

Healthy Aging

NEWSLETTER
AUTUMN 2012



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MAKING THE MOST OF YOUR HARVEST

By: Donald Peoples

Greetings from the Lincoln University Cooperative Extension (LUCE)-Paula J. Carter Center on Minority Health and Aging (PJCCMHA)! As you are enjoying the fall season, we hope that you are experiencing an abundance of good health. This season the center encourages you to plant some beneficial seeds that you can harvest next season and throughout the rest of your life. Whether your seed is to lose weight, quit smoking, reduce stress, spend more time with your grandchildren, run a marathon, eat better, or just look great, we hope that you will reap all the benefits of a more healthy and positive lifestyle. Although, for some people, setting new goals could seem quite challenging, keep in mind that a whole garden isn't created overnight and neither is a dream life. But, by focusing on the positives, and seeing little seeds start to peek out from the earth in the form of something new, you can start to see the progress you are making in your journey to start living the life you have always wanted. To experience positive change, you must let go of your past and embrace the transformation that is about to take place. Have confidence knowing you can alter your lifestyle, even though it takes time. Go out there and start planting seeds in your life, no matter how hard or pointless it may seem right now. With a little time, patience and hard work, what now seems like an empty dirt plot will be filled with beauty and growth.



SEEDS PLANTED BY THE PAULA J. CARTER CENTER ON MINORITY HEALTH AND AGING



15th Missouri Institute on Minority Aging (MIMA) August 21-23, 2012

By: Deborah D. Jenkins

The theme of the 15th Missouri Institute on Minority Aging (MIMA) was “Continuing the Dream” of education started by Lincoln University founders from the 62nd and 65th Infantries. MIMA, a program of LUCE’s Paula J. Carter Center on Minority Health and Aging (PJC-CMHA), was held August 21-23, 2012, at the Holiday Inn Executive Center in Columbia, Missouri. The three-day conference featured sessions on health, education and peace of mind geared toward senior citizens. Ninety-eight participants from Kansas City, mid-Missouri, St. Louis and southeast Missouri attended the Institute.

MIMA opened with an inspirational message from Gladys Coggsell, recognized nationally and statewide as a master storyteller. Coggsell’s message, “A Second Chance,” encouraged participants to persevere when adverse situations arise in life, even if the challenges are life threatening, as were her personal experiences. Your health is your wealth -- don’t squander it! Giving a historical perspective, Coggsell shared that in her home town of Frankford, Missouri, one of the founders of Lincoln University’s 62nd US Colored Infantry was buried in a cemetery in the local area known as Little Africa. Many of Coggsell’s stories spoke to the value of education in the black community.

During the Institute, MIMA attendees participated

in comprehensive educational training presentations that covered a variety of topics including:

- Heaven’s Kitchen – Nourishing a Healthy Body, Mind and Soul
- Scams and Finances for Seniors
- Heroin Overdose Prevention and Education (HOPE)
- Making Art: A Way to Celebrate Life
- Continuing the Dream: Peace of Mind (SHALOM)
- Staying Mentally Fit: Contentment in the Retirement Years
- Let’s Be Technical (Computer 101)

Most attendees agreed that MIMA offered valuable information and addressed issues relevant to seniors.

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This year's MIMA celebrated the Second Annual Coronation of the MIMA King and Queen. Mr. Hugh Flowers, Jefferson City, was crowned King, and Ms. Dorothy Fielder, Kansas City, was crowned Queen. The banquet and coronation, "The Majestic Ones: Keeping the Dream Alive," was held on August 22, 2012. The King and Queen participated in the 2012 Lincoln University Homecoming Parade and attended the LU football game on Saturday, October 13, 2012.

Candidates for King and Queen were nominated from each of the LUCE Urban Impact Centers. Also honored as candidates were: Ms. Ilester McRoberts - Jefferson City; Ms. Viola Coleman - Hayti/Caruthersville; Ms. Ida Fulton and Mr. Freddie Evans - Sikeston; and Ms. Loretta Wesley - St. Louis. The following members of the LU Royal Connection served as escorts for the candidates: LaBradford Davis, Kashief Gardener, Leslee Montgomery, Steven Robinson, Kristen Wallace and Kendall Ware.

The King and Queen also shared a moment of gratitude with some LUCE staff, expressing how honored they were to be in a position representing minority seniors. As newly appointed Lay Leaders, they will be advocates from their geographic areas. Their primary goal is to help promote PJCCMHA programs.



The 2012 MIMA King and Queen, Mr. Hugh Flowers and Ms. Dorothy Fielder (center); MIMA King and Queen candidates, and members of the 2012 Lincoln University Royal Connection.

Like Coggswell; Fielder and Flowers provided words of inspiration regarding the importance of health and how they both overcame adverse health issues in their lives.

The 15th MIMA was the hallmark of educational sessions, inspirational moments from various authors, and entertainment, including literary performances by the Sassy Sistas. The Institute concluded with outstanding dance performances by Anointed and Ready to Praise (AARP).

MIMA, sponsored by PJCCMHA, is one of the programs dedicated to improving the delivery of health care services and quality of life for Missouri's 50 and older minorities and the underserved population.

MIMA is a cooperative venture between Lincoln University Cooperative Extension and the Missouri Department of Health and Senior Services, Office of Minority Health.

BREAST CANCER AWARENESS AND EDUCATION FOR UNDERSERVED MINORITIES (BCAEUM) PROGRAM



By: Deborah D. Jenkins, Florence Vaughan and Victoria Childs

LUCE's PJCCMHA implemented a program within the past year in Cole County called Breast Cancer Awareness and Education for Underserved Minorities (BCAEUM). This program was made possible through funding by the Mid-Missouri Affiliate of Susan G. Komen for the Cure®.

Through this program, Florence Vaughan, RN and Victoria Childs, LPN, two Wellness Outreach Workers (known as the WOW team) diligently recruited program participants in the community with great success. The WOW team provided pertinent information about breast health management, breast cancer prevention and treatments for breast cancer. Their goal was to help participants make informed, healthy decisions and to put into practice healthy behaviors.

During the breast cancer and education classes, each participant is given the opportunity to set goals for healthy living. The participants have stated an appreciation for the opportunity to receive this information and that it should be more available to the community in this type of informal setting.

The participants enjoyed the small group sessions that enabled interaction and fellowship while learning. Listed below are some of their comments:

- *"This kind of session gives hope to older women."*
- *"Such informative sessions give me more desire to 'hold on' and gratitude to know that there is hope for better quality of life."*
- *"[I enjoyed] being with other black women empowering ourselves about a very serious disease."*

- *"I enjoyed meeting women in the community and forming a bond. Now we have a common cause."*
- *"I thoroughly enjoyed this class and I would recommend it to everyone. I gained a wealth of information."*



- *"The information needs to be available to more in the community. This was a good format."*
- *"I am glad that the Paula J. Carter Center is continuing the breast cancer training and classes for aging women."*

The Paula J. Carter Center is driven by the following factors to promote breast health awareness and education:

The 2011 Community Profile Report developed by the mid-Missouri Affiliate of Susan G. Komen for the Cure® stated that Cole County is the seat of the state capitol and has a higher breast cancer incidence and mortality rate, compared to the state rates. Cole County has

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BREAST CANCER AWARENESS

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the highest percentage of African Americans compared to the other 15 affiliate counties. Further, the breast cancer rate for African American women over a ten-year period is higher than for whites in Cole County, and much higher than the state rate.

Per the American Cancer Society...

1. **Race/Ethnicity** • Breast cancer incidence rates are higher in non-Hispanic white women compared to African American women for most age groups. However, African American women have a higher incidence rate before 40 years of age and are more likely to die from breast cancer at every age.

2. **Age** • Breast cancer incidence and death rates generally increase with age. Ninety-five percent of new cases and 97% of breast cancer deaths occurred in women 40 years of age and older.

3. **Sex** • Excluding cancers of the skin, breast cancer is the most common cancer among women, accounting for nearly 1 in 3 cancers diagnosed in US women. Men are generally at low risk for developing breast cancer; however, they should report any change in their breasts to a physician.

4. Incidence and death rates for breast cancer are lower among women of other racial and ethnic groups than among non-Hispanic white and African American women.

Overall, be proactive when it comes to your health to improve the quality of your life!

One of the main goals of the Center is to reduce disparities through the development of culturally and educationally appropriate research-based programs through community outreach endeavors.

For more information regarding the Paula J. Carter Center's programs, please call (573) 681-5530 or email us at:

PJCCMHA@LincolnU.edu

Source: American Cancer Society. Breast Cancer Facts and Figures 2011-2012. Atlanta: American Cancer Society, Inc.



HOW TO PLANT HEALTHY SEEDS THROUGH RECIPES



By: Karen Galbreath

The leaves are falling and changing color. The smell of autumn is in the air. We are preparing to settle into the winter season. Comfort food is what we reach for as we snuggle by the fireplace with a good book and a cup of warm cider or tea. My favorite food for this time of year is a delicious bowl of vegetable soup for one person or as part of a family gathering. Enjoy this old-fashioned Vegetable Beef Soup recipe. My family has enjoyed this soup for many years as a part of our family holiday tradition. I hope you find that it will also become a favorite for your family. Remember to use fresh vegetables because it really enhances the flavor.

Vegetable Beef Soup

Prep Time: 45 minutes • Total Time: 4 hours
Servings 14

Ingredients:

3 lbs. meaty crosscut beef shank bones, cut into 3-inch pieces	2 dried bay leaves
10 cups of water	4 cups vegetable juice
3 tablespoons beef-flavor instant bouillon	3 cups cubed potatoes (3 medium)
1 and ½ teaspoons salt	3 cups coarsely chopped cabbage
½ teaspoon pepper	2 cups frozen onions
½ teaspoon dried thyme leaves	2 cups frozen or fresh green beans
	4 medium carrots (2 cups)
	3 medium stalks celery, diced (1 and ½) cups

In an 8-quart stockpot, place beef bones and add water. Heat to boiling. Reduce heat. Cover and simmer 30 minutes. Skim off and discard any residue that rises to surface.

Stir in bouillon, salt, pepper, thyme and bay leaves. Return to boiling. Reduce heat. Cover and simmer 2 to 2 and 1/2 hours or until meat is tender.

Remove beef bones and bay leaves from broth. Skim and discard fat. When bones are cool enough to handle remove meat from bones and cut into bite-size pieces.

Return meat to broth. Stir in all remaining ingredients. Heat to boiling. Reduce heat, cover and simmer for 30 minutes or until vegetables are tender.

Nutrition summary:

1 serving 1 and ½ cups 160 calories
Calories from fat 25
Total fat 3gm (Saturated fat 1g)
Cholesterol 30mg
Sodium 850mg



SMART RECIPE IDEAS



Source: http://www.uaex.edu/depts/FCS/EFNEP/recipes/eating_smart_recipes/english/pumpkin_bread.pdf

Pumpkin Bread

Makes: 2 loaves or 30 muffins

Preparation Time: 20 minutes

Cooking Time: 60-75 minutes for loaves; 20 minutes for muffins

Ingredients

Nonstick cooking spray
2 cups all-purpose flour
2 cups whole wheat flour
½ cup nonfat dry milk
1 and ¼ cup sugar
1 teaspoon baking soda
½ teaspoon salt
2 teaspoons baking powder
2 and ½ teaspoons pumpkin pie spice
1 (15-ounce) can pumpkin
¾ cup applesauce, unsweetened
½ cup vegetable/canola oil
4 eggs
½ cup water



Directions

1. Preheat oven to 350 degrees F.
2. Spray two loaf pans, or pans for 30 muffins, with nonstick cooking spray.
3. In a large bowl, mix flour, nonfat dry milk, sugar, baking soda, salt, baking powder and pumpkin pie spice.
4. In a second bowl, beat pumpkin, applesauce, oil, eggs and water until blended.
5. Add pumpkin mixture to flour mixture and stir with a spoon just until moistened. Do not over mix.
6. Pour batter into two loaf pans or muffin tins.
7. Bake loaves for 60-75 minutes, or muffins for 20 minutes, until a toothpick inserted into the middle comes out clean.
8. Cool on a rack and remove from pans after 10 minutes.
9. If not eaten right away, wrap the loaves (or muffins) in foil or a plastic bag and store in the freezer. Thaw for 15 seconds in the microwave or overnight in the refrigerator.

Nutrition summary:

Calories: 179 per slice of Pumpkin Bread
Fat 4.2g
Carbs 33.75g
Protein 2.48g
Calorie breakdown: 21% fat, 74% carbs, 5% protein.

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