

## OFFICE HOURS

Opening Scheduled for  
April 19. Details next issue.

[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)

[Like us on Facebook](#)

# Monthly Newsletter - March 2021 Issue 2

## An Historic Moment and Time

By Donna Elder-Holifield

*Ed. Note: In recognition of Women's History Month, after a chance conversation with her some time ago, I asked ASI Board Member Donna Elder-Holifield to share with ASI Members some notes on the National Women's Conference she attended in 1976. Her observations follow.*

Forty-five years ago, in 1976, I was elected as one of the delegates from California to attend the National Women's Conference in Houston, Texas. Two thousand women, all elected by their state conventions, came together "to identify the barriers that prevent women from participating fully and equally in all aspects of national life, and develop recommendations for means by which such barriers can be removed."

Far removed from the first Women's Conference in Seneca Falls, New York, in 1948, the Houston Conference included a cross section of American women of all ages, backgrounds, incomes and from all racial, ethnic and religious groups. The State of Mississippi must have really worried about what all these women would do. The state's elected delegates were all men, some representing the Ku Klux Klan. After a discussion and vote they were seated and granted delegate status. Other delegates included Susan B. Anthony III, Betty Friedan, and Gloria Steinem.

The Conference began with women runners coming up the center aisle with a lighted torch which had been carried from Seneca Falls, New York. Maya Angelou read a poem she had composed for the occasion. Then Lady Bird Johnson, Betty Ford and Rosalynn Carter greeted the delegates. Barbara Jordan, the African American congresswoman from Texas, in her elegant rhetoric, called for "a domestic human rights program." Anthropologist Margaret Meade received a standing ovation for an anti-nuclear speech. Coretta Scott King spoke of a "new sisterhood against all injustice."

(continued on P. 2)

## From the President

Dwight Freedman, President, Active Seniors Inc.

It has been an awfully long tough year for all of us with the COVID-19 pandemic. As of Wednesday March 17, Monterey County has lifted restrictions on many indoor activities. I am incredibly pleased to announce that we have a committee to review and update our COVID-19 Guidelines and review and implement our strategy for opening Active Seniors Inc.

We cannot wait to see our members again. However, there are still several things that need to be done prior to our opening so please be patient.

Our estimate for opening ASI will be Monday April 19. As an all-volunteer organization we need your help so if you would like to volunteer please contact us at 424-5066 and leave a message.

Please note that I will let everyone know of the selected activities and schedules once we have finalized it with the volunteers and activity leaders. On behalf of the Board of Directors, Volunteers, and myself, thank you for continuing to support Active Seniors Inc. Your membership makes a difference.

**Your next ASI newsletter is the reopening issue! Look for it on news stands everywhere! (Just kidding, but be sure to check the first April letter.)**

## MST Offers Passes for Vaccinated

Anyone who has received a COVID vaccination can receive an Monterey Salinas Transit FREE Day Pass! YEAH! All you need to do is to show your vaccination card to an MST Customer Service Representative at any one of MST's customer service locations: Salinas Transit Center; Marina Transit Exchange; Monterey Transit Plaza.

When it's your turn, get vaccinated—it's another way to stay safe! MST's customer service offices are open Monday through Friday from 8:00am to 4:45pm; and closed during lunch hours. P.S. You can get one Day Pass for each shot!

## National Women's Conference 1976 (continued from P. 1)

Some of the twenty-six resolutions discussed included women in employment, business and on welfare, women's status regarding insurance, credit and rape, and older women and disabled women. A specific example was to confirm credit equity for women. Before the 1974 Credit Equity Act was passed, married women, even if they had their own money, could not get a credit card in their own name. They had to use their husband's name. The same was true for a married woman who wanted to open a business. She had to use the husband's name.

I was quoted in a local newspaper article as supporting a resolution that would provide pensions for homemakers, benefiting older women and widows who find themselves in a position of having to return to or enter the workforce for the first time. I was also quoted as saying that "I see the women's movement in terms of a human movement."

I continued, "many of these resolutions would affect men and their opportunities as well. The stereotypes of who is able to do what hides one's true talents." For example, encouraging women to become doctors also opened up the nursing field to men.

The women's movement, which gained momentum during this period also led to women serving in fire service, police departments and the military in increasingly critical and responsible positions.

I was honored and happy to participate in this historic event.

## From the Salinas Library

Thanks to Jissella Duarte

### Healthy Living Series: Fit Fitness Into Your Day

Date: Wednesday, March 24, 2021; Time: 2-3 pm

Website Link: <https://salinaspubliclibrary.org/HealthyLivingSeries/FitFitnessIntoYourDay>

Description: No workout gear? No problem! Discover ways to use common household items to build your own workout routine. Fitness aficionado Gracie will show you some of her favorite exercises you can do at home, teach you what muscles they target, and show you their proper form.

Register online at <https://zoom.us/meeting/register/tJ0lduytpzMpH9zScfe2tJdgmFdCRBizBJv>

Questions? Contact Jissella at [JissellaD@ci.salinass.ca.us](mailto:JissellaD@ci.salinass.ca.us)

### Genealogy Basics: Searching with Confidence

Date: Tuesday, April 13, 2021; Time: 5:30-7 pm

Website Link: <https://salinaspubliclibrary.org/GenealogyBasicsSeries/SearchingWithConfidence>

Description: Researching your family history can be fascinating, and frustrating. Whether you're gathering all sorts of information or are laser-focused on one ancestor, there are habits and techniques that can help you make the most of the time you have. We'll cover strategies for effective searches, options to help manage record-keeping, and leveraging search goals to make the best progress on your genealogical research.

Register online at: <https://zoom.us/meeting/register/tJMtdOiugT8vHd30ldSi0yzXfKXtgEAt1Wvg>

Questions? Contact Cathy at [CathleenA@ci.salinass.ca.us](mailto:CathleenA@ci.salinass.ca.us)

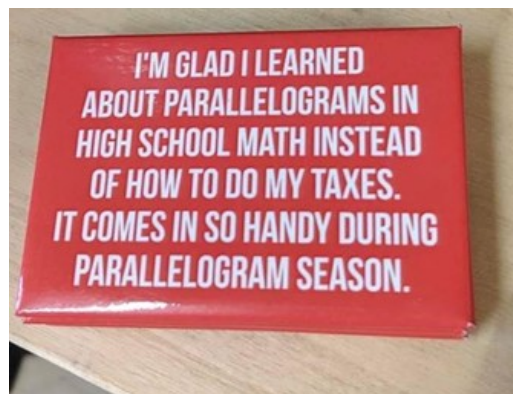
## Fun & Free Things to Do if You Are Stuck in the House

By Gaye Freedman

The Zoom presentation given by Gaye Freedman March 11 is now available on the ASI Web site. Please use the link below to access it. The Video will be made available in the next week or so.

<https://www.activeseniorsinc.org/activities>

When she saw her first strands of grey hair she thought she'd dye.



## Health Tip #6: LDL “Bad Cholesterol” May Actually Be Good for Seniors

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

You probably have heard that LDL cholesterol (LDL-C) is the bad kind of cholesterol because it's what accumulates in the arterial plaques in walls of arteries with atherosclerosis disease. The plaques can rupture and cause a blood clot, blocking the flow of blood in the artery. If it's a coronary artery, that's a heart attack. If it's a cranial artery, that's an ischemic stroke. So it has been a focus of medical providers to measure your blood lipids and treat high LDL-C with statin drugs to [lower it until it is below a score of 100 or below 70](#) if you have known atherosclerosis. But a surprising finding in several studies indicates that seniors with somewhat high LDL-C actually live longer than those with “normal” or low LDL-C level.

The report “[Personalized absolute benefit of statin treatment for primary or secondary prevention of vascular disease in individual elderly patients](#)” published online on Aug. 23, 2016, in *Clinical Research in Cardiology*, which summarized several large clinical studies on adults between ages 71 and 80, concluded “Interestingly, LDL-cholesterol was a weak predictor for MACE (major adverse cardiovascular event, meaning fatal or non-fatal heart attack, stroke, or blood clot) in both patients with and without vascular disease. Other risk factors contribute more to risk prediction in the elderly. ... Previous studies showed no or an inverse association between LDL-cholesterol and all-cause mortality.”

By “inverse association” they mean that higher LDL-C is associated with lower risk of death from any cause, and lower LDL-C increases the risk of death. The study cautions “Our results cannot be extrapolated to the very old (≥85 years) and to patients with chronic kidney disease stage IV or V (eGFR <30 ml/min), since they were not enrolled in these studies.”

The previous study to which that report refers is “[Lack of an association or an inverse association between low-density-lipoprotein cholesterol and mortality in the elderly: a systematic review](#),” published June 12, 2016, in *BMJ Open*. It found that among 68,000 patients studied, there was an inverse association between all-cause mortality (death from any cause) and LDL-C in 92% of them, and no association in the other 8%.

It concluded: “**High LDL-C is inversely associated with mortality in most people over 60 years.** This finding is inconsistent with the cholesterol hypothesis (i.e., that cholesterol, particularly LDL-C, is inherently atherogenic). Since **elderly people with high LDL-C live as long or longer than those with low LDL-C**, our analysis provides reason to question the validity of the cholesterol hypothesis. Moreover, our study provides the rationale for a re-evaluation of guidelines recommending pharmacological reduction of LDL-C in the elderly as a component of cardiovascular disease prevention strategies.”

The studies did not determine if age just raises the threshold where LDL-C becomes harmful, so very high LDL-C may still be hazardous to your health. Extremely high LDL-C could be due to a genetic defect called familial hypercholesterolemia. Levels above 160 with a family history of heart disease, or above 190 without a history, are suspect of the familial variety.

If you are over age 60 and your doctor says you need to take a statin drug to lower your LDL-C because it is above normal, ask him or her to reconcile that recommendation with these research findings. Maybe there is a different risk factor other than LDL-C which indicates you would benefit from a statin more than the risk that the drug may do you harm, or maybe the doctor just isn't aware of this research.

The true benefits of statins are being questioned by some doctors and medical scientists. Watch this: [Dr. Maryanne Demasi - 'Statin Wars: Have we been misled by the evidence?'](#). And this: [Dr. David Diamond | Cholesterol, LDL & Statins](#).

As with all of my articles, always consult your own doctor before making changes to your medications.

## Hey You Canners!

Thanks to Jim Tripp, ASI has in its shed three cases of wide-mouth quart-size Mason jars (without lids). If you can really use them, leave a message with the ASI office, 424-5066. First come, first served. And enjoy your garden year-round.

# Clean Out and Organize Your Garage

By Thad Evans

One thing you can do while the “stay-at-home order” is in effect is to clean and organize things. This article is based on an AAA *Via* article and my recent experience.

1. Move the car(s) out. Moving the cars out provides space for collecting and sorting what you have.
2. Take things off shelves and put them in like-groups on the garage floor--what you have will suggest like-groupings but two you must have are “donations/get rid of” and “maybes”. AAA says personal organizers recommend a ruthless approach.
4. Clean your shelves and storage places.
5. Use cardboard/plastic boxes to hold the groupings of items you have on the floor and put the boxes on the clean shelves. Clear bins help but you can use a magic marker to note contents.
6. Decide on the “Maybes” – if each “maybe” can’t go into one of your groupings, do you really want it?
7. Get rid of the “donations/get rid of” pile. a. Get rid of pile--The Sun Street Transfer Station at 139 Sun St, Salinas, (831) 424-5535, takes about anything including hazardous waste. b. Donations--There are several organizations in Salinas that will take second-hand items, including the Salvation Army and Goodwill.
8. Create a spot for donations. Place a container in the garage for donations, and drop items off once the container is full.

Finally, sweep the floor and move your car(s) back in. I now have room for two cars in my two-car garage! Once done, you’ll be able to grab any item fast and you’ll feel much better.

## Madonna Gardens Rent Special

The Madonna Gardens Assisted Living and Memory Care facility in Salinas is offering rent specials. For more information please click on this link: <https://www.activeseniorsinc.org/MadonnaGardensSale.pdf>



Going to the Dogs (and cats) with Ian Stigliani <<<

