Almost Autumn Greetings!

Just when we thought we were inching back to pre-pandemic “normal”, we are now adjusting to another “new normal”. We are nothing if not resilient! JFS SV is happy to continue to offer the Staying Connected newsletter, from Redwood Seniors residents to our broader JFS SV community. Our aim is always to find ways connect with you, particularly during these challenging times.

Fondly,
The JFS SV Older Adult Program

THE MANY BLESSINGS OF THE NEW YEAR

At the start of every Rosh Ha Shannah, the Jewish New Year, we stand in a mysterious and uncertain place in time. We stand at the precipice of the past and the future. And, like the two-faced Roman God Janus, we stand there looking at both simultaneously. But, this year feels different because it is different. It is the only time in which we lived through a year of a pandemic.

As I reflect on all that happened last year, there are three valuable “takeaways” I plan to carry with me into the year ahead. The first is greater respect for the fragile balance of life. The historic number of people who died from COVID this year has made all of us value the time we have even more. The second is the importance of relationships, especially as we get older. This year I intend to be mindful of spending time with the people I love and strengthening my relationships with my colleagues. The third takeaway is how, for many people, this year saw a shift in priorities from materialism to spirituality.

At the end of the day, reflecting on what it means to appreciate the precious gift of life, exploring which relationships are important to us and which ones are not; and identifying ways of bringing meaning and purpose into our lives and the lives of those around us is exactly what we are asked to do during this spiritualize season of the year.

Just the thought of doing that is exciting. Imagine, even if we accomplish half of what we want next year to be, what a blessing we can be to so many. And, what a sweet year it will be.

Shannah tova U’m’tukah

- Rabbi Barnett Brickner

They rubbed my tummy, chief
– I told them everything.
Charles Barsotti, The New Yorker
COVID19 UPDATE

Third Pfizer or Moderna Doses for Immunocompromised Individuals: 3rd doses of the Pfizer and Moderna COVID-19 vaccines have been authorized for patients who are moderately or severely immunocompromised. At this time, additional doses after receiving the Johnson and Johnson vaccine have not been authorized. If you are not sure whether you qualify for a 3rd dose of the Moderna or Pfizer vaccines, please consult with your physician.

Later this month, the Biden administration is expected to announce plans to offer booster shots to all individuals who got Pfizer or Moderna vaccines more than eight months ago.

Santa Clara County requires that everyone wear a mask indoors, regardless of vaccination status. COVID-19 cases and hospitalizations in Santa Clara County have been on the rise due primarily to the Delta variant. The Delta variant appears to be more transmissible than prior variants of the virus, may cause more severe illness, and that even fully vaccinated individuals can spread the virus to others. A face covering will help prevent further spread! Outdoor activities are safer than indoor. And getting vaccinated is the BEST way to reduce risk.

RESOURCES FOR YOU

Emergency Rental Assistance
Do you need emergency rental assistance? Funds are available through the Housing Industry Foundation. Please contact your care manager at JFS SV for more information.

Friendship Line California Feeling lonely or isolated? Need someone to talk to? Call 1-888-670-1360. Friendship Line California is a free crisis intervention hotline and a warmline for non-emergency emotional support calls. Learn about Institute on Aging’s other programs for older adults and adults living with disabilities. https://www.ioaging.org/ 415.750.4111 or 650.424.1411.

Connections, Health, Aging & Technology (CHAT) Program Free iPad distribution and training for Older Adults & Caregivers. For Santa Clara County residents who live alone and do not currently own a tablet device. Call 408-350-3200, option 1 or email tech@mysourcewise.com to learn more. Limited availability
Brain Exercise

A. Rebus Puzzles – Please excuse duplicates from previous issues!

1. SED
2. SHUFFLE SHUFFLE
3. ESROH Riding
4. R+R
5. RADANCINGIN
6. SPIBRED
7. BOAT
8. VICE+VICE
8. R+R Nacl

B. Brain Teaser

Insert the same letter into the exact center of all the words below. Six other words will then be formed.

What letter must be used?

SHUT    NOSE    FLAT    BUYS    AVID    LOTS

Answers to Issue #18

A. Rebus Puzzles
1. Equally important
2. You are too wise for me
3. Paradox
4. Lemonade
5. Mountain
6. Reverse spin
7. Foreign aid
8. Center of gravity

B. balcony / monotony / acrimony
**REACH OUT!**
Contact us for detailed information about our programs & services

Information & Referral Services
Support Groups
Individual & Family Counseling
Pastoral Counseling
Care Management

---

**Jewish Family Services of Silicon Valley**
14855 Oka Road, Suite 202, Los Gatos, CA 95032

**Fern,** Older Adult Services Social Worker Counseling & Care Management
408-806-5940 fern@jfssv.org

**Rabbi Barney,** Coordinator of Community Wellbeing Pastoral Counseling
408-806-3586 barneyb@jfssv.org

**Sumi,** Older Adult Services Social Worker Care Management
408-806-6231 sumik@jfssv.org

**Lucy,** Older Adult Services Care Manager Holocaust Survivors Support
408-806-0452 lucyi@jfssv.org