



March 20, 2020

Dear Members, Volunteers and Guests,

Auburn Senior Center's highest priority is the health and well-being of all our members, volunteers, guests and staff.

The Placer County Health Officer and Governor Gavin Newsom issued directives yesterday instructing individuals to shelter at their place of residence and restricting non-essential activities in response to the COVID-19 outbreak. Given the actions directed by local public health officials and the state the Auburn Senior Center is closed for all activities and workshops beginning **Monday, March 16, 2020 through Sunday, April 12th, 2020**. We continue to closely monitor and evaluate developments of the coronavirus (COVID-19) and follow guidance from the Centers for Disease Control (CDC) and local health and government authorities. As information develops, we will provide updates.

AARP Foundation Tax-Aide has suspended service until further notice. If you have an appointment we will contact you to reschedule once AARP provides their plan to us. Unfortunately we are not taking new tax appointments for this season. For more information contact AARP Tax Aide at 1-888-227-7669.

AARP Safe Driver classes at the Center have also been suspended. We will contact you to reschedule your class. The Department of Motor Vehicles has initiated a program to give 60 day extensions for Driver's Licenses and Car Registrations due by May 16, 2020.

Enclosed is a list of local resources you may want to refer to as a quick reference.

I found this article and felt it would be most helpful at this time to share a portion of it.

**Gratitude turns what we have into enough** ~*Anonymous*

It is challenging to stop ourselves from focusing on what is hard and what we have on our plate, whether it be illness, financial woes, job frustration and the like. These things do, in fact, grab a lot of attention and are real. But, what if, at least once a day, you were to just stop for a moment, close your eyes, take a deep breath, and find something that is worth appreciating? It might take thirty seconds out of your day and for that moment, your focus goes inward, instead of on external circumstances.

Implementing this thirty second practice can do nothing but bring you a moment of respite from the hard stuff. And you might even find that you choose to practice this more than once a day. Watch what happens when you try this-and give yourself the always available gift of gratitude.

Following are a few ideas of how to stay healthy and strong during this time:

1. Create a walking routine. (inside or outside) Aim for 10 minutes of movement 3 times a day.
2. Check out YouTube for videos on exercise and dance. When searching include senior and the activity. eg. senior and yoga.
3. Stay connected. Call a friend or family member daily.
4. Strengthen your Balance. eg. <https://www.youtube.com/watch?v=BNC4bi3Ucac>
5. Turn the TV off and focus on your hobbies. Knitting and crocheting, gardening, coloring, rock painting and reading are just a few ideas.

The Center has been a hub of activities for up to 400 participants a week. I would like to invite you to continue to be the support that you have been to each other in your activities by letting us know if you would like to volunteer to call someone that may be feeling isolated at this time. If you would like to receive calls we would be happy to arrange that as well. Through your efforts we can continue to be a support system.

Thank you for your support and understanding.

Regards,

*Denise DiMiceli*  
Executive Director

**SAVE THE DATE**

**JUNE 13 2020**

**3<sup>RD</sup> ANNUAL BBQ & BOCCE BALL**

**TIME:** 10:00am Bocce Ball/  
12 noon Lunch.

**LOCATION:** ARD Park  
123 Recreation Drive

**COST:** \$8 advance | \$10 door

Choice of hamburger or hot dog, sides & drinks included.  
50/50 raffle.

 **AUBURN SENIOR CENTER**



AUBURN SENIOR  
CENTER

## Resources

For up to date COVID-19 information from Placer County Health and Human Services visit <https://www.placer.ca.gov/6367/Novel-Coronavirus-COVID-19>

Seniors First	530-889-9500
My Rides Placer County	530-889-9500
Meals on Wheels Placer County	530-550-7600
Placer County Dial A Ride	1-855-745-7560
Senior Information and Assistance	
El Dorado County	530-621-6369
Nevada County	1-877-847-0499
Placer County	530-889-9500
Placer Independent Resource Services (PIRS)	530-885-6100
Legal Services of Northern California	530-823-7560
HICAP/Medicare Counseling	530-889-9500
Auburn Interfaith Food Closet	530-885-1921
Adult System of Care Crisis Intake	1-888-886-5401
Senior Peer Counseling	916-787-8859
The Friendship Line (24/7)	1-800-971-0016
Suicide Prevention Lifeline (24/7)	1-800-273-8255
Stand Up Placer Crisis Line (24/7)	1-800-575-5352
SAMHSA's Disaster Distress Helpline	1-800-985-5990

Contact your local restaurants and grocery stores to see if they deliver. Some grocery stores are offering special shopping hours for seniors.

Volunteers for the Multipurpose Senior Center  
AUBURN SENIOR CENTER  
550 High Street , Suite 107  
Auburn, CA 95603



We are **dedicated**  
to improving the lives of our  
**senior community**

The **AUBURN SENIOR CENTER** provides affordable and accessible programs utilizing program fees, travel and tour operations, and donations through direct contributions and fundraisers.

**We do not receive tax money.**

PLEASE SUPPORT  
THE CENTER ON  
**MAY 7**  
THE 2020

**Big**   
**Day of**  
**Giving**