

## OFFICE HOURS

Temporarily Closed  
Board meets 9/23 for planning  
[asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org)  
831-424-5066



## ACTIVE SENIORS INC.

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# Monthly Newsletter - Sept. 2021 Issue 2

## Updated Activity Schedule

**ASI is temporarily closed until Sept. 27 (or later)**

### 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, 11:30 AM-1:30 PM\*\*  
2nd & 4th  
Mahjong 12:30 to 3 PM\*\*  
Journaling Club, 1-3 PM, 1st & 3rd Monday

**TUESDAY:** Line Dancing 10 to 11:30 AM\*\*  
Bridge 12:00 noon to 3:15 PM\*\*  
Experienced players of all levels welcome  
Legal Services for Srs., 1-3 PM, sign up required  
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\*  
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, 9-11 AM\*\*, 1st & 3rd  
Tech Assistance, 3rd Thurs., 1-3 PM\*\*  
AOA Discussion Group 2:15-3:30 PM. No drop-  
Ins; to register call Nanci, 831-975-4257  
Ping Pong, 3-4 PM\*  
Nar Anon family support group, 6:30-7:30 PM

**2nd THURSDAY: MEMBERSHIP LUNCHEON**  
Oct. 14, Noon (**TENTATIVE**), \$12.

**FRIDAY:** Yoga 8:45 to 9:45 AM\*  
Zumba 10:15-11:15 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

# Ukulele Club now scheduled to resume in October

### **As I get older I realize (part 2)**

6. When I was a child I thought naptime was punishment. Now it's like a mini-vacation.
7. The day the world runs out of wine is too terrible to think about.
8. Duct tape can't fix stupid, but it can muffle the sound.
9. Wouldn't it be great if we could put ourselves in the dryer for 10 minutes and come out wrinkle free and three sizes smaller?
10. "Getting Lucky" means walking into a room and remembering why I'm there.

## Thank You, Election Workers

By George Niesen

Once again ASI was host to an election precinct. (Does anyone know how long ASI has done this?)

First, thanks to the dedicated and wonderful ASI Members who served as poll workers: **Alice Giottonini, Donna Grossen, Candice Jansen, Carlos Mariscal, Chrys Miller, Sharon Piazza, Mary Schapper, Donelle Squires, Sylvia Teixeira, Gene Tsukamoto, and Helma Zeuge.** Thanks also to **Nanci Crompton** and **Suzanne du Verrier** who were part of the team but at the last minute couldn't work.

Traffic at the polling site was light, fortunately, as we were slightly understaffed (although well staffed compared to a few other precincts, according to our Field Inspector). Still, we collected 110 ballots, the majority of them dropped off mail-in ballots.

A number of moments throughout the day made every minute of our work worth it. Our first voters were three young Hispanic men. They approached the curbside ballot box at 6:59 and had to wait half a minute for me to open the polls (going by my phone which we all apparently accept now as a very accurate watch). They confirmed the box was empty, observed me seal the box, dropped their ballots in, got in their car and went on to work. (We had to wait a bit for our first inside voter to inspect the two inside ballot boxes and the ballot marking machine.)

Later on, a very blustery older gentleman, very casually dressed, charged into the polls, wanting to vote. He wasn't wearing a mask and I politely informed him we would appreciate his wearing one and that we could provide one. He agreed immediately, went back out, got a mask from the greeter, and came back in wearing it.

He said he had left his ballot at home. We said he could go home and get it or vote provisionally. He said he lived nearby and would just go home for it.

(continued on next page)

## Election at ASI a Positive Experience (continued from P. 1)

When he returned without a mask the greeter offered him another. He said no, he had just forgotten to put it on and went back to his car for the one we had given him. He voted and left cheerfully, thanking all of us. I am inclined to characterize him as very surprisingly gracious and environmentally conscientious. A good moment.

Another voter came in whom Mimi and I have known for many years, part of the homeless community for a number of those years. He had appeared to us to be in decline but in the last several months we have seen him downtown as a changed person. He was on the voter rolls, as Inactive, but we confirmed his address and issued him a qualified ballot. He probably hadn't voted in decades.

I am reminded of a genuine highlight from last fall's election. A man came in with his special needs adult son. He asked us if his son could accompany him through the voting process. We said yes and he carefully (and lovingly) showed his son what he was doing. After the man voted I suggested his son could actually vote also. The father was delighted for the opportunity to instruct his son in how to register and vote, in how to engage in responsible adult behavior. It was really touching.

We had a large number of young people coming by to drop off ballots or vote in person. That was particularly gratifying as I realized they will inherit this crazy political mess we are leaving them but if they vote as young people they have the opportunity to make a better world for themselves in their own future.

As for myself, it was an extremely satisfactory day. We were very much rewarded by the experiences above, and others. We worked together (thanks again to the exceptionally competent and dedicated poll workers) to guarantee a safe, secure and accurate voting experience, for which we citizens of the United States can be grateful.

One last note: The Election Department permits ASI, as a non-profit organization, to organize a larger crew of poll workers who can work shorter shifts (at other polls they work the entire 15-hour day), provided they donate their Election Dept. checks to ASI. Thus the dedicated workers named above are also providing and contributing to a fund-raising activity for ASI. Please thank each and every one as you see them in the next few months.

Now it's on to next year's June Primary and Off-Year November election. Please consider joining us in 2022 for an uplifting (and hard-working) day—check out the next article.

## Volunteers Always Needed at ASI, Including for Elections

ASI is entirely run and staffed by volunteers. We all hope that what ASI offers each and every Member will be enough to prompt many of you to contribute what you can to ASI operations. That includes **staffing the ASI polling place** on election days. Please contact George Niesen by phone or text at 831-595-3165 or email at [gniesen@redshift.com](mailto:gniesen@redshift.com) if you'd like to help. (That's not a decision you need to make now. Don't worry, we'll remind you again in the April and May newsletters!)

You can also help the Monterey County Elections Dept. by signing up to **staff polls across the city**. You can also pick up a bit of change by doing that. Just realize that every small bit of your time eventually leads to the more effective operations of your city, county and state governments.

Finally, we'll repeat our requests for volunteers to step up and help ASI itself in a variety of ways. We are always looking for **help for kitchen and serving crews** for the ASI luncheons. Contact Margaret Neal or Chef Michael at ASI (424-5066).

Dwight Freedman needs **Technology Workshop assistants** (especially Mac-savvy volunteers) on third Thursdays, 1-3 pm. Leave a message for Dwight at ASI (above).

Karen Towle, ASI Office Manager, is usually in need of **office volunteers**. If you can work at least a couple of four-hour shifts a month please contact Karen at the ASI office (number above).

ASI also seeks **volunteers with videography experience** who could actually document all kinds of ASI activities. It would be great if we could put together a whole crew to regularly document what ASI does. Please think about it and contact Dwight Freedman at the number above. Thank you.

And lastly your **editor needs an assistant** to help with newsletter production. Good English skills important, desktop publishing knowledge helpful but editor will train. Editor also welcomes submissions and suggestions. Email to [gniesen@redshift.com](mailto:gniesen@redshift.com), text or call at 831-595-3165. Thank you.



## AARP's Suggestions on Supplements

AARP recently interviewed food nutritionists and came up with some supplements you should consider, and some you shouldn't. *First, the essential ones:*

**Calcium:** As we age, our bodies typically don't absorb vitamins and minerals as well as they used to. Calcium is one of these minerals. How much calcium do you need? Here's what the National Institutes of Health's (NIH) Office of Dietary Supplements says: 1,200 milligrams (mg) calcium per day for women age 51 and older; 1,000 mg calcium per day for men age 51 to 70; 1,200 mg calcium per day for men age 71 and older.

**Vitamin D:** Calcium works best when it's taken alongside vitamin D, which assists in its absorption from the gut. Vitamin D, like calcium, is crucial for bone health. It also supports the immune and nervous systems and may even benefit the heart. Here's how much vitamin D you need, according to NIH: 15 micrograms (mcg)/600 international units (IU) per day for adults 19 to 70 years old; 20 mcg/800 IU per day for 71-year-olds and older.

**Vitamin B12:** When it comes to vitamin B12, older adults are also at a disadvantage. That's because aging impacts the body's ability to absorb this essential nutrient, which plays an important role in regulating blood, nerve and genetic health, according to the NIH. Older adults who are vegetarian or vegan, who take the antidiabetic medication metformin or who take gastric acid inhibitors to treat certain digestion problems are even more likely to be B12-deficient. And just as with vitamin D, people with Crohn's or celiac disease are also more likely to have a B12 deficiency. How much do you need? The NIH recommends adults get, on average, 2.4 mcg per day. As for food, you can get what you need from fish, meat, poultry, eggs, milk, clams and beef liver, as well as from some fortified cereals. Many multivitamin supplements contain this key nutrient, or you can take it on its own.

Many other dietary supplements lack robust data to support their regular use, and in fact, you might want to steer clear of a few altogether. *Overhyped supplements:*

**Vitamin E:** A vitamin E deficiency is rare in most healthy people, according to the NIH, even if your diet is short on the recommended daily amount (15 mg for adults). And while vitamin E that is naturally present in food causes no harm, and does not need to be limited, getting too much from a supplement can be dangerous. For example, high doses of vitamin E in supplement form can increase bleeding risks, especially in adults on blood thinners. Research has also linked vitamin E supplementation to an increased risk of prostate cancer in men.

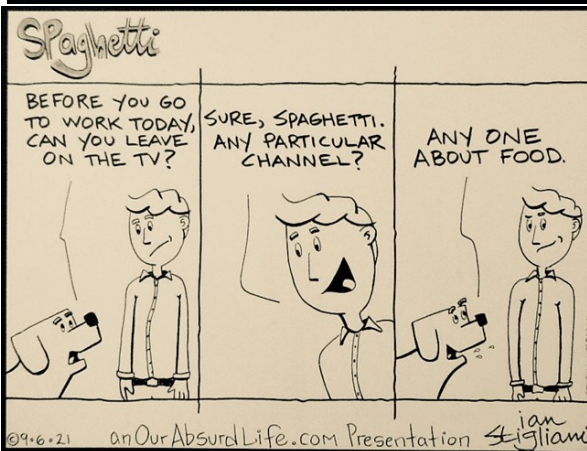
**Vitamin C:** Despite popular belief, there's no solid data to show that loading up on vitamin C will prevent or cure the common cold. It's a myth. And taking too much vitamin C can cause diarrhea, nausea and stomach cramps. Instead, opt for citrus fruits and vegetables to get the recommended amount necessary for your overall health.

**Folic Acid:** For most, there's no need to take this B vitamin, as many foods are fortified with folate.

### Zoom meetings are just modern seances



"There's someone who wants to join us."  
"Elizabeth, are you there?"  
"We can't hear you."  
"Can you hear us?"





## ASI's Darned Good Impromptu Drive-Through Lunch

It wasn't a treasured monthly social session and we missed what we thought would be a really interesting program but it was a great lunch nonetheless. The entire ASI kitchen and serving crew did a fantastic job of planning, creating and serving a new-to-ASI drive-through take-out lunch.

It apparently went smoothly (it certainly did when your editor picked up his lunches). With a carefully planned traffic pattern, delivery people at the ready, and lunches quickly coming off the line (>>>), it was truly a drive-through (well, we had to stop twice for 20-30 seconds each time).

Huge kudos and thanks to everyone who participated—Chef Michael, staff and customers alike. We hope we don't have to do it again but we'll be totally ready if we do.

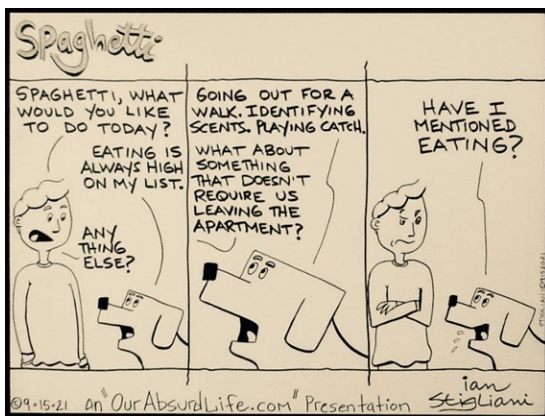
## Fire Prevention/Disaster Preparedness Rescheduled

Please note that the Fire Prevention and Disaster Preparedness presentation will be postponed until a time to be determined in October. Details in your first October newsletter. We apologize for any inconvenience. Thank you and we hope to see you there.

## In the Meantime—the Emergency Preparedness Fair

The Community Hospital of the Monterey Peninsula is hosting on Saturday, Oct. 2, from 10 am to 2 pm, an Emergency Preparedness Fair at Del Monte Center featuring more than 20 participating agencies offering information and advice and showcasing a variety of home safety equipment.

Everyone is welcome and families are encouraged to bring their children. Please see the flyer below right (>>>).



The Human Cannonball stormed in the Circus Manager's office. "I quit."

The Circus Manager said, "You can't quit. I'll never be able find another man of your caliber."



A friend told me she wouldn't eat tongue because it came out of a cow's mouth.

So I gave her an egg.



Saturday, October 2  
10 a.m.–2 p.m.  
Del Monte Center, Monterey

Education and fun for all ages

- Emergency kit essentials
- Home safety
- Fire extinguisher how-to's
- Emergency vehicles on display
- And more

MORE THAN 20 PARTICIPATING AGENCIES.

Emergency "starter kits" from Community Hospital  
(free to first 500 attendees)

Community Hospital  
of the Monterey Peninsula  
montagehealth.org/emergencyfair