Activity Packet
August 2020

Brain Break Activity Packets are brought to you by the City of Evanston's Senior Services Division, Evanston 311, Evanston Public Library, and community members, and funded by the Evanston Community Foundation.

Questions? Feedback?
CALL 847-866-2919

You've subscribed!
To cancel or change your subscription any time, please email aging@cityofevanston.org
Event and Location
Downtown Evanston Farmer's Market
Intersection of Oak Avenue and University Place

Levy Lecture Series: Through the Eyes of Hubble
Online with valid email address. Call: 847-448-8250

Date and Time
Every Sat.,
7:30am

Emergency Food Pantry
James Park; 300 Dodge Ave.

Wed., 8/5
10:30am

City Council Meeting
Channel 16 (Comcast); Channel 99 (AT&T)

Mon., 8/10
7pm

Producemobile
James Park; 300 Dodge Ave.

Tues., 8/11
9:30am

Levy Lecture Series: Through Our Own Eyes
Online with valid email address. Call: 847-448-8250

Tues., 8/11
1pm

Levy Lecture Series: Paris Off the Beaten Path
Online with valid email address. Call: 847-448-8250

Tues., 8/18
1pm

Emergency Food Pantry
James Park; 300 Dodge Ave.

Wed., 8/19
10:30am

Producemobile
James Park; 300 Dodge Ave.

Tues., 8/25
9:30am

Levy Lecture Series: Emmett Till 65 Years Later:
Looking Back and Looking Forward
Online with valid email address. Call: 847-448-8250

Tues., 8/25
1pm

For information on additional events and programs as they are added or updated, please visit
www.cityofevanston.org/about-evanston/events.
Friday Brain Break
August TV Schedule

Each 60-minute program will air three separate times (8:00am, 12:00pm, and 5:00pm) on the Fridays listed below.

<table>
<thead>
<tr>
<th>DATE</th>
<th>PROGRAM</th>
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<tbody>
<tr>
<td>8/7</td>
<td>Delicious &amp; Nutritious Episode 1 (Senior-produced Cooking Show)</td>
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<tr>
<td></td>
<td>Episode: Chicken Salad</td>
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<tr>
<td></td>
<td>Senior Physical Exercise of the Week</td>
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<tr>
<td>8/14</td>
<td>Delicious &amp; Nutritious Episode 2</td>
</tr>
<tr>
<td></td>
<td>Episode: Filet en Papillote</td>
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<tr>
<td></td>
<td>Senior Physical Exercise of the Week</td>
</tr>
<tr>
<td>8/21</td>
<td>Delicious &amp; Nutritious Episode 3</td>
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<tr>
<td></td>
<td>Episode: Salad Dressing</td>
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<tr>
<td></td>
<td>Senior Physical Exercise of the Week</td>
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<tr>
<td>8/28</td>
<td>Delicious &amp; Nutritious Episode 4</td>
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<tr>
<td></td>
<td>Episode: Asian-influenced Pork Loin Filet</td>
</tr>
<tr>
<td></td>
<td>Senior Physical Exercise of the Week</td>
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</table>

PROGRAMS AIR ON EVANSTON ACCESS TV
COMCAST: CHANNEL 6
AT&T: ENTER 99 AND FOLLOW PROMPTS
## Additional Food Resources

For more information on these and other resources, visit [www.evanstoncarenetwork.org](http://www.evanstoncarenetwork.org) or call 847-448-4311.

### City of Evanston Senior Congregate Meals

Apply online at [https://cityofevanston.wufoo.com/forms/senior-congregate-meal-application/](https://cityofevanston.wufoo.com/forms/senior-congregate-meal-application/). Pick up meals on Mondays at the Levy Center, 300 Dodge Ave.

<table>
<thead>
<tr>
<th>Phone Number</th>
<th>Serving</th>
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</thead>
<tbody>
<tr>
<td>(847) 448-4311</td>
<td>Seniors</td>
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</table>

### City of Evanston Summer Youth Food Program

Free, grab-and-go cold breakfast and lunches for youth ages 1 to 18 available Monday through Friday on a first-come, first-served basis between 7:30am and 9am (breakfasts) and between 11am and 1pm (lunches) through August 14 at: Fleetwood-Jourdain Community Center; Robert Crown Community Center; Kamen Park Fieldhouse; and Mason Park.

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<tr>
<th>Phone Number</th>
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<tbody>
<tr>
<td>(847) 448-4311</td>
<td>Students</td>
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</tbody>
</table>

### Food Pantries

City of Evanston/Northwestern Emergency Food Pantry: One free box of food per household with valid Evanston ID. First-come, first-served boxes available every other Wednesday at James Park from 10:30am – 12pm.

- Hillside: Registrants may pick up on Wednesdays 4 - 5pm OR Saturdays 2 – 4pm at 2727 Crawford Ave. Limit one pickup per week.
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<thead>
<tr>
<th>Phone Number</th>
<th>Serving</th>
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<tbody>
<tr>
<td>(847) 328-7182</td>
<td>All Ages</td>
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</table>

- Vineyard: Participants must bring valid Illinois ID to register; limited to two pickups per household per month, held at 2495 Howard St. on Wednesdays from 6-7pm.
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<tr>
<th>Phone Number</th>
<th>Serving</th>
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<tbody>
<tr>
<td>(847) 328-4544</td>
<td>All Ages</td>
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</table>

- Connections for the Homeless: Pick up sack lunch or bag of ingredients from the food pantry weekdays between 9:30am and 2pm, at 2131 Dewey Ave.
<table>
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<tr>
<th>Phone Number</th>
<th>Serving</th>
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<tbody>
<tr>
<td>(847) 475-7070</td>
<td>All Ages</td>
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### Interfaith Action Network of Soup Kitchens

- Beth Emet Synagogue, 1224 Dempster St. (Ridge Entrance), Wednesdays @ 6pm
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<tr>
<th>Phone Number</th>
<th>Serving</th>
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</thead>
<tbody>
<tr>
<td>(847) 869-0370</td>
<td>All Ages</td>
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</tbody>
</table>

- First Congregational Church of Evanston, 1417 Hinman Ave., Fridays @ Noon

- First Presbyterian Church, 1427 Chicago Ave., Saturdays @ 11:30am

- First United Methodist Church, 1417 Hinman Ave., Thursdays @ 6pm

- Hemenway United Methodist Church, 933 Chicago Ave., Tuesdays @ 4pm

- Second Baptist Church, 1717 Benson Ave., Mondays & Tuesdays @ Noon

- St. Mark’s Church, 1417 Hinman Ave., Wednesdays @ 11am

### Meals on Wheels Northeastern Illinois

Weekly deliveries of frozen meals available for a sliding-scale fee. Apply online at [https://mealsonwheelsnei.org/client-application/](https://mealsonwheelsnei.org/client-application/).

<table>
<thead>
<tr>
<th>Phone Number</th>
<th>Serving</th>
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<tbody>
<tr>
<td>(847) 332-2678</td>
<td>Seniors*</td>
</tr>
<tr>
<td>*Also provide services to individuals with disabilities</td>
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### Producemobile

Free shelf-stable food and fresh fruits and vegetables available on a first-come, first-served basis every second Tuesday of the month between 9:30 and 10:30am at the Levy Senior Center, 300 Dodge Ave.

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<tr>
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<tbody>
<tr>
<td>(847) 448-4311</td>
<td>All Ages</td>
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</table>

### C&W Market and Ice Cream Parlor

Offering curbside pickup or deliveries of groceries to seniors. LINK accepted here!

<table>
<thead>
<tr>
<th>Phone Number</th>
<th>Serving</th>
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</thead>
<tbody>
<tr>
<td>(847) 833-9367</td>
<td>Seniors</td>
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</table>
# Recursos adicionales de alimentos

Para obtener más información sobre estos y otros recursos, visite [www.evanstoncarenetwork.org](http://www.evanstoncarenetwork.org) o llame al 847-448-4311.

## Recogida de Comidas Congregadas para la tercera edad

<table>
<thead>
<tr>
<th>Número de teléfono</th>
<th>Servicio para</th>
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</thead>
<tbody>
<tr>
<td>(847) 448-4311</td>
<td>Tercera edad</td>
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## Comidas para jóvenes de la Ciudad de Evanston

<table>
<thead>
<tr>
<th>Número de teléfono</th>
<th>Servicio para</th>
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</thead>
<tbody>
<tr>
<td>(847) 448-4311</td>
<td>Estudiantes</td>
</tr>
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</table>

Desayuno y almuerzos fríos gratuitos para llevar de 1 a 18 años disponibles de lunes a viernes por orden de llegada entre las 7:30 a.m. y las 9 a.m. (desayunos) y entre las 11 a.m. y la 1 p.m. (almuerzos) hasta 14 de agosto en: Fleetwood-Jourdain Community Center; Robert Crown Community Center; Kamen Park Fieldhouse; y Mason Park.

## Despensas de comida

<table>
<thead>
<tr>
<th>Números de teléfono</th>
<th>Servicio para</th>
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</thead>
<tbody>
<tr>
<td>(847) 448-4311</td>
<td>Todas edades</td>
</tr>
<tr>
<td>(847) 328-7182</td>
<td></td>
</tr>
<tr>
<td>(847) 328-4544</td>
<td></td>
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<tr>
<td>(847) 475-7070</td>
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</tbody>
</table>

La despensa de la Ciudad de Evanston/Universidad Northwestern: Una caja de comida gratuita por casa, se sirve al orden de llegada hasta que se acaban las cajas con una identificación con dirección de Evanston cada otro Miércoles en el Parque James de 10:30am a 12pm.

* Hillside: Registrantes pueden recoger los Miércoles de 4-6pm o los Sábados de 2-4pm en 2727 Crawford Ave. Límite de un día por semana.

* La Viña: Los participantes deben traer una identificación válida de Illinois para registrarse, y están limitados a dos recogidas por hogar por mes, en 2495 Howard St. los Miércoles de 6-7pm.

* Connections for the Homeless: Recoje almuerzos en bolsa o una bolsa de ingredientes de la despensa de comida entre semana de 9:30am y 2pm, en 2113 Dewey Ave.

## Red de acción interreligiosa comedor de beneficencia

<table>
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Beth Emet Synagogue, 1224 Dempster St. (Ridge Entrance), Miércoles a las 6pm

First Congregational Church of Evanston, 1417 Hinman Ave., Viernes a mediodía

First Presbyterian Church, 1427 Chicago Ave., Sábado a las 11:30am

First United Methodist Church, 1417 Hinman Ave., Jueves a las 6pm

Hemenway United Methodist Church, 933 Chicago Ave., Martes a las 4pm

Second Baptist Church, 1717 Benson Ave., Lunes & Martes a mediodía

St. Mark's Church, 1417 Hinman Ave., Miércoles a las 11am

## Meals on Wheels del Noreste de Illinois

<table>
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<tbody>
<tr>
<td>(847) 332-2678</td>
<td>Tercera edad*</td>
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</table>

Entregas semanales de comidas congeladas disponibles por una tarifa de escala móvil. Solicite en línea en [https://mealsonwheelsnei.org/client-application](https://mealsonwheelsnei.org/client-application).

## Producemobile

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<td>Todas edades</td>
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</table>

Comida estable y frutas y verduras frescas disponibles por orden de llegada, primer servicio cada segundo Martes del mes entre las 9:30 y las 10:30 a.m. en el Levy Senior Center, 300 Dodge Ave.

## Mercado C&W y Heladería

<table>
<thead>
<tr>
<th>Número de teléfono</th>
<th>Servicio para</th>
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</thead>
<tbody>
<tr>
<td>(847) 833-9367</td>
<td>Tercera edad</td>
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</tbody>
</table>

Ofreciendo recogida afuera del mercado o entregas a domicilio de alimentos a las personas de tercera edad. Aceptan tarjeta de LINK aquí.
Expansion of Link/SNAP/EBT Benefits

PANDEMIC EBT (P-EBT) SNAP BENEFITS

• If your children are between the ages of 3 and 17 and are eligible for free or reduced-priced meals through the National School Lunch Program, you may be entitled to additional SNAP funds equal to the value of those meals for every day schools are closed through the end of the school year.

• If you currently receive SNAP benefits, these additional funds will automatically be loaded onto your Illinois LINK EBT account with your regular SNAP benefits.

GROCERY DELIVERY / ONLINE PURCHASES

• If you currently receive SNAP benefits, you will have the option of purchasing groceries online at Walmart.com and Amazon.com starting June 2, 2020. Simply enter your Personal Identification Number (PIN) at checkout.

• Current Link users will be alerted when they can use their card to place food orders online; there is no need to call or visit an office to access the delivery option. Recipients can also continue purchasing groceries the traditional way if desired.

BENEFICIOS DE SNAP PANDEMIC EBT (P-EBT)

• Si sus hijos tienen entre 3 y 17 años y son elegibles para comidas gratis o comidas a precio reducido a través del Programa Nacional de Almuerzos Escolares, puede ser elegible a fondos adicionales de SNAP equivalentes al valor de esas comidas por cada día que las escuelas están cerradas hasta el final del año escolar.

• Si actualmente recibe beneficios de SNAP, estos fondos adicionales serán automáticamente cargado en su cuenta de Illinois LINK EBT junto con sus beneficios regulares de SNAP.

ENTREGA DE COMPRAS / COMPRAS EN LÍNEA

• Si actualmente recibe beneficios de SNAP, tendrá la opción de comprar comestibles en línea en Walmart.com y Amazon.com a partir del 2 de junio de 2020. Simplemente ingrese su Número de identificación personal (PIN) al finalizar la compra.

• Los usuarios actuales de Link recibirán alertas cuando puedan usar su tarjeta para hacer pedidos de comida en línea; No es necesario llamar o visitar una oficina para acceder a la opción de entrega. Los destinatarios también pueden continuar comprando alimentos de la manera tradicional si lo desean.

Need to apply? Visit ABE.illinois.gov or call (800) 843-6154 to get started.
Use Your SNAP Benefits to Buy Groceries Online

Illinois now allows SNAP participants to purchase groceries online for delivery or pick-up. This new program is currently only available through Amazon and Walmart and there are some limits depending on your location. Use this guide to find the best option for your grocery needs.

AMAZON

Amazon delivers groceries to your home. Depending on what food you need and whether you want to purchase bulk quantity, Amazon offers three options.

- **Frequently Asked Questions**
- **Register your SNAP EBT card**

**Amazon Core Groceries**
- Bulk non-perishable items
- Free shipping if you spend over $25
- Available statewide

**Amazon Pantry**
- Individual non-perishable items
- Free shipping if you spend over $35
- Available statewide

**Amazon Fresh**
- Non-perishables and perishables (dairy, produce, meats)
- Free shipping if you spend over $35
- Limited availability (65% of Cook County zip codes)

WALMART

Walmart allows you to order groceries online and pick-up at the store. Some stores also offer delivery.

- **Frequently Asked Questions**
- **Shop for Groceries**

**Online Pick-up**
- Non-perishables and perishables (dairy, produce, meats)
- No service fees
- Minimum order of $30
- Available at most Walmart stores

**Online Delivery**
- Non-perishables and perishables (dairy, produce, meats)
- Delivery fee between $7.95-$9.95
- No minimum order
- Available in most communities, but not every store

**USEFUL TIPS FOR USING SNAP BENEFITS TO SHOP ONLINE**

- SNAP benefits may only be used to purchase food items.
- SNAP benefits cannot be used to pay for delivery fees. Meet minimum order amounts to qualify for free shipping or pay for shipping using another form of payment.
- If you already have an account with Amazon or Walmart, be sure to update the form of payment to your Link EBT card.
- You do not need an Amazon Prime membership to use your Link EBT card on Amazon.

- Other retailers will be joining the program in the future. For the latest information, visit [chicagosfoodbank.org/benefits-outreach](http://chicagosfoodbank.org/benefits-outreach)
- **Need help with your SNAP benefits?** In Cook County, contact the Greater Chicago Food Depository benefits hotline at 773-843-5416. Statewide contact the Illinois Department of Human Services at 800-843-6154.
Virtual Sing-Along Café!

What:
This summer we are launching a pilot of the Good Memories Sing-Along Café for people with memory loss and their care partners to sing together.

This program is offered free of charge over Zoom.

When you register, you'll receive information about each week's sing-along theme and instructions on how to join the Zoom sessions! **Sign up once!** Anyone registered by Monday noon will receive info for that week's Café.

When:

Held every Wednesday from 1:00-2:00pm.

Where:
Through Zoom on your device, or simply by calling in through your telephone.

• Singing favorite hits from the 40s and 50s, Broadway, movies, and more!
• An opportunity to chat with old and new friends

If interested in attending a sing-along cafe:
Click [this registration link](#) to sign up. This program is free of charge! Our partnership with local Area Agencies on Aging requires participants to provide demographic information when registering.
Avoiding COVID-19 Scams

Unfortunately, some people—including criminals—often look for opportunities to take advantage of others during times of national crisis. The current coronavirus (COVID-19) pandemic creates a perfect environment for lawbreakers who may be targeting vulnerable victims. Very often, their targets may be older adults.

Here are some effective defenses to help stop criminals in their tracks. Arm yourself with these smart strategies to protect yourself and your family against scammers.

First Step

Make sure to fact-check all the COVID-19 information you receive. Don’t share any messages about the virus on social media or email—or even in conversation with friends and family—unless you verify the information is from a trusted source.

Look to government agencies such as:

- Centers for Disease Control and Prevention [https://www.cdc.gov/]
- Food and Drug Administration [https://www.fda.gov/]
- Federal Trade Commission [https://www.ftc.gov/]
- If you’re unsure about a news item or piece of information, use a fact-checking website such as Snopes [https://www.snopes.com/]

Telephone Fraud

You get a call that seems to be coming from the CDC. It’s a plea for a donation to them during this time of crisis. But in reality, this is “government impersonation fraud,” say CDC officials. “Federal agencies do not request donations from the general public.”

Other phone frauds include fake coronavirus treatments, vaccinations, work-at-home schemes, or opportunities to provide personal protective gear and cleaning products. Some scammers may also call claiming to be friends or relatives who need immediate financial assistance related to COVID-19.

Protect Yourself:

- Do not take calls from phone numbers you don’t recognize.
- Never give out your personal information, banking information, Social Security number, or any other information over the phone or to strangers.
- Hang up on robocalls. Don’t press any numbers. The recording might say that pressing a number will remove you from their call list or send you to a live operator, but it could lead to even more robocalls.
Email Scams

CDC officials are warning consumers about a widespread campaign of “phishing” emails that claim to be from the CDC and mention a flu pandemic. The email instructs you to open a document that supposedly tells you how to prevent the spread of the disease. See https://www.cdc.gov/media/releases/2019/s0322-phishing.html.

- If you get an email like this, know that it comes from hackers trying to gain access to your personal computer files, as well as files on networks you’re connected to. After you open the attachment, you may get a note demanding some type of payment to remove the virus from your computer.

- You should also pay careful attention to web links you click or find from search results. Never trust websites claiming to be from the government if they don’t end in .gov. Websites using .org or .edu are also among the safest to use, since those types of links are used by non-profits or educational institutions like universities. Be the most wary of .com websites, since these can be set up by almost anyone.

Protect Yourself:

- Never open unsolicited emails or attachments from people you don’t know.

- **DO NOT CLICK ON ANY LINKS OR ATTACHMENTS** in the email or visit websites that seem unfamiliar or have strange web addresses.

- Never share personal information, especially passwords or account numbers, with anyone via email.

Beware of Fake COVID-19 Testing

The FDA is actively and aggressively monitoring for any companies that may be selling products for fraudulent coronavirus (COVID-19) testing, prevention, and treatment. As a result of these activities, the agency is beginning to see fake test kits being marketed to test for COVID-19 in the home. See https://www.fda.gov/consumers/consumer-updates/beware-fraudulent-coronavirus-tests-vaccines-and-treatments for more information.

*At this time, the FDA has not authorized any home test for COVID-19.*

“Get Your Stimulus Check Early” Scams

If you haven’t received a stimulus check yet, don’t respond to any calls or emails promising an early check. Anyone who tells you they can get your government stimulus check related to COVID-19 early is scamming you, too. See https://www.consumer.ftc.gov/blog/2020/04/coronavirus-stimulus-payment-scams-what-you-need-know for more information.
Hot Weather Safety Tips for Older Adults

While summer brings warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Every summer, more than 600 Americans die of health problems caused by excessive heat and humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

Staying Safe When It’s Too Darn Hot

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

- **STAY AWAY** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

- **STAY HYDRATED.** Drink plenty of cool water, clear juices, and other liquids that don’t contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

- **AIR CONDITIONING** is your friend in summer. Spend as much time as possible in air conditioned spaces. If you don’t have an air conditioner, go somewhere that is air-conditioned. For example, you may read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state’s LIHEAP program, call 1-866-674-6327.)

- **DID SOMEONE SAY SUNBURN?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.

- **DRESS APPROPRIATELY.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

- **COOL DOWN!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you’re feeling warm. Don’t have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.
How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by exposure to too much heat:

**Dehydration**

**What it is:** A loss of water in your body. It can be serious if not treated.

**Warning signs:** Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

**What to do:** Drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated. If you don't feel better, call 911. If you feel better after drinking fluids, but have medical conditions like heart failure or take diuretics ("water pills"), you should also call your healthcare provider for a follow-up.

**Heat stroke**

**What it is:** A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly.

**Warning signs:** A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy; and passing out.

**What to do:** Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.

**Note:** If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow. Do not try to give fluids by mouth if the person is drowsy, as it could cause choking.

**Heat exhaustion**

**What it is:** A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

**Warning signs:** Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C).

**What to do:** Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

**Heat syncope**

**What it is:** Fainting caused by high temperatures.

**Warning signs:** Dizziness or fainting.

**What to do:** Lie down and put your feet up, and drink plenty of water and other cool fluids.
How to Make a Homemade Face Covering

Bandana Face Covering

1. Fold a bandana square in half from corner-to-corner to make a triangle.
2. Hold the triangle bandana by the corners and place it over your nose and mouth.
3. Tie the bandana behind your ears to secure it on your face and adjust to fit.

Homemade Face Covering

For this type of face covering you can use a scarf, bandana or t-shirt. You will also need rubber bands or hair ties to secure the face covering.

1. Fold the cloth material from the top down and the bottom up to make a thin long square.
2. Thread your rubber bands/hair ties through the cloth material as shown in the illustration.
3. Fold the square from the sides over top of the rubber bands/hair ties and tuck the open ends to secure the rubber bands/hair ties.
4. Place over your mouth and nose and put the rubber bands/hair ties over your ears to secure the face covering and adjust to fit.
Searching for August

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

AUGUST  SENIOR CITIZENS (Day)
EIGHTH   SUMMER
GLADIOLUS SUNSHINE
GOLF   SWIMMING
LEO  VACATION
LION (Leo)  VIRGIN (Virgo)
PERIDOT  VIRGO
August IQ

Do you know all about August? Take our August IQ quiz to find out.

1. Août (pronounced oot) is the word for August in what language?

2. Which of these festivals does NOT occur in August?
   A. New York Marathon in New York City, USA
   B. Salzburg Festival in Salzburg, Austria
   C. Lollapalooza in Chicago, USA
   D. Edinburgh Fringe Festival in Scotland, UK

3. Born on August 6, 1911, what red-haired actress and comedian co-starred on a show with her husband in the 1950s?

4. True or False? August used to be called Sextillus.

5. A field of August birth flowers helped inspire Lieutenant Colonel John McCrae to write the famous poem “In Flanders Fields.” What is the name of that flower?
   A. Gardenia
   B. Poppy
   C. Gladiolus
   D. Peony

6. Which of the following celebrities was NOT born in August?
   A. Gene Kelly
   B. Debbie Reynolds
   C. Davy Crockett
   D. Esther Williams

7. Every August, a weeklong celebration at Graceland in Memphis, Tennessee, honors what famous musician?

8. Which of these gems is an August birthstone that has been mistaken for emerald in the past?
   A. Spinel
   B. Sardonyx
   C. Ruby
   D. Peridot
9. Which of these August events did NOT occur in the 1900s?
   A. The U.S. Social Security Act was signed by the president
   B. Firestone Tire & Rubber Company was founded
   C. The first U.S. federal income tax law was signed by the president
   D. Louis Armstrong was born

10. Born on August 25, 1918, which of these composers was best known for his work on *West Side Story*?
    A. Leonard Bernstein
    B. Benjamin Britten
    C. George Gershwin
    D. Aaron Copland

11. First airing on August 10, 1948, what television show caught people unaware they were being filmed in various situations?

12. Born on August 19, 1902, what humorous poet wrote, “Candy is dandy but liquor is quicker?”
    A. Ogden Nash
    B. Shel Silverstein
    C. Edward Lear
    D. Langston Hughes

13. What fruit do people throw at one another during La Tomatina Festival in Buñol of Valencia, Spain?

14. A well-known lion constellation shares his name with which of the August horoscopes?
    A. Aries
    B. Virgo
    C. Sagittarius
    D. Leo

15. Born on August 15, 1912, who had a very distinctive speaking voice, hosted her own cooking show, and wrote the book *Mastering the Art of French Cooking*?
Famous August Birthdays

The following people were born in AUGUST. Can you find their last names? Search horizontally, vertically, diagonally, forward, and backward.

A. Louis ARMSTRONG
B. Ingrid BERGMAN
C. Wilt CHAMBERLAIN
D. Coco CHANEL
E. Sean CONNERY
F. Michael JACKSON
G. Lyndon B. JOHNSON
H. Meriwether LEWIS
I. John MCCAIN
J. Herman MELVILLE
K. Regis PHILBIN
L. Shania TWAIN

J A G X M T B N H C L N
A R Y O W E I U N H I Z
C R Z A R B L N K A O C
K E I G L V K V L N K D
S N M I O K Z R I E S D
O A H A N K E I Z L H Y
N P Z D H B L P I R L R
L I A R M S T R O N G E
B W Y A N O S N H O J N
W R H W T I W O B S F N
M C Z D N Y K Q C K W O
M C C A I N S I W E L C

Bonus: Match the person to the correct clue.

1. Country singer ______
2. Trumpet player ______
3. Novelist ______
4. Pop singer ______
5. U.S. president ______
6. Movie actress ______
7. Politician ______
8. TV show host ______
9. Fashion designer ______
10. Movie actor ______
11. Basketball player ______
12. Explorer ______

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Spelling August

Use the clues to fill in the grid. Some letters have been filled in.

1. A person who is skilled at painting
2. Song title: “You Are My ____shine”
3. Movie line: “Play it ____e, Sam”
4. Something you carry on a rainy day
5. One of the senses
6. The day after today
Hamburger Toppings

Fit the list of words into the puzzle.

EGG
FETA
BACON
ONION
RANCH
SWISS
PICKLE
TOMATO
AVOCADO
CHEDDAR
KETCHUP
LETTUCE
MUSTARD
AMERICAN
PARMESAN
JALAPENOS
MUSHROOMS
MAYONNAISE

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1960s Trivia Questions

History
1. Who was the first African-American named Supreme Court Justice in 1967?
2. In 1964, Jack Ruby was convicted of murdering which other accused assassin?
3. Israeli forces defeated Arab forces in this extremely short but decisive war that took place in June 1967. What is the name of that war?
4. What was the name of the conflict in 1961 in which CIA-trained forces tried, but failed to invade Cuba and overthrow Fidel Castro?
5. Who was assassinated in November 1963?
6. What new type of telephone was invented in 1963?
7. Who delivered the famous “I have a dream” speech in 1963?
8. What iconic anti-war novel did Joseph Heller publish in 1961?
9. Russia imprisoned Gary Powers in 1960 for spying. What type of plane did he fly?
10. What did the U.S. Postal Service add in 1963 that is part of every address today?

Movies
1. Which film won the Oscar for Best Picture in 1960?
2. Which actor won the Oscar for Best Actor for his role in the 1962 film To Kill a Mockingbird?
3. Which film was the highest grossing release of 1963, yet still lost money because it was one of the most expensive films ever made?
4. Who played the role of Norman Bates in the 1960 horror movie, Psycho?
5. What was the name of Butch Cassidy’s gang in Butch Cassidy and the Sundance Kid?
6. What type of airplane appears in Dr. Strangelove?
7. Who landed at 17 Cherry Tree Lane in a well-known Walt Disney movie from 1964?
8. What famous actor starred in Lilies of the Field and Guess Who’s Coming to Dinner?
9. Easy Rider starred Peter Fonda, Jack Nicholson and Dennis Hopper. Which one directed the movie?
10. What 1968 movie co-starred a computer named H.A.L?

Pop Culture
1. Which iconic blonde actress, and rumored lover of President John F. Kennedy, was found dead in her bedroom August 5, 1962?
2. Which former first lady married Greek shipping tycoon Aristotle Onassis October 20, 1968?
3. In which year did the Woodstock Festival take place?
4. Which product did Proctor and Gamble launch in 1966 that revolutionized baby care?
5. What famous band arrived from England to the U.S. in February 1964?
6. What famous TV series debuted in 1966 with these words ... “Space, the final frontier ...?”
7. This bluesy rock singer was discovered at the Monterey Pop Festival in 1967. Her initials are J.J. Who was she?
8. British fashion designer Mary Quant invented a daring and revealing new type of women’s clothing in 1964. What was it called?
9. What 60s artist was famous for his renderings of everyday objects such as soup cans?
10. What was this famous boxer’s name before he changed it to Muhammad Ali?

http://seniors.lovetoknow.com/Senior_Citizen_Trivia_Questions
SOLUTIONS

SOLUCIONES
Searching for August
(solution)
August IQ Answers

1. French. An interesting aside: In France, many businesses in the cities close due to the large number of citizens that go on vacation in August.

2. (A) New York Marathon in New York City, USA. The marathon is held the first Sunday in November.

3. Lucille Ball. Did you know? She had five television shows with her name in the title: *I Love Lucy*, *The Lucy and Desi Comedy Hour*, *The Lucy Show*, *Here’s Lucy*, and *Life with Lucy* (not to mention, all the television specials she performed in).

4. True. It was renamed in honor of Augustus Caesar.

5. (B) Poppy. The poppy is now a symbol of remembrance.

6. (B) Debbie Reynolds. Debbie Reynolds was born on April 1, 1932. Gene Kelly was born on August 23, 1912; Davy Crockett was born on August 17, 1786; and Esther Williams was born on August 8, 1921.

7. Elvis Presley. A candlelight vigil is held on the evening of August 15 and lasts until the morning of August 16 (the day Elvis passed).

8. (D) Peridot. Some say Cleopatra’s emerald collection may have in fact been peridot gems.

9. (C) The first U.S. federal income tax law was signed by the president. Lincoln signed it on August 5, 1861. Firestone Tire & Rubber Company was founded on August 3, 1900; President Roosevelt signed the Social Security Act on August 14, 1935; and Louis Armstrong was born on August 4, 1901.


11. *Candid Camera*. The show was hosted by Allen Funt.

12. (A) Ogden Nash. This line is from his poem “Reflections on Ice Breaking” and is quoted in the movie *Willy Wonka & the Chocolate Factory* (1971).

13. Tomatoes. One of the largest food fights in the world, La Tomatina lasts exactly one hour and is believed to involve between 40,000–50,000 people and 150,000 tomatoes (over 100 tons).

14. (D) Leo. The zodiac dates for Leo are between July 23 and August 22.

15. Julia Child. Her cooking show was called *The French Chef*, and it ran from 1963 to 1973.
Famous August Birthdays
(solution)

Bonus: Match the person to the correct clue.

1. Country singer – L
2. Trumpet player – A
3. Novelist – J
4. Pop singer – F
5. U.S. president – G
6. Movie actress – B
7. Politician – I
8. TV show host – K
9. Fashion designer – D
10. Movie actor – E
11. Basketball player – C
12. Explorer – H
Spelling August
(solution)

ARTIST
SUN
AGAIN
UMBRELLA
TASTE
TOMORROW
Hamburger Toppings
(solution)

Ketchup

Mushrooms

Pickles

Mustard

Mince

Mayonnaise

Cheese

Avocado

Tomato

Bacon
1960s Trivia Answers

History
1. Who was the first African-American named Supreme Court Justice in 1967? Thurgood Marshall
2. In 1964, Jack Ruby was convicted of murdering which other accused assassin? Lee Harvey Oswald
3. Israeli forces defeated Arab forces in this extremely short but decisive war that took place in June 1967. What is the name of that war? Six Day War
4. What was the name of the conflict in 1961 in which CIA-trained forces tried, but failed to invade Cuba and overthrow Fidel Castro? Bay of Pigs
5. Who was assassinated in November 1963? President John F. Kennedy
6. What new type of telephone was invented in 1963? Touch-tone
7. Who delivered the famous “I have a dream” speech in 1963? Martin Luther King Jr.
10. What did the U.S. Postal Service add in 1963 that is part of every address today? ZIP codes

Movies
1. Which film won the Oscar for Best Picture in 1960? The Apartment
2. Which actor won the Oscar for Best Actor for his role in the 1962 film To Kill a Mockingbird? Gregory Peck
3. Which film was the highest grossing release of 1963, yet still lost money because it was one of the most expensive films ever made? Cleopatra
4. Who played the role of Norman Bates in the 1960 horror movie, Psycho? Anthony Perkins
5. What was the name of Butch Cassidy’s gang in Butch Cassidy and the Sundance Kid? Hole in the Wall Gang
6. What type of airplane appears in Dr. Strangelove? Boeing B-52
7. Who landed at 17 Cherry Tree Lane in a well-known Walt Disney movie from 1964? Mary Poppins
8. What famous actor starred in Lilies of the Field and Guess Who’s Coming to Dinner? Sidney Poitier
9. Easy Rider starred Peter Fonda, Jack Nicholson and Dennis Hopper. Which one directed the movie? Dennis Hopper

Pop Culture
1. Which iconic blonde actress, and rumored lover of President John F. Kennedy, was found dead in her bedroom August 5, 1962? Marilyn Monroe
2. Which former first lady married Greek shipping tycoon Aristotle Onassis October 20, 1968? Jacqueline Kennedy Onassis
3. In which year did the Woodstock Festival take place? 1969
5. What famous band arrived from England to the U.S. in February 1964? Beatles
6. What famous TV series debuted in 1966 with these words .. “Space, the final frontier ..?” Star Trek
7. This bluesy rock singer was discovered at the Monterey Pop Festival in 1967. Her initials are J.J. Who was she? Janis Joplin
8. British fashion designer Mary Quant invented a daring and revealing new type of women’s clothing in 1964. What was it called? Miniskirt
9. What 60s artist was famous for his renderings of everyday objects such as soup cans? Andy Warhol
10. What was this famous boxer’s name before he changed it to Muhammad Ali? Cassius Clay

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