

Healthy Aging Today

Older Americans Month

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. It is important to explore the vital role that connectedness plays in supporting independence and aging in place by combating isolation, loneliness, and other issues.

- Mental, emotional and physical health are important at every stage of life. Effective treatment options are available to help older adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment for mental health according to the National Institute of Health (NIH).
- By staying engaged in community events, social clubs, and volunteer opportunities, older adults feel more connected to those around them.
- If you are in need of connection to local services such as transportation, meals, or programs specific for older adults call the Stanislaus County Senior Information and Assistance Line at (209) 558-8698 to learn how to overcome these obstacles.

Source: <https://acl.gov/oam/2024/older-americans-month-2024>

Outstanding Senior Award

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated in our County by the Area Agency on Aging by selecting 1 outstanding senior volunteer for each supervisorial district and giving them special reception and recognition on May 21st at the Board of Supervisors Chamber at 6:00 pm.

Healthy Aging Association is excited to announce that our volunteer Karen Princevalle was selected for District 1 as an Outstanding Senior for Stanislaus County. Karen is a dedicated volunteer who helps teach our Young at Heart Strength Training class at the Stanislaus Veterans Center, along with helping whenever and wherever she can.

Thank you Karen for all your hard work and dedication to Healthy Aging Association's programs, services and events. We are fortunate to have so many amazing volunteers who help make our programs possible.





**STANISLAUS COUNTY COMMISSION
ON AGING PRESENTS...**

3rd Annual Senior Ball

APPETIZERS | DANCING | MUSIC | OPPORTUNITY BASKETS

FRIDAY | 6.14.2024 | 5:30PM-9:30PM

STANISLAUS VETERANS CENTER

3500 COFFEE ROAD, SUITE 15, MODESTO

Proceeds will benefit Senior Programs in Stanislaus County

Ticket purchases available May 1st

Ticket price: \$30 per person | Table (8 seats): \$240

Tickets can be purchased at

Healthy Aging Association or Modesto Senior Center

3500 Coffee Road, Suite 19 or

at Modesto Senior Center, 211 Bodem Street

Call 209-525-4670 for more information.



Senior Meals Program

The Senior luncheon offers freshly made healthy meals planned and approved by a Registered Dietitian. There is no fee for the meal however, we offer a donation box and have a \$3.00 meal suggested, voluntary contribution. *Open to seniors 60 or older & their spouse of any age.

SENIOR LUNCHEON Café Locations:

*Coffee Road Café, Veterans Center Modesto (Mon - Wed) (209) 480-7363

*Community Center Café, Ceres (Mon - Thur) (209) 480-4508

Gladys Lemons Center, Oakdale (Mon - Fri) (209) 480-3759

Hammond Center, Patterson (Mon - Fri) (209) 480-6371

Hughson Senior Center (Mon, Wed, Fri) (209) 558-8698

Mancini Hall, Modesto (Mon - Fri) (209) 480-4389

McConnell Center, Newman (Mon - Fri) (209) 894-5193

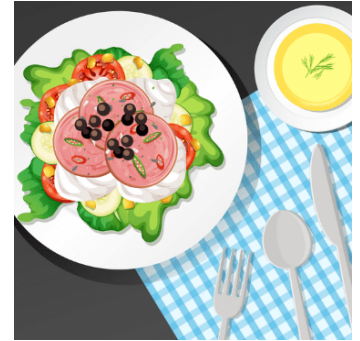
Modesto Senior Center, Modesto (Mon - Thur) (209) 341-2974

Riverbank Community Center (M, T, Thur) (209) 480-6690

Turlock Salvation Army (Mon - Fri) (209) 480-5170

*Turlock Senior Center (Mon - Wed) (209) 480-7381

United Community Center, Grayson (Mon, Wed, Fri) (209) 480-5709



Note: Reservations are encouraged. Call the number listed above for the site you plan to attend.

Farmers Market Coupon Distribution - Save the Date - July 25, 2024.

The Mediterranean Diet Roberto Couto, MS, RDN, CDM, CFPP

The Mediterranean diet is based on traditional cuisine and has shown many health benefits. There is no single definition for the diet, but many health/nutrition professionals consider the Mediterranean diet a lifestyle. Most often the diet is high in the following food items: vegetables, fruits, whole grains, beans, nuts and seeds, olive oil and seasoning with herbs and spices.

Want to try the Mediterranean diet? These tips will help you get started:

- **Eat more fruits and vegetables.** Each day, aim for 2 to 3 servings of fruit and four or more servings of vegetables.
- **Choose whole grains.** Switch to whole-grain bread, cereal, and pasta.
- **Use unsaturated fats from plants.** Replacing saturated and unsaturated fats may help lower the risk of heart disease.
- **Eat more seafood.** Eat fish or shellfish 2 to 3 times a week.
- **Get nuts for nuts.** Aim to eat 4 servings of raw, unsalted nuts each week, or a quarter cup.
- **Enjoy some dairy.** Some good choices are skim or 1% milk, low-fat cottage cheese, and low-fat Greek or plain yogurt.
- **Reduce processed meat.** Eat more fish, poultry, or beans and lean meats.
- **Spice up your food.** Herbs and spices boost flavor and lessen the need for salt.

The Mediterranean lifestyle may help prevent weight gain, stabilize blood sugar levels, promote heart health, and enhance brain function for the aging population. This diet can benefit your health by providing a balance of nutrients and is easy to follow.

Source: <https://www.myplate.gov/life-stages/older-adults>

Check Your Home for Fall Risks

Did you know that 60% of falls occur in or around the home? We want to help make your home safer from a potential fall and help you move about your home with more confidence. Here are 10 priority areas that we address during a home-assessment:

1. **Throw Rugs** - Remove or tape down all non-permanent rugs.
2. **Clear Tops of Furniture** - Keep the top of dressers and counters clear, in case you need to secure yourself if you become unsteady.
3. **Clear Walkways** - Remove cords, clutter and items out of any walkway.
4. **Proper Lighting** - Light all pathways and steps for movement day and night. This can be achieved with night lights. Also, keep a flashlight near your bed for power-outages.
5. **In and Out of the Shower** - A permanent grab bar is the best solution for assistance to help you get in or out of the shower. Suction cup grab bars are unreliable.
6. **Bathing with Confidence** - A sturdy bath bench/chair, a non-slip bath mat and a grab bar can support you inside the shower. Towel rods are not grab bars.
7. **Clear Pathway from Your Bed to Bathroom** - Keep a clear pathway to avoid a fall in the middle of the night.
8. **Stability Out of Bed** - A sturdy piece of furniture or your walker could assist with getting out of bed.
9. **Use Your Assistive Device & Emergency Alert System** - Keep both near you at all times and in proper working order, in case of an emergency.
10. **Move Often!** - Sitting frequently is not good for muscles and joints. Try to be active through the day or join a program that helps to reduce your chances of falling!



Source: <https://www.nia.nih.gov/health/falls-and-falls-prevention/preventing-falls-home-room-room>

Dignity At Home - Aging in Place - Fall Prevention Program

Did you know Healthy Aging Association offers a variety of programs and services to help prevent falls? The Dignity at Home - Aging in Place - Fall Prevention Program provides home assessments, fall prevention education, and injury prevention accessories to qualifying individuals in Stanislaus County. All installations are at no cost for the client! Potential injury prevention accessories that could be installed include: bath bench or shower chair, hand held shower head, non-slip bath mat, bedside pole, toilet rails, grab bars or stair railings.

Program Requirements:

- 60 years of age and/or disabled
- Have had a fall, are at risk for falling, or have a fear of falling

To start the process to determine your fall risk call Healthy Aging Association at (209) 525-4670.



Our Mission is “to help older Americans live longer, healthier, more independent lives by promoting increased physical activity, sound health, and nutrition practices.”

Created and Edited by: **Healthy Aging Association**
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