



Greetings from Your American Canyon Senior Center!

May 2021

Greetings AC! 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 Friday, May 28th through Monday, May 31st due to unpaid furlough 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 May 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 www.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.

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. HHSA 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 peri 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: 707-253-0123. 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



Soroptimist of American Canyon Presents...



Music Night Via Zoom

Thursday, May 6th at 7 p.m.

Join Zoom Meeting

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



Soroptimist of American Canyon Presents...



Via Zoom

Thursday, May 20th at 7p.m.

Please sign up by Wednesday, May 19th at
<https://lf.cityofamericancanyon.org/Forms/BingoNight>

Join Zoom Meeting
<https://us02web.zoom.us/j/87076367822>

Exercise for Arthritis & Food Smarts

Mondays and Wednesdays

May 3rd – June 23rd

11:30am – 12:45pm

Zoom Meeting ID :879 6012 1481



- Easy and fun stretches
- Simple and slow moves
- Learn healthy tips
- Easy to follow recipes

Want to sign up? Have questions?

Contact Norma Lisenko

Email: normalisenko@innovativehealths.com



Tai Chi for Arthritis

Mondays and Wednesdays

2:00 PM – 3:00 PM

May 3rd – July 7th

Join us!

Zoom Meeting ID :897 4857 9084



- Relax. Move. Breathe.
- Gentle and slow exercises

Want to sign up? Have questions?

Contact Ria; Call: (707)-297-0888

Email: riacastaneda@innovativehealths.com

No need to come to all classes to join



Tai Chi para Artritis

Los Lunes y Miércoles

2:00 PM – 3:00 PM

3 de Mayo – 7 de Julio

¡Únete con nosotros!

ID de Zoom :897 4857 9084



- Relaja. Mueve. Respira.
- Ejercicios suaves y lentos

Quieres registrarte? Tienes preguntas?

Conectate con Ria; Llame: (707)-297-0888

Email: riacastaneda@innovativehealths.com

No es necesario que venga a todas las clases para unirse





Mind Boosters & Brain Fitness Online

We have combined both programs for people who are concerned about their memory, or are in the early stages of memory loss and want to be proactive in maintaining their brain health.

Why Attend?

It's FUN! Participants enjoy the benefits of:

- Increased mental stimulation
- Increased socialization, support, and encouragement

You LEARN!

- New techniques for memory enhancement
- The 5 Domains of Brain Health
- The connection between physical activities, exercise, and overall brain health

**Classes are offered
online via Zoom**

Details provided upon registration

**2nd and 4th Thursdays
of the month**

11:00 a.m. to 1:00 p.m.

REGISTRATION

Contact Veronna Ladd
707.258.9087

vladd@collabriacare.org



Collabria Care

This program is generously sponsored by:



Care and comfort at a moment's notice.



SHARING TEENS TELL

VIRTUAL ART

SHOWCASE

In February, we hosted a virtual program called Teens Tell, an opportunity for teens to express themselves during the pandemic in art through written and visual forms. We are sharing it with you this month to see their creativity and experiences.

Before

i want to feel the touch of the rain,
the warmth of the sun,
i want to feel the cool air touching my skin,
the wind tightly hugging me
i want to feel the moment of realization---
when you stand in an unfamiliar place that feels like home,
taking a whiff of the foreign scent,
feeling overwhelmed--- feeling relaxed
feeling as if you're truly alive

and i lay, with tears in my eyes,
and memories of early past
they roam in my mind,
and they never leave my heart

alongside many, i realize
i constantly take things for granted
even the most simplest things,
even the least interesting moments,
i will forever crave,
and i will forever wish
oh, how i wish i could turn back
the hands of the clock

XVIII



The Moon



DICTIONARY

2020

• Pandemic • AUS ~
Fires • WWII? • K24
G2 • COVID-19 • Mu~
rder Hornets • BLM •
Explosion in Lebanon
Impeachment • Chad~
wick Boseman ~ R.i.p



01/06/70

San

Perplexed

everyday,
i'm stuck in a mess,
in an exhausting cycle,
dropping into a bottomless pit

everyone warned me what could happen,
the whole world tried stopping me,
regardless if they cared,
they knew the dangers this could bring

i blame others for this feeling
my parents, my peers, my teachers---
but i know,
deep inside me, i recognize
these feelings are caused of my own choosing

every time i realize this,
i try and break free
but every time, i hold myself back
a part of me constantly refuses,
anda a part wants it so bad---
it starts to crumble

how can i ever go back
to that moment i felt free,
to the the moment i saw this pit,
and chose to jump to my own doom

Sauvignon Spring

O! The glorious rays of golden light
Cascade o'er rolling hills in the morning,
Seep through the windows bright, and in their plight
Reveal a glistening dance adorning
The vines, valleys, pavement, with magic sun.
No cloud in sight, for all've melted away.
Not a dew drop lay on the leaves, but one;
The shed tear of Winter; Spring's here to stay.
The setting sun stains painted hues of red
Against a canvas sky. Below, reflects
An enchanting scarlet-wine river bed.
The wondrous Napa River recollects
Swirling visions of chardonnay in spring,
The season of rebirth is occurring.

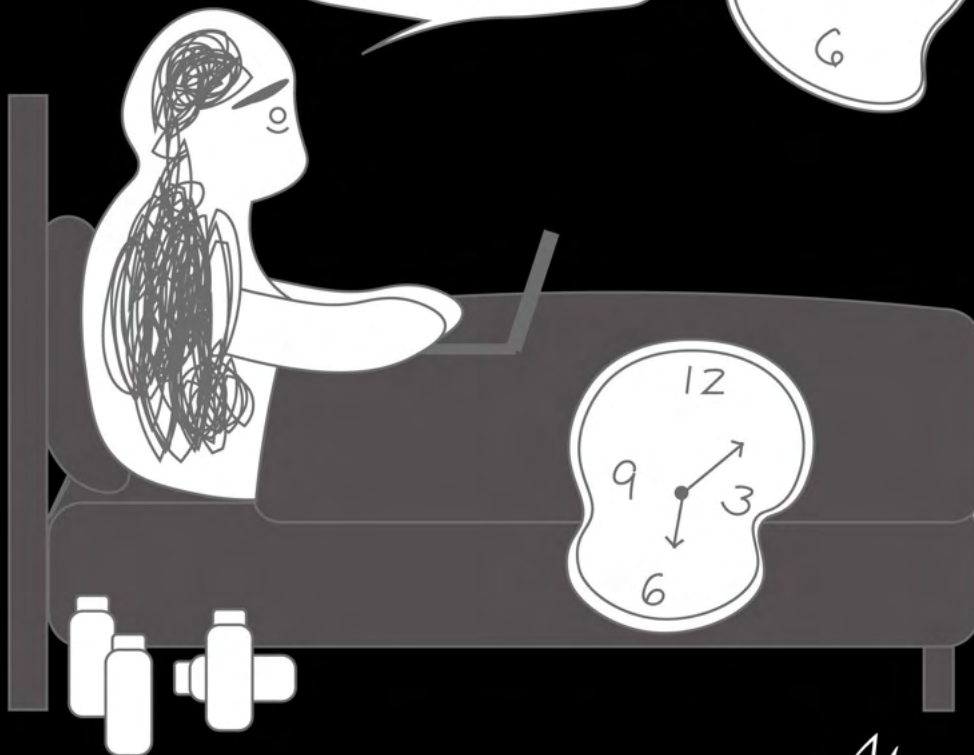
In quarantine a lot of us have rediscovered our outdoor roots and begun to realign ourselves in nature. Visiting various hiking trails and other serene places of the sort can be so refreshing especially when we've all been so cooped up inside our stale-aired homes with window-filtered sun rays. Often we may find ourselves looking to nature where we can both lose and find ourselves in the grandeur of the sublime, and that's what this piece is a representation of for me. There's a sort of juxtaposition between the intoxicating beauty of nature and the very sobering difficulties of living through a global pandemic.. Something that has always allowed me to realign, reorganize, and center myself is writing out my thoughts. Over this quarantine there has been a lot of that.. As spring nears, we can only hope that so will the end of the hardships of this pandemic.

I hope you can find something refreshing in my poem as I have found in writing it.

- Jennacess



I don't even know
if it's worth it anymore



- 91

some things i made over quarantine



i pressed some wildflowers and moss from hikes i went on during quarantine 🌻🌿 and turned them into earrings !!



The Wish-Fish by Josephine Carreon

"I finished the flower crowns!" the girl said as she gently placed them on her and the boy's head.

The boy blushed and replied, "They look very nice!" and thought maybe that comment to her work would suffice. He nervously looked in a different direction, but he secretly liked her kind affection.

They had been waiting for a fish for three long hours. Just to get a single bite would take divine powers. The boy was afraid that the gleeful girl would eventually get bored, so he prayed for a fish to his good, loving Lord. A couple more minutes had soon passed. He thought to himself, "She'll probably leave, quickly and fast! Please, dear Lord, just one bite! I promise to serve you with all my might!"

Suddenly, just right after, a tug and a swerve had interrupted their chatter. The boy was caught off-guard and almost pulled into the lake, but he gained balance and began to reel for the girl's sake. He yanked and reeled, never ready to yield. He finally pulled out with all of his strength a heavy, purple fish that was about arm's length. The gleeful girl cheered and screamed. Her face was bright and her brown eyes gleamed. They jumped and made a lot of noise, but a strange voice interrupted their loud joys. The boy and girl looked to see that the fish could speak like you and me!

The fish said, "Please, don't be in shock because you have discovered that I can talk. Not only can I speak, but I can grant you anything you seek."

The boy immediately replied, "I would like a new fishing rod. Mine is old and crooked and odd."

The fish then looked to the girl, who was eager to say, "I want to spend my only wish in this way: I wish that the sun's rays would shine stronger, so I can hang out with him longer!"

The fish responded, "I can make this last for one day. here, you and he will be able to stay."

The boy was surprised and flushed, and the girl just smiled and blushed. The fish granted each their personal desire, and the sun began to rise higher and higher. The boy put him back into the watery blue, and they all bid each other a kindly adieu.



BRAIN TEASERS

AND

COLORING PAGES

Famous Families



This worksheet lists some of the more well-known families spanning the past century. Based on the information below, try to name the family and some of the more famous members. If you get stumped, choose from the list of families at the bottom of the page for extra help.

1. Which family made its fortune in the shipping and railroad industries during the 19th century?
2. Which family of musicians includes an original member of the Beatles?
3. Which family contains brothers who are famous for their zany comic acts?
4. Which family is famous for its involvement in organized crime?
5. Which famous literary family is responsible for two classic romantic novels?
6. Which American family is famous for its Democratic political involvement?
7. Which family includes theatre and film actors and actresses?
8. Which two families are famous for their decades-long feud?
9. Which family of vocalists has a senior member who was also known as Ol' Blue Eyes?
10. Which family is famous for creating and running the world's largest retailer?
11. Which family made its wealth through the Standard Oil Company and is known for its worldwide philanthropy?

Choices: Barrymore, Sinatra, Lennon, Kennedy, Rockefeller, Marx, Vanderbilt, Gotti, Hatfield, Waltons, Brontë, McCoy

Famous Families ANSWER SHEET



1. Which family made its fortune in the shipping and railroad industries during the 19th century?
Vanderbilt family—Cornelius, Harold, William Henry
2. Which family of musicians includes an original member of the Beatles?
Lennon family—John, Julian, Sean, Yoko Ono
3. Which family contains brothers who are famous for their zany comic acts?
Marx family—Chico, Groucho, Gummo, Harpo, Zeppo
4. Which family is famous for its involvement in organized crime?
Gotti family—John, Richard, Peter, Victoria
5. Which famous literary family is responsible for two classic romantic novels?
Brontë family—Anne, Branwell, Charlotte, Emily
6. Which American family is famous for its Democratic political involvement?
Kennedy family—Caroline, Edward, John, John, Jr., Robert, Rose
7. Which family includes theatre and film actors and actresses?
Barrymore family—Dolores, Drew, Ethel, John
8. Which two families are famous for their decades-long feud?
Hatfield and McCoy families—Randolph, William “Devil Anse”
9. Which family of vocalists has a senior member who was also known as Ol' Blue Eyes?
Sinatra family—Christina, Frank, Frank, Jr., Nancy
10. Which family is famous for creating and running the world's largest retailer?
Walton family—Helen, Rob, Sam
11. Which family made its wealth through the Standard Oil Company and is known for its worldwide philanthropy?
Rockefeller family—John, Nelson, William

FACILITATOR: This is a great exercise for the history buffs in your group. Use this worksheet to encourage people to share their opinions about each of the families. In general, were the families liked or disliked? Respected or looked down on? How do members of each family differ from each other? How are members of your own family alike or different?

Description of Items by Touch



Imagine that you are touching different items and trying to describe how they feel. Mentally pick up some of these items and turn them over in your hands. Be aware of how they feel. List all of the words (e.g., rough) that you can think of that describe how items feel.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

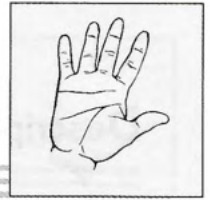
12.

13.

14.

15.

Description of Items by Touch ANSWER SHEET



Abrasive	Light
Biting	Lumpy
Bumpy	Moist
Clammy	Oily
Coarse	Porous
Cold	Prickly
Crisp	Rigid
Dry	Rough
Dull	Rubbery
Fine	Sandy
Flaky	Scaly
Flexible	Scratchy
Fluffy	Sharp
Furry	Silky
Fuzzy	Slimy
Gooey	Slippery
Greasy	Smooth
Gritty	Soft
Hard	Sticky
Heavy	Velvety
Hot	Warm
Humid	
Icy	Wet

FACILITATOR: After participants have listed all of the words that they can think of that describe how different items feel, give clues for the descriptions above that they haven't yet named. As an extension of this activity, ask them to name an item that would feel like this.



© 2019 Crayola. Serpentine Design®

Find everything imaginable at Crayola.com

