

OFFICE HOURS

Closed Until
Further Notice

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Monthly Newsletter - April 2020

Keeping Connected for Shelter in Place

ASI is closed until further notice (we are preempting the schedule of activities in this column until we open again). Some experts suggest we may be back to what is very loosely referred to as “normal” by June, following the Wuhan, China, pattern in which new cases of the corona virus declined significantly after a couple of months of isolation.

In the meantime we will try to serve ASI Members the best we can with this newsletter; with more or less weekly newsletters (thanks to a suggestion from Board Member Thad Evans); and with e-blasts via email.

Fortunately for e-mail newsletter recipients, we can include any number of pages and we plan to send out as much useful information as we can.

In fact we encourage our readers to contribute to the newsletter any information you think would be of interest to other ASI Members. We also will be printing jokes in the newsletter to lighten spirits and we hope you will send in some of your favorites.

Please send whatever you have to newsletter editor George Niesen, gniesen@redshift.com, or call or text him at (831) 595-3165. Thank you.

We are not sure yet what we will be able to provide our US Postal Service subscribers but we will try to keep you involved with ASI in some way or other. We suggest that print readers with computers access the ASI website (<https://www.activeseniorsinc.org/>) where you can read current and past issues of the newsletter.

Or you may be able to enlist the help of a friend with a computer, although during this “shelter in place” period, even that may be difficult.

In any case good luck, and take care. We hope to be through this soon.

When your editor talks about his younger years, he refers to a long-ago time “back when Dinah Shore roamed the earth.”

Why We Are Coping With Physical Distancing, by George Niesen

We are living in interesting times. For starters we no longer have access to Active Seniors, Inc. to help us remain healthy, stimulated and connected. We may be feeling isolated. We are likely exhibiting symptoms of stir-craziness. Our near-term future is totally uncertain. We have no good sense of what we should do. And for better or worse, richer or poorer (with emphasis on the second condition in each phrase) we are all in this together.

My awareness started with Robert Pettit’s observation at ASI’s March 12 luncheon. “What’s the best way to beat this virus? It’s to stay healthy. So come to your exercise classes at ASI.” That comment stuck with me and I accepted that approach as the way we should be living our lives.

Then ASI President Dwight Freedman called an emergency Board meeting for the next day, Friday, March 13, to determine a course of action for ASI. As I didn’t get the notice in time, I didn’t attend, which may not have been a bad thing. I don’t know how I might have voted but, following Robert’s suggestion, I would have at least argued for staying open. Wise heads prevailed, however, and ASI shut down that day.

As it turned out, ASI was ahead of the pack. A week later I had to agree that the decision to shut down was absolutely correct and most timely and may have saved ASI members from potential exposure to the COVID-19 virus. We are, after all, more susceptible due to our age.

CORONA BEER CHANGES THEIR NAME TO AVOID ASSOCIATION WITH THE CORONA VIRUS OUTBREAK



(continued on next page)

We owe a great deal of gratitude to Dwight for his quick, incisive and decisive action—in consultation with the Board—to protect the health of ASI and its Members. I thank you Dwight for myself and on behalf of all ASI Members. And Dwight, we appreciate your recurring e-blasts since the closure keeping us informed, updated and upbeat.

We best serve ourselves and our community by doing whatever we can to minimize the spread of the virus. That means avoiding exposure to and contact with people outside our immediate families. Avoid groups of people and maintain a six-foot distance between individuals. Wash your hands thoroughly and frequently. Work around your house. Please review the information provided elsewhere in the newsletter. Thank you.

Here is the latest message from President Dwight: “Active Seniors, Inc. is committed to helping protect the health and safety of all our members, and to serving our community. We will continue to closely monitor the changing situation and comply with all Public Health guidance.”

How Editor Is Compiling Your ASI Newsletters

As I began thinking about this newsletter I realized I didn't have any idea what would be appropriate and useful. I reached out (via email) with some ideas, questions and requests for input to the Board and key ASI Members.

My colleagues' responses were gratifying, well thought out, useful and heart-warming. I'm including some below. I am also reaching out now to the entire ASI Membership for newsletter material. If you have any information, humor or feel-good stories you think we can use and/or enjoy, please send it to me (see contact info P. 1).

Board Members Chime In

From **Donna Elder-Holifield**: George, I have been so encouraged and surprised at all the people who are checking on their friends via e-mail, telephone and other physically distant ways. On the news, I heard the expression that we are physically distancing, not socially distancing. That thought made me feel good and offered encouragement that some good might come out of this whole dilemma.

From **Dwight Freedman**: Hi All. I would like to go forward publishing the newsletter for April. We need to keep our members aware and informed. I believe Karen and Debbie are calling members to find out how they are doing. Contact Karen if you would like to help.

See the Fraud Document elsewhere in this letter. Here is a link to the Monterey County Office of Emergency Services: <https://www.co.monterey.ca.us/government/departments-a-h/administrative-office/office-of-emergency-services/response/covid-19> for people to get updates on our county. I would like to also add the link to the Monterey County Area on Aging website <https://www.co.monterey.ca.us/government/departments-i-z/social-services/area-agency-on-aging#aaa> and a link to the Alliance on Aging website <https://allianceonaging.org/>. These sites have a wealth of resources and information already there to keep members informed.

From **Thad Evans**: I might suggest a weekly email newsletter to keep in touch with members. Additionally, especially since almost all members now receive the newsletter via email, you could add an address (or something else) and ask them to reply to that address. That way, we could check on members and call any of those who don't respond—actually I received an ASI call late last week anyway. I'd be happy to help track such responses and help call non-responders.

From **Bob McGregor**: ASI has purchased twelve new Lifetime (brand) tables and cart that were on sale at Costco. The new tables are 72 inches in diameter as opposed to the 60 inches of the old tables. The new tables will easily seat ten people which gives us a capacity of 120 for our lunches without needing the rectangular tables. Hopefully we will be able to enjoy them soon. The new tables were purchased out of our donation fund. Thanks to all who have generously donated to our great organization.

Father to 6-year-old son:
John, do you know why the schools are shut down?

Son: Yes, it is because they are out of toilet paper!

Chumash Casino Trip Cancelled

From **Lynette McGregor**: I know I'll be cancelling our Chumash trip. Got only 21 signups out of 31 that we needed. Didn't help that the casino is now closed at least to the end of the month. Would love to have you mention that! Thanks. *Ed. Note: Done.*

Jim Tripp Working on 60th Anniversary Video, Needs Footage

At our last board meeting we talked about having a promotional video of ASI's 60th anniversary party. So, in my shelter in place spare time I put this video together using iMovie (<https://youtu.be/zEe9XkLu13Y>).

It would have been nice to show a photo of each of the tables we had set up showing some of our activities, but I did not have those. If any of you have some then please forward to me (wa6dij@gmail.com) and I'll try to edit them in. Thank you.

Two termites walk into a bar. One asks the other, "Is the bar tender here?"

Medicare Fraud Alert

Scammers may use COVID-19 as a guise to steal your identity and commit Medicare fraud. In some cases, they might tell you they'll send a Coronavirus test, masks, or other items in exchange for your Medicare number or personal information. Be wary of unsolicited requests for your Medicare number or other personal information.

It's important to always guard your Medicare card like a credit card and check your Medicare claims summary forms for errors. Only give your Medicare number to participating Medicare pharmacists, primary and specialty care doctors or people you trust to work with Medicare on your behalf. Remember, Medicare will never call you to ask for or check your Medicare number.

For information on protecting yourself from fraud and reporting suspected fraud, visit [Medicare.gov/fraud](https://www.medicare.gov/fraud).

Sincerely, *The Medicare Team*

Remember: You can find more information about COVID-19 and your Medicare coverage on [Medicare.gov](https://www.medicare.gov).

Nob Hill Offerings and Assistance (Sent in by Shirley Jones)

Here's Nob Hill's info on their bags of food and other items.

"We want to share some of the extra steps we are taking to support our at-risk and senior neighbors: Starting Thursday, March 19, we will offer curbside pickup for prescriptions at our [pharmacy locations](#).

- o Please contact your local pharmacy team via phone to make this request and schedule your pickup.
- o We will accept debit or credit card payment from your car.
- o This service is reserved for our at-risk and senior patients.
- o Unfortunately, we cannot coordinate your grocery and prescription pickup together.

Starting Saturday, March 21, we will have two unique [Senior Essentials Bags](#) available for purchase at a discount. These bags can be picked up daily, curbside or in-store. We will make every effort to meet demand.

- o **\$20 Bag:** Contains a mix of fresh items and pantry staples.

Raley's Instant Oatmeal, 11.8-15.1 oz. box	Raley's Mac & Cheese
Raley's Condensed Soup, 10.5 oz. can	Raley's Pasta, 12-16 oz.
Raley's Chunk Light Tuna, in Water, 5 oz. can	Raley's Pasta Sauce, 23-24 oz.
Raley's Peanut Butter, 16 oz. jar	Bananas, 1 bunch, (5-6 bananas roughly 2 lbs.)
Raley's Pinto, Kidney or Garbanzo Bean, 15.5 oz. can	(3) Large Navel Oranges, per lb. (roughly 2 lbs.)
Raley's Diced or Stewed Tomatoes, 14.5 oz. can	(3) Fuji Apples, per lb. (roughly 2 lbs.)
Raley's Canned Fruit, 15-15.25 oz. can	(3) Bulk Russet Potatoes, per lb. (roughly 2 lbs.)
Raley's Instant Mashed Potatoes, 14 oz. box	Raley's Mild, Hot or Breakfast Sausage Roll, 16 oz.

- o **\$35 Bag:** Contains ready-to-eat meals.

Freshly cooked, heat-and-eat entrées and salads. Product mix depends upon availability.

In an effort to serve as many customers as possible, we cannot customize bags based on allergy, diet or life-style. Product substitutions may apply. We call upon our customers to respect the intended purpose of this program, which is to serve seniors or those at risk.

Orders should be placed at least 48 hours in advance. We are still limited on inventory of high-demand items, but will do our best to complete order requests with substitutions. Please select the "allow substitutions" option on online orders.

For your peace of mind, we have increased security in our stores.

(continued on next page)

ACTIVE SENIORS, INC.
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Thank you T & A
For mailing these!

Continued from P. 3

If you are a senior or know someone who needs assistance, the following community resources are ready and willing to help:

[Administration for Community Living](#)

[Eskaton Senior Reassurance Line](#)

[California Department of Aging Senior Information](#)

[Meals on Wheels](#)

[Your Local Food Bank](#)

[Cal Fresh](#)

What to Do For Home-Schooling Grandchildren (sent by Thad Evans)

If you are caring for a child ages 2 - 7, [Khan Academy Kids](#) is a free and easy-to-use education program to help your children keep learning. The goal is not to replicate preschool or elementary school. We want to help you keep up the basics like reading and counting, with time to play and learn everyday skills around the house.

- [Daily Schedule](#): Routine can be difficult at the best of times but we are hearing that some families are finding it useful to structure the day in some way. The Khan Academy team made these schedules as a starting point.
- [Daily Circle Time](#): We read books together, do learning activities, talk about some big feelings children may be facing at this time, including a special episode on 3 superpowers that can help us during challenging times.
- [Offline Activities](#): These reinforce math, reading, writing, language, social emotional development, creativity.
- [A Parents' Guide](#): Read tips for getting started with remote learning
- We'd love to hear what resources would be most helpful for you. [Please let us know](#). You can also [join our webinar](#) next week to tell us live.

Everything we do is 100% free for children, forever. We are a non-profit and it is our mission to provide a free, world-class education for anyone anywhere. Especially during times like this, it is our duty to help all of you! Remember—focus on basics, develop a new routine if you can, and be kind to yourself. You are doing great. Take care, Caroline, Co-Founder, Khan Academy Kids, and Mom of two.

Best Shopping & Food Practices, by Michael Gaines

During these times of "Shelter in Place" I want to share a little information on shopping for food and how to handle it safely. COVID-19 can hang around quite a while, in the air and elsewhere, depending on the surface it adheres to. There has been a lot of conflicting information about COVID-19 and one must be diligent sifting through data. CDC is probably the best source. For myself, being of higher risk with asthma, I believe it is best to take things to extremes. We all have a lot of extra time, why not use some to keep yourself safe?

Here are some tips for dealing with food in this crisis:

Shop online and have food delivered to your doorstep. There are many online stores where you can get just about anything. The ones I use the most are Thrive Market, Amazon Prime. Please note it will take longer at this time to get your order (up to a week) and some items like sanitizers are currently unavailable (thanks to the Covidiot).

They said gloves and a mask were enough to go to the grocery store. They lied. Everyone else had clothes on.

Some grocery stores like our neighborhood Nob Hill have an order online and a curbside pickup service. Again it takes about a week to get an order filled. Nice thing is you can keep your distance, you're outside (I still wear a mask), and can stay in your car. Virus particle can linger in the air for up to 3 hours, so walking through stores is not my favorite practice. If you are OK with going inside a store, some of them like Whole Foods have early hours for seniors and Trader Joe's is only allowing 40 people in the store at a time.

When I come home from any store or outing, I take my shoes off and undress on the front porch, leaving my clothes there for two days or I put them in a plastic bag until I wash them. On entering the house, I take a shower and put on fresh clothes. I try to order mostly dry goods and produce from curbside pickup, leaving it in my car for two days until bringing it in the house.

I'm pretty much isolating at home every day and I have a ritual I go through when receiving shipped items and the mail. I put on plastic gloves and spray everything down with a disinfectant spray before I touch it. I leave everything on the front porch for two days, then open it up wearing gloves and bring it in the house.

It sounds nuts, but I wash all food items and produce in hot soapy water for 20 seconds, then rinse with cold water and air dry. I also spray and wipe down food wrapped in plastic and cardboard boxes. Plus, after any of these activities, wash your hands with soap for 20 seconds.

Here is a link to a great YouTube video (<https://www.youtube.com/watch?v=sjDuwc9KBps>), where a Doctor demonstrates safe ways to bring food into your home, including takeout food from restaurants. I was glad to see this video, because I was thinking I might have been going a bit overboard with my own safe food practices and it proved that being super careful is the best course to take.

Being a chef, I prefer not get takeout food and I make all our own meals at home. We bought a good supply of beans and other dried grains. I use an Instant Pot and it does a great job cooking all these items.

We all have to decide which course and practices are best for ourselves, but I have heard if you have gotten beyond feeling silly wearing a mask, then it probably is already too late.

Stay safe and sane until we meet again.

P.S. Nob Hill has a great curb side service (see the description Shirley sent in), \$5.95 curb side and \$6.95 delivered. First three are free. I just checked the Web Site and it takes 5 days to get an order. Go to <https://shop.raleys.com> to order. Things are evolving quickly. So keep up by checking websites or calling.

If you are OK with going inside a store, some stores like Whole Foods and Costco have early hours for seniors and Trader Joe's is only allowing 40 people in the store at a time. Nob Hill, Troia and other are starting to put together basic food packages.

Ed. Note: People with compromised immune systems and other serious medical issues should consider following the strict regime Michael has set out for himself. For most of the rest of us the minimum safety procedures should include wearing a mask (preferably an N95 mask) and gloves in stores; maintaining a 6-foot distance from other people, especially when taking a walk outdoors while not wearing a mask; washing hands thoroughly and frequently; and washing produce carefully. Sadly, far too many people are not following even these basic practices, making it all the more important that we do.

Chef Michael's Healthy Lifestyles--Turmeric Ginger Lemonade

I was originally planning on putting together a recipe for the Pesto Cream Sauce served at a ASI luncheon a few months back, but I thought it more import with COVID-19 in town to provide a "Super Immune Builder Drink Recipe." I have been drinking this daily for the past 10 years. Both the ginger and turmeric are great immune boosters and the black peppercorn super charges the turmeric. Easy to make and it can be consumed hot as a tea, but I prefer it cold. I make a huge pot and keep a pitcher on hand.

Stay Safe and Sane Until We Meet Again--Chef Michael

Turmeric Ginger Lemonade

Prep and cook time: 20 minutes

Serves 4

4 cups water

1 teaspoon turmeric powder (or a 3-inch strip fresh Turmeric Root, peeled)

1 teaspoon Ginger Powder (or a 4-inch strip fresh Ginger Root, peeled)

½ teaspoon Black Peppercorn

Honey or Stevia to taste

Lemon slices, or the juice of a full lemon (to taste)



Put water into a small pot and bring to a boil.

Make sure that the water has come to a full boil.

Add turmeric, ginger and peppercorns to boiling water and reduce to simmer for 8-10 minutes.

This will extract the beneficial compounds from the turmeric and ginger.

Remove the pot from the stove.

Strain the tea into a cup through a fine mesh strainer to filter out the particles of turmeric, ginger and pepper. Add sweetener and lemon to taste.