

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 - February 2025

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**
Beginning Hula 1:30-2:30 PM, Room A*
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, 9-12** on pause until Jan. 16
1st & 3rd, Genealogy, 10:00-noon**
3rd, Tech Assistance, 1-3 PM**
Feb. 27, Singing for the Brain, 3:15-4:45 PM**

2nd THURS.: MEMBERSHIP LUNCHEON, Feb. 14, Noon, \$12. Program: Dr. Chris Hasegawa, Singing and the Brain.

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**
4th Sat. Italian Cooking, 11:15am-12:45pm, Mem-
bers first, \$10 Members/\$15 non-Mem. In adv.

Other Activities with Schedule Changes: "Gentle Yoga" on "pause" until further notice. Looking for a new time slot.

* \$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.

About Walking Pneumonia

By Dr. Don King

This is not a medical advice column. It's a notice to be aware and proactive if you become ill. Always consult with your physician. This article is to help motivate you to do that when "something is wrong but not so severe as to make you want to 'bother' your doctor with your concerns."

In an article from the CDC (Center for Disease and Control) published Oct. 18, 2024, it was reported that since 2023 (and even more into this year) there has been a global and American increase of one type of pneumonia caused by the bacteria *Mycoplasma pneumoniae*.

This type of infection is sometimes called "walking pneumonia" as it typically does not cause high fevers and sudden onset of debilitation--thus people infected continue their "walking" activities.

When suffering from a respiratory illness, many causes may occur separately or together: bacteria, viruses, allergies, or inhaling toxic substances (smoke—especially if from burning batteries as in the news now). Bacterial infections are best treated with antibiotics but "walking" pneumonia is not treated by the usual choices thus making awareness of this possibility important.

I conclude by copying this part of the CDC article: "Promote the judicious use of antibiotics and minimize the risk of antibiotic resistance by not prescribing antibiotics unless indicated by clinical and/or laboratory evidence.

Promote CDC recommendations for [core prevention strategies](#) to prevent respiratory illness, including practicing good hand hygiene and covering coughs and sneezes.

For the public:

Learn about [M. pneumoniae symptoms](#) such as fever, headache, and a slowly worsening cough.

(continued on next page)

About Walking Pneumonia (continued from P. 1)

Be aware of who might be at higher risk of severe disease, including those with asthma or reactive airway disease. Protect yourself and others by following [core prevention strategies](#) to prevent the spread of *M. pneumoniae*. Seek medical care if you or your child has persistent or worsening symptoms of possible *M. pneumoniae*, such as wheezing or difficulty breathing, especially if you or they might be at higher risk of developing severe disease."

This *Time Magazine* article summarizes the same CDC article: [What to Know About Walking Pneumonia](#).
(Ed. Note: For a delightfully special take on the issue click on this link—if there is an ad you can skip it after a few seconds. <https://www.youtube.com/watch?v=5Ra1DEd1ueA>)

Meet New Board Member Yvonne Mraule

By Yole Whitlock

She puts family first, but then Airedales and bridge follow close behind in Yvonne's ranking of priorities in living a full and meaningful life. Yvonne was born in Milwaukee, Wisconsin, but moved with her family to Oakland when she was 12 years old. Her father came to California for work in the shipyards where he repaired vessels from all over the world. Yvonne graduated from the local high school at the age of 17 and instead of going on to a university life, she opted for marriage and raising a family.

However, Cal Berkeley was never far from her mind. In 1967, **after** raising a family, Yvonne graduated from the University of California Berkeley with a BS in finance. Not quite finished, she went on to Cal State Hayward to get her Master's degree in Management Science.

This education would come in handy when totally unexpectedly her husband (only 39) died in 1968 of a massive heart attack and she found herself the sole supporter for their two sons, Richard and Robert. She worked at Kaiser Industries and Kaiser Steel while they completed their education.

Richard worked in real estate for many years but after a slowdown in that arena he became a manager for a residential care facility for disadvantaged adults. He was also a partner in a company that cares for adults who can only be moved with mechanical means. Robert went to both dental and medical school. He became an oral and maxillofacial surgeon and practiced in Salinas for 42 years. In 1981 he asked Yvonne to come be his office manager. She accepted and worked at his side for 40 years. When he retired in 2019, she retired too!

Yvonne developed her passion for Airedale terriers, entering them in obedience and conformation shows. Her star puppy ended up an international champion. She ended this career at 11 Airedales!

On many days Yvonne can be seen playing bridge at ASI. She has Kaiser to thank for this timeless skill. Bridge lessons were offered at her work place during the lunch hour. Her employer, Kaiser, evidently believed in developing the whole employee.

At ASI Yvonne coincidentally reunited with Donna Elder, the nominating chair for new Board Members for 2025. In 1981 when Yvonne became a member of our Salinas community, she met Donna Elder and volunteered almost immediately to aid Donna, the new field representative for the California Training Act and their project "Worth".

Women who were suddenly *house poor* (the only asset to one's name was a house), or widowed suddenly, benefited from the CTA grant program Donna led then. This 40 plus years old connection and recollection prompted Yvonne to heed Donna's call for volunteers to serve on the ASI Board. Once again, Yvonne stepped up and offered her services. She is a committed volunteer!

Sunshine Committee

This Committee exists to bring some light, hope and support to ASI Members who may be struggling with illness or other life dilemmas. The Committee relies on all ASI Members to let us know who these people may be. We are very grateful to our network of information.

Several ways to give us information are to contact Donna Elder-Holifield, bonprofesseur@yahoo.com, 831-594-8720, or Christine Higgins at the ASI office. Also, we put requests for info on tables at luncheons.

Do you have ideas for other ways the Sunshine Committee could help? Let us know. In the meantime we wish you all happy trails and good health.

Trips Ahoy!

By Sharon Piazza, Tour Director

Start planning your ASI trips for 2025. Let's go! Fliers available at ASI or on our Tour website.

Table Mountain Casino: Thursday, Feb. 27. Leave from Park Row at 8:00 AM; return at 6:00 PM. \$89.00 person. Lunch on your own. Casino is offering free "bonus money" and Players Club Card. Plenty of seats available. Voted "Best Casino in Central California", it offers gaming, dining, and live entertainment. There are slots, poker, blackjack, roulette, and more. Visit ASI office to complete a registration form and make full payment. An office volunteer will be happy to assist you.

Cher, The Musical: Sat., March 22. Leave Park Row at 10:15 AM; return by 6:15 PM. \$194.00 a person. Cost includes transportation, lunch, and theater ticket. Get your name on the Waitlist for cancellation replacement.

Six, The Musical: Saturday, April 26. The story about Henry VIII and his six wives. This play has received many Broadway awards. Leave Park Row at 10:15 AM; return by 5:15 PM. \$181.00 per person. Cost includes transportation, lunch, and theater ticket. Plenty of seats available.

Alaska Cruise Informational Meeting: Thursday, June 26, at 1:00 PM at ASI. This meeting is for all Members and their guests who have made cruise reservations. Our travel agent and a Princess representative will be available to answer questions. More details at a later date.

Cruise to Alaska: August 11-22. 11-day Inside Passage Cruise. Still plenty of rooms on the ship and seats on the bus. Call Joe or Mary at Pacific Grove Travel for reservations, 831-373-0631 from 9:00 AM to 1:00 PM.

Look for information in a month or two for these trips: **UCSC Arboretum:** Thursday, June 19; **Moulin Rouge:** Saturday, July 12. Happy travels from your Tour Committee. If you have questions, call Sharon at 831-261-8087.

The Listening Place Readers Theater presents *Proof* by David Auburn, Feb. 16

By Susan Keenan

The story is about Catherine, a young woman who has inherited her now deceased father's genius and mathematical prowess. Did she inherit his mental illness as well? Who wrote the newly discovered brilliant proof? This four-person cast is directed by Nancy Bernard and *Proof* will be performed Sunday, Feb. 16, at Active Seniors, Inc., 1:00 to 3:00 pm. Doors open at 12:30. No reservations necessary. Donations welcome.

Volunteer Now!

By Kay Wallace

ASI needs volunteers in our office. Please contact us to talk about how you can help. Come into ASI or call (831) 424-5066.

This month's quote is from Leslie. "I like helping people. And it keeps me out of trouble." Volunteer! We'll help keep you out of trouble!

ASI Membership Dues Overdue?

If you have not yet renewed your Membership for 2025, your dues are now in arrears. To maintain your Membership, please stop by the ASI office and renew soon as you reasonably can. We like to have you with us. Thank you.



Come Join Us For A
Sweetheart Dance Party & Lesson By Sera
February 13th, 2024 at the ASI

Dance Lesson at 6pm to 7pm
The Dance Starts at 7pm and Ends at 8pm
Dance or Just Hang Out and Enjoy The Party
Live Music by the Moon Glow Jazz Band

Chocolate Tuxedo Cake Served
Hot Beverage Buffet with Fresh Coffee & Tea

Socialize with Wonderful Friendly People
At The Active Seniors, Inc.
Located Slightly South of Old Town at 100 Harvest
on the Corner of Pajaro & Harvest
Come Single or with a Partner
Dress is Smart Casual

\$0 for Members - \$10 for Non-Members-Includes Dance Lesson

Sign Up Required to Save Your Spot-In Person at the ASI, Call 831 426-3309
Or Email - starchefici@gmail.com

We Want YOU!



We Need More Office
Volunteers!

Join us and learn about all the
goings-on in your favorite hang-out!
Schedule to work when you can!
Training provided.

Did You Know.....

By Sera Hirasuna and Yole Whitlock

You can find up to-the-minute info on monthly class schedules by going to our website--activeseniorsinc.org--and clicking on the pull down 'calendar tab.' That way they don't to pick up an activities list to get the latest info. I think it's more user friendly than the activities sheet we hand out because of the monthly format. Members have actually asked for that via the survey.

A Mayo Clinic newsletter "*Speaking of Health*" (12/29/22) offers six tips to keep your BRAIN healthy: exercise regularly, stay mentally active, remain socially involved, get plenty of sleep, eat a Mediterranean diet, and keep your blood vessels healthy.

We can't oversee sleep habits, check on what you eat, or observe your cholesterol regimen! But ASI offers exercise through Zumba, Yoga, hula, line dancing and social dancing. For brain activity, doing a crossword, solving Suduko puzzles, playing Mahjong or cards are ways to stay mentally active. Members can play Mahjong once a week and bridge three days.

ASI is the epitome of brain stimulation! Former Member Joyce Johnson played bridge here until the age of **100!** Our Saturday group (first and third) has almost 40 players on the list. Of those, 22% are nonagenarians, 45% are octogenarians. The rest are seventy and younger. It is extraordinary to have so many zealous players meeting challenges of a complex game at such a venerable age! And yes, there is social involvement with all of it.

"Finding your Roots"

By Wayne McDaniel

If you have watched this wonderful program on PBS perhaps you may wonder about your family tree. How many family generations do you know? Where did your ancestry originate? Come let us help you explore your family tree. We meet the first and third Thursdays from 10 am to 11:45. Look forward to seeing you.

Feb. 14 Luncheon Program

Dr. Chris Hasegawa is a retired Dean and Professor at CSUMB. As his mother lapsed into dementia, Dr. Hasegawa used his background in cognitive sciences to explore what happens in the brain as memories fade, along with possible interventions.

His research led him to an appreciation of how music can help prevent some forms of memory loss and help connect dementia patients with seemingly lost memories. Chris will present a summary of his research and explain why his "Singing in the Brain" offerings at ASI are both therapy and fun.

From the Salinas Public Library

Title: **Cooking Demo | Demostración de Cocina; Website Link:** [EGL | Cooking Demo | Demostración de Cocina](#); **Description:** You don't have to be an expert chef to make great meals! Learn how to prepare delicious meals that support longevity at our in-person, bilingual cooking demo. Blue Zones will show you how to make a healthy snack board and pink hummus! **Date:** **Tuesday, Feb. 11; Time:** 4:00-5:00 PM; **Place:** El Gabilan Library; **Register:** <https://bit.ly/4gSxcVf>. Questions? Contact Kate at KathrynB@ci.salinass.ca.us. Thank you!

February Birthdays

Frances Aguirre	Mary Marvel
Raul Anda	Marian Mayer
Edmund Ball	Pam Meeks
Kishii Beasley	Marilyn Moore
Esther Benitez	Suzanne Moreno
Linda Blair	Edward Muniz
Doris Bogan	Richard Neligh
Robert Bua	Nancy Neligh
Lori Campbell	Kathleen Norton
Virginia Chambers	Janna Ottman
Carol Champlin	Elizabeth Parrish
Sharon Chandler	Richard Pate
Candice Chin	Esther Pelot
Mary Cousineau	Lauren Poulos
Donna Davenport	Laura Ruggieri
Elaine Dawson	Loretta Salinas
Mary Anne Dennis	Sharon Sassman
Thad H. Evans	Terry Spitz
Linda Evans	Gene Street
Anka Hepper	Jerry Thomas
Ellen Hu	Michelle Tomasini
Peter Jackson	Gene Tsukamoto
Shirley Jones	Mary Alice Victorino
Charmaine Kaplan	Ted Vo
Anita Kelly	Janet Watkin
Kate Knapp	Cheryl Wilson
Mary Laporte	Atsuko Yamaguchi
Juliette Le	Karl Zalazowski
Charles Markley	

What Are the Benefits of Singing?

By Rebecca Joy Stanborough for *Healthline*. <https://www.healthline.com/health/benefits-of-singing>. Via Jim Tripp.

Decades of research has shown that singing individually and in groups is good for you on many levels. Here, according to science, are 10 key benefits of raising your voice in song.

1. Relieves stress. Singing appears to be a stress-reliever. A [2017 study](#) measured the amount of [cortisol](#), the stress hormone, in participants' saliva before and after they sang. Researchers in that study found the amount of cortisol was lower after singing, an indication that people felt more relaxed after they'd belted out a tune. They also found singing reduces stress levels whether the participants were singing in a group or by themselves. There's a small catch, though: Cortisol only goes down if you're singing in a place that doesn't make you anxious. A similar [2015 study](#) tested salivary cortisol levels after a performance, finding that cortisol levels went up in this scenario.

2. Stimulates the immune response. There's some evidence that singing may boost your [immune system](#) and help you fight off illnesses. A [2004 study Trusted Source](#) compared the effects of singing with the effects of simply listening to music. In two separate sessions, research subjects either sang or listened to music. Those who sang showed higher levels of immunoglobulin A, an antibody your body secretes to help you fend off infections. Listening to music (without singing along) reduced stress hormones but didn't stimulate the body's immune system.

3. Increases pain threshold. When you sing in a group, whether it's a large choir or a smaller group, the act of collective singing causes your body to release [endorphins](#). This hormone can help promote positive feelings, and even change your perception of pain. A [2012 study](#) found that singing, drumming, and dancing in a group triggers the release of hormones that raise your pain tolerance in ways that just listening to music doesn't. Researchers note that the feelings of social connection, rather than the music itself, seems to be behind the boost in pain tolerance.

4. May improve snoring. Regular singing may change the way you breathe, even when you're not singing. Researchers in a [2008 study](#) interviewed the spouses of choir members, along with the spouses of people who don't sing. The researchers found that significantly fewer choir members snored. This led them to recommend regular singing as a potential treatment for snoring. Studies have also shown that people who play wind instruments also snore less than the general population. These findings have prompted some [experts](#) to suggest that singing and playing wind instruments might be helpful for people with [obstructive sleep apnea \(OSA\)](#).

5. Improves lung function. Because singing involves deep breathing and the controlled use of muscles in the respiratory system, it may be beneficial for certain lung and breathing conditions. Studies have shown that the breathing techniques used with singing may offer benefits for people with the following conditions: [chronic obstructive pulmonary disorder \(COPD\)](#); [asthma](#); [cystic fibrosis](#); [cancer](#); [multiple sclerosis](#); quadriplegia. While singing doesn't treat or cure any of these conditions, you may benefit from gaining strength in your respiratory muscles. Singing also increases the amount of oxygen in your blood, [research](#) shows. In addition to the pulmonary benefits, singers also experience improved mood and a greater sense of social connection.

6. Develops a sense of belonging and connection. When you sing together with others, you're likely to feel the same camaraderie and bonding that players on sports teams experience. In one [2014 study Trusted Source](#) involving 11,258 schoolchildren, researchers found that children in a singing and musical engagement program developed a strong sense of community and social inclusion. In a [2016 study](#) involving 375 adult participants, researchers found that people who sang together in a group reported a higher sense of wellbeing and meaningful connection than people who sang solo. One of the neurochemicals released when people feel bonded together is [oxytocin](#), also known as the love hormone. Spontaneous, improvised singing causes your body to release this feel-good hormone, which may help give you a heightened sense of connectedness and inclusion.

7. Enhances memory in people with dementia. People with [Alzheimer's disease](#) and other types of [dementia](#) experience a gradual loss of memory. Studies have shown that people with these conditions were able to recall song lyrics more easily than other words. In one singing [study Trusted Source](#) by the Alzheimer's Foundation, participants said it was "nice to be able to remember something."



What Are the Benefits of Singing? (continued from P. 5)

However, the singers found they remembered more than just the lyrics. For some, singing familiar songs suddenly brought back life memories they'd forgotten, too. Researchers found singing songs learned at a younger age caused a spontaneous return of autobiographical details for many.

8. Helps with grief. Singing in a group doesn't just help you with physical pain; it may also help with emotional pain after you've lost a loved one. In a [2019 study](#) of people dealing with grief, researchers found that for those who sang in a choir, depression symptoms didn't get worse over time and their sense of wellbeing remained stable. In fact, choir singers felt a gradual improvement in self-esteem during and after the 12-week study. Those in the control group who didn't participate in singing intervention didn't report this benefit. Researchers concluded group singing may be a good option for those needing support during times of grief.

9. Improves mental health and mood A [2018 study](#) in the United Kingdom evaluated 20 people in a singing program known as The Sing Your Heart Out project. The participants included people with mental health conditions, as well as the general public. Researchers found the participants reported improvements in their mental health, mood, sense of well-being, and feeling of belonging as a result of these singing workshops.

10. Helps improve speaking abilities Decades ago, scientists began researching the effects of singing among people who have a hard time with speech due to a neurological condition. To date, [researchers Trusted Source](#) have found that singing improves the speaking ability for people with: [autism](#); [Parkinson's disease](#); [aphasia](#) following a stroke; [stuttering](#). Singing stimulates multiple areas of the brain at the same time. This may enable people with an impairment in one part of the brain to communicate using other areas of their brain. Singing can also prolong the sounds in each word, which may make it easier to pronounce them. Singing also makes it easier to incorporate hand-tapping, a method that can help people maintain speaking rhythms that are otherwise challenging.