

OFFICE HOURS

Plans to Reopen
Late June-Early July
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Weekly Newsletter - June 2020 Issue 2

Not Much News--A Sort Of Update

Not much material for this week's Active Seniors newsletter (except plenty of humor). In the news, businesses are reopening, some sectors at a rapid pace, others more slowly. Each of us needs to decide on our risk level, our comfort level, and the likelihood for contact in any given situation.

Is eating in OK with adequate table spacing (we have to remove our masks to eat). We'd like to socialize but probably only if we can do it safely. Are retailers actually sanitizing and enforcing mask-wearing to the extent they say they are? Once again, our risk level is up to us—it depends



on the personal decisions we make. Take care.

The Active Seniors Board met this week. After two months of Zoom meetings we decided we could meet in person at ASI, with one Board Member seated at each six-foot long table. Some kept masks on while others chose to remove them. I must say we all enjoyed the social interaction.

The primary agenda for the meeting was the reopening of ASI. The majority favored a go-slow approach and as a result ASI plans to open at the end of June or early July and even then with some clearly defined and fairly restrictive procedures which we are developing.

A major issue for the Board concerns the responsibilities and procedures for office staff. First, how can we keep them safe? How much and what kinds of interactions should they have with Members entering
(continued in next column)

the facility? Should activity groups be required to have their own screeners for temperature testing and signing in?

Other issues we are grappling with: Minimizing contact among people entering and exiting the building; rearranging activity schedules to minimize that contact; prohibiting food in the building with people bringing their own drinks; limiting the number of activities participants to maintain physical spacing; wearing masks during exercise; limiting shouting (exercise) and singing (ukulele) to reduce potential spread of virus.

Clearly we have work to do and important decisions to make, all with an eye to keeping ASI Members safe. As a result the Board will be meeting weekly during the next several weeks. During the process we welcome suggestions from Members. Contact any Board Member, send emails to activeseniorsinc.org or to me, George Niesen, at giesen@redshift.com. Thank you.

One last note. According to MC NOW (Monterey County Weekly's daily online news "paper", as of June 8 the largest proportion of confirmed COVID-19 cases in Monterey County, 27%, was among the age 24-34 cohort (206 of 751 cases). Ages 35-44 comprised 19% of cases and the 45-54 group 18%. Seniors (65+) had the next-to-lowest representation among cases at 9%, second only to ages 0-17.

I think that demonstrates seniors are being extremely careful, as they should. It also makes me think back to the days when we were young and carefree and invincible and never going to die. We can only hope our newest generations take note of changing realities.



Pasta Sauce Raphael

From George Niesen

This recipe originally comes from The Silver Palate Cookbook by Julee Rosso and Sheila Lukins. It's really delicious, it's vegetarian, and, if you leave the cheese out of the recipe (as we often have done), it's vegan (people can very easily sprinkle the cheese on later).

Years ago, for many years in a row, we hosted an annual "Starving Artists Spaghetti Feed" for the entire Western Stage company, about 150 members strong (the recipe scales up well). It became a community favorite. And the leftover sauce freezes very well.

The original recipe starts with four pounds of fresh tomatoes which need to be scalded, skinned, quartered, squeezed and chopped. Instead we substitute two 28 oz. cans of diced or crushed tomatoes. Mimi's oven-roasted frozen tomatoes also work great.

Ingredients

- 4 lbs. tomatoes (see above)
- 12 oz. marinated artichoke hearts
- ½ cup good quality olive oil
- 2 cups coarsely chopped yellow onions
- 4 garlic cloves, peeled and finely chopped
- ¼ cup dried basil
- ½ tablespoon dried oregano
- ½ cup finely chopped Italian parsley
- 1 small dried red pepper, finely crushed
- 3 tablespoons whole black peppercorns
- 1 teaspoon salt (perhaps omit with canned tomatoes)
- ¼ cup grated imported Romano cheese (see above)

Instructions

- Drain artichokes and reserve marinade
 - Heat olive oil in large saucepan and sauté onions, garlic, basil, oregano, parsley and dried red pepper over medium heat for five minutes
 - Crush black peppercorns and add to onion mixture
 - Add tomatoes, season with salt and simmer uncovered over medium heat for one hour (pay attention to liquid level)
 - Add reserved artichoke marinade and simmer, stirring often, for another 30 minutes
 - Stir in artichokes and continue to simmer until sauce is rich and thick, another 20 minutes or so.
 - Stir in Romano cheese (see above), taste and adjust seasoning, serve over favorite pasta
- Enough sauce for at least four pounds pasta (or freeze extra, see above)
It's also very good cold (room temperature)
Enjoy (visualize a big plate of wonderful pasta here).

Great Plates Still Available

You may be eligible for great plates delivery (see notice above). We have previously featured information about Great Plates but the above notice summarizes the information particularly well. And we have placed it beside a great recipe!

The Great Plates Delivered Program is For Our Seniors!

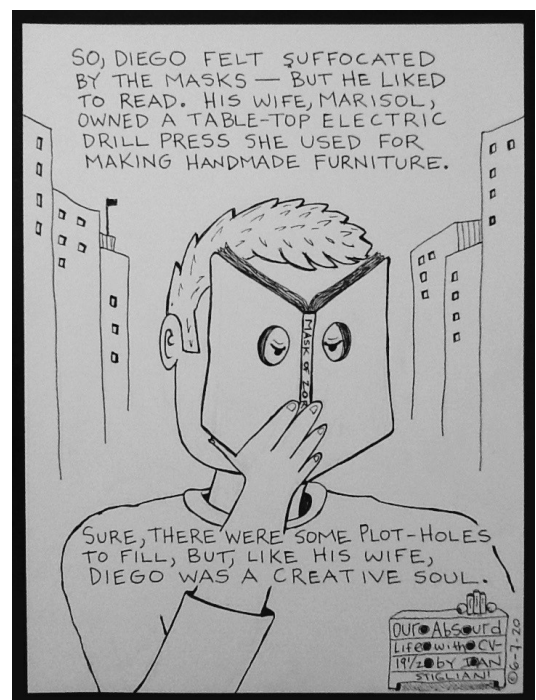
Are you...

- A resident of Monterey County?
- Over 60?
- High risk?
- Unable to shop for meals while you safely shelter at home?

You may be eligible to receive
3 nutritious meals a day.

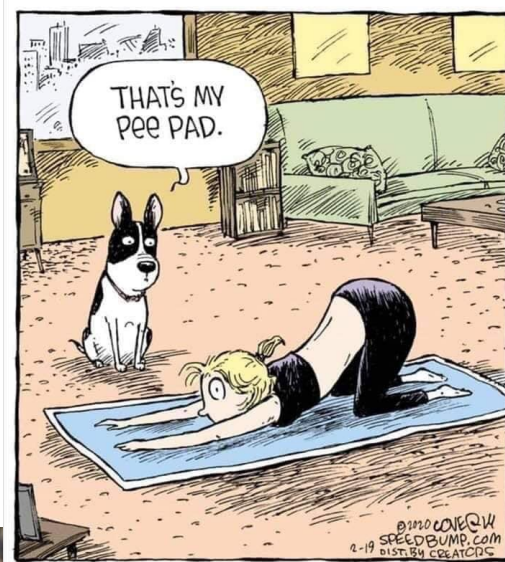
Please call 2-1-1 for a phone screening and to begin the application process, or you can apply for the
"Monterey County Senior Restaurant Program Intake" at:
<https://211montereycounty.org>

For more information call:
(831) 755-4447



Just Some More Humor

I was in the bathroom, putting on my makeup, under the watchful eyes of my young granddaughter, as I'd done many times before. After I applied my lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye....



That is not bacon, Karen. That is a Beggin Strip. I can sniff out cocaine in a hooker's buttcrack from across an airport. Do you really think that I can't tell fake bacon from the real thing?

i'll give you a hint,
it's not coronavirus



As people shelter in place and streets remain empty, the wildlife is returning to Inverness, Scotland ...

