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# Monthly Newsletter - February 2021

## Self-Care in the age of COVID

By Gaye Freedman

Sheltering in place is hard. I don't know about you, but I haven't been able to do any of the things I usually do. No pedicures, no movies, no hanging out for happy hours with friends, no eating in at restaurants, no going to the library.

I think one of the things that I really miss is being able to travel--not being able to travel makes me feel stuck. But that was until last week. Last week I went to New York, Seoul, Korea, Japan, Disneyland, and China. I had the most wonderful time.

OK, you're probably saying, "how do you get to travel during a pandemic when all these countries are locked down." Well, I've found a cool new way to travel that's safe and I don't have to leave my sofa.

It's called 4K walks and they're on YouTube. For a 4K walk, a person straps on a high-definition camera and walks through cities around the world. It's amazing. It's like virtual reality. The detail and color are beautiful. You feel like you're there.

I watched them walk through the Gangnam district in Seoul during a snowstorm. It was so beautiful. As was the walk through Central Park in the rain. I come from New Jersey and I went to school in New York and so being able to see it again was wonderful.

So, if you're feeling down and claustrophobic and you can't think of something to do, or you wish you could travel, I suggest a 4K walk. They have walks all over the world. I'm thinking of going to Brazil tonight.

If you want to try it, go to YouTube. Ask your computer for "4K Walks on YouTube" or "4K Walks in Central Park in the rain on YouTube" or type YouTube into Google, and then type 4K walks in the search bar in YouTube. Then cast it to your TV.

There are so many places. I'm sure wherever you go will be beautiful and if it isn't, go somewhere else. I went to Disneyland, but it was too crowded, so I left.

Here's a link to the walk in Central Park. [https://youtu.be/7JsOhtl\\_zG4](https://youtu.be/7JsOhtl_zG4)

## COVID-19 Vaccination Information

By Newsletter Editor George Niesen

Today I had an email conversation with ASI Pres. Dwight Freedman and ASI Newsletter Health Columnist Stanley Sokolow. The consensus is access to vaccinations is chaotic due to distribution disasters.

Dwight says, "My doctor says that they are doing a few 75 and older with the little available vaccine they have at Prime Care. He thinks that when supplies are available again Prime Care will contact us and let us know when and where to register for 65 and older. What a mess...."

Stanley says, "While I was waiting in line to check in on Friday, I overheard a medical staff member tell someone that the clinic had received only 19 doses for Thursday and 29 for Friday, the day I got mine. So they aren't awash in vaccine and persistence to get an appointment may be helpful considering the limited availability at this time."

Dwight and Stanley are both PrimeCare patients through Aspire. Both are clients of the same office but Stanley got his vaccination and Dwight didn't.

George says, "For a couple of weeks I've been trying to see if I could get myself vaccinated (and incidentally looking for good information for the newsletter) but all I find is confusion. The County website has the information and lists clinics (with no available appointments for any) and indicates a link at the bottom of the page which is not there."

Here is the link to the Monterey County Health Department vaccination web page: <https://www.co.monterey.ca.us/government/departments-a-h/health/diseases/2019-novel-coronavirus-covid-19/vaccination-registration>. Perhaps checking into the page on a frequent basis will increase your chances of getting an appointment.

My wife got her shot through the County but says any available appointments fill up quickly.

We hope to have some useful and accurate information for publication in the next issue.

## Two Face Masks?

By Thad Evans

Due to new more virulent and more transmissible strains of the COVID-19 virus, Dr. Anthony Fauci and others now suggest that people wear two masks, at least in some instances.

If you're walking outdoors and aren't in proximity to people outside your household, a single mask should suffice. If you will be near people not in your household, even outdoors, "a simple solution is to double-mask."

If wearing a cloth mask, the CDC says to look for these qualities: tightly woven fabrics, such as cotton and cotton blends; breathable material; two or three fabric layers.

Less effective types of masks are made of loosely woven fabrics, such as a loose knit; made of material that's difficult to breathe through (like plastic or leather; those with a single layer).

Another option is the KN95 mask, which is medical grade but manufactured to a Chinese specification. They are probably more effective than cloth face coverings.

I found cloth masks made by Hanes at the commissary and used them until I changed to the gaiter-style mask. Now I cut ear loops off a Hanes mask and use safety pins to connect it to the area of the gaiter mask covering my mouth, making two masks. In doing so I found the Hanes mask already has three layers of fabric.

## First Friday Art Talk

Date: Friday, February 5, 2021. Time: 4:30 pm - 5:30 pm

Description: After a break for the holidays, our First Friday Art Talk is back virtually! Come meet different local artists each month and explore the story of their exciting artwork at our free First Friday Art Talk! February's Art Talk will feature Lisa Barker, a black and white photographer, and Lynn Swagerman, a plein air watercolor painter.

You can register online at: <https://zoom.us/meeting/register/tJkc-irrDwuGdW410WbNhHVyxlA7WrVDGNX>

For more information, please contact Jissella at [jissellaD@ci.salinas.ca.us](mailto:jissellaD@ci.salinas.ca.us)



## Library Garden Series

Date: Wednesdays, February 17-March 17. Time: 4-5 pm

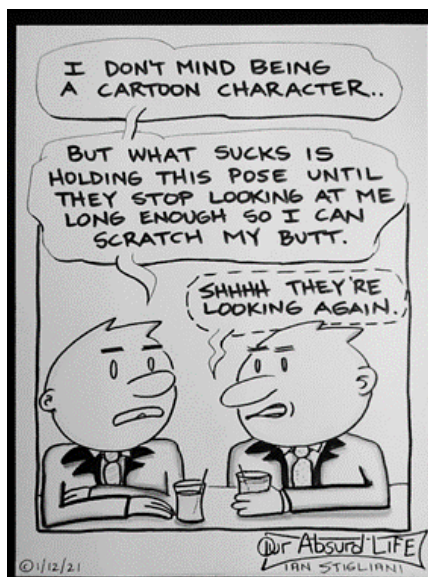
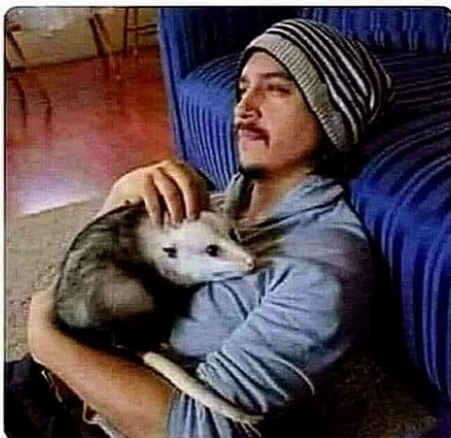
Description: Be part of something new! Learn how fruits and vegetables are grown so you can start your own garden. Join us for weeks of fun activities and educational sessions—you will learn everything about what to grow in a garden.

Register online at: <https://www.surveymonkey.com/r/Z8BQHWJ>

Questions? Contact Ulises at (831) 536-4231

or [UCisneros@catholiccharitiesdom.org](mailto:UCisneros@catholiccharitiesdom.org)

My two hobbies are smoking marijuana and rescuing stray cats.



This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I came into my house & told my cat. We laughed a lot.



## Health Tip #4: Good Fat, Bad Fat, Full Fat, Non-Fat, Oh My!

By Stanley M. Sokolow, DDS, Retired ([stanleysokolow@gmail.com](mailto:stanleysokolow@gmail.com))

In 1953, [Ancel Keys](#), PhD, published an article which claimed that excessive dietary fat was responsible for the high rate of heart attacks in the USA. He based this on world data which showed that six countries' rates of heart attack deaths plotted against their national percentage of calories from fat fell on a curve where Japan was at the bottom with low death rate and low fat intake, the USA at the high end with high fat and high heart attack deaths.

Italy, England & Wales, Australia, and Canada were along the curve progressively from Japan to the USA. He claimed this proved that eating too much fat caused heart disease. He was hailed as brilliant and even was on the cover of *Time* magazine. The government was very concerned about the rising rate of heart attacks, especially after Pres. Eisenhower suffered a heart attack in 1955. A movement arose to reduce the amount of fat in our diets.

Yet a biostatistician named Jacob Yershalmy looked at the World Health Organization's data on many other countries and showed that when plotted as Keys did, the countries were scattered all around, not following Keys' curve. The data just didn't show what Keys claimed. Yershalmy said excessive sugar, not fat, was the cause of heart disease. However, the low-fat idea wouldn't die. Later, Keys changed the hypothesis to focus on the type of fat, claiming that eating cholesterol and saturated fat, the kind in meat, dairy, and eggs, causes high blood cholesterol, leading to atherosclerosis and heart attacks.

Keys got a grant to [study 7 countries](#), including several Mediterranean countries. From the study, the concept of "The Mediterranean Diet" was formed, which included olive oil as the best fat, fish for good omega-3 fat, mostly plants, some wine, and little sugar, meat, dairy, and eggs. Unfortunately, the methodology had many flaws. Keys didn't publish the data which disagreed with his hypothesis but much later released it in an obscure journal where it was ignored.

Support for the dietary fat theory of heart disease wouldn't die. The USDA nutrition pyramid recommended a diet high in carbohydrates, low in fat (especially low in saturated fat) and moderate in protein from lean meats, eggs, and dairy, and that recommendation persists; but there are critics with other points of view.

For example, the Atkins very-low- or no-carbohydrate diet was extremely effective for weight reduction but was harshly criticized. It still persists as the ketogenic diet. A [review article](#) published in August 2020 concluded that "Whole-fat dairy, unprocessed meat, and dark chocolate are saturated-fat-rich foods with a complex matrix that are not associated with increased risk of cardiovascular disease. The totality of available evidence does not support further limiting the intake of such foods."

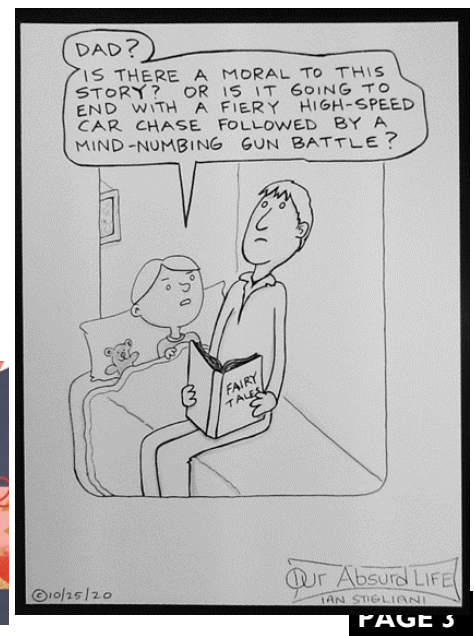
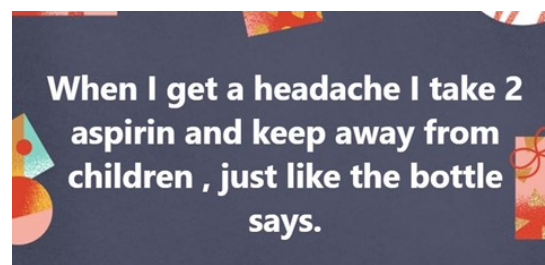
The high-carbohydrate, low-fat diet was boosted by nutritionists like [Nathan Pritikin](#) and unconventional doctors who treated heart-diseased patients with a whole-foods, plant-based diet, meaning no meats, eggs, or dairy, also called a vegan diet. [Dean Ornish](#), [John McDougall](#), [Michael Greger](#), [Joel Kahn](#), and [Caldwell Esselstyn, Jr.](#) are examples. Dr. Esselstyn starred in the movie "[Forks Over Knives](#)" in 2011 which claimed you can prevent, stop, and reverse atherosclerosis with a vegan diet, completely avoiding all oils, not even olive oil. This was based on his treatment of about 20 patients who had what their cardiologists had considered terminal heart disease, expected to die in the very near future after conventional treatments like coronary bypass surgery and statin drugs had failed. Here's a summary: [Forks Over Knives - Review - With Dr. John DeWitt D.C.](#)

For a history of the fat controversy I recommend [The Big Fat Surprise: Why Butter, Meat & Cheese Belong in a Healthy Diet](#) by Nina Teicholz (2014) and her lecture: [Big Fat Nutrition Policy](#). Nina founded the [NUTRITION COALITION](#). It's trying to get USDA guidelines updated with the latest experimental science.

When I asked my doctor what he considers to be the best diet, he said the Mediterranean Diet. But is it? I'll go further in the next article.

## Please Renew Memberships

We include a membership form on the next page for you. Thanks.



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Thank you T & A

For mailing these!



## CalCare Car Caravan: Promoting California Health Care for All

Join our Car Caravan, one of 22 in cities across the state, as part of the CalCare Kickoff Day of Action on Saturday, February 6! We will demonstrate from our cars in a caravan that begins with a short program, then follows an easy route with signs on our cars visibly supporting guaranteed health care for all Californians.

Details will be emailed to you including start/end locations, map of the driving route, and safety guidelines.

Be sure to decorate your car in advance if you are able-- although some window signs will be provided if you need them. If you have questions, contact host Joe Donahue below. We look forward to seeing you there!

- Meet at KMart Parking Lot, 1050 N Davis Rd., Salinas, CA 93907, Saturday, February 6th, 11:30 a.m.
- Contact: Joe Donahue, RN (Host) [831-261-1423](tel:831-261-1423)
- 12 Noon: Begin Drive to the offices of Assemblyman Robert Rivas, State Senator Anna Caballero, and Congressman Jimmy Panetta for a show of support and photo op.

Here is the information link: [CalCare Day of Action: Salinas Car Caravan](#)

Here is the sign-up link: <https://act.medicare4all.org/event/caravan/2088?nr=1&akid=8768.wCnCES>

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