



FOSTER CITY PARKS AND RECREATION

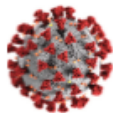
SENIOR RESOURCE GUIDE

Your guide to important information,
resources, and fun activities during this
uncertain time.



FOSTER CITY SENIOR WING 650-286-2585

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



FOOD RESOURCES

SECOND HARVEST FOOD BANK

Pre-boxed groceries are available for pickup on the 1st and 3rd Fridays of every month starting at 9am in the parking lot of the Recreation Center. To sign up for this free program call 1-800-984-3663.

MEALS ON WHEELS

Every week, Peninsula Volunteers delivers over 3,000 hot, nutritious meals to primarily homebound seniors and adults with disabilities in San Mateo County who are unable to cook and shop for themselves. To sign up for this free program call 650-323-2022.

GREAT PLATES MEAL DELIVERY

California's Governor Newsom has started a home delivery meal program for people who need to stay at home due to COVID-19. If eligible, you can receive free meals delivered to your home from restaurants in your neighborhood. Please call the Aging and Adult Services Hotline for more information: 1-800-675-8437.



SENIOR SHOPPING HOURS

SEVERAL STORES ARE RESERVING DATES AND TIMES SPECIFICALLY FOR SENIORS TO SHOP IN A SAFER ENVIRONMENT:

- **Safeway**
Tuesdays & Thursdays 6-9am
- **Lucky's**
Tuesdays & Thursdays 6-9am
- **Target**
Wednesdays 8-9am
- **Trader Joe's**
Daily 9-10am
- **Smart & Final**
Tuesdays & Thursdays 6-8am
- **99 Ranch Market**
Monday through Friday 8-9am

SUPPORT SERVICES

OLDER ADULT RESOURCE LINE

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. An experienced professional will be able to connect you to a wide range of community resources including food services and a weekly well-being call with a Senior Peer Counselor. Call today at 650-780-7542.

AGING & ADULT SERVICES HOTLINE

San Mateo County's 24-hour information and emergency response line helps older adults, people with disabilities, dependent adults, and caregivers access the services they need to stay safe. The hotline is staffed by knowledgeable and experienced social workers and public health nurses. Call 1-800-675-8437.

INSTITUTE ON AGING - FRIENDSHIP LINE

Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. Trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults. Call 1-800-971-0016.

COVID-19 PUBLIC CALL CENTER

Call 2-1-1 for non-emergency, non-medical questions; 24 hours/day, 7 days-a-week.

EASY & SAFE EXERCISES

CHAIR SQUATS

Pretending that you are about to sit down in a chair can strengthen your entire lower body.

- Stand in front of a chair with your feet as far apart as your hips.
- Bend your knees while keeping your shoulders and chest upright.
- Lower your bottom so you sit down.
- Then push your body back up to return to a standing position.

WALL PUSH-UPS

These push-ups can provide strengthening for your entire upper body with a focus on your arms and chest. But you don't have to get down on the floor and worry about being stuck there!

- Stand in front of a sturdy wall, up to two feet away but as close as you need to.
- Place your hands up against the wall directly in front of your shoulders.
- Keep your body straight and bend your elbows to lean in towards the wall.
- Stop with your face close to the wall and then straighten your arms to push your body away from the wall.



Exercise is meant to improve your health, not cause you to get hurt. As always, check with your physician before starting any new exercise programs.

SINGLE FOOT STAND

This exercise is similar to standing like a flamingo but less dangerous.

- Stand behind a steady, unmovable chair and hold onto the back.
- Pick up your left foot and balance on your right foot for as long as is comfortable.
- Place your left foot down and then lift up your right foot and balance on your left foot

You are aiming to be able to stand on one foot without holding the chair for up to a minute.

TIPPY TOE LIFTS

You can pretend to be a ballerina while strengthening your legs and improving your balance with this exercise.

- Stand beside or behind a chair or counter and place your hands on the surface for support.
- Push yourself up onto your tippy toes as high as is comfortable and then return back to a flat foot. Repeat.

THE HEAD TURN

One of the simplest and easiest stretches to do! This exercise involves a movement you do whenever you shake your head “no”.

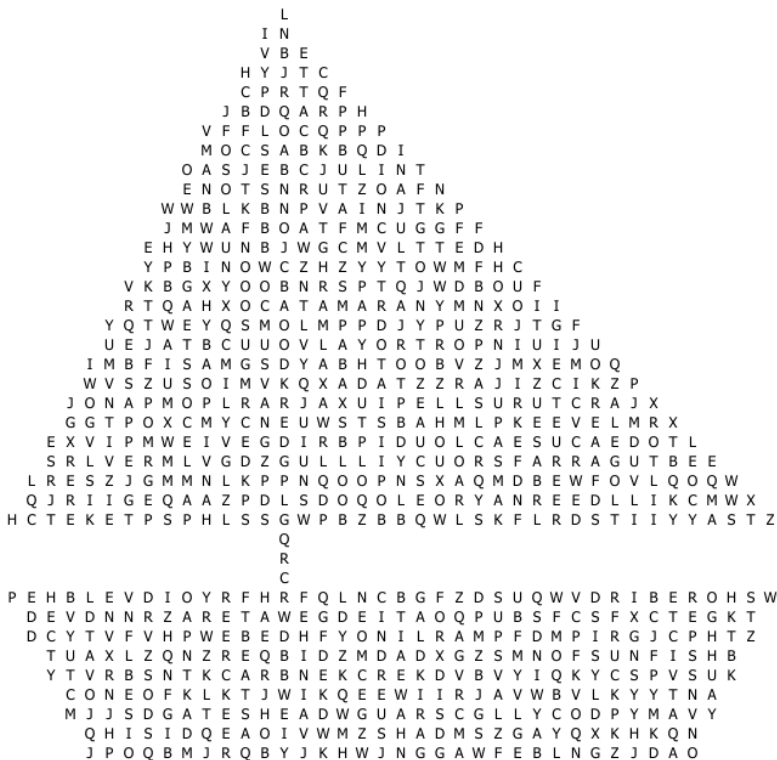
- Stand or sit with your back straight and your shoulders relaxed.
- Turn your head slowly to the right until you feel a light stretch.
- Hold that position and then turn slowly to the left.

This exercise helps to keep your neck mobile which important for driving and being aware of your surroundings!

WORD SEARCH FUN

Foster City Parks

Find and circle the names of Foster City's beautiful parks.



WORD LIST:

ARCTURUS
BAYWINDS
BOAT
BOOTHBAY
BRIDGEVIEW
CATAMARAN

EDGEWATER
ERCKENBRACK
FARRAGUT
GATESHEAD
GULL
KETCH

KILLDEER
LEO
LEO RYAN
LEVEE
MARLIN
POMPANO

PORT ROYAL
SEA CLOUD
SHAD
SHOREBIRD
SUNFISH
TURNSTONE

Foster City Streets

D
K V A
X G J S N
I N H Q N V Z
B A R B A D O S A
W E S O Y O C H E D S
C P N S C L S E N O O L Y
M N U A N E Z H V T X S A Y I
N O A H R U W R P V A C I A M A J
H G N F Z C A B F P T R L L G E P G L
S N P T V J E H F L L D X C H L L I U D L
Y A S R E M W V W Z Y D G A K K S S T L A Q N
L N E W V R I F G E B R E T I P U J N C L J U N L
F X O B O F E Q Z D F L Z N R N F D S E A C P W H S B
D B Z U P R F Y F X C I E T H N R T G O I I J O E O Z R Y
L M T R J K D O K D F I P V M S L U G X L H R U W O A M U S L
Q A N G B H H F M L R N J K A C L Z M Y J B G N G R L O U B C Z S
K B E O T O N S I E C R E N J R G J D H N E R W A L L E G A L L I V V
B M C B R P G L B S G K R N K T A C Z S N K N D W P W D R E T S E V R A H
B S C C H C G F T Y B Q Y M V
I H K C O Q C Q E D U U X H T
V E T O F P T J R X A Z Y I Q
T L Y F K R G X G C D Q U P F
K L X L N E P R E Q V W P U A
R K L Y H N O E O G V F E F D
B R T I V O R J K H D O L P E R I C K S O N I D X F J
O E C N R I Q D S N C O Y I C E L E S T I A L O Y I Y
V X T G T B P E A R Y H N P H Z D E C A T U R Q T N E
I N N F N T E O Q J M C E D T W A O M P X V E M T T N
D Y O I V S S N W E Y F Q Q B K L R B O U
R Y T S V D I A D M Q L Y N S T
V S I H Y Q A S D W B R J A F P
E H R F D G G J B M M E U L F E
M X T N V C T O E H M P Q L D N
B F M C F V Q A G O N P A E N R
U Q L O P N B K I B O O T H B A Y I U X G V C
D L Q X A J K D D P N C M M P Y J L T A T F
D X O L R U U H W S U L U G E R O C P M G G
L E W B O C A R D S Y F C W P E Y Q B G V T
I X P N C G C V V R Y M W E Z T Z D C Y A K

WORD LIST:

BARBADOS
BOOTHBAY
CARAVEL
CELESTIAL
CLIPPER
CRANE
DECATUR
DRACO

EGRET
ERICKSON
FLYINGFISH
GULL
HARVESTER
JAMAICA
JUPITER
LOON

MAGELLAN
MONTEREY
NEPTUNE
PEARY
PITCAIRN
POLYNESIA
PUFFIN
REGULUS

SANDPIPER
SCHOONER
SHELL
SWORDFISH
TRITON
VILLAGE

TRIVIA

U.S. HISTORY

1. What was the ship that brought the pilgrims to America?
2. Who was the president during most of World War II?
3. In 1848 thousands of people came to California. What were they looking for?
4. Which four presidents are carved into Mount Rushmore?
5. How many states formed the original colonies?
6. Who wrote the Star Spangled Banner?
7. Which president served two non-consecutive terms?
8. What year did the War of 1812 end?
9. Which president's residence was in Mt. Vernon, Virginia?
10. Who was president of the Confederacy during the Civil War?

GEOGRAPHY

1. What is the world's largest continent?
2. Cairo is the capital of what country?
3. What is the longest river in Africa?
4. What is the world's largest country, by area?
5. What does "D.C." stand for in Washington, D.C.?
6. What two countries share the longest land borders?
7. What desert ranks as the hottest in North America?
8. What continent lies closest to Antarctica?
9. What country is the second largest by area in the world?
10. What continent lies in all four of the Earth's hemispheres?

Answers:
1. Asia
2. Egypt
3. The Nile River
4. Russia
5. District of Columbia
6. The U.S. & Canada
7. The Mojave Desert
8. South America
9. Canada
10. Africa

Answers:
1. The Mayflower
2. Franklin D. Roosevelt
3. Gold
4. Washington, Jefferson, Lincoln, T. Roosevelt
5. 13
6. Francis Scott Key
7. Grover Cleveland
8. 1815
9. George Washington
10. Jefferson Davis

VIRTUAL BINGO

Join Recreation staff for an online version of everyone's favorite family game, BINGO, on Facebook Live!

Games are held on Thursdays starting at 3pm. For more information on how to play, visit www.fostercity.org/virtualrec and click the Bingo link under *Upcoming Events*. If you need assistance, please call the Senior Wing at 650-286-2585.

ADDITIONAL RESOURCES

Although the Recreation Center and Senior Wing are currently closed, Foster City Parks and Recreation Department has created virtual Recreation and Senior Centers on the City's website. For those who have access to a computer, visit www.fostercity.org/virtualrec or www.fostercity.org/virtualseniorcenter. Here you will find suggestions and resources to keep yourself engaged, active, and informed during this uncertain time. If you need assistance navigating the websites, please call the Senior Wing at 650-286-2585.