

# JFS SV OLDER ADULTS STAYING CONNECTED



Issue 30 July 2023

**JFS SV has expanded to A second location** at 980 University Avenue in Los Gatos to further support our community. The new location is called the **Center for Aging and Caregiver Services**. See page 4 for information on our services.

Last month JFS SV hosted **our annual fundraising luncheon Good Day JFS**. We are so appreciative of all the people involved and for the generosity of our community in supporting us to provide our valuable services. If you would like to **DONATE** to our programs, please visit <https://www.jfssv.org/donation> or call **408-566-0600**.

We are going digital, and you can now **receive your Newsletter through email!** If you are interested, please email Antonina Beyea, Intake Specialist, at [antoninab@jfssv.org](mailto:antoninab@jfssv.org).

## Things Are Heating Up!

According to the Centers for Disease Control and Prevention (CDC):

- Some older adults do not adjust as well to sudden changes in temperature.
- Older adults are more likely to have a chronic medical condition that changes normal body responses to heat.
- Older adults are more likely to take prescription medicines that may affect the body's ability to control its temperature or sweat.

Due to these reasons, it is important that **precautions** are taken to support maintaining health:

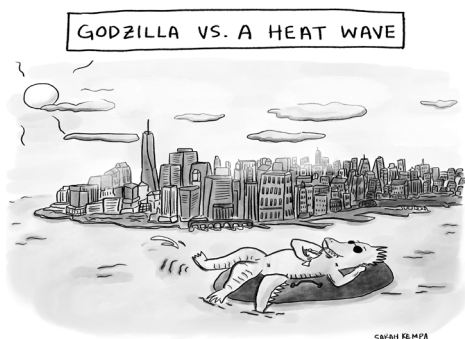
- Stay in air-conditioned buildings as much as possible.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- If your doctor limits your fluids intake or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook - it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- If you need to be outdoors, keep your time outside brief and wear a hat, sunglasses and sunscreen.

**Older Adults** - Ask yourself these questions:

Are you drinking enough water? Do you have access to air conditioning? Do you know how to keep cool? Do you show any signs of heat-related illnesses?

**Caregivers** - Keep a close eye on those in your care by visiting them and ask yourself these questions:

Are they drinking enough water? Do they have access to air conditioning? Do they know how to keep cool? Do they show any signs of heat-related illnesses?



## Resource Corner



RYDE is a curb-to-curb transportation and local trip-planning service for adults 65 years of age or older living in certain parts of Santa Clara County. RYDE can be used for appointments, grocery shopping, visits with friends, other local trips, doctors' offices, hospitals, the Sunnyvale CalTrain Center, and the Veterans Hospital in Palo Alto (non-emergency trips only).

[www.rydescc.org](http://www.rydescc.org).

### **Who Can RYDE?**

\*\* Residents living in **Saratoga, Los Gatos, Monte Sereno, Campbell, Cupertino, and San Jose zip codes 95120 & 95124** can contact (408) 892-9739, [joe@sascc.org](mailto:joe@sascc.org), or visit [RYDE@sascc.org](mailto:RYDE@sascc.org).

\*\* Residents living in **San Jose zip codes 95110, 95112, 95116, 95118, 95119, 95122, 95123, and 95139** can schedule a ride by contacting (408) 892-9739 or visit [RYDE@ssa.sccgov.org](mailto:RYDE@ssa.sccgov.org).

\*\* Residents living in **Morgan Hill** can contact 408-310-4250.

\*\* Residents living in **Campbell, Cupertino, and San Jose zip codes 95129 & 95130** can contact 669-220-0831 or visit [RYDEinfo@wvcommunityservices.org](mailto:RYDEinfo@wvcommunityservices.org)

### **RYDE Registration**

There is a required form you must complete before receiving services that you mail to your area coordinator. The addresses are provided on the registration form. A link to the form is on their website [www.rydescc.org](http://www.rydescc.org), or you can call the number above for your area and request one.

### **RYDE Scheduling**

To request a ride, call 2 business days in advance. Rides can be booked up to 4 weeks ahead.

### **RYDE Fees**

RYDE fees are based on annual income and the number of miles traveled to a destination.

- Up to 4 miles: \$0.90 - \$9.00
- 5 to 8 miles: \$1.30 - \$13.00
- 9 to 16 miles: \$1.80 - \$18.00

Each passenger must make a deposit before their first scheduled ride. Deposits range from \$10 to \$30 based on the passenger's annual income.

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## EVENTS OF INTEREST

**At the JCC Los Gatos: 14855 Oka Road**



### July 2023 Healthy Aging Groups

**CURRENT EVENTS DISCUSSIONS: Weekly on Tuesdays 10:15 a.m. - 11:45 a.m.**

Join us to discuss local, national and international issues that involve us all in a friendly, open and engaging atmosphere. For more information, contact Sagit at [sagit@jvalley.org](mailto:sagit@jvalley.org) or 408-357-7462.

**CREATIVE WRITING GROUP: Weekly on Thursdays 11:30 a.m. – 12:30 p.m.**

If you're seeking an outlet for your ideas, this group may be for you. It's a place to find encouragement for your writing, whether it be poetry, essays, short stories, fiction, creative non-fiction or memoir. Join us for our next session! For more information, email [erenugoknar@gmail.com](mailto:erenugoknar@gmail.com).



# 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 O I T A C A V R P S
CAMP	P O P S I C L E Q L D E K I H
HIKE	U I P E C A M P I O O L 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 Y B O A Y A T E
JULY	R L 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	

ONESTOPWORDSEARCH

## Issue 29 Puzzle Answers:

Word Challenge:  
Sequoia

“FORMING WORDS”:  
 (BRAIN) I E S T (most intelligent)  
 D O U B L E (HEAD) E R (baseball bonus)  
 (MENTAL) I T Y (outlook)  
 (IDEA) L L Y (in a perfect world)  
 E L E (MENTAL) (essential)  
 (HEAD) T O (HEAD) (kind of combat)  
 N O (BRAIN) E R (it's a snap!)  
 H (IDEA) W A Y (secret retreat)

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## Tips for Staying Connected to Others

You can help increase the positive effects of social connection by staying active and connecting with others. Consider these tips:

- Schedule time each day to contact family, friends, and neighbors in person, by phone, email, video chat, or social media.
- Restart an old hobby.
- Take a class to learn something new. Sign up for an online or in-person class at your local public library or community center.
- Volunteer to help others in your community.
- Adopt a pet if you are able to care for it.

**JFS SV** assists with addressing loneliness and social isolation through our **Care Management Services**. Please see Page 4.

**Friendship Line** – The Friendship Line is both a crisis intervention center and a “warm” line for routine, even daily, phone calls that provide emotional support and well-being check-ins, 24 hours a day, 7 days a week: **888.670.1360**

# Center for Aging and Caregiver Services

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.

## Care Management

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

- **Friendly Visitors – for Care Management clients only**

Human connection and engagement have a positive impact on an older adult's physical and mental health. Our care management includes the option to have a committed and friendly volunteer visitor provide extra care, companionship and support to create better health outcomes and enhance well-being.

## Occupational Therapy

**Fall Prevention:** JFS SV's occupational therapist will do an in-home assessment, make home safety and adaptive equipment recommendations and provide a home exercise program to improve balance, strength and flexibility.

We can assist you in increasing independence and improving level of function for higher quality of life.

## 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 mental health 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 150 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

## Center for Aging and Caregiver Services Team:

- **Antonina Beyea:** Intake Specialist  
*for questions about our services, call: 408-806-6231*
- **Lauren Martinez Cruz:** Older Adult Care Manager II
- **Christianah Adebayo:** Older Adult Care Manager
- **Jill Patterson:** Occupational Therapist
- **Holocaust Survivor Services:**
  - **Lucy Istomina:** Senior Care Manager
  - **Svetlana Doroganich:** Care Manager
  - **Irina Mandelboym:** Client Services Coordinator
  - **Lena Melik:** Data Management & Reporting Coordinator
- **Sandra Pannell:** Project NOAH Case Manager
- **Belinda Glass-Lee:** Manager of Geriatric Care Management Services
- **Jason Hall:** Director of Clinical and Social Services

**Center for Aging and Caregiver Services**  
*Restoring Hope and Transforming Lives*  
980 University Avenue, Los Gatos, CA 95032

