

the VILLAGER

Email: fcvillage94404@gmail.comwww.fostercityvillage.org

SAVE the DATE
 Sunday, 10.18.2020 @ 1:00pm



TOGETHER

"It Takes a VILLAGE"


Virtual 2020 Annual Benefit
 Sunday, 10.18.2020
FREE



A Virtual Benefit to Celebrate & Honor:
Our Community Members!
Our Community Volunteers!
Our Community Supporters!



For Benefit Info & FREE Registration:
 Contact Us @ 650.378.8541 or
fcvillage94404@gmail.com

1000 \$50.00	 <p>2020 VIRTUAL BENEFIT DRAWING TO SUPPORT COMMUNITY HEALTH & WELLNESS & QUALITY OF LIFE for OUR OLDER ADULTS DRAWING: Sunday, 10.18.2020 TIME: 1:00-2:30PM</p> <p>1st Prize.....\$5,000 Cash 2nd Prize.....\$2,000 Cash 3rd Prize.....\$1,000 Cash Office: 650.378.8541 www.fostercityvillage.org</p>	 <p>DRAWING: Sunday, 10.18.2020 Virtual ZOOM Event \$50.00 0001</p>
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CELEBRATE & HONOR our Community Members, Volunteers, and Supporters at our **FIRST VIRTUAL BENEFIT** on Sunday, October 18, 2020 at 1pm.

Please join us as we recognize Our Community Service Awardees, and raise funds to bring PEACE of MIND for families, SUPPORT for older adult loved ones to continue living in their homes and community as they age, with dignity and grace, and Local Opportunities for VOLUNTEERS!

2020 Elaine Pitts Community Service Award is given annually to a Foster City Village Member(s), Volunteers(s), or Sponsor(s), for their support and outstanding contributions to the Foster City Village and are role models for compassion and service.

Awardees: Phyllis & Jeff Brown

2020 Community Service Award is given annually to a community individual, organization, or family that exemplifies living a life of community service and making significant contributions through their time, actions, and talents.

Awardee: City of Foster City

Please consider purchasing a Drawing Ticket or more to create an opportunity to win cash prizes and gift certificates to local restaurants and activities! This drawing is in lieu of the Silent Auction and purchasing an event seat or table. Thank you for your continued support and GOOD LUCK!



4th of July Pancake Breakfast!



TOGETHER
We are Building Dynamic Community!!

Foster City Village volunteers assisted the Foster City Lions Club by delivering the delicious pancakes, sausages and a few surprises to our members. Foster City Village would like to thank everyone for contributing to the Foster City Lions 4th of July Pancake Breakfast to support the San Mateo-Foster City Education Foundation! Your gift will go toward the Ed Foundation's Closing the Digital Divide campaign, providing mobile hotspots and Wi-Fi service to families in our school district engaged in Distance Learning.

SEPTEMBER

9/12 Theresa Brown
9/17 Elizabeth Stevenson
9/18 Ana Maria Letran
9/20 Laurie Hazen-McCarthy
9/20 Scott Hinnrichs
9/24 Joan Biederman
9/27 Angeli Labrador
9/29 Louise Pierotti
9/30 Kathy McKibben

OCTOBER

10/02 Evelyn Lee
10/06 Shaun Lenihan
10/12 Dale Miller
10/16 Shirley Helget
10/16 Jannette Greer
10/19 Lila Olson
10/21 Myra Lyons
10/28 Tom Berens

Backstage Secrets of Jeopardy!



Photo courtesy: Leslie Frates

On July 17, Leslie Frates gave a Lunch & Learn Zoom presentation about her 56-year association with the TV game show Jeopardy! Leslie's fascination with Jeopardy began in 1964, when as a 10-year-old girl she used to run home from school to watch the original daytime version of the show, then hosted by Art Fleming. She dreamed of one day being on the show, but it went off the air while she was in college.

Then, in the mid-1980s, Jeopardy! was resurrected, this time hosted by Alex Trebek. At the urging of her students (Leslie was by then a college Spanish instructor), she flew down to Burbank and took the written Jeopardy! test. Out of over 80 applicants, she was the only one chosen to come back – months later – and actually be on the show. Once on stage, she overcame her initial nervousness, and went on to win five straight games – the limit in those days. She returned for that year's (1991) Tournament of Champions, in which she made it to the semi-finals.

Leslie was invited back to compete in the Jeopardy! Tenth Anniversary Tournament in 1993, in which she made it to the finals. Then in 2002, the producers flew her First Class to New York to play against 14 other all-time champs in the Million Dollar Masters Tournament. She says that it was the thrill of a lifetime to stand on the stage of Radio City Music Hall in front of an audience of 6,000.

Leslie has competed in several other Jeopardy! tournaments since then, most recently in 2013, for a total of 15 appearances on the show. That's more than almost any other woman in the show's history. Overall, Leslie has earned over \$100,000 in cash and prizes on the show. She used most of the money to help put her son through college. But she says that she didn't do it for the money – she would have done it for “peanut butter and crackers” because it was so much fun.



Creative Arts and Music for Wellness with Frances

Foster City Village and the Foster City Parks and Recreation will be offering two classes per month that focus on overall health and wellness through the experiences and expression of creative arts and music.

Frances Ancheta Becker will be leading the classes. 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, senior residential, and senior community center settings.

One class/workshop will focus on creative arts (including arts/crafts for relaxation, seasonal projects, meditative art activities, creative writing). The other class/workshop will focus on music (including drum/percussion circles, singalongs, name that tune, music trivia and reminiscing circles).



September 2020:

Tuesday, 9/15: Creative Arts Workshop

Tissue Collage 1-2PM, Open Studio 2-3PM

Tuesday, 9/29: Music Workshop

Name That Tune 1-2PM, Drum/Percussion Circle 2-3PM



October 2020:

Tuesday, 10/13: Creative Arts Workshop

Decorative Wellness Boxes 1-2PM, Open Studio 2-3PM

Tuesday, 10/27: Music Workshop:

Drum/Percussion Circle 1-2PM, Music for Relaxation 2-3PM

Village Member/Volunteer: FREE

RSVP to Frances at franancheta@yahoo.com a week prior class date for Zoom link information.

Non-members: Fee is \$10 per class. Additional supply fee of \$5 each for a Creative Arts class and \$10 each for a Music class.

To pre-register online via Foster City Parks & Recreation Center, call (650) 286-3380 or send an email to: recreation@fostercity.org.

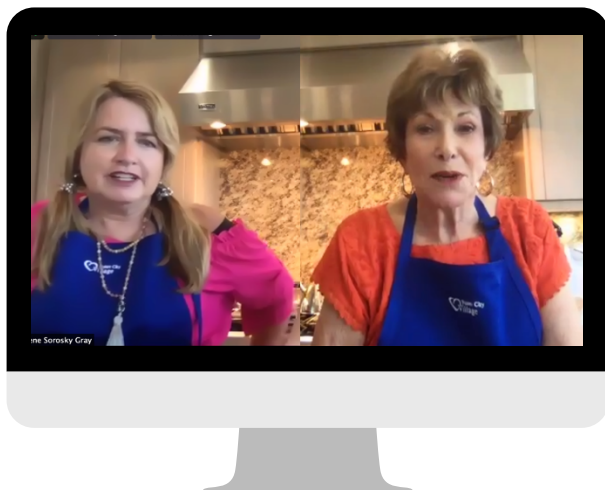
Supplies will be made available for class participants to pick up outside the Foster City Community Center prior class date.



Mark was born in San Francisco and grew up in Burlingame, CA. Mark attended Mills High School and then received his Bachelor of Science degree in Business Administration from the University of Southern California. He is currently a new at-large board member of the Foster City Village.

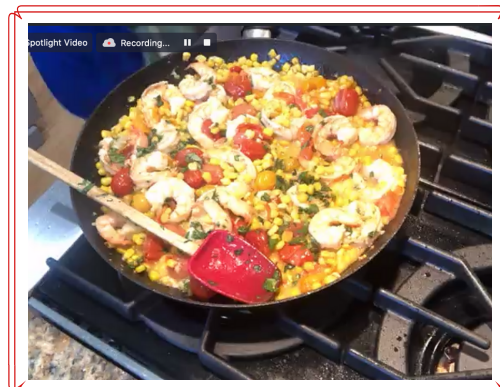
Mark has had two distinct careers, having been a commercial lending officer at various local banks for a combined 25 years as well as having owned and operated Kickers Soccer Shop in Belmont for nearly a decade in the early 2000's.

He currently works for Heritage Bank of Commerce in San Mateo. He has served on several local organizations, primarily centered on youth sports including approximately 15 years on the Regional Board and coach for Foster City AYSO, as well as having coached and umpired for Foster City Little League for the same amount of time. Mark is also on the selection committee for the Youth Sports Wall of Fame that is located at Sea Cloud Park. He has lived in Foster City since 1995, where he currently resides with his wife, Suzy. They have two children, Rachel and Jake.

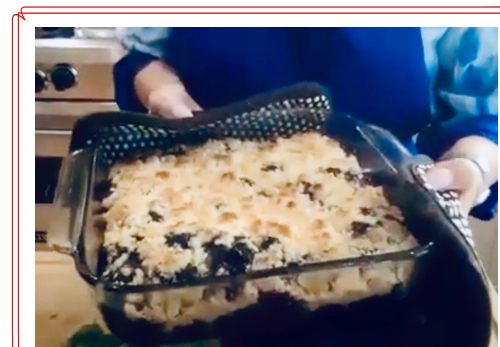


Cooking Class with Marlene Sorosky-Gray

Marlene and Kelly were excited to resume the cooking classes to teach you through Zoom. Marlene has planned delicious meals and adapted recipes so it will be easy for you to cook along. Recipes and a list of things you will need to have on-hand to cook along are included. The classes are interactive so you can ask questions and Marlene is available to assist you with your meal preparation. You are welcome to join in to watch the classes!



Shrimp Scampi
with
Tomatoes and Corn



Blueberry
Crisp



Chicken Shallots
and Mushrooms

COVID-19 and Older Adult Population

Our August Virtual Lunch & Learn featured Dr. Ayati, well-known in the field of geriatric medicine, is a Board-certified Geriatrician, US Senate Special Committee on Aging health advisor, and founder of the Geriatric Concierge Center presented an up-to-date slideshow on COVID-19 explaining and clarifying the latest scientific and medical facts as well as responding to questions from participants regarding this viral disease.

How is COVID-19 transmitted? Based on recent results the virus can be transmitted directly through contact with infected people, transmitted indirectly, through the touching of contaminated surfaces, viral aerosolization in a confined space, or through contact with infected people who have no symptoms. Children can also carry the virus, be asymptomatic and transmit the virus.

Can COVID-19 mutate? COVID-19 is an RNA virus. RNA viruses undergo mutation frequently. So far, the rate of mutation for COVID-19 is approximately two mutations per month. This means that even if you have been infected with one strain of the COVID-19, you can still get infected with another strain of it.

Can COVID-19 be transmitted through mosquito bites? No evidence exists to indicate that mosquitos can transmit COVID-19.

Can taking supplements, vitamins, probiotics and herbal remedies prevent COVID-19 infections? Most studies and research done to date do not indicate that these products can decrease or prevent infection with COVID-19 and other viruses including the flu.

Can hand dryers kill COVID-19? Hand dryers are not effective in killing this virus. Can rinsing your nose/mouth/throat with saline solutions protect you against COVID-19? No. People swallowing or gargling with concentrated salt water, ethanol, essential oils, vinegar, steroids can actually put themselves in severe danger.

If I had the pneumonia vaccine, am I protected against COVID-19? No. COVID-19 is a new virus and there is no vaccine currently against this viral infection. While influenza and pneumococcal vaccinations are strongly advised, they will not protect you from having COVID-19 viral infection. Antibiotics should not be used as a means of prevention or treatment of COVID-19.

Please Note: Chloroquine/hydroxychloroquine for self-treatment or for prophylactic purposes of COVID-19 infection is strongly discouraged. Chloroquine poisoning has been associated with cardiovascular disorders that can be life threatening.

The best method of prevention for the public is self-isolation. Thoroughly wash hands with soap and warm water, use alcohol (containing 70% solution) based wipes to clean surfaces. Use hand sanitizers when you have no access to soap and water. Do not touch your face, eyes, nose and mouth.





JOIN the FOSTER CITY VILLAGE FACEBOOK ONLINE COMMUNITY

<https://www.facebook.com/FosterCityVillage>



-  Stay connected with Foster City Village members & volunteers
-  Find out more about the activities and services we provide for Older Adults living in zip code 94404
-  Learn more about our membership benefits
-  Early access to promotions, offers and discounts
-  Be informed about updates by committees
-  Stay in the know with updates from local neighbors





Foster City
Village

BUILDING DYNAMIC COMMUNITY
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(650) 378-8541

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