

Welcome Autumn!

As the leaves change, we are reminded of letting go and the beauty of change. The Autumn season is a great time for reflection.

Welcome Belinda!

We are excited that **Belinda Glass-Lee** has joined our team here at the Center for Aging and Caregiver Services as the **Manager of Older Adult Services**. She oversees Care Management, Occupational Therapy, and Holocaust Survivor Services.

Belinda has worked in the Human Services field for 21 years aiding homeless families, at-risk youth, and supporting Older Adults. Outside of work, she enjoys walking in nature, camping, and spending time with her family.

Welcome Digital!

You can now **receive your Newsletter through email!** If you are interested, please send an email to: CACStake@jfssv.org, or go to the home page on our website: <https://www.jfssv.org>, scroll down and **subscribe** next to the green box that says Older Adults Newsletter.

Practicing self-care helps all of us!

Self-care means taking care of yourself so that you can be healthy, so you can be your best in other areas of your life such as helping care for others, and do all the things you need to and want to accomplish in a day.

Beyond accomplishing things, self-care also involves doing nothing and simply being. Remember, we are human *beings* and not human *doings*! Self-care is the process of establishing behaviors to ensure holistic well-being of yourself, to promote health, and to actively manage illness when it occurs.

Self-care includes several areas

- **Emotional self-care:** positive self-talk, weekly bubble baths, saying "no" to things that cause unnecessary stress, giving yourself permission to take a pause, setting up a weekly coffee date with a friend, writing or drawing in a journal
- **Physical self-care:** prioritizing sleep, adopting an [exercise routine](#) you can stick with, choosing healthy and nourishing foods over highly processed ones, and accepting natural changes related to aging
- **Spiritual self-care:** attending a religious service, cultivating an individual or community spiritual practice or seeking a trusted spiritual/faith advisor. Of course, spending time in nature, [meditating](#), incorporating regular acts of kindness into your day, and keeping a [gratitude journal](#) are all good examples of spiritual self-care.

Tools for Self-Care (some may require payment)

Phone or computer apps

CALM <https://www.calm.com> Meditation, music and sleep

Fitness Pal <https://www.myfitnesspal.com> Fitness, nutrition and weight loss

Headspace <https://www.headspace.com> Meditation, sleep, stress and mindfulness

Worry Watch <https://worrywatch.com> Mood tracker, guided coping techniques, positive affirmations

Old-fashioned paper tools

5-minute Journal <https://www.intelligentchange.com> Cultivate gratitude and mindfulness

Pockitudes <https://www.pockitudes.com> Pocket-size gratitude journals for positive mental health

Resource Corner

Financial Assistance for Utilities

PAYMENT ASSISTANCE FOR UTILITIES

The program you will use depends on your service area, please contact your local utility company for more information.

California Low-Income Home Energy Assistance Program (HEAP) provides payment assistance with home energy bills. The one time per calendar year payment varies depending on income, household size, and funding. There are many agencies in Santa Clara County who offer utility payment assistance through the Emergency Assistance Network. Please contact us here at the **Center for Aging and Care-giver Services** so we can refer you to the correct place based on your zip code. Call **408-806-6231** or email CACSintake@jfssv.org.

PG&E 800-743-5000

- **California Alternate Rates for Energy Program (CARE).** A monthly discount of 20% or more on gas and electricity. Participants qualify through income guidelines or if enrolled in certain public assistance programs.
- **Family Electric Rate Assistance Program (FERA).** A monthly discount of 18% on electricity only. Must be a household with three or more people, and participants qualify through income guidelines.
- **Medical Baseline Program.** To qualify, a full-time resident in your home must have a qualifying medical condition and/or require use of a qualifying medical device to treat ongoing medical conditions.

San Jose Clean Energy

Phone number: 833-432-2454

Email: info@sanjosecleanenergy.org

Silicon Valley Power (city of Santa Clara residents only)

The **Rate Assistance Program (RAP)** provides a 25-40% discount off the electric portion of the Municipal Utilities bill to qualified Santa Clara residents. Residents can qualify for the RAP discount by meeting either the financial or medical criteria.

[Apply online](#) or request an application and mail it

Contact **Central Coast Energy Services** at **1-888-399-2728**.

The **Medical Rate Assistance Program** provides a 25% discount with no cap on the usage.

Residents who have a medical condition and/or are disabled must provide a physician's certification documenting the patient's medical needs and requirements for an electric device for treatment.

EVENTS OF INTEREST

11:30 am - Healthy Aging | Creative Writing Workshop hosted by the JCC

September 28 @ 11:30 am - 12:30 pm

Send an email for more information erenugoknar@gmail.com

Every Thursday FREE | Online

2023 HMAc Family Caregiver Conference

Saturday, October 7, 2023 from 9:30 AM to 4:00 PM ** Lunch is provided

2380 Enborg Ln San Jose, Ca 95128

Topics include: estate planning & care management, family caregiver planning, brain health and nutrition

Register for free on EventBright.com or call (408) 279-7515 or email info@hearts-minds.org

Center for Aging and Caregiver Services

Restoring Hope and Transforming Lives

980 University Avenue, Los Gatos, CA 95032

The **Center for Aging and Caregiver Services** provides a comprehensive menu of services to support older adults **60+** and their caregivers so they can live in their own homes safely with quality and dignity for as long as possible. This is also known as Aging in Place. We serve all of Santa Clara County.

Care Management

Our professional care managers are social workers and advocate on behalf of older adults, helping solve problems and communicating with physicians, hospitals, care providers and family members. Care managers coordinate all aspects of care including needs assessments, creation of care plans, helping to navigate the healthcare system, offer enrichment services and provide peace of mind to family members.

Friendly Visitors

Our dedicated volunteers serve as friendly visitors and phone buddies, offering companionship and engaging interaction to combat isolation. Human connection and engagement have a positive impact on an older adult's physical and mental health.

Occupational Therapy, Fall Prevention

Expert occupational therapists will conduct in-home assessment and implement strategies to prevent falls, enhance mobility, and promote safety within the home environment. Make recommendation for adaptive equipment and provide a home exercise program to improve balance, strength and flexibility. Our Occupational Therapist can help you increase independence and improve your level of function for higher quality of life.

Caregiver Support

Caring for a loved one can be challenging. JFS SV care managers will work closely with caregivers to assist in the coordination of care, providing them with solutions and tools to better support themselves and their loved ones.

Counseling & Therapy

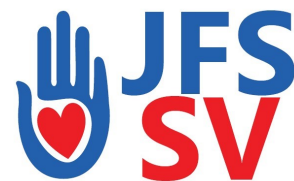
Sometimes life delivers more challenges than you can handle. JFS SV professionals use evidence-based approaches to provide older adults with individual counseling services to help manage feelings of depression, anxiety or other challenging issues associated with aging. They also work with caregivers to help with the stress and grief associated with being a caregiver.

Holocaust Survivor Services

In addition to the general aging and caregiver services given to older adult clients, JFS SV provides supportive services to over 160 Holocaust survivors and their families to assist in maintaining their financial, emotional and physical well-being. Support includes:

- Reparations claims assistance and up-to-date Claims Conference Information
- Emergency services and financial assistance from KAVOD SHEF
- Case management and counseling for survivors and their families
- Home visits and food assistance

Please reach out to us at the **Center for Aging and Caregiving Services**
408-806-6231
CACSintake@jfssv.org
www.jfssv.org



OUR COMMUNITY PARTNERS



Successful Aging & Your Brain Get Moving! Jumble

Unscramble the words below to see what regular exercise can do for your body. Once you figure out the answers, unscramble the highlighted letters to answer the riddle (two letters have been filled in for you). Visit www.dana.org for more information on neuroscience and the brain.

Regular exercise can...

Prevent... BIOTYSE

Promote... SOENIEGESNUR

Boost... DOMO

Slow... NEBO SOLS

Decrease risk of some... SIAEDESSES

Increase... REGNYE

Combat high blood... PERURESS

Improve overall... HHTELA

What happened to the mollusk that went to the gym?

" U L ! "

July puzzle answer



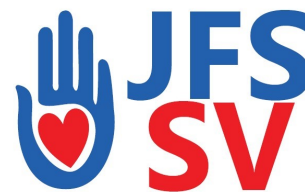
Summer Word Search



SUMMER	G A R D E N Y S M B M T O L S
SUNSHINE	N I A R M E L E S E E R W O U
SWIM	U C I N C I P E A S I A M S N
BOAT	L M L I N C I T A C A V R P S
CAMP	P O P S I C L E O L D E K I H
HIKE	U I P E C A M P I O O U F C I
GARDEN	Y T N S R E T L M D N T R E N
PLAY	P W N S O E P A T G N E D X E
BEACH	A U G R I A D V B O A Y A T E
JULY	R I J U L Y G R S A S O U P A
AUGUST	K E F G L C E A T H I R G A S
PARK	B A L Y P A E N O C R E U R D
PICNIC	S H O R T S O O H A E H S H R
POPSICLE	U Y P E M N O S A E S S T D E
ICE CREAM	C H E T A M C L Y B G M R E S
SHORTS	X L A O V Z R C O J B R I N S
DRESS	F O S E M A E R C E C I O W L
TRAVEL	B L O S S U M M E R W B M O S
VACATION	
SEASON	

Two Riddles

1. No matter how little or how much you use me, you change me every month. What am I?
2. You live in a one-story house made entirely of redwood. What color would the stairs be?



Answers to September Riddles

A monthly calendar
There are no stairs, it's a 1-story house!