

OFFICE HOURS

Opening Postponed
Pending Safer Conditions
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Monthly Newsletter - March 2021

ASI Library to Be Up-and-Running

To get the ASI floor refinished (it looks and works great), we had to remove everything from the room, including the bookshelves (and the books too!). But that's all back now. Bob McGregor re-installed the shelves and ASI Members Sylvia Teixeira and Franz Brazil are reviewing, re-shelving and re-ordering the books.

In better news, Franz has volunteered to open the library a couple of times a week for Members to "check out" books and donate books. The Board is interested in promoting a more active use of the library and we will be establishing and announcing open hours in the near future.

Fun/Free Things When Stuck in House

Are you tired of watching Netflix, and the news has got you down? Sheltering in place has limited your options for entertainment and your finances are tight? This talk by ASI Member Gaye Freedman will give you ideas for staying sane while staying safe. Are you interested in travel, art, movies, crafts? There's a world of opportunities out there if you only know where to look.

When: Mar 11: Time: 1:00 PM PST
To Join Zoom Meeting click on link below:
<https://us02web.zoom.us/j/89847012754?pwd=dTZRVFVQbmxiWmFpVXFQQUJjVVVJZz09>

Gaye Freedman, Ed.D., has 20 + years' experience teaching in Fortune 500 companies, non-profit organizations and educational institutions. She has worked in corporate environments including Intel, Cisco Systems and MGM Resorts in Las Vegas, and non-profit organizations including the YWCA, Girl Scouts, and the Men's training facility at Soledad Prison.

She currently owns her own business, G.C. Freedman and Associates, and runs workshops for women on self-empowerment, life balance and of being a catalyst for change in their own lives.

Vaccine Availability Monterey Co.

Thanks to Paul Farmer, Salinas Valley Chamber

The state is changing its allocation of vaccine doses to each County. Monterey County is going to get about double the current allocation, and hopefully even more will come soon now the single-dose Johnson & Johnson vaccine has been approved.

As of March 3, the County will be opening up vaccinations to anyone 65 and older, and people in other industry segments that will include food service and education. It's estimated that the total eligible population will be 200,000 in Monterey County, or about half the population.

If you're eligible, go ahead and schedule your appointment now. Also note, if you can't schedule an appointment on the links below, you'll have to keep checking it each day as they open up more appointments as they get more vaccines.

Here is the link to vaccine registration information in Monterey County: [COVID-19 Vaccination Registration | Monterey County, CA](#). Here is the link straight to schedule a vaccine appointment at a CVS pharmacy: <https://www.cvs.com/vaccine/intake/store/covid-screener/covid-qns>

AARP's 8 Things to Know for 2nd Shot

To be fully immunized, it's critical to get that second shot. Here are some things to know:

1. Your side effects might be stronger. But among those age 55 and up in the Pfizer trial, only 22 percent experienced fever after the second dose.

2. You should avoid taking pain relievers before your shot. Pain relievers taken ahead of a shot could dampen the effectiveness of the vaccine. It's OK to take acetaminophen (Tylenol) or a nonsteroidal anti-inflammatory drug like Advil or Motrin after your vaccine to treat side effects such as pain, fever, chills or headache.

(continued on P. 2)

8 Things to Know before Second Shot (continued from P. 1)

3. The timing between doses doesn't need to be exact. If you can't get an appointment on the exact day—or if you have to miss your scheduled appointment for some reason—the CDC does allow some wiggle room. Although the agency recommends trying to stick to the suggested interval, it says the second dose can be given up to six weeks after the first. If your appointment is scheduled earlier than the recommended date, ask for a later appointment. If you do it too early, the second dose may not invoke an optimal response.

4. Your second dose should be from the same manufacturer as your first.

5. A rash where you got your first injection isn't a reason to skip your second dose. If you experienced a rash around your first injection three to 10 days after getting your first shot, that doesn't preclude you from getting your second shot, the CDC says, although it recommends getting it in the other arm.

6. You should temporarily avoid all other vaccines. Because there's no data on the safety and efficacy of COVID vaccines administered at the same time as other vaccines, the CDC recommends avoiding other immunizations in the two weeks before and after both doses. Holding off also helps prevent confusion about the cause of a reaction if you experience one. The CDC does allow exceptions in circumstances where avoiding the vaccine would put you at risk, such as a tetanus shot after a wound or a hepatitis shot during an outbreak.

7. Full immunity is not immediate. It takes two weeks after your second dose for your body to build full protection to the virus. After that, you should have almost zero chance of developing severe disease if you are exposed to someone with COVID-19. The CDC also says you no longer have to quarantine if you're exposed to someone with COVID-19—as long as you meet these criteria: you don't have symptoms and it hasn't been more than three months since your second vaccine dose. One possible exception is immunocompromised people, who should continue to maintain precautions.

8. You still need to wear a mask. Experts are divided about whether it's OK to hug your grandchild or gather socially with other vaccinated people after you're fully immunized. But they agree you should continue to wear a mask and practice social distancing in public. For one thing, there's a small chance you could get sick even after you've been vaccinated. In addition, it's possible that you could still carry the virus and unknowingly transmit it to others who haven't been vaccinated, even if you don't develop symptoms.

Alliance on Aging Tax Preparation Service

By Thad Evans

The Alliance on Aging is busy providing federal and state (CA only) income tax preparation for seniors (age 60 and over ONLY due to IRS requirements) through April 15. The service, including e-filing, is free. There is no income limit for this service. So far, AoA has scheduled over 430 appointments.

Due to Covid concerns, seniors drop their paperwork off at the back door of the Salinas AoA office and, in the vast majority of cases, pick up their completed taxes the same day. **Clients need to be available by phone in case the preparer has questions.**

Appointments are required and are still available. AoA prefers you register online at [Alliance on Aging | Request for Tax Appointment](#) but if that's a problem you can call (831) 758-4011 or (831) 655-1334.

When you receive an appointment date and time, you will be informed of what needs to be provided in the way of identification and paperwork. **In all cases, this will include Form 13614-c, Intake/Interview and Quality Control Sheet (which must be filled out completely) and a signed consent form.**

Sunshine and Health

By Sharon Piazza, Coordinator

Sunshine and Health needs your help to stay current with the health and welfare of our members and their immediate families. Do you, as a member, know a fellow member who would appreciate a note of thanks, encouragement, get well greetings, or need condolences?

If so, there are several ways to contact the coordinator: Personal Email: sharonp42@att.net; Cell Phone/Text: 831-261-8087; ASI Voicemail: 831-424-5066; ASI Email: asi@activeseniorsinc.org

Thanks to all of you for your help and support. This is one of the ways that makes ASI function!

Two from Your Salinas Public Library

By Jissella Duarte, Librarian

Genealogy Basics: Using the Census

Date: Wednesday, March 10, 2021; Time: 5:30-7 pm

Website Link: <https://salinaspubliclibrary.org/GenealogyBasicsSeries/UsingTheCensus>

Description: After 230 years, the Census has been a resource both for community planning and for genealogists. Once you find a relative, the wealth of information can help establish or confirm details about an ancestor's life. In this class we'll talk about all the things the Census has and doesn't have for genealogical research including supplementary documents and unexpected notations.

Register at: <https://zoom.us/meeting/register/tJMpcuispigvG9ecSafMoF3LIFNO2JTWgPYt>

Questions? Contact Cathy at CathleenA@ci.salinas.ca.us

The Wandering Bike: from Steinbeck Country to the City of Angels

Date: Wednesday, March 24, 2021; Time: 4-5 pm

Web Link: <https://salinaspubliclibrary.org/TheWanderingBike/FromSteinbeckCountryToTheCityofAngels>

Description: You may remember Librarian Sean Briscoe from his time helping out with the Active Seniors' Technology Assistance workshops. Although he's currently working with the Monterey Public Library, as an avid cyclist he continues to share his passion through bicycle related programs.

With the community wide impact of the pandemic and closures of businesses and institutions, Sean found a chance to take the bike ride he'd been dreaming of. He put together a path from Monterey to L.A. that took him through some of the oldest and newest settled areas in coastal California. Join along for the ride virtually and don't miss out on this special chance to learn more about places you thought you knew well, and how Sean prepared for this important trip.

Register online at: <https://zoom.us/meeting/register/tJcucOqgqDwsHtNaG0Isxa4mc3o1EkVPNVMR>

Questions? Contact Jissella at JissellaD@ci.salinas.ca.us

Dancing Helps Seniors Stay on their Feet

 (from Readers Digest, thanks to Jim Tripp)

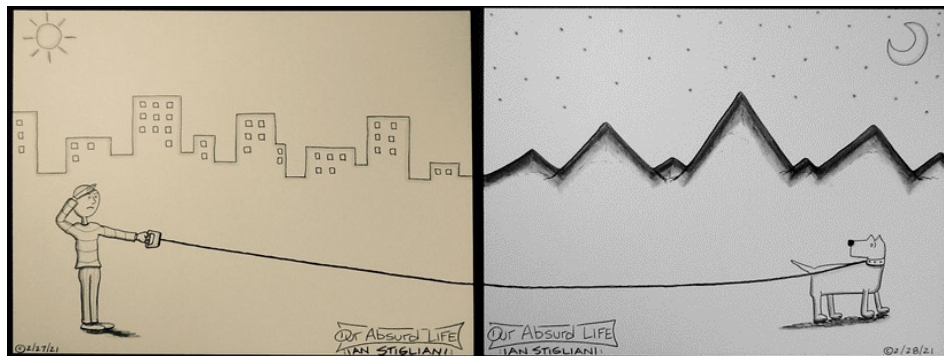
Worldwide, almost a third of people over 65 take a tumble each year. Dance activities such as tango, folk dancing, or swing reduce this risk by around 37 percent, according to a new review. This is likely because dancing improves balance, mobility, and lower body strength.

Ed. Note: Check out ASI's numerous (now online) dance opportunities including Tuesday night ballroom and several line dancing courses and activities.

ASI Zoom Practice Sessions Successfully Completed

Thank you, Cathy Andrews, a Senior Librarian at the Salinas Public Library, who scheduled and presented 13 Beginner Zoom Practice Sessions to our ASI Members February 22 through March 2.

The class was outstanding and everyone who attended raved about it. If your organization would like Zoom training, you may contact Cathy Andrews at cathleena@ci.salinas.ca.us or at her phone 831-758-7311.



Give a Dog an Extendable Leash And He Will Take a Thousand Miles





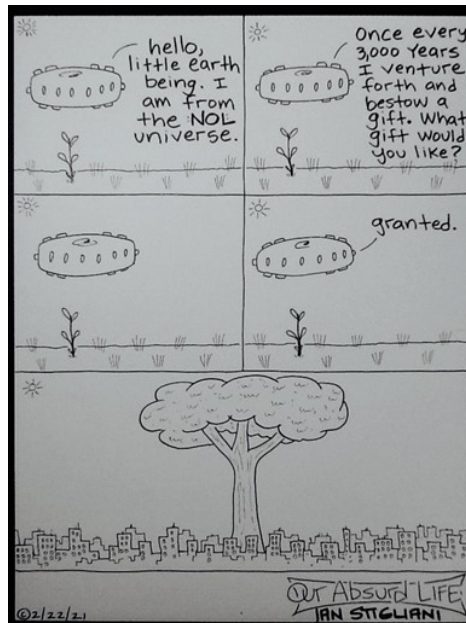
Thank you T & A

For mailing these!



Madonna Gardens Rent Special

The Madonna Gardens Assisted Living and Memory Care facility in Salinas is offering rent specials. For more information please click on this link: <https://www.activeseniorsinc.org/MadonnaGardensSale.pdf>



Men tend to choose higher paying careers like doctor, engineer, lawyer, or CEO. While women tend to choose lower paying careers like female doctor, female engineer, female lawyer, or female CEO.

Did you hear about the fellow whose entire left side was cut off? He's all right now.

Health Tip #5: The Mediterranean Diet

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

When I asked my doctor what is the best diet, he said “the Mediterranean Diet.” That’s the prevailing thought among most medical professionals, although the [American Heart Association has a somewhat different diet recommendation](#) and so does the USDA. Exactly what is the Mediterranean Diet?

It is a pattern of food choices that promotes good health and disease-free longevity when compared with the prevailing “Standard American Diet” (the “SAD” diet). The MedDiet was originally proposed to reduce cardiovascular disease. The name “Mediterranean” was based on observations of people living traditional lives in southern Europe along the Mediterranean Sea, particularly in Italy, Greece, and Crete, in the 1950s and ‘60s.

In February 2019, the American Heart Association published an extensive review: [“The Mediterranean Diet and Cardiovascular Health -- A Critical Review.”](#) It concluded “Better conformity with the traditional MedDiet is associated with better cardiovascular health outcomes, including clinically meaningful reductions in rates of coronary heart disease, ischemic stroke, and total cardiovascular disease.” Better than what? Better than the SAD diet.

The original research was based on dubious facts and biases, but there has been a lot of quality research since then, including the “gold standard” randomized clinical trials. Some of them used scoring to evaluate adherence to the study’s definition of the diet. Table 1 in the critical review shows score sheets. (Click on the table to enlarge it.)

The MedDiet emphasizes fresh vegetables and fruits, small amounts of meat (including poultry), large amounts of extra virgin olive oil as the main source of fat (30% of daily calories), minimal dairy and baked goods, fish and nuts several days/week, very little sugar and sweets, and 1 or 2 glasses of wine per day with meals, preferably red. The role of dairy in cardiovascular health is controversial, however benefits have been reported for fermented dairy products like cheese and yogurt. Most of the MedDiet definitions exclude potatoes and eggs, and they emphasize 100% whole-grains rather than processed (refined) flours in bread.

The review article concludes “... there is a large, strong, plausible, and consistent body of available prospective evidence to support the benefits of the MedDiet on cardiovascular health ... no other dietary pattern has undergone such a comprehensive, repeated, and international assessment of its cardiovascular effects. The MedDiet has successfully passed all the needed tests and it approaches the gold standard for cardiovascular health.”

The [Mediterranean lifestyle](#) is often mentioned with the diet: enjoy social activities, have meals with family and friends, get outdoors, and exercise moderately. However, here’s a contrary opinion: ["A Vegan Diet Is Healthier than a Mediterranean Diet" by Neal Barnard, MD, FACC, president of the Physicians Committee on Responsible Medicine.](#)

[Michael Greger, MD](#), has devoted his life for the past 40 years to studying published dietary research. He runs an extensive website [Nutrition Facts](#) and has lectures on YouTube. Here’s his research opinion: [How Healthy is the Mediterranean Diet?](#) He shows evidence that the MedDiet is better than SAD but not as good as a well-chosen vegan diet.

If you decide to try the Mediterranean Diet, you’ll want a source of high-quality extra virgin olive oil and affordable wine (optional) that you can consume daily. You might want to try the wine brand (Charles Shaw) sold by Trader Joe’s that is famously known as “Two Buck Chuck” because it costs \$2/bottle and has received acclaim for quality at a low price. “Chuck” refers to the brand originator, Charles Shaw, an early Napa vintner.

Costco’s Kirkland-brand extra virgin olive oil has been praised for quality and price. Extra virgin means it comes from the first press of the olives, not heat extracted. Use extra virgin olive oil **raw** on salads and vegetables, because high heat destroys some of the benefits. You can use common (non-virgin) olive oil for cooking, but read the label to be sure it’s 100% olive oil, not diluted with other oils.

In future articles, I will look at other diets, including the vegan (“plant-based, whole foods”) and less strict vegetarian diets for comparison.