How to Hug During a Pandemic
The New York Times
June 4, 2020
Credit...Eleni Kalorkoti
Of the many things we miss from our pre-pandemic lives, hugging may top the list. We asked scientists who study airborne viruses to teach us the safest way to hug. Not only do we miss hugs, we need them. Physical affection reduces stress by calming our sympathetic nervous system, which during times of worry releases damaging stress hormones into our bodies. In one series of studies, just holding hands with a loved one reduced the distress of an electric shock.

“Humans have brain pathways that are specifically dedicated to detecting affectionate touch,” says Johannes Eichstaedt, a computational social scientist and psychology professor at Stanford University. “Affectionate touch is how our biological systems communicate to one another that we are safe, that we are loved, and that we are not alone.”

To learn the safest way to hug during a viral outbreak, I asked Linsey Marr, an aerosol scientist at Virginia Tech and one of the world’s leading experts on airborne disease transmission, about the risk of viral exposure during a hug. Based on mathematical models from a Hong Kong study that shows how respiratory viruses travel during close contact, Dr. Marr calculated that the risk of exposure during a brief hug can be surprisingly low — even if you hugged a person who didn’t know they were infected and happened to cough.

Here’s why. We don’t know the exact dose required for the new coronavirus to make you sick, but estimates range from 200 to 1,000 copies of the virus. An average cough might carry anywhere from 5,000 to 10,000 viruses, but most of the splatter lands on the ground or nearby surfaces. When people are in close contact, typically only about 2 percent of the liquid in the cough — or about 100 to 200 viruses — would be inhaled by or splashed on a person nearby. But only 1 percent of those stray particles — just one or two viruses — actually will be infectious.

There’s tremendous variability in how much virus a person sheds, so the safest thing is to avoid hugs. But if you need a hug, take precautions. Wear a mask. Hug outdoors. Try to avoid touching the other person’s body or clothes with your face and your mask. Don’t hug someone who is coughing or has other symptoms. And remember that some hugs are riskier than others. Point your faces in opposite directions — the position of your face matters most. Don’t talk or cough while you’re hugging. And do it quickly. Approach each other and briefly embrace. When you are done, don’t linger. Back away quickly so you don’t breathe into each other’s faces. Wash your hands afterward. And try not to cry. Tears and runny noses increase risk for coming into contact with more fluids that contain the virus.

“There’s a real challenge right now for older people who worry that they won’t be able to touch or connect with family for the rest of their lives,” said Dr. Marcus. “Keeping hugs brief is particularly important because the risk of transmission increases with more prolonged contact.”

Here are the Dos and Don’ts of hugging, based on the advice of Dr. Marr and other experts.

DON’T hug face-to-face
“This position is higher risk because the faces are so close together,” said Dr. Marr.

DON’T hug cheeks together, facing the same direction
This position, with both huggers looking in the same direction, also is higher risk because each person’s exhaled breath is in the other person’s breathing zone.

DO hug facing opposite directions
This prevents you from directly breathing each other’s exhaled particles. Wear a mask.

DO let children hug you around the knees or waist
This lowers risk for direct exposure to droplets and aerosols because faces are far apart. There is potential for the child’s face and mask to contaminate the adult’s clothing. Change clothes, and wash your hands after a visit that includes hugs. The adult also should look away so as not to breathe down on the child.

Read the entire article at http://worldnewsnetwork.co.in/how-to-hug-during-a-pandemic-the-new-york-times/
As the pandemic continues, staying resilient and optimistic can be a challenge, whether you are sheltering at home or working on the front lines. That’s why it’s more important than ever to have tools that can help you reconnect with yourself and your inner wisdom. Inspirational phrases and quotes can do just that — helping you find hope and meaning when you need it the most. Keep these close by, and read them whenever you are looking for a dose of perspective or purpose.

“Hello, sun in my face. Hello you who made the morning and spread it over the fields... Watch, now, how I start the day in happiness, in kindness.” — Mary Oliver, poet

How you begin your morning can set the tone for the entire day. These words from the late Pulitzer Prize-winning poet can help you find the beauty in simple things and connect you to the importance of kindness.

“If we have no peace, it is because we have forgotten we belong to each other.” —Mother Teresa

Wise words about the abiding value of human connection.

“What you are looking for is already in you... You already are everything you are seeking.” —Thich Nhat Hanh, Vietnamese Buddhist monk, spiritual leader

We have all the answers within us, if we only take the time to look, says Thich Nhat Hanh, a renowned monk and leading proponent of mindfulness.

“You may not always have a comfortable life. And you will not always be able to solve all the world’s problems all at once. But don’t ever underestimate the impact you can have, because history has shown us that courage can be contagious, and hope can take on a life of its own.” —Mother Teresa

Wise words about the abiding value of human connection.

“If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment.” —Marcus Aurelius, from his seminal book, Meditations

The Roman Emperor and Stoic philosopher understood that it’s not our circumstances that truly define us, but our internal response to even the most challenging times.

“We spend precious hours fearing the inevitable. It would be wise to use that time adoring our families, cherishing our friends and living our lives.” —Maya Angelou, poet

A great reminder to look for and savor the opportunities of this time.

“That best portion of a man’s life, his little, nameless, unremembered acts of kindness and love.” —William Wordsworth, poet

What we give represents the best of who we are.

“The very least you can do in your life is figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.” —Barbara Kingsolver, Animal Dreams

The author reminds us that we need to inhabit hope in order to activate it.

“We may not be able to witness our own eulogy, but we’re actually writing it all the time, every day.” —Arianna Huffington, founder and CEO, Thrive Global

From our own CEO’s book, Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder, a reminder that every single day contributes to a life of meaning, so make it count!

“This is the time to be slow, Lie low to the wall Until the bitter weather passes. Try, as best you can, not to let The wire brush of doubt Scrape from your heart All sense of yourself And your hesitant light. If you remain generous, Time will come good; And you will find your feet Again on fresh pastures of promise, Where the air will be kind And blushed with beginning.” —John O’Donohue, Benedictus Book Of Blessings

The late Irish poet’s poignant words about gentle renewal are perfect for our time — when many of us are forced to slow down.
U.S. States Word Search

O T X M W I S C O N S I N A O B N W O N
N R T V U Q S I O N I L L I Z A E H J A
E V E R M O N T A N A M H N Y S W W L M
V H N G H A G K Y I I O H A T Q M O V A
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V L Y S A L O U I S I A N A S D H E C K
F K N E W J E R S E Y I D W Y O M I N G

Word List

Washington    Arizona    Minnesota    Tennessee    Maine    Rhode Island
Oregon       New Mexico   Wisconsin   Kentucky    Vermont   Illinois
California  North Dakota   Iowa       Virginia    Connecticut   Utah
Idaho      Nebraska       Ohio       West Virginia Delaware    Alabama
Montana     Kansas        Mississippi South Carolina   Alaska     Florida
Nevada      Oklahoma      Missouri     Maryland     Hawaii     Michigan
Colorado    Arkansas      Louisiana    New York     New Hampshire Indiana
Wyoming     Texas         Georgia      New Jersey    Pennsylvania

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MONTHS BRAIN TWISTER
Place JANUARY, FEBRUARY, MARCH, APRIL, MAY, JUNE, JULY, AUGUST, SEPTEMBER, OCTOBER, NOVEMBER, DECEMBER, into the grid. The sequence will snake around, but cannot go diagonally, nor cross itself.

ONLINE PUZZLES WITH FRIENDS!
• Go to https://digitalpuzzle.ravensburger.us/
• Type your name, then click “Login”
• Start a new puzzle
• Once your other players “Login” on their computers, tell them which puzzle you’re working on in the “join an active game” section located in the first row of puzzles
• Once your entire group is in (max 8) click the padlock button on the top right corner so others cannot join
• At the bottom right corner there is a chat box to talk to each other
**Supplies:** square cardstock or construction paper, 2 popsicle sticks, thread, scissors, glue or tape, green paper and marker (optional)

1) Glue or tape green paper onto opposite sides of red paper.

2) Draw watermelon seeds onto red paper with a marker.

3) Fold paper in half 4 times.

4) Using the folds you’ve already created, fold on one side, flip over, fold on the other side, flip & repeat.

5) Fold the accordioned paper in half. Repeat steps 1-5 to create a second piece.

6) Pinch the two pieces together, tie a thread around them and cut off the excess thread.

3) Completed... pull paper open.
7) Tape or glue 2 sides together. Repeat 3 times.

8) Glue or tape popsicle sticks onto both sides of the bottom of the fan.

9) Now your fan is complete!

10) To make a closure strap... tape or glue a small strip of paper together.

11) Slide over the ends of the popsicle sticks.

12) Viola!

13) To make a plain fan, follow steps 3-8! Stay cool!

SEND US A PHOTO OF YOUR COMPLETED PROJECTS AT SENIOR.CENTER@NEWARK.ORG