



Staying Connected and Thriving During COVID-19

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The coronavirus is still an active and threatening illness; therefore, seniors continue to be encouraged to remain at home for safety reasons. Although this may be sound advice, this situation is challenging for many. Lack of connection and boredom are two such challenges. These can lead to feelings of isolation and loneliness. There are ways, however, to effectively deal with the fallout of COVID-19 and the need to stay in place for the time being so that you can manage and even flourish, as you stay safe.

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The following are some suggestions to help you manage during this time.

- Go on a news diet. Limit the amount of time you spend watching the news. 5-10 minutes per day is enough!
- Learn! Perhaps learn a new language, take an on-line course via a local community college or listen to a TED talk or podcast.
- Stay active in the community. Inquire if your senior group or church group is meeting on-line or join an on-line meet up group. Sit outside on your stoop or balcony and socialize with neighbors.
- Reach out to family and friends via a social media platform such as Zoom or House Party. E-mail, text or even call your loved ones!
- Play games online using your computer, tablet or smartphone. There are many applications to keep you entertained and strengthen your brain.
- Join an online book group or discussion group.
- Watch live concerts online via YouTube.
- Watch travel shows on television via Amazon, Netflix or Hulu or online.
- Write! Write your memoirs, a story, and letters to loved ones!
- Help others. Organize a food drive from home or ask a local church if you can make phone calls to those who have few connections. Tutor kids on-line or via the phone.

There are ways to keep busy and connect during these tough times. These ideas may be new but they very well may help you to get through these unprecedented times. Stay safe and stay well!

What are Alternative Treatments for Pain?

In last month's issue, we discussed the use of massage or vibration, TENS (transcutaneous electrical nerve stimulation), and braces and body supports as alternatives to treating chronic pain with non-opioid or opioid pain medications. This month we will focus on meditation and exercise as alternatives.

Meditation is a mental technique where you empty your mind of thoughts or focus on one thought, to relax, become calm, and improve coping with pain. To get started visit (<https://www.aarp.org/health/healthy-living/info-2020/getting-started-meditating.html>).

Exercise may have both physical and mental benefits by making you stronger and more flexible. It may also help improve your balance and improve your mood. It is important to talk to your doctor before starting an exercise plan. Also, your doctor may recommend that you see a physical therapist who may recommend specific exercises as well as the amount of exercise to do. Exercising regularly may lead to less pain.

In next month's issue, we will discuss acupuncture and chiropractic treatment.

(Source: "You Can Manage Your Chronic Pain To Live a Good Life", SAMHSA, HHS Publication No. (SMA) 13-4783 Printed 2013)

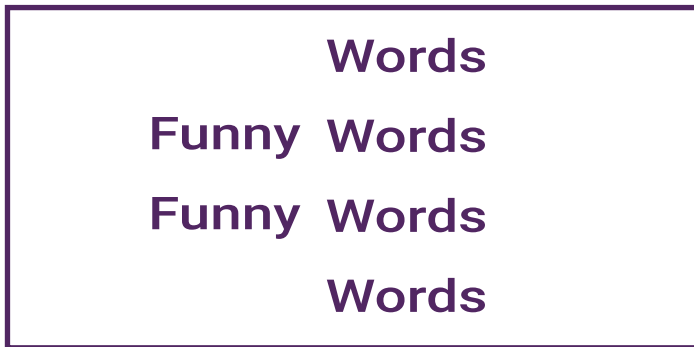
Activity Center

Can you solve these Rebus Puzzles?

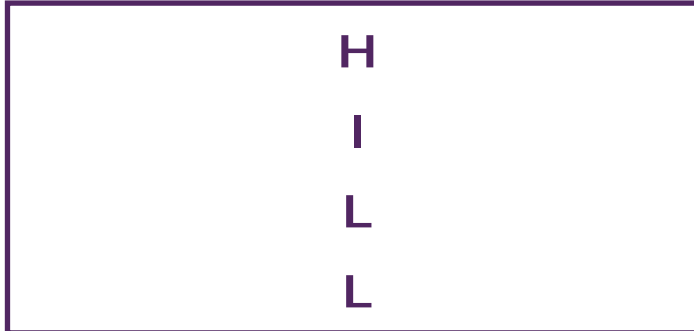
A rebus puzzle is a game of guessing words in symbols, letters, numbers, and random pictures. Each rebus puzzle box below portrays a common word or phrase.

Taken from: http://www.printablee.com/post_printable-rebus-puzzles-with-answers_260671

Rebus #1



Rebus #2



Answers on back page.



Sharing Circle

What is a piece of wisdom that you would you like to hand down to others?

Give people the benefit of a doubt. You never know what they may be dealing with. – Dawn

Calm down, stop the name calling and love one another, all told before, and you will have a much healthier and happier life. Do unto others as you would have them do unto you is an extremely wonderful way to live. – Joan



We want to hear from you for next month's issue!
What would people be surprised to know about you?

Email your answer to mflynn@cafsnj.org or call Marigrace at 201-740-7098.

Trivia Time!

Who said, "The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart."

Box Breathing

Box breathing, or four square breathing, regulates your autonomic nervous system. Through a pattern of slow inhale and exhale, you can lower your blood pressure, increase feelings of calm, help insomnia, reduce stress, and improve mood.

Step 1: Inhale slowly and deeply through your nose to the count of four. Feel the air fill your lungs until your lungs are completely full and the air moves into your abdomen.

Step 2: Hold your breath for another slow count of four.

Step 3: Slowly exhale through your mouth for the same slow count of four, expelling the air from your lungs and abdomen.

Step 4: Hold your breath for another slow count of four.

While not necessary, it can help you focus on your breathing, by finding a quiet, dimly lit environment to practice. Repeat this process at least 4 times in one sitting.

Resource: <https://www.healthline.com/health/box-breathing>

Contact Us

To learn more, submit a response, or ask a question you can contact us at:

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Celebrating Seniors Online

<https://www.tcadr.org/virtual/celebratingseniors>

www.tcadr.org



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ANSWERS

Rebus #1: Too Funny for Words

Rebus #2: Down Hill

Trivia: Helen Keller

Resource Spotlight:



The Bette Einhorn Geriatric Services and Sequoia Wellness Center

Jewish Family and Children's Service of Clifton-Passaic

CLUB SEQUOIA is a dynamic four-day-a-week program aimed at stimulating active seniors socially, mentally and physically. They offer an array of quality programming, including: daily exercise, lectures, a monthly book club, inspirational workshops, weekly current events discussions, health education, holiday parties, and games. The monthly calendar lists many new and exciting activities that reflect the interests of our members. To see the most up to date calendar go to <https://jfsclifton.org/sequoia/>.

Many of the Bette Einhorn Geriatric Services and Sequoia Wellness Center services are covered by Medicare and are available to older adults regardless of their race or religion.

If you or a loved one needs help accessing addiction services and support...

Call or Text: 201-589-2976

Confidential hotline services available 24/7 to serve Bergen County

