Reduce your risk of falling at home

A fall prevention checklist, room by room

**BEDROOM**
- Keep a light—a lamp, light switch or night-light—near your bed.
- Sit down to get dressed.
- Keep loose items off the floor.

**STAIRS AND HALLWAYS**
- Add handrails on both sides of the stairs.
- Install anti-slip strips on each stair.
- Install night-lights along the route from the bedroom to the bathroom.

**BATHROOM**
- Use a shower chair and handheld shower head while bathing.
- Install grab bars near toilet and shower.
- Put a riser seat on the toilet.

**KITCHEN**
- Move things so they’re within easy reach.
- Use dining chairs that have armrests and no wheels.
- Don’t clean with a high-gloss wax floor protector.

**LIVING ROOM**
- Move cords and other objects out of walkways.
- Use a cushion or a seat riser if your chair is too low to easily stand from.
- Keep frequently used items within reach.
- Remove throw rugs.

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**In this issue:**

Food Resources
Helpful Information
At Home...
- Activities
- Crafts
- Exercise Resources
and a few more laughs!

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**to do list:**

1. Read this update
2. Learn a new language for free at duolingo.com
3. Start a journal
4. Reminisce through old photos
5. Take a walk
6. Take up a new hobby
7. Phone a friend
8. Bake
9. Cook your favorite meal
10. Stay in and stay safe!
How can we keep produce fresh longer?

**WHERE TO STORE?**

Some fruits and vegetables should be stored in the refrigerator while others are cold-sensitive and should be stored at room temperature. Make sure you are storing your produce in the proper place.

**REFRIGERATE**

- Apples
- Cantaloupe
- Figs
- Apricots
- Honeydew
- Kiwi
- Plums
- Avocados
- Bananas, unripe
- Peaches
- Tomatoes

**DON’T REFRIGERATE**

- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Lettuce and other leafy greens
- Peas
- Peppers
- Squash
- Sweet potatoes
- Watermelon

If your produce rots after just a few days, you might be storing incompatible fruits and veggies together.

Keep the two separate

Those that give off high levels of Ethylene gas, a ripening agent, will speed the decay of ethylene-sensitive foods.

**GAS RELEASES**

- Bananas, ripe
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Lettuce and other leafy greens
- Peas
- Peppers
- Squash
- Sweet potatoes
- Watermelon

Use trapped ethylene to your advantage. To speed—open a peach, put it in a closed paper bag with a ripe banana.

**GAS SENSITIVE**

FREE COMMUNITY PROGRAM

**DRIVE-THRU GRAB & GO GROCERY BAG**

**CLARK W. REDEKER NEWARK SENIOR CENTER**

**7401 ENTERPRISE DRIVE | NEWARK**

**STARTING THURSDAY, MAY 7, 2020**

**Pickup Dates:** First & Third Thursday of each month

**Pickup Time:** 10:30 AM - 11:30 AM or until supplies runs out

FOR OUR COMMUNITY MEMBERS IN NEED

RECEIVE (1) BAG PER FAMILY PER CAR

DRIVE THROUGH ONLY

PLEASE REMAIN IN YOUR VEHICLE & WEAR A FACE MASK

**UPCOMING DATES:**

Thursday, May 21
Thursday, June 4

**QUESTIONS:**
NICK CUEVAS, RECREATION SUPERVISOR
OFFICE: 510-578-4432
NICHOLAS.CUEVAS@NEWARK.ORG

**Coronavirus**

How To Properly Wear A Face Mask

(last updated: April 24)

Always wash hands before and after wearing your mask and clean reusable masks after use. Avoid touching the mask at all times and only use the bands or ties to put on and remove.

**DON’T**

- wear your mask below your nose
- wear your mask low on your nose
- leave your chin exposed

**DON’T**

- wear your mask under your chin or temporarily remove it in public
- let your mask hang loosely with gaps around your face
- wear your mask up to the top of your nose and under your chin; snug and without gaps
Exercise

20 MIN CHAIR EXERCISES
https://www.youtube.com/watch?v=azv8eJgoGLk

GENTLE CHAIR YOGA
https://www.youtube.com/watch?v=KEjiXtb2hRg

Ideas for Reusing Leftover Paper Rolls

1. Make a pillow box for small gifts
2. Make a birdfeeder with peanut butter & seeds
3. Organize cords that aren’t being used
4. Make a seed starter that is easily transplanted
5. Organize leftover yarn scraps
6. Stop your pants from getting hanger marks

Kaiser Permanente has some wonderful resources for self care and surviving the Covid-19 Crisis.
Visit their site at https://thrive.kaiserpermanente.org/thrive-together/covid-coronavirus-articles
CAN YOU SPOT THE 8 DIFFERENCES BELOW?

“COPING” WORD SEARCH:

PLAY WITH DOG
PLAY BASKETBALL
QUICK CALMING
READ A BOOK
TALK TO A FRIEND
THINK HELPFUL THOUGHTS
STRESS BALL
CHANGE THE CHANNEL
RELAX MUSCLES
STRETCH
LOOK FOR SILVER LINING
TAKE A BREAK
MINDFULNESS
WATCH TV
PICTURE YOUR PEACEFUL PLACE
TAKE A WALK
DIY Pinwheel

Supplies: ruler, pencil w/ eraser, drawing pencil, scissors, square paper & push pin

Find the video tutorial at:
https://www.youtube.com/watch?v=4ox88B8yjWQ&t=100s

1) Make sure paper is a square and draw dot in center.

2) Draw 4 diagonal lines starting 1” from the center to each corner.

3) Cut each diagonal line. Make sure to not cut all the way to the center dot.

4) Punch a hole on the center dot. It is easier to reach the center if you fold one side up.

5) Punch a hole in the top left corner of each of the 4 triangles.

6) Fold each corner of the 4 triangles to match up all of the holes with the center hole.

7) Put a pushpin thru the center.

8) Push the end of the pushpin thru the tip of a pencil eraser. Now your pinwheel is complete!

Send us a photo of your completed project at senior.center@newark.org
No-Sew T-Shirt Face Mask

Supplies: Old cotton t-shirt & scissors

Find the video tutorial at:
https://www.youtube.com/watch?v=Ol3jKp-YH8k

1) Carefully cut the sleeves off a t-shirt while lying flat as close to the armhole seam as possible.

2) Flatten the sleeve with the seam facing up and center.

3) While keeping flat, fold 1” on one side.

4) Cut small slits along the fold. Make sure to cut through both layers.

5) Repeat steps 3 & 4 on the other side. The mask is complete... Now moving on to the strings.

6) Cut 4 strips off of the bottom of the t-shirt. (FYI You only need to cut 1 strip if only making 1 mask, cut more if you want extra strings in case they get stretched out).

7) Make a figure 8.

8) Fold the bottom loop onto the top loop and stretch them out until they are string-like.
9) Cut circle. Now you have strings... Time to assemble!

10) Push closed scissors through holes on one side of mask to stretch for strings.

11) Weave 1 string back and forth through the holes.

12) Tie both strings together.

13) Repeat steps 10-12 on the other side.

14) Pull the strings and try on. Most likely, you will need to adjust the knots so it fits snugly behind your ears.

Send us a photo of your completed project at senior.center@newark.org
FOR OUR COMMUNITY MEMBERS IN NEED
NEWARK COMMUNITY CENTER
35501 CEDAR BLVD. | NEWARK

SATURDAY, MAY 16 | 8:30 AM
OR UNTIL SUPPLIES RUN OUT
RECEIVE (1) BOX PER FAMILY PER CAR
DRIVE THROUGH ONLY
PLEASE REMAIN IN YOUR VEHICLE & WEAR A FACE MASK

GENERAL QUESTIONS:
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VISIT US AT WWW.NEWARK.ORG
FOR ADDITIONAL COMMUNITY RESOURCES