

OFFICE HOURS

Opening Postponed
Pending Safer Conditions
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ACTIVE SENIORS INC.

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Monthly Newsletter - September 2020

ASI Poll Workers Needed

Your ASI Board has authorized the use of the ASI facility as a polling place on Nov. 3, a service ASI has provided the MoCo Elections Dept. for decades. This year the Department provides PPE and shields. It will also pay for a cleaning before and after the election.

Bob McGregor feels strongly that ASI has an obligation as a tax-exempt organization to offer our facility, but "We shouldn't be in it just for the money, but consider it an act of patriotism." Now we need enough volunteers to make it a fundraiser for ASI (volunteers turn their Poll Worker checks over to ASI).

Bob recently talked to Mary Helen at the Elections Department and said she was ecstatic! Apparently they are desperate for polling places.

Bob will head up the organization and planning for ASI but he is obligated to be the Inspector where he has served many years in the past, so he can't work at ASI on election day.

George Niesen indicated that he would volunteer to work the election and almost immediately got drafted by Bob McGregor to be the precinct Inspector. Several Board Members also volunteered as well as a number of ASI Members who have previously served as Poll Workers.

We have a dozen volunteers right now but we anticipate needing several more given the additional requirements of controlling access to the building and ensuring physical distancing. Now it's up to you, our loyal ASI Members.

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), then *please, please, consider helping ASI as well as the nation with the process of voting.* To volunteer please call or text George at (831) 595-3165, or gniesen@redshift.com for email. (Note: Poll workers get paid but we donate our checks to ASI, making it a fundraiser for ASI.)

As Bob essentially said above, it's the right thing to do. Thank you.

Flu Season and Covid-19

By Kavita Patel, HuffPost's medical contributor

As if we didn't have enough public health concerns right now, cold and flu season is coming up.

First the good news: Flu rates overall may go down

Those vital health measures we're taking to prevent COVID-19? Yeah, they really do work — even beyond the coronavirus.

"Data from countries which would normally experience the flu season earlier (countries in the southern hemisphere) are seeing record low rates of the flu," Kavita Patel, HuffPost's medical contributor and a practicing internal medicine physician in Washington, D.C., wrote in an email. "More people are staying home, washing their hands and wearing masks. So, it is possible we will see similarly low rates if we continue those important precautions."

Some age groups may be more at risk for the flu because there could be lower rates of vaccination

Patel is worried that not as many people will proactively get a flu vaccine this year, so they can avoid medical centers during the pandemic. And that can put certain groups at risk.

"People might be reluctant" to go to the pharmacy or a doctor's office. We already know that people over the age of 65 as well as under the age of 2 are incredibly vulnerable to getting really sick from the flu — including dying. ... We could see an increase of cases in those categories."

Many may confuse flu and COVID-19 symptoms

"Many COVID-19 symptoms overlap with influenza symptoms including fever, chills, shortness of breath, fatigue, runny/stuffy nose, headache, muscle pain or aches and/or sore throat. We may see many patients who may not otherwise seek medical advice or treatment for a common cold or the flu now turning to their healthcare providers for reassurance and help differentiating between the common cold, influenza, and COVID-19."

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Common Flu Vs. COVID-19 (continued from P. 1)

If you're in this camp, there's one major differentiator between the flu and many COVID-19 cases: **"One key symptom that is present with COVID-19 ... is the loss of taste and smell."**

But never hesitate reaching out to your doctor when you're sick; it doesn't matter if it's a cold, the flu, COVID-19 or anything else that's making you feel unwell.

Be Safe and Be Well

Heartfelt Thank You's to ASI Cardmakers

From Suzanne du Verrier

Can you please add a giant thank you to your members who made greetings cards for all the people who are seniors in facilities in Monterey County?

We received a total of over 5,000 cards and every resident received a card, all Meals on Wheels recipients received a card and then the remainder went to seniors in Santa Cruz Co.

It was lovely seeing the love and energy that went into this fun project. Thank you

(Ed. Note: Done, included in newsletter. Suzanne was hoping to generate 2,800+ cards for residents in facilities in Monterey County. Everyone, including Suzanne, can be immensely proud of turning out nearly twice as many. Thank you, contributing ASI members. Great work bringing a bit of cheer to 5,000 people.)

Alliance on Aging Emergency Preparedness Zoom Workshop

Learn the Basics: 3 Easy Steps to Prepare for an Emergency

Thursday September 10th 2020, 10:00 am-11:30 am

Join Zoom Meeting, <https://us02web.zoom.us/j/82448730643>

Dial by your location, +1 669 900 9128; Meeting ID: 824 4873 0643



Making time to plan and prepare makes a difference! Participants will:

- 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 their social network and create an emergency contact list
- Learn the differences between Stay-At- Home, Sheltering in Place, Evacuation, or going to Mass Care Shelter.
- Receive Emergency Communication Plan templates and begin to develop a personalized plan.
- Learn about different types of emergency kits and receive an emergency kit supply checklist.

Identify items they will need in an emergency kit based on their individualized needs.

We are asking participants to register for the Zoom workshop by calling 831-655-1334. Alliance on Aging staff will collect the name, call back number, email and mailing address for each participant. We will email/mail workshop handouts and sample emergency communication plans to the folks who register.

Our AOA staff found the workshop helpful when exploring emergency planning. Take care.

Meggie Pina, Ombudsman Program Manager, Alliance on Aging, 247 Main St., Salinas, CA 93901

Direct: 831-655-7563; Fax: 831-751-1937; Click: www.allianceonaging.org

Fraud Watch Network

First came the Health Scams, next came the Economic scams, and now Contact Tracing Scams. When it comes to fraud, vigilance is our number one weapon. You have the power to protect yourself and your loved ones from scams. Check out the link here at <https://www.aarp.org/money/scams-fraud/> to the AARP Fraud Watch Network for a wealth of information on fraud and scams.

Stay Safe while Online...

Comments on Reopening

(Ed. Note: I invited the ASI Board and other members to respond to the following questions: "When ASI reopens, what are your plans? Your expectations? Your hopes? What moves, individually and collectively, should we be making or anticipating?" These are the comments I received.)

"After singing my own (off-key) rendition of "Happy Days Are Here Again", I plan to delight in greeting old friends, seeing new faces, and signing up for my favorite activities as well as checking out new possibilities. I will peruse the bookshelves and feel at home again. My expectations are that our Harvest Street home will be a clean/safe haven and activity leaders will be as ready and eager as I am to resume. (What I WON'T be doing is wasting time from my activities to rehash the past.) I am eager to move forward."

June

"When the state and county lift the indoor eating requirement in restaurants, I would like to see small groups with proper social distancing allowed to meet and have lunch together. They would be required to bring in their own food with no sharing."

Wayne

"At the risk of stating the obvious, I would like to see that when life returns to normal if that is possible, it would be nice to see ASI resume as it was before. The ASI has a well-balanced formula of activities and social connections, commanded by an amazing board and leadership.

"Coming from the camp that is more cautious, my concern is we jump ahead too soon and risk lives in the process. Opening back up seems to be one great experiment that can be rewarding, but also have adverse effects.

"I think we should endeavor to reopen with a careful approach in stages with the intention of returning to where we were before all this started."

Chef Michael

"I look forward to a slow, cautious return to friends and fellowship. The priority with reopening must be the safety and wellbeing of our members. ASI is a caring family friendship we all want and need. It will happen."

Shirley

"On the surface it seems like a small thing, my Tuesday morning line dance class. But really, line dancing is a big part of my physical activity program. The class forces me to line dance at home so I can be prepared for my class. It forces me to use my brain because I have to learn new line dances and it forces me to use my computer, something I don't like doing, to download new music, look at YouTube and to communicate with other line dancers. The class also expands my social contacts. So--the opening of just one activity can have a big impact on daily life if it is a carryover activity. I think getting back to normal is not just what we do at the center, it is all that and what we take away from the center. The center helps to give my life structure. I don't particularly like structure. I am pretty happy wondering around the house all day getting nothing done. However, I recognize that it is not a very healthy day in, day out practice. Healthy aging involves activity both of mind and body. That's what I am looking forward to."

Silvia

"Looking forward to being able to be with the wonderful members of Active Seniors, Inc. once again. When we reopen it will be in stages, ensuring the safety of our members and volunteer staff.

"Based on previous directives, we will probably open with groups that can function with social distancing, no sitting at card tables, no touching each other as in ballroom dancing, but activities like Zumba, tai chi, yoga, etc. that can do their activity properly spaced from each other.

"When the state and county governments allow it, we will move into additional stages where, perhaps, folks can sit at a card table as long as they are wearing face masks, and other such activity.

"Whatever the sequence, I, like most of you, can't wait to resume activities at ASI because as we all know ACTIVE SENIORS ARE HAPPY SENIORS!"

Jim

As a new ASI Board member, I have been so impressed with all the considerations and discussions about how we can be safe in this time at our Center when we open. I feel like I'm living in a sci-fi novel...communicating through masks and technology. It feels strange but I'm willing to comply for the common good. I certainly don't want to be a "spreader"...unless it is peanut butter and jam.

Donna

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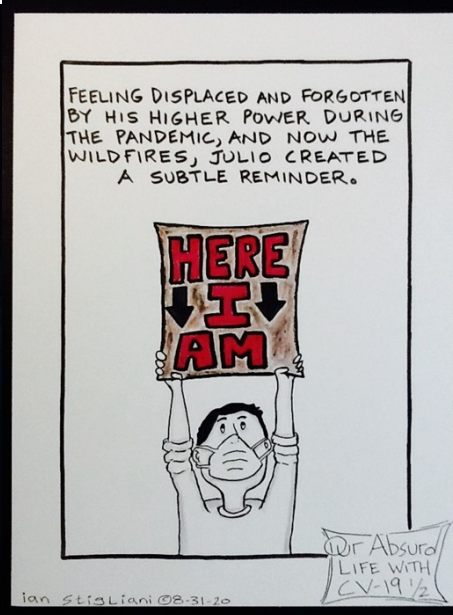
Thank you T & A

For mailing these!



The Mary Stanford Show

Mary Stanford, daughter of ASI Members Patrick and Cynthia Stanford, performs a bi-weekly virtual cabaret show of musical theater, standards and lost gems from the great American songbook. Broadcasts are live every other Tuesday (next show Sept. 15) from 8-9 pm, with a video posted after. Just search for "The Mary Stanford Show" on Facebook. Broadcasts are public so anyone with a FB account can watch. Donations to her weekly selected charity are encouraged but not required.



People ask: "Is coronavirus REALLY all that serious?" Listen y'all, the churches and casinos are closed. When heaven and hell agree on the same thing it's probably pretty serious.

It may take a village to raise a child but I swear its going to take a vineyard to home school one.