Greetings from the Veterans Memorial Senior Center,

This addition of the Sentinel’s cover is a picture taken just a few days ago at hi-tide here in Redwood City by Redwood creek. We had to share with everyone as it reminds us how we truly do live in a wonderful city! We have also included many articles for exercising via new zoom classes, computer education opportunities, information & referral services, healthy living education and a fun maze to keep your brain active!

By the time you have received this newsletter, the Veterans Memorial Senior Center will have served over 25,000 meals to 600+ senior citizens in just under 100 days! Thank you to the staff and the volunteers who have worked to get this program started and to keep it going! We would also like to thank the Peninsula Hills Women’s Club for their financial support and for making masks for the staff, volunteers and seniors. PHWC has been a remarkable partner to the VMSC for over 35 years. Thank you again for your continued support!

Thank you to Facebook who has donated over 350 breakfast burritos, 200 fish & chips and chicken tender meals. Facebook also donated the coconut water that we have been handing out each day.

A special thanks to the Black Sheep Hand Weavers Guild for the generous monetary donation!

Final thank you all for the love and support with the candy, cookies, cakes, monetary donations, flowers, gloves, masks, thank you cards, letters, emails, phone calls and especially the smiles! We really appreciate it in these challenging times and we wish you all health and safety.

Best regards,
The VMSC Staff
Senior Lunches TO GO!
The Veterans Memorial Senior Center will be providing senior (60+) lunch pick-up Monday through Friday from 11:00 a.m. to 1:00 p.m. Please Call (650) 780-7259 to make your reservation and hear the daily menu option. We offer curbside pick up at the Veterans Memorial Senior Center (1455 Madison Ave.) or home delivery throughout Redwood City and Redwood Shores. **Seniors must make their reservation by 5pm the night before to get a meal the next day.**

**Need to Talk?**
Need someone to talk to? Know of a senior in need?

Please call or email us! Contact Anna Carlos, at acarlos@redwoodcity.org or via phone at (650) 780-7270. Anna is a staff member with the Veterans Memorial Senior Center.

Reach out to us, send an email or a voicemail, and we'll listen to what you need and/or set up a time to talk over the phone.

**Senior Care Concerns**
Ombudsman Services of San Mateo County, Inc. is committed to working with residents, families, facilities and stakeholders to create a community dedicated to protecting the rights of all residents living in long term care in San Mateo County. We create immediate change for residents through our hands-on advocacy efforts addressing issues that range from quality of care issues to egregious abuse.

Phone: (650) 780-5707  
Email: ossmc@ossmc.org  |  Website: [https://ossmc.org/](https://ossmc.org/)  
Crisis Line at (800) 231-4024

**Sequoia Healthcare District** (SHD) is pleased to have awarded FVMSC a $50,000 grant for meal services for the upcoming 2020-21 grant cycle and another $50,000 COVID-19 emergency grant to provide for a contract chef and expanded meals services during this time.

SHD is a special government agency funded by your taxpayer dollars and governed by a 5-member Board of Directors elected by district residents. Each year, SHD provides grants through our competitive Caring Community Grants program, ranging from $10,000 to $150,000 to local non-profits that offer health services to District residents. This spring, the District Board of Directors voted to deploy up to $3 million dollars in grants to its current nonprofit partners that provide safety net services to our most vulnerable District residents.

To date, we have already awarded the entire $500,000 set aside for the first round of emergency grants and $100,000 in emergency loans. For more information about SHD, please visit our website at [www.seqhd.org](http://www.seqhd.org).
How much exercise is necessary?
By Scott Lohmann, Instructor, Adaptive P.E.

So things have been really crazy since the Pandemic started. People have been afraid to leave their house, trips to the grocery store are often risky. Everyone is wearing a mask and bringing a bottle of hand sanitizer with them whenever one goes in public. In a nut shell most of us are doing our part to slow down the spread of COVID 19. What most likely is not happening is exercise programs for the majority of us especially those of us that are high risk for immune system disorders, respiratory issues and older populations in general. Those in the medical field refer to that as individuals with multiple preconditions.

Well I’m here to tell you can still get in great shape and come out of this in better physical condition than you were before the pandemic. You might say “how?” Your classes have been postponed for more than 3 months, even as the country is slowly attempting to reopen. COVID 19 cases are ever increasing especially during popular holidays like Memorial Day and 4th of July weekend. Despite all of this I say yes you can get in great shape! Here is how to do it!

Lots of people like to begin their day with a brisk walk. Walking is convenient, it is low impact and you can do it around your neighborhood. I have had many people complain to me that they cannot wear a mask while exercising. I have two answers for that problem. 1, There are masks made from athletic apparel companies like Adidas and Nike that make masks that are breathable and form fitting. 2, you can wear your mask around your neck during your walk and when you see someone you want to talk to, put the mask on and stand at least 6 feet away. Alright glad we solved that problem!

The important part that is currently missing in people’s programs is strength. Those of you that are walking-great job! I am willing to bet many of you are not working on strength. If you are great job! If you are not, here are some things you can do. Chair Stands. If you have trouble performing squats you can simply squat into a chair. Just remember, feet should be parallel with the hips; also make sure you are putting weight on your heels and not just distributing your weight on the balls of your feet. As you squat down to the chair make sure your butt is back and your torso is straight. You want to control your descent, during that phase you should be able to feel your butt and hamstring muscles tighten.

Next make sure your knees are over your ankles and not over your toes. When you feel your butt touch the chair don’t de-load and relax. Keep your muscles contracting and immediately go back up to a standing position. Repeat the process. I am not going to tell you how many times yet. I want you to understand every rep should be a quality rep! If you’re fatiguing just simply rest. I would perform 3 sets of chair stands at whatever rep count you can achieve.

Next exercise is push-ups, If you are not sure you can perform them simply perform a wall push up. Put your arms out in front straight, making sure they are chest height shoulder width. Push into the wall until you feel your shoulders round. Next retract the shoulder blades and lower your self toward the wall keeping your elbows in. When you are at the bottom push your self back up until the shoulders round then repeat the process. Elbows should be straight at the top of the movement and bent at the bottom of the movement.
We are pleased with the response to our Zoom classes this past week, so we will continue to offer them free of charge through the end of August. If you haven’t yet checked them out, this is a great opportunity to reconnect with others and get some exercise too!

We will go over more exercises each month. I also want to let you know I am teaching classes on Zoom and YouTube. You can go to our website www.adaptivepevmsc.org. We are offering a monthly digital membership and the first two weeks are free! Cost will be $45.00 per month. All the information is there and you have the choice of watching any of our now 70+ videos all cataloged according to class. You can install Zoom on your computer or smart phone or tablet and participate in our interactive virtual classes. I hope you take advantage of all the benefits our program has to offer. We are all going to survive this pandemic if we stay vigilant and follow the simple guidelines. Wash your hands, wear a mask and clean everything you touch. Until next month take care and I hope I see you in our Zoom classes!

You can follow along, even if you don’t wish to be seen by others, and you also don’t need to download the Zoom app. Here is a short introduction to Zoom: https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting
If you have any questions, or need help getting started, please contact us through this email, or at (650) 368-7732.

Here is the Schedule (choose any or all to join in):
General Conditioning:
Monday, Tuesday, Wednesday, Thursday, and Friday 10:00 am:
https://zoom.us/j/96201397851
Meeting ID: 962 0139 7851

Tuesday and Thursday 1:00 pm:
https://zoom.us/j/93880079840
Meeting ID: 938 8007 9840

Yoga for Parkinson’s with Arlene McCarthy
Tuesday 10:00 am
**Contact us for the link**

Gentle Chair Yoga with Ruth West
Thursday 9:15 am
https://zoom.us/j/98911686625
Meeting ID: 989 1168 6625

NeuroMuscular and Parkinson’s Exercise
Wednesday 4:00 pm
https://zoom.us/j/95824374801
Meeting ID: 958 2437 4801

BY PHONE--Dial: 1 (669) 900 9128 and put in the meeting I.D. # from above when prompted, and then press the # sign. Since there is no additional code to enter, press # again when prompted. That's it!
DEALING WITH MEDICAL BILLS
DURING THE COVID-19 PANDEMIC

BILLS MADE CLEAR

LEARN HOW TO:

- UNDERSTAND YOUR MEDICAL BILL
- GET THE MOST OUT OF YOUR INSURANCE
- NEGOTIATE WITH YOUR PROVIDER
- ADVOCATE FOR YOUR RIGHTS AS A PATIENT

FROM PANELISTS EXPERIENCED IN PATIENT ADVOCACY

SATURDAY, AUGUST 8TH
2:00-4:00 PM PST

Learn more and RSVP at:
billsmadeclear.org
Senior Services Resource Line is expanding!
CALL US TODAY!
(650) 780-7542

All those age 60+ in San Mateo County can stay connected to resources and services during this time of "sheltering in place".

The Peninsula Health Care District and Peninsula Family Service have partnered to offer those age 60+ an easily accessible call line with support available in multiple languages.

One of our experienced professional support team members will be able to connect you to a wide range of community resources including food services and a weekly wellbeing call with a Senior Peer Counselor. Call us today at (650)780-7542.

This time of isolation does not mean that you have to be disconnected from community. We are here to help you.

Your health and wellbeing are important to us. We want to keep you healthy, well, and connected.

Founded in 1947, the Peninsula Health Care District serves the communities of San Bruno, Millbrae, Burlingame, Hillsborough, San Mateo and Foster City by supporting the unique health and wellness priorities of our Peninsula communities, and safeguarding access to health services, today and in the future. For more information: http://www.peninsularealhealthcaredistrict.org/

 Originally a small organization founded in 1950, Peninsula Family Service has grown to recognize the need for innovative, professionally led, locally targeted solutions to secure the wellness and stability of our neighbors. The community has rallied behind this mission, providing fundraising support and volunteers to establish and grow expert-led programs. For more information: https://www.peninsulafamilyservice.org/
It was a magical moment five years ago when Sequoia Village (now a component of Villages of San Mateo County, VSMC) opened its virtual doors on July 10, 2015. The dignitaries who officiated at this special moment were State Senator Jerry Hill and the Mayors representing those communities served by Sequoia Village—Belmont, San Carlos, Redwood City and Redwood Shores. Also present were the new charter members and volunteers cheering the officials on as they ceremoniously cut the ribbon. Today, a combination of 350 members and volunteers makes up our VSMC community.

Yet, the story of this magical moment truly began when a small group of resourceful, energetic and passionate visionaries decided to create Sequoia Village. With a great amount of imagination and persistence, they diligently carried out research to identify a concept that could be used for fulfilling the needs of seniors who wanted to remain in their own homes as they aged. As realists, they knew that at some point some assistance would be needed to keep the homes of these Seniors livable, comfortable and safe.

They came across an interesting senior plan that seemed cost-effective and was mushrooming throughout the United States. This movement, referred to as a “Virtual Village,” appeared to have all the needed elements to serve today’s growing senior population. It embraced a lifestyle that included physical independence, an active mind and the ability to manage overall health and well-being. In addition, it allowed socializing and volunteering to play a significant role in senior’s lives in order to help them feel connected to a community where they felt purposeful and valued.

Typically, visionaries are able to see the big picture before anyone else. Instinctively, these visionaries viewed the Village concept to be a winner. Quickly, a blueprint on forming a new Virtual Village materialized. From there, each of these core volunteers found his or her place where their valuable talents and skills would fit in. Committees were formed. Within eighteen months Sequoia Village was set to open. One year later they partnered with Mid Peninsula Village, another budding new Village to the north, to form Villages of San Mateo County (VSMC).

The spirit of this group inspired other vibrant and talented volunteers to join in the planning and organizing process. Partnerships were formed with local community centers, libraries and other nonprofit organizations. Community leaders, businesses, service organizations and many funding foundations recognized the potential benefits for our senior population and provided strong support, both financially and with in-kind gifts.

Initially, simple services—such as changing light bulbs, home safety repairs, cleaning out gutters, and flipping mattresses—were offered. Gradually, transportation to grocery stores, hairdressers, medical appointments and airports became the most frequently requested services by our members. In fact, VSMC has provided over 15,000 rides during its five-year existence. Over time, even more services were added, such as home-safety checks and computer tech services.

One of the selling points of VSMC was its ability to bring people together through various social events. These included monthly Coffee Connections and bi-annual Special Events—such as a Mardi Gras party, a Western BBQ and a 50’s Sock Hop. Also, there were excursions into San Francisco and other interesting Bay Area locations that were topped off with experiencing fine cuisine at nearby restaurants.
After attending one of these events, many members and volunteers found they had much in common, and many new friendships were formed that, in some cases, resulted in weekly dates for tea. Even some friendships that had been established long ago, but for various reasons had been lost, were reconnected. Indeed, VSMC was a way to connect people together and to become a community within a community.

Collaboration, a successful component of VSMC, established trust among its members, volunteers and leadership. This was especially apparent when COVID-19 became a pandemic, and many of the Village services had to be curtailed. But that didn’t stop these inspiring leaders from finding ways to continue to provide services to members under very new and unique circumstances.

A mentoring program began wherein volunteers phone members weekly to inquire about how they were managing. Bi-monthly letters were sent to members giving them up-to-date Information on what to expect from the Village going forward.

Home-made masks were made by members and volunteers and were delivered to those members/volunteers who wanted them. Safe-distance, non-contact grocery and pharmacy runs as well as the pick-up/delivery of meals from local restaurants were provided. Taking into account the strained economy, the Village Board voted to extend all memberships for seven months at no additional fee.

Coffee Connections, previously held monthly in person, are now offered on Zoom and have included interesting lecturers, musicians, exercise classes and information on how to use the currently available county library services. An emergency preparedness committee has been created. While “nonessential” rides are still not offered, emergency transportation to medical appointments has resumed under designated and strict guidelines.

In celebration of Sequoia Village’s Fifth Anniversary, each VSMC member and volunteer recently received a hand-delivered ‘thank you’ gift in gratitude for their involvement—a beautifully wrapped individual bundt cake. Now, the full story has been revealed. This magical group, who were not magicians at all, were a truly inspirational, passionate, caring, talented and skilled group of individuals. They turned Sequoia Village into a community within a community that, in turn, attracted others to become leaders, members and volunteers!

For more information, please contact Villages of San Mateo County (VSMC) at 650-260-4569 or visit their website at info@villagesofsmc.org

~ article by Victoria Kline, a co-founder of Sequoia Village
Confidence...Like a Pro

Get the most out of your growing digital life with AnewVista’s online classes. Perfect for active adults to stay up to date with the latest technology.

Master your online world and become the go-to person in your group for all things digital. Your will even be calling you for advice.

**August Class Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Class/Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday – August 3rd, 2020</td>
<td>2:00 pm</td>
<td>Blockchain – Do you know what it is? Do you know it impacts every part of our life?</td>
</tr>
<tr>
<td>Wednesday – August 5th, 2020</td>
<td>10:30 am</td>
<td>Reliable News Sources – How do we tell what is real and what is biased?</td>
</tr>
<tr>
<td>Friday – August 7th, 2020</td>
<td>9:30 am</td>
<td>In-Home Monitoring – Are we being watched, do we want to be watched? Can it help?</td>
</tr>
<tr>
<td>Monday – August 10th, 2020</td>
<td>2:00 pm</td>
<td>Browser Settings: I open my browser it works? How do I set it to my own needs?</td>
</tr>
<tr>
<td>Wednesday – August 12th, 2020</td>
<td>10:30 am</td>
<td>Why Social Media? - What is social media and why do I care? Should I care?</td>
</tr>
<tr>
<td>Friday – August 14th, 2020</td>
<td>9:30 am</td>
<td>Product Demo: Presenting a product from a partner that focuses on older adults in the home.</td>
</tr>
<tr>
<td>Monday – August 17th, 2020</td>
<td>2:00 pm</td>
<td>e-mail management – clean out the clutter? Best practices for managing your e-mail</td>
</tr>
<tr>
<td>Wednesday – August 19th, 2020</td>
<td>10:30 am</td>
<td>Emergency &amp; Disaster Prep – Are you prepared for future emergencies or disasters? Are your neighbors?</td>
</tr>
<tr>
<td>Friday – August 21st, 2020</td>
<td>9:30 am</td>
<td>What is Artificial Intelligence? It’s being used in all our digital interactions.</td>
</tr>
<tr>
<td>Monday – August 24th, 2020</td>
<td>2:00 pm</td>
<td>Google Drive – What is it, how do I use it?</td>
</tr>
<tr>
<td>Wednesday – August 26th, 2020</td>
<td>10:30 am</td>
<td>Telehealth – We need access to our medical professionals, test results, appointments. How do we do this?</td>
</tr>
<tr>
<td>Friday – August 28th, 2020</td>
<td>9:30 am</td>
<td>Google Docs &amp; Slides – Let’s create documents with Google docs and presentations with Google Slides.</td>
</tr>
<tr>
<td>Monday- August 31st, 2020</td>
<td>2:00 pm</td>
<td>Are you a spreadsheet wizard? There’s more to spreadsheets than the application, let’s have a crash course on spreadsheets.</td>
</tr>
</tbody>
</table>

Classes are complimentary, pre-registration is required. Call 650-300-0688

[mailto:info@anewvista.com](mailto:info@anewvista.com)

[www.anewvistacs.org/vitural-classes](http://www.anewvistacs.org/vitural-classes)

## September Class Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Class/Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday – September 2nd, 2020</td>
<td>10:30 am</td>
<td>Google Photo’s – let’s take advantage of unlimited storage and a free google photo’s account.</td>
</tr>
<tr>
<td>Friday – September 4th, 2020</td>
<td>9:30 am</td>
<td>Advanced Wi-Fi Setup – let’s optimize your life and cover your house and yard!</td>
</tr>
<tr>
<td>Monday – September 7th, 2020</td>
<td></td>
<td>Holiday</td>
</tr>
<tr>
<td>Wednesday – September 9th, 2020</td>
<td>10:30 am</td>
<td>How to take pictures with your phone – basic and advanced photography.</td>
</tr>
<tr>
<td>Friday – September 11th, 2020</td>
<td>9:30 am</td>
<td>Social Media Part 1 – Twitter and Facebook</td>
</tr>
<tr>
<td>Monday – September 14th, 2020</td>
<td>2:00 pm</td>
<td>Social Media Part 2 – LinkedIn, Instagram, tiktok.</td>
</tr>
<tr>
<td>Wednesday – September 16th, 2020</td>
<td>10:30 am</td>
<td>Buy a new Device? How to backup and restore?</td>
</tr>
<tr>
<td>Friday – September 18th, 2020</td>
<td>9:30 am</td>
<td>Product Demo: Presenting a product from a partner that focuses on older adults in the home.</td>
</tr>
<tr>
<td>Monday – September 21st, 2020</td>
<td>2:00 pm</td>
<td>Online Payments – Should I buy online? What’s the safest method to pay online?</td>
</tr>
<tr>
<td>Wednesday – September 23rd, 2020</td>
<td>10:30 am</td>
<td>YouTube basics. How to use YouTube?</td>
</tr>
<tr>
<td>Friday – September 25th, 2020</td>
<td>9:30 am</td>
<td>Movie making with iMovie and Windows Video Editor.</td>
</tr>
<tr>
<td>Monday – September 28th, 2020</td>
<td>2:00 pm</td>
<td>Security Class on Privacy – How to protect your online privacy.</td>
</tr>
<tr>
<td>Wednesday – September 30th, 2020</td>
<td>10:30 am</td>
<td>Use your voice for your iPhone and Android Smartphone.</td>
</tr>
</tbody>
</table>

Check out the new website—[https://www.upgreyd.com/](https://www.upgreyd.com/)
We Miss you….let’s talk Blood Pressure

The Sequoia Hospital sponsored monthly blood pressure screening at Veteran’s Memorial Senior Center has been temporarily suspended but that does not mean you should suspend your attention to your health and blood pressure. It is imperative to be more vigilant than ever during times of change, uncertainty and isolation. During these times a cascade of hormones can be released that can cause arteries to constrict thereby causing an unhealthy elevation in blood pressure.

This is a perfect time to become familiar with the home monitoring devices that are readily available at your local pharmacy and Costco. Prices range from $25.99-$99.00 with some devices including an app to send information to a smartphone. The devices are very easy to use and very accurate if used properly. Many even have the ability to obtain three consecutive readings and then take an average of the readings. This is valuable for many older adults who have irregular heart rate and/or atrial fibrillation. Suggestion is to use a notepad or your phone and write down the date, time and results of each blood pressure reading. This will be valuable the next time you visit your doctor and you can share this data. It is very helpful for your doctor to see daily numbers and to be able to observe any trends that may be occurring in your numbers.

Always take your blood pressure medication as directed. Take your blood pressure at a variety of times during the day and track your numbers. Often individuals may have a wide swing in results either higher or lower as the day progresses. A normal blood pressure should be around 120/80. If your results start to climb into the 140-159/90-99 please call your doctor immediately.

**Know the signs of a STROKE and remember the acronym FAST.**

Face-Look for an uneven smile
Arm-Check if one arm is weak
Speech-Listen for slurred speech
Time-Call 911 right away

**Tips for keeping your blood pressure within normal limits naturally.**

One proven method is to get outside and take a walk. The flexibility in the arterial wall often decreases with age causing an elevation in blood pressure. Walking helps circulate oxygenated blood thereby increasing nitric oxide which keeps the smooth lining of the arterial wall flexible and pliable. Bonus from walking outside is Vitamin D from the sun which is proven to help lower blood pressure and strengthen our immune system. Extra bonus for walking outside with a friend (six feet apart) is the socialization that is beneficial to our heart and mental health. Also walking helps keep our body weight within normal limits which is very helpful for blood pressure. Research shows that a reduction in weight of as little as 5 lbs. can help decrease blood pressure. Reducing blood pressure reduces the pressure gradient that your heart has to push against to distribute oxygenated blood therefore reducing the workload on the heart muscle.

**Relax and Breathe**

After a nice walk take the opportunity to relax, find a comfortable seat and accept a new challenge. Experiment with the 777 rule. Breathe in slowly for the count of seven, breathe out slowly for the count of seven and repeat seven times. Concentrate on letting go of worries, anxieties and fears. As you exhale think of blowing away the unsettled feelings and inhaling a regenerative feeling such as appreciation or care for someone or something in your life. Stop and ask yourself how do I feel? Research shows this exercise helps balance the nervous system and provides a sense of calm and ease.

**Staying Hydrated**

With outdoor exercising it is always prudent in the summer months to plan activities early to avoid overheating or dehydration. Take the opportunity during the summer months to enjoy an abundance of fresh fruits and vegetables as they provide the antioxidants, vitamins, minerals and fibers that are so important to our overall health.

As the summer months approach it is always a good idea to keep hydration in mind as dehydration can cause an elevation in blood pressure. Our bodies are 60% water and so making sure you are well hydrated during the warmer summer months is important. Older adults are more susceptible to dehydration. As we age one loses a protective layer of fat under our skin which allows evaporation of fluids to occur more readily. Warm weather, talking more than normal and consuming caffeine can all cause dehydration. Be aware and consume at least 8 ounces of water every 2-3 hours regularly during the day. Often we can be dehydrated when we awaken from sleeping with our mouths open all night. Many individuals develop a healthy habit of consuming a full glass of room temperature water immediately upon arising each day.
This starts the day with a good hydration status and then it is about maintaining this status as opposed to trying to catch up. An easy way to monitor your hydration is to monitor your urine output. Ideally urine should be a light yellow if you are sufficiently hydrated. If it is dark yellow, concentrated or has an unusually strong odor it may be a sign of dehydration. If you experience a rapid heartbeat, shortness of breath, dizziness, confusion, or thirst these are all late signs of dehydration. Begin to drink water or a beverage like coconut water that has some natural minerals as soon as possible. Small amounts of fluid, consumed frequently, are ideal if you are feeling or seeing the signs of dehydration.

Home is where the heart is
All of us are spending a lot more time at home these days. Are you finding different ways to connect with family or friends. The good news is young and old alike are having to learn new ways to entertain ourselves and stay fresh, vibrant and healthy.

- Research shows it is helpful to establish a routine. Set a time to get up and organize your day in a fashion that works for you and commit to it. Write it down if it is helpful. Tell a friend. Maybe it is setting up a time each day to connect with a loved one via phone or internet. How long has it been since you have written a letter? Sent a card? No time like the present!
- If your local community center has been closed try meeting with friends one on one maintaining social distancing and practicing good handwashing techniques. If you usually gather in your home consider trying to set up some chairs outside to visit. The blue skies, fresh air, and new surroundings will give the mind and body a boost.
- If you rely on your local community center for your exercise routine readjust and move it outside. A simple walk outdoors can be very beneficial and provide some much needed vitamin D. Walking in your neighborhood might even present the opportunity to meet or visit with a neighbor you might not know.
- Commit to finding humor in your day. Media is a large looming presence in our lives today more than ever. Consider reducing exposure to news, statistics and drama and replace it with a funny movie, a podcast by your favorite comedian or by reading the comics in the newspaper. Share the humor with friends, neighbors or loved ones. By lifting others spirits we lift our own spirits!
- Listen to your favorite songs or better yet expand your listening pleasures. If you usually like to swing to the oldies and enjoy the big band era music a new possibility could be listening to smooth Jazz. “People who study the brain have shown that listening to music you enjoy can cause a release of dopamine, a chemical that increases feelings of happiness,” says Sarah Lenz Lock, AARP’s Senior vice president of policy and brain health.
- If you have a front yard consider putting out a fresh bowl of water. You never know what furry friend you may meet and they usually have an owner that may offer a visit.
- Reaching out and helping others often has reciprocal benefits. If you like to cook offer to help a neighbor by preparing your favorite dish. If you like to sew, masks happen to be very in right now! If you like to paint offer your talents to a friend. Paint a smile on your mask and see what happens!
- Treat yourself to a relaxing warm bath and take the time to soak in the relaxation. Let the worries, fears and negativity float away. Literally visualize the feelings floating away and embrace a heart full of gratitude for the simple pleasures in life.
- Create a gratitude list, keep it nearby and focus on it regularly. Add to it at will and create a challenge for yourself to see how many entries you can list.
- Visit the new FREE AARP online platform that helps Americans find support and assistance during a difficult time. AARPcommunityconnections.org
- Set up regular phone check-ins with a friend or call the Older Adult Resource Line at 650-780-7542 to learn about weekly well-being calls provided by trained peer counselors in your community. These volunteers speak a variety of languages. The Resource Line can also connect you to other current services in Redwood City.

Wishing you healthy summer days,
Linda Merslich, RN BSN
Community Health Nurse
Dignity Health Sequoia Hospital
These quotes are taken from papers written by a class of eight-year olds

- Grandparents are a lady and a man who have no little children of their own. They like other people's.

- A grandfather is a man grandmother.

- Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the store and have lots of quarters for us.

- When they take us for walks, they slow down past things like pretty leaves and caterpillars.

- They show us and talk to us about the color of the flowers and also why we shouldn't step on "cracks."

- They don't say, "Hurry up."

- Usually grandmothers are fat, but not too fat to tie your shoes.

- They wear glasses and funny underwear.

- They can take their teeth and gums out.

- Grandparents don't have to be smart.

- They have to answer questions like, "Why isn't God married?" and "How come dogs chase cats?"

- When they read to us, they don't skip. They don't mind if we ask for the same story over again.

- Everybody should try to have a grandmother, especially if you don't have television, because they are the only grownups who like to spend time with us.

- They know we should have snack-time before bedtime, and they say prayers with us every time, and kiss us even when we've acted bad.

- A 6 year old was asked where his grandma lived. He said, "She lives at the airport, and when we want her we just go get her. Then when we're done having her visit, we take her back to the airport."
THE MAZE - We take no responsibility if you can’t get through it!
The VMSC staff MISS you all! We are sending you lots of HUGS. We hope you all stay healthy and safe and we hope to see you all soon. Here is a ticket for a free Hug when you get back.

** We Need Your Support! **

The Veterans Memorial Senior Center relies heavily on your support to continue our mission: providing innovative, progressive and essential programs to our older adult community. Please send your tax deductible donations to:

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