

# JFS@CHAI HOUSE STAYING CONNECTED



Issue 3 April 24, 2020

## GREETINGS

We are entering the sixth week of sheltering in place, and it seems as though we'll continue this for some time longer, through May. Hope you are staying safe and well.

This crisis is offering an opportunity to learn new technology to keep in touch.

On Thursday, May 7<sup>th</sup> at 3pm, we invite you to our Webex gathering! We'll be reaching out to help you connect and join us!

Fondly,

The JFS@Chai House staff

## HOW BAD TIMES BRING OUT THE BEST IN PEOPLE:

It's easy to look around and see how the Covid-19 crisis has brought out the worst in some people — from hoarding thousands of bottles of hand sanitizer to crowding bars and restaurants despite public-health guidelines. But such irresponsible behavior, I believe, is more the exception than the rule. Time and again, individuals and communities have demonstrated that the worst situations tend to bring out the best in people and the organizations to which they belong. In every moment of darkness, it seems, there are countless moments of light — small gestures of compassion and connection that allow people to show who they are, how they want to live, and what matters to them.

Acts of kindness are also good for the people who do them — and the more tangible the act, the better. Academics who study “prosocial” behavior (as opposed to “antisocial” behavior) often note the power of “helper’s high,” or what is less charitably called “impure altruism.” The satisfaction that comes from doing things for others benefits us as well. “It’s hard to do something truly altruistic,” argues University of Houston professor Melanie Rudd, “because we always feel good about ourselves after we’ve performed that act of kindness.”

The writer, Rebecca Solnit, wrote in her book, *A Paradise Built in Hell*, “The history of disaster demonstrates that most of us are social animals, hungry for connection, as well as for purpose and meaning.” A truly dire situation, as tragic as it is, “drags us into emergencies that require we act, and act altruistically,



bravely, and with initiative in order to survive or save our neighbors, no matter how we vote or what we do for a living.”

During the course of her research, Solnit analyzed the work of Charles E. Fritz, a giant of modern disaster studies, a field that emerged after World War II, and she was amazed by his views. Fritz’s most “radical premise,” she explained, “is that everyday life is already a disaster of sorts, one from which actual disaster liberates us,” since it gives each of us the chance to express the best in ourselves. The “merging of individual and societal needs” during a disaster, Fritz argued, “provides a feeling of belonging and a sense of unity rarely achieved under normal circumstances.”

So don’t be afraid to let bad times bring out the best in you.

This article is taken from : [https://hbr.org/2020/03/how-bad-times-bring-out-the-best-in-people?referral=03759&cm\\_vc=rr\\_item\\_page.bottom](https://hbr.org/2020/03/how-bad-times-bring-out-the-best-in-people?referral=03759&cm_vc=rr_item_page.bottom)



We know this is a challenging time for many - but the 2020 Census is still happening and it's imperative you participate. Our government uses census data to decide how to allocate \$1.5 trillion dollars in funding. When you respond to the census, you help your community get its fair share of that \$1.5 trillion to fund education, roads, health care, social services and housing.

Get it done early - respond online <https://2020census.gov/> or by phone. For more information, please contact Caroline Golpashin: [carolineg@jfssv.org](mailto:carolineg@jfssv.org) 408-947-7256

---

## NEWS YOU CAN USE

### **Supplemental Security Income Recipients Will Receive Automatic COVID-19 Economic Impact Payments**

The Social Security Administration announced that Supplemental Security Income (SSI) recipients will receive automatic Economic Impact Payments directly from the Treasury Department. Treasury anticipates these automatic payments **no later than early May**.

**SSI recipients** with no qualifying children **do not need to take any action** in order to receive their \$1,200 economic impact payment. **The payments will be automatic.**

The Treasury Department, not the Social Security Administration, will make these automatic payments to beneficiaries. Recipients will generally receive the automatic payments just as they would normally receive their SSI or Social Security benefits. Eligibility requirements and other info about the payments can be found at: [www.irs.gov/coronavirus/economic-impact-payment-information-center](http://www.irs.gov/coronavirus/economic-impact-payment-information-center). In addition, please continue to visit the IRS at [www.irs.gov/coronavirus](http://www.irs.gov/coronavirus) for the latest information.

## CONTACT US:



**Office Number**  
**408-947-7256**  
to reach Sumi & Caroline

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



**carolineg@jfssv.org**

**hillaf@jfssv.org**

**sumik@jfssv.org**

**Second Harvest Food Bank Home Deliveries Hotline** 1-800-984-3663

### **Imperfect Foods**

[www.imperfectfoods.com](http://www.imperfectfoods.com) Weekly & Bi-weekly grocery delivery \$4.99-\$5.99 delivery fee.

### **Farmhouse Chick**

[www.sixfoothug.com](http://www.sixfoothug.com) Grocery deliveries from small woman-owned food business. \$8 delivery fee.

## **Emergency CalFresh Food Benefits**

Emergency CalFresh Food benefits for March and April will be increased to the maximum benefit amount. Benefits will be automatically put on your EBT card on April 12 and May, 10, 2020. Max for 1 = \$194. Max for household of 2 = \$355.

Apply for CalFresh at [www.GetCalFresh.org](http://www.GetCalFresh.org)

Visit [www.MyBenefitsCalWIN.org](http://www.MyBenefitsCalWIN.org) to get medical, food and cash assistance now. Visit the site to see what benefits you are eligible for.

## **RESOURCES & INFORMATION:**

### **Stores Offering Delivery**

**Lucky:** [www.luckysupermarkets.com/home-delivery](http://www.luckysupermarkets.com/home-delivery) Uses Instacart

**Safeway:** [www.delivery.safeway.com](http://www.delivery.safeway.com) Order waitlist up to 8-9 days. Check for delivery slot cancellations. Uses Instacart

**Smart & Final:** [www.smartandfinal.com/same-day-delivery](http://www.smartandfinal.com/same-day-delivery) Uses Instacart

**Costco:** Same day & 2 day  
[www.costco.com/my-life-costco-grocery-online-delivery.html](http://www.costco.com/my-life-costco-grocery-online-delivery.html) Uses Instacart

**Target:** [www.target.com/c/same-day-delivery/-/N-bswkz?lnk=Getgroceriesess](http://www.target.com/c/same-day-delivery/-/N-bswkz?lnk=Getgroceriesess)  
Uses Shipt



Call **Cyber Seniors**  
1-844-217-3057

Trained volunteers are standing by to answer their tech questions and to help them sign up for online training sessions.

Tech savvy seniors can also:

- register online for a group session or one-on-one tech-support by visiting our website at [www.cyberseniors.org](http://www.cyberseniors.org)



Would you like a weekly call from a Phone Buddy? JFS has volunteers ready to talk to you! Contact us if interested

## Brain Teasers

1. A bottle costs a dollar more than a cork. Together they cost 110 cents. How much does the cork cost?
2. There are six glasses in a row. The first three are full of wine. The last three are empty. By moving only one glass, how can you set them up so that the full and empty glasses are lined up alternately?



3. The following equations have had their numbers jumbled. Rearrange them so they make sense. Mathematical signs remain where they are.

$$(5 \times 3) + 1 = 21$$

$$(2 \times 4) + 1 = 34$$

$$(6 \times 31) + 9 = 54$$

4. What's next in this series?

O, T, T, F, F, S, S, E, N, T, E, T, T, F, F, ?

### Answers to Brain Teasers Issue #2

1. Twelve kids. Six had juice and cake, leaving two out of the cake eaters that didn't have juice. As there were ten juicers, there must be twelve kids in total.
2. 6,457 The last digit is moved to the front to make the next number.
3.
  - A. Snake - the rest are mammals
  - B. Orange - it's the only fruit
  - C. Smile - the rest are senses
  - D. Train - it's the only one that travels on rails
  - E. Bat - it's the only non-feathered flyer in the group
  - F. Handbag - the rest are all worn rather than carried
  - G. Steel - the others occur naturally, but steel must be made
  - H. Sieve - the only one that can't hold any liquid
  - I. Dolphin - the only mammal
  - J. Tomato - it is in fact the only fruit in the list
4. Jack is 14