

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 - January 2024

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation
Hula, 10:30-11:30* + Instr. Donation
Ukulele, Noon-2 PM** 1st, 3rd jazz, intermediate;
2nd, 4th singalong; 5th beginners/basic
Mahjong 12:30 to 3:30 PM**
Laughter Yoga, 2:30-3:15 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 8:00 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*
Karaoke 1st, 3rd, noon-1:00 PM
Beginning Guitar, 2nd, 4th, 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:
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
Jan. 11, Noon, \$12. Program: Michael Thomas on
Senior Safety

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 **
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 Sat. Bring exact change, arrive prior to start.

Thank You Volunteers

Several ASI Board Members have suggested (and your Editor totally agrees) that we (all ASI Members) give a great shout-out to our dedicated, energetic and very involved people who make ASI work day in and day out for the rest of us.

Let's begin with enormous thanks to our most visible volunteers—our office staff. Office workers greet you when you enter, take care of YOUR business—membership, lunch registration and payments, payments for classes, trips signups, checking out adaptive equipment—and answer YOUR questions about just about anything.

They answer the phone, take care of the mail, maintain schedules and records, put out cookies and coffee, set up for classes and put tables and chairs away again. They help with whatever else anyone needs. Oh, and they open and close the building.

When you thank an office worker for helping you—taking your money for example—be sure to expand your thanks to include an appreciation for the many hours per month each dedicates to ASI.

Members of the ASI Board deserve your appreciation and thanks. Each spends a couple hours a month on Board meetings, minutes and agendas. But that's just the beginning. Six Board Members hold offices-- President, 1st Vice President, 2nd VP, Secretary, Treasurer and Facility Manager.

For example, our President at the time, Dwight Freedman, spent days and weeks guiding ASI through the worst of the Covid pandemic, simply because he felt it was his responsibility. The Secretary and Treasurer have ongoing duties. And the VPs do not hesitate to step in where needed.

The other Board Members get assigned to Committees—often as Chair. As many Committees need more than one Member and there are more Committees than Board Members, those are areas where Board Members and other ASI Members interact.

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Thank Your Volunteers (continued from P. 1)

Standing Committees include: Maintenance, Kitchen/Lunch, Technology/Workshops, Webmaster, Publicity/Advertising, Luncheon Speakers, Sunshine and Health, Activities/Special Events, Nominating Committee, Tours, Office Management, Newsletter, and Grants Committee.

Several of the Committees above have just one Member who, in effect, does all the work. If anyone out there is interested in helping with

what any Committee does, you can be sure you'll be warmly welcomed and whatever help you can provide will be appreciated. An Office Worker (see above) will be happy to connect you with any Committee Chair.

A solitary Committee Member, even one without a lot to do, would likely appreciate another person's interest in the work, if for no other reason than to train someone to take over the job when the current holder wants to turn over the reins (as we all will). Other volunteers to thank—your activity leaders. Of course you have a great opportunity to thank them right after each and every weekly activity session.

Then there are a few unsung volunteers who attend to low-profile needs that pop up and demand attention if ASI is to continue functioning as well as it does. If you see anyone around doing anything for ASI, thank the person just for the heck of it—including the dozen Members making and serving soup for the January luncheon.

All ASI's volunteers are there for YOU. We all want ASI to be a safe, comfortable, energizing and engaging place for all its Members. Make it a point to express your thanks to any and all of the conscientious and hard working volunteers. Thank you!

Speaking of Volunteers, Many Opportunities Out there

Poll Workers Still Needed

Currently we have 13-14 wonderful ASI Members signed up to work the polls for the California Primary Election March 5. It takes six workers to effectively run a polling place—that's the inspector plus five workers, or 15 workers if each person works one five-hour shift. That means we are still two workers short and for ideal staffing we are five workers short. We would welcome anyone who can pitch in. Thank you. Contact George Niesen, phone or text at 831-595-3165, email gniesen@redshift.com.

ASI Valentine Project Under Way

Share your heart this Valentine's Day. For the past several years, ASI has partnered with Alliance on Aging, providing Valentine's cards to some 3,000 people living in care facilities, nursing homes, assisted living, hospitals, and private homes. In the past, we have, as a community, created and delivered more than 8,000 cards in a season, almost all hand made by artists ranging from pre-school students making sweet scribbled notes, to seniors making fancy cards. They are all made with love and they all transmit love. Remember your classroom, construction paper and paper doilies? Please help spread the love as you can. You may sign your name on the cards if you wish (first name only or pen name). NO ENVELOPES please. Staff at the units hand the cards out. When you are "carded out" you may deliver your cards to Active Seniors or the Alliance on Aging (by Feb. 5 please). We can't wait to give a heart to those who may be alone or ill.

Party Help Wanted--ASI Food Program Volunteers, By Chef Michael

I am starting up special fun parties and using Tuesday Night Dance as a venue to host them. I am looking for three-four volunteers to help at each event and building a team to draw upon for help. Here are some details.

Scope: Provide a fun theme or holiday party for members and guests. With social time, a dance lesson, live music and a dessert/hot beverage program. The funds generated from these events will be used to keep the Tuesday Night Dance financially sound.

Possible Themes & Holidays: Halloween Costume Party; Christmas Party; Valentine's Day Sweetheart Dance; Hawaiian Luau; Big Week Western Swing Ball.

Day and Time: Tuesdays between 4pm-9pm. Two Shifts, 4-7pm--Set Up Tables, Set Up Beverage Table, Plate Up Desserts and Serve & Buss Dessert; or 6-9pm--Serve & Buss Dessert, take pictures, Break Down/Clean Up; or both or anytime in between that works for you.

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Volunteer Opportunities (continued from P. 2)

Notes: I will have two of my regular dance desk folks checking people in at the front desk. I will be arriving much earlier in the day to start the set up for success. I will need to be playing music from 6:55pm to 8:15pm, but working with everyone the rest of the time.

If you are interested in helping me with one or some of these events or need more information, please let me know and I will put you on the team and email list for invitations.

The Western Stage Needs Housing for Theater Workers, By Cheryl Worthy, TWS Company Manager

The Western Stage will be celebrating its 50th anniversary this year. We use our great local talent for TWS productions but we also bring in new talent from out of the area. To do this, we need to provide housing for those actors, directors and designers. You can help TWS by providing a room for these guests at low (or even no) cost. A typical stay is six-10 weeks. If you do not have an extra room, you might consider financially sponsoring someone needing housing. For info contact Cheryl Worthy, cworthy.hartnell.edu.

Annual ASI Board Elections at January Luncheon

Each January the ASI Membership elects a few new Board Members to replace Board Members completing terms. For 2024 the Nominating Committee recommends four exceptional Members to fill four Board Vacancies:

Sera Hirasuna was born and raised in Hawaii, but has lived in California for more years. She has been teaching social dancing (formerly "ballroom dancing") at ASI since mid-2018, including the 16 mos. of lockdown when her band switched to online Zoom dance nights. She appreciated learning how to video, video edit and use YouTube during that time.

This summer she started teaching hula at ASI. She still teaches English composition at Gavilan College via Zoom) part-time. Sera has had many other "careers" including self-employed with her hubby (a software consulting and training firm), marketing writing at a Japanese computer firm, PR work for a small start-up, executive assistant work at a Honolulu ad agency, a Silicon Valley venture capital firm, a wireless start-up.

She has three sons, 11 grandchildren, and four great-grandchildren, and the center of her life, a 13-year-old terrier mix of mysterious origin. She loves teaching, dancing, music, learning, talking with grown-up and teenage grandchildren, getting closer to new ASI friends.

Witold Piekarski. Thanks for reaching out to me in regards to the board member position at ASI. I would love to contribute to the Active Seniors organization because I appreciate the importance it plays through its various programs in the lives of many seniors. I joined ASI several years ago for Yoga and find it thoroughly enjoyable not to mention beneficial to my health.

I arrived in the USA in my early twenties, received permanent residency status several years later, went to junior college in San Francisco, continued with the university education program in marine biology at UCSC. Had a fulfilling career of 27 years in the field of marine biology/toxicology and before the pandemic decided to pull the plug and look for other forms of enchantment.

Linda Evans. I am a transplanted "Okie" living in California [Monterey County] for the second time in my life. Over the years I have lived and traveled in many states and countries. As both my adult children live in California--as well as my PERFECT & DELIGHTFUL grandsons, I am here...probably to stay.

My professional career has been a combination of working in both the profit and non-profit sectors. I have always been a teacher...having taught every grade from preschool through college. While living in Monterey County, I was a social worker, a college program director, a children's artist for First Night Monterey and involved in the community. I am a graduate of Leadership Salinas Valley and have served on several Boards.

I support the mission and goals of Active Seniors. I am knowledgeable re: Robert's Rules of Order and Parliamentary Procedures. I can commit to attending monthly Board meetings. I have enjoyed the programs and activities I have attended at Active Seniors.

Gerry Reynolds. Age 74, I am a semi-retired Mechanical Engineer. I have been an ASI member for four years. My ASI activities include Yoga and Monthly Luncheon help. I have no prior board experience. My interests include hiking, birdwatching, native plants, growing fruit and vegetables, baking sourdough and jazz music.

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ASI Board Elections (continued from P. 3)

Members may nominate other candidates from the floor at the January meeting, but anyone nominated must agree to serve on the Board. New 2024 Board Members are then elected by the Members attending the luncheon, which fulfills the quorum requirement of 10% of the Membership or about 70 Members.

Following the election, during the luncheon, the electees join continuing Board Members in the first Board meeting of the year, during which the old Board seats the new members and the new Board elects from among its Members the ASI Board President for the ensuing year. The Board adjourns, introduces the new President to the Membership and the new President closes the formal annual meeting of the Membership.

The **January luncheon** is sneaking up on us. If you haven't made your reservation--especially if you wish to vote--please do so before Friday Jan. 5 at 4:00 PM. The menu is a return to the pre-pandemic and Member favorite Soup luncheon, featuring a real variety of Members' favorite soups. The speaker is retired fireman Michael Thomas on Senior Safety. Very important. Cost is usual \$12.00. Come and bring a friend.

Spotlight on Karaoke

by Leslie Wolfson



How many of you sing in the shower or to your favorite songs while driving in the car? Come on, admit it. If you enjoy singing, why not try out the Karaoke group at ASI?

Members' requests for songs is endless because we access youtube, which has just about every song ever written. Pop? Jazz/Blues? Classic Rock? Singer/songwriter? Country? Musicals? It doesn't matter which genre you prefer, we can probably find it. We sing both individual songs as well as group songs, depending on each person's preference. So far the group is small, but we are hoping to grow.

The leader of the group (modestly, me) decided to start karaoke because I love singing. Ever since I heard my first record (cowboy songs when I was about 4), I would sing the record out loud forward and backwards, while probably annoying my parents. As I got older, I taught myself ukulele and then guitar. I sang and played my guitar at open mics as well as coffee houses. At one time I wanted to be a professional performer, but that's a past life. I still sing whenever I have the chance.

Karaoke is not a music class. However, to make yourself sound more successful, it is recommended that participants practice with youtube karaoke at home, and figure out which songs are in your range (i.e. not too high or too low). It's also a good idea, after experimenting at home, to bring a list of songs you want to sing.

The group has already been on one field trip to the Otter's Den in Marina on karaoke night. There are many other places in the area that have karaoke nights, and the group will probably visit some of those as well.

C'mon, give it a try.

Events Notes

Ready, Set, Let's Go! Traveling With ASI in 2024, By Sharon Piazza

Your ASI Tour Directors are planning trips for 2024. Here's a tentative list of activities and tours being arranged:

- Thurs. Jan. 25, 1:00: Cruise meeting for those with West Coast Getaway reservations.
- February 17-22: West Coast Getaway Cruise
- May 4 (Saturday): Kentucky Derby Day at Golden Gate Fields in Berkeley (last time)
- June 14 (Friday): Rosie the Riveter Museum on "Rosie Friday" in Richmond
- July TBA: Exploratorium in San Francisco
- August TBA: Mystery Trip
- October 12 (Saturday): Fleet Week in San Francisco
- Plays in San Jose or San Francisco as available

Fliers will be at ASI or on our website once we have finalized pricing. For info call/text Sharon at 831-261-8087.

Mark Your Calendar for MST Info!

An MST representative will be at ASI on Wed., Jan. 24 from 9-10 to present the Taxi and Trips and other MST programs for seniors.

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Events Notes (continued from P. 4)

Food Distribution

This month it's scheduled for Thurs., Jan. 25 from 10 AM to 1 PM. Should you have any questions, please contact the ASI office at 831-424-5066.

From the Salinas Public Library—Virtual Genealogy Work Group

When: Tues., Jan. 23, 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 together. 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.](#)

Book Club Hosts Author

The ASI Book Club (meets Weds. 10:30-11:30) recently read *The Henna Artist* by Alka Joshi. The Pacific Grove based author then visited the Book Club to discuss her novel (Joshi at left of photo >>> addressing Book Club members).



New Years Eve, Eve Party, By Loretta Salinas

The countdown to 2024 started early for 110 of our members. On Saturday, December 30, ASI held its first annual New Year's Eve, Eve party (>>>). Guests were dressed to impress as they walked down the red carpet. As they entered the beautifully decorated room, they were greeted with party favors and music provided by DJ Ron Sorotos.

After visiting the New Year's Eve photo corner, everyone enjoyed a buffet consisting of meat and vegetarian lasagna, sauteed green beans, green salad, and garlic bread. Dessert was a scrumptious tuxedo cake. Many thanks to the kitchen crew and student volunteers who prepared and served the food.



Following dinner, the students engaged the guests in a short Japanese exercise which has become a morning routine for many people in Japan and around the world. This was fun and informative.

Our guests kept the dance floor full the entire night. The evening ended with a toast to the New Year and an ASI ball drop. The New Year is off to a great start! Here's to more fun events in 2024!!!

Uke Club Plays in Community, By Wayne McDaniel

Our Active Seniors Salinas Ukulele Club played Christmas Music for the Salvation Army, Cypress Community Church, the Retired Teachers Association and the Ivy Park retirement home this past holiday season. We had twenty ASI Members with Barry Tomasini leading those beautiful performances.

All ASI Members are welcome to join in this ukulele activity in the new year. Beginners are encouraged to join the Club. We meet at noon on Mondays. No experience is necessary and we provide a ukulele to help get you started.



Health Tip #29: Switching Medicare Plans When You Have Disqualifying Conditions

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

There are many reasons why you may want to change your Medicare insurance plan, such as the premium has grown too high compared with other comparable insurance plans, or your drug coverage isn't good for the prescriptions you take, or you spend a lot of the year in a different part of the country and your Medicare Advantage plan has poor coverage outside of the local area, or you need a procedure, such as knee replacement, for which your plan has denied coverage, and so on.

After your initial enrollment at age 65 or when Medicare Part B coverage begins, you may have to answer health history questions when you apply for the new plan. This is called medical underwriting, whereby your past health history and current conditions are scrutinized by the insurance company when you apply, and if they don't like your answers, they can deny you the policy. But there are some exceptions that give you the right to the new policy regardless of your pre-existing conditions. This article discusses two of them. Click on the underlined links.

California and a few other states have a law called the [California Medigap Birthday Rule](#) which allows you to switch **from a Medigap (Medicare supplement) plan to a different Medigap plan** with a guaranteed right regardless of your health history. Guaranteed right means you can't be denied nor charged a higher premium than the standard price nor be subject to an exclusion of benefits based on pre-existing conditions. To qualify, you must:

- Be a California resident aged 65 or older,
- **Have an active Medigap (Medicare supplement) policy** (not a Medicare Advantage policy),
- Submit an application for the new insurance within 60 days after your birthday,
- And be switching to a Medigap plan with "equal or lesser benefits" compared with your current plan. This chart shows the benefits covered by each of the Medigap plans available.

There are 12 different Medigap policy types which are defined by CMS (the Medicare administration) using letter names: A B C D F G K L M N F-high-deductible (F-HD) and G-high-deductible (G-HD). Plans C, F, and F-HD are no longer available to people who initially enrolled in Medicare on or after January 1, 2020. You may have to qualify through medical underwriting by the insurance company unless you follow the Birthday Rule or another exception. Watch: [Medicare Birthday Rule Explained](#).

This other exception applies **if you have a Medicare Advantage plan** instead of traditional Medicare. In Monterey County a popular Medicare Advantage (MA) plan is called Aspire. Let's say you want to switch off of Aspire and onto a Medigap plan from an insurance company such as United American. The Birthday Rule doesn't apply, but Medicare has two other periods when you can switch from MA to Medigap: (1) You can join, switch, or drop a Medicare Advantage Plan during the Open Enrollment Period October 15 to December 7 each year; (2) If you are **already in a MA Plan**, during the **Medicare Advantage Open Enrollment Period of January 1 to March 31** you can switch to another MA plan or drop your MA Plan and return to Original (traditional) Medicare plus a drug plan and a Medigap plan (if you qualify through underwriting or through an exception). Read page 71-72 in the handbook "[Medicare and You](#)." Be sure to apply and be accepted by your next plan before you terminate your current one or enroll in a different drug plan. An independent Medicare insurance agent can be invaluable to help you with this, and Medicare agents won't charge you for their service.

[California's Insurance Code section 10192.12](#) provides, among other rights, a guaranteed Medigap policy if:

- Your employer provided you with a health plan that supplements Medicare and the plan terminates or ceases to provide all of those supplemental health benefits to you, or the employer's plan no longer covers all of the 20% co-insurance payments that are your responsibility under Medicare,
- Your MA plan has been terminated or no longer serves the area where you reside,
- You move outside of the MA's service area,
- Your MA plan does any of these:
 - * Increases your premium by 15% or more,
 - * Increases physician, hospital, or drug copayments by 15% or more,
 - * Reduces any benefits under the plan (even extra benefits traditional Medicare omits),
 - * Drops, for other than poor quality of care, its relationship or contract with a provider who is currently furnishing services to you.

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Switching Medicare Plans (Continued from P. 6)

- * Substantially violated a material provision of the MA plan's contract with CMS or California law in relation to you, including
 - ◇ Failure to provide on a timely basis medically necessary care for which benefits are available under the plan, or
 - ◇ Failure to provide the covered care in accordance with applicable quality standards.
 - ◇ The MA plan, or agent or other entity acting on its behalf, misrepresented the plan's provisions in marketing the plan to you.

Watch: [Special Medicare Supplement Guaranteed Issue Rule | California](#). In general, this guaranteed-issue right continues for just 63 days after the event making you eligible for it, so don't wait to apply. By the way, United American Insurance Co. has a unique conversion right: On the second anniversary of your policy, you may convert your High-Deductible Plan to another Medigap plan the company offers, without answering health questions.

These guaranteed-issue rights are somewhat complicated. I suggest you contact an experienced insurance agent specializing in Medicare coverage, or contact [HICAP \(the Health Insurance Counseling & Advocacy Program\)](#).

Membership Renewal Reminder

Active Seniors Membership Renewals are due January 1, 2024, at the new membership fee of \$35 per person. As a 100% volunteer non-profit organization we do not receive income from City, State or Federal sources. Your membership

pays for utilities, supplies, insurance and maintenance. You can pay for membership in person and pay in Cash, Check, or Credit/Debit Card. You may also mail a check to our address at 100 Harvest St., Salinas, CA 93901.

Here is a Membership form for your convenience. We look forward to your participation in ASI's myriad activities in 2024.

Active Seniors Inc.
 100 Harvest St., Salinas, CA 93901-3211
 831-424-5066 www.activeseniorsinc.org

First Name _____
 First Name (Spouse if member) _____
 Last Name _____
 Mailing Address _____
 City _____ State _____
 Zip Code (9 digit if known) _____ - _____
 Home Phone _____ - _____ - _____
 Cell Phone _____ - _____ - _____
 Spouse _____ - _____ - _____
 Email Address _____ @ _____
 Spouse _____ @ _____
 Emergency Phone _____ - _____ - _____
 Emergency Contact Name _____
 Birth Month _____
 Date Paid _____ Amount _____
 Paid by (check no., cash or CC) _____
 Recv. Newsletter by - Email _____ USPS _____ None _____
 Activity Interests _____
 Attendant _____ Date _____

Note: If all items above the red line on the data sheet are confirmed correct by the applicant, check box below

Data confirmed correct by applicant

January Birthdays

Bruce Adams	Young Kim
Soyla Andrade	Honor Knight
Anne Aarii	Stella Kumagai
Esther Barba	Jody Lyons
Ilona Bate	David Mcqueen
Maria Benitez	Yvonne Mraule
Guadalupe Bernal	Linda Nall
Deborah Bielsker	Jacque Pendergrass
Frances Bonifacio	Beverly Poulton
Sandra Breenen	Eric Quigley
Pam Cassady	Pat Rego
Eloise Cavazos	Richard Riehle
Nanci Crompton	Claire Rock
Tom Crompton	Emma Rodriguez
Liz Crooke	Robert Rossi
Margaret Davis	Roxanne Rossiter
Peggy Davis	Carolyn Rowland
Jesse Deleon	Mary Schapper
Nancy Deserpa	Edla Schneider
Lori Ducoing	Corielynn Searcy
Douglas Eike	Janet Souza
Beverly Gatliff	Donelle Squires
Kathy Gill	Joann Stanion
Brenda Godsey	Jean Steinbruner
Dorothy Griffin	Diane Tingey
Susan Guzman	Kay Wallace
Mitsuko Hagihara	Vicki Ward
Jeanie Hanquist	Lynn Wilde
Carol Hart	Virginia Yeater
Nancy Hulak	Mary Regina Zalazowski
Sammie Kelley	



Blue Zone Lessons for Longevity--#8, Loved Ones First

Centenarians tend to put their families first. They marry, have children and build their lives around that core. And families connect through generations, sharing meals on a regular basis, spending time with grandparents, caring for their elders. Okinawans over 70 begin their day by honoring ancestors' memories.

Centenarians' lifelong devotion to family produces returns. Children check up on parents and grandparents and in many cases welcome elders into their homes, leaving elders less susceptible to disease and accidents, with lower stress levels and generally healthier diets.

Studies show that elders who live with families maintain much sharper mental and social skills. Successful families eat at least one meal a day together, take annual vacations together and spend family time.

Strategies include: Getting closer—living together in a smaller house, for example, in an environment of togetherness, which in turn can promote the family rituals above; creating a family shrine to remind us of our connectedness through generations; and putting family first.

Newsletter Contributions, Associate Editor Wanted

ASI Members please consider helping make this newsletter more relevant to our readership. Your Editor welcomes articles or suggestions for articles or bits of humor you think other Members would like.

Your Editor also could use help. He's looking for an **Associate Editor** to collect material, write articles and format the newsletter. Candidates should have a strong interest in making it useful, informative and entertaining. Good language, Internet and desktop publishing skills useful but not necessary as Editor will train.

Please send your submissions, suggestions and **offers to volunteer** to George Niesen, gniesen@redshift.com or text or call him at 831-595-3165.

