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Monthly Newsletter - Dec. 2020 Issue 2

For whatever you choose to celebrate...

Coeurist

*Blessings to one and ALL this
 Holiday Season!*



*We at Active Seniors wish to ALL—and especially to
 ASJ Families—safe, peaceful and enjoyable Holidays*

A Favorite Day

Your Editor's favorite day of the year is fast approaching. And no, it's not Christmas.

My favorite day is Dec. 21 (sometimes Dec. 22), the Winter Solstice, because it's the shortest day of the year. Dec. 22 the days begin to get longer, imperceptibly at first, but soon noticeably longer.

In many pagan cultures, particularly in the more northern climes, it became an important event, related to a peoples very survival. Stonehenge is apparently a solstice observatory. Because nothing much would grow in northern winters, including feed for livestock, people faced months of hunger and eagerly celebrated the return of sunlight and spring planting.

Cattle were slaughtered rather than starve through the winter, so there was plenty of fresh meat. Beer and wine were fermented and put up. Why not celebrate with an abundance of eating and drinking? Christmas, New Year and other winter celebrations may well be modern cousins of these pagan festivals.

It may have to do with my need of more light to see things these days or feelings that I have so much I need to do, and it may be more an issue this year thanks to having to spend much more time at home, but I really appreciate longer days and I'm, well, ready to celebrate the lengthening of the day.

Best Wishes for the Winter Solstice. Appreciate what it means and may you enjoy a bit more daylight in the near future. Stay safe and use your time well.

New App Alerts You of Exposure

By Maggie Angst

Condensed/Updated from Bay Area News Group

Californians can download and install a new state-sponsored app—dubbed CA Notify—that will send notifications to their cell phones informing them if they have been in close proximity to someone who has tested positive for the virus.

State officials say the new app will help curb the alarming rate of spread of COVID-19 across California by giving residents more timely information about exposure to help them make more responsible decisions such as self-quarantining and testing following potential exposure.

California joins more than a dozen states, including New York, Michigan and Washington, to launch exposure notification apps in recent months.

In order to receive notifications, Californians with Androids must download the CA Notify app, which is available from the Google Play Store, allow notifications through the app and ensure the phone's Bluetooth is on.

iPhone users can merely sign up for the notifications through their phone's settings without downloading an app. iPhone users will be required to open up Settings, scroll down to a field that says 'Exposure Notifications', tap 'Turn on' and follow instructions to accept terms and turn on Bluetooth.

When a person tests positive for COVID-19, the California Department of Public Health will send a verification code to plug into the CA Notify app. Once the code is entered, it will trigger an alert to the phones of people who may have been in close proximity—within 6 feet of that individual for 15 minutes or more—in the past 14 days.

The tool, which uses Bluetooth technology to exchange codes between nearby phones, was developed in partnership with Google and Apple and

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piloted on the campuses of the University of California, San Diego and the University of California, San Francisco.

Unlike a GPS-operated notification system which caused significant public outcry over privacy concerns at the beginning of the pandemic, state officials vow that the Bluetooth system protects users' data privacy by refraining from revealing a user's identity or location.

The new app rolls out as cases and hospitalizations have spiked at an alarming rate in California since the Thanksgiving weekend. For the first time, the state is averaging 20,000 cases per day over the past week, a rate five times higher than at the start of November. More Californians are hospitalized with COVID-19 than ever before, numbering nearly 10,000, with more than 2,200 in the ICU, according to the latest data from the state.

As of Monday, the rate of tests coming back with positive results over the past seven days is averaging 10.7%—more than double the positivity rate seen just one month ago.

Staff writer Evan Webeck contributed to this story.

"BINGO!"

Support local downtown Salinas businesses and have some fun while you're at it. Oh, and did we mention that you could WIN \$200 worth of gift cards? See below for details on how to play!

Salinas City Center BINGO will run through December. The raffle will close on the 20th and one winner will be announced on the 23rd via Salinas City Center's social media accounts. Additionally, somebody from the Salinas City Center Business Association will reach out to you directly to coordinate your prize pick up.

To make it official get your BINGO card squares initialed by the place of business or by the parking garage attendee before you leave. If you are posting a picture to social media as part of marking off a square please tag the place of business you are at as well as @SalinasCityCenter and use #SalinasCityCenterBINGO in your post.

There will be ONE WINNER of eight \$25 gift cards to various businesses downtown; a total of \$200 worth of prizes. To get started pick up your official BINGO card at one of the following Downtown Salinas locations:

- Blue Aces Bake Shoppe
- Furey's Oldtown Barber
- Aquablue Day Spa
- Maxfit Meals
- 831 For Men
- Bliss Boutique
- Central Barks Salon
- Steinbeck Real Estate/
Steinbeck Mortgage
- Downtown Gift Shop
- Downtown Book & Sound
- Cherry Bean Coffee
- The Bearded Bean
- Cooks Photography
- Head Over Heels
- XL Public House

 SALINAS CITY CENTER BINGO YOU COULD WIN \$200 WORTH OF GIFT CARDS! Share your pictures on Instagram using #SalinasCityCenterBINGO See Reverse for Rules & Details or Visit SalinasCityCenter.com/scc-news/BINGO				
Italian Night! Enjoyed pizza or pasta take-out	Share a selfie of your new hairstyle with your downtown stylist <small>Don't forget to post it with #SalinasCityCenterBINGO</small>	Got lunch to-go	But First Coffee! Snap a selfie with your favorite barista. <small>Don't forget to post it with #SalinasCityCenterBINGO</small>	Tried something new and visited a business downtown you've never been to before.
Bought a gift card from a local skincare salon	Enjoyed a meal outside	Happy Hour with Friends? Show us where you gather! Cheers to group selfies. <small>Don't forget to post it with #SalinasCityCenterBINGO</small>	Bought a newspaper downtown	Parked in the Monterey Street Parking Garage
Bought jewelry or accessories from a downtown business	Treat Yourself! Enjoyed something sweet downtown	FREE	Treated yourself to a little self-care	Born to Brunch. Share your brunch selfie on Instagram <small>Don't forget to post it with #SalinasCityCenterBINGO</small>
Bought a gift for someone else	Bought a gift for yourself	Wore my mask while out and about <small>Don't forget to post it with #SalinasCityCenterBINGO</small>	Bought a gift card to a downtown restaurant	Bought a gift card to a retail store downtown
Cheers! Enjoyed a cold beer or glass of wine	Share a picture of your meal from a downtown restaurant <small>Don't forget to post it with #SalinasCityCenterBINGO</small>	Talked Business at a professional office downtown	Ordered an appetizer while dining out	Treated yourself to dessert while dining out

Once you get BINGO turn your completed BINGO card into one of the following places of business: Starbucks Taylor Farms; The Bearded Bean; Cherry Bean.

Don't forget to share your pictures on Instagram using #SalinasCityCenterBINGO. GOOD LUCK!

Ed. Note: I apologize for getting this notice out so late. If you haven't participated in this Oldtown (what we old-timers used to call Salinas City Center) promotion, you should get yourself down there to check out all the changes. The place is starting to look really good!

Health Tip #3: Know Your BMI (Body Mass Index)

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

When you go to your doctor*, the medical assistant weighs you and measures your height. The doctor wants to know if you are normal weight or overweight or obese for your height. The dosage of medications may be adjusted based on your weight, but also your doctor may want to advise you about how your weight affects your health.

The standard definitions of weight categories are based on a calculation that uses your height to estimate your body surface area in square meters and divides your weight in kilograms by the squared height in meters. The result is a number that is called the body mass index, or BMI. From population studies, graphs have been developed that stratify BMI scores into categories. Commonly accepted BMI ranges are: underweight (under 18.5), normal weight (18.5 to 25), overweight (25 to 30), obese (30-35), severely obese (35-40), morbidly obese (40-45), and super obese (45 and over).

The BMI isn't a perfect way to categorize body weights because it doesn't take into account the composition of the body into muscle, fat, and other tissues. A body builder with massive muscles could have the same BMI as an overweight person of the same height who has massive fat, but their health outlooks could be very different.

There are other measures that reflect body composition, such as waist circumference, body fat percentage and lean body mass, but BMI is still a useful measure. Underweight or obese people generally don't live as long as those who are normal weight. Obesity leads to chronic diseases such as type 2 diabetes and heart disease. Underweight people don't survive disease or heart attack as well as slightly overweight patients do. This is called the obesity paradox, discussed here: [The Obesity Paradox: What Does Weight Have to Do With Longevity?](#)

If you contract COVID-19, "you have more than double the likelihood of going into the hospital if you're obese and 50% more likelihood of dying," according to a [recent interview in JAMA](#) (Journal of the American Medical Association). So you should pay attention to your BMI.

If you know your height and weight, you can use an online calculator to compute your BMI. Here's a good BMI calculator that takes your age into account: <https://www.smartbmicalculator.com/>. If your BMI isn't in the normal range, you should discuss with your doctor how you could correct your weight safely and effectively.

If you are overweight, the solution to losing weight is not simply eating less and exercising more, nor is it fad diets like the grapefruit diet or the potato diet. Also, it's one thing to lose some weight, but it's harder to maintain your new weight for the rest of your life and still enjoy what you eat. When gaining or losing weight, you need to consider maintaining and building more muscle, not just your body fat content. In future articles, I'll talk about some of the methods for weight loss that have been found to work or not work.

If you have comments or questions about my articles, feel free to send me an email at the address in my by-line above.

- Medical practices may have non-doctor professionals who treat patients as their primary care provider (PCP), such as a licensed Physician's Assistant (PA) which is not the same as a medical assistant (MA), or a Nurse Practitioner (NP), who are trained to assess patient needs, order and interpret diagnostic and laboratory tests, diagnose disease, formulate and prescribe treatment plans under the general supervision of a medical doctor. For simplicity, in my articles I'll just use the term "doctor" to encompass all of these primary care providers.



Why was the snowman rummaging through a bin of carrots?

He was picking his nose.



All You Could Possibly Want to Know About Scams

ASI President Dwight Freedman would like every ASI Member to have this link to the AARP Money/Scams & Fraud web page. It's a must read about scams and fraud from the AARP Fraud Watch Network.

<https://www.aarp.org/money/scams-fraud/>

Check it out. It's chock full of really useful information, with detailed descriptions of 70+ common scams.

