

the VILLAGER

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www.fostercityvillage.org



As we look into our "rearview mirrors", we will always remember **2020**. The stories of heartache and perseverance, of shifting to being **TOGETHER ALONE** and Virtual **ZOOM** workshops and gatherings, and then stepping up to be of service to those less fortunate than ourselves. We are still in the midst of this Pandemic, and we will continue to be diligent.

Our Foster City Village Volunteers are to be commended for their diligence and dedication to our community members. During 2020, this Cadre of Volunteers provided over 5,000 hours of free local service. The value of their time goes way beyond a monetary value. These Volunteers have changed the lives of the people that they serve. These Volunteers have built life-long relationships and improved the quality of life for this community and themselves. We are so very grateful for our Volunteers, especially as this challenging year comes to a close. Due to our Volunteers' continued commitment, we have a thriving Foster City Village!

THANK YOU Foster City Village VOLUNTEERS!

Looking forward to the 2021 New Year!

Mary Bates

Executive Director

Volunteering While Social Distancing

While it has felt like 2020 would go on forever and no end in sight with the pandemic, it is important to remind ourselves that this too shall pass. One of the most important lessons of COVID-19 is to never give up hope because when people come together to help one another with good intentions, good things happen.

With coronavirus making such an impact on our normal daily activities, you can make a difference while self-isolating, whether it means calling a member once a week to check-in or listen to their valuable stories and experiences that can provide wisdom and insights for life. Perhaps, assist with a gardening project, pick up groceries and medicine, or even help them connect with family members through email, FaceTime, or Skype.

There are many ways that you may volunteer with us. If you are interested in giving back to your community, please contact the Village office at 650-378-8541 or send an email to: fcvillage94404@gmail.com. Get Involved. An Hour Makes a Difference!

*"As you grow older, you will discover that you have two hands –
one for helping yourself, the other for helping others." ~ Audrey Hepburn*



JANUARY

1/07 Eileen Shaine
 1/10 Eleonore Debth
 1/13 Jayne Zaban
 1/14 Helen Ackerman
 1/17 Jeri Blatt
 1/17 Phyllis Brown
 1/27 Ilene Turteltaub
 1/30 Gloria D'Acquisto
 1/30 Richard Hopper

FEBRUARY

2/01 Linda Grant
 2/09 Estella Wong
 2/15 Martin Mintz
 2/19 Jean Hirai
 2/20 Gretta Csatho
 2/22 Edd McKibben
 2/27 Bob Lahl



Thanks to Foster City Villagers for making Isabelle Burge's 102nd Birthday a huge success. Isabelle is our role model and inspiration. Isabelle was born in Kansas in 1918. She and her husband spent 80 years together, dancing and having grand adventures throughout the country. To this day, she still wears heels and stands up straight and tall. When her husband passed away 4 years ago, she joined Foster City Village and enjoys the social activities and loves all the friends she has made. At 100 years young, Isabelle published her first children's book entitled, "How Mr. Rat Got His Cheese". It is a wonderful story that rhymes its way telling how Mr. Rat finally got his cheese. The illustrations are adorable and the book is a joy to read, especially when the lessons teach about kindness and friendship.



In honor of Isabelle's birthday, Foster City Village awarded Isabelle with a Lifetime Membership in Foster City Village. She is the first awardee to achieve this status and certainly well deserved. Attendees included her friend Evelyn Bender of over 50 years, and Villagers Jeff & Phyllis Brown, Edd McKibben, Bob Lahl, Patricia Player Maxwell and Marlene & Richard Hopper who all sang *Happy Birthday* to Isabelle in her driveway.





As we look back on this year with its many challenges, we are thankful for the many people who have contributed their time and effort to help Foster City Village thrive and benefit our Community. Our volunteers have contributed in many ways to serve our members not only providing transportation, but also providing opportunities to learn, socialize and keep fit. WE could not do it without YOU!

Membership Outreach: Helen Ackerman, Marlene Hopper, Ina Pottorff, Mary Simas, Supriya Singh, and Carolyn Woods

Social Events and Classes: Helen Ackerman, Phyllis & Jeff Brown, Linda & Jon Grant, Marlene Sorosky-Gray, Gil & Audrey Guerin, Marlene Hopper, Adriana Livianu, Kathy McKibben, Gail O'Brien, Melinda Rose, Sophia Wambach, and Betty Wexler

Comfort Care Meal Deliveries: Kay Ballantyne, Mary Bates, Joan & Rich Biederman, Claire Biron, Phyllis Brown, Caryn Goldman, Marlene Hopper, Wendy Iwata, Jennifer Malament, Edd McKibben, Linda Minkey, Carol Ohm, David Shelton, and Supriya Singh

We Care Team: Evelyn Bender, Phyllis & Jeff Brown, Patricia Campos, Jeannie Ewan, Marlene Hopper, Jennifer Malament, Carol Ohm, Patricia Player Maxwell, Supriya Singh, Betty Wexler, Shari Williams, and Carolyn Woods

Meals on Wheels Deliveries: Shushma & Ram Aggarwal, Rich Biederman, Phyllis Brown, Marvin Freedland, Jon Froomin, Jacquie Gentry, Linda & Jon Grant, Vineeta Gulati, Marlene & Richard Hopper, Ana Maria Letran, Bob Maxwell, Gail & Marty Mintz, Ilene Turteltaub, Betty Wexler, and Nancy Zorfass

Second Harvest: Helen Ackerman, Rich & Joan Biederman, Jeff & Phyllis Brown, Marcia Cohn-Lyle, Marvin Freedland, Jacquie Gentry, Linda & Jon Grant, Marlene & Richard Hopper, Elaine Jacobs, Bob Lahl, Charlie Maguire, Jennifer Malament, Kathy McKibben, Linda Minkey, Patricia Player Maxwell, David Shelton, and Mary Simas

Volunteer Drivers: Helen Ackerman, Mary Bates, Joan & Rich Biederman, Claire Biron, Jeff & Phyllis Brown, Jon Froomin, Betty Gee, Caryn Goldman, Reiko Golobic, Jon Grant, Tina Hildreth, Richard & Marlene Hopper, Wendy Iwata, Veena Kallingal, David Kramer, Bob Lahl, Bill Lang, Peter Lauber, Charlie Maguire, Jennifer Malament, Edd McKibben, Linda Minkey, Carol Ohm, Patricia Player Maxwell, Yvonne Ryzak, David Shelton, Supriya Singh, Gretchen Van Dine, and Shari Williams



**BE THE
CHANGE**
VOLUNTEER &
MAKE THE DIFFERENCE



Enjoy putzing with technology?
Familiar with the AMAZON FIRE HD 10 tablet?

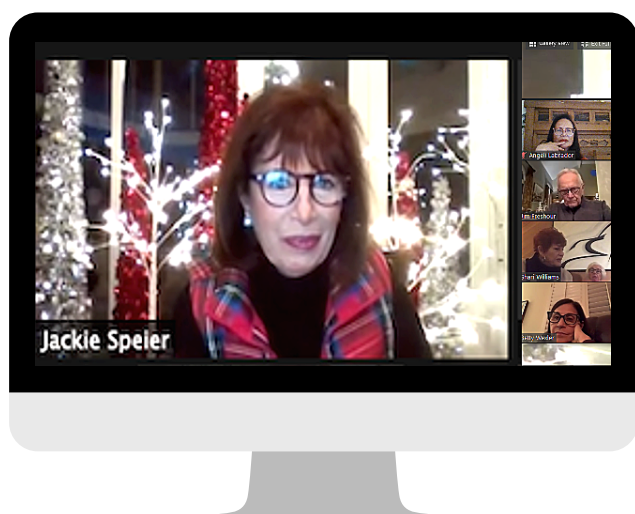
We have Village members who need your help with setup. If you're game to help out, you get a free Village t-shirt! Turn your spare time into social good by contacting the Village office via email: fcvillage94404@gmail.com.



Due to the County of San Mateo Shelter-in-Place pandemic orders, which kept us from having our traditional Village Holiday party, we thought it would be nice to give every member and some wonderful volunteers a festive poinsettia to help brighten up their homes and bring in some holiday joy. Our busy elves, Richard and Marlene Hopper, Patricia and Bob Maxwell, Shari Williams, Jennifer Malament, Phyllis and Jeff Brown delivered around 100 poinsettia plants. The elves enjoyed knocking on doors and ringing bells to surprise those with their gifts and to visit for a few minutes. Let us all hope that we can party TOGETHER again in 2021!



Listening Session with Congresswoman Speier



On Wednesday, December 16th, Congresswoman Speier conducted a virtual listening session with 30+ Village members regarding their experiences and reflections while sheltering in place during the COVID pandemic. She was gracious in her manner and genuinely pleased to be speaking to us as she had been in person.

Congresswoman Speier provided updated and general information on the local COVID-19 statistics in San Mateo County. We also discussed affordable housing options for caregivers or home aides, current events, exercise routines, and adapting to Zoom calls as social connections.

She mentioned that a new COVID-19 Relief Grant funding may be available again for small businesses and nonprofits. Borrowers will have their loans forgiven if they use these grant funds for designated expenses.

Village members were very appreciative that she took time away from her busy schedule to answer questions and listen to our concerns during this extremely busy and difficult time. Look out for a future announcement of the December 16th video recording available on YouTube.

FUN WAYS TO GET FIT and STAY HEALTHY



Core Fitness is a safe and fun way to get fit and stay fit! Participants may be seated for added support or stand as they strengthen their balance, transitioning skills, and agility. Light weights and resistance bands of various levels are used during each movement to gain muscle strength and improve bone density. **Mind over Matter** provides practical and gentle movement techniques, and tools to learn effective mindfulness techniques that will guide you to feel mentally grounded and emotionally stronger. Along with mindful movement, you will lift weights to increase body and mind strength, and vitality. **Restorative Yoga** will calm and reset your entire body and mind to prepare you for ultimate relaxation. Participants may use a chair or the wall for support during poses as they gain balance, strength, and endurance.

Village Member/Volunteer: FREE

Non-members **MUST** register with FC Recreation Center by calling (650) 286-3380 or send an email to: recreation@fostercity.org.

January 2021

Core Fitness (MON&WED, 10-10:50AM): Jan 4&6, 11&13, 18&20, 25&27

Mind over Matter (MON&WED, 11-11:50AM): Jan 4&6, 11&13, 18&20, 25&27

Core Fitness (TUE&THU, 10-10:50AM): Jan 5&7, 12&14, 19&21, 26&28

Restorative Yoga (TUE&THU, 11-11:50AM): Jan 5&7, 12&14, 19&21, 26&28



CREATIVE ARTS and MUSIC for WELLNESS

Frances Becker is leading two workshops per month that focus on overall health and wellness through the experiences and expression of creative arts and music. Frances is both a creative arts/recreation therapist and performing singer/songwriter/musician with many years of experience in therapeutic activity programming for the hospital and senior community centers. **Creative Arts** will focus on arts/crafts for relaxation, seasonal projects, meditative art activities, and creative writing. The **Music Workshop** will focus on drum/percussion circles, singalongs, name that tune, music trivia and reminiscing circles. Join Frances for these Zoom sessions that will be filled with some music, crafts and fun!

Village Member/Volunteer/Non-Member: FREE

RSVP to the Village office at fcvillage94404@gmail.com one-week prior class date for Zoom link info. Supplies are included and will be available for class participants to pick up prior class date outside the Foster City Community Center.



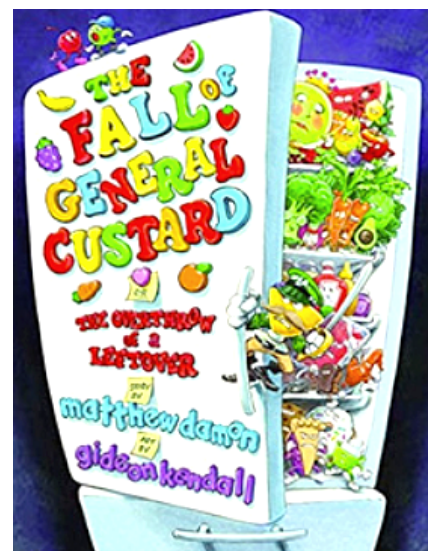
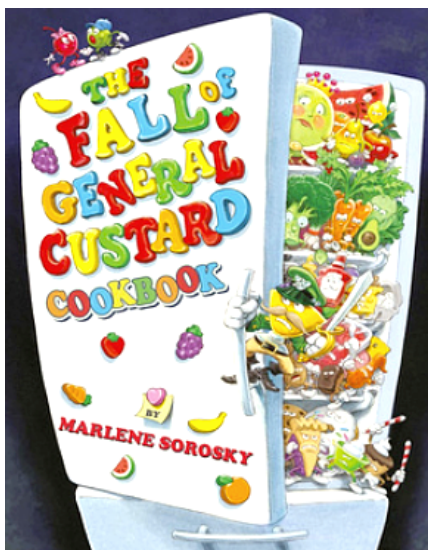
January 2021

Tuesday, 1/5: Creative Arts Workshop

Mandala Art for Relaxation 1-2PM, Open Studio 2-3PM

Tuesday, 1/19: Music Workshop

Song Writing Workshop (New Year's Song) 1-3PM



When award-winning cookbook author, Marlene Sorosky Gray, first read Matt's children's book, *The Fall of General Custard or The Overthrow of a Leftover*, she fell in love with it, and was inspired to write a companion cookbook. Her character-themed, kid friendly recipes are now created, tested, and ready to be shared! Marlene Sorosky Gray and author Matt Damon have you covered for family fun, with a special holiday gift idea. Marlene's cookbook is available on its own, or in a companion gift set with Matt's book.

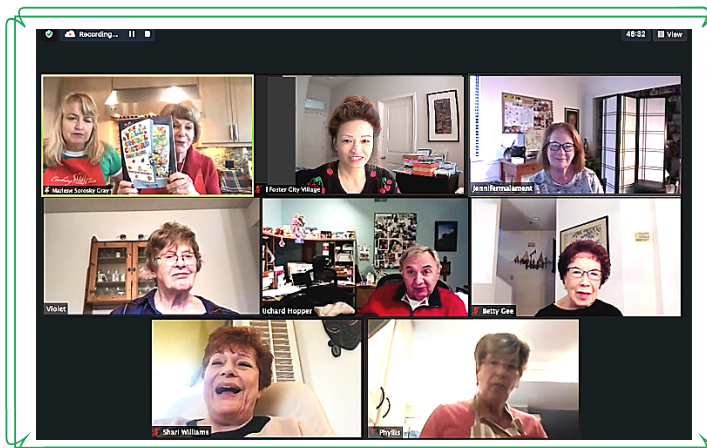
Chef Marlene's brand new book, *The Fall of General Custard Cookbook* is now for sale. Marlene will gladly autograph the cookbook! It is complete with tested and delicious recipes to accompany Matt Damon's book for \$15.

Matt Damon's bestselling book, *The Fall of General Custard or The Overthrow of a Leftover* bundled with award winning chef Marlene Sorosky Gray's brand new cookbook together for \$30.

For our Village members and volunteers, you can send a check to Chef Marlene for pickup/drop off and save \$6.95 shipping/handling. Please feel free to email Chef Marlene at: marlenesoroskygray@gmail.com with your questions. Books can also be purchase by visiting: www.cookingwclass.com/generalcustard.



Pumpkin Sauce & Toasted
Pistachios with Pasta



Easy Chicken Marsala
Sauce with Pasta

COVID-19 Vaccine Scams

An Important Message for Village Members & Volunteers

With the vaccine rolling into California this week, fraudsters are always looking for ways to prey on Medicare beneficiaries. Senior Medicare Patrol (SMP), California's Medicare fraud watchdog created a flyer warning about COVID vaccine scams. The flyer contains a hotline number to report fraud.

DO NOT:

- » Give your Medicare number to anyone offering a free, unsolicited COVID test
- » Respond to offers of a "free", or "special virus kit"
- » Fall for scammers posing as contract tracers who ask for your Medicare number, Social Security Number or bank information
- » Share your Medicare number with callers offering free back or knee braces
- » Sign up for hospice to get free supplies or help at home if you are not terminally ill.

COVID-19 VACCINE SCAMS

- » You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- » You cannot pay to put your name on a list to get the vaccine.
- » You cannot pay to get early access to the vaccine.
- » No one from Medicare or the Health Department will contact you.
- » No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.

Check with your health care provider before paying for or receiving any COVID-19-related treatment.

**Report fraud:
855-613-7080**



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Goodbye 2020

Hello 2021



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