

OFFICE HOURS

Limited Phased Opening Set
for April 19

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Monthly Newsletter - April 2021

Alliance on Aging Tax Prep Available

The IRS and the CA Franchise Tax Board have extended the deadline for filing 2020 income taxes (and paying anything owed) until May 17. Any estimated tax payments for 2021 are still due April 15.

The Alliance on Aging has already prepared and transmitted taxes for more than 1,000 seniors this year and AOA can still help you if you're age 60 and over (an IRS requirement). The service, including e-filing, is free. There is no income limit for this service.

Due to Covid concerns, seniors drop their paperwork off at the back door of the Salinas AoA office and, in the vast majority of cases, pick up their completed taxes the same day. Clients need to be available by phone in case the preparer has questions.

Appointments are required and are still available. AoA prefers you register online at [Alliance on Aging | Request for Tax Appointment](#) but if that's a problem you can call (831) 758-4011 or (831) 655-1334. When you receive an appointment date and time, you will be informed of what needs to be provided in the way of identification and paperwork. In all cases, this will include Form 13614-c, Intake/Interview and Quality Control Sheet (which must be filled out completely) and a signed consent form.

Recent Tech Talk Available on YouTube

By Dwight Freedman, President, Active Seniors Inc.

Please click on the link below to view the video of the ASI Technology Talk on February 25th. Unfortunately the sound is not very good. However, I have purchased a High Definition Webcam to improve both audio and video of our next video presentation.

Thank you for your participation and I look forward to seeing you soon.

<https://www.youtube.com/watch?v=PoVHj57O97o>

Police were summoned to a daycare center where a three-year-old was resisting a rest.

ASI Limited Phased Opening April 19

By Dwight Freedman, President, Active Seniors Inc.

I am immensely proud of the work our staff has done during the pandemic to continue to keep our members connected through email, phone, and our newsletter.

Also, our Board of Directors and staff have been working diligently over the last several weeks planning and preparing to open and meet your continuing needs and the needs of our community.

We are extremely excited to announce that we will be opening Active Seniors Inc. on Monday, April 19, at 9 am. Our operating hours will be from 9 am to 4 pm. Please note that the security and safety of everyone is our priority and we follow all CDC and state guidelines.

Initially, there will be limited activities and limits on the number of participants for each activity—please see the schedule on P. 2. Also, note that participation in our activities will be on a first come first serve basis. Our technology classes and monthly speaker programs will temporarily remain on Zoom video conferencing until further notice.

As we continue to monitor state and local health news, know that our Active Seniors Inc. Covid-19 Rules and Guidelines on P. 2 are "Subject to Change".

Thank you for your continued support of Active Seniors Inc. We sincerely hope you and your families stay safe and healthy.



Active Seniors Inc. Covid-19 Rules and Guidelines, 04/02/2021*

1. **Anyone displaying symptoms of illness or reporting a recent illness cannot enter the facility.**
2. No Mask No Entry.
3. No one will be allowed in the facility with a temperature higher than 100 degrees
4. A touchless hand sanitizer is available at the door and must be used by all who enter the facility.
5. Participants should bring their Vax card to show they are fully vaccinated. Fully vaccinated participants will be recorded by a screener at sign-in. If participant does **not** have a Vax card, participant's temperature must be checked at sign-in and participant must wear a mask at all times.
6. Any small group where **all participants have been fully vaccinated** are not required to wear masks: i.e. Bridge, Mahjong, Book Club, AoA, Technology Class etc.
7. For any small group where **all participants have not been fully vaccinated; the entire group must wear masks:** i.e. Bridge, Mahjong, Book Club, AoA, Technology Class etc.
8. Physical Distancing of at least six feet must be kept for all exercise activities.
9. Participants attending the Yoga Class must bring their own Yoga Mat and Block. For high intensity exercise classes such as Zumba, Line Dancing, Tai Chi, Yoga, Ballroom Dancing etc. participants must wear a mask.*
10. All **Office Volunteers** must be vaccinated
11. All **Activity Leaders** must be vaccinated
12. All activities will be limited to a maximum number of participants providing for Physical Distancing: e.g., Zumba 24, Yoga 29, Line Dancing 24 etc.
13. Staff will check-in each activity participant on the sign-in sheet. Non-member participants must follow the same rules described above.
14. Bring exact change for your activity. ASI will not provide change until further notice
15. Food and snacks will not be permitted in the facility.
16. The Kitchen will remain closed until further notice.
17. The drinking fountain will remain closed until further notice. Bring your own water, juice or coffee and stay hydrated during your activity.

*Subject to Change



Activities Available on Re-opening*

Day	Activity	Time	Max Count
Monday	Zumba	9:00 AM – 10:00 AM	24
Tuesday	Line Dancing	10:00 AM – 11:30 AM	24
Tuesday	Bridge	12:15 PM – 3:30 PM	24
Wednesday	Yoga	8:45 AM – 9:45 AM	29
Wednesday (Wed 4/21)	Book Club**	11:00 AM – 12:00 PM	12
Wednesday	Tai Chi	1:30 PM – 2:30 PM	24
Wednesday	Line Dancing	6:30 PM – 8:30 PM	24
Thursday	AOA Group	2:00 PM – 3:15 PM	12
Friday	Yoga	8:45 AM – 9:45 AM	29
Friday	Zumba	On Hold until May	24
Friday	Bridge	12:15 PM – 3:30 PM	24

*Subject to Change; **Kathy would like people to come with a book to suggest to the group

Promoting City Services to Seniors

City Council Member Orlando Osornio on April 29 at 4:00 pm will offer a Zoom presentation on the City's services to current and future seniors. Use this link to sign up for the session:

<https://zoom.us/j/91822163624?pwd=Q2pkTHdScGlwVllqQ05vMHJTQU02dz09>

Orlando was born and raised in Salinas, attending Roosevelt Elementary, Washington Middle School and Salinas High. He spent more than 10 years in the banking industry and now is owner of Tortas al 100 and a Hospice Consultant for Bridge Home Health and Hospice. He was recently elected City Council Member for District 4. He is a proud new dad of 10-month old Olivia Osornio and husband to Denise Osornio, a therapist for the Monterey County Rape Crisis Center.

10 Things the Fully Vaccinated Need to Know

By Michelle Crouch, AARP, March 19, 2021

If it has been at least two weeks since you received your last dose of the COVID-19 vaccine, congratulations! You are now considered “fully vaccinated.” But the majority of Americans have yet to be vaccinated--so precautions continue to be necessary. Here is specific guidance from the CDC and other health experts.

1. You still need to wear a mask. Wearing masks and social distancing are still important in helping slow its spread until we can reach herd immunity--when an estimated 70 to 85 percent of the population is vaccinated.
2. You could still catch COVID-19. This is the other reason experts don't want you to put aside your mask. Although all three vaccines authorized for emergency use in the U.S. are highly effective against severe disease and death, there's still a chance you could get infected.
3. You could infect someone else. Researchers are still studying whether the vaccines prevent the asymptomatic spread of the virus; early data indicates they likely do. But the evidence is preliminary.
4. You can visit friends and family. Fully vaccinated people can gather indoors with others who are also fully vaccinated, without wearing masks or distancing, because the chance of anyone getting infected is remote. You can also spend time inside with unvaccinated people from a single household, as long as no one is at increased risk for severe COVID-19 and no one lives with somebody who's at increased risk. That means you can visit (and hug!) your unvaccinated children and grandchildren.
5. You don't have to quarantine or get tested after exposure as long as you aren't experiencing any symptoms, the CDC says. If you develop a cough, fever, shortness of breath, diarrhea or other symptoms of COVID-19, however, you should get tested.
6. You should keep your vaccine record card handy. In the future, you may need proof of vaccination to travel, work in certain industries or attend large events. Your card may also come in handy to confirm which vaccine you received, and when you received it, if a booster dose is required. Some people are laminating their cards; another way to preserve it is to take a photo and store it on your phone. If you didn't hang on to your card, the provider that administered your vaccine should have an electronic or paper record of it.
7. Travel is still discouraged CDC Director Rochelle Walensky says. Every time there's a surge in travel, there's a surge in cases.
8. It's a good time to go to the doctor or dentist. The only screening you may want to hold off getting right away is your mammogram. Some experts recommend waiting four to six weeks after you are fully vaccinated to get a mammogram because of a possible false positive.
9. You may need a booster shot. Researchers still don't know how long immunity from the vaccines will last. Chances are we will have to get some kind of COVID-19 shot on a regular basis, perhaps once every three years or every year, like the flu shot.
10. A return to normal hinges on herd immunity. Estimates of when we will reach that point range from this summer to early 2022. Factors that will affect that timeline include the percentage of Americans willing to get the vaccine, how quickly a vaccine for children is authorized and how well the vaccines work against more contagious variants of the virus.





Thank you T & A

For mailing these!



To Sassy Quilters Especially By Kathleen Erickson

Hello fellow quilters. When our dear friend Sandy Ducato passed, her relatives asked if I would help her brother take care of her quilting fabric and some sewing equipment. So, for the last few weeks I have been setting everything up in Sandy's garage.

We have decided to have a sale for just her special Sassy Quilters quilting friends on Friday, April 16, from 10:00 am to 2:00 pm at Sandy's home. Another sale will be on Saturday, April 17, from 10:00 am to 2:00 pm, open to all for whatever is left. All the proceeds will go to Sandy's favorite charities.

Cash only, please. Carpooling is highly recommended as parking is very limited. Please wear a mask and practice social distancing. We hope you will be able to attend and find some things that will remind you of Sandy. Looking forward to seeing you.

ITNMC Seeks Volunteer Drivers

We're always looking for volunteers who have one day a month to drive, helping Independent Transportation Network Monterey County (ITNMC) riders maintain their independence. We would love to have you as an active member of our community.

Volunteers must provide one afternoon a week or a few hours during a month. You'll receive training and ITNMC arranges driving assignments and routes around your schedule. You could even pick up a rider on your way to work and do a good deed before the day begins!

All of us have a stake in helping ensure older adults and people with visual impairments can remain active once they stop driving. Volunteers help older people stay connected to families, friends and activities that bring meaning to their lives--and to yours. Use this link for more information and to download a volunteer application. <https://www.itnmontereycounty.org/volunteer-to-drive>