

Summer 2018

Alameda Senior Magazine



Sex After Sixty

Medicare & Hospice

Talking with an Aging Parent

www.AlamedaSeniorMagazine.com

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Summer
2018



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Letter from the Editors

As children, summer meant so much; there was excitement in the very word. Summer meant no school, long days playing outside with friends from the neighborhood, no homework, sleeping in, and maybe a vacation. We were eager to try new things – camp, sports, meeting new friends – whatever the summer held, we were ready for it. Many of us even indulged in a bit of anticipation about what came next, middle school or high school, college or “the real world”; we didn’t know what it meant, and we might have been a little uncertain, but boy were we ready to see where it took us.

The older we get, the further away from that joy we seem to move. Adulthood and “the real world” means summer isn’t necessarily a time to take off and play, and suddenly we are the ones expected to pay for those vacations (what a shock that one is the first time it comes around!). But how much fun could it be if we never lost our youthful enthusiasm for life in general and summer specifically?

This summer issue is about keeping that joy and sense

of excitement, all the way through life. We might not go to summer camp anymore, but there are plenty of places we can meet new friends and try new things (like art classes at the Frank Bette Center for the Arts) or in our neighborhoods as we move our fitness routines outside to take advantage of our fabulous summer weather. We can take the time to regain some closeness in our intimate relationships or control over our finances (maybe afford one of those vacations we used to dream about as kids). And while we may not be excited about it, we are looking toward what comes next and deciding how we are going to approach it – will we let the unknown stages of later life scare us or will we be the ones to set the course of our next journey?

A little bit of a mish-mash of experience, but that’s what summers tend to be – a little of this and a little of that – getting us prepped for the next adventure.

We hope you are doing as much as possible to enjoy every step this summer, and try not to worry too much about what comes next - we still have the summer to play.



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Senior Magazine

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Fitness Tips for Summer

by Kryspin Turczynski, MA

Avoid the midday heat. Decrease the risk of dehydration or heat stroke by working out in the mornings or evenings.

• Check the map! If your usual running route leaves you broiling in the sun, consider trying an alternate route with more shade.

Stay hydrated. The summer heat makes it even more important to drink enough water, especially when active.

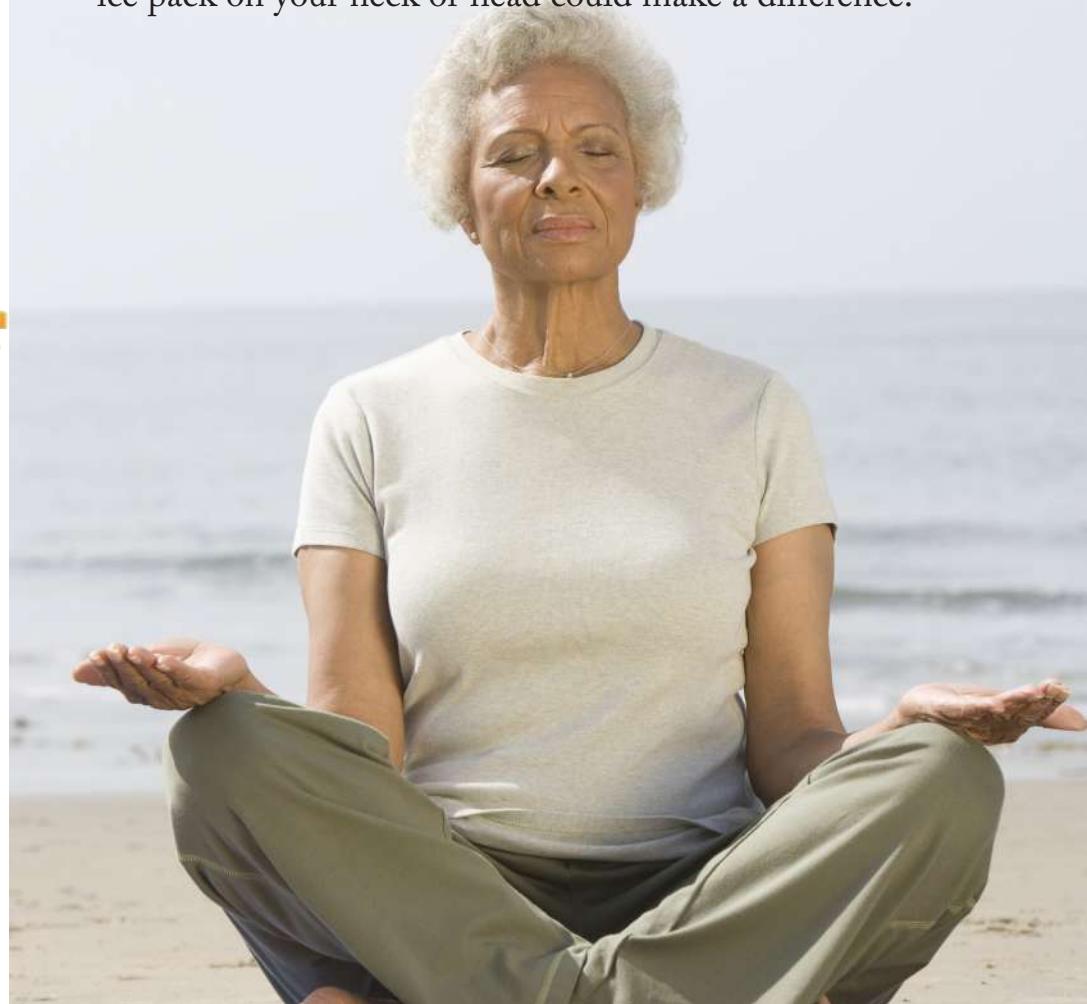
• Try replenishing your electrolytes with coconut water or mineral water instead of sugary sports drinks.

Protect yourself from UV rays. If you must be out in the sun, remember to shield your skin from harmful rays by wearing light, breathable clothing. And apply sunscreen!

• The American Academy of Dermatology recommends using a sunscreen with an SPF level of at least 30.

Adjust your body temperature. A pre-workout cool down may improve your performance in the heat by lowering your heart rate as well as core and skin temperatures.

• Does taking a cold shower seem too daunting? Even placing an ice pack on your neck or head could make a difference!



TECH TOOLS

INTERNET SAFETY

by Michaelia Parker,
Alameda Police Department.

With the advancement of technology comes the growth of opportunity for criminals. While you are trying to stay up-to-date on the latest iPhone app, thieves are looking for new ways to steal your identity or simply scam a few extra dollars out of your pocket. Here are a few tips on how you can spot and protect yourself from a scam:



- 1 Never send money through wire transfers or gift cards – no legitimate government agency or business will request these forms of payments.
- 2 Many scam artist use fear tactics – threat of arrest by ‘local authorities,’ deportation or prosecution. When pressed with questions over the phone, a criminal will often become aggressive or even hang up.
- 3 Always check the sender’s email address – emails can often emulate a real business, but may be off by a single letter. Ex: **johnsmith@USBank.com** versus **Johnsmith@USbak.com**. Did you catch the difference?
- 4 Check your email! Criminals are trying to bait any victim and will often send scam emails in bulk. If you notice your email does not appear in the “to” field, you are most likely included in a mass email.
- 5 Be cautious when clicking on links in an email – always hover your cursor over a link to review the real website address. The IRS will never initiate business with you via email, social media or phone. You will receive notifications in the mail.

If you are suspicious of a call, email or text, do your homework and call the company directly for the number listed on their website. If you become a victim of identity theft, contact the Alameda Police Department (510.337.8340) right away to file a police report and receive steps on what to do next.

COMMUNITY SPOTLIGHT

Frank Bette Center for the Arts



The non-profit, volunteer-run Frank Bette Center for the Arts is housed in the lovely yellow turn-of-the-century Victorian at 1601 Paru Street at Lincoln Avenue in Alameda, California.

Benefactor Frank Bette was a master antique furniture restorer. Upon his death in 1999 at the age of 99, he bequeathed the house as “a place for meetings, readings, showings, and other creative doings.”

Today, our mission is to build upon Frank’s dream. Artists, art lovers, and collectors are encouraged to view this year’s show schedule and to get involved:

Art Exhibits: The Center’s galleries rotate group and solo shows featuring fine arts and crafts, jewelry and textile arts, sculpture, paintings, photography and various modes of media arts.

Classes: Instruction is offered in a variety of media and experience levels. Students work at their own pace, and like-minded groups gather to share and enhance their talents.

Programs: The Center sponsors events in music, poetry, storytelling, and speakers in art theory/history.

Annual Events: Alameda On Camera (spring), Plein Air Paintout (summer), Holiday Boutique (winter)

Learn more at www.frankbettecenter.org

Satellite Galleries allow artist members of Frank Bette to show/sell their work:

The Lodge at Harbor Bay (pictured, located at 801 Island Drive);

Eyewise (Nob Hill Shopping Center)



Common Physiological Effects of Exercise on Seniors

By Jenna Vacca, BS, ACSM, CPT

Overall, physical activity produces similar physiological effects in seniors as it does in the general population. The main difference is that the extent to which these systems function tends to decrease with age. For example, heart rate and lung capacity decrease over time, whereas blood pressure tends to increase.

Despite these limitations, older adults will still experience increased metabolism, respiratory rate, and blood flow during exercise to compensate for the greater demand placed on the body. Within the next 24 hours, stress levels drop, participants may find it easier to sleep, and metabolism remains elevated, continuing to burn calories even after activity has ceased.

Over time, seniors with a dedicated physical regimen exhibit physiological benefits such as improved muscular strength, cardiovascular efficiency, and better balance and cognition.

For seniors, it is particularly important to note that certain medications (especially those affecting the cardiovascular or nervous system) can cause heart rate and blood pressure readings to differ from the standard population. Instead of increasing with exercise, heart rate and blood pressure can

sometimes drop from resting levels or remain relatively constant depending on the type of medication used.

For this reason, fitness professionals often rely on a scale such as the Borg Scale of Perceived Exertion to monitor activity levels. This type of measurement allows the participant to monitor the intensity of their exercise based on their feelings of tiredness. Once a baseline is established, exercises can be modified based on how much effort the client should be exerting. With proper monitoring and an appropriate regimen, seniors can benefit greatly from physical activity.



Talking with An Aging Parent: Do It Now!

Excerpts from an article by Melanie P. Merriman, PhD

My mother lived to the age of 94, and whatever burden we felt as she aged came not from her increasing needs, but from our very different views of when and how those needs would be addressed.

I wish we had talked about Mom's future when it was just that -- the future. Instead, we all waited until her physical and mental health had deteriorated to the point where something had to be done, and then we scrambled to figure out how to respond to each new crisis.

If I had the chance to do it differently, here are some things I would do:

Watch for opportunities to start the conversation well before aging and the need for caregiving becomes an issue. Any life event that signals advancing years — birth of a grandchild, retirement, unexpected illness — can provide the backdrop for discussing changes that come with age.

Set one or two primary goals and keep them in mind. The issues that come up with advancing age are myriad and complex. Knowing what matters most — proximity to family, participation in the community, overall safety — provides a touchstone against which to assess various options.

Be persistent, and also patient. Understanding what I call the tightrope of aging is a process involving multiple discussions over time, especially when things don't go as planned.

Melanie P. Merriman, PhD is a recognized expert in quality of care at the end of life. Learn more about her work at www.melaniemerriman.com

For the full version of this article and many others, visit The Caregiver Space at thecaregiverspace.org



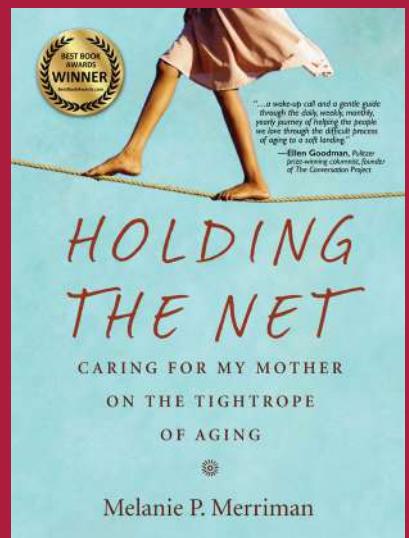
You are invited to attend
Dr. Merriman's upcoming
Book Reading & Community Forum on Caregiving:

Tuesday, August 14, 2018 at 7pm

at Phoenix Commons
in Oakland (adjacent
to Park St Bridge)

This event is free and open to the public.

For more information,
contact Larry Beresford:
larryberesford@hotmail.com





Mediterranean Pasta Salad

by Cheryl Champ

Preparation Time: 20 minutes

Makes 8 servings

Ingredients

- 8 oz Rotini (spiral) pasta, cooked and cooled
- 1 ½ - 2 cups assorted cut-up fresh vegetables (broccoli, carrots, tomatoes, bell peppers, cauliflower, onions and mushrooms)
- 1/2 cup cubed cheddar cheese or mozzarella cheese
- 1/3 cup sliced black olives
- 1 cup Bernstein's Cheese Fantastico Salad Dressing
- ¼ cup of grated Parmesan cheese

Directions

Combine all ingredients except dressing in large bowl. Add dressing and toss well. Serve chilled or at room temperature. Also terrific with other dressings: regular Italian, ranch, light ranch, fat free ranch, creamy caesar, and red wine vinaigrette. For a more substantial meal, add cooked chicken or tuna.

(Note: If preparing a day ahead, refrigerate, then stir in 1/4 cup additional salad dressing before serving. Shake on some additional grated Parmesan cheese!)

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Sex After Sixty

by Isadora Alman, MFT

It is not a myth. It really does exist for many. I'm here to tell you that even sex after seventy and beyond does. While you, if you are a younger reader, might consider 60+ old, I certainly don't. Isn't old age always at least ten years away from whatever age you are now?

Whatever your situation regarding desirable and available partners (which will affect what kind of sex you have at any age), sex after the first flush of youth is going to be different. Senior sex is different because both our minds and our bodies are not what they were in youth or vigorous midlife.

Mentally, we are clearer on what the minimal requirements are for good sex and an acceptable partner. By the age of 60 and beyond we ought to know what we want and how to go about securing it. One would expect that would make sex better than it was at earlier times of our life.

But on the other hand, at the very least we are not as commercially desirable as we once might have been. All media define sexually alluring as young, smooth skinned, white toothed, lithe and wrinkle free. No matter how good we look "for our age", hardly anyone looks "young" after 60.

So both women and men are likely to have some body issues. That is, we will not feel as ready to take clothes off in the pursuit of pleasure. If you're lucky, the eyesight of your partner(s) might also become a bit fuzzier at the same time as your ears and chin do. Physically, those over 60 will have undergone changes which affect sexual activity - for good or for ill. Neither men nor women are as likely to be limber as we once were. Certain sexual positions will not be comfortable or even possible. If they happen to be our favorites of long ago, so much the worse. Then again,



necessity might provide the opportunity to discover some new favorites.

Postmenopausal women needn't worry about unplanned pregnancy. That's a plus. But many of us need to add commercial lubrication to any sexual interactions and both sexes usually have to deal with decreased desire levels. Also, the reality is that older women in this society usually have a harder time finding acceptable sexual partners.

For men, erections will not be as pop-up ready as they were in youth and, for many, that's a good thing. Sexual interactions can go at a more leisurely pace, providing more sensual pleasure for both parties. Men who were quick on the trigger in youth will either have learned some ejaculatory control or Mother Nature may have provided some. Sex can not only last longer but need not be as goal oriented or ejaculation-centered, again a plus for both sexes. While by no means a magic bullet, how lucky we are that Viagra, Cialis and Levitra are now available to aging men when they were not at previous times.

So there are pluses and minuses for sex at an older age. Those who find the emphasis on the positive changes to be found in sex as we age are likely to be the type who habitually look at the glass as half full. Those who dwell on the negative effects of age on sex will have a lifelong half-empty glass outlook.

One's whole life, not only limiting this to one's sex life, is likely to be enhanced if one is determined to see the necessary changes of age as merely differences, not necessarily deficiencies. One of the key measurements of good health is to be able to take changes in stride and adapt to and with them. If one cannot do that, or just gives up on sex because it isn't what it once was, it is only then that one is truly old.



ISADORA ALMAN, MFT, is the author of "Doing It: Real People Having Really Good Sex", among other books, a Board certified sexologist, a California licensed relationship therapist, and a syndicated sex and relationship columnist.

Her "Ask Isadora" column has appeared in news weeklies worldwide for more than 25 years. Web surfers can find her on her free online Sexuality Forum (www.askisadora.com) and her bimonthly blog on Psychology Today.

She is a frequent radio talk show guest, a former radio show host, and a lecturer and workshop leader on a variety of communications topics. She conducts her private counselling practice in Alameda, in the San Francisco Bay Area.



Understanding a New Generation of Reverse Mortgages

by Chris Freck, MBA, CMPS

The modern **home equity conversion mortgage** (HECM) is not your parents' reverse mortgage. The additional consumer protections since 2010 have created a sustainable solution for seniors aged 62+ who wish to continue to live in their own home.

Contrary to common misconceptions, the lender **cannot** take your home as long as you keep the property in reasonable condition, and the property taxes and insurance are paid each year. Any remaining equity goes to your heirs; if there is no equity, the mortgage insurance fund covers the difference. None of your other assets can be used to repay.

Independent reverse mortgage counseling is required before an application can be taken, and there are multiple waiting periods to ensure enough time to make a thoughtful decision. A financial assessment is performed to make certain that a reverse mortgage is appropriate. Although credit scores are not considered, on-time payments for any mortgage, insurance and property taxes do affect how the loan is structured.

Assume you are 62 years old and your home is worth \$500,000. You would likely qualify for a loan in the

\$250,000 range. So you'd still have about \$250,000 of equity remaining in the home. Your home would continue to go up or down in value, taking your equity position right along with it. However, the HECM balance would also be growing over time.

So in this example, if the home goes up in value to \$600,000, and the HECM balance grows to \$350,000, your equity in the home would remain constant at \$250,000. Your HECM line of credit would increase every year, giving you immediate

access to your home equity whenever needed.

If your home loses value, and the HECM balance is greater than the value of the

property, the FHA would eat the loss (which is why the FHA charges mortgage insurance on the loan).

Bottom line: HECM can be used to improve cash flow and give you more financial options than previously thought to be available.

Chris Freck is founder of EstaR Mortgage in Alameda.

For a private consultation, contact him at (510) 463-1003 or MyLender@EstaRmortgage.com (NMLS# 241125)



When It's Time, Medicare Covers End-of-Life Hospice Care

by VITAS Hospice

As you get older, it's likely you'll know someone like Jo. When her husband passed away, Jo moved into a vibrant senior lifestyle community, where new neighbors and friends helped her work through her grief and rebuild her life.

When worsening heart disease began to limit her daily activities, Jo opted for assisted living, where she remained independent for years, able to take advantage of the support services and personal care provided by the staff.

Eventually, Jo could no longer cope with the extensive treatments the doctors prescribed for her increasingly weakening heart. She was exhausted—and her doctors had exhausted all options. Jo chose hospice care to help her and her family focus on quality of life in the time she had left.

Hospice is a dedicated Medicare benefit

Although you might find it difficult to discuss end-of-life plans and preferences, it's important to know that if you have a prognosis of 6 months or less, Medicare covers 100% of hospice services. You pay no out-of-pocket expenses for hospice care, and your hospice team brings services to you in the comfort and familiarity of your own home, wherever home may be.

According to VITAS® Healthcare, the nation's leading provider of end-of-life care, hospice patients often find that the gift of time—to get affairs in order, reminisce, say goodbyes and find closure—is one of the greatest advantages of

hospice care.

What is hospice care?

The goal of hospice care: comfort and quality of life. Hospice focuses on comfort, not cures. Some treatments or therapies can continue if they ease pain or manage symptoms, but hospice care is compassionate end-of-life care. An interdisciplinary hospice team works with you, your family and caregiver to develop a care plan that:

- ❖ Relieves pain and manages symptoms
- ❖ Honors your end-of-life wishes and preferences
- ❖ Provides comfort and supports your definition of quality of life



Who's eligible for hospice?

A hospice referral is made when a doctor, nurse practitioner or physician assistant determines that someone has six months or less to live. The most common hospice diagnoses are cancer, advanced dementia, end-stage heart and lung disease and stroke, but hospice is for anyone with a terminal

illness. Once eligible, patients can choose any hospice provider.

What does the hospice benefit cover?

Medicare, Medicaid and many health plans provide 100% coverage for hospice care, including:

- ❖ Regular home visits from the interdisciplinary team: doctor, nurse, hospice aide, social worker, chaplain, bereavement specialist
- ❖ Medical equipment, supplies and medications related to the hospice diagnosis
- ❖ 24/7 continuous care at home, when medically necessary
- ❖ Short-term inpatient care when symptoms cannot be managed at home
- ❖ Up to 5 days and nights of inpatient care for the patient when a caregiver needs a “respite”
- ❖ Bereavement support for families for a year or more
- ❖ A trained hospice volunteer for companionship and assistance

Where is hospice care provided?

The beauty of hospice is that care plans are guided by your personal wishes and preferences. According to the Stanford University School of Medicine, nearly 80% of Americans prefer to die at home, and the vast majority of hospice is provided at home. In 2015, according to the National Hospice and Palliative Care Organization, 56% of home care took place in private homes and 41% in assisted living centers, nursing homes or skilled nursing facilities.

When hospice care is provided in nursing homes or living facilities, staff members continue to provide room, board and other related services, while the hospice team oversees anything related



SAYING GOODBYE TO DAD

by Sarah Vance

My dad glanced up at me, back down again, and then back up, doing a double take. I asked, “What? What’s wrong?” He answered, “Nothing. For a second I thought you had blue hair.” With a straight face, I looked at him and said, “I do. I dyed it blue.” He smiled, shook his head back and forth, then climbed into bed. He knew I was being cheeky, just as he had taught me to be for the past 21 years of my life.

My dad was 56 years old, in his final week of life due to cancer, and was experiencing hallucinations from the cocktail of medications he was taking. I had flown home from college to spend his final few days with him and my family. Although I knew my daddy was dying, he and I couldn’t stop having a bit of fun with each other up until the end.

Later, as I sat on the floor in the middle of the night, hugging a heat pad around his cramping legs, he pat my head and reassured me that I was going to have an amazing career. His joke (and mostly wishful thinking) was always that I would remain single and become extremely

to the hospice diagnosis: the medical care, equipment, and medications.

Hospice is a smooth transition

Having an advance care plan (ACP) in place eases the transition to end-of-life care. An ACP includes a living will and names a proxy who will make your healthcare decisions if you are incapacitated or unable to communicate. Find more at HospiceCanHelp.com to start talking early about advance care planning with loved ones.

When, like Jo, you realize it's time to focus on your quality of life, not your disease, know that

services are covered as a dedicated hospice benefit and that providers who specialize in hospice are available to support you on the journey, right in the place you call home.



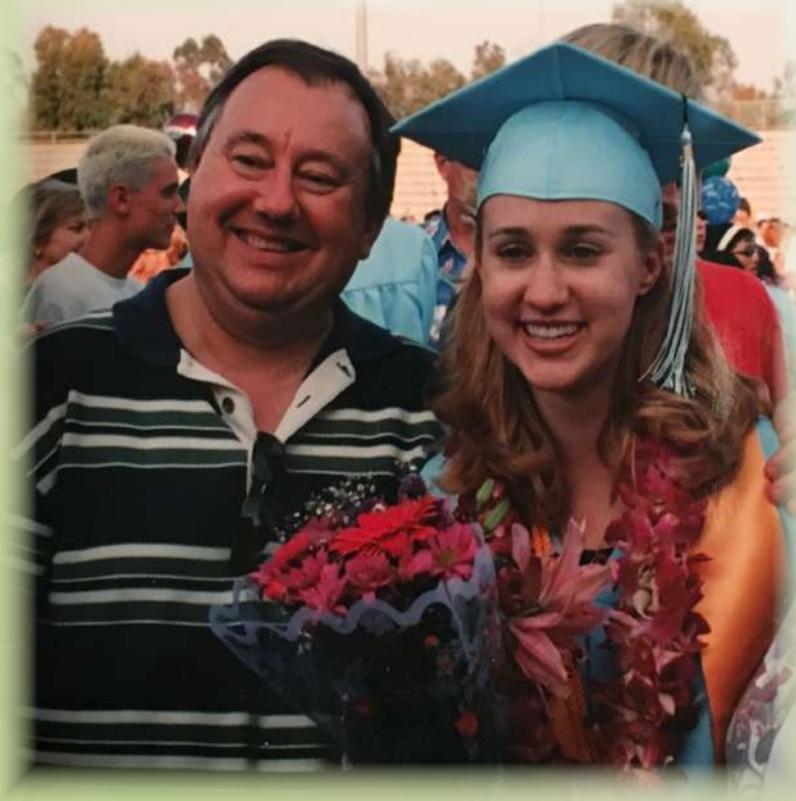
*For more information, visit VITAS.com
or call 800.723.3233*

successful in my professional life instead.

Our few final special moments continued when he could still walk during the first few days of hospice care and his pajama bottoms fell off his shrinking waist, then down around his ankles. I smiled at him and told him I liked his new look. Then I hiked them up and walked my dad to bed.

This was not my first experience of death, but it was my first experience up close, and I know it set the tone for how I approach death now. My belief is that it is an honor to spend the last months, days and hours with people who are dying. It is the final chance to get to know who they are and what they have brought to the world. It is the final chance to show them love and compassion. It is the last chance to make memories with them, memories that you can then carry with you throughout your life.

My hope is that even as we struggle with the sadness and anger that can accompany the death of loved ones, we can also appreciate those special, final moments in their lives.



*Sarah and her dad Ian Holmes Vance
at her high school graduation*

Book Review

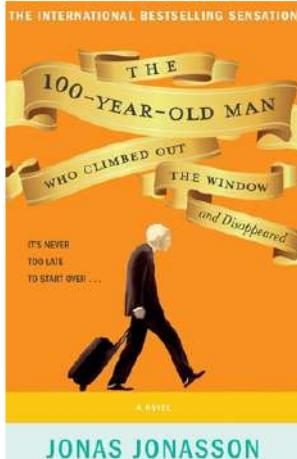
The 100-Year-Old Man Who Climbed Out the Window and Disappeared

Written by Jonas Jonasson and translated by Rod Bradbury; Published by Hachette Books (2012)

After a long and eventful life, Allan Karlsson ends up in a nursing home, and, like most, believes it will be his final home. Only trouble is, he turns 100 tomorrow, is still in good health, and is bored out of his mind. So instead of sticking around for his party he goes out the window and into the world.

Along the way he crosses paths with criminals (of both the friendly and unpleasant varieties), a suitcase full of cash, a hot-dog stand operator, and an elephant. He also lets us all in on a few of the more interesting aspects of recent world history; he should know – he was there.

The characters are exaggerated and larger than life, and the story line is unbelievable, but the end result is an enjoyable ride around the world and through history that passes the time with laughter; it feels more like watching the comedy M*A*S*H than reading a book.



*Reviewed by
Moira Morris*

AEC Home Care

Personal Care Anywhere

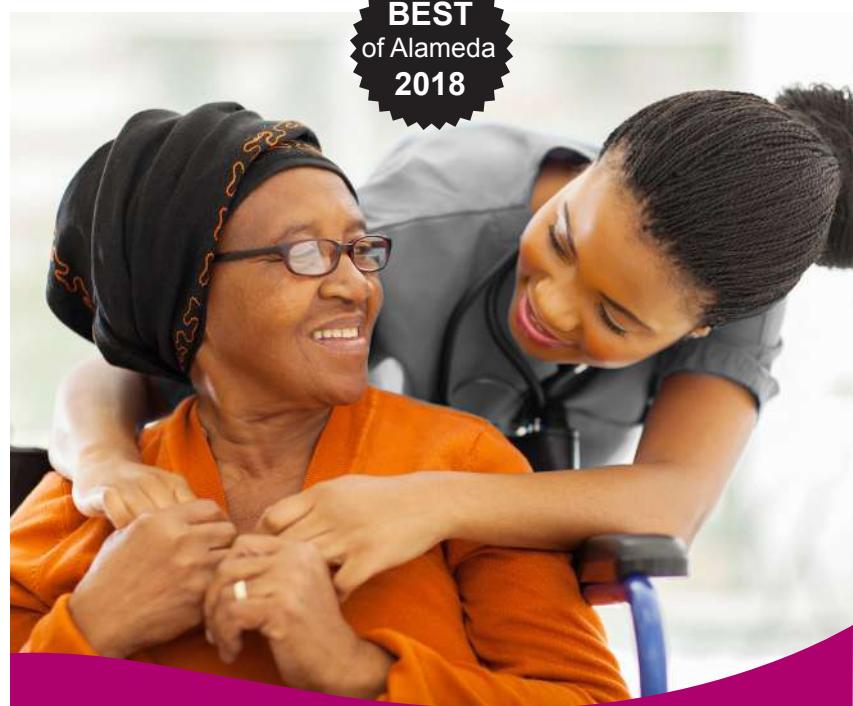
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- Transportation for errands, shopping, and appointments
- 24-hour care (2 hour minimum)

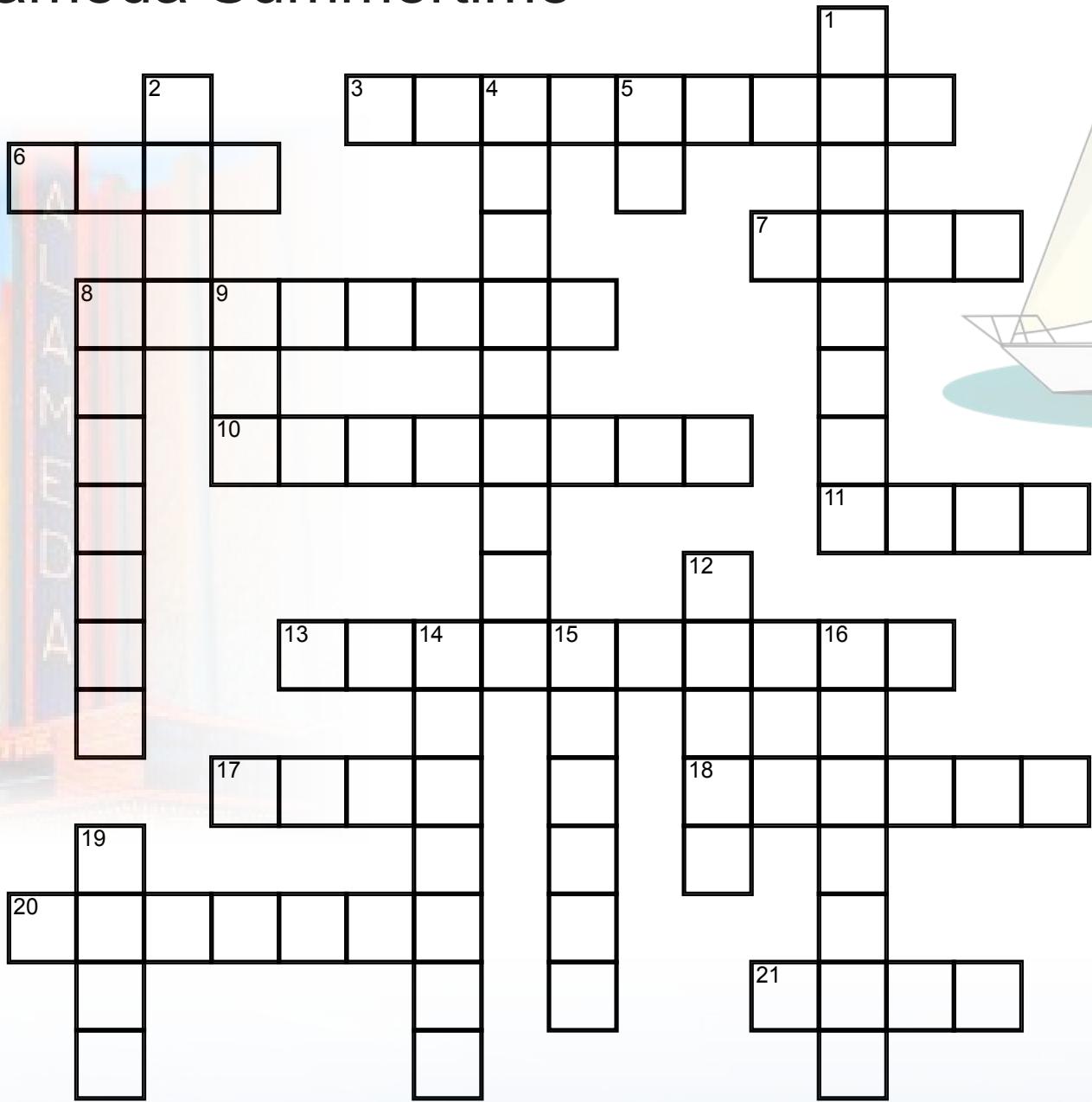
AEC Home Care is a private duty, non-medical, in-home care agency serving the East Bay.

BEST
of Alameda
2018



For more information please contact:
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Alameda Summertime



ACROSS

- 3 Neighbors sharing resources
- 6 Series of squares or rectangles
- 7 Human-powered transport
- 8 Health insurance for seniors
- 10 Delicious blended fruit drink
- 11 Fancy tent
- 13 Visionary artist, philanthropist
- 17 Latin for water
- 18 Italian for kitchen
- 20 End-of-life care
- 21 _____ Cove

DOWN

- 1 Getting close to someone
- 2 Powered by the moon
- 4 H₂O intake
- 5 Harmful sun rays
- 8 Alameda's senior center
- 9 Tooth expert
- 12 Crown _____
- 14 The Island City
- 15 Nonprofit health group
- 16 Ice cream parlor
- 19 Scale used by fitness pros

(answers on p. 17)

Smoothies on the Brain



by Sarah Vance

Smoothies are a quick and easy way to get a super dose of healthy fruits and vegetables. Studies have shown that dark skinned varieties such as spinach, kale, cherries, blackberries, plums, blueberries and raspberries provide high levels of antioxidants. Antioxidants help to protect brain cells and encourage healthy connections between the cells of the brain.

Speckled Sweet Peach

1 cup frozen peaches (a fresh peach can be used, just make sure it is peeled, pitted and chopped)

1 ripe, peeled banana

1 cup milk (almond, soy, or coconut milk are also good options)

2 teaspoons honey

½ cup blueberries

Combine milk and banana in blender until smooth. Add all remaining ingredients and continue to blend until smooth. Add additional liquid if you prefer a thinner smoothie. Serves 2.

Blending up a smoothie using a few of these brain boosting foods is a delicious way to combat memory loss and support brain function. Ingredients are easy to find in the frozen, beverage and produce sections of your local grocery store. Try these recipes or make up your own combinations that appease your palette!

Berry Banana Brain Boost

½ cup blueberries

1 ripe, peeled banana

½ cup raspberries

1 cup apple juice (water or milk are good substitutes for diabetics)

¼ cup walnuts



Combine apple juice and banana in blender until smooth. Add all remaining ingredients and continue to blend until smooth. Add additional liquid if you prefer a thinner smoothie. Serves 2.



AES Therapy & Fitness is a wellness, rehabilitation, and fitness center that has been specially designed for seniors. It is both a Medicare licensed Outpatient Rehabilitation Agency and a Fitness Center that provides wellness and strengthening programs at an affordable cost.



AESTherapyAndFitness.com

510.748.0158

Medicare # 556571

Answers to Crossword Puzzle

DOWN

3 Cohousing	10 Smoothie	18 China	5 UV	14 Alameda	8 Medicare
6 Grid	11 Yurt	20 Hosptice	12 Beach	17 Adua	7 Bike
7 Bike	13 Frank Beete	21 Crab	16 Tuckers	18 Cucina	19 Borg
8 Mastick	9 DDS	4 Hydratlon	15 Kaiser	10 Smothie	11 Yurt
9 Tidie	1 Intimacy	2 Tidie	16 Tuckers	12 Beach	13 Frank Beete
10 Smothie	8 Mastick	9 DDS	15 Kaiser	11 Yurt	12 Beach
11 Yurt	1 Intimacy	2 Tidie	16 Tuckers	10 Smothie	11 Yurt
12 Beach	15 Kaiser	16 Tuckers	17 Adua	13 Frank Beete	14 Alameda
13 Frank Beete	16 Tuckers	17 Adua	18 Cucina	19 Borg	20 Hosptice
14 Alameda	17 Adua	18 Cucina	19 Borg	20 Hosptice	13 Frank Beete
15 Kaiser	18 Cucina	20 Hosptice	21 Crab	21 Crab	14 Alameda
16 Tuckers	19 Borg	21 Crab	17 Adua	18 Cucina	19 Borg

ACROSS



Senior Service Directory

Brought to you by **AEC Living**
510.748.9700

Emergency Services

Alameda Police (non-emergency) 510-337-8340
Alameda Fire Department
(non-emergency) 510-337-2100
Senior Safety Program 510-337-2133

Food and Nutrition

Alameda Food Bank 510-523-5850
Alameda Meals on Wheels 510-865-6131
Brown Bag Program 510-534-8540

Health

Alameda Hospital 510-522-3700
Health Insurance Counselling and Advocacy
Program (HICAP) 510-839-0393
HICAP Appointments at Mastick 510-747-7506
Kaiser Alameda Medical Offices 510-752-1000
Kaiser Flu Hotline 800-573-5811
Senior Injury Prevention Program 510-577-3535
VITAS Hospice 844-340-0320

General Information

AARP 888-687-2277
Adult Protective Services 510-577-3500
Alameda County Agency on Aging 510-577-1900
Alameda In-Home Support Services 510-577-1800
Alameda Friendly Visitors 510-748-0342
Alzheimer's Association 800-272-3900
Bay Area Community Services 510-613-0330
BACS Care Management 510-272-4797
Elders Village 510-254-3090
Family Caregiver Alliance 800-445-8106
Information and Referral Assistance 211
Lavender Seniors of the East Bay 510-736-5428

Lawyers in the Library (Alameda - first Wednesday
of each month) 510-747-7713
Mastick Senior Center 510-747-7500
Lead Poisoning Prevention Program 510-747-6897
Senior Center Without Walls 510-444-5974
Social Security Administration 800-772-1213
Veterans Services 510-577-3546
US Postmaster 800-275-8777

Local Utilities

Alameda County Industries 510-483-1400
Alameda Municipal Power 510-748-3900
AT&T 800-310-2355
Comcast 800-945-2288
East Bay MUD 866-403-2683
PG&E (Emergency Assistance) 800-743-5000

Monitoring

Lifeline 510-869-8992

Transportation

AC Transit 510-891-4700
City of Alameda Paratransit 510-747-7506
East Bay Paratransit 510-287-5000
Transportation Information 511

Support Groups for Caregivers

Alzheimer's Association 800-272-3900
American Cancer Society 800-227-2345
American Diabetes Society 800-342-2383
American Heart Association 800-242-8721
American Lung Association 800-548-8252
Parkinson's Disease Info. & Referral 866-250-2414



A tradition of caring for seniors



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Leisure Living
& Assisted Living

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Alameda, CA 94502
510.748.4300

AES Therapy & Fitness

Wellness, Exercise Rehabilitation
& Fitness Centers

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510.748.0158

Elders Inn

High Acuity Assisted Living
& Memory Care

1721 Webster Street
Alameda, CA 94501
510.521.9200

AEC Home Care

Personal Care Anywhere
1723 Webster Street
Alameda, CA 94501
510.629.4959

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