

Wellbeing

December 2007–January 2008

Five Easy Steps to Keep Your Brain Young

Most healthy activities are also brain boosters. To keep a sound mind in your healthy body, take these simple steps:

1 Eat smart. According to one study, following the “Mediterranean diet” lowered the risk for Alzheimer’s disease. This diet features lots of veggies, legumes, fruits, cereals, olive oil, and fish.

2 Challenge your brain. To keep your mind alert, try learning a new game, musical instrument, or language; solving crossword puzzles; playing board games like chess, checkers, or Scrabble; or reading. And turn off your TV. A study in *Neurology* revealed that older people who watched a lot of television lost more mental ground than moderate viewers.

3 Move it so that you don’t lose it. Exercise gets your blood circulating and boosts coordination.

If you like variety in your exercise, so much the better. Doing both cardiovascular exercise, such as walking or swimming, and mind-body exercise, such as tai chi, aids memory more than doing just one type of exercise.

4 Quit smoking, if necessary. Smoking damages blood vessels, including those in the brain. So, it could well contribute to vascular dementia.



5 Beware excess pounds. A study in *Age and Ageing* found that the risk for dementia rises along with your body mass index. Need a slimming tip? Beware those liquid calories. Substitute fresh or sparkling water for high-calorie fruit drinks. ●



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FREE Screening

Free 15-minute screening for seniors suspecting memory loss as part of a long-term Alzheimer’s study. Study enrollment is not guaranteed. Held at the Loma Linda Senior Center.

Dates: 2nd and 4th Wednesday of every month

Time: 9 a.m. to noon

Register at 909-558-7072.

Prevent Stress Before It Zaps All Your Energy



A sledgehammer. A ton of bricks. Call it what you will. When stress hits you, you feel sluggish, harried, and short-tempered.

While you can't totally avoid stress, you can stop it from dragging you down. Here's how:

- Learn to take care of yourself. Schedule at least 20 minutes every day just for you. Crack open a book, go for a stroll, or do something else you enjoy.
- Don't let yourself get cornered. You have the right to say no and put yourself first sometimes. It's for your own good!



Wrinkles should merely indicate where smiles have been.

—Mark Twain

- Break down large goals into doable steps. Then, set realistic deadlines for achieving each step. When things pop up and change your time frame, be flexible enough to roll out Plan B.
- See the good as well as the bad. Write down or make a mental note of all the positive things that happen each day.
- Look at other brain drains in your life besides stress. Not getting enough sleep or drinking enough water can snuff out your energy. On the other hand, eating right and exercising regularly can help stave off stress. ●

Can You Hear Me Now?

“Huh?” The older you get, the harder it gets to hear. Hearing problems can come from illnesses such as diabetes, habits such as smoking, and on-the-job noise exposure.

But hearing loss also happens at home. Homegrown noises more than 85 decibels—the dangerous range if exposure is prolonged—can blare from lawn mowers and headphones.

To protect yourself and your family:

- Wear earplugs or earmuffs when necessary.
- Turn down your stereo headset.
- Check the noise ratings when you buy appliances, power tools, and toys.
- Choose quiet models, especially for devices used near your ears, such as hair dryers.



The Common Cold: Some Myths and Facts

Here's some information to help you survive the sniffles:

Myth: Echinacea can help prevent or treat colds.

Fact: Echinacea doesn't appear effective against colds, according to a recent study in the *New England Journal of Medicine*. Taking echinacea a week before being exposed to a cold virus didn't prevent subjects from catching colds. Nor did echinacea taken at the time of virus exposure appear helpful in shortening the colds they caught. But vitamin E might help, suggests another new study. A daily vitamin E supplement cut the number of colds nursing home residents caught.



Myth: Antibacterial soap works better than regular soap in protecting you from colds.

Fact: A study in the *Annals of Internal Medicine* found that

antibacterial products didn't reduce the risk for colds any more than regular soap. To help prevent colds, wash your hands often with your favorite soap and steer clear of people with colds.

Myth: Cold and cough medicines will help cure your cold.

Fact: There's no cure for the common cold. And there's no evidence that cough suppressants and expectorants relieve symptoms, says the American College of Chest Physicians. Instead, they recommend over-the-counter antihistamines and decongestants for symptom relief.

Myth: A cold is never serious.

Fact: A simple cold could turn into pneumonia, especially in older adults. Call your doctor if you have any of these possible symptoms:

- Trouble breathing
- Chest pain
- A fever higher than 102 degrees ●

One Shot Lasts a Lifetime

The Centers for Disease Control and Prevention recommends that adults ages 65 and older get immunized against pneumonia. One shot at age 65 usually offers lifetime protection.

Music's Soothing Powers

Listening to music is one pain-relief strategy with no downside. In one small study, people with chronic pain in their neck, back, or joints listened for just an hour each day. Compared with nonlisteners, they reported reduced pain, disability, and depression after just a week. Beethoven or the Beatles? In this study, it didn't matter, so choose the music you love and soak in the sweet sound of relief.

Seven Steps to Foil Sports Injuries

Baby boomers began turning 60 in 2006. They crowd the running trails, pound the treadmills, and work the weight machines. That's great, because staying active can help you keep and improve your strength, balance, and energy levels, as well as prevent or delay conditions such as heart disease and diabetes.

And it's never too late to start. A recent study in *Heart* found that changing from a sedentary lifestyle to an active one, even in late adulthood, strongly cuts the risk for heart disease. One recent study suggests that older exercisers may face a higher risk for injury. To play it safe, follow these simple steps:

1 Call your doctor first. The American College of Sports Medicine recommends a stress test for men 45 years or older and women 55 years or older before they begin a vigorous exercise program. If you've been inactive or ill, ask how you can safely increase your activity level. And be sure to consult your doctor if exercise causes chest pain or pressure, trouble breathing, dizziness, balance problems, or nausea.

2 Take it slow. Aerobic exercise should take effort but not be so vigorous you can't talk while doing it. For the first six to eight weeks of strength training, begin with just one set of each exercise.

3 Seek expert help. A personal trainer can suggest the contents and order of your workout. You want to finish with the right



intensity, total work, and proper form, without getting exhausted or injured.

4 Gear up. Wear a helmet when you ride a bike, and choose good shoes for walking or jogging.

5 Warm up. To avoid injury, always walk or pump your arms before you stretch.

6 Breathe. Holding your breath

when doing strength exercises can affect your blood pressure. Breathe out as you lift, and breathe in as you relax.

7 Remember RICE. If you have a sprain or strain, you need to rest, ice, compress, and elevate the affected part in the first few days after injury to reduce pain and swelling. ●

Learn the Benefits of Membership

To learn more about our member benefits and our senior programs, come to an orientation. Join us on one of the following Mondays: January 14, February 11, or March 10. Call Romy Niblack, the Drayson Center's Senior Wellness Coordinator, at 909-558-8220 for more information.

Calendar



AARP DRIVING PROGRAM

You must attend both days. Held at the Loma Linda Senior Center. Class limit is 30. No walk-ins. Fee is \$10. No cash accepted. Make check payable to AARP and bring driver's license.

Dates: Mondays and Tuesdays, January 7 and 8,

February 4 and 5

Time: 1 to 5 p.m.

Register at 909-799-2820.

AARP ALTERNATE SITES

Beaumont Senior Center

909-796-8539

Highland Senior Center

909-862-8104

Hutton Senior Center (Colton)

909-370-6168

Plymouth Village

909-793-9195

Redlands Senior Center

909-798-7579

Scherer Senior Center

909-797-1177

ARTHRITIS SEMINAR

Receive free information on arthritis, joint replacement, bone health, treatment options, research findings, and medications.

Held at LLUMC East Campus—Meridian Room.

Dates: 2nd Wednesday of every month

Time: 9:30 to 11:30 a.m.

Register at

1-800-321-WALK (9255).

HICAP

Get a free personalized review and assistance with your Medicare insurance coverage with a nonaffiliated counselor.

Make an appointment at 1-800-434-0222.

INTRODUCTION TO COMPUTERS 101 AND 102

Contact the Loma Linda Senior Center at **909-799-2820** to register for the computer-training classes.

MEDICARE MADE SIMPLE

With the many changes in Medicare, learn what's new; whether you should supplement your Medicare with an HMO or non-HMO product; and all about the new Prescription Drug Plans (Part "D"). Presented by Mary Fogleman, a senior helping seniors, at Sawyer Cook Insurance, 550 E. Hospitality Lane, Suite 100, San Bernardino. Refreshments served.

Date: Wednesday, January 9

Time: 10 to 11 a.m.

Call 909-379-6755 for more information.



The Loma Linda Senior Center is located at 25571 Barton Road, behind the Loma Linda Fire Station and City Hall off Loma Linda Drive. The number there is **909-799-2820**.



Calendar



MEMORY LOSS SCREENING

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Time: 9 a.m. to noon

Register at 909-558-7072.

REVERSE MORTGAGES

Are you a homeowner age 62 and older who would like cash to use in any way you desire? Stay in your home and retain the title. RSVP to Mary Fogleman, a senior helping seniors, at the number below. Held at National University, 804 E. Brier Drive, San Bernardino.

Date: Friday, January 25

Time: 11 a.m. to 1 p.m.

Call 909-793-8658 for more information and to RSVP.

SENIOR BLOOD PRESSURE CLINIC

Get a free blood pressure check by a retired registered nurse at the Loma Linda Senior Center.

Dates: 4th Wednesday of every month

Time: 10 to 11 a.m.

Call 909-799-2820 for more information.

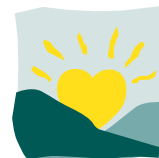
WINNING WITH DIABETES

Learn about the types, causes, and self-management of diabetes.

Receive a free gift and cookbook upon completion of this three-class series. Held at the Diabetes

Treatment Center in the Mountain View Plaza at 11285 Mountain View, Suite 40, Loma Linda.

Call 909-558-3022 for class fee, dates, and times.



JUST for SENIORS
55+ Club

Upcoming Activities

LOMA LINDA SENIOR CENTER

*25571 Barton Road
(Behind Fire Station)*

Call the Loma Linda Senior Center for more information at **909-799-2820** on the following activities and classes.

- Art Sculpture in Clay
- Autobiography Class
- Cake Decorating
- Choir
- Crafts
- Stained Glass Class
- Tai Chi
- 20-Minute Attorney Consultations
- Ukulele Club
- Violin Class for Beginners



Ticket to Travel

Join the Fun!

PHANTOM OF THE OPERA

Thursday, March 27

Enjoy the longest running show in Broadway history with its timeless story of seduction and despair.

Call for availability and price.

PALM SPRINGS CELEBRITY HOME TOUR

Tuesday, April 15

Enjoy lunch at the Cedar Creek Inn followed by a guided tour of the city and a viewing of stars' homes.

Clark Gable, Elvis Presley, and Marilyn Monroe are just a few of the celebrities who have made their home in this beautiful oasis.

Call for availability and price.

GRIFFITH OBSERVATORY

Wednesday, June 4

Come with us on a day of discovery. You will have several hours to enjoy the marvels that the observatory has to offer. Tour price includes deluxe motor coach transportation, admission to the Griffith Observatory, and driver's gratuity.

Call for availability and price.

MONARCH MAGIC

Monday, January 21

Enjoy Solvang and Pismo Beach. Tour price includes deluxe motor coach transportation, one-night hotel accommodations, and tour of Arroyo Grande, and Pismo Beach Monarch Butterfly Groves.

Call for availability and price.



2008 Extended Tours

Spring Blossom Trail

Departing Sunday, February 17

Three-day motor coach tour

Witness the San Joaquin Valley's finest show.

Death Valley

Departing Sunday, February 24

Four-day motor coach tour

Explore one of nature's most incredible landscapes.

Pageant of the Masters

July and August

Two-day motor coach tour

This year's theme is "All the World's a Stage."

Islands of New England

Departing Saturday, July 12

Seven-day air/motor coach tour

Enjoy tours of Boston, Martha's Vineyard, Nantucket, Hyannis, Newport, and Block Island.



CALL TOLL-FREE 800-344-7090 FOR RESERVATIONS:

Day tours include round-trip transportation by air-conditioned motorcoach. Tour manager and admission as listed. Lunch is provided only where indicated. Driver gratuity is included.



Call for a detailed flyer and more information! Request a day-by-day trip schedule for a complete list of extended tours for 2007 and 2008.

RECIPE

Winter Squash Pancakes

Preparation Time: 20 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

INGREDIENTS

2 c. winter squash sampler, mashed and cooked

2 tbsp. brown sugar

1 c. fat-free milk

½ c. egg substitute

½ c. unbleached white flour

1 tsp. baking powder

½ tsp. salt

⅛ tsp. fresh grated nutmeg

2 tbsp. chopped chives

3 sprays cooking spray



DIRECTIONS

Beat the squash with the brown sugar, milk, and eggs until smooth. In a separate bowl, stir together the flour, baking powder, salt, and nutmeg. Stir the dry ingredients into the squash mixture just until combined. Fold in the chives. Heat a griddle or heavy skillet lightly sprayed with cooking spray over medium heat. Preheat the oven to 250 degrees. Drop the batter onto the hot skillet by heaping tablespoonfuls. Lightly oil a spatula and flatten the pancakes. When they are golden brown on the bottom, flip them. As they brown on the other side, transfer them to a baking sheet and keep them warm in the oven while you cook the rest of the batter.

Serving size: ¼ recipe

Per Serving: Calories 170, Calories from fat 15, Total fat 2 g, Saturated fat 1 g, Cholesterol 0 mg, Sodium 480 mg, Total carbohydrate 30 g, Dietary fiber 3 g, Sugars 11 g, Protein 9 g.

Diabetic Exchange** Fruit 0, Vegetables 0, Meat 1, Milk 0, Fat 0, Carbs 1, Other 0

**Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This recipe rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Source: Centers for Disease Control and Prevention

Get Organized to Eat Organic

You don't need to pay top dollar to buy organic food at an upscale grocery store. Organic choices also line the shelves at your local supermarket or large retail food seller.

Look for the USDA organic label. It means government certifiers inspected the farm where the food was grown to ensure that:

- Eggs and dairy products come from animals raised without antibiotics and growth hormones.
- Fruits and vegetables are grown without using most conventional pesticides, fertilizers made from synthetic ingredients or sewage sludge, bioengineering, or ionizing radiation.

Processed foods may show one of four labels. For example, a cereal with 100 percent organic ingredients can call itself "100% organic." One with 95 to 100 percent organic ingredients may carry the label "organic." Cereal with 70 percent organic ingredients can list as many as three organic ingredients—such as raisins or nuts—prominently on the package. Cereals with fewer than 70 percent organic ingredients may list organically produced ingredients in the ingredients statement on the package, but cannot use the term "organic" anywhere on the principal display panel.

Look for organic food at your local farmers' market, too. Farms selling less than \$5,000 annually in organic products require no certification to label their goods organic. But only a certified farm may display the USDA seal.

Avoid the Dangers of Carbon Monoxide



Carbon monoxide (CO) is sometimes called the “invisible killer.” This odorless, toxic gas can leak during the incomplete combustion of fuel-burning devices, such as ovens and furnaces.

Most cases of CO poisonings occur at home. Installing one or more CO detectors could save your life by warning you before CO levels rise to a toxic level. Put detectors outside each bedroom, and check the batteries twice a year.

Headache, dizziness, and nausea are all symptoms of CO poisoning. If you think you’ve been exposed to CO, leave your home immediately and then call for medical help.

While having CO detectors is

important, it’s best to prevent CO poisoning in the first place. The U.S. Centers for Disease Control and Prevention recommends these steps:

- Install all new appliances according to manufacturers’ instructions, or have them professionally installed.
- Have your water heater, heating system, and other gas-, oil-, and coal-burning appliances serviced annually. If you rent, ask your landlord to perform these checks.
- Never use a gas oven or clothes dryer to heat your home.
- Don’t leave your car running in the garage, even if the garage door is open.
- Keep outdoor generators away from open windows and doors. ●



CARING FOR A LOVED ONE: GETTING HELP FOR YOURSELF

Taking care of your ill parent or spouse may be the most loving work you’ve ever done. It’s also probably the hardest. Just one of the problems caregivers face is how to coordinate caregiving with a job.

Happily, lots of people would like to help. The National Family Caregiver Support Program (NFCSP) calls for each state to offer:

1. Information about services that are available
2. Help gaining access to services
3. Counseling, support groups, and training
4. Respite care to give you a temporary break
5. Limited additional services

To find more information about juggling caregiving and work, finances, legal matters, support groups, or help with bathing and meals, visit www.eldercare.gov or call the Administration on Aging’s Eldercare Locator at **1-800-677-1116**.

Cooking Tasty, Low-Salt Holiday Meals

Holiday spreads are often loaded with tradition—and, traditionally, too much salt. To keep your cooking festive without forgoing flavor:

■ When making stuffing, swap the salt for some rosemary.

■ Go ahead and pass the potatoes. Just be sure to season them with garlic, onion, paprika, or sage instead of salt.

■ Use fresh or frozen, rather than canned, veggies, which pack a lot of sodium. If you do choose canned vegetables, buy the “no salt added” variety.

■ Spice up a main dish by adding bay leaves, lemons, or curry.



■ Add some kick to sauces with a dash of paprika, basil, or dry mustard.

■ Lighten the sodium load of your favorite recipes by using unsalted varieties of broths, sauces, and nuts. ●

Enjoy the Benefits of Membership

Join Just for Seniors today!
Call to become a member:
909-558-6618.

- No monthly or annual membership dues
- Receive *Well-being* newsletter six times per year
- Seminars on health, social, and financial concerns
- Life skills education classes
- VIP parking at LLUMC, East Campus, Faculty Medical Offices, and Drayson Center

Discounts to:

- World-class fitness center with Senior Fitness programs
- Hospitality Dental Associates dental care
- Cafeterias and gift shops at LLUMC and LLUMC East Campus

Other benefits:

- Senior advocate to assist you in finding resources
- Escorted and narrated day-coach tours
- Extended educational tours
- La Loma Federal credit union membership

LOMA LINDA UNIVERSITY MEDICAL CENTER
11234 Anderson Street
Loma Linda, CA 92354-2804

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Just for Seniors 55+ Club Well-being

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