

JFS@CHAI HOUSE

STAYING CONNECTED



Issue 12 November 24, 2020

Late Autumn Greetings

The Thanksgiving holiday is here and as with everything else in 2020, we'll be celebrating differently.

COVID19 infection rates are rising again and our county has reinstated greater restrictions. Let's continue to be vigilant and observe all precautions, even for Thanksgiving.

Remember that this will pass. As always, we are here for you.

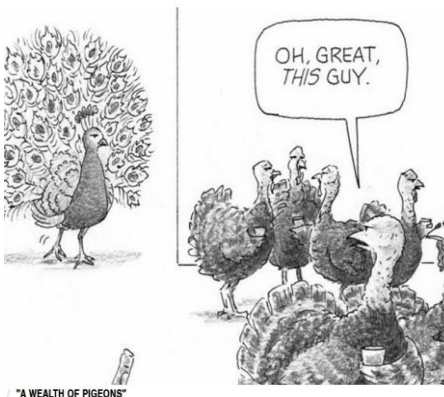
Fondly,

The JFS@Chai House Staff

REDEFINING HOLIDAY TRADITIONS

The holidays will be anything but typical this year. What's ordinarily a time for hustle and togetherness has been challenged with new stay-safe and socially distanced norms due to the pandemic. But just because the season is different, doesn't mean it can't still be celebrated. Consider these ideas instead:

- **Not gathering with family members or friends?** You can still show them you're thinking of them: Send holiday cards and take time to write everyone messages, or arrange a video chat get-together.
- **Not attending a holiday show?** Curl up on the couch for a showing of *It's a Wonderful Life*, *Home Alone*, *How the Grinch Stole Christmas*, or your other favorite seasonal film complete with movie night treats. You could also read or listen to audiobooks of your favorite stories or look to see if any local theaters are offering virtual presentations.
- **Be creative with your own traditions.** Whether if you celebrate Hanukkah, Christmas or Eid al-Fitr, think of ways you can still feel the holiday spirit in your home. Examples: decorate your place, light the menorah, get a Christmas bush/tree, listen to holiday music, etc.
- **Practice gratitude.** The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. What a better time than Thanksgiving?



From "A Wealth of Pigeons" by Steve Martin and Harry Bliss

Thanksgiving

There's not a day in all the year
But holds some hidden pleasure,
And looking back, joys oft appear
To brim the past's wide measure.
But blessings are like friends, I hold,
Who love and labor near us.
We ought to raise our notes of praise
While living hearts can hear us.

- Ella Wheeler Wilcox



[JFS@CHAI HOUSE EVENT HIGHLIGHTS](#)

Watch for Our December Activity Calendar! We have new virtual activities planned!

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

JFS@Chai House Website jfsatchaihouse.wordpress.com

Updated Regularly - **New** Stroke Awareness video from the SJSU Nursing Students
Visit & Let Us Know What You Think!

[JFS THANKSGIVING HOLIDAY OFFICE CLOSURE](#)

Sumi, Caroline and Hilla will be off Thurs, November 26 and Fri, November 27, 2020.



“Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.” — A.A. Milne, Winnie-The-Pooh

CONTACT US:



The JFS@Chai House Office
Operating remotely until
further notice
Please reach out!

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Most groups last 30 minutes to an hour. Newcomers are always welcome!

To register, please call 877.797.7299, or coviaconnections@covia.org Program Catalog:
<https://covia.org/wp-content/uploads/2020/08/Well-Connected-Fall-Winter-2020-Catalog-FINAL.pdf>

Stay Safe! Wear A Mask / Social Distance / Wash Hands Frequently



On November 16, 2020, Santa Clara County moved to Tier 1 (Purple), the most restrictive, on the state's new COVID19 framework.

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

The following businesses and activities are prohibited from

operating indoors:

- dining - gatherings (including movie showings, political events, weddings, funerals, and places of worship) - gyms and fitness facilities - family entertainment centers - cardrooms - museums - zoos - and aquariums. These businesses and activities may proceed **outdoors** only.

The purple tier also includes a **curfew** which requires people to stay home from 10 p.m. to 5 a.m.

The curfew order expires after 5 a.m. December 21 and applies to work, movement and gatherings that are not essential. Officials hope to curtail social activities that might cause people to lower their inhibitions, and remove masks or fail to maintain six feet of distance from others.

RESOURCES & INFORMATION

Cyber-Seniors

Cyber-Seniors offers one-on-one phone appointments for tech issues, as well as daily webinars at 1pm via Zoom on using technology, as downloading mindfulness apps, payment apps, scanning documents, etc. You can also join holiday social events like movie and trivia night via Zoom.
<https://cyberseniors.org/> or call: 844-217-3057

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, Etc.), and entertainment (Creative Creations, Online Chess, etc.) Visit <https://seniorplanet.org/locations/palo-alto/events/>
Senior Planet Tech Help Hotline: 650-918-5570

Well Connected

Well Connected is a telephone and online community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value feeling connected.

Whether you like art or zoology, music or meditation, there is a program for you.

Well Connected members call in via a toll-free number at a set time each week, with some groups also offering the option to connect via computer, tablet, or mobile device.

COVID19 UPDATE

Brain Exercise

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



2.



4.



6.



B. Riddle

A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

Answers to Issue #11

A. Rebus Puzzle

1. No one understands 2. Forgotten hero 3. Fair and square 4. Hand in Hand
5. Foot in the door 6. Triathlon

B. A is D's aunt