

The Mussell Messenger

Published by the Santa Maria Valley Senior Citizens Club (SMVSCC)

510 East Park Avenue, Santa Maria, CA 93454

www.smvsc.org • smvseniors@gmail.com • 1-805-925-0951, ext. 2207



Carolyn Cabrera

President's Message ~

Hope you are all doing well and able to keep busy at home. I seem to find excuses when I want to do something, deciding each day to focus on at least one project even if I am only able to do it one hour. This has helped keep me from getting distracted.

My yard weeds are well under control, and I am almost done shredding documents from heaven only knows how long ago. My home has had dust removed from every possible spot. We will continue to thrive! Blessings, health, and safety to all of you!

Don't forget ~ if you need anything, you can call me ... even just for a chat!

Monthly Membership Meeting

Sadly, we don't know if and when the monthly membership meetings will resume. Only time will tell. We will do everything we can to bring it back in some form, but we don't really know what that might entail. We are taking our directives from the City's Recreation and Parks Department. They, of course, are following the mandates of the city and state as to how to proceed. All are working from the credo of keeping you safe ~ and that is what is most important for all of you to remember. Your health and safety are what comes first to us on the board, and to the officials and staff of the City of Santa Maria.

Visit our website: smvsc.org

You'll find the current month's newsletter on the home page, along with special events and important information. Explore other areas of the site by clicking on various sections in the upper right side, including a calendar of events, senior resources, & past newsletters.

Santa Maria Valley Senior Citizens Club

Central Coast Active Adults!

Our Mission:

Our purpose is to promote the happiness of active adults 50+ so they may enjoy life to the fullest. We provide fun and interesting activities, opportunities, and information. We do this while espousing no political, religious, philanthropic, ideological, or social enterprise.

2020 Officers & Committee Chairpersons

President:	Carolyn Cabrera	805-448-0623	ccabrera48@verizon.net
Co-1st Vice President:	Judy Garrett	805-927-6807	mrsclif1@gmail.com
Co-1st Vice President:	Annie Lawrence	805-903-3170	annieink@sbcglobal.net
Co-2nd Vice Presidents:	Ray & Alice Torres	805-931-0305	pelon@charter.net
Treasurer:	Christel Kurth	805-332-3328	kurth1313@comcast.net
Recording Secretary:	Judy Lindquist	775-813-5186	judybluenote@gmail.com
Corresponding Sec.:	Laura Selken	805-406-9989	laura.selken@gmail.co
Member-at-Large:	George Tise	805-925-6322	gtot58@aol.com
Receptionists:	OPEN	Contact Carolyn	if you are interested
Sunshine:	Simone Gillogly	805-925-6267	
Travel:	Kathy Doty	805-937-0314	dudoty@comcast.net
Recreation Coordinator:	Barbara Wiley	925-0951, ext. 2264	bwiley@cityofsantamaria.org

May Birthdays!

Debbie Lipner-Johnson	1	Sharon O'Neil	21
Alice Torres	3	Janet Sobottka	21
Rosalie Foster	4	Gilbert Harper	22
Julie Kerr	5	Nita Wilson	22
Don Eames	6	Kathy Gutierrez	23
Sue Park	6	Ellen Kristensen	24
Gloria Scozzari	8	Dee Markstone	24
David Bringley	10	Ophie Cowett	27
Jennie Payne	12	Cynthia Isorda	27
Peter Stonehewer	12	Mary Johnson	28
Barbara Laurienti	13	Harold Marsh	28
Bill Richards	13	Jennie Razo	28
Rose Devine	20	Bobbie Amis	30
Patty Porcho	20	Mike Stadnick	30
Virginia Cunningham	21	Fran Sobisky	31
Jeannie Lobo	21	Ofelia Tise	31

May

Anniversaries!

John & Carmen Solorio	2
LeeRoy & Dee Sinor	11
Larry & Connie Holdredge	22

❶ If any of the birthdays or anniversaries listed here are not accurate, or if your name and special day is not listed, please contact the newsletter editor, Laura Selken, at 805-406-9989 or laura.selken@gmail.com.

❶ Note: only couples where both are members of the Club will have their anniversary listed. Please, notify Laura of any errors or additions.

It's Older Americans Month!



And also ✻ 4 International Firefighter's Day
 ✻ 6-12 National Nurse's Week ✻ 10 Mother's Day
 ✻ 16 Armed Force's Day ✻ 15 Peace Officers Memorial Day
 ✻ 17-23 National EMS Week ✻ 25 Memorial Day

Sunshine Corner

Get Well Soon!

Jean Nanninga



Please, contact Simone at 805-925-6267 about anyone who may need a card from the Sunshine Corner (get well, thinking of you, sympathy, etc.). Please, leave your name and number when you call in case she needs to contact you for any reason. Thank you!



TRAVEL OPPORTUNITIES

SANTA MARIA SENIOR TRAVEL COMMITTEE



The office is not open at this time. Please call and leave a message: 805-349-0688

THERE WILL BE **NO** "FIRST DAY SALES" IN THE FORESEEABLE FUTURE.

UPCOMING TRIPS SCHEDULED/UNDER CONSTRUCTION FOR 2020:

Due to the current situation, most trips have been canceled or postponed until fall. We are doing our best to keep travelers with reservations informed of all updates, including refunds and rescheduling. Please be patient.

San Diego **Postponed until August?** \$544 Dbl., \$726 Sgl.*

Richard Nixon Library & Museum - Yorba Linda • USS Midway Museum • Coronado Boat Tour (lunch on board) • Balboa Park • Dinner in Gaslamp Quarter • Mystery Stop on the way home! Hotels: Pala Casino Spa & Resort and Hotel Del Coronado. All tours, museums, & boat tour admissions included.

September 30-October 8 ~ Eastern Canada \$3549 Dbl., \$4499 Sgl.*

Niagara Falls • Ottawa • Quebec City • Montreal • Winery Tour & Tasting • Maple Sugar Shack • Montmorency Falls, etc. Final Payment due by August 1.

***All prices are per person**



Check out our Facebook page: "[Santa Maria Senior Travel](#)"



The **Dignity Health – Marian Regional Medical Center** Community COVID-19 Hotline is 805-332-8276. If you have any health questions related to the coronavirus, please call! A nurse will answer between 8 a.m. and 8 p.m., or after hours, leave a voicemail and your call will be returned. If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or mild shortness of breath, call your primary care physician. Be sure to seek medical attention if you develop emergency warning signs of COVID-19:

- Difficulty breathing
- Persistent pain or pressure in the chest
- Extreme fatigue or new confusion
- Bluish lips or face



Dignity Health™

Marian Regional Medical Center

If you are experiencing life-threatening symptoms, please call 911.

Note: All community workshops, classes, tours, and support groups are postponed until further notice. The gift shop is closed until further notice. Several of their outpatient lab locations are temporarily closed or have reduced their hours. Assisted parking is closed until further notice. One visitor, per patient, per day will be allowed in Pediatrics, Neonatal Intensive Care, and Labor and Delivery with no visitors allowed in any other areas. All visitors must be 16 years or older and in good health and must enter through the main entrance or the emergency department. More information: dignityhealth.org/central-coast/locations/marianregional.



GREETINGS FROM THE RECREATION & PARKS DEPARTMENT

“It’s May! It’s May, the lovely month of May!” Any fan of the musical “Camelot” will recognize that lyric. It sure gets into my head whenever May rolls around!

Although City facilities remain closed to the public, staff from our Department Parks Crew have been busy ensuring our City parks are clean and safe. Social distancing signage has been posted throughout all parks to remind the community to safely utilize them and maintain a 6-foot distance between themselves and other park users during this unprecedented time. With all the recent rains, May is the ideal month to explore some of our 27 local parks that have over 230 acres of grass, trees and open space for walking, bike riding, using fitness stations, and soaking up some Vitamin D from the sun. If you prefer a more rustic journey, a short drive will take you to Los Flores Ranch Park which occupies much of the 1,774 acre property south of the City off Dominon Road.



While City facilities are closed, the Mussell Center was deep-cleaned in preparation for when we can reopen. Our staff is working to develop our own video segments on exercise tips, music, art, dance, and sports, as well as partnering with other recreation departments to share content. To view these videos and postings, visit the [City of Santa Maria Recreation & Parks Facebook page](#) as well as the City of Santa Maria’s [YouTube channel](#). **AND**, we just received authorization to create a Facebook page specifically for the **Elwin Mussell Center** and our Active Aging programs! Keep an eye out for that launch! Have something you’d like to see? Please let us know. Want to be added to our City senior program email list? It’s quick and easy! Just send your email to Wendy at whudson@cityofsantamaria.org or call her at 805-925-0951, ext. 2351.

Now that cloth facial masks are recommended for all people who are outside their homes, it’s a great time to use your talents and resources to help meet a need in our community. If you have fabric and some basic sewing skills, why not make some masks for your family and friends? Be sure to make several for yourself, too! There are lots of instructional videos online (including one at the City’s Facebook page or YouTube channel listed above), including options that do not require elastic. I’m sure there are other seniors who also need masks. If you make masks and need help knowing where to donate them, the Recreation and Parks Department will work with our community contacts to get them out to people who need them. Please contact Wendy Hudson to arrange for a drop off time and location. She is currently working at the Mussell Center (see contact information above). During these uncertain times, it’s beneficial to keep busy and know that you are helping yourself *and* others!



If you need any community resources or have questions during the facility closure, I encourage you to just dial 211 for assistance. I miss seeing all of you and look forward to resuming our regular programs when we are able. Reach out to family and friends if you feel isolated, and I encourage you to follow the guidelines to slow the spread of COVID-19.

Happy Mother’s Day! I may not be able to see you at the Center for now, but I’ll look for you out enjoying our parks!

~ **Barbara Wiley, Recreation Coordinator**
805-925-0951 ext. 2264 bwiley@cityofsantamaria.org

We can survive this!

Below, and on the next page, are helpful websites and phone numbers for various resources and services. I know a lot of you are not on the internet, but maybe a friend or family member can look things up for you! Please keep in mind, as you well know, things change on a daily basis, so some information may become outdated quickly. Note: some of this was already presented in April's issue.

~ Laura Selken, Editor

- ✪ publichealthsb.org (or call 805-681-5407): "This site consolidates the information from the State, CDC, WHO, etc. into what is relevant for us here. This is the DEFINITIVE source of information on what to do and how to do it." ~ Roy Dugger, Emergency Services Specialist with the Santa Maria Fire Department
- ✪ 211santabarbaracounty.org/covid-19 (or **simply dial 2-1-1**): Another great resource available to answer pretty much all your questions 24/7!
- ✪ centralcoastseniors.org (or call 805-925-9554): Your "Senior Connection" site provided by the Area Agency on Aging. They are an invaluable resource for seniors ANY time, but especially now with any type of information you may need in regard to groceries, meal delivery, transportation, and more. Offices are open Monday through Friday, 8 a.m.-5 p.m.
- ✪ sd19.senate.ca.gov/coronavirus-resources (or call 805-965-0862): State Senator Hannah-Beth Jackson has a great deal of information at her website. She was part of a town hall for seniors with Congressman Salud Carbajal and State Assemblymember Monique Limón on April 8. Links to the recording and notes from this town hall are available at her website.
- ✪ covid19.ca.gov and toolkit.covid19.ca.gov: Resources from the State of California. "California for All" is a new program introduced by the Governor's office in partnership with the California Department of Aging and AARP California. A resource card will be mailed to all California AARP members as well as distributed by the Department of Aging. It includes information on how to get caregiving support, how to stay safe at home, and how to find important resources through the California Aging and Adults Information line. There are also contacts to report fraud, abuse, or neglect and more. The resource card is a centerpiece of the **"Stay Home. Save Lives. Check In."** campaign, which urges all Californians to help combat social isolation and food insecurity by checking in on vulnerable neighbors with a call, a text, or a "physically-distanced" knock on the door. The card is also available electronically, and it can be downloaded [HERE](#).
- ✪ cityofsantamaria.org/coronavirus (or call 805-925-0951): Please check this City of Santa Maria webpage for updates and share this link with your friends and neighbors so everyone has access to timely, accurate information. City of Santa Maria employees are currently working at home or from City offices – to maintain all essential city services. This page lists the latest on how to access city services via phone or internet.
- ✪ ilrc-trico.org: The Independent Living Resource Center is a nonprofit service for people with disabilities. Their local office (222 W. Carmen Ln., Ste 106) is only open via phone or email. They currently have a call-in support group for older individuals with visual impairment on Wednesdays from 2:00-3:00 p.m. Connect with others, share stories, ask questions, and express concerns. The call-in group number is 712-770-8005 and the conference code is 841598. For information, contact Julie Hemphill at 805-259-3409.

We can survive this!

Do you need food?

- ★ **Foodbank of Santa Barbara County** has an Emergency Home Delivery program providing staple groceries to seniors 65+ or those 55+ with disabilities that aren't able to leave their homes due to the COVID-19 recommendations. Call 805-698-1198. The



Foodbank has also increased safe food distributions to ensure seniors, children, and families have enough healthy food. Visit its website and social media for details on where to receive food. For info, visit foodbanksbc.org/, find on Facebook [@FoodbankSB](https://www.facebook.com/FoodbankSB), or call 805-967-5741 ext. 305.

- ★ **Community Partners in Caring (CPIC)** recruits, screens, trains, and matches volunteers with seniors aging in place with little to no support so they can access basic needs, such as food, medical care, preventive care, and human connection. At this time, CPIC has shifted its focus. Thanks to collaborations with private businesses and volunteers, CPIC is delivering food, medication, and conducting "check-in" calls, during the COVID-19 pandemic. To request services, call 805-925-8000 or visit partnersincaring.org/.



- ★ **The Salvation Army** provides hot meals, clothing, rental and utility assistance and other necessities to low-income families and homeless. During the COVID-19 crisis, *The Salvation Army is still serving meals*. The agency is feeding clients through partnerships with Good Samaritan Shelter, Rancho Gardens Senior Residence, United Way, as well as continuing to feed its regular clients. The food pantry is still open Mondays, Wednesdays, and Fridays from 9:00 a.m. to 4:00 p.m. The Salvation Army is located at 200 West Cook Street in Santa Maria. Call 805-349-2421 or visit santamaria.salvationarmy.org/.



- ★ **Community Action Commission's Senior Nutrition Program** is doing what it can to provide assistance to those who are in need of meals, particularly seniors and those who are home-bound. Naturally, there is an increase in the number of calls for meals, so please be patient and understanding. Call them at 805-925-3010. Similarly, **Meals On Wheels** is doing what it can to meet the increase in demand for deliveries. You can call them at 805-938-1200 or visit mealsonwheelssmv.org.



- ★ Most local grocery stores have special hours for shopping if you are 60-65+, and some offer delivery (primarily through [instacart.com](https://www.instacart.com)). Visit santamaria.com/news/details/local-grocery-stores-to-offer-special-hours-for-covid-19-at-risk-populations for a comprehensive list provided by the Santa Maria Valley Chamber of Commerce.

**Click Here to DONATE to the
Santa Barbara County Foodbank!**



Santa Maria Public Library



Book Club Over the Phone



The City of Santa Maria Public Library is pleased to announce its first Book Club over the Phone. The teleconference call will take place on **Tuesday, May 5th, at 2:00 p.m.** Patrons who are interested in participating in **Book Club Over the Phone** should email your name and phone number to jgaytan@cityofsantamaria.org to be included in the teleconference phone call, or you may also provide your information over the telephone by calling 805-925-0994.

The discussion will be based around a genre rather than a specific book. The genre for the month of May will be **mysteries**. So, grab a favorite mystery and join the discussion.

The Santa Maria Public Library and branches are closed until further notice. While closed, the Library offers 24/7 digital resources including downloadable eBooks, movies, magazines, audiobooks, and video story times. Online databases, email reference service, veterans' resources, updates about the Library closure, and more are available online at cityofsantamaria.org/Library. Patrons may also apply for a free Library card online.

Questions may be directed to the Library's Information Desk at 805-925-0994 ext. 8562.



Looking for a book that the Library does not have? Ask us about Zip Books!

We can order the book or audiobook and ship it directly to your home, free of charge!

Click, or call (805) 925-0994 for more information.

Zip Books: Free Books Delivered

The City of Santa Maria Public Library is pleased to continue to offer **Zip Books** to Library patrons during this time. This service is funded through a grant from the California State Library and administered through NorthNet Library System. Patrons may order books, including large print, and audiobooks on CD that are not currently owned by the Santa Maria Public Library and have them delivered directly to their homes, **free of charge**.

When patrons finish the book or audiobook, they simply return it to the Library, and it will be added to their collection for others to enjoy. Then another item may be ordered. Some restrictions apply, including a maximum price of \$50 per book or \$75 per audiobook with a limit of one item ordered at a time.

For more information, or to place an order request, visit cityofsantamaria.org/Library to fill out an [interactive request form](#). Alternately, patrons may call the Library at 805-925-0994 and speak with Reference Services staff ext. 8562.

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CHANGE SERVICE REQUESTED

The Mussell Messenger

Santa Maria Valley Senior Citizens Club Newsletter

Support Your Local Restaurants!

There are **MANY** restaurants in the Santa Maria Valley and along the Central Coast (more than 500!) that are still open for carry-out, drive-up, and delivery! There are several sources that provide lists of which ones are open and what they are capable of providing. Of course, you can always call your favorite place(s) and see if they are open! Some are even feeding our health-care providers on a rotating basis for free!

JOVI'S DELIGHTS First on your list should be Jovi's Delights!! They have been providing us delicious meals at our monthly membership dinners for a great price! They are open for carry-out and "curb side" Monday through Friday from 8:30 a.m. to 1:30 p.m., and on Saturdays from 8 a.m. to 1:30 p.m. Please consider giving them a call at 805-346-1550 and ordering some delicious food (menu remains the same)!!

Here are some links to lists of area restaurants:

- ♦ [Central Coast Restaurants Open for Service](#) ~ spreadsheet developed by the Facebook page administrators of *Central Coast Restaurants Open For Curbside Pick Up*
- ♦ [Open Restaurants & Café](#) ~ interactive list & map sponsored by the City of Santa Maria
- ♦ [Takeout/Delivery Options](#) ~ provided by the Santa Maria Valley Chamber of Commerce

Local businesses need your support now more than ever. Here is a list of local businesses who you can continue to support during the COVID-19 pandemic. Whether shopping online, taking a virtual class, renting a room, in need of a repair or service, looking to advertise your business, or buying a gift card for later, there are plenty of ways to continue to support our local business community: santamaria.com/shop-local-online.