

Fair Oaks

Up 2 Date

Message from Laura

Friendly Reminders

Hello Fair Oaks participants!



You might be wondering what we've been doing at the center since we closed. To begin while we are closed to the public, our center remains open to pick up lunch and we offer exercise classes online and in the garden.

We hope to reopen soon, but first we need to make sure we are prepared to welcome you back. Your safety comes first and therefore we will ensure that we take all necessary precautions to keep you safe.

The staff is busy making sure the center is ready to welcome you and

when we do, you will see that a couple of things have changed. The City of Redwood City will remodel our kitchen and we will have a new front desk that will protect both you and our staff.

While we wait for construction to finish, please be patient, we look forward to reopening as much as you do. In the meantime, remember to pick up lunch, take advantage of our exercise classes, and call our resource line if you have any questions. See you soon.

Be well,
Laura Swartzel ♥
Associate Director of Adult Services
Director of Fair Oaks Adult Activity Center

To celebrate, join us as we have a two-for-one super sale at La Tiendita during lunch. Everything must go!

- **Grab & Go Lunch Pickup**
Monday thru Friday
at 11:30am-12pm
- **Second Harvest Food Bank**
Friday, 05/08 & 05/22
at 11:00am.
- **Vegan Outreach**
Free vegan food distribution every Thursday from 3:00-5:00pm
- **Blood Pressure Screening**
Tuesday, 11/23 at 10:00 am by a RN of Dignity Health

HAPPY HALLOWEEN !
Friday, October 29,2021

Fair Oaks Adult Activity Center - 2600 Middlefield Rd, RWC - 650-780-7542



IN *Brief*

How to Prepare for the Autumn Season

As summer exits, fall starts, bringing with it seasonal hazards to which every senior should give their careful attention. You can best prepare for the cooler months ahead by following these tips to stay healthy and safe.

1. Pick Up the Leaves

When leaves start filling up the yard, it will be time to make sure they are cleaned up on a regular basis. Failure to do so could cause a senior to trip or slip.

2. Be Cautious on Rainy Days

Puddles and other wet surfaces can be hazardous for people of all ages, but its especially important to help the elderly avoid them. This is because they are often not very stable on their feet. Older individuals may also have poor vision that makes it harder for them to see puddles without assistance.

3. Prepare for Flu Season

Unfortunately, elderly people are at a much higher risk of suffering from serious complications if they contract influenza. The flu shot is

a great place to start, and the CDC recommends it for all seniors. Other proactive steps include frequent hand washing, using hand sanitizer while in public places and steering clear of friends and relatives who have the flu.

4. HVAC Inspection

Fall is also the perfect time of year to have your older relative's HVAC unit inspected and cleaned. Cold temperatures can be very difficult for seniors to deal with. Getting an inspection now may prevent a breakdown from

leaving them without heat during the winter.



Butternut Squash Soup

This butternut squash soup is the ultimate fall comfort food!

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth

INSTRUCTIONS

1.Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.

2.Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.

3.Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve.



ENJOY!

Fair Oaks Activities Schedule OCTOBER 2021

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|--|--|--|---|
| 9:00 am | Yoga - Ruth Outdoors at the Fair Oaks Garden | Gentle Yoga– Juanita Zoom Link: https://fhda-edu.zoom.us/j/97212464116?pwd=VTVDURUFhbUVYQUFFd2RWM3NUZE4wdz09 | | Gentle Yoga– Juanita Zoom Link: https://fhda-edu.zoom.us/j/97212464116?pwd=VTVDURUFhbUVYQUFFd2RWM3NUZE4wdz09 | |
| 10:00 am | | | Tai Chi– Lisette Outdoors at the Fair Oaks parking lot | | Sit & Be Fit - Rita Zoom Link: https://fhda-edu.zoom.us/j/96031745711 |
| 12:30 pm | La Platica (Spanish) with Maria | Relaxing Exercise- Lynnette Please contact the Victor to sign up for this class | | Strong For Life– Kate Zoom Link: https://us02web.zoom.us/j/85734790417 | |
| 1:00 pm | Soul Line Dancing– Juanita Zoom Link : https://us02web.zoom.us/j/727312950?pwd=Y25BUWZZT2ZkV1crY3NQVWM3eUpKUT09 | | | | |
| 2:00 pm | Let's Talk(English) with Charles via Zoom La Platica (Spanish) with Maria via phone | | | | |

**For further assistance please contact Victor Marquez at the Resource Line
650-780-7542**

RELAXING EXERCISE

Note: *This class is offered Tuesdays at 12:30-2pm on Zoom* Please contact the instructor for more information*



The Relaxing and “Less Stress” exercise classes are designed to assist students in building-up and/or maintaining maximum movement, endurance, flexibility and balance. While doing the exercises, students are asked to be conscious of their breathing to

- (1) aid the student while doing exercises in class
- (2) provide additional energy when performing activities of daily living.

This relaxing way of exercising the whole body is beneficial to individuals with a wide range of abilities.

Lynnette Vega, Instructor

email: lahondalynnette@earthlink.net

Phone: (650) 747-0605 (no text)

What YOU Can Do to Prevent Falls

By making some changes, you can lower your chances of falling. Below are four things you can do to prevent falls:

1. Have your healthcare provider review your medicines: Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.

2.Exercise to improve your balance and strength: Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident.

3.Have your eyes and feet checked: Once a year, check with your eye doctor, and update your eyeglasses, if needed. You may have a condition like glaucoma or cataracts

that limits your vision. Poor vision can increase your chances of falling.

4.Make your home safer:

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Use doublesided tape to keep rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Improve the lighting in your home. As you get older, you need brighter lights to see well.



Older Adult Resource Line is Expanding!

CALL US TODAY! Monday-Friday, 7:30am-4pm

(650) 780-7542



All those age 60+ in San Mateo County can stay connected to resources and services during this time of "sheltering in place".



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.

One of our experienced professional support team members will be able to connect you to a wide range of community resources including food services and a weekly wellbeing call with a Senior Peer Counselor. Call us today at (650)780-7542.

This time of isolation does not mean that you have to be disconnected from community. We are here to help you.



Your health and wellbeing are important to us. We want to keep you healthy, well, and connected.



Founded in 1947, the **Peninsula Health Care District** serves the communities of San Bruno, Millbrae, Burlingame, Hillsborough, San Mateo and Foster City by supporting the unique health and wellness priorities of our Peninsula communities, and safeguarding access to health services, today and in the future. For more information: <http://www.peninsulahealthcaredistrict.org/>



Peninsula Family Service

Originally a small organization founded in 1950, **Peninsula Family Service** has grown to recognize the need for innovative, professionally led, locally targeted solutions to secure the wellness and stability of our neighbors. The community has rallied behind this mission, providing fundraising support and volunteers to establish and grow expert-led programs. For more information: <https://www.peninsulafamilyservice.org/>



Peninsula
Family Service
Opening Doors, Changing Lives

Fair Oaks Adult Activity Center
2600 Middlefield Road Redwood City, CA 94063
650-780-7542

There will be no Blood Pressure Screening in October 2021

