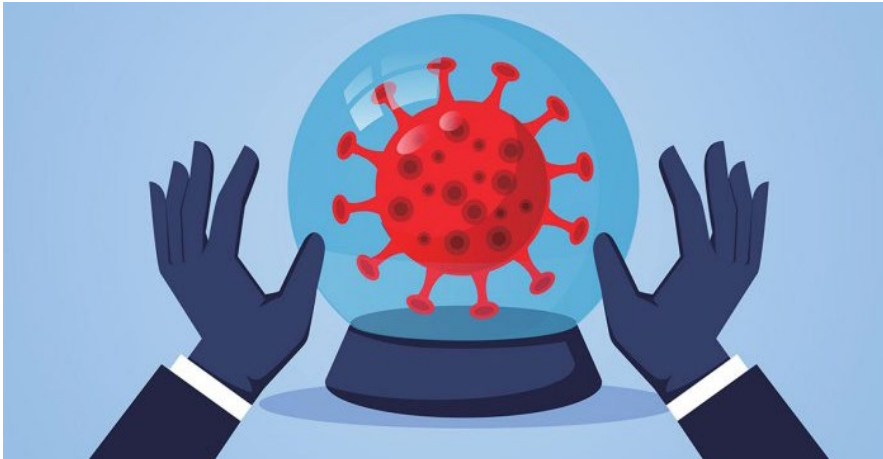


April 26, 2021



## What the Future of COVID-19 Might Look Like

*As vaccines go into millions of arms, infectious disease experts consider what may happen to the virus in the long term*

by Jennifer Rainey Marquez, AARP, April 14, 2021

How many times in the past year have you used the phrase “when COVID is over...”? Unfortunately, while COVID-19 may well become a less serious threat, a future free of the coronavirus isn’t on the near horizon, experts say – even with a vaccine. “We’re pretty sure that this virus is something we’re going to have to live with for the foreseeable future,” says William Schaffner, M.D., professor of infectious diseases at Vanderbilt University Medical Center.

### *Why COVID-19 is likely here to stay*

History shows that it’s nearly impossible to eradicate any infectious disease, says John Wherry, director of the Institute for Immunology at the University of Pennsylvania. Humans have only managed to do it once, with smallpox. Other viral diseases, like measles, have been nearly eliminated in the U.S. through vaccination, because the shots induce something called “sterilizing immunity.” That means that vaccinated people can’t get infected or spread the disease.

That’s not the case with COVID-19, says Clare Rock, M.D., associate professor of medicine in the Division of Infectious Diseases at Johns Hopkins School of Medicine. As she explains, both the COVID and influenza vaccines “don’t produce that sterilizing immunity, which means people can still get mild infections. Although we still don’t know whether they can pass infections on to others.” The COVID-19 vaccine has been shown to be highly effective at preventing illness and protecting people from serious complications or hospitalization. So a major downtick in deaths and hospitalizations is expected as more and more people roll up their sleeves. Still, “this is not a vaccine that’s going to eradicate COVID,” Rock says.

And there are other factors, like how many people choose to get vaccinated or whether variants of the virus emerge that are resistant to the vaccines, which could influence the persistence of the disease. Every time the virus spreads from person to person, it accumulates changes in its genetic code. **continued on page 2.**

## In this issue:

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**better days  
are coming**

**WE  
MISS  
YOU!**



**EVERYTHING  
IS GONNA BE  
alright**

continued from page 1.

“More virus replication leads to more variants,” Wherry says. “The vast majority of those variants are dead ends, but you’re playing a game of Russian roulette. The more bullets there are in the gun, the more likely something bad is going to happen.” The big worry, of course, is that a variant arrives that can bypass vaccine-induced immunity.

### Why future COVID may peak in winter

Another question is whether COVID-19 will become a seasonal illness. Many people predicted that the pandemic would ebb during the summer of 2020, but instead the U.S. experienced a surge in cases across the South and West. However, Caetano-Anollés says that the data has been muddied by the intensity of the pandemic.

“When you have a raging pandemic of this level, seasonality doesn’t help,” he says. In a study published in January, Caetano-Anollés found that COVID-19 cases and mortality rates are significantly linked to temperature and latitude across 221 countries. This suggests that once the case numbers start to fall, COVID-19 may become a seasonal illness like the flu that peaks in the fall and winter.

Many viruses wax and wane with the seasons for two reasons, according to Caetano-Anollés. One is that the outer membrane protecting a virus can be vulnerable to certain environmental conditions, such as heat and ultraviolet light. Our immune system also changes with the seasons, becoming stronger in the summertime, perhaps due to increased vitamin D production.

However, seasonality doesn’t mean that a virus goes away during the rest of the year. “The reason we have flu episodes every year is because there is always a low level of infections even outside of flu season,” Caetano-Anollés says, “and it’s enough to maintain the virus in between peaks.”

In the long term, Wherry sees two versions of what he calls a “good outcome” for COVID-19. One is that SARS-CoV-2 eventually fades away because of widespread immunity, perhaps becoming replaced by other coronavirus strains, similar to what happened with the Spanish flu. Another is that it could stick around and become an endemic seasonal virus that infects mostly young kids who haven’t yet developed antibodies, but rarely causes serious illness, similar to other coronaviruses that circulate in humans and cause common colds.

In fact, scientists at Emory University and Penn State University recently developed a model that draws on studies of other human coronaviruses and predicts that SARS-CoV-2 may one day become a mild childhood illness with a fatality rate below that of the seasonal flu.

The bad outcome, according to Wherry? “If we don’t vaccinate enough people and it mutates to remain pathogenic, killing thousands and thousands every year.” The best way to avoid that nightmare scenario, experts say, is to distribute the vaccine as quickly as possible, all around the world.

<https://www.aarp.org/health/conditions-treatments/info-2021/covid-predictions.html>

## 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](http://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](mailto: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](http://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](mailto: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 #15

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.

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

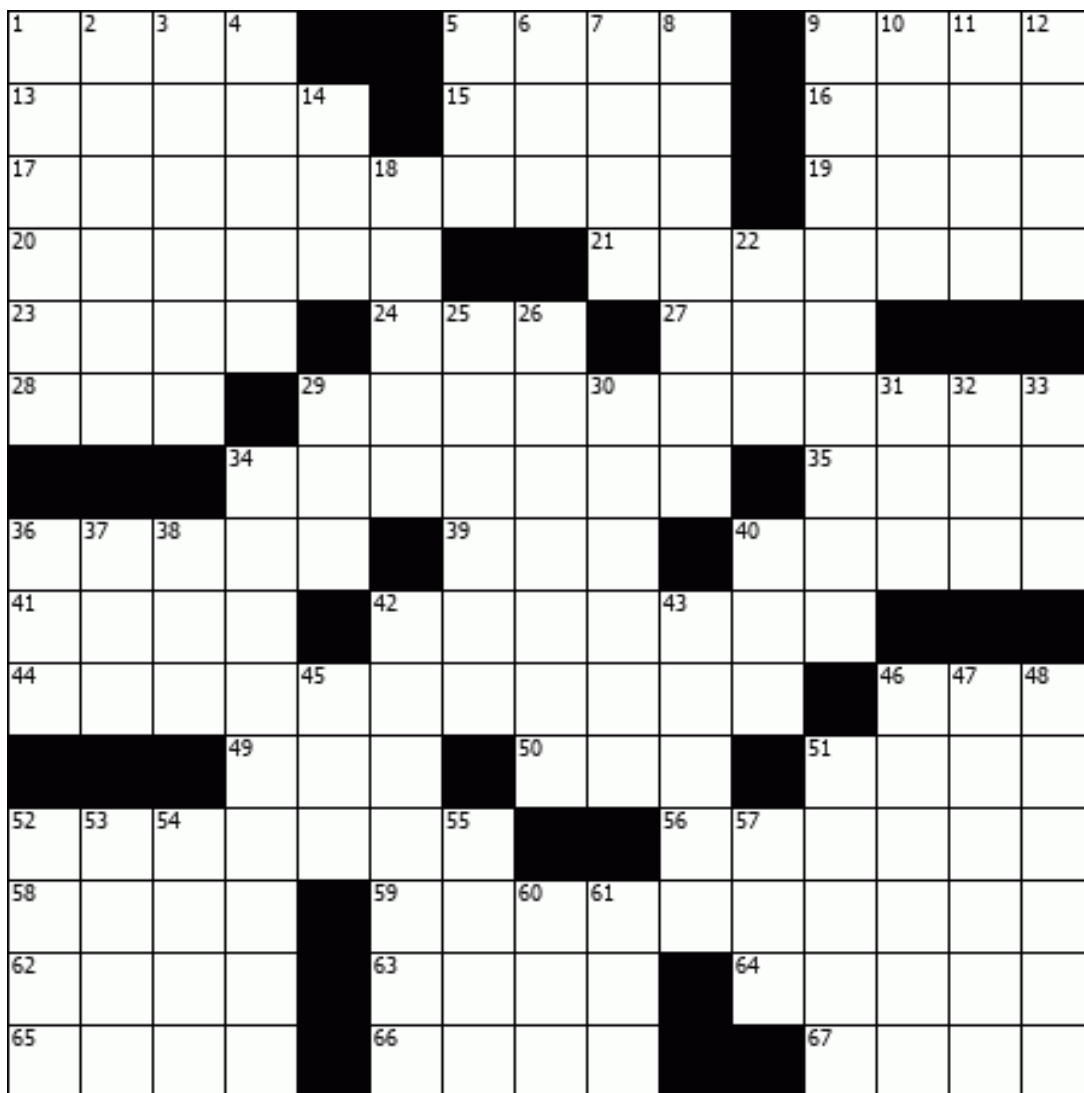
8			3	5				
	6	3		9	8			1
			1				8	
2	1			5				6
			8		7	4		
4	5			1				3
				5				
7	3					1	2	8
1	2			7				9

# Crossword Puzzle

Answers on page 9.

## Across

1. "I need it yesterday!" initials
5. "Atlas Shrugged" author
9. Intersection sign
13. Nursery affliction
15. Arab leader
16. Chills and fever
17. Start serving
19. Tiny migrating duck
20. Silver-tongued one
21. Abates
23. Bank (on)
24. Fed. watchdog created by Nixon
27. Disfigure
28. R.W.R.'s "Star Wars"
29. Split up
34. Batter's place, sometimes
35. Clarinet cousin
36. "I don't think so!"
39. Yearning
40. Oodles
41. Air spray target
42. Scoundrel
44. Serious apprehension
46. Contemptuous cry
49. Seine substance
50. Legal conclusion?
51. Hoard
52. The Kettles
56. One making amends
58. Stadium sign
59. Refuses to budge
62. General helper
63. River near Paris
64. Behind the times
65. Ruler of yore (Var.)
66. Crash-investigating org.
67. "\_\_\_ a Lady" (Tom Jones song)



## Down

1. They respond to role calls
2. Flew
3. Litmus tester
4. Godliness
5. Ring or rink figure
6. Friend in 7-Down
7. Riviera resort
8. "Get real!"
9. Pool game
10. Years and years
11. Meal featuring a roast pig
12. Seaweed variety
14. Sound from a cote
18. P.T. Barnum exhibit
22. "The Wild Bunch" director Peckinpah
25. Victimize
26. Untroubled
29. Weekly stipend, for many
30. Film festival site
31. "Honest" president
32. Right this minute
33. Positive response
34. Woodworker
36. Gesture of acknowledgement
37. Keats's poem for Psyche
38. Weal's opposite
40. Nine-digit ID
42. Lunchtime call, sometimes
43. Fear greatly
45. Ungentlemanly gentleman
46. Cast out
47. Indisposed
48. Mercury's Greek counterpart
51. Some Chippendales
52. Butcher's wares
53. Graph line
54. It premiered in Cairo
55. Plugging away
57. Cookbook abbr.
60. "A Midsummer's Night Dream" character
61. Bird's beak

## Tools Word Search

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

The remaining letters spell a secret message - a Henry David Thoreau quotation

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

BAND SAW  
BOLT CUTTER  
BRUSH  
BUFFER  
CALIPER  
CHALK  
CHISEL  
CLAMP  
COPING SAW  
CROWBAR  
DADO  
DIVIDER  
DRILL PRESS

FILE  
GRINDER  
HAMMER  
HAND SAW  
HEX KEY  
JIG SAW  
JOINTER  
KNIFE  
LATHE  
MALLET  
MITER BOX  
PLANE  
PLIER

POLISHER  
PROTRACTOR  
PRY BAR  
PUNCH  
RASP  
RATCHET  
ROUTER  
SANDER  
SAWHORSE  
SCREWDRIVER  
SCROLL SAW  
SOCKETS

SPRAY GUN  
SQUARE  
STAPLE GUN  
STUD FINDER  
TABLE SAW  
TAPE MEASURE  
TAPS AND DIES  
TINSNIPS  
VISE  
WOOD RULE  
WRECKING BAR  
WRENCH



# WHAT YOU CAN DO ONCE YOU HAVE BEEN FULLY VACCINATED

## Activity

Visit inside a home or private setting without a mask with other fully vaccinated people of any age



Visit inside a home or private setting without a mask with one household of unvaccinated people who are not at risk for severe illness



Travel domestically without a pre- or post-travel test



Travel domestically without quarantining after travel



Travel internationally without a pre-travel test depending on destination



Travel internationally without quarantining after travel



Visit indoors, without a mask, with people at **increased risk for severe illness from COVID-19.**



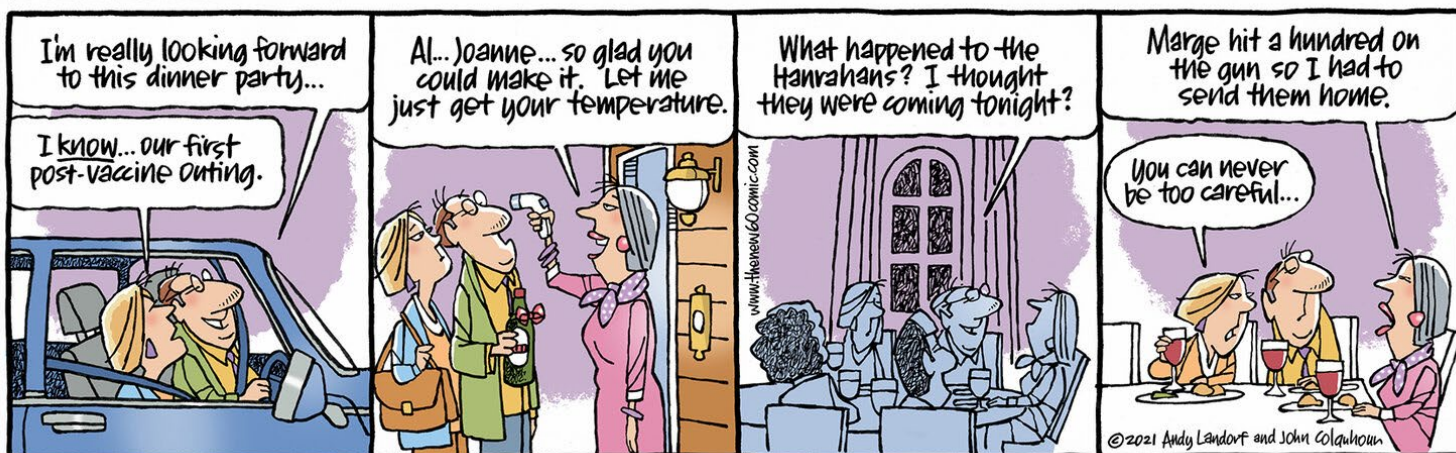
Attend medium or large gatherings



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

CS323698-A 04/02/2021

## The New 60





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## Yan Can Cook with On Lok

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Join Chef Yan and On Lok for *Yan Can Cook with On Lok*, a new, live, virtual cooking series celebrating Chinese recipes and traditions.

Prepare family favorite recipes along with Chef Yan, who will be cooking live from his kitchen.

**When:** Thursday, April 29, 4-5pm

**RSVP:** [Eventbrite](#)

After you RSVP, you will receive a Zoom link to the event and the recipes.

Featured dishes:

- Cantonese-Style Chicken Congee
- Five-Flavored Bean Curd
- Mu Shu Chicken and Asparagus Wrap

We are giving away three knife sets from Chef Yan to some lucky guests.

This event is FREE and open to all. It is not a fundraiser.

We look forward to cooking with you soon!



# YouTube Videos

## Healthy Pasta Primavera



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

## Cookie Taco Treats



<https://www.youtube.com/watch?v=1ax1VB64PGg>

## Chain Reaction #5

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. SHOE
2. S \_\_\_\_\_
3. F \_\_\_\_\_
4. DOOR
5. L \_\_\_\_\_
6. J \_\_\_\_\_
7. BONE

Answers: Shoe, Store, Front, Door, Lock, Jaw, Bone



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purity weaves destiny

## Learn to Meditate

Relax | Rejuvenate | Connect to Self

Introductory workshop

Sundays 11:00AM- Noon

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Free to start, Free to continue



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

## Exercise



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



15 MIN. INTERMEDIATE  
STRENGTH WORKOUT  
[https://www.youtube.com/  
watch?v=8ohMPoJ9QQk](https://www.youtube.com/watch?v=8ohMPoJ9QQk)

GENTLE INDOOR WALK  
FOR SENIORS  
[https://www.youtube.com/  
watch?v=f8tE-pLcn7o](https://www.youtube.com/watch?v=f8tE-pLcn7o)

SENIOR CARDIO:  
DANCE DANCE FRIDAY!  
[https://www.youtube.com/  
watch?v=kBGnjs-Oxe8](https://www.youtube.com/watch?v=kBGnjs-Oxe8)

## Sudoku Solution #15

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

## Sudoku Solution #16

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

**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: \_\_\_\_\_ 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