

What Will This Year's Flu Season Look Like?

Experts share why it could be severe – which means your flu shot is more important than ever

by Michelle Crouch, AARP, September 10, 2021

If you're thinking about skipping your flu shot this fall because the flu was almost nonexistent last year, think again. Fewer cases from last season, experts say, may actually make the coming influenza season worse than normal. "There is thought we may be facing a more severe flu season because we didn't have as much flu last year," says Clare Rock, an infectious diseases physician and hospital epidemiologist at Johns Hopkins University School of Medicine. "That means some of the natural immunity that would be in the population is not going to be in the population now. We may have more vulnerable people."

Rock and other experts say it's too early to know for sure what the 2021-2022 flu season will look like, because other factors will also come into play: Will Americans continue to take COVID-19 precautions such as staying home, social distancing and wearing masks? How many will get the flu vaccine, and will it be a good match with circulating viruses? And what kind of impact will kids being back in school have on flu transmission?

"There's a lot of uncertainty about this year's flu season," says Lauren Ancel Meyers, an epidemiologist at the University of Texas at Austin. "I wouldn't bet one way or another at this point until we see the data start to come in."

The uncertainty has health experts ramping up their plea for Americans to get their flu shots, especially since hospital beds are already filling with a surge of COVID-19 patients infected by the more contagious delta variant.

Virtually no flu season last year

Last year, for the first time in recent history, the U.S. Centers for Disease Control and Prevention (CDC) reported almost no cases of flu. Of 818,939 specimens tested for influenza from late September through late May, only 0.2 percent came back positive, compared to 26 to 30 percent during a normal season, CDC data show.

The CDC says the decline was most likely due to COVID-19 precautions such as wearing face masks, social distancing and people staying home from work and school. In addition, about 52 percent of American adults – a record number – got the flu shot last year.

With coronavirus cases spiking, the CDC is again recommending wearing face masks indoors, social distancing and avoiding crowds, even for those fully vaccinated against COVID-19. If Americans follow those recommendations and continue to take COVID-19 precautions into the fall and winter, that should also help suppress flu transmission, experts say.

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In this issue:

Informative Articles

Upcoming City Events

YouTube Videos

At Home... Crafts, Puzzles & More!

Open Monday - Friday

9:00am - 3:00pm

7401 Enterprise Dr.

510-578-4840

senior.center@newark.org



NOTICE

**FACE MASK
REQUIRED**
EVEN FOR THOSE WITH
COVID-19
VACCINATION



What Will This Year's Flu Season Look Like continued...

Schoolkids typically drive transmission

However, there are a few important differences this year compared to last year, experts say. First, more Americans are traveling, including to international locations where influenza may be circulating. Also, many restaurants, entertainment venues, colleges and other businesses are open, says William Schaffner, medical director of the National Foundation for Infectious Diseases and a professor of infectious diseases at Vanderbilt University Medical Center.

Perhaps most important, kids are returning to school in larger numbers and with fewer precautions than last year. "Kids often are that first wave of transmission in a community," Meyers says. "They go to school ... they spread the virus to one another, they bring it home and spread it to their families, and then it gets out into the community."

Studies also show that children shed more flu virus for a longer period than adults, Schaffner says.

Compared to last year, "it looks much more like a conventional fall, with an array of activities that will give the flu virus opportunities to spread," Schaffner says.

Predictions from the Southern Hemisphere?

Normally, scientists can look to the Southern Hemisphere, which has most of its flu cases during our summer, to get a good idea of how our flu season will unfold. But many countries south of the equator still have strict COVID mitigation measures in place, and that makes it more difficult to predict what will happen here, Rock says.

Australia, for example, has extremely tight border control and has implemented strict lockdowns to control COVID-19 outbreaks. Likewise, in many Southeast Asian countries, mask-wearing is more accepted and ubiquitous than in the United States.

Those measures may keep flu cases low in those countries but don't necessarily foretell a similar trend for the U.S., especially if Americans as a whole take fewer precautions. "A really important variable is that behavioral variable," Meyers says, "and we don't have a crystal ball for the policies that will be put in place and the behaviors people will adopt over the next few months."

Will this year's flu vaccine be effective?

Another factor that will affect the severity of the flu season is how well the 2021-2022 vaccine matches circulating strains. So far, there appears to be less genetic diversity among circulating flu viruses than normal, which is a good sign, Meyers says. "If there hasn't been that much evolution [of the virus], if there's not that much genetic diversity, it may mean that our current vaccines are going to be a better match for the circulating strains and therefore offer better protection," she says.

All the approved flu vaccines this year will be quadrivalent, which means they offer protection against four strains of flu, according to the CDC. Two of the strains are new compared to last year's vaccine.

Adults age 65 and older should get the high-dose flu vaccine or the adjuvanted flu vaccine, the CDC says; both have been shown to evoke a stronger immune response in older adults.

Health care providers also hope to continue to boost the number of Americans who get the flu vaccine and hit another record this year. To make it easier, if you are eligible to get a COVID-19 vaccine booster in September or October, you can get the flu vaccine at the same time, Rock says.

"The more people who are vaccinated, the less flu circulates and the more protection there is for everybody, including the elderly," Rock says.

Why you may want to get your flu vaccine early

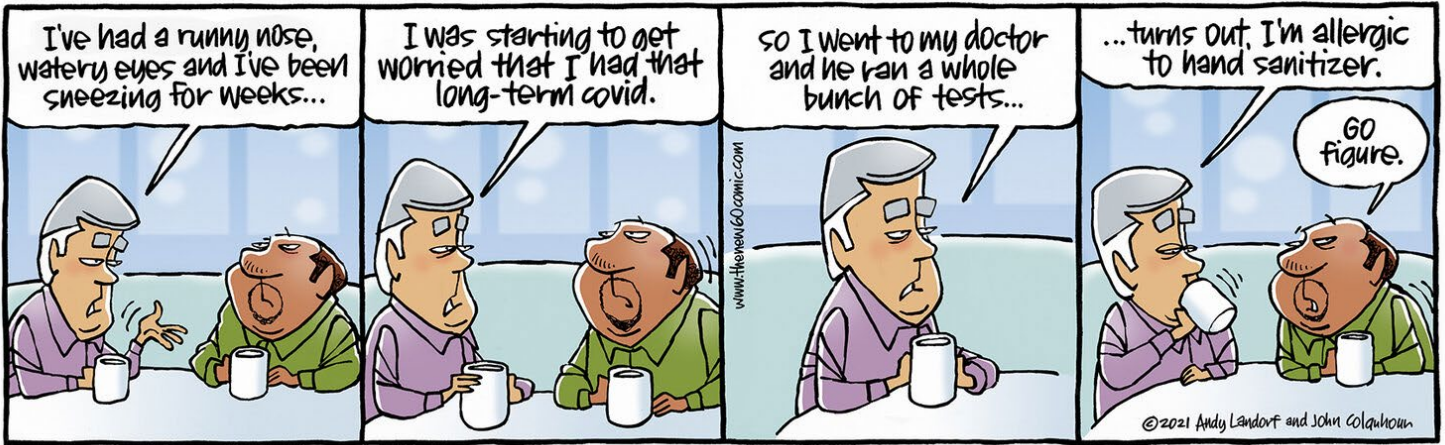
If unusually low flu levels from last year indeed create a larger pool of susceptible people, with less natural immunity, experts say there could be a rise in cases earlier in the flu season. Other respiratory illnesses that normally peak in winter, including one that can be dangerous for older adults called respiratory syncytial virus (RSV), have already seen an early surge after historic lows last year.

That's leading some experts to recommend getting your flu vaccine on the early side, say in September instead of October. The CDC recommends that all Americans age 6 months and older aim to get a flu vaccine by the end of October. (But it's better to get it late than not at all.)

"We don't know exactly if, when, how large or how severe this flu season is going to be, but with RSV, we saw an unusually early surge in transmission, and the same might happen with flu," Meyers says. "Students are just starting to go back onto campuses. In the worst-case scenario, that could fuel not only large, but early waves of flu transmission. Because of that uncertainty, people should absolutely vaccinate, and vaccinate early."

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

The New 60



NEWARK
Recreation
and Community Services

Clark W. Redeker Newark Senior Center, 510-578-4840, www.newark.org

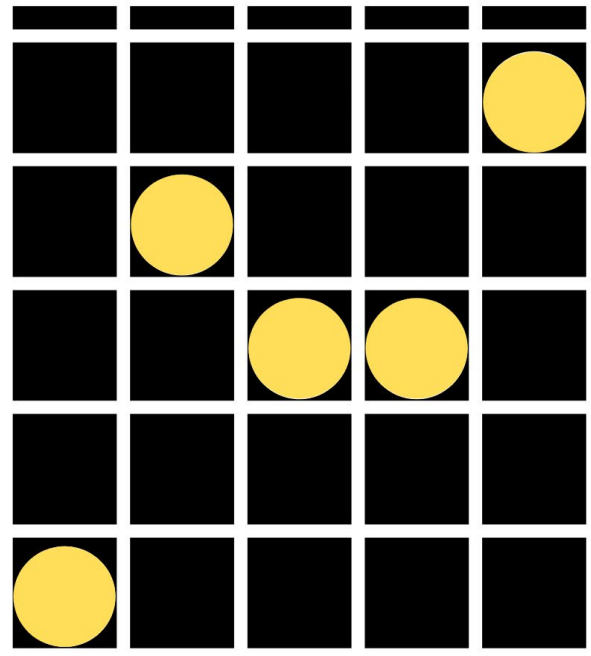


Free MOVIE TUESDAY
First Tuesday each month



Tuesday, October 5, 1:00pm
At the Newark Senior Center

BINGO!



THE 1ST & 3RD THURSDAYS OF THE MONTH!

\$10/pack on first Thursday for Birthday Bingo

\$7/pack on third Thursday

Sales begin at 12:00pm and games at 12:30pm!

Upcoming Dates: 10/7 & 10/21



 **NEWARK**
Recreation
and Community Services

New! Senior Stretch Exercise Class

with Esther (bilingual English and Spanish)

Free for Seniors 55+

Fridays, 10:00 - 11:00am

At the Newark Senior Center

7401 Enterprise Drive

Beginning Friday, August 6

Pre-register at the Newark Senior Center



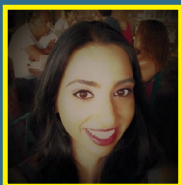
EMERGENCY PLANNING

We've all heard the usual advice, but do those tips work for seniors & disabled adults? Find out!

Thursday, October 14th; 2-3:30pm

Register: tinyurl.com/LIFEeprep

Our panel of experts will cover the basics of common California disaster scenarios and share best practices, tips, and resources to help us all.



NAVJIT DOSANJH - Fire / smoke

PSPS Affinity Outreach Program Manager, PG&E



RON HALOG - Other emergency scenarios

Emergency Preparedness Coordinator, ILRSCC



LARS ERIC HOLM - Earthquake prep

Disaster Preparedness Coordinator, Eden I&R / 211



Crossword Puzzle

Answers on page 9.

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				
68						69				70				
71						72				73				

Across

1. Fruit cooked in cream and sugar
5. Crude dwellings
9. Theme of this puzzle
14. First name in blues
15. Brilliantly colored food fish
16. Worship
17. Havoc
18. Burrowing insectivore
19. Leg bone
20. 9-Across
23. Stolen, slangily
24. Anti-price-fixing agcy.
25. Cable channel
28. Physicist Niels
31. Old undergarment
36. "Coffee, Tea ___?"
38. Angora output
40. It was given statehood in 1820
41. 9-Across
44. Milo or Tessie
45. Powerful shark
46. Some female parents
47. Like a cloudless night
49. Bart's sister
51. Corned beef holder
52. Gumshoe
54. Shade provider
56. 9-Across
65. Vocally
66. Nondairy spread
67. Folk singer Mitchell
68. Crown
69. Barbecue offering, perhaps
70. Final notice, briefly
71. It's a crying need
72. British nobleman
73. Wagers

Down

1. Fringe benefit
2. Decorative needle case
3. Keep ___ (persevere)
4. Kind of dressing
5. Everybody has one
6. "___ the Roof" (Drifters song)
7. Baby powder ingredient
8. Rock ledge
9. Underground burial site
10. God of war and poetry
11. Unruly crowds
12. Pennsylvania county
13. Sign of sorrow
21. Fireplace ledge
22. Abbr. after a comma
25. Santa remarks
26. French seaport
27. Creighton University site
29. 1947 Oscar winner Celeste
30. Part of RCMP

32. Event at Minsky's
33. Lute of India
34. Foe
35. Concise
37. Always
39. Norse god of discord
42. Environmentalists' celebration
43. Big game in January
48. Vote for
50. Chicken ___ king
53. Like some calls
55. Low-paying employment, slangily
56. Shower alternative
57. Pelvic bones
58. Shark's offering
59. Wait in hiding
60. Jazzy Fitzgerald
61. Planetary revolution
62. Laker first name
63. The "U" of CPU
64. Cherry parts

Exercise

15 MIN. HIIT WORKOUT

<https://youtu.be/IOqUgsaePjo>

SEATED SCIATICA STRETCHING

<https://youtu.be/TkTw1lv2KNs>

10 MIN. EXERCISE FOR SENIORS

<https://youtu.be/xa3KL5gKS1o>



<https://www.youtube.com/c/SomethingGoodShow>

Sudoku Puzzle #37

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

Sudoku Puzzle #38

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

Solutions on page 9.



Falling Leaves Mobile Craft

SUPPLIES:

Leaves
Pinecones
Twine
Embroidery hoop
Hot glue gun

1. Before you rake them all away, pick up the prettiest leaves for a fluttering mobile.
2. Collect foliage with intact stems and press in a heavy book for a few days.
3. Wrap twine around an embroidery hoop; secure ends with hot glue.
4. Tie eight 3-foot-long waxed strings at even intervals around it, attaching pinecones at the bottom as weights.
5. Knot the string around each stem, spacing randomly.
6. Secure hoop to a ceiling hook using twine.

<https://www.goodhousekeeping.com/holidays/halloween-ideas/g1566/easy-halloween-craft-ideas/?slide=58>

New York City 2 Word Search

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a secret message.

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

APOLLO THEATER
BALLET
BRONX ZOO
BROOKLYN BRIDGE
CARNEGIE HALL
CENTRAL PARK
CHRYSLER BUILDING
COLLEGES
DIVERSE
ELLIS ISLAND
ENTERTAINMENT

FDNY
HIGH LINE
LINCOLN TUNNEL
MADISON AVENUE
MEDIA
MEMORIALS
METS
MONUMENTS
MUSEUM MILE
MUSEUMS

NETS
NEWSPAPERS
NYPD
OPERA
PARADES
PIERS
PORT
PROSPECT PARK
RANGERS
ROCKEFELLER CENTER

SILICON ALLEY
STATEN ISLAND FERRY
STATUE OF LIBERTY
THE CYCLONE
TOURISTS
TV NETWORKS
UNIVERSITIES
VENDORS
WAVE HILL
YANKEES

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

Sudoku Solution #37

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

Sudoku Solution #38

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

RIDE-ON TRI-CITY!

RIDE-ON TRI-CITY! is 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

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:

Ride-Hailing Service:

Subsidized rides through Lyft for participants with a smartphone or participants who do not have a smartphone can get subsidized Lyft or Uber rides through GoGo Grandparent's Call Center. Participants pay for the first \$4 of their trip and up to \$16 of additional trip costs will be subsidized.

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 \$16 of taxi meter fare.

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 in-person or over the phone 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.

A Transportation Resources Specialist is available at the Clark W. Redeker Newark Senior Center on the first Thursday of each month. For more information or to schedule an appointment, call (510) 574-2053.

CLIPPER CARD Workshops

Learn about Clipper, the all-in-one transit card, the first Thursday of every month from 10:00-11:00am at the Clark W. Redeker Newark Senior Center. This FREE workshop will teach you all the ins and outs of using Clipper. Seniors 65 years of age and older can apply for a FREE senior Clipper Card at the end of the workshop (must bring proof of age with you). For more information, call (510) 574-2053.

COMMUNITY *cleanup*

WHAT: The City of Newark and Republic Services are hosting a Community Cleanup event.

By Appointment Only – mainreq@newark.org or 510-578-4806
One standard sized pick-up truck-load per household, no trailers or commercial vehicles are permitted.

WHEN: Saturday, October 9th, 2021
7:30 am to 11:30 am (or until bins are filled)

WHERE: Newark Service Center at 37440 Filbert St.

WHO: Newark residents. Residents will be asked to bring a Utility bill (with current address) and a matching California Driver's License or ID.



ACCEPTED ITEMS

- ✓ Appliances
- ✓ Reusable household goods
- ✓ Furniture
- ✓ Mattresses
- ✓ Metals & Wood
- ✓ Carpeting
- ✓ Tires
- ✓ E-waste



NOT ACCEPTED

- ✗ Household trash
- ✗ Dirt, rocks, concrete, construction material or demolition rubble
- ✗ Household hazardous wastes (e.g. paint, batteries, motor oil, chemicals, light bulbs, etc.)
- ✗ Motorized equipment
- ✗ Propane Tanks/Gas Cylinders/Lawn Mowers (or anything that used to house hazardous materials)

FREE DOCUMENT SHREDDING EVENT

When: Saturday November 6, 2021 9am - 12pm

Where: City Yard, 37440 Filbert Street, Newark, CA

BY APPOINTMENT ONLY, EMAIL: NPDevents@newark.org

(Deadline to schedule an appointment is Oct 27, 2021)



- Please email NPDevents@newark.org with a few times you'd be available for your appointment. We will follow up to confirm time.
- Newark residency verification (ID and copy of utility bill with matching name and Newark address)
- Please indicate if you will be dropping off, or prefer to view destruction of documents

Additional Details:

- Newark residents will have the opportunity to bring up to two banker-sized boxes for each household (approximately 10-12"H x 12-14"w x 15 - 18"D) of documents
- The event is only open to Newark, CA residents and businesses; identification and verification of residency is mandatory to participate (driver's license, utility bill etc.). Businesses will need to show a copy of their current City of Newark Business License.
- Shred City is NAID AAA certified
- Shred City's mobile shredding truck will be onsite to securely shred your confidential documents. If you wish, you will be able to witness your materials being destroyed.
- Please note: Your boxes of paper must be free of large binder clips, trash, light bulbs, batteries, and metal containers or scrap metal & food waste. Paper clips & staples are ok.

Please be advised that you are destroying documents at your own risk. It is your obligation to ensure that shredding/destruction of the documents complies with all applicable laws, rules, and regulations, including but not limited to rules and laws regarding confidentiality, retention, disposition, and destruction of information contained in the documents you wish to destroy.

The City makes no representations and warranties regarding the applicability of those laws and at no point does the City of Newark become the owner of the documents you wish to shred/destroy.

If you have questions about the Shredding Event in Newark, please call the Community Engagement Manager at 510-578-4929 or email, jadac@newark.org

