

OFFICE HOURS

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



ACTIVE SENIORS INC.

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Salinas CA 93901-3211
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Monthly Newsletter - November 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
1st & 3rd, Quilting, 9-noon **
1st & 3rd, Genealogy, 10:00-noon**
3rd, Tech Assistance, 1-3 PM**
3rd, Singing for the Brain, 3:15-4:45 PM**

2nd THURSDAY: MEMBERSHIP LUNCHEON
Nov. 14, Noon, \$12. Program: Adam Errahebi will speak on Veterans Services available.

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

* \$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.

Coming to America

By Yole Whitlock

Nov. 5 will soon be here. It is our day to collectively vote for whomever and whatever we want. If you are like most of us at ASI, you may take this day for granted. We vote and go about our business. But some of us volunteer as Poll Workers in Salinas, particularly at the polling place here at ASI. One Poll Worker volunteer is Helma Zeuge, an ASI Member from Wittmund, a small town in northern Germany.

Helma was born in the middle of WWII to German parents, her father from eastern Germany, her mother from western Germany. Her father was conscripted into the German Army. He did not return, dying as a soldier. Helma grew up in a divided country and was raised a single child in Neuuharlingersiel, a small fishing village on the coast of the North Sea, by her mother. Later they moved to nearby Esens.

Helma followed the traditional four years of elementary school and nine years of high school. She entered the University of Mainz hoping to study art, her passion from early on, but it wasn't possible. Instead she took various other classes before she left to begin her life-long pursuit of languages, education, travel and art.

The first adventure of her journey was as an *au pair* in Switzerland, followed by a stint as a travel agent in Paris, and again as an *au pair* for a family in the USA, all by 1966. She improved her English skills during one long winter in Rochester, NY, which led her to take a Greyhound bus to California, where she had contacts.

Moving from Newport Beach to San Francisco and to Monterey, she landed at the Monterey Institute of International Studies, where she began a course in Russian because she wanted to be challenged. A BA in Russian was her reward. Many years later she earned her Master of Arts in Teaching Foreign Languages.

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Coming to America (continued from P. 1)

By this time, she was teaching German at the Defense Language Institute. 1972 proved pivotal for Helma. On Jan. 2 she took the Oath of Allegiance before a Federal Judge in San Francisco and became a U.S. citizen. She embraced the rights and responsibilities of citizenship. That same year she volunteered to be a translator and interpreter at the Munich Olympics. Sadly the closing ceremonies would become a memorial for the tragically murdered 11 athletes and coaches from Israel by the Palestinian Black September members.

When she returned to Monterey, she no longer had a job. Still eager to learn, she enrolled at Monterey College of Law, again challenging herself. She returned to DLI, however, when a position again opened up for her. Helma taught at DLI for a total of 20 years and took early retirement as RIFs (reduction in forces) were instituted.

After retirement she moved to Salinas, where she made new friends and took up a number of volunteer activities. The right to vote and the pledge to participate in the democratic process led her to volunteer as a Poll Worker. She took the training and swore to preserve the democratic process, protect voter rights and to maintain the integrity of the vote. For 20 years she aided her fellow citizens in the processes of election day.

Helma traveled--in Europe, Israel, Russia, China, North, Central and South America, and of course often to Germany. Helma continued to volunteer. She heard about ASI, joined and offered to assist in our office. She comes to all the lunches and takes tapping and movement. She still feeds her passion for art through working in ink and colored pencils, water colors, photography and videography. She was a Toastmaster for several years and remains a member of the Salinas Valley Art Association and the Ann Ree Colton Foundation of Nisience. She is happy to be a Member of ASI and grateful for her life in the United States.

ASI Makes a Difference in Hunger in Monterey County

At this special time of the year, Active Seniors continues its history of service and making a difference in our community. On **Saturday, Nov. 9**, ASI will host the first annual **Friendsgiving Dinner Dance from 5pm – 8:30pm**. This unique event supports the Food Bank for Monterey County, ASI's partner in our Food Distribution service project as we monthly distribute more than 250 food bags.

As we gather that evening to enjoy an Italian meal--lasagna, salad and dessert--we will be supporting the Food Bank. Attendance is solely by reservation AND donation. Donation envelopes are in the ASI office and your place is secured AFTER your envelope is turned in. We are limited in space for the number of attendees, so reserve your spot SOON!

Your personal donation can be made by check (to the Food Bank for Monterey County), cash or credit card. **If you cannot attend but would like to donate, please ask for a Food Bank donation envelope at the ASI office.**

Help Make a Difference!

1 IN 4 Residents in Monterey County are hungry. The Food Bank for Monterey County is the largest comprehensive provider of emergency supplemental food in Monterey County where over 40% of residents are food insecure.

1 IN 3 Children in Monterey County are hungry. Monterey County ranks among the highest of all 58 California counties in child poverty, child homelessness and incidence of type 2 diabetes. Monterey County also has also has more homeless students than San Francisco and San Jose combined.

400% Increase in food demand since the pandemic began. Demand for food has quadrupled since the Covid-19 pandemic began. The Food Bank for Monterey Co. currently serves some 60,000 families and 240,000 individuals monthly.

160 Local Nonprofit Partners rely on the Food Bank for food. The Food Bank is the sole source of food and fresh produce, supporting a network of nonprofits serving children, seniors, veterans, the unhoused and other vulnerable communities. It operates over 240 distribution sites and stocks the emergency pantries and meal programs that feed more than 10,000 people each week.



ASI Zumba Volunteers help out at the Food Bank.

Schedule Revisions Over the Holidays

By Sera Hirasuna, Dwight Freedman, Loretta Salinas

The Gentle Yoga class has opted to go into "pause" mode starting 10/28/24, which means no Gentle Yoga class from Monday, Oct 28 on. It may resume early next year, but no plans will be made until January. We know people get very busy this time of year, so this is a good time to take a break. Many of you have learned some skills from our wonderful teacher, Paula, so please use them to relax and calm yourselves over the holidays.

Paula still has her Wed. Chair Yoga class, 3:15pm - 4:00pm. There is a relaxation component to that which her students find beneficial. You might want to give that a try.

As the third Thursdays of November and December are one week before the holidays, the Sassy Quilters Group, which meets the 1st and 3rd Thursdays, has decided to suspend activity for those days and will resume meeting on the 3rd Thursday of January. Also, Dwight will not conduct the Technology Assistance workshop on those dates. Technology Assistance resumes in January.

We have worked with the Food Bank and they will be bringing food on Thursdays, November 21 and December 19, instead. Please do not schedule any activities for the mornings of Thursday Nov. 21 or Dec. 19. Feel free to contact Dwight or Loretta if you have any questions or concerns.

Free Lunches for Lucky Volunteers—and a Celebration

By Linda Evans

Enjoying an ASI lunch on us are September's volunteers whose names were drawn at the October luncheon: **Barry Tomasini**, one of our *Activity Leaders*; **Donna Elder-Holifield**, Board Member and Sunshine Committee co-chair from our *Admin* group; **Sue Gibbons** representing our *Luncheons & Special Events* volunteers; **Cynthia Tsukamoto** for our *Office* volunteers; and **Judy Luna** selected from our *Service* volunteers. These individuals are a few of the 63 million Americans who volunteer annually--ASI is completely volunteer-run...and we all thank you!

The food was good, the setting was good, and the event volunteers were GREAT! October 5 we came together to **Celebrate 65 years of ASI Volunteers**. And it took ASI volunteers to celebrate ASI volunteers. Exit comments included "loved the displays & demos...liked meeting new people...thanks to the kitchen staff...loved it...good introduction to activities I didn't know anything about...lots of fun". Thank you to EVERYONE.

Special Events Shine

On Oct. 24 ASI Board Member Laura Ruggieri (>>>) put together and hosted our Third Annual Senior Resource Day. More than 30 organizations offered essential services for seniors at staffed tables with printed and spoken information.

On Oct. 26, Barbara Rhodes, NP, of the Alzheimers Association, provided the latest information on "The 10 Warning Signs of Alzheimers" to a large, engaged audience at ASI (>>>).

Sunday Oct. 27, Chef Dale Presson presented "Real Risotto from Northern Italy" to an attentive audience with the help of aide extraordinaire Gerry Reynolds (lower right >>>).

And, of course, again ASI conducted a very successful Monterey County Food Bank food distribution, delivering some 240 bags in just two hours with no leftovers and a smooth traffic flow!



Gourmet Christmas Gala Dinner-Dance

By Chef Michael

To celebrate holidays and special seasons, every few months I put on a special dance party with a sit down served dessert and special seasonal decorations. This year I'm taking it another step further.

On **December 17** I plan to host a very special Christmas Party that will include a sit-down Gourmet Dinner, a dance lesson by Sera, dancing to the Moon Glow Band playing Christmas Jazz and other surprises. I include a flyer (>>>) with more information and a preview of my special holiday menu.

The cost of the event is \$25 and everyone must RSVP by signing up and paying in advance at ASI. The event is capped at 80 people, with RSVPs opening up Nov. 11. Please note this is a fundraiser, and all proceeds will support the Tuesday Night Social Dance for 2025.

From the Salinas Public Library

Title: Genealogy Basics: Military Records; When: Thurs Nov. 14, 5:30-7:00 PM; **Where:** Virtual; **Description:** From locally organized militias during the Colonial and Revolutionary period, to mass mobilizations like the First and Second World Wars, military records can contain tantalizing clues or detailed data for family history research. We'll help you understand what kinds of records exist, where to search for them, and how to make the most of them. **To Register:** <https://bit.ly/4cUASUQ>; **Website Link:** <https://salinaspubliclibrary.org/learn-explore/research-learning/events/virtual-genealogy-basics-military-records-0>; **Questions?** Contact Cathy at CathleenA@ci.salinas.ca.us

Healing and Moving through Grief During the Holidays: <https://salinaspubliclibrary.org/GriefDuringTheHolidays/Nov/2024>; **When:** Tuesday, Nov. 19, 5:00-6:30 pm; **Where:** El Gabilan Library; **Description:** Join us for a reflective, hopeful program to learn ways of healing and moving through grief during the holiday season. In these sessions, experts will talk about grief and loss, focusing on managing feelings. Also included will be a therapeutic music session and an arts and craft session to guide you through remembering those you are missing. Register by calling 831-333-9023 or at: <https://hospicegiving.org/workshops/>; **Questions?** Contact Jissella at JissellaD@ci.salinas.ca.us

Sanando y acompañando en el duelo durante las festividades: <https://salinaspubliclibrary.org/DiaDeLosMuertos/Espa%C3%B1ol/2024>; Fecha: Miércoles, 13 de noviembre, 5:00-6:30 pm; Biblioteca César Chávez; Reserve su espacio en <https://hospicegiving.org/talleres-en-espanol/> o llama al (831) 333-9023; ¿Preguntas? Contacte a Jissella al JissellaD@ci.salinas.ca.us

Title: Virtual Genealogy Work Group; When: Tuesday, Nov. 26, 6-7 PM; **Where:** Online Virtual; **Description:** 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 and all experience levels welcome. For more information, please contact Cathy: CathleenA@ci.salinas.ca.us; **Cost:** Free; **Website Link:** [Virtual | Genealogy Work Group | Salinas Public Library](https://salinaspubliclibrary.org/virtual-genealogy-work-group).

Dia de los Muertos at ASI

Nov. 1, Friday, 4-6 pm. Join El Dia de los Muertos talk and workshop on celebrating those who have passed whether they passed long ago or recently, whether human or not. Bring copies of photos as we build a community altar, which will stand for the holiday until Monday, Nov. 4. Light refreshments.



Mediterranean Diet May Help Prevent COVID

A recent study suggests a Mediterranean diet may help people reduce their risk of contracting COVID. You can read a good review of the study here: <https://www.ksbw.com/article/diet-reduce-covid-19-risk-research/61938996>.

The diet is highly anti-inflammatory and includes fruits, vegetables, whole grains, legumes, nuts, fish and olive oil while reducing red meats and processed foods. It has also been found to reduce the risk or severity of numerous other diseases and conditions.

NEEDED: Office Furniture and Equipment

ASI could really use one or two horizontal two-drawer file cabinets; three or four office desks in good condition (no bigger than 60"[L] X 30"[W]); and a couple of two drawer upright file cabinets.

If you know of a business closing and/or a non-profit organization (Habitat Resale Store, Last Chance Mercantile, Thrift store, etc.) that has any of these, please telephone the office and leave the information. Thank you.

Please Contact Us If...

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

Please contact us if you know of anyone need 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.



November Birthdays

Phyllis Aitken	Judy Madsen
Kathy Allens	Susana Mauricio
Wendy Root Askew	Kathryn McKenzie
Lianne Avila	Edith Meek
Gloria Buxton	Georgina Mendes
Helen Cabrera	Kiyoko Michioka
Brenda Carpenter	Venita F. Miltz
Leslie Carter	Megan Morais
Marion Catterlin	Olivia Navarro
Deanna Crannell	Robert Ocampo
Suzanne Du Verrier	Margaret Oropeza
Pertina England	Sheryl Peck
John Favero	Robert Pettit
Dwight Freedman	Scott Phillips
Patricia Friedrich	Rosa Ramos
Yolande Garbribaldi	Rebecca Rodick
Belia Garcia	Pablo Romero
Kathy Giacalone	Patricia Romero
Brenda Gong	Julie Roseman
Sol Gonzalvo	Mary Rothstein
Barbara Guerrero	Lydia Scoggins
Cecil Guerrero	Margie Sifuentes
Susan Guidotti	Margaret Sirtak
Ernestina Gutierrez	Angie Stone
Anthony Hedgpeth	Carol Storm
Evelyn Hibino	Debbie Tack
Susan Holtam	Danny Taganas
Rick Hughes	Trena Tannahill
Cliff Hylton	Janet Tejada
Ella Johnson	Vivida Torre
Joanne Juarez	Mary Ann Traylor
John Karnofel	Wendi Wendt
Natalie Keller	Cheryl Whitcomb
Maryanne Killough	Dennis Winfrey
Betty Kirk	Myrna Winters
Genevieve Klugman	Rick Wright
Melissa Lewington	Gwen Yee
Paula Lewycky	





Taxi Vouchers--For Your Information

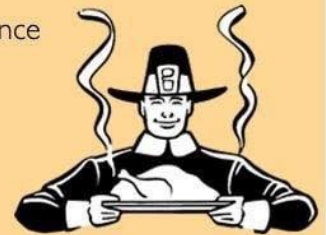
MST Taxi Vouchers are available for Seniors over 65 years old who are residents of Carmel, Carmel Valley, Del Rey Oaks, King City, Marina, Monterey, Pebble Beach, Pacific Grove, Sand City, Salinas or Seaside. Vouchers are available on a monthly basis. The Taxi cost is only \$3.00 for a one-way ride.

For details, google search *MST Senior Taxi Vouchers*. Vouchers are available locally, for example at Alliance on Aging, 247 S. Main, Salinas, 655-1334, and at ASI.

**DON'T FORGET TO
TURN YOUR CLOCKS
BACK. I'M TURNING
MINE BACK TO
WHEN I WAS 20.**

**The clocks go
forward next
weekend. Not
sure how far
forward but I
think **six days**
should do.**

Thanksgiving, bringing out the best
in family
dysfunction since
1863



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**I only know 25 letters in the alpha-
bet. I don't know Y.**

2025—and Dues Renewal—ARE ALMOST HERE

2025 dues are due anytime now. Still just \$35. Stop at the office—where you can pay by cash, check or credit card. You may also mail in a check for your dues—or for lunch reservations. Be sure you mail early enough for lunch to beat the Friday-before deadline (or call or email the office to let ASI know you have mailed the check).