

SENIOR CONNECTION

SUMMER 2020 - STAY CONNECTED

NEWSLETTER

A WORD FROM STAFF:

In accordance with the State of California and Santa Clara County's Public Health Shelter-in-Place Orders, the Barbara Lee Senior Center will remain closed until the order is lifted. During this unprecedented time, our goal is to keep you informed about how to stay safe and stay connected.

Staying connected with others is key right now. We are all in this together! We hope that this newsletter provides you with helpful resources and ideas to make your time at home easier. We miss you, and we can't wait to see you enjoying your day at the Senior Center again!

We hope that you have a safe and happy summer!

Stay up-to-date on the City of Milpitas' COVID-19 news and resources by visiting <http://www.ci.milpitas.ca.gov/novel-coronavirus-information-alerts-and-updates>.

Tell us what you would like to see.

Let's dive deeper into what you want to see...
Should we add a dog park at Oliver Jones Park?
Should there be a cricket pitch at Ben Rogers Park?
How can we make Starlight park shine?

Share your input on in an online interactive map as we take a closer look at each park and dive deeper into what we want to see in our programs and events. All registered participants will be entered into a drawing to win a prize!

<https://wikimapping.com/Milpitas-Parks-and-Recreation-Master-Plan-Update.html>



What's New

SALA-Senior Adults Legal Assistance Zoom Presentation Homeowner Education and Protection—Don't be a victim!

Thursday, August 27 at 10:00 a.m.

SALA will provide an informational presentation on how senior homeowners can protect the equity in their homes. You will learn about the pros and cons on reverse mortgages, transfer on death deeds and how to protect your home from scams, undue influence and Medi-Cal recovery. If interested, please register by calling SALA at 408-295-5991, or Ann Marie at 408-586-3403, or email her at aasis@ci.milpitas.ca.gov by Tuesday, August 25 in order to receive the Zoom presentation link.

Residency Reverification

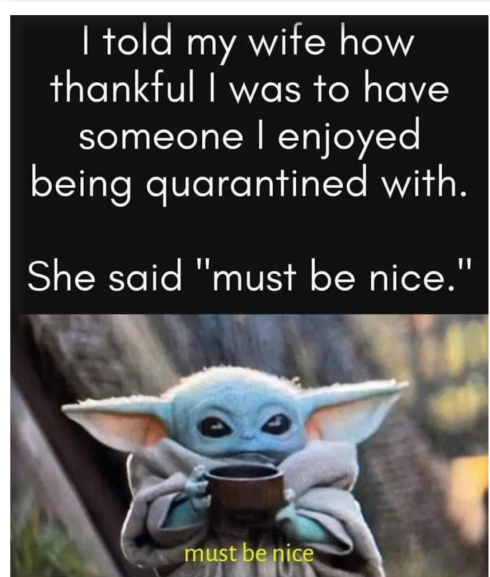
Milpitas Recreation and Community Services is updating all its customer accounts to ensure we have the most up-to-date customer contact information. We are asking everyone to provide two proofs of their Milpitas address (usually a copy of your ID and a copy of a phone, cable or utility bill showing your address) by mid-September. We do understand that this may be challenging right now if you do not have access to a cell phone or computer. Please watch for the request and instructions, and let us know if you are unable to email or mail photocopies of your two proofs of residency. We are happy to work with you to get the information. Once your address verification is received, it will be noted in your online account, and you will not need to provide this information again unless you move to a new address. We greatly appreciate your help! If you have questions, please leave a message for Salia Lopa at the Community Center, (408) 586-3210, or email slopa@ci.milpitas.ca.gov.

Milpitas Virtual Community Center

www.ci.milpitas.ca.gov/virtual-community-center

Milpitas Recreation and Community Services' Virtual Community Center is here to help you and your family stay physically, mentally and emotionally healthy during the COVID-19 Shelter in Place order. Check out our curated list of Online Activities, Offline Activities and Community Resources. Share photos and videos on Facebook, Instagram and Youtube of yourself and your family participating by tagging them #MilpitasVCC. Email us at rgeneral@ci.milpitas.ca.gov, if you have a link or idea to share.

Laughter is the Best Medicine!



Resources

Milpitas Assistance Program

You or someone you know may be eligible for discounts on recreation programs, water or sewer utility bills, and residential building permits for replacement water heater, furnace or air conditioner units. Milpitas residents who participate in qualified Federal, State or County programs, such as Medicaid or Medi-Cal, SSI or food stamps are eligible and households at or below the California Housing and Community Development income levels for this area qualify. Milpitas residents experiencing temporary financial hardship due to job loss, loss of the primary wage earner or serious illness may also be eligible. For more information, contact the Case Manager at (408) 586-3400, or visit www.milpitas.ca.gov/MAP.

Case Manager Services

Case Management Services are available for members by phone appointment only. The Case Manager can help assist you with housing inquiries, transportation, utility assistance, medical benefits and more. For more information, please call (408) 586-3400.

Wellness Calls

Our Senior Center staff are now offering Friendly Visitor calls once a week just to say hello and help you connect with any of our remote, over-the-phone services, such as Case Management, Senior Adults Legal Assistance (SALA), AARP Tax Assistance, etc. To sign up for a Friendly Visitor Call from our staff, call (408) 586-3400.

Additionally, the Institute on Aging offers a 24-hour toll-free Friendship Line for older adults who may be feeling isolated, lonely, anxious, depressed or even suicidal. If you, or someone you know could use a caring ear to listen, call anytime at (800) 971-0016.

Grocery Shopping for Seniors

For those of you who would like to avoid crowded grocery stores and long lines, there are several grocery delivery options. You can shop in an online market or place an order with a "personal shopper" who will shop and ask questions as they go.

- AmazonFresh
- Thrive Market
- Instacart (personal shopper)

Video Chat Resources

Seeing the beautiful faces of friends and family is important – even when physically distancing. Staying in touch through video has never been easier! Listed below are some free tools available to help you stay in touch:

- Facetime (on Apple devices)
- WhatsApp (on mobile phones)
- Skype
- Facebook Messenger
- Google Hangouts (for Google users)
- Grandpad

Resources for Low-Income Seniors

For seniors who need help during this uncertain time, there are many resources available. Check with these organizations for food and other types of assistance available.

- Feeding America 1 (800) 771-2303
- Meals On Wheels (408) 350-3246
- Milpitas Food Pantry (408) 946-5564
- Housing and Urban Development- HUD for Seniors (408) 275-8770
- Council on Aging Silicon Valley aka Sourcewise (408) 350-3200
- FindHelp.org

Senior Nutrition FAQs and Guide

The Milpitas Recreation and Community Services Department is a proud partner of the Santa Clara County Senior Nutrition Program as a nutrition site where you can continue to pick up “to-go” meals during the Shelter-In-Place Order and dine-in once the Senior Center opens.

Who is eligible? Everyone can enjoy a meal and make a reservation. All are welcome to order a meal by calling the reservation line at (408) 586-3413. We ask that you complete a Santa Clara County registration form for all participants over the age of 60.



Is there a cost and where does my donation go to? There is a suggested contribution of \$3 per meal. However, no eligible senior is ever denied because of a failure or inability to contribute. There is a \$9 fee for guests under the age of 60. You can place your contribution (cash or check payable to the City of Milpitas) in the cash box when checking in. Your donation goes back to the Senior Nutrition Program in order to sustain the program throughout Santa Clara County.

Do I need to make reservations for lunch? Yes. You can call (408) 586-3413 to make your reservation by noon the day before. For Monday reservations, you must make it by noon the Friday before. Make sure to leave your name, phone number, date for the meal, and meal choice. Reserved meals that haven't been picked up by 12:40 p.m. will be given to those on the waitlist. If you are unable to pick up your meal, please call to cancel.

What is a Meal Punch Card and how much does it cost? A Meal Punch card is a pre-paid card you can purchase for \$30 and receive a complimentary 11th meal. You must present this card when checking in for your reserved meal.

What do I bring when checking in for my meal? Please have your Santa Clara County Gold Scan Card and Meal Punch Card available. Remember to practice social distancing by staying six feet apart and it is mandatory to comply with the Face Covering Guidance issued by the California Department of Public Health to wear a mask when leaving home.



Santa Clara County Senior Nutrition Program Meal Card (11 meals)										
NO REFUND	Name: _____									
	Registration # _____									
	SUGGESTED DONATION: \$30.00									
	Sequential# 81301									
1	Santa Clara County, Aging and Adult Services 3756 REV 1/20									11
2	3	4	5	6	7	8	9	10		

Who provides the catered food? The meals are catered by Santa Clara County approved caterers, Bateman and MoonChef. Bateman provides the hot meals, sandwiches, salads, vegan and vegetarian meals daily, Monday through Friday. MoonChef provides the hot Asian-inspired meals on Monday and Thursdays, which are listed in bold type on the monthly menu calendar.

Exercise Your Mind

Audible for free!

Check out Audible at www.audible.com. All stories are free to stream on your desktop, laptop, phone or tablet.

Riddles

1. What starts with the letter T, is filled with T and ends in T?
2. What gets wetter and wetter the more it dries?
3. It's been around for millions of years, but is never more than a month old. What is it?
4. It belongs to you, but other people use it more than you do. What is it?
5. There is a three digit number. The second digit is four times as big as the third digit, while the first digit is three less than the second digit. What is the number?
6. How many 9's are there between 1 and 100?

Summer - Word Search

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

BARBECUE
BASEBALL
BEES
BICYCLE
BLUE SKY
CAMPING
FISHING
FLIES

FLOWERS
GARDENING
GOLF
HOT
ICE CREAM
INSECTS
MOSQUITOES
PICNIC

SANDALS
SKATEBOARD
SPRINKLERS
SUNSHINE
SUNTAN
SWIMMING
VACATION

Riddle Answers: 1. teapot 2. towel 3. The Moon 4. your name 5. 141 6. 20

If you would like more brain teasers in the next newsletter, please let Ann Marie know by sending an email to her at aasis@ci.milpitas.ca.gov or calling her at (408) 586-3403.



BARBARA LEE SENIOR CENTER
40 N. Milpitas Blvd.
Milpitas, CA 95035
(408) 586-3400
Monday-Friday 8:30AM - 4:30PM



All Recreation programs, events, activities and their locations are subject to change at the discretion of Recreation and Community Services.