



I'm sure that all of you are like me, struggling to find words of comfort that match the impact of this week's horrible tragedy that struck the Half Moon Bay community, in addition to the Monterey Park community in Southern California. Yet again, we are left shaken and struggling to understand why such terrible things happen. While there may never be satisfactory answers to these questions, we do know that it is normal for people to experience a variety of emotions following such traumatic events. We, and our neighbors throughout the Bay Area, are experiencing grief, coupled with fear and disbelief. The impact of these traumatic events is significant.

While authorities continue to do their work, I wanted to make you aware of two funds to support the affected farm worker communities: [ALAS](#) and [Coastside Hope](#).

To our friends and colleagues in Half Moon Bay, know that we stand with you during this most difficult time.

In this week's Mayor Update, you will find more information on the following:

- COVID-19 Updates
- Mental Health Resources Serving the Asian and Pacific Islander Community
- Half Moon Bay Victim Remembrances
- Abundance: A 2-dimensional Art Show
- SSF Improving Public Places Committee: Sellick Park
- Our Parks and Recreation Department is Hiring!
- Black History Month - Save the Date!
- Scholarships Available for High School Seniors
- FREE Caltrain Go Passes
- Diabetes/Prediabetes Self-Management Workshop Series
- Do You Have Concerns About Falling?
- Upcoming Library Events

In closing, I wanted to share some tips from **Sitike**. This non-profit organization provides community-based counseling and education in a safe and healing environment that embraces the cultural and emotional needs of every client to help people find hope, resiliency, and life-affirming change.

- **Allow your feelings.** If you notice you are having strong feelings, acknowledge them. Don't try to ignore or deny them. Remember that it is common to have a range of emotions after a traumatic incident.
- **Talk about it.** Give voice to and share your concerns with people you trust. It often helps to speak with others who are also experiencing

emotional reactions, so you do not feel alone. You may help them as well, as they put their thoughts and feelings in order.

- **Practice self-care.** Engage in healthy behaviors to enhance your ability to cope. Make sure you get enough rest, eat well-balanced meals, and build physical activity into your day. Avoid alcohol and drugs as they can suppress your feelings rather than help you manage or lessen your distress. If you have having trouble sleeping, try some relaxation techniques such as deep breathing, yoga, or meditation.
- **Minimize exposure to the media.** Once you have the facts, it's a good idea to limit replay of the events. Try to give yourself and your family a break from the intensity of what's going on. Being overexposed can increase your stress.
- **Seek support from professionals.** If you are feeling stuck or overwhelmed and stress is interfering with your daily life, consulting with a counselor may be beneficial. Sitike partners at StarVista operate a 24/7 Crisis Hotline. Call today - (650) 579-0350.

As always, if you know of a friend or neighbor who does not receive these important City updates, please forward this, and they can [sign up here](#).

Your Mayor,
Flor Nicolas

HEALTH UPDATES

- **COVID-19 CDC Variants Tracker.** According to the Centers for Disease Control and Prevention (CDC), new variants are expected to continue to emerge. Some variants will emerge and disappear, while others will emerge and continue to spread and may replace previous variants. The CDC provides estimates of variant proportions and updates this information every Friday. Their latest report shows XBB.1.5, a new and highly transmissible COVID-19 subvariant, continues to increase in the U.S. Learn more [here](#).
- **REMINDER! COVID-19 Test-to-Treat Sites CLOSING February 5, 2023.** The state announced most of the LHI/OptumServe COVID-19 Test-to-Treat sites in San Mateo County will be closing by Sunday, **Feb 5, 2023**, due to December utilization rates below 50%.
 - Below are the affected locations in South San Francisco.
 - Orange Memorial Park, 781 Tennis Drive
 - Mater Dolorosa Church, 307 Willow Avenue
 - Testing sites that will remain **OPEN** past 2/5/23:
 - **San Bruno** – Bay PLS Labs, 841 San Bruno Ave. W, Suite 100
 - **San Mateo** – College of San Mateo (Drive Thru), 3401 CSM Drive

LOCAL NEWS AND HAPPENINGS

- **Mental Health Resources Serving the Asian and Pacific Islander Community.** We recognize how difficult these tragedies can be on one's mental well-being. If you or someone you know needs help, there are resources available. You are not alone.
 - San Mateo County Health has three Diversity Initiatives:
 - [Chinese Health Initiative](#)

- Filipino Mental Health Initiative
 - Pacific Islander Initiative
 - Asian Health Services
 - Bay Area Psychological Association
- **Half Moon Bay Victim Remembrances.** The Archdiocese of San Francisco, Coastside Interfaith Community, City of Half Moon Bay, County of San Mateo, Chamber of Commerce, and other community-based organizations, have organized a few victim remembrance events.
 - **Tonight**, January 27, at 5:00 p.m., please join us at Mac Dutra Plaza, 504 Main Street, for a candlelight vigil ceremony to honor, remember, and pay tribute to the victims of the mass shooting incident. The event's program will include song and prayer. Spanish, Mandarin, and ASL interpretation will be provided.
 - Tuesday, January 31, at 4:00 p.m., Our Lady of the Pillar Church and the Coastside Interfaith Community will host a memorial service at the Boys & Girl Club Event Center at 530 Kelly Avenue. This service will include prayers and healing words from the interfaith leaders in remembrance of the victims and hope for the future. Spanish, Mandarin, and ASL interpretation will be provided.
 - At 6:00 p.m., Tuesday, January 31, at the I.D.E.S. Hall, 735 Main Street, the City, County, and Chamber of Commerce would like to invite you to a Community Gathering for dinner and fellowship as we begin to move forward as a community. If you'd like to join us for the gathering, please register [here](#) so we can ensure we are able to host everyone appropriately.
 - **Abundance: A 2-dimensional Art Show** |Friday, January 27, 6:00 pm and Saturday, January 28, 10:00 am, Municipal Services Building. What is the meaning of "abundance" in life? This 2-dimensional art gallery exhibit showcases amazing works in painting, drawing, graphics, photography, and mixed media exploring this theme. For more information, visit <http://www.ssf.net/culturalarts>.
 - **SSF Improving Public Places Committee: Sellick Park | Saturday, February 4, 9:00 am – 12:00 pm, Sellick Park (off Appian Way).** Come join the Improving Public Place Committee for a day of fun and volunteer work at Sellick Park in SSF! Volunteers will help refresh landscaping at the front of the park as well as maintain and install native plants at the parks' native pollinator garden! Wear closed-toe shoes and long pants. Also provided: hand tools, gloves, and light refreshments. Be ready for mud! To join, please RSVP at parks.volunteers@ssf.net.
 - **Parks and Recreation Department is Hiring!** The Parks and Recreation Department is looking for dedicated and talented individuals to join our awesome team. For more information on current job openings visit <https://www.ssf.net>.
 - **Black History Month - Save the Date!** We are raising the Black Lives Matter flag on Monday, February 6 at 9:00 a.m. at City Hall, 400 Grand Avenue. Look for more details from the library on upcoming events in future alerts.

- **More Scholarships Available!**
 - **San Mateo Credit Union (SMCU)** believes higher education is a catalyst for success. That's why, year after year, the SMCU Educational Scholarship helps students with the growing expenses that come along with a college education. SMCU is proud to offer three (3) \$5,000 scholarships to graduating high school seniors to help cover costs such as tuition, housing, books, and meals. If you, a friend, or a family member would like to apply for the 2023 scholarship, simply fill out the online application at smcu.org/scholarships and submit the required information and essay. The deadline for submission is Friday, March 24, 2023 by 5:00 pm.
 - **Silicon Valley Community Foundation.** SVCF administers scholarship programs for high school seniors, college and graduate students, re-entry students, and vocational and technical school students. Annually, we award close to 700 scholarships, totaling more than \$4.5 million. Through scholarships established with SVCF by individuals, families and organizations, we have awarded nearly \$27.2 million to students since 2007. The 2023-2024 scholarship cycle will close February 28, 2023. To learn more about our programs, please visit us at <https://www.siliconvalleycf.org/scholarships>.
- **FREE Caltrain Go Passes.** Commute.org and Caltrain have partnered to provide a new Caltrain Go Pass to San Mateo County residents. The Go Pass provides free train trips on Caltrain between any zone at any time! To be eligible you must make less than \$70,000/year, work or live in San Mateo County, and plan on using the card at least twice a week. Go Passes will be valid until 12/31/23 with limited supply. If are interested in learning more about the program, please send an email to gopass@commute.org or text (650) 538-7603 for more information. You can also view the [Caltrain Go Pass Flyer 2023 in English y español](#). To apply, please visit the [Commute.org website](https://commute.org). Need help applying? Our Promoters are ready to assist! Contact us at promotores@ssf.net or 650-829-6680.
- **Diabetes/Prediabetes Self-Management Workshop Series. Do you have diabetes or prediabetes?** The Diabetes Empowerment Education Program (DEEP™) is evidence-based and uses an interactive, hands-on, visual approach to learning. DEEP™ encourages lifestyle changes while learning about diabetes and the way it impacts your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today. Dates: Thursday, February 16, 23, March 2, 9, 16, and 23. To register, call (650) 367-5101. Location: Sequoia Hospital Health & Wellness Center, 749 Brewster Avenue, Redwood City, CA.
- **Do You Have Concerns About Falling?** Many older adults experience concerns about falling and restrict their activities. Matter of Balance (MOB) is an award-winning program designed to manage falls and increase physical activity. This session starts on Tuesday, February 14, and meets once a week for 8 weeks from 10am-NOON. For more details, to register call Maria Perez at 650-367-5998. Location: Sequoia

LIBRARY EVENTS

- **Mayor Nicolas Reads at Filipino Family Storytime | Main Library (840 W Orange Ave) | Saturday, January 28 at 10:30 AM.** Join us for Filipino Family Storytime with Louella, featuring a very special guest, Mayor Nicolas! Mayor Nicolas will be reading “Holding On,” the first Filipino picture book published by a major publishing firm, Simon & Schuster. All ages welcome.
 - **Personalize A Reusable Bottle | Grand Library (306 Walnut Ave) | Saturday, January 28 at 11:30 AM.** We’ll decorate water bottles and mason jars using stickers, letters and more! Supplies are provided but limited. While supplies last. All Ages are Welcome! Teens & Adults are encouraged to come!
 - **“Bad” Art Night | Main Library (840 W Orange Ave) | Tuesday, January 31 at 5:30 PM.** Tap into your artistic side without any pressure to make something “good.” Using ridiculous craft and art materials, you will have the opportunity to get messy, silly, and creative! A freestyle craft event for adults and teens. Please register here: <https://libcal.ssf.net/event/10000834>.
 - **Manga Meetup | Grand Library (306 Walnut Ave) | Thursday, February 2 at 3:30 PM.** Discuss the latest manga! Watch anime! Manga Meet Up is for middle and high school students. No registration required.
 - **Understanding Advanced Planning and Transitioning Life Care | Main Library (840 W Orange Ave) | Wednesdays, February 1, 8 & 15 at 11:30 AM.** Dr. Jasmin T. Flores will present and lead a discussion on advanced planning, transitioning lifecare and end-of-life illnesses. Dr. Jasmin T. Flores leads a faith-based Mental Health Ministry at All Souls Parish. Her trade and training are as a Primary Care Associate with a Doctor of Public Health, having been a clinician prior to spending more than 20 years in the biopharmaceutical industry in Clinical R&D and in Medical Affairs in specialty areas that includes Oncology.
 - February 1 - Advance Planning: understanding Treatment Directives, Essential Documents, and importance of advance planning.
 - February 8 - Transitioning Life Care (TLC): helping the individual and families to transition from life to death and beyond.
 - February 15 - Top 10 End-of-Life (EOL) Illnesses: optimizing management of life forces no longer within our control.
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South San Francisco Police Association
St. Patrick's Day Celebration

Enjoy an evening of entertainment and the chance to win door prizes!



Sunday, March 5, 2023

4:00 pm to 5:00 PM - Social Mixer

5:00 PM Dinner

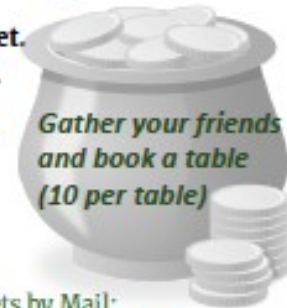
South San Francisco Conference Center
255 South Airport Blvd, South San Francisco

Pat Sullivan's World Famous
Corned Beef and Cabbage with all the trimmings!

The purchase of a dinner ticket includes one raffle ticket.
Additional raffle tickets may be purchased at the event.

\$55.00 per Person Donation may be made to:
SSFPA Survivor Benefit Fund
Tax ID# 94-2414766

Tickets are \$10.00 for Children 12 and under



*Gather your friends
and book a table
(10 per table)*

Tickets in Person:
South San Francisco Police Department
1 Chestnut Ave
South San Francisco

Tickets by Mail:
Rich & Elaine Garbarino
400 Avalon Drive
South San Francisco, CA 94080
*Send Self-addressed stamped envelope *

*For ticket information contact Records Supervisor Roxanne Moran,
Records Specialist Letty Beard at (650)-877-8900 or The Garbarino's at (650) 872-1143*



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