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## Note from our Senior Resource Coordinator, Erma Coty:

*For all seniors, and those who know a senior,*

I find that as a rule I enjoy every moment I spend at home without feeling like I am missing something at church or in town. After 3 days of “shelter in place” I am beginning to appreciate “island fever” without the warm breeze and Pina Colada.

This becomes a perfect time to collect my thoughts and put together a “grateful list”. I will share the top of my list with all of you since I am definitely grateful for my relationship with the Resurrection Community. Yes, I mean **all** of you!

I am also grateful for:

- **Raley’s / Nob Hill** for providing very low cost bags of staples for seniors to pick up. The link to this plan is:

<https://www.raleys.com/about/giving/crisis-response/covid-19-update>

- **Safeway and Whole Foods** for designating special hours for seniors only. The hours are 5:00 AM to 9:00 AM. There is good parking access and shorter lines.
- **KDFC 103.9 FM** classical, Sacred Music 7:00 -9:00 AM Sunday, Met Opera broadcasts KDFC is making sure they do not interrupt broadcasts and the Met is making sure Operas are available to listeners.
- **The internet and web** – yes, even You Tube for concerts, exercise classes, and videos that make me laugh.
- **And for Games and Sudoku online**

<https://games.aarp.org/>

**Brain Metrix** A free website that offers a large collection of brain training games including those for reflection, creativity, memory, concentration, and spatial skills •Cost: Free

<http://www.brainmetrix.com>

### **AARP - Brain Games**

A small selection of short online games (hosted on AARP's own website) that will help exercise one's memory, language, and attention span. •Cost: Free

[http://www.aarp.org/health/brain-health/brain\\_games](http://www.aarp.org/health/brain-health/brain_games)

### **Web Sudoku - Billions of Free Sudoku Puzzles to Play Online**

<https://www.websudoku.com>

Play unlimited Sudoku online from Easy to Evil. Compatible with all browsers, iPad and Android. Provider of Sudoku puzzles for newspapers and other ...

Medium · Hard · Evil · Easy

<https://sudoku.com> › medium

## **Sudoku - New York Times Number Puzzles**

<https://www.nytimes.com> › puzzles › sudoku

## **Free Online Sudoku Game | Play Sudoku for Free -**

<https://games.washingtonpost.com> › Game › Puzzles

## **Printable Sudoku Puzzles**

<https://worksheets.theteacherscorner.net> › make-your-own › sudoku

Generate an infinite amount of sudoku puzzles (4x4, 9x9, 16x16) that you can print for free

## **Sudoku Online**

<https://www.sudokukingdom.com>

Play sudoku puzzles online for free. Different sudoku puzzle levels, easy sudoku, medium sudoku, hard sudoku. Print sudoku for free.

## **FREE Printable Sudoku Puzzles | Puzzles.ca**

<https://www.puzzles.ca> › sudoku

Two per page. Three levels of difficulty: easy, medium, hard.

## **Pope Francis' Five Finger Prayer**

<https://www.catholic.org/prayers/prayer>

Using the fingers on your hand, start with the thumb and pray these intentions in this order:

- 1.) The thumb is closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "Sweet Obligation."
- 2.) The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.
- 3.) The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.
- 4.) The fourth finger is the ring finger. Even though it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.
- 5.) And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.

*To all, Take care of yourselves, let us know how we can help, and pray for all affected (yes, that is all of us) by this epidemic.*

*Blessings, Erma*