

JFS@CHAI HOUSE STAYING CONNECTED



Issue 13 December 28, 2020

Year End Greetings

2020 is quickly coming to a close. It has been a challenging year to say the least! We are very grateful to have an office here at Chai House and be able to work with you.

Some of you we know very well, and others we look forward to getting to know better in the coming year. You are all resilient and we continue to learn so much from you.

Wishing you peace, happiness and good health in 2021!

Fondly,
The JFS@Chai House Staff

POETRY FOR THE NEW YEAR

From **New Year's Morning**

Always a night from old to new!
Night and the healing balm of sleep!
Each morn is New Year's morn come true,
Morn of a festival to keep.
All nights are sacred nights to make
Confession and resolve and prayer;
All days are sacred days to wake
New gladness in the sunny air.
Only a night from old to new;
Only a sleep from night to morn.
The new is but the old come true;
Each sunrise sees a new year born.

- Helen Hunt Jackson

Haiku

New Year's morning –
the ducks on the pond
quack and quack

- Kobayashi Issa



“It’s always, ‘Sit,’ ‘Stay,’ ‘Heel’ –
Never ‘Think,’ ‘Innovate,’ ‘Be
yourself.’” – *from the New Yorker,*
Peter Steiner

JFS STAFF UPDATES

We bid farewell to two staff members who will be moving on. After 31 years with Jewish Family Services of Silicon Valley, Avital will be retiring. Hilla will be leaving JFS SV as well after a year and a half.. Their impact was profound, and they'll both be greatly missed. Thank you for all your hard work!

See their messages below:

Dear Chai House residents,

I would like to take this opportunity to say goodbye, as I am retiring from my social work position at JFS SV at the end of 2020.

Working with the residents at Chai House was one of the most satisfying parts of my work at JFS.

I want to thank all of you who trusted me and let me be part of your lives.

I learned from each one of you and I hope I was helpful to you.

I wish you good health and meaningful life.

With love and appreciation,

Avital Agam

Dear Residents,

As you may know, I moved to the East coast and I was working remotely the last several months. Thinking about the near future and the dynamic of this pandemic, I decided to step down from my position at JFS SV. I want to thank you for letting me be part of your journey. It was a pleasure working with you and I wish you all the best.

Sending you all positive thoughts and praying for good health.

Sincerely,

Hilla Flohr

JFS@CHAI HOUSE EVENT HIGHLIGHTS

Watch for Our January Activity Calendar. Join 2021 our virtual activities!

Copies will be available soon outside the office & by the front desk.

JFS@Chai House Website jfsatchaihouse.wordpress.com

New Nutrition video from the SJSU Nursing Students

Visit & Let Us Know What You Think!

JFS NEW YEAR'S DAY OFFICE CLOSURE

Sumi and Caroline will be off Friday, January 1, 2021

CONTACT US:

The JFS@Chai House Office operating remotely until further notice

Please contact us! We are available for limited, in person appointments.

Office Number
408-947-7256 we retrieve messages regularly
Caroline: 408-634-3740
Sumi: 408-785-0311



carolineg@jfssv.org
sumik@jfssv.org

COVID19 UPDATE

The Coronavirus Vaccine Is Here, But When Will You Be Able To Get It?

It is not clear yet, but adults 75+ are scheduled to be included in the next round.

Currently, health care workers and residents and staff of long-term care facilities are receiving the vaccine.

The next wave of vaccine recipients – as recommended by the federal government – will likely be **people 75 and over, people with underlying conditions, and frontline essential workers**. We hope within the next couple months!

The Vaccines Are Safe And Effective

According to the FDA, the most common side effects among participants in both the Pfizer-BioNTech and Moderna phase 3 clinical trials were:

- Injection site pain
- Fatigue
- Headache
- Muscle pain
- Chills
- Joint pain
- Fever

Interestingly, older adults seem to experience fewer vaccine side effects! Consult your doctor if you have a history of severe allergic reactions to vaccines or severe allergic reactions that are not related to vaccines.

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 and frequently washing your hands, experts stress. One reason is that it's going to take a while, likely several months, to get a large enough percentage of the population vaccinated to the point where the spread of the virus slows. Another is that while two 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>)

Stay Informed

<https://www.sccgov.org/sites/covid19/Pages/COVID19-vaccine-information-for-public.aspx>

For the latest coronavirus news and advice go to [AARP.org/coronavirus](https://www.aarp.org/coronavirus)



From Dec. 3, 2020, Santa Clara County began immediate implementation of the Regional Stay at Home Order. Remain at home except to conduct essential activities. For full info see: <https://www.sccgov.org/sites/covid19/Pages/public-health-orders-faq.aspx>

Please Keep Yourself & Others Safe!
Wear A Mask / Social Distance / Wash Hands Frequently

Brain Exercise

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



B. Riddle

What is unusual about the following words: revive, banana, grammar, voodoo, assess, potato, dresser, uneven?

Answers to Issue #12

A. Rebus Puzzle

1. Split pea soup 2. For once in my life 3. What goes up, Must come down 4. Overseas travel
5. Win with ease 6. Summer

- B. The river was frozen