RECOGNIZING ABUNDANCE

“Abundance is not something we acquire. It is something we tune into.” ~ Wayne Dyer

Fall is upon us and with it, a chill to the air as the days are getting shorter and the nights longer. This season can be a time to welcome in opportunities to reflect on balance within ourselves and with those around us. As we enter into November, a month that is known for gathering and sharing, we are also entering into yet another month of living in a pandemic. These times are trying and many people are exhausted. It begs the question, how might we invite abundance into our lives despite the hardship? Where might we locate connection to others while still remaining as safe as can be?

Perhaps it begins with an inward journey-noticing the small gifts around us and the ways in which we take care of ourselves. From preparing a comforting meal which nourishes and sustains us to taking a stroll around the block and noticing the leaves transforming from shades of green to vibrant hues of yellow, orange, and red. Maybe it’s taking the time to observe the ways in which gratitude shows up in memories of those we love and experiences in our lives thus far. We can use such moments as stepping-stones to continue the journey of growth and resilience.

By tuning in to what we can be grateful for in spite of hard and painful times, we can begin again to gather abundant energy. This energy can provide sustenance and connection to our resilience and powerful ability to adapt to adversity. And we are not doing this alone, we are with each other.

In the coming month, may you be blessed with bountiful moments and comforting celebration in ways that help you feel connected, witnessed, and balanced with yourself and with your loved ones.

- Fern Adamkowsk
**COVID19 UPDATE**

**Booster Shots:** now available in Santa Clara County for those who received their second dose of the Pfizer-BioNTech or Moderna COVID-19 vaccine at least six months ago and are eligible according to Centers for Disease Control (CDC) and U.S. Food and Drug Administration (FDA) guidelines. People who received the Johnson & Johnson COVID-19 vaccine at least two months ago and are 18 years of age or older are recommended to receive a booster shot.

**Booster shots offer additional security** for those who are at high risk for complications from COVID-19 due to age or pre-existing conditions. People 65 years and older, residents of long-term care facilities and those over 50 with an underlying medical condition are strongly encouraged to get a booster shot.

Per CDC guidelines, those age 18-49 with an underlying medical condition -- as well as those at risk of COVID-19 exposure because of occupational or institutional setting -- are also eligible and may want to consider a booster.

**Santa Clara County continues to require that everyone wear a mask indoors, regardless of vaccination status.** COVID-19 spreads easily through airborne droplets and masks are effective in preventing spread. Outdoor activities are safer than indoor.

**Santa Clara County has a free In-Home COVID-19 Vaccination Program** for individuals who are unable to leave their homes. You are considered eligible if you generally cannot leave home because of a medical condition or disability AND when you leave home, it requires a considerable and taxing effort and assistance.

Individuals or their caregiver, healthcare provider, family member, or friend may submit a request here to begin the process.

Make a request **Online:** https://phdsccgov.sjc1.qualtrics.com/jfe/form/SV_0wHtA1EHJOAL8Ue
**By Phone:** 408-970-2818 or **Email:** CovidVaxHome@phd.sccgov.org.

And don’t forget to get your Flu Shot to fully protect yourself and your community this winter season, especially with COVID-19 still circulating in our county.

**BENEFITS NEWS FOR YOU**

**Information from the Social Security Administration about your 2022 benefits increase:** Approximately 70 million Americans will see a 5.9% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2022. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor’s Consumer Price Index (CPI-W).

Retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees will receive COLA (cost of living adjustment) notices throughout the month of December. **If you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your my Social Security account.** You can access this information in early December prior to the mailed notice.
Brain Exercise

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

1. Come Table Table Table Table
2. Pot OOOOOOOO
3. TOGETUCH

4. There There There There
5. _______________ range
6. SILOOKDE

7. THROUGH AND
8. suaddlt
9. talk
   jutory

2. Brain Teaser – Rhyming Pairs

Think of two-word rhymes that are described by the clues:
Example: noisy gathering of many people Answer: loud crowd

1. bathing reservoir below room temperature
2. single telecommunications device
3. slender fish appendage
4. big flat-bottomed vessel

Answers to Issue #19

A. Rebus Puzzles
   1. Round edges
   2. Reshuffle
   3. Horseback riding
   4. Summer
   5. Dancing in the rain
   6. Be inspired
   7. Row boats for sale
   8. Advice
   9. Somersault

B. Letter = o shout / noose / float / buoys / avoid / loots
RESOURCES FOR YOU

Tech Help By Phone

**Cyber-Seniors** 844-217-3057

**Senior Planet National Tech Hotline** 888-713-3495
Mon-Fri 6am-2pm (Pacific Daylight Time)

**Friendship Line California** Feeling lonely or isolated? Need someone to talk to? Call 1-888-670-1360. Friendship Line California is a free crisis intervention hotline and a warmline for non-emergency emotional support calls. Learn about Institute on Aging’s other programs for older adults and adults living with disabilities. [https://www.ioaging.org/](https://www.ioaging.org/) 415.750.4111 or 650.424.1411.

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**Jewish Family Services of Silicon Valley**
14855 Oka Road, Suite 202, Los Gatos, CA 95032

- **Fern, Older Adult Services Social Worker Counseling & Care Management**
  408-806-5940 fern@jfssv.org

- **Rabbi Barney, Coordinator of Community Wellbeing Pastoral Counseling**
  408-806-3586 barneyb@jfssv.org

- **Sumi, Older Adult Services Social Worker Care Management**
  408-806-6231 sumik@jfssv.org

- **Lucy, Older Adult Services Care Manager Holocaust Survivors Support**
  408-806-0452 lucyi@jfssv.org

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**We Are Here For You!**

Contact us for detailed information about our programs & services

Information & Referral Services

Support Groups

Individual & Family Counseling

Pastoral Counseling

Care Management