


We've gone VIRTUAL! That means that throughout this newsletter, you'll find links to helpful and fun websites highlighted and underlined in BLUE. Just point and click! For instance, check out CRPD's [Virtual Recreation Center](#) for entertaining, educational resources.



### ***“We Will be Prepared”***




*By Heather Schelske—Neil Orchard Senior Activities Center Supervisor*



As Sacramento County starts to slowly re-open, I want to remind everyone that that does not mean the pandemic is over. Please continue to wash your hands, practice social distancing, and take the necessary precautions. As evident by the countless calls and emails we have been receiving, you guys are all eager for the center to reopen. I wish we knew when that magical date was, but unfortunately, we do not. The Cordova Recreation and Park District is closely following the guidelines put out by the Sacramento County Public Health Department, CDC and state government. We learn about the re-opening stages at the same time that everyone else does through the news and County updates.

Although we don't know for sure when our re-opening date will be, we do know that due to the population that we serve, we will be one of the last places allowed to do so. In the meantime, staff is already preparing the center for your return. Please keep in mind though, that you will not be returning to the same center as before the pandemic hit, programs and classes will be modified in order to maximize social distancing, and new policies will be in place to protect the health and safety of our members and staff. Please take a moment to take the COVID-19 Reopening Survey below, it will give us a better idea of what our members prioritize in terms and programming and events.

Greg and Jenny have been hard at work getting the center ready for everyone's return. Greg has been doing a lot of maintenance projects and deep cleaning of the center. We also took the opportunity of the empty building to have a crew come in to clean and wax the floors so they're nice and shiny. Are you having trouble finding proper face protection? Jenny was able to secure a donation of homemade cloth masks to distribute amongst our members in need. Please see inside for more information on how to submit a request for one.

<b>Connect with us!</b>	
 <p style="text-align: center;"><b>Email:</b></p> <p style="text-align: center;">Heather at <a href="mailto:hschelske@crpd.com">hschelske@crpd.com</a> or Jenny at <a href="mailto:jta@crpd.com">jta@crpd.com</a></p>	<p style="text-align: center;"><b>Social Media:</b></p> <div style="text-align: center; border: 1px solid gray; border-radius: 10px; padding: 5px; width: fit-content; margin: 0 auto;">             Like us on <b>facebook</b>  </div> <p style="text-align: center;"><a href="https://Facebook.com/NeilOrchardSeniorActivitesCenter">Facebook.com/NeilOrchardSeniorActivitesCenter</a></p>
 <p style="text-align: center;"><b>We want your input!</b></p> <p style="text-align: center;"><a href="#"><u><b>COVID-19 Reopening Survey</b></u></a></p>	<p style="text-align: center;"><b>Address:</b></p> <p style="text-align: center;">3480 Routier Road Sacramento, CA. 95827 (916) 366-3133* <i>*messages checked daily</i></p>

# Coffee Talk

Virtual Coffee Talk  
Join us on Tuesdays  
10 - 10:30 a.m.

Grab your favorite beverage and join us on Zoom for a virtual get together where we can check in with each other. Staying separate doesn't mean being alone.

To discourage unwanted party crashers (trolls), we will send an email with the Zoom link and password the day before.

If you have not been receiving our email updates, please email [hschelske@crpd.com](mailto:hschelske@crpd.com) to be added to the list.

## GET UP 'N' GO

Mystery Trip  
**RESCHEDULED to:**  
Friday, November 6, 2020  
Fee: \$159/person

**MYSTERY**

Are you ready for the adventure of your life?  
Don't worry about what or where, just bring your appetite and leave the rest to us.  
Besides, a little mystery never hurt anyone.  
Dinner is included.

\*\*\*Previously registered participants were automatically transferred to the new date unless staff was otherwise instructed.\*\*\*

## **POSTPONED** FREE INFORMATIONAL PRESENTATIONS

These workshops have been postponed and will be rescheduled once the center reopens. Previously registered participants will be contacted once new dates are announced.

- iPhone Basics
- Extended Travel with Collette

## We want your input! COVID-19 Reopening Survey

Fill out the survey and tell us what your priorities are for re-opening the senior center



## TAI CHI EXERCISES VIRTUAL BEGINNERS TAI CHI

Often described as "meditation in motion," Tai Chi is an exercise for all ages. The gentle flowing movements of this low impact exercise are excellent for stress reduction, improving balance, flexibility and circulation. It has also been shown to have a positive effect on depression and anxiety. Class will be taught online via Zoom. Please fill out this [INTEREST FORM](#) to receive more information regarding our upcoming Virtual Beginners Tai Chi class.

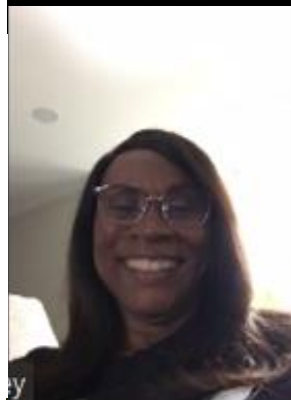


## GOT MASKS?

FILL OUT [REQUEST FORM](#) FOR FREE MASK

Having trouble finding a mask? We've got you covered! Thanks to generous donations from [Bumblebees of Hope](#) and [Costumes by Nori](#), we have FREE homemade cloth masks to send to participants still in need of one. To request a mask, please fill out the [REQUEST FORM](#) and staff will contact you directly.

# Virtual Coffee Talk & Pizza Party



# RESOURCES



**2-1-1 sacramento**  
find help here  
a program of **community link**

Dial 2-1-1 on your phone or call (916) 498-1000  
[www.211sacramento.org](http://www.211sacramento.org)

2-1-1 Sacramento is a free confidential information and referral service that is available 24 hours a day, seven days a week. Assistance is available in multiple languages, and services are accessible to people with disabilities. Utilizing a comprehensive database of more than 1,600 nonprofit and public agency programs, trained information and referral specialists can refer callers to a variety of service that best meet their needs.



**Rancho  
Cordova  
Food Locker**

**Mondays, Wednesdays  
& Fridays**  
9:30 a.m. - 1:20 p.m.

10497 Coloma Road • (916) 364-8973  
[www.ranhocordovafoodlocker.org](http://www.ranhocordovafoodlocker.org)

Serving the hungry since 1987, the Rancho Cordova Food Locker's (RCFL) declared mission is to provide an emergency supply of food to those in the community who are food insecure. *Please call to verify hours and eligibility before arriving.*



**CalFresh Info Line (877) 847-3663**  
[www.getcalfresh.org](http://www.getcalfresh.org)

CalFresh helps people with low-incomes who meet federal eligibility rules buy healthy and nutritious food. Beginning June 1, 2019 SSI recipients may be eligible for CalFresh Food benefits. There is **NO CHANGE** or reduction to SSI/SSP amounts.

## Friendship Line California



1 (888) 670-1360

Institute  
on Aging

Even in these challenging times, friendship is always a phone call away. To help the large number of seniors who have found themselves isolated and alone due to COVID-19, the [California Department of Aging](http://www.cdahelp.ca.gov) (CDA) has set up a Friendship Line. The Friendship line is both a crisis intervention hotline and a warmline for non-emergency emotion support calls.

**meals on  
wheels**  
by acc

[www.mowsac.org](http://www.mowsac.org)

(916) 444-9533

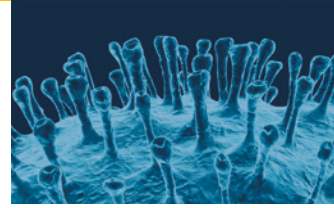
Meals on Wheels by ACC is a non-profit organization that serves nutritious meals to Sacramento County seniors ages 60+. At this time, both homebound and congregate program participants are continuing to receive meals delivered to them by Meals on Wheels staff. Applications for New Participants are currently being accepted, however there are waitlists implemented for some of their routes. Please contact the Meals on Wheels office with any questions.



**Rancho Delivers**  
Free Grocery Delivery  
from either [Raley's](#) or [Safeway](#)  
Promo code "RanchoDelivers"

Rancho Delivers provides free grocery delivery to residents living in the City of Rancho Cordova. Free grocery delivery is currently available from Raley's Supermarkets and Safeway. The City of Rancho Cordova created the program to support residents and ensure that those who are feeling ill, caring for a family member or have an underlying health condition can shop and have groceries delivered free. Visit the [City of Rancho Cordova](http://www.cityofrancho-cordova.com) website for more information.

## RESOURCES FOR SENIOR CITIZENS ARE YOU A SENIOR WITH NO INTERNET ACCESS, OR DO YOU HAVE TRANSPORTATION LIMITATIONS?



Thank you for adhering to the stay-at-home Health Orders and for practicing social distancing. Your efforts are making a difference in keeping people healthy and saving lives.

We want to provide you with a list of resources that could be useful to you during this time. Please note that all of this information and more can be found at the city's coronavirus webpage at [CityofRanchoCordova.org/Coronavirus](http://CityofRanchoCordova.org/Coronavirus).

### United Sikhs Emergency Response Team of Northern California

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An emergency hotline for urgent assistance has been established to respond to needs in Northern California, including:

- Grocery aid and delivery
- Cooked meals and delivery
- Grocery deliveries

Contact: 1.855.878.6333 or <https://unitedsikhs.org/united-sikhs-urges-those-in-need-to-use-hotline-during-covid-19-crisis/>

### Khalsa Aid Coronavirus Emergency Outreach

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An emergency outreach program for senior citizens and immune-compromised/vulnerable individuals, including:

- Groceries - mostly breads, grains, dairy and vegetables
- Accept donations, but payment is not required
- Response time within 24 hours (cannot guarantee deliveries)

To sign up to request groceries please fill out the form at:  
<http://tinyurl.com/KA-Covid19>

### Rancho Delivers

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Rancho Delivers provides free grocery delivery to residents living in the City of Rancho Cordova. The city created the program to support residents as we work together to stop the spread of coronavirus. The city also wanted to ensure that residents who are feeling ill, caring for a family member or have an underlying health condition can shop and have groceries delivered free.

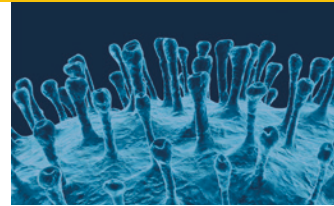
#### How can I use Rancho Delivers?

Rancho Delivers allows you to shop online for groceries and place a free delivery through Raley's website or mobile app.

- Start by creating or logging in to your Something Extra account and shopping online at [Shop.Raleys.com](http://Shop.Raleys.com) or through the Raley's mobile app available for download from the app store.
- You can shop by category or search by item in the search bar at the top of the page.
- Add all items to your cart and then click "checkout."
- Be sure to click the button "allow substitutions," which will allow your personal shopper to shop for like items when a specific item is out of stock, as well as select "delivery" and your "timeslot."
- Enter the promo code "RanchoDelivers" at checkout to receive free delivery!

For more food resources, see the Food Pantry list on our coronavirus webpage at [CityofRanchoCordova.org/Coronavirus](http://CityofRanchoCordova.org/Coronavirus).

# HELP STOP THE SPREAD OF COVID-19/CORONAVIRUS



## DO THESE THREE THINGS TO HELP STOP THE SPREAD:

**1 FOLLOW THE GOVERNOR'S AND COUNTY'S STAY-AT-HOME PUBLIC HEALTH ORDERS**, which require that you stay at your place of residence except when you need necessities, such as food or medical supplies. You may go outside to care for pets, go on a walk, exercise, and enjoy the outdoors, as long as you do not gather in a group, and there is at least six feet between you and other people.

**2 DO THE FIVE:**

- **HANDS**

Wash them often with soap and water for at least 20 seconds or use hand sanitizer.

- **ELBOW**

Cough or sneeze into it, or into a tissue that is immediately thrown away.

- **FACE**

Don't touch it, especially your nose, mouth and eyes.

- **SPACE**

Keep a safe distance from others (at least 6 feet).

- **HOME**

Stay at home, especially if you are sick.

**3 THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) RECOMMENDATIONS**

- Wear cloth face coverings when in public
- Frequently clean and disinfect surfaces and objects that are touched and used regularly

*Working together means protecting you,  
your family and the community.*

**STAFF HIGHLIGHT:**

# Heather

**Nickname: Boss Lady**



**Job Title:**

Recreation Supervisor

**Years with CRPD:**

7 years 9 months

**Favorite Thing About Working at the Center:**

The members, events,

**Favorite Color:**

Green or purple

**Favorite Candy Bar:**

Reese's; especially the eggs

**Favorite Movie:**

Tombstone, Pretty Woman, Dirty Dancing

**Do you have any pets?**

Yes, 2 dogs (Piggy Bear & Bruno), and a porcupine puffer fish (Porky)

**What food can't you live without?**

Mexican or Italian

**On the weekends, you'll probably find me doing this:**

Attending a concert, hiking, gardening or on an adventure with my honey and our dogs

**Name something that's on your bucket list:**

Travel to all the MLB ballparks (preferably in a RV)

**What's something not everyone knows about you?**

I'm a night owl because I am an introvert

**INSTRUCTOR HIGHLIGHT:**

# Adam



**Classes Taught:**

Exercise & Beginning  
Kundalini Yoga

**Years with Teaching at the Center:**

18 Years

**Favorite Color:**

Blue

**Favorite Candy Bar:**

Peanut Butter Cups

**What food can't you live without?**

Salmon

**What is your favorite thing about teaching:**

I really enjoy all the friendships we developed

**When not teaching, you'll probably find me doing this:**

Gardening

**Name something that's on your bucket list:**

Travel to New Zealand

## GARDENING NEWS

By Claudia Alstrom

### Can You Dig It?



The Green Thumb Garden Club is always looking for help in planting and maintaining the vegetable garden, as well as the flower gardens inside and out. Meetings have been temporarily postponed due to the COVID-19 closure.

Our Green Thumb Garden Club members are Claudia Alstrom, Reta Douglas, Shirley Gladfelder, Marilyn Hamm, Lois Leal, Kurt Linn, Liz Otero, Rell Schwanke, Gretchen Simmons, Ann Thomason, and Bill Wells.

### Epsom Salts for Newly Planted Plants

(Posted by Becky Westover in the Facebook Group: *"In This Lovely Garden"*)

Have you ever planted a nice little healthy plant in the ground only to have it start turning brown and slowly or quickly die? Usually, when this happens, the plant is in shock from high nitrogen levels in your soil. Some plants tolerate nitrogen better than others. As soon as you notice leaves starting to turn brown, you need to sprinkle Epsom salt around the base of the plant and water it, the magnesium sulfate will help snap the plant out of its "shock." If this happens in a potted plant, you can mix 1/4 cup of Epsom salt with 1 gallon of water and water the plant with it. I've never found a plant that doesn't like Epsom salt. My brother planted a big pricey bush in his front yard and the leaves fell off almost instantly, he watered it with Epsom salt a couple times a week for a few weeks and it totally came back! Tomatoes love Epsom salt, I always use it on my zinnias and my hibiscus too!

Epsom salt- It's one of my best gardening friends!



Although we can't celebrate together, we hope you all have a very happy birthday and continue to stay safe!

Mildred Alexander	Jennifer Page
Nellie Avalos	Richard Pawling
Olive Brooker	Staci Rose
Dianne Bryant	Ann Sandner
Crystal Burnside	Laura Seibert
Glenda Caldwell	Holly Sexton
Heang Chung	Sandra Simpson
Carol Cutigni	Janice Singleton
Lori Flowers	Tannie Stephens
Hilda Garcia	Suzanne Tognet
Alfred Hernandez	Sheila Vassey
Donna Hill	Kathleen Ventura
Teri Lee	Marbella Wands
Rosemarie Mefford	Belinda Webber
Julie O'Neill	Michael Winch



# June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 <b>Meditation Monday</b></p>  <p>Enjoy this <a href="#">5-Min. Guided Meditation</a></p>	<p>2 Join us for a <a href="#">Virtual Coffee Talk</a> at 10a.m.</p>  <p>Password: senior</p>	<p>3 Who cleans the bottom of the ocean?</p>  <p>A mer-MAID</p>	<p>4</p>  <p>Take a 30-min walk outside</p>	<p>5</p>  <p><b>HAPPY NATIONAL DONUT DAY</b></p>	<p>6</p>  <p><a href="#">D-Day Timeline</a></p>
<p>7 <b>Call a Relative</b></p> 	<p>8 <b>Where do fish sleep?</b></p>  <p>In the river-BED</p>	<p>9 Join us for a <a href="#">Virtual Coffee Talk</a> at 10a.m.</p>  <p>Password: senior</p>	<p>10 <b>Time to move</b></p> 	<p>11 <b>What is a tree's favorite drink?</b></p>  <p>ROOT-beer</p>	<p>12 <b>Try a <a href="#">low-intensity workout</a></b></p> 	<p>13 <b>Weed your Garden day</b></p> 
<p>14</p> 	<p>15 <b>Start the Week with a Walk</b></p> 	<p>16 Join us for a <a href="#">Virtual Coffee Talk</a> at 10a.m.</p>  <p>Password: senior</p>	<p>17 Join us for <a href="#">Virtual Lunch Date</a> at 11 a.m.</p>  <p>Password: lunch</p>	<p>18 <b>Go Fishing day</b></p> 	<p>19 <b>Lou Gehrig Birthday</b></p> 	<p>20</p>  <p>SUMMER SOLSTICE</p>
<p>21</p> 	<p>22 <b>National Onion Ring Day!</b></p> 	<p>23 Join us for a <a href="#">Virtual Coffee Talk</a> at 10a.m.</p>  <p>Password: senior</p>	<p>24</p>  <p>Visit the <a href="#">Maui Ocean Center Today</a></p>	<p>25</p>  <p>Have you ever tried <a href="#">Face Yoga?</a></p>	<p>26 <b>Take your dog for a walk day</b></p> 	<p>27 <b>Test your word IQ with a <a href="#">Daily Crossword Puzzle</a></b></p> 
<p>28 <b>Phone a Friend</b></p> 	<p>29 <b>SOCIAL MEDIA DAY</b></p>  <p>Find us on Facebook: <a href="#">Cordova Seniors</a></p>	<p>30 Join us for a <a href="#">Virtual Coffee Talk</a> at 10a.m.</p>  <p>Password: senior</p>	<div style="border: 2px solid blue; padding: 10px; text-align: center;">  <p>We've gone VIRTUAL! Click on any of the links (highlighted and underlined in BLUE) and it'll take you to helpful and fun websites!</p> </div>			