

# outside in

BRINGING THE OUTSIDE WORLD IN FOR SENIORS IN OUR COMMUNITY

**OUR MISSION:** "Using primarily volunteers, PeopleCare will assist and support the homebound elderly by providing socialization, emotional support and access to service providers where no one is denied services."

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"GROWING OLD IS  
MANDATORY;  
GROWING UP IS  
OPTIONAL."

- UNKNOWN

## PeopleCare Community Social by Marty Kenahan

There's nothing quite like the simple pleasure of bringing people together in an atmosphere of warm hospitality and watching the magic unfold. I was reminded of this recently when my sisters and I hosted a garden party in honor of our mother's 85<sup>th</sup> birthday. Dear ladies who'd been like second mothers to us, and who had created so many memorable moments over the years, were invited and we looked forward to this time when we could commemorate all of their great years of "doing for others."

Not surprisingly, this amazing group of octogenarians, the "Octos" as they like to call themselves, couldn't simply be entertained; they needed to bring their special gifts to the table. Hazel insisted on helping with the decorations by making little grapevine baskets and fill-

ing them with roses from her own garden while Emily simply had to contribute her famous wedding cookies for Miss Sue's birthday celebration! More than fifty ladies came with their own lovely gifts of shared memories and the day was a success!

This occasion gave me pause to wonder about how our spirits are nourished by the simple gifts of hospitality when friends

gather for personal celebrations as well as for church socials, community banquets and various school events. As it turns out, Miss Sue's 85<sup>th</sup> birthday party planted the seed of an idea for a PeopleCare event --- the **PeopleCare Community Social**.  
*(continued on page 4)*



*(above)* Ann Diombala, Muriel Wachter and Dolores Wooding with Scout Lily Jerz;  
*(left)* Scouts and PeopleCare Guests enjoy the Community Social



Paladino Photography

## Public Libraries: Health Clubs for the Brain *by Alvaro Fernandez*

Public libraries have long offered the public more than books. And now, recent demographic and scientific trends are converging to transform the role of libraries in our culture. Libraries are taking on a new mission: to help promote cognitive health in their communities, using the concept of brain fitness as a framework for library-based lifelong learning, civic engagement, gaming and health promotion initiatives.

New trends are emerging around our public libraries. Libraries now are focusing more on health and wellness promotion in order to engage older adults, and cognitive health, or brain fitness, is becoming a significant component of that promotion.

U.S. Public Census data shows why libraries need to cater to an older audience. From the years 2000-2020, the number of Americans over age 55 is expected to increase from under 60 million to nearly 100 million. This increase is due to expanded longevity and to the baby boomer generation moving up the population pyramid.

Brain health provides a unique opportunity for libraries to engage active baby boomers and elders. There has been a growing interest by boomers and seniors on brain health issues and public libraries, as community learning hubs, could play a major role in the fitness of older adults by providing socialization and games.

Gaming, thanks to the Nintendo Wii, has become one of the most popular activities that engages older adults in the libraries, where previously, more traditional computer classes had been the major attraction.

Gaming has turned out to be working well in attracting elders, with library staffs helping create intergenerational activities and classes where teens teach and interact with older adults. As libraries engage older adults with innovative lifelong learning, civic engagement, gaming, health and wellness promotion programs and events, it appears that brain fitness is the glue

that binds these activities together.

Pauline Rothstein, coeditor of the American Library Association's *Longevity and Libraries: Unexpected Voices* (to be published in late 2009), recommends that libraries "think of brain fitness as the new concept that can help integrate diverse activities, identify additional needed resources and explain our value to society. Rothstein believes that libraries need to stop focusing so much on objects — such as books and DVDs — and instead focus on services. They must explore the questions of how they educate and how they help the public navigate the escalating avalanche of information that deals with how to keep our brains healthy. This evolution will require libraries to proactively listen to community expectations, and to partner with local organizations, such as senior centers, to meet new requirements.

If libraries were reshaped as health clubs of the brain and the mind, they could become vital information centers and dynamic destinations for brain fitness programs, which would provide a crucial service to America's aging population.

- by Alvaro Fernandez, *Aging Today*, May-June 2009



“THE LIBRARY IS THE TEMPLE OF LEARNING, AND LEARNING HAS LIBERATED MORE PEOPLE THAN ALL THE WARS IN HISTORY.”

- Carl Rowan

*There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will. - Epictetus*

# BOOKS ON THE BRAIN

- **A Users Guide to the Brain: Perception, Attention, and the Four Theaters of the Brain** by John J. Ratey
- **Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School** by John Medina
- **The SharpBrains Guide to Brain Fitness** by Alvaro Fernandez and Dr. Elkhonon Goldberg
- **The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science** by Norman Doidge

Please visit:  
<http://www.sharpbrains.com/resource/books/> for an additional reading list. To order *The SharpBrains Guide to Brain Fitness*, go to [www.sharpbrains.com](http://www.sharpbrains.com) or [www.amazon.com](http://www.amazon.com).

## MARK YOUR CALENDARS

*Aging Well Riverside/North Riverside/ Lyons Community Action Team presents: A Swap & Shop Event. Tuesday, November 17th 1:00 - 3:00 p.m. North Riverside Commons 2401 S. DesPlaines, North Riverside. For info. call 354-1323 x19.*

## CHEW ON THIS!!! by Lisa M. Davila

Avoiding the dentist can lead to serious health problems. Older adults are more likely to keep their teeth for their lifetime than they were a decade ago. However, older adults also have the highest rates of periodontal disease, so they must do more to maintain their oral health. Periodontal disease is any disease affecting gums and supporting structures of the teeth, including the bones.

There is a lot more to dental care than just brushing, flossing, and rinsing regularly. Along with keeping your smile looking lovely, oral health is important for several reasons. “If you don’t have teeth, you don’t have to worry about gum disease or cavities,” says Janet Yellowitz, D.M.D., director of geriatric dentistry at the University of Maryland Dental School. “But it’s still important to see a dentist regularly, whether you have teeth or not.”

Don’t wait until you have pain to get checked. “Older adults may not feel pain as much as younger adults. Whereas a younger person might feel cavity pain early, an older person might not feel any pain until the cavity is far advanced,” Yellowitz says. Some-



times, it turns out that someone who has tooth pain actually has a sinus or ear infection. Therefore, “it’s important to catch dental problems early to prevent complications, especially in older adult who might have other diseases,” Yellowitz says.

The most compelling reason for you to see a dentist regularly is for an oral cancer check. “Oral cancers occur more often than people think in older adults— even if they have no risk factors, like smoking or drinking,” says Yellowitz.

Choosing the right dentist is an important decision. “Talk with your friends to see who they like. Look for a dentist who sees a lot of older adults,” says Yellowitz. “They are more likely to have better knowledge of people with multiple chronic conditions, who may be taking several medications, or who may have memory loss or other dementia-related problems.”



**THE DOCTOR IS IN:**  
 Puzzle Answers:  
 Dentistry  
 Vaccination, Symptom,  
 Ointment, Laboratory,  
 Neuroscience, Health Care,  
 Tablet, Diabetes,

7+	5	4	3	2	1
9x	16x	3	1	2	7+
5	4	3	4	3	5
5+	1	4	3	5	7+
2	2	1	2	5	4
3	2	1	2	5	4
1	5	2	4	3	3
1	-1	5	2	2	1
7	3	5	2	1	1



# COMMUNITY

## Social *(continued from page 1)*



*(above)* PeopleCare Guests with Scout Joey Jacobs;  
*(right)* Troop 4590 Scouts Sam Liska and Emily Hastings



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So many people in Brookfield, LaGrange Park, Lyons, North Riverside and Riverside have come to love and respect the simple yet profound mission of PeopleCare *“to assist and support the involuntarily homebound by providing socialization, emotional support and access to service providers.”* Therefore, it was rather easy to enlist the participation of kind and generous people from a variety of community organizations and the very first **PeopleCare Community Social** was held on Wednesday, June 17, 2009. The day was enjoyed by all as friends, old and new, ranging in age from 9 to 90+ gathered for High Tea and Spring Flowers co-hosted by **Sts. Peter & Paul Lutheran Church of Riverside, Girl Scouts, Christopher Mark Florist and PeopleCare Staff and Volunteers.**

**Ramona Suffern**, lead volunteer of the Lutheran Mission and Outreach group that made all the elegant tea sandwiches and ran the kitchen, said, *“The High Tea was so delightful with the great table settings, beautiful floral arrangements and the delicacy of food served. It was an afternoon filled with caring fellowship*



*(above)* Girl Scout Troop 657 and Cadet Troop 4590 with leader **Cathy Louthen** ;  
*(right)* Scouts **Kelly Showel, Lily Jerz** and **Emma Veon** with PeopleCare Guests **Mae Valente, Ann Diombala, Muriel Wachter, Dolores Wooding** and **Ann Smagaj**



and joy to all attending.” Girl Scout leader **Cathy Louthen** added that the “inter-generational” sharing was especially meaningful to the young scouts who served tea along with their delicious homemade pastries. **Pastor Dennis Lauritsen** provided a tremendous welcome and shared the history of the church during a tour of their unique sanctuary. After a brief floral demonstration, the event concluded with scouts and seniors teaming up to make fresh flower arrangements in the vases that scouts had collected during a recent recycling drive.



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The goal of the **PeopleCare Community Social** is to bring together volunteers, new and old, around a social event offering fun and fellowship to our elders. It is hoped that through these events, we can spread the word about PeopleCare and recruit more community volunteers while also welcoming more seniors who would like to avail themselves of the services offered by PeopleCare.

**Our second PeopleCare Community Social is scheduled for Tuesday, December 1, 2009, 3:30pm until 5:30pm in Brookfield.** PeopleCare drivers will provide rides to and from this event. We will enjoy a winter soup supper followed by an interactive program offered by Chris Borzym of Christopher Mark Florist who will teach us to make an evergreen centerpiece highlighted by fresh flowers that can be changed throughout the season. Each attendee will create his or her own centerpiece to brighten their holiday home environment. Scouts will create extra centerpieces to be delivered to PeopleCare elders who are unable to attend the event but who express an interest in having flowers delivered. Please **call the PeopleCare office at 708.442.1223 for more information.**



(above left) Rosalie Rivera with Scout Caitlin Lieggi ; (above right) Sam Liska, Lorraine Marek, Kendall Hastings and Elise Castelaz with Sophie Czajka, Virginia Quade and Rosalie Rivera (left) PeopleCare Guests, Staff and Scouts enjoy the Community Social.



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(far left) Scout Anna Strubbe arranges flowers ; (right) Guest Marie Pisoni enjoys the PeopleCare Community Social.

“OLD AGE IS 15 YEARS OLDER THAN I AM.”

- Oliver Wendell Holmes



**GREATER LAGRANGE  
YMCA MEN'S CLUB ANNUAL  
CHRISTMAS TREE  
SALE!**

✧ SALE BEGINS ✧

**NOVEMBER 27, 2009**

**GORDON PARK**

**MONDAY - FRIDAY**

**3:30 PM - 9:00PM**

**SATURDAY-SUNDAY**

**9:00 AM - 9:00PM**

**Continue your family tradition!!**

Trees will be for sale in LaGrange in **Gordon Park**. (Enter the park from Ogden Ave. just east of LaGrange Rd. and before the train bridge.)

For info. call: **708-352-7600**.

*Supporting the YMCA Men's Club Christmas Tree Sale helps support the needs of the community. All proceeds benefit local charities and organizations.*

*Knowledge of what is possible is  
the beginning of happiness.*

*- George Santayana*

## Joint Commission Urges Patients to 'Speak Up' About Pain



Pain is just a part of life, right? Maybe not. Pain is actually one of the main reasons that Americans seek medical treatment, and untreated pain can have serious effects—slowed recovery times and higher health care costs.

The Joint Commission is launching a national campaign to help Americans work with their caregivers to better manage pain. "Effective pain management is a crucial component of good health care, and treating pain is the responsibility of all caregivers," said Mark R. Chassin, M.D., president of the Joint Commission. "The Joint Commission encourages patients to ask the right questions so that they can find relief."

Since 2000, the Joint Commission has made pain assessment and management a priority in its national standards and accreditation process. The campaign includes a brochure entitled "What You Should Know about Pain Management," which identifies questions and answers that will help patients find out more about pain treatments that can be used for pain caused by injury, illness or surgery. The brochure encourages patients to ask their caregivers specific questions about pain medication, including doses and times that medication should be taken, side effects, how long the medication will take to work, and what to do if the medication does not work.

The framework of the **Speak Up**<sup>TM</sup> program urges patients to: **S**peak up if you have questions or concerns; **P**ay attention to the care you are receiving & make sure you are receiving the right treatments; **E**ducate yourself about your diagnosis, the medical tests you are undergoing, and your treatment plan; **A**sk a trusted family member or friend to be your advocate; **K**now what medications you take and why you take them; **U**se a hospital, clinic, surgery center, or other type of health care organization that has undergone a rigorous on-site evaluation against established state-of-the-art quality safety standards; **P**articipate in all decisions about your treatment. Brochures can be found at [www.jointcommission.org](http://www.jointcommission.org) and are also available in Spanish.

- from, Senior Connection, May-June 2009

## BRAIN EXERCISES - KEEP YOUR BRAIN AND BODY HEALTHY

7+	9x		16x	5
				5+
7+	4-		2	
	2÷		4-	
1	3-		1-	

### DO YOU KENKEN?

In KenKen, the latest addictive brainteaser, all you'll need are logic, concentration and a little bit of math. The rules: Fill the grid with numbers 1-5. Do not repeat a number within any horizontal row or vertical column. The numbers in each heavily outlined set of squares must combine (in any order) to produce the target number shown, by using addition, subtraction, multiplication or division as indicated. For example, the 7+ "cage" at left could contain 4 and 3, or 5 and 2. Easy!

Answers on page 3

### THE DOCTOR IS IN

Unscramble these nine words or phrases, which are all related to medicine. The first letter is given. *Answers on page 3*

ETBLAT: T \_\_\_\_\_

BESETAID: D \_\_\_\_\_

UEROECCSIENN: N \_\_\_\_\_

EAHTLHACRE: H \_\_\_\_\_

INATOIVCCAN: V \_\_\_\_\_

PTMOYSM: S \_\_\_\_\_

NEMIOTNT: O \_\_\_\_\_

RTORYABLAO: L \_\_\_\_\_

ENTSITRDY: D \_\_\_\_\_





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## A Clue to Aging's Toll on Muscles

As people age they lose muscle mass, about 1 percent a year starting in middle age. That loss, called sarcopenia, is a major reason for continuing strength training throughout life. Recently, British researchers may have found a clue to why muscle loss may occur, and it could have to do with eating.

Researchers from the University of Nottingham School of Graduate Entry Medicine and Health in Derby, England, studied two groups: eight younger people, average age 25, and eight older people, average age 65. They were tested before breakfast; then they were given a small amount of insulin to replace their body's reaction after eating breakfast.



By following an amino acid that showed how much protein was being broken down in leg muscles, the researchers found that in the younger subjects, muscles were able to use insulin to halt muscle breakdown, while muscles in the older participants could not.

They also discovered that the younger people had greater blood flow in their legs than the older people, causing speculation that the older people might be getting lower amounts of nutrients and hormones. Weight training, they believe, could help maintain those crucial muscles.

The study appears online in the *American Journal of Clinical Nutrition*.

- by Jeannine Stein, Tribune Newspapers, 2009