

JFS@CHAI HOUSE

STAYING CONNECTED



Issue 9 August 27, 2020

Summer Greetings

We hope you are staying safe & well during these very challenging times. Recently, in addition to COVID19, we've experienced a heat wave, wildfires, and unhealthy air. 2020 is an unforgettable year for sure.

Fall Prevention Week starts Sept. 21! Hope you enjoy the article.

JFS@Chai House staff is here for you, so please reach out!

The JFS@Chai House Staff



m.e.msnair

"Thank you for your email. I will be out on a walk for the next twenty minutes and plan on barking remotely until my return."

FALL PREVENTION DURING THE PANDEMIC

Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall-prevention strategies.

1. Make An Appointment with Your Doctor

Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:

- What medications are you taking? Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment.
- Have you fallen before? Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time.
- Could your health conditions cause a fall? Certain eye and ear disorders may increase your risk of falls. Do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk?

2. Keep Moving

Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

3. Wear Sensible Shoes

Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

4. Remove Home Hazards

Take a look around your home. Your living room, kitchen, bedroom and bathroom may be filled with hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.

- Secure loose rugs with double-faced tape, or a slip-resistant backing — or remove them.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat and sit while showering.

5. Light Up Your Living Space

Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:

- Place night lights in your bedroom, bathroom, and hallways.
- Place a lamp within reach of your bed for middle-of-the-night needs.
- Make clear paths to light switches that aren't near room entrances.
- Store flashlights in easy-to-find places in case of power outages.

6. Use Assistive Devices

Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices:

- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down

If necessary, ask your doctor for a referral to an occupational therapist. He or she can help you brainstorm other fall-prevention strategies. - Created by Mayo Clinic Staff

Vulnerability is not about winning, and it's not about losing. It's about having the courage to show up and be seen. —BRENÉ BROWN



JFS EVENT HIGHLIGHTS



Thurs. 9/3 & 9/17, 2:00-3:00pm Zoom Conversation Box with Hilla
 Contact Caroline for more info or Zoom connection instructions carolineg@jfssv.org or 408-947-7256

Back in October! Zoom Bingo with YA-LIVE
 Contact Caroline for more info or Zoom connection instructions carolineg@jfssv.org or 408-947-7256



Coming Very Soon! JFS@Chai House Website
 Another way for us to connect and share!!

COVID19 UPDATE



Santa Clara County continues to remain on the California state watchlist. The following indoor activities/businesses are still closed:

For full info see: <https://www.sccgov.org/sites/covid19/Pages/press-statement-07-13-2020-state-order.aspx>

We are encouraged to **stay home as much as possible** and **socially distance** when outside of the home. **Face coverings** are required!

CONTACT US:



Office Number
408-947-7256 for Sumi
or Caroline

The Office Is Open!
Mon – Tues - Wed 10am-4pm
Friday 10am -3:30pm
Appointment Preferred
Thurs by Appointment Only

Hilla, clinical social worker
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Oasis Senior Advisors - Silicon Valley

Contact: Mike Scoggin 650-933-3336

* Local experts in Independent and Assisted Living, Memory Care, the smaller Board-and-Care group homes, and even Affordable/Low-Income Housing.

* Personalized and ***completely free service for clients.*** (Compensated by the communities with referral fees.)

EXERCISE YOUR RIGHTS - REGISTER TO VOTE

Voter Registration Deadline Is 15 Days Before Election Day

* Register Online: <https://registertovote.ca.gov/>

* Paper registration forms are available at the Registrar of Voters Office & U.S. Post Offices. Signed & completed forms must be returned in person or by mail.

Visit the JFS@Chai House office if you'd like assistance.

RESOURCES & INFORMATION

Senior Shopping Hours

Safeway: Tues, Thurs & Sun 5-9 am

Target: Tues & Wed 8-9am.

Trader Joe's: Daily 8-9am

Zanotto's Family Market: Daily 8-9am

Resources Specifically for Seniors

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

Lifelong Learning for Seniors

Senior Planet offers several free interactive classes via Zoom every day, including exercise options (such as Morning Stretch, Chair Yoga, Balance/Strength, Fit Fusion), tech tutoring (How to Use Zoom, Online Bill Pay, How To Choose a Computer, and more), and entertainment (Creative Creations, Online Chess, etc.) Visit

<https://seniorplanet.org/locations/palo-alto/events/>

Senior Planet Tech Help Hotline: 650-918-5570

Is It True? Fact Check Your News

Many independent fact-checking sites analyze popular claims, quotes and factual assertions for their accuracy.

- PolitiFact.com • FactCheck.org • Snopes.com
- LeadStories.com • ScienceFeedback.com
- CheckYourFact.co • poynter.org/CoronavirusFactsAlliance
- washingtonpost.com/news/fact-checker



Brain Exercise

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

MAN BOARD	STAND I	READING	MIND MATTER	ECNALG
TOUCH V	DEATH LIFE	GOING DIET	LE VEL	CYCLE CYCLE CYCLE

B. Missing Number I: Can you work out what the missing number should be?

12		32			
				54	
	25		?		

Answers to Issue #8

A. Rebus Puzzle

1. through and through. 2. easy peasy 3. pirate ship 4. go down in flames 5. boxing ring 6. holy water

B. Magic Triangle

5 --- 7 --- 13

11 -- 3

9