

OFFICE HOURS

Tentative Opening
July 20

asi@activeseniorsinc.org

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ACTIVE SENIORS INC.

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Monthly Newsletter - July 2020

Office Volunteers Much Needed

We are putting out an urgent plea for ASI Members who will feel comfortable working at the facility to step up and volunteer to help workshop leaders restart some activities that have been important and useful to Members. It's our volunteers who make ASI such a valuable resource for all of us active seniors.

We are also looking for someone to assume the Office Manager position which the wonderful Susan Riddoch has held for some time. Responsibilities include training and scheduling Office Staff. Under our COVID-19 conditions some further training of staff will be required.

As far as general policies and procedures, Susan has competently taken care to lay it all out in an office staff handbook. She has left huge shoes to fill but we are confident someone out there has the right-sized feet. Please consider being such a super volunteer.

Please contact President **Dwight Freedman** at dfreedma@sbcglobal.net or newsletter Editor **George Niesen** at gniesen@redshift.com or (831) 595-3165, if you could possibly help out a few hours per week (see schedule P. 2—hours are from 15-20 minutes prior to activity until all participants have left immediately following activity). Thank you.

Sturdy Round and Rectangular Tables Available

With the acquisition of lightweight tables, ASI needs to dispose of the older tables to make room for the storage of the new ones. If you have a use for the old tables, please contact ASI and make arrangements to pick them up.

They are the 5' round tables you will remember from the luncheons and the standard 6' long tables. Please contact Dwight or George (above) or leave a phone or email message at ASI (contact information is in the letterhead above), or contact individual Board Members. Thank you and good luck.

President's Message

Dear Active Seniors Members:

As California reopens, all businesses will need to create a safer, low-risk environment as a result of COVID-19. The Active Seniors Inc. Board, during weekly meetings through June, has established new rules and protocols that follow all CDC guidelines. That includes the following:

1. We have performed a detailed risk assessment and created a site-specific protection plan.
2. We have trained staff on how to limit the spread of COVID-19, including how to screen themselves for symptoms and when to stay home.
3. We have set up individual control measures including requiring a mask and temperature screenings.
4. We have disinfection protocols in place.
5. We have established physical distancing guidelines.

We will also limit the number of activities and participants.

We have contacted and reviewed our new rules and protocols with the County Health Department and have been given permission to open our facility.

Although some Members may consider returning to our activities, I urge you to consider your individual health situation, as most ASI Members would be considered as "High Risk". If you have any concerns, please contact your health care provider for an assessment prior to participating in our activities.

Our very tentative date to reopen is Monday, July 20. Please see our new rules, protocols, activities and schedule available on our website at <https://www.activeseniorsinc.org/covid-19-info>, or as detailed in this newsletter on P. 2.

Stay Safe and Stay Healthy.

Dwight Freedman, President, Active Seniors Inc.

Ed. Note: Below you will find the new rules and guidelines for the reopening and operation of the ASI facility. They will be prominently posted at the ASI entrance and conscientiously enforced. The ASI Board developed and refined these guidelines over several weekly meetings during June. It was an extraordinarily collaborative and truly uplifting effort, with all Board Members offering constructive comments and revisions. My thanks to the Board for its work and especially to President Dwight Freedman, who skillfully guided us through the process.

Active Seniors Inc. COVID-19 New Rules and Guidelines, 07/03/2020

- Anyone displaying symptoms of illness or reporting a recent illness cannot enter the facility.
- **N O M A S K N O E N T R Y**
- Physical Distancing of at least six feet must be observed.
- All members including staff will be scanned for a temperature check. No one will be allowed in the facility with a temperature higher than 100 degrees.
- A touchless hand sanitizer is available at the door and must be used by all who enter the facility.
- The screener will be required to wear both a face mask and gloves.
- All activities will be limited to a maximum number of participants providing for Physical Distancing, e.g., Zumba 24, Yoga 29, Line Dancing 24.
- Staff will check-in each activity participant on the sign-in sheet. Participants who are non-members must provide their name and phone number for contact tracing purposes.
- There will be no access to activity rooms A, B or the Kitchen until further notice.
- There will be no access to our Library for books, videos or magazines until further notice. Also, we will not accept books or magazines until further notice.
- There will be no access to our public computers until further notice.
- Bring exact change for your activity. ASI will no longer provide change.
- Food, snacks and candy will not be allowed in the facility.
- The drinking fountain will not be used until further notice. Bring your own water, juice, coffee or tea and stay hydrated during your activity.
- Once an activity begins the doors will be locked.

Wear a mask. That is, unless you want to be intubated by a gynecology intern who did her last semester of med school via ZOOM.

The Following Activities Will Be Available For Our Re-Opening Day

Day	Activity	Time	Max Count	Office Staff
Monday	Zumba	8:45 AM – 10:00 AM	24	TBD
Tuesday	Line Dancing	10:00 AM – 11:30 AM	24	TBD
Wednesday	Yoga	8:45 AM – 9:45 AM	29	TBD
Wednesday	Light Exercise	10:15 AM – 11:15 AM	24	Donna Elder-Holifield
Wednesday	Tai Chi	1:30 PM – 2:30 PM	24	TBD
Wednesday	Line Dancing	6:30 PM – 8:30 PM	24	N/A
Thursday	AOA Group	2:15 PM – 3:15 PM	20	Dwight Freedman
Friday	Yoga	8:45 AM – 9:45 AM	29	TBD
Friday	Zumba	10:15 AM – 11:15 AM	24	TBD

We put an old couch out on the sidewalk with a sign: "Couch—Free". It sat there for days. Finally we changed the sign to read: "Couch--\$100". It got "stolen" that night.

Joe Gunter, Salinas Mayor, Dies

Most of us are undoubtedly aware that Joe Gunter, Mayor of Salinas for the past eight years, died unexpectedly last week. Joe had given his heart to the City of Salinas with the commitment to make it a better place for all of us to live, work and play.

To that end he was a staunch supporter and a Member of Active Seniors, Inc. We will miss him and wish him well on his last journey. We also offer our best wishes to his family and our condolences. His full obituary is available in The Herald, <https://www.legacy.com/obituaries/montereyherald/obituary.aspx?n=joseph-david-gunter&pid=196440118&fhid=2351>, or in the Salinas Californian.

Spotlight on LET'S DANCE

By: June Radicchi

HER NAME IS SERA HIRASUNA. She is ASI's very own talented and generous dance instructor, nudging and nurturing dancers every Tuesday evening to challenge themselves with new moves to old rhythms.

When COVID-19 effectively stopped us in our tracks from gathering, Sera began to research online the various dances she teaches, as well as ones she felt we would enjoy from all over the world. She sent us her findings every other day. The virus did not stop her from encouraging us to get up and dance, even in our kitchens!

Most of us found Sera's passion for dance and sharing that passion with others to be far more contagious than the virus. Now Sera and the wonderful Moonglow Band, through the magic of ZOOM, fill our homes with music and dance instruction every Tuesday evening. We continue to look forward receiving her dance suggestions and other fascinating dance tidbits at least twice a week.

SERA EFFECTIVELY ANSWERS THE QUESTION, "WHY DANCE?" Her comments led to....It is an excellent and fun way to get into that Happy Zone...to express yourself, reduce tension, maintain a youthful feeling and attitude. It is exercise to music and you can allow yourself to get carried away. It is the satisfaction of learning an art form well with the right combination of fun and discipline...it is an invitation to get lost in the music...to communicate physically...it teaches you to be gentle with yourself, to have patience as you learn, consideration for partners...it is difficult to be unhappy while you dance....the world and confusion fade away giving your mind a much needed break.

Dance has a Spiritual component when energy is shared. Dancers learn to be gracious and considerate with one another...it is educational as well as good for the brain...it is freeing. Dancers stay limber longer, their bodies and souls nourished through movement for they can enjoy dance well into "old age". The delicious part of the endless benefits is that each of us gets to choose how much of the above we will allow ourselves to enjoy.

Sera was born in Honolulu, Hawaii, and has kept her Japanese last name, Hirasuna. She learned about segregation first hand as she lived on Ewa Sugar Plantation as a child, where housing, churches and community centers were segregated by Filipino, Japanese and "haole" (Caucasian) distinctions. Work options for the Japanese were restricted in post WWII Hawaii. Cultural practices endured.

Early childhood included a reverence for Education and Learning, a Japanese tradition that endures today. Chatter was discouraged, as were topics such as feelings, non-traditional opinions, anger, sickness, dreams. She witnessed her own mother put her own dreams aside in order to assume the traditional role of caregiver, subservient to men. But Sera would not be stifled for long.

At age three, Sera enjoyed a life changing experience that was to be the source of Joy, Passion, Creativity and Comfort her entire life. She fell in love with dance beginning with the Hula. She was so immersed and dedicated at such an early age to this beautiful and expressive dance, it is imprinted into her body, allowing her to teach Hula today without special practice.

Additional dance education included Ballet, Modern and, of course, Ballroom. She minored in Dance at University. A dance regret? Yes, she could not continue Balinese Dance since wearing contact lenses interfered with the complex eye movements of the Balinese dancer. Education included two Master's Degrees, one in English and a second in Psychology.

Sera met her husband, Richard, in Hawaii where he lived and worked for 16 years. They met at a poetry reading; both were English majors and both wrote poetry. They will have been married 39 years this summer and enjoy visits with their blended family.

Both are Teachers with vast experience in the business world (Silicon Valley) as well. They enjoy the small-town atmosphere of Salinas and the friendliness of the people. Richard is well known among us for his good humored presence, sometimes sharing his delightful stories Tuesday evenings at ASI. Sera is quick to mention that Richard was very supportive of her decision to become a dance instructor, which seems a fitting and natural culmination of her many years of dance and dance competition.

Sera's love for teaching shows in her earnestness and dedication to ensuring dancers are shown the correct steps and postures. But her final advice demonstrates the real goal: "Your steps do not have to be perfect. You just need to relax and have fun!"

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Thank you T & A

For mailing these!

