

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
[Like us on Facebook](#)

Monthly Newsletter - Sept. 2020 Issue 2

Voter Prep—High Priority

(Items in chronological order)



Voter Preparedness

Alliance on Aging and Monterey County Elections Present
Voter Preparedness: Tips and Deadlines to Make Your Vote Count!
Zoom Workshop


Two opportunities for voters to learn about what to expect during the November 3, 2020 Presidential General Election
Friday September 18th, 2020 10:00 am -11:00 am
Or
Friday September 25th, 2020 10:00 am -11:00 am

Join Zoom Meeting link:
<https://us02web.zoom.us/j/89978666806?pwd=NWc1SWE1MGVERU5pVWVlOjYl4cTFmZz09>
Meeting ID: 899 7866 6806
Passcode: 458136
Dial by your location: +1 669 900 9128

Anya Gutierrez with Monterey County Elections office will present on voting resources:

- ▶ Learn how to check your voter registration status and update address information <https://voterstatus.sos.ca.gov/>
- ▶ Stay informed regarding important dates and voting deadlines. The deadline to register to vote is October 19, 2020. <https://registertovote.ca.gov/?ref=voteusa>
- ▶ Receive information about vote by mail options and in-person voting best practices
- ▶ Learn how to return your ballot in the mail or to any drop-off location in the state.
- ▶ Learn how to sign up for Where's My Ballot? to receive notifications about tracking your ballot

There will be time for Q & A



If you have questions, please contact Meggie Pina, Ombudsman Program Manager @ 831-655-7563 or mpina@allianceonaging.org
For more information about the November 3, 2020 Presidential General Election visit: <https://www.montereycountyelections.us/2020-presidential-general-election/>

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

Genealogy Work Group at Salinas Library

Date: Tuesday, Sept. 22, 2020; Time: 6:00-7:00 pm

Description: Researching family history can be exciting, as well as challenging. Work Groups are a chance to share ideas, resources, and support. Join us on our exploration and training on using platforms like Zoom for discussion and learning.

Get the Zoom invite and help with using Zoom by contacting Cathy at CathleenA@ci.salinas.ca.us

Website Link: <https://salinaspubliclibrary.org/GenealogyWorkGroup/September/2020>

(continued on P. 2)

About This Issue—and the Issues

With very little news regarding COVID-19 in Monterey County and the County's pretty much steady-state status with respect to infections, this issue of the newsletter will feature a number of online opportunities for education, entertainment, self-development and involvement.

This is not to say no news is good news and that online opportunities are welcome in our lives. In the no news and steady-state departments, new infections keep occurring at roughly a fraction of 1% to about 1% per day. Currently that's about 40 to 90 new COVID-19 diagnoses per day.

The number of active cases increases more slowly. Nearly 7,000 persons of the nearly 10,000 diagnosed to date have recovered. We Seniors have done well in keeping our rate of infections low, but among those infected the hospitalization and fatality rates are relatively high. Stay safe please.

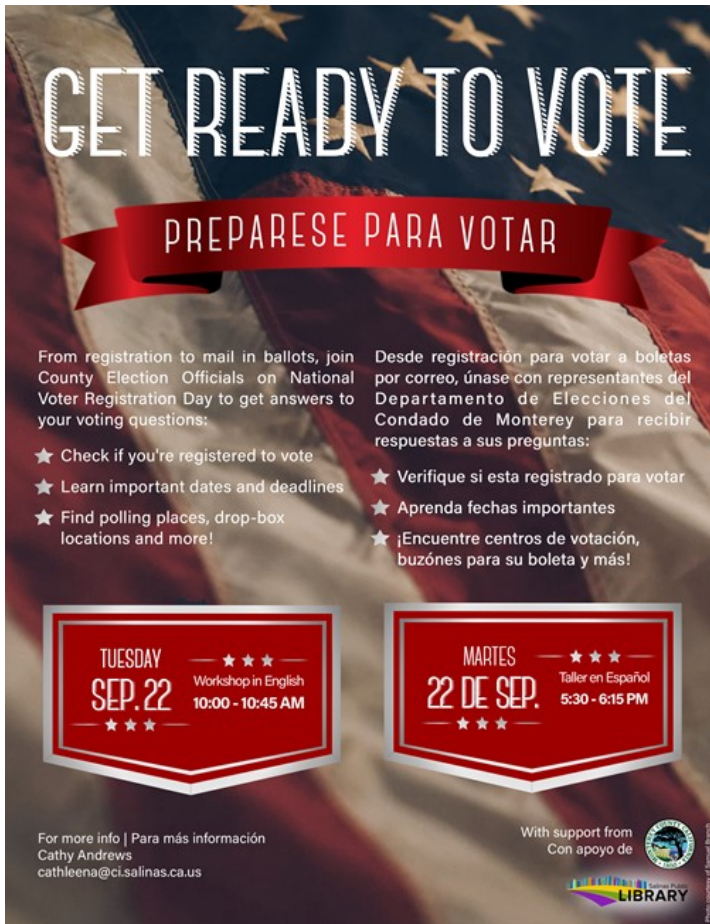
The new diagnoses, however, are keeping Monterey County in the purple or widespread infections tier and preventing the county from opening more businesses. That means an extended and indeterminate shelter-in-place requirement for MoCo residents. It's a shame, really, after Monterey County got off to an excellent low-incident start to the pandemic.

The increased opportunities for on-line involvement and participation in activities is not good news either. It means we (especially us seniors) are stuck with the threat of the virus for some time to come with little prospect for large-scale openings of businesses and sectors.

Finally, we all need to be aware that we are under a County ordinance requiring us to wear face masks in public and that we can be fined for not doing so.

So we make the best of it. In these pages you will find activities to help you do that.

More Voter Prep (cont.)—MoCo Elections



GET READY TO VOTE

PREPARESE PARA VOTAR

From registration to mail in ballots, join County Election Officials on National Voter Registration Day to get answers to your voting questions:

- ★ Check if you're registered to vote
- ★ Learn important dates and deadlines
- ★ Find polling places, drop-box locations and more!


Desde registraci3n para votar a boletas por correo, 3nase con representantes del Departamento de Elecciones del Condado de Monterey para recibir respuestas a sus preguntas:

- ★ Verifique si esta registrado para votar
- ★ Aprenda fechas importantes
- ★ 3Encuentre centros de votaci3n, buz3nes para su boleta y m3s!

TUESDAY
SEP. 22
 Workshop in English
 10:00 - 10:45 AM

MARTES
22 DE SEP.
 Taller en Espa3ol
 5:30 - 6:15 PM

For more info | Para m3s informaci3n
 Cathy Andrews
 cathleena@ci.salinas.ca.us

With support from
 Con apoyo de


Emergency Preparedness



Alliance on Aging Emergency Preparedness Zoom Workshop Learn the Basics: 3 Easy Steps to Prepare for an Emergency

Thursday September 24th, 2020
 10:00 am-11:30 am
 Join Zoom Meeting

<https://us02web.zoom.us/j/85862246667?pwd=TK44OTc4Vkp3OC9MbHZNCSrV1RuUT09>

Meeting ID: 858 6224 6667
 Passcode: 393824

Dial by your location
 +1 669 900 9128

Making the time to plan and prepare makes a difference!

- ▶ Identify likely emergencies that could happen in our community
- ▶ Learn how to sign up for Nixle and Alert Monterey County, our local Emergency Alert System.
- ▶ Learn where to get Monterey County Public Health information related to COVID-19
- ▶ Build your social network and create an emergency contact list
- ▶ Learn about the differences between Stay-At-Home, Sheltering in Place, Evacuation, or going to a Mass Care Shelter.
- ▶ Receive Emergency Communication Plan templates and begin to develop your personalized plan.
- ▶ Learn about different types of emergency kits and receive an emergency kit supply checklist.
- ▶ Identify items you'll need in your emergency kit based on your individualized needs

To register for the Zoom workshop, call 831-655-1334

Give us your name, call back number, email and mailing address and we will mail you the workshop handouts and sample emergency communication plans!

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

More Online Offerings (continued)

Get Savvy About What You Read Online

A project of the Poynter Institute, Mediawise (www.poynter.org/mediawise-for-seniors/) for Seniors offers free online courses to help older Americans detect and combat online misinformation. Its next class begins Sept. 24. You can click on the link above to find out more about the course and how to enroll.

Introduction to Buddhism

The Monterey, Salinas and Watsonville Buddhist Temples are offering an online Zoom course, Introduction to Buddhism, for seven weeks, from Sept. 30-Nov. 11, on Wednesdays, 1-2:30 PM.

Learn about history, culture and rituals within the Buddhist religion; life of Shakyamuni Buddha; six parmitas; six realms of existence and the Buddhist view of life and death. Survey the development of Buddhist traditions, rituals and culture of Buddhism.

The course fee donation is \$10 for Tri-Temple members and \$20 for non-members. Advance registration is required; to receive login information, email: centralcoasttritemple@gmail.com.



FIRST FRIDAY ART TALK

working artists reveal their story

OCTOBER 2

4:30-5:30 PM

MAI RYUNO

Mai is a Social Practice, performance, and installation artist as well as the founder of Full Play Ground, a social practice art studio. Her artworks are concept driven, process oriented, and playful. She loves using mixed matched mediums such as traditional painting, and non-traditional mediums with colors and patterns.



ELLIA BORBA

Ellia uses wire to wrap crystals and create one of a kind jewelry inspired by nature. She is a full-time student, small business owner of Ocean Kissed Crystals and her dream is to create artwork that promotes social change, specifically environmental sustainability.



Questions? Contact Jissella at JissellaD@ci.salinas.ca.us

(Online Opportunities continued next column)

(more stuff to do on next page)

Clean Your Shelves Donations Wanted



Donate Arts and Crafts Supplies
To seniors living in Skilled Nursing
and Assisted Living Facilities in
Monterey County

Imagine, Create, Connect

Seniors are experiencing isolation due to Covid-19 and they
need some inspiration! You can help by donating:

- Canvases and Paints
- Adult Coloring Books (especially floral coloring books)
- Fine tip Markers and Coloring Pencils
- Scrapbook Paper
- Bird houses and Bird seed
- Cricut Maker®

For more information or to donate
craft supplies please contact
Meggie Pina Ombudsman Program Manager
@ 831-655-7563
email: mpina@allianceonaging.org



Made with PosterMyWall.com



**MUSIC CD
DONATIONS NEEDED**

SENIORS LIVING IN SKILLED NURSING AND
ASSISTED LIVING FACILITIES ARE
EXPERIENCING ISOLATION DUE TO COVID-19.
THEY NEED SOME MUSICAL INSPIRATION!
YOU CAN HELP BY DONATING:

- JAZZ CDS
- CLASSICAL MUSIC CDS
- OLD VINYL RECORDS OF ANY SIZE

For more information or to
make a donation contact:
Meggie Pina
Ombudsman Program Manager
831-655-7563
email: mpina@allianceonaging.org



Made with PosterMyWall.com

Flu Shots, Other Business, Then Humor (cont.)

Wild and Scenic Film Festival

Ventana Wilderness Alliance hosts its Wild and Scenic Film Festival Benefit—where activism gets inspired—on Thursday, Oct. 8, from 6-9 PM. The virtual live event in your own home features 14 inspiring films about wild things and wild places, plus special guests and live chat.

For tickets and info go to ventanawild.org.

Flu Shots at ASI

We will be hosting VNA at ASI on Thursday October 22 from 1:00 to 3:00 pm for Flu Shots. Please leave a message for ASI at 424-5066 or email us at asi@activeseniorsinc.org and let us know you will be coming so we have enough flu shots on hand. Thank you and stay safe.

A Few More Poll Workers Needed

If you would be available on Nov. 3 for a four-hour shift and for a brief training session beforehand (numerous times and dates available), *please, consider helping ASI with the process of voting.* To volunteer please call or text George Niesen at (831) 595-3165, or email him at gniesen@redshift.com. Thank you.

2020 Membership Dues Are Still Payable

We are now receiving membership dues from the last newsletter notice. *I would like to thank those members who have supported us by sending their membership dues even though we are not open yet.*

If you have not yet paid your 2020 membership fee, please send your membership check to Active Seniors Inc., 100 Harvest St., Salinas, CA 93901. Your annual membership fee, after all, is only \$30 and we still have a few ongoing bills to pay.

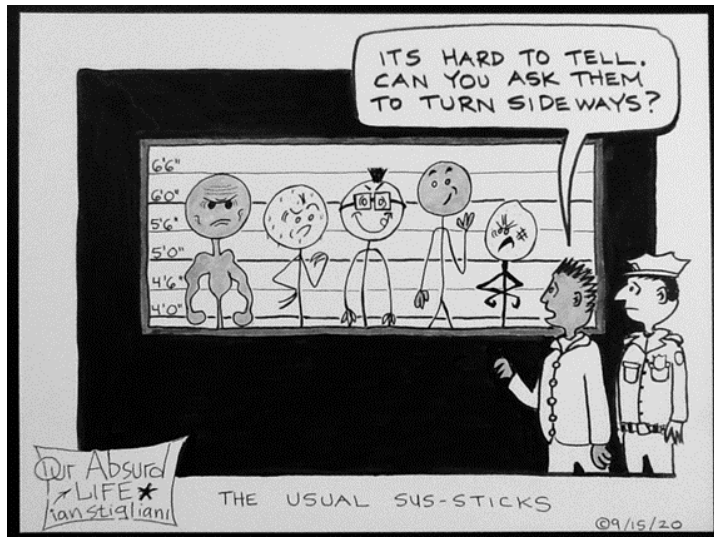
As soon as the pandemic in our area slows and the Monterey County Health Department allows us to reopen, we will be ready with limited activities. Please feel free to contact us. If you leave a phone message we will be glad to get back to you. We check US Mail, email and phone messages frequently.

I also want to thank our Board of Directors, Staff, Volunteers and you our members for your continued support of our organization. Stay Safe, Stay Healthy.

Dwight Freedman, Active Seniors Inc. President

Hey creative community! Just a reminder that Shakespeare was quarantined for the plague when he wrote King Lear. No pressure!!!

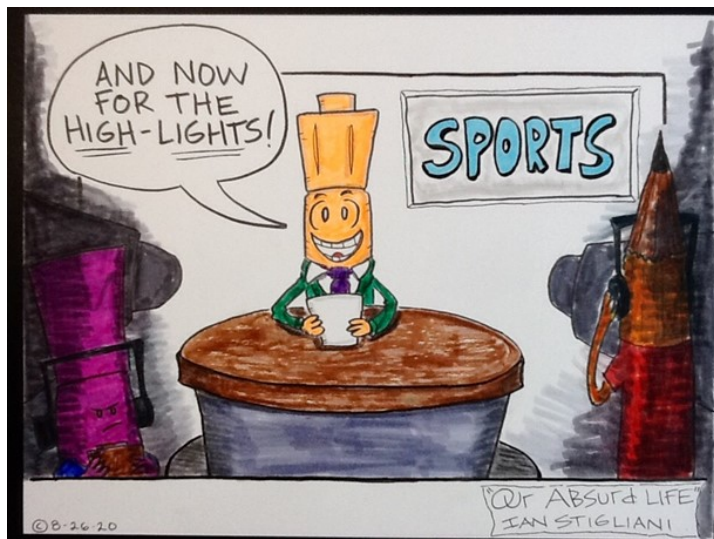
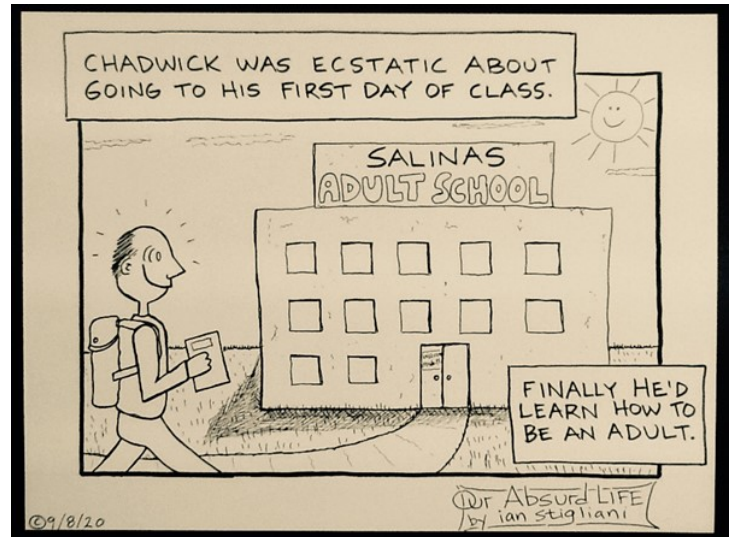
I was in a long line at 7:45 am today at the grocery store that opened at 8:00 for seniors only.
 A young man came from the parking lot and tried to cut in at the front of the line, but an old lady beat him back into the parking lot with her cane.
 He returned and tried to cut in again but an old man punched him in the gut, then kicked him to the ground and rolled him away.
 As he approached the line for the 3rd time he said, "If you don't let me unlock the door, you'll never get in there."



I wanted zombies and anarchy. Instead we got working from home and toilet paper shortages.

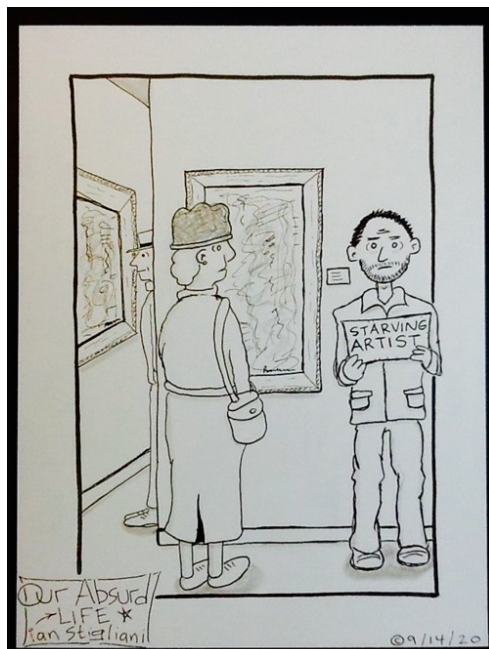
Worst. Apocalypse. Ever.

Ed Note: Looks to me as if there's plenty of zombies and anarchy out there.



Maybe now society will realize we can make it without celebrities and professional sports... but we can't make it without farmers and field workers and janitors and garbage men and store clerks and truck drivers, not to mention doctors, nurses, ambulance drivers, and... keep filling in the blanks.

September morning 2050: John opened the last package of toilet paper bought by his parents in 2020.



Coronavirus has turned us all into dogs. We wander around the house looking for food. We get told "No" if we get too close to strangers and we get really excited about going for walks and car rides.

Since everyone has started washing their hands like we're supposed to, we'll be working on shapes and colors next week.

Also highly contagious is kindness, patience, love, enthusiasm, and a positive attitude. Don't wait to catch it from others...be the carrier!

