

OFFICE HOURS

Opening Postponed
 Pending Safer Conditions
asi@activeseniorsinc.org
 831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street
 Salinas CA 93901-3211
www.activeseniorsinc.org
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Monthly Newsletter - January 2021

Project Valentine--January 1, 2021

By Suzanne du Verrier

Happy New Year to everyone. We hope this will be a more peaceful and healthy year. If you are looking for a project to help get you through another month of shelter-in-place, I have just the one for you.

Christmas decorations are put away and the stores are getting ready for Valentine Day. So are we at the Alliance on Aging's Ombudsman program. Our goal is to present a Valentine Day card to every resident in Monterey County living in residential care facilities. **We need 3,000 cards by February 1, 2021.** We are off to a great start but we still need more cards.

This is a great project for Girl Scout troops, 4-H members, craft clubs or just yourself wanting to do something for someone else. Although many participants are making cards, they do not have to be hand-made. They can be computer generated, or store-bought from the dollar store. In any case, just sign with your first name.

Salinas Press has been very generous and has donated abundant card stock in a beautiful plum color, already cut to size, if you would like to make your own cards. The cards just need to be folded, decorated, and inscribed with a message inside and your first-name signature. Just "Happy Valentine" is enough.

If you would like some card stock for your Valentine card project, the supplies can be picked up at my house (Suzanne du Verrier) or Mimi Niesen's home. Please call or message first and we will have cards on the porch for you. Suzanne's number is 831-235-9313 and Mimi's is 831-595-7334.

I can pick cards up when you are done or you can leave them on our front porches. Again, please call first.

This is a very lonely time for our seniors in facilities and receiving a pretty, colorful and heartfelt card will brighten their day.

Annual Board Member Elections

Every January the ASI Membership elects Members to serve on the Board. This year three Members have been nominated to fill Board positions.

Lionel Gill, Nominee for ASI Board

Lionel was raised on a dairy farm in Los Banos in the central valley. In High School he was the class vice president of FFA (Future Farmers of America). He was active in dairy cattle judging, and achieved the Hoards Dairy Judge of the Year. He graduated college with two majors, Animal Husbandry and Agribusiness.

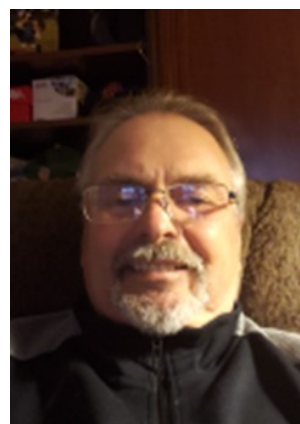
He went to work for Procter & Gamble Paper Products, and retired after 36 years. He received awards in areas of safety and project management and product development. He was a safety manager, product manager, and department head of three departments.

Lionel managed and coordinated little league, pony league and high school baseball for 15 years, and served on the board of Modesto Youth Baseball, with 1,700 plus players and 16 schools represented. He does fund raising for countries with flood, hurricane, and volcano disasters, leading cooking fundraisers for these events as well as for local communities. The largest fund raiser was for 900 plus people. And he also helps chef Mike with the senior lunch.

He has been active helping seniors with organizing their budgets, reviewing investments and offering cost cutting options to help save them money.

Mary Linzer, Nominee for ASI Board

Mary Linzer has happily been in Prunedale for over 20 years, but has enjoyed living in San Diego,
 (continued on P. 3)



Board Members Up for Re-Election

Three current Board Members are up for re-election. Nanci Crompton (left) and Dwight Freedman (right) are nominated to serve a second two-year term.

Thad Evans (center) is nominated to serve his first two-year term after filling an open Board position for the past year.



Please Renew Your Membership

We have provided a membership form for you at right (>>>). Please cut it out or copy/print it and mail the form in with your check. 2021 dues are payable now—\$30 per person per year. In upcoming newsletters we will be detailing activities we plan to provide which we hope will encourage you to maintain your membership.

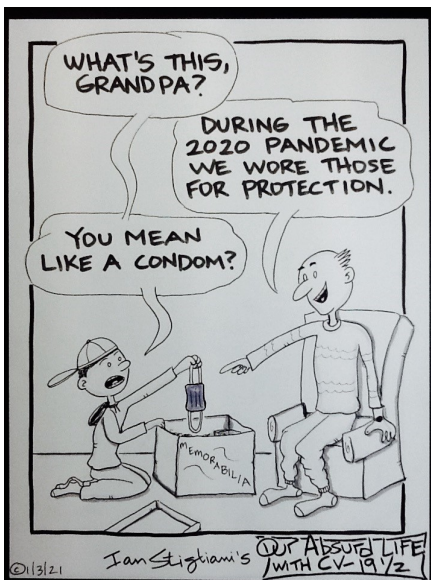
ASI has weathered the pandemic pretty well but we still depend on Member support for basic ongoing expenses. Thank you for your membership renewals.

Active Seniors Inc.
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First Name _____
 First Name (Spouse if member) _____
 Last Name _____
 Mailing Address _____
 City _____ State _____
 Zip Code (9 digit if known) _____ - _____
 Home Phone _____ - _____ - _____
 Cell Phone _____ - _____ - _____
 Spouse _____ - _____ - _____
 Email Address _____ @ _____
 Spouse _____ @ _____
 Emergency Phone _____ - _____ - _____
 Emergency Contact Name _____
 Birth Month _____
 Date Paid _____ Amount _____
 Paid by (check no., cash or CC) _____
 Recv. Newsletter by - Email _____ USPS _____ None _____
 Activity Interests _____
 Attendant _____ Date _____

Note: If all items above the red line on the data sheet are confirmed correct by the applicant, check box below

Data confirmed correct by applicant ☐



Fifty ways to beat COVID-19

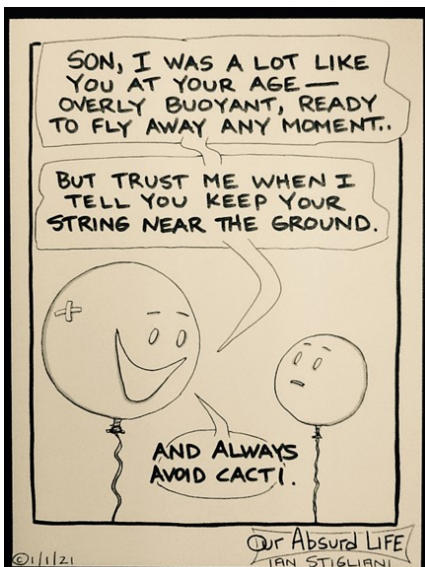
Don't hop on the bus, Gus,
Stay away from the pack, Jack,
Sneeze into your sleeve, Steve,
To keep virus free.

Stop touching your face, Grace,
Stay back to six feet, Pete,
Keep washing your hands, Stan,
And heed CDC.

Don't visit your Gran, Jan,
Wipe down every toy, Roy,
Don't hoard all the food, dude,
Please buy sensibly.

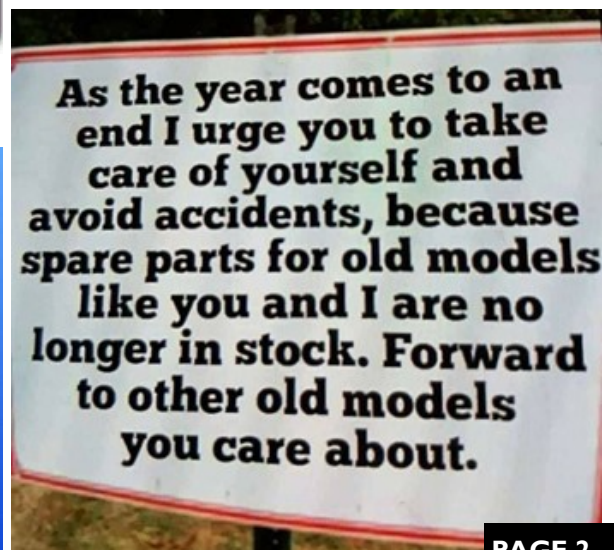
Just use some Purell, Mel,
Keep wipes near at hand, man.
Don't listen to John, Don -
You don't need more TP!

This isn't Spring Break, Jake,
Stay home if you're sick, Dick,
Just follow the rules, fools,
And stay virus free!



I just read a book on marriage that says treat your wife like you treated her on the first date.

So after dinner tonight I'm dropping her off at her parents' house.



How to Cast Your Vote for ASI Board Members

For email recipients of the ASI Newsletter: About the same time you receive this copy of the Newsletter you will receive another email with a link directing you to an online ballot. You may simply complete the ballot and submit it (see sample ballot at right). Your vote is secure and cannot be duplicated. Thanks for a prompt response.

For US Postal Service recipients of the Newsletter: At the right you will find a hand-numbered ballot (to prevent multiple submissions) which you can cut out. Please fill it out and either return it by mail to the address indicated or drop the envelope in the ASI mail slot.

ASI By-Laws require an annual Board election in January. A quorum is 7.5% of the membership (currently about 42 Members). To insure a valid election under current restrictions, online and USPS mail ballots will be accepted until the next Board meeting (January 12) or until a quorum of votes has been submitted, whichever comes later.

If enough voters cast ballots by Jan. 12, the Board will seat new and re-elected Members Jan. 12. If not, the Board, when enough votes have been cast, will call a special meeting to seat the new Board.

Thank you all for helping make this happen. Happy New Year.

Mail-in ballot for election of Board Members, January 2021

For election to Board. Vote for no more than three.

Lionel Gill

Mary Linzer

Scott Stevens

For re-election to Board. Vote for no more than three.

Nanci Crompton

Thad Evans

Dwight Freedman

Please return to: ASI
100 Harvest St.
Salinas, CA 93901

Annual Board Member Election—Nominee Mary Linzer (continued from P. 1)

Indiana, Idaho, and North Carolina in earlier years. She has an undergraduate degree in Environmental Science and a Master’s degree in Public Health Promotion and Education as well as having a Science teaching credential.

Mary’s husband, Charlie has loved being a marine geologist since college, but she has had jobs in many fields, including oceanographic research, teaching science and water conservation in public schools, injury prevention public health research and a few other jobs over the years.

Now, Mary is retired and enjoys talking to her two sons, gardening, painting pictures, practicing yoga and taking Zumba classes, walking, and traveling whenever opportunities arise-- which was luckily fairly often before COVID-19. Mary has always loved libraries and reading and has been on the board of the Friends of the Prunedale Library for over a decade.



Scott Stevens, Nominee for ASI Board

Scott Stevens has lived in Salinas since 2009. He has been a bartender and manager; certified personal trainer and assistant fitness manager; and certified nutritionist. He was operations manager, customer service manager and assistant coach for Wolf Fitness Systems in Salinas from 2009-13, while studying "Circular Strength Training."

He created and co-coached "Street Survival Women's Self Defense" at Wolf Fitness until he had to stop due to injury. In 2015 he began taking on senior clients and has continued to train them as well as training groups of seniors at Saint George's Episcopal Church in Salinas.

In 2015 Scott created "Change Your Body Stuff Your Wallet" on Facebook and coached 10 contestants for 10 weeks, giving out cash prizes of \$750 and \$500 to the first and second place winners. Contestants ranged in age from 20 to 65 years

Scott is currently studying Z Health, a neurology-based fitness training with hopes of learning how to address and heal injuries. Scott attends Robert’s Yoga classes. Robert, Karen and Scott were discussing the possibility of Scott substitute teaching mobility/stability/yoga classes until the COVID-19 shutdown.

Scott also donates strength/mobility training time to two seniors and strength training to a local yoga instructor. As for community involvement, Scott and his wife Harriet are involved with Sustainable Salinas. Harriet is presently a steering committee member. As there are no current “hands on” projects, Scott is waiting in the wings for things to return to normal.





Thank you T & A

For mailing these!



Beware of Stimulus Scams

Thanks to Jim Tripp

RALEIGH, N.C. (WNCN) — Scammers are using a variety of online schemes to steal your stimulus check from you. With tens of millions of dollars' worth of direct deposits and stimulus checks slowly making their way into people's bank accounts and mailboxes, criminals are using this time to take advantage of people.

One scam involves a call supposedly from the IRS saying it needs help getting you the money. That is not true. "The IRS will directly deposit it into your account or send you a check or debit card," said North Carolina Attorney General Josh Stein. "They will not call you and ask for your bank account information or your social security number. If someone does that they are a criminal and you should hang up."

Another common scheme to steal your stimulus cash comes in the form of a text message. The criminals will try and social engineer you by using a friendly pre-message like "Check this out". Then you'll get a follow-up text asking you to click a link. Don't do it, because that link will lead you to a phony site that's meant to capture your personal information like your social security number.

"Your social security number is the real key that a lot of people want to get into a variety of things," said Tim Maniscalco of the [Better Business Bureau](#).

To try and combat those stimulus scams the [Federal Trade Commission](#) has an online warning about different kinds of stimulus scams out there.



I'm always
disappointed when
a liar's pants don't
actually catch
on fire.

