

# the VILLAGER

Email: [fcvillage94404@gmail.com](mailto:fcvillage94404@gmail.com)

[www.fostercityvillage.org](http://www.fostercityvillage.org)



## Foster City Village "COMFORT CARE" Meal Delivery Program



The Foster City Village Board of Directors is very pleased to have established the "Comfort Care" Meal Delivery Program, which began on Thursday, May 14. This Program was developed in response to the COVID-19 "Shelter in Place" order to help flatten the curve of the Pandemic, by delivering local restaurant-prepared meals to our Foster City Village members and older adult residents in lieu of our May Social Party, "Cooking with Class" and Lunch & Learn workshops.

The Sequoia and Peninsula Health Care Districts grants that funded these programs were shifted to this new program, along with additional funds received from the City of Foster City, the Rotary Club of Foster City, and Salon Q. Their collaborative funding support made it possible to provide FREE meals once a week for the past seven weeks, and now through the month of July!

The Foster City restaurants include Plaza Gourmet, Waterfront, Sandwich Monkey, Bellini's Bistro, and Olives Mediterranean & Greek Cuisine. A special THANK YOU goes out to our Foster City Village and City of Foster City volunteer drivers, and our Foster City Village staff for making arrangements with our community members for the weekly meal deliveries! If you or a friend (60 years of age or older and a resident of the 94404 ZIP code) is interested in receiving a meal on a Thursday in July, please email the Village office at [fcvillage94404@gmail.com](mailto:fcvillage94404@gmail.com)

Stay Healthy & Happy,  
Mary Bates  
Executive Director





A special **THANK YOU** to our past Sunshine Chair, Jennifer Malament with a warm welcome to our new Sunshine Chair, Carolyn Woods.

Carolyn has volunteered with the Village off and on since 2014 after retiring as a catering guru with the Foster City Crowne Plaza and the Villa Hotel in San Mateo. She now works part-time at Hillsdale Mall in Customer Service and has been a member of the San Mateo County Jobs for Youth Board/Workgroup since 1996.

For the Village, Carolyn calls members weekly for wellness check-ins, is a member of the Social Committee and participates in the Mind Over Matter bi-weekly stretch exercise group. She highly recommends this activity for everyone.

Carolyn is a constant cheerleader for the Village. In her opinion, it is the best nonprofit organization "that ever came down the pike".



### JULY

7/07	Alvin Chin
7/09	Rich Biederman
7/12	Lynne Kohn
7/17	Jon Grant
7/19	Betty Gee
7/28	Marlene Hopper
7/29	Betty Wexler
7/31	Ina Pottorff



### AUGUST

8/03	Emily Thomann
8/04	Haddy Lau
8/09	James Freshour
8/20	Patricia Miller
8/24	George Craig
8/25	Marcia Cohn-Lyle
8/26	Hannalore Hempe
8/27	Murli Melwani



## July Virtual Events

<b>Mondays</b> July 6, 13, 20, 27	<b>Core Fitness with Melinda Rose</b> 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
<b>Mondays</b> July 6, 13, 20, 27	<b>Mind over Matter with Melinda Rose</b> 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
<b>Tuesdays</b> July 7, 14, 21, 28	<b>Core Fitness with Melinda Rose</b> 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
<b>Tuesdays</b> July 7, 14, 21, 28	<b>Restorative Yoga with Melinda Rose</b> 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
<b>Wednesdays</b> July 8, 15, 22, 29	<b>Core Fitness with Melinda Rose</b> 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
<b>Wednesdays</b> July 8, 15, 22, 29	<b>Mind over Matter with Melinda Rose</b> 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
<b>Thursdays</b> July 9, 16, 23, 30	<b>Core Fitness with Melinda Rose</b> 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
<b>Thursdays</b> July 9, 16, 23, 30	<b>Restorative Yoga with Melinda Rose</b> 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
<b>Tuesday, July 7</b>	<b>Cooking with Marlene Sorosky Gray</b> 1pm – 2pm RSVP to Sophia at svhutson.fcv@gmail.com by July 3 for Zoom link info
<b>Friday, July 10</b>	<b>Book Club</b> 1:30pm – 3pm Contact Supriya Singh at supriya.fcv@gmail.com
<b>Friday, July 17</b>	<b>Lunch &amp; Learn (L&amp;L)</b> 1pm – 2pm “Backstage Secrets of Jeopardy” game show adventure with Leslie Frates! RSVP to Sophia at svhutson.fcv@gmail.com by July 15 for Zoom link info
<b>Thursday, July 23</b>	<b>Cooking with Marlene Sorosky Gray</b> 1pm – 2pm RSVP to Sophia at svhutson.fcv@gmail.com by July 20 for Zoom link info

**NOTE:** Events are scheduled to take place using Zoom on your computer, tablet, laptop or smartphone. Please allow extra time to get online in order to get successfully connected. For help with getting setup to use Zoom or for an individual tutoring session, please contact us with your name and phone number prior class/event date.

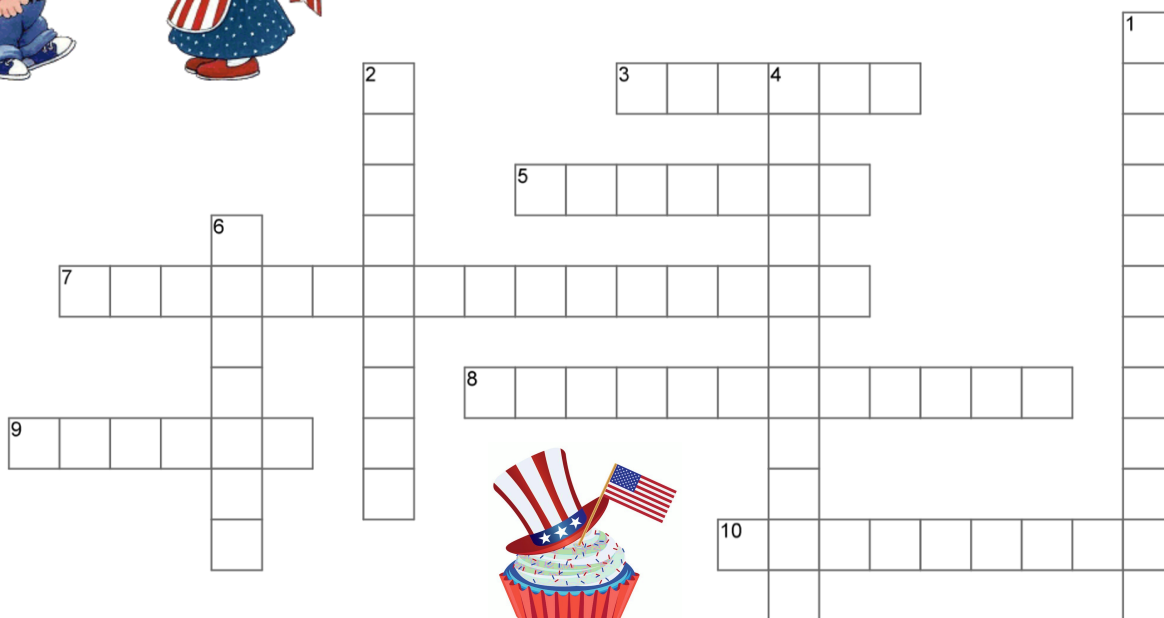
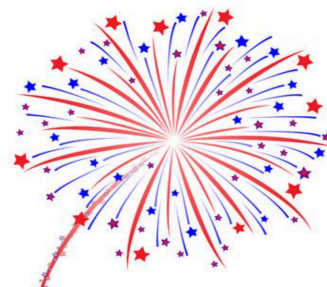
Please contact Foster City Village Office if you have questions or need a ride.

Virtual Office Hours: Mondays to Fridays, 9:30am to 2:30pm

Phone: 650.378.8541 Email: fcvilleage94404@gmail.com



# 4<sup>th</sup> July ★ Happy ★ Independence Day



## ACROSS

3. An outing or occasion that involves taking a packed meal to be eaten outdoors.
5. The Statue of \_\_\_\_\_.
7. \_\_\_\_\_ was the first president of the United States of America.
8. Consists of thirteen equal horizontal stripes of red alternating with white, with a blue rectangle bearing fifty small stars.
9. A public procession, especially one celebrating a special day or event.
10. The Fourth of July is considered a \_\_\_\_\_ holiday.

## DOWN

1. The Declaration of \_\_\_\_\_ was adopted on July 4, 1776.
2. A device containing gunpowder and other combustible chemicals that causes a spectacular explosion, used typically for display or in celebrations.
4. Independence Day is the \_\_\_\_\_ of the United States.
6. Independence also means \_\_\_\_\_.



AMERICAN FLAG	PICNIC	FIREWORKS
NATIONAL DAY	PARADE	PATRIOTIC
INDEPENDENCE	LIBERTY	FREEDOM
GEORGE WASHINGTON		





## Is COVID-19 Keeping You Home More Than You'd Like?



While "social distancing" remains in effect, FCV has shifted to "virtual" activities and meetings to offer programs that enable members and volunteers to still be socially connected and mentally engaged.

In this time of separation, Well Connected and Well Connected Español are here for you – a community made up of participants, staff, facilitators, and presenters who care about each other to explore art and culture, intellectual stimulation, educational sessions, groups and classes on a wide range of topics, all accessible from home, by phone or online at no cost to you.

Well Connected members call in via a toll-free number at a set time each week, with some groups also offering the option to connect via computer, tablet, or mobile device. Most groups last 30 minutes to an hour with around 12 participants. There is no limit on the number of groups someone can join!

Ready to register, call toll-free: 1-877-797-7299, or email to: [coviaconnections@covia.org](mailto:coviaconnections@covia.org).

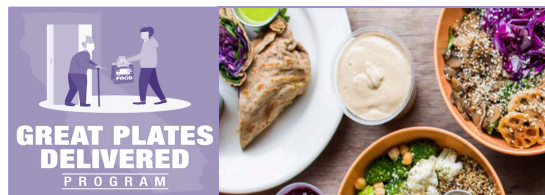
Current Catalog

<https://covia.org/wp-content/uploads/2020/04/Well-Connected-Spring-Summer-Catalog-2020.pdf>

Well Connected Español, <https://covia.org/services/well-connected/bien-conectado/>

Catálogo Actual

<https://covia.org/wp-content/uploads/2020/04/WCE-Spring-Summer-Catalog-2020.pdf>



San Mateo County's Great Plates Delivered program provides delivery of nutritious meals from local restaurants to qualifying residents until July 10, 2020. The program meets the needs of residents who may have difficulty accessing meals while sheltering-in-place and supports local restaurants impacted by the COVID-19 pandemic.

To qualify you must meet the following criteria:

- Aged 65 and older, as well as older adults who are aged 60-64 and in high-risk categories (i.e., people who have received a positive COVID-19 diagnosis, have been exposed to COVID-19, or who have underlying health conditions).
- Unable to obtain or make their own meals.
- Living alone or with one other adult who also meets these criteria.
- Earning less than \$74,940 for single-person households or \$101,460 for two-person households.
- Older adults who currently receive state or federal food assistance such as CalFresh or home-delivered meals are not eligible to enroll into this program. Disenrolling from a food assistance program is not recommended and will not qualify applicants for the meal program.

Residents are encouraged to call (800) 675-8437 to speak to multi-lingual county staff and apply for meal delivery services.

**In which direction is the bus  
going and why?**

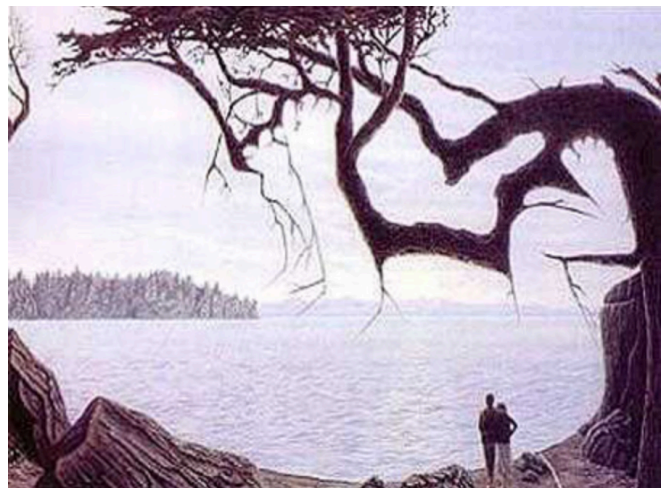


**(Left or Right are the only possible answers)**



**Can you find the two ladies?  
Artwork by W.E. Hill  
“My Wife and My Mother-in-Law”  
(left photo)**

**Do you see the baby?  
(right photo)**



# Stay Cool!



# Stay Safe!

1. **Drink plenty of cool water** throughout the day. Avoid alcohol, caffeine or sugary soft drinks. If you take diuretics, ask your physician about lower dosage during hot weather. Replace salt & minerals. Do not share water bottles.
2. **Monitor medications.** Find out if medications increase your risk for heat stress. Be sure to ask a physician about all the medications being taken. Do not take salt tablets unless directed by your doctor.
3. **Eat light, cold meals** high in water content like soup, fruit salad or popsicles. Avoid foods high in protein.
4. **Place a damp washcloth** on the back of the neck or around your shoulders to reduce body heat. Sit with feet in a pan of cool water. Take a cool shower or bathe in tepid water or use a cool washcloth wipe-down.
5. **Wear lightweight, loose-fitting clothing** so it is easy to adjust to the temperature throughout the day. Use fans to cross-ventilate creating a breeze to cool your body.
6. **Keep the house cool** by keeping shades down and blinds closed, but windows slightly open. If safe, leave windows open at night. Turn on air conditioning to cool air. Stay on the ground floor or basement of the house since heat rises.
7. **Avoid direct sun.** Stay indoors during the hottest hours, 10 a.m. to 3 p.m. If outdoors, wear a wide brimmed hat, use an umbrella, and apply sunscreen with SPF 15 or higher. Remove face covering if you experience trouble breathing. Maintain physical distancing.
8. **Use a "buddy" system.** Have a friend or relative call to check on you at least twice a day during a heat wave.
9. **CDC recommends** using electric fans only when the temperature is below 90 degrees Fahrenheit to circulate inside air. Above 90 degrees, use an air conditioner to cool down. Fans can actually heat a room when temperatures rise above 90 degrees. If you do not have air conditioning, buy a room air conditioning unit (there are some under \$150).
10. **Heat-related problems:** Two common heat-related problems are heat stroke and heat exhaustion. Know the signs and symptoms. Don't wait to call your doctor or 9-1-1, if you experience any of these WARNING SIGNS of heat-related conditions:

Headache	Nausea/Vomiting	Dim/Blurred Vision	Profuse Sweating	Exhaustion
Dizziness	Hot Dry Skin	Cold Damp Skin	Muscle Cramps	Fainting

### 11. Power Safety Shut-off Resources for Individuals in Need

Are you at risk of being adversely affected by Public Safety Power Shutoffs? If you or someone you know has a disability or special needs and who are dependent on electricity for medical needs, the Center for Independence of Individuals with Disabilities (CID) can help through the Disability Disaster Access Program. To determine eligibility, click on the link and complete the application.

<https://disabilitydisasteraccess.org/power-safety-shutoff-resources-application/>

For more information, email Lisa at [Lisah@cidsanmateo.org](mailto:Lisah@cidsanmateo.org) or Vincent at [vlopez@cidsanmateo.org](mailto:vlopez@cidsanmateo.org).

Tel: (650) 645-1780 Website: [www.cidsanmateo.org](http://www.cidsanmateo.org)

Sources:

*Center for Disease Control & Prevention National Institute on Aging*

*Center for Independence of Individuals with Disabilities*

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*We don't  
heal in  
isolation, but  
in community...* 