



NEW JERSEY FOUNDATION FOR AGING

RENAISSANCE
SPECIAL EDITION

NJFA: 2007 IN REVIEW

PLUS

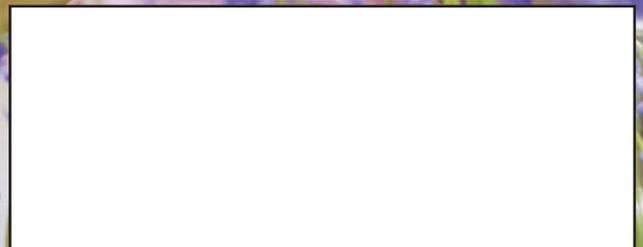
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STILL SMOKING, AT YOUR AGE?

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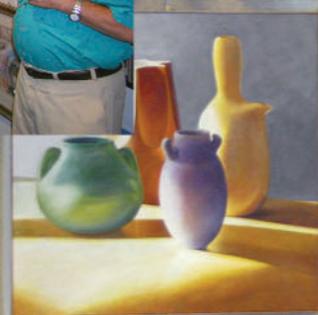
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2007 SENIOR ART SHOW



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Contributors: Carolann Auger, Margaret R. Chester, Gail Davies, Theresa Davis, Eileen E. Doremus, Brian M. Duke, Christine Filliomon, Scott Guerin, Lorraine Joewono, Tina Patterson, Vince Sacco, Fran Scully, MaryLou Schnurr, Mark R. Vogel, David Winston

Editorial Advisors:
Theresa Davis • Rosemarie Doremus
Amanda J. Botti • Grace Egan

Editorial and Sales Offices:
NJFA
176 West State Street, Trenton, NJ 08608
609-421-0206 / 609-421-2006 FAX
office@njfoundationforaging.org

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From the Publisher

NJFA Keeps Moving Forward

Over the last eight years the NJ Foundation for Aging has been affiliated with *Renaissance* Magazine. The original publisher, Dennis Madej, and I realized the great resource this publication offered seniors, their caregivers and boomers. In an effort to serve more, we widened the readership from 15,000 to 100,000 readers in more than 14 counties throughout New Jersey. Deborah Day, who succeeded Dennis as the publisher, helped to facilitate the expansion into new areas. This purposeful growth enabled us to inform readers of our work at the Foundation and the needs of the communities that we serve.

We have great admiration and appreciation for our faithful writers, who made it possible for *Renaissance* to offer pithy, humorous and instructive articles.

This issue will offer you a deeper glimpse into the Foundation's history and will provide the accomplishments of 2007, the year that was.

In 2008, we are altering the format of *Renaissance*. To learn about the Foundation please go to our website, www.njfoundationforaging.org. There you will see issue-related articles, and community resources. You may also donate to the Foundation online or call our office to see how you can help the Foundation with our work to *promote living and aging well* in New Jersey.

Solution: Musical Memories, page 28



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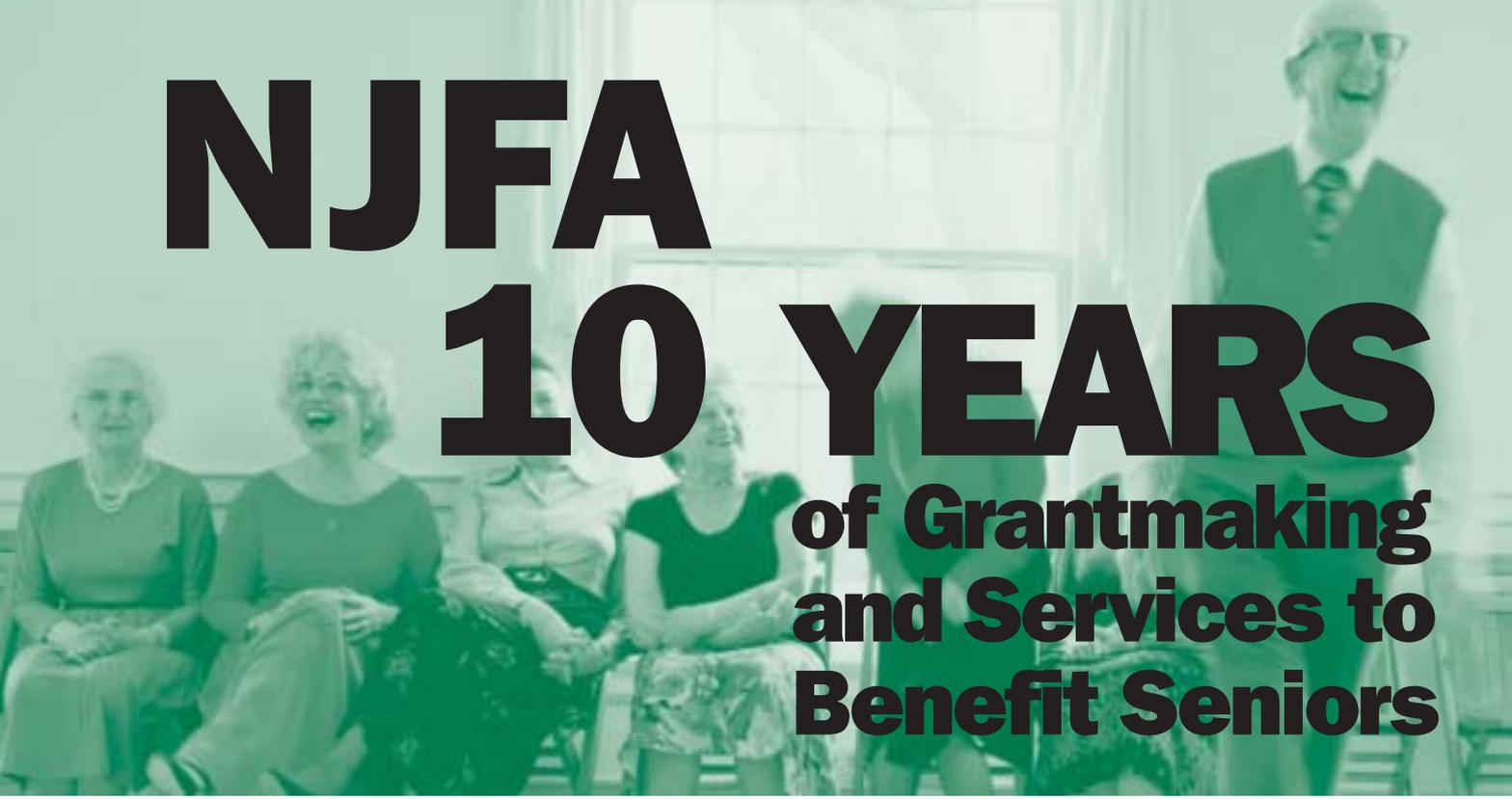
JUNE 2008

NJFA 2007 IN REVIEW

By now, the chances are good that the mission of the New Jersey Foundation for Aging is known to our readers:

NJFA works to improve and expand new and innovative approaches to the delivery of services that enable older adults to live in the community with independence and dignity through grantmaking and increasing society's awareness to influence public policy.

Ten years into the mission, we'd like to share with you a look back at the past year and keep an eye toward where we're headed for 2008 and beyond.



NJFA 10 YEARS of Grantmaking and Services to Benefit Seniors

The New Jersey Foundation for Aging (NJFA) was established in 1998 to create ongoing financial support for aging services in New Jersey. Its mission is to improve and expand innovative approaches in the delivery of services that enable older adults to live in the community with independence and dignity.

The Foundation is unique because it is the only state-wide planned effort in the nation established to: Engage private philanthropic and corporate leadership as well private citizens in addressing the needs of older adults in New Jersey; Establish grantmaking procedures to support innovative, priority programs that complement public supported services; Raise the political and societal will to advance civic engagement necessary for active aging.

As background, the Foundation grew out of the Area Agency on Aging (AAA) Network which recognized the need to address the changing demographics of aging with a change in strategy and development of services to match. The Foundation's founding trustees were established leaders in the local, state and national aging networks. The trustees have represented New Jersey at several White House Conferences on Aging and served on the Governor's Commission on Aging. Their leadership has provided the vision and the impetus for the great strides the Foundation has made in a short period of time. The more recently appointed Trustees represent a broad area of expertise, including the knowledge of corporate culture, financial management and medical research.

Since its genesis, the Foundation has stimulated conversation, stakeholder forums and policy work on hard hitting issues, such as the older driver and road safety, caregiver needs, medical transportation and employment for the mature worker.

UPDATE ON 2007 ACTIVITIES

COMMUNITY GRANT PROGRAM

2006 GRANT AWARDS (2007 GRANTEES)

TOTAL GRANT MONIES AWARDED: \$28,000

These grants are made – to create or enhance innovation in services for older persons in local communities and encourage sustainability through public-private partnerships.

Jewish Renaissance Medical Center (\$10,000): The funding was used to support the Perth Amboy Center for the Elderly (PACE) which is housed within the Wesley T. Hansen Apartments. This grant is to enhance access to primary care for the impoverished elderly, with a particular focus in better serving the number of Latino seniors.

Paterson YMCA's "Active Adult Fitness Program" (\$10,000): The grant monies were used for a unique partnership between the Housing Authority, the YMCA and transportation. In addition to education classes on site at the housing location, a set number of Y memberships were to be dedicated to residents of public housing so they could use the Y facilities. The "Active Adult Fitness Program" reaches out to seniors, and provides them with the opportunity to exercise without having to leave their public housing development. "Active Adult Fitness Program" offers weekly fitness, training and nutritional classes to seniors.

Princeton Senior Resource Center (PSRC) "Engaged Retirement" Program (\$5,000): The funding was used to help "re-image" retirement to include active and mean-

ingful involvement/engagement in both employment and community volunteering. The Program will connect new retirees to meaningful community service and employment opportunities by enhancing volunteer linkage programs and through educational programs for young seniors, the community and employers.

Westfield Area YMCA's "Across The Decades" Intergenerational Program (\$3,000): The funding was used to promote active interaction between children and senior citizens. Seniors will assist children with home

Society on Aging of NJ (SANJ), focusing on civic engagement and opportunities for seniors and boomers.

COLLABORATIVE INITIATIVES

During 2007 the Foundation partnered with the Princeton Area Community Foundation for a project that explored "Engaging Older Adults for Civic Good in Mercer County". The project, supported by a grant from the Atlantic Philanthropies, produced a demographic snapshot of older adults over 60 years of age in Mercer County, their level of engagement and barriers to



work, act as mentors and share their experiences and talents in small groups. Children will work with seniors in the computer lab to teach them new technology skills and to work on cooperative genealogy projects.

PROFESSIONAL EDUCATION

The Foundation hosted its annual conference in June 2007. Key speakers addressed the topic of The New Face of 60 in New Jersey. Dr. Tom Perls from Boston Medical School joined NJ leading geriatricians, including Dr. Tom Cavalieri, to discuss the health and wellness lessons from his work with centenarians. Dr. Robert Like discussed issues related to cross-cultural health, Dr. John Heath discussed the priorities for change with our communities to promote maximum wellness; and Dr. Roger Fielding presented the role of exercise and physical activity. More than 220 participants attended breakout sessions on healthy environments; municipal-sponsored programs; nutrition and healthy food choices; and brain health. Hosting partners for the conference included the NJ Department of Health and Senior Services, Rutgers University Cooperative Extension, the NJ Association of Area Agencies on Aging, the Mayors Wellness Campaign and the NJ State League of Municipalities. The Foundation also co-sponsored a fall conference with the

same. A selected resource list was also produced in the Project Report. One important output of the Study was the need to prioritize connecting older adults to the appropriate civic resource. More than 50 organizations and stakeholders were involved in the process. The Foundation's Executive Director delivered the keynote speech at the Public Issues Summit (sponsored by this project with PACF) which was held at the College of New Jersey in February 2007.

The Foundation continued to work with the Aging Affinity Group of the Council of NJ Grantmakers. This is a group of funders who regularly commit funds, technical assistance and other resources to programs that address the needs of NJ seniors. The Foundation convened the Affinity Group in partnership with the Healthcare Foundation of New Jersey. The Affinity Group has been discussing collaboration in giving to affect health and wellness of older persons and a growing interest in an age inclusive approach to address issues in local communities. The Foundation has reached out to several new 'conversion' foundations resulting from the sale of nursing homes or hospitals. Brian Duke also wrote an article published in the Council of NJ Grantmakers' Newsletter (on the value of collaboration in philanthropic activity).

The Foundation collaborated with the NJ Association

of Area Agencies on Aging (NJ4A) to host the June 2007 conference. In September 2007, the Executive Director provided an extensive update to NJ4A's membership regarding the Foundation and mutual interests.

Working with the Alan M. Voorhees Transportation Center at the Bloustein School, the Foundation reconvened the Senior Safe Mobility Implementation Committee in June 2007. Attendees recognize this forum as one of the only opportunities to connect with key stakeholders to discuss the important issue of transportation and mobility for the older citizens of New Jersey.



Tom Perls interviews centenarians at the 2007 NJFA Annual Conference.

The forum included a public education program that was first used in Missouri to raise the visibility of community alternative transportation programs.

The Foundation brokered communications between NJ DOT, the Greater Mercer TMA and the Independent



NJFA President, Rosemarie Doremus (right) with Mary Thompson of Hunterdon County.

Transportation Network (ITN) to maintain and replicate the ITN America model. The strengths of the volunteerbased transportation system were recognized and a new model 'RideProvide' was launched without service interruption.

The Foundation joined the NJ State Senior Art Show by saluting senior artists in September 2007. More than 160 professional and amateur artists participated from across the state. This is a wonderful opportunity to showcase senior artists and their abounding talent. You can see a pictorial account of the event and a colorful array of the artists' work on the inside front cover and back cover of this issue.

PUBLIC AWARENESS

The Foundation maintains a website that received more than 144,000 hits in 2007. The website page includes information on aging issues, resources and lists of events. Six issues of Renaissance Magazine were produced in 2007, reaching more than 100,000 readers in 14 counties in New Jersey. Lead articles focused on emotional, nutritional, physical, and mental wellness and/or health topics. *Renaissance* provides this information in a format that is not only educational but also enjoyable for the reader. Through satisfaction surveys readers have expressed their appreciation for the local focus of the magazine, the objectivity of the articles and the variety of topics covered.

FUNDRAISING

The Foundation relies on donor support to advance a core element of the organization which is to support innovative programs that enable older adults to live in the community with independence and dignity.



In 2007 the Foundation participated in a series of workshops organized by Partners in Philanthropy (PIP). The board and staff attended several sessions regarding board development, organizational infrastructure and fund development. This work is strengthened further by a consultancy PIP awarded to the Foundation. Through this effort the case statement and key tools for educating potential donors have been revised and updated.

The tools will be unveiled in 2008 and will include a direct mail solicitation targeted to *Renaissance* Magazine readers and donors who have supported the Foundation over the years.

Relationships continue to grow with institutional and family foundation donors. Significant gifts have been forthcoming from The Robert Wood Johnson Foundation, Johnson and Johnson Company, The Fannie and Morris Sklaw Foundation, The Theresa and Thomas Berry Foundation and the Silver Century Foundation. The Board, Senior Executive Council members and private donors provided a strong response to the annual fall appeal for financial support.

Development plans for 2008 include working with PIP for a direct mail appeal, development of new contacts with institutional/corporate donors and outreach to newly established family foundations. This outreach effort is the highest priority as it enables the Foundation to delve into policy work, to provide professional education and grants in order to support innovative community programming.

In 2007, Brian Duke served at the Executive Director and guided the work and the accomplishments of the year. Brian left in November to serve in the directorship position at the Bucks County Area Agency on Aging. Through his leadership, the Foundation's mission and networking efforts for relationship building were successfully advanced as designated in the Strategic Plan.

NEW JERSEY FOUNDATION FOR AGING LEADERSHIP 2007

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Highlight/Overview of 2007 Renaissance Articles

In a January 2007 article entitled *The Hide & Seek of Happiness*, noted author, psychologist and speaker, Dr. Dan Gottlieb discusses the "falsities" and "myths/generalizations" about what we think happiness really is; and ultimately says that "happiness is in how well we love others."

A Guide to Taking Care of Yourself, authored by the Family Caregiver Alliance in the April/ May 2007 issue, acknowledges that "the easiest thing for someone to say and the hardest thing to accept is the advice to take care of yourself as a care-giver." The article reaffirms the importance of taking the necessary time, and the appropriate steps to being a healthy caregiver.

In her June/July 2007 article, *Eating Healthy as We Age*, Dr. Karen Ensle explains to readers that although "eating for health can be a challenge as we experience many body changes, eating well is also one factor that is important to staying mentally sharp, emotionally balanced, and energetic." Dr. Ensle reminds readers of the benefits of striving for a healthy diet.

Osteoporosis is a condition that affects 44 million Americans. Most importantly though is the fact that early prevention and treatment can make a big difference. In her August/September 2007 article, *Help Yourself to Healthy Bones*, Sharon P. Blase, MA, CFCS not only outlines potential risk factors attributable to osteoporosis, but she also shares tips and suggestions for prevention.



THE PARISH NURSE PROGRAM

Encourages Confidence



One of the functions of the Parish Nurse Program at Cape Regional Medical Center is to facilitate health screenings in the faith communities of Cape May County. Volunteer parish nurses conduct screenings for high blood pressure, high cholesterol, high blood sugar and risk of fractures and have the advantage of seeing their congregants on a regular basis for follow-up and education.

Taking advantage of screening and monitoring, keeping your blood pressure under control, following your physician's advice for medications, diet and exercise and participating in health education programs can change risk factors for heart disease. Parish nurses

partner with congregants to help them maintain a healthy weight, get and stay active and watch their diet.

One example of a lifestyle change was with a woman living with osteoporosis who was also taking medications for high blood pressure and a high cholesterol level. She attended Project Healthy Bones, a weekly education and exercise class, for two years. She reduced her cholesterol level to normal and per her doctor's orders was able to stop taking her blood pressure medication. The education about and compliance with a healthy diet along with an exercise program made a definite improvement in her lifestyle. Best of all - she feels so much better and has more confidence in her ability to manage her chronic conditions.

SWAT - THE SENIOR WELLNESS ACTION TEAM

Helps to Promote Lasting Vitality

The Senior Wellness Action Team (SWAT), is a successful senior citizens community outreach program, currently serving 36 sites within Essex and Union counties. It is located in and supported by the Center for Geriatric Health Care at Newark Beth Israel Medical Center, an affiliate of the Saint Barnabas Health Care System.

SWAT's vision is improving the quality of life for low income senior citizens by empowering them to maintain good health, decrease acute illnesses and manage chronic illnesses. This goal is accomplished by educational programs and screenings, focusing on the importance and benefits of engaging in proactive health prevention and wellness activities.



The NJFA supports policy and program development related to the older persons of today and envisions ways to assist and engage the baby boomers who are tomorrow's seniors.

INTERFAITH CAREGIVERS

Fosters Caring

Interfaith Caregivers of Trenton (ICT) is a coalition of 25 member congregations and AARP dedicated to promoting the independence and dignity of homebound elderly and people with disabilities by matching them with volunteers who assist with the tasks of everyday life.

ICT provides non-medical services beyond the scope of most home health agencies and social service providers but are nonetheless critical to maintain-

ing community living. ICT programs offer transportation services for shopping and errands, friendly visiting,

clerical assistance, chore services, repairs, short-term Respite, and Telephone Reassurance.



AMERICA-NEW HOME PROGRAM

Promotes Life-Long Learning



INTERFAITH HEALTH AND SUPPORT SERVICES IN OCEAN COUNTY

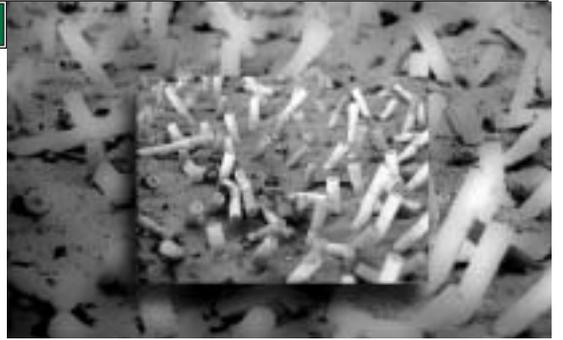
Maintains Health

The most requested of Interfaith Health and Support Service's nine volunteer services is transportation. When you can no longer drive, finding a way to get to a doctor's office can be a major task.

As the population advances in years, most desire to "age in place." Providing non-emergent medical trans-

portation for those in need allows them to receive preventative health-care they would otherwise not have access to. We may all grow old, hopefully we will do it gracefully and remain in good health. The interaction of volunteer and care receiver seems to fulfill the Proverb, "A merry heart doeth good like a medicine."

NJFA funding provided English as a Second Language (ESL) and fostered cultural exchange activities for new immigrant seniors in Middlesex County.



Still smoking...

Why Quit at Your Age?

A critical issue alert, *CDC Urges Older Adults to Improve Health, Increase Longevity, through Smoking Cessation*, addresses the impact of smoking on older adults and the importance of quitting regardless of age. Quitting tobacco use is important to improve a person's health at any age, but it is especially important for older adults. Almost 70% of smoking-related deaths occur among people who are age 65 and older. For every person who dies of a smoking-attributable disease, CDC estimates there are 20 more people suffering with a least one serious illness from smoking, primarily emphysema, chronic bronchitis, and heart disease.

The U.S. Surgeon General has long said that smoking is especially harmful for older adults. Smoking cessation has immediate and long-term benefits, even for people who have smoked most of their lives. In addition, older

adults who quit smoking can reduce second-hand smoke dangers for their spouses, grandchildren, friends, and neighbors. But how? Nicotine replacement therapy? Prescription medication? Behavioral therapy? Anti-depressants? Acupuncture? Hypnosis? The typical excuses older adults give for continuing to use tobacco can be countered by new research, statistics, and evidence-based cessation techniques. There also are new medications and counseling programs (such as telephone quitlines operated in all states) to help adults quit. Older smokers who try to quit are almost twice as likely to succeed as younger adults.

The complete article, *CDC Urges Older Adults to Improve Health, Increase Longevity, through Smoking Cessation* can be found at www.njfoundationforaging.org. For more information, please visit www.nj.quitnet.com or call 1-866-NJSTOPS.



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From the Director

Theresa Davis Director, Morris County Division on Aging, Disabilities and Veterans

EASY GARDENING

If you're like me, at this time of year you may be thinking about digging holes with dirty hands - in other words - Gardening! A garden can provide an outlet for creativity, relief from stress, physical activity and the well-earned "fruits of your labor" at harvest time. Gardening touches on so many different aspects of healthy aging that the benefits of "horticulture therapy" are accepted at places like The Institute on Aging, University of Pennsylvania.

If you think that gardening is too much work, try starting small. Container gardening is all the rage these days. Many varieties of vegetables and flowers will flourish in

medium or large size pots on your porch or deck or in a sunny window.

Here are my annual hints for easy care gardening:

Be creative - Even when you live in large town, in a senior apartment or a long term care facility - a garden can be at your fingertips - use window boxes, planters or recycled containers to bring the joy of growing inside. If you're more ambitious, check with your residence manager and see if there is a section of outdoor property that you can cultivate for the enjoyment of all the residents.

If you use a wheelchair or walker, check out the accessibility garden at Frelinghuysen Arboretum for ideas

on gardening for people with disabilities.

Plan and prepare your garden space - whether it is a window box or a half acre - good soil preparation is an essential part of successful gardening. Make sure you have good drainage and that the soil is loose enough to let water through to the roots.

Know your plants - The garden shop is full of beautiful blooms but before you load up the shopping cart, ask some important questions - How tall will the plant get? What kind of soil,



light, and moisture does it need? Knowing what to expect will help keep you and your plants happy.

Plant smart - Place plants with similar needs (Soil, Sun, Watering) together. Make sure you put high maintenance plants (those that need a great deal of care) close to the house.

Conserve resources - using a mulch will cut down on the amount of watering and weeding needed. You can use wood chips, shredded leaves or buy a mulch fabric to cover your bed.

Use your head to save your feet - Keep all your garden tools together and easy to reach (I use a little wooden pail to hold and carry my tools). If possible, store the garden hose within easy reach of the garden area.

Practice patience - You will get more chores (weeding, watering, harvesting) done by spending a little time each day in the garden, rather than trying to do it all in one day.

Enjoy - make sure that your garden area has a place to sit where you can appreciate your blooming accomplishments!

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1, 2, 3, stretch!

Get Up, Get Out, Get Moving! By **Christine Fillimon**

The weather is getting nicer and that means the layers of clothing we wear in the winter will decrease to almost nothing. Soon we will shed our protected cocoons of coats, sweaters, and sweatshirts for t-shirts and shorts and the metamorphosis of a long winter of eating and not moving around much will be a scary awakening for many of us.

Richard Simons, the little guy that runs around in shorts and a tee-shirt, has been promoting the 20th Anniversary of his first "Sweating to the Oldies" exercise video, and let me tell you honeys, this Oldie is really Sweating the end of winter! So, what's my plan of action? I am heading to the grocery store! Can you think of a better place to get not only a physical work out, but a mental one too and, let's face it, strengthening the mind couldn't hurt either!

First, think of what you need from the store and make a list (that's the mental part). Next, bend over and tie your shoes, do this twice, once for each foot, and don't forget to hold in that tummy as you walk to the car. Park away

from the store and swing your arms as you walk. Turn your head to the left and then to the right. This is not only good for the neck, but it alerts you of crazy drivers heading your way. After an extensive renovation, our grocery store is now twice the size, the distance end to end from the fresh vegetable section to the toothpaste aisle is a power walker's dream, especially if your cart is weighed down with a 25 pound bag of kitty litter; remember, bend your knees before you lift! As you decide on whether to buy the brand name can beans or the store brand on sale, hold one can in the right hand and one in the left and do a couple of curls, they're great for the biceps.

Recently, while cooling down at the checkout counter, following a grueling 'shop till you drop' work out, I read on the cover of a popular magazine "Lose 10 Pounds in One Week!" and right below it, "You Can Make this Twelve Layer, Chocolate Cake in Just 30 Minutes!" Suddenly, a light bulb went on in my head, "It does take less time to put it on then it does to take it off!"



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From the Director

Margaret R. Chester Director, Middlesex County Office on Aging



“IT’S JUST TOO DARN HOT” – Prepare for Summer’s High Heat

Anyone can be adversely affected by excessive heat, but older adults, as well as young children, are particularly vulnerable.

Excessive heat can kill by pushing the body beyond its limits. Under normal conditions, the body’s internal thermostat produces perspiration that evaporates and cools the body. However, in extreme heat and high humidity, evaporation is lowered and the body must work extra hard to maintain a normal temperature.

Here’s what you can do to stay cool during National Weather Service Heat Advisory and Excessive Heat Warning days:

Spend as much time in the air conditioning as possible. If your

home is not air conditioned, visit air-conditioned buildings such as: senior centers, libraries, shopping malls, theaters, or other designated “cooling centers” in your community, especially during afternoon high heat hours.

Wear lightweight, light colored and loose fitting clothing.

Drink plenty of fluids. Water is the best. Avoid drinks with alcohol or caffeine.

Eat lighter meals that are spread out over the day.

Ask your doctor or other health care provider if the medications you take might increase your susceptibility to heat related illness.

Reduce activity levels during the hot weather.

Once temperatures are in the mid-90’s, keep in mind, using only electric fans will not prevent heat related illness.

Avoid getting sunburned. Sunburn can significantly slow the skin’s ability to release excess heat.

Check on at-risk individuals at least twice a day. Watch for signs of heat related illness such as hot, dry skin, confusion, hallucinations and aggression.

Call 9-1-1 immediately if you think medical attention might be needed because more people die annually from “excessive heat events” than from hurricanes, lightning, tornadoes, floods and earthquakes combined, according to the Centers for Disease Control and Prevention.



Upcoming Fun Events

MIDDLESEX COUNTY DEPT. ON AGING SPONSORS SENIOR ART CONTEST

This annual event offers older adults over age 60 residing in the county the opportunity to display their creative talents and compete for county and state recognition.

Entry registration ends on June 20, 2008. Interested Middlesex County seniors must contact Andrea Boulton at 732-745-3295 for registration forms.

All entries will be on public display at the Milltown Senior Center, 60 Violet Terrace, Milltown between July 21 and August 11, Monday-Thursday 9 am – 4 pm and Friday 9 am – 11:30 am.

The winners from every county in each category will be entered into the State Art Contest being held Aug. 21 – Sept. 26 at the Hunterdon County Complex on Rt. 12 in Flemington, NJ.

PLAN AHEAD TO JOIN US AT OUR FUN FILLED SENIOR HEALTH & FITNESS WALK

This annual health promotion event organized by the Middlesex County Department on Aging and local Senior Centers includes a 3K walk around the lake in Roosevelt Park, Edison, N.J. on Wednesday, September 24, 2008 beginning at 10:00 am.

Walkers will have the option of

walking the full course or smaller segments of the course. In 2007, over 400 walkers came out for the day.

Prior to the start of the walk, there will be free blood pressure and diabetes screenings.

WCTC radio station will be broadcasting live and walkers will have the chance to win gift baskets. Water and a free boxed lunch will be provided by the Department on Aging.

This event coincides with the International Council on Active Aging's "Active Aging Week" which is the last full week of September.

Call the Middlesex County Department on Aging at 732-745-3295 for more details.

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From the Director

Carolann Auger Executive Director, Somerset County Office on Aging

TAKING CHARGE OF YOUR HEALTH

Escalating costs will put health care on center stage during the next Presidential election.

National conversations will include a dialog on preventative strategies and proper self-care. The financial burden of a society in poor health is dramatic. Taking charge of one's health has become a necessity for older adults and a crucial element in the containment of health care costs.

The first step you can take to stay healthy is to become informed. Somerset County residents are fortunate to have a variety of venues that will provide accurate information on health related topics.

SAIL, (Senior Advantage in Life), at Somerset Medical Center continues to offer, senior specific, medically proven programs and services to enhance seniors' health and well being.

Both of our Visiting Nurse Associations, Community VNA in Somerville and the VNA of Somerset Hills located in Basking Ridge provide an abundance of information to the public and routinely conduct annual community health screenings.

Flu and pneumonia vaccinations are also provided to communities in various locations.

Simple lifestyle choices also impact one's health. It is increasingly clear that obesity is the most pressing health issue in America today. It has been proven that a healthy diet and plenty of appropriate exercise can prevent obesity and reduce the pain and increase the mobility of seniors affected by the most common form of arthritis



in older adults.

In addition to the variety of hydro exercise programs for adults, Somerset County Office on Aging sponsors an evidence-based, scientifically proven program called Project Healthy Bones to reverse the effects of Osteoporosis in people who are already affected and to help prevent bone loss in high risk people. These exercise programs also help reduce falls by improving balance and increasing strength.

Experts agree that to maintain one's cognitive functions

as you age you must exercise different areas of the brain. Erin Toomey, the Health Promotion Wellness Coordinator for the Somerset County Office on Aging offers a nine week specialized program that enables older adults to understand their part in maintaining brain health as they age.

Somerset County is a state wide leader in the promotion of Health and Wellness programs for older adults. If you would like more detailed information about any of the health and wellness programs mentioned please call the Somerset County Office on Aging (908) 704-6346 or (888) 747-1122.



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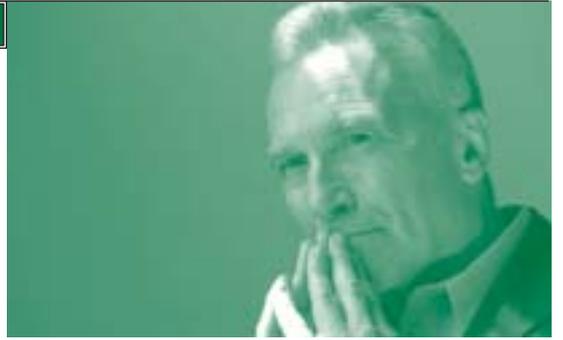
For those who do not need nursing home care, just some assistance and companionship.

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Reality Check

You Can Mean All of Us By **Scott Guerin, Ph.D**

Humans have been in search of reality for millennia in many different ways. On a personal level, organized religions have sought to present reality in terms of their particular faith's beliefs. On a broad scale, philosophies and cultures provide a subtle background of reality for us to hang our hats on, so to speak. Within our country during this election year, we are flooded with messages from various groups stating that our current situation, positive or negative, is because of a particular political perspective on things and the way to maintain or improve our status is to vote for them. Family systems are also a powerful way we learn about reality. We first learn at home about good and bad and how the world works. For better or for worse, our first glimpse of the world is seen through our childhood eyes.

In recent years, discoveries in physics have shed new light on our physical reality. It turns out what we thought was the smallest building block of our physical world, the atom, can be broken down smaller than we ever thought. When we do that we find the parts that make up the atom are actually particles of energy that wink in and out of existence at certain frequencies. Some believe these frequencies are controlled by our thoughts and intentions, thus creating our world. If you have heard the phrase that we are co-creators of our reality, this is part of what they are talking about.

So, with all the religious, family, cultural, political, and physical realities that surround us and beg our attention, what then can we say is reality? One answer may be found in a favorite children's story *The Velveteen Rabbit* by Margery Williams where two toys are talking...

"What is REAL?" asked the Rabbit one day, when they were lying side by side near the nursery fender, before Nana came to tidy the room. "Does it mean having things that buzz inside you and a stick-out handle?" "Real isn't how you are made," said the Skin Horse. "It's a thing that happens to you. When a child loves you for a long, long time, not just to play with, but REALLY loves you, then you become Real."

"Does it hurt?" asked the Rabbit. "Sometimes," said the Skin Horse, for he was always truthful. "When you are Real you don't mind being hurt."

"Does it happen all at once, like being wound up," he asked, "or bit by bit?"

"It doesn't happen all at once," said the Skin Horse. "You become. It takes a long time. That's why it doesn't happen often to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand."

Some people believe, as strange as it may seem, there is only one real substance in our universe, or one energy that is the basis of all material and non-material things. The absence of this energy is where all fear, anger, and negative feelings are experienced. As wimpy as this may seem, according to this idea the only real thing in our universe is love, and the only real measure of success in our lives is the degree we have learned to love others. Good things to keep in mind as we perform an occasional reality check!



EVERYTHING'S PEACHY AT THE PEACH FESTIVAL!

The Community Presbyterian Church of Chester, New Jersey, will hold its annual Peach Festival and Country Auction Saturday, August 2, 2008, 220 Main St., Chester, NJ (908/879-5091) from 10:00 a.m. to 4:00 p.m. Admission is free. Homemade peach cobbler, kuchen, pies and ice cream will be served in a historic country church atmosphere. Lunch booths will offer hot dogs, hamburgers and sandwiches. Other features will include: homebaked goods, jellies and preserves at the Country Pantry, DVD's, books, tapes and CDs, various electronics and sports equipment. There will be a Children's Boutique offering puzzles, games and toys. There will be lots of games for the children. Do not miss the annual White Elephant Sale. The Country Auction will start at 10:00 a.m. under the huge tent.

From the Director

Mary Lou Schnurr Director, Sussex County Division of Senior Services

PROJECT HEALTHY LIVING COMES TO SUSSEX COUNTY

Are you or a loved one dealing with a chronic condition that poses challenges to your daily activities and enjoyment of everyday life? The Sussex County Division of Senior Services, in collaboration with NORWESCAP RSVP, Newton Memorial Hospital, the NJ Department of Health & Senior Services – Division of Aging and Community Services, and the Division of Medical Assistance and Health Services is delighted to offer Project Healthy Living, a FREE six-week course based on a chronic disease self-management program developed at Stanford University. This new initia-

tive came about as the result of Sussex County's team, with representation from each of the listed agencies, being chosen to represent New Jersey as one of only six states to participate in an Evidenced Based Disability and Disease Prevention Learning Network sponsored by the Agency for Healthcare Research and Quality, the Center for Disease Prevention and Control, and the Administration on Aging.

Each week, peer leaders, who have been trained by Master Trainers certified through the Stanford University Chronic Disease Self-Management Program, facilitate

interactive classes that empower participants to build the skills necessary to manage symptoms; communicate effectively with healthcare professionals; develop healthy lifestyles including good nutrition and exercise; alleviate fear, anger and frustration; make daily tasks easier; and get more out of life. The 2½ hour classes are supplemented with a manual, *Living a Healthy Life with Chronic Conditions*, that is provided to each participant at no cost.

A Project Healthy Living kickoff recently took place at Sussex County's Older Americans Month Celebration. Learning Network

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team, master trainers, peer leaders and graduates of the very first Project Healthy Living class in Sussex County shared their experiences and successes. New classes are continually being scheduled. Those who are interested in learning more about Project Healthy Living or joining a class should contact Sussex County Division of Senior Services at 973-579-0555 or seniorservices@sussex.nj.us.

* * * * *
Seniors are reminded that they if they

normally are not required to file income tax returns, they have until October 15 to file for the Economic Stimulus Rebate. Our VITA (Volunteer Income Tax Assistance) volunteers are available to assist seniors in filing for the rebate.

Please mark your calendars for these upcoming extra special events:

Thursday, August 7 – Senior Day at the New Jersey State Fair, Sussex County Fairgrounds.

Saturday, October 25 – 2nd Annual Healthy Living Festival

at Hardyston Middle School.

Sunday, November 2 – 8th Annual Salute to Military Veterans at Sussex County Fairgrounds

Please visit our newly redesigned web-site at www.sussex.nj.us/senior services to learn more about the multitude of programs and services offered through the Sussex County Division of Senior Services. You may also view Sussex County's monthly newsletter at www.sussex.nj.us. Click on the mailbox icon to subscribe.

Have a great summer!

Still available: Personal Records with Odds & Ends Booklet

The Personal Records with Odds and Ends booklet helps family members or friends find important papers, understand a loved ones wishes, share personal memories, family recipes, family traditions and stories about themselves they want others to know. The 12-page booklet is still available. The Foundations booklet is different from most because it also includes a personal touch. The "odds and ends" portion of the book allow one to write down memories, family recipes, and personal details about themselves they want others to know. A donation of \$34.00 is requested to cover the cost of printing and shipping and handling.

Requests can be sent to: *New Jersey Foundation for Aging, 176 West State Street, Trenton, NJ 08608.*



Fall Prevention Tips

Go Proactive By Gail Davies, PT, GCS and Fran Scully, PT

The first step in fall prevention is becoming aware of fall risk factors. Start learning them now and develop a fall prevention plan.

Identify Your Personal Fall Risk Factors: Make a list of items: Have you had a fall? Do you have a fear of falling? Have you noticed changes in balance and/or muscle strength? Have you been fitted and instructed in the proper use of a cane/walker? Have you had a recent eye exam? Have you had a recent medication review by your doctor? Have you given your home a fall safety assessment?

FALL RISK FACTORS

Previous falls and/or a fear of falling: According to the Center for Disease Control (CDC) one in 3 adults over 65 fall each year. **Solution:** Schedule a visit to your doctor to rule out any medical cause for a fall or the fear of falling. If you have had a fall discuss the circumstances of the fall: including the time of day, where you fell, what you were doing, how you felt, (dizzy, lightheaded etc) shoes/clothing you were wearing, medications you had taken (including nutritional supplements and over the counter medications) and any injuries from the fall.

Changes in muscle strength and balance: Muscle strength starts to decline at about 35 and balance shows changes around 40 (Strong Women Stay Young, Miriam Nelson 2000). This decrease in strength, especially in the legs and ankles, makes it more difficult to climb stairs, stand up from a low chair and causes changes in your walking pattern. **Solution:** The good news is that regardless of age strength can be increased and balance can be improved through exercise. A fun way to improve balance is taking a class in Tai-Chi. Studies have shown Tai-Chi can improve balance. Check with your local Senior Center on the availability of strengthening and balance programs. Try to add a daily walk to your routine. As always obtain your doctors approval prior to starting any exercise program. If you use a cane or walker get instruction from a professional on its fit and use. They are not one size fits all. Obtain a referral to see a physical therapist to be instructed in their proper use.

Vision Changes: Good vision prevents tripping over obstacles and helps maintain balance. Aging eyes require attention to identify and treat changes in vision, for example cataracts, glaucoma, macular degeneration and diabetic retinopathy. **Solution:** Have your eyes examined at least once a year and more frequently if needed. Use the highest recommended wattage bulbs for your light fixtures and at night keep cool burning night-lights on in the bathroom and hallways. Use extra caution when wearing a new prescription and follow up with your eye doctor if the new prescription doesn't feel right.

Medications: Falls can occur from interactions and adverse reactions from medications. **Solution:** Report all medications you take to your doctor including over the counter and nutritional supplements. Have all medications filled at the same pharmacy so your pharmacist can keep track of any adverse interactions. Keep your medications in a pill organizer so you take them as prescribed.

Household Hazards: It is estimated by the CDC that 50% of falls occur in or around the home. **Solution:** Conduct a home safety assessment. For a free checklist contact the CDC (Center for Disease Control and Prevention) www.cdc.gov/injury or call 1 800 CDC-INFO (1 800 232-4336)

ESSENTIAL SAFETY MEASURES

Install grab bars in the bathroom. Grab bars are for all ages! To be effective they need to be installed correctly. A towel rail is not a grab bar. Preventing falls in the bathroom is all about getting a grip.

- Phones should be reachable from the floor.
- If you have a fall pendant wear it.
- If you live alone sign up for reassurance programs which provide a "daily all is well" phone call. Contact your local police department to inquire if your town has such a program.
- Wear well fitting shoes that offer good support with soles that are not slippery or too grippy.
- Stay on your own two feet.
- Be proactive; make your fall prevention plan today.



Artichokes

At the heart of the matter By **Mark R. Vogel**

Many foods in medieval and ancient history were falsely ascribed with positive or negative attributes. Tomatoes and potatoes for example, were once thought to be poisonous. Artichokes, which originated in Sicily, were not only thought to be medicinal, but an aphrodisiac as well. Women were subsequently forbidden to consume them, an edict which undoubtedly arose from men's attempt to control possible infidelity. In any event, along came Catherine De Medicis, the Florentine princess who married King Henry II of France and influenced the shape of French cuisine for all eternity. She liked artichokes and since she was the queen, she had the authority to propagate their cultivation and consumption. You go girl!

Artichokes are neither medicinal or an aphrodisiac but they are delicious and versatile. Choose artichokes with tight, compact leaves, heavy for their size, and with minimal brown spots. Artichokes are a flower bud from the thistle family. With mature artichokes you must remove the inedible choke, the mass of fibers located just above the prized heart which would eventually form the flower. This is not an issue with baby artichokes since the choke has not formed yet. How to prepare artichokes is determined by how you wish to cook them.

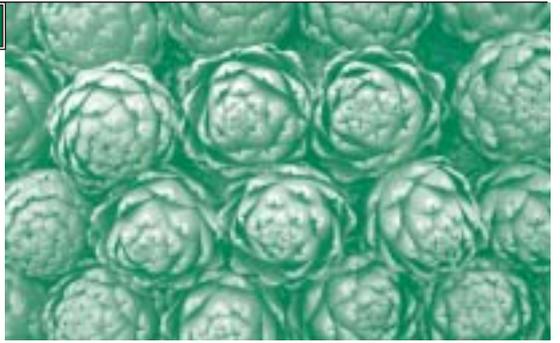
The simplest way to eat an artichoke is to cut off the stem and boil them for 15 minutes. When they are done, pull off the leaves one by one, dip them in melted butter, and scrape the fleshy base of the leaf off with your teeth. As you get closer to the center the leaves become tender and you can eat them whole. When you reach the heart you will need to scrape or cut out the choke. Then dip the yummy heart in your butter or a fat-free dressing and enjoy.

You can also broil or braise them. For either method, cut the top quarter of the artichoke off. Cut off the tip of the stem and peel it up to and including the base. Cut the artichoke in half lengthwise. In the center, just above the heart you will see the nasty, hairy choke. Scrape that sucker out. I find a grapefruit spoon, with its curved array of teeth works best. Immediately place the artichoke in water with lemon juice. Artichoke interiors will turn brown when exposed to the air. Acids will counteract this reaction.

To broil them, remove them from the water, pat them dry and immediately toss them in a bowl with extra virgin olive oil, salt, and pepper. Place them on a sheet tray and broil for 5-7 minutes, flip and broil for a couple more minutes. Do not place them too close to the broiler or they will burn. Eat them as is, or add fresh olive oil, butter, or herbs.

To braise them, take a mixture of olive oil, lemon juice, chicken or vegetable stock, chopped garlic, (optional), the herbs of your choice, and salt and pepper. Figure on a cup of stock and a half cup each of oil and juice for 7-9 artichokes and then work from there. Bring all of the ingredients except the artichokes to a boil, pour it over the artichokes in a baking dish, cover, and place in a 350 degree preheated oven for 30 – 45 minutes.

Foodforthoughtonline.net





From the Director

Eileen E. Doremus Director, Mercer County Office on Aging, Co-authored with Mercer County Council on Aging member Jacques Lebel

FOOD FOR THE BODY AND THE SOUL *Mercer County Nutrition Project for the Elderly*

Where else can you get a menu of Chicken Marsala, egg noodles, asparagus, pumpernickel bread, juice and an ice cream sundae all for a suggested minimal donation and have the gifts of friendship and socialization all at one time? Nowhere else but at one of the 13 nutrition sites that provide the nutritional sustenance for approximately 750 Mercer County seniors daily!

Officially titled The Nutrition Project for the Elderly, this program that offers food for the stomach and for the soul, is rooted in the Older Americans Act. This law, enacted in 1965 by President Lyndon B. Johnson, legislatively addressed many of the needs of the elderly in the United States. One of these needs was determined to be in the area of nutrition. The Nutrition Project for the Elderly provides seniors with nutritionally balanced and appetizing meals. These meals are served in centers that bring people together for activities and social contact, which are important aspects of everyday life.

FOOD FOR THE BODY

The caterer prepares a complete lunch each weekday that includes an appetizer, main entree, vegetables, bread, beverage and dessert. All meals are specifically planned to provide at least one-third of an older person's daily nutritional needs by a qualified nutritionist.

Any Mercer County resident 60 years of age or older, or anyone married to a person 60 years or older, can participate. Each person is asked to donate whatever he or she chooses. The suggested donation is \$1.00.

Donations are made anonymously and confidentially.

Many of the nutrition sites are hosted within senior centers throughout Mercer County. Others are located in local community centers and one is at a church. These sites, that serve as nutrition centers, value their senior population and see the need for seniors to be able to receive the nutrients necessary to maintain a balanced, fortifying diet to keep healthy year-round.

Every spring the Nutrition Project gears up for its Farmer's Market Voucher Program whereby eligible seniors can receive vouchers toward the purchase of healthy Garden Fresh vegetables and fruits from growers in the Garden State. Seniors look forward to the freshness of fruits and vegetables for both their ingestion or for use in baked dishes and salads, especially during the spring, summer and early fall seasons.

FOOD FOR THE SOUL

What about food for the soul? Seniors who reside alone can be deprived of important social nutrition as well. Friendship and socialization add to a person's overall emotional wellness. Just being with others has been medically proven to relieve depression and heightens one's own self-worth and feeling of belonging.

The Nutrition Project for the Elderly offers ongoing nutrition and health education, informational sessions appropriate for seniors, and recreational programs. You can observe people playing cards and bingo; others will be knitting or reading. Familiar holidays are cele-

brated complete with appropriately chosen traditional foods, music and decorations. Monthly birthday bashes are celebrated at each site as well. (Please note: County Nutrition Programs are located throughout the counties in New Jersey, check your local Office on Aging for more details.)

WHERE EXERCISE FITS IN

Thus far, this article deals specifically with the benefits of an organized food program, but there is another important aspect to healthy aging - a regular diet of exercise! Exercise, no matter what kind, is essential to finding a healthy balance in day to day life. Exercise can assist in lessening stress and anxiety, can help us maintain a better mood throughout the day, and allow us to expend energy so we can enjoy a full night's sleep. Authors in the August 5, 2007 edition of Parade, further share that balancing nutrition and exercise also gives us an opportunity to improve our self-image and secure a sense of accomplishment and confidence that we are in control of taking care of ourselves.

A healthy diet assists a healthy body to have a healthy existence. There is a true inner peace when we feel good about who we are and how we feel. This spiritual sense of self is a natural booster and can offer seniors a sense of wholesome well-being.

Be it food or fun, be it active or passive, how we age truly matters. Fortunately the New Jersey County Offices on Aging have the available services to help seniors experience healthy living and healthy aging.



We gotta get a Wii!

Video Gaming Comes of Age *By Tina Patterson*

What's the most fun a senior can have while exercising? At my senior center it is the Wii computerized game system. The workouts my members are enjoying while laughing and playing sports such as bowling, golf, tennis baseball and even boxing are calorie burning and surprisingly easy to learn. The games give players real challenges as the difficulty increases with proficiency.

Wii Tennis consumes over 170 calories per hour, and other games burn similar amounts. Of course the calories burned are about half of what one would use actually playing a game of tennis, but it sure beats sitting in front of the TV!

The information I am receiving states more and more senior centers and senior housing facilities are purchasing the Wii's for their members. They bring people together in many ways, some of the most fun and laughter is generated when folks choose their own computerized player called an "Avatar." Players design their own "Avatar"

down to the detail of eye brow shape as friends yell out their own "friendly" suggestions. A woman can have a male avatar or a man can become a woman. Everyone can select how they want themselves to be represented. I have seen some pretty interesting creations!

The Wii is relatively easy to set up, not terribly expensive, and can be enjoyed by people who can no longer participate in a sport they love.

For example a person with arthritis who can't hold a bowling ball any longer can roll a perfect 300 virtual game. A golfer who can't play during the winter months can sink a birdie putt, and a pitcher can practice his fast-ball or slider without worrying about having to run bases or put on cleats.

Why let the grandchildren have all the fun? Try a Wii today, you will soon be exercising, laughing, improving your eye hand coordination and bragging about that 94 MPH pitch you threw!

Web Sites and Other Resources

Who to call, where to go and what to look for

ENERGY ASSISTANCE

Low Income Assistance Program 1-800-510-3102

FINANCIAL PLANNING

New Jersey Cooperative Extension – Visit Small Steps to Health and Wealth to view a monthly financial message, develop goals and overcome obstacles. Visit <http://njaes.rutgers.edu/sshw/>

US Securities and Exchange Commission – Check to see if financial planners and advisers are registered with the SEC. Call 1-800-SEC-0330 or visit www.sec.gov

VOLUNTEERING

Corporation for National and Community Service – A federal agency which seeks to engage Americans of all ages in voluntary service opportunities. To learn more about this and Senior Corp visit www.nationalservice.gov

Governor's Office on Volunteerism – Find information on volunteering and community service throughout New Jersey including volunteer centers throughout New Jersey and information on volunteer opportunities in your county.

Visit <http://www.state.nj.us/state/volunteer/>

VolunteerMatch – A nonprofit online service which helps people find a great place to volunteer. Visit www.volunteermatch.org

OTHER SERVICES

CaregiverNJ – The New Jersey Department of Health and Senior Services created this web site to help caregivers: It provides tools to assess needs, keep information organized and information on resources. www.state.nj.us/caregivernj

Fall Prevention – www.cdc.gov/injury

Housing – www.njhousing.gov

Smoking Cessation – www.nj.quitnet.com

From the Director

Lorraine Joewono *Acting Director, Bergen County Division of Senior Services*

CARING FOR THE CAREGIVER

President Carter designated May as Older American's Month in 1980, and it has become a tradition for recognizing the contributions and needs of Older Adults. As the designated Area Agency On Aging, we celebrated the occasion by holding a "Public Hearing on the Needs of Older Adults in Bergen County" and a "Healthy Living and Caregiver EXPO". What we have learned over the last two years is that more seniors and children of seniors, many of whom are older adults themselves, are taking care of their loved ones as caregivers. Some do not even recognize themselves as caregivers, thinking that a caregiver is someone you pay to come into your home. They are starved for information on services and support for caregivers. This year we put a focus on the "Caregiver" portion of our EXPO. We provided vendors and workshops on services and products to help caregivers better attend to the needs of their loved ones.

The Bergen County Division of Senior Services is proud to have an Advisory Council and three active committees of senior volunteers. Our Council and Committees advocate for the senior population and develop and conduct programs designed to enable the more than 180,000 older adults in Bergen County and their caregivers, address economic, health and personal needs. Its mission is to promote the independence and well being of all, especially those in greatest need.

In response to testimony presented at our 2006 Public Hearing expressing the needs of caregivers, the Advisory Council Education



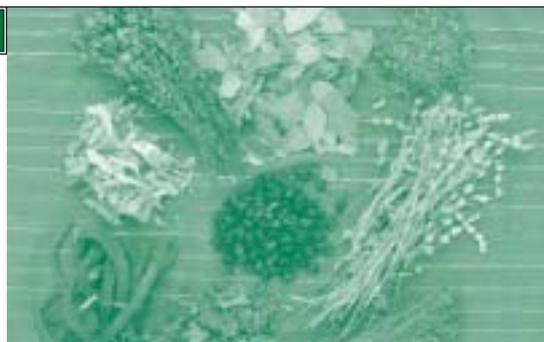
Committee has developed three, new outreach projects: "Caregiver Chronicles" is a newsletter that offers the opportunity for caregivers to share their stories and coping strategies, and is designed to help guide the caregiver through the maze of the many services available. "The Challenge of Caregiving" is a panel presentation by informal, family caregivers as well as professionals on the experience of caregiving older adults and suggested solutions through the use of community resources. Our "Caregivers Corner" is an informal gathering of Committee members who avail themselves to caregivers on a one-to-one basis. The Caregivers Corner is a compassionate ear, and a comfy chair, in a quiet corner, at most Division of Senior Services events. All three projects premiered at our first, annual Caregivers Expo in 2007. This was such a successful program that we now continue to provide the Caregiver Corner at not only the EXPO, but at local public libraries.

The Advisory Council Health Committee is also addressing the

needs of caregivers in conjunction with the Division's HealthEase program. They coordinated a Health & Wellness Day as part of the EXPO. Caregivers and seniors were treated to massages, health screenings, stress management, Reiki, Yoga and other services.

The Legislative Committee of the Advisory Council advocates and supports legislation, programs and funding relative to maintaining and enhancing the quality of life for our Bergen County senior population. Committee members have developed relationships with Legislators to stress the importance of legislation on topics such as home health care, long term care, Medicare and Social Security issues and were proud to see the "Independence, Dignity and Long Term Care Act" signed into law.

Yes, May was Older Americans Month, and we must remember that the focus needs to be kept on seniors and their caregivers. Circumstances can turn someone into a caregiver without warning, so we need to be prepared to provide the help they so desperately need.



Herb/drug interactions

What Are They and What Do They Do? By David Winston

With the increase in those taking both herbs and drugs, the potential for herb-drug interactions exist, but we need to put the issue into perspective. Food/drug interactions are far more common, as we consume far greater quantities of food than herbal medicines. Grapefruit juice inhibits liver detoxification activity and can increase serum levels of many drugs including calcium antagonists and antihistamines. Milk interferes with absorption of Tetracycline by 50-90%. Green leafy vegetables (spinach, cabbage, beet greens, kale), broccoli, peas and cucumbers, can alter coagulation and interact with anticoagulant medications.

Drug/drug interactions are even more common. Even the seemingly benign antacids with polyvalent minerals (Ca, Fe, Mg, Zn, Al) can interfere with cycline and mycin antibiotics. Tobacco smoke is of the most potent substances affecting liver detoxification activity - it decreases blood levels of many medications and vitamin C. In fact, the potential for drug/drug interaction for those patients taking multiple drugs (6 or more) is close to 100%.

Herb/drug interactions occur, but note the types of herb/drug interactions and that many are actually positive and could result in the ability to decrease drug dosage:

1. *Decreased bioavailability of medicine - decreased absorption (Psyllium Seed, Flax Seed, Slippery Elm), enhanced metabolism (Brassicas), or enhanced elimination (Senna, Coffee, Cascara Sagrada).*

- Hawthorn may potentiate Digitaloids (Digoxin, Lanoxin and Beta-blockers).
- Diuretics such as Buchu, Uva-Ursi, Juniper, etc. are contra-indicated while taking Lithium.
- Herbs with Vitamin K such as Shepherd's Purse & Nettles should not be added to the diet in large amounts if taking blood thinners.
- Garlic, Ginkgo and Horse Chestnut should be used cautiously taken with prescription blood thinners (Dicoumarin).
- MAO inhibitors such as Licorice and Passionflower should not be used with benzodiazepine medications. Valerian, Hops and Kava may potentiate the effects of benzodiazepines, barbituates or moderate alcohol consumption.

- Mucilagenous herbs like Slippery Elm and Marshmallow may reduce absorption of other medications.
- Laxative and diuretic herbs may increase potassium loss, therefore increasing the toxicity of cardiac glycosides present in Digoxin, Digitoxin or Lanoxin.
- Cola nut is contra-indicated with MAO inhibitors and with ephedrine containing drugs.

2. *Increased bioavailability of medicine - increased absorption (Ginger, Cayenne, Prickly Ash, Black Pepper), decreased metabolism (Grapefruit juice), or decreased elimination (Licorice).*

3. *Potentiation of drug's effects - via a different but complementary action (Siberian Ginseng & antibiotics).*

4. *Potentiation of drug's effects via similar activity (Lasix & Dandelion Leaf, Digoxin & Lily of the Valley).*

5. *Protection from adverse drug effects (Milk Thistle & hepatotoxic/nephrotoxic herbs, Licorice & corticosteroids).*

6. *Antagonistic or incompatible activities (laxatives & astringents, CNS stimulants & sedatives).*

Simple Guidelines - When evaluating a potential interaction:

1. *Be specific about:*
 - a. herb product dose, form (tea, extract, capsule), brand, other ingredients
 - b. any medications taken
 - c. foods consumed
2. *Record timing of occurrence-plausible pharmacological timing is more likely to be within a few hours or a day or two rather than weeks or months later.*
3. *Does reaction occur on re-challenge? (Do not attempt this without clinical supervision.)*
4. *Does reaction cease on stopping herb?*

(continued on inside back cover)



I am, therefore IM

Try instant messaging! By **Vince Sacco** • Vsacco1745@aol.com

Instant Messaging (IM) is a form of communication between two or more people through typed text. The text is conveyed via computers connected over a network such as the Internet. It can be considered more akin to a genuine conversation than e-mail. In contrast to email, the involved parties know if their peers are available before they initiate contact. Another way to look at it, IM is text-messaging back and forth in real time between pre-arranged participants who are often referred to as being on a Buddy List. Some consider that communication by IM to be less intrusive than communication by phone.

Instant messaging opened new methods of spontaneous communication for people who have impaired hearing, auditory processing, or speech impediments. It is considered by many to be a powerful way to allow equal opportunities in communication without the aid of special devices or services.

IM was introduced in 1997 by AOL and it became an instant hit with college students. Soon the word got out and everyone joined the crowd. The response was gratifying to AOL who initially allowed IM only between their subscribers. They created and developed a separate email web site - AIM. The centerpiece of AIM was an established Buddy List of 1000 participants stored on their server. However, consumer pressure finally forced AIM to end their restriction and allow other Internet Service Providers (ISP) to participate in IM. Today IM is now available with Yahoo, MSN, Google Talk and others. AIM is still the dominant IM site. In a survey in 2006 it was determined their number of participants were greater than the closest rivals.

Certainly IM has its charms in that you and your conversation partner can type back and forth without seeing or hearing the other person - which is either the best or worst arrangement, depending on how self-conscious you are and how your hair looks. However, that is about to change and you may want to comb your hair and be appropriately attired before chatting with your buddy.

Welcome to the world of video chat which allows you to see your partner as you converse. No need to type. All you need is your computer, a good golf-size web cam and a solid, broad band Internet connection. Many of today's computers have a built-in web cam and microphone. The principal video chat providers today include AIM, SightSpeed, Skytype and Windows Light Messenger. AIM

has the most clients since they started in 1997 and have developed a solid base of participants over the years. Naturally, a video chat arrangement is of little value if you have no one to chat with. Think of the much-used vernacular expression, "It takes two to tango".

It so happens that I had some vital ingredients to venture into a video chat trial. I am a AIM subscriber and have a 17" inch monitor lap top with a built-in web cam and microphone. But I haven't mentioned the most important ingredient - my 14 year old grandson Eric in North Carolina who has a computer, web cam and is a AIM subscriber - and who I don't see often enough. On a given day and time we agreed to video chat for the first time. That is, the first time for me. He had been regularly video chatting with his buddies. On "Video-chat Day", we sat at our respective stations and initiated the exchange while he talked to me over the phone and guided me through the cyberspeak mine field. Finally after about one hour we made the connection! We could see and wave to each other and chat - grandpa to grandchild. It was a great feeling. Better than that. I was giddy with the experience. We are now making arrangements to repeat this connection and have all family members in attendance. Further, I'm encouraging my other grandchildren to also set up a video-chat arrangement for a video-chat family reunion. It's not the same as being together in the flesh but it's the next best thing.

If the video chat scenario appeals to you make sure you have all the necessary items - especially a knowledgeable grandchild. We used to say that "Youth must be served." Update that to, "Youth must serve the senior".





Shingles – a real threat

Are You at Risk?

The *CDC Seeks to Protect Older Adults with Shingles Vaccine Message*, describes shingles and informs about the new shingles vaccine. Shingles is an extremely painful and debilitating rash that can lead to even more severe complications and have a major impact on quality of life.

Shingles (also called herpes zoster) occurs when the varicella-zoster virus – the same virus that causes chickenpox – is reactivated in the body. There are about a million new cases of shingles each year in the United States. Older adults are particularly vulnerable to developing shingles and more prone to complications from shingles. Yet, research shows, more than half of older adults do not understand the seriousness of shingles and its complications. Prompt treatment is essential to control acute symptoms, but preventing shingles in the first place is the best approach.

There is a new vaccine (Zostavax) that can lower the risk of getting shingles. CDC is working to educate health

professionals and the public about the importance of this new vaccine for adults age 60 and older.

For additional information, the complete article, *CDC Seeks to Protect Older Adults with Shingles Vaccine Message* can be found at www.njfoundationforaging.org.



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SHINGLES – DID YOU KNOW...

- There are about a million new cases of shingles each year in the United States.
- Anyone who has had chicken pox can get shingles. That means 95% of adults are at risk.
- Approximately one-third of the U.S. population will get shingles. The risk rises after 50 years of age. Half of people living to age 85 have had or will get shingles.
- More than half of older adults do not understand the seriousness of shingles and its complications.
- Among those who get shingles, more than one-third will develop serious complications. The risk of complications rises after 60 years of age.
- Prompt treatment is essential to control acute symptoms.
- There is a new vaccine that can lower the risk of getting shingles.

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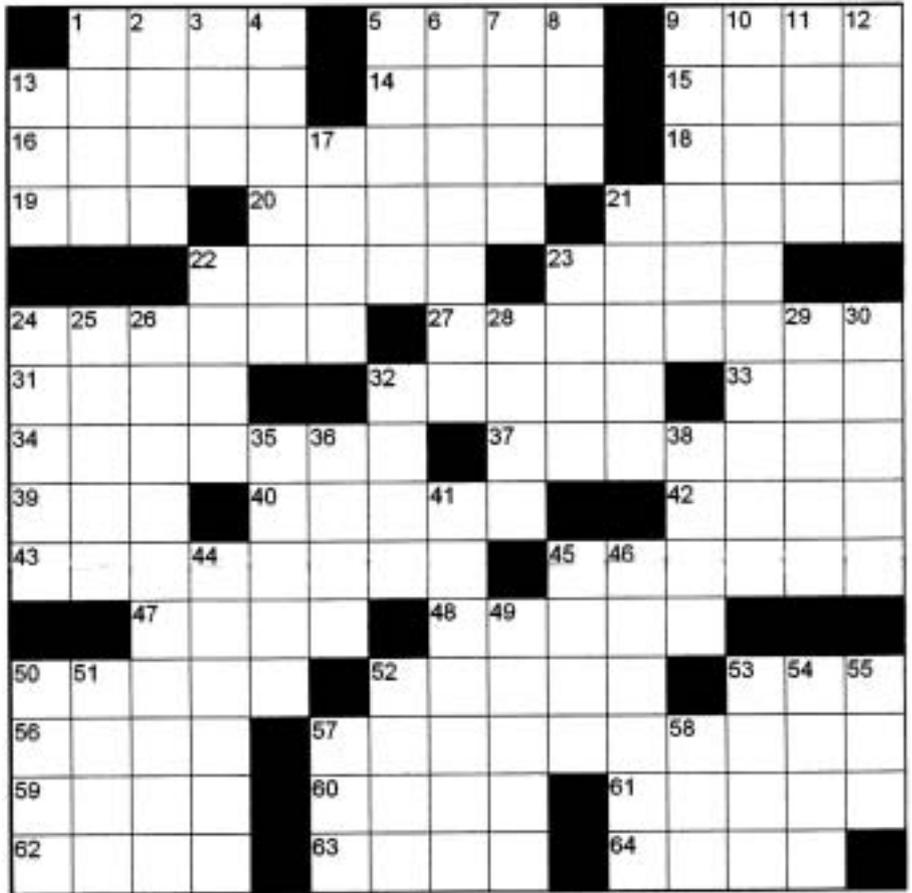
By **Fran and Lou Sabin**
 Solution on page 2

ACROSS

- 1. RBI or ERA, e.g.
- 5. Pair split at a blackjack table
- 9. Aberdeen citizen
- 13. "On a Slow Boat to ____"; 1949 hit tune
- 14. NJ Turnpike charge
- 15. "I Got You Babe" singers Sonny and ____
- 16. "That'll Be the Day" recording star
- 18. Ancient alphabet letter
- 19. Pigpen
- 20. "The Silence of the ____": 1991 (Hopkins-Foster film)
- 21. ____ Bill: legendary cowboy
- 22. Monmouth Park mount
- 23. Durable, hard wood
- 24. Forceful attempt
- 27. "Try to ____": "The Fantasticks" tune
- 31. Saudi citizen
- 32. Watchband
- 33. "Evil Woman" vocal-instrumental group
- 34. Ship out
- 37. Introduces, like a key into a lock
- 39. Mammal has three
- 40. Dr. Seuss's "The ____ in the Hat"
- 42. Marina Sertis's "Star Trek: TNG" role
- 43. Rudolph the ____ Reindeer"
- 45. Hickman who played TV's Dobie Gillis
- 47. Like a petroleum spill
- 48. Hollywood's Ryan or Tatum
- 50. Very well-known
- 52. Actor-director Eastwood ("Million Dollar Baby")
- 53. "The ____ Squad" 1960's-'70s TV police drama
- 56. "After Midnight" singer Clapton
- 57. "Breaking Up is Hard to Do" recording star
- 59. ____-deaf (unable to hear music well)
- 60. Cutting tool with a curved head
- 61. Film director Polanski
- 62. Commotions
- 63. The Bee ____: Gibbs brothers' group
- 64. "Don't go!"

DOWN

- 1. "Well, ____ my mouth!"
- 2. Neat as a pin
- 3. "____ I Love Her": Beatles Hit
- 4. "Fire and Rain" singer, James ____
- 5. Particles split by physicists



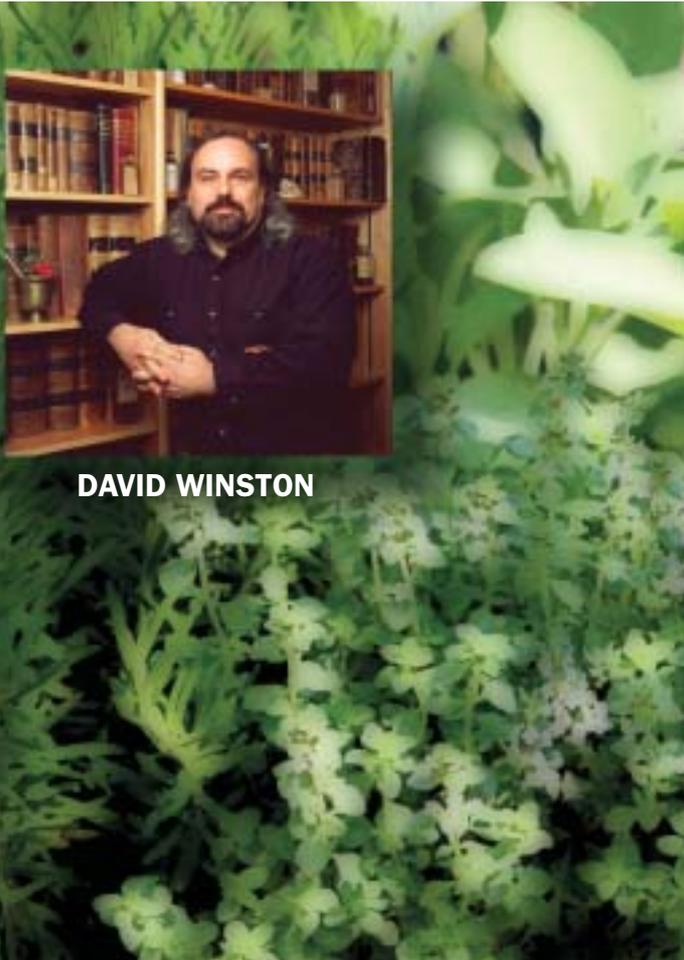
- 6. Comedy Central's "The ____ Report"
- 7. Building extensions
- 8. ____ and the Family Stone
- 9. 1996 scare flick starring Drew Barrymore
- 10. "Johnny B. Goode" recording star
- 11. Wine: Prefix
- 12. Uno + dos =
- 13. David Letterman's channel
- 17. Lyricist Lorenz (Richard Rogers' partner)
- 21. Baby chick cries
- 22. Tramp; drifter
- 23. Govt. agent, like Eliot Ness
- 24. Gung-ho
- 25. "Ethan ____": Edith Wharton novel
- 26. "Blueberry Hill" recording star
- 28. "____ Brockovich": 2000 Julia Roberts film
- 29. "Candle in the Wind" singer-song writer ____ John
- 30. Talk-show host ____ O'Donnell
- 32. Barbecued Thai food on a skewer
- 35. Give a lecture to; reprimand
- 36. ____ on the eyes (pretty)
- 38. List of names ender
- 41. Treat like a god or hero
- 44. Nephews' counterparts
- 45. Reading, writing or relaxing rooms
- 46. Legendary singer ("Rollin' Stone")
- 49. Muddy ____
- 50. Greek cheese
- 51. Alex Rodriguez, to fans
- 52. Yield, surrender
- 53. Cass Elliot's name
- 54. "I'll do it!"
- 55. Steely ____: "Do It Again" rock group
- 57. Slang for 22 across
- 58. Top of an "i"

Herb/drug interactions

(continued from page 25)

Predicting/Preventing Interactions - The following are a few simple rules:

1. Follow traditional knowledge of herb activity to predict and prevent possible synergies or antagonisms with prescription drugs.
2. Use formulas and lower dosages of herbs with potential problems - a recent study of St. John's wort showed that its ability to provoke a herb/drug interaction was dose dependent. In traditional herbal medicine herbs are usually used in formulas, thus reducing the amount of any one herb ingested.
3. Take herbs & drugs separately (by 2-3 hours).



DAVID WINSTON

4. When adding herbs to already established drug regimens, start at low dose and gradually increase the dose. Monitor patients carefully.
5. Avoid starting or stopping medications and herbs suddenly. Subtle changes may not create a problem but substantial changes may trigger a major response.

6. Avoid red flags - Warfarin - interacts with over 200 foods, drugs, etc. Other problematic drugs include protease inhibitors, Cyclosporin, & Digoxin. Use care combining herbs, drugs, or supplements with medications that have a narrow therapeutic index.

7. Avoid using Kava with hepatotoxic medications (tetracycline, statin drugs, excessive alcohol, acetaminophin).

8. Studies indicate St. John's wort has the ability to stimulate Phase I liver detoxification (cyclic P-450 activity-CYP3A4, CYP2D6 and CYP2E1) and P-Glycoprotein activity in the gut. Medications known to be metabolised via these pathways may have reduced blood levels if taken with St. John's wort. Avoid using St. John's wort with protease inhibitors, Cyclosporin, Irinotecan, Digoxin and Warfarin.

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David Winston, Herbalist AHG, is the author of *Herbal Therapy and Supplements: A Scientific and Traditional Approach*, *Herbal Therapeutics Specific Indications for Herbs and Herbal Formulas*, and *Saw Palmetto for Men and Women*. He is also the Dean of the *Herbal Therapeutics School of Botanical Medicine*, and a founding and professional member of the *American Herbalist Guild*.

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