

During this unsettled time there are food options available though you will have to be patient and understand that there may be delays.

Almost all of our local grocers are experiencing increased demand, this will slow down in a couple of days/weeks. So stay calm, be patient.

The grocers offer a variety of methods to get groceries, most offer delivery service for a fee, generally about \$10/order, some offer an annual delivery fee, about \$99.

Other grocers offer plans where you can order on-line and pick up at the store.

All of these options are stressed just now and you may discover that items you want are currently unavailable, may be delayed for a week or more, or will not be available in the foreseeable future.

Grocery Delivery:

Instacart will deliver groceries for an annual fee of \$99 or each time you call on them.

Amazon Fresh is available to Prime members, featuring offerings from their **Whole Foods** stores, you can also take advantage of their monthly subscription fee.

Vons offers a simple ordering system through the internet with special promotions throughout the year.

Ralphs, Walmart, Target and even **Costco** offer both convenient pick up shopping or delivery right to your door. But again, remember that each of these stores are stressed right now and deliveries and shopping options may be significantly altered.

Continued on next page—Food Options

Matters

An occasional newsletter for Shareholders of Mutual 1 in Leisure World, Seal Beach, CA



Election Time: We Need You! Applications due March 25.

Despite the Coronavirus, life goes on, Mutual elections go on. Applications for Director candidates can be picked up at the Stock Transfer office. Because the offices are shuttered, you will have to knock on the window and they will come out to bring you the application form, it must be returned by 4:30 March 25. You will need your GRF ID.

Mutual One is calling for candidates to serve on our Board of Directors. If you have an interest in good government, please consider running for the Board. All positions are unpaid volunteers. This is one of the best ways to get involved in our community and to meet your neighbors. In particular we welcome candidates with knowledge in construction, physical properties, landscaping, business management, accounting, public relations, health care, information technology, and education.

Our Board is made up of nine (9) members, we stagger the elections for continuity in governance. This year five (5) persons will be elected for a two-year term serving June 2020 through June of 2022. Candidates must be members of Mutual One and in “good standing.”

Ballots will be mailed in May. Our Mutual One Annual Meeting is the second Monday in June (June 8, 2020).

Sewer Lining Update

Food Options

It's best to refer to their websites for the most up to date information.

If you love fruits and vegetables and want to help with community sustainable agriculture (CSA) consider **Farm Fresh**, which too will deliver right to your door. They offer seasonal veggies and fruits you select on line for as little as \$26 a box.

Residents can also take advantage of **Meals on Wheels** which delivers prepared meals right to your door five days a week M-F at \$41.25/week (562-439-5000), or **SeniorServ** at \$5.25 per day M-F (714)-823-3294.

Meal Kit Delivery:

If you enjoy cooking consider a meal kit system which provides all the necessary ingredients to prepare home cooked meals with pre-portioned ingredients, recipes, and step by step instructions.

These Meal Kit Delivery systems all operate in our area with starting prices per serving:

- Blue Apron-\$9.99
- Hello Fresh-\$8.99
- Green Chef-\$11.99
- Home Chef-\$7.99
- Purple Carrot-\$11.99
- Plated-\$11.95

Again check their websites as information is changing daily.



Prior to relining, the plumbers must scrape and video image the pipes to determine the extent of any deterioration and blockages.

Like so many things just now, adjustments are being made to our sewer lining project.

The A-1 Plumbers will continue to work on buildings 34-42. They will be imaging and scraping the lines. For the time being, they will not be entering individual units and they will not be pulling the liner. That part of the project will be delayed until the coronavirus crisis is over.

We are seeking your cooperation and understanding. During this time please be diligent and use care with our plumbing. **Do not throw wipes, paper towels or facial tissues in the toilet, these products will clog the pipes.**

Do use your kitchen plumbing with care, run your garbage disposal at least weekly so that no debris builds up in the pipes. Be gentle to the machine, it is not intended to grind away all of your kitchen garbage.

When preparing produce for cooking potato peels, onion peels,

celery strings, asparagus bottoms and other bulky debris will clog the device, rather collect those items and dispose of them in the trash, Do it the old-fashioned way, gather them up and fold them into an old newspaper, then toss the bundle into the trash.

Cooking oils, from bacon and other fatty items should never go down the drain--Remember this: No FOG--that's fats, oils and grease. These you can pour into a can, place it in your refrigerator and dispose of it when it becomes more or less solid.



The plumber inserts a router to scrape debris from the sides of the sewer line.



NO FLUSH ITEMS
Even if the package says "flushable"

- Wet Wipes
- Diapers
- Feminine Hygiene Products
- Condoms and Wrappers
- Bandages and Wrappers
- Cotton Swabs
- Medication
- Fats, Oils, and Grease (FOG)
- Coffee Grounds or Food Items
- Paper Towels
- Rags
- Mop or Duster Heads
- Cat Litter
- Cigarette Butts
- Dental Floss
- Hair (Extensions, Weaves, Wigs, or Accessories)

Only human waste and toilet paper should be flushed down the toilet!

Everyday items such as wet wipes, feminine hygiene products, and paper towels don't dissolve quickly, or at all, in water. If a scrap of undissolved material gets caught on a nick, bend, or bump within a pipe, it can begin to accumulate more debris and may result in a sewer backup in your home, business, or neighborhood.

Flushing common household items can cause messy and expensive problems for your plumbing, the sanitary collection system, the wastewater treatment plant, and our waterways. These items should be disposed of in the trash.

GRF Taking Necessary Precautions to Ensure the Safety of all

The Golden Rain Foundation is taking special precautions during this crisis.

Social/Recreation

All of the Club Houses are closed for general meetings, activities and social gatherings. The golf Course will remain open.

Administrative

The administrative offices are closed as well. Here's what to do should you absolutely need to see someone in Administration, Physical Properties, or Finance:

Call first: (562) 431-6586

Make an appointment. All services generally requiring in-person visits will be handled to the extent possible by phone or by e-mail. In-person appointments will be limited to no more than two individuals at a time and upon responses to the following questions:

Are you currently experiencing any flu-like symptoms, fever, cough, or shortness of breath?

Have you travelled outside of the United States in the past 14 days?

Have you recently come into contact with anyone known to

have the COVID-19 virus?

Security

To limit personal interactions, the decal office will be closed until further notice. Any decals expiring during this time will be honored at all gates for access into the community.

All non emergency issues and incidents will be taken by phone. Except in emergencies, Security will not enter a resident's unit. All officers will remain outside and talk with residents from a safe distance.

Thank you for your cooperation.

KNOW THE SYMPTOMS OF COVID-19



FEVER



COUGH



SHORTNESS OF BREATH

SPREADS
THROUGH
CLOSE
CONTACT



TAKE EVERYDAY PRECAUTIONS



WASH YOUR HANDS



DON'T TOUCH FACE



AVOID SICK PEOPLE

No Spitting!

Old habits are hard to break and some folks just don't realize that their actions can put others at risk. Please if you have a habit of spitting, use a handkerchief or tissue. Don't spit on the sidewalk, or by the carports, or on the grass. It's very unhealthy, exactly the type of body fluid we are all trying to avoid. Pets walk in the grass and if they step in your spittle they will bring your germs indoors.

Diocese Suspends Services

In response to the COVID-19 pandemic, Bishop Kevin Vann announced that by March 17 all daily and Sunday in person Masses in the Diocese of Orange will be temporarily suspended. Churches will remain open for parishioners and others who wish to pray and seek spiritual assistance.

All Catholics in the Diocese of Orange are dispensed from the obligation of attending Mass. A decision on when Masses will resume will be made in coordination with state and local public authorities.

Parishioners will be able to view English Sunday Masses via livestream at [Facebook.com/Christ-CathedralCA](https://www.facebook.com/Christ-CathedralCA) at 9:45 a.m. Spanish at 11:30 a.m. and Vietnamese at 1:15 p.m.

What to do during this crisis?

Well, here's a few suggestions:

First, turn off the TV and shut down the computer. It's just not healthy to be listening to it all day long, and quite frankly the news is not getting better. So consider redirecting your thoughts and actions to take a break from it all.

Do some Spring cleaning.

File your income tax.

Read a book.

Write a real letter--you know the type that requires a pen or pencil, stationery and a real postage stamp. Send the letter to your children or your grandchildren, they'll be dazzled by the novelty... some have perhaps never received a letter. In their modern era they've really only know text messaging, facebook, twitter and emails. Heck I'm dating myself; they know instagrams. reddit. whatsapp, snapchat, dribbble and probably a dozen more that have been launched during the time it took me to write this.

Sort out the old family photos

and take some time to label them. Then send them to the kids too. They will love the oddity of those, not only your funky hairdo, but the fact that once upon a time you were young. They'll find snaps of your old car, home, holidays, and vacations fascinating.

You can mend clothes, finish that craft project you started years ago, polish the silver, wax the car, sort out the kitchen drawer, re-pot the plants, dig up the garden, take a long walk, or you can just relax. Wow!

Now that's a thought, just do nothing. No thing. Yep, just sit in the quiet of the day and enjoy being you. Take a deep breath and just relax. When did you last do that?

Gather up an old blanket, or a chair and go out onto the green, breath in the fresh air, watch the clouds go by, wave at the passengers in the planes overhead; some are probably looking down, they'll wave back at you.