To Our Readers:

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CASTRO VALLEY FORUM

WEDNESDAY, APRIL 15, 2020

INSIDE YOUR **FORUM**

YEAR 32

NEWS



For the Fight Eden Health District to supply face masks, test 10,000 people for virus

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Medicare expands telehealth services to keep seniors safe

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PHONE: (510) 614-1560



PHOTO COURTESY OF THE ALAMEDA COUNTY FOOD BANK

Danny Lor and other members of the California Conservation Corps are doing volunteer work at the Alameda County Food Bank.

Demand High at Food Bank

By Jim Knowles CASTRO VALLEY FORUM

food – from around 25 per day to are staffed by volunteers.

around 250, said Michael Altfest,

County Food Bank is busier than County. Altfest said there are near-emergency. ly 300 locations throughout the The food bank is getting 10 county. Some are social service 20 percent in March over March times the number of calls for agencies with paid staff, and some of last year, Altfest said. And the

The California Conservation the food bank's marketing director. Corps is one group that is currently People who call are referred to volunteering at the food bank. The Some businesses are slow, some one of a network of local distri- food bank is not taking communihave shut down, but the Alameda bution spots throughout Alameda ty volunteers during the pandemic

Food distribution was up by

see BANK on page 2

Governor Newsom Offers Optimism

Governor Gavin Newsom offered some optimism yesterday as he revealed a six-point program aimed at eventually opening the state's schools and businesses, but saying that it was conditioned on "staying the course" of current safeguards.

During his daily noontime press briefing on Tuesday, Newsom said that fewer people had died over the previous 24-hour period and that the number of patients in inthe state for the first time.

pitalization trends.



The six points included montensive care units had decreased in itoring and testing more people, the state's foreseeable future were increased measures to protect the While he would not offer any most vulnerable, adequate staffing timeline, the governor said that by and supplies at hospitals to meet the first of May he would be able any future patient surges, develto be more definitive about the fu- opment of therapeutic medicines, ture, depending on the state's hos- continued physical distancing not the governors — had the ex- Chief Garrett Contreras. and wearing facial coverings, and clusive authority to reopen society.

became necessary.

Options for schools would include deep cleaning of facilities and such options as staggering

and servers wear masks.

And, said Newsom, mass gatherings of hundreds or thousands in "not in the cards."

swer a question at his news conference regarding President Trump's statement on Monday that he -

COVID-19 Hits Home, May See Cases Surge Today

By Michael Singer CASTRO VALLEY FORUM

California may be preparing to lift its "shelter-in-place" orders but county health data suggests today may be a milestone in the fight against COVID-19.

he continues to closely monitor in close coordination and collabocomputer simulations that predict ration to ensure the virus can never when the number of newly reported infections will either plateau or

ed today alone from virus-related complications.

'We need to see a decline in the rate of spread of the virus before large-scale reopening and we will be working in coordination to identify the best metrics to guide this," Newsom said in his briefing this week, adding that the decision would be based on science and not on political pressure.

Newsom announced he is working with governors of Washington and Oregon on a so-called shared

vision of reopening the states and allow businesses to resume func-

NO. 16

"COVID-19 has preyed upon our interconnectedness," the three governors released in a statement. "In the coming weeks, the West Coast will flip the script on Governor Gavin Newsom said COVID-19 – with our states acting spread wildly in our communities."

Alameda County Public Health Department released city-specific Current data models predict the data breaking down the number state could see 66 deaths report- of reported coronavirus infections and related deaths, with some communities seeing spikes in the last week.

see COVID-19 on page 7

Alameda County Confirmed Cases = 888

Deaths = 23

California Confirmed Cases = 24,371Deaths = 731

as of April 7, 2020

Hayward Testing Center Has Moved to Cal State

tive yesterday.

times of classes and instituting Parking Lot A on West Loop inform members of the general rules for PE, recess and assemblies. Road, across the street from the public so they know to isolate if The new California future might University Police Department, infected with the COVID-19 coromean fewer tables in restaurants Student Health Center, Library navirus. where menus would be disposable and Gymnasium. It provides more space for vehicle and foot traffic open to anyone with COVID-19 management, and improved accessibility for disabled visitors to the Testing Center.

"We are tremendously appre-The governor declined to an- ciative of the partnership with Cal State East Bay to provide a new home for this vital service at a critical moment," said Hayward Fire

The Testing Center was estab-

Hayward's Coronavirus Testing lished by the Hayward Fire Dere-instituting shelter-in-place if it Center has moved to a new loca- partment to take pressure off hostion on the campus of California pital emergency rooms, provide State University East Bay, effec- quicker answers for first responders and health care workers with The new location is at Cal State COVID-19 symptoms, and better

> Testing at the Center is free and symptoms and a fever over 100 degrees. Symptoms include cough and shortness of breath. No referral from a doctor is required. Everyone is welcome regardless of where they live or immigration

Health-care workers and first responders can make advance ap-

see CENTER on page 10

Eden Health to Supply Face Masks, Test 10,000 People

By Jim Knowles CASTRO VALLEY FORUM

den Health District, headwill spend \$500,000 on fighting the coronavirus pandeming for the virus.

equal to the amount it distributes annually.

Eden plans to coordinate with other agencies such as the Alameda which has already set up a testing man said.

continued from front page

home order.

Newsom declared the stay-at-

1, it would be up 40 percent," Al-

MED-Project"

To learn about

contact us at:

services available

Bank: Currently Looking

For Large Bulk Deliveries

increase just happened in the sec- are peanut butter, beans, canned

ond half of March after Governor meat and canned tuna, Altfest said.

"So you could estimate if the have inventory of high-quality,

emergency was declared on March nutritious food to donate," Altfest

tions from small food drives right County Food Bank's website at

Aran's Art Studio

now, but is looking for larger bulk www.accfb.org.

"We're hoping to test 10,000 lic agencies for the health of Eden people," said Eden Health District area residents, hoping to build on CEO Mark Friedman.

The testing will begin as soon as Hayward Fire Department and quartered in Castro Valley, possible, though it's complicated to coordinate, said Friedman.

"The COVID-19 pandemic is Friedman said. ic, buying face masks and in test- the most significant public health crisis of our time," Friedman said. ing together to take on tasks that The Eden board of directors "The countries and areas that have voted unanimously to authorize made the most progress in flatten- tity, it's larger than anyone anticithe spending, which is roughly ing the curve have all done widespread testing."

The initial order will be for declared a local emergency due to Half the money would pay for 200,000 masks, with some of masks. The other half will go to- the money coming from Eden's man said that declaration can help ward testing for COVID-19 which partner agencies, Friedman said. The district is looking at buying KN-95 masks from China, and County Health Department, and perhaps later N-95 masks made the Hayward Fire Department by 3M in the United States, Fried-

Eden is working with other pub-

deliveries. The most needed items

"We're also seeking food man-

To donate bulk food or mone-

The food bank isn't taking donators, see the Alameda Hospital which it no longer owns.

What should you do with your

1-844-MED-PROJECT

www.med-project.org

and sharps?

SAFE AND FREE DISPOSAL

OF UNWANTED MEDICINES

& SHARPS FOR RESIDENTS

expired or unwanted medicines

ufacturing and retail partners who

Castro Valley Weather April 15-19, 2020



the already successful effort of the

identifying other testing sites in

the district and Alameda County,

are overwhelming for any one en-

pated," Friedman said.

"The community is really pull-

The Eden Health District also

the COVID-19 epidemic. Fried-

the district possibly get reimbursed

on the expenditure with funds

from the Federal Emergency Man-

Hospitals are reporting shortages of masks and other Personal

Protective Equipment (PPE) at

the moment, but Friedman said

he believes that manufacturers are

ramping up production, both in China and the United States.

The 3M company has an-

nounced an increase in the man-

ufacture of respirator masks, and

the president invoked the Defense

Production Act which orders 3M

to significantly ramp up produc-

merly known as the Eden Town-

ship Healthcare District, was

founded in 1948 to operate Eden

But the district owns two medical

buildings, in Castro Valley and

Dublin, from which it collects rent

which is the district's source of

The district serves the residents of Castro Valley, Hayward and

San Leandro, San Lorenzo, Ash-

Gordon Galvan, chair of the

Eden Health District board of

directors, said that while the dis-

trict's funds are limited in that it

doesn't collect tax money, it will

draw on its cash reserves to serve

as a catalyst for a broader commu-

nity effort to fight COVID-19.

land, Cherryland and Fairview.

The Eden Health District, for-

agement Agency (FEMA).





Friday Partly Cloudy High 64° Low 50°



Mostly Cloudy High 64° Low 50°



Saturday Sunday Mostly Cloudy Rainy Periods High 66° Low 48° High 71° Low 50°

High 64° Low 50° Almanac

Mostly Sunny

Past Week's Rain: 00.00 Season To Date: 08.39 Normal To Date: 18.50 Season Average: 21.22 Apr 14

Apr Apr

Moon Phases

May

Sun sets at 7:45 p.m. today, rises at 6:33 a.m. Thursday.

GOT A NEWS TIP? CALL 510-614-1560 OR EMAIL: fredz@ebpublishing.com

EBCE Launches Coronavirus Relief Effort

East Bay Community Energy any possible opportunities in the able to help, then by all means Alameda County.

In a press statement, the agency's CEO Nick Chaset said he had residents and local businesses, and will catalog its relief efforts, availdirected his managers to identify if EBCE has any resources avail-

COVID-19 relief efforts.

"This is clearly a crisis time for

has earmarked \$1.5 million to- current budget that could be re- that is what we're going to do, and ward community relief efforts in purposed into contributions for we're doing it immediately," Chaset said.

> EBCE launched a web page that able at: ebce.org/covid.

Some of those efforts include:

- temporarily suspending customer collections activities through at least May and implementing flexible payment plans for customers impacted by the Covid-19 crisis:
- contributing \$1.1-million to the12 communities it serves to support their relief efforts;
- approving \$70,000 in grants to support Alameda County Community Food Bank and Meals-on-Wheels programs, and soliciting additional donations from its largest customers, with a goal of raising \$1 million in April for those programs.

EBCE has allocated over \$300,000 in additional funds to use for community grants in its response to the health crisis and is developing strategies to put those funds to work.

ADOPT-A-PET



JEEPERS, a beautiful and GREY is a calm bunny who hang out with people. She seeks attention and likes to sit in your 510-293-7200.



affectionate 8-years-young bla- allows all handling and enjoys ck and white tuxedo, loves to being around people. He loves greens, hay and an occasional sweet treat. He'd love a loving lap. Hayward Animal Shelter, family to call his own. Hayward Animal Shelter, 510-293-7200.

SUMMER CAMP SIGNUPS HAVE BEGUN!!! Reserve and pay in full before April 30 and receive 15% off. Find the full schedule on our Facebook Events or website 3313 Village Drive Castro Valley, CA 94546 510-728-1333 aransartstudio.com

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- ★ Tune-Ups
- ★ Lube & Oil
- ★ Brakes
- ★ Electrical ★ Tires
- **★** Maintenance
- ★ Timing Belts
- ★ Check Engine Light

STEELY FIRST **

We will pick up and deliver for "Shelter in place" or "drop off problems " to limit contact. Please call for limitations. Please see our web site to view our response to the crisis and sanitation policy.





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PHOTO BY RINA NEGRI

Rotarian Jim Negri manages the April 7 online lunch meeting from his home.

Rotary Club Takes Their Meetings Online

Complying with the govern-

ment shelter in place directives, to the public and the Zoom link der Past Speakers and include prethe Rotary Club of Castro Valley to participate is online at: castro- sentations on COVID-19 Research has moved all meetings, including valleyrotary.org under Upcoming and the Impact of COVID-19 on its weekly lunch meeting, online. Events. Recordings of past meet- the financial markets.

The online meetings are open ings are posted on the website un-

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of your home with or without a your computer.

and select different stamp denominations and designs and USPS will deliver them right to your home.

No computer? No problem! Ask bring you a Stamps-by-Mail order or she delivers your mail. form, fill it out, write a check, and Want to know what's coming in takes about three business days to USPS will deliver your stamps swer with a free service. Sign up emails. Not every address is eligiconveniently to your home.

since most tasks can be done Simply print a mailing label with mailbox to get it. from the convenience and safety the appropriate postage right from

Need stamps? Visit usps.com picked-up, go to usps.com and Informed Delivery particularly schedule a free carrier pick-up. In helpful now as we are practicing your request, let your local Post Office know where they can find images of your mail, consumers the package or packages and the can determine the urgency to go your local Post Office or carrier to carrier will retrieve them when he out and retrieve it.

for Informed Delivery and you ble for Informed Delivery.

Whether you're thinking of You can also order free Priori- will be emailed photos daily of sending cards to loved ones, or ty Mail and Priority Mail Express each letter-sized piece of mail inyou need stamps or shipping sup- boxes, or other package supplies tended for delivery to your mailplies, the Post Office has you cov- at usps.com, and get them deliv- box. If you're expecting a stimulus ered. And with "Click-N-Ship" on check or other important mail, that There's no need to leave home usps.com, shipping is even easier. is your cue to make haste to your

> Consumers who live in an apartment complex or a communi-And if you need that package ty with cluster mailboxes will find entities such as the World Health social distancing. By seeing the

District Attorney Issues Warning To Beware of COVID-19 Scams

By Michael Singer CASTRO VALLEY FÖRUM

Did you recently receive an unsolicited robocall, text message, or other offer for free home testing kits to test for COVID-19? Chances are it's a scam, one of several identified by the Alameda County District Attorney's Office.

The DA's office is warning against any schemes that prey on people's fears related to the pandemic. These offers are eager to gather your vital information such as credit card numbers, social security numbers, or private medical information.

The latest scam involves individuals going door-to-door claiming to be an Alameda County employee to conduct COVID-19 tests. The County DA's department says county employees are not visiting homes and anyone who claims so is a fraudster.

In addition, the DA says to stay away from fake "Senior Care Packages" that are sent to seniors with sanitizers, tests and even perhaps a suggestion of a vaccine, some claiming Trump has ordered

There are also fake offers for air duct cleaning and sanitation that enable consumers to breathe free of bacteria to protect their families. Both are scams.

to help is admirable, the DA's office says scammers create fake charities or pose as officials from Organization and the Centers for Disease Control and Prevention. Don't fall for them.

Price Gouging

In addition to protecting yourself against scammers, the DA's Once you sign up, it typically office is also warning about price gouging by businesses throughout leave it for your carrier to pick up. the mail? The USPS has the an- start receiving those notification the county. Price gouging refers to sellers trying to take unfair advantage of consumers during an

Inspectors report there has been a statement. steady stream of complaints since nounced in March.

profiteer while we are in a state of gouging, you can report it on the emergency. All residents of Al- DA's website (alcoda.org/cewpd/)

emergency or disaster by increas- have access to necessary supplies, ing prices for essential consumer especially when the community's goods and services more than health is at stake," District At-10% of their previous price. DA torney Nancy O'Malley said in a

Things to look for are handwritthe shelter in place order was anten changes to barcodes or drastic markups on the advertised price. If "It is illegal for any business to you think you are a victim of price ameda County must continue to or by calling 510-383-8600.

SHERIFF'S REPORTS

Spousal Assault

Sheriff's deputies arrested a scene were a 35-year-old man and 65-year-old man from Hayward on a 32-year-old woman. The couple suspicion of assault on his spouse. told deputies they found the un-The man was also wanted as part specified merchandise. The womof a warrant. Deputies responded an was also found with illegal drug to the altercation at an apartment paraphernalia in her pockets. Depon Center Street near Grove Way uties took the couple into custody. following an anonymous tip. The man was taken into Santa Rita Jail pending bail. The victim was treated at the scene.

Two Arrested with Stolen Merchandise

And while donating to charities erty. Deputies were called to the the scene.

scene after a call about a suspicious Saturday, April 11, at 10:18 a.m., car in the area. Questioned at the

Family Fight

Thursday, April 9: at 5:15 a.m., a 911 call about a loud and aggressive-sounding argument sent deputies to an apartment on Center Street near Grove Way. There, Friday, April 10: at 4:51 a.m., they arrested a 38-year-old woman Two people with no permanent from Castro Valley on suspicion of residence were arrested outside a assault on a family member and home on Glass Brook Court near child endangerment. The woman Crestfield Drive on suspicion of was handcuffed and taken into possession of reported stolen prop- custody. The victim was treated at

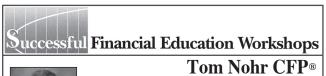
We Hope and Pray you are staying safe and healthy during these difficult times. Special thanks to all Our Heroes keeping us safe during the Coronavirus Pandemic including the first responders, medical workers, nurses, doctors, grocery workers, delivery services, and all volunteers lending a helping hand.



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Stay Safe & We Look Forward To Seeing You When We Reopen



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History Repeats Itself: Lessons Of Spanish Flu Helping Today

n late 1918 and early 1919, was a highly contagious flu often reducing the spread of the disease. athletic events out of precaution called "Spanish Influenza."

somehow became attached to the with COVID-19. most severe pandemic of the 20th century.

with the usual flu-like symptoms and then spread to the lungs causing pneumonia, to be over onetoll was just under three-quarters of a million people.

Spanish Flu is helping during the coronavirus pandemic today. Studies have shown that cities that took social containment measures time. in 1918 considerably reduced the spread of the virus.

working order.

permitportal.cvsan.org/.

certificate will be issued.

swept around the world. It to wear face masks in the hopes of The story of the spread of the dis-The virus did not necessarily ease and the measures implementstart in Spain but that country was ed to prevent it are eerily similar the hardest hit by the epidemic and to what we are experiencing today

showing cots lined up in the large Some estimates put the death Oakland Municipal Auditorium toll from this flu, which started filled with influenza patients in a makeshift hospital. We have no photos of such locations in the Hayward area but that does not third of the world's population at mean Hayward was left untouched the time. In the US alone, the death by the pandemic. However, it is are today, it seems likely the epidifficult to give precise accounts because the local Hayward news-What we've learned from the papers for that time are missing.

> some insight into what was happening in our community at that

> For example, on October 18, 1918, when the epidemic was at

NEW PROPERTY SALE

REQUIREMENTS

Selling your home? All residential, commercial, and industrial

boundaries are required to have a Private Sewer Lateral (PSL)

CVSan has developed an online portal where property owners

Properties that do not have certificates on file are required to

that the property's private sewer lateral (lateral) is in good

can see if their property currently has a PSL compliance

printed through the portal, which is available at https://

certificate. These certificates can also be downloaded and

compliance certificate when they are sold. This certificate ensures

properties within Castro Valley Sanitary District (CVSan)

Some cities closed schools and its height, the San Francisco Exa major influenza epidemic businesses and required residents aminer noted that Hayward High School was postponing their during "the epidemic of Spanish influenza."

On the same day Hayward High canceled its athletic events, Oakland Mayor John Davies ordered There are a few historic photos the closure of movie theaters, churches, and schools.

Sounds familiar doesn't it.

We do not know for sure if eventually schools and businesses were closed in Hayward but since the area was just as connected to the greater metropolitan region as we demic had an economic and social impact. Now, as then, the understanding of the interconnectedness That said, a few sources give us of the Bay Area called for a coordinated cross-county response.

> The California State Board of Health's January 1919 Bulletin in large part, could have been resee LESSONS on back page



Don't Wash Your Fruits and Vegetables With Detergent

Before eating or preparing fresh fruits and vegetables, wash the fruits and vegetables with deterproduce under cold running tap gent or soap. These products are

can be scrubbed with a brush.

Consumers should not wash water to remove any lingering dirt. not approved or labeled by the support a variety of curiosity and This reduces bacteria that may be U.S. Food and Drug Administra- entertainment needs, from learntion (FDA) for use on foods. You ing a new hobby or skill, finding If there is a firm surface, such as could ingest residues from soap or on apples or potatoes, the surface detergent absorbed on the produce. enjoying movies or music.

-U.S. Dept. of Agriculture

'Stay Safe, Kind and Connected'

Alameda County Library is launching a "Stay Safe, Kind & Connected" campaign to highlight the vast array of digital content and online resources families can access 24/7 with a County Library card from the comfort of their

"We want to support everyone doing their part to stay safe while also connecting our communities with free educational content they can access online, especially at a time when families are looking for ways to keep children engaged in learning at home, said Cindy Chadwick, County Librarian."

The library provides access to more than 100 online resources through its eLibrary. To expand services, it is providing live online chat service, personalized reading recommendations for digital collections, blogs by staff, and quickstart guide tutorials on how to use online resources.

Anyone with a County Library card can access these online resources. Those without cards, can apply online for an eCard to get instant access. Online Resources a good eBook or eAudiobook, and

Book Match provides library members with personalized reading recommendations from the library's digital collections. Library members fill out a short questionnaire and librarians create customized reading lists for them.

Blogs by Staff offer tips and resources for learning at home and highlight the unique features and benefits of using online resources.

Live Chat is a new service that library members can use for reference questions, research help, assistance with online resources, see CONNECTED on back page

SUMMARY OF ORDINANCE NO. 185

AN ORDINANCE OF THE CASTRO VALLEY SANITARY DISTRICT BOARD OF DIRECTORS TO INCREASE RATES CHARGED FOR SOLID WASTE COLLECTION.

A public hearing will be held on Tuesday, May 5, 2020 by the Castro Valley amend Castro Valley Sanitary District Code Article V, Regulation cosal, Refuse, and Recycling, Sections 5302, 5303, 5306, and 5307.

The proposed Ordinance will increase the rates charged for solid waste collection (e.g. \$1.79 per month for standard 20-gallon garbage cart/up to a 96-gallon organics cart/up to a 96-gallon recycling cart). These changes will be effective July 1, 2020.

The Castro Valley Sanitary District Board of Directors voted on April 7, 2020 at the Castro Valley Sanitary District Regular Board meeting to approve the draft Ordinance and set the public hearing as follows: Akagi – Abstain; Appleton – Yes; Johnson – Yes McGowan – Yes; Sadoff – Yes.

The above summary constitutes the major highlights of Ordinance No. 185. A reading of the entire Ordinance may be necessary to obtain a full understanding. The full text of the draft Ordinance is available at the Castro Valley Sanitary District website at www.cvsan.org/oan, or, to make other viewing arrangements, please contact the Clerk of the Board Stacy Marcoux at stacy@cvsan.org.

NOTICE OF PUBLIC HEARING CASTRO VALLEY SANITARY DISTRICT

NOTICE IS HEREBY GIVEN that the Board of Directors of the Castro Valley Sanitary District (CVSan) intends to amend Sections 5302, 5303, 5306, and 5307 of the Castro Valley Sanitary District Code to increase the rates charged for solid waste collection (e.g. \$1.79 per month for standard 20-gallon garbage cart/up to a 96 gallon organics cart/up to a 96 gallon recycling cart), to become effective July 1, 2020.

NOTICE IS FURTHER GIVEN that on Tuesday, the 5th day of May 2020, at the hour of 6:30 P.M., at the District Office, 21040 Marshall Street, Castro Valley, in said District, said Board will hold a public hearing to hear and consider all comments, protests and objections to said proposed amendments to the Castro Valley Sanitary District Code. Written protests against the proposed rate increase may be mailed or delivered to Castro Valley Sanitary District, 21040 Marshall Street, Castro Valley, CA 94546. All protests must be received prior to the close of the public hearing and must identify the owner(s) of the property or properties.

ROLAND P. WILLIAMS, JR. General Manager
Castro Valley Sanitary District

LEGAL NOTICE

MARCH 09, 2020 MELISSA WILK County Clerk ALAMEDA COUNTY By-----, Deputy FILE NO. 569449

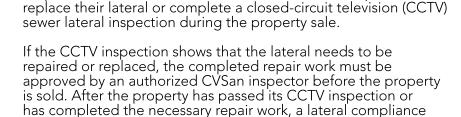
FICTITIOUS BUSINESS

NAME STATEMENT Pursuant to Business and Professions Code Sections 17900-17930

of the business(es) Sisters With A Purpose at 20074 Rawhide Way, Castro Valley, CA 94552 in Alameda County is hereby registered by the following owner(s): (1) Alona Ward, 20074 Rawhide Way, Castro Valley, CA 94552 (2) Donna Rosby, 29 Klondike Ct., Sacramento. CA 95835. This business is conducted by a general partnership. This business commenced

/s/ Alona Ward, Donna Rosby This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above. Expires MARCH 09, 2025

APR 08, 15, 22, 29, 2020



To obtain the PSL Compliance Certificate after the close of escrow please visit http://www.cvsan.org/PSL

For more information on these new property sale requirements, visit www.cvsan.org/PSL. Questions can be directed to Engineering Technician Evan Choy at evan@cvsan.org or (510) 537-0757 ext. 131.

CASTRO VALLEY SANITARY DISTRICT

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We are all in this.

But you, dear healthcare worker, you're really in this.

You're commuting to work every day.

You're on the frontlines.

We may share a zip code, but you're on another planet.

You're also trying to be like the rest of us.

Figuring out how to homeschool.

Get groceries.

And set up that videoconference with your parents.

You're living two lives right now.

And you know what that makes you, right?

A superhero.

Our streets may be empty, but our hearts are full.

Thank you.

#SutterStrong



Seniors

Creating Estate Planning Documents During COVID-19 Crisis Without Witnesses, Notary

Q: My father is confined to his Will to be found Assisted Living Facility (ALF) and valid even if not is very anxious to sign a Will and so witnessed, if other estate planning documents. it is later estab-However, the facility is on "lock- lished by "clear down" due to the COVID-19 pan- and convincing demic, his caregivers will not be evidence" able to serve as witnesses, and I the Testator incannot arrange for a mobile nota- tended the signed ry to enter to notarize documents. document to constitute his Will. What can I do?

By Gene L. Osofsky SPECIAL TO THE FORUM

legal fact so he can sign those that can be created without these formalities, as follows:

Last Will: Conventional wisdom has it that a Will executed presence of two witnesses to observe the Testator sign, and who so COVID-19 crisis has passed. attest in writing.

So, ask your father's attorney to get creative so as to meet that evidentiary standard. In our office, we are working up procedures to do just that, which include: re-A: Not every estate planning motely supervising and video document must be witnessed or recording the signing, having the notarized. Take advantage of this signer clearly state on video that the document is his Will, and having the supervising attorney prepare an affidavit describing the

Our plan also contemplates in California always requires the re-signing the Will with the traditional two witnesses once the

However, a little known pro- work-a-round has not yet been dure that could then be invoked to vision of California law allows a fully tested in the courts, but the transfer them into the trust, in ac-

alternative is clearly written in the to eliminate the need for a probate. law. CA Probate Code § 6110 (c)

Alternatively, and perhaps even following a template, he might write it out all in his own handwriting on a blank piece of paper and nor notary.

and even preferred for the Trustor's signature on a trust to be notarized, the law does not so require. A trust declaration signed only by your father would be sufficient.

If real property is to be included in the trust assets, those properties can be described in the trust by their common and legal description, and formal deeds moving them into the trust prepared and notarized later, if necessary.

If your father were to die before the COVID crisis is over, there Note: To my knowledge, this would be a simple court proce-

"clear and convincing evidence" cordance with his intention, so as Health Care Surrogate State-

ment: Any patient may orally, or in writing, designate another person to act as his/her Health Care Surrogate. CA Probate Code § 4711. This act is different from naming thereby create a holographic Will, an Agent in an Advance Health which requires neither witnesses Care Directive (AHCD), which does require witnesses or notary, Trust: While it is customary as well as the joinder of an Ombudsman if signed while in a nursing home.

> However, your father may orally, or in writing, designate a health care surrogate by so informing the supervising health care provider at his Assisted Living Facility, and this designation requires no witnesses and no notary. The designation would be good for your father's current course of treatment or illness, or 60 days, whichever is

During that time, it actually overrides the designation of Agent in an AHCD.

SARA L. ENNOR

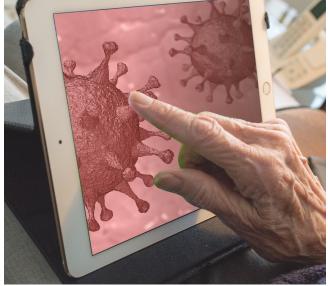
LAWYER

■ Wills & Trusts

QDROs

■ Benefits, ERISA

see OSOFSKY on page 7



Due to the coronavirus pandemic, Medicare recently announced that it will be expanding coverage for telehealth services to help keep vulnerable seniors safe at home.

Medicare Expands Telehealth Services

Q: Does Medicare cover telehealth services? My 71-year-old mother has chronic type 2 diabetes but is very concerned about going herself to coronavirus. What can vou tell us?

> By Jim Miller SPECIAL TO THE FORUM

A: Yes! Due to the coronavirus (COVID-19) pandemic, Medicare may have the virus could see their recently announced that it will be doctor or nurse practitioner virtuexpanding coverage for telehealth services to help keep vulnerable seniors safe at home. Here's what you and your mom should know.

Telehealth Services

phone, tablet or computer.

Telehealth services allow Medicare beneficiaries to take care of ongoing medical problems as well as new concerns, while following to the doctor for fear of exposing public health advice to stay home during the coronavirus outbreak.

Medicare patients with chronic health conditions now don't have to postpone a regular follow-up visit with the doctor to keep safe. They can do it via Skype or Face-Time. And people concerned they ally to find out how to get tested.

Nursing home residents will also be able to have telehealth consultations with their doctors.

If your mom isn't familiar or If you're not familiar with tele- comfortable with technology, you health or telemedicine services, or another relative or friend can asthey are full visits with a health sist her. You may need to go over care provider who isn't at your to her house to help her do this. location using telephone or video Bring your smartphone, tablet or technology device - i.e. smart- laptop - but remember, don't visit see MEDICARE on back page

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Since Hope Hospice has had to temporarily suspend our Family Caregiver Education Series and Living With Dementia group classes in light of the region's COVID-19 response, we transitioned the courses to video conference via Zoom technology. Classes remain complimentary to the public in our Tri-Valley and adjacent East Bay service area. Additionally, families who care for a loved one living with dementia and have questions about specific challenges they are facing can request a free private consultation via Zoom.

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ATHLETE OF THE WEEK

Jamie Massey

This Week's Athlete of the Week is Jamie Massey, a women's rugby player and senior at Grand Canyon University who received the Club Sports Student-Athlete of the Month award for March.

Although her season and school year did not end as planned, her coach noted Massey showed tremendous dedication to her team and her sport.

"Jaime helped build our culture from the very beginning," said GCU Women's Rugby Head Coach Lindsey Mahoney.

As a sophomore, Massey suffered from an ACL and meniscus tear, forcing her season to be cut short, and keeping her from the pitch for her entire junior year. Massey will be graduating with her degree in history for secondary education with a 3.8 GPA. The Castro Valley High School alumnus will use her degree as a social studies teacher at Morris K. Udall Middle School in central Phoenix.



Jaime Massey (Left) with her friend and teammate Tita Marasco (Right)

Upper Grove Way Auto Repair

During these difficult times we want to thank everyone in our community for doing their part in staying safe, washing their hands, and only driving for essentials. When it comes time to perform maintenance on your vehicle, or a warning light/message comes on, feel free to give us a call.

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COVID-19: 26% Increase from Last Week

continued from front page

County including the City of rest of the facility. Berkeley which runs it own local health jurisdiction.

age range between 45 to 54.

two-thirds of those reporting in- ing illness." fections did not state their background

Of the newer cases of COVID-19 infections are 16 resi- ing face-to-face interaction over were quarantined with the virus.

died from COVID-19 in Alameda ed have been quarantined from the as an alternative.

congregate living settings, like You can see the statistics for skilled nursing and residential yourself at: acphd.org/2019-ncov. care facilities, are at increased risk of infection because COVID-19 The data shows nearly 60% of spreads between people who are the reported cases are from people in close contact with one another," aged 20 to 44, with the next largest said Alameda County Health Officer Dr. Erica Pan. "Due to underly-Slightly more men than women ing health conditions and age, the County Firefighters surprised have reported their infection with residents face higher risk of serithe coronavirus. Cases by race ous health consequences including and ethnicity are skewed because hospitalization and life-threaten-

Easter, Passover Traditions at Home

Religious celebrations involv-

dents and 21 staff members of the the past week were disrupted or County health department offi- East Bay Post-Acute Center on canceled altogether. Churches and cials reported 886 cases total as of Lake Chabot Road. A spokesper- synagogues requested their con-Monday, which is a 26% increase son for the senior-care facility says gregations remain safe at home. from the 654 cases reported last there are no related deaths from Some provided pre-recorded mesweek. Twenty-three people have this outbreak and that those infect- sages or live streaming of services

> For those on the front line of "People living and working in fighting the virus, community organizers with Castro Valley Matters delivered some 200 chocolate Easter Eggs to Eden Medical Center. The donation to staff from Knudsen's Ice Creamery was meant to show appreciation for those on the front lines.

> > Not to be outdone, Alameda some families dealing with COVID-19 that needed some Easter cheer in Castro Valley. Hayward Area Recreation and Park District staff packed eggs for the firefighters to hide at the homes of some residents with children who

Osofsky:

Documents

continued from previous page

Physician Order for Life Sustaining Treatment (POLST): This document requires only the signature of the patient (or patient's representative) and his/ physician. No witnesses and no notary are needed.

Power of Attorney: Unfortunately, a POA does require either two witnesses or a notarization.

So, help your father sign documents that he can now, and revisit this issue after the COVID-19 crisis passes.

Gene L. Osofsky is an estate planning and elder law attorney in Hayward. Visit his website at www.LawyerForSeniors.com

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Spectrum Senior Lunches

Take-away low-cost lunches are available curbside for seniors 60 and over at United Methodist Church, 19806 Wisteria St. in Castro Valley on Tuesdays and Fridays from noon to 12:30 p.m. A donation of \$3.75 per meal is suggested. Participants must be registered for the program at www.SpectrumCS.org (or, pickup a registration form on-site). Please call 3 business days in advance to 510-881-6768 and leave a message with your name, phone number, the day(s) you want to reserve a meal and the location. Other distribution sites are listed at www.SpectrumCS.org.

MENU

Friday, April 17

Southwestern Chicken Salad, Taco Soup, Tortilla Chips, Strawberries

Tuesday, April 21

Butternut Squash & Chicken over Penne Pasta, Tossed Vegetable Salad, Garlic Bread, Strawberries

Center: Moved to Cal State Campus

continued from front page by calling the City's COVID-19 information hotline at 510-583-

are exhausted.

In cooperation with the Al- ditions. pointments for COVID-19 testing ameda County Health Department, the Testing Center also City of Hayward is respondis deploying teams of firefight- ing to the COVID-19 pandemer-paramedics and health cli-The Center is open Tuesday nicians to provide COVID-19 COVID-19. through Sunday from 9 a.m. to 6 testing at nursing homes and p.m. or until the number of tests for other community members Bay campus, go to www.csueastthat can be processed for the day considered most in need based bay.edu/about/files/docs/haywardon their living and health con- hills-campus-map.pdf.

To learn more about how the ic, visit www.hayward-ca.gov/

For a map of the Cal State East

Tomorrow

Facebook Live Q&A on tomorrow, April 16., with special guest Dr. Abayomi Jones, Executive Director of Student Health & Coun- Editor: seling Services at Cal State East

The session will take place at 1:30 p.m. Pacific Time. Join at: Facebook.com/CongressmanEr-

PG&E Closes Recreational

and day-use recreational sites across its service area at least through June 29, at which time it will reassess the closure plan.

trash collection.

PG&E's recreational facilities, including picnic areas and lakes that offer fishing, boating and swimming, have been available for the public to enjoy for many decades.

The window to make camping reservations usually opens in April, but it has now been pushed to June, with the potential to be pushed out further. The PG&E camping season is generally Memorial Day through Labor Day.

For updates and information about PG&E facilities, visit

Facilities

PG&E is closing its camping

and its staff, the utility has temporarily shut down its 38 campgrounds and day-use sites, and is only 20 years old. has reduced maintenance associated with restroom cleaning and

www.pge.com/recreation.



In the March 11 Forum, the Castro Valley Sanitary District (CVSan) posted a 5/8 page notice requesting written public comments on the Initial Study and Mitigated Negative Declaration (IS-MND) for CVSan's Engineering Building Project (project or corporation yard) at Center Street and Castro Valley Boulevard. Comments will be received until April 10, 2020.

The IS-MND can be viewed at CVSan's office (currently closed due to Covid-19) or on their website. I spent over an hour skimming the 124-page IS-MND. I do not have the expertise to competently comment on this document. There is also a 505-page Draft IS-MND Appendices. I trust that there are some experts out there that can critique these documents.

Most disturbing is that the CVSan Board of Directors has never voted to approve this project. The \$10 million cost for this project is being funded by the ratepayers through increased sewer service fees. This corporation yard is a luxury, not a necessity. It includes a new19,795square foot, two-story building, with parking and service bays for all their heavy equipment.

This \$10 million could be better used toward repairing or replacing CVSan's dilapidated sewer system. This corporation yard will not For the safety of the public increase the ability of CVSan to provide better sewer services. Their current administration office and corporation yard has served them and their customers well for many years. In fact, the current office building

-Ken Owen, Castro Valley

Thanks for Supervisor Miley Support on Old Library

I would like to thank our Supervisor Nate Miley for standing up and supporting the Castro Valley Municipal Advisory Committee and citizens of Castro Valley to keep the our old library(a Mid-Century Modern building paid by Castro Valley Area citizens) for Castro Valley Community use.

Nate supported our effort by asking Bob Swanson to come out of retirement to be a point man to help this community's desire to save and use the building for our community. Nate was only yes vote to support us at County Supervisor meeting. Thanks for your support.

-Keisuke"Kasey" Warner, Secretary Castro Valley Veterans Memorial Library Foundation

Federal Government's Lackluster Response

After reading Tom Lorentzen's "The Coronavirus: Health & History in Castro Valley," Page 10, The Forum, March 25" I found myself

As a historian with a "valued perspective" on public policy including public health, does Mr. Lorentzen really want to lull us into complacency believing that out there somewhere there is an army of all ready pandemic trained sleeper responders who are waiting for the right moment to spring into action?

Perhaps these are already the nurses and doctors I am hearing who are screaming for personal protective gear and more ventilators or the hospital spokespersons who are saying there aren't nearly enough

If these are them — the one's already fighting in the trenches their efforts are going to shortly collapse because of the lack of support from the federal government which continues to downplay the danger and is only responding to this exceptional crisis in a lack-luster way.

Currently as the virus has only started to "wash across" our country, there are only 20 states that have issued "shelter in place" mandates. The governors of the rest of the states are in one form of denial or

Along with sourcing and distributing the necessary equipment and supplies for this rare but inevitable worldwide disaster, it is the duty of the federal government to organize a nationwide response among the

As citizens of this country with an executive branch that promised to have our backs and has done nothing but the opposite since taking office, it is our duty to insist that our government fulfill its responsibility and take the necessary actions to meet this challenge head on. Time is of the essence and the government should not be wasting it by first questioning what the optics are for each possible response or deciding which of their cronies will get what lucrative contract.

There is a 69-page color coded, step-by-step, manual for fighting pandemics which was put together in 2016 from lessons learned by the Ebola outbreak in 2014 - 2015 that the Trump administration was briefed on when he first took office in 2017. Trump has chosen to ignore it and instead has publicly blamed everyone but himself.

There is a positive side or natural reason for anger: to produce change and it appears that this administration is happy to ignore us unless we make a fuss. Now is not the time to "go quietly into the night!" —Craig L. Linford, Castro Valley

Stolen Food Pantry Van Recovered

A church van used to deliver food to the needy was stolen last Thursday. But on Monday, the day after Easter, the vehicle was found.

The vehicle is used by the food pantry of All Saints Episcopal Church in San Leandro to serve the needy in the community.

"The van was stolen the morning of Maundy Thursday when Christians remember the Last Supper Christ had with his disciples," said Rev. Justin Cannon of All Saints. "It breaks my heart someone would steal a food pantry van from a church."

The van was recovered this week in Oakland. Its ignition was damaged and the catalytic converter was removed, so it will need some repairs before it's back on the job.

The van is a former City of San Leandro vehicle given to the church, Cannon said. All Saints has been giving to the needy with its food pantry for 11 years. Groceries are given out on the first Saturday of the month. The next time will be Saturday, May 2, from 11 a.m. to 2 p.m. All Saints Episcopal Church is located at 911 Dowling Blvd. in San Leandro. For more information, to volunteer or make a donation, visit saintsalive.net/social-ministries/.



The All Saints Episcopal Church's van for the food pantry, a used city vehicle, was stolen at 5:30 a.m. last Thursday but found on Monday.

CASTRO VALLEY FORUM OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. For help, call Patrick Vadnais at 510-614-1558



FD 1168 CR49

LETTERS TO THE EDITOR

must include writer's first and last names, phone number, city of residence, and must be under 300 words. We reserve the right to edit. We do not withhold names or publish unsigned letters. Email letters to:

fredz@ebpublishing.com or mail to: The Forum PO Box 2897 Alameda, CA 94501.



HOROSCOPE by Salomé

ARIES (March 21 - April 19): Don't be put off by a seemingly too-



tangled situation. Sometimes a simple procedure will unsnarl all the knots and get you in the clear fast and easy, just the way the Lamb likes it. TAURUS (April 20 - May 20): It's a good time to go through your



work space -- wherever it is -- and see what needs to be replaced and what can be tossed (or at least given away) without a second thought. GEMINI (May 21 - June 20): Someone who disagrees with your



position might try to intimidate you. But continue to present a fair argument, regardless of how petty someone else might be while trying to make a point.



CANCER (June 21 - July 22): You might find yourself exceptionally sensitive to family matters this week. An issue could come to light that you had overlooked. Ask other kinfolk to discuss it with you.



LEO (July 23 - August 22): You might have more questions about a project (or perhaps someone you're dealing with on some level) than you feel comfortable with. If so, see which can be answered, which cannot, and why.



VIRGO (August 23 - Sept. 22): It's a good time to clean up and clear out what you don't need before your tidy self is overwhelmed by "stuff." Then go celebrate the Virgo victory over clutter with someone special



LIBRA (Sept. 23 - October 22): You might feel a mite confused about why something you were sure couldn't go wrong didn't go all right either. Be



SCORPIO (October 23 - November 21): At this decision point, you could be moving from side to side, just to say you're in motion. Or you could be considering making a move straight up. What you choose is up to you.



SAGITTARIUS (Nov. 22 - Dec. 21): Although your finances should be in an improved situation at this time, thrift is still the savvy Sagittarian's smart move. Advice from a spouse or partner could be worth heeding CAPRICORN (Dec. 22 - Jan. 19): Taking on a new challenge brings



all, the Goat does it one careful step after another. (Got the idea, Kid?) AQUARIUS (Jan. 20 - Feb. 18): Your well-known patience might be wearing thin because of a disturbing (and seemingly unending) problem with someone close to you. This could be a time to ask for help. Good luck.

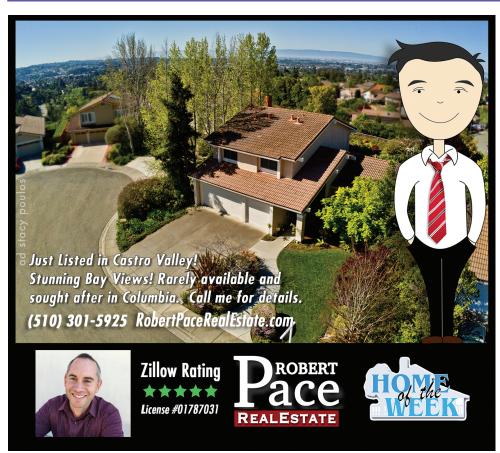
out the Goat's skills in maneuvering over and around difficult spots. Best of



PISCES (Feb. 19 - March 20): Be careful about a new venture that lures you into a "just look and see" mode. Be sure that what you're being given to see isn't hiding what you should be seeing instead.

CASTRO VALLEY FORUM Wednesday, April 15, 2020 11

REAL ESTATE GALLERY



Planting Tree Roses; **Taking Care of Tulips**

By Buzz Bertolero Special to the Forum

I'm looking to plant three tree roses to line a walkway and wondering how far apart should they be planted? Also, do they require any special care?

Tree Roses are typically spaced four feet apart. That would be four feet from the center of one variety to another and two feet off the walkway; however, they can be placed further apart, or closer, to make them visibly pleasing.

Also, keep in mind, the type of rose you're planting. Grandiflora and Hybrid Tea varieties are large bushes and should be planted farther apart than Floribundas. This should prevent the growth from co-mingling. If that happens, you can control the side growth by pruning them in the winter and during the growing season.

Tree roses are treated no differently than a bush rose except their growth starts not at the ground but four feet off the ground at the graft. So, a five-foot high bush rose could get to be very tall as tree roses. You can prevent this by pruning it after every flush of flowers.

Also, they need to be staked to support the main stem. The stake that comes with tree rose is not adequate. The top of the stake should be right under the bud union and go six to eight inches in the round. Tree roses are susceptible to blowing over and breaking during the windy summer months.



When I was in the Netherlands last autumn, I bought a few packages of tulip bulbs and planted them in pots. When the bulbs finish blooming, what do I do with them? Can I leave the spent bulbs in pots through the summer and then put them back in the refrigerator around autumn sometime? If that is the case, do I fertilize the spent bulbs?

After flowering, leave the bulbs in the pot and fertilize with Bulb Food. Continue to water them until the foliage turns brown. The pots are stored in a dry location

You could also take the bulbs out of the pots and store them in a paper bag. It's not necessary to

cool them again. Bring them out in late October, water them, and make one application of Bulb Food. Mother Nature should do

Note: flowering tulips, daffodils, and other bulbs are usually grown in sand, not soil. We these plants, I'd discard them after blooming. Sand is very sterile so, there is little chance the bulbs can store a sufficient amount of food after flowering to do much

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is www.dirtgardener. com and questions can be sent by email to buzz@dirtgardener.com



By Carl Medford, CRS Special to the Forum



Hackers Killer Buyer Hopes of Owning a Home

focused on personal safety and social distancing, it is easy to forget that other types of safety are also critical. This is especially true if you are in the midst of a real estate transaction.

While we are all concentrating on not catching the coronavirus, hackers are busy with viral activities of their own.

At a time when everyone's attention is centered on COVID-19, hackers have been busy infiltrating emails and ripping off hundreds of thousands of dollars. While it is possible to survive a coronavirus attack, if hackers manage to get your money, there is no recovery. The scheme is as follows:

Hackers skim contact info, logos and more from real estate and lending websites. They then use this information to provide official-looking communications that will be sent to unsuspecting victims.

Hackers hack into email accounts of agents and lenders to obtain information about pending transactions, including client names, contact info, relevant title company information, escrow details and more.

Once the hackers have the information, they then create legitimate looking fake emails and send them to the unsus-

pecting victims. These emails direct the buyer and/or lender to wire the money required to close escrow to a bank account different from the official title company account. This account is controlled by the hackers, not the title company.

If an unsuspecting person wires their money to the bogus account, upon receipt it is immediately withdrawn and is consequently lost forever. Because of the nature of the attacks and the complexities of investigating these types of crimes, the odds of retrieving the funds and/ or prosecuting the offenders are virtually nonexistent.

Unfortunately, many victims have fallen prey to these tactics and had their lives turned upside down. Some have lost large sums of money saved over many years: with this money gone, the hopes

some had of buying their dream home have evaporated into thin

Wiring funds required to close escrow remains the preferred method for moving large sums of money, especially under the current restrictions. We recommend that you never rely on an email for wiring instructions: the simplest way to prevent this tragedy is to call the title company directly and verify the wiring directions with the escrow officer responsible for your transaction.

Be diligent. It would be doubly tragic to survive a physical virus attack only to be caught by an online variant.

Carl Medford is a licensed Realtor with Keller Williams Realty and a licensed general contractor. This article is sponsored by the Central County Marketing Association.

HAPPY SPRING!

We hope everybody is doing well while sheltering in place. We would like to thank all the health care workers, essential service workers, and all the neighbors who have shown kindness to one another. Be Strong and Be Safe!

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Producer/MC March the 5ifth (seen here at THE LAB) will be performing tonight live on Smalltown Society's Instagram and Facebook.

What's Up at Smalltown

- TONIGHT! Wednesday, April 15: Smalltown Instagram LIVE: March to the Future: Join Smalltown Society as we continue our IG take-over's with producer/MC March the 5ifth performing his Back to the Future themed EP "March to the Future" Free at 8 p.m. live on Smaltown Society's Instagram and Facebook accounts: @smalltownsociety
- Saturday, April 18: The Chabot Facebook LIVE: Santa Claus Conquers the Martians: The fun continues this Saturday Night with Chabot Theater's 4th Installment of "LIVE RIFF-Along" from the Chabot big screen with Santa Claus Conquers the Martians, hosted by the venerable Lord Blood Rah of Lord Blood-Rah's Nerve Wrackin' Theatre. Free at 8 p.m. on The Chabot's Facebook account: @ChabotCinema
- Sunday, April 19: Quarantine Sundays with Safiyah Hernandez: Join Smalltown Society artist Safiyah Hernandez for her 3rd installment of Quarantine Sundays LIVE and direct from her Instagram and Facebook account. Free at 2 p.m. IG: @safiyahhernandez/FB: @SafiyahHernandezMusic
- Monday, April 20: Smalltown Instagram Live: Yiann Join Smalltown Society as we continue our IG take-over's with singer/songwriter Yiann Chou. FREE. 8pm. LIVE on Smaltown Society's Instagram and Facebook accounts: @smalltownsociety

Support The Chabot Theater: Online Gift Cards and Merch available at TheChabot.com. Donations to The Chabot can be made via PayPal/Venmo: @thechabot. Donations to Smalltown Society can be made via PayPal/Venmo: @smalltownsociety

Medicare: Telehealth

continued from page 6 if you're feeling sick.

Risk of serious illness from the coronavirus is much greater for older people and those with underlying health problems such as lung conditions, diabetes or heart problems. Many seniors are also managing chronic health issues that put them at heightened risk.

Until recently, telehealth coverage under original Medicare has been limited to beneficiaries only in rural areas, and patients often need to go to specially designated sites for their visits.

The expanded telehealth coverage, which will remain in effect during the coronavirus outbreak, now allows doctors and hospitals to bill Medicare for visits via telemedicine that previously had to take place in person, at a medical office or facility.

If your mom happens to get her Medicare benefits through a they will also be expanding their telehealth services. For coverage details, contact her plan directly.

Other Medicare Coverage

In addition to the expanded telehealth services, Medicare will also be covering all coronavirus testing costs to see your mom has been infected, and medically necessary hospitalizations, so if her doctor recommends that she remain in quarantine at the hospital rather will not have to pay for these costs.

And if your mom has a Medicare Part D prescription drug plan, it will cover the coronavirus vaccine when it becomes available and will waive prescription refill limits so she can have extra medication on hand during the pandemic.

For more information on how Medicare is covering the coro- masks be worn as a preventative navirus see Medicare.gov/medicare-coronavirus.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



The Oakland Auditorium was turned into a hospital ward during the Spanish Flu in 1918.

Lessons: Spanish Influenza Pandemic

continued from page 4

leased January 2020. Among its recommendations is closing places private Medicare Advantage plan, where people gather and the wearing of gauze masks. It also provided readers with lists of symptoms and what to do if they thought they had the dreaded flu.

> The state board's bulletin also provided a list of city and county health officers. Hayward's health officer at the time of the 1918 pandemic was Dr. Fredrick W. Browning.

By January 1919, the Spanish Influenza pandemic was in the than self-isolating at home, she middle of a second wave. New cases were on the rise in nearby Oakland and San Francisco.

> A January 19, 1919 Oakland Tribune article titled "Hayward to Fight Influenza Epidemic" reported a briefing Dr. Browning had with Hayward's City Council. The article reported:

> measure, Dr. F.W. Browning, local health officer, did not insist on such a step at the meeting of the town trustees as the members of that body expressed the belief that the situation was well in hand.



HAYWARD AREA HISTORICAL SOCIETY PHOTOS

A View of the corner of B and Main Street in Hayward around 1918. This is what the downtown area looked like at the time of the Spanish Influenza pandemic.

further spread of the malady. As 1918. a step in this direction, the health Pamphlets bearing on this subject will be distributed."

Just over one-hundred years lat-

We may not have a cure or a officer has outlined a campaign of vaccine against this influenza at "While suggesting that flu education that he thinks will be of the moment, but we are far more great advantage to the community. aware of what to do to slow the spread of the disease. The loss of life was great in 1918.

If we all work together to follow er the Hayward area is faced with the guidelines our health officials a similar pandemic. This time our are giving us now, we can prevent population is much larger and our the same thing from repeating Dr. Browning is urging the peo- access to information is far beyond now. This is an instance when we ple to take every precaution to stay what would have been imagined in do not want history to repeat itself.

STAY STRONG CASTRO VALLEY

During this COVID-19 Emergency we encourage all of our clients, friends and colleagues to Stay Strong while practicing Social Distancing and Shelter-In-Place. We will get through these difficult times together and stronger than ever.

We are open for business working remotely and taking phone and video conference consultations in Business, Real Estate, Trusts and Estates, and Family Law Matters. We are locally owned and proud to be Castro Valley's full service law firm since 1989.



Connected: Library's Online Campaign

continued from page 4

and more. To use live chat, library members type their question into the AC Library Live Chat box on the Ask Us page. Chat service is

array of online resources.

In accordance with the Shelter available from 8:30 a.m. to 5 p.m., in Place Order issued by Alameda website: www.aclibrary.org.

Mon. - Sat. Quick Start Guides are County, the library will remain easy to follow tutorials to help liclosed at lest through May 3. You brary members navigate the vast can access the library's digital resources 24/7 with a library card.

For updates, visit the library's

SUMMARY OF ORDINANCE NO. 184

AN ORDINANCE OF THE CASTRO VALLEY SANITARY DISTRICT BOARD OF DIRECTORS ADDING DETAILS FOR ACCESSORY DWELLING UNIT PERMIT FEE REQUIREMENTS AND AMENDING DETAILS FOR CLOSED-CIRCUIT TELEVISION (CCTV) INSPECTION REQUIREMENTS, SPECIFIC POLLUTANT LIMITATIONS, AND **GREASE INTERCEPTOR REQUIREMENTS**

Ordinance No. 184 amending Castro Valley Sanitary District Code Article III, Sections 3110 and 3904; Article IV, Sections 4113 and 4403; and Article VI, Sections 6200, 6206, 6216, 6217, 6409, 6422, 6423, and 6424 was duly and regularly adopted by e Castro Valley Sanitary District Board of Directors at the Regular meeting of said Board held on April 7, 2020.

The Ordinance adds requirements for accessory dwelling unit permit fees and amends CCTV inspection requirements, specific pollutant limitations, and requirements for maintaining grease interceptors added to the Code effective May 1, 2020.

The Castro Valley Sanitary District Board of Directors voted on April 7, 2020 at the Castro Valley Sanitary District Regular Board meeting to adopt the Ordinance as follows: Akagi - No; Johnson - Yes; Appleton - Yes; McGowan - Yes; Sadoff - Yes

The above summary constitutes the major highlights of Ordinance No. 184. A reading of the entire Ordinance may be necessary to obtain a full understanding. The full text of the Ordinance is available on the Castro Valley Sanitary District website at .cvsan.org/oan or, to make other viewing arrangements, please contact the Clerk of the Board Stacy Marcoux at stacy@cvsan.org.



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