

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

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Monthly Newsletter - December 2022

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**

Readers Theater, 2:30-3:30*

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, 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 instructor

THURSDAY: Ping Pong, 3-4 PM*

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

Quilting, 1st & 3rd, 9:30-11:30 AM**

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

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

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

2nd THURSDAY: MEMBERSHIP LUNCHEON

Dec. 8, Noon, \$16. Sign up by Friday, Dec. 2.

Program: Senior Singers Choir

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**

SATURDAY-2nd: Yoga/balance/pilates, 8:45-10:00

AM (Mat, block required); *max 30 participants**

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

Tai Chi, 11:30AM-1:00PM; *max 40 participants***

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

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 Board Votes for Potential End to Vaccine Requirement for Membership

At the November ASI board meeting, information was presented that Gov. Gavin Newsom anticipates ending the California state of emergency regarding Covid-19 on February 28, 2023. Discussion then ensued about ending ASI's vaccine requirement for membership.

Among other things, it was pointed out that:

1) almost no business, organization or even medical clinics require proof of vaccination any longer; 2) the initial vaccination effectiveness wanes over time; and 3) among other things, it would be a major challenge to determine how many boosters should be required and how frequently.

Given this, the Board approved a motion to end the vaccine mandate on March 1, 2023, IF the California state of emergency actually ends on Feb. 28, 2023, as planned. ASI will still be mask-friendly and anyone uncomfortable with the new policy is welcome to wear a mask to any activity attended.

Saturday Classes Huge Success

Saturday Bridge (1st and 3rd Sat.)

is up to four-five tables (>>>).

Saturday Zumba (2nd) fills the

Hall. But there's still room for more, especially if ASI expands to additional Saturdays. Check out our schedule (<<<) and make your wishes known to the activity leaders or to the ASI office.

Monday Mahjong (>>>) is popular too .



From the Salinas Public Library

Cooking Demo: You don't have to be an expert chef to make great meals! Learn how to make a delicious plant-based dish at our in-person bilingual cooking demo. We'll use a simple recipe that supports longevity. In celebration of the upcoming holiday, attendees will automatically be entered in a drawing for chances to win prizes! The program is brought to you by the Salinas Public Library, Blue Zones Project, and Hartnell College Nursing. In-Person Program. Register Online. Tues., Dec. 6, 4 PM -5 PM.

For more information contact Jissella at JissellaD@ci.salinas.ca.us

Author Talk: Geraldine Brooks. December's Author Series is our most impressive by far, including New York Times bestselling author Fredrik Backman (Dec. 10, 11 AM), Nicole Eustace (Dec. 14, 9 AM) and Pulitzer Prize awardee Geraldine Brooks (Dec. 6, below). Geraldine's latest book is based on the remarkable true story of the record-breaking thoroughbred Lexington. *Horse* is a novel of art and science, love and obsession, and our unfinished reckoning with racism. Be sure to mark your calendar for [upcoming speakers](#). Virtual Program. Register Online; Tues., Dec. 6, 4 PM -5 PM. For more information contact Jissella at JissellaD@ci.salinas.ca.us



Genealogy Basics: Occupations: Knowing your ancestor's occupation can help you understand more about their lives, as well as opening doors to further research. It can even help with simple challenges, like distinguishing between same-named individuals. We'll look at common resources and uncommon strategies to identify the work your ancestor did, find existing records and documents, and to understand more about the world they lived in. For more information, please contact Cathy at CathleenA@ci.salinas.ca.us.

[Virtual | Genealogy Basics: Occupations | Salinas Public Library](#). When: Thurs. Dec. 8, 2022, 5:30-7:00 pm. Cost: Free. Website Link: <https://bit.ly/3UKHaxo>. Where: Online Virtual.

Virtual Genealogy Work Group: If your time is limited, and you'd like to maximize the effectiveness of the time you do have, join us as we look at our best tips and techniques for keeping track of your genealogy research, like customizing your research logs, and making source citations an automatic part of your research flow. Researching family history can be exciting, as well as challenging. Working groups are a chance to share ideas, resources, and support. We'll use Zoom to meet together and all experience levels are welcome. For more information, please contact Cathy at CathleenA@ci.salinas.ca.us. When: Tues., Dec. 27th, 2022, 6:00-7:00 pm (meets 4th Tuesday every month). Where: Online Virtual. Cost: Free. Website Link: <https://bit.ly/3Vnfm8K>.

Board Elections

Each year, at the annual meeting of the ASI Membership at the January luncheon, Members elect or re-elect about one-third of the ASI Governing Board. The Nominating Committee composed of both Board Members and general Members must select nominees and post their names a month before the Board elections.

Nominees will be posted on the ASI bulletin board following the Dec. 8 Board meeting. Members may nominate other candidates from the floor at the January meeting, but anyone nominated must agree to serve on the Board. New 2023 Board Members are then elected.

Additional information on meeting procedures will be provided in the January newsletter.

December Birthdays

Phyllis Aitken	Margaret McKey
Gladys Allen	Linda McWalter
V. Susan Anda	Mary Lu Mesa
Leslie Asher	Chrys Miller
Irma Barraza	Josefina Moncayo
Eloise Becker	Genoveva Ortiz
Evelyn Bolante	Sherrie Payne
Dixie Bomar	Sharon Piazza
Joanne Bray	Witold Piekarski
Carol Caetano	Cyndy Pierson
Cynthia Carroll	Tisha Ragsac
June Cornell	Rena Rossotti
Pierre Cousineau	Mary Sagun
Paula Doolittle	Hazel Schafer
Stephen Doolittle	Lynne Sergios-Briscoe
Judy Duarte	Stanley Sokolow
Dexter Farm	Carol Statham
Babe (Floripes) Forrest	Lynn Stewart
Lupe Hernandez	Ed Stone
Christine Higgins	Noel Thieleman
Priscilla Jackson	Rod Tokubo
Kenneth Keller	Teresa Toledo
Carole King	Carol Vogt
Caroline Lee	Roseann Washburn
Hope Liu	Debora Wilder
Rhoda Lynch	Dennis Winfrey
Elisa Mariscal	Stephen Wood

ASI Active Senior Ruth Andresen Journeys On

As the November ASI was “going to press,” your editor leaned that Ruth Andresen passed away at home on the morning of Oct. 31, 2022, one month before her 102nd birthday, still young and active (the photo is from just two years ago, related to her 100th birthday drive-by).

She was born Dec. 11th, 1920, raised speaking Chickasaw in Okmulgee, Oklahoma, and forcibly enrolled in a Native American Boarding School, before being rescued by a wealthy uncle who had used his education in geology to discover the Oklahoma oil fields.

A Choctaw elder, he instilled in her the reality she must excel to survive, and saw her enroll as the first woman Geology student at Stanford, where she met her future husband, Norman P Andresen, when she asked him to adjust her microscope at Hopkins Marine Station in Pacific Grove.

She was an invasion planner in World War II, contributed to landmark discoveries in Marine Geology, and was in the forefront of environmental and historical preservation. She was instrumental in maintaining public access to California's beaches, creating the first recycling program in Monterey County, preventing the destruction of Elkhorn Slough by an oil refinery, conserving water in Monterey County, and (along with her husband Norman) creating Salinas Valley Memorial Hospital.

She was the longest-serving elected official in California history with 48 years of service on the Monterey County Board of Education and a member of the Monterey County Historical Resources Board, preserving downtown Salinas. To her last moments, she maintained an insatiable curiosity, a relentless-ness and a sharp wit.

The family is especially appreciative of her powerful platoon of caregivers and medical staff who worked so hard during her final weeks. The family requests donations be made to the Monterey County Historical Society, PO Box 3576, Salinas, California, 93912, or to Central Coast VNA & Hospice, <https://ccvna.com/donate/>. If you'd like to share a story about Ruth, send it to erandre7+obit@gmail.com



Please Renew Your Membership

We have provided a membership form for you at right (>>>). Please cut it out or copy/print it and mail it in with your check. 2023 dues are payable now—\$30 per person per year. ASI has weathered the pandemic pretty well but we still depend on Member support for basic ongoing expenses. Thank you for your membership renewals.

As long as you have your purse or wallet out, please consider a good-will donation to ASI. It's the end of the year and a donation, especially from a retirement account, may afford you some welcome tax relief.

Active Seniors Inc.
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831-424-5066 www.activeseniorsinc.org

First Name _____
 First Name (Spouse if member) _____
 Last Name _____
 Mailing Address _____
 City _____ State _____
 Zip Code (9 digit if known) _____ - _____
 Home Phone _____ - _____ - _____
 Cell Phone _____ - _____ - _____
 Spouse _____ - _____ - _____
 Email Address _____ @ _____
 Spouse _____ @ _____
 Emergency Phone _____ - _____ - _____
 Emergency Contact Name _____
 Birth Month _____
 Date Paid _____ Amount _____
 Paid by (check no., cash or CC) _____
 Recv. Newsletter by - Email _____ USPS _____ None _____
 Activity Interests _____
 Attendant _____ Date _____

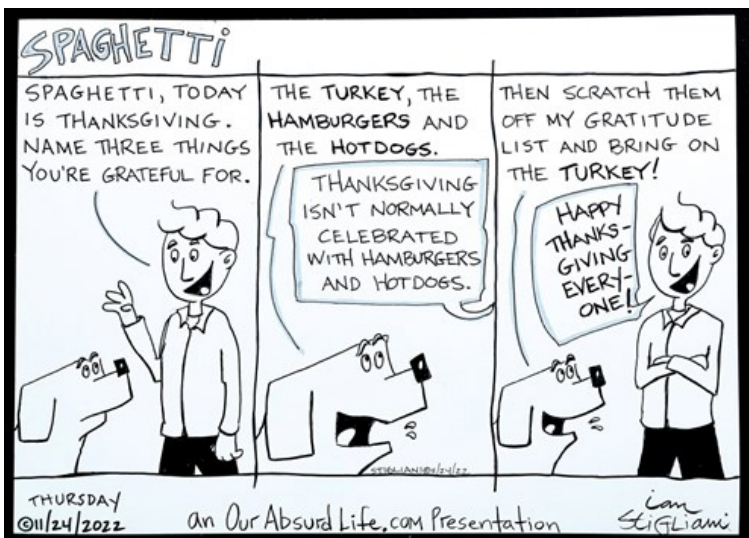
Note: If all items above the red line on the data sheet are confirmed correct by the applicant, check box below

Data confirmed correct by applicant



ASI Closures and Schedule Changes

There will be no Technology Workshop or Training in December. We resume Workshops and classes in January. ASI Holiday closures include **Dec. 26-30** (Christmas).



About Our Cartoonist, Ian Stigliani

Your Editor's former neighbor (now living in Florida), Ian Stigliani, keeps cranking out cartoons and commentary.

You can find his work on WWW.OurAbsurdLife.com. This one's a bit late, but funny. Enjoy it.

FOSPL NEWS YOU CAN USE! DECEMBER 2022



Big Book Sale @ FOSPL Book Depot
SATURDAY, DEC. 3!!!



9am to 2pm — 7 Station Place
Salinas Train Depot

FOSPL BOOKSHOP in JS Library



...has lots of Christmas Books for holiday gift giving...great as host gifts for friends and relatives or just for yourself! Come in and browse - new arrivals of all genres every day.



JUST IN: Franklin Press Collectors books—most of these haven't been opened, lots of other book categories from which to choose as well.

FOSPL MC Gives: Books at Birth Year (BABY) Program

FOSPL members who wish to contribute to MC Gives must write checks to CFMC/MC Gives and then put FOSPL (or Friends of the Salinas Public Library) in the memo line. The CFMC stands for Community Foundation of Monterey Peninsula. Checks written to FOSPL will not count!

Another way is to give online. Go to mcgives.com and look for our program under Meet the Non-profits and the Education non-profits and find The Friends of the Salinas Public Library. and use our donate button ...a quicker way is to go directly to us at MC Gives is to use this url:montereycountygives.com/spi and see our write up and use the donate button...

Health Tip #21: Black Cumin Spice Has Surprising Health Benefits

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

I've never been a fan of herbal remedies, but I have come across some surprising facts about a spice used in Middle Eastern cuisine and as a medicinal supplement. It's even mentioned in the Bible and in writings of ancient physicians.

The botanical name is *Nigella sativa*, but it is commonly called black cumin, or simply black seed, or sometimes black caraway or Roman coriander or kalonji. It has an aroma that reminds me of oregano that is used in Italian sauces, but your nose may differ.

You can get black cumin as the whole seed, or ground into a powder, or as an oil or extract. I first heard of it here in Dr. Michael Greger's lecture: [How Not To Diet | Evidence Based Weight Loss 2020](#). Dr. Greger is an M.D. who is an evangelist for whole-foods plant-based diets.

In that lecture about his book, he briefly pointed out some studies which found that black cumin acts like a pharmaceutical, or more properly a "nutriceutical", to improve blood pressure, blood lipids ("cholesterol"), and blood sugar control. He said he sprinkles it on food. I subsequently read that the active compound is called thymoquinone.

Here a pharmacist summarized published clinical trials of black cumin: [Health benefits of black seed powder -- A pharmacist's perspective -- Aug 23 2019](#). He gave links to the studies in the description below the video.

This meta-analysis of randomized controlled clinical trials (the best kind of research) was published in 2016: [Nigella sativa \(black seed\) effects on plasma lipid concentrations in humans: A systematic review and meta-analysis of randomized placebo-controlled trials](#). It concluded that black cumin oil or extract significantly lowers total cholesterol, LDL cholesterol, and triglycerides, while the seed powder did that and also raised HDL cholesterol, all of which effects are considered beneficial for lowering the risk of cardiovascular disease.

Black cumin and thymoquinone have been reported to be safe and well tolerated with no severe adverse effects, except occasional indigestion in some people, in daily doses ranging from 100 mg/day to 20 g (20,000 mg) per day. In studies I've seen, a daily intake of 1 gram (¼ teaspoon) in food twice per day is often used.

Several reports suggest a beneficial effect on blood pressure (BP). A systematic review of studies concluded: "Our meta-analysis suggests that short-term treatment with *N. sativa* powder can significantly reduce systolic and diastolic blood pressure levels. More evidence is needed, however, to strengthen the available evidence and to further explore the long-term BP-lowering effect of *N. sativa*."

A total of 17 randomized controlled trials investigating the effects of black cumin on indicators of metabolic syndrome, insulin resistance, and type 2 diabetes were included in this meta-analysis. The results suggested significant reductions in fasting plasma glucose (blood sugar), post-prandial (after-meal) glucose, and hemoglobin-A1c (HbA1c). The oil was more effective than the powder in reduction of fasting blood glucose, perhaps because the heat extraction of oil concentrates the active ingredient.

A [meta-analysis of five studies](#) found a significant effect of black cumin seed and oil in lowering C-reactive protein (CRP) in participants with BMI greater than or equal to 30 (obese). CRP is a blood marker of inflammation, which could be due to an infection somewhere or generalized inflammation in tissues such as blood vessels with atherosclerosis.

If your doctor has found that you have the markers of a disease mentioned here, you might want to show this article to him/her and discuss trying black cumin first before taking a manufactured drug.

If you can't find black cumin locally, you can buy it on Amazon.com's marketplace. That's where I bought 8 oz (227 g) of the ground seed powder for \$8.95 including shipping. I put it in a pepper shaker and sprinkle it on food that I'm cooking or at the table.

