



## 18 Months After COVID Started, Can We Really Return to Normal?

*By: Peter Wick, Mobile Senior Success Center Intern*

Yes we can, but I choose that phrase cautiously because it's also important to continue to be careful and vigilant. In the first half of June 2021, the 7-day average for COVID infections in New Jersey hovered around 250 cases daily; a decrease since early May when it was about 1,200-1,500 cases daily. We've made tremendous progress. A lot of this progress can be credited to the COVID-19 vaccines. These vaccines have been remarkably safe and effective and are much easier to get than earlier this year, however, we still are not at the ideal 70% of the population vaccinated mark making caution still important.

As a result of lower cases and increased vaccinations, state-wide restrictions are lifting, but what does it all really mean? It means that while "normal" is closer, it is still a time where people may feel confused or unsure.

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Trivia

What is the first thing you want to do when you feel it is safe? Hopefully, you have a wonderful time after such a long wait. During this time try to do something else – be kind. Even though New Jersey is opening back up, not every place you go will have the same relaxed conditions. Private businesses may still have their own rules such as still requiring masks. Individuals also might still request that you wear a mask and maintain social distance. Not everyone is going to be at your comfort level, so please try to show patience and compassion.

Thinking about traveling or riding the bus around town? Depending on where and how you travel, you might need proof of vaccination or show a negative COVID test result. Since getting a COVID vaccine is not required by law, there is no telling if someone is vaccinated without seeing their card which is why you may be asked to show proof. While vaccination has been shown to be safe and effective, some people may have valid reasons for not getting the vaccine. How are you to know if someone is vaccinated? You won't – but whether you're vaccinated or not, you can still wear a mask for your protection as well as theirs.

**The New Destiny Mobile Senior Success Center's** aim is to provide enhanced services to our diverse senior population that benefit the overall health and well-being, and continued development of elderly/disabled residents. We establish safe programs where senior residents can address issues of concern and take full advantage of specialized enrichment activities that are culturally diverse and socially focused.

## Focus on Health: Post Workout Recovery Foods

You have been doing great at getting in your exercise and stretches, but sometimes the aftermath of those workouts take its toll. Here are two delicious fruits that can help you recover from that post workout soreness and help build muscle:

1. Pineapple – Pineapples are rich in vitamin C an essential component in tissue repair and growth. Pineapples can also help preserve bones and cartilage. As an added bonus they are delicious.

2. Watermelon – Watermelon contains an amino acid, which may lower muscle soreness, named L-Citrullin. Snacking on watermelon, after a workout is a great way to replenish the potassium lost through sweat, thanks to its high levels of it. In addition watermelon consist of 92% water making this fruit a great source of hydration, in these hot summer days.

This summer, I invite you to enjoy these delicious post workout treats. As always, verify with your doctor for any dietary restrictions.

# Activity Center

## Wheel of Fortune



Answer on back page.

## Trivia Time!

What vitamin do you get from direct sunlight?

Answer on back page.



## Sharing Circle

Tell us about your first crush.

He was in many of my high school classes, smart, and looked like Al Capp's cartoon character, Li'l Abner. He didn't know I existed!  
– Estelle

The first person I fell in love when I was 18 years old was my future husband and after 52 years together he is still the person I want to be with. – Inessa



We want to hear from you for next month's issue!

**What do you hope will happen to you as you grow older?**

Email your answer to Bridget Souza at [bsouza@cafsnj.org](mailto:bsouza@cafsnj.org) or call 201-740-7011.



# Mindful Walking

Mindful walking gives individuals the opportunity to stay active and increase their chances of leading a healthy lifestyle through exercise. The practice can also be extremely beneficial to those that have difficulty sitting for long periods of time or prefer to be in an outdoor setting for exercise practices. The purpose of this practice is to become fully aware of your environment, your bodily functions, and your mental state as you walk without allowing your mind to wander too much.

Next time you find yourself in a quiet setting that is spacious, whether indoors or outdoors, give this exercise a try:

Begin by finding a quiet and tranquil place to take a walk. Concentrate on the physical feeling of walking. Begin to notice the way your feet feel when they are on the ground, focus your attention on the rhythm of each step. Take notice of your surroundings. What can you see and hear in the setting you're in? Do you feel a cold breeze or dry heat? Do you feel the air on your skin? These are all questions that will allow you to become one with your surroundings.

Source: <https://bluemoonseniorcounseling.com/mindfulness-activities-for-seniors>

## 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>

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## ACTIVITY ANSWER



## TRIVIA ANSWER

Vitamin D

## Resource Spotlight:

During the pandemic, internet has become more essential than ever. The cost of this essential service has been overwhelming for some people. To assist with internet costs, the Federal Communications Commission (FCC), has created the Emergency Broadband Benefit.

The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

To find out if you are eligible and how to apply go to:

[fcc.gov/broadbandbenefit](https://fcc.gov/broadbandbenefit)

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

