Recent Updates on Coronavirus:
Older Americans Urged to Continue ‘Distancing’
by Rachel Nania, AARP, Updated June 29 2020

What can older adults do to reduce their risk of illness?
Older adults and people with chronic underlying health conditions are more likely than younger, healthier people to experience serious illness from COVID-19, the disease caused by the coronavirus. There is no specific age at which risk increases. Rather, the Centers for Disease Control and Prevention (CDC) says “risk increases steadily as you age” and despite initial warnings from the agency, “it’s not just those over the age of 65 who are at increased risk for severe illness.” Part of the reason risk increases with age is because people are more likely to have other health issues later in life, and underlying health conditions are a huge driver of complications that arise from COVID-19. A June report from the CDC found that hospitalizations for people with COVID-19 were six times as high for patients with chronic health conditions, compared to otherwise healthy individuals; deaths among this population were 12 times as high.

Health conditions most associated with severe illness from COVID-19 include:
• Chronic kidney disease
• Chronic obstructive pulmonary disease (COPD)
• A weakened immune system from organ transplant
• Obesity (BMI of 30 or higher)
• Serious heart conditions, such as heart failure, coronary artery disease or cardiomyopathies
• Sickle cell disease
• Type 2 diabetes

Health conditions that might increase risk for severe illness from COVID-19 include:
• Asthma (moderate to severe)
• Cerebrovascular disease
• Cystic fibrosis
• Hypertension or high blood pressure
• A weakened immune system
• Neurologic conditions, such as dementia
• Liver disease
• Pregnancy
• Pulmonary fibrosis (having damaged or scarred lung tissues)
• Smoking
• Thalassemia (a type of blood disorder)
• Type 1 diabetes mellitus

The CDC has issued specific guidance for older adults and people at high risk for serious outcomes. Here’s what the agency recommends: Avoid close contact with others, Stock up on supplies. For older adults and others at high risk for severe illness from a coronavirus infection, traveling can be dangerous, especially if you are in close contact with others. “People at higher risk for severe illness need to take extra precautions,” the CDC says. Staying home is still the best way to protect yourself and others from getting sick.
Coping with stress during the 2019-nCoV outbreak

It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

Don’t use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or a local or state public health agency.

Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life’s adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.
FAMILY AND FRIENDS

ACROSS
1. Slips
7. Bivouac
11. Communication Workers of America (abr.)
14. Sculpture
15. 6th month (Jewish calendar)
16. Scrap
17. Hanker
18. House
19. Past
20. Musical composition
22. Demand (2 wds.)
24. Father
27. Neither's partner
29. Bunsen burner
30. Harvest
32. Allay
35. Male relation on father's side
37. Soybean
38. Miss
41. Eat in the open air
42. Very old age
44. East southeast
45. ___-a-sketch (child's toy)
48. Talker
49. Wrote
51. Indonesian island
52. Pa
55. Revolutions per minute
56. Tender loving care
57. Morning bells
60. Sultry
64. Caesar's three
65. Parlay
67. Uncomfortableness
71. Manned
72. Small city
73. Music player
74. Concord e.g.
75. Duces
76. Asian language

DOWN
1. Hallucinogen
2. Dined
3. Old-fashioned dads
4. Change position
5. European monetary unit
6. Was looked at
7. Conspiracy, with "in"
8. Flurry
9. Ma
10. President (abbr.)
11. Business
12. What horses pulled
13. One hundred of these makes a shekel in Israel
21. Deoxyribonucleic acid (abbr.)
23. Cay
24. Cover
25. Sponsorship
26. Move
28. Rio de Janeiro
31. Pot's pal
32. Factions
33. Council
34. Just
36. Knots
38. Access (2 wds.)
39. Coral reef
40. Musical
43. Wrest
46. Wheeled vehicle
47. Dashes
49. Serving of corn
50. Flightless bird
52. Duos
53. False name
54. Make a picture of
58. Flat
59. Frozen rain
61. Cologne ingredient
62. Within
63. Elk's cousin
66. Couple
68. To be
69. Body of water
70. Long time
If you’re available on weekdays between 10:30-12:30, LIFE ElderCare needs volunteers to deliver Meals On Wheels to elders in Fremont, Union City, and Newark. Help out as often as you can - 1x / week, once every two weeks, once a month, etc.

Or, sign up to become a friendly visitor and make weekly calls to an isolated senior who needs support. This is a flexible opportunity that can easily fit into your schedule - and is a great way to volunteer while still sheltering-in-place.

Please call 510-894-0370, email info@LifeElderCare.org, or sign up at www.LifeElderCare.org.

---

To Camilla Chinn... For donating beautiful masks that will be distributed to the Drive-Thru BBQ participants. A lot of love and hard work was put into them. What an excellent example of making the most of your time at home!

---

YARN & WIRE SIGN
https://www.youtube.com/watch?v=0GQ5TcboecI

Exercise

SEATED RANGE OF MOTION & STRETCHING
https://www.youtube.com/watch?v=_Md14Kj4BFE

STANDING CARDIO
https://www.youtube.com/watch?v=M6PrVrmMVY
ABSTRACT ACRYLIC PAINTING USING TAPE

Supplies: blank canvas (or a piece of cardboard/poster board), white acrylic paint, acrylic paint of your choice, masking tape, paint brush, elmers glue (optional) & glitter (optional)

1) Paint canvas with white acrylic paint & let dry.
2) Place masking tape in desired geometric pattern.
3) Paint shapes in desired acrylic paint colors.
4) Squeeze elmers glue onto a shape.
5) Brush the glue so it’s evenly spread.
6) Sprinkle sparkles over glue.
7) Once the paint is dry, peel tape off carefully.
8) Your project is complete!

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