

JFS@CHAI HOUSE

STAYING CONNECTED



Issue 18 June 2, 2021

Almost Summer Greetings!

We hope this newsletter issue finds you well and healthy as can be.

We've all noticed the difference in the last month as restrictions on our daily interactions and routines have lifted. Life is opening up!

We wish you all joyful moments as you begin to reconnect with your family and friends, and welcome comforting and safe touch!

Fondly,

The JFS@Chai House Staff

MANAGING CHANGE

The upcoming weeks will be bringing **more** changes to how we can safely interact in a more social and face to face manner. As restrictions in the county begin to ease and infection rates of Covid-19 decrease, we will be navigating back into social engagements. For some, this is a long-awaited celebration and for others, it may bring about some anxiety. Some folks may feel in the middle. However you are feeling is ok and valid. It has been an extremely hard time maneuvering within this pandemic and **being gentle with your own process is key.**

This pandemic has brought about a lot of changes with how we have been able to interact with our loved ones, with friends and neighbors, as well as with ourselves. Close physical interactions ceased all together for many people and socialization went from being with others in person to only talking on the phone or over a computer screen. Social interaction has shown to greatly improve one's health and outlook. Having connections to others and seeing folks in person, can alleviate feelings of loneliness, hopelessness, and sadness. When we cannot be around others and utilize touch, it can sometimes lead to negative health outcomes.

Science calls this 'touch deprivation' and during the pandemic, research saw a direct connection between lack of touch and higher rates of stress, anxiety, and other forms of physiological effects. Positive and consensual touch from others is one way we can express ourselves and is a crucial part of human interaction and communication-from a warm embrace, a pat on the shoulder, a high-five-we can connect and engage with those around us. When we experience a comforting hug or friendly touch, a hormone known as oxytocin gets released in our brains. This hormone can help us to feel more positive and strengthen emotional bonds and social connections with others. It also can decrease feelings of anxiety and fear.

As you begin to explore more outside your home and engage with others, please remember to continue to stay safe. Some may welcome a hug or closer physical proximity and others may feel more comfortable with staying 6 feet apart. It is important to keep in mind that we are not 100% out of the pandemic and that we must remain mindful and respectful of others' boundaries as well as our own.

- Fern Adamkowski



Do not be afraid – we are fully vaccinated! – Tim Hamilton *The New Yorker*



JFS@CHAI HOUSE JUNE EVENTS

Groups w/ Rabbi Barney – Now in Person!

Thursday, June 10 & 24, 2pm
Bereavement Support Group
New session beginning June 10!

Thursday, June 17, 2pm
Come Up for Air Support Group
New members welcome!

Thursday, June 10, 17 & 24, 11am-2pm
“Office Hours” with Rabbi Barney
Stop by to talk to him

Exercise with JCC Instructors!

Tuesday, June 15, 22, 29, 11am
Chair Yoga with Janine
Patio

Thursday, June 3, 10, 17, 24, 10:30am
Zumba with Dora
Via Zoom

Look for Our Flyers for Details & To See Other Events



COVID19 UPDATE

June 15 is the date set for California to fully open up its economy. We’re still learning what exactly that will mean for us in Santa Clara County. Generally speaking, however, most restrictions will be lifted for fully vaccinated individuals.

Vaccine Verification / Negative Testing	Required for Indoor mega events Recommended for Outdoor mega events
Capacity Limitations	No restrictions
Physical Distancing	No restrictions for attendees, customers and guests
Masking	Follow current CDPH Guidance for Face Coverings
Travelers	Follow CDC recommendations and CDPH Travel Advisory

- **MASKS:** Fully vaccinated people by **June 15** are expected to **no longer need** to wear masks in almost all settings, according to **expected** state rules, although they will still need to wear masks in airports, airplanes, buses, trains and transit stations. Currently, people who are fully vaccinated are still required by the state to wear masks in most indoor public settings and only in outdoor settings that are crowded, such as at live performances, parades, fairs, festivals, sports events or other similar settings.

- **MASKS:** Unvaccinated or partially vaccinated people will **still** be required to wear masks in almost all settings outside the home where they're in close contact with other people. One [exception](#) includes if only members of one unvaccinated household are present and are attending a small outdoor or indoor gathering where everyone else is vaccinated.

[MEAL RESOURCES](#)



HEALTHTrust

MEALS ON WHEELS – Hot Meals

To apply for Meals on Wheels, you must be a resident of Santa Clara County who is homebound and has difficulty getting your own meals due to a medical condition or isolation. You, a family member, or a professional caregiver may apply by calling the Meals on Wheels office at 408.961.9870 or toll-free at 800.505.3367.

Although there is no charge for this service for qualified applicants, we do request that those who can afford it contribute to the cost of the meals, which is \$10 per day. Grants and other funding is available for low-income seniors.



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

GREAT PLATES DELIVERED

The Great Plates Delivered Restaurant Meal program partners with local minority-owned restaurants **to help older adults, 65 years and up, in Santa Clara County gain access to meal delivery services.**

Our Nutrition Coordinators enroll eligible Santa Clara County seniors and adults at high risk from COVID-19 into Great Plates Delivered. Initial eligibility and intake are completed over the phone and **is free to all eligible Santa Clara County residents**, excluding Los Gatos. Eligible participants will receive 2 low-sodium meals a day, 5 times a week.

For more information, call (408) 350-3230, select option 1, or complete the online eligibility & intake form.

CONTACT US:

Mon-Thurs 10:00am-5pm

Fri 10am-3:30pm

Appointment Recommended

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Brain Exercise

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

1. important=important

2. U R YY 4 me

3. DOX DOX

4.



5.



6. NIPS

7. A4ID

8. GRAVITY

B. Brain Teaser

Find words to fit the clues; all the words end in the same three letters. What are the words?

— — — — — — — — **A PLATFORM**

— — — — — — — — **LACK OF VARIETY**

— — — — — — — — **ILL FEELING**

Answers to Issue #17

- A. Rebus Puzzles 1. Stand up and be counted 2. Back to square one 3. Highjacking
4. Nothing good on TV 5. Tennis shoes 6. Scatterbrain

- B. Lucy Gray has a yellow purse. Hillary Yellow has a red purse, and Jane Red has a gray purse. Lucy Gray couldn't have a gray or red purse. Therefore she has a yellow purse.