

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

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Monthly Newsletter - September 2023

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation
Hula, 2nd, 4th, 10:30-11:30* + Instr. Donation
Ukulele, Noon-2 PM** 1st, jazz, intermediate; 3rd, beginners/basics; 2nd, 4th, 11:45-1:00, singalong.
Mahjong 12:30 to 3:30 PM**

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**, Newcomers welcome.
Beginning Ballroom Lesson 6-7 PM
Ballroom Dancing 7 to 8:30 PM
Fee \$9.00 (\$10.00 non-members)

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

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

2nd THURSDAY: MEMBERSHIP LUNCHEON
Sept. 14, Noon, \$12. Program: Crime Prevention, Bridge a'Vignon, MoCo Sheriff's Dept.

FRIDAY: Yoga/Balance/Pilates 8:45-10:00 AM*
Zumba 10:15-11:15 AM* + Instr. donation
Bridge# 12:00 noon to 3:30 PM **
Western Dance, 7-9:30 PM, 1st and 3rd, \$8/\$10

SATURDAY: 1st, 3rd: Bridge# 11:30 AM-3:30 PM**
1st, 3rd, 4th, 5th; Zumba, 9-10 AM *Limit 40.*
4th: Hula, 10:30-11:30* + Instr. Donation

SATURDAY-2nd: Yoga/balance/pilates, 8:45-10 AM
(mat, block required); *max 30 participants**
Zumba, 10:15-11:15 AM; *max 40 participants**
Tai Chi, 11:30AM-1:00PM; *max 40 participants***

* \$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 Saturday. Participants must bring exact change and arrive prior to start.

Thanks to Volunteers Who Staged Movie Night and Sock Hop

ASI's Movie Night and Sock Hop proved to be big crowd pleasers. *American Graffiti* took us back to the 1960s with the originally funny episodes even funnier now. Meanwhile the car culture is alive and well (>>>).

Note the red Mercedes convertible parked in front of its painting on the ASI mural during the car show before the movie. Thanks to ASI members

and supporters who showed their cars that evening.

As for the Sock Hop, the dancers had a great time and enjoyed the drive-in fare also.



Clickety-Clack—Mystery Solved

By Sharon Piazza, Tour Director

This year's Mystery Trip started out like all the other one-day trips: checking in passengers and loading the bus. Most everyone was still unsure of our destination so our bus driver, Isaac, took an unusual route out of Salinas to keep everyone guessing. (Ed. Note: I asked Isaac about it. Actually it was to save time, avoid traffic and reduce mileage. I'm glad I wasn't driving a huge bus on narrow country roads. He was good!)

(continued on P. 2)

Mystery Solved (continued from P. 1)

We drove North on 101 then took back roads through Prunedale—still a mystery! But once we entered Highway 1 many guessed we were going to Roaring Camp in the Santa Cruz Mountains. While riding to our destination, our ASI Tour Baker, Cynthia, handed out a homemade snack of zucchini bread from her homegrown zucchini and chocolate chip cookies.

On arrival at Roaring Camp we walked over the covered bridge built in 1969 and headed to the Depot to await our train. The Redwood Forest Train is an authentic, antique, narrow-gauge steam train from the 1890s. With absolutely perfect weather, our train took a breathtaking excursion through giant redwood forests, over a trestle, up the steepest railroad grades in North America and through a switchback to the top of Bear Mountain. After a short stop at the top, we traveled the tracks down the mountain and returned to Roaring Camp.

A sign welcomed our group to the Chuckwagon BBQ area where we enjoyed a lunch of chicken or veggie burger, tossed green salad, corn on the cob, and western style home-cooked beans. After lunch we went in several directions: shopping at the General Store, walking the winding paths of Henry Cowell Redwoods State Park, or just sitting and relaxing.

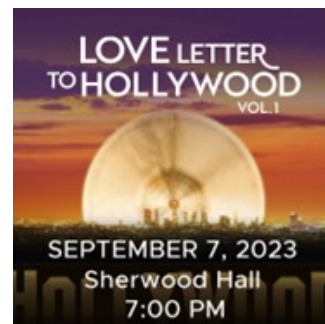
Back on the bus we headed to a second mystery spot. Again, Isaac took backroads to keep us guessing. That stop was Gizdich Ranch in Watsonville. We were greeted with slices of pie (several varieties) and a scoop of ice cream. Our group took home several pies and items from the gift shop! About 3:30 PM we loaded the bus and headed back to Salinas. Everyone seemed to enjoy this year's mystery.

What will the Mystery Trip be next year??? Stay tuned for further notice.

Symphony's Love Letter to Hollywood--(reminder, for details see Sept. NL)

By Diane Cadei

The Monterey Symphony returns to Sherwood Hall Sept. 7 at 7:00 pm. Tickets at 831-646-8511 or info@monterey_symphony.org.



From the Salinas Public Libraries

Virtual Genealogy Work Group. When: Tues. Sept. 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 are welcome. For more information, please contact Cathy: CathleenA@ci.salinas.ca.us. **Cost:** Free. **Website Link:** <https://salinaspubliclibrary.org/learn-explore/research-learning/events/virtual-genealogy-work-group-9>

4th Thursday Presentation--New Advances in Alzheimer's Treatment

Sept. 28, from 1-3 PM, Philip Geiger of the Alzheimer's Association will be promoting the Walk to End Alzheimer's and discussing recent developments in the treatment of Alzheimer's.

The Monterey Walk is Oct. 7, starting at 8 AM at Custom House Plaza in Monterey. Contact is Philip Geiger, 831-900-5902. You can generate donations to the Alzheimer's Association, enjoy a good walk, and learn more about resources the Alzheimer's Association has for people affected by Alzheimer's and other dementias. To preregister please visit act@alz.org/monterey.



As for treatments, the FDA has approved a new medication, Leqembi, that slows the progression of the disease in people living with early-stage Alzheimer's and is covered by Medicare.

Mr. Geiger will also introduce Association resources for caregivers including a 24-hour help line. If you are dealing with Alzheimer's among family or friends, you will likely find this presentation of immense help.

Fleet Week and Blue Angels Trip (reminder, for details see Sept. NL)

Join fellow ASI members on Sunday, Oct. 8, when San Francisco will come alive celebrating all things Navy! It will be one fine day!! Cost is \$197.00. Stop by the ASI office to make reservations soon. Tickets will go fast!

Love Letters at ASI (Save the Date)

By Susan Keenan

The **Listening Place Readers Theater** brings A.R. Gurney's *Love Letters* to the ASI stage on Sunday, Oct. 15, 1-3pm. Doors open at 12:30. The play is a tender, tragi-comic, and nuanced examination of the shared nostalgia, missed opportunities, and deep closeness of two lifelong, complicated friends. More info in October Newsletter.

Meet Your Fellow Members

By Leslie Wolfson

Lois Crowell was born in 1939, the same year the film *Gone With the Wind* premiered. She grew up in Salinas and graduated from Salinas High. Back in those days North Salinas, where she lived, was in the boonies, so she was bused to school. One of her favorite memories was watching the workers load trucks with lettuce, and anything that fell off was confiscated by neighbors. She loved the Salinas Rodeo, especially the parade through downtown.



Although Lois knows many members of ASI, she only became a member herself three years ago. She used to play guitar, and it was notice of a ukulele class that caught her eye. While she debated whether or not to sign up, her niece bought her a ukulele, so she couldn't say no. She is also a member of the book club. She says she enjoys the people she's met, and

found out that another book club member was born in the same hospital in the same year as she was.

She moved to southern CA in the '60s where she was "a wanna-be hippie." She worked for Bank of America for thirty years. "They were very good to me," she remembers. In fact, she met her husband, Stephen, at the B of A. One day he was loitering in the bank, checking her out. This made her a little nervous, though stalking was not a recognized problem then.

Later, when she took a lunch break, the young man was now loitering in the parking lot. He boldly approached her and asked her out to lunch. She said yes. About a week later she received a postcard from him, asking her on a second date. He told her to wear "slacks and something warm." Since she was required to wear dresses to work, she didn't own any long pants. She "borrowed everything except my underwear" for the date. He showed up on his motorcycle, and off they went for their second date. They eventually married in 1971, and have been married for 52 years.

Lois was lured back to Salinas when she inherited a house, and she has never left. She considers Salinas her home, and wouldn't want to live anywhere else.

September Birthdays

Maria Alameda	Mary Laffin
Susan Aremas	Debbie Langley
Teresa Aarii	Linda Lawson
Edward Armstrong	Therese Ledesma
Ann Atkins	Leroy Martella
Patricia Barr	Mary Lea McDaniel
Esther Bench	Teresa McFarlane
Elizabeth Birkeland	Sharon McQueen
Clara Bunse	Diane Middaugh
Flora Chong	Scott Miller
Anne Conrad	Linda Monteith
Jeffrey Contos	Rosa Paglinawan
Stuart Crymes	Mary Ellen Parra
Richard Davenport	Barbara Perry
Amy Dawe	Carolyn Pierce
Donna Elder-Holifield	Cheryl Pirozzoli
Marc Eldridge	Lynn Pura
Linda Fanelli	Barbara Pybas
Jackie Gash	Mary Rogers
Lionel Gill	Marilyn Rover
Noelle Griffin	Laurie Singer
Mercedes Grissom	Loyann Stoneburg
Josie Hancock	Anita Sugar
Gwen Jensen	Larry Tack
Patricia Jones	Carole Wild
Roseann Kalich	Robert Williams
Gary Kelly	Liz Wilson
Rosa Kershing	Grace Wood
Scott Kirk	Delia Ybarra
Margot Klepar	Helma Zeuge
Ravi Kulkarni	



Spotlight on Hula Dancing

By Leslie Wolfson

When you think of hula, is your immediate image of beautiful native girls dancing seductively in grass skirts? That's certainly the stereotype, but Hula is so much more. Even though it's dancing, it tells a story, almost like a poem.

The hula class is quite new, having begun in June. The instructor, Sera Hirasuna, grew up in Hawaii, and has been dancing since she was four. She knows a lot of its history.

Originally, the hula was a religious dance performed by trained dancers before the king or ordinary people to promote fertility, to honor the gods, or to praise the chiefs. Because Hawaiians had only an oral language at the time, they transmitted their history through dance and song.

Sera explains that Hula helps with hand-eye coordination, and uses the eyes, hips, hands, and feet. She says it can be a challenge in the beginning, but like most things, it gets easier with practice.

While some "Hollywood" type Hawaiian songs written in English are about boy meets girl or love, current hula songs and dances have to do with place, the earth, and nature.

This fall Hula meets the 2nd and 4th Mondays and 4th Saturday, 10:30-11:30 (see schedule).



Blue Zone Lessons for Longevity--#4, Grapes of Life

Yes, wine can be good for you, if consumption is consistently moderate. A glass of wine with your meal creates an "event," encouraging you to eat more slowly. Wine with family and friends (and a meal) promotes life-affirming sociability. A good red wine has artery-scrubbing polyphenols as well. But more than a glass or two a day negates any benefits and is not good.

Strategies: Buy a good dark red wine; enjoy a "happy hour" with a glass of wine, a healthy appetizer (nuts are great) and friends/family; and never overdo it. Salud! Next, Lesson #5, Downshift.

Sunshine Information

By Donna Elder-Holifield, Chair

My best “sunshine” wishes for all of you. In the meantime, when clouds may come your way, please let me know. We can send you a card to help cheer you in sickness, grief, or loneliness. Thanks to everyone who helps me keep track of all those who need cards.

Here are helpful hints to keep me posted: Text me at 831-594-8720 or write names on the paper on your table at luncheons, or let me know any other way you can, i.e. in person, etc. Please do not use Morse Code or smoke signals. I don't read either one. Thank you.

RIP Harold Gordon

Long-time community figure and Salinas resident Harold Gordon passed away on August 12, 2023. Harold's family was sent to the Nazi concentration camps where his mother and brother were killed. He and his father managed to survive and were liberated by American troops just before the end of WW II.

Harold moved to the United States after the war and met his devoted wife Joyce when she was 13 and he was 17. He joined the US Army and served in the Korean War.

He became a successful businessman but his passion was speaking wherever and whenever he could to share his story and, more significantly, to provide his insights on the principles of forgiveness and ending the cycle of hatred, as described in his book, *The Last Sunrise*.

Please send donations honoring Harold to Temple Beth El, Salinas, or the United States Holocaust Memorial Museum in Washington DC.

Health Tip #26: Imaging Your Arteries with Ultrasound

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

Creating images of the interior structures in the body can be done with x-rays (in ordinary radiography or computed tomography, CT) or with radio waves and magnetism (in magnetic resonance imaging, MRI) or very high-frequency sound waves (ultrasonography). The technician who scans with an ultrasound machine is called a diagnostic medical sonographer. One application of ultrasonography is to look inside arteries.

Atherosclerosis is the disease where cholesterol deposits called plaques build up within the walls of arteries. One place plaques occur is inside the wall of the main arteries supplying blood to the brain, namely the carotid arteries. You have one on each side of your neck. If you place your fingers alongside the larynx, you can feel a pulse from the carotid artery.

If a plaque in the carotid artery ruptures and spews some of its contents into the blood stream, it causes blood to clot. If the clot is large enough, it can stop the blood flow to a large part of the brain, or a smaller clot could travel with the blood flow deeper up into the brain until it lodges in a smaller artery branch, blocking blood flow from there onward. This is called an ischemic stroke (as opposed to a hemorrhagic stroke where a blood vessel in the brain ruptures and leaks out blood).

To detect a plaque in the carotid arteries and measure its size, a [carotid artery ultrasonogram](#) (sometimes called a sonogram) can be done. This gives a picture of a small slice of the neck containing the artery, done in any direction that the technician chooses by how the probe is positioned on the skin outside of the neck. It can image a longitudinal or cross-sectional slice

(continued on P. 6)

ASI Activity Calendar

Fleet Week: Sun., Oct. 8. Celebrate all things Navy. See Blue Angels from San Francisco Belle, w/lunch. Cost \$197.

Love Letters: The **Listening Place Readers Theater** brings A.R. Gurney's *Love Letters* to the ASI stage on Sunday, Oct. 15, 1-3pm. Doors open at 12:30.

West Coast Getaway: Feb. 17-22, 2024. Crown Princess. San Francisco-San Diego-Ensenada. Cruise only starts at \$347. Call Jeanine Light, M-F 8:30-5:00, 800-901-1172 x21705 to reserve, ASI Group Booking #4GVJHH.

For tour information call Sharon at 831-261-8087 or visit the ASI website, activeseniorsinc.org/tours.

Health Tip #26: (continued from P. 5)

anywhere along the artery. The technician manipulates the knobs and switches on the ultrasound machine to adjust the ultrasound frequency, depth of view, and other characteristics, and the image is displayed on a computer screen where a screen-capture can be saved for the radiologist to study.

A special ultrasound technique can be used to measure the thickness in millimeters of the carotid artery walls, which is called the [carotid artery intima-media thickness test, or CIMT test](#). As plaque builds up, it thickens the artery wall, so measurement of the thickness is a gauge of how much plaque has accumulated even before the plaque blob itself can be seen. Plaque tends to form in carotid arteries where they branch into an internal and external carotid artery. That's where the technician looks.

From studies on a large number of people, a calculation can be made which estimates your risk. So if your doctor suspects, from your tests or symptoms, that you have carotid artery plaque, the doctor may order a [CIMT test](#). The goal should be to stop the progress or even regress the plaque formation through diet and/or drugs. However, since the measurement is sensitive to how the technician places the probe and operates the machine, there can be measurement error in the CIMT results: [CIMT: Not Perfect, But Better Than Stress Test or Calcium Score](#).

Another use of ultrasonography is to inspect the diameter of the biggest artery, namely the aorta. A devastating and potentially fatal condition occurs when the aorta weakens and bulges from the blood pressure. If the bulge expands and ruptures, fatal internal bleeding rapidly occurs. Since the aorta runs from the heart downward through the abdomen, the place to look is in the abdominal aorta. The bulge is called an aneurysm. Most abdominal aortic aneurysms (AAAs) are asymptomatic. They are typically not detected on physical examination and remain silent until discovered during radiologic imaging for other reasons.

Symptomatic aneurysms manifest with back, abdominal, buttocks, groin, testicular, or leg pain and require urgent surgical attention. AAAs may be asymptomatic, but the risk of rupture and the associated mortality rate show the importance of early detection and elective repair. Sonography is the preferred method of evaluation and screening. [[Abdominal Aortic Aneurysm](#)]

ASI Nominating Committee Seeks Potential Board Members

ASI's By-Laws limit Board Member service to two terms of two-years each (with a few exemptions allowing an extra year). With an 11-Member Board, depending on term overlaps, ASI needs to elect from two to four new Board Members each year, at the January luncheon.

Members may return to the Board after a break of a year, but ASI is always looking for new Members with new skills, new ideas and new energy (or at least new to ASI). If you have questions or would be interested in serving on the Board or if you wish to recommend someone else for Board service, please contact Jim Tripp, Nominating Committee Chair, at wa6dij@gmail.com or call/text at 831-320-7709. Thank you.

We are, of course, working toward our January deadline.

