

OFFICE HOURS

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Further Notice

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Monthly Newsletter - April 2020 Issue 3

Good News From: United Way VITA

United Way Monterey County will start offering free tax preparation services virtually starting Thursday, April 16. [The VITA program is available for those who earned less than \\$56,000.](#) Tax preparation and filing will be done electronically and through a telephone interview followed by phone or email correspondence. You can schedule an appointment by calling United Way at 757-3206, or [visit their web-site.](#) (Note: The deadline for filing taxes has been moved from April 15 to July 15 due to the pandemic.)

From: Aspire Health Plan

SOCIAL ISOLATION BUSTERS--We've got the cure for the shelter-in-place blues. Aspire Health Plan Community Connections Classes are open to the public. Bring a friend.

Please register and we will send you the call-in information via email prior to the event.

VIRTUAL BOOK CLUB

Tuesdays at 2 p.m., April 21 and 28; Dial in to share your thoughts and questions about the week's current read. No need to leave your favorite chair.

Register to receive your book:

www.aspirehealthplan.org/read

VIRTUAL SING-A-LONG AND MOCKTAILS

Thursdays at 3 p.m., April 23 and 30; Join us and local favorite, vocalist Debbie Davis, for an afternoon of classic favorites. Listen, or sing along with us. It's going to be a great time.

Register: www.aspirehealthplan.org/sing

From: Felisa Hoogendyk/Karen Towle

Hi Karen. I think Mahjong is a class you offer at ASI. Here is a link that might be of interest to those having Mahjong withdrawals. Be well, Felisa.

Real Mah Jongg Online. Play American Mah Jongg on your computer, iPad, or tablet.

[Real Mah Jongg Online](#)

From: *Travel + Leisure*— Essential Activities for Seniors

Dr. Cynthia Cotter PhD, a San Diego-based specialist in geriatric psychology, and Dr. Jennifer Ailshire PhD, director of the PhD Program in Gerontology at USC Leonard Davis School of Gerontology, provided *Travel + Leisure* their recommendations for sheltered-in-place seniors.

Their suggestions are totally in line with ASI's precepts first sketched out by Wayne McDaniel some time ago and subsequently adopted by your newsletter editor as

guiding principles for ASI activities, namely "Keep Yourself Healthy, Keep Your Mind Sharp and Keep Your Life Full."

Here are their suggestions.

Move, Stretch, Exercise

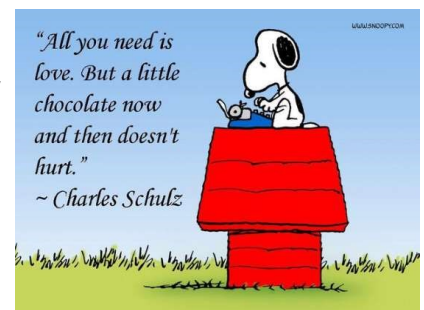
Both experts emphasized the need for physical activity, even if you must stay indoors. Try an online [yoga](#), [exercise](#), or [dance](#) class. Dance like nobody's watching!

Learn Something New

Take a class or just enjoy watching one while you learn about [cooking](#), [gardening](#), [music](#), [guitar](#), or other interests. Take a course on [happiness](#) from Yale University. Visit a [museum](#) on a virtual tour of some of the world's finest.

Armchair Travel

Visit [Chicago](#), [St. Lucia](#), [New York City](#), the [Great Barrier Reef](#), [national parks](#), or the [White House](#) without leaving your chair. Plan a [future trip](#) or just enjoy seeing new places. Enjoy a virtual visit to [beaches](#) around the world or peek through [hotel windows](#) for a view of what's outside.



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Nutrition, Regular Meals, Fresh Foods

Maintain your regular meal schedule and routine, psychologists and [medical doctors](#) all advise. If you need some inspiration to prepare a healthful meal, check advice from [celebrity chefs](#).

Reach Out, Keep in Touch

Write letters to friends or find a [pen pal](#) who would love to hear from you. If you can't think of what to say, you might want to borrow one of these [quotes](#). Call or try FaceTime to chat with friends and family.

Look for Some Humor

"Laughter is the best medicine," said Milton Berle (who you probably know if you're retired). What can bring a smile to your face faster than adorable animals? [Goats](#), [koalas](#), [puppies](#), and [elephants](#) are fun, and some clever [humans](#) are entertaining as well. (Ed. Note: Tune into the jib-jab video Jim Tipp put together. Link elsewhere in newsletter.)

Use Music to Uplift Your Mood

Relax and enjoy [music](#). Whether you love [opera](#), Broadway [show tunes](#), [popular music](#), or another genre, you can find what you want or learn about a new favorite.

WANTED--Alive: Associate Newsletter Editor

Your Editor is looking for an Associate Editor whose primary responsibility will be to produce the ASI newsletter when the Editor is traveling, out of town, out of the country, or infirm (none of that right now, of course). Good language skills a must. Desktop publishing experience extremely useful but not a requirement as your Editor is willing to fully train applicant.

I actually enjoy doing the newsletter and you will also if you are the right applicant. Please contact George Niesen, giesen@redshift.com or call or text me at 831-595-3165. Thank you and I am looking forward to working with you.

From: The Culprit Jim Tripp

Hi **Dwight**: I don't think you are on facebook so I thought I would share a video with you that I posted on Easter on the ASI facebook page. This is a quintet composed of yourself, **Bob McGregor**, **George Niesen**, **Wayne McDaniel** and **me**. I thought it was funny and so did others. (Ed. Note: Even though I am a victim, it's pretty funny.) <https://tinyurl.com/rqm4wno>



My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?" "You're both old," he replied.

From: Monterey County Weekly

The Osio Theater is going virtual, beginning their online slate of films this week. A portion of the proceeds of the rental or purchase of select films benefits the nonprofit theater.

A list of [current and upcoming films can be found on their website](#).

Ed. Note. *The Monterey County Weekly is a great source for a lot of current information, as well as being a fun, interesting and informative read.* <https://flipbook.montereycountyweekly.com>

From: Dwight Freedman, a Fraud Alert

I think this is a good time to include information and tips to avoid scams and fraud. I have included my link to the AARP Fraud Watch Network which has a lot of great information. I don't think many people even know that AARP has a Fraud Watch Network. Click on the AARP Fraud Watch Network link [HERE](#).

Ed. Note. *If you pay your federal taxes and receive refunds via direct deposit and if you don't answer your phone unless someone you know starts to leave a message, you are probably safe. Otherwise, beware of the huge opportunity for fraud and scams associated with the federal stimulus funding almost every taxpayer is scheduled to receive. Just know that the IRS will never call you—rather it will contact you via US Postal Service mail.*

Qigong with Chef Michael

Chef Michael has put together a daily Qigong workout routine on YouTube for ASI members only. This is the same workout that Chef Michael was sharing on Monday mornings before Covid-19 hit. If you are interested in accessing this material, please contact Chef Michael at starchef101@gmail.com.

ASI is also working on other instructional videos of our activities, such as Zumba & Yoga for a more personal touch

From: Chef Michael--Two-Ingredient Flatbread/Pizza Crust

Here is an easy recipe. It is a Weight Watcher recipe that is very versatile. If you don't have self-rising flour, just use all-purpose flour with 1 1/2 tsp. baking powder per cup of flour, plus 1/4 tsp salt.

After I roll out the dough, I like to spray it with some olive oil and sprinkle on spice, cracked pepper, Parmesan etc. It makes a great base for a pizza. Stay Safe and Enjoy Cooking at Home.

Ingredients

1/2 cup Plain fat free Greek yogurt

2/3 cup white self-rising flour, additional for rolling out dough as necessary

Instructions

1. Preheat oven to 400°F. Stir together yogurt and flour in bowl. With floured hands, knead dough until smooth, about 2 minutes, adding more flour, 1 tbsp at a time, if dough is sticky; let dough sit for 5 minutes.
2. Sprinkle sheet of parchment with flour. Place dough on parchment; cut dough in half. Use floured rolling pin to roll each piece of dough into 6 to 7 inch round. Transfer dough and parchment to baking sheet. Bake until bottom is golden, about 15 minutes. Top each pizza as desired and bake until toppings are hot, 5 to 10 minutes.
3. Serving size: 1 crust

Self-rising flour is a combination of all-purpose flour, baking powder, and salt. The blend is typically comprised of 1 1/2 teaspoons baking powder and 1/4 teaspoon salt to each cup of all-purpose flour.

Thank You ASI Newsletter Readers

Your newsletter editor appreciates your feedback regarding our temporary weekly Email-only publications. And thank you for your submissions. Please keep them coming. It's how we have to connect these days. I'm sorry we can't, for various reasons, use everything you send in but we will certainly share items we think will be useful—or entertaining—to the general ASI Membership. Thanks again, take care, and we hope to be through this fairly soon.



A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"