GRANDPARENTS PLAY STARRING ROLL IN MULTIGENERATIONAL HOME LIFE

NEW CORONAVIRUS LIVING SITUATIONS MEAN OLDER RELATIVES HELPING WITH REMOTE LEARNING, CHILDCARE
by Kinsey Gidick, AARP, July 23, 2020

When 67-year-old Gabriele LeMond left Vancouver, British Columbia, Canada, in March to visit her grandchildren in Boise, Idaho, she planned to stay two weeks.

But as COVID-19 spread across the country and the government recommended restricting discretionary travel, returning to Canada seemed out of the question.

“She certainly wasn’t expecting to stay for three and a half months,” says LeMond’s daughter Danielle Simone Brand, a writer and yoga instructor. But that’s exactly what happened.

During that time, LeMond played a critical support role in the family, entertaining the children for blocks of time each day so that Brand and her husband could work.

“I took so much work off their hands,” LeMond says. “I don’t know how they managed after I left.”

More socialization, less loneliness

Across the country, multigenerational living situations — whether spurred by the coronavirus pandemic or already in place — are making grandparents starring figures in family life. They’re caring for grandchildren as parents work from home, helping with remote education, doing chores like cooking and yard work, and reading bedtime stories. The result is often a deeper relationship with members of the household.

“I got so much closer to my grandchildren and had so much fun,” LeMond says.

Older adults are benefitting from this multigenerational living environment, too. Research has shown that seniors who provide some care for their grandchildren had a 37 percent lower risk of death over a 20-year period, compared with those who didn’t or older adults who weren’t grandparents.

Ronan Factora, a geriatrician at the Cleveland Clinic in Ohio, says that older adults who moved in with family due to the pandemic might experience health benefits as a consequence. “You get a lot more socialization, and that social change reduces loneliness, which can lead to depression,” he says.

Factora adds that caring for children and sharing household responsibilities can improve well-being. “That sense of purpose — that is really a necessary part of living.”

To read the full article visit
Parking Lot BINGO

Arrive between 12:00pm - 12:15pm
SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Drive up and purchase your pack and optional daub tickets
(cash or check written to NBC, no credit card payments)

Optional Daub Game: $1 ea. Payout: 50/50 split.

All payouts will be split if multiple winners.
Location: Silliman Activity Center Parking Lot
BINGO will be canceled due to rain.

All participants must wear a mask. Play from your car or bring a chair. If you don’t have a chair, we will have some on-hand.
For your safety, you must sit at a safe social distance in the parking lot as designated by staff/volunteers.

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Drive-Thru/Tailgate

ICE CREAM SOCIAL
Thursday, 9/24, Arrive between 1:30pm - 2:00pm
Free of charge for Seniors
SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Location: Silliman Activity Center Parking Lot

All participants must wear a mask.
Grab and go or... eat your ice cream in the car and bring a chair and join the parking lot tailgate.
If you don’t have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.
**DRIVE THRU/TAILGATE LUNCH AND COSTUME CONTEST**

Thursday, 10/29, Arrive between 12:00pm - 1:00pm  
$5/Senior  

**SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.**  
Location: Silliman Activity Center Parking Lot

All participants must wear a mask at check-in.  
Grab and go or... eat your lunch (Chicken Caesar Wrap) in the car and bring a chair and join the parking lot tailgate.  
If you don’t have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.  

Wear a costume and participate in the tailgate costume contest. Prizes will be awarded!

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**Drive Thru/Tailgate Friendsgiving Lunch**

Monday, 11/23, Arrive between 12:00pm - 1:00pm  
$5/Senior  

**SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.**  
Location: Silliman Activity Center Parking Lot

All participants must wear a mask at check-in. Grab and go or... eat your lunch (Thanksgiving Turkey Sandwich) in the car and bring a chair and join the parking lot tailgate. If you don’t have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.

Email your favorite Thanksgiving Recipe to cheryl.galvez@newark.org by 11/2 to be included in a recipe exchange.
**Senior VIRTUAL Activities - Zoom link to be provided.**

**Free Virtual Beginning Hula**
Learn beginning Hula... on your feet or in a chair.
Pre-registration required.
Location: Zoom
Instructor: Janice Gonzalvez
Age  *Day Date Time*
55+  Tue 9/8-12/17 12:00pm

**Free Virtual Morning Stretch with Jessica!**
Pre-registration required.
Get up and get moving with a 20-minute stretch with our very own Jessica!
Location: Zoom
Instructor: Jessica Gurule
Age  *Day Date Time*
55+  Wed 9/2-12/16 10:00am

**Virtual Cooking**
Pre-registration required.
From the Clark W. Redeker Newark Senior Center Kitchen, Sue will share her favorite family recipe. A list of ingredients to have on-hand and the zoom link will be emailed to you in advance.
Location: Zoom
Instructor: Sue Johnson
Date/Time TBA

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**VIRTUAL CLASSES...**
Participants must have access to a computer with internet capabilities and know how to use Zoom. Zoom link will be emailed to registered participants prior to start.
PRE-REGISTRATION REQUIRED.

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**Trivia**

- When did the Senior Center open?  20 Points
- Who was the 23rd President of the US?  20 Points
- Who was Newark’s first elected Mayor?  20 Points

Join Recreation Supervisor, Nick Cuevas, for a 55+ Virtual Zoom Trivia Game! Compete against others from the comfort of your home! There will be a wide variety and themed trivia questions each session! Participants must have access to a computer with internet capabilities and know how to use Zoom.

FREE FOR SENIORS!
Pre-Registration Required
Starting Tuesday, September 1, 2020 10:30 AM
Information: Nick Cuevas, Recreation Supervisor  
973-578-4432 or nicholas.cuevas@newark.org
RIDE-ON TRI-CITY!
Funded by the Alameda County Transportation Commission through Measure B/BB sales tax revenues. For more information on Measure B/BB, visit: www.alamedactc.org

Ride-On Tri-City!
Services to Newark residents are provided through a partnership between the City of Newark and the City of Fremont’s Human Services Department. Eligibility Requirements for RIDE-ON TRI-CITY! transportation services:
• Newark residents who are 70 years of age or older;
  OR,
• Newark residents who are unable to use public transportation independently due to a disability or disabling health condition. RIDE-ON TRI-CITY! registrants can use the following:

Taxi Service:
Subsidized curb-to-curb taxi rides in the Tri-City area using a taxi voucher. Taxi vouchers cost $4 each and subsidize up to $20 of taxi meter fare.

Ride-Hailing Service (through Lyft):
Pilot program... Subsidized curb-to-curb rides on Lyft in Tri-City area. Participants pay for the first $4 of their trip and up to $16 of additional trip costs will be subsidized.

Wheelchair-Accessible Van Service:
Participants requiring special door-to-door assistance can get subsidized wheelchair-accessible van rides in Tri-City area. Participants pay $4 per one-way trip, using a pre-paid voucher. Call (510) 574-2053 for more information.

Transportation Questions Answered...
A Transportation Resources Specialist from RIDE-ON TRI-CITY! can assess your individual needs and work with you over the phone or by email to answer any questions you have about transportation and how to get around the community.
• Learning how to ride public transit buses or BART
• Obtaining and learning how to use a Clipper card
• Finding and applying for affordable transportation alternatives if you no longer drive and cannot take public transit
• Learning how to use ride-hailing services, like Lyft.
• Renewing your driver’s license, obtaining a DMV Disabled Parking placard or figuring out how to maintain driving safety as you age. For more information, call (510) 574-2053 or email rideontricity@fremont.gov

Senior Clipper Card
Seniors 65 years of age or older can obtain a Senior Clipper Card by visiting: www.clippercard.com/discounts MAIL your application form and a copy of your proof-of-age document to: Clipper Youth/Senior Applications, PO Box 318, Concord, CA 94522-0318. Do not send originals, as documents will not be returned. Or EMAIL scans or photos of your application form and your proof-of-age document to senioryouthapps@clippercard.com. Or FAX your application form and proof-of-age document to 877.565.3149. Please allow 7 business days for delivery.

Alameda County LIBRARY
The Alameda County Library website has a variety of online resources! Visit [https://www.aclibrary.org/home](https://www.aclibrary.org/home)
Baseball Word Search

Find and circle all of the Baseball words that are hidden in the grid. The remaining letters spell a secret message - a Humphrey Bogart quotation.
Exercise

SILVERSNEAKERS YOUTUBE CHANNEL
This channel has a variety of exercises including: daily stretching, dance, Tai Chi, total body workouts and more!
https://www.youtube.com/channel/UCRp32Yi0KC2YMgHlg6mTag

Virtual Hikes
BY BAY AREA OLDER ADULTS (BAO)
Bay Area Older Adults™ is a charitable 501(c)(3) organization that offers outdoor, social and cultural activities for adults age 50+. Membership is FREE and gives you member-only discounts, special offers and a monthly newsletter of group events. Please click HERE to join.

Since they had to cancel BAO hikes due to the shelter-in-place order, they thought you may enjoy them virtually. Watch BAO’s own Dr. Anne Ferguson and Dr. Nusrat Khaleeli on hikes in Santa Clara County.

IMPORTANT: To view the videos in High Definition, you need to click on the arrow to play, then open the video to full screen by clicking on the square at the bottom right hand corner of the video image, click the gear icon (settings) and choose quality and 1080p HD.

PLEASE CLICK HERE TO VIEW THE BELOW HIKES.

Shoreline Birding Walk
Sanborn County Park Redwoods Walk
Little Uvas Creek Open Space Preserve Naturalist Hike
Santa Teresa County Park Stiles Ranch Trailhead Wildflower Hike
Hello,
I’m Gina Anderson, your Police Chief.

We at the Newark Police Department are committed to providing you, our community, with our best service, and to ensure we are hitting our goal I want to hear from you.

We consistently evaluate our policies and procedures and strive to be at the forefront of evolving public safety strategies.

Our community is our foundation, and your safety is our priority. It is important to me that our policing philosophies reflect OUR Newark community values.

Your opinion of your police department is important to us, which is why we are encouraging you to participate in our community survey. Your comments will help shape the future of your police department and influence the services we provide.

Please join the conversation by getting involved and by providing your input. I’m looking forward to hearing from you.

In Service,

Chief Gina L. Anderson
JOIN THE CONVERSATION

ENGLISH
HTTPS://WWW.SURVEYMONKEY.COM/R/NPDSURVEY-ENGLISH

SPANISH
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CHINESE
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TAGALOG
HTTPS://WWW.SURVEYMONKEY.COM/R/NPDSURVEY-TAGALOG

VIETNAMESE
HTTPS://WWW.SURVEYMONKEY.COM/R/NPDSURVEY-VIETNAMESE

OR RESPOND BY PHONE
Mon - Fri 9am - 7pm
(510) 767-5137

CONNECT WITH US ON SOCIAL!

Twitter @NewarkCA_Police
Facebook @NewarkPolice
Instagram @NewarkCA_PD

WWW.NEWARK.ORG
COVID-19: IMPORTANT INFORMATION ABOUT SOCIAL SECURITY SERVICES
by Sarah Kim-Lee, Social Security Regional Public Affairs Specialist & ACA Commissioner

We recognize that you may have questions about how the Coronavirus Disease (COVID-19) will affect Social Security services. The first thing you should know is that we continue to pay Social Security and SSI benefits. Also, beware of scammers who may try to trick you into thinking the pandemic is stopping your Social Security payments. This threat is not true. Don’t let the scammers fool you.

We want to share other important information about our services during this pandemic.

To protect you and our employees, and help stop the spread of COVID-19, we cannot accept visitors in our offices at this time. We provide many services online and limited, critical services via phone and email. During the pandemic, we are dedicating available staff to serve people in most critical need of our services.

Need help from Social Security? Many of our services are available online at www.ssa.gov/onlineservices including:

- Applying for benefits.
- Setting up or changing your direct deposit.
- Changing your address, if you get benefits.
- Getting proof of your benefits.

We strongly encourage you to try our convenient and secure online services before calling us. Please be aware that our call wait times are much longer than normal. Save time and go online.

For more information, please visit our COVID-19 page at www.ssa.gov/coronavirus. There you can find out what limited services we can provide by phone, and important information about deadlines we are extending to ease the burden on you and medical providers during this pandemic. You can also subscribe to get an email or text message notification when we update the page so you stay informed.

Please share our COVID-19 page with your friends and family.

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The Newark Recreation & Community Services Department is offering a “Camp Newark” daycare/fall camp program, which will provide students a place to work on their distance learning while also engaging in a traditional day camp program. Registration is currently being accepted on a first-come, first-serve basis ONLINE at newarkca.activityreg.com. Proof of residency in the form of current driver’s license or utility bill showing the parent’s name and Newark address must be emailed to childcare.center@newark.org or the child will be withdrawn from the program. PO Box and business addresses will not be accepted.

Camp Newark Fall Program Flyer: Click HERE to view
Camp Newark Fall FAQ’s: Click HERE to view
Registration Form

Registration: Preregistration is always required unless specified as a “drop-in class”. Program listings are subject to change. Call 578-4620 for the latest class information.

Refund Policy: If you wish to cancel your registration, credits or refunds are possible only if you notify us at least five (5) business days before the activity begins. A charge of $15 or 50% of the registration fee (whichever is less) applies to refunds. Account credits expire after one year.

Swim Lesson 24 Hour Refund Policy: Customers have 24 hours from the time of registration in which to request a refund (all refunds have a $15.00 processing fee), or transfer (based on class availability) for swim lessons. After the 24 hour period, we will not honor any requests for class transfers, cancellations, refunds, or credits.

Special Needs: Persons with disabilities are welcome. If we can assist you in any way, please call us at 578-4620.

Please fill out the front and BACK side of this form to register.

Adult: ____________________________________________ E-Mail Address: ____________________________________________
(First Name) (Last Name)

Phone: (Home)___________________________ (Work)___________________________ (Cell/Pgr)___________________________

Address: ____________________________________________ City & Zip Code: ____________________

Emergency Contact: ____________________________________________ Phone: _____________________________

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☐ Check or Money Order (payable to the “City of Newark”)

☐ Credit Card (Visa and Mastercard are accepted)
Card#___________________________ Exp. Date _________ Signature_________________

Total: ________

REMEMBER TO SIGN BACKSIDE.
Annual Liability Waiver

Release of Liability: I understand that my (or my minor child’s/ward’s) participation in any City activity is voluntary. Further, I understand that participation can be a hazardous activity. By signature below, I agree that neither I, my successors, assigns, nor anyone acting on my behalf will hold the City of Newark, its officers, agents, employees, or volunteers liable for any injury, accident, or illness arising out of my (or my minor child’s/ward’s) voluntary participation in the above named program/activity.

I hereby release the City of Newark, its officers, agents, employees, or volunteers from and against any and all claims, cost liabilities, expenses, or judgements, including attorney’s fees and court costs arising from my (or my minor child’s/ward’s) participation in any program/activity or any illness/injury resulting therefrom, and hereby agree to indemnify and hold harmless the City of Newark, its officers, agents, employees, or volunteers from and against any and all such claims, whether caused by negligence or otherwise.

I further understand that the City of Newark is not and will not be responsible for Workers Compensation benefits as a result of any injury or illness due to my (or my minor child’s/ward’s) voluntary participation in this activity.

The City of Newark reserves the right to photograph facilities, activities, and program participants for potential use in advertising brochures, department social media, and the City’s web page. All photos will remain the property of the City of Newark.

Signature of Participant (or Parent/Guardian if under 18) ____________________________________________

Name (Please Print) ____________________________________________ Date __________________________

If Signing up for a Senior Trip, please indicate the following:

Seat Preference (front/back, driver side, door side, etc.): __________________________________________

Please note: We will do our best to accommodate your request but there is no guarantee your request will be accommodated. Registrations are made on a first come, first serve basis.

Meal Choice (if applicable): __________________________________________