

# ELDER CIRCLES April 2020

## Adjusting to a New Normal

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### WHATCHA GONNA DO?

*"The health authorities say all you need to wear to the grocery store is a mask and gloves. But they're wrong. When I got there, everybody was wearing clothes too."*

Thank you, Facebook, for yet another dumb joke that makes me feel like we are all gonna be OK. The virus might take away our toilet paper, but it will never diminish the



Center for  
Community Dialogue  
& Training  
A program of Our Family Services



### ALL ELDER CIRCLES TEMPORARILY ON HOLD

In response to the COVID-19 pandemic, The Center has temporarily cancelled all Elder Circles in Tucson, Green Valley, Oro Valley and Oracle. Circles will be resumed as soon as possible, and we will keep you informed of all developments.

We hope that this step will aid public health efforts to slow the spread of infection and reduce the number of people who are severely affected.

If you have any questions, please feel free to call Chris Medvescek at (520) 323-1708 x122, or email [cmedvescek@ourfamilyservices.org](mailto:cmedvescek@ourfamilyservices.org).

Meanwhile, stay well in body and spirit!

world's supply of dumb jokes. And this knowledge makes me feel, as the medieval mystic Julian of Norwich prophesied during the Black Death, "All shall be well, and all shall be well, and all manner of things shall be well." (She may have added, "eventually." I'm not sure.)

Besides indulging our funny bones, how else can we handle these discombobulating times? The [Auburn University College of Human Sciences](#) notes that many of us are struggling with "ambiguous loss." We cannot do things as we used to do them (e.g., visit a loved one in a care facility, or buy more than one loaf of bread, or feel secure about our retirement funds). We've suffered losses, but we don't yet know what they signify or what comes next, or if we will ever return to "normal."



[Pauline Boss](#), a noted scholar in this field, suggests ways to ease the stress of ambiguous loss:

- Find meaning in the situation –define what it means to you and focus on the positive parts of that understanding.
- Control what you can control – your reaction to the situation.
- Reconstruct your identity during this time – don't resist change. Who are you becoming? What might you do next?
- Anger is natural and so is guilt – deal with these

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# STAY HOME STAY HEALTHY STAY CONNECTED

ArizonaTogether.org  
AZHealth.gov

## HOW TO PROTECT YOURSELF FROM COVID- 19

According to the Centers for Disease Control and Prevention (CDC), older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from coronavirus disease 2019 (COVID-19). As there is currently no vaccine to prevent COVID-19, the **best way to prevent illness is to avoid being exposed** to the virus.

To minimize your risk of exposure, **follow Governor Ducey's stay-at-home order as well the CDC's recommendations** on how to protect yourself and others in your community.

### Stay-at-home order

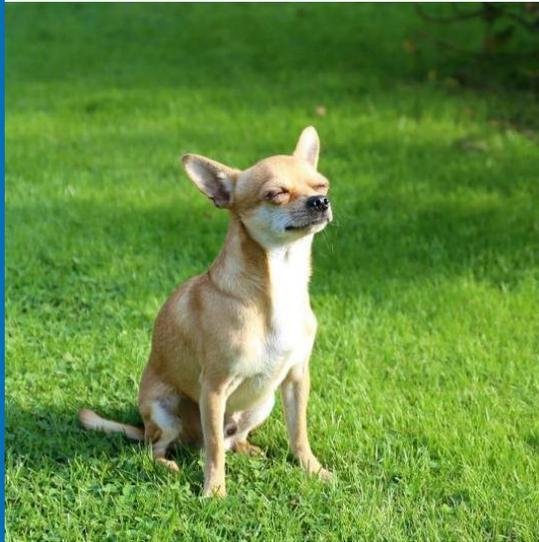
On March 30, Governor Ducey followed other states' leads and issued a stay-at-home order for Arizona that will be in effect until at least April 30. In short, it states that **Arizonans shall limit their time away from their home except to conduct "essential activities"**. You can learn more and read the full Executive Order on the [Governor's website](#).

### CDC recommendations

- **Wash your hands** often with soap and water for 20+ seconds
- **Avoid touching** your face
- If you need to leave your home for essential activities, keep **6 feet distance** between yourself and others.
- **Cover coughs and sneezes** with a tissue.

emotions, knowing they're normal. What healthy outlets do you have?

- Amid the losses, notice and appreciate what you still have. (As Joni Mitchell said, "you don't know what you've got till it's gone.")
- Redefine and reshape the loss into something beneficial – find ways to help others in similar situations (even if only writing them a note). Seek hope and pass it on.



One more practical hint comes from Francine Rubinstein, a family psychologist: Stand out in the sun for 10 minutes each day. "It improves your mood and helps your immune system," she says.

And keep those dumb jokes coming. Let me leave you with these, suitable for sharing with someone who needs a laugh. Appropriately, they're from [fatherly.com](http://fatherly.com) (Dad jokes!):

**What's the difference between COVID-19 and Romeo and Juliet? One's the coronavirus and the other is a Verona crisis.**

**Finland just closed its borders. You know what that means. No one will be crossing the finish line.**

**If there's a baby boom nine months from now, you know what will happen in 2033? There will be a whole bunch of quaranteens.**

- **Clean and disinfect** frequently touched surfaces daily.

Note that some recommendations are changing as we are learning more about this virus. **Stay up-to-date by regularly checking the [CDC's website](https://www.cdc.gov).**

## ADDITIONAL COVID-19 RESOURCES

### COVID-19 Hotline

For general information about COVID-19, including news, testing, prevention, and cleaning guidelines, call the **COVID-19 hotline at 2-1-1** from 8 a.m. - 8 p.m. daily. The Hotline was set up by the Pima County Health Department.

### Pima County Health Department

Up-to-date local recommendations and Pima County case numbers, broken down by age group, can be found [here](#).

### Pima Council on Aging

To learn about changes in programming as a result of the pandemic, visit [PCOA's website](#). If a program you are seeking is not offering help, call the **PCOA Helpline at (520) 790-7262** to discuss your situation and other options.

### Federal Trade Commission

Be aware of COVID-19 scams. For more info, go to the [FTC website](#).

### Pima County Housing Help and Resources

Visit [this page](#) to learn about emergency assistance for rent, utilities and other needs.

### COVID-19 and Nursing Homes

To get helpful information on COVID-19 and Nursing Homes for residents and family, [go here](#).

I'll tell you a coronavirus joke now, but you'll have to wait 2 weeks to see if you got it.

May the coming weeks bring us all plenty of laughs amid the losses. Happy handwashing.

~Chris Medvescek



*Chris Medvescek, the Center for Community Dialogue & Training, is holed up at home with her husband, oldest child and granddog, and enjoying wearing sweatpants to work.*



Bridge



Bubble Dragon Saga



Canfield Solitaire



Chess



Crescent Solitaire



Daily Crossword

## AARP OFFERING FREE ONLINE PUZZLES AND GAMES

Looking for some entertainment that can be enjoyed from the comfort and safety of your home? Check out the Games section of AARP's website. You'll find a large selection of options ranging from Mahjongo to Solitaire and various kinds of crosswords.

[Go to AARP Games](#)



TUCSON THEATRE

WATCH ON FACEBOOK

FOX PRESENTS  
**FRIDAY NIGHTS IN**

FRIDAY, APRIL 3 • 7:00PM



## FOX TUCSON'S FRIDAY NIGHTS IN SERIES

For locally-made musical entertainment that can be enjoyed from home, virtually join the Fox Tucson Theater for their series of

## VIDEO: SLOW AND GENTLE YOGA

Are you feeling more stressed and tense than usual? Try out this relaxing and gentle 28 minute yoga practice to help you relieve stress and cultivate a clear mind and a strong body.



"Friday Nights In" concerts. Proceeds from "Name Your Own Price" virtual ticket purchases support artist fee and the Fox Tucson Theatre Foundation. The next show will be held on Friday, April 4, and will feature concerts by singer-songwriters Gabriel Naim Amor and Katie Haverly as well as multi-instrumentalist Ben Nisbet. To learn more and get your virtual ticket, please [click here](#).

## VIDEO: FULL MR. BEAN EPISODES

For a tasty comedic treat, check out this selection of Mr. Bean episodes starring British legend Rowan Atkinson.

