

# Alameda **Senior** Magazine

Summer 2013



## **Fitness:**

The Benefits of  
Going Outside

## **What a Fairy Tale Teaches Us**

About Retirement

**6** Things to Know About  
Dehydration

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Summer 2013



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# Letter from the Editors

**H**ello Readers!  
It seems like there is a national day for anything and everything you could think of: February 1st was Bubblegum Day, July 12th this year is Cow Appreciation Day, and September 5th is Be Late for Something Day. It's hard to tell how official some of these themed days are, but one day in particular that all seniors should be aware of is Senior Health and Fitness Day.

This year, Alameda Elder Communities hosted a local event that celebrated National Senior Health and Fitness day on May 29th at the Waters Edge Lodge on Harbor Bay. Senior Health and Fitness Day is a nationally recognized day that has been around for 20 years with planned events taking place across the nation from a variety of organizations.

This year's national theme was "Think Healthy, Eat Healthy, Act Healthy... Be Healthy!" At the local event, Safeway

pharmacists provided free blood pressure checks and gave out information on the vaccinations they provide, Therapists and Personal Trainers from Alameda Elder Services helped participants take Senior Fitness tests, a representative from Healthnet provided information on insurance plans through Medicare, and Alameda Elder Communities provided healthy snacks and drinks for everyone in attendance.

It was a great event celebrating senior health and fitness, which we, at the magazine, believe is essential to healthy senior living. Alameda Elder Communities plans to host another Senior Fitness Day next year on May 28th, 2014. For more information about National Senior Health and Fitness Day you can visit the official website at: <http://www.fitnessday.com/senior/>.



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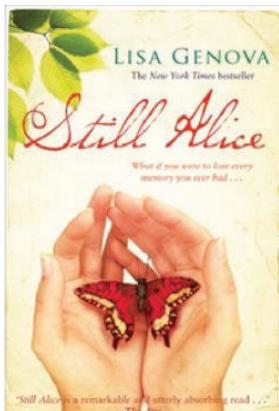
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# Book Review

By: Cheryl Champ



Open the pages of Lisa Genova's novel, *Still Alice*, and you step into the life of Alice Howland, a 50 year-old professor of psychology

at Harvard University, as she begins to be aware of her symptoms of early-onset Alzheimer's disease. What Alice initially sees as minor memory lapses and difficulty in keeping track of her schedule becomes a bigger issue when she is out jogging her regular route and realizes she does not remember how to get home.

*Still Alice* explores the impact the diagnosis of Alzheimer's has on Alice's life, marriage, and the relationship with her daughters - all of which spiral out of control, as do her symptoms. Author Lisa Genova's engaging storytelling draws from her background as a Ph.D. in Neuroscience from Harvard and her work as an online columnist for the National Alzheimer's Association. This book is a startling revelation into this much-feared condition and you will be changed by reading this book.

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# Benefits of Going Outdoors

By: Arran Rogerson

The sun is out, the birds are singing, and the flowers are blooming, which means that summer is upon us! Summer is, in my opinion, the best time of the year. Not only is the weather nicer, but the days are longer, the air is fresher, and the scenery is more beautiful. It is the perfect time to do my favorite thing: go outside! After months of retreating into our homes to hide from the fog and damp, summer is an opportunity to stretch our legs, take off some layers, and show the outside world that we're still here and we're not afraid of its hazards and discomforts.

The benefits of going outside are numerous. Simply making the decision to step out the door can lead to a much happier and healthier existence. Research conducted in 2009 at the Norwegian University of Life Sciences found that individuals who participated in a 12-week gardening program experienced a huge reduction in depression. Another study in 2012 from the University of Edinburgh showed that people who walked on an outdoor track moved at a faster pace, perceived less exertion, and experienced more positive emotions than those who walked on an indoor treadmill. Just looking at natural scenery activates parts of the brain associated with happiness. A 2010 study from Chonnam National University in South Korea showed that when subjects saw images of mountains, forests, and other landscapes, they experienced a heightened positive outlook and increased emotional stability. Natural

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# Community Spotlight:

## Alameda Meals on Wheels

This year marks the 40th anniversary of the Alameda Meals on Wheels program; and as such, it seems a fine time to spotlight this wonderful Alameda organization.

Alameda Meals on Wheels was founded in 1973 by a group of concerned citizens who saw a need for delivery of healthy meals to the homebound in Alameda. The volunteer board of directors created a nonprofit with the mission of *promoting independent living for all persons of all ages by delivering a nutritionally-balanced, hot meal daily to their homes*. Their mission to serve all homebound residents, refusing to limit the program to just those within certain age demographics, has made them ineligible for government assistance. Therefore, the entire cost of bringing the much needed daily meal to those they serve is provided by contributions from the community and the sliding fee scale that the recipients pay.

The program, run by Rosemary Reilly, is a seven-day-a-week program that delivers hot, nourishing meals to Alameda residents every day, holidays included. These meals, prepared at Bayview Nursing and Rehabilitation Center, can accommodate the recipient's dietary requirements, offering regular, diabetic, low cholesterol, and low sodium preparations plus other special preparations if possible. The 150 plus volunteers of this organization deliver a mid-day meal to more than 140 Alameda residents of all ages who need assistance. These volunteers often provide the only personal contact and conversation the homebound recipients have on a daily basis.

***Interested in helping support Alameda Meals on Wheels?***



You can help AMOW and its subscribers by delivering meals. Volunteers are needed for both weekdays and weekends, and meals are delivered between the hours of 10:00 and 11:30 AM, and from time to time other volunteer opportunities come up. Please call 510.865.6131 to learn more about the volunteer opportunities currently available.

Don't have time to volunteer right now? You can mail donations to Alameda Meals On Wheels, P.O. Box 2534, Alameda, CA 94501.

OR

Attend their annual fund raiser on Sunday July 21, 2013 from 1-5pm at Rockwall Wine Company. The event features a multitude of tastings from award winning California Wineries, epicurean delights from local restaurants, as well as live music and a bounce house for the kids. Not only is it a great time, but also an opportunity to contribute to a great local cause.

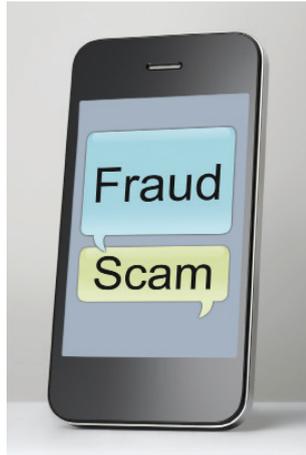
Do you know someone who may need daily meal delivery from AMOW? Many of the recipients became involved in the program because someone they knew referred them.

Please contact the AMOW office so they can evaluate the need for meal delivery at 510.865.6131.

# Avoiding Senior Scams

By: Stephen Zimmerman

**F**inancial abuse is one of the most prevalent types of elder abuse in America and costs seniors billions of dollars a year. Anyone can become a victim of a fraud at any age, but there are a number of scams that specifically target seniors. Many scams can be avoided by identifying the signs of a scam artist and knowing what to do when the red flags of fraud appear.



just hang up the telephone.”

At the local level, the Alameda Police Department is doing its part through ongoing efforts to educate the community on scam prevention and reporting. Alameda Police

Officer Emilia Mrak has given educational presentations in the past to people throughout the community.

Officer Mrak offered an important piece of advice that everyone should remember when faced with a potential scam: “If it seems too good to be true, than it probably is - think twice about what is being offered.”

It’s always a good idea to check the facts by doing research on your own. The FBI website suggests that people should “Always check out unfamiliar companies with your local consumer protection agency, Better Business Bureau, state Attorney General, the National Fraud Information Center, or other watchdog groups.”

Many common scams that target seniors occur over the phone. In most of these scenarios the scam artist presents a dire situation requiring financial information or quick money transaction.

Officer Mrak warns that it is easy for anyone to get personal information over the internet and scam artists have been known to use children or grandchildren’s names to trick seniors into believing that they are talking to their loved ones.

An important piece of advice to remember is to avoid giving personal information and financial information over the phone or the internet. It is sometimes difficult to tell if the person on the other side of the conversation is exactly who they are portraying themselves to be. Officer Mrak suggests that, “If there is an urgent need for money, take a step back and call a family member to verify the information. If that is not available you can call the Alameda Police Department’s non-emergency number 510-337-8340.”

According to the FBI’s website, older Americans are also less likely to report fraud to the proper authorities. The victims may not know who to contact or may fear that by informing their family and friends that they were victims of fraud, they could appear helpless and no longer capable of living on their own.

Officer Mrak explains that seniors may feel ashamed and that “they don’t want to talk about it or report it.” Scam artists exploit this fact, and it allows them

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All branches of local, state, and federal law enforcement agencies take financial elder abuse very seriously and have numerous resources available for seniors and concerned family members. The Federal Bureau of Investigation has a web page designed to inform seniors about common scams and how to avoid them. You can get useful information on fraud prevention by visiting: <http://www.fbi.gov/scams-safety/fraud/seniors>.

The FBI’s website lists several reasons why seniors are the targets of so many frauds. One significant reason is that seniors generally have more assets than other demographics. Sadly, a person’s hard earned nest egg can be an irresistible target for professional criminals.

The FBI site asserts that seniors are targeted because they are more generous than younger Americans, stating that “con artists exploit these traits, knowing that it is difficult or impossible for [seniors] to say ‘no’ or



# What Therapy Can Do For You

By: Jason LaFuente, PT, C.E.A.S.

**W**hen we were younger, we might have heard the word therapy and pictured lying on a couch and pouring out our deepest thoughts and fears to Dr. Freud – that’s not what we’re talking about today. While therapy of that sort can provide peace of mind, therapy of the other sort – physical, occupational, and speech – can do a world of good for the body and a senior’s independence.

The goal of rehabilitation therapy is to promote the highest level of functional mobility, activity, and communication while teaching the participant, and those closest to him or her, the methods used to work toward restoration. All rehabilitation is specifically tailored to the individual needs of participants and their circumstances.

## **Physical Therapy**

Injury and illness can take a toll on the body’s strength and mobility. Physical therapists can help patients regain strength, coordination and balance and reach specific goals, such as independent movement, wheelchair mobility or walking.

Physical therapy services are designed to provide every patient with a comprehensive evaluation followed by an individualized treatment plan. Services include:

- Orthopaedic assessments of musculoskeletal problems
- Patient education and home program instruction
- Comprehensive post falls assessment and interventions
- Gait analysis (for patients who are having problems walking); fall recovery and balance training
- Manual therapy techniques, including joint mobilization, positional release, strain/counter strain and muscle energy
- Home management skills including work simplification, energy conservation and home safety analysis
- Therapy for chronic pain problems and pain management techniques
- Stroke rehabilitation to restore function after a stroke
- Treatment of chronic, non-healing wounds through the use of state of the art equipment
- Diagnosis and rehabilitation of vestibular disorders for patients suffering from dizziness
- Continence management
- Orthotic and prosthetic training
- Pulmonary and cardiac rehab
- Strengthening activities to restore muscle function
- Body mechanics to prevent injury and accidents

## Occupational Therapy

Everyday activities such as cooking or getting dressed can be difficult for people who have been seriously injured or suffer from a debilitating disease. If a patient needs assistance in regaining independence in daily living skills, occupational therapists can help.

Occupational therapists work with the patient, family members, and referring physicians to develop an individualized treatment plan. Therapists take individuals through a variety of daily living activities such as bathing, dressing, and preparing meals. For example, a person might be taught to use a bathtub seat, grab bars, or a long-handled sponge for bathing, or to use reachers to obtain objects from shelves.

Specialized techniques may be used to help individuals with cognitive functioning, such as increasing their visual awareness or improving short-term memory and reaction times. For instance, if a patient's field of vision in the left eye has been cut, that person will need to be trained to be aware of everything on the left side of the environment.

If a patient can no longer perform a skill, the therapist can teach alternatives. For example, a right-handed person who has sustained injury to the right hand can be taught to use the left hand more efficiently.

Occupational therapists are trained to make splints to

prevent further injury or to correct a deformity caused by injuries or diseases such as arthritis. Specialized treatment of the hand is offered through the care of our occupational therapists.

Because most insurance companies require a doctor's order before a patient can receive occupational therapy, individuals are accepted by physician referral only. Upon referral, an occupational therapist will evaluate the individual. When therapy is appropriate, a personal treatment plan will be developed.

## Speech Therapy

For people with learning disabilities, strokes, dementia, hearing loss or other illnesses, communication can be very difficult. If you need assistance with speaking, thinking or swallowing, speech therapists can help.

Speech-language pathologists can:

- Evaluate and provide treatment for communication problems to help regain listening, reading, speaking and writing skills
- Perform swallowing studies and retrain people who suffer from swallowing difficulties
- Provide voice therapy to persons with voice disorders caused by nodules as a result of overuse or misuse of the vocal chords
- Improve cognitive functioning



# Alameda Elder Services



Our warm and friendly staff specializes in caring for Elders and most services are Medicare reimbursable.



- **Balance and Fall Prevention Programs**  
Group exercise classes and one-on-one work with a Personal Trainer can help improve balance and coordination.
- **Physical, Occupational, and Speech Therapy**  
Our therapists can help with: surgery, stroke, and fall recovery, arthritis management, orthopaedic rehab, wheelchair management, and continence improvement.
- **Personal Training**  
A Personal Trainer can work in conjunction with therapy or physician's recommendations to work one-on-one to meet specific personal goals.
- **Pain Management**  
Life is easier when you are not in pain, various modern technologies can help lessen the pain.



For more information:  
Call 510-748-0158  
or visit our website at  
[www.AlamedaElder.com](http://www.AlamedaElder.com)

Our out-patient rehabilitation services are Medicare approved.

# Phoenix Commons

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- A social life that celebrates community living?
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**Phoenix Commons** is a senior co-housing community designed to provide unique opportunities unavailable at traditional senior complexes. It will offer independent living combined with the security and support of the community AND of Alameda Elder Communities.

This property will be owned and managed by those who live there, and right now, those interested in becoming **residents have the opportunity to take part in the design process.**

This community is located on the waterfront by the Park Street Bridge fronting Alameda in the Jingtletown neighborhood of Oakland.

Jingtletown is an urban artist community located within walking distance of the Nob Hill shopping center, Alameda's Park Street shopping district, a movie theatre, and a variety of restaurants.

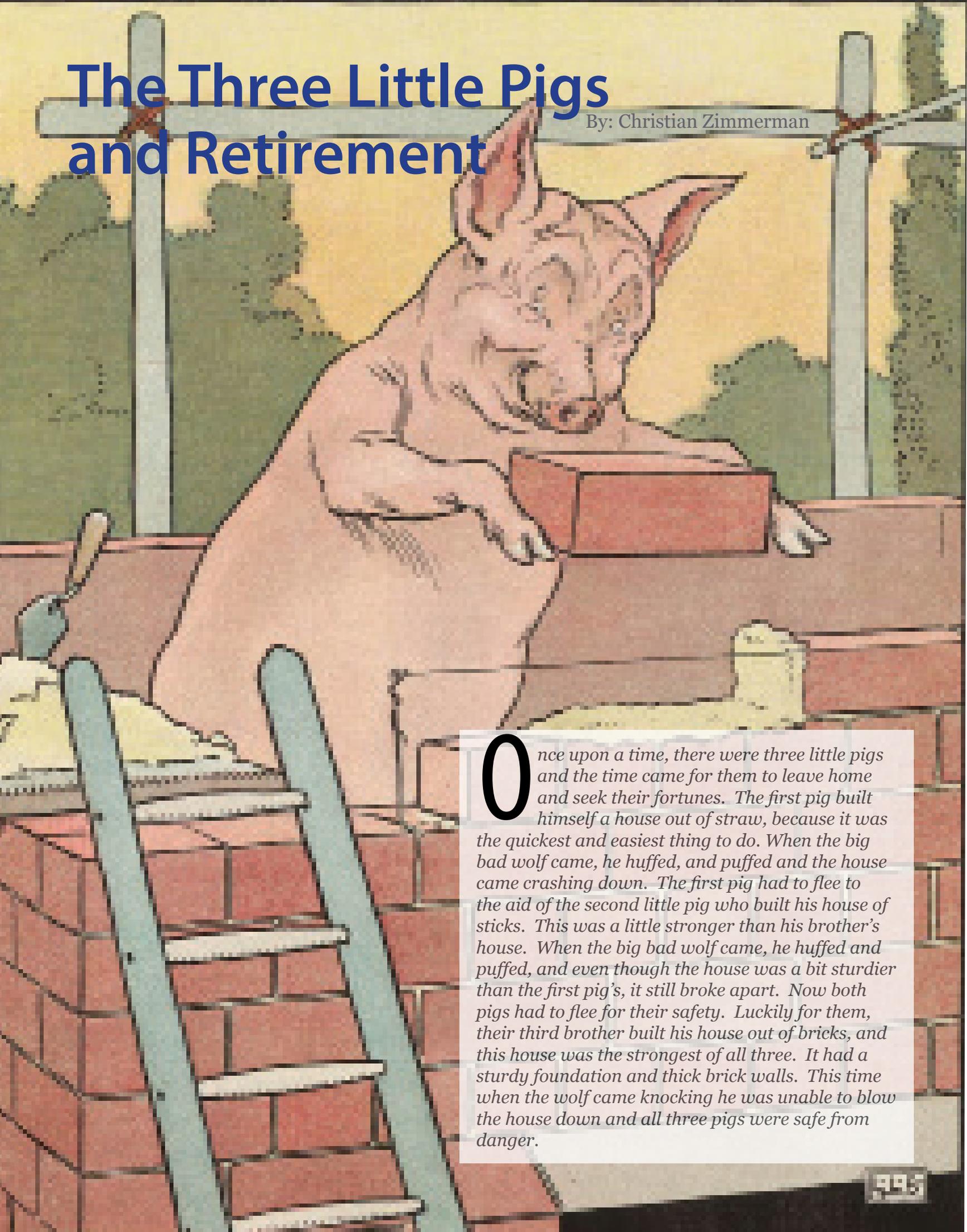
Phoenix Commons is conveniently located 15 minutes from Berkeley and 20 minutes from San Francisco. Getting around is simple! We are adjacent to an AC Transit bus stop, have easy freeway access, and are only 2 minutes from BART or 5 minutes to either Jack London or Alameda ferries.



**For more information contact us at: [info@alamedaelder.com](mailto:info@alamedaelder.com) or call us at 510.217.8527**

# The Three Little Pigs and Retirement

By: Christian Zimmerman

A pig is shown from the chest up, sitting on a brick wall. It is holding a red brick in its front paws and appears to be in the process of building. The pig is pink with a friendly expression. In the background, there are green trees and a yellow sky. A wooden ladder is leaning against the brick wall on the left side. The scene is set on a roof, as indicated by the brickwork and the perspective.

Once upon a time, there were three little pigs and the time came for them to leave home and seek their fortunes. The first pig built himself a house out of straw, because it was the quickest and easiest thing to do. When the big bad wolf came, he huffed, and puffed and the house came crashing down. The first pig had to flee to the aid of the second little pig who built his house of sticks. This was a little stronger than his brother's house. When the big bad wolf came, he huffed and puffed, and even though the house was a bit sturdier than the first pig's, it still broke apart. Now both pigs had to flee for their safety. Luckily for them, their third brother built his house out of bricks, and this house was the strongest of all three. It had a sturdy foundation and thick brick walls. This time when the wolf came knocking he was unable to blow the house down and all three pigs were safe from danger.

Each pig took a different approach to building his house; the same can be said for people planning their retirement, making the ‘three little pigs’ a great analogy on how people plan their retirement.

When choosing a retirement plan you, want one that meets your specific needs. There are many retirement plans out there, but they can all be broken down into three strategic paths: the Simple and Cheap path, the Moderate and Basic path, and the Conservative and All-Encompassing path. When deciding which is the most appropriate path for your needs, you may want to think back on the nursery story of “The Three Little Pigs”.

As the story goes, the first little pig did not want to be bothered by construction time and cost so he chose the easiest path. It was cheap, easy, and quick, but when constructing his home out of straw, he did not take the time to analyze potential hazards that he may face in the future. While his house protected him from the elements, it was far from sustainable. He should have asked himself two valuable questions: Would it last over time? Would it keep away the big bad wolf? A recent survey by Financial Finesse found that only 18% of people felt that they were financially prepared for retirement. Over time, lack of preparation puts individuals at risk and they must rely on others, such as family members or government programs, to help them. This “straw house” approach to retirement is easy and requires little effort or resources, but will not last over time. When the big bad wolf came, the straw house failed and the little pig had to flee to seek help from his family. Luckily for him, he had family who were there to help in his time of need.

The second pig was more thoughtful and spent some time and effort in building his house of sticks. For his extra effort, the second little pig’s house would last much longer and withstand the occasional storm. It was fairly adequate, as long as the big bad wolf never showed up. Like retirement planning that relies only on financial security, the second little pig’s plan was incomplete. With the current state of the federal budget and the likelihood of cuts to government

resources such as Medicare and Social Security, a good retirement plan must consider sustainability of social networks (or safety nets) that do not rely on government resources. Those of us lucky enough to have family close by, with resources to help, AND an adequate financial plan, have a much greater chance to sustain our quality of life throughout the retirement years. As the story goes, even with its planned structure, the house of twigs failed to fend off the Big Bad Wolf or the unplanned, catastrophic event. He too had to flee to the house of the third little pig. Although financial planning is very important, relying on it alone will not address all that you may face in retirement. To various degrees, many single and widowed people find that relying on even the most complete financial retirement plans is just not thorough enough.

The most prepared people comprise a very small minority, those who have studied and built a sustainable retirement plan that can withstand financial, social, and physical challenges. In the story, the third little pig spent a great deal of effort constructing his brick house and, eventually it repelled the Big Bad Wolf and saved them all. The third little pig’s plan was sustainable; the house was comfortable in good times like the straw house, had structure and could weather storms like the stick house, and of course was prepared for dealing with the unforeseen hazards like the big bad wolf. People who plan for all the issues they will face in retirement and spend the effort to “build their house of bricks” are likely to have a much better life experience throughout all the stages of aging. Successful

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By: Moira Morris and  
Darnelle Zimmerman, RN

# 6 Things to Know About Dehydration

The Bay Area's warmer weather is finally here, which means it is a good time to remind everyone of the dangers of dehydration. Understanding dehydration is essential because it can lead to hypotension (decreased blood pressure), hyperthermia (a possible result of dehydration during hotter temperatures), and death; without enough hydration, the heart can stop beating.

To help preserve your health during the heat of the summer months, here are 6 things you may not know about dehydration (but should!).

- 1. The definition:** Dehydration does not only refer to how much water your body is getting/retaining, it means that your body may lack a variety of fluids (water included) and sodium.
- 2. The kinds:** There are 3 types of dehydration, which is why people have so many different suggestions on how to prevent, or recover from, dehydration
  - Isonatremic - when water and sodium deficits are of the same relative magnitude
  - Hyponatremic - when you've lost more sodium than water
  - Hypernatremic - when you've lost more water than sodium
- 3. The signs of dehydration:** Though general health and level of dehydration can affect how a body reacts to dehydration, there are some signs that are typical, and can help you determine if you, or someone you are with, are

dehydrated. They include:

- dry mouth
- headache
- dizziness
- thirst (most people do not drink as much as they should, generally speaking - thus thirst is not the best indicator of dehydration)
- loss of appetite

#### 4. Easy ways to check for dehydration:

There are two easy tests to perform which help determine if you are dehydrated.

- The pinch test. When dehydrated, your body does everything it can to conserve water; one way it does this is to remove the water from your skin. Because we have so much skin (it is our largest “organ”) and it’s so easily accessible, pinching yourself is an easy way to check for dehydration. If you pinch and pull up on the skin on the back of your hand and the skin immediately falls back into the right place, then you are most likely not dehydrated. However, if your skin descends slowly, and remains somewhat raised or mounded, then you may be dehydrated.
- Check your urine. Since a dehydrated body is trying to conserve water, the kidneys stop releasing water when they clear out the waste and your urine becomes dark yellow or amber, before stopping all together. If you stop urinating entirely, you should call a medical professional.

#### 5. How to stay hydrated:

Everyone has been told to make sure you drink your water. However, if you don’t enjoy drinking lots of water, that’s OK; some foods can help you stay hydrated, or help you re-hydrate.

- Fresh fruits and vegetables have a very high water content and can help you improve your daily hydration routine. Try apples, strawberries, blueberries, cantaloupe, cucumbers, watermelon, bell peppers, zucchini, tomatoes, or broccoli; each has a water content of 80%, or higher, by volume.
- Pickles (and pickle juice) are better at re-hydrating your body than specialty sports drinks. They are also helpful in reducing

the cramping that can be a side effect of exertion in high temperatures.

- Chia seeds, the ones everyone has heard of in the jingle, Ch-ch-ch-chia!, are more than just a fun way to grow funny looking plants. An ancient food that was once a staple in the Mayan and Aztec diet, Chia seeds are high in protein and help you retain water in hot weather.

#### 6. What not to drink:

What you drink is possibly more important than how much you drink; alcohol and caffeinated beverages can dehydrate you, which means drinking them to stave off dehydration is counterproductive.



The best thing you can do is work to prevent dehydration entirely. That means drink water and other hydrating fluids, eat hydrating foods, and conserve your energy when it is hot outside. But remember, if you or someone you’re with is dehydrated, you should avoid caffeine and alcohol.



# iGrandparent: Video Chat

By: Lauren Cook



**A**s families move all over the globe, getting to actually see the grand kids grow up can get rather difficult; everyone enjoys hearing the stories, but nothing beats actually seeing the changes. Fortunately, with the aide of modern technology, today's grandparents can not only hear, but see their grandchildren between visits. Internet based programs, like iChat and Skype, help bridge the distance and allow face to face visits despite geography. Both programs allow users on either end to communicate and not only hear, but see the other side of the call. The main difference is that the program you use depends on what type of computer or device you have. iChat is only available on Apple technology (iPad, iPod, iMac, etc.), while Skype can be used on any computer with internet access and the ability to have a camera and speakers (either built in or attached externally).

I have to admit that in my family we do not have a room with a computer; we are Apple iPad type of people, so for us iChat works best. My husband's mother lives in Texas and since our daughter, Abby, was a newborn, my husband and his mother have been iChatting to stay in touch. At first they would just prop the iPad in my daughter's bouncer. At 4 months old she was not communicating much, but it allowed my mother in law to see her progress even though she could not make the flight out to see her. I was unsure that there was any real value in the sessions, but when we went to visit over Christmas, Abby immediately recognized her "Mimi" and was not the least bit shy – she immediately went into Mimi's arms. Over the last two years Abby, like most toddlers, has learned to use the iPad and understands more about the iChat sessions. That is not to say that she does not run away from the call at times, she is a toddler and just like if you visited her at our house, you cannot expect to hold her attention forever. But my mother in law has been patient and understands that Abby is a toddler and I think she may even enjoy the running in and out of screen because she gets to be a part of Abby's toddler life.

While my family is an iChat family, I do know a family who uses Skype daily to stay in touch. In this family, the grandchild lives in the U.S. and



his grandparents live oceans away. Despite this, every morning they have a standing Skype date. Since he was a baby, his grandmother has Skyped in every day, just to see him and spend some time in his presence. When he was an infant, it was mostly his parents pointing the computer at him playing

on his blanket. Over the last four years, it has grown into a real relationship. He wakes up every morning wanting to see his grandmother – and he can. Their date stills stands, every morning she Skypes in, and he runs to the kitchen to spend his morning with her as she ends her day at home.

It takes time and patience, and it requires parents and grandparents to work together to make it happen. We all have to figure out how timing works, and that kids are temperamental and sometimes, despite our best laid plans, they simply won't cooperate. But, if you stick with it, it can be an amazing experience and a great way to stay connected. Pictures are great, and, as they say, can be worth a thousand words. However, nothing beats getting to hear a toddler scream "Mimi!" with glee, or getting to see that gap from the first missing tooth. If you can't be there in person, using technology is a great way to get some of that personal experience and excitement.

*iGrandparent is going to be a short series of articles about the way modern technology can be used to stay connected to family and friends. Look for a new article in the next issue of Alameda Senior Magazine.*

# The Mediterranean Diet

By: Nancy Wong, RD

*What is the Mediterranean Diet? Is it exotic and elaborate?  
Is it easy to follow? Is it a fad diet? Is it right for seniors?*

The Mediterranean diet is based on the traditional eating habits of people from the Mediterranean. It contains very little red meat and an average of nine servings of antioxidant-rich fruits and vegetables a day. The Mediterranean diet is a heart healthy diet that incorporates Mediterranean-style cooking with a healthy lifestyle. The name might make it sound exotic and elaborate, but the diet is very easy to follow.

Unlike many diets that come and go, the Mediterranean diet is not a fad. Research shows that the traditional Mediterranean diet decreases the risk of heart disease. A recent study of more than 1.5 million healthy adults showed that following a Mediterranean diet was correlated

The Mediterranean diet focuses on fruits, vegetables, nuts, grains, and healthy fats. The key components of this diet are:

- Eating mainly from plant-based foods, such as fruits and vegetables, whole grains, legumes (beans) and nuts
- Replacing butter with healthy fats such as olive oil and canola oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more a few times a month
- Eating fish and poultry at least twice a week
- Getting plenty of exercise

with a reduction in risk of cardiovascular mortality, a decreased incidence of cancer, cancer mortality, Type 2 Diabetes, and a reduction in the incidence of both Parkinson's and Alzheimer's disease.

Due to these results, many major scientific organizations recommend that healthy adults follow a diet similar to the Mediterranean diet for prevention of chronic diseases. One of the main reasons why the

Mediterranean diet is so beneficial is because this diet focuses on the *type* of fats consumed, rather than on total fat consumption.

Saturated fats and hydrogenated oils, also known as trans fats, are limited in the Mediterranean diet. Over the years, research has linked the

consumption of trans fats to heart disease. Instead of using saturated fats and hydrogenated oils in food preparation, the Mediterranean diet focuses on the use of mostly olive oil as its main source of fat. Olive oil is used instead of butter; it is a great source of monounsaturated fat, which can help to decrease LDL, the "bad" cholesterol, in the body. The diet also allows for the use of canola oil, which is another great alternative because it contains linolenic acid, a type of omega-3 fatty acid.

The Mediterranean diet is rich with omega-3 fatty acids as they are present in nuts and fatty fish such as mackerel,



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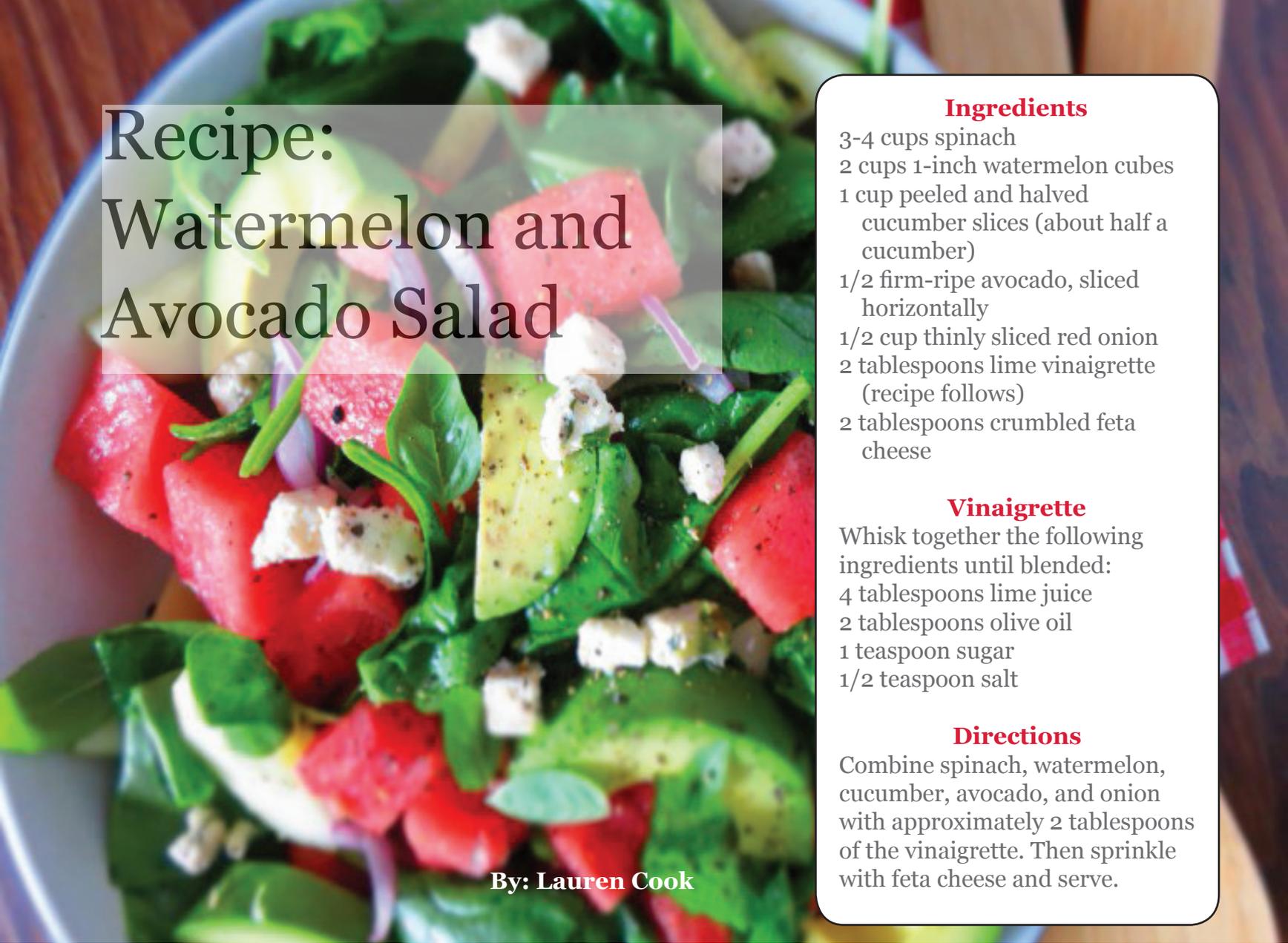
**SubAcute**

- Trach Care • Vent Care

430 Willow Street • Alameda, CA 94501

**(510) 523-8857** Fax (510) 523-8940

*Skilled Nursing & Rehabilitation*



# Recipe: Watermelon and Avocado Salad

By: Lauren Cook

## Ingredients

3-4 cups spinach  
2 cups 1-inch watermelon cubes  
1 cup peeled and halved  
cucumber slices (about half a  
cucumber)  
1/2 firm-ripe avocado, sliced  
horizontally  
1/2 cup thinly sliced red onion  
2 tablespoons lime vinaigrette  
(recipe follows)  
2 tablespoons crumbled feta  
cheese

## Vinaigrette

Whisk together the following  
ingredients until blended:  
4 tablespoons lime juice  
2 tablespoons olive oil  
1 teaspoon sugar  
1/2 teaspoon salt

## Directions

Combine spinach, watermelon,  
cucumber, avocado, and onion  
with approximately 2 tablespoons  
of the vinaigrette. Then sprinkle  
with feta cheese and serve.

lake trout, herring, sardines, albacore tuna, and salmon. Fish is a major component of the Mediterranean diet; it recommends that people eat fish twice a week.

The Mediterranean diet can be very beneficial for seniors because it helps increase mental acuteness and energy levels, while fighting disease and improving the immune system. With its heart healthy elements, it is a good alternative diet for seniors who need to follow a heart healthy diet and may be having difficulty sticking to a more restrictive diet. The Mediterranean diet allows for delicious meals and, combined with regular exercise, allows for a healthy and wholesome lifestyle. But, please remember, you should always consult your doctor when making any changes that can affect your health.

*Retirement*, continued from page 10

retirement requires a sustainable plan, conceived from thought and effort. A good plan will address more than just financial security; it must also consider how to sustain a healthy lifestyle as a senior ages. The plan should take into account an individual's resources, and acknowledge that these may change over time. Like the brick house, a sound foundation combined with strong walls should help protect you from any "Big Bad Wolf" effort. A good plan will address more than just financial security; it must also consider how to sustain a healthy lifestyle as a senior ages. The plan should take into account an individual's resources, and acknowledge that these may change over time. Like the brick house, a sound foundation combined with strong walls should help protect you from any "Big Bad Wolf".

to get away with the fraud and continue doing it to other victims.

In some cases other people may need to step in when they suspect their loved one has been a victim of a scam. If a family member or friend seems withdrawn and there are signs of money missing, they could be a victim of financial abuse.

Seniors and their family should know that it is important to report any scam or potential scam to the proper authorities by calling 911 for any urgent issue. If it is not an urgent matter and you would like to look into a potential problem, you may want to call the local police department's non-emergency number for general information. Alameda Police Department's non-emergency number for senior scams is 510-337-8340. You may also want to check out the Alameda Police Departments web page at <http://alamedaca.gov/police> or their Facebook page and "Like" it to get ongoing information about local crime prevention and community updates.

## Are you ready to age successfully?

Successful aging requires attention to all aspects of well being, from the physical, spiritual, emotional, and mental aspects, to the issues of housing, health care, finances, and personal legacy.



Discovering one's optimal aging scenario is the fundamental purpose of this class. As an interactive ten-session course, it focuses on the various topics of aging that everyone should consider before answering the question of how they want to live out their senior years.



**Call today to learn about the Elders Village course, Aging in Place Successfully, 510-217-8527**

Elders Village is an Alameda based non-profit, dedicated to helping seniors build community, maintain independence, foster quality of life, and moderate the fiscal impact of aging.

scenery also tended to make subjects recall happy memories.

Still don't buy it? Here is more proof. A 2005 study from the Northern California Cancer Center showed that exposure to sunlight, and the Vitamin D gained from it, could reduce the risk of developing cancer by 50%. According to Columbia University researchers, negative ions—airborne particles that are plentiful near waterfalls, ocean waves, and river rapids—can act as natural antidepressants. This means just sitting near water can make you happy. In support of this, in 2006 an indoor air study found that after breathing negative ions for an hour, subjects' energy levels were improved by 33%. Researchers at Tokyo's Nippon Medical School showed in a 2008 study

that women who spent two to four hours in the woods on two consecutive days experienced a nearly 50% increase in the activity of cancer-fighting white blood cells.

Have I blown your mind? Being outside is simply better than being inside. Luckily, living in Alameda means we have great access to the great outdoors. Not only are locations like Crown Beach, Lincoln Park, and the Bay Trail located on the Island, but also fantastic, wooded parks like Joaquin Miller in Oakland and Tilden in Berkeley are only a short car ride away. My ideal afternoon is spent somewhere where civilization is nowhere in sight. Or maybe somewhere where you can see everything! Either way, being outside feels good. Now, you know it's good.

# Senior Service Directory

Brought to you by **Alameda Elder Communities**

## 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  
Flu Shot Hotline 510-500-2400  
Health Insurance Counselling and Advocacy  
Program (HICAP) 510-839-0393  
HICAP Appointments at Mastick 510-747-7506  
Kaiser 510-752-9000  
Physician Patient Alliance 510-841-7500  
Senior Injury Prevention Program 510-577-3535  
Sutter VNA and Hospice 510-450-8596

## Transportation

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

## Monitoring

Lifeline 510-869-8992

## 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 510-217-8527  
Family Caregiver Alliance 800-445-8106  
Information and Referral Assistance 211  
Lavender Seniors of the East Bay 510-667-9655  
Lawyers in the Library (Alameda - first Wednesday

of each month) 510-747-7713  
Minor Home Repair 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 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

## Support Groups for Caregivers

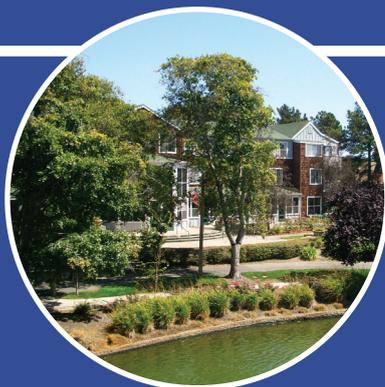
Alzheimer's Association 800-272-3900  
American Cancer Society 800-227-2345  
American Diabetes Society 800-342-2383  
American Heart Association 800-242-8721  
American Lung Association 800-548-8252  
Parkinson's Disease Info. & Referral 866-250-2414



# Alameda Elder Communities

*Caring for Alameda seniors  
since 1971*

Alameda Elder Communities is a collaboration of assisted living, therapy, and other services devoted to caring for the elderly in Alameda, and the greater Bay Area, since 1971. Comprised of a number of smaller, family-owned companies, each member of Alameda Elder Communities strives to promote quality of life and personal care for every Resident and Client. Alameda Elder Communities is currently supporting the development of Elders Village, a nonprofit senior network, and Phoenix Commons, a local, senior-specific co-housing project.



RCFE # 011440777

***Waters Edge Lodge on Harbor Bay*** is an assisted living facility located on the lagoon and right next to the shops and restaurants at Harbor Bay Landing. Offering standard assisted living services, this facility is surrounded by walking paths and has a nurse on staff 7 days a week.

***Elders Inn on Webster*** is located in an urban setting balanced with lush garden patios and a rooftop deck. This facility offers standard assisted living, specialized higher acuity care, and a unit devoted to memory care.

RCFE # 015600526



***Alameda Elder Services*** is a Medicare approved, out-patient rehabilitation agency that specializes in the needs of seniors. It offers Physical Therapy, Occupational Therapy, Speech Therapy, pain management, group exercise and personal training, all designed to protect or improve wellness levels.

**For more information, please call us at 510.748.9700 or email [info@alamedaelder.com](mailto:info@alamedaelder.com)**