

OFFICE HOURS

Limited Opening

Coming Soon

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Monthly Newsletter - June 2020

Moving On—With Caution

As Monterey County slowly reopens (see summary at right), we, as older individuals more susceptible to the potential ill effects of COVID-19, will have a lot of decisions to make regarding how quickly—or slowly—we wish to engage in the reopening.

Monterey County has been approved by the state to begin reopening, subject to restrictions. Dr. Moreno reminds us the shelter-in-place order remains in effect. Businesses must follow state requirements and establish appropriate safety policies before reopening. And individuals must decide what degree of risk—if any—we are willing to accept.

Many of us, then, may choose a very slow engagement with reopening. We can now shop, get haircuts, engage in more outdoor activities, return to offices, get children back into child care—and even eat in restaurants.

Restaurant seating will be well-spaced and we can enter a restaurant and order with a mask on but still we have to remove it to eat. Is that a risk we are willing to take? Do we want to shop, masked and well-spaced, for something we may not need right away?

Perhaps the biggest issues concern live entertainment, sporting events and religious services, which will likely be the last to fully reopen, although provisions are being made for religious reopenings, subject to certain restrictions.

Many of us may choose to avoid larger gatherings, maybe for some time. That is social distancing, unfortunately, as opposed to physical distancing. We may sorely miss the social interactions of these festivals—let's face it, they are fun—but should we take the risk of attending?

It's a new world out there, with new rules to learn for entering and navigating it. We can only hope we learn quickly, that we can accurately assess a situation for its risk and its potential, and that we can make informed choices which are safe and comfortable for us. Good luck!

Monterey County Enters Stage 2

Via the Salinas Valley Chamber of Commerce

The California Department of Public Health has approved and posted the Monterey County COVID-19 County Variance Attestation Form which will allow Monterey County to advance into expanded Stage 2.

Expanded Stage 2 allows the following to open in Monterey County:

- Dine-in Restaurants: other amenities, like bars or gaming areas, are **not permitted** in Stage 2
- Hair salons and barber shops
- Schools with modifications

Earlier this week, the Governor announced that places of worship and shopping malls would be allowed under early stage 2.

A new Shelter-in-Place Order was also issued yesterday to reflect the changes. Travel for non-essential activities is still not allowed. Apart from worship services, gatherings of people not from your household are not permitted.

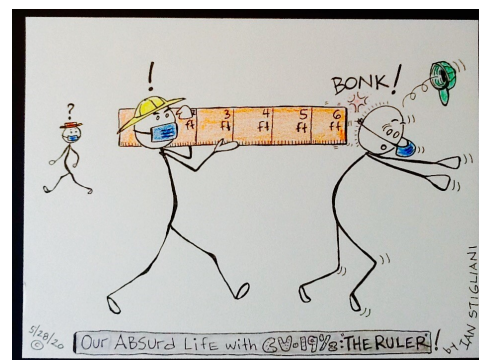
Guidance

for the newly allowed businesses is posted on the Monterey County Health Department's website.

For more information on the variance process visit <https://covid19.ca.gov/roadmap-counties/>

The Chamber will continue working with the County and others to help continue the process of re-opening our economy, always keeping safety in mind.

~CEO Paul Farmer and the Chamber team and Board of Directors



ASI Board Meets June 9

The active Seniors Board, after two monthly Zoom meetings, is planning its next meeting—masked and distanced—at the ASI facility. Board Members have the option of connecting by Zoom if they are not yet comfortable with a small distanced gathering.

The primary business of this Board meeting will be to discuss and develop plans and dates for opening the facility. ASI anticipates reopening in the near future, with mostly exercise programs that can be conducted with full physical distancing. Resumption of lunches is a long way away. Masks and extensive sanitation procedures will also be a part of the package.

The Human Cannonball, after a firing mishap, storms into the circus manager's office. "I've had it. I quit." The circus manager replies, "You can't quit. Wherever will I find another man of your caliber?"

Virtual Ballroom Dancing on Zoom

If you are looking for something fun to do on Tuesday nights, I suggest you come to our Virtual Ballroom Dance Party.

My wife Bari and I have been hosting the dance for the past three weeks now in an effort to continue the ballroom dance tradition that has been part of ASI of the past 60 years. It is proving to be an enjoyable experience consisting of a Welcome Chat, Dance Lesson with Sera, Dancing to the music of our band Moon Glow and finishing up with a Social Chat Time. The



doors open at 6 pm and the dance concludes at 8:15 pm or so. Bring your own cocktails and hors d'oeuvres.

The dance is complimentary, but we gladly accept donations to help with producing the dance and paying musicians. We plan on hosting the dance virtually until

"Shelter in Place" has been lifted and we can get back to physical dancing.

You don't really have to dance. Some people come to watch the band perform and the dancers twirl around their living rooms. You can also keep your screen blanked out if you are shy.

To join the dance party, just follow the links to "EventBrite" and "Zoom" I send out on Thursdays. To participate you will need to have Zoom installed on a desktop computer, laptop, iPad or iPhone. If you are not experienced in the use of Zoom, we can provide some support.

Here is a sample of the music we play at the dance. Hope to see you there. <https://www.youtube.com/watch?v=rGrB8zsRJgY>.
Chef Michael



Bike Rack Installed

As soon as ASI opens you can bike to 100 Harvest and securely lock your bike. Bike rack thanks to Margaret Neal (grant proposal writer) and TAMC (Transportation Agency for Monterey County). Installation thanks to Stanley Sokolow, Margaret Neal, Wayne McDaniel and Bob McGregor.



Elder Justice Summit Webinars Begin Next Week

The Elder Justice Summit Webinar Wednesdays start next week! Attached is an updated flyer that also includes dial-in information in case you have recipients/providers who may be interested in certain topics but prefer to call in by phone. The webinars are free and open to the public – no need to register in advance.

Just click on the flyer or call in on the day of the webinar to join! Topics include Isolation and Grief, Scam and Abuse Prevention, the California Master Plan on Aging, and the newly developing Aging and Disability Resource Connection. Hope to see you there, and feel free to pass on to your friends, family and other networks!

Best regards, **Susana Careaga**, Secretary, [Aging & Adult Services](#), [Monterey County Dept. of Social Services](#).
(831) 647-7757 | CareagaS1@co.monterey.ca.us.

My long-time and now aging handyman recently completed a repair job on my fence. "Thank you," I said, "It looks good." "It came out well," he said, "so it comes with a lifetime guarantee.... That's my lifetime, not yours, so it's not really guaranteed for very long."

ELDER JUSTICE SUMMIT

Webinar Wednesday Series

"Coming Together While Being Apart"

Join us every Wednesday 10:30am-12:00pm!

JUNE 10

You are Not Alone - Facing Isolation and Grief Together

Guest Speakers: Pat McDermott, MFT, in Private Practice, Ed Horsley of VNA/Hospice, and Amber Carroll of COVIA.

[CLICK HERE TO JOIN WEBINAR](#) Webinar ID: 915 0229 7666 Or Dial: US +1 669 900 6833

JUNE 17

Speaking Out When Sheltering In - Preventing and Addressing Scams and Abuse

Guest Speakers: Emanuel Santillan of YWCA, Becky Pimentel of Aging and Adult Services, and Kellie Morgantini of Legal Services for Seniors.

[CLICK HERE TO JOIN WEBINAR](#) Webinar ID: 976 0750 7835 Or Dial: US: +1 669 900 6833

JUNE 24

Creating a New Normal - The California Master Plan for Aging

Guest Speaker: Clay Kempf, Executive Director of Seniors Council (Santa Cruz).

[CLICK HERE TO JOIN WEBINAR](#) Webinar ID: 985 5108 3011 Or Dial: US: +1 669 900 6833

JULY 1

Bridging a New Normal - The Aging and Disability Resource Connection (ADRC)

Guest Speaker: Judy Cabrera of Central Coast Center for Independent Living (CCCIL).

[CLICK HERE TO JOIN WEBINAR](#) Webinar ID: 979 4349 6579 Or Dial: US: +1 669 900 6833

HOW TO JOIN THE WEBINARS: The webinars will start promptly at 10:30am on each of the dates mentioned above. To join, please see options above for each of the Webinars on their scheduled dates.



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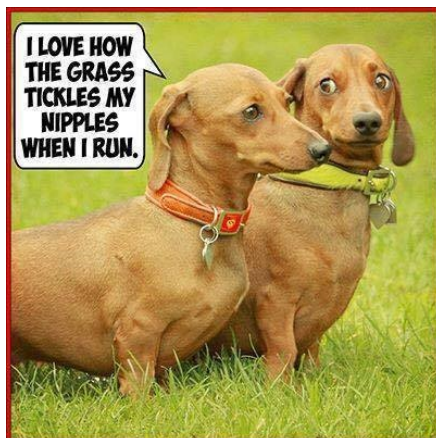
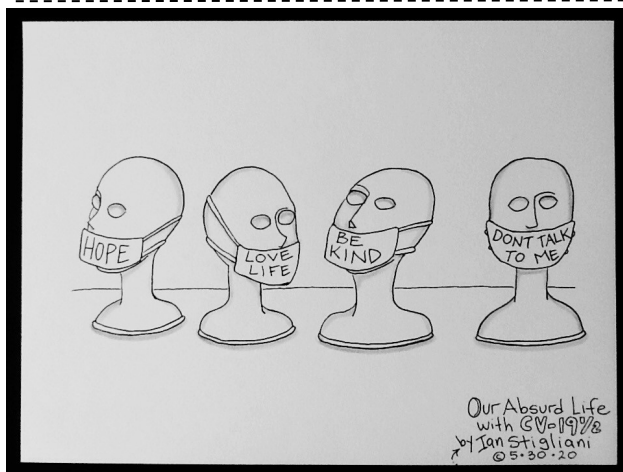
ITN Monterey County
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VOLUME 24 ISSUE 5
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Thank you T & A

For mailing these!



The Planta Burger—From Chef Michael

During my stay-at-home I have been cooking a lot and experimenting in my kitchen and veggie garden. I seem to be turning into a bit of a Vegan and have been searching for a good plant based burger. From the frozen section of my local grocery I really like the “Garden Ultimate Beefless Burger” and “The Beyond Burger.” The latter has quite a bit a fat (maybe why it tastes so good).

Problem is these burgers can get a bit expensive, so I have found a burger that is easy to make and pretty darn good--the “Planta Burger” developed by Vegan Chef David Lee from Toronto. Note: the burger can be a bit soft, so you can add an egg and a few extra oats to bind it better, but then it is not vegan anymore.

Ingredients

- 1 can Black Beans rinsed and drained
- 1 cup Cooked Lentils (approx. 1/2 cup dry) green or brown
- 1 pound Baby Bella Mushrooms cooked
- 1 can Chick Peas rinsed and drained
- 1 Small Beet grated
- 1 cup Oatmeal
- 1/4 cup Nutritional Yeast
- 1 tablespoon Arrowroot or Tapioca Starch
- 1/4 cup Fresh Parsley chopped
- 1/2 teaspoon Dried Rosemary
- 1 teaspoon Salt
- 1/2 teaspoon Pepper
- 1/4 teaspoon Cayenne or chili pepper flakes



Instructions

- Add chickpeas to the food processor and pulse until coarsely chopped. Add lentils, mushrooms, black beans and oatmeal. Pulse until a pliable mixture. Remove from processor to large bowl.
- To the mixture add grated beets, nutritional yeast, arrowroot starch chopped parsley, rosemary, salt, pepper, and cayenne/chili flakes. Mix well with hands.
- Form patties then refrigerate for 30 minutes before cooking.
- Heat oven to 450°F. In ovenproof skillet, over medium-high heat and a little oil cook patties 3 minutes per side.

Place burger patties in the oven for 10 minutes. Dress burgers as desired.