

Weighing the Consequences of Obesity

BY PAMELA B. SMITH

DIRECTOR, AGING & INDEPENDENCE SERVICES

Just over five years ago, Dr. Nick Yphantides began a journey he hopes to continue for the rest of his life. The Escondido physician took a leave of absence from his practice to focus on losing weight and finding better health and a greater sense of well-being. His method of weight loss -- a liquid diet and the "distraction" of a pilgrimage to baseball games all over the country -- was unorthodox, but the lessons he learned are universal.

Dr. Nick, as he refers to himself, will be the keynote speaker on the topic of Older Adult Obesity at our 2006 Aging Summit, which will be held June 2 at the Town & Country Convention Center in Mission Valley. The Aging Summit, a biennial forum hosted by County Supervisors Dianne Jacob and Pam Slater-Price, is being sponsored this year by the County's Adult/Older Adult Mental Health Services, the California Health Incentives Improvement Project, SignOnSanDiego.com, At Your Home FAMILYCARE, San Diego Gas & Electric and Secure Horizons. At each summit, topics are spotlighted by keynote speakers and discussed in detail during break-out sessions. The other topics for this year's summit will be the Older Adult Workforce and Older Adult Mental Health.

There has been recent attention to the problem of child obesity, but overweight older adults are just as prevalent



DR. NICK YPHANTIDES

8 a.m. to 4 p.m.
Friday, June 2
Town & Country Resort
500 Hotel Circle North
Cost: \$25; \$5 for seniors
RSVP: **1-800-501-3495**

and they may suffer more physically because their bodies aren't as resilient. About 65 percent of U.S. adults are overweight and one-third of those are obese (more than 50 pounds overweight). Obesity is strongly linked to Type 2 diabetes, heart disease, stroke, sleep apnea and some cancers.

Testicular cancer was one big motivating factor for Dr. Nick to pay more attention to his body: "Cancer forced me to face my mortality, and I was sure that each bite of a double-deluxe bacon cheeseburger brought me one swallow closer to the grave."

So at 467 pounds, needing two scales to weigh himself, he began his journey back to health on April 1, 2001. Just over a year later, he had lost 270 pounds! He details his experiences in his book, "My Big Fat Greek Diet." At the Aging Summit, Dr. Nick will talk about his journey and what he does to remain healthy; "I want to give the message of hope. A lot of people feel hopeless."

The Aging Summit will be held from 9 a.m. to 4 p.m. (8 to 9 a.m. registration and breakfast) on Friday, June 2, at the Town & Country Convention Center, 500 Hotel Circle North, in Mission Valley. Cost will be \$25; or \$5 for seniors age 60+, persons with disabilities, or students. Lunch and parking included. RSVP required; call **1-800-501-3495**. ♣

ENJOY OLDER AMERICANS MONTH

The San Diego County Library is helping AIS celebrate May as Older Americans Month with these programs:

Health Resource Fair, "Meet the Pharmacist"

Have questions or concerns about your medications? Attend our Health Resource Fairs for a one-on-one consultation with a professional pharmacist. There will be information from many community organizations, plus giveaways, refreshments, and entertainment!

Bonita – Friday, May 12, from 11 a.m. to 1 p.m.

Poway – Thursday, May 24, from noon to 2 p.m.

All About Butterflies

Learn how to attract butterflies to your garden.

Pine Valley – Tuesday, May 16, from 6:30 to 7:30 p.m.

Books-by-Mail Info Session

Library staff will discuss Books by Mail, which delivers books to the homes of elderly and disabled persons.

Alpine Community Center – Tuesday, May 16, from 12:15 p.m.

Computer Classes for Seniors

Borrego Springs – Basic Internet and Email. Wednesday, May 17 and 24, from 4 to 6 p.m.

Campo – Seniors' Computer Assistance Day, Thursday, May 4 and 18, 10 to 11:30 a.m.

Crest – Senior Coffee and Social and Intro to using a computer. Wednesday, May 17, from 11 a.m. to noon

El Cajon – One-on-one computer classes. Monday through Saturday from 9 to 10 a.m. Call for an appointment.

Fallbrook – Internet for Seniors, with SeniorNet instructor Jaycita Byrne. Tuesday, May 16, from 9 to 10 a.m.

Imperial Beach – Workshop on the Basics – Monday, May 22, from 10 to 11 a.m.

Jacumba – Computer Classes for Seniors. Thursday, May 11, from 10 to 12 noon

Julian – Learn about e-mail and surfing the Internet. Every Thursday in May from 10 to 11 a.m.

Lakeside – Basic Email and Internet. Thursday, May 11; Fri, May 19; and Sat, May 27; from 10 to 11:00 a.m.

Potrero – Basic Internet and Email. Tuesday, May 23, from 9 to 11 a.m.

Rancho San Diego – Mouse and Keyboard: Thursday, May 4, from 9 to 10 a.m.; Internet: Tuesday, May 9 and 16, from 9 to 10 a.m.; Windows: Thursday, May 11, from 9 to 10 a.m.

Rancho Santa Fe – Computer Classes for Seniors. Thursday, May 18, from 9 to 11:00 a.m.

Solana Beach – Computer Classes for Seniors. Every Saturday from 8:30 to 10 a.m.

East County Senior Travel Club

Be your own travel agent – Destination Europe!

Rancho San Diego – Tuesday, May 9, from 5:30 to 6:30 p.m.

Elderhostel

Come learn what Elderhostel can offer you!

Rancho San Diego – Saturday, May 13, from 11 a.m. to noon

Film Series

Join us for special films celebrating the joy, humor, love, and bravery of older persons.

Rancho Santa Fe – Matinees for Adults. Every Wednesday from 2 to 4 p.m.

El Cajon – Senior Matinees – Thursday, May 11 and 25, from 1:30 to 3:30 p.m. "I Remember When," featuring classic movies about the South Pacific in World War II.

El Cajon – Saturday, May 13 and 20, from 1:30 to 3:30 p.m. Films celebrate Armed Forces Day and Memorial Day.

Gentle Yoga

Valley Center – Every Tuesday from 5 to 6 p.m.

Cardiff-by-the-Sea – Chair Yoga with Emmy Garnica. Wednesdays, 3:30 to 4:30 p.m.

Fletcher Hills – Adaptive Yoga for Seniors, with Nancy Sanks. Thursday, May 4, 10:30 to 11:30 a.m.

Identity Theft and Privacy for Seniors

A speaker from the Privacy Rights Clearinghouse will discuss identity theft and how seniors can protect their privacy.

Poway – Wednesday, May 31, from 6:30 to 7:30 p.m.

Law for Seniors

Attorney Joan Allen-Hart, Assistant Director of the San Diego County Public Law Library, and Librarian Barbara Tarvin of the East County Branch of the San Diego County Public Law Library, will discuss questions about landlord/tenant laws and wills, trusts and probate.

La Mesa – Thursday, May 25, from 1 to 2 p.m.

Rancho San Diego – Wednesday, May 10, from 3 to 4 p.m.

Mid-Week Walkers

Join our group of intrepid walkers as they trek the neighborhood, then return to the library for chat and refreshments.

Solana Beach – Every Wednesday from 8:30 to 10 a.m.

Mosaic Memory Stone

Craft your own mosaic stepping stone, incorporating items that have special meaning for you.

Solana Beach – Tuesday, May 2 and 16, from 9 to 10:30 a.m.

Pilates for Seniors

Join Master Pilates Instructor Cathleen Frank for a special two class series. Learn how to improve your balance, flexibility, and strength using simple exercises and breathing techniques. Please bring two bath size towels and comfortable attire. Enjoy a continental breakfast after the programs.

Lemon Grove – Thursday, May 4 and 11, from 9 to 10 a.m.

Reader's Consultation

Run out of books by your favorite author? Don't know what to read next? Make an appointment with a librarian for a free reader's advisory consultation and receive a reading profile with a list of recommended titles and authors. Don't forget to fill out a senior interest survey and get a coupon for a free book at The Friendly Used Bookstore, courtesy of the Friends of the Santee Library.

Santee – By appointment, beginning Monday, May 22.

Senior Craft Program

Ridgecrest Senior Mobile Park, 13594 Hwy. 8 Bus., Lakeside – Tuesday, May 23, from 9:30 to 10:30am

Senior Hikers

Meet at the library for a pleasant hike in the country.

Descanso – Every Monday and Friday from 10 to 11 a.m.

Senior Life Experiences

Author Sheldon Lou will discuss his personal experiences grow-

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HONORING



RETIRED AND SENIOR VOLUNTEER PROGRAM

RECOGNITION BRUNCH JUNE 14

The 11th Annual RSVP Volunteer Recognition Brunch will be held from 9 a.m. to 1 p.m. at the Town and Country Convention Center in Mission Valley. Invitations will be mailed around the middle of this month.

Please note that the process for making a Brunch reservation has changed this year. There will be a reservation form and return envelope in your invitation. Fill out the form, put a stamp on the envelope, and mail it back to the Retired and Senior Volunteer Program.

Only registered RSVP volunteers who recorded 50+ hours in 2005 with the RSVP office will receive an invitation. These volunteers attend at no cost. Guests may attend at a cost of \$35 per person.

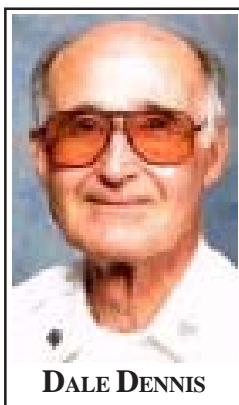
The meal will feature a delicious beef tenderloin (with a vegetarian option). For music, the Moonlight Serenade Orchestra will be featured, along with other special entertainment. This will be a time filled with good food, entertainment, awards, opportunity drawings, and fellowship.

Bus transportation will be available from the Salvation Army Center in El Cajon, Joslyn Senior Center in Escondido, and Norman Park Center in Chula Vista. Bus reservations can be made by calling the center in your area. Please do not make a bus reservation before you receive your invitation. If you have any questions, call RSVP at (858) 505-6399.

VOLUNTEER OF THE MONTH

Dale Dennis, nominated by Art Oberman of the City of Carlsbad Police Department Senior Volunteer Patrol, is our RSVP Volunteer of the Month. Dale has been a member of the volunteer patrol for the past six years and a Patrol Leader for more than two years.

Dale carries many responsibilities including picking up stolen property, doing foot patrols to show a police presence, taking documents to the



courthouse, issuing citations on vehicles unlawfully using handicapped parking places, and controlling traffic during special events.

His strong people skills are put to good use through his leadership on the You Are Not Alone (YANA) Program. Dale spends two hours every week visiting YANA seniors, and he also interviews applicants for the program.

In 2005, he was the Carlsbad Police Department Senior Volunteer Police Patrol Volunteer of the Year. Congratulations, Dale. Your efforts truly make a difference in Carlsbad.

VOLUNTEER OPPORTUNITIES

Public, nonprofit and health agencies throughout the county seek volunteers. Potential volunteers can call RSVP at (858) 505-6399 for information on these and other opportunities:

4th District Senior Resource Center is looking for a receptionist. This opportunity is located at the new George L. Stevens Senior Community Center in Skyline of San Diego.

Kids Korps USA needs Project Leaders (one project per month) to serve as liaisons between Kids Korps members, parents, and community agencies sponsoring service projects. Volunteer will confirm attendance and report hours for each participant; direct Kids Korps participants at the project; and collect feedback and evaluate the project. This is a county wide opportunity.

Guardian Angel Program of San Diego County is currently seeking volunteers throughout San Diego County to provide companionship to isolated seniors/residents in long-term care facilities.

Naval Medical Center of San Diego is recruiting volunteers for its Senior Peer Program. Senior Peers are trained non-judgmental listeners 60 years or older who assist other seniors to overcome various issues and provide direction to the appropriate community resources.

Seniors Against Investment Fraud (SAIF) needs trainers throughout the county to make presentations to community groups.

San Diego Midway Aircraft Carrier Museum needs docents and volunteers with aircraft restoration skills.

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ing up in Mao's China, as recounted in his newly published memoir, "Sparrows, Bedbugs, and Body Shadows." Book signing.

Vista – Sunday, May 14, from 1:30 to 3 p.m.

Senior Moments

Speakers, crafts, and activities for seniors. Stop by the library for more details.

Ramona – Fridays in May.

Adopt a Senior Pet

Senior pets (over age 7) make calm, gentle companions. The San Diego County Department of Animal Services has many great senior pets available for adoption at a reduced fee.

Spring Valley – Friday, May 19, from 1 to 5 p.m.

Senior Social

Relax, play board games, discuss your favorite book, share ideas, or just socialize. Refreshments will be served

El Cajon – Wednesday, May 3, from 1 to 3 p.m. Socialize and discuss topics selected by the group.

Jacumba – Wednesday, May 3 and 17, from 10 a.m. to noon. Door prizes will be awarded!

Casa de Oro – Friday, May 5, from 10:30 a.m. to 11:30 a.m.

Crest – Wednesday, May 17, from 11 a.m. to noon

Potrero – Tuesday, May 16, from 9 to 10 a.m.

Sewing Community

Bring your sewing machine, fabric, and imagination. Refreshments.

Valley Center – Tuesday, May 2 and 16, from 1 to 4 p.m. Special focus on quilting.

Potrero – Every Wednesday from 5 to 7 p.m.

Solana Beach – Tuesday May 2 and 16, from 9 to 10 a.m. Special focus on knitting and crochet.

Twentieth-Century Music: Best of Each Decade

Multimedia, intergenerational program exploring how modern music has evolved.

Casa de Oro – Friday, May 19, from 10:30 to 11:30 a.m.

Solana Beach – Tuesday, May 9, from 6:30 to 7:30 p.m.

What is a Healthy Diet?

Amy Haessly from the UC Cooperative Extension Services Family Nutrition Program will discuss senior nutrition, including the new food pyramid, label reading, special diets, and cooking for one. Seating is limited; advance registration is recommended. Call the library at (760) 891-3000.

San Marcos – Wednesday, May 10, from 10:30 to 11:30am

Music Performances in Honor of Older Americans:

Classical Guitarist Robert Wetzel

San Marcos Senior Center - Wednesday, May 17, from 10:30 to 11:15 a.m.

Hanneke Cassel, National Scottish Fiddle Champion of 1997, will perform with a fiddle and cello ensemble. This "First Wednesday" program, sponsored by the Friends of the Cardiff-by-the-Sea Library, will take place in the outdoor area of the library.

Cardiff-by-the-Sea – Sunday, May 21, from 1 to 3 p.m.

Morning Glory String Band Classical Music Series, sponsored by the Friends of the Vista Library.

Vista – Sunday, May 7, from 1:30 to 2:30 p.m.

For library addresses or for more information, see www.sdcl.org, or call the San Diego County Library Adult Services Librarian, Ann Hammond, at (858) 694-3833. ♣

MEDICARE PART D ENROLLMENT

The Health Insurance Counseling & Advocacy Program (HICAP) reminds Medicare beneficiaries that the deadline to enroll without a penalty in the Medicare Prescription Drug Program, known as Part D, is May 15. For assistance with enrolling, contact HICAP at (800) 434-0222. ♣

NEW "AGING FOR ALL AGES" EXHIBIT

Explore some of the ways we address aging in a new, thought-provoking exhibition created by the Reuben H. Fleet Science Center, called "Aging for All Ages." Opening on May 27, this exhibition will offer a variety of hands-on learning opportunities to introduce visitors to fascinating facets of how we grow and age throughout our lives.

"Aging for All Ages" will be divided into three sections: "Mind," "Body," and "Community." In each section, visitors will learn about wellness and healthy lifestyle choices through fun and engaging interactive exhibits. For instance, you can test your reaction time, learn how bones develop throughout your life, and kids can see how they might look as adults via cutting-edge computer technology. Also, produced just for this exhibition will be a video starring San Diego seniors that will highlight anecdotes from their interesting lives.

This exhibition is made possible by a grant from the MetLife Foundation Partnership for Lifelong Learning with additional support from AIS. ♣

LONG TERM CARE INTEGRATION UPDATE

The next Long Term Care Integration Project Planning Committee meeting is scheduled for 10:30 a.m. to 2:30 p.m. Wednesday, May 10, at Point Loma Nazarene University-Mission Valley, 4007 Camino del Rio South, San Diego. All interested individuals are invited to attend. Representatives from two Medicare demonstration projects will present in the morning and respond to questions after lunch. RSVP to staff by May 5.

At the April meeting, staff presented a three-strategy update with proposed recommendations to the Board of Supervisors, including seeking Board approval to move forward with continued development of the Healthy San Diego Plus model, based on the Governor's pilot proposal, as well as to accept the Physician Strategy proposed Implementation Plan for additional funding. Group discussion of all three strategies and related recommendations followed. For questions or more information, see the LTCIP website at <http://www.sdcounty.ca.gov/cnty/cntydepts/health/ais/ltc/> or contact Evalyn.Greb@sdcounty.ca.gov or (858) 495-5428. ♣

SEND IN YOUR ITEMS

This monthly calendar welcomes your contributions. Just send items by the 10th of each month preceding the issue date to: Denise G. Nelesen, editor, Aging & Independence Services, 9335 Hazard Way, San Diego, CA 92123-1222. Or fax to: (858) 495-5080. Or you can email to denise.nelesen@sdcounty.ca.gov.

MAY 5, FRIDAY

8:30 A.M. TO 1 P.M.

A free Grandparents Raising Grandchildren workshop will be held at the O'Farrell Charter School, 6130 Skyline Dr., San Diego, 92114. Learn about guardianship; rights and responsibilities; custody laws; assistance and entitlements; respite; and support groups. To RSVP, call the Rose House Kinship Center at (619) 477-5004.

MAY 10, WEDNESDAY

4 TO 7 P.M.

"Caregiver's Toolbox: Coordinating Community Services," a free seminar for family caregivers and professionals who assist them, will be held at the Poway Adult Day Health Care Center, 13180 Poway Road, Poway. Learn the resources available to keep your loved one safely at home, and where to call. A light supper will be provided. CEU's available. Reservations required; call (858) 748-5044, ext 15, by May 5.

MAY 17, WEDNESDAY

7 P.M.

"Update on Palliative Medical Care" will be presented by Dr. Laurel Herbst, vice president of San Diego Hospice, at UCSD's Garren Auditorium. For more information, call (858) 534-6299.

MAY 18, THURSDAY

9 A.M. TO 1 P.M.

Active Adults Health and Well Being Fair will be held at Norman Park Center, 270 F St., Chula Vista. There will be health screenings and education. For more information, call (619) 691-5086.

MAY 19, FRIDAY

10 A.M. TO 1 P.M.

Senior Health Fair will be held at the Santee Trolley Square Amphitheater, 9850 Mission Gorge Rd. in Santee. There will be free health screenings, educational programs, prizes and more. Sponsored by the East County Senior Service Providers. For more information, call the La Mesa Adult Enrichment Center at (619) 464-0505.

MAY 31, WEDNESDAY

11 A.M.

"Food Safety in the Home" will be presented by dietitian and educator Judy Elliot at the College Avenue Senior Center, 4855 College Ave., San Diego. Learn how to better preserve and store food in your home. For more information, call (619) 583-3300.

JUNE 3, SATURDAY

8:30 A.M. TO 1:30 P.M.

"Senior Vitality Expo" will be held at the La Jolla Presbyterian Church, 7715 Draper Ave., La Jolla. There will be health screenings and information. Free lunch and shuttles. For more information, call (858) 729-5547.

JUNE 5, MONDAY

10 A.M. TO 2 P.M.

Meals-on-Wheels Greater San Diego, South County Service Center, will be

sponsoring its 28th annual Benefit Card Party. Cost is \$12, which includes lunch. For more information, contact Marge Berry at (619) 427-9160.

JUNE 10, SATURDAY

8:30 A.M. TO 2:30 P.M.

"Finding Balance in the Art of Caregiving," a free conference for family caregivers, will be held at the Point Loma Presbyterian Church, 2128 Chatsworth Blvd., San Diego. Lunch and a Continental breakfast will be provided by AARP. Sponsored by the Caregiver Coalition of San Diego County and the Peninsula Shepherd Senior Center. Reservations are required; call Sharp HealthCare at (800) 827-4277.

JUNE 11, SUNDAY

11:45 A.M. TO 5:15 P.M.

Ninth annual Cancer Survivorship Celebration of Life will be held at Cancer Survivors Park at Spanish Landing, 4100 N. Harbor Drive, San Diego (directly across from the San Diego Airport.) A free celebration featuring a health fair, lectures by medical experts, entertainment, food and fashion show. For information, call (760) 598-8289.

ADVISORY COUNCIL

The Aging & Independence Services Advisory Council will meet at noon Monday, May 8, at Aging & Independence Services, 9335 Hazard Way, Kearny Mesa. The meetings are open to the public.

CA SENIOR LEGISLATURE

The San Diego CSL meets at 10 a.m. on the second Monday of the month at AIS.