

OFFICE HOURS

9:00 am to 4:00 pm

Monday through Friday

asi@activeseniorsinc.org

831-424-5066



ACTIVE SENIORS INC.

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.org

[Like us on Facebook](#)

Monthly Newsletter - February 2022

Updated Activity Schedule

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation
Ukulele Club, Noon -2PM** 1st Monday for
beginners (all welcome), 3rd for experienced.
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
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*
Cribbage, 10AM-12 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 instr.

THURSDAY: Quilting, 1st & 3rd, 9:30-11:30 AM**
Tech Assistance, 3rd, 1-3 PM**
Knitting & Crocheting, 3rd, 1-3 PM.
Ping Pong, 3-4 PM*
Nar Anon family support group, 6:30-7:30 PM

2nd THURSDAY: MEMBERSHIP LUNCHEON
Feb. 10, Noon, \$12. Sign up by Friday, Feb. 4th
Program: Brotherly Love, Vocal Duo

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 & 3rd Fri. 7-10 PM, \$10

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

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

Note: ASI will be open President's Day Mon. Feb. 21



Outgoing President
Dwight Freedman
recognizes outgoing
Board Member
Mary Linzer for her
service to ASI. Bob
McGregor has been
elected as President
of the ASI Board.

The ASI Library

By Sylvia Teixeira

If you see a book you like, take it. That's my advice because the next time you come it may be gone. ASI Members keep the library well stocked and, because space is limited, the books rotate quickly. Most of the books are fiction. Fiction is the most popular category by far and fiction takes up the first three rows of shelves. These books are filed alphabetically by author. Any effort Members make to help keep it this way is greatly appreciated.

The fourth row is divided into nonfiction and large print, neither of which is alphabetized by author because there aren't that many of them. The rest of the space on the lower shelves is taken up by audio and video. The audio/video section is not screened or categorized at all. If you use something from those sections and find it doesn't play or operate properly, throw it in the garbage can. Don't bring it back and if you are a contributor, don't bring it in.

I've omitted what goes on the very top of the bookshelves because it varies.

Many people ask what happens to the books that are removed from the shelves. They go to the Good Will, the Salvation Army, or the shelter. Oh yeah...quit a few go home with me to be put into my, "I wanna read this stack." I have to be careful not to let it get out of hand.

Happy reading everybody. My thanks for bringing in your used books and my thanks to office staff who keep the library up to date and orderly.

Enjoy a Free Valentine Day Movie, Monday Feb. 14, 2022, noon-2:00pm

It tells the story of Stanley, a quirky wanna-be ukulele entertainer, who gets a job as a music therapist at an assisted living home. He discovers that

(continued on next page)

Free Valentine Day Movie (continued from P. 1)

one of the seniors who is very depressed and non-communicative used to be a jazz singer in the 1940's. He creates a way to bring her back to life with music, and by the end of the story he has found his true calling too.

The movie is "Stanley's Gig," a sweet movie that won awards at film festivals. The singer is played by Marla Gibbs, who actually is a jazz singer as well as an actress, with a supporting role by Faye Dunaway. The movie will be shown on the big TV. Please wear a mask. The unmasked will be seated in the last row, 6' behind the others. There is no charge for this event.

Meet Loretta Salinas, Newly Elected ASI Board Member

Many of you already know new Board Member Loretta Salinas who teaches Zumba classes at ASI. She has been an ASI member for approximately 5 years, joining when she was asked to teach Zumba.

Promoting a healthy lifestyle is her primary interest. Countless studies prove health benefits associated with exercise, and it becomes more important as we age. Regular physical activity and exercise for seniors can improve mental and physical health, helping us maintain independence as we age.

Exercise is good for everyone, Loretta says. It is just a matter of making it a priority and habit in our daily lives. For seniors, exercise has shown to prevent disease, lower the risk of falls, improve mental health and strengthen social ties. Loretta's goal is to motivate more ASI Members to incorporate exercise into their daily lives.

Loretta retired from AT&T after 40 years, working mostly as a Manager in different areas of the business. Her last assignment was working directly for the Pres. and CEO of AT&T West. She was responsible for attending meetings with him and doing his follow-up work plus she organized and planned conferences and campaigns.

She also developed and rolled out recognition programs for employees—using her communication and organizational skills which, coupled with her Organizational Behavior degree from the University of San Francisco, will enable her to work effectively with the ASI Board on multiple projects.

Loretta's words of wisdom are "Living your best life is finding a core group of people who uplift you and help you grow. ASI is that core group of people for many of us!"

Loretta is married with five children and six grandchildren. Her hobbies include exercising, gardening and dancing (*Ed. Note—no surprises there!*). Next time you see Loretta, thank her for her commitment to ASI.

Ed. Note: Look for a profile in the next issue for newly-elected Board Member Laura Ruggieri!



Ready, Set, Let's Go. Mystery Trip March 24

By Tour Director Sharon Piazza

Roses are red and violets are blue

Where are we going and what will we do?

Don't bother asking' cuz my lips are sealed.

Just hop on the bus and keep your eyes peeled!

Everyone guessing? What's yours? Here are the first of several clues:

1. Once we're on the road, we'll be "moo-ving" right along.
2. There's over 1,000 types.
3. Can come in different shades of yellow.

Other scheduled trips:

May 11 - **Filoli Gardens** with no-host lunch at Harry's Hofbrau. \$65/person

July 16 - **Musical "Come From Away,"** SJ Performing Arts. Lunch at Spaghetti Factory. \$155/person.

Nov. 28-Dec. 3 - **Branson, MO.** Includes transportation, hotel, most meals, shows. \$2,855/person

February Birthdays

Frances Aguirre	Charmaine Kaplan
Raul Anda	Mary Laporte
Edmund Ball	Charles Markley
Kishii Beasley	Marylyn Moore
Doris Bogan	Edward Muniz
Robert Bua	Linda O'brien
Karen Cardinalli	Chris Phillips
Virginia Chambers	Laura Ruggieri
Carol Champlin	Loretta Salinas
Mary Cousineau	Sheri Sassman
Thiem Do	Terry Spitz
Thad H. Evans	Gene Street
Randy Goodchild	Gene Tsukamoto
Anka Hepper	Richard Wasson
Maria Hernandez	Alice White
Peter Jackson	Karl Zalazowski
Shirley Jones	

Learn to Play Uke for Fun at Ukulele Club Beginner Class, Mon. Feb. 7, noon-2:00pm

Ukulele players live the motto: "Music self-played is happiness self-made." You don't need prior music knowledge or skills. If you don't have an ukulele, we have loaners. This introductory class is free for all who attend, but for subsequent classes the fee is \$2 for Active Seniors members and \$4 for non-members. You can join Active Seniors for just \$30 per year! (Please wear a mask. Unmasked players will be seated 6' behind others.)

Chicken Divan

By Karen Towle

Several people asked for the recipe for the casserole I served for the Volunteers lunch. Here it is.

Ingredients

6 chicken breasts, baked, cut in bite size pieces
1 bag fresh broccoli florets, blanched
1 cup bread crumbs
1 cup shredded cheddar cheese

Sauce

2 cans cream of chicken soup
1 cup mayonnaise
1 TBSP lemon juice
1 teaspoon Curry Powder
Mix well

Place broccoli on bottom of a 9X13 baking dish; cover with the chicken pieces. Spread sauce evenly over top of chicken. Sprinkle with shredded cheese and top with bread crumbs. Bake uncovered for 45 minutes at 350 degrees.

Join us for our 19th year!!

The National Steinbeck Center would like to invite you to volunteer your time as a writing coach for the 2021-22 Steinbeck Young Authors program. The program is celebrating its 19th year running! This year we will be holding the Day of Writing on three separate days; you can volunteer for as many as you would like:

National Steinbeck Center

Wed., March 24, 2022, from 10:30am-1:30pm; Thurs., March 25, 2022, 10:30am-1:30pm.

Virtually

Friday, March 25, 2022, from 10:30am-1:30pm

We encourage volunteers of all levels of writing to help participating students advance their writing skills and develop a love and appreciation for literature. It is a fun day of outreach and learning for both you and the students!

If you, or someone you know, are interested in volunteering your time, please click on the link below and fill out the Writing Coach Interest Survey; then we will send the link to the Coach Registration.

<https://docs.google.com/forms/d/e/1FAIpQLSfXy0jzeNfLbCzhOIRC3-tOKE9F0TpZ522obEupluz9eMf4Hw/viewform>

Jazz Bash By The Bay Is Back! And seeks Volunteers

Dixieland Monterey's annual Jazz Bash by the Bay is live again this year, the weekend of March 4-6, at the Monterey Conference Center and Portola Hotel and Spa (with seven venues and six dance floors). Enjoy the many colorful forms of American classic jazz including traditional, ragtime, swing, gypsy and blues.

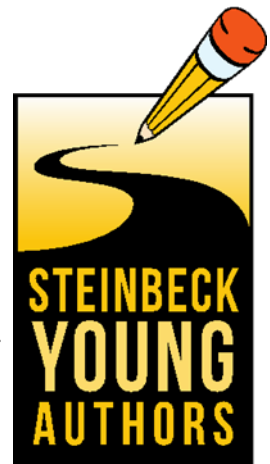
The event producers are also looking for volunteers to staff the event. You can do some good work while you enjoy the Bash. For information (and to purchase tickets), call 831-754-8786, 888-349-6879, or go to jazzbashmonterey.com. By the way, it's the usual lineup of stellar performers.

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

2022—and Dues Renewal—ARE HERE

ASI continues to accept payments for your 2022 dues. Still only \$30. Stop at the office—where you can pay by cash, check or credit card—next time you are by ASI.

You may also mail in a check for your dues or for lunch reservations. Be sure you mail early enough for lunch to beat the Friday-before deadline (or call or email the office to let ASI know you have mailed the check).





Thank you T & A
For mailing these!



Dance Activity Helps Parkinson Sufferers

Thanks to Scott Stevens

People with Parkinson's disease often isolate themselves from society because of their symptoms but an activity like dancing not only gets them out in public it could improve some of their motor issues. Researchers from York University in Toronto found weekly dance lessons led to a reduction in motor impairment and a significant improvement in areas such as speech, tremors and balance for mild-to-moderate Parkinson's sufferers compared to those who did not do any dance exercise.

"Dance is so complex, it's a multi-sensory type of environment," said researcher Karolina Bearss. "It incorporates and stimulates your auditory, tactile, visual and kinesthetic senses and adds an interactive social aspect. Regular exercise does not offer these aspects. There's so much more to dance."

"Currently there is no precise intervention with PD and usual remedies are pharmacological, but not many options are given for alternate exercises or additional interventions to push their brains," said Joseph DeSouza, associate professor of Psychology. "Hopefully this data will shed light on additional therapies...and be used in the treatment process. There may be changes in the brain that occur with dance with music, but more research is necessary."

Use this link to access the full article: <https://www.livingfuel.com/news/dancing-keeps-parkinsons-symptoms-in-check.html>



Health Tip #15: The Portfolio Dietary Pattern for Cholesterol Reduction

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

Isn't it wonderful that there is a diet that is the best over all the others, and there are so many of those best diets. Let the irony sink in for a moment.....

Here is yet another best diet to consider. This one is called the [Portfolio Dietary Pattern](#) (also known as the "Dietary Portfolio" or "Portfolio Diet"), which was developed at the University of Toronto, Canada. It is a plant-based dietary pattern that was first devised in the early 2000s as a "portfolio" of 4 cholesterol-lowering food categories, each of which has a Food and Drug Administration (FDA), Health Canada, and/or European Food Safety Authority (EFSA) approved health claim for cholesterol-lowering or cardiovascular disease (CVD) risk reduction.

Current evidence demonstrates that the Portfolio dietary pattern leads to clinically meaningful lowering of LDL-C as well as other established cardiometabolic risk factors and estimated 10-year CHD risk.

You should recall that in my Health Tip #6 I revealed evidence that older adults with higher levels of LDL-C actually have longer expected lifespans than those with lower LDL-C levels, which is contrary to the current beliefs of most doctors. Therefore, the Portfolio Diet may not be appropriate for you and me as seniors.

Nevertheless, if you have LDL-C that is above the standard normal range, your doctor may recommend lowering it. If so, discuss my Health Tip #6 with your doctor. In any case, before changing your diet, you should discuss the planned change with your doctor since what may be good for most people may not be appropriate in your particular health status.

The Portfolio consists of foods to **add** to your diet in the serving amounts listed below, based on a 2,000-calorie daily diet:

Plant protein: 50 grams a day, from soy foods such as tofu, soy milk, and soy meat analogues, plus legumes like beans and lentils. This is not necessarily the total amount of protein you need. If you're at a healthy weight, don't lift weights, and don't exercise much, aiming for 0.36 to 0.60 grams per pound of body weight (0.8–1.3 gram per kg) is a [reasonable estimate](#). This is not the gross weight of the food containing the protein, but rather the actual weight of the protein in the food.

Nuts: 45 grams a day (about a handful) of all kinds, including peanuts—or nut butters (about 3 tablespoons).

Viscous soluble fiber: 20 grams a day, from oats, barley, eggplant, okra, apples, berries, oranges, and psyllium.

Plant sterols: 2 grams a day, from *sterol-fortified* foods such as spreads, juices, and yogurt, or from supplements. (Sterols also occur naturally in foods such as wheat bran, peanuts, almonds, and vegetable oils but in amounts too small to meet the diet's recommendation.)

Here is a graphic that gives examples of the foods: [Portfolio Diet illustrated](#). You can adjust the quantities proportionally to fit your own daily calorie need as computed with this [Mayo Clinic Calorie Calculator](#).

A [2018 meta-analysis and systematic review](#) of seven clinical trials of this diet plan, which included a total of 439 people with high cholesterol, found that following the Portfolio Diet for four to 24 weeks, in conjunction with a low-saturated-fat diet, reduced LDL ("bad") cholesterol by 27 percent compared to baseline—and compared to just 10 percent in people following low-saturated-fat "control" diets. That's about as much as the starting dose of a lower-strength statin. The greater the adherence to the diet, the better the results.

ASI Needs Volunteers in Tech, Video

Active Seniors Inc. is looking for **experienced Apple MAC and IOS Members** who would like to volunteer to assist other Members in the Technology Assistance program. Contact Dwight Freedman at (831) 424-5066.

ASI also seeks **volunteers with videography experience**. Dwight and Tai Chi Instructor Francisco Samaniego were talking about a video of Francisco leading a Tai Chi session (or maybe a demonstration of Tai Chi which students could follow and learn from).

We hope some ASI Member can help out with the project. In fact, that person could actually document all kinds of ASI activities. It might be great if we could put together a whole crew to regularly document what ASI does. Please consider helping with such a project.

If interested, please contact ASI Board Member Dwight Freedman at the number above. Thank you.