

OFFICE HOURS

9:00 am to 4:00 pm

Monday through Friday

asi@activeseniorsinc.org

831-424-5066



ACTIVE SENIORS INC.

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Salinas CA 93901-3211

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Monthly Newsletter - April 2022

Updated Activity Schedule

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation
Ukulele Club, Noon –2PM** 1st Monday for
beginners (all welcome), 3rd for everyone.
Mahjong 12:30 to 3 PM**

TUESDAY: Line Dancing 10 to 11:30 AM**
Bridge 12:00 noon to 3:30 PM**
Newcomers welcome, call office if interested
Beginning Ballroom Lesson 6-7 PM
Ballroom Dancing 7 to 9 PM
Fee \$9.00 (\$10.00 non-members)

WEDNESDAY: Yoga 8:45 to 10:00AM*
Cribbage, 10AM-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, 9:30-11:30 AM**
Tech Assistance, 3rd, 1-3 PM**
Knitting & Crocheting, 3rd, 1-3 PM.
Ping Pong, 3-4 PM*
Nar Anon family support group, 6:30-7:30 PM

2nd THURSDAY: MEMBERSHIP LUNCHEON
April 14, Noon, \$12. Sign up by Friday, April 8.
Program: Salinas Police Chief Roberto Filice

FRIDAY: Yoga 8:45 to 10:00 AM*
Zumba 10:15-11:15 AM* + Instr. donation
Bridge 12:00 noon to 3:30 PM **
Western Dance, 1st & 3rd Fri. 7-10 PM, \$10

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

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

Sunshine Committee

By Donna Elder-Holifield, Sunshine Committee Chair

Remember, everyone at ASI is on the Sunshine Committee. So please let me know if there is someone in need of a card that sends our wishes and words of support and encouragement. I think it is appropriate to note that after the showers comes the sunshine. Contact Donna Elder-Holifield via email at bonprofesseur@yahoo.com. Thank you all.

Ready, Set, Let's Go! Mystery Solved

By Sharon Piazza, ASI Tours Coordinator

Most mysteries start on a dark and stormy night. Our mystery starts on a cool, windy morning and quickly turns into a sunny and very warm day.

We left Salinas promptly at 9:00 AM with our bus "moo-ving" right along up Highway 101.

Our ASI Tour Baker, Cynthia, handed out a homemade

breakfast snack of Quiche Muffins and Lemon Bars (yum, yum!). With our destination still a mystery everyone settled in, chatted, and watched as we traveled the highway and country roads.

After a two hour ride we reached our destination: Hilmar Cheese Company. Kody, their Tour Specialist, directed our bus on a behind-the-scenes tour around the world's largest cheese and whey manufacturing facility. Here are some fascinating facts: Since cows don't know weekends or holidays, the Company is open 24/7, 365 days a year and operates with 1,200 employees between California and Texas. Hilmar's large (640 lb.) blocks of cheese go to customers who put their label on it. The two factories made over 1 billion pounds of cheese last year.

Returning to the Visitor's Center we enjoyed a delicious lunch: cheese chowder soup, salad, vegetarian lasagna, and cheesecake. Then we toured the inside of the facility and shopped at the gift shop.

Leaving the cheese factory we continued up the road to Pagueo's Lavender Farm. We were greeted by the owners who told us all about the farm and how it "blossomed" into an event destination. Once again our group shopped, buying a variety of lavender products from the gift shop. Shortly before 3:00 PM we boarded our bus for our return to Salinas. A delightful day was had by all!



Just Playin', Singin' and Playin', and Rootin'

By Wayne McDaniel

Cribbage: Fifteen 2, fifteen four, a run of three plus knobs is Eight points. Please move my peg forward eight. HUH?? That's right, **Cribbage**, every Wednesday from 10 AM to Noon. Come join the fun!

Ukulele Club: Tip toe through the Tulips with me. Yes the Ukulele sessions are creating fun times. Stanley Sokolow is teaching the beginning class the first Monday of the month and the advanced class the third Monday from noon to 2:00 PM. We have expanded, adding the second and fourth Mondays just for singing and playing songs. A real jam session. Come join the fun, all skill levels invited. See you there!

Finding Your Roots: Several Members have expressed interest in starting an ASI genealogy activity. We will meet Thursday, April 21, from 10:00 AM-Noon to discuss the formation of a genealogy club. Bring your laptop or Ipad to get started. There will be no fee for this meeting. All interested members are welcome to attend.

April Birthdays

Frances Aguirre	Kim Kingswold
Josie Avila	Pat Kinn
Jane Berry	Patty Marlow
Frances Byers	Linda Marsters
Kathleen Callahan	Diana Martella
Jayne Carolan	Josie Matsumoto
Vercila Chacon	Pamela Mccrumb
Willam Clune	Margaret Neal
Warren Denbow	Carla Plymesser
Jan Escobar	Susan Riddoch
Ardell Fair	Ricardo Rodriguez
Frances Flaherty	Arline Soares
Dora Guerrero	Jim Storm
Linda Hall	Lila Vezzolo
Sera Hirasuna	Beverly Williams
Leah Hitchcock	

Online Tech Assistance

By Jim Tripp

At a recent Tech Assistance program at ASI one of the students suggested an article in this newsletter to draw attention to some valuable "training" resources we have on our website. Training related links can be found at the bottom of the Useful Links page: <https://www.activeseniorsinc.org/useful-links>

Item #1 under Training Related Links is a tremendous resource for learning a lot of computer related topics, like Word, Excel, PowerPoint, Office, Publisher, etc. Although the image (>>>) says there are 125 tutorials, it has now been updated to OVER 200 tutorials! (I need to change that on the website!)

Training Related links:

1. Free Training Tutorials including computers, email, internet, photoshop, math, finance, etc (125 total tutorials). Click [HERE](#)
2. Beginner's guide to using an iPad. Great guide for seniors. Click [HERE](#) to read the guide.
3. Using Windows 10 photo app tutorial. Click [HERE](#).
4. Using Windows 10 Video Creator in the Photo App tutorial. Click [HERE](#).

Attention Thespians

By Diane Tingey

I am interested in starting a Readers Theater Group. No memorizing of lines required. I will provide scripts. Both men and women are encouraged to join. Time will be determined by the group. Call Diane Tingey at 521-1719 if you are interested. I'm looking forward to the possibilities.

FOSPL Big Book Sale

Thanks to Thad Evans

Friends of Salinas Public library are selling some big books—and some little ones too—on Saturday April 2 from 9 am-2 pm, down next to the train station. Select all the books you'd like to have, put them in a shopping bag, and pay \$5 (>>>). You can get a lot of little books in that big bag. You can also buy books at the FOSPL Bookstore in the Steinbeck Library on Tuesdays, Wednesdays and Thursdays from 2-5 pm.

FRIENDS of SALINAS PUBLIC LIBRARY

100% of \$\$ raised go to our libraries!



BIG BOOK SALE!

April 2 - 9am to 2pm 7 Station Place Salinas CA

Thousands of books and DVDs, all subjects. Fill a bag for \$5!!!



Spring cleaning? Donate clean, used or new books to FOSPL-- We also need sturdy bookshelves. Contact Paula to arrange drop-off at our Train Depot Warehouse: 831-809-6645 / paulakh1114@aol.com

FOSPL needs clean, folded bags for our \$5. BAG O' BOOKS! If you can contribute, bring bags to FOSPL Bookshop at Steinbeck Library, 2pm to 5pm Tues, Wed, Thurs (new hours begin March 15)

New FOSPL Bookshop Hours begin March 15 Tues, Wed, Thurs: 2pm - 5pm

About Elections Part Two

By George Niesen, ASI Poll Inspector

I recently learned from the Monterey Co. Elections Dept. that the ASI facility will be host to two precincts for the 2022 elections on June 7 and Nov. 8 (ASI will be closed those Tuesdays to normal activities, open just for voting. Be sure to vote!) Previously we have staffed just one precinct.

We have a fantastic corps of poll workers. But with two precincts we are very much in need of additional volunteers. The more, the merrier—and merrier means volunteers need only work one four-hour shift. If you can commit to a shift on election days and a 2 1/2 hour training session for each election, we can use your help.

If you are able and willing to help, please contact George Niesen, by text or phone at 831-595-3165 or by email at gniesen@redshift.com. We'd love to have you on our team.

2022—and Dues Renewal—ARE HERE

ASI continues to accept payments for your 2022 dues. Still only \$30 (less for new members). Stop at the office—where you can pay by cash, check or credit card—next time you are by ASI.

You may also mail in a check for your dues or for lunch reservations. Be sure you mail early enough for lunch to beat the Friday-before deadline (or call or email the office to let ASI know you have mailed the check).

Resonances—Personal Narrative Writing for the Creative Aging Community

By Daisy Mendoza

Monterey Museum of Art and Museo Eduardo Carillo are presenting a creative writing course via Zoom on Tuesdays and Thursdays from April 5-April 28, 11:00 am-12:30 pm each day. For information or to register, contact **Daisy Mendoza** at dmendoza@montereyart.org or (831) 372-5477. There's no charge.

This is an innovative pilot program. We ask that participants commit to attending all sessions for the most impact and to answering a series of follow up questions to help us understand the impact of the course.

From the Salinas Public Library

Thanks to Jissella Duarte, Librarian, Salinas Public Library

Healthy Living Series: If It Grows, It Goes!

Date: Thursday, March 31, 2022; Time: 5-6 pm; Bilingual workshop.

Description: Believe it or not, food is the single largest contributor to U.S. landfills today. You can be on the front line in reducing food waste by using the new green bins to turn your food scraps into compost that enriches the soil in our gardens and fields. Learn from Salinas Valley Recycles staff about the ins and outs of using these bins.

Register online at: <https://bit.ly/3pRmXZ7>; Questions? Contact Don at DongA@ci.salinas.ca.us



Making Life Visible: Poets & Poetry

Date: Friday, April 1, 2022; Time: 4:30-5:30 pm

Description: Poetry is the door to understanding one's own experience, to empathizing with others, to naming the rights and wrongs in the world around us. Whether capturing beauty or ragged edges, a poet's art can make life visible with words instead of a paint brush. Hear from Monterey County Poet Laureate Daniel B. Summerhill, and Salinas Youth Poet Laureate Kenya Burton about their poetry, and the role a Poet Laureate plays in a community.

Register online at: <https://bit.ly/3IZOVJd>; Questions? Contact Jissella at JissellaD@ci.salinas.ca.us



Salinas: A History of Race and Resilience in an Agricultural City

Date: Tuesday, April 5, 2022; Time: 5-6 pm

Description: Speaking about the history captured in her new book, *Salinas: A History of Race and Resilience in an Agricultural City*, Dr. Carol Lynn McKibben of Stanford University discusses the diverse and complex city of Salinas from its 19th-century beginnings up to the present, including fresh insights beyond the scope of the book.

Register online at: <https://bit.ly/3Moz2yy>; Questions? Contact Cathy at CathleenA@ci.salinas.ca.us





Carrot Cake

Thank to Karen Towle

2 cups sugar	2 cups flour	3 cups grated carrots	4 eggs
1 teaspoon baking soda	1 cup chopped walnuts	1½ cups canola oil	1 teaspoon salt
1 teaspoon vanilla	1 teaspoon cinnamon		

Beat sugar and eggs together with electric mixer, add oil and beat till light. Stir in vanilla. Add flour mixture, stir well. Add carrots and nuts and stir till thoroughly mixed. Pour into well-greased 9x13 baking pan. Bake at 350 degrees, 50 to 55 minutes, or until it starts to pull away from the sides. Cool completely before frosting.

Cream Cheese Frosting

8 ounce pkg. cream cheese, 1 stick butter, 2 cups powdered sugar, 1 teaspoon vanilla

Beat butter and cream cheese together till thoroughly mixed. Add powdered sugar and beat till light and fluffy. Stir in vanilla and spread over cooled cake.

ASI Needs Volunteers in Tech, Video

Active Seniors Inc. is looking for **experienced Apple MAC and IOS Members** who would like to volunteer to assist other Members in the Technology Assistance program. Contact Dwight Freedman at (831) 424-5066.

ASI also seeks **volunteers with videography experience**. Dwight and Francisco were talking about a video of Francisco leading a Tai Chi session (or a demonstration of Tai Chi which students could follow and learn from).

We hope some ASI Member can help out with the project. In fact, that person could actually document all kinds of ASI activities. It might be great if we could put together a whole crew to regularly document what ASI does. Please consider helping with such a project.

If interested, please contact Tech Chair Dwight Freedman at the number above. Thank you.

Health Tip #17: How Not to Go Blind from Age-related Macular Degeneration

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

When my aunt arrived at my mother's 90th birthday party, I was surprised that she needed assistance in walking because she was virtually blind due to a condition that can sneak up on seniors, namely "AMD" (age-related macular degeneration). I knew that my mom was receiving monthly injections in her eyes by an ophthalmologist to slow the progression of her AMD, but she still could see. I didn't know much about AMD. Now I know more, so I'd like to share this information with you.

AMD is a common disease of aging. It affects more than 190 million people globally, expected to reach 288 million people by 2040. It commonly begins over age 50. In the United States, AMD is the most common cause of vision loss in seniors, affecting 2.3% of those aged 70 to 80, and nearly 12% of people over 80 years old. Fortunately, there now are treatments to slow the progression of the disease and in most cases prevent blindness.

AMD causes a blind spot in the center of vision, exactly where you want to see what you're looking at. As AMD progresses, the spot grows larger. The spot is due to a buildup of deposits called drusen—blood and fluid in the macula, the most-sensitive, central portion of the retina at the back of the eyeball. Having a few scattered drusen doesn't affect vision, but as they accumulate and coalesce, the macula is lifted, causing distorted vision.

As the drusen build, they push the light-sensitive cells of the macula farther away from their blood supply in the underlying layer of the retina. This causes the cells to die, and obviously a blind spot results. The damage progresses outward, enlarging the blind spot. After a while, new little blood vessels grow from the underlying blood supply layer into the macula.

Unfortunately, they leak fluid or blood, causing further damage. When it gets that bad, it's called "wet macular degeneration". Before the ingrowth of these new blood vessels, it's called "dry macular degeneration".

Treatment of dry macular degeneration is very limited. A specific combination of vitamins and minerals, called the AREDS2 supplement, has been shown to slow the progression of mild or moderate dry AMD, but not to prevent AMD before it starts. Some drugs may also help.

Treatment of advanced dry macular degeneration is still experimental, involving the placement of artificial retinal tissue implants behind the macula to improve cellular nutrition from the underlying, more distant, blood supply. The goal is to stop the worsening.

Treatment of wet macular degeneration currently involves periodic injections of a drug, known as an anti-VEGF agent, which stops the growth of new blood vessels where they don't belong. The ophthalmologist first puts a drop of an anesthetic solution on the eyeball so it feels no pain, and then inserts a needle through the white portion of the eye all the way to the retina in the back of the eyeball, using a special microscope to see exactly where to inject the anti-VEGF drug into the bleeding areas.

For some, this needs to be done every few months. For most, it is done monthly. Other treatments are in clinical trials. A special type of eyeglasses is available to assist vision for some people with AMD: <https://eyedaptic.com/>. How can you know if you are beginning to have AMD? One easy test is to stare at the central dot on the [Amsler grid](#). The earliest sign would be distortion so that the grid no longer has perfect squares and the lines no longer are straight.

But even before that sign becomes apparent, an examination by an eye specialist such as an optometrist or ophthalmologist will let the doctor see the retina and look for drusen, which appear as tiny yellowish spots against the red background of the retina. The doctor will also check the fluid pressure inside your eyeball, usually with a non-contact device, to see if it's normal. High intraocular pressure, known as glaucoma, leads to a different form of blindness. It is treated with eye drops to lower the pressure. So it's wise to seek an eye examination every year now that you are a senior.

The cause and prevention of AMD are unknown. An intriguing hypothesis has been presented by Dr. Chris A. Knobbe, an ophthalmologist in Texas. He shows historical and epidemiological evidence that suggests AMD, along with other chronic diseases of modern societies, are caused by highly processed cooking oils derived from seeds, such as canola, soybean, safflower, corn, sunflower, etc., euphemistically called "vegetable oils", which are widely used because they're cheap and abundant.

Here's his lecture: [Is Age-related Macular Degeneration Preventable & Treatable with Diet?](#)