

VNA Newsletter

Published and distributed by the Old Mountain View Neighborhood Association Volume 30, Number 3 August 2018 www.omvna.org

Help Wanted: ICS Volunteers



The Ice Cream Social is almost here! Please consider volunteering a bit of your time or donating a raffle prize to help make our event a success.

Raffle Donations

Donations for the Ice Cream Social Raffle and activities can be creative and unusual. Consider a service like gardening or offering your special talent.

Volunteers

Many hands make light work and lots of fun. Consider volunteering to help set up, clean up, or staff one of the fun activities Lorraine and team have planned.

Contact 2018 OMVNA Ice Cream Social Chair, Lorrie Wormald: lorraine.omvna@gmail.com



Avenidas: Thriving at Any Age

by Susan Bickford Aging is not a one-size-fitsall process. While we all hope to be youthful and independent right up to the very end, the reality is that older adults-and their families and caregivers—need a wide variety of choices to determine the best fit as people age in their own ways.

In addition to City facilities such as the Senior Center, Mountain View residents are extremely fortunate to have access to Avenidas, a non-profit, 501(c)(3) organization, founded in 1969, that runs several programs in Palo Alto and also the Avenidas Rose Kleiner Center in Mountain View (next to the Mountain View Senior Center).

This summer a new promotion allows a newly enrolled participant to attend for one whole week for FREE to make sure this is the best fit for everyone. If interested, families should call (650) 289-5499 for more details.

"The mission of Avenidas is to help older adults in our community be as active, engaged, and healthy continued on page 7

Restaurant Scene

by Max Hauser

In May a new açaí bowl shop, Vitality Bowls, opened at 650 Castro where Mahalo Bowl was.



Treats on Castro (C'est Si Bon's 282 Castro bakery outlet) opened June 1. www.treatsoncastro.com



At ECR & Castro southwest corner. Peet's Coffee returned mid-June to new quarters in the Greystar complex.

Flights, a restaurant group from Los Gatos, plans to open a location at 800 California (corner of Castro), where Shiva's closed in June after nearly 14 years. flightsrestaurants.com



Wine bar Le Plonc, 331 Castro, added a lavish brunch menu, weekends 11-4.

Business hours have been limited at Gelato Classico, 241 Castro; owner evidently can't find help even at the \$18/hour offered.



Maison Alyzée (French bakery and tea room, 212 Castro) prepares to open at press time, with the Paris Baquette bakery-café at 315 Castro not far behind.



Bierhaus, 383 Castro at California, is due to close mid-September when its lease expires.



Turkish bakery-café Olympus has applied to expand from 135 Castro into an adjacent retail space.







Come have fun and meet your neighbors at OMVNA's

Ice Cream Social

Sunday August 26, 2018



Baskin Robbins Ice Cream • Music by South Bay Country Band Balloon twisting, children's games, face painting & informational tables Suggested donation: \$2.50 per ice cream cone

> Raffle prizes donated by our generous local businesses! Raffle tickets: I for \$3 - 2 for \$5 - 5 for \$10

OMVNA Artist In Residence: Carol Mellberg, Painter

by Don McPhail

Carol Mellberg is the Associate Clinical Director for school-based services at the Community Health Awareness Council (CHAC) in Old Mountain View.

You sense the positive, the moment you sit and talk with Carol Mellberg. She is enthusiastic, welcoming and extremely fit. A multifaceted painter and musician, she is a licensed marriage and family therapist at Community Health Awareness Council (CHAC) in Old Mountain View. She is also an executive, mom, gardener, triathlete, tennis coach and community activist—quite literally, a Renaissance woman.

Her specialty is art therapy, helping clients through the use of nonverbal symbols and metaphors, that are expressed through art and the creative process, concepts that are usually difficult to express with words.

Art therapy can be a mixture of drawing, coloring, painting, sculpting and nearly anything else you might think of that is artistic. "Transforming negative energy into an art piece or project, can help reduce hopelessness and the perpetuation of negative thinking. Making art is a powerful way to get into the present moment which is a place that is so restorative for the brain."

Carol graduated from Saratoga H.S., then from Cal Poly and Notre Dame de Namur, earning her Masters in Marriage and Family Therapy with an emphasis in Art Therapy. She worked as a graphic designer and is a successful painter, working in watercolors, oil and acrylics after early studies abroad at an art school in Provence. Seven of her paintings are currently on display at CHAC's offices. She is also a graduate of Leadership Mountain View, and recently completed her 5-year term as a member of the MV Visual Arts Committee.

She joined CHAC in 1997 to be part of the school-based internship program. After earning her license, she returned to CHAC in 2004 to supervise interns. CHAC has grown, with 80 therapists at 32 schools and an in-house clinic in Mountain View.

CHAC therapists work to help kids learn healthy ways to externalize stress and pain and to identify and manage strong and difficult emotions. The therapists are also there to bring another set of eyes to the campus to keep kids safe.

CHAC school districts go from Los Altos Hills to Sunnyvale. For more than 45 years, CHAC has provided mental health counseling, psychoeducation, and community awareness for children and their families, as well as programs for the prevention and intervention of substance abuse.

Carol's recent editorial in the MV Voice cited the need for community awareness and engagement around schools, mental health and safety, following the tragic shootings at Parkland High School in Florida. "Empowering youth voices,



helping kids feel safe and healthy along with crisis interventions are the daily tasks at CHAC. When kids have a safe place to talk with a trusted, empathic adult they can begin to heal and change the way they see themselves and others."

After living in Mountain View for five years, she knows us well. "This is a very progressive city, with the different arts and recycling programs, as well as amazing community involvement. People here are open to change, and at the same time, protective of the environment."



Foxtails (https://tinyurl.com/ y8346pv6) are proliferating in the neighborhood and an area hazard to pets and wildlife.

Expensive surgery is required when the seeds embed themselves in tender places such as nose, ears, or paws.

Please pull up the plants wherever you can and bag in compostable yard-waste bags.

If you mow where there are fox-

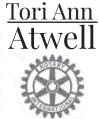
tails, bag for disposal. If using plastic bags, place in the garbage bin.



Proud member of

Mountain View Rotary





YAMIGRILL

Always the Best Ingredients!

Keeping Mountain View Safe:

Updates and Advice from the Mountain View Fire and Police Departments

by Robert Maitland



Outdoor Entertaining

The warm balmy nights, food cooking on the grill, and friends and family spending quality time together in the backyard or around the pool create wonderful memories that last a lifetime. But, hosting outdoor events also means there is an increased risk of home fires.

Fortunately, following some simple safety tips and guidelines can help ensure you and your guests stay safe. Consider the following when you host your next outdoor event:

- Have an adult present at all times when a portable fireplace is burning.
- Use sturdy candle holders that won't tip over easily.
- Keep anything that can burn, as well as children and pets, at least three feet away from open flames.
- Use battery-operated flameless candles and solar-powered patio (tiki) torches in place of an open flame. Flameless candles come in all colors, shapes and sizes, and many are scented. Flameless candles look and feel like the real

Keep in Touch with Mountain View's Finest

Want to get the latest on the Mountain View Police Department?

Read about it on Twitter @MountainViewPD, at http://mountainviewpoliceblog.com, or on Facebook at www.facebook.com/mountainviewpolicedepartment

Just want critical alerts and advisories? Sign-up for Nixle via your smartphone by texting your Mountain View zip code to 888777.

ones, and add a beautiful soft glow to any outdoor event.

Outdoor Entertaining by the Numbers

- Outside fireplaces or fire pits caused nearly 3,700 grass and brush fires.
- Total outdoor patio heater or fire pit injuries has nearly tripled in six years (1,330 to 3,608) from 2006 2012.
- More than half of all candle fires start when things that can burn are too close to the candle.
- An average of 8,800 home fires involved grills, hibachis, or barbecues each year.
- In 2012, sparklers, fountains and novelties accounted for 25% of emergency room fireworks-related injuries*.

Source: NFPA's Fire Analysis & Research Division.

*Source: Fireworks Annual Report, Consumer Product Safety Commission, 2012.

Safety Readiness Heading Back to School

School is almost back in session which means the vacations and trip are almost over as well. Getting the kids ready for school and adjusting to their schedules can often be a challenge.

If the kids will be riding their bikes, make sure they have the proper safety gear for themselves and for the bikes as well so they can be as visible as possible to drivers.

Having the kids travel to and from school with friends, be it on foot or riding their bikes, is a great plan for them to keep each other safe.

You should also consider mapping out the paths to school. This way they know how to get to and from school safely and you also know the direction of travel in the event you need to meet them along the way.

If the kids will be returning home after school and be by themselves for a while, be sure to have emergency contact numbers centrally located so they know whom to call in case of an emergency, including 9-1-1.

Remind them not to answer the door for anyone or allude to people that they are home alone.

Video surveillance technology

by Jodie Pierce



is very advanced, inexpensive and it's easy to find good, quality products.

Surveillance cameras allow for home security and peace of mind for the safety of your family.

Doorbell camera systems also help alert to people being at your home, the security of package deliveries, and making sure kids get home and into the house safely.

If you or anyone in the family sees suspicious vehicles or people in the neighborhood, please contact MVPD. You can call the non-emergency number at 650-903-6395 or dial 9-1-1.



A Resource for Our Future: The View Teen Center

by Susan Bickford Located across the street from The Mountain View Senior Center, The View Teen Center offers programs and services for residents of Mountain View and Los Altos at the other end of the age spectrum.

The View is a FREE facility for all Mountain View and Los Altos 6th - 12th grade students. Supervised by trained staff, The View offers a variety of teen programming, including recreational and educational classes, special events, resources, and drop-in activities for teens.

Activities include the arts—including various art media—music, and dance; emotional and physical health, fitness classes, and sports; culinary arts, including cooking classes and tastings; and education and career and college activities and resources, including tutoring and workshops.

Summer Hours (through Saturday, August 18, 2018) are Monday to Saturday,12:00 noon to 6:00 p.m. School Year Hours (beginning Monday, August 20, 2018) will be Monday to Saturday, 3:00 p.m. to 8:00 p.m.

In addition to the events and activities provided by The View. teens might be interested in joining the Youth Advisory Council (YAC). YAC was formed to increase the level of civic engagement of youth and to provide the YAC with an opportunity to work directly with the Council Youth Services Committee. The YAC is comprised of middle school and high school students that represent Mountain View teens in local government and have the opportunity to advise adults concerning teen issues. The Committee consists of fifteen members and nine members-at-large.

The general functions of the Youth Advisory Council include:

- Advise City Council and Staff on youth and teen issues
- Support The Teen Center through the sharing of resources and new program ideas
- Plan fun events and programs for the teen population

For more information on The View, YAC, and more, visit: mountainview.gov/depts/cs/rec/youthandteens/teens/default.asp



30 Years of the OMVNA Newsletter

by Bruce Karney

Our neighborhood newsletter is celebrating its 30th year of continuous publication.

I became involved with OMV-NA in 1992, so I missed its earliest years. OMNVA was formed to oppose a plan to cut the neighborhood in half with a 4-lane road connecting California to Dana. The only way to let neighbors know about this ill-conceived plan was to photocopy flyers and deliver them to neighbors' porches.

leff and Kim Farmer and Steve and Ann Lewis were early OMVNA leaders. They decided that a guarterly newsletter could keep the neighborhood united, not just in resistance to a specific threat but "to promote and advance neighborhood goals and to preserve and enhance the welfare of the neighborhood," as our by-laws state. In order to ensure accountability of OMNVA's leadership, the by-laws also say: "All official actions and decisions of OMVNA or its Steering Committee shall be reported in the Newsletter.'

Jeff worked at Sun and printed the one-page newsletter at work after hours. There was no need for advertising, since Sun was donating the paper and the printing—though they didn't know it!

Distribution was limited to the area between Castro and Calderon. Then, as now, distribution was handled by volunteers who were assigned routes of 20-70 residences.

OMVNA had been loosely organized, but in the summer of 1992 a decision was made to emulate the Monta Loma Neighborhood Association and have elected officers, one of whom would be Newsletter Editor. I was OMNVA's first elected Chair and Ronit Bryant was the first Newsletter Editor.

As OMVNA matured, its leaders saw the advantages of distributing the newsletter more broadly, so distribution was extended to the area between Castro and Shoreline and east of Calderon. We were still

Flute Lessons

in Old Mountain View with Marian Concus. Instructor is: conservatory trained, member of two professional symphony orchestras, Flute Coach at Bellarmine Preparatory School.

mconcus@mac.com • www.mconcusflutist.com

dependent on after-hours photocopying, which was not sustainable, so we began soliciting advertisements. Ads not only pay for the newsletter, they fund almost everything else OMNVA does.

In the 1990s the newsletter was 4 pages and was published 4 times a year. Later it grew to 8 pages (or more in election years when ads from candidates increase ad pages and revenues) and 8 issues per year. More recently it has returned to being a quarterly, but still features 8 pages.



OMVNA Steering Committee Elections

In December we will elect our 2019 Steering Committee at the annual meeting.

Serving on the Steering Committee is an excellent way to contribute to Old Mountain View.

If you are interested in serving on the Steering Committee, contact Robert Cox: robert.cox@intel.com

OMVNA Steering Committee

Chair: David Lewis
Vice-Chair: Robert Cox
Treasurer: Larry Rush
Secretary: Max Hauser
At-Large: Larry Rosenberg
At-Large: Lorraine Wormald
Newsletter: Susan Bickford

Liaison: Jamil Shaikh

Subcommittee Chairs
CERT: Sherril Brennan

Historical

Preservation: Jerry Steach Residential Parking: Robert Cox.

Peg Powell

Advertising: Kristin Bailey
Next Meeting: October 1, 2018

State Zoning-Override Effort Nixed, but Expected to Resurface

by Jerry Steach

Buildings in and around Old Mountain View may have dodged one bullet. But can they dodge another?

That's what many residents are asking after a California State Senate bill, SB827, threatened to override the downtown's and nearby neighborhoods' zoning restrictions in favor of significantly higher-density housing and commercial development.

Fortunately—at least for now the bill didn't receive enough support from the Senate's Transportation and Housing Committee. The committee voted the bill down, six to four—a tenuous opposition majority, considering three committee members abstained. An expected revised bill could swing support toward committee passage and be brought to a full vote in the Legislature.

Had SB827 passed and become law, it would have enabled the state to essentially ignore cities' landuse restrictions near transit hubs. Mountain View would be a prime target of the bill's intention because its heavily utilized Transit Center serves multiple public-transportation lines. Additionally, it would have granted exemptions from building-height limits and parking requirements.

Downtown Mountain View and adjoining neighborhoods within a half-mile of the Transit Center would have been subjected to development of far greater density than their present zoning allows. Historic and newer buildings alike along Castro St., its cross streets and even in residential parts of Old Mountain View, therefore, could have become dramatically altered, if not leveled entirely.

And it's not just properties near the Transit Center that would have been impacted; because SB827 regarded El Camino Real as a transit corridor, properties within a quarter mile of that thoroughfare would also have been subject to

state-mandated building densities, thus impacting most of Old Mountain View.

Moreover, the bill would have given developers a "pass" on the city's density-bonus system, whereby they're required to fund local improvements such as parks, transportation and affordable housing in exchange for higher-density allowances.

Mountain View, along with cities throughout the state, opposed the bill, as did the League of California Cities and countless other advocacy groups. Still, Sen. Weiner indicated he'd bring a revised version of the bill into next year's legislative session, begging the question: Can Old Mountain View dodge another bullet?

We're sure to find out when this issue resurfaces in the future. Residents, then, should be on alert and plan on voicing their opinions to the City Council, as well as elected state officials.



Notary Public



6501 996-0123

To sign up for neighborhood alerts by OMVNAtalk email:

- Send a blank message (no subject or content needed) from your preferred email address to omvnatalksubscribe@yahoogroups.com
- You will get back an automated message from yahoogroups
- Select option 2 ("Reply, Send") to confirm your request.

For more information about the OMVNAtalk list, please see http:// www.omvna.org/omvnatalk.html

For newsletter delivery problems or to volunteer to help, send email to lorraine.omvna@gmail.com

Keeping Old Mountain View Clean and Green

Dogs: Mountain View fields and school grounds are off limits to dogs during school hours. Pick up dog messes deposited at other times.

Please don't deposit doggie bags in neighbors' trash cans after they've been emptied. Incontinent dogs should be walked in the gutter, not on sidewalks.

Walkable Sidewalks: Please trim your greenery back to the full width of the sidewalk and to a height of seven feet, as required by city code.

Hazardous waste: Visit hhw. org or call 408-299-7300 to make an appointment to drop off your household hazardous waste and e-waste.

Go to paintcare.org/locator/ for stores accepting leftover paint.

Opinions expressed herein are not official positions of the OM-VNA Steering Committee or its members unless otherwise stated. Contact the newsletter team at: s.bickford@comcast.net .

Submissions for our November 2018 issue are due by September 20, 2018.

Invite neighbors to help fill your trunk.

Bulky trash: Go to goo.gl/ Ka9Que for On Call Plus pickup info.

Street sweeping: Help the sweeper clean your gutter by moving your vehicles and trash bins off the street the evening before the first and third Wednesdays (east of Castro) or Thursdays (west of Castro) of each month. mountainview.gov/ depts/pw/transport/schedule.asp

Trash and recycling bins should be out of sight except within 24 hours of pickup time.

Plan a Block Party

You still have time to set the date for your street's 2018 summer block party. It's a great way to meet your neighbors, and build camaraderie that keeps our neighborhoods safe. The OMVNA steering committee provides a small contribution to official block parties.

To block off a street you must obtain a permit from the City and allow at least 30 days for it to be processed. Once you have obtained a permit, contact OMVNA Treasurer, Larry Rush, at larry.rush@outlook. com.



CERT Update: Fire Extinguisher ABC's

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives: but portable extinguishers have the bottom of the extinguisher. limitations. Because fire grows and If the fire extinguisher has spreads so rapidly, the #1 priority

Choosing a Fire Extinguisher

for residents is to get out safely.

- · For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire. but not so heavy as to be difficult to handle.
- Choose a fire extinguisher that carries the label of an independent testing laboratory.
- Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out. Local fire departments or fire equipment distributors often offer hands-on fire extinguisher train-
- Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke. leave immediately.
- Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.

Common Types of Fire Extinguishers for the Home

For use with ordinary materials like cloth, wood and paper.

For use with combustible and flammable liquids like grease, gasoline, oil, and oil-based paints.

For use with electrical equipment like appliances, tools, or other equipment that is plugged in.

Fire Extinguisher Maintenance

The first of each month, shake the canisters of dry-chemical extinguishers to keep the powder from settling (check the manufacturer's recommendations first). Check to see that the arrow on the gauge is

Safety tips

by Paul Goldstein clearly in the "green" area. Also visually inspect the extinguisher for any possible leaks at the top where the gauge attaches to the body and

been stored for more than six months without monthly "shaking" it may no longer work in an emergency.

- Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called: and the room is not filled with smoke.
- To operate a fire extinguisher, remember the word PASS:
- **P**ull the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- Aim low. Point the extinguisher at the base of the fire.
- Squeeze the lever slowly and evenly.
- Sweep the nozzle from side-to-side.

For more information from the FEMA site, go to:

https://tinyurl.com/yaadosn7





Support the Friends of Stevens Creek Trail!



Walk, Run, or Volunteer on Sept 30

10K & 5K Racers, 3 mile Trail Walkers, & Volunteers get official race t-shirt. Free kids races, games, & face painting!

Race day reg 7:30am. Events start 8:30am. 2905 N Shoreline Blvd, Mountain View

> Free bicycle parking corral Online Reg & mail-in forms at

www.stevenscreektrail.org

Peace of Mind: TrustLine

by Susan Bickford

parents Many in neighborhood struggle to find quality childcare services for their young children. Even if they are lucky enough to identify someone who looks like a great candidate, how can parents be certain this individual is worthy of their trust to look after their precious family members?

TrustLine (TrustLine.org) is the only authorized screening program of in-home caregivers in the state with access to fingerprint records at the California Department of Justice and the FBI. It provides a database of nannies and baby-sitters that have cleared criminal background checks in California.

TrustLine is endorsed by the California Academy of Pediatrics. The California Department of Social Services and the nonprofit California Child Care Resource and Referral Network administer the program.

Providers / applicants complete a one-page form, which requires submitting fingerprints and a onetime fee of approximately \$124.00, to the Department of Social Services. If applicants pass the background check they are listed on the TrustLine database.

Parents just call 1-800-822-8490 to check on the status of an applicant or receive information on how to apply. You'll need to provide (1) the person's full name and (2) driver's license number.

If your current caregiver or the caregiver you are interviewing is not registered, simply call TrustLine's 800 number or go to Providers Registration page on their site to learn how they can apply.

Although some parents may feel uncomfortable requiring their caregiver to be registered TrustLine, remember, all child care providers who operate in State-Licensed settings, such as child care centers, have undergone a similar screening process.

TrustLine provides additional tips to ask your provider candidate, including background information and asking important questions:

- Check each candidate's references and work histories.
- Interview potential caregivers and observe how they interact with and respond to your child.

continued on page 7

Avendias

continued from page 1 as possible throughout their lives by providing relevant services and programs," states Avenidas President and CEO Amy Andonian.

The programs at the Avenidas senior center in Palo Alto-currently in the Cubberley Community Center at 4000 Middlefield Rd in South Palo Alto and, in the new year at a newly refurbished site at 450 Bryant Street Downtown Palo Alto-include an aging-in-place program called Avenidas Village: a transportation program called Door to Door, a social work services program called Avenidas Care Partners, a lifelong learning and leisure program, a health & wellness program, a handyman services program, a volunteer program and a technology discovery program called Avenidas Generations Lab.

The Avenidas Rose Kleiner Center in Mountain View is licensed by the State of California to provide two levels of daytime care for older adults: day care and day health care. If someone you know and love has a cognitive or physical impairment, such as dementia or a stroke, or a chronic illness such as COPD or Parkinson's, this Center could be the perfect fit.

"The Avenidas Rose Kleiner Center is such a lifesaver for families who want their frail, elderly loved ones to have a safe, comfortable and yet stimulating place to be during the day," Andonian reports.

Participants who enroll in the Avenidas Rose Kleiner Center for a minimum of two days a week enjoy transportation to and from the Center, daily nursing services as required, speech therapy, occupational therapy physical therapy treatment sessions, nutritious and tasty lunches designed by a dietitian and cooked fresh on the premises by a chef, caregiver and family support groups, group exercise, and enrichment classes and entertainment activities. This service is covered by Medi-Cal. VA, and some long term care insurance policies. For private pay situations, the center offers a sliding scale.

"Avenidas strives to be a resource for families and caregivers, and for older adults who want to be proactive about the aging process and stay active, involved and connected," Andonian notes.

To find out more about Avendias programs go to avenidas.org

画父 Come Enjoy Your New Library

by Amy Helmig

Library Remodel The complete! Stop by the Library to see the newly opened Children's area or use one of the 10 new study rooms. Study rooms must be booked in advance at mountainview.gov/ studyrooms.

We have lots of great programs this summer and fall including the start of some of our favorite weekly programs! Highlights include:

- Local Author Book Fair on Saturday, August 25th from 2-4pm. Meet and greet with up to 20 Bay Area authors. The authors will have copies of their books to purchase and sign.
- 3rd Annual Sci-Fi September. Ioin us for a celebration of all things Science Fiction on Saturday, September 15th. Come to the Library for Sci-Fi story time, future food-sampling, live Sci-Fi Music. and more!
- Saturday Stories (Saturdays 10:15-10:45am), ESL Conversation Club (Tuesdays 5-6pm), Exercise with the Y (Wednesdays 12-1pm), Language Swap (Thursdays 7-8pm), Knit and Crochet Club (Fridays 2-4pm).

For more upcoming programs visit our Library calendar at mountainview.gov/librarycalendar ,III,

Volunteering for Mountain View

There are volunteer opportunities available to residents who would like to contribute to one of the many services provided by the City and other organizations.

Currently, there are openings at Shoreline Park and the Mountain View Senior Center.

Shoreline

The City offers a diverse array of opportunities for anyone interested in volunteering outdoors, exploring unique aspects of Mountain View's history, or interacting with members of the public throughout Shoreline and along numerous City trails.

Senior Center

The City of Mountain View Senior Center is continually recruiting for volunteer receptionists, computer helpers, and special project volunteers.

For these and other opportunities, check mountainview.gov to find updates and more.



Group Events • Family Dinners Mention OMVNA for 10% off your first order.

Find OMVNA Newsletters online at: https://tinyurl.com/yaen3kxh

Bev's Foto Fix

Photo Restoration Reasonable Prices Includes one print and file





Beverly Friedman Photos Call (408)732-4661

TrustLine

continued from page 6

- them Ask about their previous experiences working with children.
- What activities do they like to do with children?
- · What are their feelings about discipline?
- How would they handle naps, eating, toilet training or emergencies?
- Are they comfortable following directions even if they would do things differently with their own children?
- · Are they certified in child/ infant CPR or first aid?
- · What if your child cries all day or refuses to eat or to nap?
- · Are they willing to care for your child if he/she is sick?
 - What hours are they available?
- Could they work extra hours occasionally and how much notice would they need?

Finding the right childcare provider is hard work. Visit TrustLine. org to find out how this service can help.

