

# CITY NEWS

FEBRUARY / MARCH 2020 FOLSOM NEWSLETTER



FOLSOM, CALIFORNIA — INCORPORATED 1946

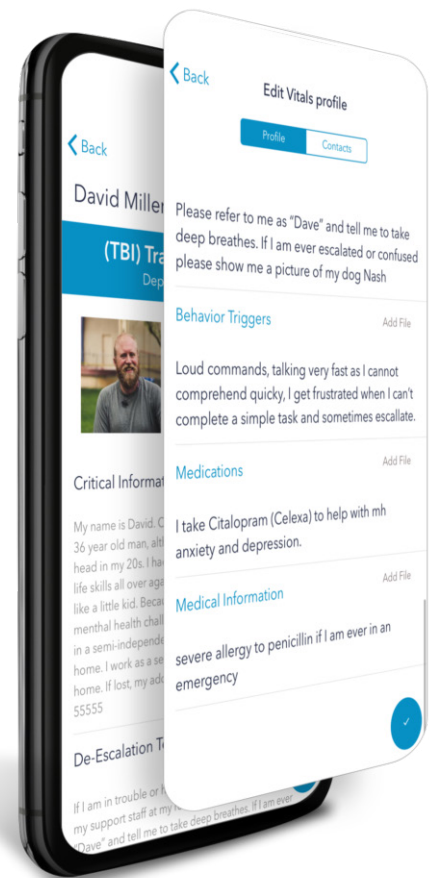
CITY OF  
**FOLSOM**  
DISTINCTIVE BY NATURE

## New App to Help Individuals with Cognitive Disabilities

The Folsom Police and Folsom Fire departments are now using Vitals Aware Services, a potentially life-saving application to help individuals with cognitive vulnerabilities, such as Alzheimer's disease, dementia, Down syndrome, autism, and other intellectual or developmental disabilities. The app provides an additional tool for Folsom's public safety personnel to assist at-risk residents to safety or back to their caregiver.

Registering with the Vitals app is voluntary. When an individual or caregiver registers with the app, they receive a beacon for the at-risk person to wear on a shoe, watch, or necklace. When Folsom Police officers or other public safety personnel come within 80 feet of the beacon, an alert is sent to their smartphone. The app provides them with the individual's medical information, caregiver and emergency contacts, and specific details that will help officers de-escalate or resolve a situation by catering their response according to that individual's needs. For people who may be afraid to talk with police, the app can also display personalized video or audio messages from caregivers to let their loved one know they are safe.

Learn more about the Vitals Aware Services app and register at [www.folsom.ca.us/vitals](http://www.folsom.ca.us/vitals).



## FOLSOM RIDESHARE SHUTTLE SERVICE NOW AVAILABLE

The Sacramento Regional Transit District (SacRT) has expanded its popular smart ride on-demand shuttle service in Folsom. The program works in a similar way to other app-based rideshare services. Use your smartphone to schedule a same-day ride anywhere in Folsom Monday through Friday. Shuttles pick up and drop off riders at virtual stops near their homes or destinations, and riders can track their shuttle in real-time. The fare for a one-way ride is \$2.50, \$1.25 for seniors, and free for students with a RydeFreeRT Card. A day pass is \$7 and groups of five or more ride for free. The app is available to download for free on the App Store or Google Play; simply search for "SacRT Smart Ride." Smart Ride customers can also request rides by calling 916-556-0100 or online at [ondemand.sacrt.com](http://ondemand.sacrt.com).

## NEW STORYTIME PROGRAMS

The Folsom Public Library offers a new sensory storytime series designed for children with autism, or those with sensory needs who prefer an alternative to traditional storytime programs. The program, held in the Library Meeting Room, is an interactive story and play time for ages 3 to 9. The series runs 10:30 to 11:30 a.m. Thursdays, February 6 through March 12.

The library is also offering a new series of bilingual storytimes 11:30 a.m. Saturdays in February. Stories will be read in English and Spanish. All ages are welcome.

## FRIENDS OF THE FOLSOM PUBLIC LIBRARY BOOK SALE

The popular book sale takes place March 13 through 15, featuring thousands of books and media at deeply discounted prices. Shop from 4 to 7 p.m. Friday for the best selection; \$5 admission on Friday only (military with ID and Friends of the Folsom Library members are free). Admission is free on Saturday and Sunday. Sunday shoppers can fill a grocery bag for just \$5! There is still time to donate books, DVDs, CDs, audiobooks, and grocery bags. Learn more at [www.fofplib.org](http://www.fofplib.org).



# Considering a Home Improvement or Addition in 2020?

## YOU MAY NEED A BUILDING PERMIT

When you plan for a home improvement project, you probably spend time considering style, color, and whether you'll need to hire a contractor or architect. But don't forget one more important step: determining whether your project requires a building permit from the City of Folsom. Building permits are required for most construction or remodeling projects.

A permit is typically not needed for painting your home, adding cabinets, changing floor coverings,

replacing countertops, and other similar cosmetic improvements.

### You will likely need a permit for:

- New construction
- Home additions
- Home alterations or demolitions
- Patio covers
- Re-roofing
- Retaining walls taller than 3 feet
- Electrical, plumbing, and mechanical work

## IMPORTANT BENEFITS OF PERMITS AND INSPECTIONS

**SAFETY:** Your project is checked to ensure that it meets building safety standards.

**QUALITY:** Permits and inspections help ensure the quality of your remodeling investment and are important to the value of your property.

**LEGAL:** Building permits are required by state and local laws. Unless voluntarily corrected, illegally conducted work may incur costs for citations, permits, and reconstruction.

City of Folsom Building Department staff is available to answer questions about your project and the building permit process. For more information, call 916-461-6201 or visit [www.folsom.ca.us/BuildingPermits](http://www.folsom.ca.us/BuildingPermits).





# Census 2020 is Coming

April 1 is a very important date—Census Day, 2020. Every ten years the federal government is required to count every person living in the United States. The 2020 Census is important for you, your family, and your community. The information collected by the census will help City of Folsom and Sacramento County residents ensure our fair share of funding for important programs for children, schools, health centers, senior citizens, affordable housing, roadways, and more. The census provides



important data for planning our communities and our elected representation.

The 2020 Census will offer the new option to fill out the questionnaire online, as well as by phone, mail, or in-person. It is also available in 13 languages, and there are community-based organizations ready to assist or answer questions about the census. The first mailings of the 2020 Census will be distributed in mid-March. By the first week of April, households should receive a letter or postcard about how to complete the census questionnaire. Reminder postcards will be sent in late April; and in May, in-person census workers will visit homes that have not yet completed the questionnaire. For more information, visit [www.saccensus.net](http://www.saccensus.net).

## VOLUNTEER OPPORTUNITY: ASSIST FOLSOM'S FIRST RESPONDERS



The Folsom Community Emergency Response Team (CERT) volunteer program plays a key role in the City of Folsom's goal to protect and advance community safety. Folsom

CERT volunteers work closely with the Folsom Fire Department and are trained in basic first aid, light search and rescue, and small fire suppression. When large-scale incidents occur, CERT volunteers provide neighbor-helping-neighbor assistance before the arrival of firefighters, police, or other first responders. They also play an important role in community safety and emergency preparedness and outreach.

The Folsom Fire Department is recruiting applicants for the CERT training class starting March 17. Those who complete the required nine-week training course and pass a background check are eligible to volunteer with the CERT team. The training course is free; participants must be age 18 or older, and preference is given to applicants who live or work in Folsom. To register or for more information, contact Deputy Fire Marshal Lauren Ono at 916-533-4116 or [Lono@folsom.ca.us](mailto:Lono@folsom.ca.us).

## NOW HIRING FOR SUMMER JOBS

Folsom Parks & Recreation is hiring summer day camp counselors and site leaders to plan and supervise group games, arts and crafts, field trips, and other activities for youth and teen day camps. Applicants must be at least age 17, and prior experience working with youth is desirable. Visit [www.folsom.ca.us](http://www.folsom.ca.us) to download an application (on the Human Resources page). Call 916-461-6619 or email [nbenbow@folsom.ca.us](mailto:nbenbow@folsom.ca.us) for more information.

The Steve Miklos Aquatic Center is also hiring summer staff to fill the positions of lifeguards, swim instructors, café attendants, and other jobs. Lifeguards must be at least age 15 and enroll in a training class in March or April. Group interviews take place March 18 — reserve a spot by calling 916-461-6640 or email [sseeba@folsom.ca.us](mailto:sseeba@folsom.ca.us) for more information.





# Spring Cleaning

## BULKY WASTE PICKUPS

Bulky waste pickups are available three times per year at no additional charge to Folsom residential customers. Acceptable items include appliances, furniture, barbecues, tires, and yard waste. Up to five cubic yards may be disposed of per scheduled pickup. To schedule a bulky waste pickup, call 916-461-6730 or email [solidwaste@folsom.ca.us](mailto:solidwaste@folsom.ca.us). For more information, visit [www.folsom.ca.us/bulkywaste](http://www.folsom.ca.us/bulkywaste).

## HOUSEHOLD HAZARDOUS WASTE PICKUPS

Chemicals used to paint, clean, and maintain homes and yards can be toxic if used or disposed of improperly. Hazardous waste should never be thrown in the trash or recycling bin, flushed down the toilet, or dumped down the sink or storm drain. Folsom residents can get rid of old paint, pesticides, cleaners, computers, monitors, batteries, and other hazardous waste through the City of Folsom's door-to-door residential household hazardous waste collection program. Schedule an appointment for a household hazardous waste pickup from the Folsom Waste Collection mobile app, the city website, or call 916-461-6730. Learn more at [www.folsom.ca.us/hazmat](http://www.folsom.ca.us/hazmat).

## SPRING CLEANING TIPS FROM FOLSOM'S CODE ENFORCEMENT

Maintaining properties free of debris, tall grass, weeds, and dead vegetation keeps neighborhoods safe, healthy, and more attractive. With this goal in mind, the City of Folsom Code Enforcement Division wants to remind residents that property maintenance is important, and spring is the perfect season to freshen up yards and landscaping.

### Yard Maintenance Tips:

- Remove all junk and debris.
- Remove overgrowth of vegetation, including side yards, and near fences and walls.
- Remove all dead vegetation.
- Remove vegetation near sidewalks to keep the areas free of obstruction and ensure a clear path of travel.



## GREEN VALLEY ROAD WIDENING UPDATE

Progress on the Green Valley Road widening project continues and the project should be completed by late spring. With more than 25,000 motorists daily, Green Valley Road is an important connection between Folsom and El Dorado County. The project will improve traffic flow, wait times at nearby traffic signals, and air quality by reducing commute times. Stay informed at [www.folsom.ca.us](http://www.folsom.ca.us).







# Preschool Open Houses

**WEDNESDAY, MARCH 4, 4 TO 6 P.M.**

Parents are invited to visit Folsom Parks & Recreation's Fun Factory Preschool and Kindergarten Readiness classrooms to meet our skilled and caring teachers, ask questions, and determine which program and location best suits your child. In-person registration for the 2020-21 school year takes place from 7 to 10 a.m., Wednesday, March 11 at the Folsom Community Center for all classroom locations. Visit [www.folsom.ca.us](http://www.folsom.ca.us), call 916-461-6610, or email [tisham@folsom.ca.us](mailto:tisham@folsom.ca.us) for more information about these programs.

## LOCATIONS

*Fun Factory at the Folsom Community Center*  
52 Natoma Street

*Fun Factory at the Andy Morin Sports Complex*  
66 Clarksville Road

*Kindergarten Readiness at the Hinkle Creek Nature Center*  
7000 Baldwin Dam Road



## OWL BE YOUR VALENTINE

Join the Folsom City Zoo Sanctuary for this fun event from 11 a.m. to 2 p.m. February 8 and 9. Craft materials are supplied for participants to create a special Valentine card to put on display near your favorite zoo animal. Regular admission fees apply; call 916-461-6629 for more information.



## ST. PATRICK'S DAY PARTY FOR SENIORS

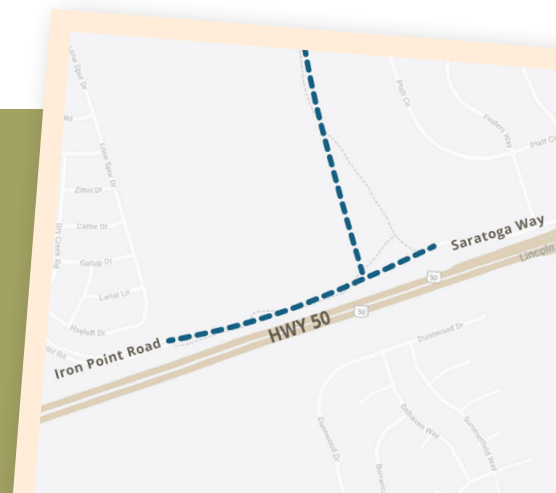
The Folsom Senior Center hosts a St. Patrick's Day Party starting at 11:30 a.m. Friday, March 13. Party-goers may bring a brown bag lunch, and are invited to wear festive attire. The party is free for ages 55+ and includes entertainment, light refreshments, and a raffle. The Folsom Senior Center is located at 48 Natoma Street; call 916-461-6601 for more information.

## FOLSOM UTILITY RATE INCREASE

The Folsom City Council approved utility rate increases that will appear on your utility bill for water, wastewater, and solid waste services beginning February 1. The rate increases will help maintain financial resiliency, provide funding for infrastructure maintenance and rehabilitation projects, and allow the city to comply with current and future unfunded mandates—all of which ensure high levels of customer service and reliable utility services. Adjustments to solid waste rates had not been made since 2004, wastewater rates since 2008, and water rates since 2011. Learn more at [www.folsom.ca.us/utilityrates](http://www.folsom.ca.us/utilityrates).

## SARATOGA WAY EXTENSION PROJECT NEARS COMPLETION

A half-mile segment of roadway will significantly improve traffic flow between El Dorado Hills and Folsom when El Dorado County completes the Saratoga Way Extension Project this spring. Saratoga Way travels a short distance westward from El Dorado Hills Boulevard, closely paralleling Highway 50 before coming to a dead-end about 2,500 feet from the El Dorado County-Sacramento County line. When complete, the four-lane Saratoga Way will extend the remaining one-half mile to connect with Iron Point Road in Folsom.





50 Natoma Street  
Folsom, CA 95630

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**FOLSOM**  
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## FOLSOM PARKS & RECREATION OFFERS NEW INCLUSIVE AND THERAPEUTIC RECREATION PROGRAMS

The winter/spring 2020 Rec Guide features a variety of new inclusive recreational programs for kids and adults. All of the programs include mental and physical activity to promote healthy living and encourage interaction to help participants build communication and social skills. The programs are open to anyone — regardless of ability — and help to foster an awareness and acceptance of individual differences through social interaction.

The new FITREC inclusive and therapeutic recreation programs are designed for people ages 18+ with disabilities and include: arts & crafts, gardening skills, dance, yoga-style exercise, and an introduction to sports. New #GameON Autism and Special Needs Intro to Golf classes introduce kids and teens to the basics of the sport. Monthly ongoing Adaptive Soccer for ages 6+ helps participants build coordination and attention skills with fun drills and games. The Steve Miklos Aquatic Center hosts an adaptive swim lesson program for kids and their parents in April. Many of the programs are free or low-cost.

Brittany Simon, a Certified Therapeutic Recreation Specialist, leads the new FITREC classes. Brittany was inspired to pursue a degree in therapeutic recreation from her experience coaching gymnastics for children with and without disabilities. After graduating college, an internship for City of Boulder Parks & Recreation provided Brittany with the opportunity to work with youth and adults in adaptive sports, aquatics, and other recreational activities. That was followed by community and private-sector work with clients of all ages and abilities. Brittany says that helping people learn and grow through fun activities is one of the most rewarding aspects of being a Recreation Therapist.

The City of Folsom supports the participation of individuals with disabilities in meetings, facilities, activities, and programs in accordance with the Americans with Disabilities Act (ADA). Brittany Simon serves as the city's initial point of contact for those who may need an accommodation to participate in recreation programs or other city activities. Contact Brittany at 916-461-6685 or [bsimon@folsom.ca.us](mailto:bsimon@folsom.ca.us) for more information about the classes listed above and ADA inclusion support services.



### WELLNESS KITS AVAILABLE AT THE FOLSOM PUBLIC LIBRARY

The library now offers mental health and wellness book kits for adults and children. Adult kits come with three or more books on a single topic. Dementia kits include activities for patients and caregivers. Topics include Alzheimer's, dementia, postpartum depression, senior caregiving, anxiety, depression, grief, substance abuse, mindfulness, and stress reduction. The kits come in a tote bag for easy transport. Youth kits focus on feelings that kids are learning to understand like worry, calmness, confidence, sadness, and anger.

Check out the kits for three weeks with your Folsom Public Library card. The program is funded by a California State Library grant. Visit [www.folsom.ca.us/library](http://www.folsom.ca.us/library) for more information.

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#### CITY OF FOLSOM NEWSLETTER

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