

OFFICE HOURS

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**ACTIVE SENIORS INC.**

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Monthly Newsletter - August 2020

On the State of Voting

At a recent meeting, the ASI Board voted to inform the Monterey County Elections Department that the Active Seniors facility will not be available for use as a polling place for the November election.

Long-time ASI Poll Workers were not going to be comfortable interacting with voters. Board Members were concerned about maintaining sanitation of the building. With the ongoing pandemic, even November seemed too soon to open for such a function.

What does this mean? First, it's likely that many other polling places nationwide will be unavailable. Second, as seniors comprise the great majority of poll workers, it's likely polling places will be understaffed, if staffed at all. Third, a significant reduction in the number of polling places means it will be more difficult for people to vote and particularly difficult for seniors with mobility and transportation issues.

Fortunately, in California, voters for decades have been able to vote by mail. Further, this year, every registered voter in California will receive in the mail a mail-in ballot, and voting by mail is easy. Voters can also deposit mail-in ballots with their county elections department office or a vote center through election day, or at a polling place on election day.

Voters should make sure now their registration is correct and up-to-date. You can do that online through the website for the California Secretary of State, <https://voterstatus.sos.ca.gov/>. Voters will also want to make sure they receive their mail-in ballots, which will go out in early October, about a month before the election. Voters will also need to get their ballots posted early enough to make sure they are postmarked not later than election day.

Everyone's vote counts. If you care about how your city, your state or the nation functions, you should vote. To ensure our governments best address the preferences and needs of the majority, encourage others to vote. Our democracy depends on widespread voter involvement.

President's Message

Hello Active Seniors Inc. Members:

As you may already know, Active Seniors Inc. has been around for just over 60 years through good and bad times. We are an all-volunteer organization that has survived the test of time with the support and dedication of our members, staff, and volunteers.

Our organization is basically supported through the membership and activity fees. Although the Covid-19 pandemic has temporarily closed us down, we still must pay our bills. Our bills include landscaping, phone service, Internet, Insurance, utilities (water, gas), security, and supplies, etc.

Our analysis of our membership shows that approximately 30% of our members have not renewed for the year 2020. Your renewal may have been forgotten due to the pandemic or some of you may have been awaiting tax returns.

Please note that we are not permanently closing, and we still need your support. 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.

As soon as the pandemic in our area slows and the Monterey County Health Department allows us to reopen, we will be ready to open 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 want to thank our Board of Directors, Staff, Volunteers and you our members for your continued support of our organization. Stay Safe and Stay Healthy.

Dwight Freedman
 Active Seniors Inc. President

Dr. Fauci Explains Viruses

“Chickenpox is a virus. Lots of people have had it, and probably don't think about it much once the initial illness has passed. But it stays in your body and lives there forever, and maybe when you're older, you have debilitatingly painful outbreaks of shingles. You don't just get over this virus in a few weeks, never to have another health effect. We know this because it's been around for years, and has been studied medically for years.

“Herpes is also a virus. And once someone has it, it stays in your body and lives there forever, and anytime they get a little run down or stressed-out they're going to have an outbreak. Maybe every time you have a big event coming up (school pictures, job interview, big date) you're going to get a cold sore. For the rest of your life. You don't just get over it in a few weeks. We know this because it's been around for years, and been studied medically for years.

“HIV is a virus. It attacks the immune system and makes the carrier far more vulnerable to other illnesses. It has a list of symptoms and negative health impacts that goes on and on. It was decades before viable treatments were developed that allowed people to live with a reasonable quality of life. Once you have it, it lives in your body forever and there is no cure. Over time, that takes a toll on the body, putting people living with HIV at greater risk for health conditions such as cardiovascular disease, kidney disease, diabetes, bone disease, liver disease, cognitive disorders, and some types of cancer. We know this because it has been around for years, and was studied medically for years.

“Now with COVID-19, we have a novel virus that spreads rapidly and easily. The full spectrum of symptoms and health effects is only just beginning to be cataloged, much less understood.

“So far the symptoms may include:

Fever	Sore throat	Swollen eyes
Fatigue	Headaches	Blood clots
Coughing	Difficulty breathing	Seizures
Pneumonia	Mental confusion	Liver damage
Chills/Trembling	Diarrhea	Kidney damage
Acute respiratory distress	Nausea or vomiting	Rash
Lung damage (potentially permanent)	Loss of appetite	COVID toes (weird, right?)
Loss of taste (neurological symptom)	Strokes have also been reported in some people who have COVID-19 (even in the relatively young)	

“People testing positive for COVID-19 have been documented to be sick even after 60 days. Many people are sick for weeks, get better, and then experience a rapid and sudden flare up and get sick all over again. A man in Seattle was hospitalized for 62 days, and while well enough to be released, still has a long road of recovery ahead of him. Not to mention a \$1.1 million medical bill.

“Then there is MIS-C. Multisystem inflammatory syndrome in children is a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. Children with MIS-C may have a fever and various symptoms, including abdominal pain, vomiting, diarrhea, neck pain, rash, blood-shot eyes, or feeling extra tired. While rare, it has caused deaths.

“This disease has not been around for years. It has basically been 6 months. No one knows yet the long-term health effects, or how it may present itself years down the road for people who have been exposed. We literally *do not know* what we do not know.

“For those in our society who suggest that people being cautious are cowards, for people who refuse to take even the simplest of precautions to protect themselves and those around them, I want to ask, without hyperbole and in all sincerity:

“How dare you?
“How dare you risk the lives of others so cavalierly. How dare you decide for others that they should welcome exposure as "getting it over with", when literally no one knows who will be the lucky "mild symptoms" case, and who may fall ill and die. Because while we know that some people are more susceptible to suffering a more serious case, we also know that 20 and 30-year-olds have died, marathon runners and fitness nuts have died, children and infants have died.

(continued on P. 3)

Dr. Fauci (continued from P. 1)

"How dare you behave as though you know more than medical experts, when those same experts acknowledge that there is so much we don't yet know, but with what we DO know, are smart enough to be scared of how easily this is spread, and recommend baseline precautions such as:

- | | |
|--|--|
| Frequent hand-washing | Covering your cough or sneeze |
| Physical distancing | Avoiding touching your face |
| Reduced social/public contact or interaction | Sanitizing frequently touched surfaces |
| Mask wearing | |

"The more things we can all do to mitigate our risk of exposure, the better off we all are, in my opinion. Not only does it flatten the curve and allow health care providers to maintain levels of service that aren't immediately and catastrophically overwhelmed; it also reduces unnecessary suffering and deaths, and buys time for the scientific community to study the virus in order to come to a more full understanding of the breadth of its impacts in both the short and long term.

"I reject the notion that it's "just a virus" and we'll all get it eventually. What a careless, lazy, heartless stance."

(Thanks to Tessa Carpenter for posting this, with a request to share it.)

Salinas Library Offers Kanopy

With the motto of "thoughtful entertainment," **Kanopy** provides access to films of unique social and cultural value; films that are often difficult or impossible to access elsewhere; and programming that features diversity, with a wide array of foreign language films and films on race, and current affairs.

Click [here](#) to get started and view all of their offerings. A service of Salinas Public Libraries, you can "check out" up to five movies per month on your library card at no charge.



Monterey County Weekly Recognizes Cartoonist Ian Stigliani

By Ian Stagliani

Thanks to Walter Ryce, an editor and arts and culture writer for our local newspaper, *The Monterey County Weekly*, who has written a short piece about my 90 cartoons in 90 days challenge and has included a couple of my cartoons. See montereycountyweekly.com, the June 25-July 1 issue in the archive. Thank you, Mr. Ryce.



ACTIVE SENIORS, INC.
VOLUME 24 ISSUE 8
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Thank you T & A

For mailing these!

About This Issue, and Associate Editor Wanted

For the first time in two-and-a-half years, your Editor had no material for a newsletter. For this USPS-delivered issue he has collected the best from the last couple months of the weekly email editions and compiled this print version featuring material our hard-copy "subscribers" have not had the opportunity to experience.

Your Editor is encouraging ASI Members to contribute articles or suggestions for articles or bits of humor you think other Members would like, and he is also looking for an **Associate Editor** to help with newsletter production. Please send your submissions, suggestions and **offers to volunteer** to George Niesen, gniesen@redshift.com or text or call him at 831-595-3165.

Ed. Note: ASI Member June Radicchi has sent me a series of T-shirts, which may or may not actually be in production, but which crafty ASI Members could recreate for themselves. I hope you enjoy them.

