



NEWSLETTER



LET'S TALK ABOUT IT:

Aging As A Positive Process

Nowadays, positive aging is viewed as an important goal for health organizations, health care professionals, and the older people themselves.

The 2012 delegation of the [European Year of Active Aging](#) offered a possible focus for renewed policy and increased action for positive aging in Europe. Since then, there has been more interest in the notion of age-friendly communities, and more organizations are considering age as a positive process. This new discourse on aging has redirected policy discussions

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Contact Villages of San Mateo County at: 650-260-4569 or info@villagesofsmc.org
 Sequoia Village and Mid Peninsula Village are two local villages under the umbrella
 501(c)(3) nonprofit called Villages of San Mateo County

COFFEE CONNECTION

Open to all Sequoia Village and Mid Peninsula Village members, volunteers and guests. Light refreshments will be provided. Save the date!



DATE: Wednesday, January 16, 2019
TIME: 10:00 AM—11:30 AM
LOCATION: Veteran's Memorial Senior Center
1455 Madison Ave., Redwood City



PRESENTER: **Tricia Halimah**, Manager of Community Health, will introduce us to lifestyle changes to effectively prevent or manage Diabetes. Tricia has extensive experience as a Community Outreach Specialist for Dignity Health and Sequoia Hospital. Her passion is preventative health. She manages the development and operations of hospital programs and has conducted numerous interactive Health Workshops throughout San Mateo county. Learn how to ***Take Control of your Glucose and Live Well.***

RSVP: Please contact the Villages of San Mateo County office by **Jan. 10** via emailing us at info@villagesofsmc.org or by calling us at 650-260-4569 if you wish to attend.

Please indicate if you need a ride AND please indicate if you are bringing a guest.

from economic or welfare issues to matters of social inclusion, engagement and community development. (Lui, et al., 2009; Walker & Maltby, 2012.)

So how can you foster a positive attitude towards aging and find yourself flourishing at this time in your life? [Manfred Diehl, PhD](#), believes there are 10 tips for growing old with grace:

- **Stay physically active.** At least 30 minutes of movement or exercise every day.
- **Exercise your brain.** Engage in mentally challenging activities and never stop learning new things.
- **Adopt a healthy lifestyle.** By this time in our lives we have heard this message a million times but healthy eating, moderate sleep, good weight management and no smoking or drinking can help you to feel fresh and energetic to take on the challenges of the day.
- **Stay connected to other people.** Treasure and nurture the relationships with your spouse or partner, your family, friends and neighbors. Reach out to others in your community, including the young people. Stay involved with news and latest developments, engaging a positive community attitude.
- **Create positive emotions for yourself.** Experiencing positive emotions is good for your body, your mental health, and for how you relate to the world around you.
- **Don't sweat the small stuff.** Accept what you cannot do and ask for help. Don't worry too much; most people enjoy helping. Don't be too rigid in your ways, keep flexible and go with the flow.
- **Set yourself goals and take control.** Being in control of your actions gives you a sense of mastery and leads to accomplishments that you can be proud of.
- **Minimize life stress.** Stress is a part of everyone's life, and it's very natural. We won't be able to prevent stress completely, but learning how to cope with stress can promote positive aging.
- **Have regular medical check-ups.** Take advantage of health screenings and engage in preventive health behavior.

It is never too late to start one of these behaviors. Remember, "Youth is a gift of nature but aging is a work of art." - Stanislaw Jerzy Lec

NEW YEAR'S RESOLUTION #1: NO FALLS

Edit Your Bathroom For Safety

FALL ALERT: 80% of home accidents occur in the bathroom. As you reflect on what to change for 2019 to increase your safety, start with the bathroom, as it can be filled with many potential Fall Factors!

Take a look at some of these creative ideas to increase safety in the bathroom:

- ◆ **Install Grab Bars:** In the bathtub or shower and at the toilet.
 - ⇒ **FALL ALERT:** Make sure each grab bar is hung FOR YOUR HEIGHT, so you can reach & hold it to maintain balance & safety.
 - ⇒ **FALL ALERT:** Keep all grab bars open and free. Remember, *grab bars are NOT towel bars – and towel bars are NOT grab bars!*
- ◆ **AREA RUGS:** Use rugs with slip resistant backing and put them in locations where they are most needed. Less is more (the fewer rugs the better).
 - ⇒ **FALL ALERT:** Area rugs, especially small ones, are a known risk factor causing falls.
- ◆ **Flooring:** The ideal and best fall-resistant flooring includes a textured finish and small-sized tiles, which include more grout.
- ◆ **Toilet Height:** A comfort height toilet (17"-18" from the floor) along with grab bars makes it easy and safe for all to negotiate.
- ◆ **Keep your Counters Clutter-Free:** Clearing off your counters, as well as editing down your drawers and cabinets of expired medications and other items many of us toss in there, feels good!
- ◆ **Lighting:** Take inventory of the toilet and bathing areas and be sure you have the light you need in all the right places. Consider a motion detector light as you enter and/or dimmer switches to control the light and glare during certain times of the day.

Congratulations, in advance, for making your bathroom your #1 New Year's Resolution!

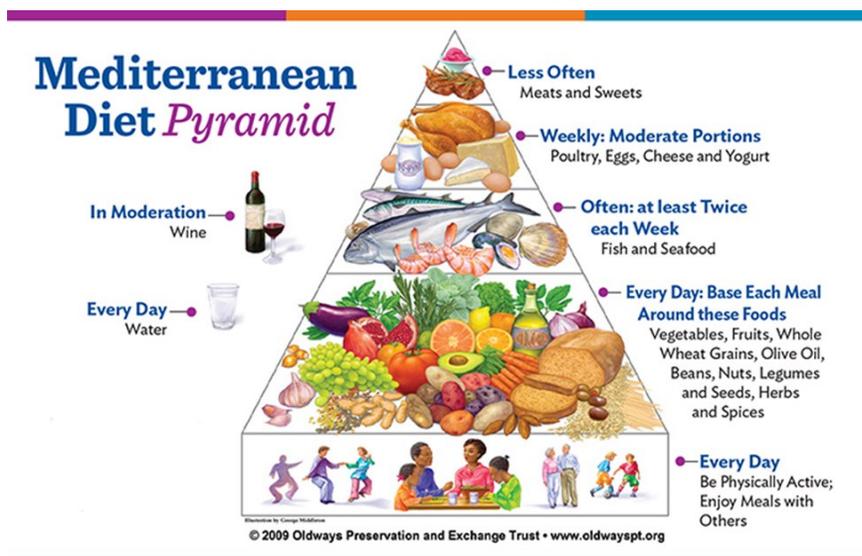
GOING DEEP TO ADDRESS DIABETES

Have you ever been told that you or a loved one is Pre-Diabetic? Do you live with and/or cook for an individual that has Diabetes? In our country, Diabetes is on the rise. Diabetes affects 100 Million or 9.4% of the adult population in the United States. As age increases so does the risk for Diabetes. For adults over the age of 65 the incident of Diabetes increases to 25.2%. Most adults treasure and protect their independence but how does one maintain their independence when one cannot drive due to loss of feeling in their feet? How can one continue to be independent with loss of vision? How does one enjoy an active full love life when vital organs no longer function? These scenarios represent a small snapshot of some of the uncomfortable, inconvenient and serious side effects of ignoring elevated blood sugar.

Now is your chance to take the first step in preventing Diabetes and/or managing the disease with lifestyle modifications. There is a program that empowers individuals to avoid becoming one of the statistics. The Diabetes Empowerment Education Program (DEEP) is for you!

The DEEP program educates adults about risk factors, body anatomy, testing meters, exercise, sensible nutrition, medications and stress reduction. Individuals will learn how high blood sugar affects each and every organ in your body. The importance of proper accurate glucose control is emphasized as the key to living well with Diabetes. Common sense approaches to daily living are discussed and participation is encouraged as statistics show participation is key to encouraging adult learning.

If you are ready to take some action, consider a suggestion for a simple diet change.



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Nico, a Village high school volunteer, and
Yvonne, a Sequoia Village member

A VILLAGE BRINGS PEOPLE TOGETHER

Yvonne is a longtime resident of San Carlos who lives alone but wants to stay in her home as long as possible. Nico is a Sophomore at Serra High School, where volunteer hours are required, specifically assisting the elderly.

When Yvonne joined Sequoia Village a few months ago, Bill Barrons (Village volunteer) conducted a Home Safety Evaluation that revealed some areas where safety could be improved. One project involved extending a safety railing on the back porch. That is where Nico got involved, working along with a Village adult volunteer.

Yvonne and Nico have an obvious difference in age, but they bonded through this project and found the joy of talking with someone of a distant generation. Tears came to her eyes as Yvonne said how amazed and grateful she was for all the things the Village has done for her. Nico has completed his required hours, but he continues to volunteer on Village projects. He enjoys meeting Village members, learning how to use tools and do home repairs.

A Village definitely does bring people together. Everyone benefits as we experience a growing sense of belonging to a community.

VILLAGES OF SAN MATEO COUNTY DONORS

VSMC extends its sincere appreciation for the generous financial support and in-kind gifts received from the following individuals and organizations:

- *Bristol-Myers Squibb*
- *Charis Fund*
- *City of San Carlos*
- *Dignity Health*
- *Intero Foundation*
- *Mid-Peninsula Vineyard Christian Church*
- *Peninsula Health Care District*
- *Peter & Paula Uccelli Foundation*
- *Redwood City Parks and Recreation*
- *San Mateo Rotary*
- *Sequoia Healthcare District*
- *Touchpoint Foundation*
- *Trinity Presbyterian Church of San Carlos*
- *West Valley Federated Women's Club*

MISSION HOSPICE AND HOME CARE VOLUNTEERS

My connection with Villages of San Mateo County began as one of the early organizers of Mid Peninsula Village and currently an active member. My connection with Mission Hospice & Home Care began 15 years ago, when I joined a weekly grief support group.

Hearing others in that group describe what I was feeling but could not express – even to myself – helped to normalize my experience and allowed me to begin healing. Participating in that group provided me with an example of how I could support others in their grieving, the same way I had been supported.

For more than 13 years, I have served as a bereavement volunteer helping others through their grief. It has been an extremely rewarding experience and has introduced me to a wonderful group of fellow volunteers, many of whom are now good friends. Grief support groups are free and held weekly in San Mateo and Half Moon Bay.

As we approach the new year, I encourage you to consider volunteering with a local organization that is meaningful to you. Volunteers provide emotional and social support for patients and families, work on projects in the office, raise funds through special events, and help people embrace life in many different ways.

For more information about volunteer opportunities at



Janise Belson: MPV Member & Bereavement Volunteer

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Villages of San Mateo County, check our VSMC website at www.villagesofsmc.org and click the button, *Become a Volunteer*, and you will be personally contacted, or you may simply call 650-260-4569. For more information about volunteer opportunities at Mission Hospice, contact Volunteer Services Director Craig Schroeder at 650-532-2323.

(Going DEEP: Continued from page 5)

Also, you might consider enrolling in one of the FREE classes listed below. **Interactive Classes are Mondays & Wednesdays for four weeks (2 hours each).**

February 6, 11, 13, 20, 25, & 27

May 6, 8, 13, 15, 20, & 22

November 4, 6, 11, 13, 18, & 20

Location: 749 Brewster Avenue, Redwood City

Time: 10am – Noon

To Register Call: 650-367-5998

DID YOU KNOW?

DISCOUNTS ON YOUR PG&E BILL ARE AVAILABLE

Apply for a monthly discount through CARE or FERA. CARE and FERA are PG&E discount programs that help eligible customers pay their energy bills. Over 1.4 million customers are receiving a bill discount through these two programs.

- **California Alternate Rates for Energy Program (CARE).** A monthly discount of 20% or more on gas and electricity. Participants qualify through income guidelines or if enrolled in certain public assistance programs.
- **Family Electric Rate Assistance Program (FERA).** A monthly discount of 18% on electricity only. Must be a household with three or more people. Participants qualify through income guidelines.

Find out if you're eligible. You can pre-qualify by texting "CARE" to 20283. You will be asked a few questions and you will know whether you can enroll you right away or if you'll need to submit an application. If you have questions or need assistance, you may send an email to careprogram@pge.com or call 1-866-743-2273.