On behalf of the Friedberg JCC I would like to thank all of you for your support and understanding during this time of unprecedented upheaval to our way of life. As I write this newsletter we are seeing an escalation of COVID-19 cases on Long Island and are being urged to remain within the shelter of our homes. While we can no longer meet together at the JCC building at 15 Neil Court we are working hard to remain connected in a meaningful way. Wishing you a healthy and sweet holiday during this challenging time.

You will continue to receive regular email or telephone calls, which will also serve as invitations to Virtual zoom programs, Education Sessions, Caregiver Support, and more. If you don't have a smart phone, computer or tablet you can still connect to any of our zoom sessions by telephone. Technical assistance can be arranged if you are having trouble using zoom or connecting by telephone. pjaffe@friedbergjcc.org 516-238-5689.

ACTIVITIES TO DO AT HOME
Michele Wachter CADDT, CDP
Home Instead Home Care

I wanted to share with all of you some recreational activities during these days spent in quarantine. Recreational activities at home, especially during this time could fill in some voids of loneliness and sadness. Individuals with Alzheimer’s disease and other dementias may be experiencing a heightened sense of anxiety, confusion and anger during this pandemic. Here are a few suggestions to promote activities at home:

- Identify life’s past experiences, such as occupation and hobbies
- A teacher might enjoy looking at lessons to grade or correct
- An artist may enjoy working with whatever art materials you may have
- An accountant may enjoy games with numbers, sorting and matching numbers.
- Put on music they once enjoyed - listen, dance
- Get out a board game or puzzle
- Socialize virtually with family or friends using whatever application your phone or computer will support like Skype, Face Time, or Zoom.
- Join Friedberg JCC Zoom or Friedberg JCC You Tube activities to maintain familiar routines such as exercise and classes
- Stay active - chair exercise, take walks using social distancing and safety precautions
- Give them life skill activities to promote a feeling of being needed and a sense of independence again ex, folding clothes, household duties and helping in the kitchen doing simple tasks.
Shut off the News!
Pamela S. Jaffe, LCSW
Director Senior Adult Day Care
Friedberg JCC

It is increasingly important for all of us to take a break from the constant reports and updates during this pandemic. Whether we are listening to the radio or have our televisions broadcasting CNN, MSNBC, Fox News, PBS, or our favorite local channel news of the Coronavirus is constant. We need to recognize that our family member living with dementia is hearing these frightening reports and may not be able to express what they are feeling. Some of the behavioral changes you are seeing may be related to the news that they are listening to or watching. We need to also be careful about our own reactions to the news- as it can cause undue anxiety and stress for both of you. Turn off the television. Close your eyes. Take some deep breaths and think about something relaxing…the beach, a favorite work of art, a beautiful flower, a grandchild’s smile. Open your eyes and if you must watch television it is time to tune into another station! In my house we are enjoying revisiting some of the most popular situation comedies of the 1960’s. We are finding the streets of Mayberry and Hooterville to be a safe refuge from our temporary isolation during this challenging time.

Here is a guide to some lighter entertainment you can find on your television. I have included channels for Optimum, FIOS, Direct TV and Dish TV.

<table>
<thead>
<tr>
<th>Channel</th>
<th>Optimum</th>
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<th>Direct TV</th>
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**Ask Nurse Jackie**  
Jacqueline Ziegler  
Care Consultant  
Caring People

It is important as a caregiver, to be able to recognize signs and symptoms of a urinary tract infection in a loved one. UTIs can present differently according to each
individual and can be more challenging to identify in an elderly patient, especially one with cognitive impairment. Caregivers should be vigilant and contact the patient's primary care provider if they notice any of these symptoms: sudden change in behavior, increased confusion and/or agitation, cloudy, dark or bloody urine, foul smelling urine odor, frequent urination, lower back pain or pressure, burning sensation during urination, fever. It is important to note that in elderly patients sometimes the only symptom that is present is a change in their behavior and/or increased confusion.

Staying hydrated is important to prevent Urinary Tract Infections. Encouraging your loved one to take small sips of water throughout the day can be helpful in preventing a UTI.

Should you have any questions or need additional information, please email Ask Nurse Jackie at Jacqueline.ziegler@caringpeopleinc.com

The next few pages have activities you can print and use.
ACROSS
3. What is Bugs Bunny’s signature question? “What's Up, _____?”
5. In whose cartoon did Bugs Bunny first appear? _____ Pig
6. Bugs Bunny was honored with the No.1 spot in this magazine list.
8. What is the birthplace for this rascally rabbit? _____, NY
9. What is the name of the big orange monster that chases Bugs Bunny?

DOWN
2. Bugs Bunny is a U.S. _____.(At the end of the 1943 Super-Rabbit, he appears in their uniform and becomes an honorary private of the Corps.)
4. What kind of vegetable is Bugs Bunny usually seen with?
5. In 1997, Bugs Bunny was honored with this. _____ stamp
7. Bugs Bunny mannerisms were partially inspired by this actor. Clark _____
8. Who is the voice of Bugs Bunny? Mel _____
10. Bugs was given this on the Hollywood Walk of Fame.

WORD LIST: BLANC, BROOKLYN, CARROT, DOC, GABLE, GOSSAMER, MARINE, PORKY, POSTAGE, STAR, TV GUIDE
BUGS BUNNY TRIVIA CROSSWORD PUZZLE

3. DO
4. C

6. TV
7. GUIDE

2. M
3. A
4. R
5. N

5. PORKY

8. BROOKLYN
9. GO
10. SAMER

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T
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C