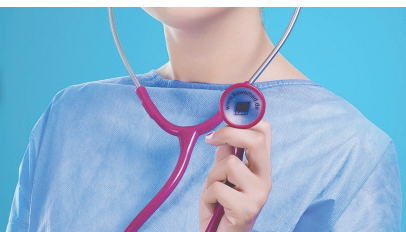


National Nurses  
Day is Today



Mother's Day  
This Sunday



# CASTRO VALLEY FORUM

A COMMUNITY NEWSPAPER SERVING CASTRO VALLEY SINCE 1989

YEAR 32

WEDNESDAY, MAY 6, 2020

NO. 19

## INSIDE YOUR FORUM

### NEWS



#### Senior Villages

Seniors find solutions to problems raised by being forced to stay at home

Page 2

### OUR TOWN



#### Nurse Retires

Eden nurse Deborah Cohen given a surprise 'retirement parade'

Page 3

### SENIORS



#### Worth a Shot?

Do pneumonia vaccines protect seniors from the Coronavirus?

Page 15

## INDEX

Classified Ads .....	12
Crosswords .....	13
East Bay Living .....	6
Homes .....	7
Horoscope .....	14
Obituaries .....	14
Opinions .....	14
Our Town .....	3
Seniors .....	15
Weather .....	2

PHONE: (510) 614-1560



PHOTOS BY SAM GARVIN

## Dig Deep Farms' Food Hub Offers Drive-Up Food Bank

Dig Deep Farms, a division of the Alameda County Deputy Sheriffs' Activities League (DSAL), has begun operating an innovative, drive-up food distribution center on Friday afternoons for homebound seniors, medically vulnerable patients, and families experiencing food insecurity and hunger as a result of the COVID-19 pandemic.

The food is distributed for free at the Dig Deep Farms Food Hub, located at 2700 Fairmont Drive in San Leandro.

The Dig Deep Farms Food Hub opened in January, just prior to the beginning of the pandemic. The Hub is intended to create the infrastructure for a stronger, local food economy by supporting increased produce collection, aggregation, and distribution; food recovery; and the incubation of small food businesses.

The Food Hub is one element of the Alameda County Sheriff's Community Capitals Policing (CCP) initiative, a bold, new, community-driven approach to public safety that focuses on investing in depleted systems and building stronger relationships with the community to reduce crime and help people thrive.

see **FOOD** on page 4



## Revised Restrictions: Shelter-in-Place Rules Eased... With Caveat

By Michael Singer  
CASTRO VALLEY FORUM

Golfers, gardeners, Realtors, and skaters can work and play outdoors again (with a mask of course) now that seven Bay Area Public Health Officers have eased some shelter-in-place rules.

Thanks to some social distancing intervention by the community, County health officials signed off on the revised restrictions last Friday with a caveat: Everyone still needs to continue to shelter-in-place and wear a face-covering when they're out and about.

"A pandemic of this scale is unprecedented," Dr. Sara Cody, Santa Clara County Health Officer, said in a joint statement. "We are progressing steadily as a region, but we must reduce restrictions on activity gradually or we will put the lives of many community members at risk."

The revised rules mean all construction activities and certain businesses that operate primarily outdoors can go back to work if they comply with safety protocols.

Also allowed to open again are wholesale and retail nurseries and landscapers. Real estate agents can now show homes with limitations.

The modified order was added to the local and state mandates to stay home through the end of May. These changes are an addition to the rules for existing "essential activities" such as shopping for food or medication as well as working for an "essential business" such as auto repair or banking.

Golf courses are permitted under local orders but prohibited under state orders. Redwood Canyon Golf Course says you can reserve tee times starting at 7:00 a.m. but fees must be paid over the phone or with a credit card prior to your arrival.

Skate parks are now open under the rules but not play structures nor activities that involve shared equipment or physical contact such as picnic areas, gyms, and dog parks.

see **RESTRICTIONS** on page 2

**Alameda County**  
Confirmed Cases = 1,776  
Deaths = 63

**California**  
Confirmed Cases = 56,306  
Deaths = 2,294  
as of May 5, 2020

## Teen's Fatal Shooting Ruled as an Accident

By Michael Singer  
CASTRO VALLEY FORUM

The death of an 18-year-old man in Castro Valley was an accident, county officials ruled this week.

The Alameda County Sheriff's Office is holding the name of the individual because of an ongoing investigation. But Sargent Ray Kelly says the death was, "due to the negligent discharge of a firearm. There was no malice."

Deputies responded to reports of gunfire the night of April 28 at an apartment complex on Redwood Court near Redwood Road. About six individuals were present during the incident, according to

Sgt. Kelly. Deputies recovered the gun at the scene.

"There was a small group of people at a residence who had access to a gun, and it discharged and this young man was struck and killed. It's very unfortunate," said Kelly.

Early reports suggested that the teen had shot himself. Investigators initially suspected that foul play may have been involved. All stories now seem to corroborate that the victim had the gun when it went off by accident killing the teen in the process.

It is still unclear if the 18-year-old was living at the apartment at the time or just visiting.



## Castro Valley Weather May 6-10, 2020



Wednesday  
Partly Sunny  
High 79° Low 51°



Thursday  
Partly Sunny  
High 82° Low 51°



Friday  
Partly Sunny  
High 84° Low 53°



Saturday  
Partly Sunny  
High 76° Low 52°



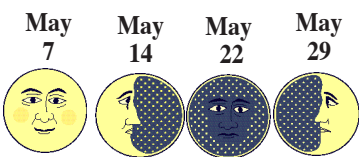
Sunday  
Partly Sunny  
High 74° Low 52°

### Almanac



Past Week's Rain: 00.00  
Season To Date: 08.39  
Normal To Date: 18.68  
Season Average: 21.22

### Moon Phases



Sun sets at 8:05 p.m. today, rises at 6:07 a.m. Thursday.

**Got Your Castro Valley Forum,  
Got Your Coffee, Life is Good!**

**PUBLISHED EVERY WEDNESDAY**  
**DELIVERED TO OVER 20,000 HOMES - TOTAL CIRCULATION 22,500**  
**To advertise call**

**Mary Florence: 510-861-3270 or Linda Nakhai: 510-915-1513**  
2060 Washington Ave. • San Leandro, California 94577



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

## PROPERTY SALE REQUIREMENTS



Is your home in Hayward or San Leandro? Some properties in these cities are within Castro Valley Sanitary District's (CVSan's) boundary and are required to have a private sewer lateral compliance certificate when they are sold.

### How do I know if my property is within CVSan's boundary?

1. CVSan has an online boundary tool so property owners can see if their property is within CVSan's boundary. You can access the boundary tool on our website at [www.cvsan.org/DistrictBoundaries](http://www.cvsan.org/DistrictBoundaries).
2. If your most recent property tax bill has "CV SAN SEWER SVC" then your property is within CVSan's boundary.
3. Give us a call! Call our office at **510-537-0757** for assistance.

Properties that do not have certificates on file are required to replace their private sewer lateral or complete a closed-circuit television (CCTV) sewer lateral inspection during the property sale. For more information on these property sale requirements, visit [www.cvsan.org/PSL](http://www.cvsan.org/PSL). Questions can be directed to Engineering Technician Evan Choy at [evan@cvsan.org](mailto:evan@cvsan.org) or **(510) 537-0757 ext. 131**.

### CASTRO VALLEY SANITARY DISTRICT

Effective Environmental Services since 1939

510-537-0757 | [www.cvsan.org](http://www.cvsan.org)

This ad was funded by WW Outreach



PHOTO COURTESY OF EDEN AREA VILLAGE

Members of Eden Area Village, who now meet online.

## The Village Movement: Seniors Looking Out for One Another

During the current crisis seniors need to find creative solutions to the problems raised by being forced to stay at home.

One resource that is available locally and across the country is "senior villages," the first of which was founded in Boston 20 years ago.

Beacon Hill Village ([beaconhillvillage.org](http://beaconhillvillage.org)) started when a group of friends gathered to discuss how they could help each other remain in their homes and the neighborhood they loved.

"It used to be: collect your social security check and check out your brain. But that's nuts. Many of our original founders were 65 and on top of their game," said one of the founding members.

The Village movement has grown since then to more than 240 Villages in 41 states and the District of Columbia. The Village to Village Network ([vtnetwork.org](http://vtnetwork.org)) provides information and resources nationally and Village Movement CA ([villagemovementcalifornia.org](http://villagemovementcalifornia.org)) advocates for California Villages.

The Bay Area is home to 20-plus

Villages, and Alameda County has three. Locally, Eden Area Village serves Hayward, San Lorenzo, and Castro Valley. It was founded by local resident, Archie Cox, who read an article in the Hayward Daily Review in 2011 and spoke about Villages at a Fairway Park Neighborhood Association Meeting.

**MORE SENIOR NEWS: PAGE 15**

Soon, he and a group of friends were meeting regularly and doing a monthly informational presentation at Hayward City Hall, and in 2013 they got "Aging in Place and the Village Concept" added to the

City of Hayward's General Plan.

Eden Area Village began accepting member/volunteers in 2017, and became a 501(c)3 non-profit corporation in 2019.

There are no membership fees, and all services are provided member-to-member. The group believes that everyone has something to offer. They formerly met monthly for coffee and lunch, as did smaller neighborhood groups.

Currently, all contact is online, with monthly informational newsletters and periodic email updates, as well as occasional check-in calls. Find out more about Eden Area Village at [edenareavillage.org](http://edenareavillage.org) or call 510-969-2732.

—Laura McMichael-Cady  
Eden Area Village President

## Restrictions: New Order Allows for Gradual Return

*continued from front page*

Not every outdoor-related activity is reopening. Bars and restaurants continue to be restricted to take-out service only, even if they

have outdoor seating. Other activities remain limited. For example, funerals are limited to 10 people. Non-essential travel remains prohibited.

This initial, measured easing of some restrictions is designed to set the stage for a gradual return for more business and recreational activities while preventing rapid, exponential growth of cases that could overwhelm hospitals.

"The new order allows us to carefully monitor our progress while building the essential public health infrastructure – such as contact tracing and testing capacity – that will support our gradual reopening and make recovery possible," says Dr. Tomas Aragon, Health Officer for the City and County of San Francisco.

The relaxed restrictions could be followed by tighter restrictions if the data indicate actions are necessary to prevent a new surge of COVID-19 cases in Alameda County.

Health officials say it's important for residents to know that any rollback of the shelter-in-place order will not necessarily mean life as we experienced before COVID-19.

## We Are OPEN

**The Cobblers**

Since 1958

Boots • Shoes • Repairs

Monday through Saturday  
9 a.m. to 4 p.m.



**WorkBoots and Dress Shoes**

**FREE**

**Clean, oil and laces on all Repaired Boots and Shoes**

**22443 Foothill Blvd  
Downtown Hayward  
510-582-7761**







PHOTOS BY FRED ZEHNDER

Deborah Cohen (below), a nurse for 49 years, was greeted by a surprise parade of well-wishers and co-workers on Friday in the Chanticleers Theatre parking lot, the day after retiring from Eden Medical Center. Joining the retirement celebration was an Alameda County firefighter (above) who personally thanked Cohen. It turned out that the fireman's wife had just been Cohen's patient when they had their baby.

## Eden Nurse Retires After 49-Years

By Linda Sandsmark  
CASTRO VALLEY FORUM

Eden Medical Center labor and delivery nurse Deborah Cohen was given a surprise "retirement parade" in Castro Valley last Friday to celebrate her 49-year career.

"They shocked me," says Cohen, whose last official day at Eden was April 30. "I was 'social distancing' at a park with a friend, sitting six feet away from her, and suddenly this parade of cars and a fire truck appeared. I wasn't prepared for that! And it turned out that the wife of one of the firemen had just been my patient when they had their baby."

Cohen's co-workers and family arranged the celebratory parade in her honor.

"She's used to planning all the parties, but we surprised her with this. All of her friends at work and her three daughters threw this parade together in just two days," says her daughter Meredith.

see NURSE on page 5



## SHERIFF'S REPORTS

COMPILED BY MICHAEL SINGER • CASTRO VALLEY FORUM



### Birthday Assault and Battery

Sunday, May 3: at 3:51 p.m., Sheriff's deputies arrested a 50-year-old Castro Valley man on his birthday on suspicion of assault and battery. The man was at a home on 19066 Gliddon Street near Vannoy Avenue when he got into an altercation with an unidentified person. Deputies handcuffed the man and took him into custody. The victim was treated at the scene.

### Drug Paraphernalia

Saturday, May 2: at 10:11 a.m., a 46-year-old woman from Castro Valley was arrested on suspicion of possession of illegal drug paraphernalia. Deputies stopped the woman for questioning in front of a business on Castro Valley Boulevard near Redwood Road when they discovered her stash. The woman was taken into custody.

### Caught for Vandalism

Saturday, May 2: at 8:52 p.m., deputies responded to a suspicious person report in behind a business on Castro Valley Boulevard near Redwood Road and arrested a 59-year-old man from Castro Valley on suspicion of vandalism. The man was handcuffed and taken into custody.

### May Day Arrest

Friday, May 1: at 6:11 p.m., a 22-year-old man with no permanent residence was arrested on suspicion of possession of illegal drug paraphernalia. Deputies responded to a suspicious person report at a grocery store on the Boulevard near Redwood Road. There, they stopped the man for questioning and discovered a pipe for smoking illegal drugs. Deputies took the man into custody.

Booked for Defacing the Library  
Thursday, April 30: at 10:14 p.m., deputies arrested a 59-year-old

man with no permanent residence on suspicion of defacing public property in excess of \$400. The man was spotted behind the Castro Valley Library on Norbridge Avenue vandalizing the property. Deputies handcuffed the man and took him into custody.

### Assaulted Spouse

#### Coerced to Deny Charges

Tuesday, April 28: at 10:45 p.m., a 911 call about a loud and aggressive-sounding argument sent deputies to a home on Castro Valley Boulevard near Marion Street. There they arrested a 49-year-old man from Castro Valley on suspicion of spousal assault, forcing the victim to refute the assault

charges, and violating the terms of his probation. Deputies report the victim changed her story after she was questioned separately from the suspect. The man was taken into custody.

### Arrested for Methamphetamines

Monday, April 27: at 11:20 p.m., deputies arrested a 37-year-old man on suspicion of possession of methamphetamine drugs and related drug paraphernalia. The man was spotted loitering behind of a business on Castro Valley Boulevard near Lake Chabot Road. Deputies stopped the man for questioning and discovered his stash. The man was taken into custody.

## MAC to Hold Virtual Meeting

The Castro Valley Municipal Advisory Council will hold a virtual meeting using the Zoom Webinar platform at 6 p.m. on Monday, May 11.

Agenda items include the Castro Valley Marketplace Project, the Castro Valley Sanitary District Corporate Yard Proposals, and Safe Pathways to School. Public wanting to attend this meeting and

speak on an agenda item can find out how to do so by referring to the county's tele-conferencing guidelines at: [acgov.org/cda/planning/documents/TeleconferencingGuidelinesforPublicHearings.pdf](http://acgov.org/cda/planning/documents/TeleconferencingGuidelinesforPublicHearings.pdf).

The Zoom webinar is accessible at: [zoom.us/j/94808181055](https://zoom.us/j/94808181055), or by phone only at 669-900-9128 or 346-248-7799 ID# 948 0818 1055.

### NEW FOR 2020!

#### \* Frosted Cakes & \* Simple Celebration Cakes

Made with Wholesome Ingredients. Order at least 2 Days Ahead! Check out our Website For Easter Dessert Menu.

KARIN JOHNSON  
Specialty Cakes and Pastries

- \* Cakes
- \* Cookies
- \* Breakfast Pastries
- \* Tarts
- \* Hostess Gifts
- \* Gluten Free Options

#### Bakery Hours:

Wed. & Thurs., 7am-3pm  
Fri., 7am-4pm / Sat., 8am-4pm

20865 Redwood Rd., Castro Valley (In the Lucky Shopping Center)  
[www.karinjohnsoncakes.weebly.com](http://www.karinjohnsoncakes.weebly.com) • [karinjohnsoncakes@yahoo.com](mailto:karinjohnsoncakes@yahoo.com)

The Entire line of  
**Aura Cacia  
Products**

**25% OFF**

On Sale in *May*



HEALTH UNLIMITED  
— NATURAL FOODS —  
San Leandro  
182 Pelton Center  
(510) 483-3630

Castro Valley  
3446 Village Dr.  
(510) 581-0220

We Are  
**TEMPORARILY  
CLOSED**

Our Appreciation For  
Your Business & Support

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

"Make your house a Dupree's home"  
**Dupree's**  
FURNITURE

EASY LAYAWAY & FINANCING AVAILABLE  
47 Years Experience  
1900 E. 14th St. • San Leandro  
**357-3000**

[www.Duprees-Furniture.com](http://www.Duprees-Furniture.com)

OPEN TUESDAY-FRIDAY 10AM-6PM • SATURDAY 10AM-5PM • CLOSED SUNDAY & MONDAY

## Open For Take Out!

Buy One Lunch or Dinner and Get  
2nd Meal 1/2 OFF, of equal or  
greater value, from Regular Priced  
Menu with this Ad. Not good with  
any other offer. Expires 05-31-20

**Tito's**  
"Bienvenidos Amigos"

Family Owned since 1957

Patio Dining  
Banquets

"Have Your Party Here!"

All Food Prepared Fresh Daily  
Cocktails and Catering

Celebrating 65 Years!

**510.276.1793**



15508 E. 14th St., San Leandro (Across from Bayfair Center)  
Open: Wed. - Sun. 11am - 10pm/Closed Monday + Tuesday  
For Birthdays, Parties & Banquet Information Call Us Today!



# HARD General Manager to Retire Contribute To '5-Item Challenge'

Paul McCreary, General Manager of the Hayward Area Recreation and Park District (HARD), submitted his retirement letter last Thursday. It will be effective Sept. 30.

McCreary, who told the HARD board of directors last summer that he planned to retire this year, will have completed nearly five years with the district and more than 30 years of public service when he steps down.

"I will be endlessly indebted to my amazing staff for the incredible work they've done, for the spirit they have brought to work each day, and for continually finding ways to be progressive," McCreary said in a statement. "Without them nothing could have been accomplished."

Under McCreary's leadership, the District saw increased transparency and continued stewardship of its long-term financial stability, with general fund reserves rebounding to a record level.

He said his proudest accom-



Paul McCreary

plishment was the passage of the \$250 million bond measure by 79% of voters, and the subsequent development of the District's first multi-year capital improvement program.

McCreary oversaw many capital improvements during his tenure including several strategic land acquisitions to improve access to

parks, and guided the planning and development of several other projects including the renovations of Hayward Community Gardens, Greenwood Park, San Lorenzo Community Park, Kennedy Park, Sorensdale Recreation Center, Hayward Senior Center, and San Lorenzo Community Center.

He also worked to expand the Park Ranger Program to help reduce crime in parks and develop the District's first Emergency Operations Center with direct radio communications to all other public safety agencies in the East Bay.

"We are grateful to Paul for his leadership and contributions to the District," said Board President Paul Hodges. "We know he will leave the next general manager with a solid foundation for a path of continued success particularly during the challenging times ahead."

HARD's Board of Directors will determine how to proceed with selecting the next general manager in the near future.

## Food: Farm Offers Residential Delivery

*continued from front page*

In response to the current situation of food going to waste and many families trying to find resources, Dig Deep Farms has ramped up the operation and is now offering residential delivery and the Friday drive-up to create more opportunities for local families and suppliers to find a way to solve their respective needs.

Food is picked up from supermarkets, schools, restaurants, the Alameda County Community Food Bank, and wholesalers and brought to the Food Hub where it is sorted and packed into brown grocery bags.

As a result of partnering with ALL IN Alameda County, funding has been secured to also incorporate prepared meals from local food entrepreneurs.

Families drive up in their vehicles where a team of volunteers and employees offer a no-contact solution by placing the bags into

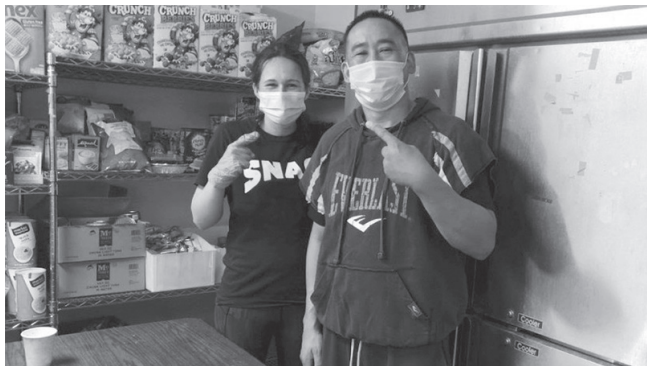


PHOTO COURTESY OF ALAMEDA COUNTY DSAL

the trunk of the car. The contents of the bag depend on the weekly donations but always include fresh vegetables from Dig Deep Farms and an emphasis on healthy eating.

Over the past three weeks, the Friday drive through has distributed well over 1,200 bags of groceries and fresh produce and 500 ready-made meals. This is in addition to deliveries being made weekly to local charities, senior

centers, low-income housing complexes, and churches.

If you or anyone you know are in need of groceries, please visit the DDF Food Hub located at 2700 Fairmont Drive, this Friday, May 8th from 1:00-3:00 p.m. You can also use an online form to sign up for residential delivery if you are unable to drive.

Visit [www.acdsal.org/ddf-programs](http://www.acdsal.org/ddf-programs) to sign up.

Life during COVID-19 has already started to make history. Daily experiences of shelter-in-place are sure to be mentioned in history books for years to come.

The Hayward Area Historical Society (HAHS) is currently seeking contributions through their "Five Item Challenge" to document this experience.

Residents of the local area are asked to fill out a survey and supply five images that best represent their lives as they are right now during the shelter-in-place order.

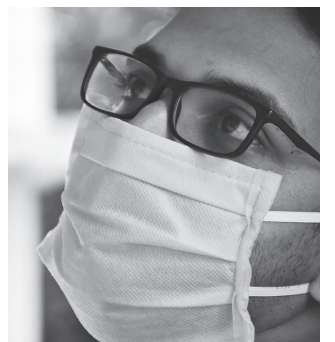
The images and responses may be used in a future exhibition to illustrate this historic time. To participate, please visit: [bit.ly/HAHS5ItemChallenge](https://bit.ly/HAHS5ItemChallenge).

The Historical Society has also developed online local history sources for residents of all ages. The mini-exhibitions and topical articles feature a wide variety of information about the Hayward area.

In some cases, additional educational resources for students and teachers are made available. This can be particularly useful for parents or teachers of third and fourth graders to fit with curriculum standards.

Back issues of the Historical Society's quarterly printed newsletter, Adobe Trails, are also available on the site.

"We can't be open for our community to visit us, but we can make sure everyone can still learn about the history of the area from the comfort of home," says HAHS Executive Director Diane Curry.



A "Five Item Challenge" example.

"Online exhibitions allow us to tell, and illustrate, some of our stories in a totally new way."

Topics include the Spanish Flu Pandemic, the Oakland-San Leandro-Hayward Electric Railway, building Castro Village Shopping Center, the Oliver Salt Company, William and Rachel Hayward, the Pet Parade, the development of various schools, the Hayward-San Mateo Bridge, the history of Mt. Eden, and so much more.

To access the Hayward Area Historical Society's online resource page, visit [www.hayward-areahistory.org](http://www.hayward-areahistory.org)

The Hayward Area Historical Society galleries and historic sites are currently closed to the public. To support the historical society at this time, please visit [www.haywardareahistory.org/donate](http://www.haywardareahistory.org/donate) or email [development@haywardareahistory.org](mailto:development@haywardareahistory.org).

— Marcess Owings, HAHS

## CV Car Show Canceled Due to COVID-19

Due to the uncertainty surrounding the COVID-19 virus, the Castro Valley Moose Lodge has found it necessary to cancel this year's Castro Valley Car Show in the best interest of the community.

The popular show had been

scheduled for Saturday, June 20.

"We would like to thank all those participants who had registered, as well as sponsors and vendors who supported the event," said Robert Pirone, administrator of the Moose Lodge and a member of the Car

Show committee. "We are definitely planning on next year's Castro Valley Car Show to be the biggest and best ever. We extend our hopes that you and your families stay safe and well during this unprecedented time in our history."

## ADOPT-A-PET



**SAMMY AND ELLA**, a bonded pair of bunnies, provide double the love and fun. Always together, they play, eat and sleep side by side. Ella is more confident than Sammy but he keeps a close eye on her as she explores new areas. Together they are a perfect package. Both are about 8 lbs and are neutered. Info: Email [eastbayrabbit@gmail.com](mailto:eastbayrabbit@gmail.com).

FILED  
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

The name 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 N/A.  
/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, MAY 6, 2020  
0258-CVF

FILED  
APRIL 08, 2020  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 569723

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): Chabot Collision Inc. at 20736 Lake Chabot Road, Castro Valley, CA 94546 in Alameda County is hereby registered by the following owner(s): Chabot Collision Inc., 20736 Lake Chabot Road, Castro Valley, CA 94546. This business is conducted by a corporation. This business commenced 8/26/2005.  
/s/ Chabot Collision Inc.  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires APRIL 08, 2025

MAY 6, 13, 20, 27, 2020  
260-CVF

FILED  
APRIL 17, 2020  
MELISSA WILK  
County Clerk  
ALAMEDA COUNTY  
By-----, Deputy  
FILE NO. 569959

### FICTITIOUS BUSINESS NAME STATEMENT

Pursuant to Business and Professions Code Sections 17900-17930

The name of the business(es): JOVI Worldwide located at 5290 Camino Alta Mira, Castro Valley, CA 94546, in Alameda County, is hereby registered by the following owner(s): Alison Thornberry, 5290 Camino Alta Mira, Castro Valley, CA 94546. This business is conducted by an individual. This business commenced N/A.  
/s/ Alison Thornberry  
This statement was filed with the County Clerk of Alameda County on date indicated by file stamp above.  
Expires APRIL 17, 2025

MAY 6, 13, 20, 27, 2020  
261-SLT



## Nurse: Looks Back on 49 Year Career

*continued from page 3*

Cohen was a labor and delivery nurse at Eden for the past 18 years. She began her career in nursing by attending Broward Junior College in Florida, then working at Hollywood (Florida) Memorial Hospital for over ten years.

That's where she met her husband Kenneth Cohen, who was a resident for hospital administration there.

The family eventually moved to Southern California. Deborah worked at Parkview Community Hospital in Riverside for 18 years.

In 2002 they relocated to the Bay Area when her husband was offered a job opportunity here. Deborah drove over to Eden Hospital to explore her own job possibilities, and was given an immediate interview. She's been there for the past 18 years.

"I lost count long ago of how many babies I've helped deliver," she says. "I've just absolutely enjoyed my 49-year nursing career. Every day was a brand-new day, meeting new people and being a part of the miracle of birth."

Cohen had even been in the delivery room when her two grandchildren were born — not working, just being a proud grandmother.

Retirement during the Coronavirus-era has its challenges, says Cohen. Travel is off the table for now.

"I was the 'antique' at work, the oldest person there, so I was on a leave because of the virus," she says. "Then I thought about it, and it seemed like the right time to retire, although I don't really like cooking or gardening! I'm thinking of eventually volunteering, and I'm sure I'll find my niche."

## Army Seeks 2nd Infantry Veterans

The Second (Indianhead) Division Association is searching for anyone who served in the Army's 2nd Infantry Division at any time. For information about the association and our proposed 99th annual reunion in Kansas City, Missouri from Sept. 23-27, visit [www.2ida.org/99th-annual-reunion/](http://www.2ida.org/99th-annual-reunion/) or contact Bob Haynes at [2idahq@comcast.net](mailto:2idahq@comcast.net) or 224-225-1202.



The revised order requires that most people stay home unless they are engaged in some essential or low-risk activities.

## An Updated Order Directing Residents to Shelter at Home

A revised shelter-in-place order issued last Wednesday by the Alameda County Public Health Department and other Bay Area counties is permitting some outdoor activities, including certain construction projects, effective this past Monday, May 4.

The order still requires that most people stay home unless they are engaged in "essential activities."

The collective efforts taken to date regarding this public health emergency have slowed the virus' trajectory, but the risk to public health remains significant.

The scientific evidence shows that at this stage of the emergency, it remains essential to continue to slow virus transmission, according to county health officials.

The revised order requires that most people stay home unless they are engaged in some essential or low-risk activities, which include:

- Performing tasks or activities essential to personal or family health and safety;
- Obtaining necessary services and supplies, including perishable goods food and medical supplies;
- Performing work providing essential products and services;
- Engaging in outdoor activity, including to take care of pets, go on a walk, or exercise, so long as you do not congregate in a group and maintain at least six feet of distance between you and other people;

- For most people, this means you and those you live with should remain at home. If you are sick, you should self-isolate, including, to the extent you can, from others you live with;

- Cessation of all non-essential travel.

- A limited number of additional essential businesses and certain lower-risk outdoor businesses to resume operating.

- All construction projects that follow the Construction Project Safety Protocols;

- Childcare, camps and educational / recreation programs that provide care for children of people who are allowed to work outside of their homes;

- Outdoor businesses such as nurseries, landscaping, and agriculture that normally operated outdoors prior to the shelter in place orders;

- Use of certain outdoor recreational facilities, such as skate parks and athletic fields. Golf courses are permitted under local orders, but prohibited under state orders.

- As a condition of operating under these revised orders, the operators of all businesses must prepare or update, post, implement, and distribute to their personnel a Social Distancing Protocol for each of their facilities in the County frequented by personnel or members of the public.

## NEWS BRIEFS

### Marriage by Videoconference

Gov. Gavin Newsom signed an executive order Thursday, allowing adults to obtain marriage licenses through videoconference amid the COVID-19 pandemic, after stay-at-home orders resulted in the cancellation of weddings statewide. For the next two months, adults can get a marriage license, at the discretion of their local county clerk, as long as both adults are physically in California, are present in the video chat and can show proper identification. The license will then be issued via email, according to the order.

### Little League World Series Canceled

Because of the coronavirus pandemic, Little League International decided last Thursday to cancel its annual world-championship, an event that has made the small town of South Williamsport, Pennsylvania (Pop. 6,379) famous. "This is a heartbreaking decision for everyone at Little League International, but more so for those millions of Little Leaguers who have dreamt of one day playing in one of our seven World Series events," said Stephen D. Keener, Little League President and CEO. "After exhausting all possible options, we came to the conclusion that because of the significant public health uncertainty that will still exist several months from now ... it will not be possible to proceed with our tournaments as we've hosted them for nearly 75 years."

### Applications to LAFCO Being Accepted

The Alameda Local Agency Formation Commission (LAFCO) is accepting applications for the alternate public member seat until 5 p.m. Friday, June 19. The Commission expects to conduct interviews the week of June 22, 2020. LAFCO is responsible for coordinating logical and timely changes in local government boundaries and conducting studies on streamlining governmental structure. For a copy of the application, contact LAFCO at 510-670-6267 or [rachel.jones@acgov.org](mailto:rachel.jones@acgov.org). For more information about Alameda LAFCO or to download the application, please visit: [www.acgov.org/lafco](http://www.acgov.org/lafco).

### Passports are Still Available

The Postal Service wants to remind future travelers that sheltering in place due to COVID-19 has not affected the passport application process. People can schedule an appointment at [tools.usps.com/rcas.htm](https://tools.usps.com/rcas.htm). Use the scheduler tool to search for a postal passport office and make an appointment. The Post Office will follow CDC guidelines of social distancing during the application process. Application forms and information on the costs and how to apply for a passport book and/or passport card can be found at [usps.com/passport](https://usps.com/passport) or [travel.state.gov/passport](https://travel.state.gov/passport). Customers can also obtain passport information by calling toll-free at 877-487-2778.



## NEW! Free Family Caregiver Classes now Offered by Video Conference

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.

(925) 829-8770 • [HopeHospice.com/family](http://HopeHospice.com/family)

**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.



### Lovewell Team

(#00689931 & #01912817)

"Lovewell Team" is a dynamic, award-winning Real Estate team

Call 510-351-5555 or visit us at [www.Lovewellteam.com](http://www.Lovewellteam.com)

— A team you can love and trust —  
Re/Max Accord Castro Valley



# Something Special for a Stay-at-Home Mother's Day

So, after you've gotten the card, the flowers, the chocolates (you did get all that stuff, right?), what can you do that will make Mom feel really special?

Well, if you're feeling especially creative and you know your way around the kitchen, you could whip up a little something special.

## FRESH STRAWBERRY SCONES

1-3/4 cup unbleached flour  
4 tablespoons butter, refrigerated  
2 teaspoons baking powder  
1/2 cup orange or apple juice concentrate  
1/4 cup plus 1 tablespoon milk

1 teaspoon lemon zest  
2 cups sliced strawberries  
4 tablespoons strawberry jam

Special equipment recommended: a rubber spatula.

Stir the flour and baking powder together. Cut in the cold butter until the mixture resembles coarse crumbs. Mix the fruit juice concentrate and milk together, stir in the lemon zest.

Make a well in the center of the flour mixture, pour in the liquid and begin to mix together using the rubber spatula. The dough should come together forming a ball, yet remain fairly sticky, hence the need for the spatula, which will make your task much simpler.

Knead the dough a few times in the bowl until it forms a work-

able ball, yet retaining most of its stickiness (you may need to work in an extra tablespoon or two of flour). Put the dough down to a circle about 3/4 inch thick, wrap in plastic and refrigerate for at least one hour.

Prepare a baking sheet by sprinkling it with a generous amount of flour. Cut the dough with a serrated knife down the middle, as if you were splitting an English muffin.

Place the bottom half of the scone dough on the baking sheet, lay the sliced strawberries evenly and place dollops of the jam to cover the bottom half. Lay the top of the scone dough over this and slightly crimp the edges together.

Carefully lift the dough at this point to check that enough flour has been sprinkled beneath it to prevent it from sticking while it bakes. If not, add a little extra.

Pre-heat the oven to 400°F. Cut the dough, using a blunt knife, into 8 equal pie-shaped wedges. Brush the top with a little milk or egg whites for a shinier appearance. Bake for 14 minutes or until browned. Serve when cooled just enough to handle. Serves 8.

## SENSATIONAL SCRAMBLED EGGS

8 eggs  
2 heaping tablespoons sour cream  
1 tablespoon water  
Salt and freshly ground black pepper  
2 tablespoons butter



1/2 to 3/4 cup grated Cheddar cheese

In a medium size bowl, beat eggs, sour cream, water, and salt and pepper until fluffy. Using a nonstick frying pan, melt butter and cook eggs over low heat, stirring occasionally. Stir in the cheese. Cook until you reach desired consistency.

Serve hot with country ham and biscuits. Yields 4 servings.

## FRENCH CROISSANT TOAST

French Toast:

4 croissants, split in half lengthwise  
4 eggs  
1 cup half-and-half  
2 teaspoons vanilla

1/2 teaspoon cinnamon  
2 tablespoons sugar  
3 tablespoons melted butter

Cinnamon Sugar:

1 cup sugar  
2 teaspoons cinnamon

Combine eggs, half-and-half, vanilla, sugar and cinnamon and mix well. Dip croissants into the mixture, coating completely.

In a large skillet, melt butter. Add egg-coated croissants and sauté until golden brown, turning once. Keep toast warm (for up to 30 minutes) by placing it on a cooking sheet in preheated 300°F oven.

To serve, drizzle with more melted butter, sprinkle with sugar and cinnamon. Serves 4.

## BLUEBERRY PANCAKES

2 cups all-purpose flour  
1/4 cup sugar  
2-1/4 teaspoons baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
2 eggs  
2 cups buttermilk  
1/4 cup melted butter, plus some for frying  
1 cup blueberries, fresh or frozen

In a large bowl sift together the flour, sugar, baking powder, baking soda, and salt.

Beat the eggs with the buttermilk and melted butter. Combine the dry and the wet ingredients into a lumpy batter, being careful not to over mix.

Heat some butter in a skillet

over medium heat. Spoon 1/3 cup of batter into the skillet and sprinkle the top with some of the blueberries. Cook for 2 to 3 minutes on each side. Serves 6.

## FLUFFY BAKED OMELET

3 eggs, separated  
1 tablespoon water  
1 tablespoon butter  
Salt  
Freshly ground pepper  
2 tablespoons finely grated Cheddar cheese

(Note: To lower cholesterol, replace the yolks with 1/3 cup egg substitute.)

Beat egg yolks until thick. Set aside. Beat egg whites until frothy in large mixing bowl. Add water and continue beating until soft peaks form.

Heat butter in 9-1/2 inch oven-proof skillet until bubbly, but not brown. Tip pan to coat sides.

Fold egg yolks into whites. Pour egg mixture into pan and cook, without stirring, over low heat, until egg mixture is puffed, set and golden brown on bottom, 2 to 3 minutes.

Place pan in 325°F oven and bake until knife inserted near center comes out clean, 8 to 10 minutes. Remove pan from oven and loosen sides of omelet with metal spatula. Season to taste with salt and pepper and sprinkle with cheese.

Make score across omelet slightly off center. Fold small side over larger. Makes 1 to 2 servings.



Mother's Day  
Is  
Almost  
Here!

## Treat Mom to Brunch at Home!

ORDER ANY OF OUR FAMILY MEAL OFFERINGS  
OR OUR MOTHER'S DAY BRUNCH OR  
DINNER DELIVERED TO YOUR  
DOORSTEP ON 5/9. YOU HEAT AND SERVE.

**HURRY!**  
Order Online by 5/7 2:00 pm  
[www.doordropmeals.com](http://www.doordropmeals.com)

a division of Miraglia Catering,  
serving the community since 1948  
San Leandro business, Castro Valley residents

## HOROSCOPE by Salomé

© 2019 King Features Synd., Inc.



**ARIES (March 21 - April 19):** A seemingly stalled romantic situation could benefit from your reassurance that you want this relationship to work. And if you do, use a tad more of that irresistible Aries charm.



**TAURUS (April 20 - May 20):** You're attracted to a situation that appeals to your Bovine intellect. And that's good. But don't neglect your passionate side when romance comes calling later in the week.



**GEMINI (May 21 - June 20):** That career-change opportunity that didn't work out when you first considered it could come up again. But this time, remember that you have more to offer and should act accordingly.



**CANCER (June 21 - July 22):** There could be some tensions in relationships -- domestic or workaday. But a calm approach that doesn't raise the anger levels and a frank discussion soon will resolve the problem.



**LEO (July 23 - August 22):** It's a good idea to begin preparing for that career change you've been thinking about for a while. Start to sharpen your skills and expand your background to be ready when it calls.



**VIRGO (August 23 - Sept. 22):** Bless that Virgo skepticism that has kept you from falling into traps others seem to rush into. But you might want to give a new possibility the benefit of the doubt, at least on a trial basis.



**LIBRA (Sept. 23 - October 22):** A legal matter you hoped could finally be settled could be a pesky problem for a while, until all the parties agree to stop disagreeing with each other. Be patient.



**SCORPIO (October 23 - November 21):** Someone might use deception to try to push you into making a decision you're not fully comfortable with. But those keen Scorpio senses should keep you alert to any such attempt.



**SAGITTARIUS (Nov. 22 - Dec. 21):** Romance dominates this week when Cupid spears the Archer, for a change. Positive things also are happening in the workplace. Expect important news to arrive by the week's end.



**CAPRICORN (Dec. 22 - Jan. 19):** Anyone trying to bully the Sea Goat -- whether it involves a personal or a professional matter -- will learn a painful lesson. Others also will benefit from the Goat's strong example.



**AQUARIUS (Jan. 20 - Feb. 18):** Congratulations. With things going the way they are, you should be able to spare some time and take a break from your hectic schedule for some well-earned fun and games.



**PISCES (Feb. 19 - March 20):** Your sharp Piscean intuition should be able to uncover the true agendas of those who might be trying to catch the Fish in one of their schemes.

## ~ Happy ~ MOTHER'S DAY



**MERLE'S HALLMARK  
OPENS FRIDAY, MAY 8**

**JUST IN TIME FOR MOTHER'S DAY  
3340 VILLAGE DRIVE  
CASTRO VILLAGE SHOPPING CENTER  
(510) 537-1677**

## CROSSWORD PUZZLE ANSWERS

O	F	F	S	O	P	T	H	A	S	P
S	A	L	K	N	E	E	A	L	E	E
S	Q	U	I	N	T	E	D	R	O	L
O	S	E	I	O	N	C	L	E	F	T
	E	S	P		J	O	E			
I	R	A	Q	I	B	A	N	Q	U	E
T	U	T		F	U	R	U	L	N	A
S	T	A	I	N	E	D	M	I	T	E
	N	O	W		P	E	N			
M	O	T	O	R	F	I	N	A	S	H
A	P	E	X		L	A	Q	U	I	N
L	U	R	E		E	M	U	S	N	U
I	S	M	S		G	E	E	P	A	N

With loving memories  
from the past. My  
mother was  
such a lovely,  
caring lady.  
- Mary Florence.





# REAL ESTATE GALLERY

## REAL ESTATE REALITY

By Carl Medford, CRS  
Special to the Forum

GUEST COMMENTARY



## Extended Shelter In Place May Have A Silver Lining

The recent announcement by six Bay Area counties to extend the Shelter In Place (SIP) to at least the end of May is cause for concern in the real estate community.

Many sellers who had planned on putting their homes on the market in the beginning weeks of May are rethinking their strategies and are actively involved in conversations with their Realtors to determine their next steps.

Up until now, the SIP rules, while prohibiting open houses, have allowed buyers to tour vacant homes with their real estate

agents. Tours have been limited to two adults (no children) and their Realtor.

Additionally, a PEAD form (California Association of Realtors Coronavirus Property Entry Advisory and Declaration) form must be filled out and signed by all parties prior to entry.

Until now, this has been difficult for those selling occupied homes. Fortunately, it appears change is on the horizon.

Tricia Thomas, CEO of the Bay East Association of Realtors just released a briefing stating, "Bay Area Public Health Agencies

have just updated their Shelter In Place (SIP) Orders which will permit showing occupied residential and commercial properties under new guidelines for essential businesses."

She further clarified, "The SIP Orders state 'essential activities that are permitted to occur must do so subject to social distancing and other infection control practices identified by the Health Officer.'"

This is certainly good news and will be a boost to those selling occupied homes. Strict

See MEDFORD on page 8



### JUST SOLD!

The world is changing around us, but the current pandemic has offered us the opportunity to create new and innovative ways to conduct business so we can continue to serve you.

Ask us how we were able to successfully help our clients buy their dream home during this unprecedented time.



**4475 Hillsborough Dr., Castro Valley**  
**\$1,085,000**



**Judy Grubb**  
Broker Associate  
Lic. #01367593

**510-909-2930**  
Judy@GrubbTeam.com  
www.TheGrubbTeam.com

**kw**  
KELLERWILLIAMS  
REAL ESTATE

Each office is independently owned & operated DRE#02029039

**Jon & Leslie**  
J&L Real Estate Group



**Castro Valley is our business,  
life and our passion.**

**Our dynamic marketing is promoting your property.  
24 hours a day, 7 days a week, throughout the US**

Our team offers complete real estate services including:

- Dynamic, multi-platform, high visibility & **virtual** marketing.
- Unrivalled knowledge of Castro Valley, our entire team works, lives, shops and volunteers in Castro Valley. From schools to local businesses we have you covered.
- Castro Valley Relocation Discount Program (ask us about it).
- Senior Discount (55 and over). You can save money selling or buying your home.
- Staging Services.

Jon and Leslie Foster  
JandL@JonAndLeslie.com  
eXp Realty of CA, Inc. #01878277  
J | BRE# 01458054 and L | BRE  
#01804083



18608 ALCORN PLACE, CASTRO VALLEY  
4 BEDROOMS | 3 BATH | 2,880 SQ. FT.



**Trade-ins  
considered,  
call us for  
details.**



This beautiful Castro Valley home provides a great entry level living area with 3 bedrooms on the ground floor and a loft, bedroom and second bathroom on the second floor. Perfect for a separate guest area or potentially an in-law area. This home also sits on a quiet cul-de-sac. You must see this property. For a virtual tour go to:  
[www.18608alcorn.com/](http://www.18608alcorn.com/)



**Buy/Sell  
a home  
Safely during**

**COVID-19**  
Text

"BuySafe"

or  
"SellSafe"

to **(510) 828-2627**

For a copy of our Free  
Program!

**GET IN  
and  
GIVE BACK**

Jon & Leslie Real Estate Group are committed to your community. We are committed to getting you into a home and then giving back to a local charity of your choice.

JON & LESLIE REAL ESTATE GROUP

CALL OR TEXT (510) 828-2627

WWW.JONANDLESLIE.COM



## MEDFORD: Buyer Agents Required to Tour Properties

continued from page 7

guidelines will still apply, and sellers who have immune deficiencies may still opt to exempt themselves.

While Open Houses are still banned, the fact that all homes on the market can now be accessed will, in our opinion, help stabilize pricing.

Another positive to the SIP is buyer agents being required to tour properties with their clients. In recent years, listing agents, by providing record numbers of open houses, have made it easy for buyers to tour properties without their agents. Some buyer agents have even written offers without visiting the properties in question.

With the current showing restrictions, we are seeing a return to historical practices where agents must accompany their clients. This is a win-win as agents are now providing higher levels of customer service to their buyers and sellers know that professionals are currently accompanying buyer wannabes during visits.

It is a classic case of good flowing from bad and, hopefully, this silver lining will continue as restrictions ease.

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.

## Citrus Trees the Most Popular Plant in a Pot

By Buzz Bertolero  
CASTRO VALLEY FORUM

**Q** My neighbor has left me several 24-inch pots. What can I plant in them that like lots of sun and are evergreen?

**A** Today's trend in container gardening is to plant many different types of plants such as ornamentals, grasses, succulents and herbs as well as edibles in a single container. Typically, if it can be planted in the ground, it can also be planted in a container, so you have a wide and varied selection of choices.

Citrus is by far the most popular individual plant in a pot. To start, I'd use sunset magazine or any other gardening publication as a source of inspiration. You'll find many examples of mixed containers being used to enhance areas such as entryways, decks and patios.

For a 24-inch pot, you'll need a tall focal point, a few medium-size plants and then something low to use as filler. I'd use



mounding or cascading plants as filler, so they spill over the sides to soften the sides of the pot.

Here are a few suggestions for a focal point: *Nandina*, *Heavenly Bamboo* has beautiful foliage color, gets berries in the fall, and is visibly light and airy. *New Zealand Flax* looks like a giant grass and is very sculptural. *Dusty Miller* has silver-gray foliage with yellow blooms in the summer.

Any of the many grasses like *Variegated Ribbon* or *Dwarf Fountain Grass* can also be used. You could surround the focal point with the pink flowering *Society Garlic* or *Lily of the Nile* with blue flowers. They are available with both gray and green leaves.

The yellow foliage of the *Summer Gold Agapanthus* is striking. Another option is the maroon leaf *Corral Bells*. Filler plants include *Verbena Tape*, *Million Bells* or *Bacopa*, which will flow over the sides of the containers.

Seasonal color like Marigolds, Impatiens, Pansies, Iceland Poppies, Alyssum and Trailing or Upright Lobelia is added to complete the year-round color scheme. Do not forget that Parsley, Basil, and Rosemary make a dramatic impression in mixed containers.

The containers can be identical. However, I'd prefer to mix the

combinations up. I might reverse the foliage color between the focal point and the surrounding plants using the filler plants to accent the groupings. Once you have an idea of what you want, visit your local garden centers to view what's available

A couple of final thoughts: Containers are kept fresh looking by changing the seasonal color. It takes very few plants or time to give them a new look.

The biggest maintenance issue is water and nutrients. You have perfect drainage in a pot so I'd water them daily when the temperatures are over 75 degrees. In addition, the containers should be off the ground to allow the water to flow freely out the bottom. Some type of mesh or screening material is placed at the bottom so the soil doesn't wash out. Feed the plants every four months with Osmocote. It releases a little bit of nutrients every time your water.

I have an olive tree growing indoors in a northeast window. Al-

**Q** though it's generating new growth, some of the old leaves are turning brown at the tips and curling. What can I do to prevent any more damage?

Olive trees are normally not used as a houseplant. They grow very big and require a lot more direct sunlight than a normal house can give. In the landscape, they like at least six hours of direct sunlight.

Having said all that, there are always exceptions. The brown leaves and the associated curly is more than likely a watering problem or an exposure issue. Typically, olives don't require much moisture as they are considered a drought-tolerant tree.

Indoors, I'd probably water them once every three to four weeks. You do need to make sure that the entire root ball gets wet every time you water and remove all the excess water from a saucer or other container. The older leaves will drop off naturally. You'll never completely stop the falling leaves. If moving it to a sunnier location is not an option, you may just have to live with the problem.

Buzz Bertolero is an Advanced California Certified Nursery Professional. The Dirt Gardener's website is [www.dirtgardener.com](http://www.dirtgardener.com) and questions can be sent by email to [buzz@dirtgardener.com](mailto:buzz@dirtgardener.com).



## Mortgage Rates at All-Time Lows

Long-term mortgage interest rates fell to all-time lows last week, impacted by the coronavirus pandemic.

The average rate on the bench-

mark 30-year loan dropped to 3.23%, the lowest level since Freddie Mac began tracking rates in 1971. A year ago, the rate was 4.14%.

### 5 WAYS TO ADVERTISE IN THE FORUM

## Real Estate Gallery

- Display Advertising
- Home of the Week
- Open Home Listings
- Agents in Action
- Classified Advertising



## The Cathy Brent Team

**Berkshire Hathaway Home Services Drysdale's #1 Team**

Serving the Community of Castro Valley since 1991

Call us today with your Real Estate needs and we will provide you with  
**AWARD WINNING SERVICE**

**JUST SOLD:**

18466 Dominic Lane, Castro Valley  
**\$105,000 over asking!**

4635 Proctor Rd, Castro Valley  
**\$70,000 over asking!**

**JUST LISTED!**

- 2449 Riffel Ct.,  
Castro Valley  
**\$849,000**

- 273 Arrowhead  
Way, Hayward  
**\$1,199,000**



**CONTACT:**  
[Cathy@cathybrent.com](mailto:Cathy@cathybrent.com)  
510.381.1065  
[www.cathybrent.com](http://www.cathybrent.com)  
DRE#01088138

"The Cathy Brent team is the best team in real estate in the bay area. They are very knowledgeable in every aspect."  
— Anthony T. and Clara F



Planting Seedlings

This month is a busy month for planting vegetable and flower seedlings from six-pack or pots into your garden. To avoid damaging the plants, don't pull them out by their tops. Instead, gently squeeze the bottom of the

container while pushing up to force the plant up and out. Plant seedlings at the same soil level as they were in their packs. Firm the soil with your hands to eliminate large air pockets, then thoroughly saturate the root ball. Be sure to bait for snails and slugs.

### RECENT HOME SALES

#### Castro Valley

20115 Redwood Road	94546: \$544,000	2 BD - 866 SF - 1988
19214 Center Street	94546: \$615,000	2 BD - 1,445 SF - 1987
22074 Young Avenue	94546: \$640,000	2 BD - 906 SF - 1948
22659 Canyon Terrace Dr	94552: \$648,000	2 BD - 1,213 SF - 1997
18434 Hastings Way	94546: \$750,000	3 BD - 1,025 SF - 1950
4238 Heyer Avenue	94546: \$822,000	3 BD - 1,309 SF - 1947
22251 North 4th Street	94546: \$830,000	4 BD - 1,638 SF - 1948
3711 Cottage Court	94546: \$975,000	4 BD - 1,152 SF - 1959
20446 Glenwood Drive	94552: \$1,030,000	3 BD - 2,256 SF - 1990
5316 Camino Alta Mira	94546: \$1,060,000	4 BD - 2,432 SF - 1968
18208 Cull Canyon Rd	94552: \$1,285,000	3 BD - 1,014 SF - 1900
17260 Redwood Road	94546: \$1,650,000	5 BD - 3,388 SF - 1961
TOTAL SALES: 12		
LOWEST AMOUNT:	\$544,000	MEDIAN AMOUNT: \$826,000
HIGHEST AMOUNT:	\$1,650,000	AVERAGE AMOUNT: \$904,083

#### San Leandro

14557 Kings Court	94578: \$500,000	3 BD - 1,195 SF - 1974
2453 Blackpool Lane	94577: \$540,000	2 BD - 1,371 SF - 1979
807 Frederick Road	94577: \$605,000	2 BD - 932 SF - 1942
1427 153rd Avenue	94578: \$622,000	3 BD - 883 SF - 1947
285 Elsie Avenue	94577: \$700,000	3 BD - 1,228 SF - 1946
808 Chico Drive	94578: \$737,000	3 BD - 1,139 SF - 1954
325 Begier Avenue	94577: \$985,000	3 BD - 2,185 SF - 1942
TOTAL SALES: 7		
LOWEST AMOUNT:	\$500,000	MEDIAN AMOUNT: \$622,000
HIGHEST AMOUNT:	\$985,000	AVERAGE AMOUNT: \$669,857



# Luxury Homes at Reverie in Castro Valley!

REVERIE



Go (VIRTUAL)  
home shopping  
at Reverie!

SHOP HOMES  
ONLINE

1

Explore our virtual  
tours, floorplans,  
home photos, site  
map and more!



2

SCHEDULE A  
HOME TOUR



Get personal  
video tour or a 1:1  
private home tour

3

We'll pair  
you up with our  
recommended lenders



GET  
PRE-APPROVED

4

SIGN  
ONLINE



Electronically sign  
your contract



Lot 3



Lot 5

## Quick Move-in Homes Available Now - \$25K Off Select Homes

- Rare Neighborhood Community of 17 Single-Family Homes
- Steps from Beautiful Lake Chabot Regional Park and Minutes from the lake
- Highly Rated Schools Nearby
- Gorgeous Homes from 3,000 sq. ft. and above
- Prices starting form \$1,374,990

Julie Cline, DRE# 01743818  
Community Sales Manager  
(510) 571-9122  
Reverie-Castro@laffertycommunities.com

4653 Proctor Road  
Castro Valley, CA 94546



Lafferty Communities reserves the right to change plans, specifications, features, materials, prices, terms and sales procedures without prior notice. Variations in floor plans and elevations exist. All square footages and lot sizes are approximate. All renderings, floor plans and maps are artist's conceptions and are not intended to be an actual depiction of the building, fencing, walls, driveways or landscaping. ©2020 Lafferty Communities



[LaffertyCommunities.com/reverie](http://LaffertyCommunities.com/reverie)



CASTROVALLEYFORUM.COM

## 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!**



### Coldwell Banker Real Estate

Call Trish Radovich: 510-367-7999

calltrish@comcast.net

21060 Redwood Rd. Ste. 100, Castro Valley

## Time and Sand Base Takes Toll on Older Brick Walkways

By Samantha Mazzotta  
CASTRO VALLEY FORUM

If you have an old walkway in your yard that used old building bricks, you may notice that over time the bricks becoming uneven and that some are sinking slightly, creating dips in the walkway.

Walkways built with bricks (also known as pavers) can become uneven due to normal ground movement or a shift in the sand base on which such walkways are typically built leading to

problems.

If the uneven bricks don't present a safety problem, consider delaying a repair on these sections. You can try to move the bricks back into alignment, but that might not work without undertaking more time-consuming or costly repairs.

The depressed bricks can be lifted back into place by repairing the base underneath them. Use a pry bar or other lever to carefully lift up a sunken brick. Then, using one end of a sturdy piece of wood such

as a two by four, tamp the existing sand down into place.

Put the brick back into the tamped-down section, tapping with a mallet if it doesn't go in. Measure the different in height between the sunken brick and the surrounding bricks.

Remove the sunken brick and fill the section with sand (that has rocks and larger particles screened out of it) up to the height of the measurement you took.

Tamp down the new sand and remeasure the height, adding

sand if necessary to bring the brick level.

Once the brick is in place and flush with the surrounding bricks, pour sand over and around the repaired brick so that it fills the crevices. Use a broom to sweep sand from the top of the bricks and into the crevices.

*Home Tip:* Pull or treat weeds that spring up between paving bricks as soon as possible, before their roots have time to spread. This helps keep a brick walkway even over time.

FOR EXPERT ADVICE CONTACT ONE OF OUR LOCAL...

## AGENTS IN ACTION



Serean Kimmel

RE/MAX ACCORD REALTY  
serean@remaxaccord.com  
510-512-2145



Jon & Leslie Foster

J & L Real Estate Group  
www.jonandleslie.com  
510-397-0696



Lourdes Beaty

RE/MAX Accord  
DRE #01275365  
510-289-9171



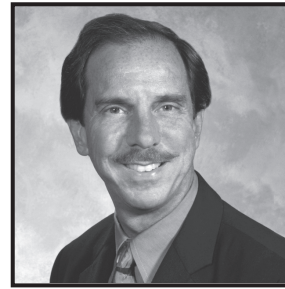
Bob Frey

Broker Associate  
Re/Max Accord  
BobFreyHomes@gmail.com  
510-220-8459



Suzanna Chew Realtor®

Serving the East Bay since 2004  
J. Rockcliff Realtors  
schew@rockcliff.com  
510-326-4125



Craig Ragg

CRAIG RAGG REAL ESTATE  
www.craigragg.com  
craggre@pacbell.net  
510-889-7709



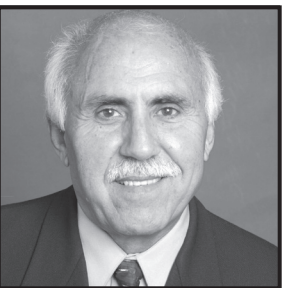
Rebecca Sayami Realtor®

Keller Williams Realty  
CalBRE#01461001  
www.RebeccaSayami.com  
510-240-5347



Lisa Ferraris, GRI

Turning Houses  
into Homes  
J. Rockcliff Realtors  
510-304-1271



Masoud Dehdari

Berkshire Hathaway  
Home Services  
www.askmasoud.com  
510-909-0507



Marilyn & Bill Swisher

Re/Max Accord REALTY  
www.homesbyswisher.com  
510-888-3300



Ted Von Roll & Liz Dunbar

ReMax Accord  
Von Roll Team  
vonrollrealestate.com  
510-919-1234



Liz Lucero, CRS, SRES

Realtor - DRE#01252591  
Re/Max Accord  
lizzilucero@sbcglobal.net  
510-502-9837



Matt Wilhite

Intero Real Estate  
www.MattWilhite.com  
510-329-0728



Lynn Levin

Berkshire Hathaway Home Services  
Getting The Job Done Right  
www.lynnlevin.com  
510-593-7377



Brian Cooney

Listing Specialist, C.V. Team  
Re/Max Accord  
Brian@ReMaxAccord.com  
510-690-1111



David Wilhite & Paulette Johnson

Intero Real Estate Team Wilhite  
510-886-1100



Kenneth A. Kremer

**Results Guaranteed!**  
There is no substitute for experience.  
Kremer & Company, Realtors®  
510-301-1957



Trish Radovich

Top Selling Agent • Lic. since 1975  
Coldwell Banker Realty  
510-367-7999



Nichole McGrady

eXp Realty Company  
510-786-8471



Carrie Miles

Realtor®  
RINETTI & CO. REALTORS  
miles Carrie@yahoo.com  
510-735-5223



Willie M. Campbell

Coldwell Banker Realty  
Real Estate Broker DRE#00546586  
wmc0030@sbcglobal.net  
510-888-6326



Leslie Peterson

ReMax Accord  
leslie@lesliepetersonsteam.com  
www.lesliepetersonsteam.com  
510-697-1208



Tim Ambrose

**"Results with Integrity"**  
Berkshire Hathaway  
timambroserealtor@timambrose.com  
510-258-8909



To Advertise Call:

Mary Florence  
510-861-3270  
Linda Nakhai  
510-915-1513



## There's Plenty to do Indoors While You're Sheltering at Home

By Samantha Mazzotta  
CASTRO VALLEY FORUM

If you're looking for something constructive to do while you're home-bound, here are a few:

- Descale your coffeemaker or electric kettle: Check the manufacturer's cleaning instructions online, but in most drip brewers you can flush several ounces of white vinegar through the system, rinsing thoroughly with clear water.
- Clean your dishwasher: Remove any parts that can be lifted out easily, such as racks, utensil

holders, wash arms and filter. Soak smaller parts in a sinkful of vinegar-water solution and wipe down the racks, dishwasher interior and the door seal. Rinse and replace all the items, then run the empty dishwasher through a cycle to finish.

- Clean the garbage disposal by adding a few ice cubes and lemon peels and cycling it. Rinse with running water.
- Clean the wash tub of your clothes washer by filling it with hot water and one quart of white vinegar. Let it agitate for a minute

and then pause the cycle so that the water sits for an hour; then resume the wash cycle to rinse.

- Vacuum the space where the lint filter sits in your clothes dryer. Inspect the dryer vent for lint build-up and remove any lint you find.
- Tighten the hardware on cabinets and drawers – knobs, handles and hinges.
- Check child- and pet-proof latches and outlet covers, and replace any that are broken.
- Vacuum out the heat registers in each room, being sure to replace

the floor vent covers immediately afterward so pets don't accidentally crawl in.

- Change the air filter on your heating system (you knew I'd get that one in here).
- Rotate houseplants, shifting them to new locations to vary the air and light they receive.

*Home Tip:* Take a tour of your home and make note of as many improvement or maintenance tasks that you can find. Then create a schedule to tackle a few of them at a time.

CASTROVALLEYFORUM.COM



**The Esmeyer Team**  
James, Rosalyn, Rachel & Jamie  
**Shamrock Realtors - Going Above and Beyond**  
James Esmeyer, Broker Associate - DRE#01363681  
**(510) 909-8344**

# AGENTS IN ACTION



**David Lam, Broker**  
**Experience, Commitment:**  
**Your Realtor for Life**  
DRE 01343016  
**408-439-0547**



**Don Morris**  
**30 Years Experience**  
**Re/Max Accord**  
**510-220-7796**



**Kristy Peixoto**  
**J. Rockcliff Realtors**  
**kpeixoto@rockcliff.com**  
**925-251-2536**



**Nick Asturias Realtor®**  
**Coldwell Banker Realty**  
**www.NickAsturias.com**  
**925-344-5506**



**Lannie Mok 莫太**  
**Intero Real Estate Services**  
**Executive's Circle Award**  
**Lannie.Mok@gmail.com**  
**510-889-6888**



**Linda Neff**  
**Berkshire Hathaway**  
**Drysdale Properties**  
**linda@lindaneff.com**  
**510-557-9185**



**Otto Catrina CRS, GRI, SRES**  
**Catrina Real Estate & Investments**  
**email:otto@ottocatrina.com**  
**NAR Hall of Fame**  
**510-507-8226**



**Cindy Goodman, Realtor**  
**Senior Real Estate Specialist**  
**Coldwell Banker**  
**cindygoodman@comcast.net**  
**510-697-9400**



**Judy Rose-CRS, SRES**  
**ReMax Accord**  
**Serving the East Bay 38 Years**  
**judy@judyrose.com**  
**510-220-6206**



**Stuart Anderson**  
**Berkshire Hathaway**  
**Home Services**  
**stuart.anderson@bhhsdrysdale.com**  
**510-421-8200**



**Tim Fiebig**  
**Re/Max Accord**  
**Realty**  
**www.timfiebig.com**  
**510-728-2900**



**Michael Tacconi, NMLS 241403**  
**BAY EQUITY**  
**www.michaeltacconi.com**  
**Your Local Lender on Redwood Rd.**  
**510-838-0595**



**Cathy Brent**  
**Berkshire Hathaway**  
**Home Services**  
**510-381-1065**



**Wayne Licsak**  
**Berkshire Hathaway**  
**Home Services**  
**510-303-7765**



**Kathi Townsend**  
**Berkshire Hathaway**  
**Home Services**  
**510-333-9404**

## Realtors... Your Picture could be here!

This Monthly Section will run the first Wednesday and Thursday of every month in the Castro Valley Forum and the San Leandro Times.

*For information about advertising call:*

**Mary Florence: 510-861-3270 or**  
**Linda Nakhai: 510-915-1513**

**www.castrovalleyforum.com**





## Obituaries

### Janet Perez

Janet Perez entered peacefully into rest in San Leandro, California on April 5, 2020. Born February 10, 1933 in Oakland, California she was 87 years old.

She retired as a Diabetic counselor after fifteen years. She loved to bake for her family and friends.

She is survived by her husband of 68 years, Fernando Perez, children Adrienne Hofer, Dan Perez (Janet), and Monica Durkin (Brian), grandson Sean Durkin (Veronica) and great-grandson Christian Durkin, and many other loving family members and friends. She will always have a special place our hearts.

Due to COVID-19, a memorial service may be determined at a later date. In lieu of flowers, memorial donations may be made to the American Diabetes Association.



Since 1965  
**Jess C. Spencer**  
**Mortuary & Crematory**  
21228 Redwood Rd.,  
Castro Valley  
581-9133

*Offering  
Personalized  
Memorial and  
Cremation  
Services.*



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. The Forum does not print unsigned or anonymous letters. We reserve the right to edit as necessary. Email Letters to: fredz@ebpublishing.com or mail to: The Forum, P.O. Box 2897 Alameda, CA 94501

### CASTRO VALLEY FORUM

#### OBITUARIES

may be emailed to: obits@ebpublishing.com or faxed to 510-483-4209. Include a phone number. Color photos are available. For assistance, including cost, call Patrick Vadnais at 510-614-1558

## LETTERS to the Editor

### Park Visitors Need More Reminders

Editor:

I applaud the East Bay Regional Park District for their efforts to keep Lake Chabot open and safe while closing restrooms, water fountains and picnic areas; and for posting warning signs. However, I unfortunately feel the need to ask them to go one step further.

I went there for a walk at 6 p.m. on Sunday, April 26, and estimate that roughly half of those enjoying the park were not wearing masks, some of them breathing hard because they were running or bicycling.

Of those that were wearing masks, perhaps 1 in 10 wore them incorrectly, covering their mouths but not their noses. And many weren't walking along the right side of the path, making it difficult to pass them at a safe distance.

Therefore, I recommend that East Bay Regional Park District add signs that say "Wear A Mask", "Cover Your Nose and Mouth", "Walk on the Right Side" and "Do Not Walk in the Center." I also recommend that these signs be in English, Spanish and Chinese.

—Marty Zanfino, Castro Valley

### Congress Must Act

Editor:

I live in Castro Valley. Congress must work to improve the coronavirus response package that was signed into law. This pandemic is devastating our communities, and Congress should fight to ensure that every individual and family in our state gets the support they need.

With the economy slowing down and the virus continuing to spread, Congress must act urgently to protect families, workers, and low-income people from destitution.

With the general election just around the corner, Congress must also take all the necessary steps to ensure that our democracy is protected.

Letters continue on page 16

### AL CHAMORRO

#### A REMEMBRANCE

By Cliff Sherwood

Al Chamorro was an architect by profession; a caring and loving husband and father; a strong thoughtful member of the Castro Valley community and my friend.

His architectural firm was located in Alameda. Hallenbeck, Chamorro and Associates was the name I knew when we first collaborated. They had offices in Alameda and San Diego. When Governor Pete Wilson appointed Harry Hallenbeck State Architect, Al formed Chamorro Design Group and owned and operated under that name until he retired. He was responsible for mentoring many young architects including Ed Choi, Sal Robles, George Phillips and others. They did outstanding work throughout Northern California for me; Bob Bristow at Britannia and many others.

Britannia Office Park in Pleasanton and Britannia Oyster Point, a large Biotech Campus in South San Francisco are two examples of Al's larger scale work. Among many projects Al designed for me are the three office buildings at Castro Valley Plaza, the office at 3209 CV Boulevard and the medical building at 20700 Lake Chabot Road. If you look carefully at the office buildings at CV Plaza, you will see a recurring architectural theme – the arch on the rear building is repeated in the half circle glass entry element on 20980 Redwood Road and then turned on end at the entry of 21060 Redwood Road. Colors were carefully selected to carry out the architectural theme and signage was eliminated on the buildings so that they could reflect the careful planning that went into their design. For Al, the details mattered, and he carried this theme forward in both his work and his personal life.

Other examples of Al's work for others include the CV Sanitary District Headquarters on Marshall and the shopping center on CV Boulevard and Center Street.

In 1980, I invited Al to join the CV Chamber of Commerce and he did. We served on the Economic Development Committee and together we lobbied the County to do the first Specific Plan for downtown CV. This Plan, finalized in 1985, set design guidelines for new development; provided new land use designations and a start to redeveloping CV Boulevard and the Downtown. We insisted that the plan include a provision for the elimination of billboards on the Boulevard – a provision that is just now being implemented.

Al was active in the Chamber helping at the Fall Festival and many other events. He served on the Board and was a calm steady voice of reason over the years. The Chamber honored Al as Business Person of the Year in 1992 – a well deserved acknowledgement of his service to our community.

Al Chamorro died peacefully at home surrounded by his family on April 19th. His wife Barbara and their children Alan, Mike and Lynn survive him along with his seven grandchildren who meant the world to him.

### Ildefonso "Al" Chamorro

May 28, 1940 - April 19, 2020

Al Chamorro, a resident of Castro Valley for over 50 years, passed away on April 19 in his home overlooking Lake Chabot, in the presence of his loving wife and children.

The proud son of immigrant parents from Spain, Al was born in Oakland in 1940, graduated from Hayward High School in 1957, earned a Bachelors Degree in Art at San Jose State University in 1961, and married his wife Barbara in 1963. He trained as an architect and practiced architecture at his firm in Alameda until his retirement.

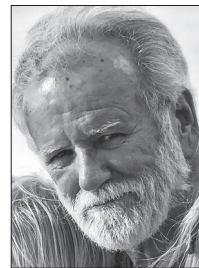
Al was a devoted member of the local community and enjoyed volunteering for the yearly Fall Festival in Castro Valley. He served on the board of the Castro Valley Chamber of Commerce for many years, and was honored as Business Person of the Year in 1992. One of this proudest achievements was helping to organize support to preserve and save the ridge land open space area surrounding Lake Chabot. His architectural firm, Chamorro Design Group, was located in Alameda, and some larger-scale projects include Britannia Office Park in Pleasanton and Britannia Oyster Point, a large biotech campus in South San Francisco. His firm also designed many office buildings in Castro Valley and throughout the Bay Area.

He was a talented artist, a sailor, an avid reader, a Bay Area sports fan and loved to travel. He was passionate politically and creatively, and loved spending time with his family and especially his young grandchildren. He loved paella, red wine, jazz and never missed The Rachel Maddow Show. He was happy to lend a hand to help anyone anytime, whether it was a sketch for a home improvement, a ride to the airport, fixing something in the house or helping to creatively problem solve. His children attended Castro Valley High School in the '80s and he rarely missed one of their many sporting events. He also proudly cheered his grandkids on at their events until his final days.

Al is survived by his wife Barbara, children Alan, Michael and Lynn, sister Gloria, and seven beloved grandchildren.

In lieu of flowers, the family requests donations be made to The Alameda County Community Food Bank.

A celebration of his life will be held in the coming months, when it's safe to gather with friends.



### Gilbert "Lucky" Ludtke

Nov. 3, 1937 – March 2, 2020

Longtime Castro Valley resident, Gilbert, who was known to all as "Lucky," passed away peacefully on March 2, at Baywood Court retirement facility in Castro Valley, surrounded by loving family and friends. He was 82.

He grew up in Alameda until his family moved to San Lorenzo when he was a teen. He graduated from San Lorenzo High School. He served in the National Guard Reserves. He worked for 38 years as a technician at Western Electric in San Leandro, and was a member of the Telephone Pioneers who met yearly for gatherings. Following that retirement, he was a custodian for the Castro Valley Unified School District for 10 years, where he enjoyed interacting with the students at the adult school where he worked.

"Lucky" had a keen memory and could recall scores and records of baseball players of past years. He loved attending minor league baseball games as a youth, and later the Oakland A's. For many years he played softball in an adult league. He also was an avid, proficient tennis player who could be seen many weekends at Bay Trees tennis complex in Castro Valley.

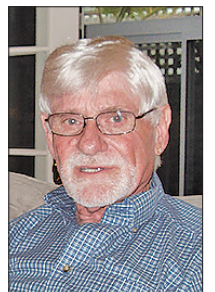
He loved old movies and actors, and could recall every Western movie he saw as a kid in Alameda. He developed a deep love for animals and their welfare, helping friends with their veterinary bills and "dog sitting" their pets. He also enjoyed model train shows.

For many years, he served as part of the backstage crew at the Bracebridge dinners held at the Ahwahnee Hotel in Yosemite National Park. He was an avid musical theater and concert-goer, with season tickets to Broadway shows in San Francisco, and attending concerts by the Rolling Stones, Elton John, and Paul McCartney.

He is survived by his sister Joanie of Oregon, daughter Cindy Mae Chivers and family of Texas, and devoted companion and caregiver Helen Webb.

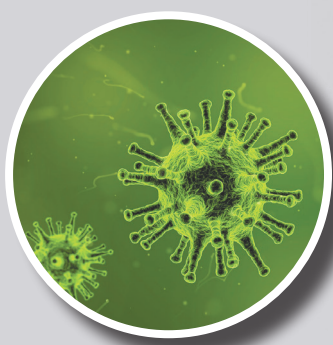
He is greatly missed by his friends Sue and Daniel, Nevin and Donna, Linda, Nina, Andrea, Helen and Mike.

Donations in Lucky's memory are suggested to animal welfare organizations such as the Humane Society. A memorial may be planned after the virus ban is lifted.





# Seniors



## BY THE NUMBERS

### Influenza

647,000 hospitalized  
61,200 deaths

### Pneumonia

250,000 hospitalized  
50,000 deaths



## Do Pneumonia Vaccines Protect Seniors from the Coronavirus?

By Jim Miller  
SPECIAL TO THE FORUM

Because coronavirus attacks the lungs and respiratory system, many readers have asked whether the pneumonia vaccines, which are administered to millions of patients each year, might protect someone if they contract the coronavirus.

Unfortunately, the answer is no. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B vaccine, do not provide protection against the new coronavirus COVID-19.

This virus is so new and different that it needs its own vaccine. Although researchers are in the process of rapidly developing a vaccine, it is expected to take at least a year before it's ready.

Having said that, you should also know that there are several other important vaccines the Centers for Disease Control and Prevention (CDC) recommends that all seniors should get up to date

on after the coronavirus pandemic dies down.

Here's a rundown of what they are, when you should get them, and how they're covered by Medicare.

● **Flu vaccine:** While annual flu shots are recommended each fall to everyone, they are very important for older adults to get because seniors have a much greater risk of developing dangerous flu complications.

According to the CDC, last year up to 647,000 people were hospitalized and 61,200 died because of the flu – most of whom were age 65 and older.

To improve your chances of escaping the seasonal flu, this September or October consider a vaccine specifically designed for people 65 and older.

The Fluzone High Dose or FLUAD are the two options that provide extra protection beyond what a standard flu shot offers. And all flu shots are covered under Medicare Part B.

● **Pneumococcal vaccine:**

As previously stated, this vaccine protects against pneumonia, which hospitalizes around 250,000 Americans and kills about 50,000 each year.

It's recommended that all seniors, 65 or older, get two separate vaccines – PCV13 (Pneumovax 13) and PPSV23 (Pneumovax 23). Both vaccines, which are administered one year apart, protect against different strains of the bacteria **VACCINES on back page**

## Bring Mom Home from the Nursing Home During COVID-19 Pandemic?

**Q** My mother resides in a nursing home where she receives the care that she needs. However, we worry about the risk of her getting ill from the Corona Virus. Should we bring her home?

By Gene L. Osofsky, Esq.  
SPECIAL TO THE FORUM

**A** That is a difficult decision, but here are some thoughts:

The number of coronavirus cases in nursing homes and assisted living facilities across the country continues to grow. A Washington state nursing home was one of the first cluster of coronavirus outbreaks reported in the United States, with at least 37 deaths associated with the facility.

NBC news reported on April 16 that coronavirus deaths in long-term care facilities across 29 states had soared to 5,670.

In an effort to contain the virus's spread, most long-term care facilities are limiting or excluding outside visitors, making it hard to check on loved ones. Social activities within the facility may also be canceled, leading to social isolation for residents. In addition, long-term care facilities face staffing shortages even in the best of times. With the virus affecting staff as well as residents, facilities are having trouble providing needed care.

Assisted living facilities, which are not as heavily regulated, may have greater trouble containing the virus than nursing homes, because their staff is not necessarily medically trained. Still, most staff do try to observe basic protocols with protective masks and gloves.

With this in mind, many families are considering bringing their loved ones home. Before taking this extreme step, however, you need to consider the following questions:

- Is your family able to provide the care that your loved one needs? Some patients require help with eating, dressing, medication, and going to the bathroom. You need to consider whether you can adequately provide that care at home.

In addition to your loved one's practical needs, you need to think about your physical and emotional stamina. Can you lift your Mom to assist her out of bed? Can you rent or purchase a mechanical lift for her room to assist? Is your house set up to safely accommodate her? Are there a lot of stairs? Does the bathroom have rails? If your loved one has dementia, there may be other considerations to take into account.

- How well can you prevent infection? Will you be better able to prevent infection in your own home, than a nursing home? If your entire household is homebound, you may be in a good position to prevent bringing home

the virus. However, if one or more members of your household is working outside of the home in an essential business, you will have to take extra precautions to make sure he or she don't bring the virus home to your loved one. Are you taking the necessary precautions to keep your house and yourself disinfected?

- **Big Question:** Will your mother be allowed to return to the facility when the threat of the virus has abated?

If you take your family member out of the nursing home or assisted living facility, the facility may not let your family member back in right away. You should check with the facility to determine if your loved one will be able to return. Bringing a family member home is a difficult decision, which depends upon the individual circumstances of each family. Unfortunately, the choice is not an easy one.

Gene L. Osofsky is an estate planning and elder law attorney in Hayward. Visit his website at [www.LawyerForSeniors.com](http://www.LawyerForSeniors.com). Thanks to Harry Margolis, Esq., of MA for permission to use and modify this article.

## Landmark Villa

### Senior Residential & Assisted Living



- 24 Hour Care • Socializing
- Activities • Chef Prepared Meals
- Housekeeping • Laundry
- Quality of Life • Independence
- Legacy

### Private and Shared Apartments Available!

Call today for a Free  
Lunch & Tour  
**510-276-2872**

License#015601501



Yes, we are  
Pet Friendly!

21000 Mission Blvd., Hayward CA 94541

## LIVE LIFE TO THE FULLEST!

A Reverse Mortgage could provide you with the Financial Freedom you deserve!



TO REQUEST A FREE QUOTE  
**510-583-8123**

LORI REISFELT NMLS ID 291773  
LICENSED LOAN ORIGINATOR

"I pledge to provide straight forward information and excellent service."

If you are 62 or older, a reverse mortgage may be used to provide greater financial flexibility, if you qualify, for things such as:

- Turn Home Equity into Cash
- Pay off existing Mortgage(s) and possibly Other Debt
- No Monthly Mortgage Payments

Serving the  
Bay Area!

Borrower to remain current on their property taxes and homeowners insurance and HOA fees, occupy home as primary residence and maintain property.

**HighTechLending**

Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act. #4130937 NMLS#7147. Equal Housing Lender. NMLS Consumer Access: [www.nmlsconsumeraccess.org](http://www.nmlsconsumeraccess.org). This Material is not from HUD for FHA, and was not approved by HUD, FHA or any other government agency.

## WINKLER LAW

Living Trusts &  
Trust Administration  
Probate • Wills  
Real Estate • Litigation  
— Give Us a Call —  
Most Initial Consultations  
Are Free  
**(510) 357-3403**  
1883 East 14th Street  
San Leandro

## SARA L. ENNOR LAWYER

- Wills & Trusts
- Benefits, ERISA
- QDROs

**510-633-9985**



**Baywood Court**  
RETIREMENT REDEFINED™

Baywood Court is a caring multi-level retirement community in Castro Valley. Our sociable, nonprofit community features independent living, assisted living and skilled nursing health center options—all in one beautiful place that feels like home.

[baywoodcourt.org](http://baywoodcourt.org) (510) 733-2102

RCFE #011440776/Health Center #550000793



COMMUNITY SECURITY FRIENDSHIP



## Vaccines: CDC Offers Recommendations

*continued from page 15*

teria to provide maximum protection. Medicare Part B covers both shots if they are taken at least a year apart.

● **Shingles vaccine:** Caused by the same virus that causes chicken pox, shingles is a painful, blistering skin rash that affects more than 1 million Americans every year.

All people over age 50 should get the new Shingrix vaccine, which is given in two doses, two to six months apart. Even if you've already had shingles, you should still get this vaccination because reoccurring cases are possible.

The CDC also recommends that

anyone previously vaccinated with Zostavax be revaccinated with Shingrix because it's significantly more effective.

All Medicare Part D prescription drug plans cover shingles vaccinations, but coverage amounts, and reimbursement rules vary depending on where the shot is given. Check your plan.

● **Tdap vaccine:** A one-time dose of the Tdap vaccine, which covers tetanus, diphtheria and pertussis (whooping cough) is recommended to all adults.

If you've already had a Tdap shot, you should get a tetanus-diphtheria (Td) booster shot every 10 years. All Medicare Part

D prescription drug plans cover these vaccinations.

● **Other Vaccinations:** Depending on your health conditions, preferences, age and future travel schedule, the CDC offers a "What Vaccines Do You Need?" quiz at [www2.CDC.gov/nip/adult-timmshed](http://www2.CDC.gov/nip/adult-timmshed) to help you determine what additional vaccines may be appropriate for you. You should also talk to your doctor about which vaccinations to get.

To locate a site that offers any of these vaccines, visit [VaccineFinder.org](http://VaccineFinder.org) and type in your location.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070.

## REUSE: REPAIR/FIX IT

### DON'T JUST THROW IT AWAY

It's inevitable, stuff breaks! Kitchen gadgets, smart phones, computers, clothing and other items can break or wear out. Instead of throwing away an almost-functional item, consider repairing it!

#### Practice Reuse:



#### Is it Broken? Fix It!

Repairing broken toys, electronic devices, and household items, or mending holes in clothes and linens, can save you money and save space in the landfill. Ifixit.com is a great place to start for help fixing many different things.



Repairing items instead of discarding them has a positive environmental impact. You might pick up a new skill or two to share with friends or family. So get out those tools or sewing kits and start fixing!

Visit <http://www.selectmyxpath.org/gardening/repair.htm> for more information about fixing things on your own.

## REDUCE REUSE RECYCLE ROT

**CASTRO VALLEY SANITARY DISTRICT**

Effective Environmental Services since 1939

510-537-0757 | [www.cvsan.org](http://www.cvsan.org)

This ad was funded by Measure D

**CVSan**



## ATHLETE OF THE WEEK

### Tommy Ryken

Tommy Ryken is this week's Athlete of the Week.

Tommy is a Herculean Award recipient at Castro Valley High School having played Boy's Varsity Water Polo and Varsity Swimming all four years.

In his Senior year, Tommy helped the Water Polo team reach an overall record of 18-8-1 culminating in the team's single-season record of 87 goals. Tommy was also selected 1st-Team All-WACC League, the first Castro Valley Boy's Water Polo Player to do so.



## CASTRO VALLEY INDEPENDENT SPORTS LEAGUE

**Youth Baseball and Flag Football Programs**  
[www.CVSPORTSLEAGUE.org](http://www.CVSPORTSLEAGUE.org)

## LETTERS to the Editor

*continued from page 14*

To that end, Congress should prioritize a Bailout that protects our democratic processes while protecting each other; makes health the top priority, for all people, with no exceptions; provides economic relief directly to the people; rescues workers and communities, not corporate executives; makes a down payment on the economy, while preventing future crises.

To go further, a truly people-first response would be sure to safeguard our democracy by instituting nationwide voting by mail. It would ensure that our health care system can meet the scope of the crisis.

It would support families with monthly cash payments, and place a freeze on eliminating critical services for individuals and families, like housing and utilities. It would provide universal paid sick leave and expand unemployment insurance to help workers and small businesses.

Finally, any bill that passes should make sure to place people before profits, by preventing unaccountable corporate bailouts and prioritizing policies that include marginalized communities.

Congress should fight for me and my family — not corporations. Please join me in urging Congress to act by passing a People's Bailout, by calling or writing your member of Congress today.

—Rita Sklar, Castro Valley

### An Overlooked Essential

Editor:

In the midst and uncertainty of the COVID crisis I had seen too many people who had lost their job and couldn't find day-to-day essential needs.

Something that is too far overlooked as an essential need are menstrual hygiene products. It was clear, however, that many people had stocked up on these items, leaving store shelves empty for weeks for others in need to get products for themselves.

That's where I saw I could help. I have started a non-profit organization called Period.24. Period.24 aims to end period poverty through community outreach and events. Our mission is to make menstrual hygiene products more accessible to underserved communities, while breaking the negative societal stigmas around menstruation.

A few weeks ago we hosted a virtual drive to send out period kits to help women in need of products throughout the Bay Area. To our wonderful surprise, we ended up helping women

all throughout the United States!

We hope to continue helping women throughout the Bay Area. So if you're in need for menstrual hygiene products, or want to keep up with what we're doing, follow us on Instagram @period.twentyfour

—Simran Nath, Founder of Period.24

### Reaching Out to the Homeless

Editor:

During this time of stress and worry, people who have an adequate income and resources are doing their best to stock up on supplies and necessities so that they don't have to leave their house.

However, as many people are focusing on the Shelter In Place order, many don't think twice about the homeless.

The main income of a homeless person is the money or supplies from the people who are out on the streets going from place to place. So now, due to the Shelter In Place, they don't even have the money to buy basic necessities such as food.

Since the homeless don't have the proper nutrition, hygienic and medical care, they are more likely to be susceptible to COVID-19 especially if they have any underlying medical conditions.

It's awesome to know that there are organizations that are helping those who need supplies such as the food pantries (one at 3Crosses) or the Alameda Food Bank who are handing out tons of free canned goods and fresh produce to those who need it.

I also know that California is home to some 180,000 people experiencing homelessness statewide. Alameda County alone has about 8,022 homeless people as of 2019 and I am sure that number has gone up since the pandemic.

I have heard that Gov. Newsom has taken efforts toward sheltering the homeless in hotels or trailers. If Castro Valley isn't already sheltering and providing basic essentials to the homeless, I think this would be a great opportunity to reach out to the homeless community and help them out by giving them a temporary bed, shower, and meal at the local motels, hotels, etc.

—Hannah John, Hayward

**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 as necessary. Email Letters to: [fredz@ebpublishing.com](mailto:fredz@ebpublishing.com), or mail to: The Forum, P.O. Box 2897, Alameda, CA 94501.