

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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Monthly Newsletter - June 2022

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation
Ukulele Club, Noon –2 PM,** 1st Monday for
beginners (all welcome), 2nd, 4th (& 5th) jam
sessions, 3rd for everyone.

Mahjong 12:30 to 3 PM**

Readers Theater, 2:30-3:30*

TUESDAY: Legal Services for Seniors, 9-11 AM

Call for required appointment

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**

Genealogy Workshop, 4th, 10 AM-Noon**

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

June 9, Noon, \$12. Sign up by Friday, May 6.

Program: Effective Communication (see >>>>)

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

Election Notes—Please Vote

ASI is closed June 7 for voting. **BE SURE TO VOTE!**
You can mail in your ballot by June 7, drop it off at any
polling place on June 7 or put it in a 24-hour drop box
at Monterey Co. Elections Dept. or the Cesar Chavez
Library anytime between now and 8 pm June 7.

June 9 Luncheon Preview

Friday June 3 at 4:00 PM is the last day to sign
up for the June 9 lunch. The menu is Crusted Tilapia
with Cilantro Avo Creama, Coconut Rice, Cuban
Black Beans, Hawaiian Rolls, and Key Lime Pie.

Arnie Buss and Lee Garland from the Naval
Postgraduate School are speaking on effective com-
munication. Arnie has been teaching at the universi-
ty level for 30 years and leading Effective Communi-
cation workshops for the past 10. Communication
skills have enhanced his life, and his mission is to
spread their benefits. Lee has led workshops for
three decades and provides mediation, support
groups, and leadership training. His lively style and
knowledge of Effective Communication is evident in
his workshops.

The Story of Effective Communication

The peaceful afternoon Communication Work-
shop was suddenly pierced by profanity-laden yell-
ing. A large man had been triggered by something.
After a short time a stream of people came flying
out of the small room where they were practicing.
What happened next was amazing to witness.

Gliding into the room, seated in her wheelchair,
the workshop leader rolled right up the man and
started talking to him. She had a gentle assertive-
ness. She was neither aggressive nor did she back
away. Soon, he had calmed down. He had gone
from an intense “bear” to a gentle “rabbit” simply
by the interchange between the two of them.

The woman, Selwa Said, used the Tracking list-
ening approach she had been teaching. After we
picked our jaws up from the floor, we realized how
this Effective Communication skill had turned a po-
tentially violent situation into a peaceful one.

We were both students, then. From that mo-
ment on we vowed that it was imperative to spread
the Effective Communication approach far and wide.
Ergo, our Courses, the “Hear Here” book, and the
coaching we continue to offer.

Spotlight on ASI Tai Chi Instructor Francisco Samaniego

Ed. Note: Francisco asked me to put a note in the ASI Newsletter that he has just received his Black Belt in Taekwondo (an accomplishment of which he is quite proud). Your Editor is also taking the opportunity to introduce Francisco to the ASI Membership. Full disclosure—I am taking his Tai Chi classes.

Francisco, as a member of the Teamsters Union, worked in freezer plants for some 48 years until retiring in 2010, the first 27 years at Spiegel Foods before the company closed the Salinas plant in 1991.

He dropped out of high school to go to work, first (and briefly) in the fields and then as a warehouse worker at Spiegel. He took the initiative to teach himself the skills he needed—math for inventory, and record keeping to track shipments—to hold down the job.

How did he end up teaching Tai Chi? A close friend at Washington Junior High in Salinas was a troublemaker who liked to get into fights. After getting beaten up one time too many during high school, Francisco began taking a martial arts class—Tang soo do. He continued for some years, earning a red belt but eventually discontinuing the class.

A few years before retiring, and looking to the future, Francisco began taking a Tai Chi class at the Taekwondo studio. It became his passion and in 2011 he began teaching Tai Chi after realizing he could do better than one instructor he experienced.

His first teaching experience was as a volunteer at the Firehouse Recreation Center. City staff was very happy to have him there but the class was out of the comfort zone for many of those regularly attending activities there and class attendance dwindled.

But while working there he met ASI's Dwight Freedman, who was teaching computer skills. Eventually he met with Karen Towle and Robert Pettit and ASI started the Tai Chi class about five years ago (meets W 1:30-3). More recently he began teaching Tai Chi at the Taekwondo studio at the corner of John and Pajaro streets (M,W, 11-12). Both classes are very low cost.

Francisco says he teaches because he wants to share and because it's a yin-yang situation, with a lot of give and take. He feels he learns a much from his students as they from him. He emphasizes that anyone is welcome in his class and people with physical limitations can still benefit from Tai Chi.

Out of a concern that as seniors we are becoming more vulnerable, and also as a personal challenge, Francisco began taking Taekwondo in 2010. Now he has earned his black belt he is thinking of teaching it to seniors as a means of self-defense. Finally, Francisco's message, after earning a Black Belt at age 75, is that we are never too old to learn something new.



Technology Team Schedules Apple Session

By Dwight Freedman

For June's Fourth Thursday the Tech Team has invited Loaves & Fishes Computers to provide a training session on: Navigating iphone, Useful Apps, How to Navigate the Internet, Text Messages, Google Calendar, Calculator and more. Bring your iphone and ipad (Android training coming soon). If you are an iphone or ipad user save the date. See you there...

When: Thursday June 23; Time: 1 to 3pm; Cost: Free. Call or come in to ASI to register.

Attention Thespians

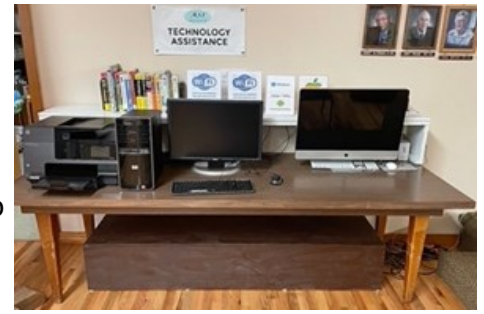
By Diane Tingey

I have started a Readers Theater Group. No memorizing of lines required. I will provide scripts. Both men and women are encouraged to join. Call Diane Tingey at 521-1719 if you are interested. We are meeting on Mondays from 2:30 pm to 3:30 pm. Members \$1.00 per meeting, non-members \$2.00. I'm looking forward to the possibilities, including a reading at a future ASI luncheon.

Computers Available for Member Use

By Jim Tripp, ASI Technology Committee

If you don't have a computer or WIFI at home, you can come to ASI to create or edit your documents. We have both an iMac and a Windows 10 PC available and a printer you can use. Both of these computers are connected to our WIFI so they can also be used to surf the internet and send email.



Thursday Night's Sweet Serenity Meeting

By Kim K

Are you affected by someone else's addiction? Nar-Anon is an anonymous worldwide fellowship that can help us deal with loved ones who suffer from addiction. Please come join us at our Nar-Anon Family Group at ASI every Thursday evening, 6:30-7:30pm. Newcomers are welcome. See you there!

Adult Maker Kit: Support Your Local Pollinators!

Pick up an adult maker kit and **Give a Boost to the Pollinators** who do so much for us! Even planting a small area of pollinator plants can make a difference! Your [Pollinator Kit](#) Includes: 10 Seedless Sunflower seed pods, six Pollinator Bookmarks, and information to help you create a welcoming space for our local pollinators.

You can pick up your DIY Kit at any one of the three Salinas Libraries: **El Gabilan**, **Cesar Chavez** or the **John Steinbeck Library**, on Tuesday, June 7, 2022, from 12 PM - 6 PM while supplies last.

For more information contact Kate at kathryn@ci.salinas.ca.us



More News from the Library—FOSPL's Big Book Sale

The Friends of the Salinas Public Library are having their Big Book Sale Saturday, June 4, 9 AM – 2 PM. The sale will be at the Salinas Train Station, 7 Station Place. All proceeds benefit the Salinas Public Library.

New Sessions of Ukulele Lessons

By Stanley Sokolow

The Salinas Ukulele Club at ASI starts a new course the first Monday of each month beginning June 6, noon to 2:00 pm, to teach beginner and intermediate-level ukulele players based on the books by Doug Falconer called "Ukulele Beginner to Brilliant" which are available on [Amazon.com](https://www.amazon.com).

The course starts with the very basics for complete beginners but quickly progresses to more advanced skills and knowledge including reading standard sheet music staff notation and tablature, knowing the notes all over the fretboard, playing melodies, fingerstyle, some music theory (chords, keys, rhythms, modes, transposing, etc.), creating chord-melodies, and playing blues, jazz, and improvisation. In addition to the books and their accompanying videos, we will be using supplemental materials (handouts and videos) from many ukulele experts.

Evidence of COVID vaccination is required. If you have a ukulele, bring it. If not, we have loaners for the first meeting where we'll explain what to look for when you buy your first ukulele. If you are interested, send an email for further information to: stanleysokolow@gmail.com. Bring a friend.

June Birthdays

Carol Ann Aldrich	Mary Linzer
Ursula Benedict	Pamela Lord
Diane Cadei	Song Luna
Kevan Clarke	Kathy Martin
Alice Clatterbuck	Lynette McGregor
Carol Collins	Claire Mckibben
Luzviminda Colorina	Bonnie Nielsen
Valerie Contreras	Teresa Ortiz
Hilda Debord	Regina Pedroza
Kenko Delaunay	Betty Prunty
Carol Dixon	Betty Righello
Alice Giottonini	Jim Riley
Lorraine Gorczyca	Pauline Salinas
Gregory Higgins	Arduth Seever
Paula Gail Johnson	Noelia Sheets
June Laarss-Payne	Ute Ingeborg Tate
Christine Lerable	Cara Tsukamoto

"I'm at that age where my back goes out more than I do." - Phyllis Diller

"The older I get, the better I used to be." – Lee Trevino

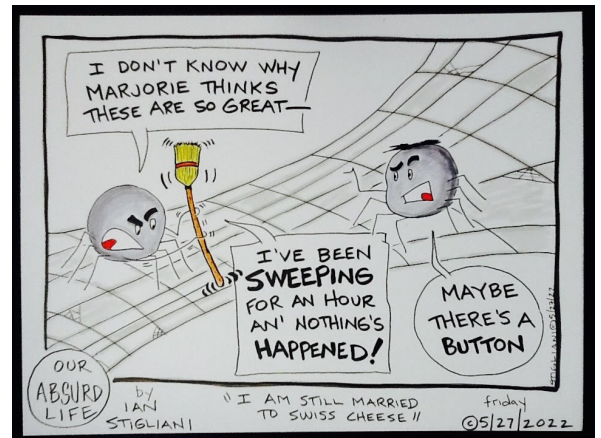
"The older I get, the more clearly I remember things that never happened." - Mark Twain



Consider Mindful Birding

The Monterey Audubon Society offers docent-led and very gentle bird walks for anyone interested—June 6 at Laguna Grande Park in Monterey and June 23 at Locke-Paddon Park in Marina. For beginners and advanced birders alike, Amanda Preece leads the walks. Bring binoculars!

For more information, go to www.montereyaudubon.org. To register for a hike (required) or for general questions, email to montereyaudubon@gmail.com. Exercise your mind and legs (although the walks are mobility minded).



Lions Club Eyeglass Program—Please Recycle

By Liz Crooke

Salinas Host Lions are happy to take recycled eye glasses. We refurbish them and make them available, with an eye exam, at one of our four international eye clinics.

For more info see “Lions in Sight.” Thanks for your donations. We also take used hearing aids. ASI has a Lions donation receptacle on the table at the entrance.

“It’s paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn’t appeal to anyone.” - Andy Rooney

An English professor wrote the words:

“A woman without her man is nothing”
on the chalkboard and asked the students to punctuate it correctly.

All of the males in the class wrote:
“A woman, without her man, is nothing.”

All of the females in the class wrote:
“A woman: without her, man is nothing.”

Punctuation is powerful.

Health Tip #18: The Power of Zero CAC

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

A while ago, I had a discussion with a friend in Active Seniors who had been prescribed a statin drug to lower her cholesterol test results. She was having some unpleasant side effects of the statin, which actually are not rare, so her doctor changed her to a different statin drug.

She was reluctant but went along because her doctor was sure she needed the drug to lower her cholesterol and prevent a first heart attack or ischemic stroke. She told me that earlier in the year she had her coronary artery calcium (CAC) scan done and the result was "normal". (See my Health Tip #2: Know Your Coronary Calcium Score, published in the ASI newsletter in November 2020.)

She remembered that I had written Health Tip #6 (September 2020) about high LDL-cholesterol actually being associated with greater longevity in seniors. The article explained research that showed a decreased risk of all-cause mortality (death from any cause) with high LDL-C compared with persons having low LDL-C. This made her concerned that perhaps her doctor was wrong about the need to lower her LDL-C with statins. She decided to try the new statin and then decide whether she should stop taking statins completely.

Then, I recently had an informative video pop up on my YouTube home page. It was by Dr. David Diamond. It's part of a symposium on low-carbohydrate diets, but it really is more general. Here's the video link: [Dr. David Diamond - 'Should You Be Concerned About High LDL-Cholesterol on a Low Carb Diet?'](#). Dr. Diamond makes the case that the benefits of statins are greatly exaggerated by the drug companies that make big profits on statins.

When I watched another video on the subject by the cardiologist who invented the coronary calcium score over 30 years ago, Dr. Arthur Agatston, and who is an expert's expert on its use, I realized I had to pass this information on to my friend. Dr. Agatston clearly says that if you have a zero coronary calcium score, you don't need treatment with statins. He showed data which confirmed that a statin has absolutely no benefit for someone with a zero CAC score.

He said the CAC scan should be done again in 3 to 5 years to check that it's still zero. So I contacted my friend and asked whether her "normal" CAC score meant that it was just low, or was it actually zero. She said, "Zero!". I sent her the link which jumps deep into Dr. Agatston's lecture where he discusses "The Power of Zero". Here's the link: <https://youtu.be/Yb4tTJkvuYQ?t=2100>. She was delighted and said she'll show the video to her doctor.

Physicians feel obligated to comply with the national guidelines for diagnosis and treatment that are published by seemingly authoritative medical institutions. The cardiology associations' guidelines have recommended statins to dramatically lower cholesterol for everyone with an elevated LDL-C.

Nevertheless, the guidelines are slow to change when new research shows that the guidelines on statins are not the best evidence-based practice. However, recently the cardiologists updated their blanket recommendation for statins, now saying that they're useful to prevent a second heart attack, but backing down from their use as a preventive for someone who hasn't had a heart attack and doesn't have a strong family history of cardiovascular disease.

If you, as a senior, haven't had your heart scanned to determine whether your heart arteries (coronary arteries) have a buildup of calcium deposits, you should seriously consider getting one done. The scan is not covered by insurance or Medicare, but your insurance may qualify you for a lower price than the "list price" charged by a radiology clinic.

In my case, my Aspire HMO plan didn't pay anything toward my CAC scan, but it did set a maximum price I could be charged by participating radiologists. My scan cost me \$159 a little more than a year ago. That's a bargain price compared with the potential benefit.

My LDL-C cholesterol test was slightly above "normal". Fortunately my CAC score was low at 19 Agatston units. Not as excellent as a zero, but still not in the high-risk range. I'm taking some steps to help prevent the score from increasing, but I'm definitely not taking statins.

If you haven't had a CAC scan, you seriously should have one done, and then respect the "power of zero" CAC score if you're so lucky.