

August 10, 2020

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

<https://www.aarp.org/home-family/friends-family/info-2020/grandparents-support-during-coronavirus.html>

In this issue:

Informative Articles

Fall Recreation Registration Information

At Home... Activities, Crafts & Exercise



ONLINE FALL REGISTRATION BEGINS
WED., AUGUST 12 RESIDENTS & FRI., AUGUST 14 NON-RESIDENTS
In-Person Programs Pages 1-3
Virtual Programs Page 4
 Registration accepted by mail with completed form (pages 10 & 11) & payment to The Silliman Center 6800 Mowry Ave., Newark



Senior Ages 55+
Social Distanced Paint Day
 Friday, September 18th
 1:00-3:00 pm
 Silliman Center Parking Lot
 6800 Mowry Ave. Newark.
 \$10 per person
 All supplies included
 Bring your own snack to enjoy while painting!
 Pre-registration required
 Register online @ www.newark.org

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)

Birthday BINGO: \$10/ten-game pack. Payout: \$30/regular games, \$75/blackout.

Regular BINGO: \$7/ten-game pack. Payouts: \$25/regular games, \$50/blackout.

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.

Age	Day	Date	Time	10-game pack
55+	Th	9/3	12:00pm	\$10
55+	Th	9/17	12:00pm	\$7
55+	Th	10/1	12:00pm	\$10
55+	Th	10/15	12:00pm	\$7
55+	Th	11/5	12:00pm	\$10
55+	Th	11/19	12:00pm	\$7



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!



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.



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.



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



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
510-578-4432 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 curbside 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 curbside 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

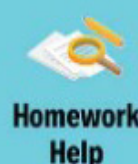
Senior Clipper Card

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.



The Alameda County Library website has a variety of online resources!
Visit <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.

A H B A T T E R O U T F I E L D E R O T
 Y R O T I R R E T L U O F R E N N U R D
 O G H E A E B D R A O B E R O C S T T G
 L F C E S C V A N E L L A B E V I L H R
 E A T M O N R I S U D E L L A B Y L F O
 A I A A V E E B R E O A H C A O C O A U
 G R C G E R T F S D T M E L W O R H T N
 U T L E R E O R E H E H L H N F R P A D
 E E L I S F U B I D O N G O E E R F K B
 I R A T L R C U G P S R I I D L O B L A
 E R B T I E H N T I L T T L L R B L E L
 P I D H D T I T N U C E E S C F A U O L
 E T A C E N R F M U D I P E T B N F O N
 N O E T N I I P R G F P P L L O F I W D
 A R D I T E I T A N T L I U A E P O S L
 L Y H P L R S M I A A U O T N Y D K T A
 T N S D E B E T E Y A F O S C N K L R E
 Y A F L O F O U L T I P E G U H A A I P
 T L G I P I V O T F O O T R U T E B K P
 Y H E W R I T F A I R B A L L D Z R E A

APPEAL
 BALK
 BASE
 BATTER
 BUNT
 CATCH
 COACH
 DEAD BALL
 DEFENSE
 DOUBLE HEADER
 DUGOUT
 FAIR BALL

FAIR TERRITORY
 FLY BALL
 FORCE PLAY
 FORFEITED GAME
 FOUL BALL
 FOUL TERRITORY
 FOUL TIP
 GROUND BALL
 IN FLIGHT
 INFIELD FLY
 INFIELDER
 INNING

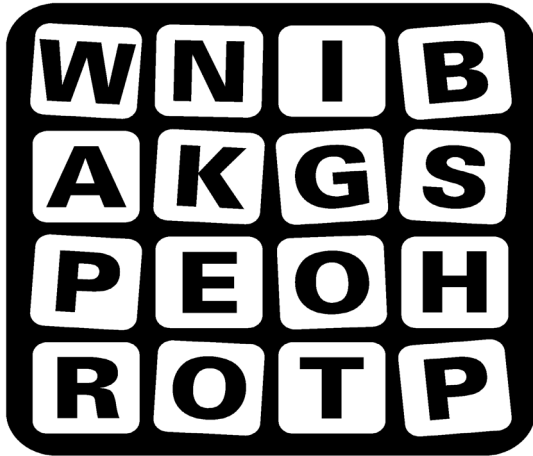
INTERFERENCE
 LEAGUE
 LINE DRIVE
 LIVE BALL
 MOUND
 OBSTRUCTION
 OFFENSE
 OUTFIELDER
 OVERSLIDE
 PENALTY
 PITCHER
 PIVOT FOOT

RETOUCH
 RUN DOWN
 RUNNER
 SCOREBOARD
 SHORTSTOP
 STRIKE
 TAG
 THROW
 TIE GAME
 TRIPLE PLAY
 UMPIRE
 WILD PITCH



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

By David L. Hoyt and Jeff Knurek



3-11-15

BOGGLE® POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE® RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

Boggle® BrainBusters Bonus

We put special brain-busting words into the grid of letters. Can you find them?

Find FIVE CHESS PIECES in the grid of letters. Write your answers below.

Answers to Tuesday's Boggle BrainBusters:

YouTube 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/UCRp-32Yi0KC2YMgHlg6mTag>



24GO LIVE APP & YOUTUBE CHANNEL

Enjoy free exercise classes provided by 24hr Fitness by downloading the free app onto your phone or clicking the YouTube video link below.

Please click [HERE](#) for the 24GO website & class schedule (more classes available on the app.)

<https://www.youtube.com/watch?v=8-iIF8nlhUY>

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

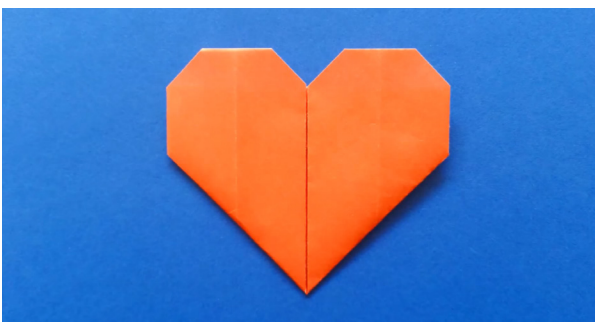
Santa Teresa County Park Stiles Ranch Trailhead Wildflower Hike

YouTube (online only)



ORIGAMI BUTTERFLY

<https://www.youtube.com/watch?v=cZdO2e8K29o&t=30s>



ORIGAMI HEART

<https://www.youtube.com/watch?v=YO7TS6uqya8>



COMMUNITY INPUT ON PUBLIC SAFETY SERVICES



“

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](https://www.surveymonkey.com/r/npdsurvey-english)



SPANISH

[HTTPS://WWW.SURVEYMONKEY.COM/R/NPDSURVEY-SPANISH](https://www.surveymonkey.com/r/npdsurvey-spanish)



CHINESE

[HTTPS://WWW.SURVEYMONKEY.COM/R/NPDSURVEY-CHINESE](https://www.surveymonkey.com/r/npdsurvey-chinese)



TAGALOG

[HTTPS://WWW.SURVEYMONKEY.COM/R/NPDSURVEY-TAGALOG](https://www.surveymonkey.com/r/npdsurvey-tagalog)



VIETNAMESE

[HTTPS://WWW.SURVEYMONKEY.COM/R/NPDSURVEY-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](https://twitter.com/NewarkCA_Police)



FACEBOOK
[@NewarkPolice](https://facebook.com/NewarkPolice)



INSTAGRAM
[@NewarkCA_PD](https://instagram.com/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/online services 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.



CAMP NEWARK

FOR **NEWARK RESIDENTS KINDERGARTEN-FIFTH GRADE
MONDAY – FRIDAY, 8:00AM – 5:00PM

ONLINE REGISTRATION BEGINS WEDNESDAY, AUGUST 5 AT 8:00AM.

A \$200 per session, per child deposit is due at the time of registration via Visa or Mastercard.

Balance due after deposit... \$175/week Monday mornings

4-week Session	Days	Time	Registration Deposit	Weekly Fee
8/17-9/11	Mon-Fri	8:00am-5:00pm	\$200	\$175
9/14-10/9	Mon-Fri	8:00am-5:00pm	\$200	\$175
10/12-11/6	Mon-Fri	8:00am-5:00pm	\$200	\$175
11/9-12/4	Mon-Fri	8:00am-5:00pm	\$200	\$175

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



Mail



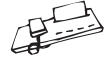
registration form, payment, and a self-addressed stamped envelope so we may return your receipt.
to Silliman Activity Center
6800 Mowry Avenue
Newark, CA, 94560

Walk-in



Our **office** hours are
Monday - Friday, 8:00am - 5:00pm
at Silliman Activity Center
6800 Mowry Avenue
Newark, CA, 94560

Fax



registration form with credit card information to 578-4851. We will fax you a confirmation receipt.

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)

Fax: _____

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

Address: _____ City & Zip Code: _____

Emergency Contact: _____ Phone: _____

Participant's Name	Birth Date	Gender (circle)	Name of Class	Day	Date	Time	Fee
		M F					
		M F					
		M F					
		M F					
		M F					
		M F					

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

Credit Card (Visa and Mastercard are accepted)

Card# _____

Exp. Date _____

Signature _____

REMEMBER TO SIGN BACKSIDE.

Total: _____



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): _____