

Active Lifestyles

Paso Robles Senior Center is closed until further

Mission Statement: The Paso Robles Senior Center is a community-wide resource for our older adults by providing information, socialization and activities that enhance the quality of life, physical and social well-being, and autonomy of individuals 50+ .



Words of Wisdom

Over the last 28 years, Bill Pluma, has received many awards and rewards because

of how generously he volunteers his time and energy to non-profit organizations. To put it bluntly, Bill's enthusiasm for volunteering is something to behold and emulate.

Asked why he volunteers, he said, he likes to expand his horizons and learn something new.

Bill said it's a great feeling to help with something you're affiliated with – his passion is the Toy Bank.

He advocates becoming a volunteer because, "The alternative of sitting on the couch doesn't give a person a chance to enjoy everything they've learned, to learn new things, or the chance to do a lot of good." **"Just because you're a senior doesn't mean you're done looking for success or ways to help."**

When asked what advice he can give those who want to volunteer, but feel they are too busy, he says, "Find a reason to donate your time. Everyone is busy, but taking an hour or two a week doing something you like will surprise you with how much enjoyment you receive from helping.

Bill's parting words were, **"It's a treat to meet new people and find out how connected we all are. Just start and see where it takes you! It's exciting! It's just fun."**

Get connected today!

Linda Loeb, SSVS North County Coordinator

Linda@srvolunteer.org 805-369-6216



WILSHIRE

COMMUNITY SERVICES, INC

Wilshire Needs Volunteers More Than Ever

Wilshire Community Services has continued to provide services to help meet the needs of SLO county residents through the COVID pandemic. **Volunteers are needed now more than ever.** Our volunteers are provided gloves, masks, and hand sanitizer as needed and we have modified our training procedures to minimize face-to-face contact. At this time, we have openings for the following volunteer positions:

- Drivers
- Shoppers
- In-home visits/phone visits
- In-home peer counseling/phone counseling

For further information, please contact:

Kristen Grasso

805-547-7025 ext. 2214



The Food Bank continues to serve our community at the Paso Robles Senior Center the 2nd and 4th Tuesday of each month. It is a drive-through service and starts at 10 am-11 am.

WE NEED YOU

Although the Senior Center will remain closed. We still want to keep our members and other older adults informed and involved.

Some ideas have included sending a short monthly newsletter that highlights our volunteers, and what is going on in our community and the surrounding communities, e-blasts with activities for our communities. We want to continue to update our Facebook. Let us know of any





As of right now, it looks like the Cuesta Emeritus Classes will be held on-line through Zoom. You must register to get the Zoom number.

Cuesta Fall Semester starts August 17, 2020. Currently Yoga, Watercolor, and Mixed Media Classes are being offered.

The Yoga class will be modified to meet the needs of all students enrolled.

To register, call Cuesta College
at 805-591-6212



Be Counted-It's Easy

Did you know we have only had a 64% return rate on the Census. Completing the Census is EASY. If you have lost your Census invitation, just call 844-330-2020 They pick up right away. The Census is only 9 questions long. It does not ask immigration status, your social security number, or any financial information.

The Census information provides millions of dollars for older adults with a variety of community service programs

which includes meals, food distribution, the nutrition program and the Seniors' Farmer's Market nutrition program, as well as transportation, affordable housing, Legal Aid, free Adult Education, such as the Cuesta Emeritus Program, monies to offset physician costs through Medicare Part B, preventative health services, mental health services, the Ombudsman long-term care services and the list goes on.

You are required by law to complete the Census. If you lost your invitation simply call 844-330-2020 or go online to my2020census.gov. With only 9 questions, it takes less than 10 minutes.

The Census also determines the number of seats each state has in the House of Representatives.

Have you and all friends completed the Census? Remember we all COUNT!

The Senior Center Remains Closed Due to Covid-19

Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19.

Those at high-risk for severe illness from COVID-19 are:

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions

Stay Safe -- and Protect Others

There is no vaccine for COVID-19. Everyone, regardless of age or disability, should follow CDC's recommendations to help prevent the spread of the virus.

- **Stay home** as much as possible.
- **Keep your distance.** Stay at least six feet away from others when you must leave home.
- **Cover your mouth and nose.** CDC recommends wearing cloth face coverings in public settings.
- **Wash your hands often** with soap and water for at least 20 seconds.
- **Avoid touching surfaces in public.**
- **Avoid touching** your mouth, nose, and eyes.
- **Clean and disinfect** your home regularly, especially frequently touched surfaces.
- **Avoid all non-essential travel** including plane trips, and especially avoid embarking on [cruise ships](#).
- **Stay home** when you are sick, and avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Here are some CDC and state links on older Americans:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html>



TRIPS & TRAVEL

By Eileen Brown 805-286-4630

I sincerely hope each of you are doing well and managing to enjoy this summer in anyway that you can!

Our trip to Pageant of the Masters in Laguna Beach isn't possible this year, and our annual trip to Solvang for the PCPA Outdoor Theater performance has been cancelled.

Hopefully we will be able to take our trip to Catalina Island October 26 - 29, 2020. Our beautiful rooms at the Pavilion Hotel are being held for us and I will get all the details to you as soon as it is possible.

I DO HAVE SOMETHING VERY EXCITING TO OFFER YOU TODAY.

Come along with us on an exotic Caribbean vacation! We will sail on the unsurpassed NEW SKY PRINCESS to beautiful ports in the Caribbean, including St. Kitts, Barbados, St. Lucia, Antigua, St. Thomas, Grand Turk, Turks, and Ciacos.

This special itinerary for 10 days will depart Ft. Lauderdale, Florida, on November 15, 2020 and will return the day before Thanksgiving on November 25th.

AND, this is a fantastic opportunity with prices starting at \$1,079 per person double occupancy for an interior cabin. Port taxes and fees are only \$146. DEPOSIT NOW \$100 PER PERSON FULLY REFUNDABLE UNTIL SEPTEMBER 16TH.

You can purchase cruise cancel for any reason up to sailing INSURANCE for only 7% of your cruise fare. This would be purchased along with your final payment by September 16, 2020.

Please click on the link below for a video description of this magnificent ship!

<https://www.princess.com/ships-and-experience/ships/yp-sky-princess/>

We will fly round trip from San Francisco to Ft. Lauderdale and be transferred to our ship at the port. Arrangements for our travel to and from San Francisco will be made closer to our time of departure.

I am looking forward to boarding this crystal sparkling clean ship and feeling normal once again!! PRINCESS CRUISE has made many changes to protect our health and safety and I feel very confident that all of our needs are going to be taken care of!! I have more information to share about this.

Call 805-286-4630 with any questions and to book your CARIBBEAN CRUISE today!

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PASO STRONG



By Alexis Okumura and Micki Wright

During the last few months, there has been such an abundance of information regarding COVID-19. We are trying to get used to this "new normal". Many of us are worried about our health, as well as the health of our loved ones and our community. It is truly ever-changing.

There are new challenges as well, whether it is finding ways to continue to serve your community, too much alone time, finding activities that will keep us active, or even securing food and other necessities.

First and foremost, we must keep ourselves safe and healthy. Check on our neighbors-call, email, or text. Now more than ever, we need friendly greetings. Let's continue to get outside as much as possible and stay as active as we can. We may want to consider donating to local nonprofits so they may continue to deliver needed services. There are still some volunteer activities that we can do from home. Service to others can bring us great joy.

These times of crisis tend to bring out the best of human kindness, and we know we will come out of this stronger.



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