

MILLBRAE SENIORLINE

July / August 2021



SHARE STORIES ABOUT MILLBRAE & LIFE

SENIOR



STORIES

1ST TUESDAY MONTHLY AT 10:00 A.M.

bit.ly/SeniorStoriesZoom

Interested in sharing? Call (650) 259-2365



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Special points of interest

- Join the Seniors Stories Event
- Meet the new Police Chief
- Beats & Brews on Broadway

Join us for this virtual event where seniors share stories about their lives!

July 6 & August 3 at 10:00 a.m.

Calendar

July

- 4th Independence Day**
Beats & Brews on Broadway
- 6th Senior Stories**
- 9th Movie Night at Central Park**
- 21st Senior Advisory Meeting**
- 23rd National Gorgeous Grandma Day**



August

- 3rd Senior Stories**
- 13th Movie Night at Central Park**
- 18th Senior Advisory Meeting**
- 19th Beats & Brews on Broadway**
- 21st Millbrae Machines Car Show**



*Enjoy free live music on July 4th and August 13th on the re-
 turn of Beats & Brews on Broadway!
 More info on the City of Millbrae website under Events.*



Meet our new Chief of Police

The Millbrae Police Bureau is excited to introduce our new Chief of Police Services, Captain Christina Corpus. Captain Corpus has 19 plus years of Law Enforcement experience. She started as a Correctional Officer and worked her way through the ranks to Sheriff's Captain. She earned her BA from the Union University of Cincinnati and graduated with a Master of Science in Public and Law Enforcement Leadership from USD on May 15th, 2021. Captain Corpus is extremely passionate about serving the community and excitedly looks forward to working with the city of Millbrae. One of her main goals is addressing the quality of life issues and enhancing the community programs within the city.

Employment Opportunity!

The City is searching for a part-time **Public Information Officer** to support the development and implementation of City outreach and communication strategies. For details, visit ci.millbrae.ca.us and go to "Employment Opportunities" under the "Government" tab.

HELP BRING THE NEW MILLBRAE RECREATION CENTER TO LIFE!

Be a part of the Millbrae Recreation Center Campaign & help the Millbrae Community Foundation bring our new Recreation Center to life!

Contributions over \$500 will be permanently recognized on the donor wall.

Donor Wall Recognition Categories:

Founder	\$100,000 +
Philanthropist	\$50,000 — \$99,999
Benefactor	\$25,000 — \$49,999
Champion	\$10,000 — \$24,999
Visionary	\$2,500 — \$9,999
Builder	\$500 — \$2,499

Written Recognition:

Supporter	\$50 — \$499
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Gift donation available online at millbraerecreationcenter.com

Or mail your check donation to **Millbrae Community Foundation**,
 PO Box 1612 Millbrae, CA 94030 (*note: Recreation Center*).
 Gifts to MCF are tax deductible to the fullest extent allowed by law.

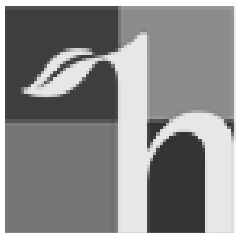


Home Sharing Program helps match individuals seeking housing with people who have a room or Accessory Dwelling Unit (ADU) to rent.

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.



HIPhousing

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.

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, click on the Inquiry Form button below or call us at **650-348-6660**.

Free Specialized Telephones

If you are having any difficulty using your landline or cell phone, California Phones can help. This FREE state program provides over 40 specialized equipment to eligible California residents including a Bluetooth amplifier to make your cell phones calls or Zoom louder. Equipment available for those with hearing, vision, mobility, speech or memory difficulty. Visit www.californiaphones.org or call 1-800-806-1191 for more info. Having difficulty hearing or seeing on your smartphone? Attend a free online training and make your smartphone work better for you! These are being done virtually through Zoom. You will need a device, internet service and an email address. iPhone and Android trainings available. Call 1-866-271-1540 or email smartphonetraining@ddtp.org.



California Phones
Keeping you connected.

MILLBRAE COMMUNITY ENHANCEMENT ADVISORY COMMITTEE
INVITES YOU TO PLANT A TREE

Tree Dedication Program

*The heavily used segment of the trail is relatively barren & can benefit from shade trees.
Honor a loved one or commemorate a special occasion.*

Who: Open to all Millbrae residents

What: Order a 24" Box Coast Live Oak Tree from us & Parks will plant it for you!

When: A plant date will be scheduled after purchase

Where: Spur Trail between Hillcrest & Taylor Blvd.

Cost: \$198; optional dedication plaque **\$300-\$400

For questions email apappajohn@ci.millbrae.ca.us

order online!
bit.ly/milrec



Millbrae Residents can now pay their utility bills online by creating a user profile.

1. Go to ci.millbrae.ca.us
2. Go to "Utility Portal" (pictured below)
3. Select "Create a User Profile"
4. Enter your account number (located on the top right of the statement)
5. Enter you're your full name exactly as it appears on your bill
6. Confirm account

Note: Credit & debit card transactions are subject to a 2.1% processing fee

The screenshot shows the City of Millbrae website with a navigation bar at the top containing links for COVID-19 updates, local businesses, and wellness checks. Below the navigation bar is a header with the City of Millbrae logo and various service icons. A large speech bubble on the right side of the page contains the text "RESIDENTS CAN NOW PAY UTILITIES ONLINE!". At the bottom of the page, there is a row of circular icons for various services, with the "UTILITY PORTAL" icon circled in white.

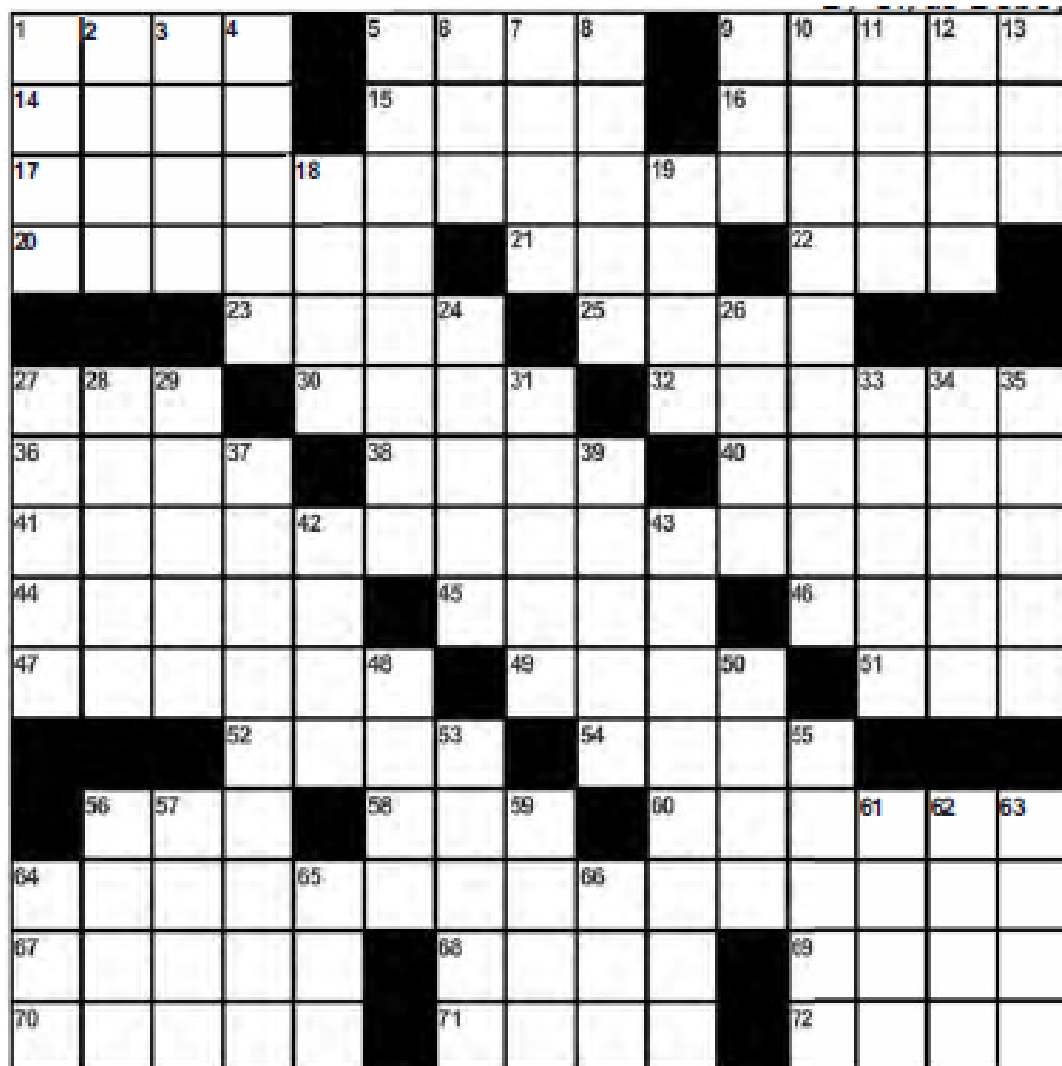
Crossword Puzzle

ACROSS

- 1) Hinged fastener
- 5) Withdraw
- 9) Zeniths
- 14) Teen bane
- 15) Bone in the arm
- 16) Like a tack
- 17) Who went to market?
- 20) Upholstered piece
- 21) On a date
- 22) Fleur-de-_____
- 23) Catch _____ (start to understand)
- 25) Type of trap
- 27) Keyboard word
- 30) Shirts or skins
- 32) It's stored on a farm
- 36) Getaway of fantasies
- 38) "Will be" in a Doris Day song
- 40) Skull cavity
- 41) "Better!"
- 44) River in Hades
- 45) Roman despot
- 46) Minimal effort
- 47) Pulver, for one
- 49) Christian with a fashion sense
- 51) Hi-_____ graphics
- 52) Paint layer
- 54) Of great proportions
- 56) Tire pressure meas.
- 58) Advertisement word
- 60) Connect, as a stereo
- 64) They don't belong to me
- 67) Habitual ways
- 68) Coarse-ground grain
- 69) Operatic Trojan princess
- 70) Acute feeling of anxiety
- 71) Kind of terrier
- 72) Beds in tents

DOWN

- 1) They go over your part
- 2) Have a yearning
- 3) Dither
- 4) Pasta sauce option
- 5) State of calm passivity
- 6) Utmost (Abbr.)
- 7) Passionately studying
- 8) Anklebone
- 9) African snake
- 10) Young at heart
- 11) Star followers of note
- 12) Physics work units
- 13) Infiltrator
- 18) Glasses piece
- 19) H H H, in Athens
- 24) Theater of old
- 26) Legalese for "unless"
- 27) Library listing
- 28) Drained of blood
- 29) Cries like a sheep
- 31) Was not right
- 33) Lend _____ (listen intently)
- 34) False front
- 35) _____ Park, Colorado
- 37) They have morals
- 39) Eagle's abode
- 42) Showy lily
- 43) Means of evading a law
- 48) "Peter Pan" pooch
- 50) Cut-up
- 53) Payment conditions
- 55) Funny one
- 56) Unit of loudness
- 57) Something to hum
- 59) Half of a fortnight
- 61) Metric weight, for short
- 62) Brigade
- 63) Edible spheroids
- 64) Pan Am rival, once
- 65) Winning finish?
- 66) Dissenting vote





**Self-Help for
the Elderly**
安老自助處

Nutrition and Healthy Living for the Asian El- der Community

A culturally-sensitive nutri-
tion workshop focusing on
health and wellness and the
prevention of chronic dis-
eases, with an emphasis on
areas of concern for Asian
elders. We will cover the
various food groups and the
nutrients they provide, as
well as how to identify
healthier choices within
each group while high-
lighting foods common in
Chinese cuisine. We will dis-
cuss nutrition management
of specific conditions that
are prevalent among Asian
elders, including type 2 dia-
betes, hypertension, and
high cholesterol.

Meeting Registration:
bit.ly/millbraeseniors



**Peninsula
Family Service**
Opening Doors, Changing Lives

Become a Volunteer Senior Peer Counselor

Senior Peer Counseling is a one-on-one service provided by trained volunteers in San Mateo County. As a volunteer you receive FREE training and professional support, while you offer confidential emotional support, and understanding for one hour a week to older adults facing challenges such as loneliness, depression, grief, isolation from family & friends, loss, and life changes. Support is offered in Can-
tonese, English, Mandarin, Spanish, Tagalog, and to the LGBTQ community. Vol-
unteers tell us:

"We're able to make clients happy and satisfied, thus we are happy too." "I learn from my clients' life experiences." "It makes my life more worthwhile."



**Fall training will be on
Zoom on July 13 to
August 11, 9:30 a.m. to
12:30 p.m.,
Tuesdays & Wednesdays.**

FREE TRAINING AND SUPPORT IN:

- Communication Skills
- Basics of Counseling
- Working with Diverse Cultures
- Understanding Social Isolation
- Working with Grief and Loss
- Responding to Depression and Anxiety
- Common Health Issues of Older Adults
- Taking Care of Yourself
- Professional Continuing Education

SKILLS & VALUES YOU BRING TO THE PROGRAM:

- Interest in helping older adults
- Good listening skills
- Caring and compassionate
- 55+ years young
- Able to volunteer 1+ hours a week
- Pleased to meet with fellow volunteers once a month
- A one-year commitment

For details, please contact our Coordinators or call (650) 403-4300 x 4389

- Tessie Madrinan, Filipino Services650.403.4300 ext. 4363
- Helen Tsui, Chinese Services 650.403.4300 ext. 4392
- Rosa Carrera, Spanish Services.....650.403.4300 ext. 4321
- Ellyn Bloomfield, LGBTQ Services 650 403-4300 ext. 4383
- Michele Epstein, Services in English 650.403.4300 ext. 4371
- Raychelle Lee, Administrative Assistant 650.403.4300 ext. 4389
- Ann Blick Hamer, LCSW, Program Manager.....650-403-4300 ext. 4322



DIGITAL SPACE: PHISHING

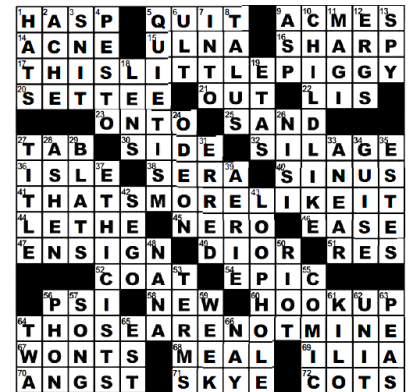
Phishing Warning Signs:

- Emails that contain one or more of the following:
- A "Dear Customer" greeting — legitimate communications from companies you do business with usually include your name
- Offers of free products or services, super-cheap travel deals, or a sweepstakes prize or other financial windfall
- Vague or generic language, such as "payment issue," to describe a problem with an account or purchase
- Threats of dire consequences, such as legal action or an account being frozen, if you don't act immediately
- Requests that you click a link, open an attachment, or reply with personal or financial information to take advantage of an offer or to resolve a problem
- Multiple spelling and grammar errors — many phishing scams originate aboard
- Pop-ups on your computer or mobile device that warn of viruses, promise a prize or redirect you automatically to another site
- Unsolicited phone calls or texts that pitch free or super-cheap products and services, or that claim to be from a government agency, public utility, bank or major company

Phishing scams aim to acquire valuable personal and financial data, such as your Social Security number, credit card details or passwords for online accounts; or to steal your identity, your money or both. They are mostly associated with email but can come in many forms, including social media messages, pop-up ads, "vishing" (voice phishing by phone), "smishing" (phishing by text message) and "pharming" (drawing victims to bogus websites).

Wherever their apparent source, phishing messages feign urgency (act now or you'll risk arrest/have your account frozen/miss out on this special offer). You'll be asked to quickly provide or "confirm" key pieces of personal or business information or be directed to click on a link, which might launch malware that harvests data from your computer or ransomware that takes over the machine and locks you out.

Source: AARP.ORG



City of Millbrae
Commission & Committee

**Recruitment
Extended
to July 1st**

Accepting Applications for

Community Enhancement
Advisory Committee
Cultural Arts Advisory Committee
Economic Vitality Advisory Committee
Parks and Recreation Commission
Senior Advisory Committee
Sister Cities Commission
Youth Advisory Committee

VACANCY

To learn more, visit ci.millbrae.ca.us,
go to "Commissions & Committees"
under the "Government" tab.



For questions contact:
Elaine Tran, City Clerk

650-259-2414 | etran@ci.millbrae.ca.us

The City of Millbrae is currently accepting applications from residents who wish to serve on one of Millbrae's commissions and advisory committees

JUST A SMALL TOWN — Alan Stickle

On the side of a hill, running down
to the bay,
There's a quiet little town, they
call Millbrae.

It wasn't long ago you could hear
among the haze,
The bellowing of cattle, in the pas-
tures where they graze.

They even had a mansion, but a
fire was it's fate,
John Mills was the owner, they
called it Mills Estate.

But the town would keep on
growing, new houses everywhere,
Soon there was a traffic light, with
a coffee shop to share.

One day there was elected, a man
to be the mayor,
He was W. F. Luetenegger, with
the whole town was in his care.

At last there was a movie house,
the cowboys were a hit,
Roy Rogers riding Trigger, Gabby
Hayes had his small bit.

They even had a depot where the
train from Frisco came,
bringing home the workers, the
conductor knew by name.

Steeple reaching toward the sky,
the singing could be heard,
The Sunday service had begun, as
the preacher shared the word.

Soon it was a well know fact,
Millbrae had it all,
A perfect place for all to live, sum-
mer, spring and fall.



July

7/1 Rose Perez
7/1 Peter C. Colliander
7/1 Nicholas Kroll
7/2 Beth Winters
7/3 Gina McKenna
7/5 John Surber
7/6 Charles Hastings
7/6 L.E. Frank
7/7 Irene O'Brien
7/8 Helen Ho
7/8 Eva Dye
7/9 Mary Darmanin
7/11 Joan Ryan
7/13 Mary Toy
7/17 Frank Deering
7/19 Donna Lingren
7/20 Catherine Fuller
7/22 Lan Cheng
7/23 K.C. Sun
7/29 Irmitra Nelson
7/30 John Gearney

August

8/2 Rose Marie Gates
8/6 Dorothy Semke
8/9 Rosemarie Aroni
8/11 Jane Richards
8/11 Rowena Armstrong
8/12 Margaret McCombs
8/12 Ruth Hall
8/13 James Vanzant
8/15 Joseph Bourassa
8/19 Esther Levine
8/20 Jacqueline Schneider
8/21 Jeanne Bertini
8/21 Fred Ciolino
8/23 Con Megas
8/23 Connie Pineda
8/24 Judy Ingebretsen
8/26 Mary Vella Treseler
8/26 Martha Geronimo
8/27 Marie Williams
8/29 Beth Anderson
8/30 Jose Morales
8/30 Rose Mewkalo
8/31 Donald Dent

**DID WE MISS YOUR BIRTHDAY?
CALL (650) 259-2360 TO HELP US
UPDATE OUR BIRTHDAY RECORDS!**

July / August 2021 Seniorline



HOUSING IS KEY

The **CA COVID-19 Rent Relief program** is still accepting applications. Both renters and landlords are encouraged to apply. Check eligibility and apply at **HousingIsKey.com** or call **(833) 430-2122**.

Whether it's a health-related event or a significant financial hardship, COVID-19 has affected us all. As our state continues to recover, we are committed to keeping families housed and recognize that California renters and landlords have enough to worry about. We want to make sure that past due rent isn't one of them.

CA COVID-19 Rent Relief will help income-eligible households pay rent and utilities, both for past due and future payments. The federal Consolidated Appropriations Act of 2021 provides funding to support the program and tenant (renter) protection laws signed by Governor Newsom.

				6		8		
		4		5		2		
8	2					7		
	9				1			2
	4		9	8	7		3	
5			2				4	
		9					6	1
		3		9		4		
		6		7				

*I see you play Sudoku with a pen.
I, too, like to live dangerously.*

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



RESOURCES

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

Connection to Local Services
Call 211 or your county's local information hotline
www.211ca.org

California Department of Aging
State Aging & Adults Information Line:
1-800-510-2020
www.aging.ca.gov

The **Senior Advisory Committee** consists of seven members appointed by the City Council. Members are qualified electors of the City and shall serve for a term of two years, and may be reappointed to additional terms and serve without compensation. Members cannot hold any other public office or City position while serving on the Commission.

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:

Ann Jones (Chair), Rochelle Mullen (Vice Chair), Marlene McBride, Mimi Lee, Mary Ellen Pellegrini, Mimi Lin, Ann Jones, Patrick Cheng, Doris Morse (Alternate)

FREE LIVE MUSIC

Beats & Brews

ON BROADWAY

SUNDAY, JULY 4TH, 3:00 - 5:00 P.M.

Professional touring band, THE ROCK BOTTOM BOYS, have been serving up a 'bone-a-fied' act to audiences across the western states since 2009 exciting and entertaining all ages with spine tingling three part harmonies, homespun vocal styling, boot stomping music and well-seasoned showmanship.



THE ROCK BOTTOM BOYS

MILLBRAE RECREATION

300 BLOCK OF BROADWAY BETWEEN HILLCREST AND LA CRUZ, MILLBRAE, CA



Mailing Address

PRSRT STD
U.S. POSTAGE
PAID
BURLINGAME, CA
PERMIT NO. 115

Millbrae Recreation Department
Senior Program
621 Magnolia Ave.
Millbrae, CA 94030
Phone: (650) 259-2365