

OFFICE HOURS

9:00 AM to 4:00 PM

Monday-Friday

asi@activeseniorsinc.org

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.org[Like us on Facebook](#)

Monthly Newsletter - April 2021 Issue 2

May 1 Benefit With African Artifacts

Save the Date! 1 Village at a Time, a 501c3 organization under the fiscal sponsorship of the Action Council of Monterey County, is hosting a fund raiser on Saturday May 1 from 1-4 pm at Active Seniors, 100 Harvest St. in Salinas. The purpose is to further assist our friends in Africa.

As thank you gifts for your donations we will have a variety of crafts made by the village women's group, including African photography, fabric and jewelry (>>>). Please come and join us. 1 Village at a Time is a small non-profit that endeavors to break the cycle of poverty and disease 1 person, 1 family, 1 village at a time.

The first official team visit to Africa was in 2008 with a trip to Uganda. We visited the New Generation School where the team purchased desks for the classrooms to get the children up off the dirt floors. The team also visited with a group of women in the Mukono district and were able to assist them in creating a craft co-op for their hand made goods.

In subsequent trips to Uganda, 1 Village continued to support the women's craft co-op. We were able to further support the New Generation School with new bunk beds for the girl's dormitory and to provide the school and the village of Namuyenje with a clean water system.

Your donations make this possible and every single dollar is spent in and for the village. Thank you for your participation in this small but mighty project.



Not-so-Grand (due to pandemic)

Grand Reopening of ASI a True Success

Monday morning's Zumba students were ready to return. All 24 students (maximum capacity) rocked and rolled through their routine, quickly dusting off any cobwebs.

President Dwight Freedman said the check-in, following the new protocols, went perfectly, with no line ever forming and everyone compliant with safety measures (masks and distancing), the latter an already well-established pattern for the class to allow for active arm and leg movements.

Four or five participants gathered at ASI in the afternoon

for an in-person Mah-jong session, their first in 13 months. The session was added to the reopening schedule



just in the last couple of weeks (since the last newsletter). ASI will be adding other sessions week by week to the schedule as feasible. Keep your eyes on the prizes. See the current schedule on P. 2.

Tuesday morning's Line Dance class featured a full house also, with class members glad to be back on the newly refinished floor at Active Seniors, even while wearing masks. The distancing, of course, was already well established.

Vaccinated Buttons Available at ASI

ASI has a batch of "I have been vaccinated" buttons. ASI members can get one and proudly wear it by presenting their vaccination cards at the ASI desk.

The Following Activities Are Available Now With ASI's Re-Opening:

Day	Activity	Time	Max Count
Monday	Zumba	9:00 AM – 10:00 AM	24
Monday	Mahjong	12:30 PM – 3:00 PM	12
Tuesday	Line Dancing	10:00 AM – 11:30 AM	24
Tuesday	Bridge	12:15 PM – 3:30 PM	24
Wednesday	Yoga	8:45 AM – 9:45 AM	29
Wednesday	Book Club	11:00 AM – 12:00 PM	12
Wednesday	Tai Chi	1:30 PM – 3:00 PM	24
Wednesday	Line Dancing	6:30 PM – 8:30 PM	24
Thursday	AOA Group	2:00 PM – 3:15 PM	12
Friday	Yoga	8:45 AM – 9:45 AM	29
Friday	Zumba	On Hold until May	24
Friday	Bridge	12:15 PM – 3:30 PM	24

Promoting Salinas City Services to Seniors

City Council Member Orlando Osornio on April 29 at 4:00 pm will offer a Zoom presentation on the City's services to current and future seniors. Use this link to sign up for the session: <https://zoom.us/j/91822163624?pwd=Q2pkTHdScGIwVllqQ05vMHJTQU02dz09>

Orlando was born and raised in Salinas, attending Roosevelt Elementary, Washington Middle School and Salinas High. He spent more than 10 years in the banking industry and now is owner of Tortas al 100 and a Hospice Consultant for Bridge Home Health and Hospice.

He was recently elected City Council Member for District 4. He is a proud new dad of 10-month old Olivia Osornio and husband to Denise Osornio, a therapist for the Monterey County Rape Crisis Center.

Salinas Library Genealogy Workgroup

Researching family history can be exciting, as well as challenging. Working groups are a chance to share ideas, resources, and support. This month, people are welcome to bring a "brick wall" example from their research to get ideas and input from others to help spark fresh research directions.

We'll use Zoom to meet together. Tuesday, April 27, 6:00 - 7:00 pm (and monthly on the fourth Tuesday). Questions? Contact Cathy at CathleenA@ci.salinas.ca.us



Thinking About Transit with MST

What: Learn about the MST bus system and other Mobility programs. Join host Lesley van Dalen, MST Mobility Specialist, and her guests.

Where: Zoom Virtual Presentation

<https://zoom.us/j/4967773163?pwd=bG13OHRacFRlOW9sIjE2ZEtQ621lQ109>

Meeting ID: 496 777 3163
Passcode: 724449

Join by phone
1-669-900-9128

When: First Monday of each month
10:00 A.M. to 11:00 A.M.

Why: Inform and educate the community about their transportation options and prepare participants to travel safely and independently on MST!



Health Tip #7: Know Your Blood Pressure

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

It is routine to have your blood pressure measured when you visit a doctor or dentist. You can find self-test blood pressure stations in supermarkets and drug stores, and you can buy machines to take your pressure at home.

I think we all realize that high blood pressure is hazardous to our health, but when should it be treated, and what's the right way to measure it? I recently watched a long [lecture about blood pressure by Robert B. Baron, MD, MS](#), who is a professor at the University of California in San Francisco (UCSF) and who serves as Associate Dean for Graduate and Continuing Medical Education. I'll share some of that information here.

When the heart contracts, it pumps blood into the arteries, and when it relaxes it refills with blood returning in the veins. The blood pressure thus oscillates between the peak pressure (systolic) of a contraction and the low pressure (diastolic) of the refilling. These pressures are measured and reported as both numbers, systolic over diastolic, with a slash between as in 140/80 which would be read as 140 over 80.

Many factors affect these pressures from minute to minute, morning to night, and over long periods of time, varying with physical activity, stress, blood composition, body weight, stiffness of arteries, etc.

The proper way to get a meaningful blood pressure measurement involves a number of conditions.

1. You should be seated for 5 minutes.
2. Your back should be against a backrest and feet flat on the floor.
3. You should not have had caffeine, exercised, or smoked for at least 30 minutes.
4. You and the persons around you should not be talking during the measurement.
5. The pressure cuff should be against bare skin without any clothing intervening.
6. Your arm should be supported on a rest at approximately the same level as your heart.
7. The pressure cuff should be the right size for your arm.
8. The measurement should be repeated up to 3 times and the lowest or average number taken.
9. Since pressure varies throughout the day, it's best to take your pressure before breakfast and before dinner to get reliable readings.
10. Finger and wrist blood pressure machines may not be reliable.

In my experience, some medical offices walk you in, measure your weight and height, sit you down and immediately apply the pressure cuff and take the measurement, without giving you the recommended 5 minutes to settle down so your pressure can stabilize, and usually only a single measurement is taken. Failure to follow these procedures usually results in a reading that is falsely high.

In a study where readings above normal were repeated to double check, one third of the second measurements were lower and no longer in the abnormal range, which could affect whether your doctor thinks you need medication to lower your pressure.

Automated machines, especially the inexpensive ones for home use, often are inaccurate or erratic. Dr. Baron advises following the protocol above when you take your pressure at home, and also taking your machine with you to the doctor's office at your next checkup so the reading of your machine can be compared with the doctor's machine.

Normal pressure depends upon your age. Generally, it used to be taught that 120/80 was ideal, but current studies say that 140/90 is the upper limit of normal, and over age 60 up to 150/90 could be okay, depending upon race and medical condition. Cardiologists may consider 130/80 the maximum and would treat with drugs if your pressure is above that.

Above-normal pressure (hypertension) should be treated to reduce risks such as strokes, kidney and heart damage, etc. A low-salt (low-sodium) diet only helps about one third of people with high blood pressure. If your doctor advises a low-sodium diet, you should try Morton Lite Salt which is half ordinary salt (sodium chloride) and half potassium chloride. There are several categories of drugs that lower pressure. Sometimes more than one is necessary.



Sustainable Salinas Works for All of Us

Sustainable Salinas is a chapter (Chapters are called “local action groups”) of Communities for Sustainable Monterey County (CSMC). CSMC is the nonprofit organization for all seven local action groups--in Big Sur, Del Rey Oaks, Marina, Monterey, Pacific Grove, Salinas, and Seaside. Here is what we are about:

<http://www.sustainablemontereycounty.org>

Our Mission

We are a group of concerned citizens working locally to meet the challenges of declining resources and climate change by helping our communities transition to sustainable practices.

Our Goals

- Enable communities to meet new challenges and new opportunities
- Decrease use of fossil fuels and other non-renewable resources
- Protect our environment

Our Actions

CSMC’s community-based groups provide environmental education and encourage conservation and stewardship of land, water, and energy. We promote waste reduction, ‘green’ building ordinances, renewal energy, public transportation, community gardens, and more.

Our Vision

We engage and educate individuals, businesses, and policymakers to create changes needed to safeguard the long-term health of our environment and the resources needed to sustain current and future generations.

The local action groups are free to create their own local projects as long as the projects are based on the mission statement.

Sustainable Salinas’s current projects are:

- 1) Partnering with the City of Salinas to reestablish the urban canopy by planting trees in City easements and parks. Sustainable Salinas will also help Salinas citizens plant trees on their private property.
- 2) “Local Urban Gardeners” have established a community garden in Natividad Creek Park for fresh food accessibility and education. Local Urban Gardeners are currently fundraising for outdoor classroom, storage sheds and a water fountain through a Go Fund Me campaign.
- 3) This year we will kick off a “sustainable household program”. People living in Salinas can fill out a questionnaire. If they meet the right criteria, they will receive a sticker (made from sustainable wood) proclaiming they maintain a sustainable household. Stay tuned for this project.
- 4) We have also ongoing maintenance and tree planting in a native plant garden in Santa Rita Park. Invasive Himalayan Blackberry is an ongoing problem and needs attention.

We have community meetings via Zoom every other month. Our next meeting is June 10, 6 pm. Please reach us at <http://www.sustainablemontereycounty.org/salinas-home/>. Also follow us on Facebook at Sustainable Salinas. We are in need of volunteers.

Everything will kill you



so choose something fun

