

JFS@CHAI HOUSE STAYING CONNECTED



Issue 6 June 25, 2020

GREETINGS

Summer is here and temperatures are climbing, so we want to remind you of the importance of drinking water and staying hydrated.

We're also at the start of our fiscal year and we're planning for the "new" year! We want to hear from you!

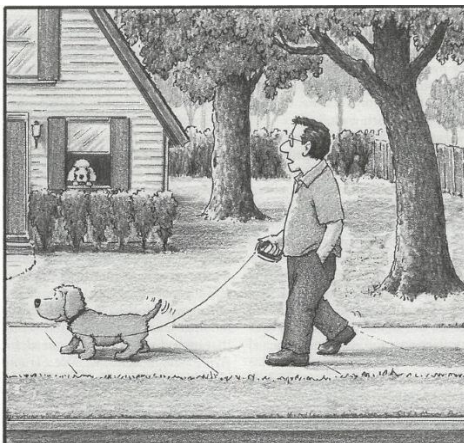
How are we doing? How can we serve you better? Something you'd like to see more of? Less of? Let us know!

The JFS@Chai House Staff

STAY HYDRATED:

Some facts about drinking water:

1. **It lubricates the joints**- Cartilage, found in joints and the disks of the spine, contains around 80 percent water. Long-term dehydration can reduce the joints' shock-absorbing ability, leading to joint pain.
2. **It forms saliva and mucus**- Saliva helps us digest our food and keeps the mouth, nose, and eyes moist.
3. **It delivers oxygen throughout the body**- Blood is more than 90 percent water, and blood carries oxygen to different parts of the body.
4. **It boosts skin health and beauty**- With dehydration, the skin can become more vulnerable to skin disorders and premature wrinkling.
5. **It cushions the brain, spinal cord, and other sensitive tissues**- Dehydration can affect brain structure and function. Prolonged dehydration can lead to problems with thinking and reasoning.
6. **It regulates body temperature**- Water that is stored in the middle layers of the skin comes to the skin's surface as sweat when the body heats up. As it evaporates, it cools the body.
7. **The digestive system depends on it**- The bowel needs water to work properly. Dehydration can lead to digestive problems, constipation, and an overly acidic stomach.
8. **It flushes body waste**- Water is needed in the processes of sweating and removal of urine and feces.
9. **It helps maintain blood pressure**- A lack of water can cause blood to become thicker, increasing blood pressure.
10. **It prevents kidney damage**- The kidneys regulate fluid in the body. Insufficient water can lead to kidney stones and other problems.
11. **Weight loss**- Water may also help with weight loss, if it is consumed instead of sweetened juices and sodas. "Preloading" with water before meals can help prevent overeating by creating a sense of fullness. Stay cool!



"She's looking right at you. Just act natural and ease up on the tail wag."

H. Bliss The New Yorker

Information was retrieved from :

<https://www.medicalnewstoday.com/articles/290814>

Help Yourself to Happiness *Helen Steiner Rice*

Everybody, everywhere seeks happiness, it's true,
But finding it and keeping it seem difficult to do.
Difficult because we think that happiness is found
Only in the places where wealth and fame abound.
And so we go on searching in palaces of pleasure
Seeking recognition and monetary treasure,
Unaware that happiness is just a state of mind
Within the reach of everyone who takes time to be kind.
For in making others happy we will be happy, too.
For the happiness you give away returns to shine on you.



JFS UPDATES

Our Office Is Open!

Monday, Tuesday, Wednesday, and Friday ★ *Appointment Preferred*

Office Open Thursday by appointment only



UPCOMING JFS EVENTS

Thursday, July 2 at 3pm – “Conversation Box” with Hilla and Caroline via Zoom.

We'll be emailing a Zoom invitation. Contact Caroline if you'd like to be added carolineg@jfssv.org

NEWS FOR YOU



An updated Shelter In Place order was issued effective June 5, 2020, allowing more business and activities to resume.

The order:

- Expands previously permitted business activity to include outdoor dining at restaurants and in-store shopping at retail locations;
- Permits all children to take part in childcare, summer camps, summer school, or other educational and recreational programs, so long as groups are limited to 12 or fewer;
- Allows outdoor gatherings of up to 25 people for religious services and cultural ceremonies;
- Allows outdoor recreational activities that do not involve physical contact, such as swimming, to resume; and
- Permits car-based gatherings, including drive-in theaters.



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:



Office Number
408-947-7256

The Office Is Open!
Mon – Tues - Wed – Fri
Appointment Preferred
Thurs by Appointment Only

Hilla
301-969-8683



carolineg@jfssv.org
hillaf@jfssv.org
sumik@jfssv.org

RESOURCES & INFORMATION

Need Groceries?

If you have difficulty getting groceries during the shelter in place, Sacred Heart will deliver to your door weekly. Contact Sofia for more information & to register
Office: 408-278-2164 / Mobile: 408-893-4957

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

City of San Jose COVID-19 Resources for Residents

<https://www.sanjoseca.gov/news-stories/news/virtual-local-assistance-center>

Resources Specifically for Seniors

<https://siliconvalleystrong.org/get-help/seniors/>

Free COVID-19 Testing in San José

Update (6/11/2020): The County of Santa Clara has opened a new FREE COVID-19 testing site in San José located at the County of Santa Clara Service Center Auditorium (1555 Berger Dr. Building #2, San Jose CA 95112). Testing at this site is available for free and does not require an appointment, insurance, or doctor's note. For more information on additional free COVID-19 testing, visit the [County's Free Testing website](#).

Face Coverings Now Required in San José

Update (6/8/2020): On Tuesday, June 2, 2020, the San José City Council [passed an ordinance](#) requiring members of the public to wear face coverings when outside of their homes including:

- Inside of any business (indoors or outdoors);
- Waiting in line to enter a business or retrieve items with curbside pickup;
- Engaging in essential infrastructure work;
- Obtaining healthcare services; and
- Waiting for or riding public transit.

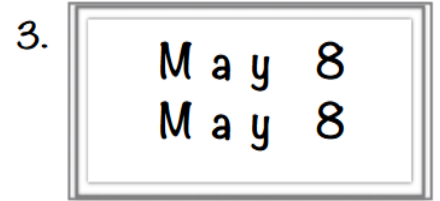
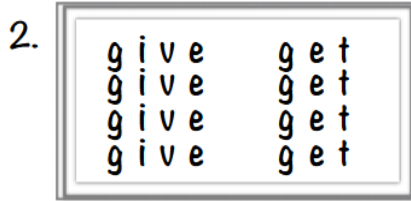
Exceptions include: exercising outdoors, like walking, hiking, bicycling, or running; children 6 years old or younger; anyone who has trouble breathing, is incapacitated, or otherwise unable to remove a face covering without assistance; anyone who has been advised by a medical professional not to wear a face covering; and any worker to the extent wearing a face covering creates a safety hazard at work under established health and safety guidelines.

Reduce Your Risk of Getting Sick!

* **Stay home if possible.** * **Wash your hands** often. * **Keep away** from people who are sick.
* **Take everyday precautions to keep space between yourself and others** (stay 6 feet away, which is about two arm lengths). * **Stock up on supplies.** * **Clean and disinfect** frequently touched services. * **Avoid all non-essential air travel** and cruise travel. * **Call your healthcare professional** if you have concerns about COVID-19 and your underlying condition or if you are sick.

Brain Exercise

A. Rebus Puzzles



6. *funny funny
words words
words words*

B. A Batter

I am used to bat with, yet I never get a hit.

I am near a ball, yet I am never thrown.

What am I?

C. You are on your way to visit your Grandma, who lives at the end of the valley. It's her birthday, and you want to give her the cakes you've made.

Between your house and her house, you have to cross 7 bridges, and as it goes in the land of make believe, there is a troll under every bridge! Each troll, quite rightly, insists that you pay a troll toll.

Before you can cross their bridge, you have to give them half of the cakes you are carrying, but as they are kind trolls, they each give you back a single cake.

How many cakes do you have to leave home with to make sure that you arrive at Grandma's with exactly 2 cakes?

Answers to Issue #5

1. Rebus Puzzle (Left to Right)

Broken promise / shrinking violets / pineapple upsidedown cake / back door / get a word in edgewise

Cross country / apple pie / six feet under / half baked / unfinished business

2. 60 miles per hour. The speed of the conductor is actually irrelevant – you only need to know the time elapsed and the distance traveled.