

## OFFICE HOURS

9:00 am to 4:00 pm

Monday through Friday

[asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org)

831-424-5066



## ACTIVE SENIORS INC.

100 Harvest Street

Salinas CA 93901-3211

[www.activeseniorsinc.org](http://www.activeseniorsinc.org)

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# Monthly Newsletter - August 2023

## DAILY ACTIVITIES

**MONDAY:** Zumba, 9-10:15 AM\* + 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\*\*  
Tapping, 3:15-4:15\* + Instr. Donation  
Line Dancing 6:30-8:30 PM\*\* + \$1 for instructor

**THURSDAY:** Ping Pong, 3-4 PM\*  
Magic, 4:30-6:00 PM\*\*  
Nar Anon family support group, 6:30-7:30 PM  
Quilting, 1st & 3rd, 9:30-11:30 AM\*\*  
Knitting/Crocheting, 1st, 3rd; 4th by appt; 1-3PM\*\*  
Tech Assistance, 3rd, 1-3 PM\*\*  
Avoiding Scams, 1-3 PM, Aug. 24 (4th)

**2nd THURSDAY: MEMBERSHIP LUNCHEON**  
Aug. 10, Noon, \$12. Program: Patrice Vecchione

**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.*

**SATURDAY-2nd:** Yoga/balance/pilates, 8:45-10 AM  
(mat, block required); *max 30 participants\**  
Zumba, 10:15-11:15; *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.

## Successful Activities at ASI

By Loretta Salinas, Activities Chair, and Dwight Freedman, Technology Chair

**FRUIT AND VEGETABLE DISTRIBUTION.** ASI held its first fruit and vegetable distribution on Thursday July 27. It was a tremendous success! Our incredible volunteers (thank you all >>>) distributed over 130 bags of



produce to Members. As a result of the overwhelming response, we are increasing the amount of produce for our next delivery. Thank you Del's Farmers Produce and Monterey County Food Bank.



For Members only, it's the fourth Thursday every month from 11 AM-1PM. Our August distribution is Thurs., Aug. 24. Hope to see you there. Come by ASI and pick up fresh fruit and vegetables at no cost! Please contact the ASI office with any questions.

**FLAPJACK FUNDRAISER.** On Saturday July 29,

ASI held its first flapjack fundraiser at Applebee's restaurant. Thanks to our office team, ticket sellers, and all those



who purchased tickets and made donations, it was a huge success! We served



(cont. on P. 2)

## Successes Contined (continued from P. 1)

over 200 happy customers and made some \$1,500 for ASI. We could not have done this without our amazing group of volunteers. You all rocked!!!

**ASI TECHNOLOGY WORKSHOP.** Thank you to Loaves & Fishes Computers for their continued support assisting our Seniors on the third Thursday each month. The next Technology Workshop will be Aug. 17, 1-3 PM.

**SPECIAL TECHNOLOGY TRAINING CLASS.** Our ASI Technology Chairman will host a Class to help you identify and avoid several top Scams. Thursday August 24 at 1 pm and it will be free. No reservations required.

**MONTEREY SALINAS TRANSIT.** Thanks for a great presentation from Lesley Van Dalen July 27. Her presentation was well received and hugely helpful for a number of Members.

## ASI August Nights Coming Right Up

**ASI AUGUST NIGHTS** is a must attend event for car and music enthusiasts. On **Friday August 11** we will kick off our event with a display of cars in our ASI parking lot followed by a movie night. The movie will definitely take you back in time. (Hint: There's great music and fast cars). Popcorn and other nostalgic treats will be provided. **Movie Night is Free.** Doors open at 5:00 pm and the movie begins at 6:00 pm. Contact the office and reserve your seat for the movie.

**Saturday Aug. 12** take a step back in time and dance to the music of the 50s and 60s. Dress for the evening by wearing your favorite 50s/60s attire. Hamburgers, chips, drinks and ice cream will be served as well as assorted snacks. **Reservations required. Tickets go on sale on Mon. July 31. Come by the ASI office and reserve your seat. Cost is only \$10 per person. Doors open at 5:00 pm with dancing to 8:30 pm. Seats are limited (to 100 participants). Note: It may be sold out by the time you read this.**

## Fleet Week and the Blue Angels

Join fellow ASI members Sun., Oct. 9, when San Francisco will come alive celebrating all things Navy! There is no better vantage point to see the air show than from the water aboard the beautiful Hornblower during a San Francisco Bay cruise. Upon boarding you'll dine on a delicious lunch buffet as you sip on free-flowing champagne and enjoy the DJ entertainment. Step on to the outer deck to relax in the sunshine and watch the amazing San Francisco Fleet Week Air Show! The Blue Angels will perform over, around, and in front of you.

On the return trip to the pier plan on showing off all your line dancing moves. It will be one fine day!! Cost is \$197.00. Stop by the ASI office to make your reservations soon. Tickets will go fast!

## Spotlight on Tai Chi

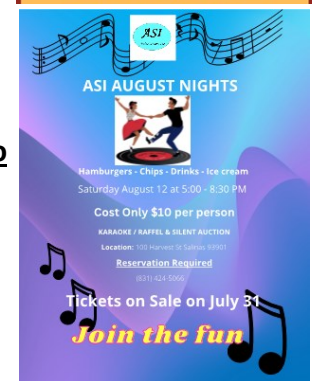
By Leslie Wolfson



What exactly is Tai Chi, anyway? People in movies and TV that do tai chi seem to be moving in slow motion, but that's not accurate. According to one definition, it is *a practice that involves a series of slow, gentle movements and physical postures, a meditative state of mind, and controlled breathing.*

Members of the group have many reasons for participating, including: socializing, the quietness, the idea of well being, body movement, balance, the challenge in following instructions, and even, "I'm a little crazy." 10-13 people come each week.

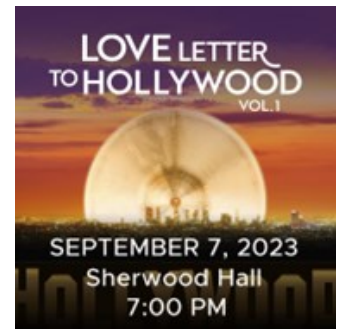
Instructor Francisco Samaniego has been teaching the class for 3-4 years, and took up the practice in 2006. According to him, balance is the key to tai chi, and one meditates while they participate. Tai Chi meets every Wednesday from 1:30-3:00.



## Symphony Returns

By Diane Cadei

The Monterey Symphony is returning to Sherwood Hall on Sept. 7 at 7:00 pm. The concert is a Pops concert---*A Love Letter to Hollywood*. It is \$25 a person. You can purchase tickets by calling 831-646-8511 or going online at [info@montereyarts.org](mailto:info@montereyarts.org). See you at the concert.



## ASI Seeks Potential Board Members

ASI is always looking for new Members with new skills, new ideas and new energy (or at least new to ASI). If you know someone who might bring that energy to Board service, please contact Jim Tripp, Nominating Committee Chair, at [wa6dij@gmail.com](mailto:wa6dij@gmail.com) or call/text at 831-320-7709. Thank you.

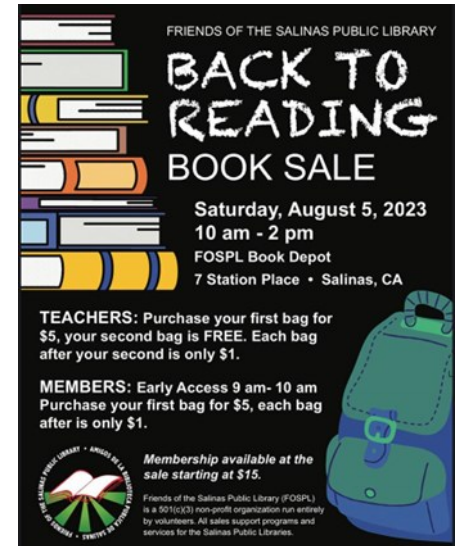
## From the Salinas Public Libraries

**Genealogy Basics: Deciphering Old Writing.** **When:** Tues., Aug. 15, 5:30-7:00 PM. **Where:** Virtual. **Description:** Original documents are important clues in researching family history. Since writing styles have changed over the last three centuries, older documents can be difficult to decipher. Understanding the basics of writing styles and writing tools can make your search more fruitful. **To Register:** <https://bit.ly/3IZIPeg>. **Website Link:** <https://salinaspubliclibrary.org/learn-explore/adult-learning-literacy/events/virtual-genealogy-basics-deciphering-old-writing>

**Author Talk Series.** Prepare to be captivated by our upcoming virtual series! Featuring an exceptional lineup of authors, we have [Robert Jones Jr.](#), a master of historical fiction and heartfelt storytelling, [Cassandra Clare](#), renowned for her enthralling fantasy novels filled with magical realms and epic adventures, and [Jeffrey Selingo](#), a non-fiction author shedding light on education and career development. [Learn more about upcoming author talks.](#) **Virtual Program:** Robert Jones Jr. **When:** Tues., Aug. 15, 1-2 PM. For information, contact Jissella at [JissellaD@ci.salinas.ca.us](mailto:JissellaD@ci.salinas.ca.us)

**Virtual Genealogy Work Group.** **When:** Tues., Aug. 22, 6:00-7:00 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 and all experience levels are welcome. For more information, please contact Cathy: [CathleenA@ci.salinas.ca.us](mailto:CathleenA@ci.salinas.ca.us). **Website Link:** <https://salinaspubliclibrary.org/learn-explore/research-learning/events/virtualgenealogy-work-group-5>

**Virtual Writers Group.** Are you a writer, or getting started as one? We have openings in our group and would love to have you join us! Writing is a solitary task, and many writers benefit from having peers to get feedback and support from. Our groups meet on the 4th Wednesday every month, from 6-7 PM. We share ideas and learn from each other and our mentor. **Virtual Program.** [Register Online.](#) Wed., Aug. 23, 6-7 PM. For more information, contact Cathy at [CathleenA@ci.salinas.ca.us](mailto:CathleenA@ci.salinas.ca.us)



### August Birthdays

Angelica Abbott	Tolan Maust
Marie Amaral	Laura Mccord
Teresa Aarii	Robert Mcgregor
Richard Avila	Julia Mena
Burns Baker	Angelo Micalizio
Michael Beck	Kay Micalizio
Jane Black	Debra Panelli
Mary Ann Cain	Mark Panelli
Byron Chong	Mary Parola
Lois Crowell	Aldo Peluso
Robert England	Karen Pfeiffer
Janet Fischer	Matt Plymale
Marilyn Foos	Nancy Ravizza
Kathie Grab	Maria Rodriguez
Robert Grab	Connie Rondez
Jeanette Green	Gail Root
Emiko Greer	Susan Ross
Constance Hastings	Sharon Rowe
Susan Healy	Ellie Satow
Luis Jaramillo	Trish Sullivan
Lillian Juhler	Daniel Towle
Gigi Kiama	Karen Towle
Kathleen King	Lavon Tripp
Frances Kovarik	Katie Troya
Terry Ann Lofgren	Barbara Urciuoli
Maria Lopez	Yolande Whitlock
Kendra Lunde	Yoshie Wong
Joan Madden	Sachiko Yokota





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## The Western Stage in Need of Ushers, Housing

The Western Stage is looking for Volunteer Ushers. Come help out your local theater and enjoy a beautiful show at the same time! We are in need of volunteers for Fridays and Saturdays from 6:30–10 pm and Sundays 1–4 pm, pretty much through November. Our current show is *Imaginary—A New Musical*, an exciting, funny and inspiring musical about the wonder of childhood, the power of imagination and what it means to grow up.

Consider asking a friend to join you! For information or (we hope) to sign up, please contact Cheryl Worthy at (831) 755-6816. Thank you for thinking about this great volunteer opportunity. You will be glad you did!

TWS is also always in need of short-term housing for very responsible actors from elsewhere. If you have a room you are able to rent out at a modest price, please call Cheryl (above) for more information.

## Blue Zone Lessons for Longevity--#3, Plant Slant

A healthy diet features food close to its source. Beans, whole grains, and fresh garden vegetables are cornerstones of longevity diets. Processed and fast foods are likely to be high in salt, sugar and trans and saturated fats—good for preserving food and extending shelf life but not so good at extending a healthy human life.

When establishing a diet, it's important to balance calories between complex carbohydrates, fats, and protein. Strategies for that include eating four to six servings of vegetables each day; minimizing meat intake; leading with beans and tofu; eating nuts daily (nuts are actually a kind of superfood); and fish and chicken.

We don't need a lot of protein in our diets, but seniors need a bit more and we should eat some protein at every meal. Dairy, eggs, beans, tofu and modest amounts of meat will provide all we need. Bon appetit.

You can look forward to Lesson four—Grapes of Life or Drink Red Wine (in moderation).

If you are interested in practices leading to a healthier life, stop by the Blue Zones Project office at 252 Main St., or visit the website, <https://montereycounty.bluezonesproject.com>, for a wealth of information, including events and activities every month too numerous to list here.

## Health Tip #25: U.S. Healthcare Is Not the Best

By Stanley M. Sokolow, DDS, Retired ([stanleysokolow@gmail.com](mailto:stanleysokolow@gmail.com))

Many U.S. politicians brag that the United States has the best healthcare in the world. But does it? We have the *most expensive* system, but does it serve us well with health outcomes? A [study published Dec. 28, 2020, in the Journal of the American Medical Association – Internal Medicine](#) found that on six important health outcomes, even patients in the highest-income counties of the U.S. had on average worse outcomes for infant and maternal mortality, colon cancer, childhood acute lymphocytic leukemia, acute myocardial infarction (heart attacks), and general lifespan, compared with average citizens of other developed countries.

The study used Organisation for Economic Co-operation and Development data, CONCORD-3 cancer data, and Medicare data to compare outcomes with all residents in 12 other developed countries: Australia, Austria, Canada, Denmark, Finland, France, Germany, Japan, the Netherlands, Norway, Sweden and Switzerland.

The U.S. spends more than \$3.5 trillion per year on health care, 25% more per capita than the next highest-spending country (Switzerland), and about twice as much as some other countries (Canada, Australia, France, Japan). However, compared with the other countries, the US performs poorly on process, outcome, and patient experience metrics, as well as life expectancy. Compared with countries tracked by the Commonwealth Fund, the U.S. ranks behind every country on preventable mortality that could have been addressed by health system interventions, including infant and maternal mortality among others.

Maternal mortality is particularly striking, with the U.S. at 26.4 maternal deaths per 100,000 births nationwide, but the other 12 countries ranged from 0.0 in Denmark and Norway to 6.0 in Canada. In the richest U.S. counties, the maternal deaths among white mothers were over 10 per 100,000 births.

The results suggest, but do not prove, that health outcomes depend on the system of care, rather than the performance of individual physicians or hospitals or the amount of money spent. Many U.S. citizens equate high-quality care with high price and freedom of choice. They believe having choice will engender better care.

However, many of the countries that do better than the U.S. have national healthcare systems that cost less and have less freedom of choice. They are coordinated and integrated into a whole national system rather than a hodge-podge of separate insurance companies, hospital corporations, pharmacies, and medical groups that the U.S. has, each with its own separate database of patient medical records.

In some countries, no matter what hospital or medical office you enter, the facility has immediate access to all of your medical records from a national database system. In spite of the fact that the computer and Internet were invented in the U.S., we still don't have a central medical records system that compares with what smaller countries have.

The study admits that, for all the conditions studied, health care is not the only factor associated with the outcome. Behavioral factors, such as obesity, diet, and sedentary lifestyle; environmental factors; and genetic factors are all associated with health outcomes and are difficult to compare across countries.

However, [obesity rates are known](#), and the U.S. is the most obese among all major countries. It is known that genetics plays only a small role in obesity. For example, Japanese who relocated to Hawaii or the U.S. mainland became more obese than they were in the homeland. The explanation lies in diet and lifestyle, which we can control, unlike the genes we were born with.

## ASI/Senior Day at Mo. Co. Fair

Aug. 31 is Senior Day at the [Monterey County] Fair and ASI is hosting an information booth that day. We invite ASI Members to visit the Fair to check out other senior information.

If you are there anyway and can spare an hour or two, you might even volunteer to help staff the booth. Please let the ASI office know if you will be available. Other staffers would really appreciate the break. Thank you.

## ASI Activity Calendar

**Mystery Trip:** Thurs., Aug. 17. A surprise! \$110. Waitlist.

**"Tina Turner Musical":** Sat., Sept. 2. Waitlist only.

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

**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](http://activeseniorsinc.org/tours).

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