

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 - December 2024

DAILY ACTIVITIES

MONDAY: Zumba 7:30-8:30AM* no weights +Instr.
Zumba, 9-10:15 AM* w/ weights + Instr. Donation
Hula, 10:30-11:30* + Instr. Donation
Ukulele, Noon-2 PM** singalong/beginners/basic
Mahjong 12:30 to 3:30 PM**
Yoga/Pilates 2:45-4:00 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*
Guitar Lessons 11:45-1:00 PM*
EFT Tapping Circle, Rm A 1:30-2:30 PM*
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: Knitting/Crocheting by appt; 1-3 PM**
Nar Anon family support group, 6:00-7:00 PM—
on “pause” until 1st Thurs. in Feb. (Feb. 6)
1st & 3rd, Quilting, 9-12** on pause until Jan. 16
1st & 3rd, Genealogy, 10:00-noon**
3rd, Tech Assistance, 1-3 PM** on pause until Jan.
3rd, Singing for the Brain, 3:15-4:45 PM** (Dec.
19, earlier time 1:30-3:00 for Dec. only)

2nd THURSDAY: MEMBERSHIP LUNCHEON
Dec. 12, Noon, \$25. Program: Senior Singers

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: Zumba, 9-10 AM *Limit 40**
Bridge 1st & 3rd, 11:30 AM-3:30 PM**

Other Activities with Schedule Changes: Food Distribution--Thurs., Dec. 19, 9AM – 11AM or until supplies are depleted; “Gentle Yoga”--on “pause” until further notice. Looking for new time slot. Please use skills you've learned to relax and calm yourselves over the holidays, or join Chair Yoga.; Italian Cooking--on “pause” until Sat., Jan. 25 (sign-up in January).

* \$1 Fee for members, \$2 for non-members;
** \$2 for members, \$4 for non-members
Office closed Sat. Bring exact change, arrive prior to start.

Nominating Committee Report

Donna Elder-Holifield, Chair

The beginning strategy for our Nominating Committee was to get the word out we were looking for prospective Board Members. We put flyers on tables at luncheons, advertised in the Newsletter, posted on the website and relied on activity leaders to share information about the Board. We were looking for leadership potentials. As a result the Committee is submitting the following slate for election to the Board. Committee members conducted interviews so we could present these short bios.

ROBERT MCGREGOR is well known at ASI. He is currently serving as Chief Financial Officer. He also served as president of ASI. His experience will be invaluable in moving ASI into the future.

MIKE BECK is a retired physician’s assistant who has worked on ASI’s food distribution committee. He has also worked as an election official when ASI serves as a polling place. In addition, Mike has experience serving on the Monterey County Grand Jury.

YVONNE MRAULE has had quite a long managerial career working for Disneyland and Kaiser, among other companies. More recently, she has managed her late son’s dental office. She has also provided income tax preparation services for clients. Her current ASI activity is playing bridge.

STEVE DOOLITTLE has over 30 years experience in construction management for Universal Studios, Radio City Music Hall, etc. Locally, Steve has managed renovation of the old Porter-Irvine Building, built in 1932. Several other Salinas buildings are on that list. He has managerial skills, knows how to work with others, and gets things done.

Thanks to all the Committee members: Sera Hirasuna, Gerry Reynolds, Wayne McDaniels and Robert Pettit for their work. Thanks also to all who gave us ideas and/or considered being a Board Member. The membership will vote on the slate at the January luncheon.

Let's Celebrate Together!

Don't like the fuss and noise of most New Year celebrations? You don't need to spend \$100+ for New Year's dinner to have great food and warm fellowship. Come join your ASI friends as we celebrate 2024 and turn our gaze to 2025. Have a favorite appetizer? Bring it! We look forward to a colorful, flavorful, delicious array of good food.

We'll play games, we'll sing. (Bob Whitlock's bringing his karaoke machine!) And it's free! Sign up just so we have a headcount. If you forget, just come! It's Monday, Dec. 30, 5-9 pm. Come early to find parking. Also, you can park in the Swenson & Silacci Flower's paved parking lot AFTER they close. (It's best to avoid their unpaved lot.)



Camerata Singers Perform This Weekend

Thanks to Chris Hasegawa

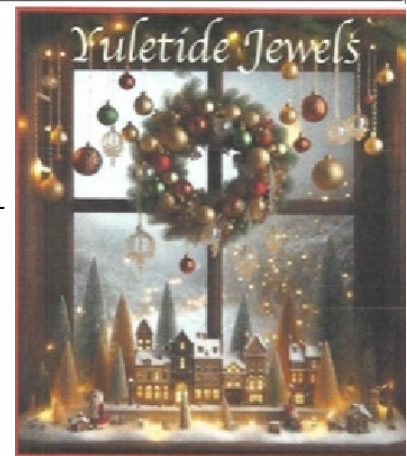
Hear the Camerata Singers of Monterey's Christmas Concert. They are a feast for the ears! See/hear them on Fri., Dec. 6 at St. Paul's Episcopal Church, Salinas. Adults \$20, Students free. You can also catch them in Monterey on Sat., Dec. 7, 7:30 pm or Sunday, Dec. 8, 2:30 pm at the First Presbyterian Church. Adults, \$25, Students free.



Listening Place Readers Theater Returns Dec. 15

The Readers Theater visits ASI on Dec. 15 with its Christmas Potpourri. "Yuletide Jewels" celebrates six holiday pieces including "A Christmas Memory," "Holiday Song," and "The Fruitcake Recipe."

Sunday, Dec. 15, 1-3 PM; ACTIVE SENIORS, INC. 100 Harvest St, Salinas (831) 424-5066; Free admission - Donations welcome; Doors open: 12:30PM. Cast: Pat Horsley, Nina Solomita, Susan Keenan, Richard Boynton, Fred Herro, Sam Trevino & Charles Stumpf. Music by: Marylee Sunseri. Producers: Linda Hancock and Susan Keenan. Directed by: Linda Hancock. TLP Staff: Maryann Rousseau, Pat Horsley



Asi Wants You! Volunteer Today

ASI is fully staffed by unpaid volunteers. These volunteers make all the classes, clubs, services and luncheons possible. Please help keep us growing and operating. Can you give two to four hours twice a month? We need office staff. We can work around your schedule. We provide training for you and mentoring to help you become a member of our ASI team.

In the coming months, our NEWSLETTER will include quotes from current volunteers telling why they choose to volunteer and what they find most satisfying about being of service to our great organization. Call ASI or come by the front desk. Let us help you get started on this rewarding journey'. (831) 424-5066.



New February Casino Trip!

Join us on Thursday, Feb, 27, for a one-day trip to Table Mountain Casino near Fresno. This casino, voted "Best Local Casino in Central California", offers gaming, dining, and live entertainment. There are slots, poker, blackjack, roulette and more.

DATE: Thurs., Feb. 27; **TIME:** Leave Park Row at 8:00 AM; return at 6:00 PM; **COST:** \$89.00 per person; Lunch on your own. For reservations visit our ASI office to complete a registration form and make full payment. One of our office volunteers will be happy to assist you. If you have any questions, please contact ASI Tour Director Sharon at 831-261-8087.

Hope During the Holidays

Holidays can be difficult...especially when a friend or loved one is addicted to drugs. Nar-Anon is a free program for those of us who are or have been affected by someone else's addiction. Through mutual support, we help each other cope by offering our experience, strength, and hope. We have no dues or fees, and we will respect your anonymity. We are currently on winter break, but we will resume in-person meetings at ASI on Thursday, February 6, at 6:00 pm. For more information, as well as a schedule of additional meetings, please go to <http://www.naranoncentralca.org>. There is hope.

Coat Drive for Jacob's Heart

Nonprofit Jacob's Heart services children with cancer in Monterey Co., ages 1-18. Many of them need new coats for the winter (coats must be new). A container is near the office in ASI. Please consider providing someone a coat. Deadline for donations is Dec. 13. Contact Margaret Martinez, Barbara Guerrero, or Rosie Alvarez.



ASI President Bob Whitlock Invites Your Input

President Bob Whitlock will be starting an informal semi-monthly gathering beginning January 7, 2025, with our ASI advisors and stakeholders who have experience and knowledge and history. Purpose is a forum for ideas, concerns, and vision for ASI. The meeting will be held on every first and third Tuesday from 10-11. Drop in when you can. There will be bagels.

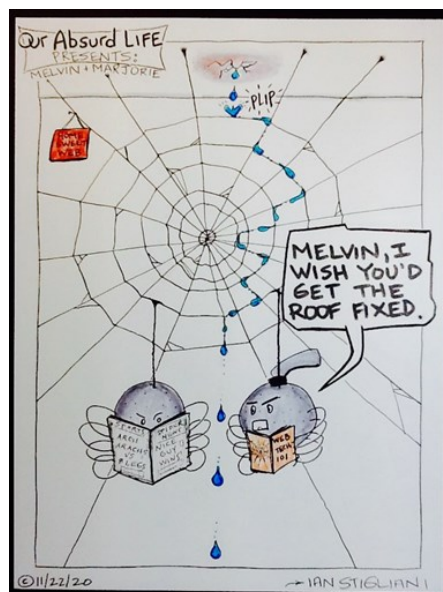
"Singing for the Brain" Group Singing Activity

DATE/TIME: Every 3rd Thursday, 3:15pm - 4:45pm until further notice but note December activity is 1:30-3pm (to ease your way home); **COST:** \$1 members, \$2 non-members + optional tip for instructor; (Songs are already chosen for this month).

December's theme is anything seasonal that has to do with Hanukkah, Kwanza, Christmas, and any other seasonal celebration I've missed. P.S. We apologize for the sound problem at the last event. We think we have it fixed and will be testing the mic and speakers to make sure. Thank you so much for your patience and tolerance!

Taxi Vouchers Not Available for Now

FYI, the taxi voucher program mentioned in the ASI November Newsletter is presently NOT available at ASI. Bob Whitlock has spoken with MST--when they have an employee assigned to the program, ASI may once again be involved.



December Birthdays

Gladys Allen	Priscilla Jackson
V. Susan Anda	Kenneth Keller
Steven Aarii	Carole King
Leslie Asher	Caroline Lee
Connie Baclig	Diane Luzod
Nancy Barnett	Rhoda Lynch
Florence Barrera	Elisa Mariscal
Loreta Batara	Roy Marquez
Eloise Becker	Nick Martinez
Evelyn Bolante	James O. McCreight
Dixie Bomar	Margaret McKey
Lupe Boronda	Linda McWalter
Joanne Bray	Mary Lu Mesa
Susan Byrne	Chrys Miller
Carol Caetano	Josefina Moncayo
Cynthia Carroll	Sherrie Payne
Christine Cegin	Sharon Piazza
Olga Chandler	Witold Piekarski
Roberta Christian	Mary Pozzi
Pierre Cousineau	Tisha Ragsac
Pat Cunanan	Frank Renteria
Paula Doolittle	Bari Roberts
Stephen Doolittle	Carol Romo
Judy Eichhorn	Rena Rossotti
Dexter Farm	Faye Russo
Lynn Fischer	Hazel Schafer
Babe (Floripes) Forrest	Lynne Sergius-Briscoe
Dianna Foster	Carol Statham
Janet Francisco	Lynn Stewart
Gahr Gardner	Noel Thieleman
Susan Gibbons	Teresa Toledo
Barbara Gularte	Candie Vaughan
Denise Hamilton	Lorraine Vincent
Haley Han	Roseann Washburn
Billy Hayes	Sandra Wightman
Martha Hayes	Luma Williams
Lupe Hernandez	Stephen Wood
Gordon Herold	Ruko Yoshida
Christine Higgins	Patrick Zimmerman

This Much I Know is True (About ASI's Building)

By Yole Whitlock

Have you ever wondered how our Active Seniors Incorporated came to be at 100 Harvest Street? Who built it? Who remembers what? The story has just been waiting to be told!

Our building's history begins with the Grand Opening on Nov. 18, 1981. But before that, ASI started in 1959. The Rotary Scout House on Abbot Street was used for most events. Eventually ASI acquired the property at 140 Central Avenue. By 1979, the membership had outgrown that space.

ASI then purchased the Harvest and Pajaro Streets corner lot for \$110,000.00. George Kuska, locally noted architect, designed the spacious building we now occupy. Bud Small's Construction Company brought Kuska's plans to life in 1981. Only a few months after signing the \$328,000 contract in April, the project was finished on time in late October.

The doors were thrown open by then ASI President, Mel Dungan. Within three years, the property was owned free and clear thanks to the sale of the Central Avenue premises and the many generous donors whose name plaques grace the entrance to ASI.

In 1981, John "Sonny" Sanders, a union carpenter with Small's Construction, went to work with Rick de Young, the superintendent for the construction. Almost all the work was done by local tradesmen. Butch Escobar was the concrete finisher and Rossi Masonry put up the walls. The plumbing was done by Sawyer McCarty and electrical contractor, Groseclose, brought it to life.

This is a locally built edifice from materials to labor with many discounts offered by local providers. Probably the only things outsourced were the laminated beams and purlins, out of Oregon, to form the structure of the roof.

From start to finish, the young Sonny Sanders and other carpenters helped with the foundation, framing, sheet-rock installation, the interior and exterior door fabrications, and the other thousand and one details required. Everywhere in the building are testimonials to his workmanship.

His mentor, Bud Small, used the well-known graffiti created by James Kilroy in WWII to symbolize "I was here". Somewhere behind the walls, Sonny Sanders left his personal signature too!

This much we know is true about our premises. However, in going further back into the history of 100 Harvest Street we know that two houses were razed on this corner to make room for our stomping grounds. Sonny and his wife, Carolyn, both members now of ASI, decided to take a look back before the construction. Way back! As often happens when a building is going up before one's very eyes, neighbors feel free to kibitz.

Occasionally the neighbor to the east would have a few words to say to Sonny and his crew as they worked. The most interesting comment was "Did you know this used to be a train station?" Men building the sugar plant boarded here on the corner to get to what is now known as Spreckels.

Salinas began to take shape as a town in 1860 and by 1872 it became the county seat. The most significant growth was stimulated in 1897 by Claus Spreckels who proposed that a major sugar processing plant be built south of Salinas. He had developed a new method of refining sugar beets.

With the contractual promises of many local farmers, who stepped up to agree to plant 25,000 acres with sugar beets for five years, he went ahead with his purchase of the land. Claus already owned a sugar beet mill in Watsonville. He owned the Pajaro Valley Railroad running from Watsonville to Salinas. Now he added an extension of that line from Salinas to Spreckels.

Sonny and Carolyn Sanders tracked down the truth about the train station rumor being on this very corner over a hundred years ago! On the wall at the Monterey Salinas Valley Railroad Museum, they found on a map of the PVRR which clearly shows the depot grounds at the end of Pajaro and Harvest. That old timer chewing the fat over the fence was right!

While the map does NOT say "It stops here", history books about the building of the Spreckels sugar plant all remark on the transportation of men and materials to and from Salinas via a narrow gauge railroad. And now, as per Paul Harvey, you know the rest of the story!

Health Tip #33: Hope for Alzheimer's--One Doctor's Personal Story

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

I wrote about dementia in my previous article, but it didn't give a hopeful picture. In contrast, here's a very hopeful story about the personal experience of a doctor with her husband who had early-onset Alzheimer's dementia. The doctor is Mary Newport, MD, whose husband developed Alzheimer's at age 51. She helped him reverse symptoms of the dementia by adding one simple food to his meals. Dr. Newport has published [several books](#) on the topic, available at Amazon.com.

Here's a recent interview where she tells her story: [Keto and MCT for Alzheimer's, One Doctor's Family Journey](#). To help you understand, I'll explain the jargon and background of the story. Through the use of special imaging machines called PET scanners, medical scientists discovered that the brains of Alzheimer's Dementia (AD) patients have areas where the cells are not using glucose as their energy source the way the normal cells do. Lacking energy, those brain cells don't function and the symptoms of dementia are the results. However, when provided with alternative fuel molecules called ketones, those areas use the ketones instead of glucose and symptoms improve.

When the body has an abundant intake of carbohydrates, which are molecules of glucose linked together as sugars and starch, the "carbs" are digested into single molecules of glucose that are distributed throughout the body in the blood as fuel for cells. When we don't eat much carbs, the body switches to using our stored fat by converting it into small molecules called ketones. The state of using ketones is known as nutritional ketosis. (In uncontrolled diabetes, the body can't utilize glucose so the amount of ketones in blood can rise to life-threatening levels known as ketoacidosis, but nutritional ketosis has far less ketones.)

Avoidance of eating carbs is the basis of the "keto diet" used for [weight reduction](#), [epilepsy control](#), [mental health](#), [schizophrenia](#), and [reversal of type 2 diabetes](#). But you can also get ketones from an outside source through adding certain supplements to ordinary meals. Doctor Newport helped her husband by adding ketones to his meals, as she explained. He also eventually ate a low-carbohydrate Mediterranean-style diet.

The supplement she gave him was coconut oil and/or an extract of it called MCT oil. The fat molecules (triglycerides) in these oils come in various sizes, but the medium size with 8 or 10 carbon atoms is most easily absorbed and converted into small ketones. That's what MCT oil has: Medium Chain Triglycerides.

Another source of ketones is from manufactured molecules called ketone esters and ketone salts, which are available as dietary supplements but are more expensive than coconut oil or MCT oil. For example, Costco sells a big 84 fluid-ounce jug of coconut oil for \$15 (including delivery, or less in the store), and MCT oil for about \$20 per 40 fluid-ounce bottle, so you see this is not priced like a prescription drug even though it may have pharmaceutical-like effects. In contrast, Amazon sells this [ketone ester powder](#) for \$112.49 for 30 servings.

Coconut oil is mostly composed of saturated fats, which makes it solid at room temperature but liquid at body temperature. Physicians have been taught to fear saturated fat as a risk for atherosclerosis, the number one killer of the U.S. population. However, this is controversial and the role of saturated fat in cardiovascular disease has been [questioned by some experts](#). In Dr. Newport's case, it seems that the potential benefits for Alzheimer's Dementia outweigh any theoretical risk of cardiovascular events in the distant future.

In this lecture, Stephen Cunnane, Ph.D., explains the technical details of his research on the role of ketones in mild cognitive impairment and Alzheimer's dementia: [Stephen Cunnane - Cognitive improvement with ketones in mild cognitive impairment](#). For a less technical interview, watch: [Ketosis and Alzheimer's: A Metabolic Neuroscience Journey With Dr. Stephen Cunnane](#).

The ketogenic diet ("keto" = ketones, "genic" = producing) also has been proposed as a way to starve cancer cells of the energy they need to keep growing, thus killing off the cancer. Watch: [Can a keto diet eliminate cancer growth? Dr. Thomas Seyfried says yes](#).

If you are impressed by these stories and want to try a ketogenic diet and/or MCT, coconut oil, or other forms of ketone supplements, for you or someone else, you will most likely have difficulty finding a medical professional to guide you and monitor progress. The use of nutritional ketosis for prevention and treatment of diseases and mental disorders is still not widely known nor accepted by the medical establishment. Here's one place that may help you learn more and find a practitioner: [Metabolic Mind](#).

Even though most doctors are unaware or even scornful of the use of ketones for these diseases, history

(continued n next page)



Hope for Alzheimer's (continued from P. 5)

will probably turn the medical profession in this direction. Great breakthroughs in medicine often are not accepted at first. For example, in 1982 two Australian pathologists found that the bacterium *heliobacter pylori* was present in nearly all cases of stomach ulcers. Their peers didn't believe that this was the cause, since the longstanding belief was that stress caused stomach ulcers.

To prove their point, one of the doctors (Barry Marshall) drank a culture of the bacteria, proved that he had developed an ulcer, and cured it with an antibiotic. It took a long time to change medical dogma, but in 2005 the Nobel Prize in medicine was awarded to Barry Marshall and his collaborator Robin Warren for this discovery. The [Nobel Prize Committee announced](#) "Nobel Prize in Physiology or Medicine goes to Barry Marshall and Robin Warren, who with tenacity and a prepared mind challenged prevailing dogmas."

Thank the ASI Food Distribution Staff

Loretta Salinas, Dwight Freedman Sr., ASI Food Distribution Team

Another outstanding food distribution for our Members and the community on Thurs. Nov. 21 with 297+ guests served. Our drive-through distribution is a total success (>>>). This achievement would not have been possible without ASI Member's unwavering dedication to our seniors and the community. The ASI Food Distribution team sincerely thanks all the volunteers for the time and effort you invest in serving our Members and the community. Heartfelt thanks for being an essential part of our mission.

Special thanks to everyone for the Birthday Party and lunch for Dwight and Dennis.



ASI Zumba Volunteers help at Food Bank.

