

## Local plans for 'virtual' Fourth of July celebration



Photo Sora O'Doherty

Banners in Orinda boast of the "Best Hometown Parade," but the parade will be "virtual" in 2020 owing to the COVID-19 pandemic.

By Vera Kochan

Patriotism is alive and well in Lamorinda despite coronavirus restrictions. Moraga's annual family friendly Fourth of July celebration, traditionally held in the Moraga Commons Park has been reconfigured this year. Fireworks have been canceled along with all of the Fun Runs, food booths and music in favor of a "vir-

tual" celebration designed to adhere to social distancing concerns that would typically be impossible at this type of event. Orinda will not be holding its annual parade, but is promoting a decorating contest where residents don their homes in red, white and blue and document it on film. There will be an Orinda-wide video presentation at 10:30 a.m. narrated by Steve Har-

wood, and residents are encouraged to recognize local workers and frontline heroes with five minutes of noise at noon.

The Moraga Parks and Recreation Department has devised some scaled down participation-style activities to boost town morale during the holiday. The Dog Parade encourages owners to dress their four-legged friends patrioti-

cally, go for a walk and take a photo to post on social media by using #moragadogparade or tagging Moraga Parks and Recreation.

A Kids' Bike Parade is also encouraged. Families can ride around their neighborhood, through the town or on the trails with decorated bikes. Stop and take photos to share with the community by using #moragabikeparade or tagging Moraga Parks and Recreation.

No Fourth of July is complete without a barbecue. Both Moraga Parks and Rec and Orinda are suggesting that residents bring the grill to the front yard for a social distancing party with neighbors beginning 4:30 p.m. Moraga residents can send photos of the festivities to #moragafrontyardbbq or tagging Moraga Parks and Recreation.

If you have a secret/never-fails barbecue recipe that you're willing to share, send it to: [recdesk@moraga.ca.us](mailto:recdesk@moraga.ca.us) and it will be posted on the Parks and Rec website.

Have another way to safely celebrate the Fourth? Send them to #moraga4thofjuly or tag Moraga Parks and Recreation. If you don't have social media you can send your photos to: [recdesk@moraga.ca.us](mailto:recdesk@moraga.ca.us). All photos will be compiled into a real-time slideshow and available for viewing between July 4 through July 11 on the town's website: [www.moraga.ca.us](http://www.moraga.ca.us). Orinda home decorating contest entry forms and more information can be found on the Orinda Association website: <https://orindaassociation.org/4th-of-july-parade>

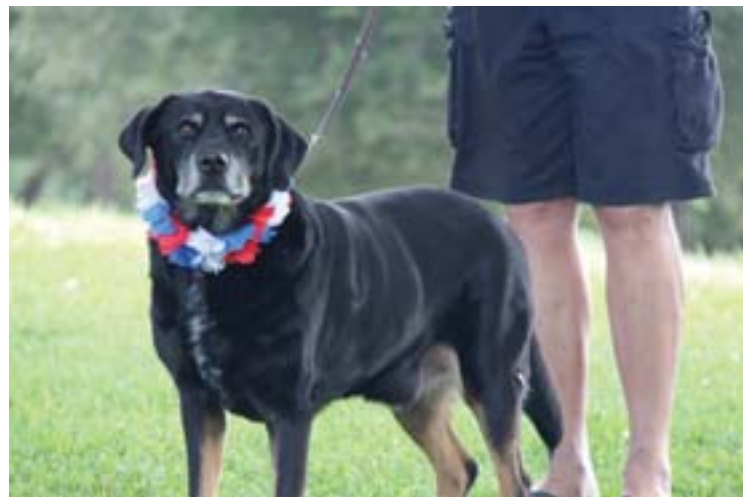


Photo provided

## Sumptuous potato salad for summer barbecues



Blue cheese potato salad

Photo Susie Iventosch

By Susie Iventosch

Summer is my very favorite season because I love warm evenings and the unbridled anticipation of outdoor dining, patio barbecues and picnics in the park. And, when you think of barbecues and picnics, potato salad isn't far behind! This one calls for blue cheese dressing instead of mayonnaise, along with bacon, caramelized shallots and boiled eggs. Try this one out for your Fourth of July celebration. If you love blue cheese, you are going to love this potato salad!

Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.



### Blue Cheese Potato Salad

#### INGREDIENTS

- 2 1/4 pounds red potatoes
- 1 teaspoon lemon pepper (or plain salt)
- 6 strips of bacon, cooked and crumbled (I use turkey bacon, but pork is fine too)
- 2 stalks celery, sliced or diced
- 4 hardboiled eggs, chopped
- 3 large shallots thinly sliced and caramelized in olive oil
- 2 tablespoons minced parsley
- 2 tablespoons olive oil
- 1 tablespoon freshly squeezed lemon
- 1/2 teaspoon white pepper
- 1/2 teaspoon salt
- 1/2 cup yogurt blue cheese dressing (recipe below or can use bottled)

#### DIRECTIONS

Fill a large pot with water and add the lemon pepper. Scrub the potatoes and put them in the pot with the water. If you have large potatoes, halve or quarter them, but if they are the small red potatoes, just put them in whole. (Do not put the potatoes in already boiling water because they don't cook evenly that way and the outsides cook much faster than the insides.) Now this is where cooking potatoes gets a little tricky. Boil them for anywhere from 5-15 minutes, depending upon the size of your potato chunks. The smaller the potato pieces the less time they will take to cook. Test them regularly during cooking to avoid overcooking them. They are done when a knife easily inserts through the potatoes and they are tender all the way through.

Remove potatoes from the heat and strain out the liquid. Cool completely. Once cooled, cut the potatoes into bite-sized pieces and put into a large bowl. Toss together gently with bacon, celery, eggs, caramelized shallots and parsley. Drizzle olive oil and lemon juice over salad and toss. Toss again with blue cheese dressing. Season to taste with salt and white pepper. Refrigerate until ready to serve. Garnish with parsley sprigs or minced parsley and a dash of paprika.

### Yogurt Blue Cheese Dressing

(Yields 1 1/4 cups dressing, but you won't need all of this so save it for later!)

#### INGREDIENTS

- 5 ounces crumbled blue cheese, softened to room temperature
- 2 tablespoons white wine vinegar
- 2 tablespoons olive oil
- 1/8 teaspoon white pepper
- 1/2 cup plain nonfat yogurt

#### DIRECTIONS

In a small bowl, smash blue cheese until fairly smooth using a fork. Stir in white wine vinegar, olive oil and white pepper. Blend until well integrated. Add yogurt and mix well. This makes a very thick dressing. Add more olive oil or yogurt as desired to arrive at the dressing consistency you enjoy. Refrigerate until ready to use.

## Does your health care advocate really know what you want?

By Linda Fodrini-Johnson

Most of us have a health care directive, also known as the Durable Power of Attorney for Health Care. Actually, everyone over the age of 18 should have one – life happens, and you want an advocate when it does!

This is a legal document, but it does not have to be generated by an attorney. However, it must contain language valid and approved in your state and have witnesses to your signature. Most elder law and estate planning attorneys do generate these documents after discussion with clients.

So, how long ago did you read yours? If you have an older family member for whom you would need to make decisions, do you know

their wishes? Do they have this document so that you can advocate for them at a distance?

With COVID-19, many of us are questioning what we would want in the way of treatments. Do we want to be ventilated or just have oxygen? This is just one of many challenges one could have during this time. Once ventilated, you cannot very well communicate. So, who is going to give direction to the medical providers? Does that person know what you want and, more importantly, what you don't want?

In California, many of us have a document generated by the California Medical Association called the Advance Care Directive. Some of us might have used a document called the "Five Wishes" that gives a little more detail.

I suggest that you look at the Regents of the University of California's "Prepare for your Care – Advance Health Care Directive"

[www.prepareforyourcare.org/advance-directive-state/ca](http://www.prepareforyourcare.org/advance-directive-state/ca) and use it as a discussion tool with the person who would make decisions for you. What you have currently might still be appropriate, but this document can give you some important issues to discuss when comparing to existing documents. They also have this document for other states. Some of the topics covered in this document include:

- Questions with scales to answer them. For example, put an X along a line to show how you feel today in your current health and then another such question that asks you to put an X on the scale if you were so sick that you may

die soon.

- Questions about how much flexibility you want your decision maker to have.
- Hard questions that your decision maker might be asked. For example, would you want dialysis if your kidneys stopped working or a feeding tube if you can't swallow?

You might have articulated that you don't want to be hooked up to machines or ventilators. Many of us also have said, usually because of our age, that we don't want to have CPR because we have heard of the harm it can do. There are a multitude of decisions to make, but having a discussion now will help us to be prepared and able to live life our way.



Linda Fodrini-Johnson, MA, MFT, CMC, is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management and home care company in 1989. Eldercare Services is now a division of Home Care Assistance and continues to provide Bay Area families with care management, advocacy, counseling, support groups and education.