



ST. MARY'S CENTER
Everybody needs a place

News from St. Mary's Center

During the pandemic, we can get fearful and upset. We watch the news, and it makes us feel anxious. We wonder if we're going to be okay, and whether our friends and families are safe.

If you are having these thoughts, you're not alone. More than a third of Americans say this pandemic is having a serious impact on their mental health, says a national poll by the American Psychiatric Association.

Fortunately, it's fine to think about your own happiness, in the middle of Covid-19. In fact, it's good for you. Happiness gives you the resilience to get through a challenging time. It helps you know you come out the other end with a little more sanity and perspective.

So what's the best way to get more happiness in your life? Here are three strategies:

1. Listen to happy, hopeful music. Hearing music you enjoy can cause a release of dopamine, a chemical that increases feelings of happiness. Some examples are "What a Wonderful World" by Louis Armstrong, "What the World Needs Now (is Love)" by Dionne Warwick, and "I Will Survive" by Gloria Gaynor.
2. Reaching out to others to share the hard times. Connecting with those you care about brings joy. It's even shown to reduce inflammation and stress.
3. Get physical. Physical activity can reduce stress and release more feel-good brain chemicals.

So turn on the radio, call a friend, and do a few stretches. You'll find more balance during this unsettling time.

Dianne Jacob
Board Chair

Thank you for honoring the health official's order to Shelter in Place.

We hope this bag of groceries delivered by St. Mary's Center helps you through this crisis.

***Stay inside,
Stay healthy,
And stay informed.***

*- St. Mary's Center Board,
Staff and Volunteers*

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Programs offered through the support of Alameda County Area Agency on Aging, Alameda County Behavioral Health, Alameda County Food Bank, Mercy Brown Bag and USDA.

KNOW THE SYMPTOMS OF COVID-19



FEVER



COUGH



SHORTNESS OF BREATH

[spreads through close contact]

TAKE EVERYDAY PRECAUTIONS



WASH YOUR HANDS



DON'T TOUCH FACE



WEAR A MASK

COUNT ME IN
CENSUS 2020

WANT TO MAKE A DIFFERENCE WHILE SHELTERED-IN-PLACE?

✓ TAKING THE CENSUS ENSURES
YOUR COMMUNITY HAS ACCESS
TO EMERGENCY SERVICES AND
HEALTH PROGRAMS



✓ IT ONLY TAKES 10 MINUTES
& YOU CAN DO IT FROM HOME AT
WWW.MY2020CENSUS.GOV

✓ CENSUS NOTICES HAVE AND
ARRIVED BY MAIL. CHECK YOUR
MAILBOX FOR INSTRUCTIONS.



OUR COMMUNITY COUNTS. OUR COMMUNITY BELONGS.

Affirmations to Make it Through Covid-19

- I appreciate my life and find things to be grateful for.
- I have been through hard things before and have survived them.
- This will not break me.
- I let go of what I can't change and do my best with what I can.
- I am going to focus on things I love to get me through this.
- This is hard, and I can do hard things.
- I am allowed to express pain.
- I believe in my ability to get through tough times.

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REMEMBER:

If you feel worried or alone, call the Friendship line: **800-971-0016**.

For further resources call: **211**