

OFFICE HOURS

9:00 am to 4:00 pm
Monday through Friday
asi@activeseniorsinc.org
831-424-5066



ACTIVE SENIORS INC.

100 Harvest Street
Salinas CA 93901-3211
www.activeseniorsinc.org
[Like us on Facebook](#)

Monthly Newsletter - August 2024

DAILY ACTIVITIES

MONDAY: Zumba, 7-8:30 AM* w/o weights + Instr.
Zumba, 9-10:15 AM* w/ weights+ Instr. Donation
Hula II, 10:30-11:30* + Instr. Donation
Ukulele, Noon-2 PM** singalong/beginners/basic
Mahjong 12:30 to 3:45 PM**
EFT Tapping Circle, 2-3 PM* (starts 8/12)
Yoga/Pilates 2:45-4:00 PM**
2nd, 3rd, 4th, 5th, Gentle Yoga 4:15-5:30 PM*
1st, Bunco 5-8 PM, doors close 5:30. \$6, limit 40

TUESDAY: Legal Services for Seniors, 9-11:30 AM
Call for required appointment
Line Dancing 10 to 11:30 AM**
Bridge# noon-3:30 PM**.
Beginning Ballroom Lesson 6-7 PM
Social Dancing 7-8 PM, live band, \$9.00/\$10.00

WEDNESDAY: Yoga/Balance/Pilates 8:45-10 AM*
Cribbage, 10:00 AM-12:00 noon**
Book Club 10:30 AM to 11:30*
1st, 3rd, Karaoke, noon-1:00 PM*
2nd, 4th, Beginning Guitar, 11:45-1:00*
Tai Chi 1:30 to 3:00 PM**
Chair Yoga, 3:15-4:00 PM*
Line Dancing 6:30-8:30 PM** + \$1 for instructor

THURSDAY:
1st & 3rd, Quilting, 9:30-11:30 AM**
1st & 3rd, Genealogy, 10:00-noon**
3rd, Tech Assistance, 1-3 PM**
Knitting/Crocheting by appt; 1-3 PM**
Magic, 4:30-6:00 PM**
Nar Anon family support group, 6:00-7:00 PM

2nd THURSDAY: MEMBERSHIP LUNCHEON
Aug. 8, Noon, \$12. Program: Uke Group, Hula

FRIDAY: Yoga/Balance/Pilates 8:45-10:00 AM*
Zumba 10:15-11:15 AM* + Instr. donation
Bridge# 11:45 AM to 3:30 PM**
1st and 3rd, Western Dance, 7-9:30 PM, \$8/\$10

SATURDAY: 1st, 3rd: Bridge# 11:30 AM-3:30 PM**
2nd, 4th: Hula I, 10:30-11:30* + Instr. Donation
Zumba, 9-10 AM *Limit 40**

* \$1 Fee for members, \$2 for non-members;
** \$2 for members, \$4 for non-members
Call 831-424-5066, a week prior to reserve Bridge seat.
Office closed Sat. Bring exact change, arrive prior to start.

Board Service? What's Involved

By Nominating Committee: Donna Elder-Holifield, chair, Wayne McDaniel, Gerry Reynolds, Robert Pettit, Sera Hirasuna, Bob Whitlock, ex officio

Qualifications: A nominee should have been an ASI Member for at least a year to gain some knowledge of the organization. The commitment for Board members is for a two-year term.

Duties: A nominee for the Board of Directors should be willing to: 1. lead an activity, participate in or lead a committee, or serve as a Board officer; 2. be proactive in Board meetings and monthly luncheons; 3. assist the President and other Board Members with events, activities, and other assignments.

Time Commitment: Time commitment depends, in part, on which executive office or committee(s) a Member participates in or leads. Time commitment is impossible to quantify as each job reflects the goals of the Board or the self-defined scope of each committee's task. It also depends on a Member's decision as to how much time and energy a person has to devote to ASI. We encourage new Board members to take it slow and ask for explanations and help. The Board is a team effort. It is also a joy.

Great Volunteers for Food Distribution

By Loretta Salinas, Dwight Freedman Sr. and the Active Seniors Food Distribution Team

Another remarkable food distribution took place for our members and the community on Thursday July 25th. We also got a surprise audit from a staff member from the Monterey County Food bank who recommended a few minor changes. The MCFB staff member was very impressed with our processes and the number of volunteers we had on hand.

This achievement would not have been possible without your unwavering dedication to our seniors and the community. The Active Seniors Food Distri-

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Food Distribution Volunteers (continued from P. 1)

tribution team sincerely thanks you for the time and effort you invest in serving our members and the community. Thank you for being an essential part of our mission. (Volunteers at work in three photos >>>)

Jean Ashen, Shirley Jones, Gerry Reynolds, Al Schoenstadt, Sylvia Teixeira

Each received a coupon for a free ASI lunch. **THANK YOU**, and Congratulations the June volunteers. For over 65 years Active Seniors, Inc. has existed, and thrived, due to its volunteers...and still does. These individuals give in many ways: working in the kitchen, leading activities, serving on the Board, helping with the Food Distribution, providing electronic technical assistance, inventorying and monitoring kitchen supplies and consumables, preparing Mother's Burritos for the homeless, staffing the office, maintaining the library, helping with the social dances. It's a small acknowledgement--enjoy a lunch on us--but comes with BIG THANKS!



She's Got High Hopes—High, Apple Pie in the Sky, Hopes...

From Tulsa, Oklahoma to Salinas, new ASI board member Linda Evans has journeyed far and wide. After 12 years as an obedient and compliant daughter of a “rule the roost” father, in an attempt to change her mind about a certain “boyfriend” her father decided Linda would do well at Hollins Women’s College in Roanoke, VA.

She was enjoying her first taste of freedom when, after only a year, her father unceremoniously plucked her out of her East Coast experience because he feared a “Southern” influence was worse than the so-called boyfriend, and returned her to her Oklahoma roots. She enrolled at the University of Oklahoma in Norman where she became a proud Sooner, and of course, knew her beau was also enrolled!

As high school classmates, Thad and Linda began a long courtship when she was a junior and he a senior. After Thad’s graduation, he enrolled in OU. Linda would think nothing of skipping class her senior year to drive almost daily to see Thad in Norman. Her youngest brother, who happened to work in the high school attendance office, was her co-conspirator who altered her “absent” mark in French class to “present”. As long as she returned in time to drive both of them home for dinner, all was copacetic! (This behavior led to her exile to Virginia, but all's well that ends well!)

Linda married Thad Evans, her high school sweetheart and the “boyfriend,” in 1969. Linda and Thad began a life of adventure and travel courtesy of the US Army. Life began for the Evans in the married students’ dorm but after Thad’s commission as a Second Lieutenant they were off to travel from Fort Benning, Georgia to Europe.

While in Germany they adopted their two children. Claudia, from Germany, joined the family when she was two-and-a-half years old. Aleks, a three-and-a-half months old Yugoslavian infant, completed the Evans household. For 21 years Linda was the consummate “Army wife” as described by Nancy Shea, who penned the definitive book on “wifey” behavior in the armed services; it became Linda’s bible! She dutifully followed Thad from duty station to duty station, landing at Ft. Ord in the 1990s. By that time Linda was a well-rounded, well-traveled, and well-educated woman.

Along the way, Linda taught in Arizona, North Carolina, Kansas, and Oklahoma, to name a few stops on their Army assignments, at various schools. She had graduated from Oklahoma University with her BA in her hand.

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Meet Linda Evans (continued from P. 2)

Despite the constant moving from one Army base to another, she continued her education to earn an MA degree in teaching, a Masters in Human Relations, and almost completed a doctoral program from USC (even completing her thesis). But as so often happens when the military says it's time to relocate, they pulled up stakes and soldiered on! The PHD fell by the wayside.

In 1991 Linda divorced and went to work for the Department of Social Services, Monterey County. She moved on to Hartnell College, where she directed both the Independent Living Program and the Foster Care Education program. Linda discovered her niche was serving others.

But life threw her a curveball as her health took a sudden and unexpected turn. After a lengthy hospitalization, she found herself needing full-time care. She left her work behind and moved to Las Vegas to get daily care and mothering from, of course, her mother. Ironically, after Linda was able to take care of herself again, her mother needed care and the roles were reversed. Linda and her mother moved to Enid, Oklahoma where they both owned homes in the same senior community. She stayed there until her mother's death.

Linda had, fortuitously, purchased a condo at the Villas on Highway 68 previously. Her son Aleks moved into the premises with his family and Linda asked him to alert her when another condo in the same complex came up for sale. All the stars aligned! Linda moved back to Salinas and into her newly purchased home near her son and her two grandsons, now six and eight. Her daughter Claudia is married and lives with her family in Patterson, CA.

And that is the story of how Linda traveled from Tulsa, Oklahoma, around the world and through much of the US, finally to home right here. But how did she end up at ASI? Oddly enough, Thad Evans, her ex-husband was President of ASI in 2023. He knew that Linda's many wonderful qualities that made her a success as a social worker would make her a valued member of the ASI family and so suggested she join.

Her outlook on life, is a message of hope. In all people she sees the ability to succeed, to achieve potential, and to share success with others. And, so we hope she continues to spread her joy among us!

Please Contact Us If...

By Donna Elder-Holifield and Christine Higgins, Sunshine & Health

Please contact us if you know of anyone needing cheering because of health or other issues. We, the Sunshine & Health Committee, can send a card on behalf of all of us at ASI. However, please check first to see if there's a confidentiality issue. Some people value their privacy. You can also leave a message for one of us at the office or fill out the form on your Thursday luncheon table. Thanks to everyone for keeping Christine and me informed. We wish you all good health.

From the Salinas Public Library

Virtual Genealogy Work Group; When: Tuesday, Aug. 27, 6:00-7:00 PM; **Where:** Online Virtual; **Cost:** Free; **Description:** Are you passionate about uncovering your family's history, discovering your roots and delving into the fascinating world of genealogy? If so, we invite you to join our Genealogy Work Group! Researching family history can be exciting, as well as challenging. Working groups are a chance to share ideas, resources, and support. We'll use Zoom to meet together, and all experience levels are welcome. For more information, please contact Cathy: CathleenA@ci.salinas.ca.us; **Website Link:** [Virtual | Genealogy Work Group | Salinas Public Library](#)

August Birthdays

Richard Avila	Terry Ann Lofgren
Burns Baker	Margo Lopez
Michael Beck	Joan Madden
Jane Black	Tolan Maust
Johanna Brown	Laura McCord
Mary Ann Cain	Robert McGregor
Maria Cariaga	Teresa Mendez
Rebecca Carpenter	Angelo Micalizio
Byron Chong	Kay Micalizio
Claude Constant	Kathy Moon
Lois Crowell	Dalia Palazzo
Robert England	Debra Panelli
Janet Fischer	Mark Panelli
Marilyn Foos	Aldo Peluso
Elia Freeman	Karen Pfeiffer
Kathie Grab	Nancy Ravizza
Mark Graham	Connie Rondez
Jeanette Green	Gail Root
Emiko Greer	Susan Ross
Jeanette Hansen	Sharon Rowe
Constance Hastings	Ellie Satow
Susan Healy	Mario Saviano
Elma Hernandez	Deborah Shields
Nancy Holt	Daniel Towle
Simone Jackson	Karen Towle
Luis Jaramillo	Lavon Tripp
Betty Johnson	Katie Troya
Lillian Juhler	Barbara Urciuoli
Kristine Kaprielian	Yolande Whitlock
Gigi Kiama	Yoshie Wong
Kathleen King	Sachiko Yokota
Janet Lewis	

Cruise Info for ASI Members

Informational Meeting for our beautiful cruise to Alaska in 2025. **DATE:** Thursday, August 29; **TIME:** 1:00 to 3:00 PM; **PLACE:** Active Seniors, Inc., 100 Harvest Street, Salinas; **PURPOSE:** To meet our Pacific Grove Travel Agent and Princess Cruise Lines representative who can explain the cruise basics with handouts and time for questions. Our goal is to get each passenger "Ocean Ready". Cruise reservations are not required to attend the informational meeting. Meeting reservations are optional but highly recommended. Please RSVP to Sharon at 831-261-8087 (text or call).

ASI Dance Parties Upcoming

By Sera Hirasuna

We have three special dances coming up at ASI. These are the only times dancers and music lovers from across genres get a chance to dance together. And you don't need a partner.

Saturday Aug 17 is "Summer Danza" with DJ Ron. It's 5-8pm;-\$15 and \$20, advance sales only; 100 people limit. Buy tickets now to reserve space.

The theme is tropical, so come dressed as if you're on vacation. Finger food, raffle, wide variety of music.

Chef Michael will be handling our **pre-Christmas party** (date TBA) for the Activity Committee on a Tuesday night. It promises to be super special.

Finally, for New Year, we plan an end-of-the-year, New Years' Eve-Eve-Eve Party on **Sunday, Dec. 29** with dinner, a silent auction and DANCING. It'll be a big celebration of our year together.



Summer and Saturday Events on the Horizon

August

Sat., Aug. 10, 1:00-2:30 pm (correcting the flyer >>>). Call office to reserve your space. **Butterfly Lecture**, based on *Butterflies of Monterey County; a comprehensive guide to finding and identifying 91 species of butterflies in Monterey County* with authors/photographers Chris Tenney and Jan Austin. Promises to be a pure joy! Register ahead of time so we know how many chairs (and cookies) to put out. \$1 for members, \$2 non-members. Jan says "I name all the butterflies or invite friends to name them. This is Amy (>>>), one of my exchange students from China, releasing a butterfly she named Kevin."

Sat., Aug. 24, 1:00-2:30 pm; Register with the office, \$1 for members, \$2 for non-members. First Lecture in series by Alzheimer's Assn., **"Healthy Living for Your Brain and Body; Tips from the Latest Research."** By Alzheimer's volunteer and nurse practitioner, Barbara Rhoades. Learn how to take care of yourself and those you love. (See article P. 5.)

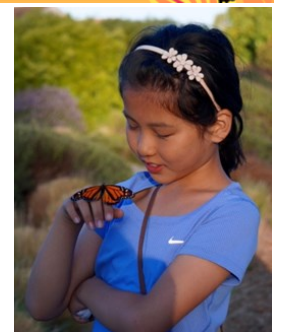
September

Sun., Sept. 15, San Lyon Band Concert; doors open 12:30 PM; tix \$25 each, tickets limited so don't hesitate. Theatre style seating, only beverages. More info next month (>>>).

Thurs., Sept. 26, Wine Tasting Trip with Tour Director Sharon Piazza, leaves 10:30 am returns 3:30 pm, includes lunch. Advance sales only. \$180.

Listening Place Readers Theater Performs Sunday Oct. 6

Oct. 6, noon-2:00—save the date. The Listening Place Readers Theater presents: CO-PENHAGEN. Set in 1941 in German occupied Denmark, this intellectual thriller captures an electrifying and dangerous period in history. Brilliant...Witty...Thought Provoking—a fugue for three voices. Directed by Suzanne Sturm. Featuring Ron Genaur as Neils Bohr, Suzanne Sturm as Margrethe Bohr, Richard Boynton as Werner Heisenberg.



Health Tip #32: Can We Avoid Dementia?

By Stanley M. Sokolow, DDS, Retired (stanleysokolow@gmail.com)

Dementia incidence increases exponentially with age, doubling approximately every five years after age 65. Dementia is characterized by a progressive decline in brain functioning, resulting in impairment of judgment, memory, and abstract thinking; disorientation; personality disintegration; sometimes paranoid thoughts or hallucinations.

Severe dementia can impair bodily functions such as balance, coordination, and swallowing. It consists of many forms: Alzheimer's Disease (AD), Parkinson's Disease with Dementia, atypical Parkinsonisms, vascular dementia, Lewy Body Dementia, etc. Unfortunately, the underlying metabolic causes of these are not understood and there is no cure, just symptomatic relief with various drugs which don't work well.

Several lifestyle behaviors (smoking, alcohol consumption, vitamin intake, physical and other activities) have been associated with future development or avoidance of dementia in older adults. To shed light on these factors, researchers looked at a cohort of people living at a senior residential community in southern California called "Leisure World". (It has since become an actual city called Laguna Woods.) The community management had medical and lifestyle records of its residents going back 20 years, so the "90+ Study" looked backward and forward, following 587 participants who were 90 or older and didn't have dementia at the time the study began in 2003.

The participants were 90 to 103 years old (average 93) in 2003 (baseline). They were given physical and mental evaluations every 6 to 12 months for about 36 months. You can read the report of the study here: [Lifestyle factors and dementia in the oldest-old: The 90+ Study](#). The TV show "60 Minutes" did an episode on it: [Living into your 90s](#).

Here's what the study found. First the bad news. Few lifestyle factors either at baseline or 20 years previously were associated with risk of developing dementia. Neither smoking, alcohol consumption, caffeine intake, nor antioxidant vitamin supplement use as reported in the 1980s were related to the risk of dementia after age 90. Neither was active or other exercise in the 1980s nor vigorous exercise in 1983, in 1998, nor at age 40.

Now the hopeful news. Those reporting intake of 200 or more mg/day of caffeine at enrollment in 2003 (age 90 and older) had a significantly lower risk (about 34% lower) of dementia compared with those with intake of less than 50 mg/day. (The average caffeine content is 115 mg/cup for regular coffee, 3 for decaffeinated coffee, 50 for regular tea, 3 for decaffeinated tea, 50 for caffeinated soft drinks, and 6 for dark chocolate.)

Users of vitamin A, C, or E supplements had significantly lower risks (about 25% lower) compared with non-users, but the study didn't ask how much of each vitamin was consumed daily. Daily alcohol consumption of up to two drinks (4-oz glasses of wine or equivalent) reduced risk 3%, but three or more drinks increased risk by 9%. Neither was statistically significantly different from not drinking alcohol; the difference may have been random chance.

Oddly, smoking tobacco slightly reduced risk of dementia, but not significantly. These findings don't mean you should begin or continue smoking or drinking alcohol or soft drinks, of course, since they are risk factors in diseases outside the scope of this study. Six of 16 activities showed reduced risk, but no activity was significant statistically.

The study suggests that continued mental/social activity into the tenth decade of life is associated with a lower risk, but of course that could be reverse causation as dementia would impair those activities. Association (correlation) studies of population groups like this do not prove cause and effect. They may suggest a possible causal relationship, but that's not scientifically valid proof.

As we age, our brain shrinks by losing brain cells, which is particularly seen in Alzheimer's disease. Brain shrinkage is correlated with cognitive decline. A fascinating lecture given in May 2023 "[Patrick Holford - What's driving Alzheimer's?](#)" explains the evidence that a high level of a particular amino acid "homocysteine" in the blood and brain is associated with a faster rate of brain shrinkage.

An [experimental trial of B vitamins](#) in the diet found that the supplements of B-12 and folate (B-9) were associated with lowering homocysteine resulting in about a 30% slower rate of brain shrinkage compared with a placebo group. The treatment group got a daily tablet containing 800 mcg folic acid (B-9), 500 mcg cyanocobalamin (B-12) and 20 mg pyridoxine (B-6). Other experiments showed that omega-3 fatty acids combined with B-12 and folic acid worked better than either

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ASI 2024 Holiday Closures:

SEPTEMBER 2. Closed for Labor Day
NOVEMBER 5. Closed for Election
NOVEMBER 11. Closed for Veterans Day
NOVEMBER 28-29. Closed for Thanksgiving
DECEMBER 23 through January 1, 2025
Closed for Christmas, New Year's Eve
and New Year's Day. We reopen Jan. 2.



Can We Avoid Dementia? (continued from P. 5)

alone. But I don't recommend starting a vitamin regimen like this without the approval of your doctor. Vitamin overdose can do more harm than good.

Good sources of omega-3 are wild-caught cold-water fatty fish (salmon, sardines, mackerel, etc.). Fish-oil capsules or in bottles aren't the best source because the omega-3 in them degrades over time. A good food source of B vitamins is nutritional yeast, but since a lot of people don't absorb B-12 well, a B-12 vitamin tablet may be required. B-12 is only abundant in foods of animal origin, so vegans and vegetarians need B-12 supplements to avoid deficiency.

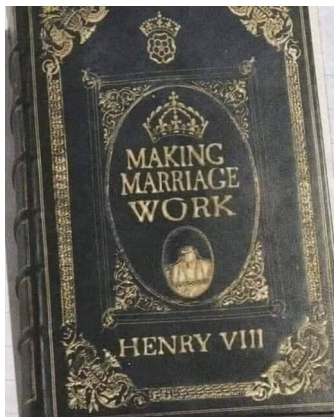
Bob's Red Mill nutritional yeast, which you can find in the baking section of your grocery store, says that two tablespoons of the yeast flakes contain 574 mcg of folic acid (B-9) and 9.4 mcg of B-12, among other B vitamins. That's very little B-12 compared with the experimental dose mentioned above. This yeast isn't the active baker's yeast used to cause dough to rise, but you may find them side-by-side on the grocery shelf. Nutritional yeast has a mild cheese-like flavor that goes well with soup and salad.

(Ed. Note: Be sure to attend the Alzheimer's Assn. lecture at ASI on Aug. 24 for the latest information on Alzheimer's treatment. See P. 4.)

EFT Tapping Resumes Aug. 12 (>>>)

"Old age is like a plane flying through a storm. Once you're aboard there is nothing you can do about it." Golda Meir

"Old people shouldn't eat health foods. They need all the preservatives they can get." – Robert Orben



**EFT
Tapping
Circles**

Mondays 2-3 pm
Begins 8/12/2024

*You Can Manage the Stress
In Your Life
Gain Calm and Clarity with
EFT*

Join Bari Roberts, Clinical EFT Certified Practitioner, for one hour of self applied Tapping on ancient acupuncture points, and experience increased levels of physical well-being and emotional freedom.

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