

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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Salinas CA 93901-3211

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Monthly Newsletter - Nov. 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**
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

ASI Holiday Closures: Closed from noon Nov. 24,
reopening Nov. 29; Closed Dec. 24, will reopen Jan. 3.



Clothes Needed for Adults and Children--Plus Toys

Closer Walk—a recently established service center next to Dorothy's Place on Soledad St.—has an ongoing need for jackets, blankets and sweatshirts, new or gently used as well as funds to purchase necessary items. To donate please connect with David Balch at: <https://gofund.me/c048f5aa>. Our homeless brothers and sisters will thank you.

Our Salinas Mayor Kimbley Craig and our Supervisor Luis Alejo are spearheading a drive for new and gently used clothing for the homeless as well as toys for homeless children. The way-too-many unhoued children in Salinas will be most grateful.

Thank you for your help.

Please drop your donations off at the Mayor's Office in City Hall (>>>) or Supervisor Alejo's office on the second floor of the courthouse.

For information please call/email Javier Gomez at Gomez@co.monterey.ca.us or 831-755-5011.

ANNUAL HOMELESS WINTER CLOTHING, TOY & BACKPACK DRIVE

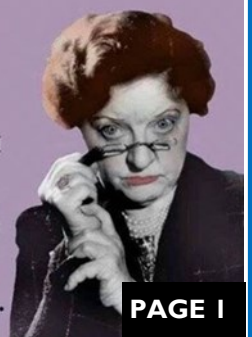
From Now thru December 23, 2021.

Supervisor Luis Alejo & Salinas Mayor Kimbley Craig are raising donations for our homeless children & adults who stay at our SHARE Homeless Navigation Center in Salinas. Each child will also receive a backpack with supplies for school.

You can drop off unwrapped items, such as gloves, jackets, sweaters, scarfs, beanies, socks for both adults & children, and toys, school supplies & backpacks for the kids. This will make their holidays a little brighter.

DROP OFF LOCATIONS:
At The Office of Supervisor Luis A. Alejo
488 W. Alisal Street, 3rd Floor, Salinas, CA 93901
Office of Salinas Mayor Kimbley Craig
City Hall, 200 Lincoln Street, Salinas, CA 93901
For Questions, Email or Call:
Javier Gomez at Gomez@co.monterey.ca.us or at (831) 755-5011

I don't want to say I'm old and worn out, but I make sure I'm nowhere near the curb on trash day.



Hello ASI Members

Dwight Freedman, President, Active Seniors Inc.

The holidays will again look much different for some of us this year. However, at least some of us will be able to spend time with loved ones or gather around the same table for a Thanksgiving meal or be home for Christmas.

As another challenging year comes to an end, our ASI Board of Directors, Staff and Volunteers want to thank our members for your continued support of ASI and hope that you and your family stay safe and healthy. May you all find moments to celebrate the joy of the holiday season.

Health Tip #14: Is Virgin Coconut Oil a Good or Bad Fat?

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

Virgin coconut oil (VCO) is unrefined oil obtained from the fresh wet coconut kernel, whereas non-virgin oil has been processed from dried coconut (copra) with heat and bleaching. The refining destroys whatever non-oil nutrients were in the juice from the dry coconut meat. Some self-proclaimed health experts promote coconut oil as a healthful form of fat in the diet. Here's one: [20 Coconut Oil Benefits for Your Brain, Heart, Joints + More!](#)

On the other hand, the [American Heart Association \(AHA\) advises against consuming coconut oil](#) because it is 92% saturated fat, which it believes causes heart disease. Some south and east Asian traditional diets are based on the coconut, and they have low rates of heart disease, but the benefits may be derived from the rest of their diet rather than the coconut.

The AHA says: "... because coconut oil increases LDL cholesterol, a cause of cardiovascular disease, and has no known offsetting favorable effects, we advise against the use of coconut oil." (However, see my Health Tip #6 where I revealed a study showing that somewhat elevated LDL is good, not bad, for seniors.) The USDA food guidelines recommend limiting saturated fats to only 10% or less of the calories in a diet. Other sources of saturated fats include meats and dairy.

On the other hand, a [meta-analysis of 21 prospective epidemiologic studies](#) over 5 to 23 years of observation including almost 350,000 persons concluded that **intake of saturated fat was not associated with an increased risk of coronary heart disease, stroke, or cardiovascular disease**. The American Heart Association and the USDA disagree.

A study published in Mar 2018, "[Randomised trial of coconut oil, olive oil or butter on blood lipids and other cardiovascular risk factors in healthy men and women](#)," compared equal amounts of these three fats added for four weeks to the diets of 91 men and women aged 50-75 years. LDL-C concentrations were significantly increased on butter compared with coconut oil and with olive oil, but there was no significant difference between coconut oil and olive oil. Coconut oil significantly increased HDL-C ("good cholesterol") compared with butter or olive oil. Coconut oil did not significantly differ from olive oil for TC/HDL-C and non-HDL-C. There were no significant differences in changes in weight, BMI, central adiposity, fasting blood glucose, systolic or diastolic blood pressure among any of the three intervention groups.

In spite of these results being contradictory to mainstream opinions, the authors concluded: "These findings do not alter current dietary recommendations to reduce saturated fat intake in general but highlight the need for further elucidation of the more nuanced relationships between different dietary fats and health."

A [review of studies](#) on humans concluded that coconut oil generally raised total and LDL cholesterol to a greater extent than unsaturated (not trans) plant oils, but to a lesser extent than butter. "Therefore, this review does not support popular claims purporting that coconut oil is a healthy oil in terms of reducing the risk of CVD."

A [review in 2019 on health effects of coconut oil](#) found some benefit for topical use on atopic dermatitis, but concluded that limited evidence does not support use for prevention or treatment of Alzheimer's disease, bone loss, or glycemic control. Evidence on weight loss and cardiovascular disease warrants larger clinical intervention studies on humans. Whether or not virgin coconut oil is the "superfood" that some advocates claim it is, based on the research I cited I'm not afraid to use moderate amounts of virgin coconut oil in cooking.

2022—and Dues Renewal—Nearly Here

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

Time for Year-End 2021 Donations

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

SF Shopping, Sightseeing

It's coming right up! ASI and Silver Kings and Queens have arranged a tour just for you. It's Dec. 8 from 9 am to 7 pm and just \$30 for the bus trip up and back. You must make reservations at ASI by Dec. 3 (or sooner, as it seems to be filling up). On arrival you'll get off the bus at Union Square, where you'll be picked up that afternoon. You'll have the day to shop, sightsee and have lunch on your own. Enjoy San Francisco with no concerns about driving, fighting traffic, or parking!

First Friday Art Talk

Let's talk about art. Our First Friday Art Talk features two local artists each month as we explore the story behind their artwork, their inspiration, and their background.

Register online: Friday, December 3, 2021, from 4:30 PM - 5:30 PM

Missed our previous Art Talks? View them on our YouTube channel, including September's with Pam Carroll, a realism oil painter, and Shuyi Qi, a realist figurative artist.

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



Big Book Sale! Little Books on Sale Too!

Save the date for Friends of the Salinas Public Library's Big Book Sale! The next bi-monthly sale date is Saturday, Dec. 4, 2021, from 9 AM to 2 PM. Get low prices on books and DVDs, including a special Bag o' Books for \$5.

All proceeds from these sales help to support programs and services at the library. For more information, call 831-758-7182 or email fospl.bookshop@gmail.com.



Back Pain? Some Suggestions from AARP

Thanks to Thad Evans

A recent AARP email listed these five causes of back pain and what you can do for it:

1. Uninterrupted sitting. You've likely heard by now that lots of sitting can take a toll on your health. But it's also a lesser-known cause of back pain. Immobility can jump-start what's known as the pain-spasm-pain cycle, in which a skeletal muscle spasm causes pain in your spine. That exacerbates the spasm, which, in turn, exacerbates the pain. To help guard against this, don't sit for more than four hours at a time-- sit for two and then stand up and stretch a bit. Also, try stretching and core strength exercises for 30 minutes six times a week.
2. Cigarette smoking. Smoking limits blood flow, causing discs to age prematurely. Research suggests smoking also affects the way the brain responds to back pain and makes people less resilient to it.
3. Your mattress. With a plush mattress or an old mattress, the body tends to sink down, so there's less support for the spine.
4. Shoes. Even sensible shoes can change your gait and lead to back pain if the soles are uneven, which happens when you've worn them too long. Remember that shoes support your body even longer than your mattress, so . . . Look for shoes with soles that provide medium firmness and provide proper arch support. Soft-sole shoes might not provide enough stability.
5. Stress. Stress wreaks all kinds of havoc on the body. No surprise, it can also put the squeeze on the muscles around your spine. Besides the neck and shoulder area, stress can also cause pain to travel farther down the back, thanks to the inflammatory response it sets off. To fend off this kind of pain, moving is particularly important--opt for a long walk, a short run or strength training. Stretching can help take the edge off, too.

