



*I am a link in the Buddha's golden chain of love that stretches around the world. I must keep my link bright and strong. I will try to be kind and gentle to every living thing and protect all who are weaker than myself. I will try to think pure and beautiful thoughts, to say pure and beautiful words, and to do pure and beautiful deeds, knowing that on what I do now depends not only my happiness or unhappiness, but also that of others. May every link in the Buddha's golden chain of love become bright and strong, and may we all attain perfect peace.*

## Passing Moments

By  
Rev. Dr. Takashi Miyaji



How is everyone doing during this pandemic? In recent news, it seems that the southern California region is getting hit pretty hard with the greatest rate of contraction and hospitalization from the coronavirus in the country. In addition, the vaccinations are not being rolled out as fast as we had hoped. Our situation continues to linger on with no hope of it getting better any time soon.

Like many families, I am spending most of my time at home doing work. I try to make it a point to go outside with my family and do some physical activity. I wonder what my son thinks about life? Does he think to himself, "Is every day like this? Because it is very boring!" He has to spend most of his time with his parents and hardly any time with other children. I hope he doesn't think this is the normal way of living. Then I think to myself, is it okay for me to be living like this? Many days pass by as if I want to just get it over with, and I hope for better days to come. But I am not sure this is the appropriate way to look at life.

I came across a passage from a Buddhist book that helped to put things into perspective. It reads as follows:

**"Just as the fallen leaves enrich the soil below, the things we believe to be unnecessary are actually helping to raise us."**

As I continue to live out a rather mundane and monotonous day-to-day existence, time slips by and I feel like I am just going through the motions. But even these moments are helping to nurture me, develop me, teach me, and raise me. These moments do that by giving me time to think about what this life means and what I can do to help myself and others during these difficult times.

Through the pandemic we are being taught not to forget about the importance of family and friends; that we have more in common than we do our differences with our enemies; that life cannot be firmly accepted unless we firmly accept death, that this life is much more than about worldly possessions and our ego selves. This is what the Buddha Dharma teaches us.

One member has told me that the participants in the weekly Zoom services has gone up. I think this is because the pandemic, in all its unrelenting havoc it has created, is prompting us to rethink what this life is about and what will give us true peace of mind through this ordeal. Buddhism teaches us this is the time to reflect, this is the time to seek, this is the time to affirm this life by finding our true spiritual anchor. Namo Amida Butsu.

## 過ぎていく時間

皆さんお元気でお過ごしでしょうか？近頃、ニュースを見ますと、ロサンゼルス近郊のコロナの感染者数が増加していて、病院が満員になっている状態だと聞きました。そして、ワクチンがあるにもかかわらず、普及の方法が緩慢なペースで行っているそうです。この状態はいつまで続くのでしょうか？非常に不安を感じます。

数多くの家族がするように、私たちは家でほとんどの時間を過ごし、仕事も学校もリモートになっています。外で体を動かさなければならぬと思い、家族で近くの公園に行ったり、散歩をしています。子供を見ますと、この日々の生活に関して一体何を考えているのかなと思ったりします。「これが毎日なの？つまらないね、退屈だね～」とか思っているのでしょうか。毎日親と一緒にいて、他の子供たちと一緒に遊べないことは辛いでしょうね。これは普通ではないよと知らせたいけど...このようなことを考えてると、ついに自分もこのような生活でいいのかと悩みはじめます。毎日が続いていって、「とにかく今日はすませよう。いつか良くなる日を待っておこう。我慢、我慢」と言ったような考え方は正しいのかどうか疑問です。

この間、仏教の本を読んでいたら次のような文章が出てきました。

「落ちる葉が土を肥やすように不要に思えることも心を育てていく」

とありました。つまらない、楽しくない毎日が経ていく一方であります。しかし、こういう時でも自分が育てられているんだ、養われているんだ、生かされているのだと教えられます。どのようにかと言うと、この人生はなんのためのものなのか、自分や他者をどのように役に立てるのかなどを考えさせられる縁がやってきたのです。家族と友人の大切さ、お互いが嫌いである人との共通点、「生」が分かるために「死」と向き合わなければならないこと、そしてこの人生はただ単に所有を増やすためのものでないということを教えていただくのが何よりの仏法であります。

御門徒ごもんの方に聞いたのですが、毎週の日曜礼拝の人数が増えたということです。これはあの恐ろしいパンデミックのためだと思います。パンデミックのきっかけで、改めてこの人生の本当の意味を伺うようになってきているのではないかと感じます。今の時代において、私たちは仏教によって今こそがその定義くどうを求道するきえん機縁きえんなんだと教えていただいているのでしょうか。合掌。

\*今後、仏教用語のみに振り仮名をつける方針と致します。ご了承下さい。

\*以上の引文は次の書物を参照しました。

『晴れてよし、降ってよし、いまを生きる：京都佛光寺の発行標語』佛光寺 著



## Services for February 2021

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**February 7, 2021 – Shotsuki Hoyo & Nirvana Day Service**  
10 A.M.

At this monthly memorial service, we will honor those loved ones who passed away in the month of February.

Nirvana Service is the observance of Shakyumuni Buddha's death.

Rev. Dr. Miyaji will officiate this service on Zoom.

February birthdays will be celebrated.

Dharma School will follow service.

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**February 14, 2021 – Family Service & Pet Memorial Service**  
10 A.M.

Rev. Dr. Miyaji will officiate this service on Zoom.

If you would like your pet remembered, please send a picture or the name to Victoria a week before. See article in the Golden Chain

Dharma School will follow service.

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**February 21, 2021 – Family Service**  
10 A.M.

Rev. Dr. Miyaji will officiate this service on Zoom.

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**February 28, 2021 – Eitaikyo Service**

Rev. Dr. Miyaji will officiate this service on Zoom.

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Join the ZOOM Meeting for Sunday Services.

<https://us02web.zoom.us/j/81878696300?pwd=VjdpcC8rNmN4U2Y1vFVqdZUrY0xrdz09>

**Meeting ID: 818 7869 6300**

**Passcord: 549504**

One tap mobile

+16699006833,,81878696300#,,,,,0#,,549504# US (San Hose)





## FEBRUARY SHOTSUKI HOYO

Family, relatives and friends are invited to attend the monthly memorial service to honor your loved ones on **Sunday, February 7 at 10:00 AM.**

### Deceased

1921 Fumiko Tomotoshi  
 1941 George Enta  
 1949 Shinsuke Nakamura  
 1952 Ichi Shikano  
 1964 Masako Inao  
 1965 Heizo Hashimoto

1966 Shinichi Mukai  
 1968 Uka Inao  
 1972 Fred Chiaki Teshima  
 1975 Masao Babaoka  
 1975 Kinnosuke Yasuhiro  
 1985 Masuko Kitayama  
 1985 Lynnsey Akemi Hisaoka  
 1991 Miyoshi Kishi  
 1992 Matsuko Suyama  
 1992 Satori Sekigahama  
 1993 Fred Ichio Sakuda  
 1994 Yoshiye Shibata  
 1995 Masao Yamauchi  
 1998 George Hatakeda  
 2002 Yasuko Suyeyasu  
 2004 Edward Isamu Nomura  
 2004 Ruby Noma  
 2005 Reiko Kato  
 2006 Oriye Ushijima  
 2006 Kazuo Shikano  
 2007 Setsuye Shikano  
 2008 Kenji Fujii  
 2009 Masao Tomotoshi  
 2010 James 'Bo' Kataoka  
 2011 Yasuo Hatsushi  
 2014 Bessie Harada  
 2015 Masaru Yamasaki

2018 Betty Kitani  
 2018 Sumie Suyeyasu  
 2019 Teruo Kaneko  
 Nicolas Hideo Chu  
 Kino Kawaguchi  
 Katsu Kato  
 Fujio Yamamoto

### Family

Tomotoshi Family  
 Kitajima Family  
 Mr. Stacy Nakamura  
 Mr. Ben Shikano  
 Ms. Nancy Teruko Dodd  
 Dr. Walter Hashimoto &  
 Dr. & Mrs. Richard Hashimoto  
 Mr. & Mrs. Edward Mayeda  
 Ms. Nancy Teruko Dodd  
 Ms. Paige Ajimura  
 Ms. Paige Ajimura  
 Yasuhiro Family  
 Mrs. Heidi Kitayama  
 Mrs. Pattie Hisaoka  
 Kishi Family  
 Mr. & Mrs. Ken Suyama  
 Sekigahama Family  
 Mr. Wayne Sakuda  
 Mrs. Arlyne Shibata  
 Ms. Nancy Teruko Dodd  
 Mr. Glenn Nitta  
 Suyeyasu Family  
 Mr. Ray Nomura  
 Mr. & Mrs. Edward Quan  
 Kato Family  
 Mr. & Mrs. Yasushi Yamada  
 Mr. Ben Shikano  
 Mr. Ben Shikano  
 Mr. Victor Fujii & Mr. Walter Fujii  
 Mrs. Patricia Carter  
 Mr. Jeff Kataoka  
 Mrs. Takiko Hatsushi & Mrs. Yoko Hiramine  
 Harada Family  
 Ms. Lauren Yamasaki  
 Mr. & Mrs. Kyle Yamasaki  
 Mr. Jeff Kitani  
 Ms. Nadine Suyeyasu  
 Kaneko Family  
 Chu Family  
 Kawaguchi Family  
 Mr. Wayne Sakuda  
 Mrs. Ellen Yamamoto

### Memorial Service 2021

Memorial year for those who passed away in:

2020 – 1 year	2009 – 13 year	1989 – 33 year
2019 – 3 year	2005 – 17 year	1972 – 50 year
2015 – 7 year	1997 – 25 year	1922 – 100 year

If this is a special service year for a departed relative, please contact the church office at (510) 471-2581 to schedule a memorial service.

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## PET MEMORIAL SERVICE


On *Sunday, February 14*, Rev. Miyaji will include a Memorial Service for the pets who shared their lives with us. It can be your favorite dogs, cats, rabbits, birds or even hamsters!

If you would like your pet or pets remembered during this family Zoom service, please email your loved one's name and a description of your pet to Victoria at [sacboffice@gmail.com](mailto:sacboffice@gmail.com).

Example: "Strawberry, Miye's bunny. 1995 – 2006".

If you have a picture, you can give it to Victoria and she will scan it and return it to you the following week. Those who are picking up bento meals can also drop off their pictures then (pls make sure they are in an envelope with your name on it). **The names, with or without pictures, should be given to Victoria by *February 7*.** Thank you!





## How you can celebrate our 2021 Hanamatsuri Flower Festival

Since we cannot be together to decorate our traditional Hanamido, please “buy” flowers to decorate our virtual shrine, which will appear in the April *Golden Chain*. (See example on next page.)

Each person who offers dana will be thanked with their name appearing on the flowers of our virtual shrine.

You’ll be wishing the Buddha “Happy Birthday” with your generous donations. We will still host an online Hanamatsuri service, where you can sing along, and enjoy the day!

*Happy Birthday Buddha!*

**Your Hanamatsuri donations (\$15 minimum suggested) are due by March 8th to decorate the Hanamido in our April issue!**

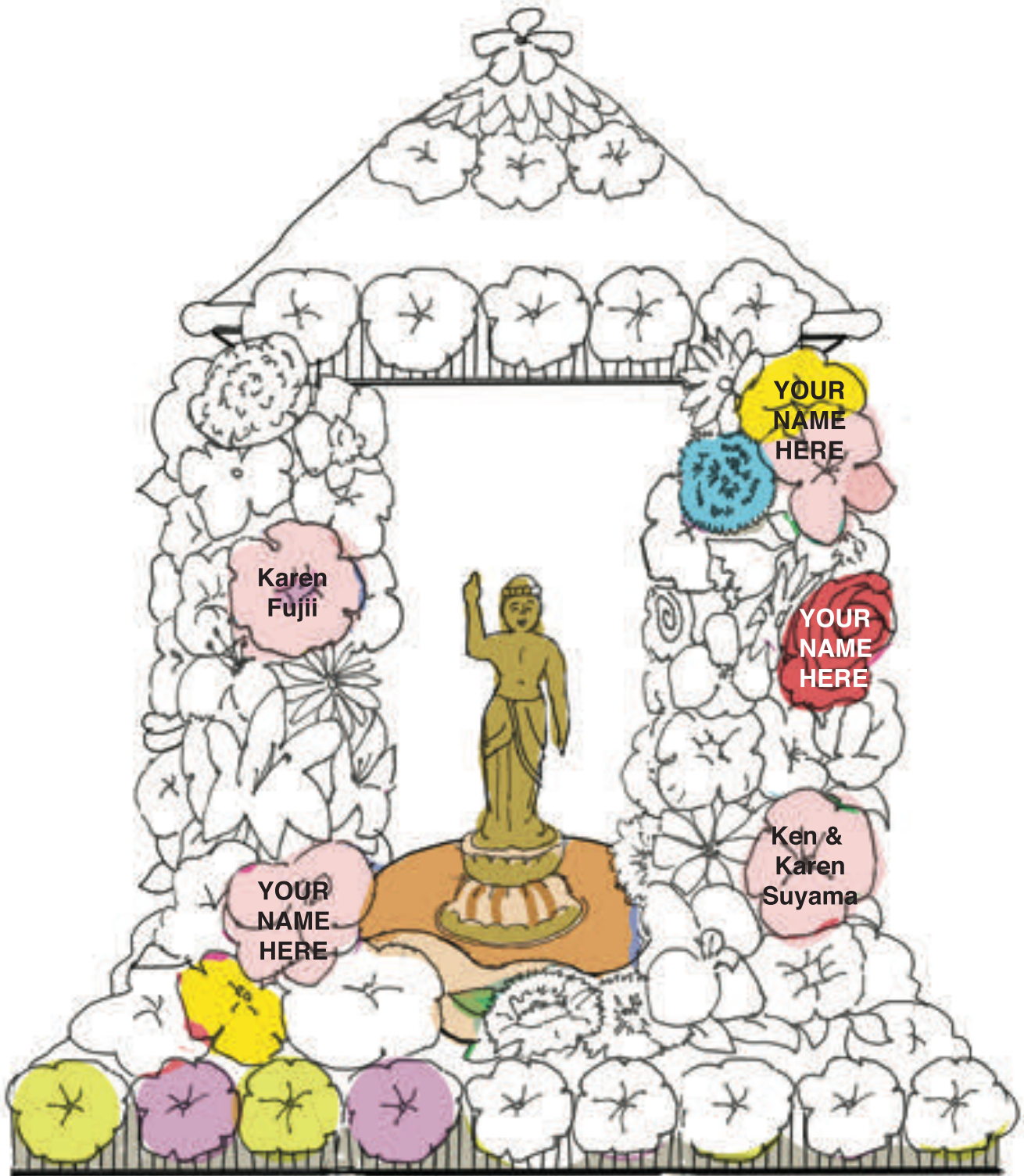
They can be made by check, made out to SACBC, and mailed to our temple office:

**SACBC  
32975 Alvarado Niles Road  
Union City, CA 94587**

Or, make a secure online donation via Paypal or Venmo at: **[sacbc.org/donations](https://sacbc.org/donations)**

*Thank you for your  
continued support and  
generosity.*

**Please send your dana to  
decorate our Hanamido with flowers!**



To “decorate” our virtual Hanamido with Hanamatsuri flowers, please send a donation of at least \$15 by check, or pay online at [SACBC.org](http://SACBC.org). See previous page for instructions.

**Wish Buddha a Happy Birthday with your generous donations!**

# B-I-N-G-O !



BINGO was started in 1988 by SACBC and JSEB joining efforts to raise funds for both organizations. At that time, many non-profit organizations such as PTA's, kids' sports programs, and churches were setting up regular BINGO games as fundraisers. There was much discussion before the games started because many of these weekly game programs were short-lived because of the loss of continued support. Risks had to be considered: Is it worth investing in the needed equipment? Will members continue to come out week after week to help? 32 years later, SACBC continued without JASEB to have a thriving BINGO fundraiser...until COVID 19 forced closure of Sangha Hall and BINGO.

Here are some memories of our BINGO Fridays.

## Michi Handa:

Bingo was started in September 1988 by JASEB and SACBC. There are still 3 or 4 members who are still helping from day 1.

At the beginning we set up, made sandwiches, stayed to run the bingo games and stayed to clean up. It was awhile before our group only set up and ran the kitchen during the bingo games. A group would run the bingo games and another group would come in to clean up.

The group who set up became the SABA group and enjoyed many lunches and dinners together.

One of our memorable bus trips we took was to Sycamore Springs in Santa Maria. We stayed overnight and enjoyed dinner together at one of the restaurants near-by. Each room had their private mineral baths.

We took bus trips to various places including to Reno. Also, train trips to Reno, one being very memorable as it was snowing, and it took us 13 hours to get there. The members of the group were so compatible, and no one complained. On the bus and train rides we would play bingo and share so many goodies. We also made several trips to Las Vegas by plane.

We have all become good friends and miss seeing each other on Friday nights.



### **Sachi Fudenna:**

I started helping with BINGO from the beginning. Toshi Abe started and organized the kitchen and food sales. Players kept asking for more, different things to be sold and it got to be too much. It was decided we would make sandwiches and hot dogs. Work groups were organized and some would make a special item such as Mrs. Yamada's curry. All others who came to help were asked to bring desserts to sell.

June Handa and I would go on Friday afternoons to make food to sell before going into Sangha Hall when the games started. We wanted to play! Others there helping said it would be okay for us to play once a month. When BINGO first started, everyone did all the jobs: setting up, preparing food, selling pull tabs, working the floor, etc. When June and I were on the floor, people who had to go to the restroom would ask us to play their cards until they got back. Each game sheet has several cards on it, and some people had many sheets. June and I quickly found we couldn't play so many cards at once. We would go together to watch the player's cards until she returned from the restroom! When June and I played on our own, we only played one game sheet at a time.

I did win but not very often. One time I won \$75! Soon after, I bought myself a Buddhist Wisteria pendant. I still wear it after all these years.

### **Yas Yamada:**

Happy New Year and hoping it will be a better year for everyone.

I am not the original member who started the bingo operation way back over 30 years ago. However, I have been in it for 27 or 28 years.

Initially I was involved with pull tab sales and later managed that section. I have been doing the payout duty for so long that I need the new younger person to take over eventually. At least, I could use someone to cover me once a month so I could rest once a month. We also need more people to set up the bingo table starting 2:00pm. Sometimes I am spending more hours in Bingo than when I was employed. We appreciate very much for Cathleen and Ken to check on us seniors.

### **Nancy Dodd:**

My early memories of helping at Bingo were as a Japanese School parent, during 10:00 pm Clean Ups. It was good physical exercise/teamwork to clear the Sangha Hall together – then having tea in the kitchen when the job was done!

Fast forward 25+ years, a plea went out to Board members to ask for help during the Early 4:00 to 7:30 pm shift on the Sales table or on the floor. I had been baking cakes and cookies for Church Nights, once a month and decided to give this a try. “Ms. Molly” Kitajima recruited me at the Hot Ball/Daubers station at the Sales table. With such a kind, patient and energetic demeanor, I soon felt at ease there and enjoyed learning the Bingo patrons’ names and faces. I was surprised and pleased to see many colleagues from Newark Unified schools drop by to play!

When it got a bit hectic (on payday evenings!), I would ask Kay Otani to sit and sell Daubers; we struck up a friendship. Since March of 2020 and shelter in place, I’ve missed baking desserts, seeing the Bingo crew and patrons as well. Let’s all take care to stay healthy for the 2021 New Year!

### **Gail Tomita:**

When I retired to do the cashier for the 2<sup>nd</sup> & 5<sup>th</sup> Frida of the month. I looked forward to this activity. Enjoyed the trips to Reno and the Appreciation Dinners.

### **George Nakamura:**

BINGO started at SACBC in 1988 with the help of the Japanese American Services of the East Bay (JASEB). The manpower to run BINGO was shared 50/50 with JASEB members and SACBC members. BINGO was governed by the BINGO Core Committee. They planned the coming promotions for the players, decided if we needed to add new games and made the proper distribution of the funds. In appreciation, we jointly got together for dinners and trips to Reno and Las Vegas.

Some of the key SACBC members who got BINGO started were Ted Inouye, George Nakamura and June Handa. SACBC took over sole ownership of BINGO about 15 years ago when JASEB was not able to provide the manpower to help each week. Due to the COVID-19 pandemic, we cancelled BINGO in March, 2020.

**Karen Suyama:**

I remember when they started talking about Bingo, and it seemed to take a long time to get it approved so we could have a weekly fundraiser. We knew it was going to be a lot of work and thought we only had to do it for about 5 years.....well 30+ years later, we were still at it. And so were a lot of the original people who were working hard to give us weekly income. Unfortunately, the pandemic put a little crimp in our style last March and we had to stop.

I believe Ben Takeshita and Ted Inouye were also part of the group trying to get this started, that included Yas Yamada and George Nakamura and others. I think we had to get licensed/state approved so we were legal to run a bingo place. Finally, when approved, there was a lot to do to get people signed up to do set up for the rooms (tables/chairs), work the cash registers, work the kitchen, and do clean-up. Seems the same original set up crew were still at it 30 years later, same with the people in the kitchen. We had to sell/give away food to entice people to come to play bingo at SACBC because other places did that. We used various groups like AA, Scouts, Dharma School to work the bingo floor (4:30-closing) and help with clean-up after the games. If you had enough people, it took less than an hour for clean-up. Sometimes I called, and stayed for clean-up because Kristen's basketball team was assigned that night. At some point, we went to outside groups like other churches or schools to see if they wanted to come help work the bingo or do clean up to make a little money for their group.

I remember thinking I still worked so I couldn't be there early enough to be on the floor selling pull tabs or be a part of the "early games". Someone thought I could be a caller for the second half of the night. What?? OK let me see what that's all about. I got trained, and at that time we didn't have electronics other than the bingo board that lit the numbers called. So, when I ball came up the chute, I had to hold it out to the audience with the number facing them so they could see what it was. When laws changed to

have non-smoking areas, we were lucky that we could use the reception room as the non-smoking room. I was happy when we went to totally non-smoking and there was no haze in the room. So, we played 20 games and sometimes it took

us to 11:00pm or beyond if the games went slow. I think there were enough callers that I only had to call once a month. The night was filled with warm-up games, special flash games between regular bingo (could be up to 7 of them) and games during intermission too. When we finally got new machines with cameras that would show the bingo numbers on the monitors, we were so happy and our arms were happy too. Some of our callers were volunteers and some temple members. When callers began to dwindle, I worked (2) Friday's a month. We even recruited Rev. Himaka to call, and I think she sort of enjoyed it. Actually, I enjoyed it too, because I got to meet some interesting people who seemed to play bingo more than once a week. It was also a place I could see our members in a social setting, who worked so hard and so for so long.

I miss seeing everyone and the noise of bingo. Thank you to all who have been at it for 30+ years.





## SACBC Bento Fundraiser by Chef Royce Mori

Wednesdays: February 3, 10, 17 & 24 @ 3 – 4 PM

SACBC and Chef Royce are continuing the Pick-Up Bento service to SACBC Members (Wednesdays only).

**To order:** Call and leave a message at church: 510-471-2581 or Email: SACBCOffice@gmail.com

**Order deadline: Mondays at NOON! No late orders, please.**

**Pick Up:** Wednesdays, 3PM – 4 PM. Sangha Hall Lobby (Runners will bring food out to the cars), SACBC, 32975 Alvarado-Niles Road, Union City, CA

**Payment:** There are five options for paying:

- Paypal: [sacbc.treasurer1@gmail.com](mailto:sacbc.treasurer1@gmail.com)
- Venmo: [sacbc.treasurer1@gmail.com](https://venmo.com/sacbc.treasurer1@gmail.com)
- Credit card: VISA, Mastercard
- Check made out to: SACBC in a sealed envelope with your name & address on the outside.
- Cash: Exact amount in a sealed envelope with your name and address on the outside.

**To avoid handling of cash, the exact amount is expected and NO change will be given.**

### FEBRUARY MENU

PICK UP	MEAT	VEGETARIAN
Feb. 3	<b>Saimin &amp; Soy Glazed Chicken Wings</b> \$17 Baby Bok Choy Kamaboko Soft Boiled Egg Green Onions White Rice	<b>Garlic Noodles with Crispy Tofu</b> \$15 Roasted Mushrooms Stir Fried Eggplant White Rice
Feb. 10	<b>Miso Glazed Short Ribs</b> \$18 Roasted Mushrooms Broccoli & Caramelized Onions Green Beans & Cherry Tomatoes White Rice	<b>Roasted Salmon &amp; Fresh Wasabi Pesto</b> \$17 Roasted Mushrooms Broccoli & Caramelized Onions Green Beans & Cherry Tomatoes White Rice
Feb. 17	<b>Miso Ramen</b> \$16 Chashu Pork Belly, Kikurage (wood ear mushroom), Spinach, Corn, Menma (bamboo shoots) Bacon Fried Rice	<b>Shoyu Ramen (Shiitake Broth)</b> \$16 Soft Boiled Egg, Kikurage (wood ear mushroom), Spinach, Corn, Menma (bamboo shoots) Mushroom Fried Rice
Feb. 24	<b>Tonkatsu</b> \$17 Cabbage salad with Sesame-soy Dressing Dashi Braised Daikon & Eggplant White Rice	<b>Vegetable Curry</b> \$15 Cabbage salad with Sesame-soy Dressing Vegetable Korokke White Rice

## New Year's Traditional Bento Meal

On Dec 30<sup>th</sup>, Chef Royce Mori and his team offered a traditional Japanese New Year's bento for their weekly Wednesday pick up. The result was a successful operation which included orders from the Palo Alto Buddhist Temple (see following article) and Eden Community Center. Overall, the team made over 500 delicious bento boxes!

Many thanks to the volunteers who helped make this possible: *Jerry Tahira, Uriu family (Don, Keiko and Steven), Nina Sawasaki, Kathy Velasco, Masako Mori, Christina Yung, Justin Audong and the Lee family (Annie, Jerold & kids).*

In addition, Kagami mochi was offered as a fundraiser for the church. This operation was led by *Karen Fujii with the help of Karen Suyama, JoAnn Rogers, Betty Yamasaki and Kaori Miyaji.*

As a thank you to our regular bento customers, we gave them a small bottle of sake to celebrate the NY. Thank you to *Mr. Yas Yamada* for helping us secure the sake.



# Spreading Delivering Special New Year's Dinner

By: Naoko Fujii from PABT

Pictured: Eric Quock, Naoko Fujii and Austin Eng



With many New Year gatherings postponed until next year, a group of PABT members and community volunteers shared Southern Alameda County Buddhist Church's (SACBC) special New Year's meal with others sheltering in place. It started with the idea to pick up 3 meals for 86 year-old friends who would be alone for the holidays. Unexpectedly it grew to 17 people bringing meals to 85 people. Everyone just kept thinking of others who may be missing their annual New Year's gatherings and the thoughtfulness snowballed.

Thank you to all the volunteers who brought meals to others: Eric Quock, Austin Eng, Alice Fukushima, Emi Fukushima, Naoko Fujii, Mizuho Goto, Kasumi Ito, Phine Kiang, Terrie Masuda, Eimi Okano, Satomi Okazaki, Dick Oshita, Bill

Warrior, Kaoru Yamaguchi, Aiko Yamamoto, Vickie Yamaoka and Carl Yanari.

**Story of the New Year's Meal.** Last February, Chef Royce Mori, a professional cook, caterer and life-long SACBC member, started a non-profit catering company when his corporate catering business declined due to companies closing down their offices. He created an innovative weekly meal program at SACBC with a choice of 2 dishes for pick up every Wednesday.



Chef Mori trained at the California Culinary Academy. He honed his skills at notable restaurants such as Roy's, Ozumo, and Straits in the Bay Area and helped open Okura in Palm Desert. He then opened his own restaurant in Cupertino, The Red Crane. He has helped other temples with fundraising such as San Jose Betsuin's Lotus Preschool Unite! Fundraiser where he fed over 300 guests and the Mountain View Buddhist Temple virtual obon last summer.



Chef Mori's meals continue to grow in popularity. On December 30<sup>th</sup>, he and his staff prepared an all time high of 500+ New Year's meals. Pictured above, the meal included Sunomono (cucumber salad), Namasu (daikon salad), Shira-ae (Japanese creamed spinach), Kuromame (sweet soy black beans), Kinpira Gobo (sautéed burdock root), Kamaboko (fish cake), Tazakuri (sweet soy glazed baby sardines), Sake Poached Shrimp and Teriyaki Chicken. Each dish has special New Years' symbolism in Japan and is commonly

accompanied by sake rice wine to celebrate the New Year.

Pictured: Naoko Fujii and Austin Eng distributing meals

**PSA:** The second round of stimulus payment from the US government is being disbursed as a DEBIT CARD instead of checks. Make sure you check your mail as it looks like a promotion for a regular credit card.



**Your Economic Impact Payment Card (EIP Card) contains the money you are receiving under the COVID-related Tax Relief Act of 2020 or the Coronavirus Aid, Relief, and Economic Security Act (CARES Act). The EIP Card is sponsored by the U.S. Department of the Treasury Bureau of the Fiscal Service as part of the US Debit Card Program.**

## Safe ★ Convenient ★ Secure

You can use your EIP Card to make purchases where Visa® Debit is accepted — in stores, online or by phone. The EIP Card makes it easy to access your money for things like groceries, dining out, shopping for home essentials, or paying bills. Your purchases are covered by Visa’s Zero Liability Policy<sup>4</sup> so you’ll have peace of mind wherever you shop.

### How to get started

- Read the [Cardholder Agreement](#) and [Fee Schedule](#)
- Activate your EIP Card account<sup>1</sup>, set your 4-digit PIN and get your balance by calling [1.800.240.8100](tel:1.800.240.8100)
- Sign the back of your EIP Card
- Keep your EIP Card in a safe place

### How to use your EIP Card<sup>2</sup>

- Shop anywhere Visa® Debit Cards are accepted: in-store, online or by phone, including paying bills<sup>3</sup>
- Get cash back at the register with PIN debit purchases at participating merchants
- Get cash surcharge-free at any in-network ATM - find one with the [ATM Locator](#)
- Learn more about how and where to use your EIP Card in the [FAQs](#)

### How to get your balance

- Log in to EIP. Card – to register as a new user
- Call Customer Service at [1.800.240.8100](tel:1.800.240.8100)



# COVID 19 INFORMATION

## From THE SENIOR TASK FORCE

### FAQs

## How Long Should I Stay in Quarantine?



In accordance with the Centers for Disease Control and Prevention's (CDC) [guidance update](#), the California Department of Public Health has released updated [COVID-19 quarantine guidance](#).

The Alameda County Health Officer Order on quarantine can be found [here](#).

### What is quarantine?

Quarantine keeps someone who might have been exposed to SARS-CoV-2, the virus that causes COVID-19, away from others.

### Who needs to quarantine?

If you have had [Close Contact](#) with someone with COVID-19 or a positive test for SARS-CoV-2, you may have been exposed and need to quarantine.

[Close Contact](#) means that you were **within 6 feet of a COVID-19 positive person for a total of 15 minutes or longer**, EVEN IF both of you were wearing masks. Shorter periods that add up to 15 minutes on the same day also count. Close Contact can also mean that you had a briefer but major exposure to the COVID-19 positive person's respiratory droplets. For example, the sick person coughed directly on you.

A person who has had COVID-19, or tested positive for SARS-CoV-2, does NOT need to quarantine or get tested again **for up to 3 months** after the end of isolation, as long as they don't have new [symptoms](#). Anyone who develops **symptoms within 3 months** may need to be tested again and should contact their healthcare provider.

### Should I get tested during quarantine?

If [symptoms](#) develop during quarantine, you should get tested. Even if you do not develop symptoms, ACPHD recommends testing for SARS-CoV-2 between 4 and 10 days after a Close Contact.

### Who should quarantine for 14 days?

A quarantine period of 14 days is still the **safest** option. For this reason, a 14-day quarantine is required if you are in regular Close Contact with anyone at [high risk for severe disease](#), such as someone who is immunocompromised. If you live or work in any of the following places, you must quarantine for 14 days after your last exposure:

- Long-term care facilities (LTCF)<sup>1</sup>
- Correctional facilities
- Single Room Occupancy (SRO) hotels
- Dormitories
- Shelters for unhoused persons

The last day of Close Contact with an infected person is called "Day 0". If you have no symptoms and your test is negative (if tested), your 14-day quarantine ends on Day 15. For example, if your last Close Contact was on January 1st, the first day of quarantine is January 2nd and the last day is January 15th.

<sup>1</sup> LTCF experiencing a critical staffing shortage during an outbreak should consult with ACPHD for additional quarantine guidance.



### ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY PUBLIC HEALTH DEPARTMENT

Colleen Chawla – Agency Director  
Kimi Watkins-Tartt – Director  
Nicholas Moss, MD – Health Officer

Contact  
Public Health Department:  
(510) 267-8000 Main Line  
COVID-19 Information:  
(510) 268-2101

[www.acphd.org](http://www.acphd.org)

Ver 12/29/2020



## Who can end quarantine after 10 days?

If you are not in regular Close Contact with anyone at [high risk for severe disease](#) AND you have not had any [symptoms](#), you may end quarantine 10 days **after your last exposure**. For example, if your last Close Contact was on January 1st, the first day of a 10-day quarantine is January 2nd and the last day is January 11th.

If you quarantine for less than 14 days, you **MUST**:

1. Monitor yourself for COVID-19 symptoms for the full 14 days. **If you develop symptoms, immediately [self-isolate](#), contact your healthcare provider, and get tested.**
2. Use a face covering and stay at least 6 feet from others when outside your home for the full 14 days.

## Who can end quarantine after 7 days?

During a **critical staffing shortage**<sup>2</sup> health care personnel (HCP)<sup>3</sup>, emergency response workers, and social service workers who work face-to-face with clients in the child welfare system or in assisted living facilities may return to work 7 days **after their last exposure**. You **MUST** have a negative PCR test performed after Day 5 AND not have had any [symptoms](#) of COVID-19.

For example, if the last Close Contact was on January 1st, the first day of a 7-day quarantine is January 2nd and the last day is January 8th, with testing done after January 6th.

Here are some exceptions for people ending quarantine after 7 days:

1. If you work in a health care setting **experiencing an outbreak** (i.e., suspected or confirmed transmission), ACPHD may recommend that you quarantine for the full 14 days.
2. If you work in a setting where you care for **severely immunocompromised patients** (for example, those with bone marrow or solid organ transplants or undergoing chemotherapy), you should either complete the full 14-day quarantine or be reassigned temporarily to care for other patients.

If you are ending quarantine after 7 days, you **MUST**:

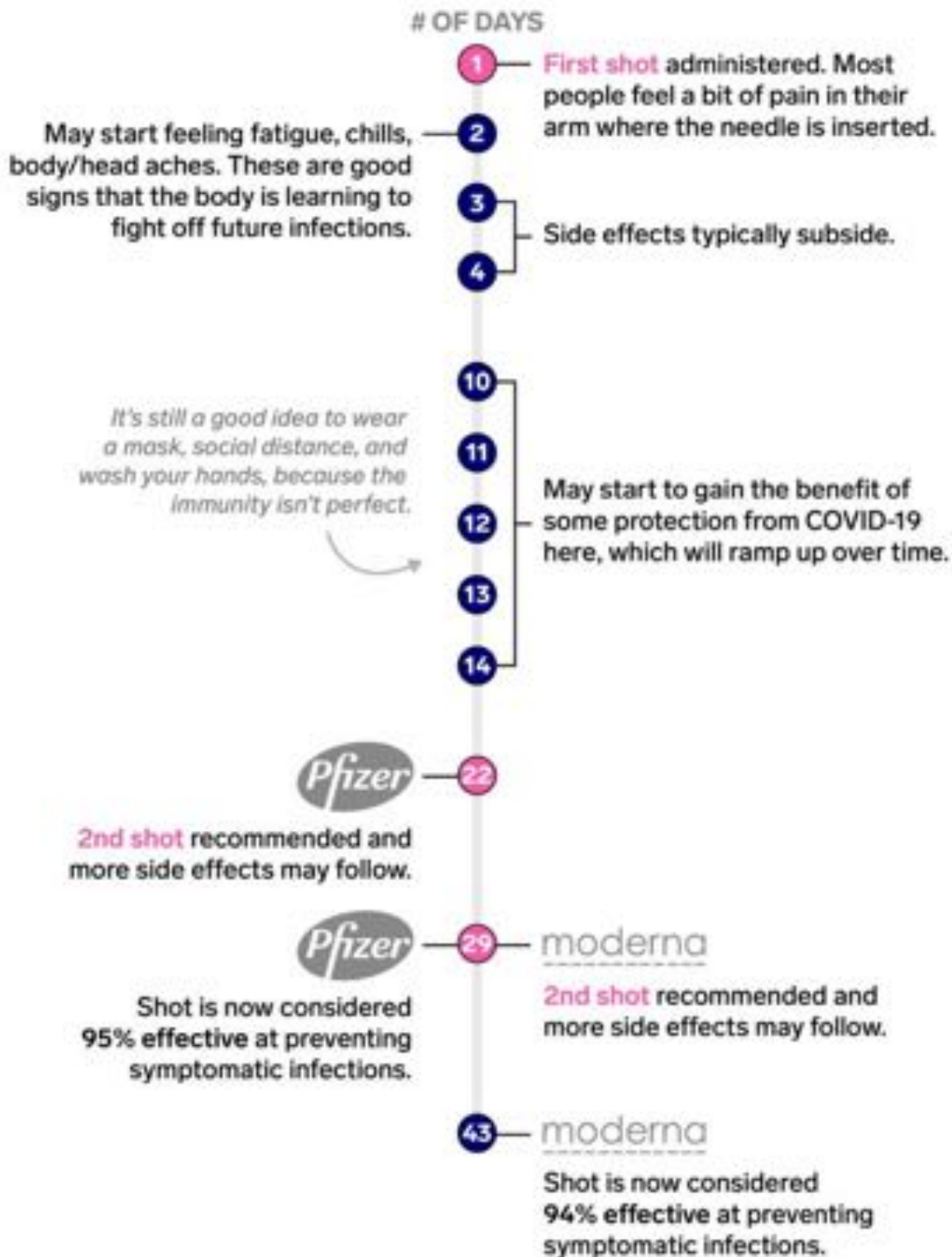
1. Wear a surgical face mask **at all times** while at work for the full 14 days.
2. Monitor yourself for COVID-19 symptoms for the full 14 days. **If you develop symptoms, immediately [self-isolate](#), contact your healthcare provider, and get tested.**
3. Use a face covering and stay at least 6 feet from others when outside your home for the full 14 days.

*During critical staffing shortages, some people working in the public safety sector (for example, law enforcement and firefighter EMTs) may need to return to work before the end of quarantine. For more information about these special situations, please see [Alameda County Health Officer Order 20-06](#).*

<sup>2</sup>Critical staffing shortages occur when there are no longer enough staff to provide safe patient, resident, or inmate care. When a critical staffing shortage occurs in a health care setting, facilities should strongly consider cancelling non-essential visits and procedures, adjusting staff schedules, cancelling or delaying employee leave, hiring additional HCP, and rotating HCP to positions that support patient care activities. More information on critical staffing shortages can be found in CDC's [Strategies to Mitigate Healthcare Personnel Staffing Shortages](#).

<sup>3</sup>Health Care Personnel are defined as persons, both paid and unpaid, working in patient care areas who could be exposed to infectious agents (e.g., blood, tissue, body fluids as well as contaminated equipment, surfaces, or air). HCP should be considered exposed at work using CDC's [Guidance for Risk Assessment and Work Restrictions for Healthcare Personnel with Potential Exposure to COVID-19](#).

# How long it takes the COVID-19 vaccine to work



Source: Moderna/Pfizer Phase 3 Clinical Trials

INSIDER

# ♥ Happy Valentines Day ♥

## FEBRUARY EVENTS

- Feb. 7, Sun**      **Shotsuki Hoyo & Nirvana Day  
Birthday Celebration & Dharma School**
- Feb. 14, Sun**    **Family Service & Pet Memorial Service  
Dharma School, Valentine's Day**
- Feb. 15, Mon**    **President's Day Observed – Office Closed**
- Feb. 21, Sun**    **Family Service**
- Feb. 28, Sun**    **Eitaikyo Service**

Join Zoom Meeting for Sunday Services

<https://us02web.zoom.us/j/81878696300?pwd=VjdpdC8rNmN4U2Y1VFVqdXUrY0xrdz09>

Meeting ID: 818 7869 6300

Passcode: 549504

One tap mobile

+16699006833,,81878696300#,,,,,0#,549504# US (San Jose)

