



October 2020

Newsletter



[www.mholderadults.com](http://www.mholderadults.com)

## CENTENNIAL RECREATION SENIOR CENTER

171 West Edmundson Avenue  
Morgan Hill, California 95037

Senior Center Welcome Desk: (408) 782-1284

Senior Café Lunch Information : (408) 310-4256

Hi everyone!

My oh my! What a year so far! I guess this year will definitely be one to go down in the history books! We hope you are all staying safe and healthy until this health crisis is over. We've enjoyed seeing all of you in the lunch line but miss those of you we haven't seen. This newsletter is intended to give you some updates and important bits of information.

As you know, the Senior Center is closed currently for most programming and services. On the back page, you will find a list of some of the services that we are currently providing virtually. We are serving a drive through lunch every Monday—Friday at the CRC.

**Please line up in the parking lot by 11:15 AM. (Note: NEW TIME!) Lunch will be delivered to your car as you drive through at 11:30 AM.** We ask for a \$3 donation per person who is 60 and over and \$8 for those under 60. We encourage you to stay in your car, however, should you choose to get out of your car, please make sure you have a mask on.

I would like to say a huge thank you to all our volunteer drivers who deliver our lunch time meal to our seniors with transportation challenges. These seniors might not otherwise receive a meal if it weren't for all these deliveries. Drivers!!! You are superstars!

As you know, the CRC Fitness Center has moved outdoors but the weight area will be moved back inside beginning October 4th. Please be very careful while driving through to pick up your lunch as there will be more traffic in the parking lot now.

If at any time, you need help with resources or have questions, please don't hesitate to contact Denise at: 408-310-4255.

**Senior Services:** Many of our services are taking place virtually. Here is a list of those:

**Senior Adult Legal Assistance (SALA):** Free legal assistance for Santa Clara County residents 60+ with problems pertaining to Social Security, Medicare, Medi-Cal, mobile homes, elder abuse, housing and simple wills (no trusts). Please call 408-295-5991 for a phone appointment with an attorney.

**Dementia/Alzheimer's Caregiver Support Group:** This group provides a safe place for family members and friends of dementia patients. It will enable caregivers to find support and learn how to cope with the symptoms and life changes associated with dementia and other related disorders. These meetings take place virtually on the 4th Monday of each month from 12:00-1:30PM. (NOTE: NEW TIME!) Please email Denise at [denise.melroy@morganhill.ca.gov](mailto:denise.melroy@morganhill.ca.gov) or call at 408-310-4255 if you are interested in attending.

**Health Insurance Counseling (HICAP):** Volunteer counselors from Sourcewise, which is unaffiliated with any insurance company, will assist seniors and their families to understand and evaluate the confusing array of insurance options so that they can make informed decisions about coverage. The number is (408) 350-3200 Option 2. Please leave a detailed message and Sourcewise will contact you to schedule an appointment with a Certified HICAP Counselor.

## Kitchen News:

We have had a few changes in the kitchen. During the shelter in place orders, we have combined the Gilroy Senior Nutrition Program and the Morgan Hill Senior Nutrition Program with cooking for both sites taking place in the Morgan Hill kitchen at the CRC. To-go meals are being delivered to the Gilroy seniors by Leo Khooshabeh each weekday morning. We have 2 fabulous cooks in our kitchen, Ingrid Essary and Alma Ramos. Many of you remember Alma from several years ago when she was the Kitchen Aide. Currently, Alicia Avina is our awesome Kitchen Aide. Sandra Madriles is the Senior Nutrition Coordinator and still remains our amazing fearless leader of the kitchen! Under Sandra's leadership, this staff has been working hard to make sure all of you have a hot meal each day! Thank you kitchen crew for all your hard work and everything you do for the seniors in our community!

## The Dilemma of what to do while the Senior Center is closed:

Well, since many days feel like the movie, "Groundhog Day", here are some ideas on how to keep busy and fit until the Senior Center opens again:

**From the Morgan Hill Historical Society:** Take advantage of a special invitation from the Historical Society and enjoy free movies and a little local history by watching the Society's documentary series, "Stories from the Past". Who knows you may see some familiar faces in these fascinating stories! You may find these on their website: [www.morganhillhistoricalsociety.org/stories-from-the-past](http://www.morganhillhistoricalsociety.org/stories-from-the-past)

**From the Arthritis Foundation Exercise Program;** Tuesdays and Thursdays at 10am ; All classes are free of charge. Participants must be over the age of 60 and be willing to fill out a short online survey. Classes are held through Zoom online via the Timpany Center. Participants will be provided class links once registered. For more information about the program or to register, please call (408) 924-8550 or email [jennifer.schachner@sjsu.edu](mailto:jennifer.schachner@sjsu.edu)

**From the Washington Post:** Have you ever wanted to go to those faraway places with fascinating museums and old world architecture? So, let's go virtually since we really can't go there right now in person because of the pandemic: <https://www.washingtonpost.com/travel/2020/03/18/these-historic-sites-attractions-are-offering-virtual-tours-during-coronavirus-pandemic/>

**Talk the Gap:** "TalkTheGap", a project created by a Palo Alto High School student, which opens communication between youth and older adults by sharing stories and ideas across the age barrier. This project benefits everyone involved and helps relieve social isolation and anxiety deepened by Covid-19: <http://talkthegap.com> .

**Active Aging Month:** During the month of October, local cities in Santa Clara County are partnering to provide free classes that will help older adults focus on staying active—physically, emotionally and in your social life. For more information, please call 408-730-7360. All classes are live and can be registered through Eventbrite; search for "Active Aging Month Bay Area".

## Beware of Scams:

Someone is making calls pretending to be the Morgan Hill Police Department and saying that there is a warrant out for your arrest and you must pay or will be arrested. This is a scam! If you receive a call like this, request the officer's badge number and name. Remember, never give out information about yourself on the phone or send any money. You may always check on these calls by calling our Police Department's non emergency number (408) 779-2101.

**Celebrations:** We'd like to celebrate your birthday! Look for something special on the first Friday of each month to celebrate those of you with birthdays each month.

As many of you know, we have a very popular Halloween Costume Party each year. However, as the Senior Center remains closed, we will not be able to have that in-person event, but we encourage you to wear your costumes as you pick your lunch up on October 30.

## 50+ Ball Event

The 50+ Ball event has been canceled until further notice due to the pandemic. However, we will continue to monitor the COVID-19 conditions and follow the suggested guidelines from the state and county healthcare officials on a day to day basis.

If you would like to get a refund please email Chiquy with your table and ticket numbers. If you wish to donate the value of your ticket to support the Youth Action Council, you may also email Chiquy. We will be contacting you again in the middle of January 2021 with new updates about the event. Stay safe!