

OFFICE HOURS

9:00 am to 4:00 pm

Monday through Friday

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Monthly Newsletter - May 2021

It's that time—Older Americans Month!

By Lesley van Dalen, MST Mobility Specialist

Did you know, every May, our nation observes and recognizes the contributions of older adults? This year's theme is Communities of Strength!

Please help Monterey-Salinas Transit (MST) in sharing the attached flyers (in English and Spanish) and information with your community of Seniors. In observance of Older Americans Month in May, MST is hosting a **Virtual Senior Transit Day!**

Ask your Seniors to give MST 1-1/2 hours of their time to enjoy learning about MST's services and mobility programs, while playing the game of BINGO and LOTERIA from the comfort of their own home. Attendees and game-winners will receive prizes!!!!

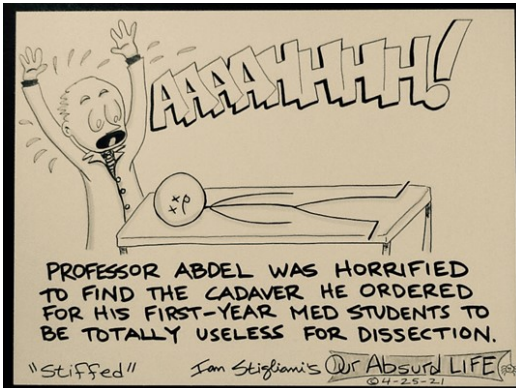
Our event takes place on Friday, May 21st via ZOOM! We will be celebrating Monterey County Seniors who prefer to communicate in English at 10:00am (until 11:30am) and for our Seniors who prefer to communicate in Spanish at 1:30pm (until 3:00pm).

If interested in participating, each Senior must complete the registration by using the link

provided in the flyers or listed below in this email. Once registered, all participants will receive the game cards for BINGO and LOTERIA from MST.

Additionally, MST is available to provide technical assistance to all registered participants on how to connect with ZOOM using their personal computer, laptop, tablet, or smartphone before the event.

Register NOW! Space is LIMITED! [HTTPS://mst-VIRTUAL-SENIOR-TRANSIT-DAY.EVENTBRITE.COM](https://mst-virtual-senior-transit-day.eventbrite.com)



Tues. Night Ballroom Returns June 15!

Dance instructor Sera Hirasuna, Chef Michael, the Moon Glow Jazz Band and ASI President Dwight Freedman are formulating plans to bring in-person Ballroom Dance back into the ASI facility on June 15—the day the State of California has set to reopen with substantially relaxed COVID restrictions. Please look for details in the next issue of your newsletter.

In the meantime, Sera informs us that one of our dancers, Jack Church, will be 100 years old on May 6th. (BTW, as of Dec



2019, he still liked to dance fast swing!) He's never been on Zoom and didn't want to come to my house to hear Michael dedicate the night to him yesterday.

Instead we are taking this opportunity via the newsletter to wish him a Happy Birthday tomorrow, from all of ASI. HAPPY BIRTHDAY, JACK.

Salinas City Councilmember Osorio on City Services for Seniors

Orlando Osorio, Salinas District 4 Councilman, spoke to Active seniors on Thursday April 29. We had a great 45-minute question and answer session and found that he is a big advocate for downtown trash cleanup and Senior Housing.

We are trying to get other councilmembers and our Salinas mayor as speakers for later dates. Continue to watch for our upcoming speaker events in our newsletter (see article P. 4).

Salinas Library Virtual First Friday Art Talk

Got your calendar handy? We've shifted the date of our final Spring First Friday Art Talk to May 7th. Two great artists will be presenting: abstract acrylic painter, Nicole Cromwell, and realism oil painter, Sherree Anderson. Join us for this great event!

Friday, May 7, 4:30 - 5:30 pm. You can register online at: <https://zoom.us/meeting/register/tJlk-irrDwuGdW410WbNhHVyxIA7WrVDGNX>

For more information, please contact Jissella at JissellaD@ci.salinas.ca.us

Salinas Library Presents "From Farms to Incubators"

Mark your calendars for this exciting opportunity! Maintaining a secure and sustainable food supply for the 21st century is a huge challenge. "From Farms to Incubators" is an inspirational collection of visual and written portraits of women entrepreneurs who are rising to meet this challenge.

Hear from author and award-winning journalist Amy Wu, along with Salinas entrepreneur Martha Montoya, profiled in the book, and learn more about how women leaders are revolutionizing agriculture through high technology.

Wednesday, June 2, 2:00 - 3:00 pm. Register [here](#).

Questions? Contact Jissella at jissellad@ci.salinas.ca.us.

Viewing Oldtown

By Newsletter Editor George Niesen

Yes, I know we're not supposed to call it Oldtown anymore--it is City Center, although the terminology appears to be evolving to Downtown. In any case we need to call it New something or other, now the downtown improvement project is complete. Maybe we could call it the New Oldtown.

What's important is that we (and that means you too) need to go downtown and check out the scene. One huge improvement we can't see is the underground infrastructure. The 100-150 year-old sewers, storm drains, water and electrical systems are new (along with fiber-optics for high-speed broadband), one aspect of the project the downtown merchants are happy to experience.

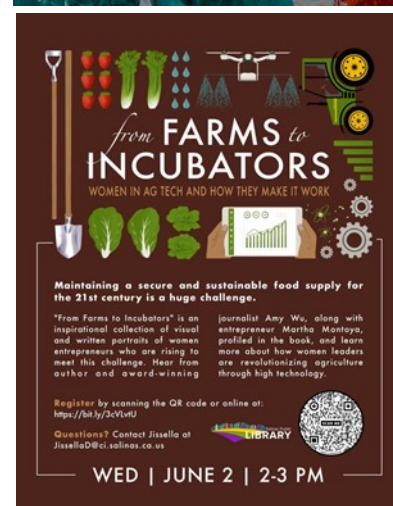
The most visible change is that Main St. is now two-way. Parking is good on both sides and the street curves gently in the middle of the 200 and 300 blocks to allow for alternate sections of parallel and diagonal parking. The curved section also invites pedestrians to cross in the middle of the block.

That leads to another visible new feature—scramble pedestrian crossings—which are not a scramble at all but allow pedestrians at the intersections of Main and Alisal and Main and Gabilan to cross in any direction during the walk light. Pedestrians can cross diagonally, and don't need to worry about vehicles turning during that signal cycle.

A word of warning, however. After decades of a one-way Main, if I cross in the middle of a block I still look only one way. We need to retrain ourselves to LOOK BOTH WAYS on Main St. Be careful.

Did you miss the trees? We have all-new ones, planted in the past month or two. They are already flowering and they will not break up the sidewalks. Street lighting and traffic lights are very nearly up and running. And the new Salinas sign over Main St. in the 200 block is also up.

Most exciting of all. Please make a note to attend the Downtown Ribbon cutting on Thursday, May 20, 4:00 pm. It will be a real event.



Photos thanks to Joe Niesen

Health Tip #8: Do Statins Help or Harm?

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

Statins are a class of drugs used to regulate cholesterol-related lipids in the blood for prevention or treatment of cardiovascular disease. But what about side effects? "... Studies estimate that of the 25-50% of patients with cardiovascular disease who stop taking their statin medications as directed, 60% cite muscle pain as the primary reason for discontinuation," [according to Boston Heart Diagnostics](#), the maker of a test for a gene which is associated with the muscle pains and spasms induced by statins.

What about side effects of statins on the brain? At present, firm conclusions regarding whether mid- or long-term statin use might influence cognitive decline and dementia remain elusive.

Vascular risk factors such as diabetes, high cholesterol, high blood pressure, and smoking can contribute to dementia. The relationship between plasma lipids and cognition is complex and controversial, with multiple studies having conflicting results.

Cholesterol is a major component in brain cells, but the brain manufactures all of its cholesterol and doesn't absorb any from the blood stream. There is a layer of cells, called the Blood-Brain Barrier (BBB), which isolates the brain from most substances in the blood, but some types of statin drugs can pass through the BBB into the brain.

Two large, double-blind, placebo-controlled, randomized clinical trials of statins did not find any effect on cognition. The Ginkgo Evaluation of Memory Study found that statin use was associated with a reduced risk of dementia. Although several observational (non-experimental) studies have found an association between statin use and increased risk of dementia, the studies had biases and confounding factors making conclusive results impossible to establish.

Many studies have demonstrated beneficial effects of statins on the cells lining the interior of blood vessels (endothelial cells) and on chronic inflammation. Statins might also confer neuroprotection by other mechanisms. Atherosclerosis was associated with an increased risk of post-stroke dementia, but post-stroke statin use was associated with decreased risk of mild cognitive impairment.

Nevertheless, concern exists that statins may be a causative factor of cognitive problems. Randomized clinical trials, case reports, and observational studies have reported cognitive impairment in some people using statins. Confusion, forgetfulness, and memory loss have been reported within a few days after starting the drug, while other reports found symptom onset only years after commencing statin use.

Overall, the symptoms were not serious and reversed within a few weeks of ceasing statin therapy. However, once statins are started they usually are intended to be continued for the rest of life. These adverse effects seem to be rare and likely represent some yet-to-be-defined vulnerability in susceptible individuals. Older statins were found to enter the brain, but newer types of statins don't pass through the BBB as easily.

In 2012, the FDA introduced certain changes to the safety information inserts in packages of statins, which include warning about a small increased risk of higher blood sugar levels and type 2 diabetes. Further, the inserts now also warn of potential confusion and memory loss.

Is there an alternative to statins? Watch: [Evidence Based Medicine Has Been Hijacked - Dr Aseem Malhotra](#), a lecture by a cardiologist in the UK.

For more details: "[Effects of Plasma Lipids and Statins on Cognitive Function](#)" published Feb 2020 in the English edition of *The Chinese Medical Journal*. Also "[Association of blood lipids, atherosclerosis and statin use with dementia and cognitive impairment after stroke: A systematic review and meta-analysis](#)," January 2020.

Always check with your own doctor before changing your medications.



Concerned about our loss of bees, Morgan Freeman converted his 124-acre Mississippi ranch into a bee refuge. He's hired a gardener, filled acres with clover, planted hundreds of flowering trees, purchased 26 hives and has turned himself into a beekeeper.

Image credit: Nathan Congleton/Flair

mind-blowingfacts.com



Thank you T & A

For mailing these!

Salinas Library for Seniors—Online Speaker Series, May 27, 1:30

Presentation by Cathy Andrews, Senior Librarian, Salinas Public Library

The overall focus will be on easy ways to get the most from what the library offers, even during the pandemic. This will include both virtual and in-person services. I'll cover our classes and programs for adults, including our new "Genealogy Basics" classes and our very popular digital literacy classes, the Adult Summer Reading challenge, and what it looks like is next for access to the branches.

I'm Senior Librarian for Adult Services and Adult Literacy, and have been with SPL for three and a half years. Before that I ran the Adult Literacy Program for the Monterey County Free Libraries system. I'm a Salinas resident, an ASI member, and love gardening and genealogy. Signup information will be in the next newsletter.

Thanks ASI Members for Supporting 1 Village at a Time

The 1 Village at a Time event held at ASI on Saturday May 1 was a total success. There were several tables of beautiful displays of African art and artifacts--colorful fabric, framed pictures, small statues and trinkets and exquisite jewelry (>>>). Thank you ASI members for your participation.

