THE BELL RINGER - APRIL 2020

SAN PABLO SENIOR CENTER

1943 Church Lane, San Pablo CA. 94806

Monday-Friday	8:00am-5:00pm
Saturday Bingo	10:00am-4:00pm

(510) 215-3090
seniors@sanpabloca.gov
www.sanpabloca.gov/seniors

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CLOSURE STATUS

Due to the Local Emergency Declaration by the City Council, and Shelter-in-Place Order issued March 16, 2020 by Contra Costa Health Services, ALL City of San Pablo Activities, Programs and Services have been temporar-ily CANCELLED until further notice.

All City facilities are hereby CLOSED to the public, effectively immediately.

Please visit our website at www.SanPabloCa.gov for updates.

VIRTUAL RECREATION CENTER

We are excited to announce our NEW Virtual Recreation Center page which includes resources, indoor and outdoor activity links for ideas, and much more! Please visit www.sanpabloca.gov/2680/Virtual-Recreation-Center to view today!

SYMPTOMS OF CORONAVIRUS

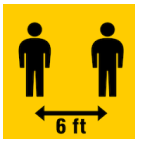
Symptoms may appear in as few as 2 days or up to 14 days after exposure.

- Fever
- Cough
- Shortness of breath
- Severe complications often include pneumonia in both lungs

PRECAUTIONS YOU SHOULD TAKE

Wash hands with soap and water.

Avoid touching eyes, nose or mouth with unwashed hands.



Avoid small gatherings that do not allow for six feet per person for social distancing.

Cancel or postpone gatherings of 10 people or more.

ESSENTIAL SERVICES BEING OFFERED

TRANSPORTATION OFFICE HOURS & LOCATION

San Pablo Senior & Disabled Transportation
1943 Church Lane, San Pablo CA. 94806

Office Hours: Monday-Friday, 8:00am-4:30pm
*Shuttle Service Hours: Monday-Friday, 9:00am-3:45pm
There is no shuttle service between 12:00pm-1:15pm

(510) 215-3095
paratransit@sanpabloca.gov
www.sanpabloca.gov/Transportation

*Please be advised that reservations are on a first come, first serve basis and are based on driver's availability which may impact your request.

SENIOR & DISABLED TRANSPORTATION SERVICE

The San Pablo Senior and Disabled Transportation service is still active providing essential services only, which include trips to and from medical appointments, grocery store and the bank. For more information call (510) 215-3095.

SENIOR NUTRITION PROGRAM-CC CAFE

The San Pablo Senior Center at 1943 Church Lane currently has lunch pick-ups Tuesdays from 11:45am-12:45pm. This is a once a week pick up that includes 7 days of frozen meals, meals are FREE to ages 60+.

- Orders must be placed no later than 12:30 pm on Monday prior to pick up or delivery.
- To place an order for the weekly meals, call (510) 215-3098.
- We are also offering FREE delivery of these meals on Fridays. See "Food Delivery" for more information.
- Meals will be delivered to the homes of participants on Fridays between 11:45am-3:00pm.
- To ensure your safety as well as the safety of the driver, meals will be placed on your door step and not handed to you directly.

SENIOR FOOD BANK PROGRAM & DELIVERY (BROWN BAG)

The San Pablo Senior Center WILL CONTINUE to host the Senior Food Bank Program at Davis Park Multipurpose Room (1667 Folsom Ave.) every first and third Friday of the month between 10:00am and 11:00am. Delivery is availabe for FREE.

FOOD DELIVERY

San Pablo Senior and Disabled Transportation program will still provide food delivery of the Senior Food Bank service the 1st & 3rd Friday of each month. Food will be delivered between 11:45 am-3:00pm for free. Participants can register for the transportation program and use it for the frozen meal drop off and essential transportation services such as "medical appointments, grocery and banking needs." For more information call (510) 215-3095.

COMMUNITY RESOURCES & SCAM ALERT

DIAL 211

o http://www.211.org/
o Phone and website is constantly being updated with information

HICAP

Still assisting senior patrons with health insurance consultations, but remotely
o https://cahealthadvocates.org/hicap/contra-costa/ or call 1-800-510-2020

CONTRA COSTA SENIOR INFORMATION & ASSISTANCE

o https://ehsd.org/elderly-disabled/information-assistance/
o Social workers are working remotely Monday-Friday, 8:00am-5:00pm and can be reached at 1-800-510-2020 or 925-229-8434
o Housing, legal, senior centers, transportation, etc.

SAMHSA DISASTER DISTRESS HOTLINE

o Available 24/7 1-800-985-5990 in English & Spanish
o https://www.samhsa.gov/find-help/disaster-distress-helpline
o Open to those who are feeling anxious about the situation, depressed, lonely, etc.

SCAMS AMID THE CORONAVIRUS PANDEMIC

Listed below are a few coronavirus-related scams targeting seniors and other vulnerable populations, as well as the population at large.

Coronavirus vaccine scams: Fraudsters are calling seniors claiming to have a coronavirus vaccination or preventative medicine and seeking over-the-phone payment to reserve their dose.

Government assistance scams: The FTC is warning the public about potential issues regarding government payouts, including potential scams related to fees or other charges, attempts to get personal information and the fact that there are currently no monies being paid out.

Home sanitation scam: Phone or online offers to have their homes cleaned and sanitized, but these offers require prepayment.

Dangerous websites/email blasts: Fraudulent websites may promote links that claim to let the user donate to victims or to offer resources and advice but that lead to malicious websites.

Seniors are encouraged to be mindful of fraudsters' efforts to exploit this situation.
· Don't click on links from sources you do not know.
· Ignore online or telephone offers regarding vaccination.
· Report suspected scams to authorities.

MYTHBUSTERS! MYTH VERSUS FACT

MYTH: Antibiotics are effective in preventing and treating the coronavirus.

FACT: No, antibiotics do not work against viruses, only bacteria.

The coronavirus is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the coronavirus, you may receive antibiotics since bacterial co-infection is possible.

MYTH: The new coronavirus only affects older people.

FACT: People of all ages can be infected by the coronavirus.

Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

The World Health Organization advises people of all ages to take steps to protect themselves form the virus, for example by following good hand hygiene and good respiratory hygiene.

MYTH: Regularly rinsing your nose with saline helps to prevent infection with the coronavirus.

FACT: No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the coronavirus.

There is some limited evidence that regularly rinsing the nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

MYTH: There are medicines to prevent or treat the coronavirus.

FACT: To date, there is no specific medicine recommended to prevent or treat the coronavirus.

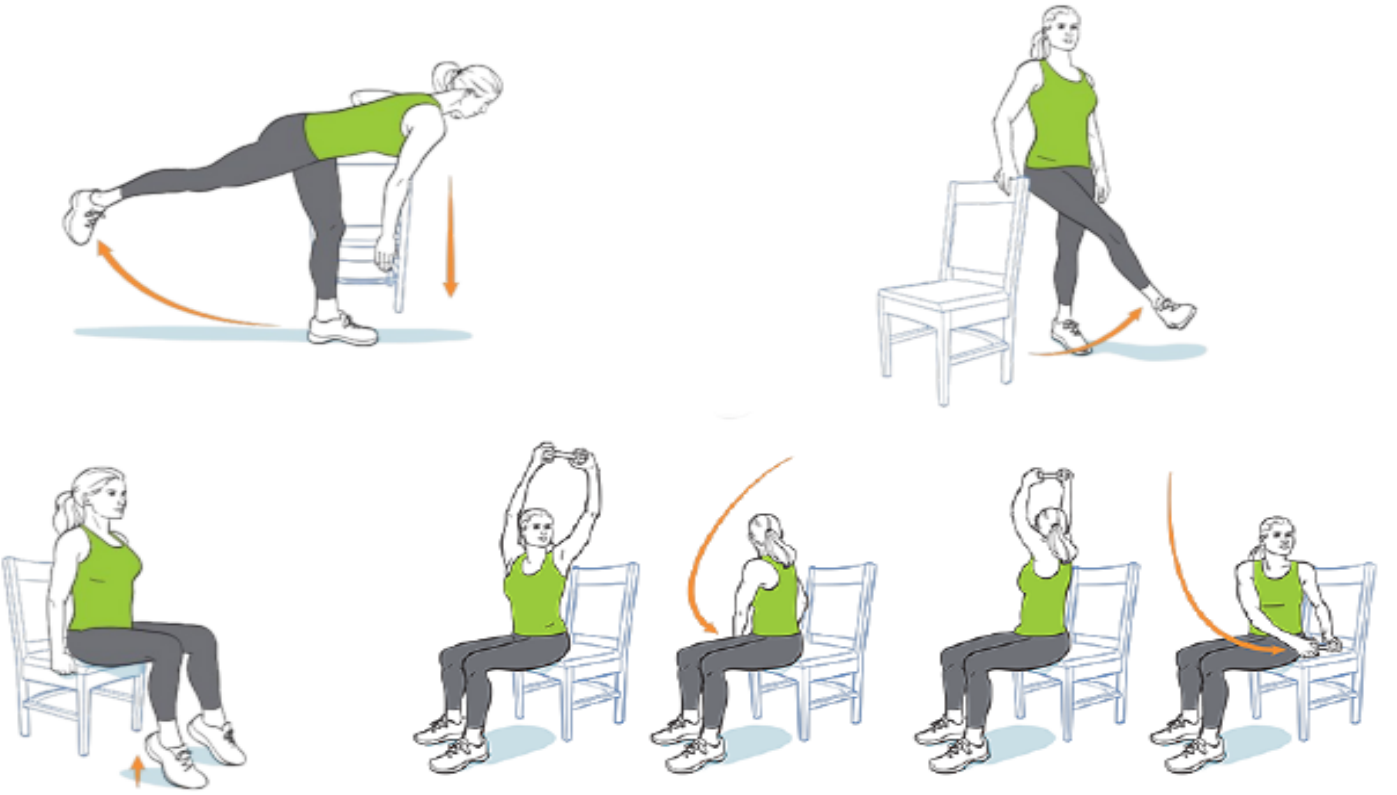
However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care.

Some specific treatments are under investigation, and will be tested through clinical trials.

DON'T FORGET TO STRETCH!

FRESH AIR ENCOURAGED

SHOULD YOU DECIDE TO GET SOME FRESH AIR…

· Be mindful of social distancing.
· Walk in less crowded areas.
· Map out a route in your neighborhood.

CHAIR EXERCISES