Healthy Aging Today

Spring 2018

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Age with Movement Celebration
Keeping Independent

The 12th Annual

Age with Movement Celebration

Healthy Aging Association
YOUNG AT HEART
INVEST IN AGING
Fitness & Health Programs
Older, Wiser, Stronger

Celebrate Older Americans Month by
enjoying a morning of movement and feeling Young at Heart

Friday, May 4, 2018 | 8:00 a.m.—12:00 p.m.

East La Loma Park | 2001 Edgebrook Drive, Modesto

All proceeds will benefit **Healthy Aging Association**

Free Event | Fitness Fun | 50+ Community Booths

For more event information, please turn to page 2 or visit us at www.healthyagingassociation.org or call us at (209)525-4670

Tai Chi

Tai Chi, with its deliberate movements may seem like a fad, but the martial art has been practiced in China for hundreds of years. Tai Chi's health benefits have been the focus of many studies over the last century.

Lessens the Risk of Falls and Other Benefits

Improved balance is one benefit of Tai Chi. A current analysis of 10 studies on seniors in the Journal of the American Geriatrics Society discovered that regular attendance to Tai Chi classes reduced falls by 43% in those who attended for a year. Another journal review suggested Tai Chi may also reduce the chances of being injured in a fall by 50%.

In 2016, an article in the Canadian Family Physician states that Tai Chi also helps with the symptoms of osteoarthritis, chronic obstructive pulmonary disease, high blood pressure, depression, dementia, and Parkinson's disease.

The moving meditation of Tai Chi, combined with slow breathing and focus supports the nervous system and lessens inflammation, having a positive impact on pain perception and anxiety.

Healthy Aging Association offers four weekly Tai Chi Classes. Please call (209)525-4670 for class locations and times for the Intermediate Tai Chi or for Tai Chi for Fall Prevention and Arthritis.

Source: November 2017 On Health, Consumer Reports

Age With Movement Celebration

Our 12th Annual Age with Movement Celebration Fundraiser will take place at East La Loma Park in Modesto on **Friday, May 4, 2018**. This is a celebration to kick-off Older Americans Month, which is celebrated nation-wide every May. The theme for 2018 is "Engage at Every Age," which emphasizes that you are never too old or young to take part in activities that can enrich your physical, mental, and emotional well-being, and celebrates the many ways older adults make a difference in our communities. Our goal is to raise more than $30,000 to help support our Young at Heart Fall Prevention Fitness classes.

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! We invite you to join us at the free event on May 4 from 8:00 a.m. - 12:00 p.m. To find out how you can participate in this event, call 209.525.4670 or visit our website at www.healthyagingassociation.org/age-with-movement-celebration.html

Healthy Aging Association

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 Fall Prevention Fitness Classes. We have over 30 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. The Healthy Aging Association also offers other programs such as; Young at Heart S.T.E.P.S. Walking Challenges (page 6), *Go Green for Seniors* - Green Bag, a fruit and vegetable distribution, and A Matter of Balance Class - an 8 week course on fall prevention strategies with light exercise. **Please visit our website at www.healthyagingassociation.org or call us at 209.525.4670 for more information on any of our programs.**

Age with Movement Celebration

Keeping Independent

A Special Thanks to Our Early Event Sponsors!

Avalon Health Care Group

Central Valley Medical Group

Gallo Family Vineyards

Humana

Oak Valley Community Bank

Sierra Health Foundation

Stanislaus County Area Agency on Aging

Sutter Health
Memorial Medical Center
Sutter Gould Medical Foundation

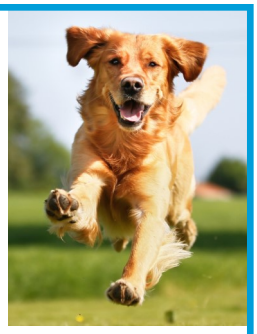
Catch Yourself From Falling

The steps below can help you "Catch Yourself From Falling" by reducing the risk of falling and avoiding the serious consequences associated with falls:

1) Have a Fall Risk Assessment and review of your medications performed by your doctor or a trained healthcare professional.
   - Review your medications frequently with a health professional.
2) Engage in regular physical activity.
   - Consider targeted balance and mobility exercises that are most effective at reducing fall risks.
3) Get an assessment of your home environment and make changes to reduce safety risks. Contact (209)558-8698 for a free Home Safety Checklist to be mailed to you.

Source: www.stopfalls.org
Accessed March 2018

Dog Walking has Great Benefits



In Russia, a study of older adults, dog owners who walked their canine companions at least once a day were twenty percent more active than people who did not have a dog!

We encourage you to bring your canine to the Age with Movement Celebration on May 4, 2018 for that companionship while you walk.

Does your dog have a unique trick? Enter them into the Pet Parade to win some prizes (page 2).

Source: Journal of Epidemiology and Community Health, July 24, 2017
Image: www.hastingsdogwalking.co.uk

Modesto's Newest Memory Care Community–Now Open!

- 24 Hour On-Site Licensed Nursing
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Schedule a Tour Today!
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Caregiver Corner

Linda Lowe-Stanislaus County Area Agency on Aging (AAA)

As the weather changes from the cool dampness of winter to the warmth and light of spring, there will be a number of opportunities for caregivers to gain knowledge and understanding.

The first will be the second annual *Caregiver Resource Fair, April 2nd, 8 am-1 pm*, at the Stanislaus Veterans Center, 3500 Coffee Rd, Suite 15, Modesto. The event will feature community resource tables, continental breakfast, health screenings, and speakers who will explore topics such as Behavioral Issues, Advanced Healthcare Directives, Financial Planning, and Funeral Planning. Respite care for loved ones will be available on-site courtesy of ResCare.

The second annual *Care Partner Forum*, sponsored by the Area Agency on Aging and the Alzheimer's Association will be *Wednesday, June 13, 8 am-2 pm*, at the Stanislaus Veterans Center, 3500 Coffee Rd, Suite 15, Modesto. Community resources, speakers, and light refreshments will be provided. Respite care is available by arranging with the Area Agency on Aging Family Caregiver Support Program. Registration is encouraged.

A service that utilizes volunteers is available from the Area Agency on Aging to provide respite time for caregivers. The program is called Senior Relief Buddy and can be arranged by contacting the AAA. The volunteers have passed a fingerprint background check and have completed an 8 hour long class. Caregivers need to answer a questionnaire and understand that the volunteer will be a companion to the elder, not a substitute caregiver. Any caregiver may participate in this program, regardless of other respite or caregiving services he or she might be entitled to.

For more information about any of these events or services, call Linda Lowe, (209) 525-4612 or the Area Agency on Aging Information line, (209) 558-8698.

Feel Better with a Little Exercise

Sixty minutes of weekly movement could prevent 12% of depression cases according to a study by Australia's Black Dog Institute. The research tracked 3,400 adults for more than 11 years and found that those who did not exercise were 44% more likely to develop depression than those who were active for at least one hour per week. This means that even low-intensity movements such as walking can make help you feel positive and happy.

Source: American Journal of Psychiatry, Oct. 3, 2017

SCSC
Long Term Services and Support

Health Insurance Counseling and Advocacy Program (HICAP)

Erlinda Bourcier-Senior Coalition Coordinator

HICAP is the only program that provides free, unbiased, individual Medicare counseling, advocacy, and assistance to older adults, people with disabilities and their families and educates the public on Medicare and health insurance issues. (In other states the program is called "SHIP" State Health Insurance Assistance Program.) HICAP does not sell or endorse any products or services.

HICAP activities consist of:

- Educating consumers and their families about Medicare coverage and costs, health plan choices
- Representing beneficiaries in administrative legal hearings
- Providing the community with trained and certified counselors knowledgeable about the specifics of the local health plans, and available to assist with highly complex, technical issues.

Summary of Federal Budget Actions and the Effect on SHIP Funding

Congress seems intent on passing a tax cut bill which will result in dramatic cuts in the existing HICAP by the end of the year. However the passage of any tax bill involves federal budget appropriations that have to be negotiated and agreed upon.

For those who want to advocate on behalf of SHIPs, restoration of SHIP funding (SHIP funds account for fully 1/3 of all of California's HICAP funding), contact should be made with individual members of the House and Senate to remind them of the need to restore funds.

Source: https://cahealthadvocates.org/ January 2018

For more information call **HICAP** at (209)558-4540.

For more information on **aging with dignity,** please go to TheScanFoundation.org

The Senior Coalition of Stanislaus County is part of The SCAN Foundation's Community of Constituents Initiative, building a statewide movement to transform the system of care so that all Californians can age with dignity, choice, and independence.

For more information about the **Senior Coalition of Stanislaus County**, please visit SeniorCoalitionOf Stanislaus.org

Self Care for Caregivers

Thousands of Californians provide unpaid care for someone with a serious health condition each year. These unsung heroes provide hours of assistance to others, yet the stress and strain of caregiving can take a toll on their own health. Here are a few tips for care-givers:

- **Be Organized.** Make lists and check off each task.
- **Ask for Help.** Make a list of ways that others can help.
- **Take Breaks Each Day** and spend time with your friends.
- **Eat Healthy Foods and Exercise** as often as you can to relieve stress.
- **Build Your Skills**. Education is important to understand caregiving. Log onto http://www.agingservices.info/family-caregiver.shtm for education and assistance.

Source: NIH News in Health December 2017

My Plate, My Wins has provided some helpful tips not only to assist individuals in reaching nutrition goals, but these reminders can be put to use to add more physical activity in our every day lives. Walking is an excellent form of exercise, her are some ways to add a few extra steps to your day.

START WITH SMALL CHANGES - We can begin our journey by making some small changes in our daily life to help us begin walking regularly. Some small changes could include walking to the mailbox every day or walking to your neighbor's house and back. Within our busy schedules, situations may arise which make it difficult to plan a certain time to walk every day, but don't let this stop you from reaching your goal.

TAKE ONE DAY AT A TIME. Remember that you can continue working toward your goal a little every day. If you begin a walking routine and decide this form of physical activity does not interest you, we encourage you to find an activity that you enjoy.

BE ACTIVE YOUR WAY - There are many different ways to be active, such as, aerobics, tai chi, strength training, swimming, riding a bicycle and so many more. Find the activity which is right for you to continue toward your goal of being physically active.

TEAM UP - If walking does interest you, we encourage you to walk with a supportive friend, family member, or neighbor who may make the experience more enjoyable. Not only is companionship helpful for our mental and emotional health, but accountability also comes into play when partnering with someone who can support you in reaching your goals.

CELEBRATE - The Healthy Aging Association offers the Young at Heart S.T.E.P.S. 12-week walking challenges twice a year, giving you the opportunity to track your miles, receive encouraging reminders, and earn rewards for all the miles you have walked at the conclusion of the challenge. The next Young at Heart S.T.E.P.S. Challenge will begin on August 6, 2018. Please call (209)525-4670 for more information or to sign up.

It is important to celebrate the steps you take towards your goals, no matter how big or small the success may be. Remind yourself that change takes time and remaining positive throughout the process will aid you in achieving the goals you set for yourself.

Source: MyPlate.Gov, Accessed March 2018

Strength Training Can Help The Mind

The Centers for Disease Control and Prevention (CDC) advises that at least two days of strength training should be added into your weekly routine.

Building strength is as simple as using any form of resistance; free weights, exercise bands, your body weight, or even gravity.

Research shows that strength training may also increase blood flow thus having a positive effect on brain power.

For a strength training class near you, please call (209)525-4670

Source: September 2017 On Health Consumer Reports

Transitional Care for Seniors

Legacy Health Endowment and Covenant Care at Home and Hospice are launching *Transitional Care for Seniors (TCS)*, a program that provides Medicare recipients with healthcare to ensure against rehospitalization and premature nursing home placement.

TCS is designed to coordinate the continuity of health care for patients transitioning from hospital to home. The goal is simple: prevent healthcare complications and re-hospitalizations of seniors who may experience one or more of the following conditions:

- Heart Failure
- Multiple admissions
- Multiple falls in the home or a fall with injury
- Lack of a primary care physician

The program is limited to people who fall into these categories because they present the greatest risk of reentering the hospital. Services include a personal care aid and up to 10 hours of private duty nursing. This care can be implemented the first few hours after discharge when the senior is most vulnerable to falls and when Home Health has ended. There is no charge for the TCS program.

Only Medicare recipients living in Turlock, Denair, Patterson, Ceres, Keyes, Newman, Hughson, Crows Landing, Denair, Stevinson, Winton, Hilmar, Ballico, Livingston, Atwater Gustine and Delhi are eligible.

Jeffrey Lewis is the President and CEO of Legacy Health Endowment jeffrey@legacyhealthendowment.org.

3 Reasons to Choose CVMG as Your Medical Group for Medicare Advantage

The Central Valley Medical Group Network of Quality, Caring, Local Doctors

A network of quality, caring and local doctors. You have access to 4 Urgent Care Centers in Stanislaus County as well access to multiple labs, radiology and ancillary services.

You Get Memorial Medical Center as Your Hospital

Memorial Medical Center earned the American Heart Association/American Stroke Association's Get With The Guidelines®—Stroke Silver Plus Quality Achievement Award, and also qualified for recognition on the Target: Stroke Honor Roll.

Added Access to the Sutter Health Network of Physicians and Hospitals

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