

“Stay Home. Save Lives. Check In.”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



I want you all to know that closing the senior center was not an easy decision to make. I know that the mental well-being of our participants are just as important as their physical health and that coming in to the center was good for the soul. However, as we learned more about the Coronavirus and its impact on the 60+ population, I ultimately had to prioritize the physical health of our members and staff.




I know how difficult social isolation can be so we are doing our best to connect with our members. We have been sending email updates to keep everyone informed as well as posting to the “Cordova Seniors” Facebook page. On Tuesday, April 14, Jenny and I will host our very first Virtual Coffee Talk and would love to have you all join us! See inside for more information.

For those of you who may have questions or concerns regarding the novel Coronavirus, Governor Newsom recently announced the creation of a statewide hotline that would act as a one-stop shop to answer questions and direct people towards assistance during this crisis. You can call (833) 544-2374 to access the hotline. In addition to the hotline, we’ve listed a few more resources inside the newsletter that you may find helpful.

Even with the *Shelter-in-Place* order, you are allowed to get fresh air outside your home. In fact, health experts encourage sunshine and exercise to help give your mental health and immune system a boost. However, keep in mind the rules of social distancing. When going outside for a walk around your neighborhood, make sure you maintain a 6-foot distance from non-household members. If utilizing a park path or trail, do not use any park amenity that you touch, grab, climb, etc. This includes playgrounds, picnic areas, fitness stations, benches, and restrooms. Once you have returned home, immediately wash your hands for at least 20 seconds.

As the last month has shown us, things can change at any moment. There are things that we’ve all taken for granted that we should now learn to appreciate. For me, one of those things that I’d taken for granted was the ability to go to the center every day and see our participants. I truly cherish the wonderful family that we have built here at the center and cannot wait until we open our doors again. Until then, stay safe.

Connect with us!

 <p>Email: Heather at hschelske@crpd.com or Jenny at jta@crpd.com</p>	<p>Social Media: Facebook.com/NeilOrchardSeniorActivitesCenter</p> 
<p>Business Hours:</p> 	<p>Address: 3480 Routier Road Sacramento, CA. 95827 (916) 366-3133</p>

Coffee Talk

Join us on
Tuesday, April 14 @ 10am!

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 the day before.

If you have not been receiving our email updates, please email hschelske@crpd.com to be added to the list.

Rescheduled

COMMUNITY YARD SALE

Saturday, July 25 • 8 a.m. - 2 p.m.

GET UP 'N' GO



Hard Rock Casino - Sacramento

**RESCHEDULED to:
Tuesday, July 28, 2020**

Fee: \$40/person

Enjoy 4 hours of free time to gamble and have a no-host lunch. Casino bonus of \$20 free play is subject to change per the casino.

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



Volunteer Appreciation Luncheon

Wednesday, September 23 • 11:30 a.m.

Volunteers make the world a better place! Join us on our new date to celebrate and honor these dedicated individuals!



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 Workshop** - presented through the California Telephone Access Program
- **Wills & Trusts** - presented by the Senior Legal Hotline of Northern CA

CA
CENSUS
2020



**BE COUNTED,
CALIFORNIA**

Now - July 31, 2020

Every 10 years, people across the country and in California fill out the Census in order to have an accurate count of all people in the United States. The Census determines California's federal funding for important services.

Three Ways to Complete the Census:

- **Online:** For the first time, the Census form will be available to complete online in 13 languages.
- **Phone:** The Census can be completed by phone in 13 languages.
- **Mail:** Limited addresses will receive paper forms.

STAFF HIGHLIGHT:



Missy

Job Title:
Clerical II

Years with CRPD:
5 years, 4 months

- 1. What is your favorite thing about working at the senior center?**
The seniors
- 2. Any nicknames?**
Peaches
- 3. Favorite Color:**
Mustard Yellow
- 4. Favorite Candy Bar:**
Reese's
- 5. Favorite Movie:**
Detroit Rock City
- 6. Do you have any pets?**
A rat named Fuzz and Ping Pong the poodle
- 7. What food can't you live without?**
Tacos
- 8. On the weekends, you'll probably find me doing this:**
Dancing or shopping!
- 9. Name something that's on your bucket list:**
Sky diving
- 10. What's something not everyone knows about you?**
I'm in school for fashion design and merchandising

INSTRUCTOR HIGHLIGHT:

Kathy



Classes Taught:
Beginner
& Intermediate
Tai Chi

- 1. How long have you been teaching at the senior center?**
6 years
- 2. What is your favorite thing about teaching?**
Sharing the love and benefits of Tai Chi with such great students!
- 3. When not teaching, you'll probably find me doing this:**
Working in my garden or spending time with my husband, Greg, and our family and friends
- 4. Favorite Color:**
I don't really have a favorite. Bright colors!
- 5. Favorite Candy Bar:**
Snickers
- 6. What food can't you live without?**
Do I have to choose just one? Garlic mashed potatoes!
- 7. Name something that's on your bucket list:**
Explore all of the states in the U.S. and being able to spend 2 or 3 weeks at each state.

RESOURCES



Special Hours for Seniors



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

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

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

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.

While the Shelter-in-Place order is in effect, residents are mandated to stay home except to run essential errands such as getting groceries. The following stores offer special hours for our most vulnerable population to shop during the COVID-19 Pandemic:

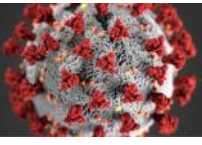
- **Safeway** stores are now open each Tuesdays and Thursdays from 7 - 9 a.m. for seniors and those in at-risk groups.
- **Smart & Final** is opening its stores early each day for seniors 65-plus and customers with disabilities from 7:30 - 8 a.m.
- **Walmart** will reserve the first hour of business each Tuesday for those vulnerable populations
- **Target** stores will hold senior shopping hours for the first hour of business each Wednesday
- **Raley's/Bel Air** stores are offering pre-assembled "Senior Essentials" bags. The \$20 bag contains a mix of fresh items and pantry staples. The \$35 bag will contain a mix of freshly cooked, heat-and-eat entrees and salads. Product mix depends upon availability. Bags can be picked up curbside or in-store.
- **Walgreens** will open every Tuesday from 8-9 a.m. for those ages 55+
- **Rite Aide** is open from 9-10 a.m. daily for seniors 60+
- **Costco** is opening its doors from 8-9 a.m. on Tuesdays and Thursdays for those ages 60+
- **Save Mart** is dedicating Tuesdays and Thursdays 6-9 a.m. for their senior shoppers

**Stay home.
Save lives.**



Learn how we can
all keep CA healthy.
Visit covid19.ca.gov





Coronavirus Scams

Scammers are taking advantage of fears surrounding the Coronavirus. Here are some tips to help you keep the scammers at bay:

- **Hang up on robocalls.** Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.
- **Ignore online offers for vaccinations and home test kits.** Scammers are trying to get you to buy products that aren't proven to treat or prevent the Coronavirus disease 2019 (COVID-19) — online or in stores. At this time, there are no FDA-authorized home test kits for the Coronavirus.
- **Fact-check information.** Scammers, and sometimes well-meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources.
- **Know who you're buying from.** Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don't.
- **Don't respond to texts and emails about checks from the government.** The details are still being worked out. Anyone who tells you they can get you the money now is a scammer.
- **Don't click on links from sources you don't know.** They could download viruses onto your computer or device.
- **Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus.** For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).
- **Do your homework when it comes to donations, whether through charities or crowdfunding sites.** Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.



Virtual Adventures

With the *Shelter-in-Place* order still in effect, many of you are probably feeling a little stir-crazy. Fortunately, TravelZoo has compiled a list of virtual tours that you can enjoy from the comfort of your home. Just click on the links below to begin your virtual adventure:

- [Kenai Fjords National Park, Alaska](#) - At more than 1,000 square miles, Kenai Fjords is home to dozens of glaciers, almost 200 bird species and an amazing array of land mammals.
- [Hawaii's Volcanoes National Park](#) is home to two active volcanoes: Mauna Loa and Kīlauea, one of the earth's most active volcanoes.
- [The Louvre, Paris](#) - The hallowed halls (and glass pyramid) of the Louvre may be empty for now, but that doesn't stop us from exploring some of their best exhibits!
- [Monterey Bay Aquarium, California](#) - Studies have found that aquarium-watching helps reduce stress and anxiety. Enjoy watching live-streams of many of the exhibits at this world-renowned aquarium.
- [San Diego Zoo, California](#) - The country's most-visited zoo - with more than 3,500 animals in residence - was a pioneer in the world of open-air habitats and remains a leader in conservation science. You can catch a number of the most beloved inhabitants on live streams.
- [The Metropolitan Opera](#) - The stage may have gone dark for now at Lincoln Center, but opera fans can now stream free encores of past performances.
- [Virtual Dives](#) - Immerse yourself in the ocean and your national marine sanctuaries without getting wet!

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. We meet the first Wednesday of every month.

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.

10 Foods You're Probably Not Washing Properly ...but Should

Isadora Baum @ Allrecipes.com

You don't want to get sick after your hard work in the kitchen or bite into something that tastes, well, dirty. Washing your fruits and vegetables properly is step one in making sure a dish tastes right and is safe to eat, as it minimizes dirt and the risk of bacterial contamination. Here are the foods that need a little more attention than you might think.

- Lettuce - Even if a lettuce's package says it has been "triple washed," you should still wash it. To wash it, fill a salad spinner with greens and water then add a teaspoon of baking soda to spin it until dry.
- Strawberries –Strawberries are on the 'Dirty Dozen' list, so make sure you don't skip washing these. No need to soak berries but do rinse them with water before you eat them.
- Squash - Although we don't eat the skin of most squashes, it's super important to wash the outside because bacteria can be transferred from the skin to your knife and then to the flesh of the veggie.
- Cauliflower - Did you know you're actually supposed to wash the outside of a head of cauliflower, even when it comes in a bag or is wrapped in leaves?
- Mushrooms - Mushrooms are super dirty. Don't cook them without washing them first. Since mushrooms are like sponges that soak up water, you don't want to compromise their taste and texture by soaking them. You should wash mushrooms with water then blot them dry with a paper towel.




The April monthly birthday celebration has been cancelled due to center closure

Judy Brim	Margaret Linden
Karlene Brown	Kurt Linn
Curtis Bryant	Christine Mahlum
Jackie Coleman	Kathy Mallory
Florence Dizer-Waskom	Mariana Manoila
Reta Douglas	George Mauricio
Aida Enriquez	Cathy McCaster
Phyllis Gutierrez	Behrouz Mehrzad
Stan Hall	Robbie Mountain
Carla Hart	Mary Page
Debbie Haughn	Marjorie Polgar
Lupe Hernandez Mayer	Barbara Taylor
Rebecca Jagers	Stanley Tucker
Kimberly Johnston-Dodds	Andrew Wasson
Judy Kinkle	Wayne Weisbecker
Won Larsen	Rose Wilson
Monta Sue Lewis	Sheila Zangrilli

(continued from Gardening News)

- Avocados - Many people don't wash the skin of an avocado because they don't eat it, but the bacteria that is on an avocado skin can be transferred to the flesh when you cut through it. To avoid contaminating the avocado, rinse and rub it under cold water.
- Limes, Lemons & Oranges - Cutting limes, lemons & oranges can transfer bacteria from the peels into the fruit, which can spread bacteria. Wash it to remove bacteria that it might have picked up in the produce bin.
- Onions - Even though you peel an onion, it still grows underground and has some excess dirt on the outside. Wash it under water before cutting through it to remove dirt and bacteria.
- Potatoes - If you only eat the inside of a baked potato, you may think you don't need to wash it. If you scrub the dirt off the potato beforehand, you can eat the crispy skin and get all the fiber that comes with it.

APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy April Fools Day! Share a joke with 2 other people.	2 Superhero Day! Thank you to all the real-life heroes out there helping others!	3 Take time to check in with a relative today 	4 Enjoy a 30 min. walk outside 
5 Attempt a crossword puzzle 	6 Explore the Kenai Fjords National Park	7 National No Housework Day 	8 Call a friend to say hello 	9 Visit the Monterey Bay Aquarium	10 Compliment 3 different people today 	11 Get active outside and give your mind & body a natural boost!
12 Happy Easter 	13 Take a guided tour of The Louvre in Paris	14 Join us on Zoom for Coffee Talk at 10 a.m. 	15 Send a message to someone to say how much they mean to you	16 National Wear Your Pajamas to Work Day 	17 Get outside and notice five things that are beautiful	18 Check out Hawaii's Volcanoes National Park
19 Enjoy a sunrise or sunset 	20  Take a Virtual Dive	21 Call a friend to ask about something good that's happened to them recently	22 National Earth Day 	23 Wear your favorite Novelty T-shirt! 	24 Meditate: sit, relax, focus on breathing 	25 Enjoy a performance at The Metropolitan Opera
26 Tell a loved one why they are so special to you 	27 Choose a favorite song and have a spontaneous dance party	28 Go outside for a 15 minute walk 	29 Visit the San Diego Zoo 	30 Write down 3 things you are grateful for. 		

ST. PATRICK'S DAY CELEBRATION



ST. PATRICK'S DAY CELEBRATION

