Hello from the Social and Wellness Centers of JFS!
Please see the following information on what’s coming in July...

THE SOCIAL AND WELLNESS CENTERS MISS YOU!
Despite current circumstances, we are determined to make the best out of it. Just because we are not able to congregate, doesn't mean we can’t connect.

We asked our members what they would like to do after quarantine?
“Visit James Hubble’s home in Julian” – Luciano
“Visit my grandkids and kids in San Francisco and Boston” – Judy S.
“Hugs and Kisses!” – Raquel
“For me, the quarantine could go on forever...I’m happy!” – Pedro

If you are interested in having your picture, artwork, writings, musings, testimonials, etc., featured in our newsletter, please submit to our email: swcenters@jfssd.org

We are very fortunate to have partnerships with many wonderful organizations in the county. Here are just a few options to get engaged virtually.

- **San Diego Community College District**: Offers classes such as Brain HQ, Exercise, Art, etc. Classes begin in July and registration began June 22. ([https://www.sdccd.edu/mysdccd/](https://www.sdccd.edu/mysdccd/))
- **Oasis of San Diego**: [https://sandiego.oasisnet.org/](https://sandiego.oasisnet.org/)
- **Well Connected Virtual Center**: virtual classes: [https://covia.org/services/well-connected/](https://covia.org/services/well-connected/)
- **Feeling Fit**: Fitness classes via zoom and TV [https://www.sandiegocounty.gov/](https://www.sandiegocounty.gov/) (Departments → Aging and Independent Services → Health Promotion)

We are having an electronic device collection/distribution drive! If you have a device you would like to donate, or need a device to connect with, please contact us at:
Phone: (858) 637-3270
Email: swcenters@jfssd.org

Not all heroes wear capes but when they do, it’s with moxie! Jewish Family Service’s employees are dressed for the work they do.
ELLEN AND PHIL LORANG
They’re at it again! We cannot thank Ellen and Phil Lorang enough for their constant and unrelenting support to the community. Before the shelter-in-place order, they went above and beyond in lifting people up no matter how seemingly minor the request was. Since then, they have shopped for groceries, made phone calls to keep people connected, sewn and distributed a multitude of masks, provided technical support, and are now meal delivery drivers. All to limit exposure for those who are most at risk. Their many acts of kindness affected recipients immeasurably.

Rosemary S. is disabled, mostly deaf, has no family to call upon, and was one of many to benefit from the Lorangs’ efforts. She relies heavily on her computer for everything from communicating to ordering supplies. When it malfunctioned, Rosemary was distressed to say the least. After several days, the Lorangs were able to get it back online. The care and time Ellen and Phil took to resolve the problem meant the world to Rosemary and asked to share her story.

We want to wish everyone who had one during quarantine a very Happy Birthday!

CREATIVE CORNER
A Thousand Lifetimes as a Butterfly
The joy of the flight
And the thrill of the fall
Was all to me and in my all
I was consumed.
I had lived many lifetimes,
But I was granted a gift
By the lords and rulers of
Logic and aerodynamics
Once more to pursue
My heart’s desire...
To come back to earth and Feel again the flame.
They sent me back light and
Free and almost pure.
I spun through life
To reach my goal and
Make my final flight.
When it was done the
One, the all asked if I was
Quite finished?
I vowed I was except
For one small attraction.
- MC Hardisty

A LETTER FROM A PEER | HOME IS WHERE OUR HEARTS ARE
Retired after years of teaching, I realized children were missing in my life. Rummaging a local newspaper, I found a tiny ad from J.F.S.S.D. seeking volunteers to mentor parents and encourage new child skills in their home. I enlisted. Visiting moms and five children in their homes weekly, brought rewarding adventures and filled "my void". Sadly, after five years, the program's grant ended. Flash forward about ten years. After a recommendation from a friend, we (Ed and I) explored the College Avenue J.F.S. Older Adult Programs. Very quickly the socialization, and activities became an essential part of our lives. The variety of programs and interaction from exercise, lunch, trivia, music, proms, bingo, mindfulness, entertainment, and friendly staff, filled our daily needs, and are now sorely missed. Now, this time of "lock down at home" has been our "perfect fit". Friendly phone calls and possible virtual sessions are the vogue. All carefully planned by J.F.S. staff. Who was the author who said, "you can't go home again?" J.F.S., we once again will "come home" to College Avenue and a wonderful reunion soon!
- From Ruth and Ed B.

“IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT IS DONE.”
- Nelson Mandela
Upcoming Events:

ATTENTION BRIDGE ENTHUSIASTS!
Wednesdays, starting July 8, 2020
From 2:00p.m.—3:30p.m.
While the center is closed, you can still play (and learn) bridge online!
All you need is access to the Internet.
Beginning learners through advanced players are welcome. We’ll be using the Website trickstercards.com
Email: swcenters@jfssd.org or Call: (858) 637-3270 for more details.

SAN DIEGO FUTURES FOUNDATION
COMPUTER TRAINING
Thursday, July 16, 2020
Beginners at 9:00a.m.
Intermediates at 11:00a.m.
Discover how to safely connect with loved ones using technology. Learn to get the most from Zoom, Facebook, email, and texting. To register,
E-mail: digital-literacy@sdfutures.org or Call: (619) 269-1684 ext. 230.
Taking this class may qualify you to receive a free refurbished computer!
For more information visit www.sdfutures.org

STAYING HEALTHY AT HOME WITH BRIDGET WRIGHT
Thursday, July 23, at 11:30a.m., please join Bridget Wright, MPH, Adjunct Faculty in Health and Nutrition at San Diego Community College District, for a Zoom lecture to learn tips on optimizing health and wellness while on home confinement.
Topics include Nutrition, Exercise, Stress Management, Social Isolation and Self-Care.
Join Bridget’s Zoom meeting at:
https://jfssd.zoom.us/j/96888819770?pwd=T1N3WCtiefhl1drKzF0eWxjTjhuUT09
Meeting ID: 968 8881 9770 | Password: 920008

TRIVIA TUESDAYS AT 12:30P.M.
WITH LUCIANO EMANUELE

1. What toy was the “Superbowl” named after?
2. What year was the 4th of July changed to a paid federal holiday?
(See schedule on pg. 4 for Zoom information)

Answers: 1. Super Ball 2. 1938
<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Time</th>
<th>Platform</th>
<th>Meeting Info</th>
<th>Password</th>
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<tr>
<td>Current Events</td>
<td>Tuesdays</td>
<td>10:30-11:30a.m.</td>
<td>Zoom or Dial In</td>
<td>ID: 971-0413-1672</td>
<td>728327</td>
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<td>Virtual Social Lunch</td>
<td>Tuesdays</td>
<td>12:00-12:30p.m.</td>
<td>Zoom or Dial In</td>
<td>ID: 962-2647-4237</td>
<td>276645</td>
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<tr>
<td>Trivia Tuesday</td>
<td>Tuesdays</td>
<td>12:30-1:00p.m.</td>
<td>Zoom or Dial In</td>
<td>ID: 962-2647-4237</td>
<td>276645</td>
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<td>Wednesdays</td>
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<td>Zoom or Dial In</td>
<td>ID: 960 7883 4130</td>
<td>083691</td>
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<td>Virtual Tech Lab &quot;Drop In&quot;: All Your Tech Questions</td>
<td>Thursdays</td>
<td>12:30-1:30p.m.</td>
<td>Zoom or Dial In</td>
<td>ID: 953-3425-2349</td>
<td>330101</td>
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<td>Latin Singers</td>
<td>Mondays</td>
<td>12:45-2:00p.m.</td>
<td>Email for details:</td>
<td><a href="mailto:swcenters@jfssd.org">swcenters@jfssd.org</a></td>
<td></td>
</tr>
<tr>
<td>Drive-thru Food Distribution at CAC 6299 Capri Dr. SD, CA, 92104</td>
<td>Monday July 27 &amp; August 24</td>
<td>1:00-3:00p.m.</td>
<td>To register email:</td>
<td><a href="mailto:IGuerrero@sandiegofoodbank.org">IGuerrero@sandiegofoodbank.org</a></td>
<td>Call (858) 637-3300 for more information. Face Mask Required!</td>
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</tbody>
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NOTE: All virtual programs may be enjoyed via telephone by dialing: (669) 900-6833; please have Meeting ID ready. If you require closed captioning, contact swcenters@jfssd.org
If you need technical help, email: jfs.techhelp@gmail.com

On the Go has resumed regular operations. For reservations please call: (858) 637-7320