

OFFICE HOURS

9:00 am to 4:00 pm

Monday through 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 - August 2022

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation
Ukulele Club, Noon –2 PM,** 1st and 3rd
Mondays beginners to brilliant, 2nd, 4th
(& 5th) jam sessions 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
Beginning Ballroom Lesson 6-7 PM
Ballroom Dancing 7 to 8:30 PM
Fee \$9.00 (\$10.00 non-members)

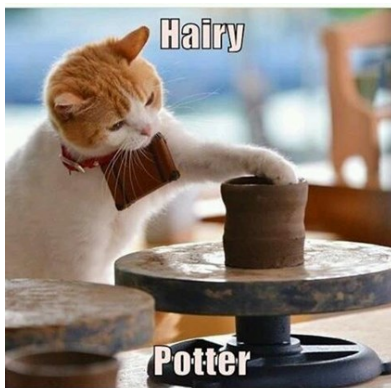
WEDNESDAY: Yoga/Balance 8:45 to 10:00AM*
Cribbage, 10AM-12 noon*
Book Club 11:00 AM to 12:00 noon*
Tai Chi 1:30 to 3:00 PM**
Line Dancing 6:30-8:30 PM** + \$1 for instructor

THURSDAY: Ping Pong, 3-4 PM*
Nar Anon family support group, 6:30-7:30 PM
Quilting, 1st & 3rd, 9:30-11:30 AM**
Knitting & Crocheting, 1st, 3rd, 4th, 1-3 PM.
Tech Assistance, 3rd, 1-3 PM**
Genealogy Workshop, 4th, 10 AM-Noon**

2nd THURSDAY: MEMBERSHIP LUNCHEON
August 11, Noon, \$12. Sign up by Friday, Aug. 5.
Program: Kelli Morgantini, Legal Svcs./Seniors

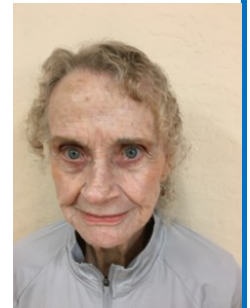
FRIDAY: Yoga/Balance 8:45 to 10:00 AM*
Zumba 10:15-11:15 AM* + Instr. donation
Bridge 12:00 noon to 3:30 PM **
Western Dance,
7-9:30 PM, 1st Fri.
\$8/\$10, 3rd \$10.

* \$1 Fee for members,
\$2 for non-members
** \$2 for members, \$4
for non-members



Meet Janet Street, New to ASI Board

Janet Street is a very active ASI Member selected by the ASI Board to fill a recently vacated position. Janet has been an ASI Member for 10-12 years now and is pleased to be a Board Member.



She is at ASI every day but Thursday, she says with a certain pride, for a variety of activities including Zumba, yoga, line dancing, bridge and luncheons. It was line dancing that brought Janet to ASI. She was in a class in Marina at a facility with a rough floor when classmates from Salinas suggested she try line dancing at ASI, where she found the floor “fantastic.”

Janet says her first Board activity will be to listen carefully. She hopes to bring new ideas to the Board and Pres. Bob McGregor has talked with her about being on the luncheon program committee. And she feels her extensive involvement in ASI activities will prove helpful.

She felt honored, after being introduced as new to the Board, when an ASI Member congratulated her and thank her for serving on the Board.

Janet’s father and later her husband were career military and they moved a lot. When her two children were in their teens she worked full time for the Dept. of Defense, started college and earned a sociology degree from Chapman. She worked for the Army in areas of patient advocacy, substance abuse and child protective services.

The latter was tough, but in general her work was gratifying. Patients reached out and thanked her years later. “The job is what you make it.”

Her work has led her to volunteer in many areas including car shows, the airshow, with seniors, children and the police, much of her interests covered by Zumba reachout in the community. Zumba instructor and Board Member Loretta Salinas is a very persuasive volunteer recruiter, Janet says.

Yoga Benefits All!

By Robert Pettit

Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing.

Yoga: Improves your balance, strength and flexibility; can help relieve back pain; can help you sleep better; can ease arthritic pain; can help you manage stress by showing you how to relax; connects you with a supportive community; and promotes better self-care by giving you more energy and brighter mood.

Robert Pettit has been leading/teaching Yoga at ASI for some eight years. His class has been dubbed by some as a "Combat or Insane" Yoga because it challenges all parts of the body, especially the core muscles. In his absence, the class is led by Karen Towle, Mary Linzer or John Favero. An additional class on Balance has also been added, led by Mary Linzer. Participants range in age from their 30s to 80+ years young!

"During this time I have witnessed remarkable improvements for everyone who has taken my class on a regular basis. I've seen and heard how Yoga has improved their strength, balance and flexibility. In addition, attendees have shared their stories of how Yoga has helped with their arthritic conditions and stress." In almost all written articles on stress and physical relief, practicing Yoga is a recommended action to permanently incorporate in one's lifestyle.



Friday Night Western/Line Dancing is Back at ASI Starting Aug. 5!

Research shows that **dancing** improves strength and muscle function in **older adults**, as well as increasing balance and flexibility, leading to better stability and fewer injuries.

Dancing also helps to: Increase muscle tone and coordination; lower the risk of coronary heart disease; improve cholesterol levels; strengthen bones; reduce blood pressure; keep you mentally fit; and help you manage your weight. Don't miss the Fun...

Time: 7 PM to 9:30 PM; Members: \$4.00, Non-Members: \$8.00

Proof of COVID vaccination required. Mask wearing is optional.

A Branson Christmas, Presented by Active Seniors, Inc.

By Sharon Piazza

Only four (4) seats are left for this fabulous trip to Branson to begin your holidays. From Nov. 28 to Dec. 3, this trip includes: Transportation to and from Salinas-San Jose Airport; Round trip air from San Jose; 5-Night stay at Best Western including complimentary breakfasts; 6 shows including most meals prior to shows; Titanic Museum; Precious Moments Chapel; Gardens, Gift Shop; All bus transportation while in Branson.

Call MelitaTrips (408-416-3997) to book your trip. Our trip orientation will be on Wednesday, October 19, at 4:00 PM at Active Seniors. Hope you can join us! For tour information call Sharon at 831-261-8087 or visit Active Seniors website at activeseniorsinc.org/tours.

Flower Arranging Workshops Coming to ASI

Mimi Niesen's mini-workshop on flower arranging, offered to Sassy Quilters on July 7 (>>>), was so successful she has decided to offer it quarterly and open it to the entire membership.

If you'd be interested, please check upcoming newsletters about a mini workshop this fall (date not yet established).



Salinas Public Library Author Talk Series

Our Author Talk Series got off to a great start with master storyteller Alka Joshi and productivity expert David Allen. If you missed out, you can watch talks at <https://libraryc.org/salinaspubliclibrary/archive>.

The next author we have lined up is 2021 Pulitzer Prize winner Dr. Marcia Chatelain who will be discussing her award-winning book, *Franchise: The Golden Arches in Black America*. Sign up and see other upcoming talks!

Virtual Meeting, Register Online: Wednesday, August 3, 2022, from 11 AM - 12 noon. For more information contact Jissella at JissellaD@ci.salinas.ca.us

Take Advantage of Computer Literacy Classes

Ed. Note: This is a great opportunity for seniors to acquire extensive and focused training in computer skills.

Salinas Public Library literacy staff are preparing to re-launch our free, 10-week computer classes. We offer four levels to help community members with their career, educational, and personal goals.

No internet? No computer? No problem! Class participants can borrow from the library what they need to be successful. Check out [class descriptions and registration information](#) on the library's website.

Mandatory Orientations, El Gabilan Library:

Beginners and Beyond Basics Orientation, Tuesday, August 9, 2022, from 10 AM - 12 noon.

Intermediate and Advanced Orientation, Tuesday, August 9, 2022, from 2 PM - 4 PM.

For more information call the Literacy Center at (831) 758-7916.

Big Book Sale—And Little Books Too!

[The Friends of the Salinas Public Library](#) are having their Big Book Sale on Saturday, August 6, 2022, from 9 AM – 2 PM. This event will take place at the Salinas Train Station, 7 Station Place, Salinas, CA 93901. All proceeds benefit the Salinas Public Library.

Friends Of Salinas Public Library

9 am to 2 pm

Aug. 6

FOSPL WAREHOUSE
at Salinas Train Depot
7 Station Place

BIG BOOK SALE!

craft. history.
art books
classics - self help
fiction, nonfiction.
cookbooks.
children's books.
-odd & fun
vintage books.
and more!

So, what's cookin' at the Steinbeck House in August?

By Liz Crooke

As you may know, our menu changes weekly at the Steinbeck House, so you can always be assured of a new dish to enjoy! For more information about our weekly specials as well as the regular items on our menu, visit our web site at www.steinbeckhouse.com

When you visit, please find us and "Like Us" on Facebook! You should know that on Tuesdays we love our locals--10% off your ticket. And ask for a Frequent Diner Card--the 12th meal is free!

High Tea is on August 13th at 11:30 and 1:30, reservations are required.

If you are interested in volunteering at the Steinbeck House, we have several options. For information about volunteering, tours, teas or to make reservations call 831-424-2735.





Next Luncheon Aug. 11

The August Luncheon Thursday August 11 is sneaking up on us quickly. Deadline for reservations is Friday August 5 at 4:00 PM. The menu will be Taco Salad, chips and salsa and chocolate mousse pie. There will be a vegetarian option. The speaker is Kelli Morgantini from Legal Services for Seniors. Please make your reservations as soon as possible. Don't miss out!

Midterm Elections Coming Right Up

By George Niesen, ASI Poll Inspector

Tuesday, Nov. 8, is the midterm election. ASI is a polling place and will be closed that day for all regular activities.

We have a fantastic corps of poll workers. But not everyone can be here to work the polls on any given day, especially with COVID still making the rounds. Thus we'd like to recruit a few more volunteers. If you can commit to a five-hour shift on election day and a 2 1/2 hour training session, we can use your help.

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.

It's more important than ever that we work to ensure free and fair elections.



Health Tip #19: Carbohydrates and Your Risk of Heart Attack or Stroke

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

You probably have heard that LDL cholesterol in your blood causes arteriosclerosis, which leads to heart attacks and strokes. However, [research done over 30 years ago](#) found that LDL particles come in various sizes. The larger ones are called “large boyant LDL” (lLDL), and they are not the bad ones.

The smaller LDL particles, called “small dense LDL” (sdLDL), are the kind that penetrates into the walls of arteries, causing plaques to form, which eventually can rupture into the blood stream, causing a clot, thus creating a heart attack or obstructive stroke.

[Having a predominance of sdLDL triples your risk of cardiovascular disease.](#) When your doctor orders your fasting lipids blood test, the LDL particle sizes will usually not be measured. So how do you and your doctor know if you have predominantly sdLDL?

There is a simple way. **The mix of LDL particle sizes is related to the concentration of triglycerides (TG), as shown on your fasting lipids blood test. Elevated TG indicates you have a predominance of the bad sdLDL particles.**

When fasting TG is less than 88.5 mg/dL, the lLDL particles predominate, which is good. When TG is above 88.5 mg/dL, the sdLDL particles predominate, which is bad. TG below 44 implies that all LDL is lLDL and you have low risk. TG above 133 implies that all LDL is sdLDL, putting you at high risk.

So if your TG is above the crossover value 88.5, you should work on lowering it. If TG is above 133, you really need to lower it ASAP. Professor Ken Sikaris, a lab pathologist in Australia, explains the relationships between these test results and your risk of heart attack or stroke: '[Making Sense of LDL](#)'.

How do triglycerides become elevated, and how can you lower them?

Triglycerides are molecules made up of 3 fatty acids bonded to a glycerol molecule. Based on that, you might think that lowering the amount of fat in your diet would reduce your fasting level of triglycerides. But actually, elevated fasting triglycerides is a sign that your body is overloaded by the amount of carbohydrates you eat, not fat.

Carbohydrates are sugar molecules (“table sugar” sucrose, lactose in milk, maltose in beer, fructose in fruit and corn syrup, etc.) or sugars bonded together to form starch (in flour, bread, pasta, rice, etc.). When they are digested, the starch and complex sugars are broken apart into glucose and other single-sugar molecules. Glucose is one of the two fuels used by cells. The other fuel is ketones made by the liver from fat.

Glucose circulates in the blood and is taken up by cells to fuel them immediately, or recombined into a molecule called glycogen which is made in muscles and the liver to store there for future energy needs. When glycogen storage is full, excess glucose is converted by the liver into triglycerides and put out into the blood, which are then picked up by fat cells and stored, making you get fatter. So **eating too much carbohydrate causes elevated triglycerides.**

Eating a certain range of protein is essential to life. Two types of fatty acids also are essential to eat because our body can't make them. But we don't need to eat carbohydrates. The liver can make glucose when it's not available in the diet or take it from the glycogen storage. It can also convert fat into ketones to provide the alternate fuel for the brain and other tissues.

You need not worry about eating too little carbohydrate -- avoid eating too much carbohydrate, so you don't elevate your triglycerides. If you have high triglycerides, eat a low-carbohydrate diet and have your triglyceride level re-checked.