

## OFFICE HOURS

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# Monthly Newsletter - May 2020 Issue 2

## Where We Stand

Today's right-hand column outlines the Governor's guidelines for re-opening our lives. Let's see where we stand and where we might be going.

First, let's recognize the great job our officials—state, county and local—have been doing. Here are the facts (from *MC Weekly*). As of Saturday afternoon, Monterey Co. reported 267 COVID-19 cases, 6 deaths. California numbers were 66,164 and 2,687. U.S. totals were 1,301,095 cases and 73,291 deaths.

With a U.S. population of about 329 million, California's at about 40 million, and Monterey Co. at some 433,000, California, with 12% of the nation's population, had only 5% of the nation's cases and 3.6% of U.S. deaths. Monterey County, with 1% of the state's population, did even better, with just .4% of the state's cases and .2% of the state's deaths.

That means we Californians—officials and the rest of us—are largely doing what we should to prevent contagion, which includes masking and avoiding physical contact with others as much as possible. In fact we are doing great and should appreciate that, while still continuing it for the near-term future.

What does this mean for Active Seniors? We must realize we are the most vulnerable segment of the population. As the state opens its businesses, we must continue to be extra careful. When among others, even with masks, we should move away from those who crowd our space. We should continue to avoid going out among people unless it's necessary.

Unfortunately, those requirements pretty much preclude an early opening of the Active Seniors facility and programs. You can tune in to some activities online—yoga, Zumba and qigong are there and ball-room dance picks up this Tuesday. We can maintain social contacts via phone and physical distancing on the streets and in our back yards. And your editor will continue publishing weekly newsletters until we open.

So here we are. Please be safe and don't rush back to the old normal. It may take some time.

## Newsom Plans Reopenings

CALIFORNIA — After weeks of waiting, Gov. Gavin Newsom announced last Monday that the state would [begin to lift restrictions in its stay-home order](#), starting by allowing retailers and manufacturers to open for business as early as Friday.

This step means that California is entering Stage 2 of its gradual, [four-part reopening plan](#), which Newsom laid out last week. The timeline for moving into each stage will depend on the state's ability to ramp up testing for the coronavirus, begin widespread contact tracing of people who've tested posi-

### THE SPREAD OF COVID-19 IS BASED ON TWO FACTORS

- 1) HOW DENSE THE POPULATION IS
- 2) HOW DENSE THE POPULATION IS

tive, and protect vulnerable residents, Newsom said.

Here are five things to

know about Monday's announcement:

### 1) Some businesses can reopen.

The only businesses allowed to reopen Friday are "low-risk" retailers that can open for curbside pickup, to minimize person-to-person contact. This includes clothing stores, bookstores, music and toy stores, sporting goods stores and florists — which will be able to open in time for Mother's Day on Sunday, Newsom pointed out.

To reopen, these retailers must comply with a set of health guidelines that the state will announce Thursday. Details haven't been shared, but they will likely require the businesses to ensure social distancing while they're open. Manufacturers and other logistics companies that make up retail supply chains can also reopen, Newsom said.

### 2) Many more cannot.

Offices, shopping malls and dine-in restaurants will not be permitted to open this week, even though they were included in Stage 2 of the initial reopening plan.

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Higher-risk venues like gyms, hair salons and churches, which include more person-to-person contact, won't reopen until the state enters Stage 3 of its plan.

And mass gathering places like concert venues and sports stadiums will stay closed until the state has access to drugs that treat COVID-19 — a development that [may take months](#) or longer, experts have said.

### 3) Some counties can lift orders sooner. Others can keep theirs stricter.

Some California counties, which have seen relatively mild outbreaks of COVID-19, can now develop their own containment plans in which they lift restrictions sooner than the rest of the state, Newsom announced Monday.

These counties, some of which had [already started defying the statewide order](#), can move further into Stage 2 by allowing restaurants and other hospitality venues to reopen. But the counties' plans must be certified by the local health officer and county supervisors, Newsom said.

On the other hand, regions like the Bay Area, which [have stricter stay-home rules](#) than the statewide order, are free to keep the stricter limits in place.

### 4) Stay-home orders could come back.

Reopening the state doesn't mean the virus will no longer be a threat. Hospitalizations have stabilized, and the state has expanded its health care capacity enough to treat a surge of patients, but people will keep getting sick until there's widespread access to a treatment for COVID-19.

That means stay-home orders could be reimposed if virus cases spike again, Newsom said Monday. Last month, he described this as a "toggling back and forth between more-restrictive and less-restrictive measures."

It's one of many reasons why life after the crisis will look much different than before. Restaurants will reopen but may have temperature checks at the door, along with fewer tables inside, officials have said. Face masks will likely remain common. And mass gatherings won't happen for the foreseeable future.

### 5) More testing and tracing are coming.

One reason for cautious optimism: State officials say they have ramped up their ability to trace and test for COVID-19—two metrics considered among the most important for containing the disease.

California is now testing 30,000 people each day for the disease—exceeding its goal of 25,000 by the end of April, Newsom said Monday. It eventually hopes to test 80,000 people each day.

Meanwhile, the governor announced a new program that he said will train 3,000 tracers per week, adding to an existing workforce of more than 2,800 tracers who work in 22 counties across the state. The "academy," developed in partnership with UC San Francisco and UCLA, will open Wednesday and aims to eventually train at least 20,000 contact tracers.

As the state considers when to further lift restrictions, officials will keep an eye on a number of metrics, including the rate of COVID-19 hospitalizations, the availability of personal protective equipment for health workers, the health care system's ability to handle a surge in patients, and the ability to continue tracing and testing for the virus.

An elderly couple had just learned how to send text messages. The wife was a romantic type, and the husband was more of a no-nonsense guy. One afternoon, the wife decided to send her husband a text. She wrote, "If you are laughing, send me your smile. If you are crying, send me your tears. And if you are sleeping, send me your dreams. I love you." Her husband texted back, "I'm on the toilet, please advise."

## Head in the Stars, Feet on the Ground

The Lone Ranger and Tonto went camping in the desert. After they got their tent set up, both fell sound asleep.

Some hours later, Tonto wakes the Lone Ranger and says, 'Kemo Sabe, look toward sky, what do you see?'

The Lone Ranger replies, 'I see millions of stars.' 'What that tell you?' asks Tonto.

The Lone Ranger ponders for a minute then says, 'Astronomically speaking, it tells me there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Time wise, it appears to be approximately a quarter past three in the morning. Theologically, the Lord is all-powerful and we are small and insignificant. Meteorologically, it seems we will have a beautiful day tomorrow. What's it tell you, Tonto?'

'You dumber than buffalo. It means someone stole the tent.'

## **Still WANTED--Alive: Associate Newsletter Editor**

Your Editor is still looking for an Associate Editor whose primary responsibility will be to produce the ASI newsletter when the Editor is traveling, out of town, out of the country, or infirm (none of that right now, of course, and fortunately). Good language skills a must. Desktop publishing experience extremely useful but not a requirement as your Editor is willing to fully train applicant.

I actually enjoy doing the newsletter and you will also if you are the right applicant. Please contact George Niesen, [gniesen@redshift.com](mailto:gniesen@redshift.com) or call or text me at 831-595-3165. Thank you and I am looking forward to working with you.

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said. "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

### **From Karen Towle: Brown Rice Salad—Serves Two**

This salad is heart healthy, easy to make and easy to double, keeps well, and carries well if you like to pack your lunch. It travels easily in a zip-lock bag.

Blanch 2 cups of broccoli florets and stems (cut into 1/2 inch pieces) in boiling water for 1 to 2 minutes. Cool under running water and drain.

In a large bowl, combine the broccoli, 1 cup cooked, cooled brown rice (quinoa works great too), 1/2 cup diced red bell pepper, 1/2 cup chopped scallions or green onions, 3 tablespoons grated Parmesan cheese, 2 tablespoons chopped basil, 1/4 teaspoon pepper, 1/8 teaspoon salt, and stir to mix well.

Add 2 tablespoons red wine vinegar and 2 teaspoons safflower oil (I use olive oil) and toss lightly. Refrigerate the salad for at least 4 hours, or until well chilled.

