

OFFICE HOURS

Closed Until
Further Notice

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Monthly Newsletter - April 2020 Issue 4

From: Dwight Freedman--Drive Thru Food Bank

The Firehouse Recreation Senior Center contacted ASI and has offered their Drive Thru Food Bank services to our members. You must call and register that you will be coming.

Where: Firehouse Recreation Senior Center
1330 E. Alisal St. Salinas, CA 93905

When: Thursdays only

Time: 9:30 AM

Contact: Elaine

Phone Number: (831) 775-4286

If seniors cannot drive and would like someone else to pick up the food for them, the senior must fill out a form and give it to the driver to pick up the food. I will have the forms. dfreedma@sbcglobal.net

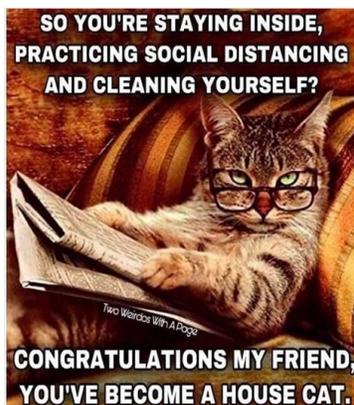
Monterey County Behavioral Health Services--Forward Together

MoCo Behavioral Health is offering opportunities (Forward Together/Avanzando Juntos) to build coping and resilience through free open web and phone-based workshops focusing on: Mindfulness and Self Care; Parenting; Mom's Connect; Teen Connect; Educators; and Senior Connect. In English or Spanish. Go to: <http://montereyforwardtogether.org> to join. For more information call (888) 258-6029.

From: Karen Towle —Help Available

SVMH has a hot line for anyone who needs help with rides, groceries or prescriptions.

Here is the phone number: 759-1875.



From: Suzanne du Verrier/Elke Ikeda: Cards for Nursing Home Residents

Hello Friends: I received the below request for "Thinking of You" cards from my good friend Suzanne. It would be much appreciated if you would participate in this effort to reach out to our senior citizens living in nursing homes. Life is difficult at these times and more so for the elderly living in homes. Please help make somebody feel loved and put a smile on their face. Please feel forward to others. THE MORE THE BETTER! Thanks, Elke Ikeda

My dear friends:

As many of you know I am one of 20 state certified Ombudsman volunteers in the county. Our mission is to assure that residents in nursing homes (SNIFS) rights and needs are met. During this virus age, we have not been able to make our visits to our senior residents. They have not been able to have any guests, including family.

The Ombudsmen and Meggie Pina (our fearless leader) have come up with an idea to have 2800 "thinking of you" cards made and to pass them out to the residents.

I am seeking volunteers, you my friends, to help us meet that goal. I have just recruited 4 of my grand kids to make cards. With shelter at home this is a great project for them. If any of you or your grand kids would like to participate and make or donate 10 cards each that would be wonderful. Please feel free to recruit friends and family.

I forgot to mention to you that we do NOT need the cards in envelopes. After you have made them or gathered them, just put them in a large brown envelope and mail them to me in bulk. I will handle the distribution.

For those of you who live in Salinas, I will be happy to pick them up and save you the time and

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money to mail them. Please sign the cards just with your first name.

The cards can be made from: construction paper; craft paper; computer generated; or anything else you can think of.

Don't hesitate to call or email me if you need more information. I would like to have the cards by May 5th, but no later than May 10th.

Suzanne du Verrier
22394 Montera Court
Salinas, CA 93908
duverriersuzanne99@gmail.com

From: Michael Gaines--A Success Story

Last month we got the news of a good friend and fellow jazz musician/drummer Andy Weis contracting COVID-19. Apparently he was in ICU at CHOMP and on a respirator.

It was the first time COVID-19 had come so close to home. My wife Bari and I began praying, because Andy has respiratory issues to begin with and it seemed from everything we were hearing about COVID-19, he was in the very high risk group.

Andy was on a respirator for 10 days and he pushed through and made it out of ICU. Andy has played drums at the ASI Tuesday Night Ballroom Dance many times over the years with our band Moon Glow. I have attached a link to a YouTube video, made by local jazz great Gary Meeks, distance playing with Andy on brushes from his room at CHOMP. <https://www.youtube.com/watch?v=C58iQD4uDNQ>

Visiting Nurses Assn. Offers Bereavement Support

VNA offers grief support in small groups of no more than eight people (to allow physical distancing) on Wednesday, 6:30-8:00 pm at Church of the Wayfarer in Carmel, or by virtual or phone contact on Tuesdays, 3:30-5:00, and Thursdays, 4:30-6:00. To RSVP or learn more: 751-5500, ehorsley@ccvna.com, ccvna.com.

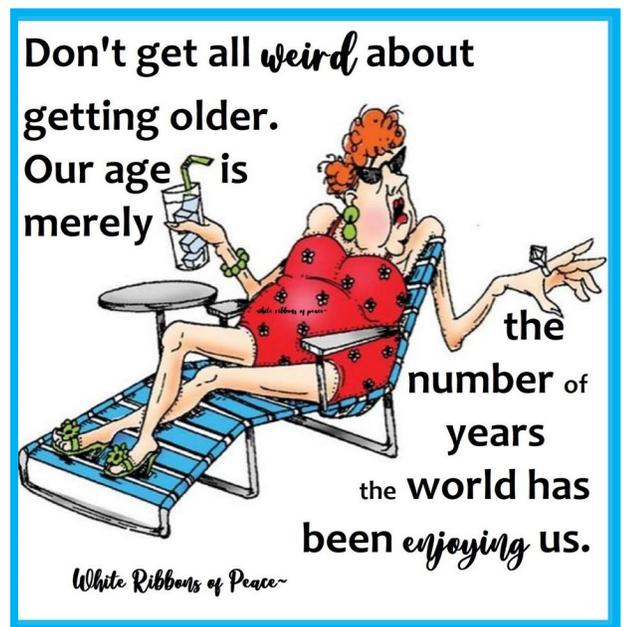
Employment Development Department Expands Call Services

EDD has a new call center, open 8 am-8 pm seven days a week, to assist clients. Call (833) 978-2511. To learn more about EDD services during the COVID-19 crisis, go to http://edd.ca.gov/about_edd/coronavirus-2019.htm

From: Lynette McGregor—On Travel Cancellations

I'm sorry to inform all that we just cancelled COME FROM AWAY. We didn't have enough to hit our expenses and with not meeting for several months, have not been able to promote it. This is a fabulous show so do hope it'll be in a future spot!

And just got a notice that our trip to New Zealand in October was cancelled--interesting, though the cruise line has not cancelled yet, it has been impossible to make airline reservations--that industry, too, is having a hard time. Have an offer to reschedule a year from now--anyone interested in an October 2021 trip please let Lynette know.



When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised "Mine says I'm 4 to 6." (WOW! I really like this one -- it says I'm only '38'!)

From: Chef Michael—Vegan Alfredo Cream Sauce

Here is a great simple recipe for you folks who want to avoid dairy, wheat and butter. I used this recipe at the ASI luncheon in February with basil to sauce the chicken. Margaret Neal shared this recipe with me and I modified it a bit.

Ingredients

- 4 cups - cauliflower cut into pieces
- 1 cup - raw cashews
- 3 Tbsp fresh lemon juice
- 2 Tbsp miso
- 2 tsp garlic powder
- 2 tsp onion powder
- 1/3 Tbsp table salt
- 1 cup Reserved water from Cooking cauliflower & Cashew

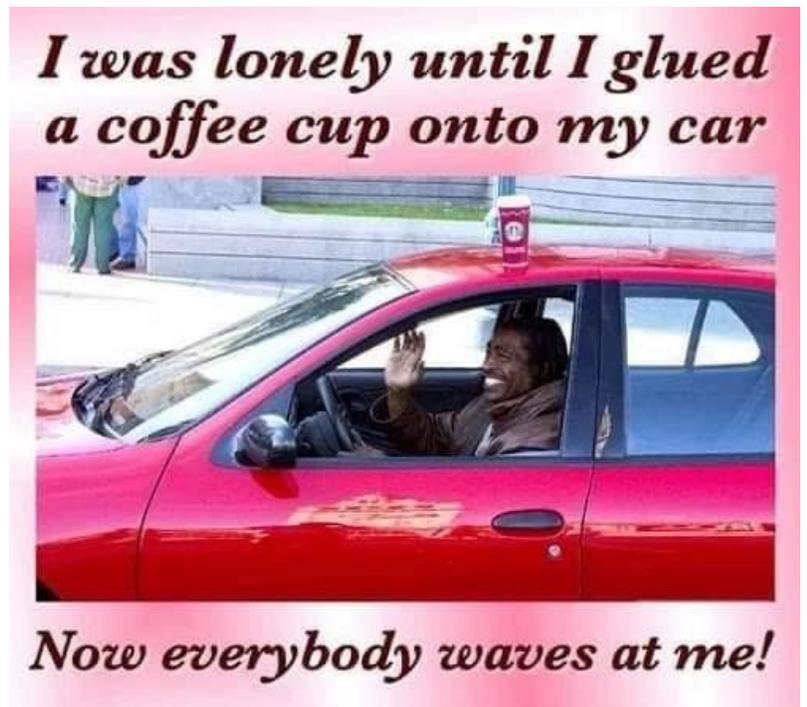
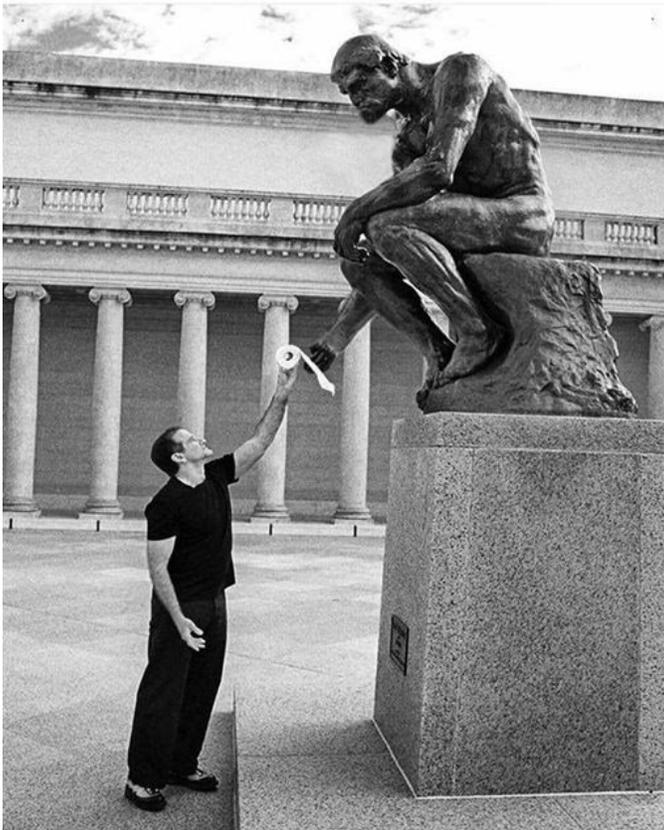
Method:

Put Cashews & Cauliflower in pot with water. Cook until cauliflower is soft, about 15 minutes

Put all ingredients in a blender and puree until very smooth

Use with pasta or as a sauce over chicken or fish.

Note add basil or oregano or sun dried tomato etc. to sauce in blender for different tastes



After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more ram-bunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"