

OFFICE HOURS

9:00 am to 4:00 pm

Monday through Friday

asi@activeseniorsinc.org

831-424-5066



ACTIVE SENIORS INC.

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.org

[Like us on Facebook](#)

Monthly Newsletter - June 2021

Procedures for Returning to ASI (Until Further Notice)

Get vaccinated and bring your shot record the first time you participate in an activity (you can get an "I've been vaccinated" button). You will not need to show your card again. If a participant in an activity is fully vaccinated, you may optionally wear a mask. If you are **not** fully vaccinated, you **MUST** wear a mask at all times. Ballroom Dancing, Western/Line Dance and Luncheons will require all participants to be fully vaccinated.

We ask that participants arrive no more than 15 minutes before their activity begins as space is still limited by distancing inside the building. When you arrive your check-in volunteer will take your temperature. Anyone with a temperature of more than 100.6 will not be permitted to join any activity and will be asked to leave.

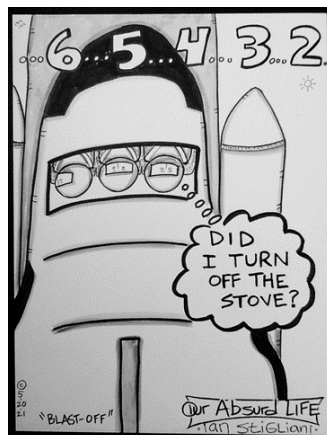
You may not bring food into the building. Please bring your own water, juice or tea and stay hydrated during your activity. Welcome back and enjoy your activity.

Tech Assistance Back on Activity Schedule

By Dwight Freedman

We will start holding the Technology Assistance Workshops on the third Thursday of each month from 1 to 3 pm beginning June 17th.

Anyone who would like to help in offering Technology assistance, please contact me, Dwight Freedman, dfreedma@sbcglobal.net. Thank you. For ASI Members looking for help with your technology issues, welcome back to the latest activity to be reintroduced to the ASI activity Schedule.



Vital, Rewarding Volunteer Openings

By David Balch, Closer Walk Founder and Director

For those looking for volunteer opportunities, there is a new outreach to the homeless in Chinatown called "Closer Walk", which is looking for weekly and monthly volunteers. Founded by members of several churches in Salinas, Closer Walk is a not-for-profit that seeks to build relationships with the folks that call Chinatown "home," and affirm their inherent human dignity.

Closer Walk has a two-pronged approach. To build relationships, Closer Walk volunteers engage in one-on-one conversations with the homeless (both on site and by walking through the neighborhood), provide individual prayer when requested, and host a weekly praise and worship session Saturday night.

To help meet the physical needs of the residents, Closer Walk volunteers run a clothing closet, hand out meals on Friday and Saturday evenings, and provide snacks during "open hours" during the week. In addition, a twice-weekly medical clinic is set to open by the end of June.

If you are interested in helping out with one of the projects listed above, please consider volunteering on a weekly or monthly basis. Volunteers are especially needed to help organize and run the clothing closet and to staff the daily "open hours." (While many of the volunteers are affiliated with local churches, not all are--and volunteers are most-welcome regardless of background!) "The more volunteers we have, the more we can do," says Director David Balch.

To get more information about Closer Walk, or to sign up as a volunteer, please contact David Balch at 831-809-5262, or email David at davidbalch@gmail.com.

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.

Henry Ford

Steinbeck House Volunteers Needed

The Valley Guild, owners and operators of the Steinbeck House restaurant and gift shop invite you to a volunteer information event. Find out how we run this local treasure, and how you can help us reopen safely (please bring masks).

The event is Sunday, June 13, from 2-4 pm, at the Steinbeck House, 132 Central, in Salinas. There is no cost to attend, light refreshments will be served, with talks from each department (restaurant, gift shop, museum). The event includes small group tours upstairs and downstairs as well as the cellar.

Please complete the section below and mail in your RSVP by June 5 and you will be entered into a drawing for a basket of Steinbeck Cellar merchandise (Steinbeck apron, Steinbeck cookbook, Steinbeck wine glasses, etc.)

Yes, I will attend your informational event and bring a mask. Name _____

Phone _____ Email _____ Food allergies _____

Mailing Address _____

Please return to Steinbeck House Volunteer Event, 132 Central Avenue, Salinas, CA 93901, or fax (831) 417-2923. Thank you. We look forward to seeing you.

Friday Night Western/Line Dancing Returns to ASI

Mark your calendar and save the date! Western Line Dancing will return to ASI on June 18 from 7:00 to 10:00 P.M. We'll be doing all the line dances being taught at the classes on Tuesday mornings from 10:00 to 11:30 A.M. and Wednesday nights from 6:30 to 8:30 P.M. along with some couples dances (2-step, waltz, cowboy cha cha, horseshoe).

ASI will enforce these guidelines * Fully vaccinated dancers only * Proof of vaccination. * No mask required. * Bring own beverage. * No food or snacks.

The Friday night dance schedule for 2021 can be obtained by visiting ASI. See you on the dance floor!



Greetings, Dancers & Music Lovers

By Michael Gaines

This Coming Tuesday, 6/8/21, we will be hosting the last Virtual Night Ballroom Dance on Zoom. This will be the 52nd dance we have hosted since COVID shut the live dance at ASI down on March 10, 2020.

The following Tuesday, June 15, we will be moving to a hybrid model with the reopening of live music, dance and the lesson at ASI. The lesson and dance will also be live streamed into a Zoom meeting for those who wish to attend from home. Expect detailed information this weekend about the dance reopening at ASI and how to continue to access the dance virtually if you wish.

Salinas Chamber Trips Back on Schedule

Thanks to Thad Evans

The Salinas Chamber of Commerce is planning trips to Spain and Portugal (Oct 14 – 9 days) and to South Africa (Nov 3 – 13 days). They will have trip briefings in person and by Zoom. For more information go to SalinasChamber.com and click on "Chamber Travel."

June Birthdays

Ed. Note: Jim Tripp suggested we note birthdays each month in the newsletter now that we are not putting them on the big screen at the luncheon. Your editor thought it was a great idea he should have come up with a year ago April! Thanks Jim for being about 13 steps ahead of me. What do you think, readers? Should we continue these monthly announcements? Or discontinue them when we resume the lunches (possibly as soon as July)? Let your editor know via email at griesen@redshift.com or by phone, 595-3165. Thank you.

Alice Clatterbuck	Margie Rossi
Arduth Seever	Mary Linzer
Betty Prunty	Mary Regina
Carol Collins	Pedroza
Diane Cadei	Pamela Lord
Gregory Higgins	Paula Gail Johnson
June Laarss	Pauline Salinas
Kevan Clarke	Teresa Ortiz
Lynette McGregor	Ursula Benedict

Did you hear about the fellow whose entire left side was cut off?
He's all right now.

Elder Abuse Awareness Month to Honor Amazing Volunteers

By Travis Beye, MSW, Mgmt. Analyst, Aging and Adult Services Branch

June is Elder Abuse Awareness Month and this year Monterey County's Area Agency on Aging will be holding its free virtual Elder Justice Summit titled "The Age of Change," on Wednesday, June 30 (>>>). We will also be including a tribute to some of our Amazing Volunteers.

We are asking people to submit short summaries and to share pictures of volunteers and advocates who have gone above and beyond to assist older adults and people with disabilities in our community. Your assistance would be appreciated to help us honor and celebrate those very special individuals who have done so much for at-risk elders during this pandemic (>>>).

Please submit nominations by June 10 to info@itnmontereycounty.org or call 831-233-3447. For more details visit www.itnmontereycounty.org



SAVE THE DATE
WEDNESDAY, JUNE 30, 2021
9:00 AM - 12:00 PM
Monterey County Elder Justice Summit
THE AGE OF CHANGE

This year's free virtual Elder Justice Summit will feature:

- Nationally recognized author and advocate Ashton Applewhite presenting "Still Kicking: Confronting Ageism and Ableism in the Pandemic's Wake"
- Forum on the Master Plan for Aging, California's action plan to meet the needs of older adults and people with disabilities.
- Community Volunteer and Advocate Recognition.

REGISTRATION INFORMATION COMING SOON

May 4 Senior Rally Day Accessible on Video

By John Pointer, Chair, Joint Rules Committee, California Senior Legislature

The May 4 Senior Rally Day was quite successful this year with a virtual format. We have loaded the video of the program from 10 am-12 noon to the Senior Rally Day website. You may access it by clicking on this link: <https://4csl.org/senior-rally-day/>.

Upon entry you will be greeted by Kevin Prindiville, Senior Rally Day Master of Ceremonies. By clicking on Kevin's picture you will be taken to the 10am-12noon program which focused on the Master Plan for Aging and included presentations by:

- Richard Figueroa, Deputy Cabinet Secretary, Governor's Office
- Kim McCoy Wade, Director, California Department of Aging
- Adam Willoughby, Assistant Director, Legislation California Dept. of Aging
- Sarah Steenhausen, Director of Policy & Advocacy, The SCAN Foundation
- Claire Ramsey, Senior Staff, Attorney Justice in Aging
- ASM Adrin Nazarian, Chair, Aging and Long Term Care Committee
- Eric Dowdy, Chief Government Affairs Officer, LeadingAge California
- Christina Mills, Ex. Dir., California Foundation for Independent Living Centers

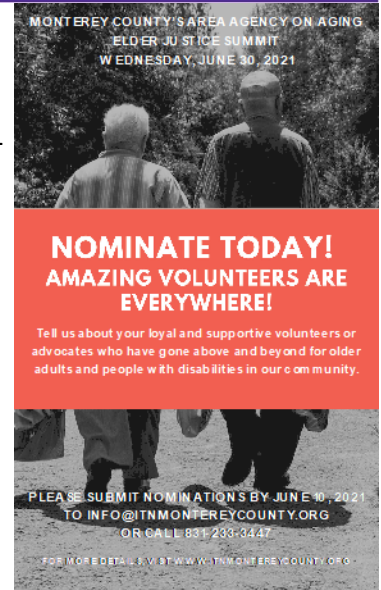
I urge you to click on the video *Welcome to Senior Rally Day* (>>>).

Mariya Kalina of the CA Collaborative for LTSS provides an overview of the Senior Rally Day lobby. Mariya references the four-minute clip of the 2019 Senior Rally as well as messages from a number of legislators. She also urges visitors of the Lobby to click on exhibitors to learn more about each. She also references the task bar and that under Materials there are a number of reference materials including Powerpoint slides used by the presenters.



Finally, for the first time we were able to reach a statewide audience through the Senior Rally Day format. However, we just scratched the surface. Our plan is to now make the two-hour program available to anyone not able to attend the Senior Rally Day event on May 4.

I ask you to help us in this endeavor by sharing the video with stakeholders in your community as we attempt to expand awareness of the Master Plan for Aging in the State.

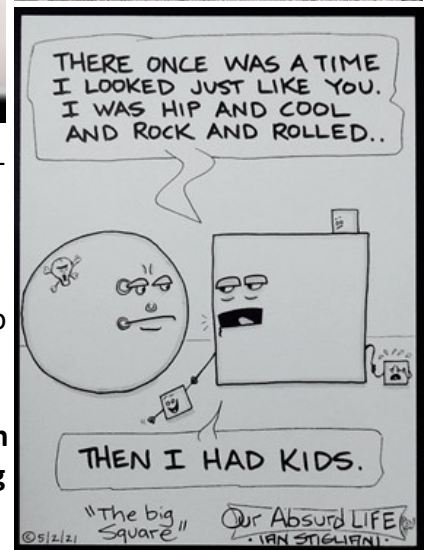


NOMINATE TODAY!
AMAZING VOLUNTEERS ARE EVERYWHERE!

Tell us about your loyal and supportive volunteers or advocates who have gone above and beyond for older adults and people with disabilities in our community.

PLEASE SUBMIT NOMINATIONS BY JUNE 10, 2021
TO INFO@ITNMONTEREYCOUNTY.ORG
OR CALL 831-233-3447

FOR MORE DETAILS VISIT WWW.ITNMONTEREYCOUNTY.ORG





Thank you T & A

For mailing these!



Lemon Balls Recipe

By Chef Michael

Lately I have been attempting to avoid white sugar, salt, bottled oil, processed foods and taking on an approach to eating foods in their natural form. Here is a nice little dessert bite. The sweet comes from dates and fat from the cashews. As with all my cooking I prefer using organic products.

Ingredients

- 2 cups raw cashews
- 2 lemons, juiced and zested
- 1½ cups unsweetened shredded coconut, plus extra for rolling
- ½ cup dates, pitted

Place cashews in a food processor, process to a fine powder. Add lemon juice, lemon zest, coconut and dates and process until consistency is thick and moist, adding a bit of water if needed.

Using hands, roll into small bite-size balls and then roll into some extra shredded coconut to coat the ball. Place into a container/dish and put in the refrigerator or freezer until hard. Makes about 30 balls.

Some artists of the 50's are revising their hits with new lyrics to accommodate baby boomers. Here's a few:

1. Herman's Hermits- Mrs. Brown you've got a lovely walker.
2. The Bee Gees- How can you mend a broken hip.
3. Bobby Darin- Splish Splash I was Having a flash.
4. Ringo Starr- I'll get by with the help from depends.
5. The Commodores- Once, twice, three times to the bathroom.
6. Marvin Gaye- Heard it from the Grape Nuts
7. Leo Sayer- You make me feel like napping.
8. Willie Nelson- On the commode again.
- 9- Procol Harem- A whiter shade of hair.
10. Johnny Nash- I can't see clearly now.
11. Helen Reddy- I am woman hear me snore.
12. Abba- Denture Queen.

