

# JFS@CHAI HOUSE

## STAYING CONNECTED



Issue 8 August 3, 2020

### Summer Greetings

We hope you are staying well.

We are all spending more time at home, and that can be both positive and negative.

Are you tackling cleaning & organizing projects you didn't have time for before? Some of us may be reducing clutter, while others are accumulating more!

JFS@Chai House staff is here for you, so please let us know how we can support.

The JFS@Chai House Staff

## MANAGING HOARDING TENDENCIES

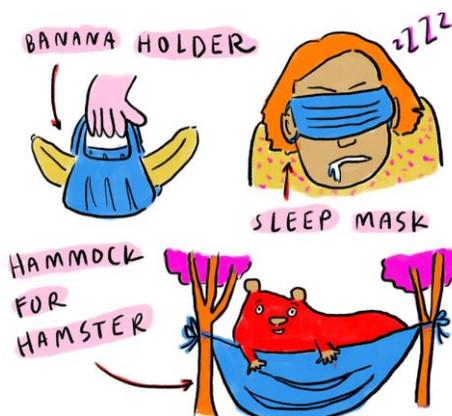
Up to 5 percent of the world's population displays clinical hoarding behavior. If you think you have a real hoarding problem, reach out to a qualified therapist for help.

**The behavior usually has harmful effects**—emotional, physical, social, financial, and even legal—for the person suffering from the disorder and family members. For individuals who hoard, the quantity of their collected items sets them apart from people with normal collecting behaviors. They accumulate a large number of possessions that often fill up or clutter active living areas of the home or workplace to the extent that their intended use is no longer possible.

**Symptoms** of the disorder cause significant distress or impairment in social, occupational, or other important areas of functioning including maintaining an environment for self and/or others. While some people who hoard may not be particularly distressed by their behavior, their behavior can be distressing to other people, such as family members.

### These are some tips to help people with hoarding tendencies.

1. **Don't** go through your home and throw everything into the dumpster at once. This may lead to strong feelings of regret and anxiety; rather, go through one small space or collection each week.
2. **Take the time** to make a decision about an item in the present so you don't have to handle it, again and again, each time you decide to get organized.
3. **If you've kept collections**, choose to save one to two items and toss the rest. A great tip: try framing or displaying one item from a collection so it's special, and then, donate, or recycle the rest.
4. **If you cannot decide to toss or keep an item**, put it in a box for 6 months. If you don't open the box before then, you can let it go without regret. This is a great idea for people who collect items like magazines, travel toiletries, and newspaper clippings.



Alternative Uses for Face Masks  
M. Gharib - *The New Yorker*

Information from <https://www.thespruce.com/6-quick-tips-to-control-clutter-and-stop-hoarding-2648657>

Hope! What a wonderful word it is! Write it indelibly on your mind. H-O-P-E. It is a bright word, shining and scintillating and dynamic, forward looking, full of courage and optimism. With this word, let us begin tomorrow.

—NORMAN VINCENT PEALE



### **COVID19 UPDATE**



Santa Clara County remains on the California state watchlist. The following indoor activities/businesses are still closed:

- Gyms and fitness centers
- Worship services
- Personal services such as hair and nail salons, and massage therapy etc.
- Shopping malls

For full info see: <https://www.sccgov.org/sites/covid19/Pages/press-statement-07-13-2020-state-order.aspx>

We are encouraged to **stay home as much as possible** and **socially distance when outside of the home. Face coverings are required!**

### **COMMUNITY EVENT HIGHLIGHT - San Jose Jazz Live**

Join us on the first and third Thursday of each month (to Dec. 3, 2020) for the return of our Live From Home concert series, re-tooled with improved video and sound quality. You'll enjoy free, 1-hour streams from a variety of national and international artists, performing from homes, studios and venues from here to Buenos Aires! Stream on Facebook, YouTube, or Twitch

<https://sanjosejazz.org/filter/live-from-home/>

### **JFS EVENT HIGHLIGHTS**

**Thurs. 8/6 & 8/20, 2:30-3:30pm Zoom Conversation Box** with Hilla

Contact Caroline for Zoom connection instructions [carolineg@jfssv.org](mailto:carolineg@jfssv.org) or 408-947-7256

**Sun. 8/23, 3-4pm Zoom Bingo** with YA-LIVE

Contact Caroline for Zoom connection instructions [carolineg@jfssv.org](mailto:carolineg@jfssv.org) or 408-947-7256

### **JFS STAFF UPDATE**

As we are adapting to the COVID-19 reality, I have a personal update to share. Starting mid- August, I will be working from out of state. Fortunately, I am able to continue working remotely and it does not change my role. As we all learned this year, life can be unpredictable. The goal is to make the best out of a situation and to look for the positive in this uncertainty. I'm here, together with Sumi and Caroline, to support you. Please stay safe and let us know if you have any concerns or questions. Be well, Hilla

Would you like a **Phone Buddy**? JFS has friendly volunteers ready to talk to you! Sign up for a weekly call. Contact Sumi or Caroline for more information

## CONTACT US:



**Office Number**  
**408-947-7256**

**The Office Is Open!**  
**Mon – Tues - Wed 10am-4pm**  
**Friday 10am -3:30pm**

***Appointment Preferred***  
**Thurs by Appointment Only**

**Hilla**  
**301-969-8683**



**carolineg@jfssv.org**

**hillaf@jfssv.org**

**sumik@jfssv.org**

## RESOURCES & INFORMATION

### 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

### Resources Specifically for Seniors

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

### 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/>

**NEW!** Senior Planet Tech Help Hotline: 650-918-5570

### NEW! Is It True? Fact Check Your News

Many independent fact-checking sites analyze popular claims, quotes and factual assertions for their accuracy.

- PolitiFact.com • FactCheck.org • Snopes.com
- LeadStories.com • ScienceFeedback.com
- CheckYourFact.co • poynter.org/CoronavirusFactsAlliance
- washingtonpost.com/news/fact-checker

### NEW! Oasis Senior Advisors - Silicon Valley

Contact: Mike Scoggin 650-933-3336

\* Local experts in Independent and Assisted Living, Memory Care, the smaller Board-and-Care group homes, and even Affordable/Low-Income Housing.

\* Personalized and **completely free service for our clients.** (We're compensated by the communities with referral fees.)

\* We meet face-to-face with the senior and their family to fully understand the care, lifestyle, budget, and timing needs.

### Beware of Scams Related to The Coronavirus

\* Scams offering COVID-19 vaccine, cure, air filters, testing \* Fake coronavirus-related charity scams

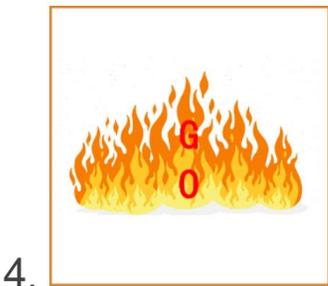
\* Scams targeting your Social Security benefits \* **The best defense is to say "No"**

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



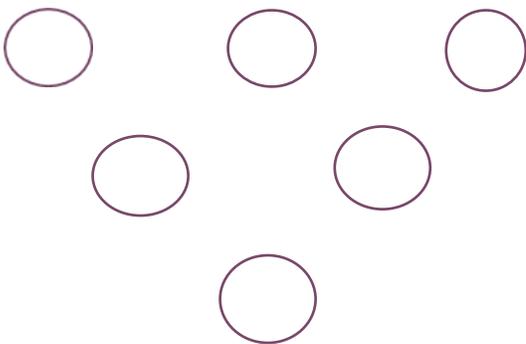
## Brain Exercise

A. Rebus Puzzles – Can you figure out the expressions?



B. Magic Triangle

You have six numbers: 3, 5, 7, 9, 11 and 13. You must place them in the triangle in such a way that the three numbers on each side add up to 25.



### Answers to Issue #7

A. Rebus Puzzle

7. Tulips    8. Better safe than sorry    9. Jumbo jet    10. Black eyed peas    11. Minimize  
12. Decide

B. Bookkeeper

C. 16