Albany Seniors Stay Safe During the Global Health Crisis

The City of Albany is sending our best wishes to all of you in your homes, as we head into June. There’s no doubt we’re experiencing unprecedented times, and we stand with every member of our community and have been proud to continue to serve you all during these challenging times.

While at home, you can take advantage of Albany’s @HomeTogether, Virtual Community Center. Visit: www.albanyca.org/our-city/hometogether. There, you’ll find links to fun and educational activities for all ages including links to museums, on-line exercise classes, garden talks and other resources to create ways to learn, play and connect while at home. Check in with friends and family via a good old-fashioned phone tree, and if you’d like a weekly check-in call, just reach out to our Human Services Hotline at (510) 524-9122 and let them know.

As the situation evolves, we’ll continue to follow the direction of state and county health officials to ensure we’re communicating what the “new normal” will be in Albany. For the most up to date City information on the COVID-19 pandemic, please visit: https://www.albanyca.org/our-city/covid-19-response-resources

A Message from our AARP TaxAid Program

The AARP Foundation Tax-Aide tax assistance program came to a sudden halt in mid-March due to COVID-19. Regrettably, our counselors won’t be available to prepare tax returns until next year.

If you expect to owe taxes on your 2019 return, you should seek tax assistance elsewhere in time to file by July 15th. If you’re unsure as to whether you will owe taxes or not, in many cases your situation is likely to be the same as when you filed last year.

If you expect a refund on your 2019 tax return there is no penalty for filing a return with no tax due after the filing deadline. If you wish, we will be able to file both your 2019 and 2020 returns next February.

An excellent resource for information is earnitkeepitsavet.org

Our counselors look forward to assisting you next year.

News from FOAS

Distanced and Surviving: by Judy Cohen

Well Hello Seniors. A couple of timely observations.

Many of us have survived over four wars; assassinations of world leaders; terrorism at home and abroad; stock market crashes; recessions and recoveries; the mandatory removal of shoes; and airport searches.

And here we are again in the strangest of times. Sheltered for our own well-being, many of us feeling this sense of loss of personal freedom, this perhaps never before experienced in our long lifetimes.

Although I am kind of liking the special hours many stores and establishments have set aside for Senior service. Have you seen those lines at Trader Joes? Well 8:00a.m is the time to shop if you are a Senior (I prefer Sundays). Walk right in, masked like the Lone Ranger, and shop away!

Seniors and our beloved Senior Center will hopefully be re-opening and we look forward to planning events and classes when that happens.

Remember, FOAS will still have a membership drive, Distanced meetings, and while we did not get an opportunity to say farewell to Robin as she entered retirement, that is on the list after re-opening.

We are hoping for a White Elephant sale in the future. Guidance will be coming from Senior Center Staff soon and a return to a new “normal”! So grateful for my laptop so I can say a distanced Hello, and we will get through this together because we are older, tougher, and love to live.

10 Tips for Safe Shopping During COVID-19 VIRUS

Grocery store employees continue to work day and night, not only to catch up with increased demand for food and essentials during the COVID-19 crisis, but to increase the frequency of cleaning to minimize the spread of the virus. Many shoppers have asked what they can do to stay safe and minimize the spread of the virus while shopping. Here are a few tips to help ensure a safe shopping experience for everyone:

1. Only visit the grocery store when it’s essential, and then buy only what you need for one week, or a little more. Be creative with what you have on hand before going to the store and don’t overbuy. There is enough for all if we keep shopping patterns normal.

2. Wash or disinfect your re-usable grocery bags after each use. For your safety, some grocers ask that you bag your groceries in reusable bags, while others have decided to temporarily not allow reusable bags to be brought into their stores.

3. Help reduce store crowding. Don’t bring extra people on your visit to the store if at all possible.

4. Practice social distancing within the store. The CDC guideline is 6-feet – the safe distance to help prevent the spread of Coronavirus. An average grocery cart is 3-feet long, so keep a distance of two grocery carts between you and others.

5. Inspect produce with your eyes, not your hands. To avoid unnecessary handling of fruits and vegetables use a produce bag to make your selection.

6. Avoid unnecessary handling of all items in store. Try not to pick up cans or boxes or other products unless you plan to buy. Let your eyes guide your choice.

7. Don’t crowd the check stand.
   - Keep your distance from the person in front of you. As a courtesy, some grocers have marked the floors in and around the checkout area to assist you in keeping a safe distance.
   - Wait until the customer in front of you has finished collecting their groceries before unloading your groceries at the checkstand.

8. Treat grocery employees with kindness. They are working hard to provide everyone with safe access to the food and supplies they need. Be patient as they go about their work including additional cleaning protocols and consider acknowledging them with a big “thank you”.

9. Be aware of your store’s special hours or procedures. Many grocers are offering special shopping hours exclusively for seniors or other vulnerable populations. Check out your store’s website or call in advance.

10. Allow for extra time. Some stores are queuing customers outside their main entrance to reduce crowding within the store.
Stay Healthy & Safe During the Global Health Crisis

Physical Activity is Essential to Healthy Aging

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely. When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week (for example, 30 minutes a day, 5 days a week) because of chronic conditions, they should be as physically active as their abilities and conditions allow.

Sideways Walking

Sideways Walking is an easy way of improving balance as well as ensuring your legs and hips get a different type of exercise than usual. Make sure you do this exercise on a flat surface.

Stand with your feet together, knees slightly bent. Move one foot to the side in a slow and controlled manner. Move the other foot over to join it. Try to avoid dropping your hips as you step. Perform 10 steps each way if you’re outside, or if inside just step from one side of the room to the other.

MEALS DELIVERED

Refrigerated and Frozen Meals Delivered (11am-1pm)

June 1       June 4
June 8       June 11
June 15      June 18
June 22      June 25
June 29      Delivery dates subject to change

Mercy Brown Bags (Groceries) Delivered (10am-12pm)

June 5       June 19

Call (510) 524-9122 to register for this meal delivery program. Deliveries are made to Albany Residents in need.

@HomeTogether: Virtual Community Center

Welcome to Albany’s Recreation & Community Services Virtual Programming @HomeTogether! Here, you’ll find links to fun and educational activities for all ages including links to museums, on-line exercise classes, garden talks and other resources to create ways to learn, play and connect while at home. For the latest programs being offered, please visit: https://www.albanyca.org/our-city/hometogether

Here’s a glimpse of current virtual offerings for all ages:

Virtual Programs for Seniors in June:

Yoga in the Park—at Home • Gentle Yoga • Classical Guitar Technique

- One-on-One Zoom “Virtual” Tutoring, Ongoing. Call to reserve your “virtual” individual session with Senior Center Staff.
- What’s My Line? – Thursday, June 11th at 10am
- Virtual Coffee & Conversation - Thursday, June 4th & 18th at 10am
- Presentation - Library Services available during the COVID-19 Shelter in place order - Wednesday, June 24th at 10am

June 1
June 4
June 8
June 11
June 15
June 18
June 22
June 25
June 29

Contact our Albany CARES Information Line

510-524-9122

Services Include:

- Meal and Grocery delivery for seniors
- Shelter and housing

www.albanyca.org/coronavirus

ALBANY CARES
Community Access to Resources & Services

Need Help?

Do you or someone you know need assistance during the COVID-19 outbreak?

ALBANY CARES
Community Access to Resources & Services

Contact our Albany CARES Information Line

510-524-9122

Services Include:

- Meal and Grocery delivery for seniors
- Shelter and housing

www.albanyca.org/coronavirus

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