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OUR FRIENDRAISER...

Don't Miss Thanksgiving Dinner

Wednesday, November 15th

Hartnell College Student Center

Doors Open @ 5:30, Dinner served at 6:00

Take out Door Prizes

RESERVATIONS STRONGLY ADVISED

757-6030 \$10.00

Nervous about renewing your Driver's License ?

There are all sorts of resources to help you overcome your fears. As we get older we all experience physical and mental changes that are so gradual we barely notice them. Night blindness, slower reaction time, stiffness, or pain can have a big effect on our driving skills. The American Occupational Therapy Association provides the following tips to consider:

- Get a physical exam to identify changes that may affect your driving, and to see whether they are due to medication, nutrition, and fitness levels, or other factors that could be addressed.
- Take a driving self-assessment, such as the one available through the AAA Foundation for Traffic Safety at www.aaafoundation.org.
- Attend a free Car-Fit event in your community, during which experts will suggest ways to personalize your vehicle to be the best fit for visibility comfort, and safety (see www.Car-Fit.org). They will *not* judge your driving ability.
- Keep walking, keep fit! The ability to walk a block gives you the widest choice of options as a driver, passenger, or pedestrian.
- Choose to drive only on familiar streets, during daylight hours, when traffic is light, when you are well rested, and with as few distractions as possible.
- Undergo a driving evaluation by an occupational therapist to determine what skills need to be addressed for you to continue or resume safe driving.
- Accept offers of rides, or ask friends or neighbors for rides when you are not comfortable driving (e.g. in bad weather, when feeling fatigued, after dark, in unfamiliar locations). Do not endanger yourself or others.
- Check local and state regulations for requirements for older drivers, such as more frequent vision checks or testing after a stroke or serious illness.
- Offer to trade favors with family and friends in exchange for rides.
- Look into local taxi or limo services. Sometimes a contracted number of rides can be an economical option.
- Explore activities that don't require driving. Is there a clubhouse near your home where friends gather? A store that you have not previously considered?

The Occupational Therapist can:

- Explore adaptations to overcome issues identified in a physical exam. Provide suggestions based on your particular skills and needs, such as driving only familiar routes, during daylight, and on side streets.
- Work with a team of professionals at Car-Fit events to help ensure that your vehicle is adjusted to be the best “fit” for you. Car-Fit events focus *only* on the vehicle fit and not on the person’s ability to drive.
- Address the *occupation* of driving with caregivers or volunteer drivers by sharing ways to simplify the process of helping passengers in and out of a vehicle, managing their mobility devices (walkers, scooters), and demonstrating other ways to keep them safe and comfortable.
- Provide a comprehensive driving evaluation, which reviews all aspects of your driving. The goal is not to prove whether you are safe or unsafe, but to determine and address areas of concern to keep you driving safely for as long as possible.
- Suggest vehicle adaptations and equipment to address your specific needs, such as broader mirrors, seat boosters, hand controls, scooter lift, etc.
- Determine whether you are able to use public transportation (e.g., can you walk to the bus stop, step up onto the bus, etc.)? If not, the occupational therapy practitioner will help you to gain these skills. (Editor’s Note: You can also call MST at 393-8194 who can help.)
- Share information on grocery stores, places of worship, town halls, etc. that offer transportation or delivery services if public transportation is not an option for you.

Source: American Occupational Therapy Association

Boost the Flavor, Skip the Salt

Cutting back on sodium--including salt used in cooking and sodium in the foods you buy--doesn’t mean you’re banished to blandness. There are many herbs, spices and other add-ins that can play up the natural flavors of your favorite foods. And your taste buds won’t be the only winners. Eating less sodium may help lower high blood pressure too.

Spice it up!**Flavor maker****Try it with:**

Dried Basil	Chicken, vegetable or pasta
Dried Rosemary	Roasted meats or potatoes
Dried Thyme	Fish fillets
Crushed red pepper flakes	Rubs, sauces and stews
Cinnamon	Cooked fruit dishes
Cumin	Chicken, ground meats, curries or stews
Citrus juices or zest	Salad dressings, green salads, fish or chicken
Garlic	Soups, stews, vegetables, meats, poultry, seafood and sauces
Ginger	Asian dishes, soups, salads, vegetables and meats

Shake the salt habit

Did you know the average American man consumes 4,240 milligrams of sodium a day? That’s nearly double the 2,300 milligrams that health experts recommend. People with high blood pressure may need even less. Remember: Sodium doesn’t only come from the salt shaker. When choosing packaged foods, look for items labels: Low sodium, Reduced sodium or No salt added.

Sources: American Heart Association, U.S. Department of Agriculture, U.S. Department of Health and Human Services

SALINAS SENIOR CENTER'S

Holiday Dinner

Wednesday, December 13, 2017

St. Patrick's Day Dinner

Wednesday, March 7, 2018

Older Americans' Celebration

Wednesday, May 16, 2018

Doors open at 5:30 pm
Dinner service at 6:00 pm
Hartnell Student Center
411 Central Ave., Salinas 93901

RESERVATIONS STRONGLY SUGGESTED FOR TAKE OUT OR DINING IN

Please call 757-6030 or
Email: ssc@salinasseniorcenter.org

Board Matters

Curious about working with a group of committed residents who believe that SALINAS NEEDS A SENIOR CENTER? We are a 12 member board with three vacancies. If you are interested in learning more about our cause, and would consider joining the Board, or if you have some good ideas to share, please call Mike Payne, Chair of our Governance Committee at 424-4974 and leave a message or email him at MTPayne.com.

Volunteers Needed for Prom Committee

Call the office or send an email if you're interested in helping with our 13th Annual Seniors' Prom, "Swing Into Spring" to be held on April 7, 2018. We will match your skills with our needs. Join a fun group for a great event.

In Memoriam:

Warren Church
Candace Roseno Martin Davis
Philip DiGirolamo
David Hart

A Column of Thanks to New * & Renewed Members

*AllCare Pharmacy**

Esther Barba

Floyd Bolton

Ellyse Burke

Nancy DeSerpa

Jane Di Girolamo

Louis B Frizzell

Pauline Gist

*Pete & Priscilla Jackson***

June Laarss-Payne

Sam & Shirley Lavorato

*Kay & Angelo Micalizio***

George Flores Mills

Jeri & Nathan Olivas

*Jane Meade Roberts**

Jenell Roberts

*Nora & Ruben Sanchez***

Susan L Shaw

Nancy & Rod Skager

*Mary Ann & Victor Worden**

A Matter of Balance

In our September Newsletter we introduced a new program, *A Matter of Balance*, that we planned to offer and we received a list of interested people who wanted to take the class. We have kept the list while trying to find an appropriate room to hold the classes. Unfortunately, we have not been successful. We continue our search and and we continue recruiting participants.

A Matter of Balance: Managing Concerns about Falls was developed to help seniors overcome their fear of falling—to improve their mental attitude toward the matter of falling. The prevalence of elderly persons acknowledging fear of falling ranges from 40% to 73% among recent fallers compared to 20% to 73% among those not reporting recent falls. If the fear is intense enough, it can limit mobility. Thus, staying active is stressed, as well as an increasing lower body strength. The exercises demonstrated in the classes are **NOT** strenuous.

Increasing strength, making your home safer, having your eyes checked, understanding the risk factors for falls are just some of the other things you will learn in the classes, along with the exercises you will learn that you will take home for daily practice.

Classes are usually twice a week for four weeks.

If you know of a meeting room that is available in your bank, place of worship, or community room, please let us know by calling the office, 757-6030, or emailing us, ssc@salinasseniorcenter.org.

Salinas Senior Center

250 Main St., Suite B 2nd Floor
SALINAS, CA 93901-2704

PHONE: 831-757-6030

EMAIL:

ssc@salinasseniorcenter.org

We are under Web reconstruction
www.salinasseniorcenter.org

FED ID #77-0428637

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We thank you very much!*

*If you don't have an * after your name on the label, please consider joining our cadre of supporters. You'll be helping us with operating expenses. Thank you!*

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Our Mission Statement

To serve individuals and their caregivers, ages 50 and over, by developing and delivering innovative services to enhance the independence, health, and well-being of seniors in our community.

YOU TOO CAN BECOME A CHARTER MEMBER!

by remitting your annual membership dues today.

Members will be issued membership cards each year.

Our membership runs from July 1 through the next June 30.

(Amounts are per person, e.g. single Charter Angel Member = \$100: couple = \$200)

Charter Silver Member (\$25)

Charter Platinum Member (\$50)

Charter Gold Member (\$35)

Charter Angel Member (\$100)

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Payment Method: Check enclosed Credit Card (No Debit Cards)

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Security # (on back of card): _____ Expiration Date: _____ / _____

Signature: _____

Date: _____

Can we count on you as a volunteer? Yes No

How would you like to help? _____

Please cut this out and mail to the Salinas Senior Center PO Box 6388, Salinas, CA 93912-6388