

OFFICE HOURS

9:00 am to 4:00 pm
Monday through Friday
asi@activeseniorsinc.org
831-424-5066



ACTIVE SENIORS INC.

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Monthly Newsletter - Oct. 2021 Issue 2

Updated Activity Schedule

DAILY ACTIVITIES

MONDAY: Zumba, 9:00-10 AM* + Instr. Donation
Ukulele Club, 10:30 AM-12:30** 1st. Mon. for
beginners (all welcome), 3rd for experienced.
Que Sera Sera Fabric Art, 11:30 AM-1:30 PM**
2nd & 4th
Mahjong 12:30 to 3 PM**

TUESDAY: Line Dancing 10 to 11:30 AM**
Bridge 12:00 noon to 3:30 PM**
Newcomers welcome, call office if interested
Legal Services for Srs., 1-3 PM, sign up required
Beginning Ballroom Lesson 6-7 PM
Ballroom Dancing 7 to 9 PM
Fee \$9.00 (\$10.00 non-members)

WEDNESDAY: Yoga 8:45 to 10:00AM*
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 instr.

THURSDAY: Quilting, 9-11 AM**, 1st & 3rd
Tech Assistance, 3rd Thurs., 1-3 PM**
AOA Discussion from 10/21 meets at 1st Baptist
Church; to register call Nanci, 831-975-4257
Ping Pong, 3-4 PM*
Nar Anon family support group, 6:30-7:30 PM

3rd THURSDAY: MEMBERSHIP LUNCHEON
Nov. 18, Noon, \$12. Program: ASI Member and
Marine Veteran Carlos Mariscal

FRIDAY: Yoga 8:45 to 10:00 AM*
Zumba 10:15-11:15 AM* + Instr. donation
Bridge 12:00 noon to 3:30 PM **
Western Dance, 1st, 2nd, 4th Fri. 7-10 PM, \$10

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

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

Update on Ukulele Club Meetings

(Ed. Note: We posted out-of-date info on the Uke Club.) It meets in person, with sessions for beginners on first Mondays and for all players regardless of experience on third Mondays. Please feel free to join the group on the Monday appropriate for your level. Learn to play the ukulele and have fun!

Adopt a Home--Greeting Card Project

By ASI Newsletter Editor George Niesen

Remember the beginning of this year? When the Alliance on Aging was trying to put together some 2,800 Valentine cards, one for each resident in assisted living and nursing home facilities in Monterey County? With the help of Active Seniors? And we got nearly 9,000 cards and almost didn't know what to do with them all?

We still can't thank the Monterey County Community enough for a tremendous outpouring of concern for our elderly and infirm residents. We still can't believe how so many people hand-made so many cards. We are in awe of a truly heartfelt response to the request.

We would like to retain that energy and spirit that represents the best of Monterey County. We would like to continue connecting to the residents of those facilities. And yes, this is a plea for volunteers to carry on the great work of bringing a bit of cheer to those resident grandparents and parents.

We are working on what we hope will be an effective, ongoing program to deliver cards on a regular basis, especially as Alliance on Aging no longer has staffing to devote months of time to organizing and implementing greeting card deliveries to all the county's care facilities.

Here is an outline of our developing plan. The Alliance on Aging has, and will maintain, a list of the care facilities in the county (currently 60, including 15 skilled nursing and 45 residential care/assisted living facilities), along with the number of beds in each facility, ranging from two to 258.

Wouldn't it be nice if each of those residents got, say, four cards a year? Halloween, Christmas, Valentine's Day, and maybe Fourth of July ((just to keep the interest level up through the year)? And wouldn't it be great if the card project were manageable for everyone involved?

(continued on next page)

Sustainable Greeting Card Project (continued)

This is where we hope many of us will come in. Wouldn't you feel great in adopting a care home and sending cards to the residents? It's easy if you select your comfort zone. An individual could adopt a care home with six residents. Connecting with residents involves buying/creating/sending 24 cards a year. That's really doable.

A family or extended family could adopt a care home with 48 residents. Say a grandmother, mom, dad, and three kids make cards. (Even the youngest of children can be creative and produce cards, with a bit of suggestion or guidance, any grandmother can love.) That's 192 cards per year, or 32 cards for each person in a family of six to create through the year. That's doable.

A service club, a classroom, a scout troop, a fire engine company or an office of workers could adopt a larger care facility with, say, 100-200 residents and could easily create or purchase 400-800 cards in a year. That's still only 20-40 cards a year for each of 20 individuals in a smaller group.

And delivery is easy. You can select a nearby facility and hand-deliver the 200 (or however many) cards each time. You can put 200 cards in a flat rate box which might cost \$10-\$15 to mail to your adopted care home. Any of us can do the card project during a few spare hours throughout a year.

What are you waiting for? If you are interested in participating in the project, please give me a call or text-- George Niesen, 831-595-3165. Or email me at gniesen@redshift.com. You should be willing to commit to one full year of providing cards.

We are still working out details. People are already donating Christmas cards and we will make them available for whomever wants to write notes on them and send off, although our goal is ultimately to put the project in your individual hands, with each participant providing or making cards.

If you are ready to start on Christmas cards now and need some, give me a call (see above). We'll develop a better distribution system as we grow the project and solicit card donations, but for now first come first served.

Now just imagine this: Sixty individuals, families, classes, organizations, businesses and other groups have adopted individual senior living facilities of appropriate size. Each person or group sends greeting cards four times a year to each resident of the facility (we don't have individual names—the cards are generic). An adopter commits to the program for one year. If the adopter cannot continue, the person or group finds another to take the responsibility for the home.

It's simple and personal and brings a bit of joy to an often-neglected segment of our society. Is this something we can do? Certainly, if many of us contribute our own small bit of energy to making Monterey County a better place. Know that adopters get as much if not more from their involvement as the recipients. Please step up and do your part. Thank you.

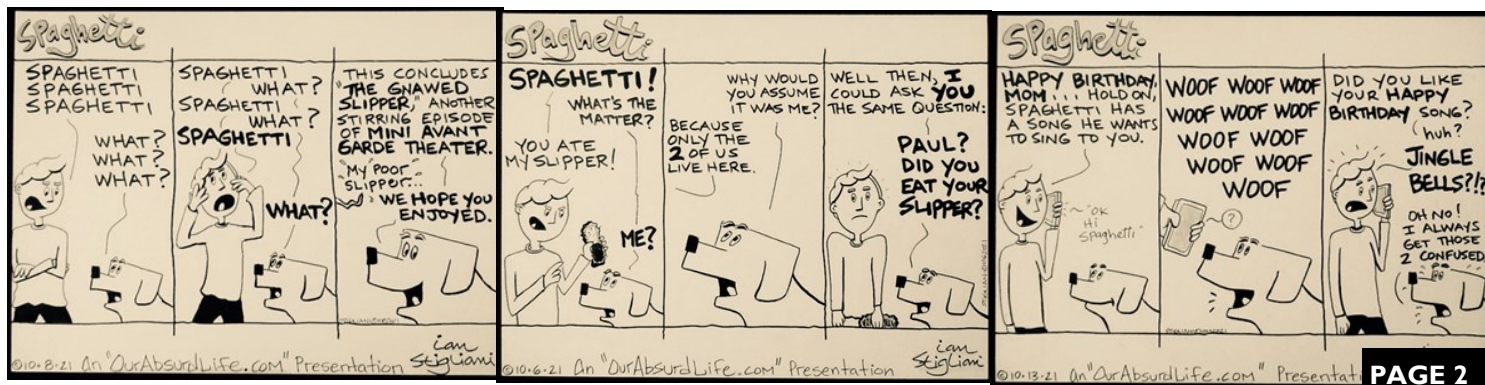
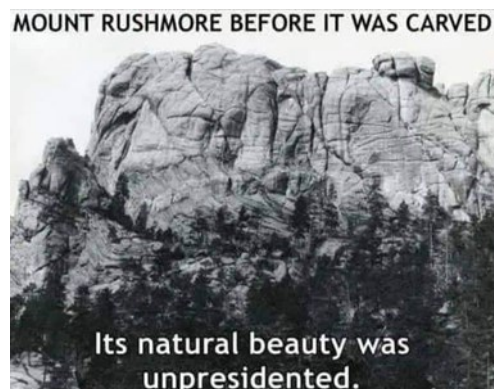
P.S. We're not quite sure yet how we'll go about pairing up adopters and facilities without duplicating efforts. For now if you have a home you'd like to work with, contact me (above) and let me know. Otherwise let us know the kind and size of facility you'd like to work with and we'll try to match you up. Ultimately I expect we'll establish an online listing for people and groups to access.

2022—and Dues Renewal—Nearly Here

ASI is now accepting payments for 2022 dues. Still only \$30. Stop at the office next time you are by ASI.

Year-End 2021 Donations

Tax time is also coming. You can make deductible donations—consider one to ASI. You can mail checks to ASI but the office accepts payments via cash and credit card.



Health Tip #13: The MIND Diet

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

The [Rush Alzheimer's Disease Center \(RADC\)](#) at Rush University in Chicago is one of 29 Alzheimer's centers in the U.S. designated and funded by the National Institute on Aging. The scientists there have created the [MIND Diet](#), which is a blend of the DASH Diet and the Mediterranean Diet, potentially to lower the risk of cognitive decline and Alzheimer's Disease (AD).

Although both the cultural-based Mediterranean diet and the blood-pressure-lowering DASH diet have demonstrated protective effects on cardiovascular conditions that can adversely affect brain health, their dietary components may not specifically capture the levels and types of foods shown to optimize brain health. Here's a video explanation of these diets: [Alzheimer's Disease and the MIND Diet-Part 1](#).

In the *U.S. News & World Report* annual "Best Diets" list for 2020, the MIND diet was tied for third for easiest to follow, fourth for best overall, fifth for best for healthy eating, and seventh for best heart-healthy diets. The lead scientist at Rush gave a lecture in 2017 about the studies that had been done on this diet: [The MIND Trial by Dr. Martha Clare Morris](#).

The MIND diet emphasizes natural plant-based foods and limited intakes of animal and high saturated fat foods but uniquely specifies consumption of berries and green leafy vegetables, and does **not** specify high fruit consumption (3-4 servings/day in the DASH and Mediterranean diets), **not** high dairy (2+ servings/day in DASH), **not** high potato consumption (2 servings/day in the Mediterranean), and **no more than** 1 fish meal per week (>6 meals/week in the Mediterranean).

In a long-term observational study in Chicago nursing homes, the **MIND diet was associated with a slower rate of cognitive decline equivalent to 7.5 years of younger age among the participants in the top third of MIND diet adherence scores compared with the lowest third.**

The MIND diet score has 15 dietary components including 10 brain healthy food groups (green leafy vegetables, other vegetables, nuts, berries, beans, whole grains, fish, poultry, virgin olive oil, and wine) and 5 unhealthy food groups to be limited (red meats, butter and stick margarine, cheese, pastries and sweets, and fried/fast food).

Olive oil consumption is scored 1 if it is the primary oil usually used at home and 0 otherwise. For all other diet score components, you sum the frequency of consumption of each food item portion associated with that component and then assign a concordance score of 0, 0.5, or 1. The total MIND diet concordance score is the sum of all 15 of the component scores. Using Table 1 in [this article](#), you can create and score your own meal plans for each of the three dietary patterns (MedDiet, DASH, and MIND).

Whereas, **high dietary concordance to the MIND and MedDiet diets were similarly protective against the risk of developing AD, even mild concordance to the MIND diet resulted in a statistically significant AD reduction but not with mild concordance to the MedDiet.**

In a previous study they observed a stronger inverse association between the MIND diet and cognitive decline than for either the MedDiet or DASH diets. That is, **the closer you adhere to the MIND diet, the slower your cognitive decline.** Protective associations with higher DASH diet scores were more modest. This suggests the MIND diet is not specific to the underlying pathology of AD but perhaps to better overall functioning and brain protection.

As with all the diets described in my articles, consult your doctor before making major changes to your diet, especially if you are taking prescription drugs since the drug dosages may need to be reduced as your diet improves your health.



They' rather do a plank than walk the plank on the SF Bay cruise for the Sat. Oct. 9 Fleet Week Celebration trip sponsored by ASI. A gorgeous day on the bay, the Blue Angels overhead.



More Salinas Library Programs

Thanks to Jissella Duarte

NaNoWriMo Writers Group

Dates: Weds., Oct. 27-Dec. 1, 6:30 pm; <https://salinaspubliclibrary.org/NaNoWriMoWritersGroup/Orientation>

Description: **Every story matters. Let's start writing yours.**

If you're tackling the NaNoWriMo challenge of writing a 50,000-word novel in November, we're all in to support you! Our new NaNoWriMo Writers Group kicks off October 27th as we prep you to hit the ground running on November 1st. Then over the next four weeks, get both real-time and at-your-own-pace support from author and mentor Bonnie Dillabough, and fellow writers. We'll celebrate our big writing month on December 1st, where you'll also hear more about what you can do with what you wrote.

There's limited seating. So email Jissella, jissellad@ci.salinas.ca.us to sign up for a mandatory one-on-one orientation by Tues., Oct. 26, 6 pm.

Genealogy Basics Series: Using the Census

Date: Wednesday, November 3, 2021, Time: 5:30-7:00 pm

Link: <https://salinaspubliclibrary.org/GenealogyBasics/UsingtheCensus/November/2021>

Description: Since 1790, the U.S 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 online at: <https://bit.ly/3AVDqiV>. Questions? Contact Cathy at CathleenA@ci.salinas.ca.us.

ASI Technology Workshop Reminder

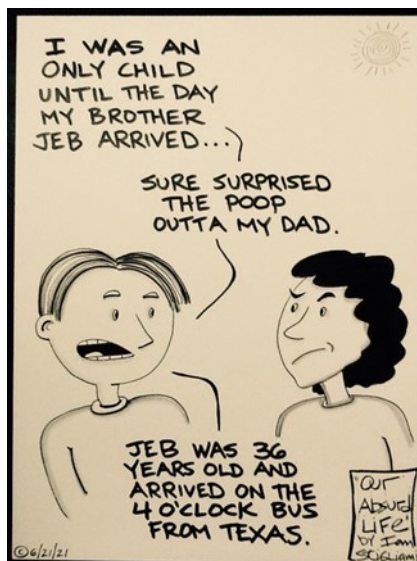
When: This Thursday October 21; Time: 1pm to 3pm

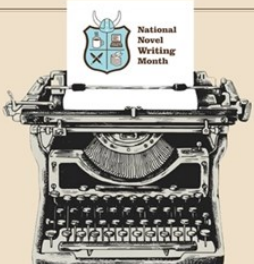
Cost: \$2 for members \$4 for Non-members

Please note that we will have assistance available for Apple Devices.

"The trouble with quotes on the Internet is you can never know if they are genuine."

Abraham Lincoln







NaNoWriMo Writers Group

Writing a novel alone can be difficult, even for seasoned writers. National Novel Writing Month challenges you to write a 50,000 word novel during November. Our new adult program, a six week wrap-around Writers Group, will help you weather the ups and downs of this challenge.

For more info, contact Jissella at jissellad@ci.salinas.ca.us

Wed | Oct 13 | 6:30 PM

Sign up for our mandatory Orientation before space runs out! Scan the QR code or go to: <https://bit.ly/3mTdC2d>



GENEALOGY BASICS



USING the CENSUS


WEDS. NOV. 3

5:30-7:00 PM

Since 1790, the U.S Census has been a resource both for community planning and 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.

Questions? Contact Cathy at CathleenA@ci.salinas.ca.us
Register online using the QR code or at: <https://bit.ly/3AVDqiV>





An eye, brain trick. You will enjoy this if you are using the right side of your brain. Stare at this pic carefully and you will see this man turn his face. Share this with your friends if you saw him turn his head.

