



Greetings from Your American Canyon Senior Center!

February 2021

Happy New Year! We want to assure you that your local government is still working for you during these unpredictable times. The American Canyon Senior Center is here for you. Please call if you need anything at all. You can reach us at (707) 647-5350 from 9 AM - 12 PM, Monday – Friday. If you reach our voicemail, be sure to leave a message, and we will get back to you within a business day. Please note that City Offices will be closed on Monday, February 15th and Friday, February 19th due to unpaid furloughs and holidays. For assistance, call the following: For emergency calls only, dial 911. For Non-Emergency Police or Fire Dispatch, dial (707) 253-4451. For Urgent Public Works or Parks Matters, Call our answering service at (707) 995-8674.

Attached you will find:

- Virtual Class Information from the American Canyon Senior Center
- Virtual Webinars hosted by our partner organizations
- Flyers for February Events
- And More!

The best way to hear news from the City of American Canyon is to subscribe to our email list serve. 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



INFORMATION

AND

RESOURCES



VIRTUAL CLASS OFFERINGS

Sign Language Class – Mondays 1-2PM;

This introductory class in Sign Language will help introduce and improve your knowledge of American Sign Language (ASL), improve your mental acuity, and increase your ability to reach out and connect to our deaf community. Please email vlin@cityofamericancanyon.org or call the Senior Center at (707) 647-5350 for the log-in information and instructions.

Morning Yoga - Mondays and Wednesdays 9-9:50 AM

Yoga can improve and maintain overall health. Learn to control stress while increasing flexibility, strength, and balance at home! Please email vlin@cityofamericancanyon.org or call the Senior Center at (707) 647-5350 for the log-in information and instructions.

Forever Young Fitness - Mondays, Wednesdays, & Fridays 10-10:50 AM

This long-running fitness class has many devoted followers who enjoy the sociability and fun it offers. 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 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 and have a towel and water nearby. Please email vlin@cityofamericancanyon.org or call the Senior Center at (707) 647-5350 for the log-in information and instructions.

Stitchers' Social Hour - Thursdays 12:30-1:30 PM

Stitchers' Social is a popular social group at the American Canyon Senior Center. The class participants grab yarn, hooks, and needles to work on projects. During this virtual class, participants can share their current projects and upcoming crafts, get help from one another, and enjoy the company while crafting their masterpieces. Please email vlin@cityofamericancanyon.org or call the Senior Center at (707) 647-5350 for the log-in information and instructions.



**HOPE
LIVES
HERE**



Call the CalHOPE Warm Line:
(833) 317-4673

or visit
calhope.org

CalHOPE offers crisis counseling after a federal declaration of emergency. It offers resources and information to help people find their way during these difficult times.

Tips to Manage Stress:



Take a break from the news if it's causing you to feel overwhelmed.



Maintain social contact by phone, text, or email with those who support you.



Treat your body kindly—eat healthy foods, avoid excessive alcohol, and exercise as you are able.



Focus on what you can control, and let go of the rest.





LA
ESPERANZA
ESTÁ
AQUÍ



Llame a la línea de
apoyo de CalHOPE:
(833) 317-4673

o visite
calhope.org

CalHOPE ofrece asesoramiento en caso de crisis después de una declaración federal de emergencia. Ofrece recursos e información para ayudar a las personas a encontrar su camino en estos tiempos difíciles.

Consejos para manejar el estrés:



Tómese un descanso de las noticias si le hacen sentirse abrumado.



Mantenga contacto social con aquellos que lo apoyan por teléfono, mensaje de texto o correo electrónico.



Trate a su cuerpo con amabilidad: coma alimentos saludables, evite el exceso de alcohol y haga ejercicio en la medida de lo posible.



Concéntrese en lo que puede controlar, y trate de olvidarse del resto.



MENTAL HEALTH RESOURCES

NAPA COUNTYWIDE



Mental Health Crisis Hotlines 24/7

National Suicide Hotline: 1-800-273-8255

Crisis Text Line: Text "GO" to 741741

Crisis counselors are available to listen and help with coping skills

Trevor Project Hotline: 1-866-488-7386 or Text 678678

Crisis intervention and suicide prevention hotline + text message line for LGBTQ Youth

Crisis Stabilization Services / Exodus: 707-253-4711

For anyone age 5+ in immediate crisis, needing evaluation and crisis intervention
HHSA South Campus - 2751 Napa Valley Corporate Way, Building B

Mental Health Support Lines

Napa County Mental Health Access: 707-259-8151 or 800-648-8650

For mental health assessments and referrals as well as warm line support (Monday through Friday 8am-5pm) for individuals of all ages who are experiencing anxiety, stress, worry, depression, etc. related to COVID-19

Aldea Bilingual Family Wellness Support Line: 707-543-1152

8am-8pm, 7 days/week Help for parents and guardians who are dealing with their children's anxiety and worry related to COVID-19

Mentis Healthy Minds Healthy Aging: English 707-299-1885

Spanish **707-299-1884**. 9am-5pm, Monday-Friday. Help for Older Adults (60+) experiencing heightened anxiety and worry due to COVID-19

Postpartum Support International: Bilingual helpline 1-800-944.4773

Text **503-894-9453** for peri or post-natal moms

Mental Health Treatment Resources

Mentis Mental Health Services: Call Bilingual Intake: 707-255-0966 ext.132

For all ages available by phone or video | mentisnapa.org

Aldea Mental Health Services: For youth age 5-21 with mental health needs

and Medi-Cal coverage, and persons age 12-30 dealing with psychosis call

Bilingual Intake: **707-253-0123**. Teens age 14-21 in need of drug & alcohol treatment, regardless of insurance, call **707-255-1855** | aldeainc.org

OLE Health Behavioral Health Services: Bilingual phone or video services for

ages 5 and above. Call **707-254-1770** | olehealth.org

RECURSOS DE SALUD MENTAL

EN TODO EL CONDADO DE NAPA



Línea directa de Crisis de Salud Mental 24/7

Línea Nacional de Prevención del Suicidio: **1-888-628-9454**

Línea de Crisis por texto: **Texto "GO" a 741741**

Consejeros de crisis están disponibles para escuchar y ayudarle a enfrentar esta situación.

Trevor Project Línea directa: **1-866-488-7386** o **Texto a 678678**

Línea directa de intervención en crisis y prevención del suicidio + línea de mensaje de texto para jóvenes LGBTQ

Servicios de Estabilización de Crisis / Éxodo: **707-253-4711**

Para cualquier persona mayor de 5 años en crisis inmediata, necesitando evaluación e intervención de crisis. HHS South Campus - 2751 Napa Valley Corporate Way, Building B

Líneas de Apoyo para su Salud Mental

Departamento de Acceso a servicios de Salud Mental del Condado de Napa: **707-259-8151** o **800-648-8650**. Evaluaciones y referencias de salud mental y apoyo por teléfono (lunes-viernes de 8am a 5pm) para individuos de todas edades que están sintiendo ansiedad, estrés, preocupación, depresión, relacionado con COVID-19

Línea de Apoyo al Bienestar Familiar de Aldea: **707-543-1152**

8am-8pm, 7 días/semana. Ayuda para padres y tutores que están lidiando con la ansiedad de sus hijos y preocupación relacionada con el COVID-19

Mente Saludable, Envejecimiento Saludable de Mentis: Inglés **707-299-1885**

Español **707-299-1884**. 9am-5pm, lunes-viernes. Ayuda para adultos mayores (60+) experimentando una mayor ansiedad y preocupación debido a COVID-19

Postpartum Support International: Línea de Apoyo **1-800-944-4773**

Texto **971-420-0294** para madres perinatal o postnatal

Recursos para el Tratamiento de la Salud Mental

Servicios para la Salud Mental de Mentis: llame a la línea de acceso bilingüe: **707-255-0966 ext.132**. Para todas las edades disponibles por teléfono o video. mentisnapa.org

Servicios de Salud Mental de Aldea: Servicios de Salud Mental de Aldea: Para jóvenes de 5 a 21 años con necesidades de salud mental y cobertura de Medi-Cal, y personas de 12 a 30 años que padecen de psicosis, llame a la línea Bilingüe: **707-263-0123**. Los adolescentes entre las edades de 14 y 21 años que necesiten tratamiento de drogas y alcohol sin importar la aseguranza que tengan, llamen al **707-255-1855**. Más información en aldeainc.org

Servicios de Salud Conductuales de OLE Health: Servicios bilingües por teléfono o video para mayores de 5 años. Llame al **707-254-1770** | olehealth.org



VIRTUAL PROGRAMS
BY PARTNER
ORGANIZATIONS



Classes begin
January 11

Virtual Classes

Membership for those ages 50+!
Gain access to 20 classes all for
ONE LOW FEE.

Chair Yoga
Golden Yoga
Knitting
Life Writing
Overcoming Anxiety
Preventing Injuries & Falls
Pull Up a Chair Fitness
Yountville Page Turners Book Club
Tech Help Time
Coffee & Current Events Discussion Group
Easy Fan Tai Chi
Meditation for Optimal Health
Wine Time
Writing Gymnasium

AND MORE

January - May
\$75 / \$40 Res.

Keep Connected & Start off 2021 right!

This program is a perfect way to connect with others while exercising your mind and body safely from home!

Visit www.townofyountville.com/GT to register today
or call (707) 944-8712 for assistance.



Soroptimist of American Canyon Presents...



Music Night Via Zoom

Thursday, February 4th at 7 p.m.

Join Zoom Meeting

<https://us02web.zoom.us/j/87076367822>



Soroptimist of American Canyon Presents...



Via Zoom

Thursday, February 18th at 7p.m.

Sign up at

<https://lf.cityofamericancanyon.org/Forms/BingoNight>

Join Zoom Meeting

<https://us02web.zoom.us/j/87076367822>



BRAIN TEASERS

AND

COLORING PAGES

World Continents and Countries



There are more than 190 countries in the world, located on seven continents. Most of us live in the third largest country in the world—the United States. Identify the following continents and countries.

1. What is the largest continent?
2. Which country is home of the Pyramids of Giza?
3. Which continent contains the most countries [53]?
4. La Paz, Santiago, and Lima are three capitals on which continent?
5. Which European country is shaped like a boot?
6. A famous landmark divided which country from 1961 to 1989?
7. What is the most populated country in the world?
8. What is the largest country in the world geographically?
9. The biggest potato famine in history occurred in the mid-1800s in which country?
10. What is the smallest country in the world?
11. According to the World Tourism Organization, what is the most visited country in the world?
12. Which country is also a continent?
13. Geographically, what is the largest country in North America?
14. Which continent contains the world's longest river?
15. Name the seven continents.
16. Name five countries in Europe.

World Continents and Countries ANSWER SHEET



1. What is the largest continent?
Asia (17,139,000 square miles)
2. Which country is home of the Pyramids of Giza?
Egypt
3. Which continent contains the most countries (53)?
Africa
4. La Paz, Santiago, and Lima are three capitals on which continent?
South America
5. Which European country is shaped like a boot?
Italy
6. A famous landmark divided which country from 1961 to 1989?
Germany (Berlin Wall)
7. What is the most populated country in the world?
China (more than 1,300,000,000 people)
8. What is the largest country in the world geographically?
Russia
9. The biggest potato famine in history occurred in the mid-1800s in which country?
Ireland
10. What is the smallest country in the world?
Vatican City (0.2 square miles)
11. According to the World Tourism Organization, what is the most visited country in the world?
France
12. Which country is also a continent?
Australia
13. Geographically, what is the largest country in North America?
Canada (3.9 million square miles)
14. Which continent contains the world's longest river?
Africa (Nile River)
15. Name the seven continents.
Africa, Asia, Antarctica, Australia, Europe, North America, South America
16. Name five countries in Europe.
Check a map for answers.

FACTOID: With a map, discussions about this topic can last for hours. Questions for participants include the following: Who has been to the most countries? Which countries would you like to visit? Which capitals can you name? How many countries can you name on each continent? What are some of these countries best known for? From which country or countries does your family originate?

Vegetables and Fruits



A world of tastes awaits you with these delicious descriptions. The foods described come from every corner of the earth, and eating them is a healthy way to keep your body and mind in good shape. While you are working on this sheet, think of the foods that are your old favorites as well as new ones that you may like to try.

1. Which tropical fruit, which grows on trees, will really hurt your head if it falls on you?
2. Which popular snack consists of peanut butter and raisins on top of a celery stick? (Hint: You probably had it as a child.)
3. One of which fruit per day will keep the doctor away?
4. Which sweet fruit is high in Vitamin C and is also a popular breakfast drink?
5. Sometimes mistaken for a vegetable, which red fruit may be sliced in a salad or topped with mozzarella and basil?
6. Which red, seeded fruit has a tough skin and is sometimes called "nature's most labor-intensive fruit"?
7. Native to tropical America, which fruit is black and tough on the outside and green and soft on the inside?
8. Which leafy vegetable, a favorite of Popeye, is high in iron and packed with vitamins?
9. Many people prefer to eat what kind of vegetables and fruits, which are grown without chemical pesticides or fertilizers?
10. Which starchy root vegetable is the second most consumed food in the United States and can be eaten baked, fried, stuffed, or mashed?
11. The leaves of which vegetable are delicious dipped in butter or mayonnaise? Hint: Keep eating down to the fleshy heart for the real treat!
12. The presence of what differentiates a fruit from a vegetable?
13. Many fruits and vegetables taste best without their skin; however, there are quite a few that you can eat with the skin on. List at least five.
14. Which tart, red fruit might you find on top of a hot fudge sundae or in a delicious pie?

Vegetables and Fruits ANSWER SHEET



1. Which tropical fruit, which grows on trees, will really hurt your head if it falls on you?
Coconut
2. Which popular snack consists of peanut butter and raisins on top of a celery stick? (Hint: You probably had it as a child.)
Ants on a log
3. One of which fruit per day will keep the doctor away?
Apple
4. Which sweet fruit is high in Vitamin C and is also a popular breakfast drink?
Orange
5. Sometimes mistaken for a vegetable, which red fruit may be sliced in a salad or topped with mozzarella and basil?
Tomato
6. Which red, seeded fruit has a tough skin and is sometimes called "nature's most labor-intensive fruit"?
Pomegranate
7. Native to tropical America, which fruit is black and tough on the outside and green and soft on the inside?
Avocado
8. Which leafy vegetable, a favorite of Popeye, is high in iron and packed with vitamins?
Spinach
9. Many people prefer to eat what kind of vegetables and fruits, which are grown without chemical pesticides or fertilizers?
Organic
10. Which starchy root vegetable is the second most consumed food in the United States and can be eaten baked, fried, stuffed, or mashed?
Potato
11. The leaves of which vegetable are delicious dipped in butter or mayonnaise? Hint: Keep eating down to the fleshy heart for the real treat!
Artichoke
12. The presence of what differentiates a fruit from a vegetable?
Seeds
13. Many fruits and vegetables taste best without their skin; however, there are quite a few that you can eat with the skin on. List at least five.
Apple, berries, carrot, cherry, cucumber, grape, nectarine, peach, pear, plum, potato, radish, tomato, yam
14. Which tart, red fruit might you find on top of a hot fudge sundae or in a delicious pie?
Cherry

FACILITATOR: For further discussion, make an A-to-Z list of fruits and one for vegetables. List fruits by season (e.g., summer fruits, winter fruits), and encourage participants to name their favorite fruits. You can also brainstorm the following list: root vegetables, vegetables that are frequently mistaken for fruits, and fruits and vegetables by color.



