



SENIOR UPDATE  
AREA AGENCY ON AGING  
ADVISORY COMMISSION ON AGING  
4955 FOOTHILL BLVD., SUITE 300  
OAKLAND, CA 94605-1907

October/November/December 2016

# Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

## Christmas in Hawaii

Bernie Nillo, Commissioner

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When traditional Christmas settings are mentioned, Hawaii might be the last place to come to mind. Some of the Christmas traditions of Hawaii are different from those of the rest of the US. Here are several Hawaiian Christmas traditions that have developed. Check out these fun facts about Hawaiian Christmas traditions:

**#1 – That Santa suit is too hot for Hawaii!** Instead of wearing that traditional red velvet suit with furry trim, Hawaiian Santa wears shorts and an aloha shirt – much more practical for a hot Hawaiian Christmas!

**#2 – Santa doesn't need his sleigh here in Hawaii.** Instead, he arrives on the islands in an outrigger canoe pulled by dolphins. How awesome is that?!?

**#6 – Yup, we have Christmas trees,** but they have to be shipped in by boat! Residents who opt out of the traditional Christmas evergreen look often choose to decorate palm trees for a distinctly Hawaiian flair.

**#7 – A lot of locals spend Christmas Day at the beach ...** and if you're here for the holidays, you should, too!

Today, there's no bigger Christmas celebration than "Honolulu City Lights," a favorite holiday spectacle put on by the City & County of Honolulu. Held at Honolulu Hale (City Hall), "Honolulu City Lights" features a 50-foot Norfolk pine Christmas tree, elaborate Christmas tree and wreath exhibits, giant Yuletide displays and live entertainment. Whether you're young or young at heart, there's no better place to catch the Christmas spirit in the islands.

*Best wishes to you..., your family and friends during this holiday season - Mele Kalikimaka! Merry Christmas!*



## Commissioners Visit Senior Support Program of the Tri-Valley

**Dana Bailey, Commissioner**

In June a small group of Advisory Commission on Aging (ACA) Commissioners visited the Senior Support Program of the Tri-Valley (SSPTV). Located adjacent to the Pleasanton Senior Center, SSPTV is an independent nonprofit agency serving Older Adults over 60 in the cities of Pleasanton, Livermore, Dublin and Sunol. The mission of the SSPTV according to Executive Director Marlene Petersen is to provide services and assistance to seniors that will foster independence, promote safety and well-being, preserve dignity and improve quality of life. SSPTV offers a variety of programs and services to help seniors remain actively involved in the community and their own individual well-being. There are Health Services Programs including foot care, blood pressure and diabetes screening. Exercise and nutrition are addressed through fall

prevention classes, medication safety classes and fitness/nutrition education classes. Older Adults also have access to transportation services including volunteer driver transportation and rides to urgent medical appointments. Grants from participating cities and Alameda County are used to meet the mental health needs of Older Adults and their advocates through supportive case management, family caregiver programs, friendly visiting and alcohol/drug treatment. SSPTV has served the Tri-Valley area for over 15

years in a space generously provided by the City of Pleasanton. Petersen credits her staff and the support of interns from local universities with maintaining the high level of customer-focused, evidence based programming available at the site. Over the years the needs of Older Adults have evolved and SSPTV continues to address trending concerns such as housing insecurity, debt management and fraud prevention.

Marlene Petersen, Executive Director



## Fall Prevention Part 2— One Step at a Time!

Miriam Rabinovitz, Alameda County Senior Injury Prevention Partnership (SIPP)



In Part 1 of the Article in the Summer Senior Update, I provided all the scary facts around the incidence and consequences of falls in the older adult population. Yes, it's true - falls happen significantly in our age demographic - and they can have serious consequences to our health and well-being. But I wanted in this follow-up article to reassure you with the very good news that almost all *falls are preventable!* The reason that falls are preventable is that many of the factors that cause falls can be modified, changed or even eliminated. **What are some things that cause falls that we can change?**

1. Walking too fast or hurrying to be on time. What can we do to reduce our risk of falling because of our hurrying? *We can slow down! We can take more time to plan ahead for an appointment or a meeting.*  
 2. Getting overtired by trying to do too much, or not listening to our body when we know that we are not feeling well, causes

falls. *We can pay attention to our body signals and perhaps make a different decision about going out or changing plans when we are not feeling well.*

3. Not paying attention while walking, talking to a friend, window shopping, not looking ahead of you, carrying too much. *We can work on not getting distracted; prioritizing paying attention to where we are walking and our surroundings at home and when we are out and about.*

### **6 Steps to Prevent A Fall:**

1. Find a good balance/exercise program. Try to build strength/flexibility.  
 2. Talk to your health care provider. Tell him/her about recent falls.  
 3. Regularly review medications with your doctor or pharmacist.  
 4. Get your vision and hearing checked annually and update your glasses.  
 5. Keep a safe home. Remove trip hazards; increase lighting, install grab bars.  
 6. Talk to your family members. Enlist their support in staying safe. There are some excellent fall pre-

vention programs around. Some, like Matter of Balance, Tai Chi for Better Balance and Stepping On are Evidence Based Programs *guaranteed to reduce your likelihood of falling.* Some programs deal with the very real "fear of falling". Others have you practicing some very simple, basic exercises you can do to improve your strength and balance. These exercises can be done standing next to a chair at home while you watch TV! The Alameda County SIPP Team offers fall prevention presentations to community groups. If you wish to get a description of some simple balance/strength exercises or further tips/materials on fall prevention, or referrals to fall prevention classes, or you wish to have a presenter on fall prevention come to your group, please contact: Alameda County Emergency Medical Services, Senior Injury Prevention, 510-618-2050. Take a look around; check out all the fall prevention activities going on in your community. Ask a friend to join you. Alone or together, we can *"Take a stand to prevent a fall—one step at a time!"*

## Enjoy Eating Alone!

Mary Louise Zernicke, MS MPH RD CSG

Are you eating alone? If so, you are not alone! Most American adults, about 2/3 of us, young and old, eat lunch alone. Many adults do not eat a significant breakfast and the breakfast that they eat is fast and easy. Evening meals are more likely to be communal.

A big part of mealtime has traditionally been about socializing and visiting with family or friends, so often when older adults end up eating alone, especially after the loss of a loved one, it can feel depressing, resulting in a loss of interest in eating and poor appetite. This can start a downward cycle in which weight loss and malnutrition lead to health problems.

If you are eating alone, make it a pleasant experience. Here are some tips: Open the curtains or shutters and let in some natural light.

Pick some fresh flowers for the table.

Play your favorite music. Use a tablecloth. Bring out your good china. Why not?

Settle in with a book, magazine or newspaper. Use the television for company. Enjoy a favorite show while eating. Eat with others at least weekly. Plan neighborhood pot-lucks, go to a local restaurant with friends or family, or find your neighborhood senior center.

Cooking well for one is sometimes challenging. But it is worth the effort, as eating well leads to feeling well!

If you are cooking for one, here are some tips:

Eat a balanced meal, including some protein, grains, and vegetables. Add new flavors with unusual spices while limiting salt. Try curry or add dill....Nutmeg anyone?

Breakfast for dinner? Why not? A delicious vegetable omelet is easy, tasty and healthy. Keep staples such as low sodium canned soups, tuna fish, and canned fruit in the cupboard so you can still eat well when you don't want to cook.

Cook once or twice a week and prepare enough for several meals. Freeze single serving portions. Be sure to date, label, and use frozen meals within a month. Eat refrigerated leftovers within 3 days.

And, if you can no longer cook or prepare meals, consider applying for meals on wheels. Call 1-800-510-2020 to find your local meals on wheels program.





## Health Living Festival

### Supervisor Nate Miley, District 4

Oakland, CA – The United Seniors of Oakland and Alameda County (USOAC), a nonprofit community organizing and advocacy organization, hosted the 13<sup>th</sup> Annual Healthy Living Festival on Thursday September 15. The Healthy Living Festival is the largest health and resource fair for Older Adults in Alameda County.

The Festival featured 98 education and resource exhibitors, health screenings, medication take back, Tai Chi, Zumba dancing and other exercise demonstrations for older adults, all of which promoted healthy living and successful aging. “It’s a pleasure to partner with USOAC and host the Healthy Living Festival at the Oakland Zoo once again. We look forward to another great event in helping connect our community and zoo together through the United Seniors of Oakland and Alameda County organization”, said Dr. Joel Parrot, President and CEO of the Oakland Zoo.

In addition to all the entertainment presented, the attendees also had an opportunity to learn about various county wide ballot measures

that will be presented to voters in the November 8<sup>th</sup> General Election.

Information was distributed about Alameda County’s \$580 million affordable housing bond Measure A1, as well as AC Transit’s Parcel Tax Renewal Measure C1, reauthorization, a tax first passed in 2002 to preserve essential local transportation and bus maintenance services. Additionally, information was provided on Measure RR for a safe and reliable Better BART. The festival is a chance for attendees to have fun and keep them active and thriving” said

Board Member, Lois Snell. “We also want to promote lifelong civic learning and engagement among older adults.”

The community would like to express thanks to our County officials who stepped up to help support this years Healthy Living Festival.

For more information about USOAC, please visit the website at <http://www.usoac.org> or Facebook <https://goo.gl/sqTN8e>

See You Next Year!



## Social Security joins the Hispanic Heritage Month

Sarah Kim-Lee, Commissioner

Social Security joins you and your family in celebrating Hispanic Heritage Month, which runs from September 15 to October 15.

We know the contributions of Hispanics can be traced to before the origins of the United States with the discovery, exploration, and naming of many places in our nation, such as state names like California, Colorado, and Texas and city names like San Antonio, Santa Barbara, and Boca Raton. Hispanics have influenced every facet of life, from language to our cultural development. Hispanics play a crucial role in American life.

The most important things to you are your family and maintaining the feeling of individuality through your language. That's why Social Security provides a website —

[www.segurosocial.gov](http://www.segurosocial.gov) — with a variety of publications and services in Spanish that are important to you and your family. If you need to apply for your first Social Security number or get a replacement

Social Security card, we invite you to read our publications *Social Security Numbers for Children* and *Your Social Security Number and Card*.

We offer a toll free number, 1-800-772-1213, which provides automated instructions for Spanish speakers. We also try to have employees available on the phone and in many of our offices who speak Spanish. However, if you need an interpreter, you can go to

[www.segurosocial.gov/espanol/interpreter.htm](http://www.segurosocial.gov/espanol/interpreter.htm) to find out more about our free interpreter services. Just as grandparents help guide their grandchildren through life's journey, we at Social Security are with you throughout yours. The services we provide guide you through your journey from birth, with your first social security card, to your dream of a secure retirement. You don't have to wait to find out what your retirement benefits may be. We provide the Retirement Estimator, one of our most popular online calculators, in Spanish. It offers instant,

approximate estimates of your future retirement benefits. Try it for yourself at

[www.segurosocial.gov/calculador](http://www.segurosocial.gov/calculador). Remember what your father wisely said to you: "It is up to this generation to secure our community's today and tomorrow."

Whether it's through our website, visiting one of our offices, or calling our toll free number, we at Social Security maintain our commitment of providing first-class service to the nation's growing Latino community.

To learn more, visit

[www.segurosocial.gov](http://www.segurosocial.gov).



The Ashland Cherryland  
Healthy Community Collaborative Presents



**SATURDAY  
OCTOBER 15, 2016**

**9 AM TO 10 AM**

**5K RUN/WALK/ROLL**

**10 AM - 2 PM**

**OTHER ACTIVITIES**

**16335 E. 14TH STREET  
SAN LEANDRO, CA 94578**

**510-686-3653**

**ACFAMFEST.ORG**

**ASHLAND  
CHERRYLAND  
FAMFEST 2016  
IT'S A CELEBRATION!**

**Join us for a fun-packed event with a 5k run/walk/roll,  
exciting activities, cool music and delicious food that you just can't miss.  
So come hang out with us and represent!**

**FREE FUN FOR ALL!**

- **Live entertainment • Athletic activities • Community resources**
- **Bounce houses • Face Painters • And so much more!**



**Ashland Cherryland**  
**Healthy Community Collaborative**





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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: (Chair), Paul Hauser, (Vice Chair) Bernie Nillo, Donna Ireland, Shelley Zak, Sarah Kim-Lee, Delbert Walker, Jose Villaflor***

## ***Senior Information***

### **Dates to Remember:**

**Columbus Day**– October 10, 2016

**FamFest**– October 15, 2016

**Halloween**– October 31, 2016

**Election Day**– November, 8 2016

**Veterans Day**– November 11, 2016

**Thanksgiving Day**– November 24, 2016

**Christmas Day**– December 25, 2016

### **Upcoming ACA Meetings**

**ACA Meeting**– October 10, 2016

**ACA Meeting**– November 14, 2016

**ACA Meeting**– December 12, 2016

Join Supervisor Nate Miley at the ***Ashland Cherryland FamFest 2016***, organized by the Ashland Cherryland Healthy Communities Collaborative. This event promotes livable communities and provides important information about staying fit and healthy. The Ashland Cherryland FamFest will be held on October 15, 2016 at the Ashland Youth Complex, located at 16335 E. 14<sup>th</sup> St, San Leandro. FamFest features a 5K Run/Walk/Roll that is open to participants of all abilities. There will also be live music; cooking demonstrations; tours of the REACH Ashland Youth Center; interactive booths on health education, holistic medicine, and nutrition; and a Medication Disposal/ Take Back site. For more information, visit [www.acfamfest.org](http://www.acfamfest.org) or call (510) 670-5717.