

OFFICE HOURS

9:00 AM to 4:00 PM

Monday-Friday

asi@activeseniorsinc.org

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ACTIVE SENIORS INC.

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Monthly Newsletter - Aug. 2021 Issue 2

Updated Activity Schedule

ASI is open for activities Monday through Friday,

9:00 AM to 4:00 PM

DAILY ACTIVITIES

MONDAY: Zumba, 9:00-10 AM* + Instr. Donation
Ukulele Club, 10:30 AM-12:30** 1st & 3rd Mon.
Que Sera Sera Fabric Art, 2nd & 4th Monday,
11:30 AM-1:30 PM**

Mahjong 12:30 to 3 PM**

Journaling Club, 1st & 3rd Monday, 1-3 PM,
July 19 through Aug. 25**

TUESDAY: Line Dancing 10 to 11:30 AM**

Bridge 12:00 noon to 3:15 PM**

Experienced players of all levels welcome

Beginning Ballroom Lesson 6-7 PM

Ballroom Dancing 7 to 9 PM

Fee \$9.00 (\$10.00 non-members)

WEDNESDAY: Yoga 8:45 to 9:45 AM*

Chess Club, 10 AM-12 Noon**

Book Club 11:00 AM to 12:00 noon*

Tai Chi 1:30 to 3:00 PM**

Line Dancing 6:30-8:30 PM** + \$1 for instr.

THURSDAY: Quilting, 1st & 3rd Thurs., 9-11 AM**

Tech Assistance, 3rd Thurs., 1-3 PM**

AOA Discussion Group 2:15-3:30 PM

Ping Pong, 3-4 PM*

Nar Anon family support group

“Sweet Serenity”, 6:30-7:30 PM

2nd THURSDAY: MEMBERSHIP LUNCHEON

Sept. 9, Noon, \$12. Program: Mr. & Mrs. Glen Church, How Monterey CA Escaped Industrial Ruin

FRIDAY: Yoga 8:45 to 9:45 AM*

Zumba 10-11 AM* + Instr. donation

Bridge 12:00 noon to 3:30 PM **

Western Dance, 1st, 2nd, 4th Fri. 7-10 PM, \$10

* \$1 Fee for members, \$2 Fee for non-members

** \$2 for members, \$4 for non-members

As I get older I realize:

1. I talk to myself because I need expert advice.
2. Sometimes I roll my eyes out loud.
3. I don't need anger management. I need people to stop pissing me off.
4. My people skills are just fine. It's my tolerance of idiots that needs work.
5. The biggest lie I tell myself is, "I don't need to write that down, I'll remember it."

Fleet Week and The Blue Angels

Join fellow ASI Members on Oct. 9 when San Francisco comes alive celebrating all things Navy! There is no better vantage point to see the show than from the water aboard the beautiful San Francisco Belle during a San Francisco Bay cruise. On boarding you'll dine on a delicious lunch buffet as you sip free-flowing champagne and enjoy 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!! Stop by ASI soon to make your reservation. Tickets will go fast!

Fourth Thursday Free Workshops Back

Fourth Friday Workshops resume on August 26, from 1 to 3 pm. The Independent Transportation Network (ITN) will present an Emergency Preparedness Workshop.

Learn about your community and housing response plans, sign up for alerts and warnings, and get trained. You will learn how to assess your needs, make a plan, build a kit, stay informed, and deal with evacuations. Sign up at the ASI office and get prepared.

THE BEST THING ABOUT BEING OVER 40 IS THAT WE DID ALL OUR STUPID STUFF BEFORE THE INVENTION OF THE INTERNET, SO THERE'S NO PROOF!

MST Serves ASI Members

Monterey Salinas Transit Services (MST) will be coming to Active Seniors Inc. MST will be onsite on third Thursdays (Aug. 19 this month) from 1-3 pm for sign up and questions regarding their Mobility Services including: Rides ADA Paratransit, Taxi Vouchers, Special Medical Trips, TRIPs, Travel Training, and Navigators. See you there....

Fascinating August Luncheon Presentation

What was supposed to be a presentation on Genealogy at the August ASI Luncheon began as a lesson on Motion Picture and Revolutionary War History. But speaker Cathy Andrews, Senior Librarian for Salinas Public Libraries (and ASI Member), continued by connecting many, many dots in an interesting and educational look at the potential scope of genealogical studies.

Delving into your family connections can lead to unexpected and exciting discoveries about what your ancestors may have done and how that may have affected your family's development, which in turn can lead to side trips into the history surrounding your ancestor's life and times.

Thank you Cathy for such an engaging journey through your personal bit of history.

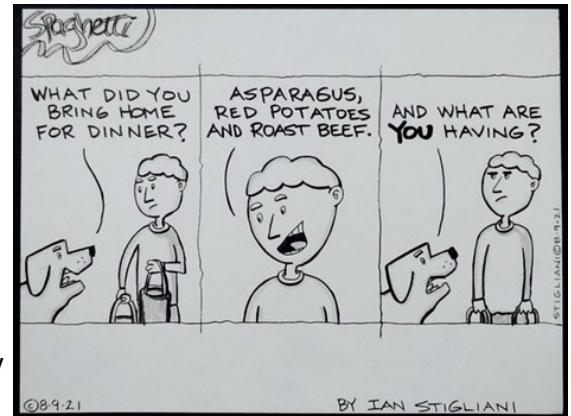
And Salinas Library Genealogy Series Continues

Thanks to Jissella Duarte, Librarian, Salinas Public Library

Please see your first August ASI newsletter for details about the ongoing Library series on genealogy with Cathy Andrews. Coming right up is Deciphering Old Writing on Aug. 19 at 5:30-7:00 PM.

Website Link: <https://salinaspubliclibrary.org/GenealogyBasics/DecipheringOldWriting/August/2021>

Register online at: <https://bit.ly/3dcNSsb>. Questions? Contact Cathy at CathleenA@ci.salinas.ca.us



Luncheon Signup Reminder

You may sign up for our September Luncheon (Sept. 9) at the ASI office beginning August 17. The menu: Grilled Chicken Penne Pasta, Salinas Greens w/Balsamic Vinaigrette, Garlic Bread and Tiramisu for dessert. Speakers: Mr. & Mrs. Glen Church, on "Humbled: How Monterey California Escaped Industrial Ruin."

Amazon Scam Call Alert

By ASI President Dwight Freedman

Over the last few weeks, I have heard from several people who received scam calls. Amazon Scam Calls 2021 is the latest version used by scammers to trick victims into giving out their account information. Similar to the Amazon fake emails that have been making their rounds, these are a recorded phone call that claims your Amazon account has a fraudulent charge on it. They're trying to steal your personal information, like your account password or your credit card number.

If you get an unexpected call or message about a problem with any of your accounts, hang up. If you think there may be a problem with one of your accounts, contact the company using a phone number or website you know is real.

Postal Rates to Rise

From the *Mercury News* thanks to Sera Hirasuna

"Starting Aug. 29, USPS will raise prices of first-class postage stamps to 58 cents from 55 cents. Price hikes are needed because over the past decade, mail volume has declined by 46 billion pieces, or 28%, while single piece first-class mail declined 47%, USPS said."

Sera suggests that it might be a good idea to remind seniors to stock up on forever stamps now. Those 55 cent stamps will be good, well, forever. Thank you Sera. Done.



Yes, Your Metabolism Is Slowing

Thanks to Thad Evans

The *New York Times* reports that a new study challenges assumptions about energy expenditure by people, including the idea that metabolism slows at middle age.

The study included data from nearly 6,500 people, ranging in age from 8 days to 95 years. Researchers discovered that there are four distinct periods of life, as far as metabolism goes.

There's infancy, up until age 1, when calorie burning is at its peak, accelerating until it is 50 percent above the adult rate. Then, from age 1 to about age 20, metabolism gradually slows by about 3 percent a year. From age 20 to 60, it holds steady. And, after age 60, it declines by about 0.7 percent a year. The study also found there are no real differences between the metabolic rates of men and women.

AARP Offers Diet Advice

Thanks to Thad Evans

AARP recently recommended 5 Foods to Skip After age 50:

Skip it: Fried foods that triple the calories. If it helps, pause to imagine the vat of oil that basket of fries or onion rings has been submerged in, and consider how it's saturated fat.

Skip it: Sugary drinks, including most bottled teas. All can be loaded with useless calories.

Skip it: Packaged foods with sneaky sugars. Hidden sugars can be found in pasta sauces, yogurt, granola bars, instant oatmeal packets and breakfast cereals as well as many other products.

Skip it: High-sodium instant meals (think: frozen pizzas). Seventy-five percent of the salt in our diet comes from processed foods, not the salt shaker.

Skip it: Ultra-processed snacks. Unless you're picking an apple from a tree or getting your milk straight out of a cow, most of the food you eat is processed — it's the ultra-processed foods that make the list to strike from your diet.

Bagged greens, diced vegetables and nuts, canned tomatoes and frozen fruit and vegetables are an excellent way to enjoy produce processed at peak quality and freshness.

But many ready-to-eat, processed foods like cake mixes, snack chips, ketchup, sweetened yogurt and “meat lovers” frozen pizzas add food coloring, sodium, preservatives and other hard-to-pronounce additives in order to make consumers happy. And that's not good for you.

What Your Kids May Want—Believe It or Not

Thanks to Thad Evans

AARP reports there are things some millennials say they actually would like to come their way:

Photos, but less is more. Not every photo but an old meaningful group – typically about 25 percent of all photos.

Memorable knickknacks. Small items that you actually used – like a grandmother's serving dish.

Toys of their youth. There could be a special attachment to the stuffed animals that someone grew up with. Besides stuffed animals, some millennials are particularly interested in getting their old board games or favorite toys that can range from gumball machines to baseball mitts.

Holiday memories. These can be the strongest memories of all – perhaps a nativity scene or the top ornament from the family Christmas tree.

Assets. Probably obvious, the family car or home – valuable in themselves.

Grandma's recipes. It's not just cookbooks but the actual handwritten recipe cards from grandma.

Accent furniture. Few millennials may have space — or interest — in hulking pieces of furniture like sofas, but many like timeless accent pieces, typically smaller pieces, like a rocking chair.

Dad's vinyl collection. These could be valuable assets but interest in playing them is also coming back.

The family toolbox. Children may not have many tools, especially if they are renting, and tools can be expensive.

Extra special jewelry. Some family jewelry can radiate family memories.

Artwork they made as kids. Grown children will someday want cherished arts and craft pieces they made when they were little — like some ceramic items and, of course, picture frames decorated with painted macaroni glued on.

And... Don't forget to leave a letter for each child, telling him/her how special he/she was in your life.

Health Tip #12: Can We Trust The 2020 USDA Dietary Guidelines?

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

What should we eat for the most health and longevity? This has been pondered and speculated upon for centuries and probably even farther back in time. Galen, physician to the aristocracy of the Roman Empire at the time of the Caesars, wrote about it, and there have been many other treatises on the power of foods to help or harm our health since then.

In 1968 the US Senate formed [a committee headed by Senator McGovern](#) to examine the science and produce Dietary Goals for the United States, which raised opposition from agribusiness and oddly the medical profession. Some scientists outside of the committee objected that the work had been rushed and didn't adequately examine the scientific research. That work has been continued by the US Department of Agriculture, which released the [2020-2025 Dietary Guidelines](#) on Dec. 29, 2020.

[Nina Teicholz](#) is an investigative science reporter on diet and health, author of a best-selling book "[The Big Fat Surprise](#)", lecturer, and executive director of [The Nutrition Coalition](#), a non-profit that advocates for better quality scientific research on dietary guidelines.

She has looked deeply into the scientific research upon which the US Department of Agriculture (USDA) has based its published dietary guidelines for Americans, an extensive document, updated every five years, used to set food policy in government-funded feeding programs, the US military, schools, food labels, dietetic practices, medical offices, and to educate the public on best diets. Other countries often adopt US guidelines, so they have worldwide influence on health.

Teicholz has been disappointed by the poor quality of evidence the USDA has used to create the guidelines. Here are two excellent lectures she has given for the public about the USDA guidelines and the process that was used to create and update them: "[Big Fat Nutrition Policy](#)"; "[U.S. Dietary Guidelines for Americans 2020 Update](#)".

Her organization's latest focus was not only to call upon the USDA to give priority to the best quality of research, namely to favor randomized clinical trials (RCTs) over observational studies on broad populations, but also to ask that the maximum recommended intake of saturated fats be critically reviewed in light of the abundant RCT studies which show the health benefits of these fats.

Further, among the "dietary patterns", which we would call "diets" such as the "Mediterranean Diet" or the "Low Fat Diet", her organization has pressed the USDA to consider the Low Carbohydrate High Fat (LCHF) Diet as an alternative in the guidelines. As she explained in her Update lecture, the USDA has rejected these requests. In other Health Tips, I'll look at data on these two topics.

Finally, I found this interesting lecture by an Israeli nutrition scientist. His research group has studied nutrition by looking at individuals rather than large groups. They found that there is no ideal diet for everyone, but rather each of us has a different pattern of metabolic responses even to identical foods.

His team is developing a way to individualize diet recommendations based on a person's metabolic responses to certain types of food and on the specific species of bacteria that live in our intestines (our [microbiome](#)). Perhaps someday we will have a service available where we can send in a tiny stool sample taken with a probe as we do for fecal screening tests for colon cancer, and a cheek swab for DNA, and the lab will send back our personal food guidelines as to what to eat and what to avoid. Here's his TEDx Talk from 2016: [What is the best diet for humans? | Eran Segal | TEDxRuppin](#).

