

JFS@CHAI HOUSE STAYING CONNECTED



Issue 4 May 11, 2020

GREETINGS

This issue we'd like to share poetry with you. We hope you enjoy!

What effect do the poems have on you? Notice any thoughts, feelings, or sensations?

You are welcome to share any feedback with us. Looking forward to meeting with you all in person! Stay safe and healthy!

Fondly,

The JFS@Chai House staff

THE HEALING EFFECT OF WORDS:

The healing effect of words has long been recognized. As far back as 4000 BCE, early Egyptians wrote words on papyrus, dissolved them in liquid, and gave them to those who were ill as a form of medicine. In more recent history, reading and expressive writing were employed as supplementary treatments for those experiencing mental or emotional distress.

During this time, I encourage you to explore new ways for coping. Biblio/ Poetry therapy is a treatment that uses poems as a vehicle for expression of emotions that might otherwise be difficult to express. It also promotes self-reflection and exploration, increasing self-awareness and helping individuals make sense of their world. We are often drawn to a poem when we connect with the poet's feelings, either feeling the same as the poet or empathizing with him/her. It feels like a 2-way dialogue, where there is a sense of mutual understanding.

The Guest House *Jalaluddin Rumi*

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.

He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.



"Well I think you look good, and it was my first time giving a haircut, and maybe the video I watched was a little confusing."

Avi Steinberg The New Yorker

I Wandered Lonely as a Cloud *William Wordsworth*

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.



We know this is a challenging time for many - but the 2020 Census is still happening and it's imperative you participate. Our government uses census data to decide how to allocate \$1.5 trillion dollars in funding. When you respond to the census, you help your community get its fair share of that \$1.5 trillion to fund education, roads, health care, social services and housing.

Get it done early - respond online <https://2020census.gov/> or by phone. For more information, please contact Caroline Golpashin: carolineg@jfssv.org 408-947-7256

Would you like a weekly call from a Phone Buddy? JFS has volunteers ready to talk to you! Contact us if interested

CONTACT US:



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Second Harvest Food Bank Home

Deliveries Hotline 1-800-984-3663

Stores Offering Delivery

Safeway: www.delivery.safeway.com Order waitlist up to 8-9 days. Check for delivery slot cancellations. Uses Instacart

Smart & Final: www.smartandfinal.com/same-day-delivery Uses Instacart

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/>

Consumer Financial Protection Bureau Coronavirus Scams

<https://www.consumerfinance.gov/about-us/blog/beware-coronavirus-related-scams/>

AARP Fraud Alert

<https://www.aarp.org/money/scams-fraud/?cmp=KNC-BRD-MC-REALPOSS-TODAY-BING-SEARCH-FRAUD&gclid=CLnOtZaopekCFRaRfgodDfQJxQ>

NEWS YOU CAN USE

Using CalFresh Benefits Card for Online Purchases

Individuals and families can purchase groceries online using their EBT card at Amazon and Walmart.

To learn more go to Amazon: www.amazon.com/snap

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

RESOURCES & INFORMATION:

Costco: Same day & 2 day

www.costco.com/my-life-costco-grocery-online-delivery.html Uses Instacart



Call **Cyber Seniors**

1-844-217-3057

Trained volunteers are standing by to answer their tech questions and to help them sign up for online training sessions.

Tech savvy seniors can also:

- register online for a group session or one-on-one tech-support by visiting our website at www.cyberseniors.org

Have You Used CyberSeniors? Please share your feedback with us! If not, try it out and let us know what you think!

Rebus Puzzles

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minii'llbetheute	chair	in vaders		STAND
VISION	WALKING ICE	STORM	SPOT	ONCE 

Answers to Brain Teasers Issue #3

1. The bottle costs 105 cents, and the cork costs 5 cents.
2. Simply empty the contents of the second glass into the fifth glass!
3.
 - (3 x 2) + 5 = 11
 - (4 x 3) + 2 = 14
 - (5 x 13) + 4 = 69
4. It's "S". It's simply the first letters of the numbers One, Two, Three, Four, etc.