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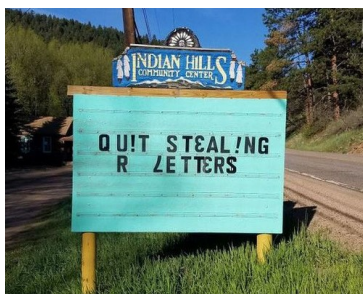
Monthly Newsletter - May 2020 Issue 3

Laughter—the Best Medicine

Welcome to your third May issue of the now-weekly ASI newsletter. This one, in an unplanned sort of way, turned out to be full of visual jokes and memes. We hope you will enjoy a little change in the form of humor, as it becomes more and more important to our mental well-being.

We hope we all continue to do well during these strange days (check out the Doors). And please continue to send me material (gniesen@redshift.com), although obviously I can't use it all. I try to select what I think is really funny and has wide appeal.

But as this all drags on I find myself more and more drawn to the odd and the bizarre (see Ian's cartoons elsewhere). I just hope that's not a sign of my mental deterioration. Well, on to the next issue.



Keeping Up—and Down—with Yoga

Practicing physical distancing and masking but still having fun

doing our yoga poses. Karen Towle, Sally Pettit, Brian Birkland, Elizabeth Birkland left to right, Robert Pettit in front.



Keeping Connected

Over a month ago, ASI President Dwight Freedman tasked the Board and other key Members with calling the entire ASI Membership just to check in, make a contact, and see if anyone needed anything.

Your Editor had 60 names on his list. He left messages for 21 people and actually talked to 38 individuals, 37 of whom said they were doing fine (with, naturally, a few joking comments about being bored or stir-crazy). One woman said she was doing just OK. That was because her husband had died in January and she was dealing with that.

Another woman volunteered to help in any way she could (contact me for the name if you know of a Member who needs some help).

What people missed were the freedom to just get out and go somewhere; connectivity in general; and a wide range of ASI activities, ranging from bridge to quilting to Zumba.

I had to thank Dwight for setting this all up. It was great for ME, to be able to make those calls, because everyone I talked to was

really friendly and positive and upbeat. Made me feel better about our collective situation.

And here is Sylvia Teixeira's comment on her calls: Sorry George, I have no tasty tidbits on how I helped a member with my phone call. I did learn from one member that riced cauliflower makes a great substitute for real rice in a Chinese fried rice recipe.



From AOA Mo. Co. Ombudsman Program via ITN Monterey County and Thad Evans



Send some cheer to seniors experiencing isolation



In this time of uncertainty, we need human connection more than ever! But many of our older adults are experiencing isolation on a deep level. In order to protect residents and staff from exposure to coronavirus (COVID-19), long-term care facilities have temporarily stopped welcoming visitors.

This means that residents are not able to see their families and friends... and since many do not use social media or teleconferencing apps, they have little or no connection to the outside world. They could really use support!

To ease the burden that isolation can have on the mind, body, and spirit, the Alliance on Aging Monterey County Ombudsman Program is organizing a campaign to send messages of encouragement to residents of their 48 Assisted Living Facilities and 16 Skilled Nursing Facilities. **Our goal is to send one card to each of our 2,846 residents. That's a lot of love!**

YOU can help bring some joy to those who need it. Can you pledge to send 10 cards to long-term care residents who need encouragement? Whether it is a postcard with a pep talk, a construction paper creation, or a store-bought but sincere sentiment, all contributions are welcome! See below for ideas and mailing details. We cannot wait to pass your cards along to each of our neighbors, and we will keep you updated as we progress towards that 2,846th card!

What kind of cards can I send?

The only limit is your imagination! Cards can be: - any size - on any paper - handmade or store bought - drawn or stenciled - or painted or typed - photos or collages.

How do I send cards?

Cards do not need to be enclosed in individual envelopes, they can be sent together in a large envelope or mailer. Please send your cards to: **Alliance on Aging Ombudsman Program, 247 Main St. Salinas, CA 93901**

What kinds of messages are needed?

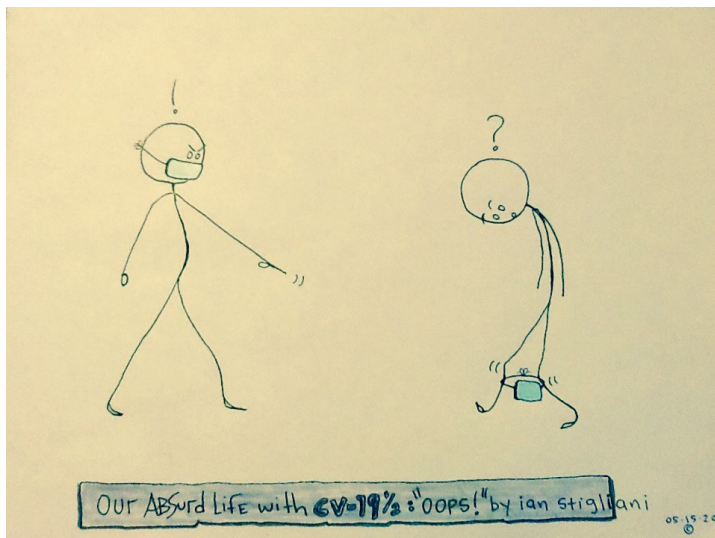
Residents need your strength, love, and compassion. Suggested wordings include: - Thinking of you, neighbor - You are loved - I'm sorry that you cannot have visitors - You are not alone - We care about you.... Your loving doodles/drawings are also welcome!

How many cards can I send?

Every single card will be appreciated, but we would love it if you could commit to sending 10 cards in a batch. After that, the sky's the limit! If we receive more cards than we have residents, we can expand to include staff members, or long-term care residents in other counties.

Ed Note: New Cartoonist

A neighbor—and friend, Ian Stigliani—committed himself (no, not that kind), as a result of shelter-in-place, to creating a cartoon a day for 90 days. He is offering them for use in our ASI Newsletter. They are funny, often for absurd and abstruse reasons. And of course we can't publish all 90. But here are a couple I hope you will enjoy.



Thad Evans Reports on the Great Plates Emergency Food Program

A lady I know called me about the first article in the May newsletter – Program for Food-insecure seniors. She doesn't have internet and the mailed portion was torn and she couldn't read it all. In helping her, I came across some more information. Here it is.

This is obviously a new program and Monterey County just started initiating it May 11. Just go onto the Monterey County website and you can find this:

Here are the eligibility requirements:

- Individuals who are 65 or older, or 60-64 and at high-risk as defined by the CDC, including:
 - o Individuals who are COVID-19 positive (as documented by a state/local public health official or medical health professional),
 - o Individuals who have been exposed to COVID-19 (as documented by a state/local public health official or medical health professional), or
 - o Individuals with an underlying health condition.
- Individuals must live alone or with one other program-eligible adult
- Participants must not currently receive assistance from other state or federal nutrition assistance programs
- Participants must earn no more than 600% the federal poverty limit
- Individuals must affirm an inability to prepare or obtain meals

If you think you are eligible, you can sign up by calling 211 or going to the following website(s): The first is the Alliance on Aging website that says A LITTLE about the program.

<https://www.co.monterey.ca.us/government/departments-i-z/social-services/area-agency-on-aging#aaa>

You might want to refer to the above website to so you'll know it's legit. The AoA website directs you to the following website on which you provide information about yourself for the program: <https://docs.google.com/forms/d/e/1FAIpQLSdeU6wjLfrv1oYd8iw-sn2DW4aPjLstL4-9ProoCbKZR6rEgg/viewform>

To me it sounds like someone has to be in pretty difficult straits to qualify, however.



Masks Request from Dorothy's Place

Volunteer mask makers needed. Dorothy's place is in need of 100 masks. If anyone can make 10 masks or so, that would be a huge help. For information, call or text Mimi Niesen at 831-595-7334. You can also deliver them to her front porch at 18 Willow St. Thank you.

Self-Directed Computer Classes

Come and join the **Salinas Public Library** every Monday and Friday at 2:00 p.m. for weekly Self-Directed Computer Classes conducted via Zoom. In these sessions, participants will put the skills they learned during the Beginning and Intermediate Classes to the test as they learn how to manage their time, create a photo journal, and even start their own blog! Click [here](#) to learn more, or call the [Literacy Center](#) at (831) 758-7916.

WARNING

Ed. Note: I debated running this joke. But after a chuckle we realize its seriousness. A case of COVID-19 in fact could easily result in a shorter life than an onset of cancer. And in fact we have cures for many cancers. So be safe, be cautious and take care.

Mr. Jones goes to see his doctor to learn the results of his recent lab test. "Good news, Mister Jones," says the doctor. "You do not have the virus. It's only cancer."

Kevin Bacon's Advice for a Strong and Long-Lasting Relationship

"Keep the fights clean and the sex dirty." (Quoted in *April/May AARP Magazine*, from *What Makes a Marriage Last*, by Marlo Thomas and Phil Donahue. Bacon and Kyra Sedgwick have been married 31 years.)

From Thad Evans—On Getting Tested

KSBW May 14 said the county is looking to get people tested – anyone, with or without symptoms – so they can go ahead with more re-opening – and said it's free. I decided to do it. It's a process and two states – CA and IN – have partnered with a company to get it done apparently.

You have to sign up on the company website and provide insurance information so I expect the company is billing insurance but not billing individuals. Anyway, I did it and the website got me an appointment on May 23 at Alisal HS. This is the only place in Monterey County, apparently, where the free testing is being done (besides south county and I wasn't offered that option but I was offered some in other counties).

Here's the website: <https://lhi.care/start>

Children's Logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently. "It means carrying a child."

Could This Be a New Normal? From Helma Zeuga

When going out wear a face mask. Once restaurants are open again and you want to eat there - have your mask still in place.

Then, when the food is placed in front of you and you are ready to eat - for right handers - reach with your left hand over to your right ear and carefully "peel" mask to the left - so your mouth is free. Then, with your right hand, take your fork and take a bite. Move the mask back on and start chewing. Repeat until plate is empty or you feel full.

Left-handers, of course, use their hands in reverse order: Move aside mask with right hand, eat with fork in left hand, etc. Bon appetit!

That's All Folks

