

May 24, 2021



Nature: The Prescription for Better Mental Health

Studies show activities like walking in the woods are good for body and mind

by Christina Ianzito, AARP, May 14, 2021

Head into the woods and your body begins to change within minutes: your blood pressure drops, your heart rate slows, and your mood likely starts to lift. Regular immersions in nature, a stack of studies confirms, can also lower stress hormone levels, reduce depression, allow for better sleep, foster creativity, and make people more kind and less aggressive – among other wondrous feats.

The Japanese take such benefits seriously – they call it *shinrin-yoku*, or forest bathing – using contemplative nature immersion as a form of therapy. The practice has also taken off in the U.S., where you can hire one of a growing number of forest bathing guides to lead you on reverent woody excursions. Or you might give yourself your own nature bath by taking a relaxing walk in the park. Or by gardening. Or by spending 15 minutes sitting under a tree in your backyard, listening to the birds.

We know instinctively that these activities often brighten our mood and chill us out, but the association between time spent in natural settings and better mental health is also supported by reams of research. A sampling: In one British survey, people who had spent 120 minutes in nature over the previous week were significantly more likely to report good health and well-being than those who had no nature exposure – “including older adults and those with long-term health issues,” according to the 2019 study, published in *Scientific Reports*. And an analysis from Britain’s University of East Anglia of more than 140 studies from around the world found that “exposure to greenspace significantly reduces people’s levels of salivary cortisol – a physiological marker of stress” – not to mention that it also appears to reduce the risk of type 2 diabetes, cardiovascular disease and premature death, according to the 2018 report, published in the journal *Environmental Research*.

In Britain, doctors at the National Health Service routinely prescribe time in nature to their patients. Sue Stuart-Smith, a British psychiatrist and author of the 2020 book *The Well-Gardened Mind: The Restorative Power of Nature*, is one. She’ll tell her patients to “take as much exercise as possible, but always take it in a green setting if they can,” she says. “It’s immediate; within minutes of being within a green setting, [they’ll have] a lowering blood pressure.”

In other words, you don’t need to camp out in the middle of the woods for a week to benefit from Mother Nature. “If people can get out in their lunch breaks, that makes a huge difference,” says Stuart-Smith.

In this issue:

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At Home... Comics, Puzzles & Exercise

It’s more important than ever in the modern era, when many of us are spending hours a day inside, in front of screens, says Emma Seppala, author of 2016’s *The Happiness Track* and an expert on health psychology. “We’re depriving ourselves of this free resource that brings out the best in us.”

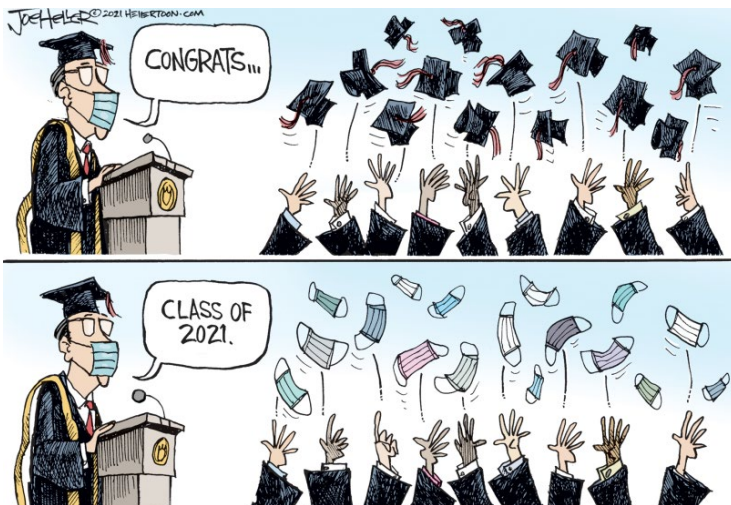
Try gardening

Just sitting quietly in a beautiful garden is a salve on its own, but there are myriad benefits to the act of gardening, too, says Stuart-Smith. For just one: She says that caring for plants is a nurturing activity, and that “nurturing activities are associated with release of endorphins, our natural opioids, as well as oxytocin, sometimes called the bonding hormone – and both of these have positive effects on our mental health.” Gardening also offers some of the calming effects of meditation, she adds, “when you’re weeding, for example, or sowing seeds ... because you’re fully present to what you’re doing.” If starting a garden from scratch seems intimidating, she suggests beginning with something simple, like sunflowers. “You sow your seeds, they germinate reliably and quickly, and they’ll grow,” she says. “I love them.”

Bring nature indoors

Architects have begun to incorporate natural elements – what’s known as biophilic design – in senior living facilities. Aegis Living Bellevue Overlake, an assisted living facility in Bellevue, Washington, opened last month with plants and blooming life everywhere: a glass solarium in the lobby, six-foot palms, a koi pond and lots of outdoor spaces to promote serenity. The healing effect of plants is real, insists Aegis Living’s CEO Dwayne Clark: “People actually get sick less,” he says, pointing to studies that have shown that even just having plants in patients’ hospital rooms can result in better health outcomes. Businesses are incorporating abundant greenery into their office plans as well. Amazon’s massive headquarters in Seattle, known as The Spheres, opened in 2018 with glass-enclosed biodomes holding some 40,000 plants, meant to inspire creativity in its employees.

<https://www.aarp.org/health/healthy-living/info-2021/forest-bathing-mental-health.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

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.

YouTube Videos

3 Healthy Skewer Recipes



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10 Best Places to Visit in Egypt



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Sudoku Puzzle #23

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.

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

Sudoku Puzzle #24

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

Solutions on page 7.

Crossword Puzzle

Answers on page 7.

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17					18					19				
20				21					22					
			23					24						
25	26	27					28					29	30	31
32						33					34			
35					36					37				
38					39				40					
41				42					43					
			44					45						
46	47	48					49					50	51	52
53						54					55			
56					57					58				
59					60					61				

Across

1. Tito Puente's dance
6. River to the Caspian
10. Choral category
14. Atlantis' cover
15. Wrap for a rani
16. Where the Amazon starts
17. Low-priority
20. Start of a giggle
21. Gigantic
22. Scholarship founder
23. Mother of mine?
24. Redbone of music
25. Vilifies jam?
28. Walkway
29. Batter's stat
32. Desires
33. In the cellar
34. Jump on ice
35. Eastwood flick
38. Warning at Pebble Beach
39. State with certainty
40. Best Actor of 1990
41. Take a stab at
42. Hamilton's undoing
43. Folklore figures
44. Lemons
45. Rainbow components
46. Llama cousin
49. Head-turning Turner
50. Boar's mate
53. Too easy of a distance to miss
56. Hourglass filler
57. It may be picked
58. Being under a bridge
59. Uptight
60. Barnyard belles
61. Put in stitches

Down

1. Not worth debating
2. Teenager's torment
3. Portion (out)
4. Ebenezer's epithet
5. Like some towns or sleighs
6. Grammarian's concern
7. Marathon, e.g.
8. Covenant container
9. Text of an opera
10. Kitchen wear
11. Front the money
12. Sloth's home
13. What we have
18. Tater eyes
19. "I'm in trouble!"
23. Shaping tool
24. Kind of printer
25. "Gulliver's Travels" author
26. Lord's home
27. A password provides it
28. Comic strip segment
29. Self-evident principle
30. Nemo's creator
31. Daly's co-star, once
33. Resides
34. Spherical coifs
36. Praiseworthy
37. Liberal pursuits
42. Tear source
43. Slimy crud
44. Fine partner
45. Oscar winner of '94 and '95
46. Basilica section
47. Dryer batch
48. Sound of engine trouble
49. Tatter's output
50. Kind of leopard or goose
51. View up and down
52. Tuesday that's not after Monday
54. Like an illegal boxing blow
55. Is for them

70's Songs Word Search

Find and circle all of these songs from the 1970's that are hidden in the grid.
The remaining letters spell the title of an additional song from the 70's.

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

ANGIE
 BABE
 BAD BLOOD
 BETH
 BROWN SUGAR
 CAR WASH
 CONVOY
 CRACKLIN' ROSIE
 CROCODILE ROCK
 DANCING QUEEN
 DREAMING

DREAMS
 FAME
 FREE BIRD
 GREASE
 HEART OF GLASS
 HOT STUFF
 HOTEL CALIFORNIA
 ISLAND GIRL
 JIVE TALKIN'
 LAYLA
 LE FREAK

LOLA
 LOVIN' YOU
 LOWDOWN
 MACARTHUR PARK
 MAGGIE MAY
 MISS YOU
 MONEY
 NIGHT MOVES
 OHIO
 POP MUZIK
 RHIANNON

RHINESTONE COWBOY
 RICH GIRL
 ROXANNE
 SAD EYES
 SIR DUKE
 STAYIN' ALIVE
 SUPERSTITION
 THE JOKER
 TRAGEDY
 VENUS
 WATERLOO
 YOUR SONG

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Get **trusted, unbiased Medicare education** to help you make Medicare choices that best meet your needs.

There will be **national expert presenters** on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your state health insurance assistance programs (SHIP) for **answers to your individual questions.**



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

Exercise



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ANNIVERSARY CHALLENGE
DAY 1 - BALANCE

[https://www.youtube.com/
watch?v=kc7Gf7B8hpg](https://www.youtube.com/watch?v=kc7Gf7B8hpg)

SEATED AIR BALL
BEGINNER WORKOUT

[https://www.youtube.com/
watch?v=GYGSKTyWju8&t=297s](https://www.youtube.com/watch?v=GYGSKTyWju8&t=297s)

15 MIN. ENERGIZING YOGA
[https://www.youtube.com/
watch?v=z1zsRY0-ro&t=447s](https://www.youtube.com/watch?v=z1zsRY0-ro&t=447s)

Sudoku Solution #23

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

Sudoku Solution #24

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



Union City Community and Recreation Services Senior Programs

Virtual Seminar Series: What is Cognitive Fitness? Best Diet & Exercise for Brain Health



Tuesday, May 25th 2021 @ 2pm

Guest Speaker: Robert Mabugnua



Robert Magbanua is the Fitness and Recreation Coordinator for the Community and Recreation Services Department for the City of Union City. Robert is based out of the Mark Green Sports Center and he is also a NESTA certified personal trainer with a B.S. and M.S. in Kinesiology from San Francisco State University. He has worked with a wide range of the population ranging from youth to seniors, and even special populations such as people who have Parkinson's disease. He enjoys helping people change their lifestyle and health through movement and exercise.

zoom

Meeting ID: 796 283 6752

Passcode: Brain



Upcoming Seminars:

6/22 - Managing Stress & Sleep
Habits for Brain Health

7/27 - The Importance of Social
Connections & the Effects on Brain
Health

For questions call
Ruggieri Senior Center

510-675-5495

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RuggieriSeniorCenter@unioncity.org