



LOMA LINDA  
UNIVERSITY  
MEDICAL CENTER

# well-being

OCTOBER–NOVEMBER 2010

*Well-being* is a publication of the Just for Seniors program, for men and women 55 and better

## Just for Seniors 55+ Club: Join Today!

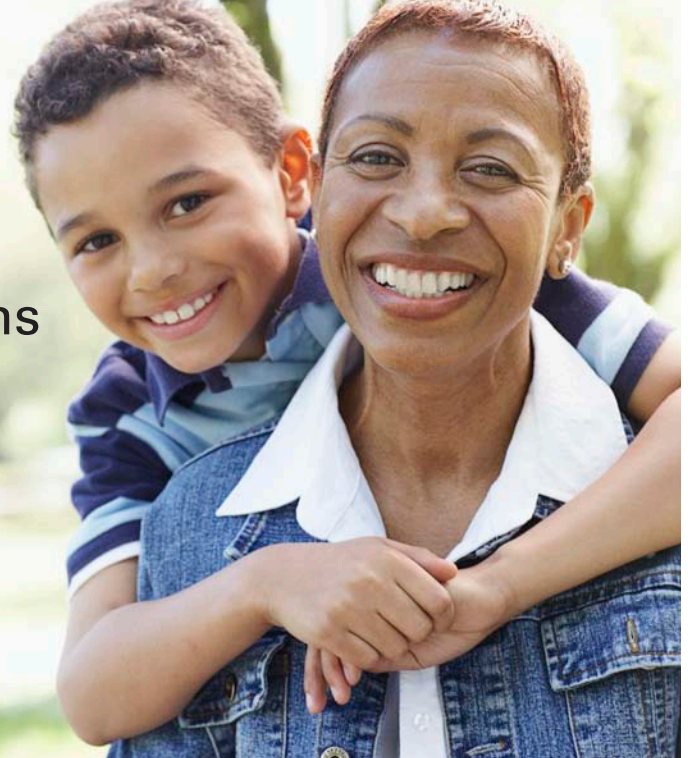
No matter what 55-plus generation you may identify with, Just for Seniors offers something for you. Have fun and get the information you need at seminars, social activities, health fairs, classes, and screenings. Become a Just for Seniors member today! Call **909-558-6618**.



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## Report Says Half of All Cancer Deaths Could Be Prevented



**YOUR HEALTH IS** at least partly in your hands—particularly when it comes to cancer. That's because what we do today can help defend us from cancer tomorrow. This includes what we eat, what we weigh, and how regularly we get screened for cancer.

One way to protect yourself is through screening tests that can find cancers early, when they may be easier to treat. Some of the screenings recommended by the American Cancer Society (ACS) include the following:

- Yearly mammograms for women ages 40 and older to screen for breast cancer. Talk with your doctor about your risk. He or she can help you decide when to begin screening and

how often you should be screened.

- Regular screenings for cancer of the colon and rectum in men and women beginning at age 50
  - Starting at age 50, men should discuss the benefits and limitations of prostate cancer screening with their doctors. High-risk men should begin these discussions at age 45.
  - Routine cervical cancer screening for women, such as regular Pap tests
- Besides scheduling regular screenings, you can reduce your risk of developing cancer by sticking to a healthy routine. Don't smoke and eat a variety of foods.

► Please call **1-800-78-CANCER** for a risk assessment booklet.

## How Much Do You Know About Rehabilitating Muscle Injuries?

Whether you injure yourself during sports, work, or household chores, proper treatment can speed your recovery.

To assess how much you know about muscle injuries, decide if the following statements are true or false, then check your answers. Take steps to increase your knowledge as needed.

1. Most muscle injuries require surgery to repair torn connective tissue.

**True False**

2. Rehabilitation is the first step in recovering from a muscle injury.

**True False**

3. The goal of rehabilitation is to restore the function of the injured muscle.

**True False**

4. During rehabilitation, strength and flexibility should be increased at the same time.

**True False**

### Answers

1. **False**—the majority do not.
2. **False**—the first stage focuses on reducing swelling and pain by using RICE: rest, ice, compression, and elevation.
3. **True**—it does this by improving the condition of the injured area.
4. **True**—if strength training is not addressed, reinjury may occur.

## Five Hidden-Calorie Health Foods

**WHEN YOU'RE TRYING** to eat a healthy diet and lose weight, it can be hard to balance these sometimes competing desires—especially when it comes to calorie- and nutrient-rich foods. These suggestions can help you balance your nutritional needs with your quest for fewer calories.

### Avocados

Avocados pack a nutritional punch. They're a great source of monounsaturated fat that can lower LDL (bad) cholesterol and raise HDL (good) cholesterol. They also provide folate, potassium, vitamin E, and lutein, which promote heart, prostate, and eye health.

If you're trying to lose weight, avocados are a good substitute for other fats on sandwiches and toast.

- **Recommended serving size:** One-fifth of a medium avocado. A whole avocado has about 320 calories.

### Olive Oil

Rich in antioxidants, olive oil may reduce the risk for high blood pressure and heart disease. It may also lower blood cholesterol levels when eaten instead of butter and other saturated fats.

Although olive oil is better for

you than other fats, it's 100 percent fat and high in calories. Just 1 cup contains 1,901 calories and 216 grams of fat.

- **Recommended serving size:** Limit total fat intake to less than 25 to 35 percent of your total calories.

### Nuts

Although they're high in fat and calories, most of the fat is the healthy monounsaturated kind. Nuts may reduce the risk for heart disease and diabetes. They're also rich in vitamin E, protein, fiber, and other essential nutrients.

- **Recommended serving size:** 1.5 ounces—a small handful.

### Dried Fruit

Dried fruit is high in fiber and complex carbohydrates and low in fat.

- **Recommended serving size:** Half that of the fresh fruit. For example: If a medium fresh apple is the size of a tennis ball, grab half that amount of the dried variety.



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Just for Seniors 55+ Club  
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Ruthita J. Fike  
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Administrative Director  
Marketing

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# New Rehabilitation Hospital to Replicate Everyday Living Situations

## LOMA LINDA UNIVERSITY

Medical Center East Campus opened its new 24-bed rehabilitation hospital this summer. The 30,000-square-foot hospital is the first rehabilitation facility in the Inland Empire designed for an evidence-based healing environment including its connection to nature, access to social support, variety of options, elimination of environmental stressors, and positive distractions. The result of this design is a healing, homelike facility that supports patients who are often hospitalized for a minimum of three weeks.

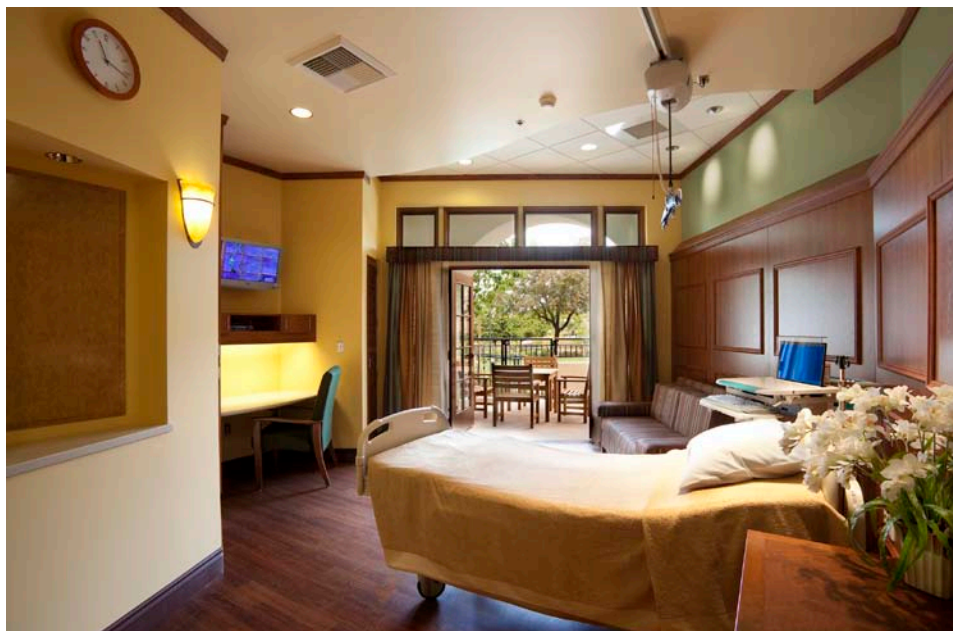
Features that contribute to the healing environment include spacious private rooms with patios, therapeutic walkways, healing gardens, an event park to feature concerts and programs, and an all-access playground. Patients will also be provided with gardening, art, music, and recreational therapy.

The Tom & Vi Zapara Rehabilitation Pavilion will allow patients to practice everyday activities with an adaptive apartment for therapy and a therapy gym. Recently unveiled were plans for PossAbilities Square, a replica town square to be constructed within the ground floor of the pavilion, which will be complete with modules of a grocery store, restaurant, and bank.

► For more information, please call **1-877-LLUMC-4U**.



The Tom & Vi Zapara Rehabilitation Pavilion



Each room is private and designed with patients' needs in mind. Loved ones may stay over, and an adjoining bathroom is equipped with a spacious countertop, sink, storage cabinet, toilet, and shower.

# Depression Changes Life for the Whole Family

**DEPRESSION CAN MAKE** you feel alone. But you're not the only person affected by your disease. Your spouse, children, and others who care for you also feel your pain.

Under the influence of your illness, you might:

- Lose interest in activities you once shared with family, including intimacy with your partner
- Have difficulty getting out of bed, eating regular meals, and being involved in your children's lives
- Be easily bothered, annoyed, or angered by those around you
- Think of hurting or even killing yourself

The good news is that seeking treatment—and sticking with it—benefits not just you, but your family, too. It's never too late. One study found older adults who got help improved their own lives and also eased burdens on their caregivers.

What's more, loved ones can provide comfort and support. When you're sad or overwhelmed, make a list of people who care for you. Remember that your life is important to them.

Let your family know how you're feeling, especially if you've thought of harming yourself. Ask for help scheduling and attending doctor's visits. Sometimes therapy works better if family members take part. And continue participating in religious, social, or physical activities with them. Over time and combined with treatment, these pursuits can help improve your mood.



► For more information about our Senior Psychiatry Program, please call **909-558-9275**.



## Get Fit at the Drayson Center!

Loma Linda University Drayson Center offers:

- Fully wheelchair-accessible leisure pool, lap pool, and Jacuzzi
- Senior aerobics classes (regular, wheelchair, and water)
- Indoor and outdoor running tracks
- Much more

Call **909-558-8220** to learn more about member benefits and to attend an orientation.

# well-being calendar of events

All classes are held at the Loma Linda Senior Center unless otherwise noted. Loma Linda Senior Center is located at 25571 Barton Road, off Loma Linda Drive, behind the Loma Linda Fire Station and City Hall. Hours open: Tuesday, Wednesday, and Thursday from 9 a.m. to 3 p.m. Call 909-799-2820 to register.

## AARP Driver Safety Program

Join a refresher course for drivers ages 50 and older. Auto insurance companies in most states provide a discount to AARP Certificate holders. Check with your auto insurance agent. Course taught in two four-hour sessions. Participants must attend both days to receive a certificate. Fee is \$12 for AARP members and \$14 for nonmembers. No cash accepted. Make check payable to AARP and bring your driver's license.

**Dates: First Monday and Tuesday of each month**

**Time: 1 to 5 p.m.**

## HICAP (Health Insurance Counseling Advisory Program)

Get a free personalized review and assistance with your Medicare insurance coverage with a nonaffiliated counselor. Make an appointment at 1-800-434-0222.

## Medicare Made Simple

Are you new to Medicare or thinking about some changes? Should you supplement your Medicare with an HMO or non-HMO plan? How about Rx plans? The next sessions will be held on November 17 and December 8. Call Mary Fogleman at 909-793-8658 for more information or to RSVP.

## Senior Blood Pressure Clinic

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

**Dates: Wednesdays**

**Time: 11:15 a.m. to noon**

## Hawaiian Senior Luncheon

Entertainment starts at 11 a.m. Lunch is served from 11:30 a.m. to 12:30 p.m. Meals for people 60 and older are \$3; for those 59 and younger, the cost is \$5.

**Date: TBD**

**Time: 11 a.m. to 12:30 p.m.**

## Reverse Mortgages

Are you a homeowner age 62 or older who would like cash? Stay in your home and retain the title. Call Mary Fogleman at 909-793-8658 for more information.

## Memory Loss 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 Neurosurgery Center for Research, Training, and Education.

**Location: Coleman Pavilion,  
Suite 11113**

Call 909-558-7072 for more information.

## Medicare Options with Humana

Life is good. Let's keep it that way. Humana can help. Humana offers a

variety of Medicare health plans and the experience to help find the right plan to meet your needs. For more information, please call Linda Quarry at 909-854-2358.

## Senior Lunches at the Loma Linda Senior Center

Hot, nutritious, and delicious meals are now being served. Senior lunches are available as vegetarian (without meat) and nonvegetarian (with meat). Meals for people 60 and older are \$3; for those 59 or younger, the cost is \$5. A 48-hour advance registration is required; call the Senior Office at 909-799-2820.

Please specify the type of meal you are reserving. Please call Natalie at 909-799-2820 for more information.

**Dates: Tuesdays, Wednesdays, and Thursdays**

**Time: 11:30 a.m. to 12:30 p.m.**



# well-being calendar of events

**Free LLUMC  
Community Seminars!**  
Please RSVP with the Senior  
Center in which the seminar  
is being hosted.

## **PHYSICAL THERAPY ON VESTIBULAR THERAPY/BALANCE DISORDERS**

Date: Thursday, September 23  
Time: 10:30 to 11:30 a.m.  
Location: Mary Phillips  
Senior Center, Temecula  
**951-694-6464**

## **OPHTHALMOLOGY ON OPTIONS IN CATARACT SURGERY**

Date: Tuesday, September 28  
Time: 1 to 2 p.m.  
Location: Loma Linda Senior Center  
**909-799-2820**

## **DR. HERBERT RUCKLE ON PROSTATE HEALTH AND AGING**

Date: Tuesday, October 12  
Time: 10:30 to 11:30 a.m.  
Location: Rancho Cucamonga  
Senior Center  
**909-477-2782, ext. 8004**



## **DR. ASGARZADIE ON SPINE DISORDERS**

Date: Wednesday, October 13  
Time: 10:30 to 11:30 a.m.  
Location: Yucaipa Scherer Senior  
Center  
**909-477-2782, ext. 8004**

## **KEITH ANDERSON, N.P., ON ARTHRITIS AND JOINT REPLACEMENT**

Date: Wednesday, October 27  
Time: 10:30 to 11:30 a.m.  
Location: Mary Phillips  
Senior Center, Temecula  
**951-694-6464**

## **JOANNA YANG, N.P., ON ACUTE STROKE**

Date: Thursday, November 4  
Time: 11 a.m. to noon  
Location: Redlands Jocelyn  
Senior Center  
**909-798-7550**

## **DR. SHERZAI ON MEMORY DISORDER**

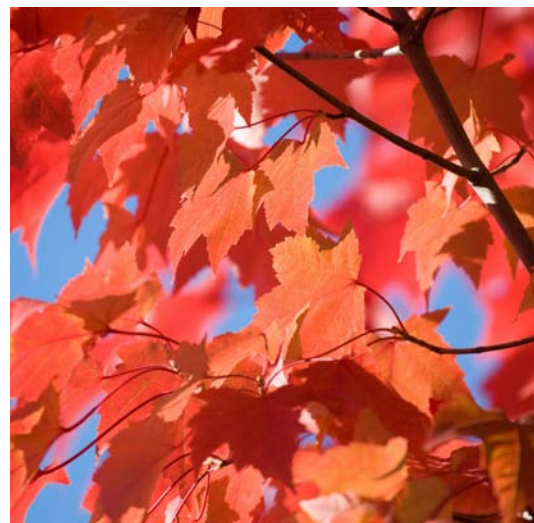
Date: Friday, November 5  
Time: 12:15 to 1:15 p.m.  
Location: Lake Elsinore Senior Center  
**951-674-2526**

## **DR. DEBORAH HENRY ON SPINE**

Date: Wednesday, December 1  
Time: 10:30 to 11:30 a.m.  
Mary Phillips Senior Center, Temecula  
**951-694-6464**

## **ANDREW WOODWARD, R.D., ON DIET AND ITS IMPACT ON HEALTH**

Date: Thursday, December 2  
Time: 10:30 to 11:30 a.m.  
Location: Yucaipa Scherer Senior  
Center  
**909-477-2782, ext. 8004**



## **Upcoming Activities at Loma Linda Senior Center**

**25571 Barton Road**

**(Behind the Fire Station)**

Call the Loma Linda Senior  
Center for more information  
at **909-799-2820**. Hours open:  
Tuesday, Wednesday, and  
Thursday from 9 a.m. to 3 p.m.

- AARP Driver Safety Program
- Community Band
- Computer Classes (beginner and intermediate levels)
- Crafts
- Drawing & Painting Class
- Focus on Healing
- Holiday lunches
- Ice Cream Social
- Patio Gardening
- Scrabble and board games
- Senior Painting (oil)
- Sit and Fit Exercises (video)
- Tai Chi
- Ukulele Class (beginners)
- Ukulele Club (beginners)
- Walking in Place (video)
- Lunch for seniors 60+ years

# resource guide

This guide provides quick and easy access to resources for you and your family. Call Just for Seniors today: **909-558-6618**.



## Prescriptions

### Catalyst PreScrip Member Assistance Line

➤ **1-866-565-0100**

PreScrip card offers discounts of 10 to 50 percent off medications. You Print your prescription drug cards online at [www.catalystbenefits.com/offerings](http://www.catalystbenefits.com/offerings).

## Fun and Fitness

### Drayson Center

➤ **909-558-8220**

[www.llu.edu/llu/drayson](http://www.llu.edu/llu/drayson)

### Loma Linda Senior Center

➤ **909-799-2820**

25571 Barton Road

### Ticket to Travel—

#### Great Western Tours

➤ **1-800-344-7090**

## Health and Home Care

### Sensible Senior Homecare Agency

➤ **1-800-288-5720**

In-home nonmedical services

[www.sensibleseiorhomecare.com](http://www.sensibleseiorhomecare.com)

### Physician Referral Line, LLUMC

➤ **1-800-872-1212**

## Financial Planning

### Dennis M. Sandoval

#### A Professional Law Corporation

➤ **951-787-7711**

[www.protect-your-wealth.com](http://www.protect-your-wealth.com)

### Law Office of Scott Grossman

➤ **1-866-540-0000**

Scott Grossman, APC

## Retirement Planning & Management Group

➤ **909-920-3138** or **1-800-728-5536**

Robert J. Cullen, CFP

## Health Insurance

### Medicare Health Insurance Counseling—HICAP

➤ **1-800-434-0222** (HICAP info) or **1-800-633-4227** (for all areas)

Compare private Medicare supplemental plans, review HMOs or managed care options, explore long-term care options, clarify your health care consumer rights, get help with insurance claims and appeals, and receive information about government assistance programs.

### Senior Health Care Insurance

➤ **909-709-5107**

Review your options. Medicare supplements, MAPD's, PPO's, and HMO's. Senior Health Care Agent State License # 0G76838

## Resource Planning and Management

### William A. McCalmon, CLU, CRFC

➤ **909-792-6765** or **1-800-350-6765**

Counseling on how to select an HMO or Medigap supplemental insurance policy.

### Sawyer Cook Insurance

#### Mary Fogleman, Life/Health Agent

➤ **909-793-8658**

Help with Medicare HMOs or non-HMOs and long-term care insurance.

## Esther C. Wang, Attorney at Law The Elder & Disability Law Firm

➤ **909-888-7100**

[www.san-bernardino-elder-law.com](http://www.san-bernardino-elder-law.com)

## Placement Referrals

### Accent on Seniors

➤ **1-888-954-6637**

17915 Ventura Blvd., #200  
Encino, CA 91316

[www.accentonseniors.com](http://www.accentonseniors.com)

### AAHIRS for Seniors and Adults

➤ **1-877-867-4437**

Adventist Assistance Housing Information and Referral Services  
1814 Kingsbury Drive  
Redlands, CA 92374

## Dental Care

### Hospitality Dental Associates

➤ **909-888-7817**

Offers a 20 percent discount to Just for Seniors.

### LLU School of Dentistry

➤ **909-558-4675**

Offers discounted dental services through its teaching clinics.



## Whole Grains Reduce Deaths from Inflammatory Diseases

You know whole-grain foods are good for your heart. But there's more. In a 17-year study of 27,312 women ages 55 to 69, 1,071 died of inflammatory diseases, such as rheumatoid arthritis, chronic obstructive pulmonary disease, emphysema, asthma, ulcerative colitis, Crohn's disease, and diabetes. Compared with women who ate no or few whole-grain foods, those who ate the most—at least three servings per day, as the government recommends—were more than 35 percent less likely to die of such diseases. So include some of these goodies on your shopping list: whole-grain bread, brown rice, popcorn, wheat germ, whole-grain or bran cereal, and oatmeal.

*American Journal of Clinical Nutrition, vol. 85, no. 6*



## recipe

### Barley Pilaf



- 1 tbsp. olive oil**
- 1 cup chopped onion**
- 1 cup sun-dried tomatoes cut into strips (if you use tomatoes that come in oil, add them first to the pan and omit the tablespoon of olive oil)**
- 4 cups baby spinach**
- ¼ cup slivered almonds**
- 2 cups cooked barley**
- 2 tbsp. parsley**

#### Directions

Heat oil in large frying pan. Sauté onions until translucent and add tomatoes, spinach, and almonds. Stir in barley.

When spinach is wilted and barley is hot, sprinkle with parsley. Serve immediately.

Makes four servings. Each serving contains about 219 calories, 8 g fat (less than 1 g saturated fat, no trans fat, and no cholesterol), 102 mg sodium, 35 g carbohydrate, 7 g dietary fiber, 2 g sugars, and 6 g protein.



# An Active Social Life Can Help You Stay Healthy

**SPENDING TIME WITH** friends and family is enjoyable. As it turns out, it may also reduce your risk for dementia, memory loss, and poor physical health, some recent research suggests.

A study published in *The Lancet Neurology* found a socially integrated lifestyle helped protect older adults against dementia and Alzheimer's disease.

Memory loss by itself can devastate your quality of life. However, a study by Harvard School of Public Health researchers concluded older adults who have an active social life have a slower rate of memory decline. However, the National Institutes of Health says researchers still aren't sure whether social engagement can actually prevent cognitive decline.

Finally, a study published in the *American Journal of Public Health*

found older adults who felt socially isolated were more likely to have poorer health than those more socially connected.

But what if your family lives far away and your immediate circle of friends is dwindling? Here are some ways to kick-start your social life.

- **Participate in senior sports leagues or exercise programs.** Get your doctor's approval before you sign up.
- **Check out your community's senior center.** You may find a variety of activities—from computer classes to yoga—that you can join.
- **Investigate your library.** Many libraries offer much more than books, including free concerts, craft classes, movie showings, and discussion groups.
- **Give back.** Many older adults find that helping others through

volunteer opportunities can give them a deeper sense of purpose.

To find a volunteer program, check these resources:

- Senior Corps, [www.seniorcorps.gov](http://www.seniorcorps.gov), a federal government program that has matched more than 500,000 people ages 55 and older with community programs
  - VolunteerMatch, [www.volunteermatch.org](http://www.volunteermatch.org), which connects people to more than 72,000 nonprofit organizations
- Whichever avenue you choose, spending time with others is a win-win situation. It increases your enjoyment of life and prolongs it by improving your mental and physical health.

► **For more information, visit Seniors Love to Know at [seniors.lovetoknow.com](http://seniors.lovetoknow.com).**

A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked.

—Bernard Meltzer

Loma Linda University Medical Center  
11234 Anderson Street  
Loma Linda, CA 92354-2804

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## High Impact a Boon for Older Bones

A study published in the journal *Sports Health: A Multidisciplinary Approach* analyzed the bone density of 560 athletes, ages 47 to 93, who competed in the Senior Olympic Games. They found that men and women who played high-impact sports had much higher bone density than those who participated in low-impact games. High-impact activities include those that require almost continual running and jumping—such as track and field, road racing, and basketball.

Not everyone can participate in high-impact activities. It may be better for people with osteoarthritis and other chronic health problems to stick with low-impact activities. Thankfully, any weight-bearing exercise—including lower-intensity activities like walking—can help ward off bone loss. However, the study shows that for older adults who are able, exercising at a higher intensity may provide additional bone benefits.

# senior health & fitness fair

Wednesday, October 27, 2010 • 9:00 am - 1:00 pm

lectures • health service booths  
free goody bags • raffle drawings  
senior aerobic class demo  
drayson center tours • refreshments  
special drayson center membership rate  
senior massage demo

### location:

Loma Linda University Drayson Center  
25040 Stewart Street • Loma Linda, CA 92350

**1-877-LLUMC-4U**



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