

JFS@CHAI HOUSE STAYING CONNECTED



Issue 7 July 16, 2020

5 WAYS TO BOOST YOUR IMMUNE SYSTEM

Summer Greetings

We hope that you are staying well during this time of uncertainty and change. It can feel isolating, but hopefully you're finding ways to keep up with family and friends and maintain a sense of community.

We're here for you, so please let us know how we can support.

We'll be announcing some new & engaging events very soon! Stay tuned.

The JFS@Chai House Staff

Maintain A Healthy Diet: As with most things in your body, a healthy diet is key to a strong immune system. This means making sure you eat plenty of vegetables, fruits, legumes, whole grains, lean protein and healthy fats.

Exercise Regularly: Studies have shown that engaging in as little as 30 minutes of moderate-to-vigorous exercise every day helps stimulate your immune system. This means it's important to focus on staying active and getting regular exercise.

Hydrate, Hydrate, Hydrate: Water plays many important roles in your body, including supporting your immune system. A fluid in your circulatory system called lymph, which carries important infection-fighting immune cells around your body, is largely made up of water. Being dehydrated slows down the movement of lymph, sometimes leading to an impaired immune system.

Get Plenty of Sleep: Sleep certainly doesn't feel like an active process, but there are plenty of important activities happening in your body when you're not awake — even if you don't realize it. For instance, important infection-fighting molecules are created while you sleep.

Minimize Stress: Whether it comes on quick or builds over time, it's important to understand how stress affects your health — including the impact it has on your immune system. During a period of stress, particularly chronic stress that's frequent and long-lasting, your body responds by initiating a stress response. This stress response, in turn, suppresses your immune system — increasing your chance of infection or illness. Stress is different for everyone, and how we relieve it is, too. Given the effect it can have on your health, it's important to know how to identify stress. And, whether it's deep breathing, meditation, prayer or exercise, you should also get familiar with the activities that help you reduce stress



“New month, everybody! Who wants to turn the calendar page?”

J. Suits The New Yorker

<https://www.houstonmethodist.org/blog/articles/2020/mar/5-ways-to-boost-your-immune-system/>

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



There is a bright side to every story, but often, we're so busy looking for what we think we want that we miss it entirely . . . if we look long or deep enough, we can find a positive reason for any situation . . . the journey to health begins with discomfort, new love is born through a traumatic break-up. The bright side is always there. . . . —KAJAMA (TUESDAY, OCTOBER 29, 2002)

NEWS FOR YOU



The July 13 reopening of additional business & services in our county was partially suspended the same day by state order.

Indoor operations will be closed starting July 15th for:

- 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>

County residents are encouraged to **stay home as much as possible** and **socially distance when outside of the home**. **Face coverings are still required** for all residents except for children under two years old, those with medical conditions that would make wearing a face covering dangerous to their well-being, and individuals who are hearing impaired or communicating with someone who is hearing impaired.



Yes, the 2020 Census is still happening! Have you participated? Our government uses census data to decide how to allocate \$1.5 trillion dollars in funding. **Now more than ever**, our community needs our share to fund education, roads, health care, social services and housing! For more information, contact Caroline Golpashin: carolineg@jfssv.org 408-947-7256

CONTACT US:



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

Appointment Preferred
Thurs by Appointment Only

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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

Reminder: You can use your CalFresh Benefits Card for Online Grocery Purchases

You can purchase groceries online using your EBT card at both WalMart and Amazon.

More info: Amazon www.amazon.com/snap delivery charges apply

Walmart <https://www.walmart.com/ideas/discover-grocery-pickup-delivery/walmart-grocery-pickup-accepts-snap-ebt-payments/355540>

Order Online & Pick Up In Store

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/>

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/>

It's A Community Effort- Protect Yourself & Others!

* Wash your hands often * Avoid close contact * Cover coughs and sneezes

* Cover your mouth and nose with a cloth face cover when around others

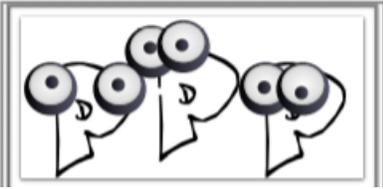
* Clean and disinfect frequently * Monitor your health daily



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

Brain Exercise

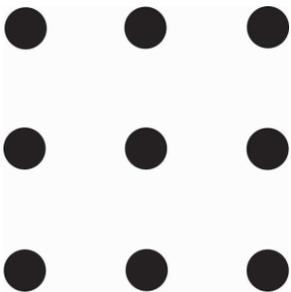
A. Rebus Puzzles

7. 
8. 
9. 
10. 
11. 
12. 

B. Quick Riddle

What English word has three consecutive double letters?

C. How many triangles of all possible sizes can you get from this square of dots?



Answers to Issue #5

A. Rebus Puzzle

1. Shadow of a doubt 2. Forgive and forget 3. Double date 4. Afternoon tea 5. Right between the eyes 6. Too funny for words

B. Your eyelashes!

C. At each bridge you are required to give half of your cakes, and you receive one back. Which leaves you with 2 cakes after every bridge.