

OFFICE HOURS

9:00 AM to 4:00 PM

Monday-Friday

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Monthly Newsletter - May 2021 Issue 2

ASI BookClub May Update

We are deeply engrossed in *WHERE THE CRAW-DADS SING*, by Delia Owens. This is a beautiful story of love and resilience, woven around the natural landscape of the North Carolina marshlands. You are welcome to join us at any time. Extra copies of this book are available from Kathy King, (831-261-1434), courtesy of the BookClub To Go Program of the Monterey County Free Library. This book is a "page turner" so you will have no trouble catching up. The movie release is expected for June 2022.

We have chosen *NEWS OF THE WORLD*, by Paulette Jiles, as our next selection. In the aftermath of the Civil War, an aging itinerant news reader agrees to transport a young captive of the Kiowa back to her people. This morally complex work of historical fiction explores the boundaries of family, responsibility, honor and trust. The movie was released in December 2020. Please call the ASI office if you are interested joining us for this book. We will call you with our anticipated start date.

All book lovers are welcome. We are informal, and enjoy not only the book, but each other. We meet weekly, each Wednesday from 11-12ish. Attend as often as you like and are able. Feel free to drop in to any session and see if this is an activity you'd enjoy.

ASI Adds Friday Zumba Class

By ASI President Dwight Freedman

ASI's Monday Zumba activity has been full since our reopening, especially so given that we have limited space and are continuing with social distancing. However, we will now have a second Zumba class on Fridays at 10:15 am.

As soon as California has lifted the mandated restrictions (expected June 15), we will increase the number of participants in our activities.

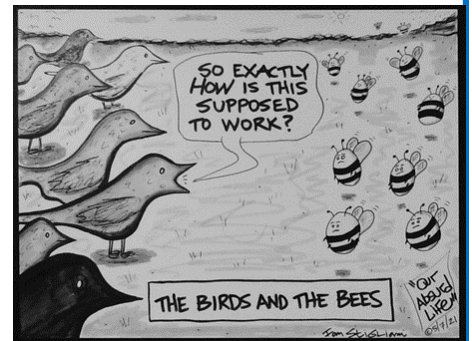
The guy who fell onto an upholstery machine is now fully recovered.

Procedures for Returning to ASI

Get vaccinated and bring your shot record the first time you participate in an activity (and get an "I've been vaccinated" button). You will not need to show your card again. If a participant in an activity is fully vaccinated, you may optionally wear a mask. If you are **not** fully vaccinated, you MUST wear a mask at all times. Ballroom Dancing and Luncheons will require all participants to be fully vaccinated.

When you arrive your check-in volunteer will take your temper-

ature. Anyone with a temperature of more than 100.6 will not be permitted to join any activity and will be asked to leave. You may not bring food into the building. Please bring your own water, juice or tea and stay hydrated during your activity. Welcome back and enjoy your activity.



Thursday ASI Technology Webinar

By ASI Technology Team

When: Thursday May 20; Time: 1:00 PM; Subject: Using the Windows 10 Free Video App.

Description: Windows 10 includes Video Editor, a full-featured set of video creation and editing tools that tell your story with music, text, motion, and 3D effects. Video Editor is the successor to Movie Maker on Windows 10, with a focus on easy-to-use creative tools that enable you to tell your story.

Please register by Wednesday May 19 at 6 PM by clicking on the link below and we will send you the Zoom link and presentation documentation.

<https://forms.gle/SZ6tFj6muvUtX5Gs7>. Hope you can join us. Thank you.

Ballroom Dance Opening Plans

By Chef Michael

With all the great activities coming back to the ASI, you might be wondering about the Tuesday Night Ballroom Dance and Dance Lesson. Because of the nature of the physical closeness needed to ballroom dance (Cheek to Cheek so to Speak), we have decided to open up along with the opening of California on June 15.

This will be a grand opening party with much to celebrate. Of course, this will depend on how we do with our COVID numbers and whether California does indeed open up. When we do open, there will be a few added guidelines to provide some extra safety, because of the physical closeness required with ballroom dancing.

In addition to existing ASI Guidelines:

- Vaccination Verification and Mask Required of all participants.
- There will be a light food program with individually wrapped treats.
- Also, there will be an area set up for line style dancing if some folks prefer not to get too close.

For dancers not quite ready to return to the dance or not yet vaccinated, we will be streaming live to a Zoom meeting with chat time at the break for people to attend and participate. Hope to see you at the Dance, Yay!

Cheesy Cauliflower Waffles with Horseradish Crema

By Chef Michael

My love affair with cauliflower continues and I consider it a miracle vegetable that can lend itself to making some great menu items. I have been experimenting with it in making healthy soups, sauces and ways to use "cauliflower rice". Here is a healthy choice recipe using cauliflower rice.

Ingredients

Cooking spray	5 sprays
Uncooked cauliflower rice	2 cups
Light part-skim mozzarella string cheese	5 sticks, 4 oz;
Uncooked carrots	1/2 cup, shredded/finely chopped
Eggs	1 large, lightly beaten
Fresh parsley	2 Tbsp, chopped, more for garnish
Chives	1 Tbsp chopped
Kosher salt	1/4 tsp
Black pepper	1/4 tsp
Plain fat free Greek Yogurt	1/4 cup
Fresh Grated or prepared Horseradish	1 Tbsp
Kosher salt	1 pinch
Black pepper	1 pinch

Instructions

1. Set a wire rack inside a baking sheet and place in oven; preheat oven to 200°F.
2. Preheat a standard nonstick waffle maker. In a medium bowl, combine cauliflower rice, cheese, carrots, egg, 2 tbsp parsley, chives, 1/4 tsp salt, and 1/4 tsp pepper.
3. Coat waffle maker with nonstick spray. Into center of waffle maker, evenly spread about 3/4 cup cauliflower mixture, close lid, and cook until browned and cooked through, 3 to 4 minutes. Transfer waffle to prepared wire rack in oven. Repeat process with remaining cauliflower mixture, 3/4 cup at a time.
4. Meanwhile, in a small bowl, combine yogurt, horseradish, and a pinch each salt and black pepper. Garnish waffles with additional parsley and serve horseradish sauce alongside.
5. Serving size: 1 waffle and about 2 tsp sauce.



One Year Later and 365 Cartoons

By Ian Stigliani

I grew up reading Charlie Brown cartoons as well as Dennis the Menace and then at age 13 I discovered Tom Armstrong's Marvin cartoon strip and that did it for me. I felt compelled to do my own cartoons and created a few starring my cat Lucky. Not being able to draw the way I wanted, the cartooning bug drifted away but never completely disappeared. I continued to draw the cartoon and comic characters I created as a kid but never showed them to anyone. That changed in 2012 when I began filling up sketch pads with drawings. And over time I began to see real improvement.

In 2017 I started a comic strip titled "Beware of Beartrap" about a boy with razor sharp metal teeth. I set a goal at the time to complete one 4-panel cartoon a week, photocopy it at my local library, and send it off to family and friends. Slowly I began to fall short of my goal, only completing a new one every few weeks, then every few months, until none at all. There didn't seem to be anything pushing me forward.

It was around May 2020, sheltering in place and wanting to get back to cartooning, that I, on a whim, drew a cartoon. It was two people walking down the street, both wearing masks. On one mask I drew large jagged teeth. The other person asked, "Feeling angry?" I titled it "Our Absurd Life with CV -19 1/2". On impulse I emailed the cartoon to friends and family, saying I was taking on a "90 cartoons in 90 days challenge." That was May 8, 2020. I completed my 90-day challenge. Not wanting to lose momentum and discipline I set a 2nd 90-day challenge, which segued into a 3rd. Now I'm wrapping up my fourth round of 90 cartoons, nearing the one-year mark and continuing to send out daily late-night emails to my subscribers.

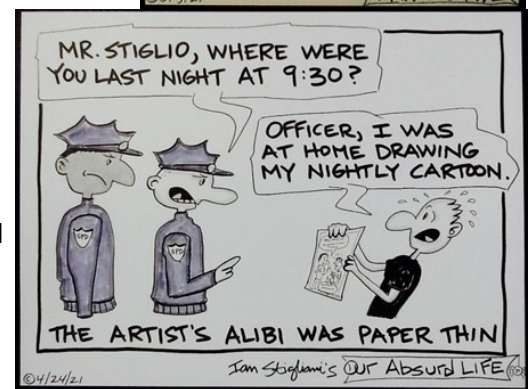
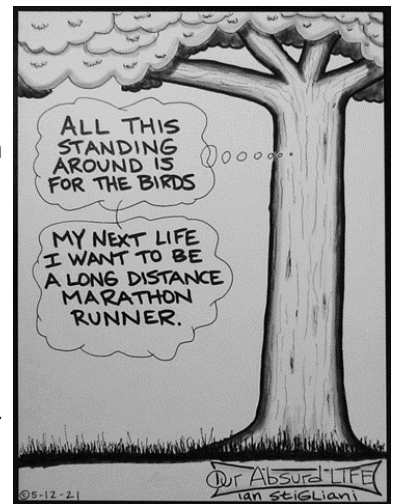
During this past year *Monterey County Weekly* published two of my cartoons with a short article about my challenge. George Niesen began including my cartoons in the Active Seniors Inc. newsletter he edits here in Salinas and a friend in New York created a website to showcase my work.

This year has been a tough one on all of us. Who would have expected our list of things to remember on leaving the house would include a mask? Still this year I was able to pick up on a kid's dream of cartooning and having friends, family, and strangers around the world see them. I don't think I would have taken on this challenge if not for the pandemic and being confined to a small room. The challenge was to complete a cartoon a day and I did it. Looking over my work I see the progress I've made. I look at them and say "Wow, I did that." I drew all these cartoons. That's pretty cool.

People ask me if I am going to continue, or take time off, now I am coming up on a year. I don't want to lose all I've gained so I don't think so. There are other drawing projects that I am interested in working on. My parents have a couple of ideas they want my help with and I would like to do a comic book with characters I created as a kid. I am not sure yet about how or if, my daily cartooning will change. I'd like to start planning out a week's worth of cartoons in advance and some of my readers have encouraged me to start submitting my cartoons for publication. I think I will make that my next challenge.

Alone in my room, imposing a 90-day challenge to create a cartoon a day would have failed in a heartbeat. But the people who knew of my challenge and were expecting to see the daily cartoon cornered me to follow through. I was compelled to make sure to get my cartoons done every night. In my experience, creative people need accountability to help them accomplish their creative projects. It's too easy for us to get caught up in perfectionism, procrastination, and laziness. If it weren't for my accountability group, then I would still be dreaming up cartoon ideas in my head, and maybe just once in a while touching a pencil to paper.

So thanks again to everybody for helping me move forward with my dream. If you'd like to see the cartoons, or read my daily blog, go to: www.OurAbsurdLife.com.



FOSPL Bookstore Reopens

By Thad Evans

Friends of the Salinas Public Library (FOSPL) is pleased to announce the re-opening of its bookstore at the main library, 350 Lincoln Ave., phone (831) 758-7182. Current hours are Tuesday–Thursday, 2:00-5:00 pm.

FOSPL carries books, DVDs, and other interesting items. Inventory is updated often so there's always something new. There are many current best sellers in outstanding condition for \$1 to \$3 including favorite authors like Ken Follett, John Grisham, Janet Evanovich, Dan Brown, Jodi Picoult and many more....

There is also nonfiction, history and “coffee table” books which are priced lower than Amazon and eBay. There's no sales tax when you buy from FOSPL. All income goes directly to fund programs for the library.

Health Tip # 9: What is Lewy Body Dementia?

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

I recently learned that a close relative aged 82 had been diagnosed with a type of dementia. He didn't realize what the problem was but had about six falls around the house within one year. When he consulted his physician, he was referred to a neurologist who referred him to the UC San Diego Neurological Institute, resulting in a diagnosis of likely Lewy Body Dementia. So, I did a lot of reading about it.

The most common form of dementia is Alzheimer's Disease (AD), followed in frequency by Lewy Body Dementia (LBD). Parkinson's Disease (PD) can progress after about 10 years into Parkinson's Disease Dementia.

What these have in common is that various portions of the brain accumulate clumps or tangles of certain proteins, then brain cells deteriorate, which causes an irreversible, relentless, sometimes fluctuating, loss of cognitive and physical abilities such as memory, decision making, recognition of people and objects, hallucinations, delusions, excessive salivation and drooling, faulty swallowing, incontinence, tremors, muscle stiffness, abnormal gait or posture, loss of speech, and eventually inability to care for one's bodily needs.

Various types of dementia have different proteins involved and different but overlapping symptoms. The cause is unknown. Here's a good presentation: “[Dementia with Lewy Bodies | Sarah Kremen, MD | UCLA](#).” Another: [Lewy Body Dementia Basics & What to Know about Hospitalization in LBD](#).

My relative's wife had been complaining that he was lazy and forgetful, such as not closing cabinet doors. He said he had been hallucinating that a sweater on a couch was a cat or seeing people who are not actually there, and having poor distance judgment. His wife complained that he drooled excessive saliva. He had periods when he was perfectly lucid but then he would ramble about things that made no sense. Later his gait deteriorated into small steps and shuffling feet, bending forward at the hip excessively, which are Parkinsonian symptoms. Although LBD has some Parkinson-like symptoms, they are different diseases.

There is no test to make the diagnosis, but the signs, symptoms, and progression help distinguish one type of dementia from the others. The definitive diagnosis currently can only be made by examination of brain tissue after death. Most patients with LBD live 5 to 8 years after the first symptoms, but the range is 2 to 20 years. My relative sadly died two years after the onset of symptoms.

In August 2014, at age 63, the actor Robin Williams committed suicide by hanging at his home, ending his struggle with neurological symptoms. In post-mortem, his brain was found to contain Lewy bodies. His widow described the early symptoms as beginning in October 2013, starting as a sudden and prolonged spike in fear and anxiety, stress and insomnia, which worsened to include memory loss, paranoia, and delusions. [https://en.wikipedia.org/wiki/Robin_Williams#Later_health_complications]

Parkinson's Disease (as Michael J. Fox has), Lewy Body Dementia, and the atypical Parkinsonisms of Progressive Supranuclear Palsy (PSP), Corticobasal Degeneration (CBD), and Multiple System Atrophy (MSA), are related but different. They are hard to distinguish from each other, so they are often misdiagnosed at first and the diagnosis is changed as more symptoms present. There is no specific treatment other than drugs and devices to reduce symptoms and physical/occupational therapy to help the patient cope and adapt. Non-profit organizations exist to fund research and help patients and their caregivers. They are [CurePSP](#), [The MSA Coalition](#), [Lewy Body Dementia Association](#), the [Lewy Body Dementia Fund of the American Brain Foundation](#), and the [Michael J. Fox Foundation for Parkinson's Disease Research](#).