



SENIOR UPDATE  
AREA AGENCY ON AGING  
ADVISORY COMMISSION ON AGING  
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July/August/September 2016

# Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

## Healthy Aging

Sandra Johnson-Simon, Commissioner

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September is Healthy Aging Month.



As a senior, all year long, I maintain control of my life and focus on positive aspects of healthy aging, as I grow older gracefully. As seniors we must continue to take personal responsibility for our health, - physically, mentally, socially and financially. Aging is a natural part of life. As we age, it is important to be physically active, drink eight – 8 ounce glasses of fluids on a daily basis and eat healthy foods. I try to get at least seven hours or more of sleep per night. Even if you are concerned about weight gain, weight loss, or various diseases, the key to healthy aging is a healthy lifestyle. It is never too late to make some changes in your life if needed. I find that volunteering on various non profit boards and commission has made a big difference in my life as I age. I have developed long lasting friendships, some near and some afar.

Getting older can be very enjoyable. Weekly I visit several senior centers in Oakland, Emeryville and San Leandro. Just to name more than a few, this is where I can enjoy a low cost lunch, computer services, travel excursions, shopping at the boutiques, BINGO games, various health related guest speakers, a little bit of line dancing and trips to highlight different cultures.

Think about it – what are you doing to maintain “Healthy Aging?”

Sandra J. Johnson Simon



## The Alameda County Advisory Commission Visits North Berkeley Senior Center

### Bernie Nillo, Commissioner



Volunteers help seniors register using MySeniorCenter

In February, the first commission site visit for 2016 was held at the North Berkeley Senior Center. Commissioners Sue Taylor, Sarah Kim-Lee, and Bernie Nillo met Senior Center staff Leah Talley, Dina Quan, Richard Castillon, and Jeff Buell.

The City of Berkeley's Aging Services Division is dedicated to promoting a dignified, healthful quality of life for older adults by advocating for vital

Services, providing opportunities to develop fellowship, offering life-long learning activities, recognizing the continued and varied accomplishments of older adults, and being an accessible and trusted community resource.

The City has two community senior centers, the North and South Berkeley Senior Centers. The North Berkeley Senior Center is located near downtown Berkeley,

with over 250 seniors attending the center daily. Both centers offer arts and crafts classes, a computer lab, holiday celebrations and special events to older adults over the age of 55. The City's Senior Centers offer numerous programs such as daily "hot lunch" to adults age 60 and older, transport to and from the center each day, field trips and personal errand trips, support for caregivers, as well as provide

## The Alameda County Advisory Commission Visits North Berkeley Senior Center Continued from page 2

basic information and assistance to older adults, their families, and caregivers on how to access a wide variety of private and public resources. The Senior Centers in Berkeley empower older adults in the Berkeley community by helping them to remain active, healthy, and independent. Currently, more than 2,400 older adults participate in activities held daily at two distinctive neighborhood centers or in the home-delivered meal program. The programs attract people with



diverse backgrounds who frequent the center for cultural exchange, meeting with friends, and enjoying delicious noon-time and evening meals. Call 510-981-5190 (North Berkeley Senior Center) or 510-981-5170 (South Berkeley Senior Center) for more information about Senior Center programs and services.



Senior students enjoying the ceramics and arts room at North Berkeley Senior Center

## Using Nutrition to Reduce Your Risk of Falling

Mary Louise Zernicke, MS MPH RD CSG

Although one in three older adults falls every year, it is not considered “normal.” The greatest risk for a fall is having had a previous fall. There are many reasons people fall, including the type and amount of medications taken, poor vision, poor hearing, being frail, and having a cluttered home.

But there is a significant role for using nutrition to reduce your risk of falling.

### What are the nutritional issues related to falling?

Overall good nutrition is important. But there are four key nutritional practices on which you can focus to reduce your risk for falling. These are:

- Drink enough fluids;
- Get enough protein;
- Get enough Vitamin D;
- Get enough calcium.

### Why is water important to reduce my risk of falling?

Medications for high blood pressure are

commonly prescribed by doctors. Did you know that diuretics, or “water pills”, can lead to dehydration? Although it may sound counter-intuitive, if you are taking a diuretic, it is particularly important to monitor your fluid intake. Symptoms of dehydration include dizziness and feeling woozy when you go from sitting to standing. This can cause you to fall. Other medications can also lead to dehydration.

### How much water should I drink?

Even though it is common to hear that you should get 6-8 glasses a day, your needs are very individual. Whether or not the weather is hot, how much exercise you get, and medications you take will impact your fluid needs.

The KEY to knowing if you are drinking enough fluids is to self-monitor your urine output. Although most older adults are taking medications and/or vitamins

that will color the urine, there should be times in the day when your urine is clear and has no smell. Are you urinating at least 6 times in 24-hours? You should be!

### Do other fluids “count” towards my water intake?

Yes, juice, teas, soups and even coffee count as part of your fluid intake. So do juicy fruits, so now you have even more reasons to enjoy!

### Why is protein important to reduce the risk of falling?

You cannot maintain or build muscle without protein. In order to keep from getting frail, you will need to get enough protein. Unfortunately, many older adults are



## Using Nutrition to Reduce Your Risk of Falling

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eating less protein as they get older. Protein is also not as well absorbed as we get older.

### How much protein do I need?

You need MORE protein than you did when you were younger—about 20% more. Don't eat a meal without a good protein source, either meat, fish, poultry, eggs, nuts or beans. Dairy products

also have quality protein.

### Why are Calcium and Vitamin D are important to reduce the risk of falling?

Vitamin D and calcium are keys to reducing the risk of osteoporosis, or bone loss. While this may not prevent a fall, it may prevent a broken bone.

### How do I know if I am getting enough Vitamin D and calcium?

Do you eat dairy products a couple of times a day?

Do you go out into the sun? If you are unsure, contact your nutritionist and get your blood levels checked by your health care provider.



## June is Elder Abuse Awareness

Deidra Perry, Department of Adult & Aging— Division of Adult Protection

Elder abuse is real! It is one of the most under-reported crimes in America and has been called the fastest growing crime of the 21<sup>st</sup> century. It does not discriminate and touches all communities. Your grandparent, parent, neighbor, friend or even you could be victimized by this silent epidemic. The National Council on Aging reports that as many as 5 million elders are abused each year, yet it is estimated that only 1 in 14 cases of abuse ever come to the attention of

officials.

Elder abuse can take several forms: physical, psychological/emotional, neglect and financial. In Alameda County, more than 70% of reports of abuse are for alleged financial abuse. A senior may have been tricked into paying cash for unnecessary work on their home or encouraged to donate to a fictitious charity. An older adult may be a victim of identity theft when a trusted family member gains

access to the older adult's social security number.

There are red flags that you can look out for that may be signs that an older adult is a victim of elder financial abuse:

Lack of amenities that the senior should be able to afford. Older Adult "voluntarily" gives inappropriate financial reimbursement for needed care and companionship. Older adult's caretaker has control of his/her finances but is failing to provide for the older

## June is Elder Abuse Awareness

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adult's needs. Caretaker is living off the older adult's resources. Older adult has signed property transfer, Power of Attorney, new will, etc. but is unable to comprehend the transaction.

If you are ever in doubt, call Alameda County Adult Protective Services at 1-866-CALL-APS.



The Alameda County Social Services Agency has launched a media campaign to raise awareness of elder financial abuse in an effort to motivate the community to report all suspected instances of elder abuse. You can learn more by viewing the website, [AlamedaElderAbuse.org](http://AlamedaElderAbuse.org).

## Fall Prevention-One Step at a Time!

Miriam Rabinovitz, Alameda County Senior Injury Prevention Partnership

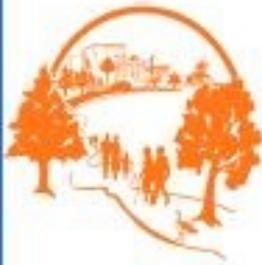
As many of us already know, falls are common to us all as human beings. When we are children, we fall and we simply pick ourselves up. We may push away a tear, or skin a knee, but fortunately for children, the consequences are usually quite minor. That of course is not the case for older adults. As we age, our bones become thinner and more brittle. As we age, we unfortunately encounter some chronic health problems and when we as seniors fall, the consequences can often be dire. If we do fall,

we may not be able to get ourselves up and may have to call 911; we may even have to go to the emergency room. If we are hospitalized for a fall with perhaps an injured knee or broken hip, then further complications may arise in the hospital, and sometimes those further complications can lead to the need for us to move to a skilled nursing facility or may even result in death.

Among older adults, falls are the leading cause of injury deaths and the most common cause of hospital

admissions due to injury. Did you know that every 18 seconds an older adult is treated in an Emergency Room for a fall? Did you know that 1 in 3 adults over age 65 and 1 in 2 adults over age 75 falls each year? Did you know that if you have fallen once, you are more than 50% likely to fall again?

For additional information on Fall Prevention, please contact: Alameda County Emergency Medical Services, Senior Injury Prevention, 510-618-2050.



Save the Date

13<sup>th</sup> Annual

# Healthy Living Festival

at the Oakland Zoo

*"Promoting Health and Wellness for Sixty+ Adults"*

Thursday, September 15, 2016

8:00 a.m. to 2:00 p.m.

Fun, Friends, Health Screenings/Resources,  
Great Music, Physical Activity, Lunch, Medication Take  
Back, The Zoo, & More!

\*\*This event involves a lot of walking and encourages participants to be physically active. If you have a medical condition and/or have mobility challenges, please consult your doctor and/or bring an attendant to assist you.\*\*

Join us for our Action to push for the implementation of a  
Countywide Integrated and Comprehensive Plan for Seniors.

Contact United Seniors  
for more information about  
the Festival at (510) 729-0852 or  
mary @usoac.org  
or visit <https://goo.gl/sqTN8e>



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United Seniors of Oakland and Alameda County

Empowering Seniors • Enriching Youth • Enhancing Community

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### We're On The Web!

[http://www.alamedasocialservices.org/public/services/elders\\_and\\_disabled\\_adults/aaa.cfm](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, Shelley Zak, Delbert Walker, Jose Villaflor*

## Senior Information

### Dates to Remember:

**Independence Day**– July 4, 2016

**Labor Day Holiday**– September  
5, 2016

**California Admissions Day**–  
September 9, 2016

**Healthy Living Festival**–  
September 15, 2016

**Falls Prevention Week**–  
September 19-23, 2016

## Admission's Day September 9, 1850

### California State Symbols

State Animal: The Grizzly Bear.  
State Flower: The Golden Poppy  
State Bird: The California Quail  
State Colors: Blue and Gold  
State Nickname: The Golden State, (Gold Rush)  
State Dance: The West Coast Swing  
State Folk Dance: The square dance  
State Freshwater Fish: The Golden Trout  
State Marine Fish: The Garibaldi  
State Marine Mammal: The Gray Whale  
State Motto: "Eureka" ('I have found it' Greek)  
State Mineral: Gold  
State Reptile: The Desert Tortoise  
State Rock: Serpentine  
State Tree: Coast Redwood and Sequoia  
State Gold Rush Ghost Town: Bodie  
State Silver Rush Ghost Town: Calico