

JFS@CHAI HOUSE

STAYING CONNECTED



Issue 16 March 31, 2021

Welcome Spring!

It's the time of blossoms, renewal, and new beginnings.

More of the community is getting vaccinated now, and we see people venturing out and resuming some social activities. Let's enjoy but also continue to be safe as COVID19 is still around us.

We are a resilient community and together we will continue to move forward through any hardship and uncertainty. We're here for you!
Fondly,
The JFS@Chai House Staff



"Use thy core" - David Sipress,
The New Yorker

FINDING JOY IN THE LITTLE MOMENTS

"Joy blooms where minds and hearts are open." -Jonathan Lockwood Huie

There is no doubt that this past year has been extremely hard. The pandemic has caused isolation from our loved ones, loss, and loneliness for many of us. When hardship strikes, it can sometimes be difficult to focus on what is going right in our lives. Sometimes though, when we slow things down, take deep breaths, and refocus, we can find little moments of joy hiding within the hardship. These little moments can provide sturdy stepping stones into more secure and certain moments.

Feeling joy can open our hearts and our minds to possibility. Joy can help us remember who we are. Joy can lead us on a path to creating our own happiness. What are some little moments that can bring you joy in your life?

Read below for some inspiration:

1. **Nourish Your Body:** cook or bake something that reminds you of happy times. Perhaps it's a meal that your family loves to make, or a baked good that reminds you of a comforting memory.
2. **Create Connections:** write a letter to a friend or call someone you have been thinking about to catch up. Even if we can't see people face to face yet, hearing a familiar voice can be comforting and remind us we are not alone.
3. **Brighten Your Space:** put flowers and/or plants in your home to invite vitality and cleaner air into your space. Fake flowers and plants work too!
4. **Move Your Body:** moving our bodies isn't always easy, and there are many ways we can invite more movement into our lives. If you're sitting in a chair-raise your arms up high and imagine you are reaching for brilliant blue skies. If you're standing, move your body from side to side as if you were flowing through water. Move however feels right to you.
5. **Put On Your Favorite Record/Album:** what music speaks to your soul? Is it a long jazz number? Soft piano? An epic electric guitar solo? A classic love ballad or song from your childhood? Put it on and feel that music vibrate within

you...maybe sing along or even dance a little.

6. **Get Creative:** try something new! Or something you love but maybe haven't practiced in a while. Watercolor paints, knitting, bead work, and writing can be ways to engage with your own personal creativity. Everyone is an artist in their own way.
7. **Go Outside And Observe Your Environment:** sometimes we can get lost in our thoughts and worries. It can be a helpful practice to quiet our minds and observe what is happening around us in the present moment. Go outside and notice: are there birds singing to each other? Any squirrels running around? Do you smell the scents of spring flowers? Feel the warm sun on your skin? These small moments are important too. Breathe deeply when you feel your joy.
8. **Read A Favorite Book:** connecting to stories can be a wonderful way to invite joy into your life. A good story can evoke feelings of happiness, wonder, and adventure. Is there a book you've been wanting to read? A story worth exploring?
9. **Watch Your Favorite Movie:** when you think about a movie that made you laugh or a movie that you've enjoyed the most, what comes to mind? Comfort can be found in those familiar moments.
10. **Focus On Your Gifts:** make a list of the achievements you have accomplished over the years: starting a family, meeting great friends, successes in work and creative projects, as well as making it this far. If you're finding it difficult to think of your gifts, ask a trusted friend! Everyone has gifts to honor and explore.

However you find your little moments of joy, may they be plentiful and illuminating!



[JFS@CHAI HOUSE APRIL EVENTS](#)

Wednesday, April 7, 2:30pm via Zoom
Emergency Preparedness Presentation by Sourcewise

New Groups w/ Barney & Fern!

Check flyers for details

Thursday, April 8, 22 & 29, 2pm via Zoom
Wise Aging

Tuesday, April 13 & 27, 2pm via Zoom
Bereavement Support Group

Tuesday, April 20, 2pm via Zoom
Come Up for Air Support Group

★ [VISIT OUR JFS@Chai House Website](#) ★ jfsatchaihouse.wordpress.com ★

We Love Our Community * Please Continue To Do Your Part
 To Keep Yourself & Others Safe!

Wear A Mask * Social Distance * Wash Hands Frequently * Avoid
 Crowds * Get Your COVID19 Vaccine If And When You Can



COVID19 VACCINE UPDATE

Beginning 04/01/21, Santa Clara County, will **extend** vaccine eligibility to county residents and workers **age 50 and over**. On 04/15/21 those age 16 and over will be eligible. This is in addition to workers in education & childcare, food & agriculture, emergency services, healthcare personnel & long-term care facility residents.

Visit: <https://www.sccgov.org/sites/covid19/pages/covid19-vaccine-information-for-public.aspx>
You'll find links to multiple healthcare systems' scheduling sites. Information is updated regularly so keep checking back. Vaccine supply continues to be limited. Persistence & patience is required getting an appointment!

Contact Caroline or Sumi if you need help scheduling an appointment or need transportation assistance getting to your appointment.



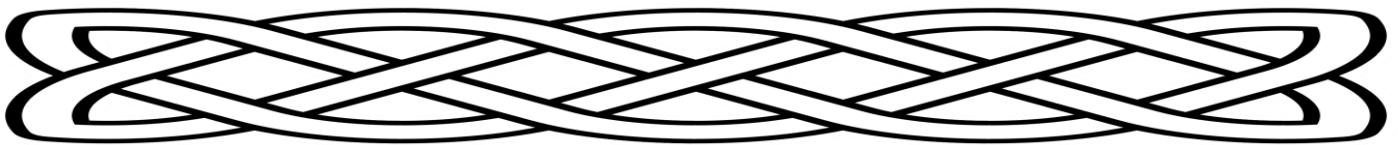
AFTER YOU'VE BEEN VACCINATED

The Centers for Disease Control & Prevention has issued guidelines for those who have been fully vaccinated. The COVID19 vaccines are effective at protecting you from getting sick, but we're still learning about the virus and how vaccines affect the spread of COVID19.

Continue to take precautions in public places (including the Chai House lobby area and hallways) & when gathering with unvaccinated people:

- * Wear a mask * Stay 6 feet apart from others * Avoid crowds & medium or large-sized gatherings *
- * Avoid poorly ventilated spaces * Continue to watch for COVID19 symptoms * Delay domestic & international travel as much as possible

If you've been fully vaccinated, you can gather in your homes with fully vaccinated people without wearing a mask. You can gather indoors with unvaccinated people from **one** other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.



CONTACT US: The JFS Office is open!

Mon-Thurs 11am-5pm Fri 11am-3:30pm

Appointment Recommended

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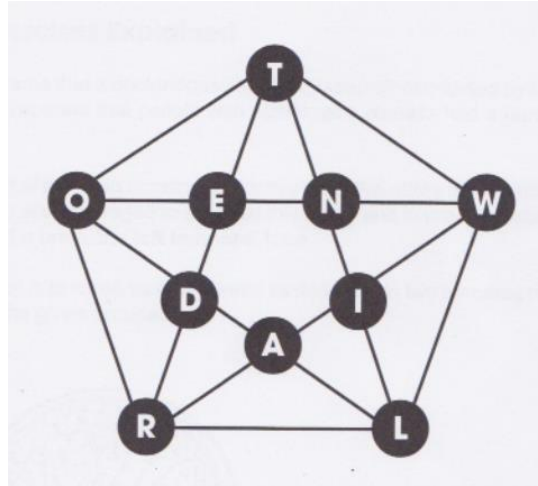
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Brain Exercise

- A. **Word Challenge** – *Something new this issue!* Start at any letter and move along connecting lines to form words. You can only use each letter once for each word. See how many three-, four-, five-, and six-letter words you can find!



Three-Letter Words

1. 9.
2. 10.
3. 11.
4. 12.
5. 13.
6. 14.
7. 15.
- 8.

Four-Letter Words

1. 8.
2. 9.
3. 10.
4. 11.
5. 12.
6. 13.
- 7.

Five-Letter Words

- 1.
- 2.
- 3.
- 4.

Six-Letter Words

1. 5.
2. 6.
3. 7.
- 4.

Answers to Issue #15

A. Rebus Puzzle

1. Elbow 2. Dominos 3. Three musketeers 4. Attitude adjustment 5. Keep up with the times
6. The middle of nowhere

B. Riddle: There are nine Mustards in the family. Since each daughter shares the same brother, there are six girls, one boy and Mrs. And Mr. Mustard.