

—Senior Focus—

Osteoporosis

The U.S. Surgeon General reports that half of all women older than 50 will break a bone because of osteoporosis. One in four men will too. When you break a bone as a senior it's serious. It can lead to immobility which then can cause isolation, depression and more health problems. 20% of seniors who break a hip will die within a year. The survivors may need long term nursing care. Broken bones are not a normal part of aging. You can protect your bones throughout your life with nutrition and exercise. If you already have osteoporosis there are many new treatments for it, including exercise and eating right.

Ten million Americans already have osteoporosis. 80% are women. A woman's risk of osteoporosis is equal to her combined risk of breast, ovarian and uterine cancer. Don't be discouraged about the bone you may have already lost. You are never too old to start protecting your bones. But take action now!

Here is the formula for bone health:

- *Get enough calcium and Vitamin D from a balanced diet.
- *Do weight bearing and resistance exercises.
- *Don't smoke.
- *Drink alcohol in moderation.

The risk factors for osteoporosis that you can't control are your family history, age, sex, having a small frame and race. There are many factors that you can control such as nutrition and exercise. Most Americans are not getting

enough calcium, vitamin D and exercise. Most adults need 3 servings of dairy (low or non-fat milk and yogurt and cheese). You can get some calcium from almonds, broccoli and leafy greens, but you would have to eat many servings to get sufficient amounts of calcium. If you don't get enough calcium from food, consider taking a multi-vitamin and mineral supplement.

Your body also needs vitamin D to absorb the calcium. Vitamin D is made by the body when your skin exposed to sunlight. It is also found in milk. Exercise also makes your bones stronger. You can work your bones when you lift weights or do resistance exercises using weight machines. Butterfly Life meets the two criteria for bone health; balanced eating with calcium and vitamin D and resistance exercise.

Source: Maggie Worthington, Orangevale Butterfly Life.

Are You A Senior Looking For An Apartment?

ArCADE Creek Manor is a truly unique senior property that features 292 single story apartments spread across 15 acres. Choose from studio, 1-bedroom or 2-bedroom apartments. They have recently completed a remodel of their pool area which included a heated pool and spa. They also have a clubhouse which features a well-supplied book library, DVD library, craft room, billiard room and card room. Activities such as bingo, bus trips, shuffleboard, crafts and water exercise are available. The business office is open Monday thru Friday from 8 am to 5 pm. Call (916) 721-1172 for availability.

Dear Readers,

We recently received a phone call from one of our readers requesting information on senior social events in the local area. Her mother, an Alzheimer's patient, lives with her several months out of the year. Her mother appears lost and bored spending her days looking out the window with nothing else to do. I looked through the resources I have for social events for seniors in the Orangevale, Fair Oaks, Folsom, Citrus Heights areas with no success. All the resources I found were related to the medical care of seniors or respite care for the caregiver, neither of which is needed or desired. Her concern is for the emotional well being of her mother, providing purpose and meaning to her life. I have to admit until it was brought to my attention, I too never thought about our seniors having a reason to get out of bed in the morning other than to go to the doctor or watch TV until bedtime, only to do the same thing again tomorrow. We welcome comments, suggestions, and referrals. How do other residents of this community deal with this concern?

The Role Of The Administration On Aging

The Administration on Aging (AOA) is the only federal agency dedicated to policy development, planning, and the delivery of supportive home and community-based services to our nation's diverse population of older persons and their caregivers. We provide critical information and assistance and programs that protect the rights of vulnerable, at-risk older persons through the national aging network. State elder abuse prevention activities include:

Professional Training, e.g., workshops for adult protective services personnel and other professional groups, statewide conferences open to all service providers with an interest in elder abuse, and development of training manuals, videos, and other materials.

Coordination among state service systems and among service providers, e.g., creation of elder abuse hotlines for reporting, formation of statewide coalitions and task forces, and creation of local multi-disciplinary teams, coalitions and task forces;

Technical Assistance, e.g., development of policy manuals and protocols that outline the proper or preferred procedures;

Public Education, e.g., development of elder abuse prevention education campaigns for the public, including media public service announcements, posters, flyers, and videos.

The Role of State and Local Adult Protective Service Agencies

State law charges state and local Adult Protective Services (APS) agencies with the responsibility to protect and provide services to vulnerable, incapacitated, or disabled adults. The laws vary in the amount of authority the invest in state APS agencies to oversee local APS programs. Local APS agencies receive and investigate reports of suspected abuse, neglect and exploitation, and provide follow-up services.

What If You Suspect Abuse?

If you, as a concerned citizen or a service provider, suspect that abuse has occurred or is occurring, report your suspicions to the local

APS agency. If the suspected incident involves an older person living in an institutional setting, call the office of the local long-term care (LTC) ombudsman. It is essential to call the office with jurisdiction over the geographical area where the older person lives. If you are unsure which office to call, you can obtain the correct telephone number by calling AOA's Eldercare Locator at 1-800-677-1116 or Sheriff at 874-5115.

What Happens After You Report?

The APS agency screens calls for potential seriousness. The agency keeps the information it receives confidential. If the agency decides the situation possibly violates state elder abuse laws, the agency assigns a caseworker to conduct an investigation (in case of an emergency, usually within 24 hours). If the victim needs crisis intervention, services are available. If elder abuse is not substantiated, most APS agencies will work as necessary with other community agencies to obtain any social and health services that the older person needs.



Senior Gleaners, Inc.
(916) 925-3240 Ext 104
1-800-585-1530 • Fax: (916) 568-1528
Volunteer Drivers Needed



ARCADE CREEK Manor
Garden Apartments for Seniors
e-mail: arcadecreekmanor@aol.com
6546 Auburn Boulevard (916) 721-1172
Citrus Heights, CA 95621 Fax: (916) 726-3324



License # DRE0125943
Diane Louise
Reverse Mortgage Specialist
Cell: 916.204.9585
Fax: 1.866.253.3592
3000 Lava Ridge Court • Suite 290 • Roseville CA 95661
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