



California
Human Development

Creating Opportunities Through Citizenship and Immigration Pathways

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By, Jenalee Dawson

**Resident
Social Service Coordinator**

Parkway Plaza

MAY, 2021

NEWSLETTER

TENANT SATISFACTION SURVEY

WE WANT TO HEAR FROM YOU!

PARKWAY PLAZA 2021 TENANT SURVEY

WE ENCOURAGE ALL RESIDENTS TO COMPLETE THE SURVEY,
IT IS AN ANONYMOUS AND CONFIDENTIAL SURVEY, SO
PLEASE ANSWER HONESTLY, AND TO THE BEST OF YOUR
ABILITY. IF YOU NEED ASSISTANCE IN COMPLETING THE
SURVEY PLEASE CONTACT JENALEE DAWSON AT
(707) 816 -0554, TO SCHEDULE AN APPOINTMENT.

**PLEASE
COMPLETE
BY
MAY 15, 2021**

**Please Return Surveys in Service
Coordinator Inbox in Lobby Hallway!**

Birthdays



Wishing Parkway Plaza
Residents A Very
Happy Birthday!

Alejandra Balmeo	Apt #306	May 3 rd
Oh Nam Bae	Apt # 303	May 4 th
Pastoria Manaluz	Apt #302	May 6 th
Oristela Garcia	Apt #239	May 9 th
Gurdial Singh	Apt #226	May 9 th
Anicia Burgos	Apt # 240	May 23 rd
Lou Cyr	Apt # 113	May 26 th

Senior Food Program Brown Bag & Commodities



Commodities
May 4th 2021
Brown Bag
May 5th 2021
May 19th 2021

Pick Up In Community Room!

Welcome Mary Moore

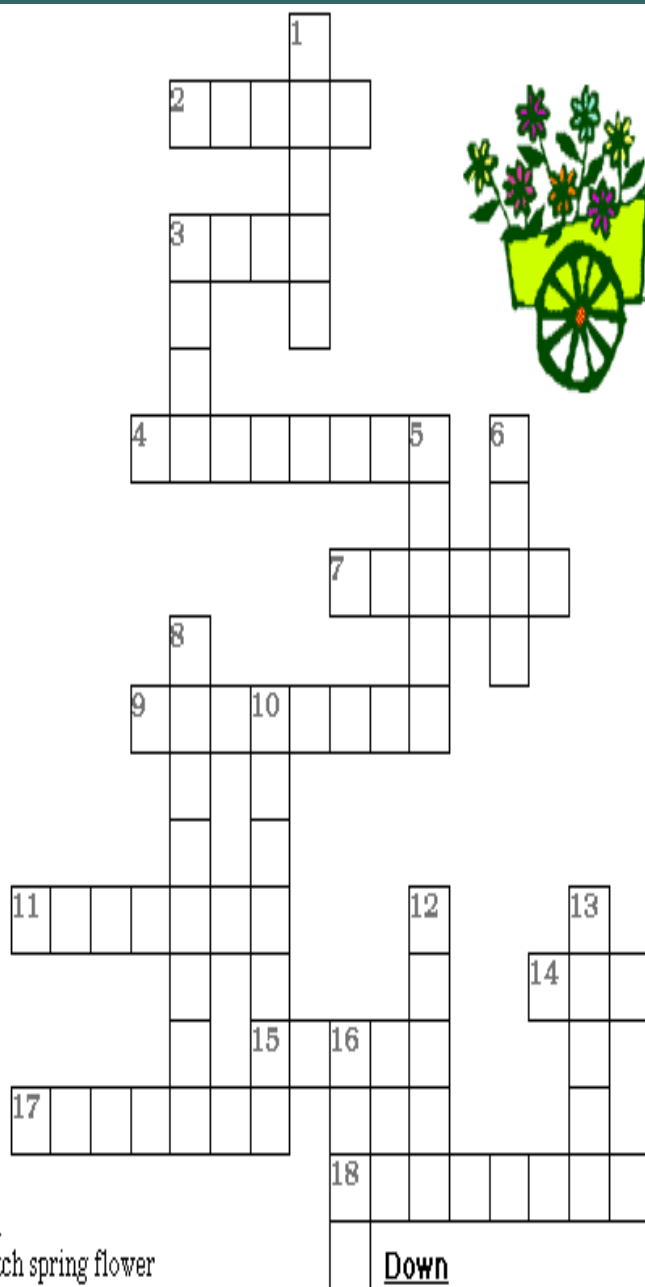


My name is Mary Moore. I have had the opportunity to meet some you through the Cal Fresh Healthy Living Program, and the CATCH Grant fish distribution. Due to the pandemic, I've taken a step back from work, but I'm forging ahead with my intern program.

I'm happy to announce, I will be working on-site over the course of the next six months as I complete my Master's degree in Social Work.

I began serving the senior population in 2009. I managed a Homecare company that was contracted by the VA. I provided in Homecare services to home-bound service-connected Veterans. Eventually, I merged into homeless services where I stabilized homeless Veterans in permanent housing. I'm proud to say, I served the Veteran community for over a decade in multiple capacities.

I am excited to begin my intern program at the Parkway Plaza as this community setting holds two viable values near and dear to me--housing stability for our aging population!



Across

2. Dutch spring flower
3. Fast moving air
4. Rain protection
7. A season
9. Yellow spring flower
11. Appears after a rain
14. Spring month
15. Spring bird
17. Small formations of water
18. _____ savings time



Down

1. Winged animals
3. Temperature in spring
5. Spring month
6. Spring month
8. Game played with a bat and ball
10. April showers bring May _____
12. Type of weather
13. Spring month
16. The beginning of flowers



Spring Sudoku

Every row, column, and mini-grid must contain the letters F L O W E R B U D.
Don't guess - use logic.

		B		E		O		
	U	F	W		O	E	D	
			L		R			
B		E		O		W		U
		U		W		L		
L		W		F		R		B
			O		B			
	E	D	F		W	U	B	
		R		U		F		

Help the Butterfly find the Flower!



GOOGLE SMART HOME DEVICE

Do you have Home Internet?
Get a Free Google Home
Device Today!

***Participants must
complete a short survey on
how you like the device, and
its your to keep, at no-cost!**

Limited Supply , contact
Jenalee Dawson to sign up at
(707)816-0554



- Easy and hands-free control. Google Home responds to straightforward, natural voice commands, ...
- Search the internet without a screen. For elder family members who don't already interact with the ...
- Stay connected with loved ones. Outside of emergency...



Friday May 7, 2021
10:00am - 5:00pm



Opportunity to purchase lower
Than retail cost products, for
Household, personal care,
And much more,
Bring your Friends and Family
In Addition, Score A Deal!



In the Parkway Plaza Community Room



MEET & GREET

With Treats

TUESDAY MAY 11, 2021 1PM- 2PM

**COME AND MEET MARY MOORE
AND GRAB A TREAT AT THE
BACK PATIO OF THE
COMMUNITY ROOM!**

Parkway Plaza Spring

Chair Activity Bingo

Limited
Seating
Sign Up!

Friday , May 14th & 28th 2021

2:00pm-3:00pm

Community Room Outside Patio

GREAT PRIZES!

FUN FOR ALL!

Chair Activity
B • I • N • G • O



How To Stay Socially Engaged As You Age



Looking for that ever-elusive fountain of youth? Look no further. There are many things you can do to stay vital and healthy as you get older — such as exercising regularly and eating a healthful diet — but experts now believe that one of the best ways to age gracefully is to engage in a little social networking, both online and off.

The Benefits of Staying Engaged

As you get older, normal changes in your brain can make it more difficult for you to learn new information or remember things. In people who have dementia, this intellectual impairment becomes so severe that it interferes with their lives. Sometimes cognitive decline cannot be avoided, but in other cases, **keeping your mind stimulated** or interacting with your peers may help ward off dementia and depression, another common senior health concern.

One recent study from the Rush Alzheimer's Disease Center in Chicago found that highly social seniors had a 70 percent lower rate of cognitive decline than their less social peers. Another study by researchers at the University of Alabama in Birmingham discovered that Internet use was associated with a 30 percent decrease in depressive symptoms.



Multipurpose Senior Services Program (MSSP)

HIGHLIGHTS OF THE MSSP SERVICES:

- A thorough assessment of each individual and a customized care plan with the goal of preventing premature placement into a skilled nursing facility
- Arrange caregivers from local agencies to help as needed
- Set up and fund an emergency response system
- Arrange for installation of safety equipment, such as grab bars and ramps
- Help secure free incontinence supplies
- Fund incontinence creams/washes no longer paid for by Medi-Cal
- Supply para-transit or taxi vouchers for needed trips to medical appointments
- Assist with needed durable medical equipment and other assistive devices
- Connect with community resources for advocacy, food, health care, senior centers, etc.



PROGRAM ELIGIBILITY AND COST

The program is available at no cost to those who qualify, are 65+, live in Contra Costa County, Napa County, or Solano County, have Medi-Cal with zero share of cost, and are a serious risk for out-of-home placement.

Contact:

Napa/Solano MSSP

Phone: (707)708-0571



The Prevention and Early Access for Seniors Program (PEAS)



Eligibility for all PEAS Programs:

Senior 60 and over
Live in Solano County
Income level does not affect eligibility
Have a desire to participate in the program

Case Management & Brief Interventions:

Comprehensive psycho-social assessment
Whole person health & wellness resource
psychotherapy
primary care and other healthcare specialists
eligibility and application help with community programs
housing resources
transportation resources
socialization connections; senior centers, libraries, volunteering, etc.

****All services are available in Spanish*

Short-term Mental Health Counseling:

Community based psychotherapy for mild to moderate mental health needs

Contact: (707)708-0582

SENIOR CHAT SENIOR CHAT



*"Relationship
is the essence
of human life."*

Senior Voices offers peer-led groups that connect seniors throughout Solano County in a safe and welcoming environment using a conference call format. Through the ease of a simple toll-free phone call, you have the opportunity to come together with other adults to share your experiences, offer support, and have a positive impact on each other—right from the comfort and privacy of your own home!

Senior Chat, a Senior Voices group that meets for one hour over the phone, is an open forum allowing for a variety of topics connected to aging. As a participant in this group, you will have the opportunity to drive the conversation on issues that affect you. This group is open to Solano County seniors, age 60 and over. There are currently two group times scheduled that meet at 1:00pm on Mondays or 11:00am on Thursdays. Call to register for one of these groups today.

Call (707) 469-6675 to register
www.FaithInActionSolano.org



With special thanks to our sponsors.



**KAISER
PERMANENTE®**



FRIENDSHIP LINE

"Our connection to others is what binds us to life."
- Patrick Arbore

 **Institute
on Aging**

(1800) 971-0016

About the Friendship Line

- The Friendship Line is both a crisis intervention center and a "warm" line for routine, even daily, phone calls that provide emotional support, medication reminders and well-being check-ins. Services include:
- Crisis intervention and referrals
- Well-being telephone check-ins
- Follow-up home visits for supportive counseling and psychotherapy
- Group and individual grief counseling
- Specialized counseling and bereavement support for people who have experienced traumatic loss to suicide or sudden death.

Practice all 4 types of exercise for the most benefits.

Endurance

So you can



climb steps



dance the night away



Strength

So you can



lift groceries



carry grandchildren



Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



Flexibility

So you can



drive



get dressed



Behind on your energy bills ?



The **Low-Income Home Energy Assistance Program** may be able to help you pay your energy bills.



The Low Income Home Energy Assistance Program (LIHEAP) provides assistance to eligible low-income households with the goal of managing and meeting their immediate home heating and/or cooling needs.

LIHEAP can help you stay warm in the winter and cool in the summer through programs that reduce the risk of health and safety problems that arise from unsafe heating and cooling practices.

The cash grant is a one-time payment sent directly to the utility company/fuel provider to be credited on your bill. Remember: This is a grant and does not have to be repaid.

Residents are Eligible to Apply One-time per Calander Year












Contact Jenalee Dawon

For Assistance in Submitting an Application

(707) 816-0554



2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	 Commodities 10am -12pm	 Brown Bag 10am -12pm		 Community Room Sale 10am- 5pm	8
 9	10	 1pm- 2pm	12	13	 2:00pm	15
16	17	18	 Brown Bag 10am -12pm	20	21	22
23	24	25	26	27	 2:00pm	29
30	 31					