

Grossmont Mall Walkers October News

“Walking is the world’s oldest exercise and today’s modern medicine.” We have walked our way to October! This year is zooming. We have many activities to look forward to and hopefully some cooler weather.

Look who is Celebrating a Birthday

October 2- Marge Dyke

October 21- Clair Bowen and Dave Ordway

Happy Birthday Special Mall Walkers!!

October Schedule

October 6- Regular Class

October 13-Blood Pressure Screening and Class

October 20- Regular Class

October 21- Off Broadway Live! 3:00pm

October 26- (Friday) Trip to Old Town

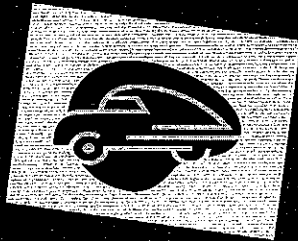
October 27-Halloween Fun at Class



TRANSPORTATION EXPO



CITY OF
LA MESA
JEWEL of the HILLS



Presented by Rides4Neighbors

Friday, October 12th

9:00 AM - 12:00 PM

La Mesa Community Center

4975 Memorial Drive,

La Mesa, CA 91942



FREE!

Breakfast Bar (begins at 8:30 am)

Flu Shots (8:30 AM - 11:00 AM provided by Sharp Grossmont)

Transportation & Mobility Exhibitors

Opportunity Drawings

For more information call

619-667-1321

SHARP Grossmont
Hospital

SANDAG

TransNet

Helping seniors 'age in place'



Attention older adults: AARP wants to know if your home is "HomeFit" and whether you plan to "age in place."

"Aging in place" means that you can safely remain living in your home of choice for as long as you are able while maintaining your dignity and quality of life.

According to the senior-focused organization, the majority of Americans over 65 would prefer to live in their homes for as long as possible. To do this successfully, individuals must be able to move and function safely in their home setting as they age.

This often requires the help of home health professionals who play a key role in promoting independence and safety in performing essential daily tasks.

"One of the first goals of a home health therapist is to perform a home assessment to both determine how a senior functions in their home and ensure that the home is safe," says Claire Sigal, Sharp Home Health senior specialist. "Once we assess a person's abilities and needs, we can recommend changes to their home environment to improve their safety and make essential daily activities easier for them."

Home health professionals will often make an initial home visit to determine a person's fall risk and overall safety. Approximately half of all unintentional falls occur in the home, most during regular activities. A good place to begin the assessment is in the home's entryways, stairs and hallways, where falls and injuries might occur.

A home health professional will check the following details:

Entryways and doors:

- Is there at least one step-free entrance into the home?
- If there are steps, are they in good condition, with handrails along the sides?
- Are thresholds free of clutter?
- Do doorways accommodate a walker or wheelchair?
- Can the person easily lock, unlock, open, close and walk through the doors?
- Is there space to maneuver while opening and closing doors?

- Does the front door have an accessible view panel or peephole?
- Are entrances well-lit, both on the interior and exterior?

Stairways:

- Are there handrails along the sides of stairways?
- Are stairways well-lit, and are there light switches at the top and bottom?
- Is the carpeting on the stairs in good condition?
- Do uncarpeted stairs have a nonslip surface?
- Are the stairs free of clutter?

Hallways:

- Are hallways well-lit, and are there light switches at both ends?
- Are hallway floors free of clutter and obstacles?
- Is carpeting in good condition?
- Do uncarpeted floors have a nonslip surface?
- Are area rugs secured to the floor?

Once the assessment is complete, recommendations for improvements can be made based on a person's individual lifestyle, needs, activities, abilities, mobility and whether others are living in the home. The goal is to ensure that individuals' needs are met, personal beliefs and wishes are respected, and quality of life is maintained as they age.

"We are passionate about helping those we work with stay in their home safely," says Sigal. "We know that aging in place increases satisfaction with quality of life and decreases injuries, depression, recurring disability, hospitalizations and nursing home admission."

This article is the first in a series on helping seniors age in place. Future articles will focus on senior safety in bathrooms and the kitchen, and will feature one family's story about successfully helping their loved one age in place. More information on AARP's HomeFit program can be found at aarp.org.

The health benefits of having (and being) grandparents



The results are in: grandparents help children live healthier lives. Bonus benefit? The positive health effects can be reciprocal.

“Grandparents are in a unique position to have a tremendous impact on the lives of their grandkids,” says Dr. Vivek Nazareth, a family medicine doctor with Sharp Rees-Stealy Medical Group. “At the same time, they enrich the lives of their own children as well as themselves.”

Benefits to grandchildren

Grandparents are notorious for spoiling their grandkids. And now, they have an excuse. A recent study showed decreased depression in kids who were closely bonded to their grandparents. Here's why:

- **Grandparents often have more time**
Many grandparents are retired and have more time on their hands than their busy adult children. They're, for the most part, not juggling multiple responsibilities, such as jobs or mortgages, and instead focus entirely on the things they love — like grandkids.
- **Grandparents have the opportunity to choose**
Grandparents are at the stage in their lives where they are not primary caregivers, and they can choose how involved they want to get. When people do things out of choice, and not of need, their approach, attitudes and interactions are much more positive, leading to better outcomes.
- **Kids and adolescents tend to be easier on their grandparents**
Grandparents have a special bond with their grandkids — one that is entirely different from the parent/child relationship. Children, particularly adolescents, are somewhat reluctant to show affection publicly to their own parents because they deem them “not cool” or are afraid of judgement from peers. Grandparents rarely carry the same stigma.
- **Grandparents can be an impartial third party**
Many kids are more comfortable going to their grandparents for advice because their bond is less judgmental and comes with less fear of punishment. Many adults find that grandparents can offer a voice of reason when conflict arises between kids and their parents, as there's often less frustration and a bigger sense of listening and patience.

- **Grandparents have a wealth of experience**

From medical emergencies to toddler negotiations, grandparents have been there. They have a general idea of what works and what doesn't, and can separate "needs" from "wants." When parents struggle with their children, grandparents can help them focus on the destination, while enjoying the (sometimes bumpy) journey.

Benefits to grandparents

Kids aren't the only ones who benefit from a grandparent's time and devotion. A recent study showed that seniors who babysit live longer and experience less depression. Being a grandparent can improve a senior's health because:

- **Kids keep grandparents physically and mentally active**

Whether they're walking to the park or explaining long division, interacting with kids can help an older adult stay physically active and mentally sharp. While overdoing it can cause fatigue or stress, finding a good balance in caregiving can make a big difference in a grandparent's overall health.

- **Grandparents can live vicariously through their children**

The role of grandparent can bring a new sense of purpose, pride and joy. Being involved in a grandchild's growth and development brings an emotional satisfaction that is unique from that of a parent.

- **Kids are genuinely interested in helping their grandparents**

When grandparents need help or assistance, many grandchildren jump at the chance. Because they are "asked" and not "ordered," and are appreciated for their actions, kids are more willing to be by their grandparent's side.

- **Grandparents have a revered role in the family**

In most cultures, grandparents have a special position of reverence, respect, trust and affection. They are often the heart of their families, and can take pride in the admiration and achievements of their offspring. While aging comes with its challenges, seeing the growth of new generations can be the happiest time in a person's life.

Grandparenting from afar

But what if Grandma lives far away, does the bond suffer? In short, it doesn't have to. Face-to-face interactive media, such as Skype or FaceTime, bring families together on a regular basis. And while the American Academy of Pediatrics (AAP) is careful not to recommend too much screen time for children, device interaction with grandparents is a strong exception.

"It's easier than ever to keep in close contact, even from around the world," says Dr. Nazareth. "My own kids communicate with their grandparents in India weekly. No matter how a grandparent bonds with his or her grandchildren, it's so important. And it's a relationship that a child will hold onto forever."

HALLOWEEN

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

A T S O H G K G R A N N D
M C A N D Y S N O T I H E
K W I T C H A E I K R P R
E C B A T T M E P G C N G
N D A R S U S M N A H O R
H E E L T D U E T R C T A
O A Y S B P E E S E A E V
T N O K T W ' T K B C L E
N C O W O R W H O O K E S
Y O U L N O I A R T L K T
E O L O N H P C A C E S O
L A O L O W E S K O E N N
H M Y R A C S B O O L B E

By Evelyn Johnson - www.qets.com

Bat	Ghost	Pumpkin
Black	Gravestone	Scary
Boo	Halloween	Skeleton
Cackle	Mask	Spooky
Candy	Moon	Treat
Cat	Night	Trick
Costume	October	Witch

FIRE PREVENTION

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

E R E H S I U G N I T X E S
F T I R E I H S A G O S O A
G D A S E N E R I S C R R F
E N V U A N A T Y A B E E E
R P I U C T T R P A T M B T
I R A N D A E E M A A P A Y
F E F S T T V T W L M R E E
R V N O T H D E F L R O K M
V E K A R H G E T C A P R S
K N B P O E F I F Z L A M E
K T R S V N S J L E A N N K
Z I E B B Y C T H W N E P O
C O M B U S T I B L E S W M
N N D F T F O A M R G K E S

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Alarm	Extinguisher	Lightning
Battery	Fire	Prevention
Combustible	Flame	Propane
Defense	Foam	Safety
EMS	Forest	Siren
Escape	Heat	Smoke
Evacuate	Hose	Water