

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 - June 2021 Issue 2

ASI July 2021 Grand Reopening Lunch

When: July 8th 2021. **Time:** 12 noon. **Cost:** \$12**Lunch:** Grilled Caesar Chicken Salad. **Dessert:** New York Style Cheesecake with Cherry Sauce**Speaker:** Salinas City Mayor Kimbley Craig

Reservations Open Tuesday 6/15/2021 at 9 am;

Reservations Close Friday 7/2/2021 at 4 pm.

Lunch fee must be paid by Friday 7/2/2021 at 4 pm.

Luncheon Rules

1. All Luncheon attendees must be **Fully Vaccinated**
2. Luncheon attendees must make a reservation
3. NO walk-ins allowed

(continued on next page)

**ASI is open for activities Monday through Friday,
9:00 AM to 4:00 PM**

DAILY ACTIVITIES

MONDAY: Zumba, 9:00-10 AM* + Instr. Donation
Mahjong 12:30 to 3 PM**

TUESDAY: Line Dancing 10 to 11:30 AM**
Bridge 12:15 to 3:30 PM**

Experienced players of all levels welcome

Beginning Ballroom Lesson 6-7 PM (see >>>)

Ballroom Dancing 7 to 9 PM

Fee \$9.00 (\$10.00 non-members)

WEDNESDAY: Yoga 8:45 to 9:45 AM*

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: Tech Assistance, 1st, 3rd, 1-3 PM**

AOA Discussion Group 2:00-3:15 PM

2nd THURSDAY: MEMBERSHIP LUNCHEON

July 8, Noon, \$10 members, \$12 non-members.

Program: Mayor Kimbley Craig

FRIDAY: Yoga 8:45 to 9:45 AM*

Zumba 10:15-11:15 AM* + Instr. donation

Bridge 12:15 AM to 3:30 PM **

Western Dance, 2nd & 4th Friday,

7 to 10 PM, \$10

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

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

In-Person Ballroom Dance Here!

By Chef Michael

This coming Tuesday, 6/15/21 (tomorrow) we will be hosting a Ballroom Dance & Beginning Ballroom Dance Lessons with Sera Hirasuna at Active Seniors, Inc.

PLEASE CAREFULLY READ COVID-19 GUIDELINES AT THE BOTTOM OF THIS ARTICLE!

The lesson is from 6 pm until 7 pm and will cover "The Fox Trot." The Ballroom Dance runs from 7 pm to 9 pm with a refreshment break. Admission for the dance and the lesson is \$9 for ASI Members and \$10 for non-members.

The lesson and dance will be at Active Seniors, Inc., located at 100 Harvest St. (on the corner of Pajaro St.) in South Salinas.

Sera Hirasuna will be continuing her marvelous



dance lessons in 2021. The lessons will be included with the price of the dance. What a really great deal! Dance Lesson, Dance with live music and some fun food at the break.

COVID-19 GUIDELINES/VIRTUAL ACCESS TO DANCE

Covid-19 Guidelines

1. One time vaccination verification required for entry to the dance.
2. Mask wearing is optional-please respect people's comfort zones.
3. There will be a light food/beverage program managed by Chef Michael.
4. Please do not bring food to share at this time.
5. There will be an area at the back of the dance hall reserved for Line Dancers--Please respect this space.

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In Person Ballroom Dance Returns to ASI (continued from P. 1)

6. There will be a staffed Check-In Table (Vax Card required).
7. There will be a staffed ASI Membership Table for renewing Memberships.

Virtual Access to The Dance

- For people who do not meet vaccination requirements or still feel uncomfortable being in a social setting there will be a virtual option.
- This option is like the Virtual Ballroom Dance we have hosted the past year.
- It will be a Zoom meeting with a live stream of the dance lesson and dance music with chat time at the break from 8 pm to 8:20 pm.
- You can access the dance with the same Zoom link as before.
- Note: Here is the Zoom link to the dance!

<https://us02web.zoom.us/j/86725234035?pwd=SE1HdGtzQ2NRR2RyRThtMWZOXEpOUT09>

- If You Would Like to Make Donations Via EventBrite.
<https://www.eventbrite.com/e/158762160897>
- Or Mail Check To: Michael Gaines, 101 San Benancio Rd., Salinas, CA 93908
Thanks. Hope to See You at The Dance.

ASI Grand Opening Celebration at July 8 Luncheon (continued from P. 1)

4. Lunch fees MUST be paid by 4 pm the Friday before luncheon.
5. The initial cost of lunch for both member and non-member will be \$12*
6. Lunch fees can be paid by Cash, Check or Credit Card (card at ASI office only)
7. Lunch fees are **non-refundable**
8. Lunch reservations cannot be transferred from one date to another
9. A wait list will be set up for cancellations
10. Lunch will be brought to you at your table.

*Lunch Pricing subject to change for future luncheons

ASI Thanks Beverly Beck for Generous Donation

By ASI President Dwight Freedman

A very special Thank You to Beverly Beck, a Salinas resident who made a very generous monetary donation to Active Seniors Inc.

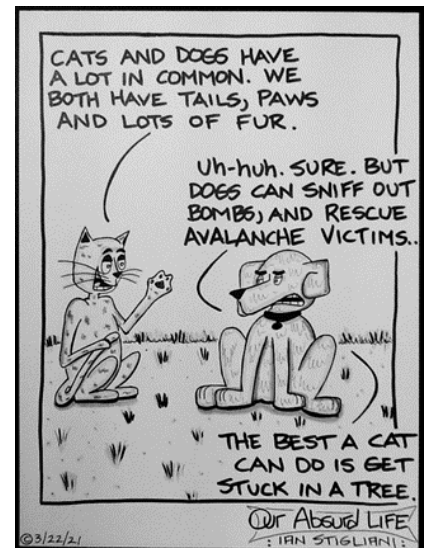
If you were not aware, ASI is incorporated as a non-profit entity and can accept all forms of monetary (and tax-deductible) donations, which we encourage. Let's keep ASI one of the best Senior Community Organizations in Monterey Co.

Long-Time ASI Member Margaret Schlyter Passes

Margaret Schlyter, a long-time member of ASI, passed away Saturday June 12, 2021. Margaret was 101 years old and had lived in Spreckels for many years. Margaret particularly enjoyed the lunches and the trips ASI offered.

One of the last long trips was the Elbe River cruise that originated in Prague, Czeck Republic, where she spent a day with family. Margaret was a native of Czechoslovakia. The last long cruise Margaret took was the San Francisco – Hawaii – San Francisco voyage on which she and her fellow passengers celebrated her 99th birthday. Margaret was a nurse during WWII and was a victim of the Nazi movement.

Margaret's husband Leo who was a long-time Spreckels Sugar Co. employee preceded her in death as well as daughter Millie. Margaret was the last survivor of her American family.



ASI Commended for Its Work

By ASI President **Dwight Freedman**

I would like to thank ASI members for their work, their patience, their perseverance, and their concern for themselves and others through these difficult past 15 months. ASI has not only weathered the storm, it has perhaps come out stronger with a new sense of purpose and an appreciation of the bonds ASI Members enjoy.

I am especially proud to share with our ASI Members this Certificate of Recognition (>>>) from our District 4 Supervisor Wendy Root Askew and the Monterey County Board of Supervisors for ASI's community contributions, including opening our facility for use as a polling place during the November General Election and for the Visiting Nurses to use as a flu vaccination site.

(Ed. Note: Most of what ASI has accomplished—and continues to accomplish through its reopening—is a direct result of President Dwight Freedman's sure, steady and well-reasoned leadership. We owe him our effusive thanks for a difficult job well done. I know the ASI Board concurs and I'm sure the Members do also. Thank you Dwight.)



AARP Recommends Healthy Diet Options

Thanks to Thad Evans

A recent AARP article recommends adding these seven foods to the diet of those 50.

1. Berries: Berries provide “one-stop nutrition” for the over-50 crowd because they're high in fiber, vitamin C and anti-inflammatory, antioxidant flavonoids. Berries also appear to be good for our aging brains.
2. Dark-green leafy vegetables: For calcium, try kale, arugula, broccoli and spinach, which are also high in fiber, appear to boost muscle function and are heart-healthy.
3. Seafood: Fish such as salmon, cod, tuna and trout are a lean source of protein, which older people need to maintain or regain muscle. Fish is also a good source of vitamin B12, a nutrient found only in animal foods that we have a harder time absorbing as we age.
4. Nuts and seeds: All nuts are not created equal, but all are good for you. Don't be greedy, though--eat just a handful as an afternoon snack. The daily recommendation of one ounce equals 24 almonds, 18 cashews, 35 peanuts or 15 pecan halves. Nuts and seeds are also important sources of healthy fats.
5. Cottage cheese: It could be time to give these little high-calcium curds a permanent place on the weekly menu. It is also high in calcium and vitamin D. What else helps bone health? Phosphorous, found in nuts, legumes, cereals and grains, and magnesium, in nuts, seeds, legumes and dark green vegetables.
6. Beans and legumes: Beans help reduce cholesterol. They're also loaded with fiber and protein and they're low-calorie. They're rich in iron, potassium and magnesium. Look for dry beans or low-sodium canned versions.
7. Water: That's not even a food! True, but you need to pay more attention to hydration as you age.

Diet Boosters: Add a dash of one of these for a little more nutritional kick.

Herbs and spices: As we age, changes in our taste buds can have us reaching more for the salt shaker. Resist! Instead, turn to herbs and spices for flavor. Things like turmeric, ginger, garlic, cinnamon, oregano and parsley really do have nutritional value.

Seaweed: Sprinkle flakes on your food, or add the powder form to smoothies.

Lemon or lime: Both have calcium. Squeeze half a lemon, lime or orange into your water



Health Tip #10: Can Your Diet Prevent or Delay Cognitive Decline?

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

My prior article about Lewy Body Dementia explained that there are several types of dementia, the causes of which are not yet understood. In addition, there is a general trend of cognitive decline as we age. Since there is no known cure for any of these, a preventive strategy is prudent.

Today's article is based on a [literature review which was published in November 2019](#) that examined the associations of the [Mediterranean Diet \(MedD\)](#), the [Dietary Approaches to Stop Hypertension \(DASH\) Diet](#), and a composite [Mediterranean-DASH Intervention for Neurodegenerative Delay \(MIND\) Diet](#) with cognitive decline, dementia, and Alzheimer's disease (AD). (Click the underlined links for a short video explanation of each diet.)

With respect to the components of these dietary patterns, olive oil may be associated with less cognitive decline, however the DASH excludes olive oil. **Current scientific evidence suggests that higher adherence, compared with lower adherence, to the Mediterranean, DASH, or MIND diets is associated with less cognitive decline and a lower risk of AD in adults aged 40 years and older, where the strongest associations are observed for the MIND diet.**

For [the review article](#), a scientific database was searched for studies from all over the world related to these diets. After weeding out poorly done studies, 50 observational studies and four randomized controlled trials (RCTs) were included. The review article summarizes what constitutes each of these three diets.

Since observational studies of population groups only can suggest or reject hypotheses, not prove them, the RCTs deserve more attention. RCTs are considered the "gold standard" for proving or rejecting a scientific hypothesis.

Three RCTs examined the Mediterranean Diet (MedD).

[1] A six-month Australian RCT compared MedD versus a control diet in 137 healthy elderly subjects. No significant difference was observed for the cognitive domains of executive function, memory, processing speed, or visual-spatial memory.

Greeting Dancers & Music Lovers

[2] A 6.5-year Spanish RCT investigated the MedD supplemented with extra-virgin olive oil or mixed nuts on cognitive decline versus a low-fat control diet in adults at high vascular risk. Higher Mediterranean diet adherence with extra-virgin olive oil was related to better cognitive performance and lower risk of mild cognitive impairment (MCI) compared with subjects who poorly adhered to the diet.

Evidence on the effect of the MedD with extra nuts on cognition was inconclusive, although it did improve memory. **Associated with better memory or cognition were wine, olive oil, coffee, and walnuts; associated with worse memory were meat and grains; no association was found for vegetables, legumes, fruits, total nuts, fish, dairy products, and total alcohol.**

[3] A 12-week RCT in the UK investigated the effect of the MedD on cognitive performance compared with a low-fat diet in 155 participants with elevated cholesterol concentrations and showed an adverse effect of both the MedD and the low-fat diet on attention. No effect on motor speed, memory, and choice reaction time was found.

One RCT in the USA studied the MIND diet in 124 overweight people (37% men) of average age 52 years, with high blood pressure. It compared MIND, MIND with weight management, and a control diet.

MIND diet alone did not significantly improve executive function and memory learning (EFML) compared with the control, but did significantly improve psychomotor speed. MIND with weight management significantly improved both EFML and psychomotor speed compared with the control. This could lead one to conclude that it was the weight loss rather than the MIND diet that made the improvement to executive function and memory learning.

The observational studies had varied and inconclusive results when compared with each other, but suggest that higher adherence to the Mediterranean, DASH, or MIND diets is associated with less cognitive decline and a lower risk of Alzheimer Disease. Evidence for an association with dementia was inconsistent.

For a lot of detail about the diets and findings, especially regarding specific foods, read the [full article](#).