

# JFS@CHAI HOUSE STAYING CONNECTED



Issue 5 May 28, 2020

## GREETINGS

More poetry this issue!

What effect do the poems have on you? Notice any thoughts, feelings, or sensations?

You are welcome to share any feedback with us. We'd love to hear from you.

We are slowly but surely getting closer to being able to meet together again in person. Continue to stay safe and healthy!

Fondly,

The JFS@Chai House Staff

## THE HEALING EFFECT OF WORDS:

We continue sharing poems with you this issue. Reading poetry feels like a dialogue, where there is a sense of mutual understanding.

### New Every Morning *Susan Coolidge*

Every day is a fresh beginning;  
Listen, my soul, to the glad refrain,  
And, spite of old sorrow and older sinning,  
And puzzles forecasted and possible pain,  
Take heart with the day, and begin again.

### Coping *Damian Murphy*

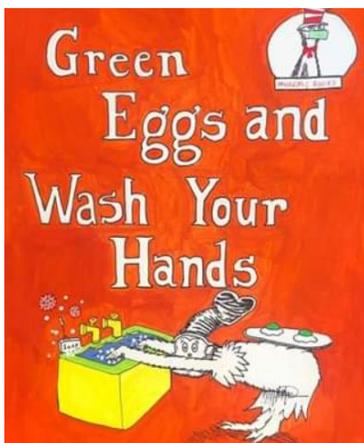
Fed up with your lot?  
Focus on what you have got;  
Not what you have not

Through trouble and strife  
Find the good things in your life;  
Concentrate on those.

How strong we can be  
Only in adversity  
Can we truly see

Excerpt from To Bless the Space Between Us *John O'Donoghue*

This is the time to be slow,  
Lie low to the wall  
Until the bitter weather passes.  
Try, as best you can, not to let  
The wire brush of doubt  
Scrape from your heart  
All sense of yourself  
And your hesitant light.  
If you remain generous,  
Time will come good;



Stefanie Trilling, Children's Books for Pandemics

And you will find your feet  
Again on fresh pastures of promise,  
Where the air will be kind  
And blushed with beginning.



## UPCOMING JFS EVENTS

**Sunday, May 31 at 3pm** – Join JFS’ YA LIVE ( *Young Adult Leadership Initiative for Volunteer Engagement*) for a Zoom gathering. We’ll break up into two groups: one a lively Bingo game and the other, an engaging group Discussion.

**Thursday, June 4 at 3pm** – “Conversation Box” with Hilla and Caroline via Zoom.

We’ll be sending a Zoom invitation via email. Contact Sumi if you’d like to be added [sumik@jfssv.org](mailto:sumik@jfssv.org)

## NEWS FOR YOU



An updated Shelter In Place order was issued on May 22, 2020. Retail stores may reopen for sales, but only for curbside/outside pickup or by delivery. Customers are not allowed to enter these retail stores.

The Order also allows businesses that support these retail businesses to resume operating, including those that manufacture goods sold at these stores and businesses that provide warehousing and distribution services.

Outdoor museums, historical sites, and publicly accessible gardens are allowed to reopen, but visitors are restricted to outdoor areas.



The 2020 Census is still happening! Our government uses census data to decide how to allocate \$1.5 trillion dollars in funding. Now more than ever, our community needs our share to fund education, roads, health care, social services and housing.

If you haven’t already, please respond online at <https://2020census.gov/> or by phone. For more information, contact Caroline Golpashin: [carolineg@jfssv.org](mailto:carolineg@jfssv.org) 408-947-7256



GOOD NEWS NETWORK

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<https://www.goodnewsnetwork.org/elders-are-bouncing-back-from-virus-and-sharing-advice/>

## CONTACT US:



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## RESOURCES & INFORMATION

**Second Harvest Food Bank Home Deliveries**  
**Hotline** 1-800-984-3663

### **Stores Offering Delivery**

**Safeway:** [www.delivery.safeway.com](http://www.delivery.safeway.com) Order waitlist up to 8-9 days. Check for delivery slot cancellations. Uses Instacart

**Smart & Final:** [www.smartandfinal.com/same-day-delivery](http://www.smartandfinal.com/same-day-delivery) Uses Instacart

**Zanotto's:** 'no-contact' pick up of groceries for seniors  
[www.zanottos.com/ordergroceries](http://www.zanottos.com/ordergroceries) 408-506-7757

### **Senior Shopping Hours**

**Safeway:** Tues & Thurs 7 am to 9 am

**Target:** Wed starting at 8 am.

**Trader Joe's:** No senior hours, but a special senior check-out line

**Zanotto's Family Market:** Daily 8-9am

### **Using CalFresh Benefits Card for Online Purchases**

You can purchase groceries online using your EBT card at Amazon and Walmart.

To learn more go to Amazon: [www.amazon.com/snap](http://www.amazon.com/snap)

Walmart: <https://www.walmart.com/ideas/discover-grocery-pickup-delivery/walmart-grocery-pickup-accepts-snap-ebt-payments/355540>

**City of San Jose COVID-19 Resources for Residents**

<https://www.sanjoseca.gov/news-stories/news/virtual-local-assistance-center>

**Resources Specifically for Seniors**

<https://siliconvalleystrong.org/get-help/seniors/>

**Consumer Financial Protection Bureau Coronavirus Scams**

<https://www.consumerfinance.gov/about-us/blog/beware-coronavirus-related-scams/>

**AARP Fraud Alert**

<https://www.aarp.org/money/scams-fraud/?cmp=KNC-BRD-MC-REALPOSS-TODAY-BING-SEARCH-FRAUD&gclid=CLnOtZaopekCFRaRfgodDfQJxQ>

## Puzzles

### 1. Rebus Puzzle

PROMISE	VIOLETS	EYE AND CAKE	DOOR	GET A WORD IN
COUNTRY	 3.14159	GROUND FEET FEET FEET FEET	RAKEN	BUSINES

2. A train leaves May Station exactly on time. The train conductor leaves the driver's cab and walks the length of the train, checking tickets. It takes him half an hour to walk it, at an average speed of 1 mile per hour.

He then heads back to the driver's cab at the same speed. When he arrives back at the driver, the train is pulling into James Street Station, which is 60 miles from May.

How fast was the train moving?

### Answers to Brain Teasers Issue #4

Rebus Puzzle (Left to Right)

Split personality / misunderstood / somewhere over the rainbow / history repeats itself / one in a million

I'll be there in a minute / high chair / space invaders / slow down / stand in the corner

Double vision / walking on ice / eye of the storm / x marks the spot / once upon a time