



Happy Friday! It is the 60th Anniversary of Older Americans Month. This year's theme is *Aging Unbound*, which explores the various aging experiences and opens communication on how to combat stereotypes. Communities benefit when older adults remain engaged, independent, and included. Our City's Senior Services offer many wonderful programs and services that keep seniors active and engaged. Here are some other ways we all can participate in *Aging Unbound*:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and participating in community activities at your local senior center or elsewhere.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

For details on upcoming activities, please scroll down below.

- Are you at Risk for Liver Cancer? Find out for FREE
- Celebrate National EMS Week at the Farmers' Market this weekend
- FREE Bicycle Lights and Reflective Tags from SSFPD
- Sign Hill Stewards Volunteer Program
- Household Hazardous Waste (HHW) Program in SSF
- South San Francisco Memorial Day Program
- Town Hall with Congressman Kevin Mullin
- The South San Francisco Parks and Recreation Department is Hiring
- Join Silicon Valley Bicycle Coalition in celebrating Bike Month in May
- SamTrans Board of Directors Opening
- County Receives Federal Funds to Provide Housing
- May is Mental Health Month – County events
- Upcoming library events

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

Your Mayor,
Flor Nicolas

LOCAL NEWS AND HAPPENINGS

- **Are you at Risk for Liver Cancer? Find out for FREE** Did you know that 1 in 12 adult Asian and Pacific Islander immigrants have chronic hepatitis B? Those with this disease are 100 times more likely to develop liver cancer. **Two** out of **three** Asians with hepatitis B don't know they are infected because most don't have any symptoms. Testing is the only way to know if someone has been infected with hepatitis B. A five-minute test could save your life. The City of South San Francisco is partnering with San Francisco Hep B Bay Area to provide FREE hep B screenings. Residents may learn more about hepatitis B and sign up for a FREE screening on Friday, May 19, and Friday, May 26 at the Breezeway of the Economic Advancement Center (366 Grand Ave) from 10:00 a.m. - 1:00 p.m. **Please note that the screening will not occur on-site; you will have to sign up for an appointment.** Those who come to learn will get a free Hep B Free grocery bag.
- **Join us at the SSF Farmers' Market this week as we Celebrate National EMS Week. Saturday, May 20, 9:00 a.m. – 1:00 p.m.** *National Emergency Medical Services Week (May 21-27) brings together local communities and medical personnel to honor the dedication of those who provide the day-to-day lifesaving services of medicine's frontline.* Join us at the SSF Farmers' Market on May 20, 2023, as the South San Francisco Fire Department provides community training highlighting the value of **hands-only CPR** and **Stop The Bleed** bleeding control. These life-saving techniques are essential skills that empower individuals to take immediate action during emergencies. *Hands-only CPR*, without mouth-to-mouth resuscitation, has proven to be just as effective in saving lives by providing vital chest compressions. Additionally, *Stop The Bleed* teaches participants how to control severe bleeding, a critical skill that can prevent fatalities in emergencies. Attending this event will give you valuable knowledge and confidence in responding effectively to medical emergencies, making a significant difference in our community's safety and well-being.
- **FREE Bicycle Lights and Reflective Tags!** In partnership with the City of South San Francisco Police Department and the San Mateo County Office of Education, the City of South San Francisco is pleased to donate reflective tags, LED bicycle lights, and bicycle safety best practices to anyone who wants to be safe on the road! Items are available for pickup at the South San Francisco Police Department at **One Chestnut Avenue**, South San Francisco, between 8:00 a.m. – 5:00 p.m.
- **Sign Hill Stewards Volunteer Program.** You are encouraged to sign-up to help restore habitat and protect nature with the Parks and Recreation Department in South San Francisco. Join Natural Resource Specialist, Candace LaCroix, every other Friday, and the last Saturday of the month on Sign Hill. Registration is required. Registration information can be found here. For questions email: candace.lacroix@ssf.net

- **The Household Hazardous Waste (HHW) Program is hosting a drop-off event in South San Francisco on Saturday, June 3, 2023, 8:30am-12:15pm.** Accepted items include cleaning products; fertilizers and garden chemicals; pesticides and rodenticides; solvents; flammable liquids; fluorescent lights; paint thinner; acids/bases; aerosol cans; automotive supplies (car batteries, motor oil and filters, antifreeze, brake fluid), among other chemicals. No electronic, radioactive, explosive, or medical waste is accepted. *This event is open to all who live in San Mateo County.* To participate, ***you must schedule an appointment*** at San Mateo County's HHW Program: smchealth.org/hhw-appt or by calling (650) 372-6200. The event location is disclosed once your appointment is confirmed. Limit 10 gallons or 50 pounds per appointment (per carload). *If you have greater than 10 gallons, you must schedule an appointment for each 10 gallons of waste and make separate vehicle trips for each appointment.* No commercial waste is allowed.
- **SAVE THE DATE!** South San Francisco will commemorate Memorial Day on Monday, May 10, at Orange Memorial Park. See below for the flyer.
- **Town Hall with Congressman Kevin Mullin.** Wednesday, May 31, 6:00 p.m. – 7:00 p.m. Please join Congressman Kevin Mullin for a town hall to discuss events in the 15th Congressional District and in Washington, D. C. This will be your opportunity to meet him, your new Congressman, in person and to share your concerns and ask questions. Municipal Services Building, 33 Arroyo Drive, South San Francisco, CA 94080. [RSVP here.](#)
- **The South San Francisco 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>.

COUNTY UPDATES

- **Join Silicon Valley Bicycle Coalition in celebrating Bike Month in May.** Throughout May, there will be fun events for you and your family to try riding a bike for everyday use. This year, there's also a friendly competition between the cities for the most people who Pledge to Ride. Help South City win by signing up [here](#) to Pledge today! Right now, Menlo Park is in the lead with Mountain View in second place. You can [check the leaderboard](#) every week to see where our city ranks and help give us a boost by pledging to ride! You might be thinking, shoot, my bike has mainly been gathering dust in the garage. No worries! Attend one of the [bike maintenance classes](#). Or maybe it's been a long time since you've thrown a leg over a bike. Drop in on one of the [biking basics courses](#). Whatever is preventing you from getting back in the saddle, [we've got your back](#). Start by [pledging to ride](#) and checking out the [calendar of events](#) throughout May.
- **SamTrans Board of Directors Opening.** Are you interested in public transportation and looking for a way to impact the community positively? Now is your chance! The San Mateo County Transit District (SamTrans) Board of Directors has an opening for one public member to serve on the SamTrans Board of Directors to help set the policy for the Transit District, which oversees SamTrans bus and paratransit services. To apply, you

must be a resident of San Mateo County outside of the coastal region, and you cannot be an elected official or have served as an elected official within the previous 12 months. Regular committee and board meetings are scheduled for the first Wednesday of each month at 2:00 pm. The application deadline is Monday, June 5, 2023, at 5:00 pm. The application is available at samtrans.com/about-samtrans/board-directors under “Seeking Public Member” or by calling (650) 508-6242.

- **County Receives Federal Funds to Provide Housing** The County of San Mateo will receive federal funds to provide housing for individuals or families with the highest need for shelter and services. The U.S. Department of Housing and Urban Development selected the County and its partners for a competitive grant that totals \$3.5 million over three years. The bulk of the funds – \$2.47 million – will provide 20 new housing vouchers. The vouchers will be administered by the Department of Housing and will provide rental assistance to people experiencing homelessness. [Read more here](#).
- **May is Mental Health Month.** The County of San Mateo joins the state and country in celebrating May as Mental Health Month with a series of events. Events this week include:
 - The Pacific Islander Initiative and Peninsula Conflict Resolution Center invites all community members to join them for the Pacific Islander Wellness Gathering on Saturday, May 20, from 11 a.m. to 2 p.m. at the Sneath Lane Cultural Center, 977 Sneath Lane, San Bruno. Free activities include health screenings, COVID vaccines, boosters, resources, food, and raffles.
 - Join StarVista and San Mateo PAL for Mental Health Matters: A Community Wellness Fair and 5k Run/Walk Event on Sunday, May 21, from 9 a.m. to 1 p.m. at Seal Point Park, 1901 J. Hart Clinton Drive, San Mateo. Attendees can look forward to yoga sessions, community partner booths, 5K Run/Walk, self-care activities, live music, and more! Use the HAPPY promo codes on the registration page to receive \$10 off 5K registration.

LIBRARY EVENTS

- ***Celebrate AAPI Month with Filipino Storytime and Cantonese Storytime!*** Filipino Family Storytime | Main Library (840 W Orange Ave) | Saturday, May 27, 10:30 AM. Join us for Filipino Family Storytime with Louella! All ages welcome. Cantonese Storytime | Main Library (840 W Orange Ave) | Saturday, May 27, 11:30 AM. Join Ms. Maggie each Saturday in the Main Library for Cantonese Storytime. See you there!
- **Anime Screencap Painting | Main Library (840 W Orange Ave) | Wednesday, May 24, 3:00 PM.** immortalize a memorable moment from your favorite anime or cartoon with acrylic glass painting! Layer paint directly on the glass to make cool artwork you can display. [Register to join us](#) in the Makerspace; a limited number of seats are available.
- **Tech Tuesday: Speed up your laptop | Main Library (840 W Orange Ave) | Tuesday, May 23, 12:00 PM.** Join this live workshop to learn steps to speed up your laptop and improve your device's

performance. Regularly maintaining and optimizing your laptop is very important since almost every part of our lives is integrated with internet technology. We will be focusing on Windows and PC.

- **Textile Thursday: Charm square mini project | Main Library (840 W Orange Ave) | Thursday, May 25, 1:00 PM.** Have fun with charm squares and create something unique. Supplies are limited and available on a first-come, first-serve basis.
- **Spanish Bilingual Storytime | Grand Library (306 Walnut Ave) | Friday, May 26 and Saturday, May 27 at 10:30 AM.** Join us for Spanish Bilingual Storytime at Grand Ave Library this Friday and Saturday. From June 5 - July 31, Spanish Bilingual Storytime will be held on Mondays at 10:30 AM. | Acompañanos para la hora de cuentos bilingües en la biblioteca de Grand Avenue este próximo viernes [5/26] y sábado [5/27]. (Empezando el 5 de junio y continuando hasta el 31 de julio, la hora del cuento bilingüe se llevará a cabo los lunes a las 10:30 AM.)



Join
Us!

MEMORIAL DAY

REMEMBER AND HONOR

29 MAY, 2023
10:00 A.M.

**Please join us to honor those who have
served our country at the Veterans'
Memorial Site - corner of West Orange
Ave & Tennis Drive**



City of South San Francisco | 400 Grand Avenue, South San Francisco, CA 94080

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