Healthy Aging Today

Summer/Fall 2018

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Malnutrition and Fall Prevention

Malnutrition affects all ages, but can be extremely dangerous for older adults. Malnutrition is the lack of proper nutrition, caused by not having enough to eat, not eating enough of the right foods, being unable to digest and absorb food, and/or a health condition. Did you know that 9 million older adults can't afford nutritious foods and 50% of older adults are at risk for malnutrition? These statistics are scary because malnutrition can come from many different factors such as: limited income, chronic conditions, poor dental health, changing taste buds, living alone, medication side effects, depression and lack of mobility.

In order to protect our loved ones, check for these warning signs to see if they may be malnourished: muscle weakness, abnormal fatigue, increased illness or infection, feeling irritable or depressed, unplanned weight loss, decreased appetite, or decrease in independence.

Malnutrition can affect your muscles and bones, which help one to stay active and independent. Malnutrition can accelerate the loss of muscle and bones, making it harder to do the things you do everyday like walking, dressing, and bathing. The weaker muscles and bones may put strain on your neck, back, and shoulders, causing pain and poor posture. Overall, malnutrition can lead to an increased risk of falls due to the decrease in muscles and bones. Proper nutrition is very important in maintaining independence and reducing the risk of falls.

Here are 6 steps to prevent malnutrition: make smart food choices, try an oral nutritional supplement, take care of your teeth, consult your health care provider, find help getting nutritious food (see page 7 on how to qualify for fruits and vegetables) and exercise to build muscle and improve strength (view the back cover for strength training classes for older adults).

Take charge of your health and join the community on Friday, October 19, 2018 at the Healthy Aging and Fall Prevention Summit. There will be free fitness testing, balance screenings, a fall prevention room with many community organizations and resources on how to prevent falls and ways to practice proper nutrition for older adults. Please turn the page for more event information.

Source: NCOAorg/healthy-aging/chronic-disease/nutrition-chronic-conditions, NCOA.org/nutritiontools, retrieved July 2018.

16th Annual

Healthy Aging and Fall Prevention Summit

Friday, October 19, 2018 | 8:00 a.m. - 1:00 p.m.

At the Modesto Centre plaza

10th and K Street (adjoining the DoubleTree hotel)

Who Should Attend?

Older Adults
Caregivers
Family of Older Adults

What Will Be Offered?

Preventative Health Screenings
Resources on ways to live longer, healthier
Resources to help you reduce your risk of falling.

First 500 Attendees* Can Receive a Bag of Fruits and Vegetables

**Fine Print: One bag per household, must fill out evaluation form*

Fall Prevention Room

Home Modification Displays
Balance Assessments
Medication Management
Fall Prevention Fitness Programs
Fall Prevention Resources
Senior Fitness Testing *(provided by CSU Stanislaus, Kinesiology Dept.)*

Free Health Screenings

Blood Pressure Checks
Bone Density
Cholesterol Screening
Depression Screening
Senior Foot Care
Vision Screenings
Diabetes *(provided by CSU Stanislaus School of Nursing)*

Also at the Summit

Flu and Pneumonia Shots - now in the main hall!
Drop the Drugs - Drop off any unused prescriptions in their original containers in a safe place.

Hosted by: Healthy Aging Association, Stanislaus County Area Agency on Aging, and Kaiser Permanente.

For event information call (209)525-4670 or visit www.healthyagingassociation.org

The Park at MODESTO Distinctive Independent Living
EL RIO Memory Care Community Koelsch Communities
Gallo Family Vineyards
Stanislaus County Area Agency on Aging Striving to be the Best
Kaiser Permanente
Healthy Aging Association Young at Heart Invest in Aging Fitness & Health Programs Older, Wiser, Stronger
Central Valley Medical Group

Preventative Health Screenings

Preventative health screenings are medical tests conducted by professionals and are recommended to those who don't show signs and symptoms of a disease. Preventative health screenings are a major key to the maintenance and improvement of our health for several reasons.

Live a longer, healthier life: Be proactive and complete screenings that might be due or recommended.

May help avoid or delay the onset of disease: If caught early, one may avoid the disease all together or slow the process down.

May keep the disease from worsening: Those in the early stages of their disease, can benefit because it may be able to keep their condition from decreasing their quality of life.

Many individuals avoid these important screenings because of their financial situation. These screenings are meant for early detection of the disease and taking preventative measures can reduce medical expenses tremendously.

Luckily the Healthy Aging and Fall Prevention Summit (page 2) offers free preventative screenings for diabetes, cholesterol, bone density, vision, depression and more! Come to the free event on October 19th at the Modesto Centre Plaza. For event information call (209)525-4670.

Source: www.betterhealthwhileaging.net/preventive-health-services-for-older-adults-healthy-aging-checklist-part-5, retrieved July 2018.

We Stand With Seniors

Voters want solutions to California's Senior Care Crisis

California Voter Survey Results

HEALTHCARE

- 83% more likely to support a candidate with clear vision and long-term investment plan to address the demand for senior services
- 82% more likely to support a candidate committed to making-high-quality healthcare for seniors accessible and affordable

DENTAL

- 87% believe senior dental care is as important as healthcare

LIVE AT HOME

- 79% support the state making in-home healthcare service investments that allow seniors to age successfully in place
- 80% support the state investing in caregiver programs that assist those who care for senior family members

A public awareness & education campaign supported by West Health & The SCAN Foundation.

Visit www.WeStandWithSeniors.org for more information

5 Steps to Prevent Falls!

1. Find a good balance and exercise program. Check out the back page for local programs.
2. Talk to your health care provider about a fall risk assessment.
3. Regularly review your medications with your doctor or pharmacist.
4. Get your vision and hearing checked annually and update your eyeglasses to keep you on your feet.
5. Keep your home safe, contact 209-558-8698 for a home safety checklist brochure and a fall prevention resource guide.

DID YOU KNOW?

Falls Prevention Awareness Day falls on September 22nd this year? This is an annual day to raise awareness about how to prevent fall-related injuries among older adults.

Source: NCOA.org, retrieved July 2018.

Ways to Save More at the Grocery Store

Here are some tips to help you stretch your budget when shopping at the grocery store:

- Look for coupons in the newspaper, weekly ads, internet or websites, apps, or around the store.
- Try to utilize coupons when items are on sale.
- Organize your coupons and discard any expired ones.
- Find a friend or neighbor to swap coupons you may not use.
- Compare name brand foods with store brand items to find the best prices.
- Stick to your list and only buy the items you need.

Source: ChooseMyPlate.gov, retrieved July 2018

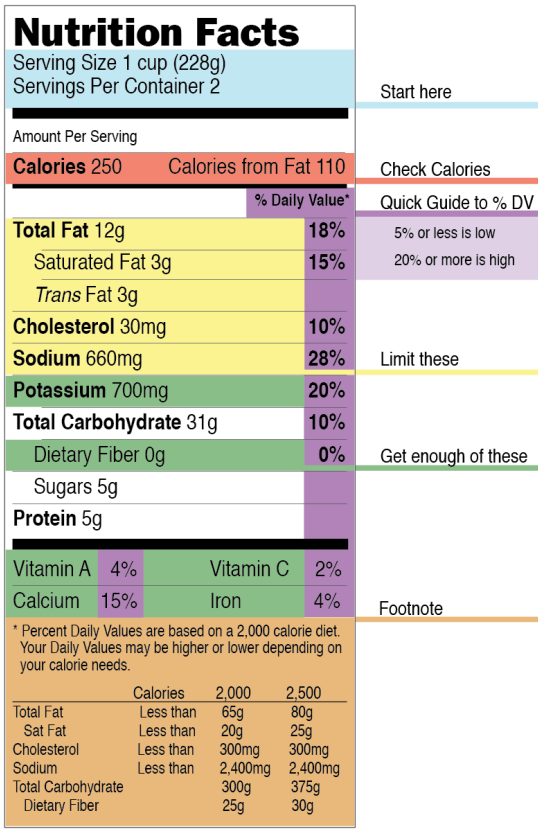
Reading Food Labels For Better Health

J. Shupp, CHES - Health Educator

When reviewing packaged foods and beverages, be sure to utilize the beneficial information on the Nutrition Facts Label to make healthy eating choices. Here are some helpful reminders when reading the Nutrition Facts Label:

1. **Serving Size** is the amount typically eaten at one time. The Nutrition Facts Label is based on one serving.
2. **Servings Per Container** show the total number of servings in the whole package or container. More than one serving may be in one package of food.
3. **Calories** is the total number of calories , or "energy," supplied from carbohydrates, protein and fat in one serving of the food.
4. **Percent Daily Value (%DV)** refers to how much of a nutrient is in one serving.

   As a general rule:
   5% DV or less = LOW
   20% DV or = HIGH



Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A	4%	Vitamin C	2%
Calcium	15%	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Healthy Aging Tips:

- To maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories you burn during physical activity.
- Compare the nutrient content of many foods in your diet. Try and eat less saturated fat, trans fat, cholesterol, and sodium. Nutrients to get more of are dietary fiber, vitamins and minerals.
- Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs, which vary according to age, gender, BMI, and physical activity level.

The U.S. Food and Drug Administration is currently redesigning the Nutrition Facts Label to reflect new information and make it easier for consumers to make knowledgeable food choices.

Sources: MyPlate.Gov & FDA.gov Retrieved, April 2018

'Go Green for Seniors' - Green Bag Program

Fruit and Vegetable Distribution

The Green Bag program provides 8-10 pounds of fruits and vegetables distributed to over 250 qualifying individuals once a month throughout Stanislaus County.

To Register

- Attend your selected location 10 minutes early to fill out the registration form.
- Bring proof of income (Social Security award letter), and some form of identification.

Program Guidelines

- Only one bag per household.
- At least 60 years old or disabled
- Must stay for the nutrition presentation
- Must meet Gross Income Requirements

Monthly Distribution Locations

Call (209)525-4670 for monthly dates

Modesto - 850 16th Street 1:00 pm
Oakdale - 450 East A Street 11:00 am
Grayson - 8900 Laird Street 11:30 am
Riverbank - 3600 Santa Fe St. 12:15 pm

Gross Income Requirement

1 Person in household - Annually <$21,775
Monthly <$1,815
2 Persons in household - Annually <$29,471
Monthly <$2,456

Call for additional people in household

HICAP
MEDICARE ADVANTAGE FORUMS

Come learn about and compare the premiums and benefits.
These are not sales events. For more information call (209)558-4540

MODESTO

Thursday, October 25, 2018
Modesto Senior Center
211 Bodem Street
9:00 a.m. - 11:00 a.m.

OAKDALE

Tuesday, October 23, 2018
Gladys L. Lemmons Senior Center
450 East "A" Street
1:00 p.m. - 3:00 p.m.

PATTERSON

Wednesday, October 17, 2018
Hammons Senior Center
1033 W. Las Palmas Avenue
9:00 a.m. - 11:00 a.m.

TURLOCK

Monday, October 29, 2018
Turlock Senior Center
1191 Cahill Avenue
1:00 p.m. - 3:00 p.m.

Caregiver Corner

L. Lowe, Stanislaus County Area Agency on Aging

Have you heard? The population in our area is aging, with all the joys and challenges that come with age. Those joys may include beginning well-deserved retirement from a career; watching children and grandchildren mature; time to enjoy travel or volunteer opportunities; or pursue a new career. The challenges too often can include health issues, including potential dementia.

The most common form of dementia is Alzheimer's disease. Throughout the Central Valley there are multiple ways to get information about dementia, as well as support groups for people caring for loved ones, and the persons afflicted with various conditions. Any form of dementia is disconcerting and challenging for those with the disease and their caregivers. The Alzheimer's Association is a great resource for information about dementia from diagnosis to assistance for caregivers and persons with dementia. The annual Walk to End Alzheimer's is scheduled for *Saturday, September 8 in Graceada Park, Modesto*. This event is free, open to the public and includes information as well as the opportunity to donate towards the efforts to find a cure for Alzheimer's disease and other forms of dementia.

For information about assistance for caregivers and persons with dementia and the Walk to End Alzheimer's, please contact the Area Agency on Aging, 209-558-8698.

Walk a Mile a Day

How much good can walking a mile per day really do for one's health? Can a single mile really make an impact? Just walking one mile a day has many health benefits, some that might surprise you.

Enhanced Heart Health - Walking helps us to lose or manage our weight. It may help improve circulation which could decrease blood pressure and reduce the risk of heart disease. Walking a mile a day may increase one's life span and overall quality of life which is a major benefit of maintaining a healthy heart.

Improve Physically - Walking strengthens the legs and abdominal muscles, may slow bone loss, and lubricates the joints. Walking helps to increase the flow of oxygen and nutrients to the elbows, knees, and ankles. In addition, walking can improve balance and stability which is essential to continue to be mobile and independent.

Mental Benefits - Walking improves mental health and can improve sleep. Walking and other forms of physical activity release endorphins which are hormones that leave us with a sense of happiness.

To reap these benefits and start walking a mile a day join the S.T.E.P.S. Walking Challenge. The S.T.E.P.S. Walking Challenge is a 12 week walking challenge which includes incentives for reaching certain milestones. Our easy-to-use brochures allow you to track your miles neatly week by week. To sign up or for more information please call (209)525-4670.

Source: upliftingmobility.com/benefits-walking-seniors, retrieved June 2018

ALZHEIMER/DEMENTIA Support Center, Inc.

700 McHenry Ave., Suite B
Modesto, CA 95350
209.577.0018

Alzheimer/Dementia Support Center, Inc. (ADSC) focuses on providing much needed support to the primary caregivers of those afflicted with Dementia-related illnesses by offering weekly caregiver support groups and peer counseling.

We proudly present our 6th annual

An Evening To Remember

Saturday, November 3rd | 5:00 p.m.
313 Tokay Avenue, Modesto
A fundraiser to keep the doors open!
For more information call
209.577.0018

A+ Senior Care Solutions

Need help with senior care options?

Allow us to help you find the care and services that meet your medical, physical, emotional, financial, and geographical needs with no hassle or cost to you.

With over 20 years of experience, we are willing and able to help you navigate through this journey of senior care. We also welcome the opportunity to speak at your clubs or organizations, providing education about senior service and programs.

For more information please contact us at (209) 652-2118 or email us at Cheryl@aseniorcaresolutions.com

A Matter of Balance
Managing Concerns about Falls

A Matter of Balance can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. The classes meet once a week, for 8-weeks, for 2 hours.

Designed to benefit older adults who:

- are concerned about falls.
- have fallen in the past.
- restrict activities because of concerns about falling.
- are interested in improving flexibility, balance and strength.
- are age 60 or older, ambulatory and able to problem solve.

Call (209)525-4670 for information on classes or to join the waitlist.

Young at Heart
Fall Prevention Fitness Classes

The Young at Heart Fitness Classes are comprised of three different classes; Strength Training, Tai Chi, and Low-Impact Aerobics. There are over 25 strength training locations in Stanislaus County.

Join a Strength Training Class Today!

- Classes are neighborhood based and consist of a combination of strength training exercises, flexibility movements, and balance training.
- The classes utilize rubber resistance tubing.
- Most exercises can be done sitting or standing and modifications can be made to accommodate most fitness levels.
- Registration is free!

Call (209)525-4670 to find a class near you or for additional information.

Program Sponsors

Central Valley Medical Group
Kaiser Permanente thrive
Rotary Club of Ceres
Stanislaus County Area Agency on Aging
MoRo Modesto Rotary Club
Stanislaus County Parks & Recreation
CareMore Foundation
ΩN Phi Gamma Chapter

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Healthy Aging Association
Young at Heart
Invest in Aging
Fitness & Health Programs
Older, Wiser, Stronger

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