October 2023



Our monthly news & updates

Visit our Website!

A Message from Chamber Board Member, Daniela Jonquitud

Dear Chamber Members and Friends,

As October unfolds, bringing with it a fresh season and new opportunities, I, Daniela Jonguitud, am honored to address you. In addition to proudly serving as a Board Member of your esteemed South San Francisco Chamber of Commerce, I wear various hats in the service of our aging communities. Allow me to share some insights and thoughts, especially in light of October's significance as Ageism Awareness Month.

Understanding Ageism:

Ageism, a term first introduced by Psychiatrist Robert Butler in 1968, refers to discrimination based on age. It's a form of bias that not only affects our youth but also permeates our elder community. In a study by the World Health Organization published in 2021, a staggering 50% of the world's population displayed ageistic behaviors. Ageism has infiltrated numerous sectors, including social media, healthcare, workplaces, and the legal system. Its consequences can manifest in the lives of our aging adults through reduced access to communication, financial resources, healthcare challenges, isolation, cognitive decline, and a loss of independence.

Shockingly, ageism is estimated to cause over 6.3 million cases of severe depression.



When we think about aging, it's crucial to recognize that it begins much earlier than we often acknowledge. According to research by Neurologist Tony Wyss-Coray at Stanford University, there are three pivotal ages - 34, 60, and 78 - that mark distinct shifts in the aging process. At the tender age of 25, the first signs of aging, such as expression lines, begin to appear. This reminds us that aging is a journey that starts from the day we are born.

The Business Perspective:

Beyond its moral implications, addressing ageism makes business sense. Consider these compelling statistics:

- \cdot Every day, over 10,000 individuals in the U.S. celebrate their 65th birthday, contributing to a total of 55 million senior citizens.
- Nearly 20 million seniors require some form of daily assistance, with 17 million living in our communities.
- \cdot By 2030, the Baby Boomer generation will reach the age of 65, making seniors one-fifth of the country's population.
- By 2050, the number of seniors in the U.S. is projected to reach 90 million.



• These demographics represent a significant market opportunity for businesses. Engaging with seniors as part of your workforce, adapting products and services to cater to their needs, and targeting your marketing efforts towards seniors can have substantial economic benefits.

Taking Action:

To combat ageism and promote inclusivity, here are some practical steps:

- Self-awareness: Recognize and address any age-related biases within yourself.
- Inclusion: Actively involve seniors in your communities and businesses.
- · Celebration: Foster a culture that celebrates aging.
- Normalization: Encourage open conversations about aging.

I stand ready, along with my organizations, to collaborate with you in facilitating discussions about aging and raising awareness of this natural life process.

October 1st has been declared the International Day of Older Persons by the United Nations, and October 7th is recognized as Ageism Awareness Day by the American Society on Aging. As we each embark on our unique aging journeys, it's important to contemplate how we want that experience to unfold and what actions we can take to shape a brighter future.

To explore senior and adult aging care further, please feel free to contact me at:

Chajinel LLC & GereOM Inc

Office: 650.741.6107 Direct: 650.219.5049

Address: 208 Cypress Ave, South San Francisco, CA 94080

Website: https://www.chajinel.com/ Chajinel

Linkedin: https://www.linkedin.com/in/danielajonguitud/

Together, let's stand against ageism and build a more inclusive and accepting society for all.

Warm regards, Daniela Jonguitud Board of Director, South San Francisco Chamber of Commerce

A Message from the CEO of the South San Francisco Chamber of Commerce

Dear Chamber Members and Friends,

I hope this message finds you all in high spirits. It's been a dynamic and fruitful month for our South San Francisco Chamber of Commerce, and I'm thrilled to share some exciting updates with you.



Genentech Goes to Town - An Immense Success:

Our recent event, "Genentech Goes to Town," was a resounding success! We kicked off the festivities with a lively party featuring a marching band, talented dancers, and inspiring speeches by Mayor Flor Nicolas, Council member Eddie Flores, Allen Napetian (Vice President, Site Services, Genentech), and yours truly, Mary Prem, CEO of the Chamber. Genentech employees embraced the spirit of community as they dined, shopped, and brought a touch of Christmas to Grand Avenue and our nearby merchants.

Transforming Genenbucks into Checks:

Our Chamber has been hard at work, ensuring that the support from Genentech translates into tangible benefits for our local businesses. I'm pleased to announce that we've been converting Genenbucks into checks, with many exceeding \$10,000 and a couple even surpassing the \$15,000 mark. These funds will make a significant impact on our community.

Taste of South San Francisco - A Grand Affair:

Now, we're in full planning mode for our upcoming flagship event, the "Taste of South San Francisco." Mark your calendars for Thursday, November 2nd, as we gather at the brandnew Civic Center, situated on El Camino Real, Chestnut Ave, and Antoinette Lane. This state-of-the-art facility will host our event, making it the very first gathering in this splendid venue.

But that's not all! This year, we're taking the Taste to the next level. We're diving headfirst into the world of social media and influencers who will share their dining experiences on TikTok, Instagram, and Facebook. It promises to be a fantastic showcase of our vibrant culinary scene.

Join Us in Making a Difference:

I'd like to extend a special invitation to all of you. Consider donating your services and merchandise to our auction, allowing your businesses to be featured prominently in Taste sponsorship materials. This is a fantastic opportunity to showcase your support for our local community.

Additionally, I encourage our members to host mixers at your establishments. It's a great way to introduce your business to fellow members, business leaders, and stakeholders.

Promote Your Business with Us:

Lastly, don't forget to share any business promotions, sales, or other information with us. We're eager to help you get the exposure your business deserves through our social media channels.

As we move forward, let's continue to strengthen our Chamber's mission of supporting our local businesses and fostering a vibrant community. Together, we can achieve great things.

Thank you for your ongoing support, and I look forward to seeing you at the Taste of South San Francisco and our upcoming events!

Warm regards,

Mary Prem CEO, South San Francisco Chamber of Commerce



Boost Your Business this Holiday Season...Join the SSF Holiday Gift Program!

The South San Francisco City Manager's Office is thrilled to extend an invitation to local businesses interested in participating in the Team SSF Holiday Gift Program. This initiative is designed with two primary goals in mind:

- 1. to support and elevate our local business community,
- 2. to provide a carefully curated selection of holiday gifts to the dedicated Team SSF staff.

For more information, please contact Marie Patea at Tel: 1-650-829-6666 Email: marie.patea@ssf.net

SAVE THE DATE!

Sunday, October 15 - FREE Flu clinic at City Hall - 10am Wednesday, October 18 - Orange Memorial Park Sports Field Ribbon Cutting - 6:30pm

Saturday, October 21 - Philippines Flag Raising at City Hall - 10am Saturday, October 21 - Halloween Extravaganza 781 Tennis Drive - noon to 4pm Saturday, October 28 - Library Parks & Rec Bldg 901 Civic Campus Way Ribbon Cutting - 11am to 4pm









SAVE THE DATE!

PASSION TO PROFIT



NOV 8, 2023 5:30 - 8:00 pm

Bringing together Daly City business owners to reflect on successes and think about growth opportunities

Featuring

Renaissance Entrepreneurship Center, SBDC, City of Daly City, Daly City Economic Development Team, Cow Palace Team, Daly City Colma Chamber of Commerce, Environmental Innovations - Green Business Network, CDFIs, Working Solutions

CONTACT

(650) 829-4652 brc@rencenter.org 366 Grand Ave., South San Francisco, CA 94080

Get Email Updates



#FIGHT FLU



FREE EVENT: DRIVE THROUGH FLU SHOT CLINIC

Get the Shot, Not

GET YOUR FREE FLU SHOT TODAY AND KEEP THE VIRUSES AWAY

Drive through and walk ups available! Registrations are encouraged. Please use this link bit.ly/4575Zsn or scan the QR code



GET YOUR FLU SHOT HERE:



City Hall Parking Lot



Sunday, October 15, 2023 10:00 AM - 2PM (WHILE SUPPLIES LAST)



NO APPOINTMENT NEEDED! DRIVE THROUGH AND WALK UPS AVAILABLE!

For more information visit www.ssf.net/flu







presents

Mental Health FIRST AID

MENTAL HEALTH FIRST AID

A skill-based training which helps you understand mental health and substance use challenges in people. As a First-Aider, you will identify signs and reach out to provide initial first-aid support. The Mental Health First Aid ALGEE Action Plan gives you the proper tools to support and connect people to the appropriate resources and treatments.

TOPICS INCLUDE

- COMMON MENTAL HEALTH SIGNS AND SYMPTOMS
- SUICIDE WARNING SIGNS
- CULTURAL CONSIDERATIONS
- SELF-CARE

Youth Mental Health First Aid - Friday Oct. 13 Adult Mental Health First Aid - Friday Oct 27 1 Chestnut Drive South San Francisco 8:30am-3:30pm

Training Requirements

Step 1

Please complete registration form and all coursework. Stay tuned for email from Lisa Mena, Lisa@KingdomLove.Live

Step 2:

Blended In-Person training course: After completing a 2-hour selfpaced online course, First Aiders will participate in a 6.5-hour skill-based training, in-person

Please Register: bit.ly/MHFA-SSF-REGISTER



THIS COURSE IS VALUED AT \$170. THANKS TO THE MENTAL HEALTH SERVICES ACT (PROPOSITION 63) FUNDING AND A PARTNERSHIP BETWEEN KINCDOM LOVE LLC AND SAN MATEO COUNTY BHRS ODE, APPROVED REGISTRANTS MAY ATTEND AT NO CHARCE:

www.kingdomlove.live | smchealth.org/bhrs/ODE



#bethedifference

Chamber Celebrates National Hispanic Heritage Month!

During National Hispanic Heritage Month, we proudly recognize the vibrant tapestry of Hispanic and Latino cultures that enrich our South San Francisco community. This month is a tribute to the significant contributions made by Hispanic and Latino residents who have played integral roles in shaping the unique identity of our city. From business leaders to community advocates, their influence has left an indelible mark on South San Francisco's history, arts, and commerce. As we celebrate, let's honor the enduring legacy of these individuals and draw inspiration from their stories to foster a community that embraces diversity and unity, values that lie at the heart of our city's strength.

To celebrate National Hispanic Heritage Month, please join us at our next Chamber Mixer at:

La Nueva Perla Restaurant

222 Lux Ave, South San Francisco, CA 94080

Thursday 10/12/23 from 5pm to 8pm RSVP Required: info@ssfchamber.com (limited to first 50 people)



2023 Taste of South San Francisco:

A Flavorful Opportunity for Your Restaurant! Join Us and Savor the Success!

Why Participate?

Connect with the Community:

The Taste of South San Francisco is not just a food event; it's a platform for owner-operators like yourself to build deeper relationships with your local customer base. Imagine the energy and enthusiasm of chatting with patrons who are taking their very first bites of your culinary masterpiecel

Prime Media Exposure:

Local newspapers, bloggers, and even a few TV channels will be present. This is your chance to tell your story and flaunt your culinary skills on a media canvas.

A Crown for Your Kitchen:

Your restaurant could be voted "South San Francisco's Tastiest Restaurant of the Year!" Talk about bragging rights and a magnet for foodies all year round!

Cult Following Awaits:

Capture the hearts—and tastebuds—of food influencers and create a dedicated, social media-fueled following for your restaurant. Your flavors could trend on Twitter, Instagram and TikTokl

What's Different This Year?

Intimate & Exclusive:

We are capping participation at 25 restaurants to keep the event intimate and impactful. It's not just about dishing out food; it's about sharing your culinary passion and narrative.

Owner/Operator Presence:

We request that restaurant owners/operators attend the event to provide a personal touch, connecting firsthand with the community and potential customers.

Sample Sizes:

Remember, it's a "Taste," not a buffet! Bring your most delectable dish in sample size servings.

Your Time to Shine

Reserve your spot to showcase your signature dish, discuss your restaurant's unique flair, and connect with the community.

31	Event Date:	Thursday,	November	· 2 nd , 202	3 12	Event	Time:	12noon	to	2pm
P	Location: The	e New Sou	th San Fran	ncisco Civ	ic Cente	r				

Qualifications for Participation?

ш	Must be a Chamber Member in good standing.
	Owner, Operator, Chef, Manager, or Senior Staff is required to attend the event and staff the booth.
	Presentation: Focus on 3-4 standout dishes with an emphasis on presentation.
	Must hold a valid business license in good standing.

Be among the first 25 respondents to secure your participation.

How to Register?

or call us at 1-650-588-1911		Web: www.ssfchamber.com
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South San Francisco Chamber of Commerce Promoting Commerce. Building Community.

1 Let the taste test begin!

J&J Bakery on Grand Ave, So. San Francisco: A Sweet Haven of Delights

Nestled on Grand Avenue in South San Francisco, J&J Bakery is a cherished local spot that has captured the hearts of both residents and visitors. Here's why it's a beloved establishment:

- Affordable Quality: J&J Bakery stands out for its commitment to providing top-notch products at unbeatable prices. Customers are pleasantly surprised by the affordability, a testament to the bakery's dedication to value without compromising taste and quality.
- Consistent Excellence: Over the years, J&J Bakery has earned a reputation for unwavering consistency. Whether you're grabbing a quick snack or ordering a special cake, you can count on them to exceed your expectations.
- Made-to-Order Delights: Indulge in their made-to-order chestnut cakes, a unique treat loved for its balance and sweetness. Customers agree that they're worth every penny, and the bakery's quality remains impeccable even through challenges like COVID-19.
- Traditional Charm: J&J Bakery offers authentic mooncakes in exquisite gift boxes, perfect for celebrating the Mid-autumn Festival. Their commitment to tradition and attention to detail shine through.
- Diverse Menu: The bakery boasts an impressive menu featuring cookies, croissants, Danishes, macarons, cupcakes, and more. Whether you crave classics or new flavors, J&J Bakery's diverse selection has something for everyone.
- Floral Artistry: Beyond baked goods, J&J Bakery's Alexis specializes in creative floral arrangements. From bouquets to wedding flowers, her artistic touch adds an extra layer of service to the community.

In conclusion, J&J Bakery isn't just a bakery; it's a community treasure. Their dedication to quality, affordability, and diverse offerings has earned them a special place in the hearts of their customers. If you haven't experienced the magic of J&J Bakery yet, it's time to pay them a visit and savor their delightful treats for yourself.











J & J Bakery 324 Grand Avenue South San Francisco, CA 94080 Tel: 650-588-2656

🛮 35th Annual Taste of South San Francisco 🖫

Celebrating 35 Years of Culinary Excellence

Date: Thursday, November 2, 2023

Time: 12noon to 2pm

Yenue: Civic Center, Corner of El Camino Real, Chestnut and Antoinette Ln, So. San Francisco

A Modern, State-of-the-Art Civic Center (Library, Parks & Recreation)

Why Attend?

New & Exclusive Location

Join us in celebrating our 35th year at the brand-new, state-of-the-art Civic Center.

* Top-Rated Restaurants Only

Experience the crème de la crème of South San Francisco's dining scene, showcasing their most raved-about dishes.

· Be The Judge

Who will earn the title of "South City's Tastiest Restaurant?" Your taste buds, your vote!

Limited & Exclusive

Our smaller venue ensures an intimate experience with top-tier restaurants and a select audience.

❖ 25+ Under One Roof

Sample dishes from over 25 top restaurants, all in one elegant setting.

Reservation Information

\$55 per person. Limited Capacity. First come, first served. Make Reservations before 10/27/23!

Note: No tickets will be sold at the door. No walk-ins.

> Secure Your Spot Now!

www.ssfchamber.com

> For Sponsorship Opportunities, Contact:

Email: info@ssfchamber.com Tel: 650-588-1911

Celebrate 35 years of taste sensations with us! Don't miss this milestone year—get your tickets today!



RECEIVE 20% OFF ON YOUR RENTAL WHEN YOU BOOK YOUR NEXT MEETING OR EVENT AT HOME2 SUITES BY HILTON!





Meeting Room Includes:

- Complimentary high-speed Wi-Fi
- · Access to Outdoor Patio Seating
- Audio Visual Available
- Complimentary one (1) gallon of coffee and water station



Boardroom Includes:

- · Complimentary high-speed Wi-Fi
- Audio Visual Available
- · Complimentary one (1) gallon coffee and water station

Private function rooms are available to accommodate up to 80 people.

Take the elevator home! If you book ten (10) or more rooms, we have a special discount of 15% off the best available rate! Must contract between now and December 31, 2023* *Terms and conditions apply. Offer expires December 31, 2023

Please contact the Sales Department at 650-822-1000, Extension 5504 or email evelyn.lucente@hilton.com



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October is National Domestic Violence Awareness Month

Domestic violence is abuse that happens in a personal relationship. When domestic violence occurs between a former or current partner or spouse, it's called intimate partner violence.

Most relationships have difficult times, and almost every couple argues now and then, but intimate partner violence is different from common marital or relationship problems. It's a pattern of abuse that a partner may use to control the behavior of another person.

Abuse affects people of every gender, ethnicity, race, age, sexual orientation, social status, and religion.

The abuser may use fear, bullying, and threats to gain power and control over the other person. The abuser may act jealous, controlling, or possessive. These early signs of abuse may happen soon after the start of the relationship and might be hard to notice at first.

After the relationship becomes more serious, the abuse may get worse.

It's important to get help. Talk with someone you trust, such as a friend or your doctor. Or get help from a center for victims of domestic violence. Talking with someone can help you make the changes needed for your safety and your loved ones.

After abuse starts, it usually continues. And it's likely to get worse over time. The repeated injury and stress of living with someone who is abusive can cause long-lasting health problems, such as:

- Depression
- Panic attacks
- Post-traumatic stress disorder (PTSD)
- · Headaches, chronic neck pain, chronic back pain, and pelvic pain.
- · Digestive problems (irritable bowel syndrome).

How to Help?

Helping a person contact a local domestic violence organization such as CORA (Communities Overcoming Relationship Abuse) https://www.corasupport.org/ is an important step. If you know someone who is being abused, call the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233). The hotline is available 24 hours a day, 365 days a year, in English, Spanish, and other languages. The National Coalition Against Domestic Violence's website also has a wealth of information: https://ncadv.org/resources on programs that offer shelter and legal support.

If you or a person you know is experiencing domestic abuse, know that there are resources and people available to help. The first step is always the hardest, but it isn't one that needs to be taken alone.

9

John E. Skerry, MD

Physician in Chief

Kaiser Permanente South San Francisco

Friendly reminder to Chamber Members:

Have you changed your contact information, email address, or phone numbers?

Please provide the SSF Chamber of Commerce with your information to keep our website up to date.

You can email any changes to info@ssfchamber.com





You can RSVP and pay for our events by going to the calendar section and clicking on the event you want to attend.

Registration is for SSF Chamber members.

Not a Chamber member yet? Contact the Chamber at <u>info@ssfchamber.com</u> or visit www.ssfchamber.com

Follow us on <u>Facebook</u> & Instagram for the latest Chamber news.

SSF Chamber Calendar of Events

Chamber Mixer

Thursday 10/12/23 from 5pm to 8pm in honor of National Hispanic Heritage Month

La Nueva Perla

222 Lux Ave, South San Francisco, CA 94080

https://lanuevaperlarestaurant.com

RSVP: info@ssfchamber.com

Genentech Goes to Town

Please redeem your Genenbucks by: 10/20/2023

The 35th Annual Taste of SSF

Thursday, November 2, 2023
12:00noon -2pm Taste
South San Francisco Civic Center
located at the corner of:
Chestnut Avenue and Antoinette
Lane

RSVP: info@ssfchamber.com

Tickets for individual purchases available. \$55 per person. Limited Capacity. First come, first served. Make Reservations before 10/27/23!

Note: No tickets will be sold at the door. No walk-ins.

South San Francisco Chamber Member Benefit

Did you know as one of the many benefits of being our member that you can submit your events for Chamber approval through our monthly newsletter, or social media outlets? Once approved, it will be listed on our <u>event calendar!</u>



DEA Security Systems Co. Inc.

870 Old County Road, Belmont, CA 94002 650-508-0199

https://www.deasecuritysystems.com charisse.allen@deasecurity.com

Joann's Cafe

1131 El Camino Real, South San Francisco CA 94080 650-872-2810

Kang Architecture Studio

1648 Albemarle Way, Burlingame, CA 94010 650-872-2810

https://www.kas-arch.combkang@kas.arch.com

Rockoto Peruvian Cuisine

207 Linden Ave, South San Francisco, CA 94080 650-873-3434

rockotoperuvianrestaurant@gmail.com

SamTrans

1250 San Carlos Ave, San Carlos, CA 94070 650-551-6172

https://www.samtrans.com

San Mateo County Transportation Authority

1250 San Carlos Ave, San Carlos, CA 94070 650-551-6172

https://www.samtrans.com



Your support is truly appreciated!

Carpenters Union Local 217 (October 2003)

Dumpling Empire (August 2011)

Fil-Am Cuisine 2 (March 2014)

Giffra Enterprises, LLC (October 1949)

Giorgi Brothers Furniture (October 1949)

Izanami (Sushi & Ramen) (June 2013)

Lane Partners (May 2017)

Luminous Day Spa, Inc. (December 2007)

Mark A. Barradas, D.D.S. (October 2002)

MC2 Bay Area Public Affairs LLC (October 2017)

Nicolas Family (October 2017)

Otis McAllister, Inc (September 2001)

Samaritan House (February 2002)

SKS Partners, LLC (June 2018)

Sky Cafe (May 2021)

SSF Conference Center (August 1992)

Twist Bioscience (June 2020)

Legislative Watch List

We take care of politics so you can take care of your business

Chairman Circle Members

Chairman's Circle members receive benefits above and beyond typical membership, with the highest visibility at Chamber events and in publications

Chairman Circle - GOLD MEMBER

Genentech A Member of the Roche Group

Chairman Circle - SILVER MEMBERS









Chairman Circle - BRONZE MEMBERS











2023 Board Officers

President Olga Garcia CG Moving Company

> Vice President Sailesh Mehra SM8

Board of Directors

Bill Benavides BLT Construction

Matthew Butler Tri Counties Bank

David Huddleston

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Mary Prem CEO

Arlene Dozier Administrative Assistant

Annie Distefano

Treasurer Kevin Williams California Water Service

Ex-Officio City Manager Sharon Ranals **BWP Grosvenor Hotel**

Office Assistant

Daniela Jonguitud Chajinel Home Care Services

Keri Kirby Sitike Counseling Center

> Suzanne Lee Genentech

Natalia Morales Kilroy Realty Corporation

Christina Ng Grand Palace Restaurant

> Shetal Patel Hampton Inn SFO

Pravin Punjiya
Fairfield Inn by Marriott SFO

Kevin Worth Kaiser Permanente

South San Francisco Chamber of Commerce | 213 Linden Avenue, South San Francisco, CA 94080

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