

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 - March 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
March 10, Noon, \$12. Sign up by Friday, March 4th
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



Newly elected ASI Pres. Bob McGregor honors outgoing President Dwight Freedman for his competent and dedicated leadership during an extremely difficult period not only for ASI but for all of us

About Elections

By George Niesen, Poll Inspector at ASI

For some years ASI has graciously provided its facility to the Monterey County Elections department (which has recently contacted me concerning planning) to be used as a polling place on election days. Those days are coming right up—June 7 is the statewide Primary election and November 8 the General mid-term election. ASI will be closed those Tuesdays to normal activities, open just for voting. Be sure to vote!

We have a fantastic corps of poll workers and we have operated the polling place and the elections very effectively. But some workers would prefer to work shorter shifts if possible, which means we are looking for a number of additional volunteers. Poll workers will need to take 2.5 hours of training and be able to work at least one four-hour shift on election day.

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.

Please realize the Elections Dept. is always in need of poll workers for any number of polling places around the county. In the delightfully welcome event that ASI ends up with more workers than we can use, I'm sure the county would very much appreciate your help. You might even get paid!

I'm not sure how the county pay and scheduling works out, but as we are representing ASI, a non-profit organization, and we donate our checks to ASI, we really are volunteers and thus we are allowed to work shorter shifts.

We are all working hard to ensure free, safe, secure and fair elections. We hope some of you will realize how important that is, perhaps important enough to prompt you to work the polls for ASI or perhaps for the County of Monterey. It will be great to see you there.

Meet Laura Ruggieri, Newly Elected ASI Board Member

Laura Ruggieri is your other newly-elected Board Member (along with Loretta Salinas, profiled last month). You may know her from her involvement with the monthly ASI lunches over the past three years.

Laura has a strong passion for serving seniors. She is a senior living advisor by profession and brings to the Board extensive knowledge and experience in the area of senior living. When Wayne McDaniel asked her to serve on the Board her response was a natural “yes.”

Laura says she is happy being at ASI and it brings her great joy to see ASI Members at the luncheon enjoying the sociability it provides and to see their interest in the programs. Laura was born and raised in Monterey and says her mother taught her at an early age to respect her elders.

That attitude has guided her through her career working with seniors and volunteering with the Alzheimer’s Association, the Elks Club and ITN Transportation Services. Currently she is a Senior Living Advisor with Elder Placement Professionals offering complementary services that help seniors through the process of finding senior living options.

Two adult daughters bring Laura great joy. Bringing her even more joy is her two-year-old granddaughter who is already writing thank you notes. “She’s being well raised” Laura says. Laura also likes walking and hiking (oh, and her dog) and is inspired by sunsets during her evening walks.

Laura’s motto is there is more happiness in giving than receiving. That precept guides where she focuses her attention and time as she looks for opportunities for giving. When you see Laura please thank her for her commitment to ASI.



Salinas Library Offerings

By Jissella Duarte, Librarian, Salinas Public Library

When Art Becomes a Story: Remembered Lives of Women Artists

Date: Friday, March 4, 2022. Time: 4:30-5:30 pm.

Website: <https://salinaspubliclibrary.org/FirstFridayArtTalk/March/2022>

Description: **We’ve done artists, we’ve done authors, now we have authors writing about California artists.** When Joanna FitzPatrick inherited a landscape painting by a great-aunt, her curiosity brought her to Carmel. The resulting exploration led to the book “The Artist Colony” set in Carmel in the 1920s. Artist Agnes Pelton traveled and exhibited her art around the world, and settled in the Palm Springs area in the 1930s. In the “Pelton Papers” author Mari Coates follows Agnes’s life and her search for her creative vision, self-acceptance, and place in the world.

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

Genealogy Basics: Using the Census 2

Date: Wednesday, March 30, 2022. Time: 5:30-7:00 pm

Website Link: <https://salinaspubliclibrary.org/learn-explore/research-learning/events/virtual-genealogy-basics-using-census-2>

Description: Take your census-sleuthing skills to new levels, and get more than you thought possible out of all kinds of censuses. We've got a lot of ground to cover in this second installment of mastering census data for family history research. From the "lost" 1890 Census to the release of the 1950 Census, we'll help you learn how to glean valuable insights about the life and times of ancestors.

Register online at: <https://bit.ly/3np9N4f> Questions? Contact Cathy at CathleenA@ci.salinas.ca.us

2022—and Dues Renewal—ARE HERE

ASI continues to accept payments for your 2022 dues. Still only \$30. 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).



Bridge Opportunities, Lessons

By Lynette McGregor

Tuesday afternoon bridge is open to new people who like to play bridge. Now that the Covid is winding down, we're also thinking of offering bridge lessons to those who'd like to learn to play.

Anyone interested should contact the office to let us know:

(1) that they're interested in playing—we'd like to keep it in tables of four so that if you come you can play, and (2) if you'd like to learn to play bridge, let us know and when there are enough people, we'll find an instructor. Office staff will maintain lists of those interested and will contact you when we can set something up. We look forward to having you join us.

Health Tip #16: Is The Ideal Diet A Fallacy?

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

I have been writing about many diets that experts in nutrition have proposed, as though there is an ideal diet for health and longevity if only we could find it. But is the quest for an ideal diet just a fool's errand? Here are some interesting studies I've found.

Researchers followed 1,348 female mice from two parental strains and 146 of their progeny across their lifespan on a low fat diet (18% calories from fat) and on a high fat diet (60% calories from fat). On average, the high-fat diet shortened lifespan by 85 days or 12%, roughly equivalent to an 8–10 year decrease for humans.

However, between-strain variation in lifespan was very high, ranging from a longevity loss of 54% to a gain of 37%. The high fat had a strong negative effect on average longevity, but individual genetic effects were even stronger. This highlights the unequivocal importance of genetic differences in making dietary recommendations. [Reference: [Gene-by-environmental modulation of longevity and weight gain in the murine BXD family](#)]

Scientists who study aging have found that there is a biological clock in the nucleus of cells which marks off time and which can be read by researchers using chemical techniques. They call this the "epigenetic clock". It is based on the number of locations where methyl groups have become attached in certain regions of the DNA.

Methyl groups are one way that genes are turned on or off as needed. Examination of those particular regions allows calculation of the "DNAm" (DNA-methylation) age. Evidence from human epidemiological studies indicates that DNAm performs well at predicting life expectancy.

In another experiment, researchers fed several different strains of mice either a normal diet or a high-fat diet. They found that heavier body weight and eating the high-fat diet were correlated with acceleration of DNAm aging. [Reference: [Body weight and high-fat diet are associated with epigenetic aging in female members of the BXD murine family](#)] This shows that our weight and our diet modify the DNA methylation in our cells, which controls the genes that are turned on or off and likewise our longevity.

This tells me that there is no perfect diet for everyone. Some people may benefit from a high-carbohydrate, very-low-fat diet like Dr. McDougall advocates, but others may find his diet doesn't work for them and they continue to gain weight or get sicker. Those people may benefit from a very-low-carbohydrate, high-fat diet like the ketogenic diet. Maybe a compromise like the Mediterranean diet works for most people, but perhaps not for you.

Of course, there's more to a healthful diet than just the proportions of macronutrients (carbs, protein, and fat). In any diet, you need to ensure you are getting the vitamins, minerals, essential fatty acids, and other nutrients. Dr. Michael Greger's book [How Not To Die](#) is full of facts and recommendations about individual nutrients.

How do you know what is best for you as an individual? Here's a fascinating lecture about a project that aims to create personalized diet plans based on your individual responses to foods: [What is the best diet for humans? | Eran Segal | TEDxRuppin](#). Someday we may have individualized analyses of the best diet for us, but until then, my advice is to try a diet that makes most sense to you; one to which you can adhere. If your risk factors have improved, stay with the diet. Otherwise, try another one until you find what seems to work best for you.

March Birthdays

Vivian Aizawa	Jana Lamarque
Sandra Andrus	Leroy Livingston
Bill Arness	Margaret Martinez
Connie Bafford	Sally MCGrew
Helen Baker	Frances Mendoza
Janet Barnes	Patricia Morgan
Kathleen Callahan	Rene Myers
Joan Duafala	David Salinas
Kathleen Erickson	Kathleen Slattery
John Falby	Cynthia Stanford
Babe (Floripes) Forrest	Mary A. Surber
Gaye Freedman	Sara Jane Tanner
Pat Fritsche	Cynthia Tsukamoto
Leeanna Gattis	Robin Valentine
Jan Gottschalk	Marie Viarengo
Mary E. Griffin	Charles Walker
Esperanza Hernandez	Asayo Westerly
Frances Hershberger	Catherine Winter



Ongoing Tech Tips Series Scheduled

ASI Technology Chairman Dwight Freedman on Feb. 24 conducted a well-attended and very successful free workshop (>>>) on ways to help us protect our devices and data. Dwight plans to offer a series of similar short workshops on various aspects of technology.

Keep an eye on your emails from ASI as Dwight schedules additional sessions. Look for one every month or two. We expect you will find them useful.



Tuscan Pork Tenderloin

By Chef Michael

I served this last month at the ASI luncheon and had quite a few requests for the recipe, so here ya go.

Ingredients

- 7 Cloves Garlic
- 3 Tbsp Fresh Chopped Rosemary
- 3 Tablespoon Olive Oil
- 6 lb Pork Tenderloin
- 1 1/4 Teaspoon Kosher Salt
- 1 1/4 Teaspoon Black Pepper Ground
- 1 Cup White Cooking Wine

Method

1. Chop garlic cloves
2. Mince rosemary, mix with garlic & oil, S&P. Rub oil mixture on meat.
3. Sear tenderloin in pan or on a grill
4. Place tenderloins in roasting pan and pour wine into pan.
5. Cover and roast, basting occasionally until done, let stand before slicing. Serves 12 People

