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Monthly Newsletter - May 2020

Recently Announced--California Meals For Food-Insecure Seniors

Gov. Newsom has announced a program that will reimburse local restaurants for delivering nutritious meals to at-risk seniors, three times a day, seven days a week. The program is designed to help our seniors, restaurants, and state revenue. There is no cap on the number of meals that will be delivered to some of California's 5.7 million seniors.

Not every person over the age of 65 is eligible--only seniors who are: At high risk of exposure to COVID-19; Have already been impacted or exposed directly; Have compromised immune systems; or Are below 600% of federal poverty guidelines (which comes out to \$74,940 for one person).

Restaurants will be reimbursed up to \$16 for breakfast, \$17 for lunch and \$28 for dinner deliveries. The funds will mostly come from the state and FEMA funds, though local governments will also pay a smaller share:

- 75% of cost will be picked up by FEMA
- 75% of the remaining 25% (18.75%) will be covered by State
- 25% of the remaining 25% (6.25%) will be covered by local government.

For more information you may follow this link to the State of California government website.

<https://covid19.ca.gov/restaurants-deliver-home-meals-for-seniors/>



Prime Video Presents the SXSW 2020 Film Festival Collection

April 27 Amazon Prime Video launches the South by Southwest Film Festival with 39 films, composed of narrative and documentary features, short films, and episodic titles.

Filmmakers in the official 2020 SXSW Film Festival lineup were invited to opt in to take part in this online film festival, which will play exclusively on Prime Video in the U.S. from **April 27 to May 6**. The one-time event will be available in front of the Prime Video paywall, free to all U.S. audiences with or without an Amazon Prime membership — all that is needed is a free Amazon account.

“SXSW has always championed creators forging their own paths to success, often with just the right mix of passion, vision, and radical experimentation to make their dreams happen,” said **Janet Pierson**, Director of Film at SXSW. “There is no one-size-fits-all, especially in these uncertain times, and we knew this opportunity would be of interest to those filmmakers who wanted to be in front of a large audience now. We believe people will be captivated by this selection of intriguing work that would have been shown at our 2020 event.”

“We understand every film has its own strategy and we know this opportunity may not make sense for every filmmaker. However, for those who want to share their stories right now and with as many people as possible, we’re excited to provide them this platform,” said **Jennifer Salke**, Head of Amazon Studios. “Until we are able to be together in person again, we hope this program allows these wonderful stories to virtually reach film lovers everywhere in the country.”

In addition to online panels and Q&As produced by SXSW, **FREE THE WORK** is collaborating with

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(SXSW continued)

Prime Video to promote and raise awareness for this program, organizing hosted panels featuring films and filmmakers from the lineup. Founded by filmmaker Alma Har'el, FREE THE WORK is a nonprofit initiative dedicated to identifying systemic inequalities in film, television, advertising, and media, and finding actionable solutions to expand access for underrepresented creators.

Explore the list below of 2020 SXSW Film Festival titles streaming on Prime Video from April 27 to May 6 at amazon.com/sxsw.

From: Philip M. Geiger | Dir. Outreach, Hospice Giving Fdn., Via Jissella Duarte, Librarian, Salinas Public Library: *Daily Online Advance Health Care Planning Workshops*

The COVID-19 pandemic has made many of us realize that we are not prepared for serious illness. Without documenting your plan in an Advance Health Care Directive, medical professionals have no way of knowing what kind of care you want if you cannot speak for yourself.

To get the care you want, you have to plan ahead. Hospice Giving Foundation is now offering free daily online Advance Health Care Planning workshops. Workshops are offered M-W-F at noon; Tu-Th at 5:30 PM.

In these interactive 45-minute sessions, workshop attendees will learn how to access, complete and formalize their wishes using an Advance Health Care Directive. [Learn more or register](#).

Taking care of these critical decisions in advance allows your family and loved ones to support your wishes, reducing the need for them to make burdensome decisions and bringing peace of mind to all involved.

From: Karen Towle--Sad News Out of Minneapolis:

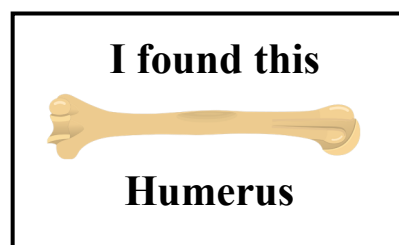
The Pillsbury Doughboy died yesterday in Minneapolis of a yeast infection and traumatic complications from repeated pokes in the belly. He was 71.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The gravesite was piled high with flours. Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded.

Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not regarded as a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still was a crusty old man and served as a positive roll model for millions.

Doughboy is survived by his wife, Play Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart.

The cremation was held at 3:50 for about 20 min. (If you smiled while reading this, please rise to the occasion and pass it on to someone having a crumby day and kneading a lift.)



Retailers Offering Coronavirus Testing

As the coronavirus outbreak continues to take a toll in the U.S., major pharmacy chains — including **CVS, Rite Aid and Walgreens**--as well as big retailers such as **Kroger and Walmart**--are stepping up efforts to offer [testing options](#) in local communities. All tests are free to patients who meet [eligibility criteria](#) established by the Centers for Disease Control and Prevention (CDC). Typical [symptoms](#) of COVID-19, the disease caused by the new coronavirus, include shortness of breath, fever and cough. Some retailers also are extending testing options to nonsymptomatic health care workers and first responders.

In general, **patients seeking testing must first undergo an online screening process to determine eligibility and secure an appointment.** Once at a testing site, usually arriving by car, the patient will be asked to self-administer a nose swab under the guidance of a pharmacist or other health care professional. Patients typically remain in their vehicles during testing. Some test results are delivered on-site; most, however, are delivered later by phone or email. Stay Safe & Stay Healthy.

Spotlight on Volunteers: René Panfil

René Panfil grew up just post-WW II in the ravaged border area between France and Germany. As a very young person living in Europe, René says, “you did what your Mom said.”

Right after the war everyone was poor. There was no infrastructure left and there were no functioning governments. People had to make do. René, like everyone else, helped in the community. She worked on farms, chopped wood, did whatever she could for her family and for other people she lived with. Work in the community for the good of the community became a genuine pleasure for her.

Anything that needed to be done became a shared responsibility and all community members helped out as they best could. Everyone was expected to do as much as she or he could and sometimes more. As a result, René grew up with a strong commitment to community service and her willingness to volunteer and help others is ingrained.

So it is that René has become a committed, conscientious and active volunteer at Active Seniors. René doesn't remember when she joined, but thinks maybe 4-5 years ago. Originally she came to the lunches with a friend. She liked the lunches and came every month, but once she checked out the ASI offerings and found the yoga class, she joined.

René says that if she likes an organization, a situation or an individual, she wants to know everything about that organization or person. She really likes ASI and volunteering is a good way to understand the ASI community and its operation as she learns, at the same time, how she can *best* serve ASI. Plus she has gotten to know the Salinas community, something that had escaped her, as she lives out in the country (Prunedale).

“I appreciate, first and foremost, all the “people” (volunteers as well as so members) at ASI; many of us have gotten to know each other well and have become wonderful friends (which would have NOT been possible without ASI and all its wonderful activities for seniors!)”

René volunteers in the office a couple of days a week and served on the ASI Board in 2018 and 2019, during which time she *was* the Membership Committee. That meant she was the one to call you and remind you, pleasantly and gently, to renew your lapsed membership.

Ed. Note: Speaking of memberships, many of you still need to renew for 2020. We realize you haven't been able to renew, with ASI closed and shelter-in-place requirements in force. As soon as we open again, however, please remember to re-member. Thank you.

René taught English, German and Social Studies at Seaside High School for 23 years before retiring in 2013. She has just over an acre on Berta Canyon Rd. which she seriously farms. She provides about half of her own groceries with vegetables she grows and fruit from her orchards, plus flowers as well. The cultivation and the maintenance of drip lines keeps her busy.

René walks her canyon several times a week and lifts weights to keep fit (as if the gardening was not enough!). She likes to cook European menus, all organic, and likes to have friends over for meals (except for right now). She reads a lot, non-fiction, in areas of history, political science, archeology and anthropology.

She considers herself very fortunate to have met ASI, and she loves it. She loves Bob McGregor and his jokes. She really appreciates ASI for the information it provides and for its classes. She misses going to classes now and seeing ASI members, but otherwise her life hasn't changed much.

She continues to connect with friends—by phone now—and as she shops only once every couple of months, she doesn't go out much anyway. Still, like most of us, she'll be glad to return to real social connections.



“Why is my sister's name Paris?”
“Because we conceived her in Paris”
“Thanks Dad”
“No problem, Quarantine”



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Thank you T & A

For mailing these!



From: Dwight Freedman--Be Aware of Census Scams...

While the current coronavirus (Covid-19) pandemic dominates headlines, the 2020 census count continues, with some adjustments. And while April 1 was Census Day, that does not mean it's too late to complete your questionnaire. In fact, it is required by law.

And as always, scammers are chasing headlines for their own personal financial benefit. One example: Scammers hunting for personal info are calling folks claiming that completing the census is required in order to be eligible to receive coronavirus stimulus funds. The Census Bureau says, however, that stimulus fund distribution is NOT connected to completion of the census questionnaire. But census scams don't stop there.

- Census scammers may contact you by phone, email, regular mail or home visit, or direct you to phony websites, seeking personal and financial information.
- Like other government impostors, they adopt the mantle of officialdom in hopes of winning your trust — and they have the added advantage of pretending to represent an agency specifically tasked with asking questions.

When it comes to fraud, vigilance is our number one weapon. You have received a Postal Service mailing from the Census Bureau inviting you to go online to respond or to wait for a subsequent mailed survey you can return by mail. The Census Bureau will not contact you by phone. If you have not responded, a census employee with full identification will likely make a home visit. Be sure to confirm the person's identity.

You have the power to protect yourself and your loved ones from scams.



From Chef Michael: Braised Fennel and Shallots with Parsley, Orange Zest

At present, I seem to have an abundance of fennel in my veggie garden, so I thought I would try something different than I usually do. I love braised fennel and most of the time I braise it in milk or an alternative savory milk, like hemp or oat milk. This time I thought I would try orange juice. I actually used mandarins and it came out pretty good.

INGREDIENTS (SERVES 4 to 6)

2 large fennel bulbs
3/4 pound shallots
1/4 cup olive oil, divided
1 cup orange juice
1/2 teaspoon sea salt
2 teaspoons minced flat-leaf parsley
1 teaspoon orange zest, grated with a coarse microplane



INSTRUCTIONS

Cut the fennel bulbs in half from root to stem, then slice the halves into wedges, being careful to keep some of the root end attached to each slice.

Peel & wedge shallots.

Sear fennel & shallots in olive oil in a large sauté pan

Add the orange juice to pan. Use a spatula to scrape any browned bits off of the bottom of the pan. Sprinkle with salt and stir to coat with orange juice. Cover the skillet and lower the heat slightly to medium-low. Cook until the vegetables are tender and orange juice has reduced to a glaze, about 15 minutes. You can also bake it in the oven.

Transfer the braised vegetables to a serving platter, using a spatula to scrape all of the glaze out of the skillet. Sprinkle with parsley and orange zest and serve.