Residents are taking advantage of free Zoom tutorials

Until mid-March, Zoom was primarily a platform used in the workplace for video-conferencing in the U.S. Fast-forward almost six months later and it is now a large part of many citizens’ daily lives, connecting people to their work, school, friends, and family. In fact, according to Zoom, between March and April alone, Zoom’s daily meeting participants went from over 200 million to over 300 million. In December 2019 the estimated number was about 10 million daily meeting participants. The Albany Senior Center has been a part of that increase in participation, offering Zoom programs and free lessons to community members in order to get them up to speed on the platform.

We sat down with Keenan McCarron, Albany Senior Center Coordinator, and the site’s resident Zoom expert to ask him a little bit about what he teaches people who register for free Zoom tutorials.

What do you teach first in one of these sessions? I do a run through of the basics. I go through each button, what you see on the screen from left to right. I work with them more on the audio and video buttons, because those are what they would be working with the most. I mostly do trainings for people who want to view things on Zoom.

The Senior Center is plugged in

Since shelter-in-place orders the Albany Senior Center has had to dramatically shift its approach on how to engage with Albany’s senior community. This has led to the implementation of dynamic new virtual programs. “Of course nothing replaces the fun of welcoming community members into our sites, the Senior Center and the Community Center. The positive energy you get when you engage with residents is why a lot of our staff members enjoy working in our department so much. However, until it is safe to open our sites, Senior Center staff, and Keenan specifically, have created opportunities for Senior Center members to continue to engage with each other and for us as staff to stay in touch with them.” states Brennen Brown, Senior Center Supervisor. These programs include presentations by local organizations about the Albany Library, Albany CARES, health insurance counseling, and recycling. These have been paired with fun games like Wheel of Fortune and programming focused on health, like weekly morning stretch classes. Brennen went on to say, “For me the highlight was having a former Albany resident and Senior Center volunteer, who is now living across the country, attend some of our virtual programs. She was able to reconnect with friends she hadn’t seen in over a year. It was a fun mini-reunion. That wouldn’t have been able to happen if we didn’t introduce these virtual programs.”

The Art of Origami

Thursday, September 24th at 10am

Have you ever seen an origami artwork and wanted to know how they did it? Join us for a demonstration of origami techniques and learn to fold your own by the end of the event. All you need to join this is a piece of paper, a little glue and a measuring stick/ruler. Please call (510) 524-9122 for program information and to sign up.

The Albany Senior Center Chronicles

WWW.ALBANYCA.ORG A MONTHLY COMMUNITY NEWSLETTER FOR SENIORS 50 AND BETTER

September 2020

ZOOM LESSONS HELPING PEOPLE CONNECT FROM HOME

What is something people have the most trouble with when they are starting out?
The most trouble people have is installing the app. Because it’s offered as a website, people try to launch that instead, but it’s a bit trickier. Also, muting and showing video are things that people initially ask about at the beginning.

Do they need any equipment to be on Zoom?
Some people need a web camera, but typically they can just use their computers, tablets, or phones. Speakers or headphones are also ideal sometimes.

Have you ever been surprised by how quickly people learn?
Yes, a few people who now attend most of our Zoom programming started out using their phones and having a lot of trouble with them. After working with them, they quickly switched to use their laptops. It’s easier to understand how the app works when using the computer and it seemed to give them more joy.

To schedule a free zoom tutorial with City staff, please call the Information Line at (510) 524-9122.

Do you have an Alameda County housing unit to lease?

For more information, contact us today! ACHomes@acgov.org | 510-777-2100

County Residents Offer Housing Assistance

Housing is a basic need that is critical to ensuring that residents remain safe and healthy. In an effort to keep all of our community safely housed, Alameda County is looking for property owners that have units available to lease to join our programs working to permanently house Alameda County residents. The program offers a number of benefits including guaranteed on-time monthly payments, resident support services and additional financial incentives. If you, or someone you know has a housing unit for rent, please call 510-777-2100 or email ACHomes@acgov.org.
**An Easy Recipe to Stay Cool and Healthy**

September has been one of the Bay Area's warmer months, so we have a quick, easy recipe that can help you beat the heat. Not only is it sweet and delicious, it is also filled with nutritious ingredients and no added sugar. Plus, the antioxidants in this recipe may help reverse some memory loss. Have it with breakfast, lunch, dinner, or anytime in between.

**Vibrant Blueberry Smoothie**

**Prep/Total Time:** 5 minutes

**Ingredients:**
- 1/2 cup blueberries, frozen
- 1 banana, frozen
- 1 cup milk (dairy, nut, or oat)
- 1/2 tsp pure vanilla extract
- 1 Tbsp almond butter

(Tip: peel and cut banana into chunks before freezing.)

**Directions:**
Blend all ingredients until well combined. Serve and enjoy immediately.

**Notes:**
Optional add-ins: this will taste wonderful with other add-ins as well. Try fresh baby coconut meat, fresh or frozen strawberries, and/or a handful of spinach.

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**Word Search**

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**Not All Plastics Are Recyclable**

- RECYCLE Empty Hard Plastic Bottles, Tubs and Jugs
- Never COMPOST Plastic of Any Type
- TRASH Plastic Bags, Wraps, Straws & Foam Containers

**RECYCLE RIGHT!**

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**Senior Center Continues to Offer Virtual Programs**

“Keenan is highly qualified to lead this class. He is very thoughtful & reminds us to breathe & pace ourselves. It is a terrific program. I really am enjoying his leadership.”

Judith Petersen
On Morning Stretches Class Instructor

Looking to have some fun and reconnect with your Albany Senior Center Family? Join in on one of our Zoom Virtual Programs! It’s secure, safe, fun and FREE! All you need is a smart phone, tablet, laptop or computer with a camera. We can help you get started today!

**Virtual Programs for Seniors in September:**

- One-on-One Zoom “Virtual” Tutoring, Ongoing. Call to reserve your “virtual” individual session with Senior Center Staff.
  - Tuesday, Sept 1st - Morning Stretches - 10am
  - Thursday, Sept 3rd - LAS/HICAP Presentation - 10am
  - Tuesday, Sept 8th - Morning Stretches - 10am
  - Thursday, Sept 10th - Game Show: Jeopardy - 10am
  - Tuesday, Sept 15th - Morning Stretches - 10am
  - Thursday, Sept 17th - Coffee & Conversation with FOAS - 10am
  - Tuesday, Sept 22nd - Morning Stretches - 10am
  - Thursday, Sept 24th - The Art of Origami - 10am
  - Tuesday, Sept 29th - Morning Stretches - 10am

Please call (510) 524-9122 for program information and to sign up.

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**An Easy Recipe to Stay Cool and Healthy**

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**Mark Your Calendar**

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

| Sept 2 | Sept 4 | Sept 9 |
| Sept 11 | Sept 14 | Sept 16 |
| Sept 18 | Sept 21 | Sept 23 |
| Sept 25 | Sept 28 | Sept 30 |

Meal delivery schedule is subject to change

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

| Sept 4 | Sept 18 |

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