

Healthy Aging Today

Winter/Spring 2019



Community Events

February 8, 2019

DATE AT THE STATE FUNDRAISER

Featuring
“Staying Alive”
at the State Theatre
(See Page 4 for details)

April 27, 2019

SENIOR BALL

Appetizers, dancing,
music, & raffletunity
(See Page 7 for details)

May 3, 2019

AGE WITH MOVEMENT CELEBRATION

at East La Loma Park
Free Event!
45+ booths, Tai Chi,
& 2 walk times.
(See Page 2 for details)

October 18, 2019

HEALTHY AGING AND FALL PREVENTION SUMMIT

An event for older
adults and caregivers.
Free health screenings

Get Active in 2019!

“You don’t need to be an athlete or have special skills or equipment to make physical activity part of your life” (Rodgers, 2017). Any movement may help improve your overall health, try walking, dancing, aerobics, Tai Chi, or a Young at Heart Fitness Class (page 2).

Be realistic with your goals. It is okay to think big, as long as you start small. Try implementing physical activity into your life gradually by starting with 10 minutes a day and slowly working up to 30-60 minutes most days of the week.

Make it a lifestyle instead of trying to reach a short term goal, i.e. weight loss. Find ways to implement physical activity into your daily life, from exercising to parking far away from the store entrance, to standing up and walking during commercials. Any type of movement is one step closer to forming healthy habits towards your new active lifestyle.

Try not to get discouraged. We all face times that make it hard to get out of bed. It’s okay to have those days, but when you’re able to, get out and move!

Most of all, **celebrate your accomplishments** along the way. Celebrate when you realize you feel better or can move more easily (Hatfield). Come and celebrate your accomplishments and join the community on Friday, May 3, 2019 at the Age with Movement Celebration as we celebrate each and every older adult in our community.

Sources: Rodgers, 2017 - www.niddk.nih.gov/health-information/healthy-moments/episodes/new-years-resolutions-get-active, Hatfield - www.active.com

Healthy Aging Association Presents the 13th Annual **Age with Movement Celebration**

Enjoy a morning of movement and feeling Young at Heart

Friday, May 3, 2019
8:00 a.m.—12:00 p.m.

East La Loma Park | 2001 Edgebrook Drive, Modesto
Free Event | 45+ Community Booths | Fitness Fun | Pet Parade

View page 2 for more information on the event or call 209.525.4670

Age with Movement Celebration

The Healthy Aging Association's Age with Movement Celebration Fundraiser will take place on **Friday, May 3, 2019**. This is a celebration to kick-off Older Americans Month, which is celebrated nation-wide every May. This year's theme reminds us that everyone benefits when everyone can participate. We encourage you to connect, create, and contribute for stronger and more diverse communities this May (ACL.gov).

We invite you to come out and enjoy a morning of movement, entertainment, a pet parade, education, and fun. This event is an opportunity to celebrate each and every older adult in our community and to remind them that it is never too late to get fit!

Join us on Friday, May 3 from 8:00 a.m. - 12:00 p.m. at East La Loma Park on the basketball court for a morning of movement and feeling Young at Heart. For more event information or to register, please call 209.525.4670 or visit our website at healthyagingassociation.org



Inactivity in older adults increases fall risks, causes a decline in health, and may lead to premature death. The Healthy Aging Association helps the older adults in our community become stronger and reduce their number of falls through the **Young at Heart Fitness Classes**.

There are over 25 group exercise locations that are led by certified fitness instructors. The classes accommodate most levels of fitness, and work on strength, balance and flexibility, and all exercises can be done sitting or standing.

Please call us at 209.525.4670 for more information.



Reduce Stress With Movement

Any exercise routine has the potential to reduce stress levels because of the release of endorphins or “feel-good” hormones during physical activity. When deciding upon an exercise routine it is important to choose something you enjoy doing. If you enjoy the physical activity, you are more likely to continue performing the activity. Not only does exercise increase endorphin levels, but repetitive movements can begin to be meditative. Through this form of meditation, your mood, self-confidence, and sense of relaxation can improve allowing you to focus on your body. By resting the thoughts of your mind during these times of physical activity, you may experience a sense of clarity and calmness as a result in your daily life (Madell, 2016).

Here are some examples of exercises that can help with stress:

- | | |
|-------------------------------|---------------------|
| Biking | Brisk walking |
| Swimming or water aerobics | Dancing or aerobics |
| Playing tennis or racquetball | Tai Chi |

Source: Madell, 2016 - www.healthline.com/health/heart-disease/exercise-stress-relief



Senior Hunger

With each passing year, the hunger pains grow in America. Nearly 5 million older adults currently face hunger in our country. More than half of senior households are forced to choose between buying groceries or medical care and only 42% of eligible older adults are enrolled and receive CalFresh benefits (Feeding America).

There are many programs and services available to those who need help. Here in Stanislaus County you can find help from a local food pantry, Commodities (577-3600), Mobile Fresh Pop-up (239-2091), the ‘Go Green for Seniors’ Green Bag Program (525-4670), CalFresh (1-877-652-0734), and many other local services.

You may not have been eligible for CalFresh (food stamps) in the past, however there will be new eligibility guidelines beginning Summer of 2019. Individuals receiving or authorized to receive Supplemental Security Income (SSI) or State Supplemental Payment (SSP) are eligible for CalFresh, provided all other eligibility criteria are met (CA Department of Social Services).

Please contact the Community Services Agency at 1-877-652-0734 for more information or to sign-up for CalFresh.

Source: <http://www.cdss.ca.gov/inforesources/CalFresh/Supplemental-Security-Income>,
<https://www.feedingamerica.org/our-work/hunger-relief-programs>

We Stand With Seniors...Will You?

West Health and The SCAN Foundation’s “*We Stand With Seniors*” public awareness and education campaign focuses on the specific challenges older adults and their families face in accessing high-quality, affordable healthcare, dental care and supportive services, and the cost to the state if these challenges are not addressed. Data show that “1 out of 5 older adults” live in poverty, and the number of older adults in our — communities will increase 90%, or — 4 million people by 2030. The state of California is heading for a crisis and needs a **“Master Plan for Aging”** that will address long-term solutions for the cost and delivery of healthcare, dental care, housing and supportive services so older adults can age safely and with dignity. The governor has verbally committed to rapidly developing a Master Plan for Aging, but we need to maintain the momentum and hold him accountable.

The Senior Coalition of Stanislaus is asking you to join us and call, write, and message Governor Newsom as well as your elected lawmakers today to voice your concerns. Contact Governor Newsom on Twitter and Facebook (@GavinNewsom), or by phone (916-445-2841). To find your State Senate and Assembly representatives, visit: findyourrep.legislature.ca.gov “*We Stand With Seniors*” addresses the needs of older adults in our community and throughout the state of California. Help us make our voices be heard.

For more information, visit: www.WeStandWithSeniors.org

6 Tips for Moving with Arthritis

If you are living with arthritis it is very important for you to keep moving. Exercise has been proven to be the best non-drug treatment for improving pain and function associated with arthritis. Here are 6 tips to keep in mind when exercising.

- 1) Schedule the time you’re going to exercise for the times of the day when you’re least likely to experience pain. Avoid exercising when your stiffness is at its worst.
- 2) Before exercising, apply heat to your sore joints.
- 3) Take a warm bath or shower after exercising, or try applying a cold pack.
- 4) Stretch before you begin exercising.
- 5) If your joints become warm, red, or painful cut back on activity.
- 6) Listen to your body, never force movement if you’re experiencing pain or discomfort.

Source: www.health.harvard.edu/staying-healthy/exercise-advice-for-people-with-arthritis

'Go Green for Seniors' - Green Bag Program Fruit and Vegetable Distribution

Sponsored by MTC Distributing

GUIDELINES

1. Must meet income requirements
2. Be at least 60 years of age or disabled
3. Must stay for the nutrition presentation

MONTHLY DISTRIBUTION

Wednesdays | 1.16, 2.20, 3.20, 4.10, 5.15, 6.19
Modesto - 850 16th Street 1:00 pm
Grayson (Patterson) - 8900 Laird Street 11:30 am

Thursdays | 1.17, 2.21, 3.21, 4.11, 5.16, 6.20
Oakdale - 450 East A Street 11:00 am
Riverbank - 3600 Santa Fe Street 12:15 pm



For more information please call
(209)525-4670

Date at the State Fundraiser

Featuring
"STAYING ALIVE"
February 8, 2019

Movie begins at 7:30 p.m.
Doors open at 6:00 p.m.



The State Theatre
1307 J Street
Tickets \$25.00
All proceeds
benefit the Healthy
Aging Association
(209)525-4670

Caregiver Corner

L. Lowe, Stanislaus County Area Agency on Aging

Spring brings thoughts of new life and experiences. The new experiences need not include stress and difficult situations for caregivers of frail elders. Taking time to care for yourself makes you a better caregiver. In addition to the Family Caregiver Support Program available through the *Area Agency on Aging*, here are some suggestions to ease the stress and responsibilities of caregiving.

For physical exercise there are numerous parks around Stanislaus County that provide a safe place to walk alone or with a care receiver able to handle exercise. Two new walking routes are available in Ceres and Modesto. The Ceres route is near the Ceres Community Center. The Modesto route is near the Modesto Senior Center. For information about these routes, please see page 6.

One of the best ways to cope with the responsibilities of caregiving is through participation in support groups. For a list of local groups, contact the *Area Agency on Aging*, 209-558-8698 or visit the website, www.agingervices.info. Other websites that offer support and tips for handling caregiver needs include the AARP site, <http://www.aarp.org/caregiving>, and the Alzheimer's Association site, <https://alz.org>. To become part of a private email list for information about upcoming events or pertinent information, call Linda Lowe, *Area Agency on Aging*, 209-525-4612.



Spice Up Your Meals

Taste is a driving force in what we decide to eat every day. This may be one reason why many people turn to unhealthy foods rather than towards vegetables. But, what if you can make your healthy food just as flavorful and tasty, as the other food that is not so great for our bodies? You don't have to be a professional chef to be able to make healthy foods taste better. Here are some flavor profiles of spices that you can add to your pantry to make your meals explode with flavor. Experiment with each of the cuisine styles, mix and match, until you find the right flavor for you. Try starting off with a ½ teaspoon of each herb or spice.

Mediterranean: garlic, basil, oregano, parsley, rosemary, bay leaves, nutmeg, fennel seeds, red pepper flakes, marjoram, sage, saffron, mint.

Middle Eastern: allspice, oregano, marjoram, mint, sesame seeds, garlic, cinnamon, cumin seeds, coriander seeds, cilantro, saffron, tahini.

Indian: red pepper flakes, chilies, saffron, mint, cumin seeds, coriander seeds, sesame seeds, curry powder, onion.

Latin: chilies, oregano, cumin seeds, sesame seeds, cinnamon, cilantro, adobo, citrus, garlic, onion.

Source: www.idealife.com/fitness-expert/abbieGellman-ms-rd-cdn

Keep Moving to Beat the Fear of Falling

Did you know - every second an older adult falls every day, and every 11 seconds an older adult is treated for a fall in the emergency room? With this alarming statistic, many older adults suffer from the fear of falling. The fear of falling can cause older adults to experience a decreased satisfaction with life, increased frailty, depressed mood, and inactivity. Since falls have such a negative impact on older adults and causes them to become sedentary, it is important to incorporate strategies to help build up confidence, allowing them to become more physically active to help reduce their risk of falling.

The A Matter of Balance (MOB) program explores concerns about falling and helps older adults regain their physical activity level. One participant from the Modesto MOB Class stated, "I now know that I can exercise and that certain ones will help me, like exercises that strengthen my ankles, and I now know that I WILL get better" (Mary, 70). Taking the class may help you regain your confidence and learn about the exercises that will help you reduce your risk of falling, just like Mary. Continuing to exercise throughout life is very important, because as we age, we lose some of our coordination, flexibility and balance putting us at a higher risk of falling. Research has shown that just 30 minutes of exercise a day can help reduce the risk of falling. As you can see, it is very important to begin exercising, because regular exercise can help prevent muscle loss, improve balance, strength, flexibility, coordination, and decrease your risk of falling. To join the 8-week A Matter of Balance class or for more information call 525.4670.

Sources: www.cdc.gov/steady/pdf/STEADI_OlderAdultFactSheet-a.pdf and www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/6-steps-to-protect-your-older-loved-one-from-a-fall/



Tips for Walking in the Rain & Heat!

Rain and heat shouldn't stop us from being active, especially when trying to reach personal goals. The tips below will help you stay comfortable and safe while reaching your physical activity goals!

TIPS FOR RAIN

- **Waterproof footwear & jackets.** Keep feet dry and warm. Try finding **non-slip soles** for traction.
- **Be alert and aware.** Watch for puddles, mud, and other slippery surfaces.

TIPS FOR HEAT

- **Don't walk during the hottest part of the day.** Walk in the morning or after 5:00 p.m.
- **Use shade.** Try and walk on cooler surfaces such as dirt or a school track.
- **Bring water.** Roughly drink 6-8 ounces of water every 15 minutes.
- **Don't overwork yourself.** Listen to your body.

Walk Your Way to Better Health

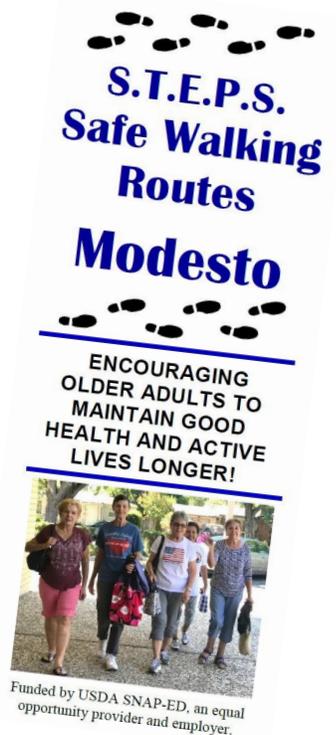
As many of us know, walking has proven to provide numerous health benefits mentally and physically. Walking helps to improve our heart health, reduce the risk of some cancers and diseases, strengthen bones, and improve balance. Walking 30 minutes a day on most days of the week can help individuals experience tremendous health benefits.

In some cases there may be barriers preventing individuals from participating in walking as a form of exercise. Not only are some of these barriers physical limitations, but some environmental obstacles can cause walkers not to be safe or feel comfortable walking in their community.

Do you currently have a walking path or route you walk on a daily or weekly basis? Some features you may appreciate about the particular route may include: paved or well kept sidewalks, controlled intersections, good lighting, natural surroundings, or the safety you feel walking at this location. All of these aspects contribute to a safe and walkable community for pedestrians.

If you do not have a specific route you walk regularly but are looking to begin walking for exercise in a safe area, try using a designated S.T.E.P.S. Safe Walking Route. These routes are currently located in Modesto (near the Modesto Senior Center) and Ceres (near the Ceres Community Center) and assist walkers in tracking the miles they walk in order to accomplish personal walking goals and minimize environmental fall risks.

These routes have been utilized by many walkers in the S.T.E.P.S. 12-week Walking Challenges and other individuals in the community. Participants have experienced walking path variety, safety, measured routes, and a connection with the community. For those interested in joining the Spring 2019 S.T.E.P.S. 12-Week Walking Challenge it will begin February 25. Join together with friends, neighbors, and family members to stay active and take advantage of the walking routes in your local community. To receive a S.T.E.P.S. Safe Walking Route brochure for Ceres or Modesto please call Healthy Aging Association at (209)525-4670.



*Safe Routes Funded by USDA SNAP-Ed an equal opportunity provider and employer.
S.T.E.P.S. Walking Challenge Sponsored by Central Valley Medical Group*

The Stanislaus County Commission on Aging
Presents

*Your time to
shine again*

SENIOR BALL

SATURDAY, APRIL 27TH

5:00 PM - 9:00 PM

STANISLAUS VETERANS CENTER

3500 COFFEE ROAD, SUITE 15, MODESTO

TICKETS \$25.00

CALL 209-558-8698 FOR TICKETS

Proceeds benefit the Healthy Aging Association



Because all care
is personal



Alzheimer's Care | Care Your Way
Safe Transitions | Sense of Home
Respite Care | Brain Injury Rehabilitation

1101 Sylvan Avenue, Suite 210
Modesto, CA 95350
(209)210-2252

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 services and programs.

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

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 offer
Support Groups for
Caregivers*

Please contact us for locations, dates and times at 209.577.0018



**NEW
YEAR**

Central Valley Medical Group has a new look, however we're the same group of caring doctors that has been serving Stanislaus County for years.

**NEW
LOOK**

Our goal is creating a healthy community right here in your backyard. When you're looking for a primary care doctor or specialist think Central Valley Medical Group.

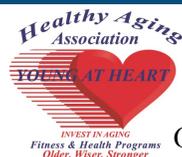


Central Valley
MEDICAL GROUP

Creating Healthy Communities

Call today **(209) 573-7401** or visit **CentralValleyMedicalGroup.com**

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