



SENIOR UPDATE  
 AREA AGENCY ON AGING  
 ADVISORY COMMISSION ON AGING  
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# Senior Update

Commission on Aging

...The Eyes and Ears of Alameda County Seniors

## 10 Easy Steps to Jumpstart Your Weight Management Program

Moshe Lewis, MD, MPH, MBA

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Although there are many diets and fads that come and go, even a 10-pound weight loss can improve your health and your risk for diseases associated with obesity, diseases like Type 2 diabetes, hypertension and heart disease.

Here are ten easy steps to jumpstart your weight management program.

**1. Accept that weight management is an achievable goal:** If you approach weight management with the concept that small steps will add up to make a big difference over time, then the idea of losing weight does not seem so complex.

**2. Make a plan to succeed:** Identify 10 food items that you currently purchase that you know are bad for you and that you can live without. Make a consistent plan

to start eliminating 2 of these items each week from your grocery list.

**3. Contact a nutritionist and make an appointment:** Every individual should have a customized plan tailored to their age, weight, height, metabolism and activity level. This plan is best created with a professional who will dedicate time to working with you one on one.

**4. Schedule regular exercise:** Make it a goal to double the distance that you walk each day until you are walking at least 30 minutes each day.

**5. Set realistic goals:** Rapid weight loss that can't be sustained only results in frustration. The goal should be to lose approximately 2 pounds every week. Depending on how

much you choose to lose, over the course of a year this would result in a substantial amount of weight loss.

**6. Develop a support system:** It is important to join a support group and to develop a network of individuals who are committed to your success. Some of the most accessible groups exist at Weight Watchers, Ediets.com and faith-based organizations. Inquire within your health plan for resources that also may be able to help you maintain your goals.

**7. Weigh in regularly:** It is important to check your weight regularly. Every week you should check your weight in the morning before you get dressed on the same scale.

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## 10 Easy Steps to Jumpstart Your Weight Management Program continued from cover

**8. Positive Reinforcement:** Feel good about the success that you are making and provide a small reward for yourself each week that is not food related. Some excellent suggestions include a manicure, a massage, taking a scenic walk,

purchasing a CD or new clothing item.

**9. Congratulate yourself:** Weight loss is similar to a marathon that is not always won by leaps and bounds. The goal is to stay focused on your goal even if there

are small setbacks from time to time.

**10. Love Yourself:** While absolute weight loss is a goal, it is important to love yourself no matter what your size may be.

## Annual Healthy Aging Fair a Big Draw for Seniors

**Kristofer Noceda, The Daily Review, Hayward, Calif.**

Lucille Jackson considers any free health screening a blessing. "It offers us a chance to get checkups we otherwise could not afford," she said. Jackson, 73, a resident of Oakland, was one of about 1,000 senior citizens from throughout Alameda County who gathered Wednesday at Moreau Catholic High School for the 9th Annual Healthy Aging Fair.

"The fair is a way for (senior citizens) to take a proactive role in their health," said Delbert Walker, who helped organize the event for the Alameda County Social Services Agency.

Free health screening services included diabetes, glucose, blood pressure, hearing, bone density, podiatry and prostate Checkups.

The program also featured

about 80 informational booths specializing in senior services.

"There is just so much to learn and it is all useful information I can take back," Jackson said.

Jackson has attended the fair each year as a representative of the East Oakland Senior Center, which provides singing, line dancing and other entertainment at the fair. She shares the information she receives with 700 seniors involved with the Oakland center. For San Leandro resident George Lobo, the fair is a chance to meet new friends.

Last year Lobo, 77, was able to reconnect with a former co-worker he had not seen for more than a decade.

The Alameda County Commission on Aging started the fair in 2001.

Walker said it grew rapidly and became a popular mainstay in the senior community. "They look forward to this each year," he said.

Many of the seniors are shuttled in from senior centers. Others arrive independently or through a free bus that runs to and from the south Hayward BART station.

While the free health tests are an important element, many seniors enjoy the free lunch and giveaways.

Hayward resident Henry Brown volunteered at the program and hosted a miniature golf putting station where visitors were able to choose a prize. "Free food and free gifts," Brown said. "You can't go wrong with that."



# Social Security Benefits Everyone

Sarah Kim-Lee, Social Security Regional Affairs Specialist



Social Security reaches almost every family, and at some point touches the lives of nearly all Americans. It has an impact on the very fabric of the American economy.

Social Security helps not only older Americans, but also workers who become disabled and families in which a spouse or parent dies. Today, about 162 million people work and pay Social Security taxes and more than 51 million people receive monthly Social Security benefits. In 2008 alone, those benefits came to about \$614 billion.

In one way or another, Social Security bene-

fits everyone. The payments made to beneficiaries help individuals and families to stay afloat.

But Social Security goes beyond that. In many areas across the nation, Social Security is essential to keeping the economy going. Take, for example, Siskiyou County in Northern California. Nearly 20 percent of the entire economy comes from Social Security.

About 30 percent of the population receives Social Security or SSI benefits.

In Siskiyou County and other counties around the nation, the benefits paid don't stop at helping the beneficiaries who de-

pend on them. These people spend their benefit payments at local grocery stores, clothing stores, department stores, and mom-and-pop shops. Benefits are used to pay for goods and services that sustain the local economy.

It's no coincidence that Social Security finds its origins in another financial crisis: the Great Depression. The program played a part in that recovery. There's no denying that it's playing a part in helping the current economy as well.

It's clear that in one way or another, Social Security benefits everyone.

To learn more visit [www.socialsecurity.gov](http://www.socialsecurity.gov)

## The You're On Your Own (Y.O.Y.O.) Plan

Jack Dove

As a member of the Health and Safety Committee of the Commission on Aging, I have been struck by the reports of the devasta-

tion in Haiti and Chile. Our State and local governments are very concerned about earthquakes, threats of chemical

spills, fires, explosions, as well as, potential man made and natural disasters. In a natural disaster, I believe that police, fire and local

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## Simple Apple Pie

Sandra J. Johnson Simon, Commissioner

1/4 cup packed light brown sugar  
 1/4 cup granulated sugar  
 1 teaspoon all purpose flour  
 1 teaspoon grated lemon peel  
 1/4 teaspoon ground cinnamon  
 1/4 teaspoon ground nutmeg  
 6 medium baking apples, peeled, cored and thinly sliced  
 1 cup of dark raisins  
 1 unbaked ready made 9 inch Pie crust

Preheat oven to 425 F, spray 9 inch deep dish pie plate with cooking spray.

In a large bowl, combine and mix brown sugar, granulated sugar, flour, lemon peel, cinnamon, and nutmeg.

Add six apples to sugar mixture and stir until coated.

Next stir in raisins and spoon into the pie plate.

Place piecrust on top of filling. Trim edges, pressing against edge of pan. Using a sharp knife, cut steam vents in piecrust.

Bake until piecrust is golden brown, about 35-40 minutes. Place on a wire rack and cool for 30 minutes. Serve warm.

## Zucchini Sauté

Permission to use this recipe granted by **the California Department of Public Health's Network for a Healthy California**. Original development funded by USDA's Supplemental Nutrition Assistance Program (formerly the Food Stamp Program)

*This vegetable side dish tastes lively and is fast to fix*

1 1/4 pound of zucchini (about 3 medium zucchini)  
 1/2 teaspoon olive oil  
 1 tablespoon dried oregano  
 2 cloves of garlic, finely chopped  
 1 teaspoon grated lemon peel

1 tablespoon grated parmesan cheese  
 1/4 teaspoon ground black pepper  
 Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.

Heat oil in a heavy nonstick skillet over medium-high heat.

Mix in parmesan cheese and pepper. Serve warm.

Add oregano and garlic, and sauté for about 2 minutes.

Add zucchini and lemon peel, and sauté for about 3 minutes until zucchini is lightly browned.

Mix in parmesan cheese and pepper. Serve warm.



## Christmas Cookies (German)

Frank Howell, Commissioner

8 Eggs,  
4 cups sugar,  
4 oz. chopped citron,  
4 oz. blanched almonds,  
grated rind of 2 lemons  
9 cups of flour  
1/2 tsp ground cloves  
2 tsp nutmeg  
1/4 tsp black pepper

Beat 8 eggs, add 4 cups sugar, beat until smooth, about 15 minutes.

Add 4 ounces of blanched almonds (which have been coarsely chopped) and the grated rind of 2 lemons.

Sift together 9 cups flour, add 1/2 tsp ground cloves, 2 tsp nutmeg, and 1/4 tsp of black pepper to flour and sift again.

Add to the first mixture.

Roll out dough three-fourths inch thick. Cut into small rounds 1 inch in diameter.

Before baking, turn each cookie upside down, put a drop of water on each and bake at 350F for 15 minutes.

## Magic Cookie Bars

Miriam Schiffman, Commissioner  
(from Cooks.com)

1/2 cup butter\*  
1 1/2 cups graham cracker crumbs  
14 ounces sweetened condensed milk\*  
6 ounces semisweet chocolate chips  
3 1/2 ounces coconut flakes  
1 cup chopped nuts

Preheat oven to 350 F. (325 F. for glass dish.) In 13x9-inch baking pan, melt butter in oven. Sprinkle crumbs over butter; pour condensed milk evenly over crumbs. Top evenly with remaining ingredients; press down firmly.

Bake 25 to 30 minutes

or until lightly browned. Cool thoroughly before cutting. Store loosely covered at room temperature. Makes 24 bars.

\*Note: Cut the fat by using margarine and low- or no-fat condensed milk.



## Oven Fried Chicken with Summer Squash

Permission to use this recipe granted by **the California Department of Public Health's Network for a Healthy California**. Original development funded by USDA's Supplemental Nutrition Assistance Program (formerly the Food Stamp Program)

### Ingredients

1 cup finely crushed cornflakes  
 ¼ teaspoon salt  
 ½ teaspoon ground black pepper  
 1 teaspoon onion powder  
 1 teaspoon garlic powder  
 ½ cup evaporated skim milk  
 1 pound chicken breasts, skin removed and cut into 6 pieces  
 nonstick cooking spray  
 ½ tablespoon vegetable oil  
 1 clove garlic, finely chopped  
 2 medium zucchinis, cut into short strips

3 medium yellow squash, cut into short strips  
 1 teaspoon dried oregano

### Preparation

1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
2. In a small bowl, combine cornflakes, salt, ground black pepper, onion powder, and garlic powder.
3. Place evaporated milk in a separate bowl. Dip chicken pieces in milk and roll in crushed cornflake mixture, lightly coat-

ing both sides.

4. Spray a roasting pan with nonstick cooking spray and arrange chicken pieces on the pan in a single layer. Bake for 30 minutes.
5. While the chicken is baking, heat oil in a medium skillet over medium-high heat.
6. Sauté garlic in oil for about 3 minutes. Add zucchini, yellow squash, and oregano; continue to cook until tender, about 5 to 7 minutes.
7. Serve each piece of chicken with 1 cup of zucchini and yellow squash mixture.

## Easy Spinach & Brie Appetizers

Miriam Schiffman, Commissioner

1 9 oz. Box frozen artichoke hearts  
 2/3 cup cooked chopped spinach, squeezed dry  
 1 tsp lemon pepper  
 1/4 tsp salt  
 18 thick slices of brie

(can use other meltable cheese)  
 Preheat broiler.  
 Prepare artichoke hearts according to package directions.  
 Combine spinach, lemon pepper and salt

a small bowl.

Top each artichoke heart with the spinach mixture and then the brie.

Broil just until cheese melts, 1 – 2 minutes. Serve hot or at room temperature.

## Strawberry Nut Salad

Nicolette V. DeDiemar



The following is a scrumptious salad...it has been our family's favorite holiday salad for over 40 years....passed on to us by a friend. It is based on the JELLO component but the actual originator is unknown.

### Ingredients

6 oz. or 2- 3 oz. packages of Strawberry JELLO  
2 cups boiling water  
2-10 oz. packages of

frozen strawberries... thawed  
1 cup walnuts or pecans, pieces or chopped  
4 oz. can of crushed pineapples...DRAIN very well  
3 medium bananas... mashed

1 pint sour cream

### Preparation

Dissolve JELLO in boiling water Fold in berries with juice...

combine pineapples, bananas, and nuts with mixture  
Pour ½ of the above mixture into a 12" x 8" x 2" pan...chill the mixture until firm

Spread sour cream over the above "bottom" layer...gently spread the remaining mixture over the sour cream... refrigerate the entire mixture until firm

Best when served chilled.

## Sweet Potato Apple Bake

Permission to use this recipe granted by **the California Department of Public Health's Network for a Healthy California**. Original development funded by USDA's Supplemental Nutrition Assistance Program (formerly the Food Stamp Program)

Serve with frozen yogurt for a special treat.

### Ingredients

1 pound sweet potatoes (about 1 large sweet potato), peeled and cut into chunks  
2/3 cup unsweetened 100% apple juice  
2 apples, peeled and cut into chunks  
½ teaspoon vanilla extract

1 tablespoon butter, melted  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
2 tablespoons brown sugar  
nonstick cooking spray

### Preparation

1. Place an oven rack in the middle. Pre-heat oven to 400°F.
2. In a large bowl, mix

all ingredients.  
3. Spray a 9 x 9-inch glass baking dish with nonstick cooking spray. Pour mixture into baking dish.  
4. Bake until sweet potatoes are tender, about 45 minutes. Spoon the liquid in the dish over the sweet potatoes and apples a few times while baking. Serve while warm.

## The You're On Your Own (Y.O.Y.O.) Plan

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government employees may be unable to reach everyone who needs help immediately. Therefore, each individual should be prepared by having a 3-day supply of water and non-perishable, easy to prepare food.

In Pleasanton, we have developed the Y.O.Y.O. plan due to a growing awareness that there are a number of circumstances that might occur for which each individual should be prepared.

The Y.O.Y.O. plan educates

members of the community on how to prepare themselves for a natural disaster. Everyone is responsible to be ready in case we lose phone service, running water, or a safe food supply. In the event of an emergency, you should have the following emergency supplies:

- Water-a gallon a day for each person
- Cash- banks may be closed and credit may not be accepted due to loss of power.
- Equipment- flash lights,

battery operated radio, first aid kit, and eating utensils,

- Food- canned foods and other non perishable items,

- Clothing- warm apparel and other items to protect against cold and wet conditions, and

- Information- list of medications, allergies, and a contact person in case of an emergency.

Family members should designate a person outside of the area to check in with since often during disasters long distance calls can be made when local calls can not.

## Fall Prevention Awareness Week, Sept. 19-25, 2010

Colleen Campbell, Senior Injury Prevention Coordinator

In 2008 the State of California (SCR 77 (Lowenthal) declared the first week of Fall each year to be "Fall Prevention Awareness Week."

The Senior Injury Prevention Partnership (SIPP) celebrated Fall Prevention Awareness Week this year by sending out table tents to senior dining sites with fall prevention tips, and partnering with home delivered meal programs to include fall prevention tipsheets with meal deliveries. SIPP also conducted Fall Prevention Discussion Groups

throughout the week. There are many simple changes that we can all make to reduce our risk of falling, including:

- Having your medications reviewed regularly (including herbals and over-the-counter medications) and never add anything to what you take without talking to a pharmacist.
- Walking Heel-Toe (pick up your feet).
- Paying Attention - Focus on the task at hand (don't let your mind wander).

- Staying Active to Stay Healthy- try to engage in some physical activity every day (Take a walk, dance, do tai chi, swim) Have Fun!

- Making Your Home a Safe Place- install grab bars, night-lights, non-skid strips in tubs and showers, make sure outside areas are well lit, use hand rails when going up or down stairs.

For more information about preventing falls or to host a free Fall Prevention Discussion Group in your community call the Alameda County Senior Injury Prevention Partnership at 577-3535.

## *Senior Information*



### **November 2, 2010 General Election: VOTE**

November 2 is the date for the General Election for U.S. Senate, Governor, other elective offices, and initiative measures. Starting with this election, voters in Berkeley, Oakland and San Leandro will use Ranked-Choice Voting to elect most local officials. Ranked-Choice Voting (also known as instant runoff voting) allows voters to rank a first, second and third choice candidate for a single office. This makes it possible to elect local officials by majority vote without the need for a separate run-off election. Ranked-Choice Voting does not affect the election of County, State and federal officials or the approval or rejection of ballot measures. For information about voting, registration and vote-by-mail application deadlines, and local initiatives, call the Alameda County Registrar of Voters at 510-267-8683 or visit [www.acgov.org/rov](http://www.acgov.org/rov). For information about state initiatives visit the Secretary of State website [www.voterguide.sos.ca.gov](http://www.voterguide.sos.ca.gov) or the League of Women Voters website [www.smartvoter.org](http://www.smartvoter.org).

### **Annual Flu and Pneumonia Alert**

The CDC (Centers for Disease Control and Prevention) has expanded the recommendation for influenza vaccination to include all people aged 6 months and older. The CDC notes that it is especially important for certain groups, including everyone 50 and older, to get a flu shot each year. The CDC also recommends that people 65 and older get a pneumonia vaccination at least once to prevent illness. For more information, consult your doctor, or contact Alameda County Public Health Immunization Assistance Project at 510-267-3230 or Sutter VNA at 1-800-500-2400. Check the Public Health website, [www.acphd.org](http://www.acphd.org), for details about free flu shot clinics.

### **Energy Assistance Programs**

The following programs assist with savings year-round or during extreme weather seasons:

CAP: help with EBMUD water service costs 510-645-9710 (for those outside of EBMUD jurisdiction, check with your local water company for other discount information)

HEAP: assistance with heating/cooling costs 1-866-675-6623

PG&E CARE: 20% discount on gas/electric 1-866-743-2273

PG&E Energy Partners: energy efficient home improvement 1-800-989-9744

REACH: one-time assistance on energy bills 1-800-933-9677

Rebate Programs (Appliances): [www.pge.com/rebates](http://www.pge.com/rebates), [www.cash4appliances.ca.gov](http://www.cash4appliances.ca.gov)

### **Medicare Enrollment Questions: Call HICAP**

As Medicare enrollment is approaching, the Health Insurance Counseling and Advocacy Program (HICAP) can help sort through options. Call 1-800-393-0363 for an appointment.

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

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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)

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## Calendar Of Events



### October– December

Programs for Older Adults at Alameda County Library Branches

Contact your local Alameda County Library branch, call 510-745-1491 or visit [www.aclibrary.org](http://www.aclibrary.org) for a schedule

#### October 7, Thursday, 10:00 a.m.-1:00 p.m.

Marina Community Center, 15301 Wicks Blvd., San Leandro

#### 4th Annual “Aging in Place, A Symposium for Seniors”

For details call Lavender Seniors at 510-667-9655

#### October 9, Saturday

Livermore Valley

#### 2nd Annual Wheels for Meals Ride

For details call 510-577-3580 or visit [www.wheelsformealsride.com](http://www.wheelsformealsride.com)

#### October 29, Friday, 9:00 a.m.-2:00 p.m.

Catholic Charities of the East Bay, 433 Jefferson St., Oakland

#### 3rd Annual Health Fair

For details call 510-768-3159.

#### October 30, Saturday, 10:00 a.m. –2:00 p.m.

Dublin Senior Center, 7600 Amador Valley Blvd., Dublin

#### Annual Senior Health and Information Faire

For details call 925-556-4511