

# JFS@CHAI HOUSE

## STAYING CONNECTED



Issue 10 September 24, 2020

### Greetings

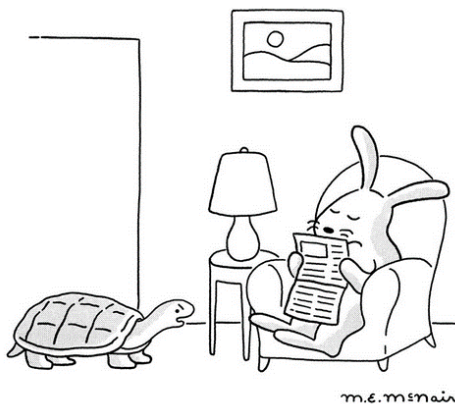
COVID19, wildfires & toxic smoke. 2020 continues to be a year of challenges.

We may have to adjust to a new normal going forward, but better days are most certainly up ahead!

We are here for you through these trying times, so please reach out to us.

For those celebrating the Jewish New Year, may you be inscribed for a good year 5781.

Fondly,  
The JFS@Chai House Staff



*"You know that if we're late they're going to blame me."*

### HANDLING FIRE EMERGENCIES

Knowing what to do in a fire emergency can make a big difference. If there is a fire in your home, you have a very limited time to get out, so being prepared ahead of time is critical.

The USFA (US Fire Administration) recommends the following:

- If you use a wheelchair or a cane, make sure you can get to it easily and get out quickly.
- Keep eyeglasses, hearing aids, keys and a phone within reach next to your bed.
- Remove any items that may block your way out of the room or your home.
- Discuss your fire escape plan with family and neighbors.
- Contact your building manager or fire department to discuss your plan if you need extra help getting out.
- Practice your home fire escape drill twice a year.
- If you or someone in your home suffers from hearing loss, consider installing smoke alarms with flashing lights or vibrating signals.

★ To decrease your risk from wildfire smoke, Check air quality reports and keep indoor air as clean as possible if you are advised to stay indoors.

### New Beginnings

*by Gertrude B. McClain*

It's only the beginning now  
...a pathway yet unknown  
At times the sound of other steps  
...sometimes we walk alone

The best beginnings of our lives  
May sometimes end in sorrow,  
But even on our darkest days  
...the sun will shine tomorrow.

So we must do our very best  
Whatever life may bring,  
And look beyond the winter chill  
...to smell the breath of spring.

Into each life will always come  
A time to start anew,  
A new beginning for each heart  
...as fresh as morning dew.

Although the cares of life are great  
And hands are bowed so low,  
The storms of life will leave behind  
...the wonder of a rainbow.

The years will never take away  
Our chance to start anew,  
It's only the beginning now  
So dreams can still come true.



### **JFS EVENT HIGHLIGHTS**

**Thurs. 10/1 & 10/15, 2:00-2:45pm** Zoom Conversation Box with Hilla

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

**Sunday, 10/18, 3pm** Zoom Bingo with YA-LIVE *Have fun! Socialize!  
Win Prizes!* Contact Caroline for more info or Zoom connection instructions  
carolineg@jfssv.org or 408-947-7256



**JFS@Chai House Website** [jfsatchaihouse.wordpress.com](http://jfsatchaihouse.wordpress.com)

Visit & Let Us Know What You Think!

### **SJSU NURSE MANAGED CLINIC NEWS**

Free flu vaccines beginning Wednesday, October 7, 10:30-Noon & every Wednesday until supply of 50 vaccines run out

## CONTACT US:



**Office Number**  
**408-947-7256 for Sumi**  
**or Caroline**

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

**Hilla, clinical social worker**  
**301-969-8683**



**carolineg@jfssv.org**

**hillaf@jfssv.org**

**sumik@jfssv.org**

## 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

### What is Voter's Edge California – by League of Women Voters of California Education Fund & Maplight

Get the facts before you vote on November 3, 2020 using our **unbiased** online voter guide, [VotersEdge.org/ca](https://VotersEdge.org/ca)

### Information about Ballot Measures

<https://cavotes.org/vote/elections/ballot-measures>

## EXERCISE YOUR RIGHTS - REGISTER TO VOTE!

*Voter Registration Deadline Is 15 Days Before Election Day*

\* Register Online: <https://registertovote.ca.gov/>

\* Paper registration forms are available at the Registrar of Voters Office & U.S. Post Offices. Signed & completed forms must be returned in person or by mail.

Visit the JFS@Chai House office if you'd like assistance.



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

## COVID19 UPDATE



On September 8, 2020, Santa Clara County moved to Tier 2 (Red) on the state's new COVID19 framework.

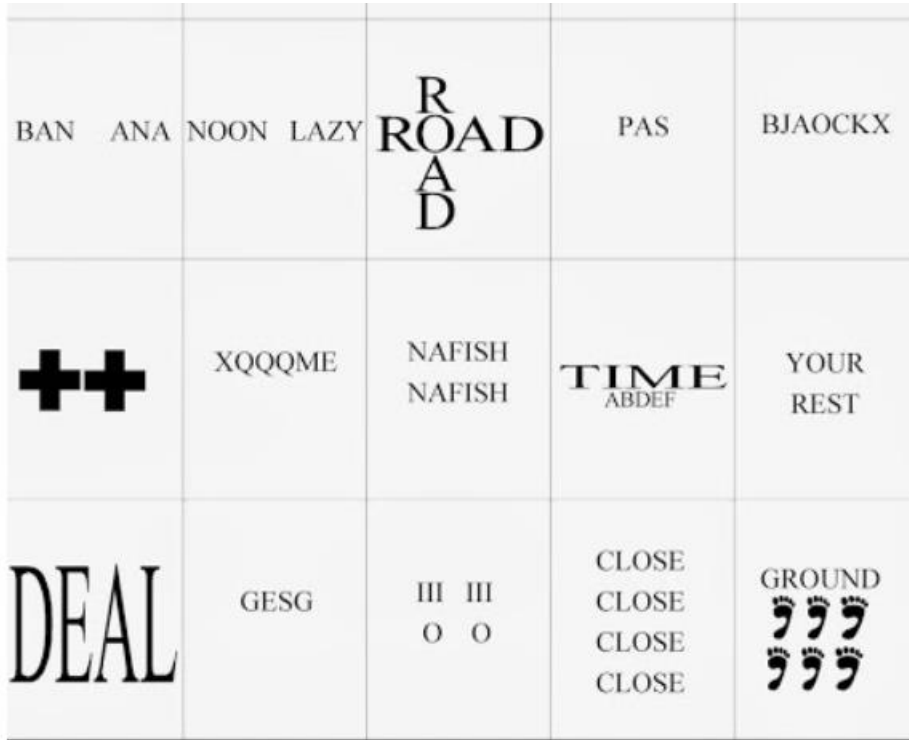
For full info see: <https://www.sccgov.org/sites/covid19/Pages/public-health-orders.aspx>

### **Changes include:**

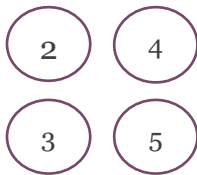
- All personal care service businesses may now operate indoors, except for specific services – like facials and makeup application.
- Indoor shopping malls may increase capacity limit from 25% to 50% of normal capacity. Common areas closed
- Retail businesses & libraries may increase capacity limit from 25% to 50% of normal capacity.
- Gyms and fitness centers may now operate indoors, but limit capacity to 10% of normal.
- Museums and zoos may operate indoors, but limit capacity to 25% of normal.

## Brain Exercise

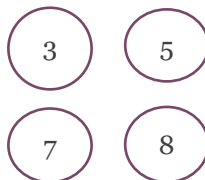
A. Rebus Puzzles – Can you figure out the expressions?  
*(excuse us, some may be repeats from previous issues!)*



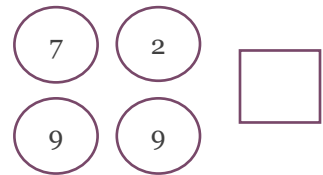
B. Missing Numbers – What number is next?



12



19



### Answers to Issue #8

A. Rebus Puzzle – left to right, top to bottom  
 Man overboard, I understand, Reading between the lines, Mind over matter, Backward glance  
 Touchdown, Life after death, Going on a diet, Split level, Tricycle

B. Missing Number = 45. Each number is simply its position on the grid defined by row and column. Ex: 32 is column 3, row 2.