

OFFICE HOURS

Opening Postponed
Pending Safer Conditions
asi@activeseniorsinc.org
831-424-5066



ACTIVE SENIORS INC.

100 Harvest Street
Salinas CA 93901-3211
www.activeseniorsinc.org
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Monthly Newsletter - Oct. 2020 Issue 2

Need Srs. for COVID Prevention Study

Ed. Note: One of your ASI Board Members is participating in the study below and has been asked to pass along this information in an effort to recruit seniors (70+) who may have important experience to contribute to the study. Please consider looking into participating in the study.

Thank You!



Thank you for completing a survey and joining the COVID-19 Prevention Network (CoVPN) Volunteer Screening Registry. We are so thankful for your willingness to consider research to help fight the COVID-19 pandemic.

As you may know, older adults have the most hospitalizations and deaths from COVID-19 of any group in the United States. So far, not many persons older than age 70 have signed up in this registry.

Can You Help Us?

If you know of someone in your life older than age 70 and interested in participating in coronavirus prevention research, would you please pass along our website to them (<https://www.PreventCOVID.org/>)? Persons without internet access, or who do not feel comfortable with online forms can also **call our toll-free registry at 866-CVT-1919 (866-288-1919).**

Again, thank you for joining the CoVPN Volunteer Screening Registry. You are making a difference! You may still be contacted by researchers who can tell you more about upcoming studies. If we do not contact you, that means there is no study that we can match you with right now. New studies continue to be planned over the next few months.

Thank you! We appreciate your help and support.
Dr. Jim Kublin, CoVPN@fredhutch.org,
Executive Director, CoVPN; Principal Investigator,
CoVPN Volunteer Screening Registry

Appreciation for Long-Time ASI Janitor

By Robert Pettite

After over 13 years of cleaning our building, our janitress, Sylvia McClain, has decided to retire and help her daughter with her new baby! As a token of appreciation for so many years of service and having done such a wonderful job, the ASI Board sent her a beautiful bouquet of flowers. She later called and thanked us for the flowers and expressed her appreciation for having worked for such a wonderful organization. SYLVIA, WE WISH YOU THE BEST ON YOUR RETIREMENT!!!

Thanks to ASI Pres. Dwight Freedman

ASI Member Jeanette Hildebrandt asked your editor to include in this newsletter a thank you to ASI President and tech guru Dwight Freedman and to Que Sera Sera (fabric art group) colleague Susan Riddoch. Dwight set Jeanette up with a donated refurbished Dell computer, for which she is extremely grateful. Jeanette very much appreciates ASI, its activities and everything the organization stands for.

Thank you Dwight, not only from Jeanette but from the entire membership, for all you do for ASI.



Friends, Quilters and Colleagues Remember Sandra Ducato

Ed. Note: Sandy Ducato, ASI Member and avid quilter, died Oct. 1 of cancer, at age 76. She had lived in Prunedale since 1999. On her retirement she began quilting with various groups, including the group that met at the Salinas Adult School before it moved to Active Seniors. Two of her ASI colleagues remember her fondly. Her obituary is online at <https://www.dignitymemorial.com/obituaries/san-jose-ca/sandra-bonvillain-9391051>.

"I am so sad to say that one of my dearest friends, Sandy Ducato, passed away today (Oct. 1) from a battle with cancer. We met quilting, but our friendship was more than that. She was a wonderful confidante too. She loved music and we spent many evenings listening to music of the Sand Dabs at Phil's Fish Market.

"My heart goes out to her family. This is an extremely great loss. She brought joy wherever she went. Rest In Peace my friend." **June Cornell**

"It is with great sadness that I write this. As some of you may know, we lost our dear friend and fellow quilter Sandy Ducato on October 1.

"I met Sandy in 2002 in quilt class at the Adult School and we quickly became friends. We spent many fun-filled times in her garage – and I do not mean working on her car! Sandy would set up multiple tables and we would have a "pinning party" or just working on our own projects. With coffee breaks, lunch breaks and a lot of talking, some days we did not accomplish very much sewing. But we always had a good time. My friendship with Sandy was a precious gift and I feel blessed to have known such a wonderful and gracious lady.

"Sandy was an accomplished quilter, an active member in several charitable organizations and a true friend to so many. She will be greatly missed." **Kathleen Erickson**

Rather than sending flowers, her family believes she would have preferred that donations be made in her honor to one of the following organizations:

Helping One Woman, 3635 W. Richert Ave, Suite 101, Fresno, CA 93722. In memo line, please write "Monterey Chapter, in memory of Sandy Ducato."

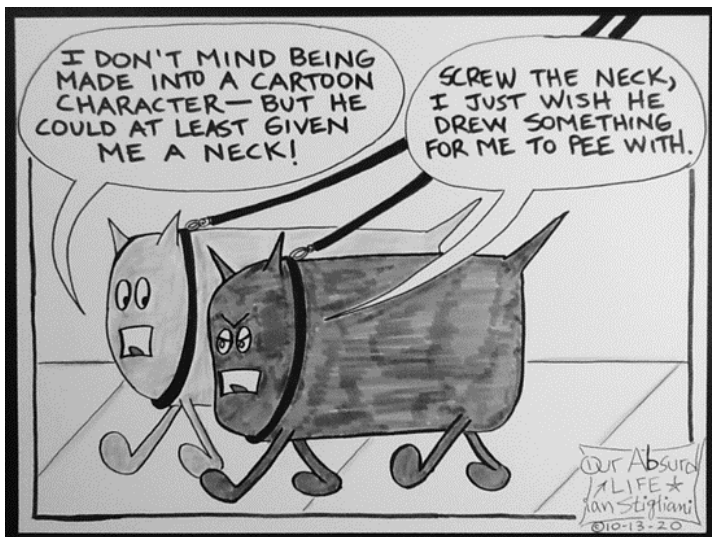
PEO Chapter ML, 1152 San Mateo Dr., Salinas, CA 93901. In memo line write "In memory of Sandy Ducato."



Associate Newsletter Editor Needed

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



Independent Transportation Network Monterey County
Presents

Age Well Drive Smart

FREE CHP DRIVING WORKSHOP

Driving is Freedom
Join the CHP for the Keys to
Driving Safer and Driving Longer.

This is a **FREE** Workshop to help older drivers
continue to drive safely.

*Completion of this workshop may result in savings
on your auto insurance**



**Virtual Workshop Presented by CHP
Public Information Officer J. Madueno**

Wednesday, October 28th, 2020 ~10:00 to 12:00

RSVP Required~ Call 831-233-3447 or email
info@itnmontereycounty.org

**Participants will receive a certificate of completion that may be accepted by their
auto insurance and result in a discounted premium.*

ITN Monterey County
Dignified transportation for seniors



MST
MONTEREY-SALINAS TRANSIT

Emergency Preparedness



Fire Safety and PG&E Public Safety Power Shutoff Preparedness Zoom Workshop

Two opportunities to participate!
Thursday October 15th, 2020 10:00 am -11:30 am
Or
Thursday October 29th, 2020 10:00 am -11:30 am

Join Zoom Meeting link:
<https://us02web.zoom.us/j/82646445850?pwd=UWVSMIM4R1crY1NMQWVhdmVCWUxJlU09>
Meeting ID: 826 4644 5850
Passcode: **993906**

Dial in:
+1 669 900 9128

Making the time to plan and prepare makes a difference!

- ▶ Learn how to prevent a fire related emergency in your home
 - ▶ Get information about the Ready, Set, Go Program developed by CAL FIRE
 - ▶ Understand the major causes of home and wildfires and discuss how to respond during a fire
 - ▶ Stay informed by signing up for Alert Monterey County and Nixle
 - ▶ Learn how to create and maintain defensible space around your home
 - ▶ Determine what Zone you currently live in and develop a Wildfire Action Plan
 - ▶ Learn about air quality apps for your smart phone
 - ▶ Gain a better understanding of PG&E Public Safety Power Shutoffs
 - ▶ Develop a plan to prepare for multi-day power outages
 - ▶ Learn how to enroll in the PG&E Medical Baseline Program
 - ▶ Participants who complete the workshop will receive a headlamp and glowstick with whistle!
- Ben Flores, Firefighter with the Seaside Fire Department will be available for Q and A



To register for the Zoom workshop, call 831-655-1334.
Give us your name, call back number, email and
mailing address and we send you fire safety tips and
Wildfire Action Plan templates!
Presenter: Meggie Pina Long-term Care Ombudsman Program
Manager mpina@allianceonaging.org

247 Main Street - Salinas, CA 93901 - 831.758.4011 - FAX 831.655.8781 www.allianceonaging.org

Membership Renewals for 2021 Due

Dear ASI Members: Please note that we are now in
membership renewal time. If you have not renewed
your ASI membership for 2021 please click on the link
below and open the membership form, print it, fill it
out and mail it to Active Seniors Inc. with your check
for your member dues. You can also print out this
page and cut out the form. Your dues go a long way
to help us to pay our bills while we are not yet open.

Please contact us if you have any questions and
we will get back to you as soon as we can.

Thank you for your continued support. Stay Safe
and Stay Healthy.

Dwight Freedman, President

<https://www.activeseniorsinc.org/ASI%20Member%20Form.pdf>

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First Name _____

First Name (Spouse if member) _____

Last Name _____

Mailing Address _____

City _____ State _____

Zip Code (9 digit if known) _____ - _____

Home Phone _____ - _____ - _____

Cell Phone _____ - _____ - _____

Spouse _____ - _____ - _____

Email Address _____ @ _____

Spouse _____ @ _____

Emergency Phone _____ - _____ - _____

Emergency Contact Name _____

Birth Month _____

Date Paid _____ Amount _____

Paid by (check no., cash or CC) _____

Recv. Newsletter by - Email _____ USPS _____ None _____

Activity Interests _____

Attendant _____ Date _____

Note: If all items above the red line on the data sheet are confirmed correct by the applicant, check box below

Data confirmed correct by applicant ☐

I went to the Refuse Disposal Site the other
day. But they refused to take my garbage.

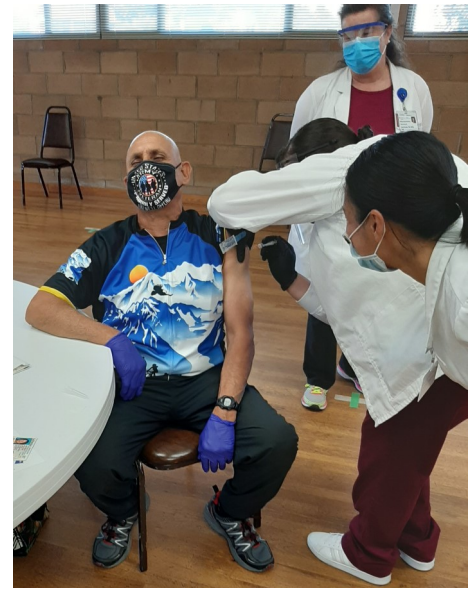
VNA Offers Flu Shots at ASI to Noted Salinas Residents



City Councilmember Steve McShane



ASI President Dwight Freedman



ASI Member Robert Pettit



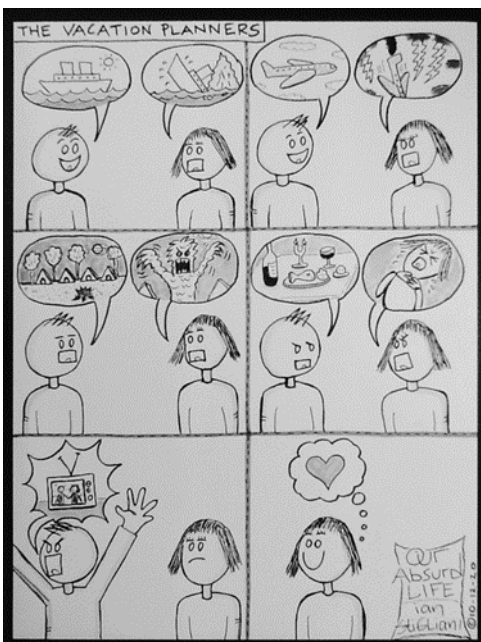
The setup at the ASI facility

Today I was in a shoe store that sells only shoes, nothing else. A young girl with a tattoo and green hair walked over to me and asked, "What brings you in today? I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond, had that deer in the headlights look.

I hope they give us two weeks notice before sending us back out into the real world. I think we'll all need the time to become ourselves again. And by "ourselves" I mean lose 10 pounds, cut our hair and get used to not drinking at 10:00 a.m.

May you always have:
Love to share,
Cash to spare,
Tires with air,
And friends who care.

The sole purpose of a child's middle name is so he knows when he's really in trouble.



The Ian Stigliani cartoon at left is one of his funniest in your editor's opinion. It's titled "Self Portrait" and it plays with the concept of stick figures and images we hold of ourselves. The "Thanks N. R." pays homage to Normal Rockwell.