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Newsletter

SEPTEMBER 2016

Food: Substance for Life or Cause of Illness?

Yum or Yuck? How we view and consume foods at different stages of life can be our vitality or demise. What we needed as a baby we don't need at 70. What we needed while pregnant is not the same as what we need when we are aging adults. Lifestyles, traditions, cultures and yes the media influence food choices – some better than others.

Food is the fuel that runs this engine we call our body and needs for certain nutrients will differ from person to person. Over processed foods so popular in the US culture are often empty calories – giving us fuel but not the nutrients we need to stay vital and healthy. Low-fat processed foods have increased sugar and sugar substitutes which increase our risks of illnesses like Diabetes. But, in today busy culture where time is limited, making dinners from whole foods takes time, planning and dedication.

Weight gain and obesity are challenges for many Americans even children. As we age, we need

10% fewer calories but more nutrients thus the challenge of planning meals for healthy aging.

Some of us have genetic issues that can make certain ingredients such as gluten, sugar, alcohol, or even tomatoes a no-no. One needs the guidance of a nutritionist to test us for what would be the best diet for our body chemistry. Gluten free is a “fad” of sorts, and not everyone needs to follow such a stringent diet so before you go off following the latest trend consult with a professional.

The best diet for most of us would be one that included only organic fresh whole foods, foods grown in good soil without pesticides. If you want to continue to consume meats, be sure they are lean and come from free-range farming and not cages; grown without hormones. Less processed cereal and more whole grains (not whole wheat). More use of plant-based protein and eating healthy fats in limited amounts daily – such as



About Our Founder

Linda Fodrini-Johnson, MA, MFT, CMC is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management (now called aging life care) since 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989, which now employs over 200 caring people. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and education for 27 years.

MONTHLY AFFIRMATION: *“I sleep well knowing I focus on the positives that contribute to wellness”*



avocados, nuts, and olive oil for example. Even small quantities of dark chocolate are good for our immune systems.

In a small study at University of California at Irvine, research regarding diet and dementia has shown that by making drastic changes in diets and increasing exercise there can be reversals in a person's mental decline. Inflammation, a cause of many illnesses, is also exacerbated by foods. Dr. Andrew Weil has an incredible food pyramid that can help you plan a diet that will decrease inflammation and maybe reduce pain and illness related to such.

Researchers from Chicago's prestigious Rush Alzheimer's Disease Center at Rush University Medical Center recently published their significant findings in Alzheimer's & Dementia. The MIND diet consists of ordinary food: whole grains, green leafy vegetables, nuts, beans, fish, poultry, berries — specifically blueberries and strawberries — and one glass of wine a day. The hard part for most people is that it limits butter, cheese, fast or fried foods, and sweets. If you don't drink alcohol don't start because of this study — eat more blueberries and red grapes!

If you need a referral to a nutritionist — ask your physician or give us a call and we can give you some suggestions.

Upcoming Events

Brain Remodeling Class

FRIDAY SEPT. 16th, 2016, 2:00 PM-3:30PM

You will learn:

- How you can repair damage done by stress to your brain
- The power of “mindfulness”
- Simple ways to change your chromosomes

***No fee but Advanced Registration is required.*

Caregiver Survival 101: Caring for Someone with a Dementia

WEDNESDAY SEPT. 21st, 2016, 5:30PM - 7:00 PM

Topics include:

- The major challenges of dementia care
- Responses and reactions to reduce your stress
- Self-care activities and mini-support group
- Resources for coaching and support

***No fee but Advanced Registration is required.*

Caring for an Aging Family Member

2ND THURSDAY OF EVERY MONTH, 6:00PM - 7:30PM

Addressing the fears of Alzheimer's disease & other issues associated with aging.

When concerns of aging family members become a part of your every day routine, when they interfere with work, your health or other relationships, you may need to join a support group.

***No fee and no Registration is required.*

Location of Events:

Eldercare Services, 1808 Tice Valley Blvd.,
Walnut Creek, CA 94595

TO REGISTER

Call: [866.760.1808](tel:866.760.1808) or

Email: info@EldercareAnswers.com