



Greetings from Your American Canyon Senior Center!

August 14, 2020

During these unpredictable times, I want to assure you that your local government is still working FOR you. Phone lines have been set up to help you easily get answers to questions you have or to be connected with any assistance you may need. Please call if you have any questions, or need anything at all. We are here for you; we are all in this together.

Public Information & Support: 707-253-4540 (Monday – Friday, from 9 a.m. to 12 p.m. and 1 p.m. to 5 p.m.)

Our wonderful staff at the Senior Center have put together this packet of activities and information to share with you. Attached you will find:

- Soroptimist Music Concert
- Emergency Preparedness Information
- Aging Activity Guide – California Department of Aging
- Virtual Class Offerings
- Brain Teaser Activity Sheet
- Adult Coloring Page

We will include information like this **once a week**.

If you would like to receive email updates from the City with content like this, visit cityofamericancanyon.org and look for the envelope on the right side of the screen. It looks like this:



Click on the envelope and enter your email address, choose the topics you would like to subscribe to, and you are all set!

Sincerely,

Jason Holley
City Manager



Soroptimist of AC Presents

Music, Music, Music



Tune in to our upcoming Beatle-mania music program featuring Beatles songs and other Songs of Peace.

Thursday, August 20th at 10 a.m.



Sit back and listen, sing-along or even drum. Kathy Quain, a music therapist and well known instructor in the Bay Area, will lead us in this fun and entertaining hour of great music.

For more information, please contact the American Canyon Senior Center at (707) 647-5350.

ONLINE DISASTER PREPAREDNESS WORKSHOPS AUGUST 2020

5 Days a week | 1 hour or 15 minute training

Check out the calendar and links on the back side of this page to join a workshop to learn more;

1. Get Alerts to know what to do
2. Make a Plan to protect your people
3. Pack a Go Bag with things you need
4. Build a Stay Box for when you can't leave
5. Help Friends and Neighbors get ready

TALLERES EN LÍNEA PARA LA PREPARACIÓN PARA DESASTRES AGOSTO 2020

ESPAÑOL 4 días a la semana | entrenamiento de 1 hora o de 15 minutos

Encuentre el calendario y los links atrás de esta página para reunirse a un taller de aprendizaje;



1. Obtenga alertas para saber qué hacer
2. Haga un plan para proteger su familia
3. Empaque una bolsa de evacuación con lo esencial
4. Prepare una caja para cuando no puede salir
5. Ayude a preparar sus amigos y vecinos

 **Catholic
Charities**
of the Diocese of Santa Rosa
[SRCHARITIES.ORG/PREPARE](https://srcharities.org/prepare)



(Scan Here)

Training Calendar/Calendario de Entranamiento

English

Español

Monday -

10:30am- 15 minute

English - <https://us02web.zoom.us/j/82433195066>

Meeting ID: 824 3319 5066

12:00pm- 1 hour

English - <https://zoom.us/j/94345007721>

Meeting ID: 943 4500 7721

Tuesday -

10:00am- 1 hour

English - <https://us02web.zoom.us/j/81492218976>

Meeting ID: 814 9221 8976

7:00pm 1 Hora

Español - <https://zoom.us/j/91789619234>

Meeting ID: 917 8961 9234

2:00pm 1 Hora

Español <https://us02web.zoom.us/j/84961519435>

Meeting ID: 849 6151 9435

4:00pm- 15 Minutos

Español - <https://us02web.zoom.us/j/87110214860>

Meeting ID: 871 1021 4860

Wednesday -

7:00pm 1 Hour

English - <https://zoom.us/j/94355671580>

Meeting ID: 849 6151 9435

10:00am- 15 Minutos

Español - <https://us02web.zoom.us/j/82433195066>

Meeting ID: 824 3319 5066

2:00pm- 1 Hora

Español - <https://zoom.us/j/98477069131>

Meeting ID: 984 7706 9131

Thursday -

10:00am- 1 hour

English - <https://us02web.zoom.us/j/81492218976>

Meeting ID: 814 9221 8976

2:00pm 1 Hora

Español - <https://us02web.zoom.us/j/84961519435>

Meeting ID: 849 6151 9435

4:00pm- 15 Minutes

English - <https://us02web.zoom.us/j/87110214860>

Meeting ID: 871 1021 4860

Friday -

10:00am- 1 hour

English - <https://us02web.zoom.us/j/87832908688>

Meeting ID: 878 3290 8688

Rather Join over the phone? Dial in at One tap mobile
+1(669)900-9128 with the Meeting ID



Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES



**Catholic
Charities**
of the Diocese of Santa Rosa



Medical Baseline Program

Savings and safety for people with special energy needs

Program Overview

PG&E's Medical Baseline Program is an assistance program for residential customers who have special energy needs due to qualifying medical conditions. Eligibility is based on medical conditions or needs of a person in your home, NOT on income. The program includes two different kinds of help:

- A lower rate on your monthly energy bill (Additional energy at the lowest rate)
- Extra notifications in advance of a Public Safety Power Shutoff

Examples of Qualifying Medical Conditions and Devices:

- Multiple Sclerosis
- Asthma/Sleep Apnea
- Special Heating/Cooling Needs
- Respirators
- Motorized Wheelchairs
- IPPB/CPAP Machines
- Hemodialysis Machines



For a complete list of qualifying medical conditions and devices, visit pge.com/medicalbaseline or call 1-800-743-5000.

Extra Notifications During a Public Safety Power Shutoff

During a Public Safety Power Shutoff event, electricity could be turned off for as long as several days in an effort to help prevent a wildfire.

When possible, PG&E provides extra alerts for households participating in the Medical Baseline Program leading up to and during such an event to help them prepare.

If we are unable to reach you via phone, text or email, PG&E will also attempt to knock on the doors of those customers who rely on electricity for critical life sustaining equipment when possible.

APPLYING FOR PG&E'S MEDICAL BASELINE PROGRAM

IT'S AS EASY AS 1,2,3!

1 CHECK YOUR ELIGIBILITY. Review the complete list of qualifying conditions/machines available at pge.com/medicalbaseline and work with a qualified medical practitioner to certify that a full-time resident in your home requires use of qualifying medical devices (or has specific heating/cooling needs) to treat ongoing medical conditions. Note, eligibility for Medical Baseline is based on medical conditions or needs, NOT on income.

2 VISIT pge.com/medicalbaseline to download and print the Medical Baseline Program application form or call **1-800-743-5000** and ask to have one mailed to you.

3 COMPLETE AND SIGN Part A of the Medical Baseline Program application form, including your preferred contact method, and make sure Part B is completed and signed by a qualified medical practitioner. Then, mail it in to:

**PG&E Credit and Records Center Medical
Baseline**
P.O. Box 8329
Stockton, CA 95208

Do You Have a Plan to Stay Safe During Power Outages?



UPDATE YOUR CONTACT INFORMATION by visiting pge.com/mywildfirealerts or calling **1-800-743-5000**.



PREPARE AND PRACTICE A PLAN to keep you and your family safe during an emergency. Visit pge.com/wildfiresafety for more steps you can take to prepare.



STAY INFORMED ABOUT OUTAGES by visiting pge.com/outages.



DURING A PUBLIC SAFETY POWER SHUTOFF please answer calls from **1-800-743-5002**. (Tip: Save this number in your phone)

NOTE FOR MEDICAL PROFESSIONALS

A licensed physician, nurse practitioner, physician assistant or person licensed pursuant to the Osteopathic Initiative Act, may certify a patient's eligibility as having a life-threatening condition or illness for the Medical Baseline Program. This program is not connected to any other medical assistance program like Medicare or Medi-Cal and only provides a lower energy rate from PG&E and extra notifications during a Public Safety Power Shutoff. A full list of qualifying conditions and machines is available at pge.com/medicalbaseline.

PUBLIC SAFETY POWER SHUTOFF ZIP CODE ALERTS



Enroll today

Call **1-877-9000-PGE** or
Text “ENROLL” to **97633**

Did you know that you can receive Public Safety Power Shutoff (PSPS) event notifications even if you are not a PG&E account holder?

This means that you can be notified of potential public safety outages impacting you, your workplace, or the home of a friend or loved one, which may help you both prepare and stay safe. This new tool is especially useful for tenants, caretakers, travelers, parents of school-age children and other non-account holders.

Sign up today!

If you do have a PG&E account, you are encouraged to visit **pge.com/mywildfirealerts** to ensure your contact information is up-to-date.



Note: these alerts will be based on the ZIP Code provided and will not provide address specific notifications.

Learn More

For more information about PSPS ZIP Code Alerts visit **pge.com/pspszipcodealerts**. More information about all of PG&E's wildfire safety efforts is also available at **pge.com/wildfiresafety**.

Para ayuda en español por favor llame al **1-866-743-6589**. Để được giúp đỡ bằng tiếng Việt, xin gọi **1-866-743-6589**.

要用粵語/國語請求協助，請致電 **1-866-743-6589**。Para tulong sa Tagalog, mangyari lamang na tumawag sa **1-866-743-6589**.

Some of the measures included in this document are contemplated as additional precautionary measures intended to further reduce the risk of future wildfire threats following the 2017 and 2018 wildfires. "PG&E" refers to Pacific Gas and Electric Company, a subsidiary of PG&E Corporation. ©2019 Pacific Gas and Electric Company. All rights reserved. CCR-1019-1638. 10/04/2019

FEELING GOOD & STAYING CONNECTED

AN ACTIVITY GUIDE





HEALTH AND WELLNESS

Eating well, sleeping well, and staying active are important. Below are some creative ways to feel healthy and strong.



KEEP THE BLOOD FLOWING

Select a few stretches you can do daily. Ask friends to join you virtually and look for ways to challenge each other.

TIPS

- Stretch different parts of your body
- Use a timer or music for fun



MAKE A CHILDHOOD FAVORITE MEAL

Choose a recipe that is nutritious and tasty.

TIPS

- Plan getting ingredients with help from family, neighbors, or building staff
- Come up with ways to make your favorites more nutritious
- Try your hand at a “digital” cooking show. Prop your phone / computer up by the kitchen and invite someone to the experience



A NEW WAY TO COUNT SHEEP

Create an ideal environment to help relax and sleep well.

TIPS

- Avoid screens an hour before bedtime
- Try a cup of herbal tea
- Create white noise with a fan, machine, or smartphone app



PURPOSE AND COMMUNITY

This one is very personal, so think through what makes you smile.



VOLUNTEER FROM YOUR HOME

Help those around you from your home.

TIPS

- Ask your friends for recommendations or call your favorite organization
- There are many ways to help – you can call for donations, create hygiene kits, or sew health care worker masks



SPARK JOY TO KIDS

Design activities to keep kids entertained. Extra kudos since you'll be helping caregivers get some time for themselves.

TIPS

- Think about options like creating at-home scavenger hunts, drawing, coloring, or virtual board games
- Collect photos of completed activities
- Celebrate all who participated and select winners



SHARE YOUR SKILLS

Create live or recorded experiences for your family, friends, or community.

TIPS

- Think about options like a virtual or recorded story time, cooking lesson, or science experiments
- Do a practice test to make sure you can be heard and/or seen
- Get feedback so you have ideas for the next show you host



PURPOSE AND COMMUNITY (CONTINUED)

This one is very personal, so think through what makes you smile.



PRACTICE GRATITUDE AND POSITIVITY

Start your day with a cup of coffee and side of gratitude.

TIPS

- Create a gratitude journal. At the start of each day, write 3-5 things that you are grateful for
- Write 2-3 things that you are excited about in the day ahead



MANAGE NEWS & SOCIAL MEDIA

Find balance with uplifting and productive stories.

TIPS

- Find set times for news and social media
- Find positive images, news stories, and people to follow on social media
- Disable push notifications on your phone



CONNECT THROUGH COMMUNITY

Develop a virtual routine that mirrors the gatherings of your communities.

TIPS

- Contact your place of worship for help to stay engaged or sign up for a new virtual community
- Tune into livestreams from places of worship (churches, mosques, synagogues, temples, etc.) on the internet, television, or radio
- Set up a weekly book club for faith-based reading



VIRTUAL CLASS OFFERINGS

Forever Young Fitness Class

Monday, Wednesdays, and Fridays 10am-11am

Forever Young Fitness is a long-running fitness class at the AC Senior Center. The class' regular followers attend for the exercise and enjoy the social interaction and fun experienced by all. This class is a great way to exercise your body and keep you feeling young with basic stretches and exercises, low impact workouts, dancing, and lots of laughter. To get the most out of this at-home virtual class, please dress comfortably, ensure you have enough free space in your exercise area, have a towel and water nearby, and have a great attitude!

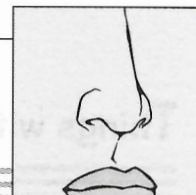
Stitchers' Social Class

Thursdays 12:30pm-1:30pm

Stitchers' Social is a long-running social group at the American Canyon Senior Center. The class' participants grab yarn, hooks, and needles to work on projects. During this virtual class, we will discuss the projects that we are working on and upcoming crafts.

Please email vlin@cityofamericancanyon.org or call the American Canyon Senior Center at (707) 647-5350 for meeting information.

Things with a Strong Smell



Using the letters of the alphabet, name as many items as you can that have a strong smell. In your mind, go through your kitchen, bathroom, garage, and other rooms, and then go outdoors to think of smells. A trip to the grocery store, whether imaginary or in person, may also help bring smells to mind.

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P/Q

R

S

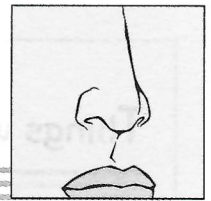
T

U/V

W

X/Y/Z

Things with a Strong Smell ANSWER SHEET



A	Acid, after-shave, alcohol, almond flavoring, ammonia, anise, aromatherapy
B	Bacon, bakeries, beer, bleach, broccoli, Brussels sprouts, burnt toast
C	Cabbage, catnip, cauliflower, cheese, chlorine, cigarettes, cigars, cinnamon, cloves, coffee
D	Deodorant, dill, dogs
E	Ether, eucalyptus, exhaust
F	Feet, fertilizer, fish, flowers
G	Garbage, garlic, gas, ginger
H	Hairspray, hay, honeysuckle, horseradish
I	Incense, insect spray, iodine
J	Jasmine, juices, junk food
K	Kelp, kerosene, ketchup
L	Lamb, lavender, lemon, licorice, Limburger cheese
M	Manure, marshland, mildew, mint, mold, mothballs
N	Nectarines, new cars, nutmeg
O	Olive oil, onions, oranges, ouzo
P/Q	Paint, paint thinner, pepper, peppermint, perfume, popcorn, potpourri, quince
R	Rosemary, roses, rotten eggs, rubber burning
S	Sage, skunk, smoke, soap
T	Tabasco, tar, thyme, tobacco, tuna, turpentine
U/V	Urine, vanilla, Vicks VapoRub, vinegar
W	Waste, wet wool, whiskey, wines, witch hazel
X/Y/Z	Yarrow, yeast, zoos

FACILITATOR: After participants have listed as many items as possible, use clues regarding the above smells to jog their memories. Discuss whether or not the smells are good or bad, memorable or not, and so forth. Add other things to the list.

