


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 the CRPD's [Virtual Recreation Center](#) for entertaining, educational resources.



### “Keeping Connected”




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



I think the hardest part of Sheltering in Place is not being able to see one another. How do we keep connected while staying apart? Because we're all missing that personal connection that was such a big part of the senior center, we've had to get creative with ways to keep in touch. Last month we held our first Virtual Coffee Talk and it made our day week month when we got to see and talk to so many of you. We had so much fun that we decided to add more dates! See inside for more details. These talks not only provide the opportunity for us to give you updates about the center, it also allows us to catch up and connect with each other on a personal level. Did you know that Friday, May 15 is National Pizza Party Day? Although we won't be able to host our annual party at the center, we'd love for everyone to join us for a virtual one instead! See inside for more information.

With state officials talking about their plans to reopen the state, we're working on our plans and procedures for the senior center as well. Due to the COVID-19 pandemic restrictions, many activities and events will need to be modified or eliminated. Please help us decide on what activities and events we should focus on for when we can reopen to our "new normal." We are also interested in which virtual classes and activities our members would be most interested in seeing while the center remains closed. Click on the survey link below to have your opinions be heard!

Although the center is still closed, I want to remind everyone that we still have access to our emails and are checking phone messages on a daily basis. Please reach out to us and leave a message if you have any questions or concerns. We will do our best to answer them or connect you with the necessary resources.

| <b>Connect with us!</b>  |   |
|--|---|
|  <p style="text-align: center;"><b>Email:</b></p> <p>Heather at <a href="mailto:hschelske@crpd.com">hschelske@crpd.com</a><br/>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>COVID-19 Reopening Survey</u></a></p>  | <p style="text-align: center;"><b>Address:</b></p> <p style="text-align: center;">3480 Routier Road<br/>Sacramento, CA. 95827<br/>(916) 366-3133*<br/><i>*messages checked daily</i></p>  |

# Coffee Talk

Join us on Tuesdays,  
May 12, 19 & 20  
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 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.

**VIRTUAL**



Party with us on Friday, May 15  
12:30 - 1 p.m.!

We know it's cheesy, but we love an excuse to celebrate! Grab a slice of your favorite pizza and join us for a Virtual Pizza Party! 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](mailto:hschelske@crpd.com) to be added to the list.

## GET UP 'N' GO

Lighthouse of San Francisco Bay

**RESCHEDULED to:**  
**Monday, October 19, 2020**  
**Fee: \$132/person**



Join us as we cruise along the coast and learn about the individual histories of these historic lighthouses. Lunch 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.*

- **Android Basics** - presented through the California Telephone Access Program

IN LOVING

memory

We want to take a moment to thank Evelyn Santangelo, a former member of the center, for her generous donation to the Neil Orchard Senior Activities Center. Evelyn had been an avid student in the Advanced Line Dance class for many years before passing away in 2019. Her donation will be used for the improvement of the Neil Orchard Senior Activities Center.



# 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 for some of their routes. Please contact the Meals on Wheels office with any questions.



**Rancho Delivers**  
Free Grocery Delivery  
from either [Raley's](http://www.raley.com) or [Safeway](http://www.safeway.com)  
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.

**STAFF HIGHLIGHT:**

**GREG**



**Job Title:**  
Maintenance

**Years with CRPD:**  
16 years

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

**Favorite Color:**  
Blue

**Favorite Candy Bar:**  
Reese's

**Favorite Movie:**  
Beetlejuice

**Do you have any pets?**  
A 3-legged dog named, Sissy

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

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

**Name something that's on your bucket list:**  
Golf at Pebble Beach

**What's something not everyone knows about you?**  
If I told you then everyone would know...

**INSTRUCTOR HIGHLIGHT:**

**Jennifer**



**Classes Taught:**  
Restorative Yoga for the Back, Mat Pilates, Active Adult HIIT, and Fall Prevention Weight Training

**Years with Teaching at the Center:**  
6 Years

**Favorite Color:**  
Fuchsia

**Favorite Candy Bar:**  
Peanut Butter Cups!

**What food can't you live without?**  
Black Beans & Vegetables

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

I really enjoy meeting my local community and helping them with their physical challenges

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

During the week, I work as a personal fitness trainer. Presently during quarantine and leisure time, I am walking our dog, Bubby, exercising in my home studio or organizing and completing house projects

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

Zip lining on the West Shore near Tahoe City

## 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.

### [Grow a Garden](#)

*(excerpt from the ReadyWise blog)*

Spring is finally here, which means it is the perfect time to start your summer garden. Grab some snacks and a refreshing drink and head out back or front to start in your yard. If you don't have a yard, that is ok, you can also grow crops or plants in containers as well. Below we have provided step-by-step instructions on how to build a garden.

1. Decide what you want to Grow - The first step to doing this is deciding what you want to grow. It is always smart to check what grows good in your area first. Some of the easier crops for beginners to consider are squash, cucumbers, okra, peppers, cantaloupe, and almost all herbs including cilantro, dill, parsley and basil.
2. Decide where you are going to grow your garden - The next step would be deciding where you want to grow your garden. This is why it is important to do a little research beforehand to make sure your crops will get the correct amount of sun they need in order to grow. Full sun is usually the best.
3. Making sure your garden is safe - The third step to making a garden is protecting it from wildlife like deer or rabbits. This can be done by surrounding the garden with wire. If you still see you are having problems even when the wire is up, you could put some barb wire around the top and this should help. Weeds can be another issue for gardens. There are a couple different options to avoiding weeds. First, you could lay down something that could block the weeds from coming up. Another option you could use is mulch or stones.



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

|                    |                   |
|--------------------|-------------------|
| Soo Kim            | Ruth Jensen       |
| Tri Bui            | Bruce Cline       |
| Paul Longo         | Sharon Williams   |
| Beverly Weaver     | Madeline Parham   |
| Beatrice Vejar     | Patricia Kent     |
| Carol Cunningham   | Jeanette Galloway |
| Robert Sanders     | Yvonne Olsen      |
| Margie Stratfull   | Carole Soenke     |
| Virgie Faison      | Charles Smith     |
| Virginia Underwood | Kun Young Chu     |
| Laurel Hargrove    | Gail Bontrager    |
| Sydney Rutherford  | Doralee Smith     |
| Janell Leaks       | Gloria Fleeman    |
| Beverly Harris     | Rosa Elena Knapp  |
| Vesta Cudworth     | Mary Hufft        |
| Sandra Lanz        | Gerald Corbett    |
| Sandra Gallagher   | Roger Olson       |
| Pam Bridges        | Yveta Franklin    |
| Patricia Harriman  | JoAnn Henderson   |
| William Perry      | Hiroko Newby      |
| Patricia Rose      | Terri Urban       |

4. Planting your seeds or plants - When building a garden you can either start with plants or seeds. Double check it is the right date to plant your seeds or plants so they don't freeze (if you live in an area that has seasons). Use topsoil to plant the seeds and plants in. If you find yourself needing more nutrients you can add some compost to the topsoil which should help. We suggest buying garden seed starter kits and following the directions very closely. If you do buy plants instead of seeds, read the direction or do your research on how to take care of them.
5. Watering your Plants - Make sure you water your garden regularly. It tends to be better to water your garden in the morning that way it has all day to absorb as well as dry out. Try and avoid watering in the middle of the day. Mulch can be good to use to keep the moisture in. Watering can vary depending on where you live so be sure to check first.

# May 2020

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |   |
|---|---|---|---|---|--|--|---|
|   |    | <p>We've gone VIRTUAL! Click on the links highlighted and underlined in BLUE</p>  |   |   |  | <p>1</p>  <p>Happy May Day!</p> | <p>2 National Space Day</p>  <p>Watch Earth from the <a href="#">International Space Station</a></p> |
| <p>3 Test your word IQ with a <a href="#">Daily Crossword Puzzle</a></p>                | <p>4</p>   | <p>5</p>   | <p>6 Time to plant the garden</p>    | <p>7 Take a <a href="#">Myers-Briggs Personality</a> quiz</p>                           | <p>8 Take a 30 minute walk outside</p>    | <p>9 Call a relative</p>        |   |
| <p>10</p>   | <p>11 Meditation Monday</p>  <p>Enjoy this <a href="#">60-second Meditation tool</a></p> | <p>12 Join us for a <a href="#">Virtual Coffee Talk</a> at 10a.m.</p>  | <p>13 Walkin' Wednesday</p>    | <p>14 What bows can't be tied?</p>  <p>A Rainbow!</p>                                 | <p>15 VIRTUAL PIZZA PARTY</p>  <p>Join us for a <a href="#">Virtual Pizza Party</a> at 12:30 p.m.</p>     | <p>16</p>                     |   |
| <p>17 Can bees fly in the rain?</p>  <p>Only when they wear their yellow jackets!</p> | <p>18 Start the week off with some fresh air</p>   | <p>19 Join us for a <a href="#">Virtual Coffee Talk</a> at 10a.m.</p>  | <p>20</p>  <p>Visit the new eaglet at <a href="#">Eagle Mountain Sanctuary</a></p> | <p>21 The <a href="#">American Red Cross</a> was founded by Clara Barton in 1881</p>  | <p>22 International Day of Bio-Diversity</p>  <p>Take a trip to the <a href="#">Amazon Rainforest</a></p> | <p>23 Phone a Friend</p>      |   |
| <p>24 Watch a new <a href="#">documentary</a></p>  <p>31</p>                         | <p>25 Memorial Day</p>  <p>HONOR THE BRAVE</p>   | <p>26 Join us for a <a href="#">Virtual Coffee Talk</a> at 10a.m.</p>  | <p>27 Golden Gate Bridge opens in 1937</p>   | <p>28 National Hamburger Day</p>    | <p>29 Enjoy music from different countries and decades with <a href="#">Radiooooo</a></p>                 | <p>30</p>                     |   |