

June 7, 2021



Tips for Older Adults to Regain Their Game After Being Cooped Up for More Than a Year

By Judith Graham, May 24, 2021

Millions of older Americans are struggling with physical, emotional and cognitive challenges following a year of being cooped up inside, stopping usual activities and seeing few, if any, people.

If they don't address issues that have arisen during the pandemic — muscle weakness, poor nutrition, disrupted sleep, anxiety, social isolation and more — these older adults face the prospect of poorer health and increased frailty, experts warn.

What should people do to address challenges of this kind? Several experts shared advice:

Reconnect with your physician. Large numbers of older adults have delayed medical care for fear of covid. Now that most seniors have been vaccinated, they should schedule visits with primary care physicians and preventive care screenings, such as mammograms, dental cleanings, eye exams and hearing checks, said Dr. Robert MacArthur, chief medical officer of the Commonwealth Care Alliance in Massachusetts.

Have your functioning assessed. Primary care visits should include a basic assessment of how older patients are functioning physically, according to Dr. Jonathan Bean, an expert in geriatric rehabilitation and director of the New England Geriatric Research, Education and Clinical Center at the Veterans Affairs Boston Healthcare System.

At a minimum, doctors should ask, "Are you having difficulty walking a quarter-mile or climbing a flight of stairs? Have you changed the way you perform ordinary tasks such as getting dressed?" Bean suggested.

Get a referral to therapy. If you're having trouble moving around or doing things you used to do, get a referral to a physical or occupational therapist.

A physical therapist can work with you on strength, balance, range of motion and stamina. An occupational therapist can help you change the way you perform various tasks, evaluate your home for safety and identify needed improvements, such as installing a second railing on a staircase.

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Don't wait for your doctor to take the initiative; too often this doesn't happen. "Speak up and say: Please, can you write me a referral? I think a skilled evaluation would be helpful," said James Nussbaum, clinical and research director at ProHealth & Fitness in New York City, a therapy provider.

Start slow and build steadily. Be realistic about your current abilities. "From my experience, older adults are eager to get out of the house and do what they did a year ago. And guess what. After being inactive for more than a year, they can't," said Dr. John Batsis, associate professor of geriatrics at the University of North Carolina-Chapel Hill.

"I'm a fan of start low, go slow," Batsis continued. "Be honest with yourself as to what you feel capable of doing and what you are afraid of doing. Identify your limitations. It's probably going to take some time and adjustments along the way."

Nina DePaola, vice president of post-acute services for Northwell Health, the largest health care system in New York, cautioned that getting back in shape may take time. "Pace yourself. Listen to your body. Don't do anything that causes discomfort or pain.

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Tips to regain your game... continued from page 1.

Introduce yourself to new environments in a thoughtful and a measured fashion," she said.

Be physically active. Engaging regularly in physical activity of some kind — a walk in the park, chair exercises at home, video fitness programs — is the experts' top recommendation.

Have realistic expectations. If you're afraid of getting started, try a bit of activity and see how you feel. Then try a little bit more and see if that's OK. "This kind of repeated exposure is a good way to deal with residual fear and hesitation," said Rachel Botkin, a physical therapist in Columbus, Ohio.

"Understand that this has been a time of psychological trauma for many people and it's impacted the way we behave," said Dr. Thomas Cudjoe, a geriatrician and assistant professor at Johns Hopkins Medicine in Baltimore. "We're not going to go back to pre-pandemic activity and engagement like turning on a light switch. We need to respect what people's limits are."

Eat well. Make sure you're eating a well-balanced diet that includes a good amount of protein. Adequate protein consumption is even more important for older adults during times of stress or when they're sedentary and not getting much activity, noted a recent study on health aging during covid-19.

Reestablish routines. "Having a structure to the day that involves social interactions, whether virtual or in person, and various activities, including some time outside when the weather is good, is important to older adults," said Dr. Lauren Beth Gerlach, a geriatric psychiatrist and assistant professor of psychiatry at the University of Michigan.

Routines are especially true for older adults with cognitive impairment, who tend to do best when their days have a dependable structure and they know what to expect, she noted.

End-of-day routines are also useful in addressing sleep problems, which have become more common during the pandemic. According to a University of Michigan poll, administered in January, 19% of adults ages 50 to 80 report sleeping worse than they did before the pandemic.

Reconnect socially. Mental health problems have also worsened for a segment of older adults, according to the University of Michigan poll: 19% reported experiencing more sadness or depression while 28% reported being more anxious or worried.

Social isolation and loneliness may be contributing and it's a good idea to start "shoring up social support" and seeing other people in person if seniors are vaccinated, Gerlach said.

Families have an important role to play in re-engaging loved ones with the world around them, Batsis suggested. "You've had 15 months or so of only a few face-to-face interactions: Make it up now by visiting more often. Make the effort."

<https://khn.org/news/article/tips-for-older-adults-to-regain-their-game-after-being-cooped-up-for-more-than-a-year/>

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 seniorityouthapps@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

Puppies Love Babies Compilation



https://www.youtube.com/watch?v=LYC2gMDAt_I

Hot Weather Gardening Tips



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

The New 60



Sudoku Puzzle #27

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

Sudoku Puzzle #28

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

Solutions on page 6.

Crossword Puzzle

Answers on page 6.

Across

1. Knuckleheads
6. Taps with a sword
10. Clicker's picture
14. Dead to the world
15. Pale brown
16. Puppy pickup point
17. Davis of "Commander in Chief"
18. Take laborious steps
19. Hardware item
20. Distributing rabbit's-foot charms?
22. Pianist Myra
23. React to pollen, perhaps
24. Data storage units
26. Licorice flavoring
29. Perceptive
32. Follower of 'N or lip
36. Machu Picchu builder
37. Nike's swoosh, et al.
38. Get the lions working together?
41. Do-___ situation
42. Geometry calculation
43. 1962 James Bond film
44. Swarms
45. Full of good cheer
47. Black tea from Sri Lanka
49. Blue book filler
54. Kitty's comment
56. The sound of ordinary crows?
59. Rick's "Casablanca" love
60. Oklahoma city on the Cherokee Strip
61. Group belief
62. Hood's blade
63. "___ fair in love ..."
64. Try for trout
65. Web spot
66. NASDAQ counterpart
67. Purloined

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				
62					63					64				
65					66					67				

Down

1. Actor Tye of "Rent"
2. "There's ___ every crowd!"
3. Source of irritation
4. Journalist Pyle
5. Part in a song
6. "Ed Wood" star Johnny
7. The Bruins of the NCAA
8. Bully
9. Like a bubble bath
10. One way to be left out
11. Sweetener that can't be beet?
12. Magnum follower
13. Is left with
21. Guardian spirits
25. Baby's dusting
27. Not really
28. Period of panic
30. Minor municipality
31. Gas brand in Canada
32. Dundee denizen
33. Times past
34. Bottle type
35. Outburst of outlaw activity
39. Newspaper department
40. Keep an ___ the ground
46. Nosy Parkers
48. Poseidon's place
50. What the nose knows
51. Ballroom dance
52. "The Seven Year Itch" costar Tom
53. Rival of Helena
54. Piggy's title
55. Pertaining to most students
57. Wire diameter units
58. Retailer's gds.

Car Parts Word Search

Find and circle all of the car parts that are hidden in the grid.
The remaining letters spell the name of an additional car part.

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

AIR BAG
 AIR CONDITIONER
 ALTERNATOR
 AXLE
 BATTERY
 BODY
 BRAKE
 BUMPER
 CAR SEAT
 CARBURETOR
 CARRIER RACK
 CHILD SEAT

CLUTCH
 COOLING FAN
 CRANKCASE
 CRUISE CONTROL
 DEFOGGER
 DEFROSTER
 DOOR
 DRIVE LINE
 DRIVESHAFT
 ENGINE
 FRAME
 FUSE

GAS TANK
 HEADLIGHT
 HOOD
 HORN
 IGNITION
 MUFFLER
 POWER WINDOW
 RADIATOR
 RADIO
 REAR VIEW MIRROR
 ROOF
 SEAT BELT

STARTER
 STEERING WHEEL
 SUSPENSION
 TAIL LIGHT
 TIRES
 TRANSMISSION
 TRUNK
 TURN SIGNAL
 WHEEL RIM
 WHEELS
 WINDSHIELD

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

Exercise



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



ANNIVERSARY CHALLENGE
DAY 3 - UPPER BODY
[https://www.youtube.com/
watch?v=mUEJwpN9GL0&t=4s](https://www.youtube.com/watch?v=mUEJwpN9GL0&t=4s)

WALKING CARDIO W/ LIGHT
WEIGHTS
[https://www.youtube.com/
watch?v=HeNaUdtqB1M](https://www.youtube.com/watch?v=HeNaUdtqB1M)

5 EXERCISES TO KEEP
SENIORS STRONG
[https://www.youtube.com/
watch?v=vSzDM40Rbtw](https://www.youtube.com/watch?v=vSzDM40Rbtw)

Sudoku Solution #27

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

Sudoku Solution #28

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

How to talk about vaccines

With people who may have questions or concerns

1.

Listen with empathy

And acknowledge how they're feeling.

I'm a bit worried about the vaccine...

It's okay to have questions or want more information.



Could you tell me more about why you feel that way?



2.

Ask open-ended questions

To help understand their concerns.

How do we know the vaccines are safe?

They've been thoroughly tested and reviewed. If you're interested, I know where we can find more information.



3.

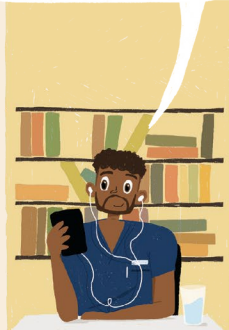
Share trusted information

Visit the WHO website or chat to your doctor or nurse to find answers to common questions.

I want to get vaccinated so I can visit my parents again. What about you?



I got vaccinated to protect my older clients at work.



4.

Explore reasons for wanting to get vaccinated

Share your motivations and what helped you overcome any concerns.



World Health Organization

Ash Street Summer Recreation Program

FOR NEWARK RESIDENTS ONLY.

June 21 - July 30, 2021, Monday - Friday, 11:00am - 3:00pm

Kindergarten Graduate - 11yrs. One-Time Registration Fee: \$10/child

Outdoor program includes: sports, arts & crafts. Lunch provided by NUSD Child Nutrition.

Register at the Newark Senior Center, 7401 Enterprise Dr., Mon.-Fri, 9:00am-3:00pm.
Email registration forms will be processed if space allows. Email your registration form
with proof of residency to childcare@newark.org.



Ash Street 2021 Registration Form

Child's Name: _____ Date of Birth: _____ Male Female

Child's current Grade: _____ Address: _____ Newark, CA 94560

Phone (cell): _____ (day): _____ Email: _____

Additional person who may be called in an emergency and are authorized to take child from the facility:

Name: _____ Phone (cell): _____ (day): _____

Please list any medical or behavioral problems we need to be aware of:

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, not 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 there from, 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.

Parent's Name: _____ Parent's Signature _____

(please print)

One-Time \$10 Payment:

Check to "City of Newark", Cash or Visa/MC #: _____ Exp: _____

<https://www.newark.org/departments/recreation-and-community-services/view-activities-register-online>