

Healthy Aging Today



Summer/Fall 2019

Preventative Screenings

One of the best ways to stay active and on the move is with preventative health care. Preventative services are important for everyone, especially for older adults, because your risk for health problems increases as you age. By preventing problems from happening, or identifying them early, you are more likely to live a longer and healthier life. Preventative services include check-ups, routine exams, screening tests, vaccinations, and health advice.



The Healthy Aging Association, in partnership with Kaiser Permanente and the Stanislaus County Area Agency on Aging, invites you and your caregiver to attend the 17th annual Healthy Aging and Fall Prevention Summit. There will be free health screenings and services and a fall prevention room with many community organizations and resources on ways to prevent falls. Please see page two for event details and information.

Sources: www.familydoctor.org/preventative-care-seniors, retrieved January 2019

Can Eating More Fiber Lead to Happiness?

Yes! According to an article posted in January ACE Fitness Journal stated that eating 21 grams of fiber a day may reduce depression. Eating 15-18 grams a day can provide your body with essential vitamins, minerals and antioxidants that improve brain function and can improve your gut.* Fruits and vegetables are good sources of fiber. The Go Green for Seniors—Green Bag Program is a monthly fresh fruit and vegetable distribution for eligible older adults. Join the Green Bag Program at one of the locations below or call (209) 525-4670 for more information.

Modesto, Grayson, & Patterson
3rd Wednesday of the month

Grayson, 8900 Laird Street - 11:30am
Patterson, 1033 W. Las Palmas - 12:45pm
Modesto, 850 16th Street - 1:00pm

Oakdale & Riverbank
3rd Thursday of the month

Oakdale, 450 East A Street - 11:00am
Riverbank, 3600 Santa Fe Street - 12:15pm

Sponsored by:



*Source: ACE Fitness Journal, January 2019 / Volume 16 / Number 1



Present the 17th Annual Healthy Aging and Fall Prevention Summit

Friday, October 18, 2019

8:00 a.m. - 1:00 p.m. | Modesto Centre Plaza

A FREE EVENT FOR OLDER ADULTS AND THEIR CAREGIVERS



Health Screenings & Services

Diabetes & Cholesterol Screening (need to fast prior) | Blood Pressure Checks
Bone Density | Depression Screenings | Body Mass Index
Foot Care Screening | Skin Health Assessments | Vision Screenings
Senior Fitness Tests | Drop the Drugs | Medicare Card Lamination
Flu Shots | Home Modification Display | and more!



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

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



E.J. Gallo Winery



(209)525-4670 • www.healthyagingassociation.org/healthy-aging-summit

Medications & Risk of Falling

UC Berkeley Intern - Jenn Castillo

3 million older adults are treated in emergency departments for fall injuries every year, according to the Center for Disease Control and Prevention (CDC). To lower your risk of falls, it is important to always take your medication as prescribed and keep a list of the medications you take. Having an updated list of medications will help you start a conversation with your doctor or pharmacist about your risk of falling. On the list, be sure to include all medication you are taking routinely or occasionally, including patches, eye drops, and creams, over-the-counter medications, and herbal supplements. For each medication on the list, include how much you take, how often, when you take it, the health problem it treats, and the name of the prescribing doctor. Remember, before taking any new over-the-counter product, talk with your doctor or pharmacist about how it could react with other medications you take.

Store your medications in a cool, dry place that is easy to access, but away from children or pets. Medications that you do not take anymore and/or are past the expiration date should be safely disposed of for your safety and the safety of others. There will be a Drop the Drugs service at the Healthy Aging and Fall Prevention Summit for you to dispose of pills, liquids, syringes, needles and over the counter medicine for confidential incineration. For more event details please see page 2.

Source: www.ncoa.org/blog/10-questions-understand-medication-falls-risk, retrieved January 2019 and www.cdc.gov/homeandrecreationsafety/falls/adultfalls.html, retrieved January 2019



5 Steps to Prevent Falls

1. Find a good balance & exercise program that focuses on strength, balance and flexibility.
2. Talk to your health care provider about a fall risk assessment.
3. Regularly review your medication with your doctor or pharmacist.
4. Get your vision & hearing checked annually.
5. Keep your home safe. Call 209-558-8698 for a home safety checklist & fall prevention resource guide.

Source: www.ncoa.org, retrieved March 2019

Osteoporosis, Falls, and Broken Bones

Join us and the National Council on Aging as we prepare for Fall Prevention Awareness Day on September 23rd. This is a great time to learn about how to prevent fall-related injuries among older adults. Did you know that 1 in 5 falls among older adults causes serious injury such as a broken bone?

Take action to prevent osteoporosis and falls

- ⇒ Eat a balanced diet rich in calcium
- ⇒ Take vitamin D supplements
- ⇒ Don't smoke and limit your alcohol
- ⇒ Do a home safety checklist (call 209.558.8698 to receive one in the mail)
- ⇒ Talk with your doctor about a bone density test
- ⇒ Get regular physical activity and exercise that combines weight training and balance activities

Source: NCOA, https://www.ncoa.org/wp-content/uploads/Osteoporosis_falls_and_fractures.pdf, retrieved May 2019.





Need Help in Figuring Out the Best Options Regarding Medicare and Medi-Cal?

My Care, My Choice helps people who have both Medicare and Medi-Cal explore health care coverage choices based on their location, their needs and what they want from their coverage. Unlike other websites, MyCareMyChoice.org is not run by a health plan or broker, and it does not sell any products. Their goal is simple: help Californians with Medicare + Medi-Cal learn about their coverage options so they can make the best choice based on their unique needs. *My Care, My Choice* is available in English and other languages, making it simple for Californians with Medicare + Medi-Cal to get the most from their coverage.



All you do is go on the website www.mycaremychoice.org, type in your zip code, add your age range and some of your care needs and *My Care, My Choice* shows you what is available.

It does not store your personal information or send it to anyone.

Californians with Medi-Care and Medi-Cal and their loved ones and trusted advisors, deserve to know the full range of care choices.



DO YOU RECEIVE SSI?

DON'T MISS OUT ON FOOD BENEFITS

Beginning June 1, 2019

SSI recipients are now eligible for **Cal Fresh** money to buy Food.

Need help applying? Call the Area Agency on Aging

Senior Information Line: **209-558-8698**



Local sales agent. Local Medicare Advantage plans.

Brett Johnson

Licensed Sales Representative

209-248-7359, TTY 711

UHCMedicareSolutions.com



Plans are insured through UnitedHealthcare Insurance Company and its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

Y0066_160726_123811 Accepted

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GOT THESE TWO CARDS?



Get More Benefits!

\$0 Monthly Plan Premium

\$0 Copay Primary Care Physician or Specialist

\$50 Quarterly Credit — Personal Care Items

Text “MEDICARE” to 77948

Valley Capital Advisors, LLC. Ca Lic #0J11639
912 11th Street, Suite 200-B, Modesto
1-888-294-5053 • www.MrMedicare123.com

Join Others for Walks

Walking partners or walking groups serve many mental and emotional benefits.

Walking with others not only helps to keep you accountable, but the enjoyable company of others can help reduce feelings of depression. Older adults with depression may have less obvious symptoms because they suffer from other medical conditions like heart disease. The good news is that exercise and walking have been shown to improve mental health by reducing anxiety and negative mood. Individuals who walked to reduce symptoms of depression also saw improvements in self-esteem and social involvement. If you are looking for a walking group we encourage you to contact your local senior center and inquire about current walking groups. The relationships created during these walking groups are priceless. The S.T.E.P.S. Safe Walking Routes are located in Modesto, Ceres, and in Patterson.

For those interested in tracking the miles they walk with a walking partner or walking group join the Fall 2019 S.T.E.P.S. 12-Week Walking Challenge. It will begin August 12.

For those interested in joining another fun and social program that combines BINGO and exercise - “BINGOcize”, please call (209)525-4670 for additional information.

Partially funded by USDA SNAP-Ed an equal opportunity provider and employer.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/>, Prim Care Companion J Clin Psychiatry. 2006; 8(2): 106., <https://www.nimh.nih.gov/health-publications/depression/index.shtml>, <https://www.cdc.gov/aging/mentalhealth/depression.htm>

Good vs. Bad Sugars

Sugar plays an important role as the main carbohydrates used for energy during exercise. Dr. Len Kravitz, PhD from the ACE Fitness Journal recommends carbohydrates and sugars from plants, such as fruit, vegetables, milk and whole grains, to fuel our workouts and deliver beneficial vitamins, fiber, and nutrients.

When we increase our sugar intake from added sugars or “bad sugars”, such as cupcakes, cookies, doughnuts, muffins, chocolate, soft drinks, we put ourselves at risk for cardiovascular disease (CVD), type 2 diabetes, and hypertension. Foods with added sugars may be difficult to identify, but here are some helpful suggestions to help with sugar consumption:

- Be aware of the amount of sugar-sweetened beverages you consume
- Read the Food Label to see the amount of sugar in the yogurt you buy
- Try choosing breakfast cereal with little or no sugar
- Keep in mind added sugars can be found in sauces, salad dressings, crackers and breads



To help make small changes in our sugar intake over time the American Heart Association recommendations, “about 6 teaspoons per day for women and 9 teaspoons per day for men” to improve our heart health and keep our weight under control.

Sources: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/sugar-101>, Carbohydrate Controversy: “Good” Sugars vs. “Bad” Sugars? ACE Fitness Journal, Volume 16, Issue 4

Caregiver Self-Care Tips

Here are a few tips and strategies to help you take care of yourself and to give you energy to take care of others;

- ◆ Accept help
- ◆ Eat healthy foods
- ◆ Get enough sleep
- ◆ Connect with friends and family
- ◆ Set realistic goals by prioritizing tasks and making lists
- ◆ Find out about caregiving resources in your community
- ◆ Visit your doctor when you are sick and for preventative medical appointments
- ◆ Go for daily walks
- ◆ Listen to soothing or energizing music
- ◆ Join a support group

Sources: www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20317392 and www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784, retrieved March 2019

ARE YOU OR YOUR FAMILY MEMBER READY TO BUY OR SELL A HOME?

Let my knowledgeable no pressure approach ease your worries.

- Making a big change can be overwhelming.
- Downsize, relocate, or purchase.
- Have questions about selling properties in Trusts or Probate. I have sold many.
- Work with someone who understands the concerns of adults 50+ and Veterans issues.

**Call me
(209) 402-0314**

**DOREEN PETERSEN,
REALTOR, SRES
DRE#01823890**

**BERKSHIRE HATHAWAY HOME SERVICES
1101 SYLVAN AVE STE. A7
MODESTO, CA 95350**





Medicare Advantage Forums 2020

Come learn about and compare the premiums and benefits.

These are not sales events. For more information call (209)558-4540

MODESTO

October 24, 2019

Modesto Senior Center
211 Bodem Street
9:00 a.m. - 11:00 a.m.

TURLOCK

October 28, 2019

Turlock Senior Center
1191 Cahill Avenue
1:00 p.m. - 3:00 p.m.

OAKDALE

October 22, 2019

Gladys L. Lemmons Senior Ctr.
450 East "A" Street
1:00 p.m. - 3:00 p.m.

PATTERSON

October 16, 2019

Hammon Senior Center
1033 W. Las Palmas Avenue
9:00 a.m. - 11:00 a.m.

Importance of Stretching

UC Berkeley Intern - Jenn Castillo

Stretching has many benefits for everyone, including older adults. By incorporating stretching into your routine, you may experience increased flexibility and mobility, reduced pain and stiffness, and an improved quality of life. Stretching can help improve balance, coordination, and muscle control. Other benefits of stretching include reduced risk of injury, decreased stress and increased relaxation, improved blood flow and circulation, and minimized wear and tear on joints.

It is important to stretch major muscle groups during exercise. There are different stretches for your neck, shoulders, upper arms, chest, ankles, hamstrings, quadriceps, hips, and lower back. The best part about stretching is that it requires minimal equipment and can be done nearly anywhere. Always consult with a doctor before starting a new exercise routine or stretching program. If you have any muscle or joint injuries and/or have had previous surgeries, make sure to ask your doctor or physical therapist which stretches are best for you.

Sources: www.acefitness.org/education-and-resources/professional/expert-articles/6387/10-reasons-why-you-should-be-stretching, retrieved February 2019



Active Aging Week

With the coming of a new season it is a perfect time to try a new activity! Active Aging Week, which is celebrated worldwide October 1st - 7th, focuses on trying different activities that promote a healthy lifestyle. The theme this year for Active Aging Week is "Redefining Active".

"Active Aging" does not only include exercise, it focuses on making healthy food choices and ways to be more active throughout your day. We encourage you to try and be as active as you can! During Active Aging Week, organizations such as Healthy Aging Association offer access, information and motivation free of charge to older adults to help them be active and improve their lives.

What better time to start being active in your own way than during Active Aging Week!

For more information, visit www.activeagingweek.com, or icaa.cc

YOUNG AT HEART STRENGTH TRAINING

A Fall Prevention Program

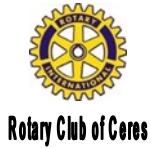


OVER 25 LOCATIONS IN
STANISLAUS COUNTY

Join a 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.
- Come and make new friends while improving strength, balance and flexibility.
- Registration is free!

CALL (209) 525-4670
TO FIND A CLASS NEAR YOU OR FOR
ADDITIONAL INFORMATION



Our Program Sponsors
KAIER PERMANENTE **thrive**
 STANISLAUS COUNTY
PARKS & RECREATION



Anthem Blue Cross Foundation



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 MORE INFORMATION



A MATTER OF
BALANCE

MANAGING CONCERN ABOUT FALLS



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