

May 17, 2021

# 12 SIMPLE HABITS TO RELIEVE STRESS

(backed by science)

## DO STUFF THAT FEELS GOOD



### GO ON DIGITAL + SMARTPHONE DETOX

Heavy internet users are 5x more likely to suffer from depression



### READ A BOOK INSTEAD

Stress declines by 68% after reading for just 5 minutes



### OR ENGAGE IN A CREATIVE ACTIVITY

45 min of creative activity lessens stress in the body

## BUILD UP HEALTHY HABITS



### EAT FOODS THAT REDUCE STRESS

Avocado, lemon, dark chocolate, oatmeal, almonds



### BUT EXERCISE EVERY DAY

It takes 5 min of moderate exercise to get mood enhancement



### AND GET YOUR SLEEP BACK IN CONTROL

REM sleep (when you dream) decreases levels of stress hormones

## RESTORE MINDFULLY



### FOCUS ON YOUR SENSES A FEW MINS/DAY

There's a strong correlation between positive mood and breath counting



### OR SPEND TIME OUTSIDE

Studies on "Forest bathing" show it decreases levels of anxiety



### AND TAKE MORE BATHS

Being horizontal in water mimics the womb conditions & improves mood and optimism

## LET HORMONES GO CRAZY



### DANCE LIKE NO ONE'S WATCHING

Partner dance & musical accompaniment release endorphines & promote stress relief



### LAUGH YOUR HEAD OFF

Laughter releases hormones known to reduce stress, boost immunity & strengthen social relations



### PET YOUR PET

It increases levels of stress-reducing hormone oxytocin and decreases stress hormone cortisol

## In this issue:

Informative Articles

YouTube Videos

At Home... Comics, Puzzles & Exercise

## Feeling younger buffers older adults from stress, protects against health decline.

People who feel younger have a greater sense of well-being, better cognitive functioning, less inflammation, lower risk of hospitalization and even live longer than their older-feeling peers. A study published by the American Psychological Association suggests one potential reason for the link between subjective age and health: Feeling younger could help buffer middle-aged and older adults against the damaging effects of stress.

<https://www.sciencedaily.com/releases/2021/05/210506163628.htm>

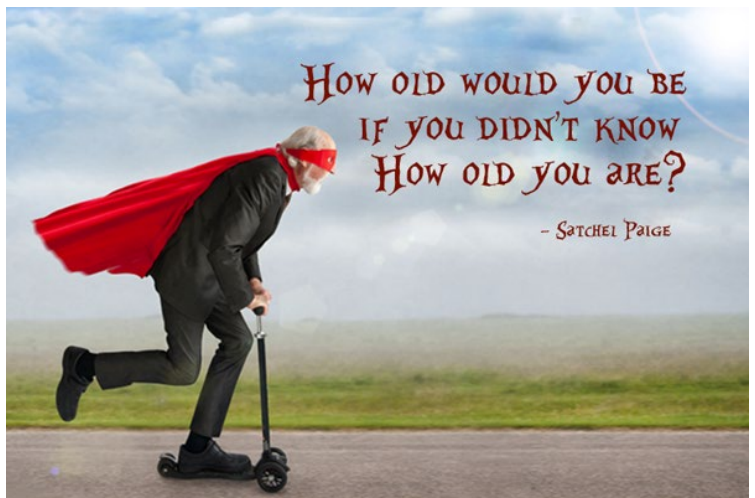
You're only as old  
as you feel.

Paul Simonon

quotation

HOW OLD WOULD YOU BE  
IF YOU DIDN'T KNOW  
HOW OLD YOU ARE?

- Satchel Paige





## 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.

# YouTube Videos

## Funny & Cute Pet Compilation



[https://www.youtube.com/watch?v=L4l\\_RI4WUSs](https://www.youtube.com/watch?v=L4l_RI4WUSs)

## Virtual Travel: Pantheon, Rome



[https://www.youtube.com/watch?v=zTOL\\_Eiffol](https://www.youtube.com/watch?v=zTOL_Eiffol)

## Chain Reaction #6

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. SONG

2. T \_\_\_\_\_

3. L \_\_\_\_\_

4. CALCULATOR

5. W \_\_\_\_\_

6. M \_\_\_\_\_

7. POWER

Answers: Song, Title, Loan, Calculator, Watch, Man, Power

## Sudoku Puzzle #21

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

Solutions on page 7.

## Sudoku Puzzle #22

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

# Crossword Puzzle

Answers on page 7.

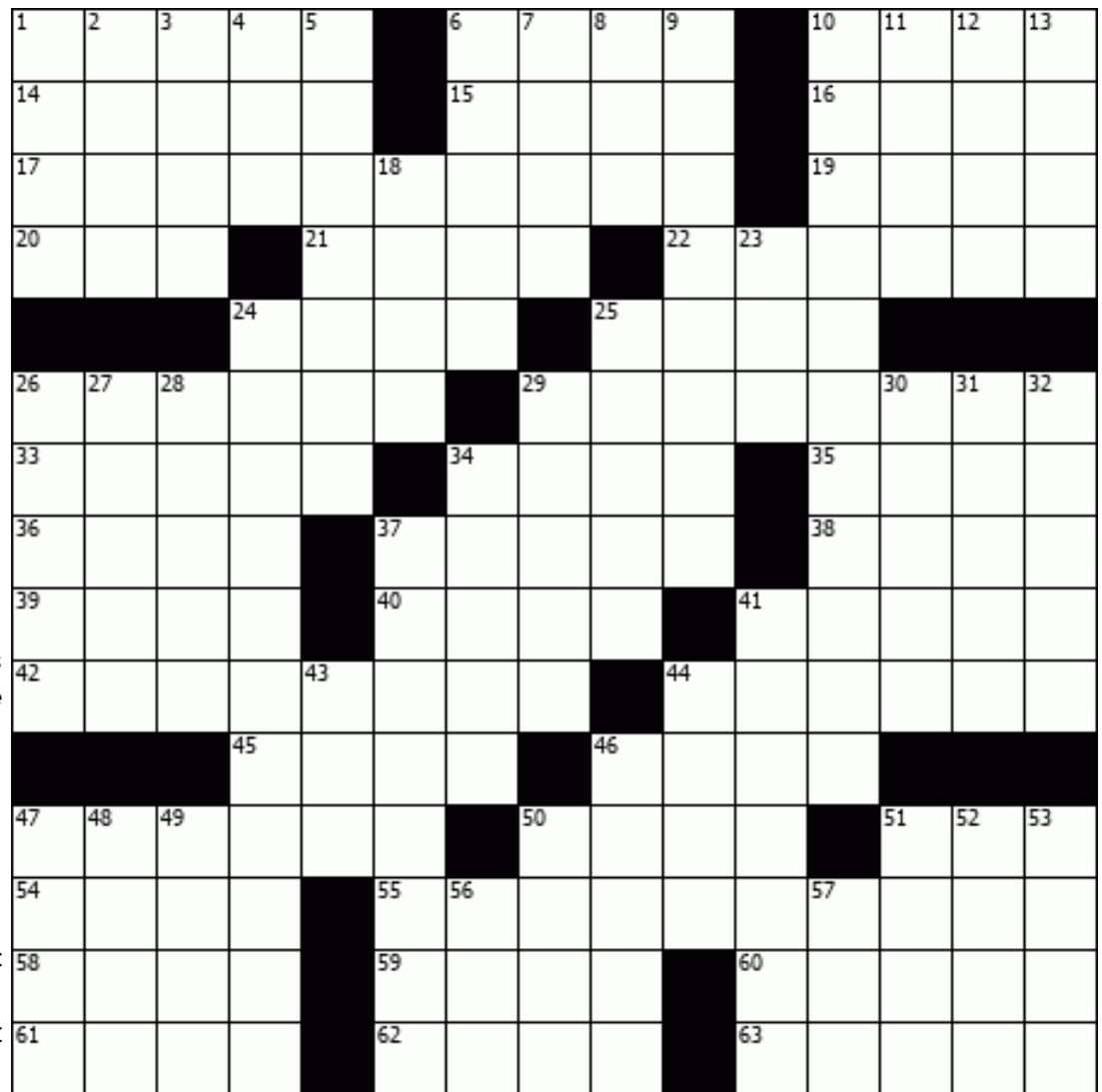
## Across

1. Muscle near the humerus
6. Hardly heart-pounding
10. Builders' buys
14. Where Greek met Greek
15. Seer's sign
16. Turkish officer
17. Rule for some card games
19. Europe/Asia dividing range
20. "Right you —!"
21. Homeowner's title
22. Dramatist O'Neill
24. Firewood measure
25. Radar unit?
26. Crooner Vic
29. Caps for Roman Catholic clergy
33. "Watership Down" novelist Richard
34. Brazilian sports hero
35. Break in friendly relations
36. Braxton or Morrison
37. Spoke wildly
38. Climactic beginning?
39. Famous redhead
40. Rainbow components
41. Fibber or Molly
42. Beachcomber's find
44. Some gang members
45. New Mexico art community
46. Supports
47. Forewarns
50. Comrade
51. Bears
54. Itsy-bitsy skirt
55. Please enormously
58. Stage device
59. Ant assemblage
60. Kind of football
61. Pert blurt
62. Readied a golf ball
63. Bowler's button

## Down

1. — California Sur
2. Humped helper
3. Refined coal
4. Poetic preposition
5. Excuses offenses
6. Worked for AAA
7. In the middle of
8. Bugs' voice
9. Won over
10. Sitcom sweeteners
11. Fabled monster
12. Word in a comparison
13. Dealer's deal
18. Withered and dry
23. Bring to bear
24. They have panels
25. 126,720 inches, for two
26. Historical trivia
27. Love intensely
28. Excessively intense enthusiasm

29. Chamfer
30. Slight trace
31. Word before noon?
32. Pigs' digs
34. Saint — Cathedral, London
37. Brightness regulator
41. Around June or July
43. It's passed for money
44. Statement
46. Resin in adhesives and paints
47. Stereo parts
48. Old Italian coin
49. Genesis name
50. Peak
51. Shakes a leg
52. Actress Heche
53. Game with matadors
56. Madness?
57. Fab introduction



# Beatles Songs 1 Word Search

Find and circle all of the songs by The Beatles that are hidden in the grid.  
The remaining letters spell the name of an additional Beatles song.

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

ANOTHER GIRL  
 ASK ME WHY  
 BIRTHDAY  
 BLACKBIRD  
 CRY BABY CRY  
 DAY TRIPPER  
 DEAR PRUDENCE  
 DIG A PONY  
 ELEANOR RIGBY  
 FIXING A HOLE

FLYING  
 GET BACK  
 GETTING BETTER  
 HELLO GOODBYE  
 HEY BULLDOG  
 HEY JUDE  
 HONEY PIE  
 I ME MINE  
 I WILL  
 IF I FELL

IN MY LIFE  
 JULIA  
 LADY MADONNA  
 LOVELY RITA  
 MICHELLE  
 NO REPLY  
 OH DARLING  
 PLEASE PLEASE ME  
 POLYTHENE PAM  
 SEXY SADIE

SOMETHING  
 SUN KING  
 TAXMAN  
 TELL ME WHY  
 THE END  
 TICKET TO RIDE  
 TWO OF US  
 WAIT  
 YER BLUES  
 YESTERDAY



# SLEEP IS VITAL TO THE AGING BRAIN, INCLUDING COGNITIVE FUNCTION



## EXPERTS AGREE...

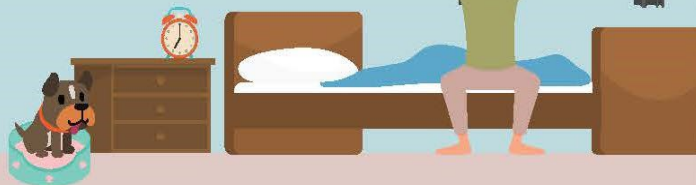
Get 7 to 8 hours  
of sleep in  
a 24-hour  
period



Exercise. Regular physical  
activity promotes  
good sleep



Get up at the same  
time every day.  
Develop a regular  
sleep-wake  
schedule



Keep the bedroom  
dark, quiet, and  
at a comfortable  
temperature



Limit use  
of bedroom  
for sleep



Expose  
yourself  
to light  
during the  
daytime



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

## Exercise



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



SIMPLE SEATED FEEL  
GOOD STRETCHES  
[https://www.youtube.com/  
watch?v=fgp6\\_Np\\_TLM](https://www.youtube.com/watch?v=fgp6_Np_TLM)

30 MIN. WALKING  
WORKOUT  
[https://www.youtube.com/  
watch?v=dHenYE0y5IA](https://www.youtube.com/watch?v=dHenYE0y5IA)

60 MIN. INTERMEDIATE  
SENIOR WORKOUT  
[https://www.youtube.com/  
watch?v=U\\_Z6MNLVvF0](https://www.youtube.com/watch?v=U_Z6MNLVvF0)

## Sudoku Solution #21

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

## Sudoku Solution #22

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

**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