

happy
*Mother's
Day*

May / June 2022

MILLBRAE SENIORLINE

A bi-monthly newsletter for seniors in Millbrae

CELEBRATING MEMORIAL DAY

Since the earliest ceremonies in small American towns following the Civil War, we have gathered on Memorial Day to honor and remember those who made the ultimate sacrifice in service to our nation. As in those early days of laying wreaths and placing flags, our national day of remembrance is often felt most deeply among the families and communities who have personally lost friends and loved ones.

This national holiday may also be the unofficial start of the summer season, but all Americans must take a moment to remember the sacrifice of our valiant military service members, first responders and their families. Memorial Day is a day of both celebration and grief, accounting for the honor of our heroes and reflecting on their tragic loss.



**MILLBRAE RECREATION CENTER
GRAND OPENING**
SATURDAY, JUNE 11, 2022
10:30 A.M. - 2:00 P.M.
477 LINCOLN CIRCLE

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Subscribe to our Seniorline online at bit.ly/millbraeseniorline or call (650) 259-2361

Got Wheels!

AFFORDABLE TAXI SERVICE ON DEMAND 24/7

Join Peninsula Family Service no-cost membership transportation program *Got Wheels!* available on demand 24 hours every day. Members get up to six one-way rides a month for \$5 each one-way ride. PFS subsidizes remainder of the fare. Service area includes San Francisco International Airport plus the cities listed.

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

Don't miss out. Apply now. Applications available at:

<https://www.peninsulafamilyservice.org/our-programs/older-adult-services/> or upon request at contact information below. A *Got Wheels!* membership card and fact sheet will be mailed upon approval of application.

For more information, contact Cherie, Got Wheels! Program Coordinator: (650) 403-4300 Extension 4329 or cqmoreno@peninsulafamilyservice.org



Your Spare Room Can Change A Life

Rent your spare room with HIP Housing!

HIP Housing is a non-profit based in San Mateo County that matches individuals who have a spare room in their home or Accessory Dwelling Unit with individuals seeking housing.

HIP Housing interviews applicants, conducts background searches, develops a "Living Together Agreement," and provides on-going follow-up support.

HIP Housing is supported by the City of Millbrae, the County of San Mateo, and all 19 other municipalities in the County.

For more information and to request a virtual appointment visit hiphousing.org or call (650) 348 6660.

Home Sharing works because it's

- A practical solution to our housing challenges
- Helpful to people from all walks of life to find or remain in homes
- An efficient use of existing housing
- Keeping San Mateo County residents and workers local

How to Participate:

- Home Seekers must live, work, or attend school in San Mateo County.
- Home Providers must reside in San Mateo County.

If you have questions, or would like to make an appointment call 650-348-6660.



Types of Home Sharing

- A Home Provider is matched with a Home Seeker who pays rent
- A Home Provider is matched with a Home Seeker who exchanges household duties for reduced rent

Types of Residences

Most of HIP Housing's Home Providers have a room to rent in their residence (e.g., home, apartment) and some have an Accessory Dwelling Unit (ADU).

ADUs, also called granny flats, in-law units, or backyard cottages, are small living units that share a lot with single family home.

May

- 02 - Teacher's Appreciation Week
- 05 - Cinco de Mayo
- 06 - National Nurses Day
- 08 - Mother's Day
- 21 - Armed Forces Day
- 30 - Memorial Day



June

- 11 - New Recreation Center Ribbon Cutting Day
- 14 - Flag Day
- 19 - Father's Day
- Juneteenth
- 21 - Summer Solstice



Flag Day is observed on June 14 to honor and commemorate the adoption of the American flag which occurred on this day in 1777 by the Second Continental Congress. The United States Army also celebrates its birthday on this day.

San Mateo County Household Hazardous Waste Home Pick-up Program

Call (650) 399-6919 or (650) 372-6200 for an appointment



The free HHW Home Pick-up Program allows the County to service the HHW disposal needs of this growing population in an accessible and convenient manner. The County will pick up household hazardous waste directly from the homes of San Mateo County residents who are homebound, disabled, or aged 65 and over who cannot transport products to a County HHW collection event or a drop-off site. Residents must make an appointment in advance by calling (650)399-6919 or (650)372-6200. **Before requesting a free home pick-up, the County highly encourages seniors who cannot transport their waste to request assistance from a family member, friend, or senior support program to make an appointment at an HHW drop-off event and transport waste on their behalf.** Please visit smchealth.org/hhw to make an appointment at an HHW drop-off event.

ADULT & SENIOR ACTIVITIES

LINE DANCING

American Line Dancing is for fun and exercise, open to all ages that enjoy dancing to get lively, move with confidence, and stay healthy & fit with or without a partner.

MONDAY, 9:30 - 10:30 a.m. (beginner), 10:30 - 11:30 a.m. (intermediate), \$5 per class

THURSDAY, 6:00 - 7:30 p.m. (progressive), \$7.50 per class

FRIDAY, 8:30 - 9:30 a.m. (beginner), 9:30 - 10:30 a.m. (intermediate), \$5 per class

Instructor: Allen Isidro



BALLROOM WORKSHOP & DANCING MADE EASIER

No Partner Necessary, though; if you have one, bring them!

Each week, learn a few different figures that are practical and simplified. Great for those new to the ballroom or if you want to refresh and renew your steps and keep it simple. Join us for a fun afternoon, starting with a Ballroom Workshop, including Dancing. We keep the dances practical so that you can have fun on the dance floor. Dance to great music and learn about different rhythms.

Upcoming classes will include Waltz, Rumba, Cha-Cha, Mambo, Foxtrot, Swing, and Bolero.

TUESDAY, 9:00 - 10:00 a.m., \$3 per class

Instructor: Sandi



QUILTING

The quilting group meets in the Community Center every Tuesday at noon.

TUESDAY, 12:00 - 4:00 p.m., \$3 per class

ZUNGU CHEN FAMILY TAIJIQUAN

In this class, students will learn and practice the Zungu Chen Family Taijiquan first form posture by posture and the silk-reeling exercises that are the foundation of Chen Taiji. With practice, students will gain health benefits, develop strength, flexibility, balance, and coordination, and understand the basic Taiji principles. The martial aspects and health benefits are retained in Zungu Chen Family Taijiquan. Students can practice this form as a martial art with low powerful stances or for health at a higher position with graceful, slow, light movements. Please wear comfortable clothing. Debbie Au is a certified Chen Taiji instructor of direct Chen Family (Gong Fu Frame) Taiji lineage and has taught taijiquan and taiji weapons forms for over 20 years.

WEDNESDAY, 11:00 a.m. - 12:00 p.m., \$8 per class

Instructor: Debbie Au



SENIOR AEROBICS

A fun aerobics class focused on maintaining movement.

THURSDAY, 10:30 - 11:30 a.m., \$3 per class

Instructor: Diane Silven

PAINTING

The painting class meets in the Community Center every Thursday at 1:00 p.m.

THURSDAY, 1:00 - 4:00 p.m., \$5 per class

Instructor: Sherry Vockel

Go to bit.ly/milrec or call (650) 259-2361 to register!



Home Share *with* HIP Housing



For 50 years HIP Housing has provided practical solutions to the area's housing challenges.

Our Home Sharing Program helps match individuals seeking housing in San Mateo County with people who have a room or Accessory Dwelling Unit (ADU) to rent.

For more information please call or visit us at our website.



www.hiphousing.org (650) 348-6660

50^{YEARS} **HIP**housing

WORDSEARCH

R	O	U	S	E	E	T	H	E	S	O	B	O	H	Cards	Hobos	Shove
R	E	T	D	E	V	I	S	I	N	G	X	J	S	Cheer	Hulks	Sorta
E	R	E	D	L	O	M	I	S	S	I	V	E	S	Chore	Lamps	Spray
I	S	C	H	E	M	I	N	G	D	P	L	K	U	Corks	Lasts	Storm
L	E	D	E	C	E	A	S	E	S	D	R	A	C	Crazy	Maturing	Wince
L	N	R	L	R	R	N	T	P	R	O	E	A	P	Crinkles	Missives	Wined
I	I	I	O	I	H	U	M	U	C	W	R	L	Y	Crudely	Naval	Woods
R	F	E	N	N	U	A	C	C	R	N	A	T	H	Curdles	Nearer	
F	E	R	G	K	L	F	U	Q	U	I	E	T	A	Deceases	Occurs	
S	T	S	A	L	K	R	I	L	D	E	N	I	W	Devising	Older	
K	T	D	T	E	S	H	O	V	E	S	A	G	I	Downiest	Oxide	
S	U	O	E	S	A	G	O	B	L	T	V	H	N	Driers	Plaid	
C	H	O	R	E	L	I	S	H	Y	Z	A	R	C	Elongate	Quiet	
V	T	W	F	M	F	G	N	I	P	O	L	E	E	Eloping	Relish	
														Fauna	Remove	
														Fines	Rests	
														Flask	Rouse	
														Frillier	Scheming	
														Gaseous	Seethes	



City of Millbrae

CITIZENS ACADEMY

Learn about City Government

Community members who want to get more involved with the city have the opportunity to participate in a free six-session Citizens Academy to engage with City of Millbrae staff and learn about city government. Opportunities include:

- **Saturday, May 21, 2022**
10:00 A.M. to 2:00 P.M.
- **Wednesday, May 25, 2022**
6:00 P.M. to 10:00 P.M.
- **Wednesday, June 8, 2022**
6:00 P.M. to 10:00 P.M.
- **Saturday, June 18, 2022**
10:00 A.M. to 2:00 P.M.
- **Saturday, June 25, 2022**
10:00 A.M. to 3:00 P.M.
- **Saturday, July 9, 2022**
10:00 A.M. to 12:00 P.M.

- Meeting with city leaders, department directors and staff.
- Learning how individual departments operate, with complete overviews and a behind the scenes experience.
- Understanding how the City allocates funds and how decisions are made.

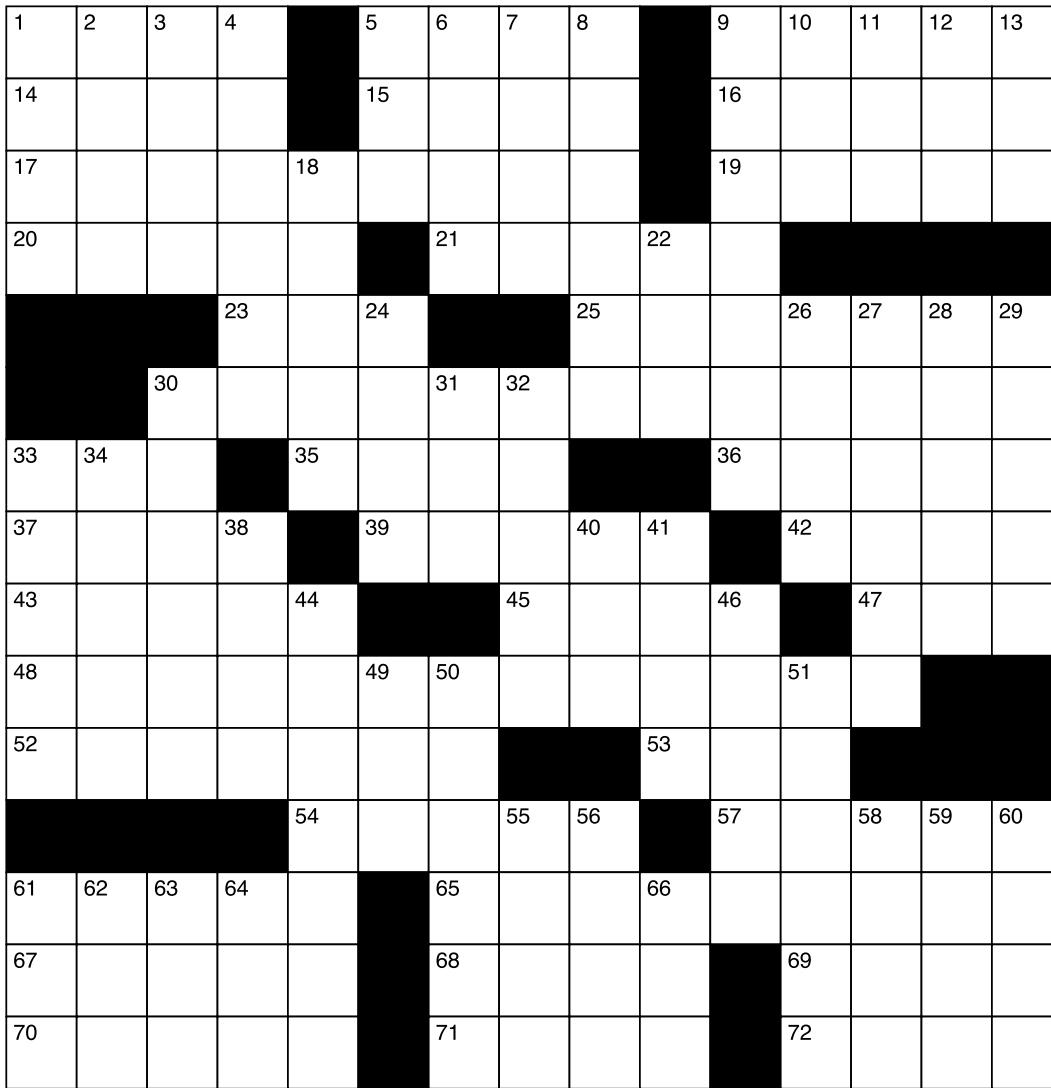


Departments & Topics:

- City Council, City Manager, & City Attorney
- City Clerk & District Elections
- City Commissions & Committees Structure
- Community Development Department
- Recreation Department
- Human Resource Department
- Finance Department
- City Budget
- Public Works Department
- San Mateo County Sheriff's Office
- Central California Fire Department

Registration Opens April 22nd and will close May 11th at 5:00 P.M.

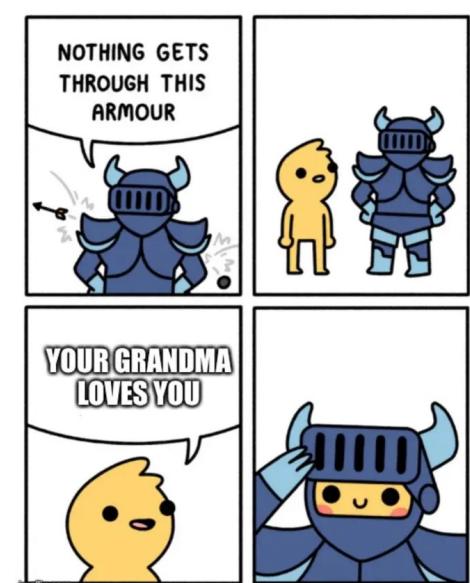
- Space is limited to 35 seats and program capacity will be filled on first come first served basis.
- Participants must be 18 years or older to register.
- Participants must be a Millbrae resident.
- Participants must attend all six sessions to graduate.



Solution on page 8

Down

1. Deadlock
 2. Apiece
 3. Robert De _____
 4. Estefan or Vanderbilt
 5. Here, in Honduras
 6. Campus mil. group
 7. Prefix with -syncretic
 8. Judicial decision
 9. Dry as the desert
 10. Old Eur. realm
 11. Trouble
 12. Part of a bray
 13. Govt. ID
 18. Wind-tossed
 22. Take in food
 24. Mobile camper, informally
 26. Part of an Ali metaphor
 27. Get garbed
 28. Salon coloring
 29. English paper
 30. Confirm with a vote
 31. Feminists' goal
 32. Graduation outfits
 33. Rice and Heche
 34. Bath shop scrubber
 38. "...____ saw Elba" (part of a famous palindrome)
 40. Continental trade gp. est. in 1957
 41. Perlman of "Cheers"
 44. Che's real name
 46. Gandhi's nation
 49. Outdated computer monitor type
 50. Actress Rolle
 51. Starbucks serving
 55. One-eighties, in slang
 56. Before, in short
 58. The Beatles' "Let _____"
 59. Deviate
 60. Misses the mark
 61. Kind of tide
 62. Salt, on the Seine
 63. Beantown tower nickname, with "the"
 64. "You ain't seen nothin' _____!"
 66. Psychic power





Self-Help for the Elderly

安老自助處

Self-Help for the Elderly Senior Lunch Program operates on Monday, Wednesday and Friday from 10:30 am to 1:30 pm at the Chetcuti Community Room. We serve nutrition meals to elders, reservations are required. Please call 415-319-4115 and leave a message. For Home Delivered Meals service, please call our San Mateo Center 650-342-0822 for details.

We offer in-person activities and virtual classes, everyone is welcome to join. For class schedule, monthly lunch menu and center locations, please visit: <https://www.selfhelpelderly.org/locations>



24-HOUR EMERGENCY & ADVICE LINE

The Aging and Adult Services Hotline line provides access to 24-hour emergency response for older adults and vulnerable adults in the community. Professional staff provide assessment and emergency protection such as shelter, food and in-home care to address immediate concerns, until a long-term care plan can be developed.

For information, advice and 24-hour emergency response, call the Aging and Adult Services Hotline: 1-800-675-8437 or 1-844-868-0938 1-650-573-3900 / 711 for California Relay Services (TDD)



"Need Help? Dial 2-1-1 to get connected to a phone specialist for personalized information and assistance.

It's FREE, confidential, available 24/7, and available in multiple languages."

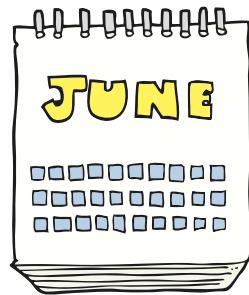
2-1-1 is a comprehensive database of information on health and human service programs throughout the Bay Area, which includes but not limited to:

- Food Assistance
- Utility Assistance
- Housing and Shelter
- Legal Assistance
- Child Care
- Emergency Services
- Mental Health and Counseling
- State and City Services
- Senior Services
- Disaster Response and Relief

During emergency or disaster situations, 2-1-1 provides critical public information, such as shelter locations, water distribution, sandbags, evacuations, road closures, utility outages, local assistance center locations, public health warnings, and more.



HAPPY BIRTHDAY



5/2 Lucille Flores
5/4 Mary Weir
5/5 Jennie Chow
5/5 Jean McPhee
5/5 Nader Ostovar
5/8 Stella Batha
5/10 Robert Kahle
5/11 Anita Kim
5/11 Edward Feliciano
5/11 Natalie Mihalek
5/13 Leonard Rosenblatt
5/13 Lorah Pearson

5/14 Rose Anderson
5/14 Lois Agresti
5/16 Paul Tripp
5/17 Ada Bozza
5/20 Margaret Perse
5/21 Larry Miller
5/21 Ray Henon
5/21 Lucille Santiago
5/22 Elizabeth Louie
5/22 Anna Marie Kocjan
5/27 Elaine Griffin
5/29 Velia Danello

6/3 John Ryan
6/5 Melba Catania
6/6 Norman Russey
6/11 Rosemary Lashkoff
6/13 Elaine Gamez
6/14 Shirley Del Carlo
6/16 Marie Noce
6/19 Helen Anderson
6/19 Claire DeLucchi
6/22 Edith Severini
6/23 Gladys Kafka
6/25 Diana O'Connor
6/26 Carol Esola
6/28 Pat Georanazzi
6/28 June Magnusson



FINANCIAL SAFETY FOR SENIORS

Financial abuse takes many forms, from stealing money to tricking someone into taking out a mortgage on their home. Here are some common scams and areas of potential abuse. Know what they are and protect yourself!

GOVERNMENT BENEFITS - Beware of people who "guarantee" that they can qualify you for government benefits for a fee. Programs like MediCal, Medicare, Social Security, SSI, and CAPI have set eligibility rules and never charge application fees. Apply for benefits directly from the government agency. Also, beware of scammers who pose as agency workers asking you to verify your Social Security or birthdate for benefits.

POWERS OF ATTORNEY FOR FINANCES - Powers of Attorney for Finances usually grant authority to do things such as access your bank account, transfer property, and place you in a long-term care facility. Get legal advice before signing a Power of Attorney!

CAREGIVERS & IN-HOME HELP - Sometimes, people need in-home assistance to live independently. Before hiring someone, get personal references and check them! Consider going through an agency that uses only licensed and fingerprinted workers.

HOME IMPROVEMENT - Scam artists often go door-to-door, offering to do repairs. They may even show you a fake contractor's license number. Call the License Board to check before hiring anyone. You may be overcharged or get low-quality work. **Better Business Bureau** - (866) 411-2221 / **Contractors State License Board** - (800) 321-2752

PHONY INSPECTIONS - Scam artists sometimes pose as someone else to gain access to a home. For example, a thief may claim to be from the Water Department and ask to come inside and check your pipes. Once inside, they distract you and quickly steal what they can. Never let strangers into your home without independently verifying they are legitimate.

IDENTITY THEFT - Scam artists will use your name, address, and Social Security Number to get credit cards, open bank accounts, etc. Shred all documents you receive with identifying information, such as bills and credit card offers.

San Mateo County Sheriff's ID Theft Task Force - (650) 261-2800

PREDATORY LENDING & ANNUITIES - Get independent professional advice before making financial decisions. The salesperson might sound like a good deal, but it could be unaffordable, unnecessary, or a scam.

HIP Housing (mortgages) - (650) 348-6660 / **Department of Insurance** - (800) 927-HELP

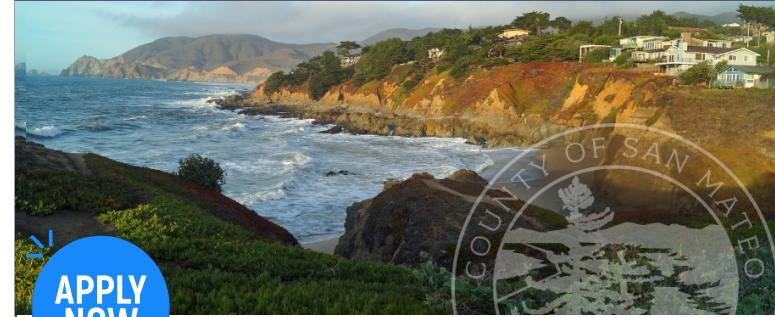
The Senior Advisory Committee consists of members appointed by the City Council. Members are qualified electors of the City and shall serve of a term of two years, and may be reappointed to additional terms and serve without compensation.

Members cannot hold any public office or City position while serving on the Committee.

Meets on the third Wednesday of each month at 9:00 a.m.

Visit ci.millbrae.ca.us and go to "Events" for meeting details.

**Members: Rochelle Mullen (Chair),
Marlene McBride (Vice-Chair), Mimi Lee, Mary Ellen Pellegrini, Mimi Lin,
Patrick Cheng, Doris Morse (Alternate), Vinita Ghosh (Alternate)**



APPLY NOW

DO YOU WANT TO IMPROVE LOCAL GOVERNMENT?

DO YOU KNOW SOMEONE WITH GREAT IDEAS ON WAYS TO IMPROVE OUR COMMUNITY?

ARE YOU PASSIONATE ABOUT HOMELESSNESS, HEALTHCARE & WELLNESS, HOUSING, CLIMATE CHANGE, SOCIAL JUSTICE, AND EDUCATION?

SAN MATEO COUNTY CIVIL GRAND JURY APPLICATIONS ARE NOW OPEN!

US Citizens, 18+ Years of Age, San Mateo County Resident (1+ yrs)

For more information, visit sanmateocourt.org/grandjury



Mailing Address

PERMIT NO. 115
Millbrae, CA 94030
621 Magnolia Avenue
U.S. POSTAGE
PRSRTD STD
PAID
BURLINGAME, CA
PAID
Phone: (650) 259-2365

Millbrae Recreation Dept.
Senior Program