

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 - September 2021

Updated Activity Schedule

ASI open for activities M-F, 9:00 AM-4:00 PM

DAILY ACTIVITIES

MONDAY: Zumba, 9:00-10 AM* + Instr. Donation
Ukulele Club (starts 9/20) 10:30 AM-12:30 PM**
1st, 3rd, Experienced; 2nd, 4th, 5th Beginners
Que Sera Sera Fabric Art, 11:30 AM-1:30 PM**
2nd & 4th

Mahjong 12:30 to 3 PM**

Journaling Club, 1-3 PM** 1st & 3rd

TUESDAY: Line Dancing 10 to 11:30 AM**

Bridge 12:00 noon to 3:15 PM**

Experienced players of all levels welcome

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, 1-3 PM** 3rd Thurs.

AOA Discussion Group 2:00-3:15 PM. No drop-ins; to register, call Nanci, (831) 975-4257

Ping Pong, 3-4 PM*

Nar Anon family support group, 6:30-7:30 PM

2nd THURSDAY: MEMBERSHIP LUNCHEON

Sept. 9, Noon (doors open 11), \$12. Program: Mr. & Mrs. Glen Church, "Humbled: How Monterey California Escaped Industrial Ruin."

FRIDAY: Yoga 8:45-10 AM*

Zumba 10:15-11:15 AM* + Instr. donation

Bridge 12:00 noon to 3:30 PM **

Western Dance, 7-10 PM, 1st, 2nd, 4th Fri., \$10

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

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

Fire Prevention/Disaster Preparedness Rescheduled

Please note the Fire Prevention and Disaster Preparedness presentation is postponed until Thursday September 23 at 1 pm. We apologize for any inconvenience. Thank you and we hope to see you there.

Uke Club resumes Monday Sept. 20

By Stanley M. Sokolow, DDS, Retired

stanleysokolow@gmail.com

The [Salinas Ukulele Club](#) at ASI is resuming regular meetings on a new day and time! Ukulele is a lot of fun to play, and self-made music is good for the body and the soul, so join us. Watch this and smile: [The Mighty Uke](#). Music knowledge or talent isn't necessary – you will develop it as you learn and play together with us.

You don't even need a ukulele to get started because we have loaners you can use until you are ready to buy your own. Uke Club founder and leader, Stanley Sokolow, was inspired to create the club here after he moved to Salinas from Santa Cruz where the Ukulele Club of Santa Cruz has a long and well-loved following.

He will be teaching total newcomers as well as leading the regular group of ukulele lovers. Come to the first meeting on September 20 at 10:30 am to 12:30 pm and continue on the first and third Mondays of each month. Bring your ukulele if have one, or use our loaner. The ASI protocols for vaccinations and/or masks will be followed.

ASI Closures Sept. 6, 14

ASI is closed Sept. 6 to celebrate Labor Day. Honor as you can the workers who bring you your food, clothing and shelter. Thanks.

ASI is also closed to ASI activities on Election Day, Sept. 14. It will be open as a polling place. *A democracy works for its People only if we the People work for our democracy.* That very much includes exercising your right to vote. *Please remember to vote on Sept. 14 (if you haven't already—voting by mail or drop off is secure and easy and all the information you need comes in the mail with your ballot).* Well done. Thank you.

Check Into Third Shots (and Boosters Later)

By Stanley Sokolow

I had my annual wellness checkup recently. I asked about booster doses for those who are fully vaccinated. My doctor and the clinic policy said they are giving boosters to those who had received their second Pfizer vaccine dose at least 6 months ago. Since I received my second Pfizer dose Feb 19, I was eligible, so I took the third dose.

I asked about taking the J&J vaccine as the booster dose. The clinic policy is only to give the same vaccine type, because the data on mixed types is not available yet, so they would not give me a J&J booster even if I asked. My doctor volunteered that he got his booster and he's 55 years old, so I don't know what the minimum age is.

When I got home, I watched a video by Dr. John Campbell who has been doing nearly daily reports on the COVID-19 pandemic statistics/vaccines/research. He reported what Israel has found out about third doses of the Pfizer vaccine for patients aged 60 or older who received their second Pfizer dose at least five months prior.

Israel's study of a very large number of people showed the third dose boosted the effectiveness of the vaccine back up to the 95% level of protection even though the immunity from the second dose had waned to 50% or less by then. The risk of infection or severe infection was reduced to roughly 1/10 to 1/15 as much in the boosted group as in those who were not boosted but were otherwise "fully vaccinated" with Pfizer. Here's the video: [Booster doses effective](#). Since I'm re-starting the ukulele club meetings at the senior center in 20 days, my booster should have sufficient time to jack up my level of protection before I'm exposed to the group indoors, just in time. The Israel study was based on results 12 days after the booster.

Ed. Note: At Stanley's suggestion your Editor researched the availability of booster shots. I began by searching on the Monterey Co. Health Department site for "Covid vaccine booster shots." I found nothing. I called the Health Dept. and after a few referrals I connected with a very helpful Health Dept. employee.

She said there were no definitive answers because information keeps changing (what else is new during this pandemic) but she would try to bring me up to date. (If you have related questions for the Health Dept. you can begin your contact at 755-4521.)

She said booster shots are not available because they haven't yet been approved but she expects approval on Sept. 15 or Sept. 20. At that time Pfizer and Moderna boosters will become available to people eight months out from their second shot, on the same rollout schedule as before (healthcare and emergency personnel first, followed by the group of people age 70+, and so on). Your ASI newsletter will keep you posted.

*When I mentioned that some ASI Members had received a booster (see Stanley, above) she said that they had received third shots and **not** a booster (evidently there's a difference) and suggested I search for "third Covid shot" which brought results when I later checked the Health Dept. site. The third shot, in fact, produces the results Sidney reports above. She said the CDC recommends a third dose for people with moderately to severely compromised immune systems. It is probably best to work through your health care providers to get your third shot, but pharmacies and vaccination centers may also provide third shots.*

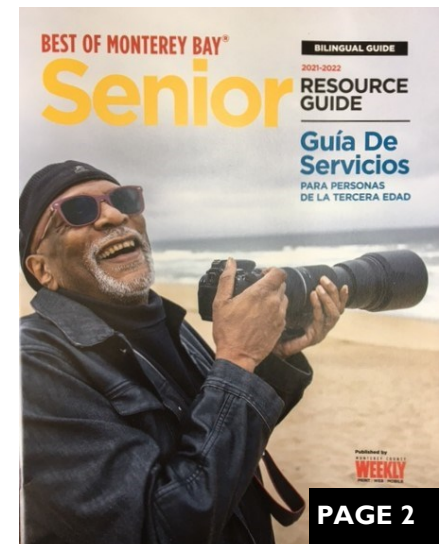
Ultimately the CDC recommends immunocompromised people (as well as the rest of us) follow the core principles: Get vaccinated, move activities outdoors, wear face coverings, maintain distances, avoid crowds, and wash hands.

Senior Resource Guide available at ASI (>>>)

Your bi-annual Senior Resource Guide, published by Monterey Co. Weekly and the Area Agency on Aging, is available and ASI has copies. Discover the many county resources for seniors, from Advocacy and Protection to Veterans Services—and in between any number of social/financial services, housing, care and nursing facilities and transportation services. Plus informative ads.

September Birthdays

Virginia Allen	Roseann Kalich
Martina Alvarado	Margot Klepar
Sue Aragon	Ravi Kulkarni
Ann Atkins	Mary Laffin
Jeff Atkins	Arnold Leonardo
Roger Bergam	Marie Louie
Brian Birkeland	Scott Miller
Elizabeth Birkeland	Marge Moore
Donna Elder-Holifield	Kathy Stoudt
Marc Eldridge	Michael Vindhurst
Raquel Gonzales	Tom Wesolowski
Gwen Jensen	Dalia Ybarra



Pulled Porq Sandwich with Cranberry Jicama Slaw and Pineapple BBQ Sauce

Last month for the Vegetarians I offered a nice alternative pull pork option. I heard some great positive comments and one complaint, except I took the complaint as a compliment, because they said that it tasted too much like meat, so in a way I accomplished what I set out to do.

When this porq is pulled into shreds, it amazingly resembles roasted pulled pork in flavor, aroma, and texture. Pulled Porq is ideal for use in recipes where a shredded texture is desired, such as Texas barbecue, Pacific Island cuisine, Mexican cuisine and much more! A pressure cooker is recommended for preparation; however, oven baking is an option. A food processor is required for this recipe to achieve the proper finished texture.

For The Pull Porq

1½ cups vital wheat gluten	2 TBs mellow white miso
10 ounces extra-firm tofu, pressed	4 tsp onion powder
1 cup water	2 tsp garlic powder
2 TBs neutral vegetable oil	1 tsp mushroom powder
2 TBs soy sauce—	1 tsp hickory liquid smoke
or Coconut Aminos (low salt)	1 TBs dry rub seasoning (optional)

Put the vital wheat gluten in a large bowl. Set aside. Crumble the tofu into a blender. Add all other ingredients in blender; process until smooth and creamy. Scoop the tofu mixture into the vital wheat gluten and combine with a sturdy silicone spatula until the tofu mixture is incorporated and a sticky ball of dough begins to form. Let the dough rest for 10 minutes. Put dough in a food processor fitted with a plastic dough blade and process for 2 minutes. The processor will bounce as the dough reaches its desired elasticity; simply hold the processor in place.

Lay an 18-inch-long sheet of heavy-duty aluminum foil on a work surface. Transfer dough to the foil and shape into a compact mass. Sprinkle dry rub seasoning evenly over dough. Roll dough in the foil and twist the ends tightly to seal. Bend the ends in half to lock them tight. Wrap package in a second sheet of foil in a similar manner. If you will be oven baking the porq, twist ends tightly but leave a small amount of air space in the package on each side to allow for expansion of the dough during baking. Wrap in third sheet of foil for reinforcement.

To pressure cook, put 3 cups of water in the cooker and put a trivet in place. Add the package, seal the lid, close the steam valve, and cook on high for 1 hour and 30 minutes. Turn the unit off and let the steam pressure release naturally for 30 minutes. To oven bake (instead of pressure cook), preheat the oven to 350 degrees F (175 degrees C). Put the foil package directly on the middle oven rack and bake for 2 hours. Remove from the oven and let cool until the package can be handled comfortably.

While the roast is still warm, bend it in half lengthwise until it splits; this will reveal the “grain.” Tear the roast in half following where it has been split. Bend and tear those pieces in half lengthwise. Pull the porq into long shreds, following the grain as much as possible. Tear those pieces into smaller bite-sized shreds, once again following the grain as much as possible. Use in recipes as desired. Store in an airtight container in the refrigerator and use within 1 week or freeze up to 3 months.

For the BBQ Sauce

1/2 cup pineapple juice (canned); 1/4 cup ketchup; 1/2 cup brown sugar; 1/4 cup soy sauce; 1 inch piece fresh ginger, grated; 2 TBs apple cider vinegar; 1 tsp red chili sauce

Add all the BBQ sauce ingredients to a saucepan. Gently bring to simmer and cook for a few minutes until the sugar is dissolved and the mixture has thickened slightly (it will thicken a bit more as it cools). Mix with Pulled Porq and place in Hawaiian bun.

For Cranberry Jicama Slaw

1 lb Coleslaw Mix; 1/4 lb carrot, shredded; 1 1/2 TBs apple cider vinegar; 1/2 cup mayonnaise; 1/2 cup sour cream; 2 tsp Dijon mustard; 2 TBs sugar; 1/4 lb jicama; 1/8 lb Craisins; 1/8 teaspoon black pepper; 1/8 bunch cilantro

Mix ingredients together. Set aside for at least 20 minutes. Serve topped on sandwich or as a side.





Thank you T & A

For mailing these!



Ready, Set, Let's Go!

By Sharon Piazza

It's been almost two years since Active Seniors travelled as a group. That's a long time! Unfortunately, circumstances dictated we stay close to home. Things are changing (if ever so slightly) and our Members and guests can start taking one-day excursions and eventually longer trips. Plans are being made with an abundance of caution. As your new Tour Director I'm working on one-day trips starting this October and 5-10 day trips starting in Spring of 2022. You can start looking forward to them!

Scheduled Trips:

Oct. 9, 2021: Fleet Week San Francisco. Register at ASI, cost \$150.

October 31, 2021: "Hamilton" in San Jose. Waitlist only.

Future Trips in the planning stage:

Dec. 2021: Union Square/San Francisco. Shopping & sightseeing.

March 2022: Giants Spring Training in Scottsdale.

July 2022: "Come From Away" in San Jose.

November 2022: Branson, MO.

February 2023: Cruise to Mexico.

If you have a trip suggestion, please contact Sharon at 831-261-8087.

September Luncheon Announcement

Due to pandemic issues, attendance for the Sept. 9 ASI luncheon will be limited to 96. Signups for the luncheon are now closed as the facility is already at that limit. The good news is that the doors open at 11:00 am so you will be able to enjoy a short visit with fellow ASI Members before the lunch.

