

SENIOR CONNECTION

FEBRUARY – APRIL

NEWSLETTER

A WORD FROM STAFF:

The staff at the Barbara Lee Senior Center miss all of you. Although our building remains closed in accordance with the State of California and Santa Clara's County Public Health Orders, we are continuing with our goal to keep you connected.

We are currently offering online classes, social services, and weekday to-go meals.

We hope that this newsletter provides you with helpful resources, projects, and brain exercises to make your time at home easier. We can't wait to see you enjoying your day at the Senior Center again!



Virtual Classes beginning February 22, 2021

To register for these programs and classes please contact the Senior Center by email at senior_center@ci.milpitas.ca.gov or call (408) 586-3400. Staff will contact you to get you registered. If you already have access to our online registration site, ActiveNet at ([link here](#)), you may begin registering for classes on February 8, 2021.

Zumba Gold

Active older adults, are you looking for a modified Zumba class that recreates the original moves you love at a lower intensity? The instructor will focus on balance, range of motion, and coordination. The class will be conducted via Zoom twice a week for eight weeks. Class may be canceled if minimum number of participants is not met.

<u>#20232</u>	\$40/\$50	February 23-April 15, 2021	Tuesday & Thursday	10:30 a.m.-11:30 a.m.	16 meetings
<u>#20233</u>	\$20/\$30	February 27-April 17, 2021	Wednesday	6:00 p.m.-7:00 p.m.	8 meetings

Tone up with Toni

As we age, we lose muscle mass and strength. This class will focus on strengthening, toning, and firming your major muscle groups. You will perform exercises for the upper, middle, and lower body using a combination of floor work and standing exercises. To maintain flexibility, the class will end with a series of stretches. Have an exercise or yoga mat and optional 2-3 lbs. hand weights for resistance/strength work. The class will be conducted via Zoom twice a week. Class may be canceled if minimum number of participants is not met.

There is no class on Wednesday, March 31, 2021, in observance of Cesar Chavez Day

<u>#20234</u>	\$40/\$50	February 22-April 16, 2021	Monday & Wednesday	10:30 a.m.-11:30 a.m.	16 meetings
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Upcoming Events & Presentations

Coping with Stress and Anxiety During COVID-19 for Seniors

Tuesday, February 24, 1:30 p.m.

#20428

Join us to discuss strategies for coping with stress and anxiety during COVID-19. Each Town Hall features a panel of Milpitas residents sharing their lived experiences and what they found helpful, along with mental health professionals to offer tips, answer questions, and help direct you to local resources, so you can take care of yourself and your loved ones during this challenging time. Virtual Town Hall hosted by Catholic Charities Santa Clara County's Older Adult Behavior Health Services Brady Umfleet LCSW.

For more information, call (408) 586-3405 or visit [www.ci.milpitas.ca.gov/HOPE](http://ci.milpitas.ca.gov/HOPE)

English: http://apm.activecommunities.com/milpitasrec/Activity_Search/61096



Protect Yourself from Covid-19 Scams

Tuesday, March 2, 1:30 p.m.

#20286

Your local Health Insurance Counseling & Advocacy Program Senior Medicare Patrol is ready to provide you with the information you need to protect yourself from Medicare fraud related to COVID-19. Scammers



rapidly alter their tactics and adapt their schemes to the changing landscape, and they are leveraging the COVID-19 vaccine to prey on unsuspecting beneficiaries. Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines and treatment. Presented by, Health Insurance Counselling and Advocacy Program's Senior Medicare Patrol, empowering seniors to prevent healthcare fraud.

English: http://apm.activecommunities.com/milpitasrec/Activity_Search/60954

Medicare Changes

Tuesday, April 6 at 1:30 p.m.

#20480

"Medicare in 2021" is your local Health Insurance Counseling and Advocacy Program (HICAP)'s comprehensive overview of changes that took effect on January 1. Making sense of Medicare can be overwhelming. California-certified HICAP counselors provide objective and unbiased information about changes in Medicare benefits and your options for supplemental insurance and long-term care. HICAP counselors are not selling or endorsing insurance products, nor are they affiliated with any insurance companies. Please attend HICAP's Zoom presentation for this year's update to help you decide what's right for you.

http://apm.activecommunities.com/milpitasrec/Activity_Search/61148



Did You Know

Happy Lunar New Year – the Year of the Ox

The Lunar New Year isn't only observed in China. It's celebrated in many Asian countries, including South Korea and Singapore. In Vietnam, Lunar New Year is known as Tết, and in Tibet it's Losar. In the U.S., though, it's most commonly associated with what's often called Chinese New Year, the American version of China's 15-day-long festivities.

The Lunar calendar is not like the Gregorian calendar. The first day of the Lunar New Year starts with the new moon, which appears between January 21 and February 20. This year it's on February 12, 2021. The last day of the Chinese New Year period coincides with the full moon and is known as the Lantern Festival, celebrated with night lantern displays. This year it's on February 26. New Year's Day and New Year's Eve are celebrated with family. Traditionally, family celebrations were religious affairs, held in honor of the household and ancestors.

Let's celebrate together by making a traditional dish -- Longevity Noodles with chicken, ginger and mushrooms. Feel free to send pictures of your dish, and it can be featured in our next newsletter. Send pictures to the Barbara Lee Senior Center email at Senior_center@ci.milpitas.ca.gov

Longevity Noodles w/ Chicken, ginger and mushroom recipe

INGREDIENTS:

- 12 ounces thin fresh noodles, like lo mein or tagliarini
- 2 teaspoons toasted sesame oil
- 12 ounces boneless, skinless chicken thighs, cut into 1/4-inch-thick, bite-size slices
- 1 tablespoon finely shredded ginger
- 1 teaspoon plus 1 tablespoon Chinese rice wine or dry sherry
- 1 teaspoon cornstarch
- 1 teaspoon plus 1 tablespoon soy sauce
- Salt
- 1/4 teaspoon ground white pepper
- 2 tablespoons peanut or vegetable oil
- 1/4 teaspoon red pepper flakes
- 5 ounces (about 3 cups) thinly sliced Napa cabbage
- 4 ounces (about 2 cups) fresh shiitake mushrooms, stems removed, caps thinly sliced
- 1/2 cup finely shredded scallions

PREPARATION:

1. Bring a medium saucepan of water to boil over high heat and cook noodles until just done, 3-5 minutes, stirring to prevent sticking. Drain in a colander and rinse with cold water until cool, then shake well to remove water. Return noodles to pot, add sesame oil and toss.
2. Put chicken in a shallow bowl and add ginger, one teaspoon rice wine, cornstarch, one teaspoon soy sauce, 1/4 teaspoon salt and pepper. Mix gently to combine. In a small bowl, combine remaining one tablespoon rice wine and one tablespoon soy sauce.
3. Heat a wok or a 12" skillet over high heat until a bead of water evaporates almost on contact. Swirl in one tablespoon peanut oil, add red pepper flakes and stir-fry 10 seconds using a metal spatula. Push pepper flakes aside and add chicken, spreading in a single layer to maximize contact with the wok or skillet. Let cook undisturbed for one minute, until chicken begins to sear.
4. Stir-fry chicken and pepper flakes together, tossing in the wok or skillet, for 1-2 minutes until just done. Remove to a bowl. Add cabbage and mushrooms and stir-fry for one minute until just wilted but not cooked. Empty into the bowl with chicken.
5. Reheat wok or skillet, swirl in remaining one tablespoon peanut oil, and add noodles. Stir-fry 30 seconds, moving constantly to heat through. Swirl soy sauce-rice wine mixture and add to wok or skillet along with chicken-vegetable mixture and scallions. Sprinkle on 3/4 teaspoon salt and stir-fry a minute or 2 until chicken and vegetables are heated through. Enjoy!



We are here for you! - Resources

Who to contact for Tax-Aide Services

This year, some VITA/TCE (AARP Tax-Aide) sites are not operating at full capacity and others are not opening. To locate an open site near you, use the VITA/TCE Locator Tool or the AARP Site Locator Tool. The locator tools are updated throughout the filing season, so check back if you don't see a nearby site listed. Also, please review the other online resources and tax help tools on IRS.gov including tax forms, instructions and publications, online payment methods and options to file with IRS Free File – free for most taxpayers.

You can call

- AARP Tax-Aide: 1(888) 227-7669 or visit aarpfoundation.org/taxaide
- VITA (Volunteer Income Tax Assistance): 1(800) 906-9887 or visit <https://irs.treasury.gov/freetaxprep/>

Milpitas Virtual Community Center

www.ci.milpitas.ca.gov/vcc

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.

Make sure to check out the most recent Recreation Mini Activity Guide for virtual exercise classes!

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. Those enrolled in the Milpitas Assistance Program also receive updates on other resources valuable to low-income residents. For more information, contact Social Services Coordinator Charu Agg at (408) 586-3405, or visit www.milpitas.ca.gov/MAP.



Wellness Calls

Our Social Services staff can provide Friendly Visitor calls twice a month, to say hello and help you connect with any remote, over-the-phone services you may need, such as case management, Senior Adults Legal Assistance (SALA), Health Insurance Counseling, etc. To sign up for a Friendly Visitor Call, 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.

Senior Nutrition Program

Monday through Friday Noon – 1:00 p.m.

The Milpitas Recreation and Community Services Department is proud to partner with the Santa Clara County Senior Nutrition Program as a site where you can continue to pick up "to-go" meals. Our staff is always happy to welcome you with a smile—underneath our face masks, of course! Call (408) 586-3413 to make your reservation for pick up by noon the day before. Due to the updated Santa Clara County Public Health Orders, you must schedule an appointment time to pick up your lunch between noon and 1:00 p.m. There is a suggested per meal contribution of \$3 for those over 60. 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. See our SNP FAQs on the next page for more details.

Senior Nutrition FAQs

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 re-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 before. For Monday reservations, you must call by noon the Friday before. Make sure to leave your name, phone number, date for the meal and meal choice. Staff will call you to schedule and confirm your set pick-up time if you haven't been assigned one already. Reserved meals that haven't been picked up by 12:45 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. A face covering is required. The California Department of Public Health has directed everyone to wear a mask when leaving home to prevent the spread of COVID-19.

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 Mondays and Thursdays, which are listed in bold type on the monthly menu calendar.



The Senior Nutrition Program will be closed for these upcoming holidays:

- Monday, February 15 in observance of Presidents' Day
- Wednesday, March 31 in observance of Cesar Chavez Day

Laughter and brain teasers are the best medicine!



Brain Teasers

1. Can you think of a common word that contains double C, double S and double L?
2. A bat and a ball cost \$1.10. The bat costs one dollar more than the ball. How much does the ball cost?
3. If you wrote all of the numbers from 300 to 400 on a piece of paper, how many times would you have written the number 3?
4. What is black when you get it, red when you use it, and white when you are all through with it?
5. What makes more as you take them?

1. Unsuccessfully
2. The ball costs 5 cents. One dollar more than 5 cents is \$1.05, the sum of which is \$1.10.
3. 120 (100 threes in the hundreds place + 10 threes in the tens place + 10 threes in the one's place.
4. Charcoal
5. Footsteps

Answers:

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
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Milpitas, CA 95035
(408) 586-3400
Monday-Friday 8:30AM - 4:30PM

