

**OFFICE HOURS**

9:00 am to 4:00 pm  
Monday through Friday  
[asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org)  
831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street  
Salinas CA 93901-3211  
[www.activeseniorsinc.org](http://www.activeseniorsinc.org)  
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# Monthly Newsletter - October 2025

**DAILY ACTIVITIES****MONDAY:**

Zumba w/o wts. 7:30-8:30AM\* + donat.  
Zumba 9-10:15 AM w/wts\* + donat.  
Hula, 10:30-11:30\* + donation  
Ukulele & Singalong, 12N-2 PM\*\*  
Mahjong 12:30 to 3:30 PM, RmB\*\*  
Yoga/Pilates 2:45-4:00 PM\*  
Bunco 1st Mon, Mmbrs First, 5-8 PM, \$6.

**TUESDAY: Legal Services for Seniors, free**

9:30-11:00 AM Call for appt., Rm A  
Line Dancing 10 to 11:30 AM\*\*  
Bridge, 12N-3:30 PM\*\*  
Beginning Dance Lesson 6-7 PM &  
Social Dancing to Live Music 7-8 PM. \$9/\$10  
Artful Escape, 3rd Tues.\*\* 1:30-3:30pm, Rm B  
Card Play, 4th Tues.,\*\* 1:30-3:30pm, \$2 Rm B

**WEDNESDAY: Yoga/Balance/Pilates 8:45-10AM\***

Cribbage, 10:00 AM-12:00N, Rm A\*\*  
Book Club 10:30 AM to 11:30AM\*, Rm B  
Guitar Circle & Singalong, 11:30-1:00 PM\*\*  
EFT Tapping, 1:30-2:30PM\*, Rm B +donat.\*  
Tai Chi, 1:30 to 3:00 PM\*\*  
Chair Yoga, 3:15-4:15 PM\* + donat.  
Line Dancing 6:30-8:30 PM\*\* + \$1 donat.

**THURSDAY:**

Knitting/Crochet. (except 2ndTh), Rm B, 1-3 PM\*\*  
Nar Anon finly support, Rm B, 12N-1PM (except 2nd Th)  
MEMBERSHIP LUNCHEON, 2nd TH, 12N,  
pre-register & pay by Fri before, \$12.  
Quilting, 1st & 3rd Th, 9 AM-12N\*\*  
Genealogy, 1st & 3rd Th, 10:00-12N,\*\* Rm A  
Tech Assistance, 3rdTh, 1-2PM or 2-3PM,\* by appt.  
"Singing . . .Brain," 3rd Th, 3:15-4:45pm\*\* + donat.  
FOOD Distribution, last Th, 10-12N, free.

**FRIDAY: Yoga/Balance/Pilates 8:45-10:00 AM\***

Zumba 10:15-11:15 AM\* +donat.\*  
Bridge 11:45 AM to 3:30 PM\*\*  
Ping-Pong, 2nd Fri., 3-4pm\*, drop-in  
Cardmaking, 3rd Fri\*\*+\$5, pre-regis., 1-3pm-NEW time  
Western Dance, 1st and 3rd Fri., 7-9 PM, \$4/\$8

**SATURDAY: Office closed**

Zumba, 9-10 AM Limit 40\*  
Beg.Hula 10:30-12PM\*\* + donat., 2nd & 4th, all welcome,  
\$2/\$4 -NEW time  
Bridge 1st, 3rd, & 5th, 11:30 AM-3:30 PM\*\*

*Updated 10/2/25*

\* \$1 Fee for members, \$2 for non-members;  
\*\* \$2 for members, \$4 for non-members  
Office closed Sat. Bring exact change, arrive prior to start.

**Special California Election—Nov. 4!**

By Michael Beck

Active Seniors, Inc. continues its community outreach, serving as a polling place on Tues., Nov. 4 for the upcoming special Election (for Prop. 50, CA re-districting) called by Governor Newsom. **ALL** ASI activities are suspended that day and the ASI office will be closed. ASI has been hosting a precinct polling place for many years. George Niesen has been the Inspector (and Karen Towle before him). He is handing over the reins to Michael Beck, who is stepping up as Inspector this year.

ASI breaks up the 15-hour day into three shifts: 6:00 AM (an hour before polls open) to 11:00 AM, 11:00 AM to 4:00 PM, and 4:00 PM to 9:00 PM (an hour after polls close). This necessitates 18 people volunteering to cover the day, besides the two co-inspectors. If you would like to volunteer five hours on that day or for subsequent elections, please contact Michael Beck ((831) 229-0289). Besides the five-hour shift, volunteers need to schedule a three-hour training session at the Monterey County Elections Department at (831)796-1485. Thank you in advance for service to your country and Democracy.

**ASI Attitudes of Gratitude**

By Linda Evans, Sera Hirasuna

ASI continues to make a difference in the lives of others. In addition to "giving back," via ASI volunteers at Monterey County's Food Bank on Tuesdays [leader, Loretta Salinas]; monthly Mother's Burritos supporting Victory Mission [leader, Bari Roberts]; Jacob's Heart annual coat drive [leader, Theresa Riley]; ASI's monthly Food Distribution [leaders, Tina England & Dwight Freedman]; donations to Veterans' groups [Sassy Quilters]; varied activities supporting Spreckels VFW Auxiliary [leader, Mary Ellen Parra] this past month ASI was enriched by a couple of "inhouse" events.

(continued on next page)

## Gratitude for Volunteers (continued from P. 1)

ASI's Activity Leaders were recognized by the Strategic Team for their time, knowledge, and contributions they bring to ASI. So much of the joy and fun of being an Active Senior begins with our Activity Leaders. Not only do they lead in their areas of interest, but they also listen, laugh, and love being with us! We are appreciative AND grateful for the talents and presence of each of them.

Mid-month Kitchen Chair Lionel Gill hosted a gourmet-level thank you dinner for those who support him in making our luncheons and many "extra" events happen. Lionel, with the support of kitchen sidekick Gerry Reynolds, expressed his personal gratitude to those who show up time after time, to prep, cook, plate, and put together ASI's menus.

Dinner included succulent pasta with large chunks of shrimp, onions and mushrooms, accompanied by a vibrant Salinas Valley salad with a choice of four dressings; garlic-parmesan bread; and of course, red or white wine. The highlight of the dinner included Lionel's bacon-wrapped jalapeño poppers, which combined a bit of spice with the smoothness of blended cream cheese. A splendid selection of bar cookies (three chocolate versions, raspberry coconut, and apple allspice) concluded the repast. IF you've never volunteered in the kitchen, get your name on the list--if only for the reward of Lionel's food thank you!

## ASI's First Artisan Craft Faire Nov. 8

By Sera Hirasuna

Given the number of ASI Members (some 950), there are a good many folks who have devoted large swaths of their lives making art—painting, baking, sewing, knitting, crocheting, quilting or embroidering; working with glass, soap or bread; recycling jewelry or denim or other fabrics; making birdhouses and other garden decor. "Why," might you ask? Because it's fun, they say. Because it's something fulfilling, relaxing, and invigorating. Because creating with one's mind and hands and heart is a calling.

Some thirty of these talented "creatives" want to share their work with you. Note, this is an ARTISAN Craft Faire and these sellers are fellow Members. This is not a doo-dad market, full of imported goods. They are handmade, locally-sourced or recycled *art*. The items are original and made with experienced, loving hands. Many have never sold their creations before but only have gifted them to family/friends.

So, save the day for your gift giving or self-caring needs: Sat., Nov. 8. Doors open at noon—the day ends when stock runs out or at 4pm, whichever comes first. The Faire will be open to all ASI Members plus the general public. Since Members know secret parking spaces, we on the Craft Faire Committee urge you to come early.

Here's something to pique your interest: the Sassy Quilters are together fashioning a full-sized quilt to be raffled off. See Linda Fanelli, Charmaine Kaplan, or Brenda Orr (they are members of the Sassy Quilters) for tickets, which will be sold on Nov. 8 as well.



## Choking Informational Session Friday, Oct. 3rd, 1-2pm

By Roselyn Lambert, RN

You never know when you'll be called on to act--maybe even to help yourself. Roselyn's information is crisp, clear, based on science, research, and experience as an RN. This is not a hands-on practice session, but it will give you valuable knowledge about how swallowing works, what foods are problematic, how to show you need help, when to act, and what techniques you need to understand to save a life--perhaps even your own. FREE to all Members, their caretakers and concerned family members. Register in person, by email, or by phone and tell us how many people will be in your party. Deadline: Thurs, Oct. 3.



Swallowing uses 30+ pairs of muscles

# Escape Into Freedom

By Yole Whitlock

**Tolan** was born in Saigon in 1953. Now Tolan Maust, her American story begins after the fall of South Vietnam in April of 1975. At that time the American embassy in Saigon was overrun by communist forces as American soldiers, other personnel and over 200,000 South Vietnamese were evacuated by plane, helicopter and ship.

However oppressive communist policies forced almost 800,000 more to escape by sea between 1975 and 1995, including Tolan, her husband Cung, and their two-year old daughter, Maclan. For five years. they planned and saved precious amounts of money and waited for an opportunity to flee.

\ Tolan and Cung lived with his parents in Saigon and began to sell everything they owned to buy two “five-ounce gold bars” on the black market to fund their escape. Their motorcycle, bicycles, clothing, jewelry, and anything of value were sold. Trusted friends in Saigon set everything in motion. They were told to wear “ordinary clothes” and be prepared to leave at a moment’s notice.

Tolan sewed their thin gold wedding rings into the waistband of her pants along with an American \$10.00 bill. When notified, on the evening of Oct. 28, 1980, Tolan donned her oldest clothing and a jacket, took a canteen for water and Maclan. She was taken to a nearby village bordering the ocean. Tolan stayed with strangers, relying on them to give them shelter, food and water for two nights while they waited anxiously for Cung to join them. Cung had remained in Saigon so as not to arouse suspicion.

On the third night, Cung joined them at 1am and they began their perilous journey to freedom. The family was led to a small boat which took them to another location where they disembarked. In the dark, they began to walk for hours along a narrow path that brought them to another secret rendezvous. Throngs of other refugees, unable to pay for a precious seat on any vessel seemingly appeared out of nowhere clamoring to be allowed to escape.

At last, Tolan, Cung and Maclan were ferried out to the small fishing boat that would take them onto the high seas. (It is estimated that 250,000 refugees on various boats did not make it to safety and perished on the journey.) Her family was the last to board. Entering the hold of the ship, they brought the number of refugees to 130 leaving Vietnam that night.

The hatch was closed and within minutes it became almost impossible to breathe. Tolan pushed up on a hatch. It did not open. Again, she pushed on the hatch and when it lifted, she looked around and ran to a corner of the deck to sit down with Maclan on her lap. Others began to emerge.

Each day, each person was allotted one rice ball the size of a ping pong ball. Water was scarce. but a storm brought welcome rain which they resourcefully caught in a tarp. For seven days they traversed what seemed like endless ocean. Tolan and Maclan sat unmoving in their prized corner. \

At 6:00 am of that seventh day, they saw what looked like a mushroom loom on the horizon. It was a small Indonesian island. A villager boarded their boat and took any visible jewelry for payment from the refugees before the 130 were allowed to go ashore. The Chief of Palau-Laut herded them into a community room with no electricity or running water but at least they could bathe in the glorious springs on this palm-treed tropical island.

The Red Cross. constantly searching for **boat people survivors**, were notified. The refugees waited a week and 129 (one died on the island) were taken to another island. Landing on Sedanau, they ended up in a little town large enough to have a governing body. Here, they were housed in empty buildings built over the ocean where gaps in the flooring showed the angry ocean swirling menacingly under their feet. After another death the 128 remaining travelers stayed for a month.

A German Red Cross ship arrived and took them on a harrowing three-day journey of sea sickness, more trauma, even loss of memory for Tolan. They arrived at KuKu Island, Indonesia, where they spent another long month. Canned food and canned sardines were all they were offered. The American \$10.00 bill bought them some rice and fresh fish – their only splurge!

Finally, the United Nations High Commission shipped them to Pulau Galang, Indonesian, and to “Camp Vietnam” for refugees. They sold their wedding bands. Cung bought a camera and took photos and had them developed then sold them to those he had photographed. He was earning money for the family. Tolan had language skills to offer on Galang. She was hired by *Save the Children* organization to translate English to Vietnamese.

(continued on P. 4)

## Escape into Freedom (continued from P. 3)

The family then applied for entry into the USA and waited patiently in their barracks. Only 25 people in her group got the go-ahead to leave for the U.S. Their family of three was on the list. Tolan's skills with languages plus the fact that they had family already in the U.S. made them ideal candidates. The Catholic Church flew them to Singapore to another camp to finalize the U.S. visas. They then flew to Hong Kong, to Seattle, to San Francisco and finally to Cung's family in Escondido, CA. On May 1, 1981, their *185-day* journey was over.

Tolan has had many helping hands and hearts opened to boost her on her American journey. Tolan enrolled in Wayne's College of Beauty in 1982 (she and Cung had divorced). Two instructors were instrumental in her success. Dolly Schmidt rented a room in her home for Tolan and Maclan. Anne Bery helped Tolan get her first position with Wally Wallace at his barber shop.

Our very own ASI President, Bob Whitlock, was one of her first clients. Ray Holman of the 76 Station traded haircuts for repairs on the old Lincoln that noted attorney Harry Noland sold her for just \$200. The Alisal School District hired her as a tutor. There were many others who helped her along the way as she began her new life.

Tolan is a member of ASI. She participates in Ukulele, line dancing, and loves to golf. In 1985 Tolan became a U.S. citizen.

## Nov. 26: "We Gather Together" Friendsgiving Meal

By Sera Hirasuna

The holiday season is a special time for gathering and giving thanks. For those who may be homebound or spending the day alone, this time of year may be difficult. Here at ASI, we believe no one should be alone on Thanksgiving. Therefore, we would like to invite select members to join us for a traditional dinner filled with delicious food, good company, and holiday cheer.

Because we want to make this special day easy and comfortable for those invited, we will recruit Members who can provide transportation for those who need it. The event is Wed., Nov. 26—the feast begins at noon. Applications will soon be available in the office...and maybe online.

We are looking forward to handling the cooking, the driving, and cleanup while our guests relax and enjoy the celebration. Look for more information in the coming weeks. Thanks to the Happening crew--Linda Evans, Lionel Gill, Mary Ellen Parra, Loretta Salinas.

## The ASI Library

By Sylvia Teixeira

ASI's Library runneth over. Our Members are extremely generous about passing on their used books, and donations far exceed the capacity of the three-bookcase Library in all but one category—large print. We always need large print. Most non-fiction and fiction books on the shelves are recent releases or best sellers but, if there is room, the volunteers put out whatever comes in.

A few guidelines about what not to bring in: large collections of books from a single donor, cookbooks, books that have been in storage and books that are yellow with age. Those can go directly to the Goodwill, Salvation Army or other charitable organization.

Thanks for your donations. The ASI Library is a big money saver to those of us who are avid readers. It is the source of most of my books. Thanks again.

### October Birthdays

Judi Akiyoshi	Thomas Kreuzinger
Jean Ashen	Anjalie Kulkarni
Barbara Barlow	Terry Kunysz
Leslee Bell	Lucy Lu
Patricia Beltran	Judy Luna
Patricia Berlin	Carlos Mariscal
Gloria Black	Patty Martin-Claspell
Jesse Bolante	Margaret McCarthy
Sylvia Borgman	Sandra Mercuri
Mary Bourne	Carolyn MEYER
Barb Briley	Holly Mikkelsen
Carol Brown	John Morrison
Amy Carter	Tamiko Olshi
Frankie Chaney	Claudia Palassou
Brenda Chargin	Amy Pastoriza
Lillian Davalos	Anne Pauly
Art Dominguez	Dale Presson
Jaime Eltit	Colleen Pritchett
Koney Eng	Sandra Restuccia
Julie Erny	Sidney Richardson
Teresa Escoto	Jennifer Sabado-Rios
Sharam Farahmand	Terri Schreihart
Craig Farmer	Lori Ann Sempek
Philayna Favero	Patricia Sigala
Alan French	John Silva
Prudencia Garnica	Harry Singh
Naomi Gonzales	Colene Smoot
Nanci Graham	Julie Spitz
Florence Griva	Kim Stirling
Carol Harner	Janet Street
Margie Harvey	Yong Mi Thomas
Lucy Herrera	Ivan Vargas
Jeanette Hildebrandt	Verna Wicks
Pat Horsley	Pat Winfrey
Carol Jackson	Linda Wurster
Susan Jimenez	Chieko Yamaguchi
Jeanette Kever	Eddie Yee
Don King	Kazuko Yonemitsu



## Greetings ASI Members! It's Dance Night

Join us this Friday night (Oct. 3) for an evening of couples and line dancing. Two-step or Foxtrot, Western or Ballroom Waltz, patterned couples dances, and line dances. Dress is casual. Review of line dances by ASI instructors. **WHERE:** ASI, 100 Harvest Street. **WHEN:** Fri. Oct. 3; **TIME:** 7:00 to 9:00 PM; **FOR INFORMATION:** Sharon at 831-261-8087; **MEMBERS:** \$4.00, **NON-MEMBERS:** \$8.00; **Don't miss the fun! See you on the dance floor!**

## Listening Place Readers Theater at ASI on Oct. 12

The **Listening Place Readers Theater** is pleased to present *The Gin Game* by DL Colburn Sunday, Oct. 12, 1-3pm. The production will be performed by Pat Horsley and Mark Shilstone at Active Seniors, 100 Harvest St., Salinas. Doors open at 12:30. No admission fee. Donations graciously accepted.

## POTLUCK!! GOOD LUCK!!

By Kay Wallace and Gerry Reynolds

What a GREAT day we had at our Saturday (Sept. 27) potluck luncheon. Our members brought a varied and delicious selection of dishes. Our thanks to all of you. We had fresh salads. The main dishes included classic favorites and international flair.

The dessert table was crazy good with so many selections. A special vegetarian Peruvian rice bowl presentation by Chef Michael. Take-out boxes were filled with treats; some recipes were exchanged, just as all potlucks are supposed to end.

Thanks to Chef Michael for the unique and lovely tablescape. Thanks to Loretta for the music. Thanks to Elizabeth for the centerpieces. Thanks to Gerry for encouraging people to talk about the dish they brought. (We found out Mila brought a Russian chicken salad that was created by a Frenchman centuries ago!) Thank you to all the volunteers who helped to set up. To those who helped with sign ins. And, of course, to those who helped with cleanup.

We need to do this again! "Potluck, Potluck - where every dish tells a story - come and share yours!" Any Member photos of the potluck can be sent to Gerry Reynolds, [greynlds@aol.com](mailto:greynlds@aol.com), or [asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org) with potluck in the subject line. Photos will go into our ASI Photo Library.



## Check Out October Luncheon

Unfortunately for some of you the luncheon list is closed although there is a wait list. For those attending, we are serving a baked potato bar and salad with chicken. Dessert is a chocolate Belgian mousse. Vegetarian choices are black bean bake and green salad with fresh fruit for dessert.

Our speaker is Joe Grainger, Executive Director of the Harden Foundation. Joe is a lifelong resident of Salinas. He is a graduate of Salinas High and Oregon State U. where he received his BS Degree in Agricultural and Resource Economics. His family was a prominent Salinas Valley farming family in the until 1994 when they sold the farming business. Joe was hired as the first Ex. Dir. of the Harden Foundation in 1995 and now is in his 31st year.

Some of Joe's community activities include: Current Treasurer and a Past President of the Rotary Club of Salinas, Past Pres. of the California Rodeo Association, Past Pres. of the Hartnell College Foundation, and Past Pres. of the Spreckels Union Educational Foundation. Joe was also a founding member of the organization known as the Nonprofit Alliance of Monterey County--NAMC.

## Have You Noticed?

By Linda H. Evans

Room B at ASI has been transformed with the calming light-green painted wall showcasing our varied activities and members. The Creative Trio of Joann Reynolds, Kathy Gill and Mimi Niesen undertook the challenge. Many hours of planning, cleaning, painting, visualizing patterns, testing colors. etc. have focused on the present dynamic result. (Board Director & Maintenance Chair Stephen Doolittle patched the hole and smoothly plastered the result for both rooms A & B.)

The pictures will change and rotate--as YOU email them to ASI (asi@[activeseniorsinc.org](mailto:activeseniorsinc.org))--list "activity pictures" in the subject line...or drop copies off to the office. The pictures will change. Retired ones will be kept for the ASI scrapbooks--current ones take their place. Yes, we ARE ACTIVE SENIORS enjoying a plethora of activities!

Many have suggested painting the Room B TV wall the same green as the picture wall...we have the paint! If you have the time & inclination, leave your contact number at the office. Thank you.

## ASI Office Notes

Please note that we will no longer hold checks for Tour Events as we have done in the past. All Tour Events checks will now be deposited on a regular basis. Please be sure there are enough funds in your account. Thank you. Tour Director: Sharon Piazza. Finance Director: Robert McGregor. President: Bob Whitlock.

We have **tumblers** on sale (>>>). Come to the office and get your very own Active Seniors tumbler. Keeps hot drinks hot for at least 8 hours and cold drinks cold all day. A bargain at \$10 each. Get yours before they are gone!



**Help Wanted.** Food Distribution Co-Coordinator. Assist with leading the Team Leads for our monthly food distribution program. Please contact Dwight Freedman for more information. (831) 424-5066

**Card-making class** on Saturdays has not worked as hoped; we are cancelling the Oct. 4th date. We are in the process of moving it to the 3rd Friday, 1-3pm. Watch this space for more information.

**Beginning Hula** is also in the process of moving its day, time and space (the main hall). We are looking at the 2nd and 4th Saturdays starting Oct. 11th, 10:30am-12N. Stay tuned for more information.

What do you know re: using **Google Workspace** as an intranet platform? What's your experience? ASI is researching & gathering information to determine IF that would meet our needs and easily support getting ASI's internal business and administrative work accomplished. Share your experience with President Bob Whitlock, Vice President Gerry Reynolds, IT Chair Dwight Freedman or email your comments: [asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org).

## Sassy Quilters Offer Sassy Quilt in Raffle

By Linda Fanelli

This beautiful quilt will be raffled at the November 8 Craft Faire (see P. 8). Handmade by the Sassy Quilters. Proceeds go to buying supplies for donation quilts given to Jacob's Heart and our local Veterans. \$5.00 per ticket or five for \$20.00.

Contact Carol Dixon 831-917-3674 for pre-event ticket sales. You do not need to be present to win. The drawing will be held on November 8 at the end of the Craft Faire.





## From the Salinas Public Library

**Title:** **No Backyard? No Problem! Grow a Fall Garden Anywhere;** **When:** Sat., Oct. 4, 10:00 AM-1:00 PM; **Where:** Cesar Chavez Library; **Description:** You don't need a yard to have a garden! Grow bags turn any space, from a porch to a driveway, into a portable edible garden. With coaching from the UC Master Gardeners, you'll learn how to plant and nurture vegetables to get a great harvest. Each household gets one grow bag, potting soil, and a choice of vegetable and flower plants. Children will have a garden activity. Registration is required as spaces are limited. You can only register for one workshop. Choose either the English Language workshop or the Spanish language workshop. 10:00 AM - 11:30 AM (English), 11:30 AM - 1:00 PM (Spanish). **Register at:** <https://forms.office.com/g/91ncz42Emd>. **Cost:** Free.  
**Website Link:** [CCL | No Backyard? No Problem! Grow a Fall Garden Anywhere | Salinas Public Library](#)

**Title:** **Local Author Talk: Kay Smith-Blum.** **Date:** Thurs., Oct. 16; **Time:** 4:00 -5:00 PM; **Location:** El Galitan Library; **Description:** Meet award winning author Kay Smith-Blum who turned a vivid dream and news of leaking radioactive waste at Hanford into her award-winning debut novel, *TANGLES*. Steeped in intrigue and rich with emotional depth, *TANGLES* delivers a haunting Cold War-era mystery entwined with an unforgettable love story. Against the backdrop of the nuclear age and its devastating human and environmental costs, Smith-Blum's masterful storytelling reveals hidden betrayals, buried secrets, and the courage of those who dare to defy the odds. **Register:** <https://forms.office.com/g/mEPb313zcC>. For more information on these offerings, contact Kate at [KathrynB@ci.salinas.ca.us](mailto:KathrynB@ci.salinas.ca.us)



## EFT Tapping Participants Report Many Benefits (continued from August issue)

By Bari Roberts, EFT Certified Tapping Practitioner

"I look forward to the sessions with Bari at ASI! She begins the session with guided meditation, which always calms me down. During the actual tapping, she condenses the information that we have shared, and we each tap on it. Her sense of humor has often caused me to realize that I'm not so bad after all and life shouldn't be taken so seriously. "

"These are the things I like about EFT Tapping: I usually end up better than when I started; less anxiety, less restlessness; quiet hallucinations sometimes; Bari is a good instructor and helps me feel at ease."

## "Age Well, Drive Smart" Class Empowers Senior Drivers at ASI


On Friday, Sept. 16, from 1–3 pm, more than 100 ASI Members gathered for an informative and engaging "Age Well, Drive Smart" class, presented by the California Highway Patrol (CHP) and the Independent Transportation Network (ITN). Officer Perez, assisted by ASI Member Carlos Mariscal, covered topics such as defensive driving techniques, age-related changes in vision and reaction time, the need for self-assessment in one's abilities, and understanding new vehicle technologies. Officer Perez fielded questions from the engaged audience as well. Attendees were awarded certificates of completion that may earn them discounts on their auto insurance.

The "Age Well, Drive Smart" program is a statewide initiative by CHP, aimed at educating drivers aged 65+ about safe driving practices in order to help older adults maintain their independence and safety behind the wheel. Its partner, ITN, is a nonprofit dedicated to providing "dignified transportation" for seniors, the disabled, service veterans, and others in need.

### Do You Know your Roots?

FIND YOUR FAMILY TREE

My Family



Active Seniors Genealogy Group  
100 Harvest Street  
Salinas, California  
1(831) 424-5066

**WWW.ACTIVSENIORSINC.ORG**  
1st & 3d Thursdays of the Month  
10:00AM - NOON



## Senior Resource Day Oct. 23

### Hello fellow ASI'ers

ASI's Annual Senior Resource Day is coming right up—Oct. 23, Thursday, from 1:00 to 3:00 PM. Featuring numerous tables staffed by providers of services, products, programs, facilities and information of importance and usefulness to the senior community, you can easily access resources to meet your needs.

As you may know, free flu and Covid shots will be offered at our 4th annual Sr. Resource Fair by VNA. We need to let VNA know how many doses of each vaccine to bring. We know some of you like to get your shots at your doctor's office or your local pharmacy. Or, maybe, you like to get them earlier in the Fall.

But if you intend to get your shots at ASI, we need to know. Please call or email us to let us know you'll come to the Fair on Oct. 23rd, 1-3 pm, to get your shot. Please indicate which shot you need--or whether you intend on getting both shots on that day. If we don't hear from you, we will assume you will make other arrangements.

**4th Annual**  
**Health & Wellness**  
**Senior Resource Day**  
*Connecting you with local resources and support!*

**Thursday,  
October 23<sup>rd</sup>, 2025**  
1:00pm - 3:00pm

**Active Senior Inc.**  
100 Harvest St.  
Salinas, Ca  
93901

**Free Admission:**  
The first 100 guests  
received a gift card  
upon entry!

**What to Expect:**  
VNA Flu Shot Clinic  
Complimentary snacks  
Blood Pressure  
Massage

For more information: Call Laura Ruggieri @ (831)402-9909

Supported by:

**ASI**  
Active Seniors, Inc.

**VNA**  
Visiting Nurse Association of Salinas

**Sandra Ealy**

**MISSION**  
HEALTHCARE