

HEALTHY AGING

Spring 2005

A publication of

*Grow Old
Gracefully*

Paula J. Carter Center on Minority Health and Aging

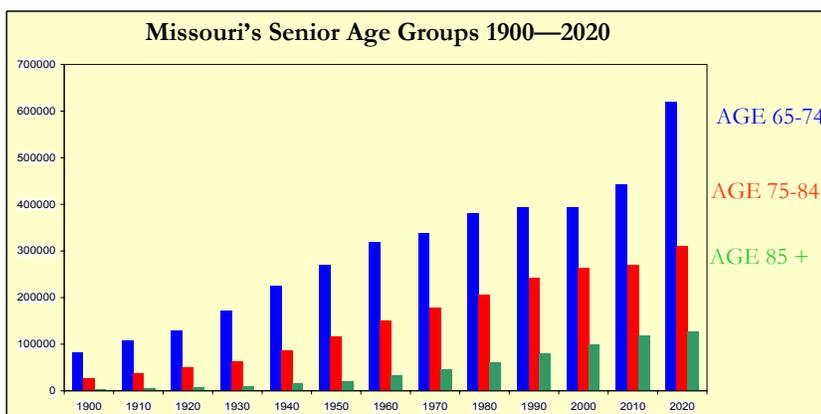
Lincoln University Cooperative Extension

If you ask a gerontologist, they'll tell you there isn't a specific age when you become old, rather YOU determine when you're old. Gerontologists study the effects of aging...from birth to the inevitable end. Aging is a process like any other process. Some people fear aging, lying about their age throughout their lives, never coming to grips with the process. Gerontologists look at biology, sociology and psychology to evaluate ways to assist people in growing old gracefully. One thing we all can do is to plan ahead. Realize early that you are going to confront some physical changes as you age. Vision problems can start as early as 45, and by the time people are in their 80's, less than 15% have 20/20 vision. 60% of people in their 80's experience hearing loss. As you age, skin loses its sensitivity, making us more susceptible to sunburn. Plan ahead. As you realize these are potential hurdles in your path, find ways to get over them. Have regular vision exams and make sure your vision prescriptions are up to date. Use sun screen when you go outside, and wear a hat. Pay attention to people's faces as they speak to them. Watch what they say, and if you don't understand, or don't hear them...ask them to make it clearer for you. Remember, the physical decline occurs so slowly that the body accommodates for the changes without your knowing it...for the most part. Grow old gracefully; it will be easier for you, and on you. You are as young as you feel...or maybe, you're as young as you want to feel.

**The 2005 Missouri
Institute on
Minority Aging has
been cancelled.**

**We will alert
everyone when a
new conference is
being planned. We
appreciate
everyone's
support.**

Thank You!





From the desk of Treaka Young...

My name is Treaka Young, and I am your new coordinator at the Paula J Carter Center on Minority Health and Aging. As an African American, and living in the inner city, I had the opportunity to witness many disparities and health concerns that minorities are faced with first hand. Cancer claimed the lives of both of my parents and since then I have dedicated tireless hours to make sure Missourians are educated about the early signs and symptoms of the illnesses they may be facing. I moved to the Jefferson City area in 1986 to attend Lincoln University, since then I have received a Bachelor's Degree in Sociology with a minor in Social Work. I also earned my Master's of Arts in Sociology and Criminal Justice, as well as a Master's of Education in Guidance and Counseling.

Most of my work experience consisted of working with people. I have always had a strong desire to help people. When I learned of the opportunity to be the Coordinator at the Paula J Carter Center on Minority Health and Aging, I knew it was one I was perfect for. All of my combined life experiences have prepared me for this position. When I speak of the area in which I was raised, the illnesses that claimed the lives of my parents, I say that to reiterate that I not only have the educational background, but the life experiences that have prepared me to lead this Center in the direction of our Mission which focuses on the aging population, minority disparities and health concerns. Our goal is to be a greater resource for you; however we need your help. We first ask that you contact the Paula J Carter Center; by telephone, email or the address that has been provided at the back of this newsletter and let us know how you feel about our past efforts and give us ideas about future topics you would like to see included in the next newsletter.

Now I put the challenge to you. Take the survey on the next page. Mail in your stories about your life, and some of the health challenges you, or someone you know are facing, good and bad. I am sure you are not alone. Let us know how you want to receive the newsletter, and send us the name of at least 5 individuals that you think would enjoy reading Healthy Aging as well. Our goal is to get a response, by June 15, 2005 from at least 100 people with ideas of topics and/or stories to include in the next newsletter. Future newsletters will feature stories and topics selected from your responses.

I look forward to hearing from you.

Treaka

Every quarter, we at the Paula J Carter Center on Minority Health and Aging, publish this newsletter. It's not something we want to do just for the sake of publishing a quarterly newsletter. We want you to be able to use the newsletter. Use it as a resource for information, for entertainment, for advice, or to be given hope for advances in medical technology.

To get to where you want it to be, we need to know where the newsletter is right now. SO...

Are you reading the Healthy Aging Newsletter regularly? Y N

What information are you getting from the Healthy Aging Newsletter?

What would you like to see in the Healthy Aging Newsletter?

How would you like to receive the Healthy Aging Newsletter?

By mail _____ On-line _____ By E-Mail _____

We know there are a variety of ways to send people information these days, so we would like to offer you a variety of ways to express your opinion about the newsletter.



YOU CAN:

Phone in
your
opinion

1-573-681-5527

Mail your opinion:

Paula J Carter Center on Minority
Health and Aging

215 Allen Hall

Jefferson City, Missouri 65101

ATTN: NEWSLETTER



Visit our Website at:

www.luce.lincolnu.edu/PJCCMHA.htm



A "Weighty" Issue



In a fast food world, where eating a questionable diet is the norm, gaining weight remains a major problem. A recent study shows the problem may be a bigger one for minorities. When compared to White Americans, the rate of overweight and obese African Americans and Hispanics is

occurring at a much higher rate. Asian Americans have a much lower occurrence of obesity. It also appears the rates become even more alarming when considering the socioeconomic status within the minority. Cultural factors are reported to play a major role in weight issues. Additional weight has a negative impact on the quality of the life. Extra weight can place stress on the joints, the heart, and the spine. It can aggravate hypertension, diabetes, or other health conditions.

Walking 15 to 20 minutes every day can help keep your weight manageable. The exercise also helps your body fight chronic diseases like diabetes, heart diseases, and high blood pressure. And, with all that to think about, an additional benefit to walking is stress relief. What are you waiting for?



Increase in Overweight and Obesity Prevalence Among U.S. Adults* by Racial / Ethnic Group

Racial / Ethnic Group	Overweight (BMI ≥ 25) Prevalence (%)		Obesity (BMI ≥ 30) Prevalence (%)	
	1988 to 1994	1999 to 2000	1988 to 1994	1999 to 2000
Black (non-Hispanic)	62.5	69.6	30.2	39.9
Mexican American	67.4	73.4	28.4	34.4
White (non-Hispanic)	52.6	62.3	21.2	28.7

Source: CDC, National Center for Health Statistics, National Health and Nutrition Examination Survey. Flegal et. al. JAMA. 2002; 288:1723-7 and IJO. 1998;22:39-47. *Ages 20 and older for 1999 to 2000 and ages 20 to 74 for 1988 to 1994.

Plant Therapy...It Grows On You

The benefits of plants in and around your home are numerous. They can improve the overall value of your house, and they can improve the value of your life. There are a variety of “therapies” that plants offer...not the least of which is aroma therapy.

Aromatherapy is using the scents produced by plants and flowers to promote health and well-being. The smells have an effect on the parts of

the brain that involve our emotions and our hormones. Think about the smell of fresh baked cookies, and see if it stirs some memories. Plants can provide a sense of well-being

in that same way. Experiment...try some fragrant flowers and plants

around the house, and see if it makes you feel better. Orchids, roses,

lavender and peace lilies are all very perfumed. In the same way the

perfume in the air brings about good feelings, plants also purify the air.

Spider plants, or airplane plants, are an excellent way to ensure the air in

your home is clean. Plants and flowers also provide physical therapy,

and on a variety of levels. There are very few activities as invigorating

as gardening. From tilling to weeding, and

in some cases harvesting, plants and flowers

give us an opportunity to get outside, breathe fresh air, and get

your hands dirty. Inside, there are still therapeutic possibilities.

Whether it's a philodendron, an African violet, or indoor

tomatoes, the plants still need to be watered and weeded. Your

level of exercise really depends on what you want to do.

Gardening also offers the opportunity to overcome difficulties.

If the desire to garden is strong, but there are some physical

challenges, there are still ways to enjoy the many benefits of

plants and flowers. There are raised bed gardens, and special

tools available to make gardening easier. Making things easier

on yourself helps keep the attitude better on your activities.

Speaking of attitudes, that's something else plants and flowers

can improve. Think about it...it's a way of keeping active, keeping moving, and

taking care of something. Remember to beware of the “toos”: **T**oo much water, **T**oo little

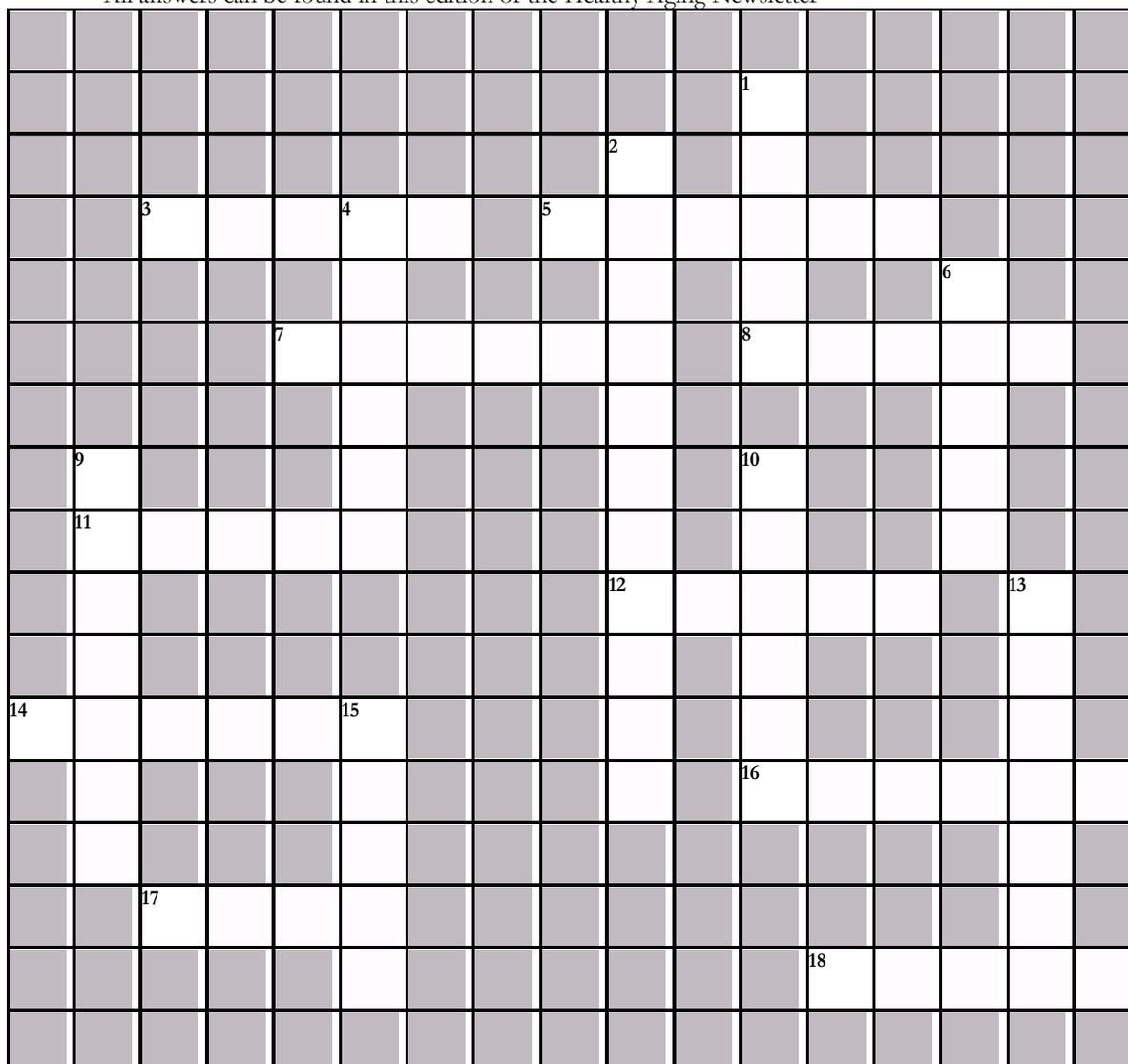
water, **T**oo much sun, **T**oo little sun. Also remember some plants will survive just about

anything...just like people. Keep trying, get your hands a little dirty, and enjoy the fruits of your labors.



CROSSWORD PUZZLE

All answers can be found in this edition of the Healthy Aging Newsletter



Down

Across

- | | |
|--|--|
| <p>1. Sandra _____, Outreach Worker</p> <p>2. Treaka Young's position</p> <p>4. _____ Young</p> <p>6. This kind of therapy grows on you</p> <p>9. _____ is a fantastic program for seniors</p> <p>10. Gaining _____ remains a major problem</p> <p>13. Walk 15-20 _____ to control weight</p> <p>15. You're as _____ as you feel</p> | <p>3. Get your hands _____ as you garden</p> <p>5. Additional weight stresses _____</p> <p>7. The Paula J Carter _____</p> <p>8. A simple stroke test</p> <p>11. _____ therapy uses smells</p> <p>12. What a gerontologist studies</p> <p>14. Spider plants do this to the air</p> <p>16. Ask a possible stroke victim to stick out their _____</p> <p>17. _____ ahead, an aging tip</p> <p>18. Ask a possible stroke victim to _____ their arms</p> |
|--|--|



Working For You

When it comes to fantastic programs for Missouri's Seniors, the Improving Access to Healthcare for Missouri's Underserved Minority Seniors (IAHMUMS) takes the cake. It provides people, aged 50 and older, information on health, nutrition, exercise, disease prevention as well as free health screenings. Community Outreach Workers from the Paula J Carter Center on Minority Health and Aging are the foundation of the program. The Outreach Workers provide the information, arrange the health screenings, and work through Centers or even through home visits. Food

preparation is just one of the educational subjects handled by the Outreach Workers. There are handouts, including this newsletter, as well as fact sheets all designed to improve the health of Missouri's underserved population. Currently, the IAHMUMS program is focusing on Callaway, Cole, Moniteau, Pemiscot Counties, and St. Louis City. Ollie Hall is the Outreach Worker for St. Louis City. She can be reached at (314) 867-4915. Sandra Jones handles Pemiscot County in the Bootheel. Sandra can be reached at (573) 931-1232. Cole County Outreach Worker, Shirmere Singleton, can be reached through the Paula J Carter Center, (573) 681-5530. If you are interested in participating, or you know of a senior group that would be eligible, please call the Outreach Workers. The IAHMUMS program is free to all participants.

The Paula J. Carter Center on Minority Health and Aging, a service offered through Lincoln University Cooperative Extension, was established to help make life better for all Missourians.

Our Mission is to provide leadership in addressing the health, social, and psychological needs of Missouri's minority, disabled and elderly populations. The Center offers education, research, policy analysis and the use of technology as strategic tools to meet this goals.

We have information concerning arthritis, cancer, diabetes, healthy eating, heart disease, and many other topics. This information focuses on specific health concerns of people who are African American, Asian/Pacific Islander American, Hispanic/Latino American, or Native American.



Some material is available in Spanish.

**We would be happy to talk with you
and send you information about
your concerns.**



Know What To Do

Sometimes symptoms of a stroke are difficult to identify.

Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking these simple questions:

1. Ask the individual to smile.
2. Ask him or her to raise both arms.
3. Ask the person to speak a simple sentence.
4. Ask the person to 'stick' out his/her tongue...if the tongue is NOT 'straight' but goes off to one side, that is another indication of a stroke.



If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

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Community Outreach Workers by way of funding from the Missouri Foundation for Health:

Shirmere Singleton	Cole County
To Be Announced	Callaway & Moniteau Counties
Sandra Jones	Pemiscot County
Ollie Hall	St. Louis City

Contact us At:

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Please call us at:

Phone: (573) 681-5530
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Visit our Website at:

www.luce.lincolnu.edu/PJCCMHA.htm



THE INFORMATION PROVIDED HEREIN IS DESIGNED TO HELP YOU MAKE INFORMED DECISIONS ABOUT YOUR HEALTH. IT IS NOT INTENDED AS A SUBSTITUTE FOR ANY TREATMENT.

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