



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

October/November/December 2017

Senior Update

...The Eyes and Ears of Alameda County Seniors

Commission on Aging

Holiday Greetings from Commission Chair Donna Murphy

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Holiday Season for me is all about Family and community and sharing with those who are less fortunate. Always remembering to share and visit with Older Adults who are socially isolated and have little or no family.

I celebrate Kwanza which is a secular festival observed by many African Americans from December 26th until January 1st.

During the holiday, families and communities organize activities around the Nguzo Saba (The seven principles) which are:

Umoja (Unity) Kujichagulia (Self Determination) Ujima (Collective Work and responsibility) Ujamaa (Cooperative Economics) Nia (purpose) Kuumba (Creativity) Imani (Faith) We celebrate with Feasts and Dance and Poetry, narratives and end the seven days with a day dedicated to reflections and recommitment to The Seven Principles.

We light a candle each night and celebrate one of the seven principles with family and friends.

Habari Gani (Swahili for Greetings)

Chair Donna Murphy



Commissioners visit J Sei in the City of Emeryville– Winifred Arbeiter, Commissioner Advisory Commission on Aging

Commissioners Shelley Zak, Sarah Lee Kim, Winifred Arbeiter and staff member Jose Villaflor were warmly welcomed to the J-Sei Community Center by Executive Director Diane Wong.

J-Sei (sei infers life and generation) originated 47 years ago. J-Sei is a community care and cultural organization that brings families and generations together to nurture and pass on Nikkei (Japanese emigrants & their descendants who have created communities throughout the world) values and traditions that remain at the core of their services. Their mission is guided by their community values of dignity, trust, independence, social connection, open communication, and respect of elders.

They have occupied their newly renovated, modern, colorful, spacious home in Emeryville for only 15 months and have successfully completed a \$2.3 million Capital Campaign.

Following their arrival, the Commissioners were treated to a traditional Japanese dance performance by *Minyo No*



Odori. The group was formed through a class at the Center and performs at various Bay Area Japanese Festivals throughout the year. Afterwards the group had the opportunity to speak with the dancers who told us some of the reasons they participate are for the exercise, the challenge to memory, and their wonderful teacher, Keiko Allen. Commissioners met with Diane, Case Manager Miyuki Iwata, Education Coordinator Jill Shiraki and Program Coordinator/ Van Driver Franklin Hom to learn more about their roles in delivering services at J-Sei. This was followed by a tour led by Diane and Jill that included their art exhibit featuring Jimmy Koide who is a member and has been teaching calligraphy at J-Sei for nearly 20 years. The tour ended in the lunchroom where we enjoyed a fabulous Japanese meal.

J-Sei's services include Bilingual Case Management serving elders and the J-Sei Caregiver Directory. The Friendly Visitor and Friendly Caller programs provide weekly contacts



Commissioners visit J Sei in the City of Emeryville– Winifred Arbeiter, Commissioner– Continued page 3

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with homebound individuals. A Transportation Program provides door-to-door van service to the Center lunch and grocery shopping.

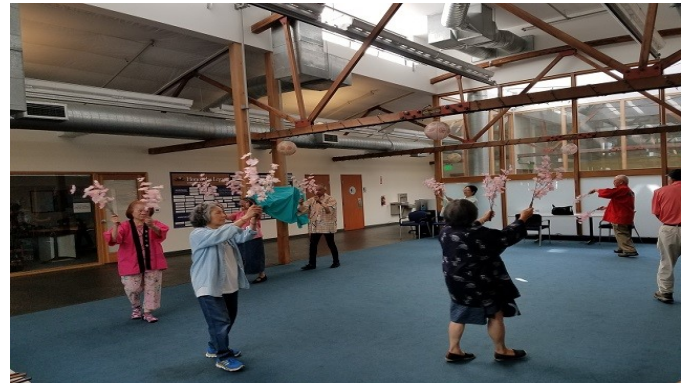
An on-site nutrition program includes home-delivered lunches to 60-70 participants Monday-Friday, and a lunch program at the Center Monday-Thursday. The Japanese entrees and vegetables are provided by Musashi Restaurant and the volunteer kitchen staff prepare the rice, soup and fruit in the Center's professional kitchen. These lunches need to be ordered in advance and donations are requested.

Additional programs include the new wellness and cultural classes, festivals and a superb schedule of 26 educational and exercise classes per week. There is no membership fee and small fees for classes vary.

Check out their website: j-sei.org

J-Sei also operates a 14-bed licensed Residential Care Facility in Hayward.

Funding sources include: 65% fundraising from events, foundation grants and individual donors, 15% from public grants, 15% from fees/donations, and 5% from earned income.



About Caffeine

Mary Louise Zernicke, Area Agency on Aging Senior Nutritionist

Caffeine has changed its health stripes over the last decade. Many people were taught that caffeine is an unhealthy, or even dangerous, food.

Caffeine is a drug, and is the most popular and least regulated drug in the US. Until 1997, the US government had limits on how much caffeine was allowed in a product. That year, the FDA decided not to challenge Red Bull, the first caffeine-based energy drink. Their success has led to many copy-cats.

What is caffeine good for?

Caffeine increases alertness in most people. Most of us rely on caffeine to stay alert! Did you know that the army has experimented with putting gum with caffeine into rations to keep soldiers alert?

Caffeine can also help reduce headaches because it dilates blood vessels. Some data shows caffeine lowers the risk of gallstones.

Caffeine is mildly addictive. Its ability to increase alertness diminishes as our bodies become dependent, and more is needed for the same ef-

Does caffeine cause cancer, heart disease or osteoporosis?

The studies on cancer are very inconclusive.

Green tea, for example, seems to reduce the risk of stomach cancer while hot drinks increase the risk of esophageal cancer. Coffee seems to reduce the risk of colon cancer but might increase the risk of pancreatic cancer. Most large studies show no correlation between caffeine consumption and increased risk or heart disease. Some studies show that excess caffeine intake could reduce bone mineral density, but a relationship between moderate caffeine intake and osteoporosis does not exist.

There is good data showing that excess caffeine (over 200 mg) can increase miscarriages in pregnant women, especially in their first trimester.



Are there problems with consuming too much caffeine?

Caffeine makes some people jumpy, shaky, and hyper-active. It can also interfere with sleep and worsen urinary incontinence. Some people experience caffeine withdrawal when they lower intake, and this will cause headaches and irritability.

Is there a limit on how much caffeine I can take?

Many experts recommend no more than 200-400 mg of caffeine per day. Caffeine is present in more than coffees and non-herbal teas. Remember, stronger the coffee or tea means it contains more caffeine. Following are some estimates of caffeine levels in various products.

Starbucks 16 oz. Grande—350 mg

Starbucks 20 oz. Venti – 415 mg

Honest Tea Green tea 17 oz.—90 mg

Herbal tea, brewed –0 mg

FDA limit for cola and soft drinks, 12oz.-- 71 mg

Hershey Milk Chocolate Bar, 1.6 oz.—9 mg

Cocoa, 1 TBS,-- 8 mg

Anacin, 2 tablets—64 mg

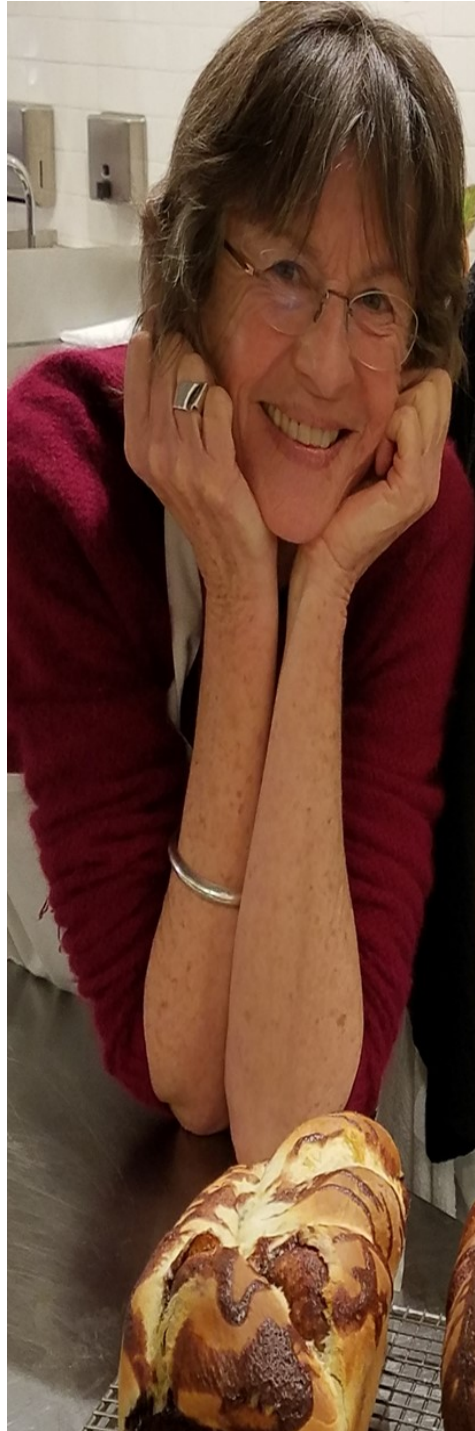
Commissioner Profile— Winifred Arbeiter

I grew up in Queens, New York City. My parents were German immigrants who settled there in the late 1930's. In the mid 1960's I migrated to San Francisco, with temporary moves to Boston, MA and Placer County, CA.

Six years ago I retired, bought a condo and relocated from San Francisco to Emeryville where I discovered the treasures of the Emeryville Senior Center and its abundant resources. I give back to the Center by volunteering at various events. Additionally, for two years I worked in a part-time position for the Center coordinating the Meals on Wheels and other senior food related programs.

Most of my career involved working in extremely interesting and challenging roles as a Senior Executive Assistant for both non-profit and for-profit organizations. My duties included managing day-to-day operations and organizing in-house and offsite events for up to 150 participants.

My favorite roles were Assistant to the General Director of the San Francisco Opera and Executive Assistant to the Worldwide Managing Director of Bain & Company, an international man-



agement consulting firm. While living in Placer County, I managed the Head Start Home Base Program. Some of my personal interests include dancing, hiking, international travel, photo collage, entertaining, and cultural events. I also enjoy attending Warriors and Raiders games.

Presently I serve as Vice Chair of the City of Emeryville Council on Aging. I am honored to also have recently been appointed to the Alameda County Advisory Commission on Aging and am now a member of its Public Relations Committee. I enjoy these roles and look forward to serving wherever needed. Additionally, I am a Board member of my condo association.

I believe in the importance of friendships with people of all ages, spending time with children, keeping a youthful spirit as I age, eating healthy, exercising regularly, and being grateful for and enjoying each day.

Medicare Open Enrollment Support Ashok Desai, Commissioner Advisory Commission on Aging



How to Reach Us

Call for an appointment today at:
1-510-832-3040 (LAS)
1-510-839-0393 (HICAP)

Reach us by mail at:
333 Hegenberger Rd, Suite 850
Oakland, CA 94621

Or on the web at:
www.lashicap.org

The Mission of Legal Assistance for Seniors is to ensure the independence and dignity of seniors by protecting their legal rights through education, counseling, and advocacy. We offer services in the following areas: Public Benefits, Immigration, Elder Abuse, Guardianship of minor children, and Health Care.

LAS is the parent agency for Alameda County's HICAP, a volunteer-based program helping people on Medicare and pre-retirees to navigate the health insurance maze. **HICAP provides free, unbiased Medicare counseling to anyone in Alameda County.** We help Medicare beneficiaries of any age make informed choices and we provide advocacy when their health care benefits and rights are threatened or denied. Individual appointments and group presentations are available throughout the county.

Medicare's Annual Enrollment Period runs from October 15th-Dec 7th and allows people to make changes in their Medicare plans for the following year. **If you have experienced changes in your health or financial situation this open enrollment period is your opportunity to ensure your health care needs are being met.** There is no cost to meet with our volunteer HICAP Counselors who provide individual appointments so that they can answer questions specific to each person's situation. By early October, we know what changes will affect coverage in 2018 and can provide accurate and detailed information for Alameda County Medicare beneficiaries.

If you would like us to schedule educational presentations about Medicare or any of our legal services for a group of seniors or service providers, you may contact our office and ask for the Community Education Department.

Alameda County Long Term Care Ombudsman Denyse McCowan, Regional Program Coordinator

The Alameda County Long Term Care Ombudsman (LTC) program is looking for volunteers. If you are passionate about advocating for residents of long-term care facilities, are observant, reliable, and can use your interpersonal skills to help resolve issues, you may want to consider joining the Ombudsman team.

You and other volunteers will participate in a 36 hours volunteer training program in September, and then spend a few hours a week helping people in need by responding to and investigating complaints.

For more information, please contact Denyse McCowan or Andrea Hall at ombuds@acgov.org, or Phone (510) 638-6878 if you have any questions.

Pictured right is LTC Ombudsman Kelly Mason at the Four Seasons of Health Expo in Fremont.



Tai Chi– A Fall Prevention Practice Carol Powers, Senior Injury Prevention Coordinator, Alameda County Emergency Medical Services

Have you ever seen a group of people in a city park, moving quietly and gracefully together, as if practicing a choreographed meditation? There's a good chance you were watching the Chinese martial art of tai chi in action.

To the practitioner, tai chi involves mental focus, mindful breathing, and moving one's center of gravity from one leg to the other. Prescribed movements or "forms" flow one to the other, thus creating the alluring dance-like quality of tai chi. The forms can have names, such as "Part the Wild Horse's Mane" and "Grasp the Peacock's Tail." They are often learned and practiced by following a leader.

Tai Chi: Moving for Better Balance and *Tai Chi for Arthritis* are evidence-based programs developed specifically to help community-dwelling, sixty-plus adults reduce their risk of falling by improving their balance, flexibility and physical strength. Taught in a class setting over many weeks, the programs have a social dimension known to keep seniors motivated and up on their feet.

In Alameda County, several senior services providers host tai chi classes, including these evidence-based programs. In general, classes are well-received. Those new to tai chi have reported to like learning the forms as a group. Those who know tai chi from their Chinese heritage, have found the evidence-based tai chi classes too simple for their more developed knowledge of the art. Regardless of experience, tai chi is an effective way to maintain balance, strength, and enjoy the company of others.



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Senior Information

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We're On The Web!

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

Senior Update Editorial Board: (Chair), Paul Hauser, Donna Ireland, Shelley Zak, Sarah Kim-Lee, Delbert Walker, Jose Villaflor

Dates to Remember:

Halloween– October 31, 2017

Veterans Day Holiday– November 10, 2017

Thanksgiving Holiday– November 23, 2017

Winter Solstice-December 21, 2017

Christmas Holiday-December 25, 2017

New Year's Eve– December 31, 2017

Upcoming ACA Meetings

ACA Meeting– October 9, 2017

ACA Meeting-November 13, 2017

ACA Meeting-December 11, 2017