



SENIOR UPDATE
AREA AGENCY ON AGING
ADVISORY COMMISSION ON AGING
1935 FOOTHILL BLVD., SUITE 300
OAKLAND, CA 94603-1907

October/November/December 2015

Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

Enjoying the Holidays in Healthy Style!

Mary Louise Zernicke, MS MPH RD

Inside this issue:

Enjoying the Holidays in Healthy Style 1

State Assembly-member Kansan Chu visits the Commission on Aging 2

The Holidays 3

Keeping Your Holiday Festivities Safe from BAC!!! 3

Ashland Cherryland FAMFest 2015 Flyer 5

FAMFest 2015 5K RACE Flyer 6

Senior Information 7

The holidays can be a hectic time. Holiday shopping, holiday parties, and holiday dinners can combine to keep us busy and exhausted!

Many people complain that they gain weight and eat poorly during the holiday season.

Why? Being busy typically means that your usual habits don't apply—eating more often, eating different and Calorie-rich foods, and not sleeping enough can lead to weight gain.

Want to avoid the usual December gain? First, remember that research has shown that too little sleep appears to make it harder to know whether or not you are hungry, and makes it harder to maintain or lose weight. Suggestions for getting enough sleep include: Drink fluids early in the day. Don't drink fluids close to bedtime. Avoid caffeine at night. Don't smoke. Have a regular

sleep schedule. Limit naps during the day. Exercise regularly—exercise is even MORE important during the holidays.

Second, manage your Calorie intake to keep you feeling better and maintaining your weight and health during this busy time. Following are some suggestions: Drink lots of water at home and at parties. Bring healthy food choices to social gatherings—and eat them! Don't forget that alcohol has Calories, including wine and hard liquor. Take small portions of Calorie-rich foods, but you don't need to avoid them altogether. Balance is the key. Eat slowly. It takes about 20 minutes for our brains to realize our stomach is full. Visit while you eat, and you will have found an easy way to control intake! Sometimes, just skip it.

Focus on what is really important about the holidays and eating all that delicious and unhealthy food takes a lower priority. Share restaurant entrees with a friend, or take food home for later (just refrigerate quickly and eat leftovers within two days).

It is also important to balance activity with food intake at all times, and especially during the holidays. Activities such as dancing, walking and even singing all work to burn Calories while you are having fun! Exercise can also reduce the possibility of the dreaded depression, which is so common during the holidays.

So, have fun and focus on the true meaning of the season—your spirits and your waistline will be better off!!!



State Assemblymember Kansen Chu visits the Alameda County Commission on Aging

Delbert W. Walker



Assemblymember Chu is pictured third from the left.

The Advisory Commission on Aging was honored to have California State Assemblymember Kansen Chu speak at the commission meeting. Assemblymember Chu was elected in November 2014 as representative of California's 25th Assembly District, which includes Fremont and Newark in Alameda County and the Santa Clara County communities of Milpitas, San

Jose and Santa Clara. Assemblymember Chu was born in Taiwan and moved to the United States in 1976 as a graduate student. He was elected to San Jose's Berryessa School Board in 2002 and the San Jose City Council in 2007. His distinguished service includes 21 governing committees, both local and regional, in addition to representing San Jose

on the League of California Cities and Association of Bay Area Governments.

Assemblymember Chu has been married to his wife Daisy for 35 years and boasts of two adult children, Ann (Steve Blomquist) and Walt, and an adorable 21-month-old granddaughter, Kimberly Chu Blomquist.

The Holidays

Sandra J. Johnson-Simon

I thoroughly enjoy The Holidays. I am able to spend extra time with family and friends that I often do not see. I especially enjoy spending time with my two great children that I love so much. On Christmas day I attend Church Services at Beebe Memorial Cathedral in Oakland, California. Then on to gather at a family member's home in Fairfield or Sacramento, California. We are so large that our getting together becomes a mini family reunion

composed of usually five generations. We sing, dance, and play all types of games including "Naughty Santa." Food is abundant – American, Mexican, Italian, and Soul Food including the deep fried turkeys outdoors. Much love and laughter is in the air.

Also during the holidays, I enjoy selecting and mailing Holiday cards to family and friends all over the United States. The cards that I receive, I decorate my festive dining room with them.

Every day I have so much to be thankful for!! In several of the nonprofit organizations that I belong to, I assist with providing gifts, foods, and gift certificates for low income children and their parents. We make these families feel extra special. Another organization, I assist with a Sunday afternoon holiday dinner in Oakland, California which includes entertainment and a gift for each attendee.

The holidays are an extra blessed time for me. I look forward to them each year.

Keeping Your Holiday Festivities Safe from BAC!!!

Mary Louise Zernicke, MS MPH RD

It's the holidays! Time for decking the halls with boughs of holly and roasting chestnuts on an open fire. This season of giving thanks is also a time to celebrate with food. With so many delightful foods to choose from, it is important to keep holiday treats safe from BAC (a.k.a. bacteria).



Millions of people get sick from dangerous bacteria every year. How can you avoid becoming a casualty of food borne illness?

To keep foods safe at home, just follow these four basic rules.

1. CLEAN:



Wash hands and surfaces like cutting boards, dishes, sponges, and counter tops OFTEN.

2. SEPARATE: Don't

cross-contaminate. Cross contamination is the scientific word form how bacteria can be spread from one food product to another.

This is especially true when handling raw meat, poultry,

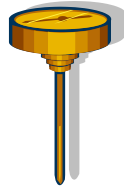
Continued on page 4

Keeping Your Holiday Festivities Safe from BAC!!!

Continued from page 3

and seafood so keep these foods away from foods that aren't going to be cooked.

3.COOK: Cook to proper temperatures. Get a food thermometer and use it to measure the *internal* temperatures of cooked foods. They are inexpensive and available in supermarkets and specialty stores.



How hot???

- *Roast and steak: 145°
- *Fish: 145° should flake with a fork
- *Whole chicken or turkey: 165°
- *Eggs: yolk and white should be firm
- *Ground beef: 160°

4.CHILL: Refrigerate food within two hours of preparation. Never thaw food at room temperature. Ensure that foods, especially meats, will not drip onto other foods by putting on the bottom shelf

and/or putting them in a pan or bowl.



Q: Is it safe to refreeze food that has thawed completely?

A: It is safe to refreeze only if it has been thawed in the refrigerator at 40° or below, where bacteria have not had a chance to multiply. Food quality may suffer, however, and you will likely lose flavor.

Q: What are “use by” and “sell by” dates? Is it a law for foods to have them?

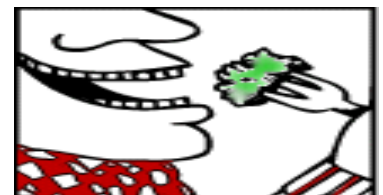
A: There are no federal regulations for date laws (except for baby formula). “Use by” dates are generated at the processing plant and “sell by” dates are added by the merchant. Both are intended to ensure quality, not safety.

Q: Should I use a wooden cutting board or a plastic one?

A: Either is fine, as long as you make sure they are properly cleaned. Wash cutting boards with hot, soapy water after each use and discard them when they develop hard-to-clean grooves.

Q: How long can canned goods be stored?

A: Foods that are high in acid (like tomatoes, juices, and fruits) can be stored for about one year. Other canned goods are best if used within 2-5 years. All canned goods should be stored in a cool, dry place—and you should discard the can if you see any bulging or seepage in seams. Utilize the “first in, first out” policy and store new cans behind older cans; dates on cans are typically intended for the manufacturer, not the consumer.





SATURDAY, OCTOBER 10, 2015

8 AM - 9 AM
5K RUN/WALK/ROLL

10 AM - 3 PM
OTHER ACTIVITIES

16335 E. 14TH STREET
ASHLAND, CA 94578

ACFAMFEST.ORG
(510) 686-3653

**ASHLAND
CHERRYLAND**
FAM FEST 2015
5K FUN RUN



**Join us for a fun-packed event with a 5k run/walk/roll,
exciting activities, live music & delicious food. Come be a part
of the biggest event EVER for Ashland & Cherryland!**

FUN ACTIVITIES FOR ALL!

Zumba • Live Entertainment • Athletic Competitions
Food Trucks • Cooking Demonstrations & Tastings
Balloon Artists • Face Painters • And so much more!



Sutter Health

Ashland Cherryland
Healthy Community Collaborative



ASHLAND CHERRYLAND FAMFEST 2015



IT'S A CELEBRATION!

5K RACE

3.2 MILES ♦ WALK ♦ RUN ♦ ROLL



WHAT YOU GET:

AWARDS AND PRIZES
FOR TOP FINISHERS!

REFRESHMENT STATIONS!

T-SHIRT AND RACE BIB!

...AND MORE!

SATURDAY

10/10/15

8AM- 9AM

Check in: 6:30AM-7:45AM

REACH Ashland Youth Center
16335 E 14th St.
San Leandro, CA 94578

ENTRY FEE:

\$7 if pre-registered before 9/15
\$10 after 9/15 and on race day
\$65 for groups of 10+

MORE INFO/REGISTER AT:

www.acfamfest.org
(510) 686-3653



Sutter Health

Ashland Cherryland
Healthy Community Collaborative

Senior Information



Needs Assessment Survey

Alameda County is developing a plan for seniors and would like to hear from you. If you are 55 years or older, and live in Alameda County, please complete this 10-15 minute survey to help us learn about how Alameda County can be a better place for older adults to live. Your information will be private and will be used to help shape future programs and services for senior adults. You may take the survey online at www.surveymonkey.com/s/ACOlderAdultSurvey2015 or call the Area Agency on Aging at (510) 577-1907 and request a paper survey.

Please join the Alameda County Healthy Homes Department and Congressman Mike Honda for a Groundbreaking Ceremony

Connecting Generations: Future Solutions for Health in Housing

Tuesday, October 13, 2015 • 10:30 AM • City of Fremont

The Alameda County Healthy Homes Department and Congressman Mike Honda will inaugurate the new initiative, Fixing to Stay, at the “Connecting Generations: Future Solutions for Health in Housing” event in the city of Fremont. The groundbreaking will highlight programs and services which assist seniors, the elderly and disabled to age in place with independence and dignity. Attendees will see the future firsthand while touring an actual home repair project. For any questions, please contact (510) 567-8291.

“Understanding the link between health in housing allows for a complete aging in place solution that promotes healthy aging, prevents injuries and reduces emergency visits.”

– Maricela Foster, Director of the Alameda County Healthy Homes Department

The Hayward Area Senior Center’s Paratransit Resource Fair

Thursday, October 22, 2015 10:00am to 11:30pm

Learn about Paratransit Services for:

*Hayward	*Castro Valley	*San Lorenzo	*VIP Rides
*East Bay Paratransit	*Union City	*Unincorporated San Leandro	

Hayward Area Senior Center
22325 North Third Street
Hayward, CA 94546

510-881-6766 or 510-888-0102
www.haywardrec.org

Call Information and Assistance at (800) 510-2020 or (510) 577-3530



Senior Update
Area Agency On Aging
Advisory Commission on Aging
6955 Foothill Blvd, Suite 300
Oakland, CA 94605-1907

Phone: 1-800-510-2020

Fax: 510-577-1962

PRSRT STD
U.S. POSTAGE
PAID
SAN LEANDRO, CA
PERMIT NO. 45

We're On The Web!

http://www.alamedasocialservices.org/public/services/elders_and_disabled_adults/aaa.cfm

***Senior Update Editorial Board: Sandra Johnson
Simon, (Chair), Bernie Nillo (Vice- Chair), Donna
Ireland, Delbert Walker, Jose Villaflor***
