

JFS@CHAI HOUSE

STAYING CONNECTED



Issue 14 January 28, 2021

Greetings

2021 is here, and while it has not exactly gotten off to the most tranquil start, a new year always brings the hope and promise of renewal.

With the rollout of the COVID19 vaccines and our continued infection prevention efforts, we cherish the hope of all of us being able to gather in person and celebrate our wonderful community!

Let's continue to work toward that day.

Fondly,
The JFS@Chai House Staff



"Got anything else? I gave up carbs." -From Reader's Digest, Dan Misdea

IMPROVING BRAIN HEALTH

Still working on your new year's resolutions? How about adding improving your brain health to your list?

Dr. Sanjay Gupta, CNN chief medical correspondent, practicing neurosurgeon and associate professor of medicine at Emory University School of Medicine, says,

- **Learning A New Skill Improves Brain Health.**

"The act of experiencing something new — or even doing something that's typical for you, but in a different way — can all generate these new brain cells," says Gupta, "We want to constantly be using new paths and trails and roads within our brain."

The new skill can be simple, Gupta notes. If you're right handed, try eating with your left hand — or vice versa, if you are a lefty. If you wear a necktie, close your eyes and practice tying it in the dark. **No matter how old you are, it's never too late to develop new brain pathways**, Gupta says.

Your ability to process, understand and apply knowledge "can actually get sharper, can get better as you get older," he says.

Dr. Gupta's Other Tips for Brain Health:

- **Seven to Nine Hours of Sleep at Night Is Optimal**

When we sleep one we consolidate memories, You have to sleep well to remember well.

Another more recent finding about sleep is that there is a sort of rinse cycle that's happening when you sleep — a rinse cycle that allows certain neurotrophic factors to bathe the brain, but also to remove certain waste as well from the basic metabolic processes that are happening. ... So during sleep, it's really this

consolidation of memories, this removal of waste and this nourishing of the brain that takes place more efficiently than at any other time during the day.

- **Crossword Puzzles Are Good, But Not Most Helpful In Building A Shaper Brain**

Crossword puzzles and brain training exercises are helpful with keeping existing pathways in your brain that you use already strong. But Dr. Gupta says the best thing you can do is to do different things. For bigger payoff, get out of your comfort zone!

(from: <https://www.npr.org/sections/health-shots/2021/01/04/953188905/to-keep-sharp-this-year-keep-learning-advises-neurosurgeon-sanjay-gupta>)

2021 INAUGURAL POEM - Excerpt

The Hill We Climb - by Amanda Gorman

So let us leave behind a country
Better than the one we were left with
Every breath from my bronze-pounded chest,
We will raise this wounded world into a wondrous one
We will rise from the gold-limbed hills of the west,
we will rise from the windswept northeast
where our forefathers first realized revolution
We will rise from the lake-rimmed cities of the midwestern states,
we will rise from the sun-baked south
We will rebuild, reconcile, and recover
and every known nook of our nation and
every corner called our country,
our people diverse and beautiful will emerge,
battered and beautiful
When day comes we step out of the shade,
afire and unafraid
The new dawn blooms as we free it
For there is always light,
if only we're brave enough to see it.
If only we're brave enough to be it.

VISIT OUR JFS@Chai House Website jfsatchaihouse.wordpress.com

- Meet Your Neighbors! **Check Out Resident Spotlight on The Resident Corner page!**
- **Find Updated Information on The Nurse Managed Program!** The students are back and the clinic will be open starting Wednesday, February 10, 10:00AM to 12:00PM & 12:30-2:00PM. *Visit the website for details*



Please Complete Our Activity & Services Survey!

JFS PRESIDENT'S DAY OFFICE CLOSURE

Sumi and Caroline will be off Monday, February 15, 2021

CONTACT US:

The JFS@Chai House Office continues operating remotely

We are available for limited, in person appointments. Call or email us!

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On Jan. 25, 2021, Governor Newsom announced the lifting of the Regional Stay at Home Order statewide. Santa Clara County has moved back to the Purple Tier. * Outdoor dining may resume * Personal care services may resume indoors and outdoors. * Indoor gatherings remain prohibited. *While*

COVID-19 is still circulating in our community, the Health Officer strongly discourages any gathering together with people from other households.

For full info see: <https://www.sccgov.org/sites/covid19/Pages/public-health-orders-faq.aspx>

MUSIC STREAMED ONLINE FREE!

Classical Music & Opera: <https://www.classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus/>

Montreux Jazz Festival: 50 Festival concerts to stream for free
<https://www.montreuxjazzfestival.com/en/50-concerts-to-stream/>



It's A Community Effort * Please Do Your Part To Keep Yourself & Others Safe!

Wear A Mask * Social Distance * Wash Hands Frequently * Avoid Gathering in Groups

REMINDER: Both caregivers and residents should wear their masks when together!

COVID19 VACCINE UPDATE

As of 1/27/21, in Santa Clara County, county residents 65 and older with Stanford Healthcare & the County Health System (Valley Med) can now make an appointment for a COVID-19 vaccine! Kaiser and Palo Alto Medical Foundation are still restricting to 75 and older.

Visit: <https://www.sccgov.org/sites/covid19/pages/covid19-vaccine-information-for-public.aspx>

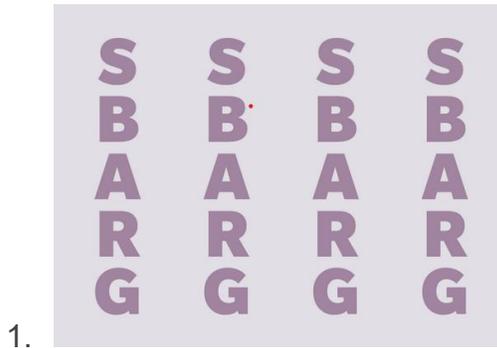
You'll find links to multiple healthcare systems' scheduling sites. Info is updated regularly so keep checking back.

Keep Up With Prevention Efforts!

While you wait for a vaccine — **and even after you get one** — **continue with prevention efforts** such as wearing a mask, social distancing, not gathering in groups, and frequently washing your hands. It's going to take a while, likely several months, to get a large enough percentage of the population vaccinated to slow the spread of the virus. And while the vaccines so far have proved effective at preventing illness from a coronavirus infection in clinical trial participants, it's unclear whether the vaccines can block transmission of the virus. (From <https://www.aarp.org/health/drugs-supplements/info-2020/covid-vaccine.html>)

Brain Exercise

A. Rebus Puzzles – Can you figure out the expressions?
(excuse us, some may be repeats from previous issues!)



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B. Riddle

A man is trapped in a room. The room has only two possible exits: two doors. Through the first door there is a room constructed from magnifying glass. The blazing hot sun instantly fries anything or anyone that enters. Through the second door there is a fire-breathing dragon. How does the man escape?

Answers to Issue #13

A. Rebus Puzzle

1. Metaphor 2. Safety in numbers 3. Trail mix 4. Head for cover 5. Go up in smoke 6. In between jobs

B. Riddle: Take the first letter of each word and place it at the end. It will spell the same word backwards.