

# MILLBRAE SENIORLINE

MARCH / APRIL 2021

## MARCH

- 2: Senior Stories Zoom Event
- 17: Happy St. Patrick's Day!
- 17: Senior Advisory Committee Meeting

## April

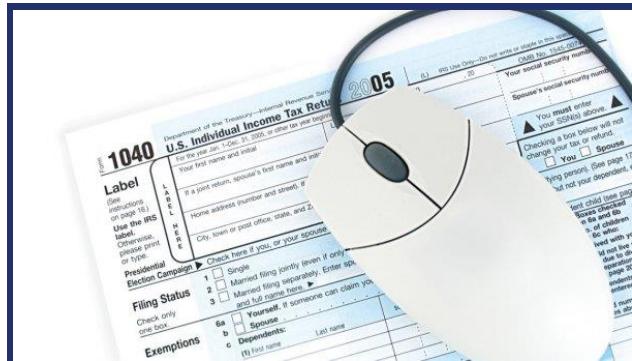
- 6: Senior Stories Zoom Event
- 15: Tax Day
- 21: Senior Advisory Committee Meeting

## RECREATION UPDATE

Please keep in mind we are in a constantly changing situation and the following updates and information provided in this edition of the Seniorline were current at time of printing. For the most up-to-date information regarding City facilities and services, please visit the City's website at [www.ci.millbrae.ca.us](http://www.ci.millbrae.ca.us) or call the Millbrae Community Center at (650) 259-2360.



In the pages that follow you will find helpful resources as well as activities to help keep your mind active.



## AARP TAX PREP

Call 650.270.6022 to sign up!

Appointments are available 9 a.m. to 12 p.m. & 1 p.m. to 4 p.m. every Wednesday through April 7th. Space is limited. Due to health and safety restrictions, your taxes will be prepared off-site and you will need a second appointment to complete the process.

**Appointments available on March 3, 10, 17, 24, 31, & April 7**

**Senior Advisory Committee** presents  
“Senior Stories”

Tuesday, March 2 & April 6

10:00 a.m. via ZOOM

[bit.ly/SeniorStoriesZoom](https://bit.ly/SeniorStoriesZoom)

*Join us and share your story!*



## HIP HOUSING

HIP Housing is a non-profit based in San Mateo County that matches individuals who have a spare room or Accessory Dwelling Unit with individuals seeking housing. HIP Housing interviews applicants, conducts background searches, develops a “Living Together Agreement,” and provides ongoing follow-up support. HIP Housing is supported by the City of Millbrae, the County, and 19 other municipalities in San Mateo County. Request a virtual appointment at [hiphousing.org](http://hiphousing.org) or call (650) 999 6450.

## SELF-HELP FOR THE ELDERLY LUNCH DELIVERY

Self-Help for the Elderly is delivering frozen meals weekly. Call (415) 319-4115 to sign up!

## WELLNESS CHECKS

Anyone who is 65 years of age or older and may need a wellness check, may sign up at:

[bit.ly/Millbraewellnesscheck](https://bit.ly/Millbraewellnesscheck)

Or call the San Mateo Sheriff's office non-emergency number at **650-363-4911 extension 1**.

Wellness checks will be conducted by the San Mateo County Sheriff's Office.

## American Line Dancing - Outdoor Series

Join LDVALI line dancing outside at the Millbrae Library Parking Lot for some exercise in the fresh air!

Social distancing and masks will be required.

All participants must pre-register online at [bit.ly/milrec](http://bit.ly/milrec) or call (650) 259-2360 for the 3-class series. The next series begins March 1<sup>st</sup> and lasts until the 15<sup>th</sup>.



## Got Wheels!

Are you looking for an affordable transportation service that is available when you need it, any day – any time?

For residents of Daly City, Colma, Brisbane, South San Francisco, San Bruno, Millbrae, Burlingame, Hillsborough, Half Moon Bay, Montara, Moss Beach and El Granada —

70 Years and Older

Registration for the limited-membership program will be on an annual basis and may be done on-line or by mail.

As a participant you will be issued a pre-loaded Got Wheels! Membership card and will be able to schedule rides on-demand 24 hours a day/7 days a week. Each month participants are able to take up to 6 one-way trips or 3 round trips for only \$5.00 per one-way ride. Destinations must be within the Daly City, Colma, Brisbane, South San Francisco, San Bruno, Millbrae, Burlingame, Hillsborough, Half Moon Bay, Montara, Moss Beach, and El Granada. Rides must begin and end within the geographic area and San Francisco International Airport

For more information call the Got Wheels! Program Coordinator (650) 403-4300 ext. 4329.

## ZOOM TUTORIALS

Interested in joining a Zoom class or video chat with a loved one, but are intimidated by Zoom? Check out the tutorials below. Still feeling unsure? Email [recreation@ci.millbrae.ca.us](mailto:recreation@ci.millbrae.ca.us) to set up Zoom assistance over the phone.

[bit.ly/createzoomaccount](https://bit.ly/createzoomaccount)

[bit.ly/joinzoommeeting](https://bit.ly/joinzoommeeting)



## ST. PATRICK'S DAY

### ACROSS

- 1 Zilch
- 4 Defense
- 9 Italian herb
- 14 Single
- 15 Italian "dollars"
- 16 Negative battery terminal
- 17 Genius
- 18 Electronic mail
- 19 Man-made fiber
- 20 Triangular musical instruments with 46 strings
- 22 Goes in a door
- 24 Stale
- 25 Serving of corn
- 27 Doctoral degree
- 29 Honest
- 32 Come out
- 35 Make a mistake
- 36 Abundance
- 38 Merits
- 40 Gawk
- 42 Makes a sweater
- 44 Second letter of the greek alphabet
- 45 Melts together
- 47 Crawl

### 49 Gray sea eagle

- 50 Small person
- 52 Sticky
- 54 No
- 55 Telegraphic signal
- 56 Resort hotel
- 59 Lament
- 63 Thick soup
- 67 Stick food
- 69 Month
- 71 Regret
- 72 Habituate
- 73 Female given name
- 74 Internal Revenue Service
- 75 Allotted
- 76 Tart
- 77 Deep round container

### DOWN

- 1 Man who built the arc
- 2 S.A. Indian
- 3 Stare
- 4 Drink made by fermenting malt
- 5 humorous poem that has five lines
- 6 Persia
- 7 Entice
- 8 Small island
- 9 Female spirit in Irish folklore
- 10 Some
- 11 Go at it alone
- 12 Movie star
- 13 Allow to borrow
- 21 Quill
- 23 Revolutions per minute
- 26 Advertisements
- 28 Dreary
- 29 Infant illness
- 30 Got up
- 31 Move the body in a rhythmic sequence
- 32 Organic compound
- 33 Color of emeralds
- 34 Doorway
- 35 Mischievous humanlike creature
- 37 Directory (abbr.)
- 39 \_\_ Francisco
- 41 Extremely sharp
- 43 Baby plant
- 46 Dabbed
- 48 Pressure unit
- 51 Sight organ
- 53 Possessive pronoun
- 56 Take off the surface
- 57 Sheet of glass
- 58 Adjoin
- 60 Blow gently
- 61 Capital of Western Samoa
- 62 Cast metal
- 64 Stumble
- 65 European monetary unit
- 66 Compass point
- 68 Lode yield
- 70 Repose

Pickles by Brian Crane for January 02, 2021



I FINISHED SHOPPING AND WAITED IN THE CAR FOR YOU FOR AN HOUR AND FIFTEEN MINUTES!!!

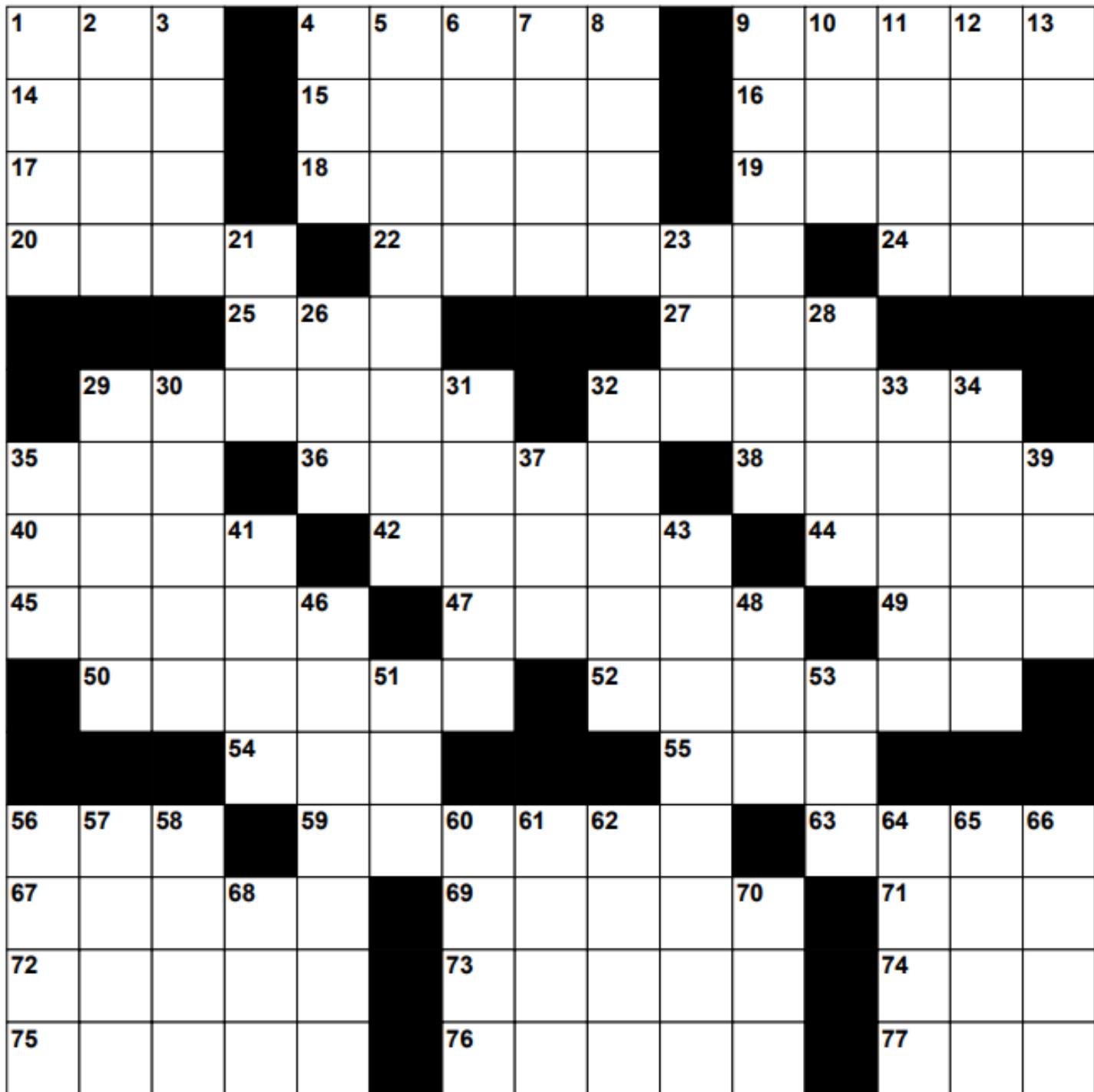
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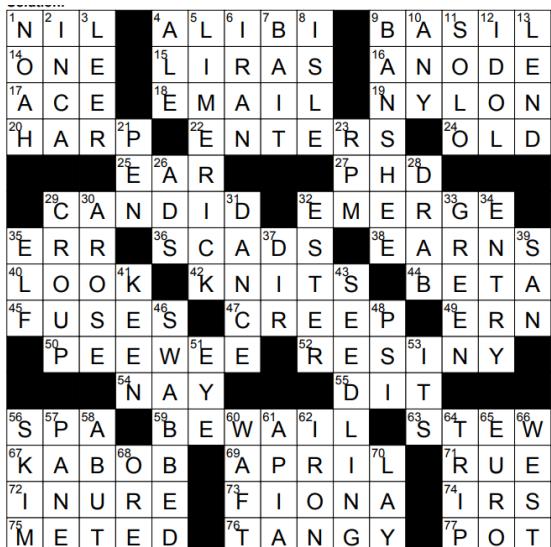
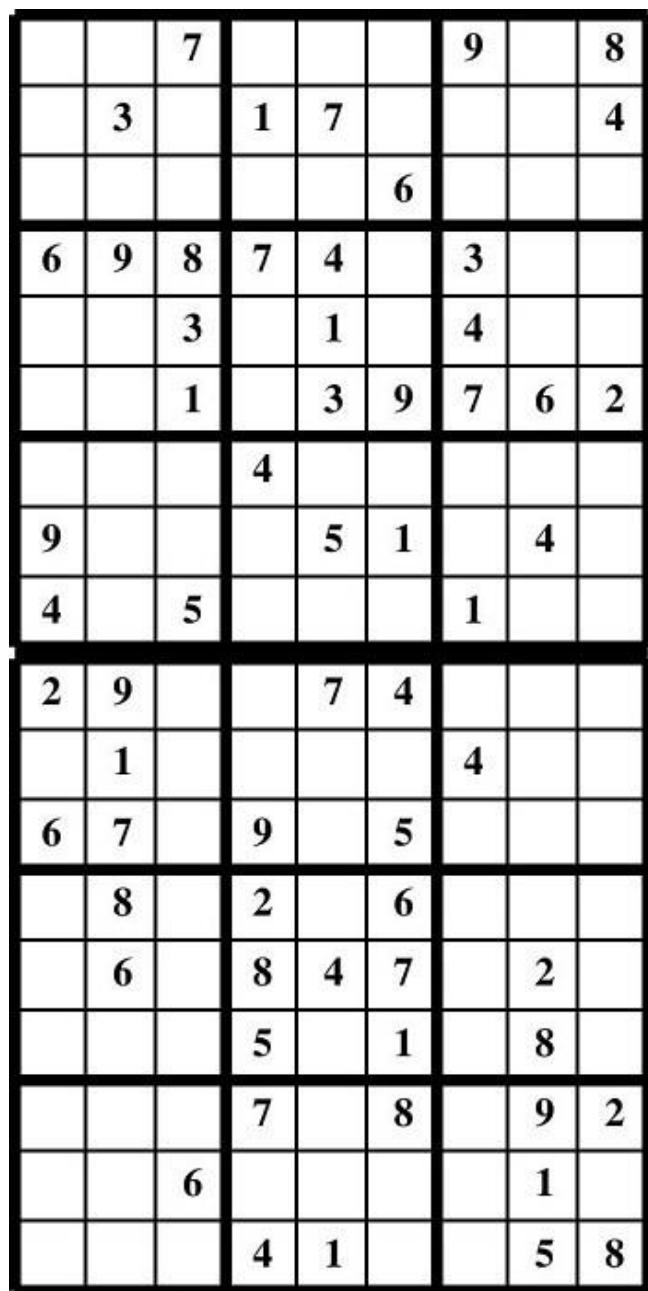
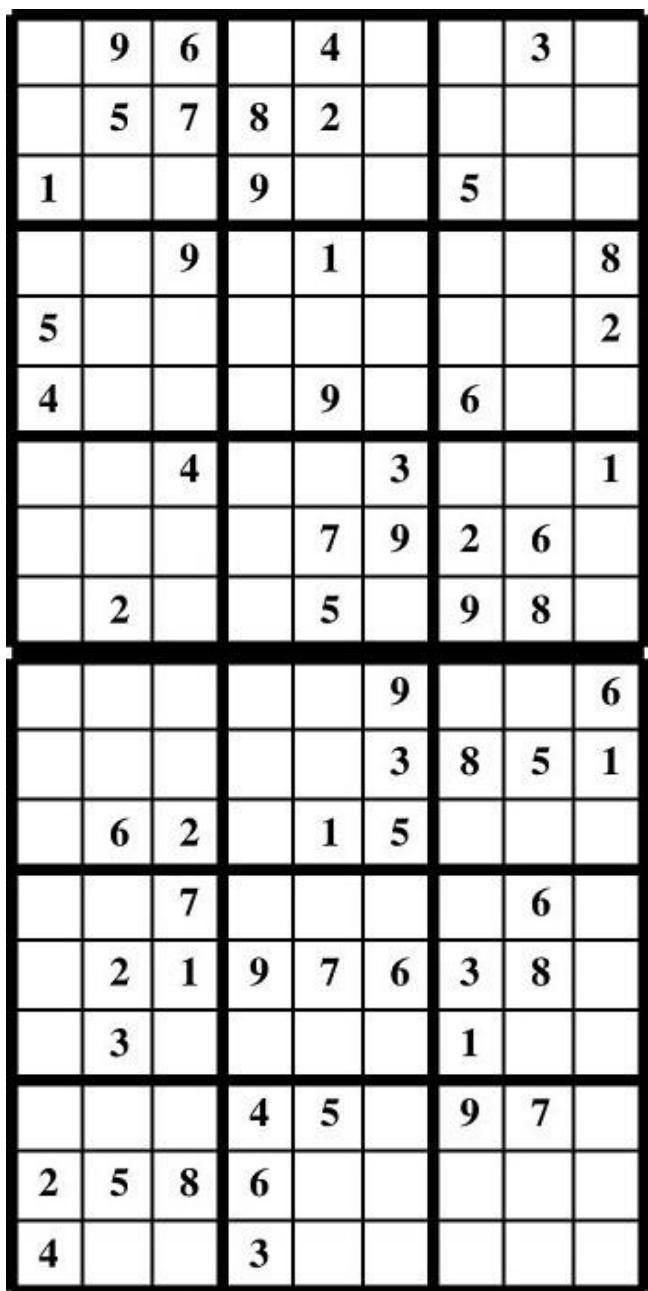
Answers on p. 6

# Why do leprechauns love to garden?

They have green thumbs!



# Sudoku



## Free Exercise Videos

Looking for free exercise videos?

Check out the collection of

Silver Sneakers videos at

[bit.ly/SilverSneakersYoutube](https://bit.ly/SilverSneakersYoutube)

or Line Dancing with Allen at

[bit.ly/linedancingwithallen](https://bit.ly/linedancingwithallen)

## Stop Senior Scams

1 Common scams      2 Scam signs      3 What to do

 <b>GRANDPARENT SCAM</b> Claims your grandchild is in trouble and needs money	 <b>LOTTERY SCAM</b> You've won a prize that requires you to pay to collect winnings	 <b>ROMANCE SCAM</b> A fake online profile asks you for money
 <b>INSISTENCE</b> You must wire money immediately	 <b>SECRETS</b> You are warned not to tell others	 <b>UNPROFESSIONAL</b> You notice misspellings and poor grammar
 <b>USE CAUTION</b> Only send money to people you know	 <b>COMMUNICATE</b> Reach out and talk about it with others	 <b>BE VIGILANT</b> When in doubt, hang up the phone

SUPPORTED BY MEASURE K  
**LOCAL FUNDS LOCAL NEEDS**  
[WWW.SMCgov.org](http://WWW.SMCgov.org)

**GET HELP** Call San Mateo County TIES at 1 (800) 675-8437 for confidential help or 911 during an emergency      **LEARN MORE** Visit [www.smchealth.org/ElderAbuse](http://www.smchealth.org/ElderAbuse)


**IF YOU ARE EXPERIENCING...**

- **Concerns about fraud**, call AARP Fraud Watch Network Helpline (1-877-908-3360)
- **Abuse or neglect**, contact Adult Protective Services in your county (1-833-401-0832)
- Issues supporting a loved one with **Alzheimer's or other dementias**, call Alzheimer's Association 24/7 Helpline (1-800-272-3900)

**IN AN EMERGENCY, CALL 911**

**CALIFORNIA ALL**  
 Your Actions Save Lives  
[covid19.ca.gov](http://covid19.ca.gov)

**AARP**  
[aarp.org/coronavirus](http://aarp.org/coronavirus)

### RESOURCES

**California Coronavirus (COVID-19) Response**  
 COVID Information Line: 1-833-544-2374  
[www.covid19.ca.gov](http://www.covid19.ca.gov)

**Connection to Local Services**  
 Call 211 or your county's local information hotline  
[www.211ca.org](http://www.211ca.org)

**California Department of Aging**  
 State Aging & Adults Information Line: 1-800-510-2020  
[www.aging.ca.gov](http://www.aging.ca.gov)

**FREE!**

## Join our nutrition class!

Join our registered dietitian Anna in a free virtual class and learn how to eat well, prepare tasty meals and reduce food waste.

**If you are a resident of San Mateo County, you receive free \$6 farmers' market vouchers!**

**DAY:** Tuesdays

**DATE:** March 9, 16, 23

**TIME:** 5:30-6:30pm

**LOCATION:** Zoom

**LANGUAGE:** English

In each class, we have a recipe demo and cover different topics:

Class #1: Healthy Eating and Zero Waste Cooking

Class #2: Reading Nutrition Facts and Food Code Dates

Class #3: Storing Your Food and Composting

To register, go to <http://bit.ly/food0309>.  
Questions? Contact Anna at [anna@leahspantry.org](mailto:anna@leahspantry.org) or 650-825-1964.



OFFICE OF  
SUSTAINABILITY  
COUNTY OF SAN MATEO



## TECH TIPS:

**SMARTPHONE:** Change your settings to enlarge numbers & text to an easily readable size. Temporarily increasing the brightness of the screen also helps; however, remember to turn the brightness down when you don't need it as it will drain the battery.

**SOCIAL MEDIA:** Avoid oversharing on social media and be selective about what you post. You may be aware not to share your phone number, address or social security number, but also be cautious about disclosing details of your relationships, finances, favorite locations or medical information.

## DIGITAL SPACE



### WHAT ARE EMOJIS?

Emojis were created at the end of the 90's by a Japanese communications company NTT DoCoMo. They indicate not only human emotions, but also various experiences, objects, humans, and places.

## SECOND HARVEST OF SILICON VALLEY

FOR INFORMATION ABOUT  
GROCERY AND MEAL  
PROGRAMS THROUGHOUT  
THE COUNTY, GO TO  
[WWW.SHFB.ORG/GET-FOOD/](http://WWW.SHFB.ORG/GET-FOOD/)  
OR CALL 1 (800) 984-3662

THE MILLBRAE CULTURAL ARTS ADVISORY COMMITTEE

VIRTUAL  
ART SHOW!

## MILLBRAE'S SPRING 2021 ART SHOW & CONTEST

Participate in our 2nd Virtual Art Show and Contest by submitting a clear photo of your artwork against a blank background by May 3rd at [bit.ly/millbraeartshow](http://bit.ly/millbraeartshow)

Submissions can be viewed online at [bit.ly/VirtualArtShow](http://bit.ly/VirtualArtShow)

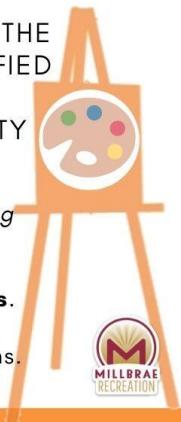
JUDGES WILL VIEW ALL SUBMISSIONS AND THE WINNER IN EACH CATEGORY WILL BE NOTIFIED ON MAY 14.

WINNING PIECES WILL BE FEATURED ON CITY SOCIAL MEDIA!

The show is open to everyone (adults, seniors, young adults, and school-aged children) who lives, works, or goes to school in Millbrae.

Entry fee: **\$5 for adults, \$1 for students & seniors.**

Email [ggabriele@ci.millbrae.ca.us](mailto:ggabriele@ci.millbrae.ca.us) for any questions.





## March

3/1 Pauline Bertolino  
3/1 Fae Melmon  
3/2 Pauline Argner  
3/3 Mary Ann Parka  
3/5 Mildred Lisco  
3/6 Samuel Gnessin  
3/7 Anne Williams  
3/7 Glade Beresford  
3/8 Santina Sebastiani  
3/8 Margaret Helmers  
3/8 Nelson Ifan  
3/9 Bonnie Maguire  
3/10 Dr. Jagdih Patel  
3/10 Keith R. Baugh  
3/13 Helen Perez  
3/13 Pat Samuelson  
3/16 Randy Sahae  
3/16 Russell Clarks  
3/18 Sandra Friedman  
3/20 Ruth Coleman  
3/20 Mildred Tani  
3/20 James M. Gebretesen  
3/20 Eleanor Webster  
3/20 Helen Eatrow  
3/22 Jeannie Feanne  
3/22 Alice Del Sarto  
3/23 Lorraine Lee  
3/23 Carylee Barker  
3/26 Bart Elliot  
3/27 Frederick Brown  
3/28 Ruth Henon  
3/29 Delores Haas  
3/30 Chang Soo Ng  
3/30 Toshiko Chang  
3/30 Balbina Kedit

## April

4/4 Joitn Behlmer  
4/4 Rebecca Willot  
4/4 Don Lacergu  
4/7 Barbara Finnigan  
4/10 Ben Mencone  
4/10 Don Morrissey  
4/11 Isabel Galez  
4/12 Barbara Broce  
4/13 Charles Mabardy  
4/14 Marie Burns  
4/14 Charlotte Chemavonian  
4/15 Jay Miller  
4/16 Maureen Deluige  
4/17 James Williamson  
4/18 Elaine McRee  
4/18 Eleanor Webster  
4/19 Emily Moskowitz  
4/19 Agnes Sims  
4/19 Pat Morrissey  
4/20 Clara Taylor  
4/22 Dottie Driesboch  
4/25 Elsie Dab  
4/29 Margaret Kingston  
4/29 Lina Enriquez

DID WE MISS YOUR BIRTHDAY?

CALL (650) 259-2360 TO HELP US  
UPDATE OUR BIRTHDAY RECORDS!



# March/April 2021 Seniorline

The Senior Advisory Committee meets on the 3<sup>rd</sup> Wednesday of each month at 9:00 a.m.

Interim Location: Via ZOOM Video Conference

Go online to the City of Millbrae Event Page for the ZOOM meeting link.

[www.ci.millbrae.ca.us](http://www.ci.millbrae.ca.us)



Millbrae Recreation Department  
621 Magnolia Ave.  
Millbrae, CA 94030  
Senior Program