

JFS@CHAI HOUSE

STAYING CONNECTED



Issue 11 October 22, 2020

Greetings

The autumn days are getting shorter and nights cooler. As we continue our vigilance against COVID19, you may be experiencing “pandemic fatigue.” It’s essential that we continue to stay safe, while also taking care and managing feelings of isolation.

We are here for you. Please reach out! Call or email us, or make an appointment to visit our office.

Fondly,

The JFS@Chai House Staff

TIPS FOR HANDLING ISOLATION DURING THE PANDEMIC

It is important to keep in mind that staying at home does not mean we have to isolate ourselves from social contact with other people, and it does not mean that we have to become passive and ruminate and worry. Here are some ways to prioritize your mental health if you’re feeling anxious and lonely:

1. **Use Zoom or another platform to connect with family/friends/support groups.** Have daily check-ins with close friends and family and stay connected. You can encourage, ask for help, and offer help! Don’t hesitate to reach out and ask for support.
2. **Focus on Your Health.** Start each day with a large glass of water and keep going. Staying hydrated is staying healthy. Eat healthy, get enough sleep and be active and exercise.
3. **Build Or Master A Skill.** Start researching or practicing new hobbies, languages, or activities that can give you a sense of mastery.
4. **Practice Gratitude And Mindfulness.** Create a gratitude list once a day. This will help reduce your anxiety and depression.
5. **Limit Screen Time.** It is important to stay informed during this time, but it is also important to know your own limits with how much information is too much information.
6. **Keep A Routine.** Get dressed as if you were having a typical day. Try to make a realistic schedule for the day and stick to it. You can schedule by time or, more



flexibly, by activity. Have certain activities or breaks in your day scheduled ahead of time and keep to the schedule as much as possible.

7. **Give Back.** It always feels good to contribute. Reach out to neighbors, friends, family, your community, that you know who live alone. You don't need a reason to call, caring about someone is more than enough reason to talk.



JFS NEWS

We are happy to welcome our newest JFS SV staff member, Susan Frazer! She joined our team in early October as Associate Executive Director. We hope that you'll get a chance to meet her soon.

JFS@CHAI HOUSE EVENT HIGHLIGHTS



Thurs 10/29, 11/5, & 11/19 2:00-2:45pm Travel to Israel with Hilla!



Sunday, 11/15, 3pm Zoom Bingo with YA-LIVE *Have fun! Socialize!*

Contact Caroline for more info or Zoom connection instructions carolineg@jfssv.org or 408-947-7256

JFS@Chai House Website jfsatchaihouse.wordpress.com

Updated Regularly - Visit & Let Us Know What You Think!

JFS SV SPECIAL EVENT!

Sunday, 11/15 7:00-8:00pm

Wisdom And Inspiration in Challenging Times with Rabbi Amy Eilberg

Rabbi Amy Eilberg will explore with us the possibilities for personal transformation during this year of pandemic and social upheaval. By facing the trials of these times with curiosity and compassion, we just may emerge with deepened personal wisdom and strengthened collective commitment for a just and caring society.

FREE via Zoom video conference. Registration required!

RSVP to https://us02web.zoom.us/webinar/register/WN_UQV6erRXQliomb9llxTPxQ

CONTACT US:



Office Number
408-947-7256 for Sumi
And Caroline

The Office Is Open!
Mon – Tues – Wed – Thurs
10am-5pm
Friday 10am - 3:30pm
Appointment Preferred

Hilla, clinical social worker
301-969-8683



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hillaf@jfssv.org
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RESOURCES & INFORMATION

Senior Shopping Hours

Safeway: Tues, Thurs & Sun 5-9 am

Target: Tues & Wed 8-9am.

Trader Joe's: Daily 8-9am

Zanotto's Family Market: Daily 8-9am

Lifelong Learning for Seniors

Senior Planet offers several free interactive classes via Zoom every day, including exercise options (such as Morning Stretch, Chair Yoga, Balance/Strength, Fit Fusion), tech tutoring (How to Use Zoom, Online Bill Pay, How To Choose a Computer, and more), and entertainment (Creative Creations, Online Chess, etc.) Visit

<https://seniorplanet.org/locations/palo-alto/events/>

Senior Planet Tech Help Hotline: 650-918-5570

Well Connected

Well Connected is a telephone and online community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value feeling connected.

Whether you like art or zoology, music or meditation, there is a program for you. Each Well Connected session offers groups and classes on a wide range of topics.

Well Connected members call in via a toll-free number at a set time each week, with some groups also offering the option to connect via computer, tablet, or mobile device. Most groups last 30 minutes to an hour. Newcomers are always welcome! If you don't feel like talking at first, you're welcome to just listen as long as you've let the group know you're there. If you're ready to register, please contact us at 877.797.7299, or coviaconnections@covia.org Program Catalog: <https://covia.org/wp-content/uploads/2020/08/Well-Connected-Fall-Winter-2020-Catalog-FINAL.pdf>

Stay Safe! Wear A Mask / Social Distance / Wash Hands Frequently

COVID19 UPDATE



On October 5, 2020, Santa Clara County moved to Tier 3 (Orange) on the state's new COVID19 framework.

For full info see: <https://www.sccgov.org/sites/covid19/Pages/public-health-orders.aspx>

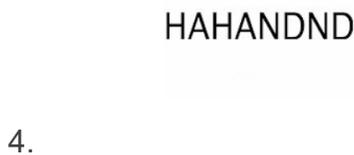
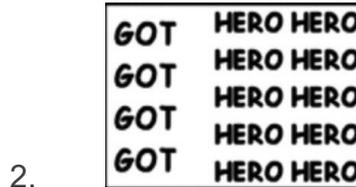
Changes include:

- Indoor worship services are allowed, limiting capacity to lesser of 25% of normal or 100 people.
- Indoor dining operations & wineries may operate, limiting capacity to lesser of 25% or 100 people.
- Retail businesses & libraries no longer have a capacity limit.
- Gyms and fitness centers may now operate indoors, but limit capacity to 25% of normal.
- Museums and zoos may operate indoors, but limit capacity to 50% of normal.

The County Health Officer urges residents of Santa Clara County to continue taking precautions, including staying home when possible, minimizing interaction with people outside one's household, and carrying out activities outdoors as much as possible.

Brain Exercise

A. Rebus Puzzles – Can you figure out the expressions?
(excuse us, some may be repeats from previous issues!)



B. Riddle

- A is the brother of B.
- B is the brother of C.
- C is the father of D.
- How is D related to A?

Answers to Issue #10

A. Rebus Puzzle – left to right, top to bottom
 Banana split, Lazy afternoon, Crossroads, Incomplete pass, Jack in the box, Double cross, Excuse me, Tuna fish, Long time no see, You're under arrest, Big deal, Scrambled eggs, Circles under the eyes, Foreclose, Six feet underground

B. Missing Number = **35**. The top two digits are squared and then added together. You then add the bottom two digits and subtract them from the sum of the top two squared digits to get the number in the box.