

**OFFICE HOURS**

9:00 am to 4:00 pm

Monday through Friday

[asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org)

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

[www.activeseniorsinc.org](http://www.activeseniorsinc.org)[Like us on Facebook](#)

# Monthly Newsletter - February 2023

## 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 3:30 PM\*\*

**TUESDAY:** Legal Services for Seniors, 9-11:30 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, 10:00 AM-12:00 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 &amp; 3rd, 9:30-11:30 AM\*\*

Knitting &amp; Crocheting, 1st, 3rd, 4th, 1-3 PM.

Tech Assistance, 3rd, 1-3 PM\*\*

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

**2nd THURSDAY: MEMBERSHIP LUNCHEON**

Feb. 9, Noon, \$12. Sign up by Friday, Feb. 3.

Program: Brotherly Love

**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 and 3rd Fri. \$8/\$10

**SATURDAY-1st, 3rd:** Bridge, 11:30 AM-3:30 PM\*\*1st, 3rd, 4th, 5th; Zumba, 9-10 AM *Limit 40.***SATURDAY-2nd:** Yoga/balance/pilates, 8:45-10 AM  
(mat, block required); *max 30 participants\**Tai Chi, 11:30AM-1:00PM; *max 40 participants\*\**

Ukulele, 1:15-3:15PM (Ukes avail. or bring own)\*\*

Zumba, 10:15-11:15; *max 40 participants\**

Non-Members must bring VAX card. Office closed Saturday. Participants must bring exact change and arrive prior to start. Doors locked as activity begins. Come in or call office, 831-424-5066, a week prior to reserve Bridge seat.

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

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

## **ASI Valentine Project Under Way**

By Debbie Panelli, Mimi Niesen

Share your heart this Valentine's Day. For the past several years, ASI has partnered with Alliance on Aging, providing Valentine's cards to some 2,700 people living in care facilities, nursing homes, assisted living, hospitals, and private homes.

In the past, we have, as a community, created and delivered more than 8,000 cards in a season, almost all hand made by artists ranging from pre-school students making sweet scribbled notes, to seniors making fancy cards. They are all made with love and they all transmit love. Remember your classroom, construction paper and paper doilies?

ASI Members have not only created hundreds (thousands?) of cards but have zealously energized the larger community, engaging entire families, friends, organizations, schools, and businesses in creating cards which have touched so many hearts.

A fifth-grade class decided to make Valentine bookmarks—big, bright, bold, beribboned bookmarks with Valentine messages. They made a whole bunch and sent them to us last week.

This year we kicked off card making with a Jan. 19 workshop at ASI. Crafty people made cards and had a good time doing the project together.

We at ASI are "spreading the love" throughout the community. Please help out as you can. We have a lot of high-quality card stock, already cut and folded, if you can use it. A neighbor uses a wide white or silver pen to make little drawings on that maroon stock and write a couple of words. It looks nice. You may sign your name if you wish (first name only or a pen name). And NO ENVELOPES please. Staff at the units just hand the cards out. Call or text Mimi for supplies, 831-595-7334.

When you are "carded out" you may deliver your cards to Active Seniors or the Alliance on Aging (by Feb. 10 please). We can't wait to give a heart to those who may be alone or ill.

## ASI Leadership set for 2023

After the Membership at the Jan. 12 Luncheon elected three Members to the Board--Christine Higgins, Janet Street and Ginny Yeater (l. to r. >>>--you can read brief biographies in the January Newsletter)—then-Pres. Bob McGregor postponed the scheduled Board meeting as several Members were absent due to flooding that day.



The Board met in special session Jan. 19 to elect 2023 officers, who are: ASI President, Thad Evans (>>>); ASI 1<sup>st</sup> VP Bob Whitlock; ASI 2<sup>nd</sup> VP Lionel Gill; ASI Secretary, Ginny Yeater; ASI Treasurer, Christine Higgins.

Little did Ginny and Christine know they would be tapped as ASI officers on their very first day of Board service! But that's how it goes with ASI and with its Board. Anyone who is remotely interested in ASI and its programs will eventually be drawn in to volunteering in one capacity or another. That's what makes ASI the wonderful and responsive organization it is.

New Board Members usually find themselves becoming involved in other areas of ASI operations—volunteering in the office, performing maintenance, working the lunches, you name it. There's plenty to do, especially as ASI is an all-volunteer organization.

As a result many of you know many of our Board Members as you may frequently encounter them at various times around ASI. Thank them for their great volunteer spirit. And get to know our brand-new Board Members as they gradually (or quickly) become immersed in day-to-day activities.



## Salinas Engages Community on the Budget

By José A. Arreola, Community Safety Administrator, City of Salinas

The City of Salinas is preparing to develop its annual budget for fiscal year 2023-2024. As part of the budget process we want to make sure we understand the current priorities of our residents. You can make your voice heard by attending one of our Community Budget Forums and/or taking our short budget survey. We have forums scheduled for Feb. 4 on Zoom, 10 AM to noon—Zoom ID 829 1515 2052—and Feb. 16, 6:00-8:00 PM at the Breadbox Recreation Center, 745 N. Sanborn Rd. You can also complete the survey online at [Budget Survey](#).

*(Ed Note: Mr. Arreola has zealously promoted the series of budget-input events, which makes me think the City really does want citizen input. I had not planned to provide input but now I will do so, during the session at the Breadbox.)*

### February Birthdays

Frances Aguirre	Shirley Jones
Raul Anda	Charmaine Kaplan
Edmund Ball	Mary Laporte
Kishii Beasley	Justin Larick
Doris Bogan	Charles Markley
Robert Bua	Mary Marvel
Lori Campbell	Marian Mayer
Karen Cardinali	Marylyn Moore
Virginia Chambers	Edward Muniz
Carol Champlin	Chris Phillips
Sharon Chandler	Laura Ruggieri
Candice Chin	Loretta Salinas
Mary Cousineau	Sheri Sassman
Donna Davenport	Terry Spitz
Thiem Do	Gene Street
Thad H. Evans	Michelle Tomasini
Kay Genio	Gene Tsukamoto
Randy Goodchild	Mary Helen Van Veen
Anka Hepper	Luz Venegas
Maria Hernandez	Mary Alice Victorino
Ellen Hu	Richard Wasson
Peter Jackson	Karl Zalazowski

## Friends of the Salinas Public Library Fundraiser

It's almost here—the Second Annual Sip & Paint Fundraiser. Friends of the Salinas Public Library helps support various programs and services at your library. We invite you to join us for our Second Annual Sip & Paint fundraising event on Saturday, February 25.

Get your ticket at the Friends Bookshop, call 831-758-7182, or email [friends@salinasfospl.org](mailto:friends@salinasfospl.org) for info to purchase tickets through PayPal. The event is Saturday, February 25, 2023, from 6 PM - 9 PM, at the Cesar Chavez Library. For more information, call 831-758-7182.

## Health Tip #22: Too Little or Too Much “Good” Cholesterol (HDL) Can Be Bad

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

The proverbial warning about too much of a good thing apparently applies to HDL cholesterol (HDL-C), which is usually considered to be protective against cardiovascular disease (CVD). The HDL particles that circulate in the blood are known to pick up cholesterol from tissues when it's no longer needed and transport it to the liver for recycling or disposal in the bile. Theoretically, that should be good. Low HDL-C levels, below 40 mg/dL, have been associated with higher risk of CVD.

But several studies have found that the risk levels off as HDL-C rises from 40 to 73 in men, 93 in women, rather than risk continuing to decrease as HDL-C increases. Above those levels (73 in men, 93 in women), the risk of CVD actually rises along a curve and increases significantly for men with HDL-C levels above 97 mg/dL and for women above 135 mg/dL. Why this occurs is not understood. [Reference: [Examining the paradox of high high-density lipoprotein and elevated cardiovascular risk](#)]

Researchers think the reason for this paradox may be that HDL particles are not all the same. They've discovered that HDL particles have many functions, some good and some bad. Further research may develop more precise methods for characterizing the HDL in each patient and then targeting drugs to lower the bad HDL particles and raise the good ones, or just altering the amounts of good and bad molecules within HDL particles.

Prior experiments with drugs to increase the amount of HDL have failed to show any benefit on mortality – patients died at the same rates regardless of those drugs. Most likely, that was due to the overly simplified approach that assumed all HDL is good. [Reference: [Serum high density lipoprotein cholesterol level and risk of death: let's avoid the extremes](#)]

Some diets and lifestyle changes have been shown to raise low HDL-C moderately, probably beneficial as long as HDL-C doesn't exceed thresholds of 73 in men or 93 in women. From what I've read, no diet or lifestyle change has raised HDL-C that much, so it's probably good to adopt those changes if your HDL-C is below 40.

A similar phenomenon is found with LDL cholesterol particles. It was first thought that all LDL particles were the same, but work done in laboratories in 1990 found that LDL comes in various sizes. The large ones are not the kind that penetrate easily into blood vessels and cause atherosclerosis plaques. The small dense ones are the bad LDL. I've written a separate article on LDL which explains how to know which kind of LDL you have circulating in your blood.

So how can you raise your HDL-C if it's too low? A well-formulated ketogenic diet (WFKD) has been shown to raise HDL-C, lower triglycerides, and lower excessive insulin levels in the blood. The WFKD is a pattern of foods that adds up to very low amounts of carbohydrates (sugars, starch), adequate (not high) amounts of protein, and high amounts of fats (mainly mono-unsaturated and saturated) from natural foods (not factory-processed foods that come in boxes on the interior aisles of grocery stores).

Natural foods include meats (not "luncheon meats" like bologna sausage or hot dogs), fish, poultry, non-starchy vegetables (the ones that grow above the ground but not grains or rice), extra-virgin olive oil (cold-pressed, not heat extracted), animal fats (butter, lard/bacon-grease, schmaltz/chicken-fat, beef fat, oily fish), virgin coconut oil (not heat-extracted), etc. Vegetables that grow below ground, such as potatoes, sweet potatoes, turnips, and carrots, tend to be the starch-storage parts of the plants. I will have an article for you in the future about the ketogenic diet and its many benefits.

## Reminder: Covid Vaccine Requirement for Membership Ends March 1

By ASI President Thad Evans

After discussion at November's meeting, the Board approved a motion to end the vaccine mandate March 1, 2023, IF, as planned, the California state of emergency actually ends on Feb. 28. This will put ASI policy in line with most other organizations, businesses, and medical clinics which no longer require proof of vaccination.

As a reminder, the initial vaccination effectiveness wanes over time; and the best defense is to stay updated with boosters. Unfortunately, it would be a major challenge to determine and implement a cogent membership policy stating how many boosters should be required and how frequently. ASI will still be mask-friendly and anyone who is uncomfortable with the new policy is welcome to wear a mask to any activity attended.



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## Columbia River Trip Scheduled—and Way More

By Sharon Piazza, ASI Tour Director

Get ready to join Active Seniors for the biggest and best trip of 2023! From November 26 to December 2, 2023, we will be cruising the Columbia River on the *American Empress*. This cruise features the Lewis and Clark Expedition. Ports of call include Vancouver/Portland, Stevenson, WA, The Dalles, OR, and Astoria, OR.

The package includes: \*Transportation to and from San Jose Airport; \* Round Trip Air from San Jose; \* All rooms with private balcony; \* Unlimited guided tours, beverages, and WiFi; \* All meals, gratuities, and onboard entertainment! Superior Outside Room: \$4,199; Deluxe Outside Room: \$5,524 (both Per Person, Double Occupancy). Deposit of \$500 by April 30 will secure your place on the tour. For more information see flyers at ASI or call Melita Trips at 408-416-3997.

*Here's what else is scheduled for 2023 so far...!*

**Jelly Belly Factory:** Thursday, March 23. Tour of Jelly Belly Factory, lunch on your own at Jelly Belly Cafe, gift shop. \$82/person.

**De Young Museum:** Thursday, April 20. Featuring "Ansel Adams in Our Time." Lunch on your own at Museum Cafe or any nearby restaurant. \$75/person.

**"1776 - The Musical":** Sun., May 21. British rule, John Adams, Continental Congress, American Independence! SJ Center for Performing Arts, lunch at Rosy's at the Beach. Cost TBD.

**Hearst Castle:** Thursday, July 27. Tour with lunch at a local restaurant. Cost TBD.

**Mystery Trip:** Thursday, August 17. It's a surprise! Cost TBD.

**"Tina Turner Musical":** Sat., Sept. 2. A comeback story like no other! A celebration of resilience and an inspiration of triumph over adversity. SJ Center for Performing Arts, lunch at Old Spaghetti Factory. Cost TBD.

**Fleet Week:** Sunday, October 8. Celebrate all things Navy. See the Blue Angels from the San Francisco Belle. Includes lunch. Cost TBD.

For information call Sharon at 831-261-8087 or visit ASI website, [activeseniorsinc.org/tours](https://activeseniorsinc.org/tours).



## "Boston" Baked Beans

Thanks to Gerry Reynolds, Loretta Salinas

This is the classic recipe for baked beans: it contains the four basic ingredients—beans, salt pork, spices, and sweetening—and it bakes for many hours in an earthenware pot. This recipe calls for considerably less sweetener—in this case, molasses—than some other recipes.

### Ingredients

1 quart dried navy beans, picked over, rinsed, and soaked	1 teaspoon dry mustard
3 quarts cold water	2 teaspoons salt
1 medium onion	¼ teaspoon ground ginger
Boiling water	2 tablespoons sugar
8 ounces salt pork, with rind	¼ cup molasses

### Recipe

Drain the beans, place in a large kettle, and cover with cold water. Bring to a boil over high heat, lower the heat, and simmer the beans, covered, for 30 minutes.

Preheat the oven to 250F. Drain the beans, rinse them under cold running water, and drain again. Place the onion in a 4-quart bean pot or casserole, then add the beans. Place the salt pork in a strainer and pour boiling water over it. With a sharp knife score the rind, making ½"-inch incisions, but do not cut through the rind. Press the pork gently into the beans.

In a small bowl, combine the mustard, salt, ginger, sugar, and molasses and mix well. Stir in 1-1/2 cups of boiling water, pour mixture over the beans, and cover the pot.

Bake for about 9 hours, adding a little boiling water every hour, or when needed, to keep liquid just below surface of the beans. Thirty minutes before end of cooking, remove the cover and allow the beans to form a crust.

Variation--For a sweeter and spicier dish, substitute the following mixture for the seasonings, spices, and sweeteners above: 1 teaspoon dry mustard; 2 teaspoons salt; ½ teaspoon fresh ground black pepper; ¾ cup firmly packed dark brown sugar; ½ cup molasses, ½ cup cider vinegar, ½ cup catsup, 1 large apple, peeled, cored, and finely chopped; and 1 cup boiling water. Proceed with recipe as directed.

Makes 6-8 servings

Copied without permission from The All-American Bean Book, F. H. Watson, 1976

*(Ed. Note: Somehow Loretta got this recipe from Gerry, really liked the result, and wants to share it with her friends at ASI. We can do that as a Bonus P. 5 in the email version of our newsletter only.)*

