ACTIVITY PACKET

SEPTEMBER 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

To cancel or change your subscription any time, please email aging@cityofevanston.org.
Each 60-minute program will air three separate times (8:00am, 12:00pm, and 5:00pm) on the Fridays listed below.

<table>
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<tr>
<th>DATE</th>
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| 9/4  | Delicious & Nutritious Episode 5 (Senior-produced Cooking Show)  
• Slow Cook Baby Back Ribs & Cole Slaw  
Senior Physical Exercise of the Week |
| 9/11 | Delicious & Nutritious Episode 6  
• Rotisserie Chicken Salad with Noodles  
Senior Physical Exercise of the Week |
| 9/18 | Delicious & Nutritious Episode 7  
• Tabbouleh & Chickpea, Spinach, & Lemon Pasta  
Senior Physical Exercise of the Week |
| 9/25 | Delicious & Nutritious Episode 8  
• Pizza!  
Senior Physical Exercise of the Week |

Programs air on Evanston Access TV  
Comcast: Channel 6  
AT&T: Channel 99, select Evanston, then City  
Channel 16
The Arthritis Foundation Exercise Program (AFEP) is a group exercise program designed to increase mobility, strength and overall wellness. Exercises offered are appropriate for people at all fitness levels, including those with arthritis. Join us to improve your health and make new friends!

Participate from the comfort of your own home, by Tablet, Computer or Phone! If you need help getting online, don’t worry. Our computer specialist will help you get connected!

FREE Tuesday & Thursday classes offered every week, beginning, Tuesday July 28th 2020.

From 11:30 AM – 12:30 PM

Space is limited; so register today to reserve your spot, and bring a friend!

Click here to register

Or to register over the phone, please contact White Crane Wellness Center at 773-271-9001. Or email us at mflores@whitecranewellness.org.

Programs and services are funded in part by, AgeOptions, the Suburban Area Agency on Aging. White Crane Wellness Center does not discriminate in admission to programs or treatment of employment in compliance with appropriate State and Federal statutes. If you feel you have been discriminated against, call (312) 814-6200 or (217) 785-5125 (TTY).
Exercise with a Twist!

BINGOCIZE is a group exercise program designed to increase mobility and fitness. Exercises offered are appropriate for people at all fitness levels. Join us to improve your health, make new friends and win PRIZES!

Participate from the comfort of your own home, by Tablet, Computer or Phone! If you need help getting online, don’t worry. Our computer specialist will help you get connected!

FREE Morning and afternoon classes offered daily, beginning, Monday, July 27th 2020.

For a complete list of all classes offered, including dates and times, please see below

Space is limited; so register today to reserve your spot, and bring a friend!

Click here to register

Or to register over the phone, please contact White Crane Wellness Center at 773-271-9001. Or email us at mflores@whitecranewellness.org.
## Bingocize® Schedule

**Mondays and Wednesdays via Zoom**  
July 27th through September 30th  
10:00 am – 11:00 am

**Mondays and Fridays via Zoom**  
July 27th through October 2nd  
11:30 am – 12:30 pm

**Tuesdays and Thursdays via Zoom**  
July 28th through October 1st  
9:15 am – 10:15 am

**Tuesdays and Thursdays via Zoom**  
July 28th through October 1st  
1:00 pm – 2:00 pm

## Calendario de Bingocize®

**Lunes Y Viernes por Zoom**  
De Julio 27th al 2 de Octubre  
11:30 am – 12:30 pm

**Martes y Jueves por Zoom**  
De Julio 28 al 1 de Octubre  
9:15 am – 10:15 am

**Martes y Jueves por Zoom**  
De Julio 28 al 1 de Octubre  
1:00 pm – 2:00 pm

### Schedule Table

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Virtual Sing-Along Café!

What:
This summer we are launching a pilot of the Good Memories Sing-Along Café for people with concerns about their memory 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 at: bit.ly/evanstonsingalong! Anyone registered by Monday noon will receive info for that week's Café.

When:
July 15th to October 21st, 2020

Held every Wednesday from 1-2pm.

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

Questions? Contact Helen Gagel at hgagel@soundsgoodchoir.org

Love to sing? You're in the right place! Make the Sing-Along Café the highlight of your week.

Enjoy being led each week by talented professional musicians who make it fun. Each week brings a new, favorite song repertoire. Sing with your loved ones at home too!

To help those with limited access to technology, the Café will be available by phone to people who want to dial in and sing along that way. There is no sheet music, just familiar songs on a weekly theme and professionals to guide you.

ACTIVITIES TO LOOK FORWARD TO

- 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 if you live in DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry, or Will Counties

click this registration link if you live in suburban Cook County or other parts of Illinois not already listed

GOOD MEMORIES CHOR AgeGuide AGE OPTIONS
VOTING in ILLINOIS

TO REGISTER TO VOTE IN ILLINOIS YOU NEED TO:

• Be a United States Citizen.
• Be a resident of the jurisdiction at least 30 days prior to the election.
• Be 18 before the next general election (17-year-olds can register and vote in the primary if they will be 18 before the Election Day).

That’s it! You can vote in Illinois regardless of previous criminal history, or if you’re lacking certain identification like a driver’s license.

Even if you think you are registered to vote, check to make sure your registration has not been mistakenly removed without your knowledge.

If you encounter problems with your registration, contact the Illinois State Board of Elections.

ILLINOIS OFFERS THREE DIFFERENT OPTIONS FOR REGISTERING TO VOTE:

• ONLINE at https://ova.elections.il.gov/
• MAIL IN REGISTRATION: included in this packet
• IN PERSON REGISTRATION

PREFER TO VOTE BY MAIL?
Once you are registered to vote or have confirmed your registration status, complete the Mail Ballot Application included in this packet and send it in before Thursday, October 29, 2020. You may request a ballot up to 90 days before the election until 5 days before.

IF YOU, OR ANYONE YOU KNOW, ENCOUNTERS PROBLEMS WHILE VOTING CALL: 1-866-687-8683 (866-OUR-VOTE).

Information adapted from aclu-il.org/en/campaigns/ Registering-and-voting-illinois.
You need not present a photo ID to vote in Illinois. A poll worker should not ask you for ID except in a narrow range of circumstances. You may need an ID if:

- An Election Judge challenges your right to vote;
- You registered to vote by mail and did not provide ID; and/or
- If you are also registering to vote or changing your registration address on the day that you vote.

On Election Day, you can cast your ballot after the polls close if you are in line at the time listed as closing.

You may bring written or printed materials into the voting booth to assist you.

If you are wearing campaign clothing, buttons, or stickers, you may be required to remove or cover them. You may not display campaign signs, pamphlets, or other materials.

You can request up to two hours off of work to go and vote in Illinois, if your work schedule prevents you from getting to the polls while they are open.

If you are denied the right to vote because you are challenged by a judge, your name does not appear on the rolls, or you do not have ID (in the few circumstances where ID is required) you are entitled to a provisional ballot. Be sure the poll worker gives you instructions about any steps you need to take in order to ensure that your ballot is counted.

IF YOU, OR ANYONE YOU KNOW, ENCOUNTERS PROBLEMS WHILE VOTING CALL: 1-866-687-8683 (866-OUR-VOTE).

Information adapted from aclu-il.org/en/campaigns/registering-and-voting-illinois.
Mail Ballot Application
Suburban Cook County
Presidential General Election - November 3, 2020

Get your ballot faster, APPLY ONLINE! at cookcountyclerkil.gov/VoteByMail

Don't have access to a computer? Complete the form below and return it by Thursday, October 29, 2020 to the Cook County Clerk's office, Mail Voting Unit, 69 W. Washington St., Room 500, Chicago, IL 60602.

Under penalties of perjury as provided by law under Section 29-10 of the Illinois Election Code [10 ILCS 5/29-10], I affirm that I am entitled to vote in this election and that all of the statements on this application are true and correct. I am applying for a mail ballot, which I will mail to the Cook County Clerk's office. Under state law, ballots must be postmarked by Election Day and received no later than 14 days after Election Day in order to be counted.

I understand that this application is made for an official mail ballot to be voted by me at this election and that I must submit a separate application for an official mail ballot for any subsequent election.

1 Print applicant's name and complete voting address:

name
address
city
email address

birth date
apt#
zip code
phone number

2 Print name and address where the ballot should be mailed (if different from above):

name
address
city

state zip code

3 Sign in box below:

voter signature

4 Check if requesting a mail ballot in a language other than English:

☐ Spanish ☐ Hindi ☐ Chinese ☐ Korean ☐ Tagalog ☐ Urdu
☐ Polish ☐ Russian ☐ Ukrainian ☐ Arabic ☐ Gujarati

5 Help prevent vote fraud

Making a false statement to obtain a mail ballot or soliciting someone to do so is considered vote fraud, a criminal offense that is punishable by up to five years in prison. To report vote fraud, call 312.603.0909.

For more information about mail voting, visit cookcountyclerkil.com/VoteByMail, or call 312.603.0946.

For election officials only
Voter ID #

Township: ________ Precinct: ________ Ward: ________ Ballot Style: ________
FOR ILLINOIS RESIDENTS ONLY

TO VOTE YOU MUST:
- Be a United States citizen
- Be at least 18 years old (some 17 year olds may vote in the General Primary)
- Live in your election precinct at least 30 days
- Not be convicted and in jail
- Not claim the right to vote anywhere else

TO VOTE IN THE NEXT ELECTION:
- Mail or deliver this application to your County Clerk or Board of Election Commissioners no later than 26 days before the next election. (click here for County Clerk/Board listings) or go to http://www.elections.il.gov

IMPORTANT INFORMATION:
- If you do not have a driver's license, State Identification Card or social security number, and this form is submitted by mail, and you have never registered to vote in the jurisdiction you are now registering in, then you must send, with this application, either (i) a copy of a current and valid photo identification, or (ii) a copy of a current utility bill, bank statement, government check, paycheck, or other government document that shows the name and address of the voter. If you do not provide the information required above, then you will be required to provide election officials with either (i) or (ii) described above the first time you vote in person or prior to voting by mail.
- If you change your name you must re-register.
- If you register at a public service agency, any information regarding the agency that assisted you will remain confidential as will any decision not to register.
- If you do not receive a Notice within 2 weeks of mailing or delivering this application, call your County Clerk or Board of Election Commissioners.

TO COMPLETE THIS FORM:
- Box 1-If you do not have a middle name, leave blank.
- Box 3-If mailing address is same as Box 2, write “same”.
- Box 4-If you have never registered before, leave blank. If you do not remember your former address; provide as much information as possible.
- Box 5-If you have not changed your name, leave blank.
- Box 9-If you have an Illinois Driver's License or Secretary of State ID, check the first box and fill in the number. If you do not have a Driver's License or SOS ID, check the second box and fill in the last four digits of your Social Security Number. If you do not have a SSN, check the third box and send a copy of the appropriate document (as described in the “Important Information” section) along with this form.
- 10-Read, date and personally sign your name or make your mark in the box.

IF YOU HAVE NO STREET ADDRESS,
below describe your home: list the name of subdivision; cross streets; roads; landmarks; mileage and/or neighbors' names.

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If you have questions about completing this form, please call the State Board of Elections at (217)782-4141 or (312)814-6440 (or webmaster@elections.il.gov).

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<td>Are you a citizen of the United States of America? (check one) yes □ no □</td>
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<tr>
<td>Will you be 18 years of age or on before the next election day OR are you currently 17 and will be 18 by the day of the next General Election? (check one) yes □ no □</td>
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You can use this form for: (Check One) □ apply to register to vote in Illinois □ change your address □ change your name

1. Last Name □ First Name □ Middle Name or Initial □ Suffix (Circle One) Jr. Sr. II III IV

2. Address where you live (House No., Street Name, Apt. No.) □ City/Village/Town □ Zip Code □ County □ Township

3. Mailing address (P.O. Box) □ City/Village/Town, State □ Zip Code □ Email (optional)

4. Former Registration Address: (include City and State and Zip Code) □ Former County □ 5. Former Name: (if changed)

5. Date of Birth: MM/DD/YYYY □ 8. Home telephone number including area code (optional)

6. Sex (circle one) □ M □ F

7. ID number – check the applicable box and provide the appropriate number
   □ IL Driver's License or, if none, Sec. of State ID or
   □ Last 4 digits of Social Security Number
   □ I have none of the above-listed identification numbers.

10. Voter Affidavit – Read all statements and sign within the box to the right. This is my signature or mark in the space below.
    I swear or affirm that
    □ I am a citizen of the United States;
    □ I will be at least 18 years old on or before the next election or the next General Election;
    □ I will have lived in the State of Illinois and in my election precinct at least 30 days as of the date of the next election;
    □ The information I have provided is true to the best of my knowledge under penalty of perjury. If I have provided false information, then I may be fined, imprisoned, or I if I am not a U.S. citizen, deported from or refused entry into the United States.

Today’s Date: __________/________/________

11. If you cannot sign your name, ask the person who helped you fill in this form to print their name, address and telephone number. Name of person assisting. Full Address Telephone No.
### Change of Address

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### Suspension, Cancellation and Reinstatement

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To Election Judges:
- For Primary, mark
- D for Democrat
- R for Republican
- for all other
elections mark V

Voting Record:
- Primary
- General
- NonPartisan
- Special
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 gratuitas 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.
Coping With COVID-19: Managing Stress and Anxiety

It's hard to escape news updates about the coronavirus disease (COVID-19). The constant headlines may make some people anxious. In particular, older adults, people with chronic health conditions, and caregivers are likely to be at higher risk for increased stress and anxiety, since they face a higher risk of illness if they contract the virus.

According to the Centers for Disease Control and Prevention (CDC), here's what stress during an infectious disease outbreak can look like:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleeping or eating habits
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

You may not be able to control the virus, but you can help control your emotional reaction to it.

Here are some smart strategies from the CDC to help you manage your anxiety:

- **Take breaks.** Take breaks from watching, reading, or listening to news stories, including on social media. Hearing about the pandemic over and over can be upsetting.

- **Take care of your body.** Take deep breaths, stretch, or meditate. Here’s a free guide on how to meditate from Mindful magazine: [https://www.mindful.org/how-to-meditate/](https://www.mindful.org/how-to-meditate/)

- **Eat healthy, well-balanced meals.** Read this helpful guide from the CDC on how to create a nutritious diet plan: [https://www.cdc.gov/nccdphp/dnpao/features/national-nutrition-month/index.html](https://www.cdc.gov/nccdphp/dnpao/features/national-nutrition-month/index.html)

- **Exercise regularly.** For older adults, the CDC recommends aiming for 150 minutes a week of moderate intensity activity such as brisk walking. Do walk outside on nice days but avoid crowded places and make sure to maintain a six-foot distance between you and others. Wash your hands when you get home.
Get plenty of sleep. Following these simple sleep tips can help you relax into a good night's sleep: https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html

Relax by doing activities you enjoy. Try crossword or jigsaw puzzles, get outside and garden if you can, cook healthy meals and freeze some for later, and seek out TV shows to watch that give you pleasure. Explore your library's online offerings.

Connect with others. You may not be able to socialize in person for a while, but many older adults are turning to video chat options such as FaceTime visits on their smartphone, Skype calls, and Zoom calls. These virtual visits are the next best thing to spending time in person with friends and family.

Find virtual support. If you already have issues with your mental health or substance use, you may find it even harder to cope right now. Many in-person groups are holding online meetings to provide each other with mutual support:

- Alcoholics Anonymous http://aa-intergroup.org/
- SMART Recovery https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/ (for any substance use or addictive behavior)
- Depression and Bipolar Support Alliance (DBSA) https://www.supportgroupcentral.com/groups_detail.cfm?cid=18 (for any mental health condition)
- Anxiety and Depression Association of America (ADAA) https://adaa.org/adaa-online-support-group (for any mental health condition)

If your stress reactions are interfering with your life for 2 weeks in a row or longer, call your healthcare provider.

If you are feeling overwhelmed, the CDC recommends using the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline:

https://www.samhsa.gov/find-help/disaster-distress-helpline
Phone: 1-800-985-5990
Text: text TalkWithUs to 66746.
TTY: 1-800-846-8517

If you feel like you want to harm yourself or others, call 911.

DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. June 2020
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12 Ways To Ease Isolation While Practicing Social Distancing

To avoid the coronavirus, public health experts advise people of all ages to stay home and practice social distancing as much as possible. This is particularly true for older adults and those with chronic medical conditions.

According to the Centers for Disease Control and Prevention (CDC), those actions will go a long way to helping limit the spread of the virus and its impact on our health as well as on our health care systems.

But social distancing and staying home may put some at greater risk for the unintended consequence of social isolation, a health concern that can be avoided or reduced with proper, proactive steps.

According to the National Institute on Aging, social isolation and loneliness are linked to higher risks for a variety of health problems. These include high blood pressure, anxiety, depression, cognitive decline, Alzheimer’s disease, and even death. Social isolation can be harmful to your health and contribute to poor health outcomes, especially for older adults.

These steps can help you stay connected with others and prevent loneliness during the coronavirus pandemic.

**Identify your vital connections.**

These are the people that you view as essential to your health, well-being, and quality of life. They can be friends, neighbors, and family. Your healthcare professionals may also be important to add to this list, but remember that they may be particularly busy. They also may want you to avoid their offices as much as possible to reduce your risks of getting sick. Therefore, you should consider contacting them by phone as much as you can and only when needed.

**Get everyone’s contact information.**

Gather your connections’ phone numbers, mailing addresses, and email addresses. This makes it easy to stay in touch regularly with the people you care about by phone, email—and yes, even writing old-fashioned letters. Set up times to call friends and family and make staying in touch with each other a priority while you’re stuck at home.
Try to have up-to-date communications equipment.

If you have a cell phone, consider using FaceTime or Skype rather than just calling. Being able to see people’s faces can make you feel more connected. If you have a computer or tablet, you can join online groups of people who share your interests. You may also consider setting up a schedule for when you’ll connect with friends and family to create a routine (and something to look forward to).

Get outside.

Social distancing doesn’t mean you have to stay inside. Take a walk, sit on the porch, wave to your neighbors. This is the perfect time to clean up your garden and to plant seeds.

Stay as physically active as possible.

You can find many different fitness programs online. Find some excellent suggestions from the National Institute on Aging:
https://www.nia.nih.gov/health/exercise-physical-activity

Get creative!

Some people are enjoying virtual dinners with each other. They use FaceTime or Zoom (a free app that allows you to connect several people to a video conference). Or talk to friends about reading the same book or watching the same movie so you can chat about it in a group later. Also, this is a great time to practice your favorite crafts, such as needlework, scrapbooking, knitting, or crocheting. Engaging in creative activities can help prevent feelings of loneliness.

Educate yourself about your local healthcare options.

Find out now how your healthcare providers are taking care of their patients, and what to do if you need a COVID-19 test. You may be able to get a telephone or online health visit, get a test at a drive-through facility, or email your provider with questions.

Upgrade your basic self-care habits.

This is a time to make sure you’re eating well. Try to get to bed and wake up at the same time every day and do your best to stay active. Even a walk around the block is helpful.

Keep in touch with people in long-term care.

If you care for someone in long-term care, ask the staff if you can email pictures or letters that can be printed out and “delivered” to them. Consider asking the staff to help you FaceTime with them as well.
Deal with caregiver isolation. Caregiving itself can be isolating and practicing social distancing can make you feel even more alone. Try connecting with other caregivers through virtual support groups online. Some are specific for caregivers of people with Alzheimer’s disease or other illnesses.

Try to dial down the bad news. Too much bad news can overwhelm your emotions. Consider tuning in just once or twice a day for only 10 or 15 minutes. Then turn off the news and focus on activities that help you stay happy and positive.

Call a hotline if you need someone to talk to about how you’re feeling.

If you are feeling overwhelmed, the CDC recommends using the Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline:

https://www.samhsa.gov/find-help/disaster-distress-helpline

Phone: 1-800-985-5990

Text: text TalkWithUs to 66746.

TTY: 1-800-846-8517

If you feel like you want to harm yourself or others, call 911.
Famous September Birthdays
The following people were born in September. Can you find their last names? Search horizontally, vertically, diagonally, forward, and backward.

A. Lauren **BACALL**
B. Terry **BRADSHAW**
C. Patsy **CLINE**
D. Roald **DAHL**
E. T. S. **ELIOT**
F. Jimmy **FALLON**
G. Michael **FARADAY**
H. Rocky **MARCIANO**
I. Grandma **MOSES**
J. Bob **NEWHART**
K. Colonel **SANDERS**
L. Oliver **STONE**

**Bonus:** Match the person to the correct clue.

1. Director ____
2. Children’s book author ____
3. Actor ____
4. Fast food founder ____
5. Football quarterback ____
6. Boxer ____
7. Country singer ____
8. Poet ____
9. Painter ____
10. Actress ____
11. Physicist ____
12. Talk show host ____
September IQ

Say goodbye to summer with this quiz. Test your September IQ.

1. Which of the following does NOT occur in September?
   A. Rosh Hashanah
   B. Labor Day
   C. Grandparents Day
   D. All Saints’ Day

2. September has 30 days. If you add up the days of all the months that have 30 days only, what is the total number of days?

3. The first Edsel automobile was introduced on September 4, 1957. Who is the Edsel named for?
   A. The son of Henry Ford
   B. The dog of Henry Ford
   C. The father of Henry Ford
   D. The brother of Henry Ford

4. What are the two zodiac signs for September?
   A. Virgo and Libra
   B. Aries and Taurus
   C. Gemini and Cancer
   D. Leo and Virgo

5. True or false? Canada and the U.S. celebrate Labor Day in September.

6. George Gershwin was born on September 26, 1898. Was he a lyricist or a composer?

7. In what British city did the Great Fire occur on September 2, 1666?

8. Which of these September events took place most recently?
   A. Francis Scott Key wrote “The Star-Spangled Banner.”
   B. Balboa sighted the Pacific Ocean.
   C. President Gerald Ford pardoned former President Richard Nixon.
   D. Elvis Presley made his first television appearance.
9. In the northern hemisphere, what is the moment called when the sun is directly above the equator?

10. True or false? Every year, September begins on the same day of the week as December.

11. What is the birthstone for September?
   A. Garnet
   B. Diamond
   C. Ruby
   D. Sapphire

12. On September 19, 1981, Simon and Garfunkel gave a free concert in New York City’s Central Park. What are the first names of the music duo?
   A. Neil and John
   B. Paul and Art
   C. Simple and George
   D. Bob and Nate

13. What song has the lyric: “Try to remember the kind of September when life was slow and oh, so mellow”?
   A. “Try to Remember”
   B. “September Morn”
   C. “Harvest Moon”
   D. “As Time Goes By”

14. On September 21, 1897, a letter from a young girl inquiring about Santa Claus was published in the New York Sun. What was the young girl’s name?
   A. Ruby
   B. Victoria
   C. Virginia
   D. Jessica

15. True or false? Spring begins in September in the southern hemisphere.
Searching for September

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

<table>
<thead>
<tr>
<th>XPAYMTFYRRHESSES</th>
<th>CMRALTDMAEPVPRC</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOBDIVGODTICIA</td>
<td>ORISAUTUMNRSZHL</td>
</tr>
<tr>
<td>MNLTNIGRIVIOAPE</td>
<td>KIRNFRTXRHKLUBPS</td>
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<tr>
<td>INDEPENDENCEDAY</td>
<td>PGGFVZTUQRKSL</td>
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<tr>
<td>PGHANASHASHHSORQ</td>
<td>ULAPBDDEFEHNXWYQ</td>
</tr>
<tr>
<td>ROPDSVZBCFTGAY</td>
<td>SRUNRSXCDJASRW</td>
</tr>
<tr>
<td>FYUAKTOBERFEST</td>
<td>AWHRMATEZKSPCEQ</td>
</tr>
<tr>
<td>RUOGREBMETPESHJ</td>
<td></td>
</tr>
</tbody>
</table>

ASTER
AUTUMN
GRANDPARENTS DAY
HARVEST
INDEPENDENCE DAY (Mexico)
LABOR DAY

LIBRA
MORNING GLORY
OKTOBERFEST
ROSH HASHANAH

SAPPHIRE
SCALES (Libra)
SEPTEMBER
VIRGIN (Virgo)
VIRGO
YOM KIPPUR

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Summertime Word Quilt

The following words are hidden in the puzzle in oddly shaped patterns. Move from letter to letter vertically, horizontally, backward, or forward to spell the words. The patches of letters do not overlap, and all of the letters in the puzzle are used in a word. One of the words is outlined for you.

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

AUGUST  JULY  PARK
BASEBALL  JUNE  PICNIC
BEACH  KITES  POOL
BIKES  LAKE  POPSICLE
CAMP  SANDALS
FUN  TAN
GOLF  VACATION
HOT  WATER
Beat the Heat

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

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

| AIR CONDITIONER | LEMONADE | SANDALS |
| BEACH | POPSICLES | SHADE |
| BREEZE | | SHORTS |
| DRESS | | SMOOTHY |
| HAND FAN | | SUN HAT |
| HYDRATE | | SWIMMING |
| ICED TEA | | UMBRELLA |
| LAKE | | WATERMELON |

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Mini Sudoku Puzzles

Fill in the blank boxes so that each row, each column, and each 2 x 2 square contains the numbers 1 through 4.

Puzzle 1:

```
3 1 2
2 1 4
3 2 1
1 2 4
```

Puzzle 2:

```
4 1 2
2 3 1
1 4 3
3 2 4
```

Puzzle 3:

```
2 3 1 4
1 3
3 1
4 1 3 2
```

Puzzle 4:

```
1 3 2
4 3 1
2 4 1
1 2 4
```
Grandparents Day Mining

How many words can you make with the letters in:

GRANDPARENTS DAY

Use each letter only once and give yourself extra credit for words with five or more letters.

1. ______________
2. ______________
3. ______________
4. ______________
5. ______________
6. ______________
7. ______________
8. ______________
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30. ______________
31. ______________
32. ______________
33. ______________
34. ______________
35. ______________
36. ______________
37. ______________
38. ______________
39. ______________
40. ______________
Grandparents Alphabet Code

Below is a quote about grandparents. Crack the code by putting the letter in the blank that comes between the two letters in the alphabet.

"__ __ __ __ __ __ __ __ __ __ __ __
FH QS ZB MO CE OQ ZB QS DF MO SU RT

__ __ __ __ __ __ __ __ __ __ __
LN ZB JL DF SU GI DF VX NP QS KM CE

__ __ __ __ __ __ __ __ __ __ __ __
ZB KM HJ SU SU KM DF RT NP EG SU DF QS

__ __ __ __ __ __ __ __ __ __ __ __
ZB KM HJ SU SU KM DF JL HJ MO CE DF QS

__ __ __ __ __ __ __ __ __ __ __ __
ZB MO CE ZB KM HJ SU SU KM DF

__ __ __ __ __ __ __ __ __ __ __ __ __
VX ZB QS LN DF QS

~ UNKNOWN

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A “Grand” Match

Match each definition with one of the “Grand” terms from the list.

1. A country music theater in Nashville  
2. A series of waterways in eastern China  
3. Splendor and impressiveness  
4. The wife or widow of a grand duke  
5. A climactic finish  
6. A type of rose  
7. A person of high rank or eminence  
8. The gorge carved by the Colorado River  
9. A type of ballet jump  
10. An industrial city in southwestern Michigan  
11. Everything added up  
12. To increase the power, status, or wealth of  
13. A large instrument supported by three legs  
14. The four most important tournaments in tennis  
15. Pompous or extravagant in language  
16. Terminal station in New York City  
17. The function or expression to be integrated  
18. A large structure for seating spectators  
19. A director of the court  
20. Musical direction in a grand, noble style  
21. A river between the U.S. and Mexico  
22. A series of high-level competitions in a sport, such as sailing or auto racing  
23. The taking of property valued above a certain dollar amount
SOLUCIONES

SOLUTIONS
Famous September Birthdays

(solution)

Bonus: Match the person to the correct clue.

1. Director – L
2. Children’s book author – D
3. Actor – J
4. Fast food founder – K
5. Football quarterback – B
6. Boxer – H
7. Country singer – C
8. Poet – E
9. Painter – I
10. Actress – A
11. Physicist – G
12. Talk show host – F
1. (D) All Saints’ Day. It occurs on November 1.
2. 120. Four months (April, June, September, and November) have 30 days.
3. (A) The son of Henry Ford. According to Time magazine, the Edsel is one of the 50 worst cars of all time.
4. (A) Virgo and Libra. Virgo is August 23 to September 22. Libra is September 23 to October 22.
6. Composer. His brother Ira was the lyricist.
7. London. The Great Fire of London began in a bakery. More than 12,000 houses were destroyed.
9. The September equinox, also referred to as the autumnal equinox. This year, the autumnal equinox will occur on Tuesday, September 22.
10. True. However, no other month ends on the same day of the week as September.
11. (D) Sapphire. Sapphires are the non-red variety of the mineral corundum. Rubies are the red variety of corundum.
12. (B) Paul and Art. The purpose of the concert was to raise money for the restoration and maintenance of Central Park. Simon and Garfunkel were chosen for this fundraising event because they both grew up in New York City.
14. (C) Virginia. Virginia O’Hanlon was eight years old when she wrote the letter.
15. True. Autumn begins in March in the southern hemisphere.
Searching for September
(solution)
Beat the Heat
(solution)
Mini Sudoku Puzzles

(solutions)

Puzzle 1:

3 4 1 2
2 1 3 4
4 3 2 1
1 2 4 3

Puzzle 2:

4 1 3 2
2 3 4 1
1 4 2 3
3 2 1 4

Puzzle 3:

2 3 1 4
1 4 2 3
3 2 4 1
4 1 3 2

Puzzle 4:

1 3 4 2
4 2 3 1
2 4 1 3
3 1 2 4

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### Grandparents Day Mining

There are over 200 possibilities. Here are just a few:

<table>
<thead>
<tr>
<th>grandstand</th>
<th>arrest</th>
<th>steady</th>
<th>stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>peasantry</td>
<td>dander</td>
<td>stand</td>
<td>typed</td>
</tr>
<tr>
<td>arranged</td>
<td>danger</td>
<td>adder</td>
<td>dare</td>
</tr>
<tr>
<td>dragster</td>
<td>depart</td>
<td>anger</td>
<td>east</td>
</tr>
<tr>
<td>narrated</td>
<td>drapes</td>
<td>apart</td>
<td>gate</td>
</tr>
<tr>
<td>standard</td>
<td>errand</td>
<td>aster</td>
<td>part</td>
</tr>
<tr>
<td>stranger</td>
<td>gander</td>
<td>dandy</td>
<td>read</td>
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<tr>
<td>adapted</td>
<td>garden</td>
<td>dread</td>
<td>span</td>
</tr>
<tr>
<td>arrange</td>
<td>garnet</td>
<td>entry</td>
<td>tape</td>
</tr>
<tr>
<td>deadpan</td>
<td>garter</td>
<td>grade</td>
<td>ape</td>
</tr>
<tr>
<td>dragnet</td>
<td>gentry</td>
<td>grand</td>
<td>art</td>
</tr>
<tr>
<td>drapery</td>
<td>granny</td>
<td>nerdy</td>
<td>day</td>
</tr>
<tr>
<td>granted</td>
<td>grapes</td>
<td>pager</td>
<td>eat</td>
</tr>
<tr>
<td>pageant</td>
<td>greasy</td>
<td>panda</td>
<td>gap</td>
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<tr>
<td>pendant</td>
<td>pander</td>
<td>parry</td>
<td>net</td>
</tr>
<tr>
<td>spartan</td>
<td>pantry</td>
<td>paste</td>
<td>pat</td>
</tr>
<tr>
<td>strange</td>
<td>ranger</td>
<td>paten</td>
<td>rag</td>
</tr>
<tr>
<td>tragedy</td>
<td>sadden</td>
<td>raspy</td>
<td>rye</td>
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<td>yardage</td>
<td>sentry</td>
<td>ready</td>
<td>sea</td>
</tr>
<tr>
<td>agenda</td>
<td>spread</td>
<td>sandy</td>
<td>tan</td>
</tr>
<tr>
<td>ardent</td>
<td>stager</td>
<td>spend</td>
<td>tea</td>
</tr>
</tbody>
</table>
"Grandparents

FH QS ZB MO CE OQ ZB QS DF MO SU RT

make the world
LN ZB JL DF SU GI DF VX NP QS KM CE

a little softer,
ZB KM HJ SU SU KM DF RT NP EG SU DF QS

a little kinder,
ZB KM HJ SU SU KM DF JL HJ MO CE DF QS

and a little
ZB MO CE ZB KM HJ SU SU KM DF

warmer."
VX ZB QS LN DF QS

~ UNKNOWN
## A “Grand” Match

(solution)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
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<td>1.</td>
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<tr>
<td>23.</td>
<td>The taking of property valued above a certain dollar amount</td>
</tr>
</tbody>
</table>

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>G.</td>
<td>Grand Ole Opry</td>
</tr>
<tr>
<td>R.</td>
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<tr>
<td>K.</td>
<td>Grandeur</td>
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<tr>
<td>L.</td>
<td>Grand duchess</td>
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<tr>
<td>B.</td>
<td>Grand finale</td>
</tr>
<tr>
<td>O.</td>
<td>Grandiflora</td>
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<tr>
<td>H.</td>
<td>Grandee</td>
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<td>E.</td>
<td>Grand Canyon</td>
</tr>
<tr>
<td>M.</td>
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<tr>
<td>N.</td>
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<tr>
<td>T.</td>
<td>Grand total</td>
</tr>
<tr>
<td>F.</td>
<td>Aggrandize</td>
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<tr>
<td>Q.</td>
<td>Grand piano</td>
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<tr>
<td>W.</td>
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<tr>
<td>U.</td>
<td>Grandiloquent</td>
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<tr>
<td>V.</td>
<td>Grand Central</td>
</tr>
<tr>
<td>A.</td>
<td>Integrand</td>
</tr>
<tr>
<td>P.</td>
<td>Grandstand</td>
</tr>
<tr>
<td>S.</td>
<td>Grand inquisitor</td>
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<tr>
<td>C.</td>
<td>Grandioso</td>
</tr>
<tr>
<td>J.</td>
<td>Rio Grande</td>
</tr>
<tr>
<td>D.</td>
<td>Grand prix</td>
</tr>
<tr>
<td>I.</td>
<td>Grand larceny</td>
</tr>
</tbody>
</table>