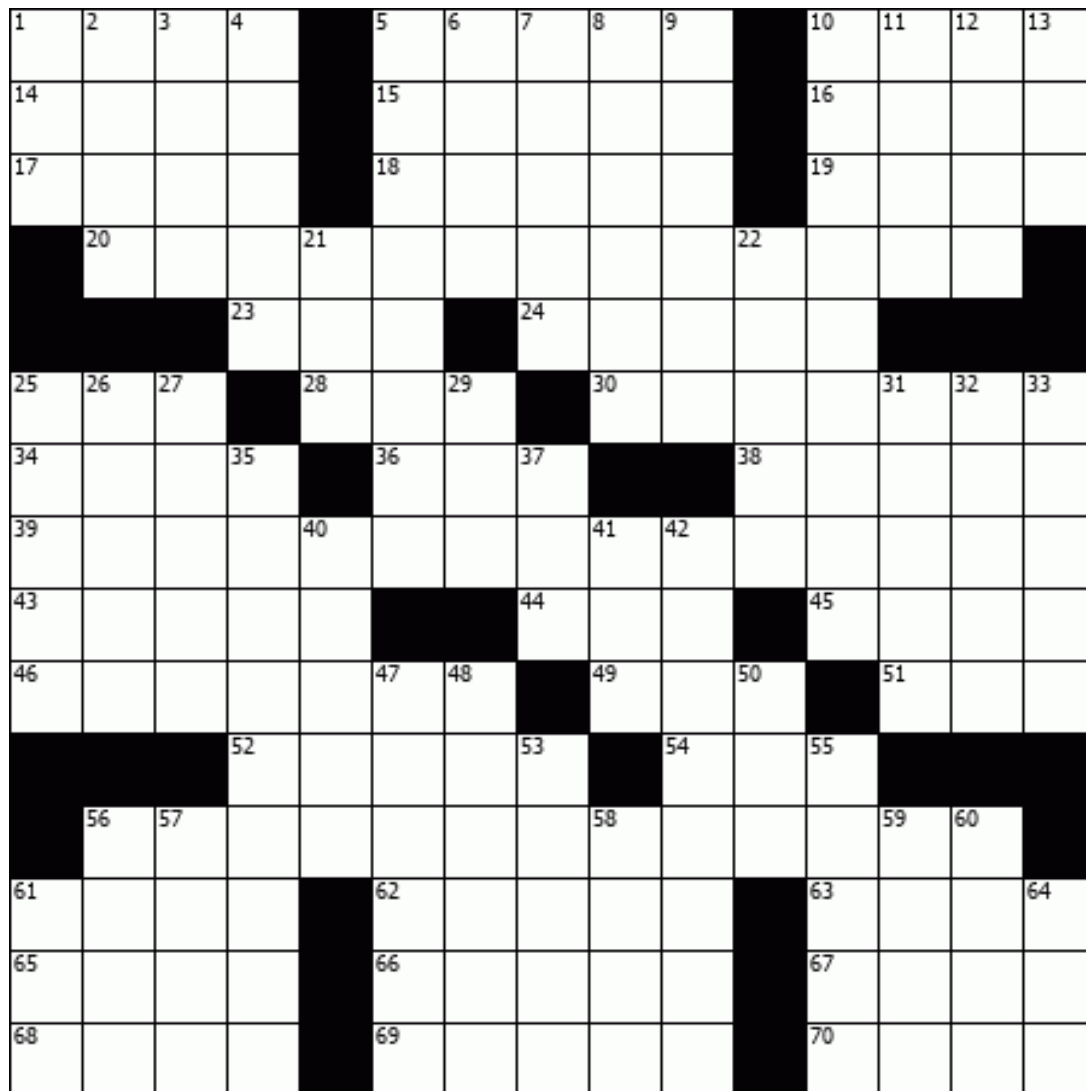
Solutions on page 9.

Crossword Puzzle

Answers on page 9.

Across

1. Third degrees
5. Search party
10. On the Marmara
14. Vista
15. Composer Bruckner
16. Role for Hanks
17. On the mark
18. Battle souvenirs
19. Military post
20. Guesser's oxymoron
23. Swabbie
24. Paris abductee
25. It's all the craze
28. Hold court
30. Scoffed at
34. Planet inhabitants of film
36. Shoebox marking
38. "Cheers" character
39. Polltaker's oxymoron
43. Type of common denominator
44. "Erie Canal" mule
45. Calendar abbr.
46. Ankle bones
49. Catch, to Hamlet
51. River of Scotland
52. Fire items?
54. ___-jongg
56. Undecided's oxymoron
61. Autobahn auto, perhaps
62. Call forth
63. Invisible emanation
65. Pride of one in a pride
66. Find a new tenant for
67. Cereal for kids
68. Unlike Godiva
69. One-way transports
70. Actress Daly



Down

1. B. Bailey's rank
2. Antonym of fire
3. Celine Dion album
4. Sign of hard work
5. Napoleon and Danish
6. Formerly
7. Squirrel away
8. Categorized
9. Store fodder
10. Some Kosovo residents
11. Word with love or bucket
12. Settle (into)
13. Lime drink
21. ___ in Charles
22. Left Bank thank you
25. Rock fracture
26. Sleep disorder
27. Exclude from practice
29. Giveaway shirt
31. Cut partner
32. Skip the ceremony
33. "The Divine Comedy" poet
35. Cowardly
37. Both Begleys
40. Video game system name
41. Boathouse item
42. Takes a dive
47. Solitary figures
48. Tearfully complain
50. Ewe said it
53. Broke a commandment
55. Hilton alternative
56. Twofold
57. Novelist Ferber
58. Just got by
59. Suppress, as emotions
60. Ireland, in verse
61. Gremlin's creator
64. Hacker's tool

Family Ties Word Search

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a special occasion for families.

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

ANCESTOR
 AUNT
 BOND
 BROTHERS
 CHILDREN
 CLAN
 COUSINS
 DAD
 DAUGHTER
 DESCENDANTS

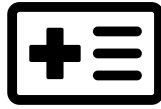
FATHER
 FOLKS
 GENEALOGY
 GRANDPARENT
 HALF BROTHER
 HALF SISTER
 HUSBAND
 KIN
 MARRIAGE
 MOM

MOTHER
 NIECE
 NEPHEW
 NEWLYWED
 OFFSPRING
 PARENTS
 PROGENY
 RELATIONS
 RELATIVES
 SIBLING

SISTERS
 SON
 SPOUSE
 STEPPARENT
 TRIPLETS
 TWINS
 UNCLE
 WIFE

You've been vaccinated. So what should you do with your vaccine card?

April 13, 2021 By Megan Cerullo



More than 100 million Americans have received at least one COVID-19 vaccine shot. The proof? A 4-by-3-inch paper "vaccination record card" issued by the U.S. Centers for Disease Control and Prevention.

In a post-pandemic world, that humble card for those who are fully vaccinated could become an important document used for travel, attending events, returning to the post-pandemic office and other purposes. Companies are currently weighing whether they will require employees and patrons to present proof of vaccination as a condition of employment or engaging in business.

In the meantime, here's what experts say you should know about vaccination cards.

Photograph your record card

The first thing experts recommend once you've been vaccinated is taking a digital photograph of both sides of your personal record card. You can also scan the card and save the file on a laptop or desktop, said Megan Ranney, an emergency physician at Rhode Island Hospital and an associate professor at Brown University.

One thing you shouldn't do: Share your personal proof of inoculation on Facebook or other social media sites, which could lead to identity theft because the CDC card includes a person's date of birth as well as first name and last name.

"I would not post it to social media with my birthday showing. It is a unique identifier that could allow somebody to potentially steal your identity, so I would first be careful about that," epidemiologist Danielle Ompad, a professor at the NYU School of Global Public Health, told CBS MoneyWatch.

By contrast, you may want to print a copy of the photo of the vaccination card and store it in your wallet. While some experts advise against having the original card laminated, so that booster shots of vaccine can be added if that becomes necessary, others say that's OK because a more sophisticated record-keeping system is likely to be in place by then.

"I would laminate it because by the time a booster comes along, the technology will have evolved," suggested Dr. Maureen Miller, a professor of epidemiology at Columbia University's Mailman School of Public Health.

You can get your card laminated for free at office supply store Staples by using the code 81450 or at Office Depot with code 52516714.

Leave the original at home

Make sure to store the original hard copy of your vaccine card someplace safe — you don't need to keep it on your person at all times and risk losing it. Experts recommend keeping the original with other important documents or medical records and carrying just the digital copy.

"It doesn't need to be carried at all times at this point, unless you're traveling or doing something else where you'll have to provide proof of vaccination," Ranney said.

Dr. Amesh Adalja, a senior scholar at the Johns Hopkins Center for Health Security, said he keeps his vaccination record tucked into his passport (along with a card showing he's been vaccinated against yellow fever).

Notify your primary care doctor that you've received the vaccine, as you would with any other inoculation. This helps health care providers to ensure your record of immunizations is up to date.

Not everyone has followed experts' advice to store vaccination records someplace secure. University of Illinois gymnast Evan Manivong recently nailed a perfect landing during a vault competition — and celebrated by pulling out his vaccine card tucked inside his leotard and flashing it to the audience. "Go get vaccinated everyone!" the 20-year-old advertising major later tweeted. Videos of the magic moment went viral this week.

What happens if I lose it?

If you do lose your card, don't panic. Every time a vaccine is administered, the provider records it with the state's immunization registry.

"Those flimsy pieces of paper aren't the only record of your vaccination status," Adalja said. "People should keep the cards safe so they have them on hand, but it's not the end of the world if they lose it or if it goes through the washing machine."

If you do misplace your card, call your state's health department and ask for a replacement.

"Right now it's what we have as proof that you've gotten the vaccine, but it's not impossible to replace," said Dr. Christine Whelan, clinical professor of consumer science at the University of Wisconsin at Madison.

For now, Whelan said, the CDC's simple white cards may have more symbolic value than practical function.

"Other countries aren't giving out pieces of paper like we are, and this may be a quaint thing we are doing. There is something satisfying about leaving with the card copy record just in case," she said.

Full Article: <https://www.cbsnews.com/news/covid-19-vaccine-record-card-cdc-2021-04-12/>



Home Match
A COVIA COMMUNITY SERVICE



**Building community,
one home at a time.**

FREMONT AREA: Fremont, Newark, Union City

Welcome to our nonprofit shared housing program. We improve lives and communities by bringing people together to share homes.

Share your home...

Turn your spare room into an opportunity for income and new social connections.

Find your home...

Benefit from an affordable home, plus the option to help your homemate with household activities in exchange for further reduced costs.

How Home Match works:

Our personalized process and responsive local staff help find just the right match for you!

- We thoroughly screen all participants
- We connect people based on compatibility
- We offer on-going support, even after move-in
- We do not charge a fee for our services
- Rooms average from \$700-1300

“I’m grateful to have found a wonderful homemate: it makes me feel safe, and she loves living closer to work.”

- Home Match Participant

Let’s get started!

Please note that individuals seeking a shared home must currently live, work, or study in the Fremont, Newark, Union City, as well as earn less than \$100K annual gross.

covia.org/services/home-match

cfuchshuber@covia.org

510.574.2173

— Our Funders & Partners —



[Follow us](#) for updates and stories from our matches!



YouTube Videos

Crafts



<https://www.youtube.com/watch?v=Hpl0h7rOVy4>

Cute Animals Compilation



<https://www.youtube.com/watch?v=nKY0SOc01qo>

Chain Reaction #4

DIRECTIONS: Complete the chain composed of two-word phrases. The word phrases. The words must be related on top and below.

Example:
Lamp
Shade
Flower
Girl

1. HOUSE
2. H _____
3. S _____
4. RAIN
5. B _____
6. T _____
7. DYE

Answers: House, Hold, Steady, Rain, Bow, Tie, Dye

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.



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

Exercise



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



OLDIES LOW IMPACT
DANCE FITNESS
[https://www.youtube.com/
watch?v=8zQFn05pPdE](https://www.youtube.com/watch?v=8zQFn05pPdE)

RESISTANCE BAND
WORKOUT FOR SENIORS
[https://www.youtube.com/
watch?v=pu9tsh1xf7I](https://www.youtube.com/watch?v=pu9tsh1xf7I)

SENIOR FULL BODY
RESISTANCE TRAINING
[https://www.youtube.com/
watch?v=5v_DByjA5sQ](https://www.youtube.com/watch?v=5v_DByjA5sQ)

Sudoku Solution #13

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

Sudoku Solution #14

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

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