

**OFFICE HOURS**

Opening Postponed  
 Pending Safer Conditions  
[asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org)  
 831-424-5066

**ACTIVE SENIORS INC.**

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# Monthly Newsletter - October 2020

## ASI Board Petitions County to Open ASI

At a Sept. 25 ASI Board meeting, Board Members drafted a letter that has been sent to the Monterey County Health Dept. requesting permission to open the ASI facility for limited activity with full safety measures including masks, physical distancing and sanitization of commonly touched surfaces.

Any limited reopening will be subject to the New Rules and Guidelines for the ASI facility published in the July 2020 ASI newsletter.

ASI's request to the County is based on Gov. Newsome's recent decision permitting safe and well-spaced reopenings of fitness facilities.

Any limited reopening approved will be based on only one group activity at a time; complete physical distancing (President Dwight has marked out 8 ft. by 8 ft. squares on the floor, which, spread out over our approximately 3,200 square feet of floor space, will provide for up to 29 participants in an activity); and no shared equipment or fixtures.

Participants, for example, will have to bring their own yoga mats and blocks, and their own water (the water fountain will not be available). No food will be permitted in the building.

The Board's concerns are two-fold. We want to make as many of our favorite activities available again to our Members but our safety is the primary concern. We will not open again until we feel comfortable with a reduced infection rate and secure safety measures.

In the meantime we wish all ASI Members well and encourage them to be careful and remain safe.

Put a wig on the dog and scared the crap out of the mailman.



## Why Risk Your Health—and Life?

Recent events have shown us just how persistent and pervasive the coronavirus still is. Those same events have also shown us how to remain relatively well protected from the virus simply by following the recommendations of knowledgeable medical experts.

The experts are still learning about this pernicious disease but they know enough to have established some very basic practices which permit us to intelligently reduce our exposure to the virus by significant orders of magnitude.

By far the simplest and most effective defense against COVID-19 is to wear a mask. We need to wear masks whenever we are outside our home and we need to wear them at home if we invite friends and family to socialize on a deck or patio, even if we are outside and physically distanced.

Another conceptually simple practice to reduce exposure to the virus is to maintain a physical distance of at least six feet from other people. That distance can be difficult to maintain, particularly in larger groupings of people or in encounters with those who will not wear a mask or who won't wear it properly and conscientiously. Don't hesitate to distance yourself from those individuals. It's probably best if we quietly move away without being confrontational.

The third basic practice to reduce our exposure is to carefully wash our hands. It appears the virus is primarily transmitted through droplets produced by our breathing and speaking. Transmission by touch—either direct or second-hand—does not appear to be a significant avenue of contamination. Still, it is wise at the least to thoroughly wash our hands whenever we return home. And it doesn't hurt, certainly, to run a sanitizing wipe over surfaces frequently used by many people.

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## Reducing Risks (continued from P. 1)

There are a number of other practices which can further protect us from exposure to the virus and some of us may want or need that additional protection, but for most of us the basic and fundamental measures above are essential to keep ourselves safe. Please, for your sake and ours, practice these simple procedures, take care and remain safe.

## Visiting Nurses Offer Flu Shots at ASI

On October 22 from 1 to 3 pm we will host a VNA Flu Clinic at ASI. Please review the flyer at right for details. Also, please reply by clicking on the survey link below by Monday October 12<sup>th</sup> so we can get an accurate count.

<https://forms.gle/iByjTuNHMhJV7M7L7>

Thank you and stay safe.

Dwight Freedman, ASI President

*Ed. Notes: See below right for additional October flu clinics being held and Salinas Valley Memorial Hospital.*

*See also the flyer below from Balance Physical Therapy announcing free wellness screenings for people with chronic pain. [www.balancept.com](http://www.balancept.com)*



**BALANCE**  
PHYSICAL THERAPY®



**BALANCE PHYSICAL THERAPY®**  
**FREE Wellness Screenings**  
THROUGH THE MONTH  
OF OCTOBER  
MONTEREY & SALINAS OFFICES

In honor of National Physical Therapy Month, The Clinical Team at Balance Physical Therapy and Human Performance Center is proud to offer FREE 20-minute health and wellness screenings to our Central Coast community.

Are you living with chronic pain? Have you recently hurt your lower back, sprained your ankle, or are you having trouble sleeping due to neck or shoulder pain? Our screening provides you with an unbiased opinion from a licensed Doctor of Physical Therapy to identify the best treatment options to get you back to the game of life.

To register for your FREE health and wellness screening today visit [balancept.com](http://balancept.com) or call our teams in Salinas (831-422-4782) or Monterey (831-372-4782).

Find out more at

[balancept.com](http://balancept.com)



flu ends with u  
GET VACCINATED

5 Lower Ragsdale Drive  
Monterey, CA 93940  
(831) 372-6668 ext. 2097  
VNAflu@ccvna.com

CCVNA.com

## 2020 FLU CLINIC

Active Seniors Inc.

Date  
Thursday, October 22

Time  
01:00 – 3:00 pm

Location  
100 Harvest St. Salinas CA 93901

For More Information Contact

Dwight Freedman  
President

(831) 424-5066

asi@activeseniorsinc.org



Masks are  
Required



Maintain  
Physical Distancing



Wash Hands  
Before Arriving

Bring a valid ID (license or state ID) and your insurance card.  
Insurance, Medicare Part B, Cash, Check or Credit if insurance not accepted.

QUADRIVALENT FLU SHOTS available ages 2 and older

FLU MIST available ages 2-49 years

HIGH DOSE available ages 65 and older

Clinic brought to you in collaboration with your local non-profit VNA



VNA travel clinic continues to support the community with convenient curbside vaccinations including Shingrix to prevent shingles.  
For an appointment and more information call 831-648-3777

STOPPING  
THE FLU  
BEGINS  
WITH YOU



In partnership with  
the Monterey County  
Health Department.  
No appointment needed.  
For more information  
call 831-759-1890.

Protect yourself and your loved ones.  
Get your flu shot.

**FREE COMMUNITY FLU CLINIC**

**Saturday, October 10, 11am-2pm**  
Salinas Valley Memorial Hospital  
450 E. Romie Lane, SALINAS

**Tuesday, October 13, 4pm-7pm**  
Palma School  
919 Iverson Street, SALINAS

**Saturday, October 24, 11am-2pm**  
Taylor Farms Family Health & Wellness Center  
850 5th Street, GONZALES



Salinas Valley Memorial Healthcare System

Please do not attend if you are experiencing COVID-19 symptoms. To help us enforce social distancing, please limit those attending only to individuals receiving the flu vaccine. Masks will be required.

Our cleaning lady called to tell us she will be working from home and will send us instructions about what to do.



## Sewing Machine Available

A dear friend of your editor has donated a very gently used Viking model 250 sewing machine to Active Seniors. It appears to work very well.

If any ASI Member needs a good sewing machine (particularly someone who can't readily afford one), please contact George Niesen, 595-3165, or [gniesen@redshift.com](mailto:gniesen@redshift.com). The machine comes with an instructional video, an instruction manual, and multiple presser feet. Please refer to photograph at right.



## Crispy Zucchini Fritters by Chef Michael

Hi Everyone: I hope this recipe finds you well. This has been an unusually successful time in the vegetable garden this year, having a bit of extra time with Covid-19. I have found an abundance of zucchini and have been experimenting with different recipes. Here is one for you. Chef Michael

Ingredients: 1 lb zucchini

Batter:

1 tsp salt	1/2 cup flour
1 large egg	1/2 tsp baking powder
2 green onions, halved then finely sliced	Pinch of pepper
1/4 cup parmesan, grated	4 tbsp olive oil
1 garlic clove, large, minced	

For Serving: Yoghurt or sour cream, More chopped green onions

Instructions

1. Grate zucchini using a box grater. Grate on the diagonal so you get long strands.
2. Place in a bowl and sprinkle with salt. Mix, then leave for 10 minutes.
3. Squeeze out excess water using hands then place zucchini in a bowl.

Batter:

1. Preheat oven to 200F/100C (for keeping fritters warm).
2. Add egg, green onions, parmesan and garlic into the zucchini bowl. Mix to combine.
3. Scatter over flour and baking powder and add pinch of pepper. Mix until flour is just incorporated - batter should be thick but soft

Cooking:

1. Heat 2 tbsp oil in a non-stick pan over medium high heat. Drop 1/4 cup batter in the pan (ice cream scoop is perfect). Do 3 or 4 mounds.
2. Flatten lightly with spatula.
3. Cook for 3 minutes until underside is deep golden brown. Flip and cook the other side for 3 minutes. Transfer to tray and place in oven to keep warm.
4. Repeat with remaining batter.
5. Serve immediately with a dollop of yoghurt or sour cream and garnish of extra green onions if desired.



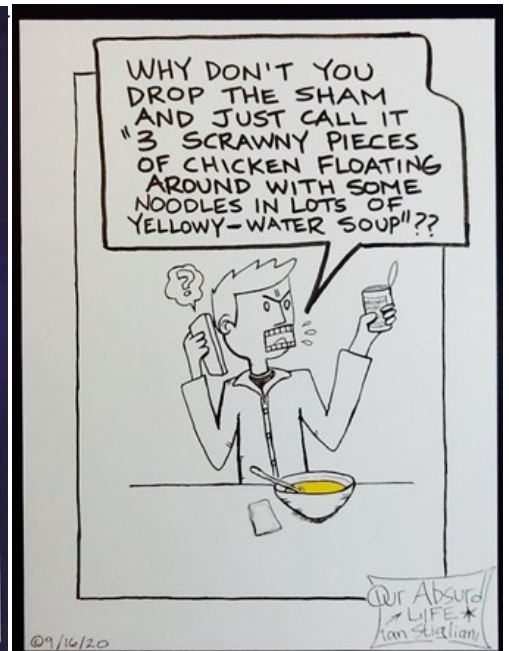
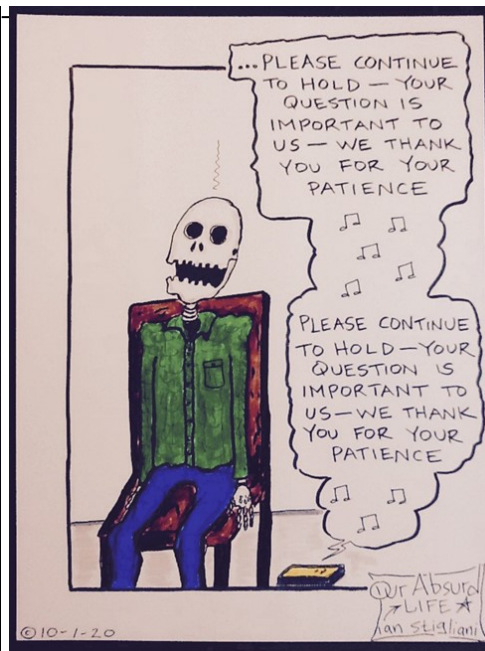
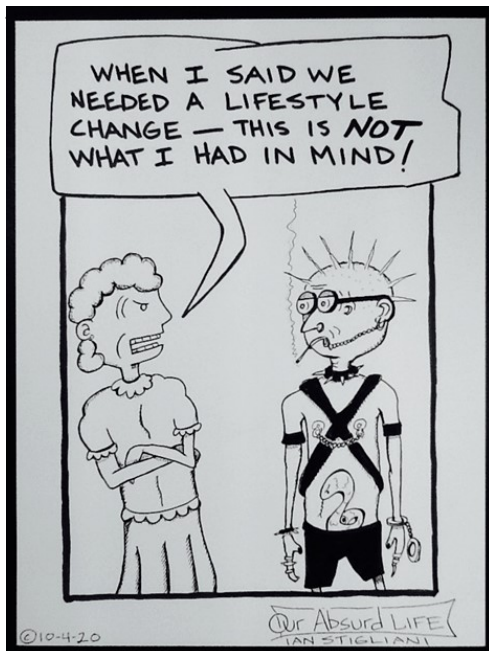
**WAIT A MINUTE, THIS  
ISN'T A PUMPKIN PATCH!**

Always Remember This: You don't stop laughing because you grow old, You grow old because you stop laughing!



Thank you T & A

For mailing these!



All these kids who have been learning Common Core math are about to learn how to "Carry the One" from their new homeschool teachers.

It's scary when you start making the same noises as your coffee maker.

Keep perspective: A Make A Wish family had to cancel their plans, and they may not get another chance.

Thanks for much of the humor to Lynette McGregor, Karen Towle, Mary Linzer and, of course, our own local cartoonist, Ian Stigliani.