

# Healthy.

## Ageing

NEWSLETTER  
SPECIAL EDITION • 2014



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## MAKE YOUR SUMMER BREEZY

As I began to write this message for the newsletter, I was called to the home of a friend because he passed away in his sleep. This 68-year-old man was not obese. If anything, he was too thin. He was not on hypertension medication, did not have diabetes and led a very active life. I tried to console myself with words of wisdom. When I searched the Internet, I came across the following quote:

*"Somebody should tell us, right at the start of our lives, that we are dying. Then we might live life to the limit, every minute of every day. Do it! I say. Whatever you want to do, do it now! There are only so many tomorrows."*

*– Pope Paul VI, Italian Pope (1897 - 1978)*

In my life I have spent far too much time putting things off until...

I have promised myself that I will get to healthier behavior...tomorrow...next week...next year.

I tell myself I will take that trip to the Elmina Castle in Ghana...next summer...next autumn...next year! (I've made that promise to myself for the past 15 years.)

I promise to have more fun with people I like and show more love to the people I love and some I do not.

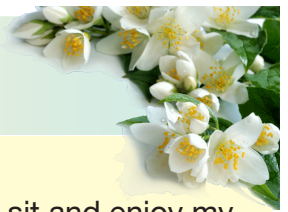
But, because somewhere deep down inside I believe I will always have tomorrow, I do not get any of these things done. Today, I am drawing a line in the summer sand. I challenge the readers of this message to commit, with me, to creating and accomplishing the things on a Summer Bucket List.

1. Create a Simple Plan - Don't get bogged down thinking about the many things you could have, would have and should have done.
2. Decide on what day you will start and DO IT! Perhaps you will do a summer activity once a week.
3. Plan to have fun!

I will start my own bucket list with inspiration from the song written by Seals and Croft and made popular in my community by the Isley Brothers called, Summer Breeze. The chorus says, "Summer breeze makes me feel fine, blowing through the jasmine in my mind." What can I do to enjoy a summer breeze? What can I do this summer to make me feel fine? What can I do to excite my imagination? What can I do to have a stimulating, multi-sensory experience? *(continued on page 2)*



## MAKE YOUR SUMMER BREEZY (continued from page 1)



### Summer Breeze:

Drive to a beach in Illinois with the windows and the sunroof open, have a healthy picnic lunch, walk on the beach until I get tired, sit and enjoy the water and then fly a Kite.

(Third Friday in June).

### Makes Me Feel Fine:

Get a massage. Hands, Feet, Back, Neck, I will see what I can afford and then let someone push and rub the tensions of the week out of my body.

(First Saturday in July)

### Blowing through the Jasmine:

Load an audio book on my MP3 player. Visit the St. Louis Botanical Gardens. Enjoy the gardens.

When I have walked enough, sit and enjoy my audio book while appreciating the beauty and the fragrance of the flowers.

(Third Friday in July).

### In My Mind:

The Missouri Institute on Minority Health and Aging (MIMA) starts Tuesday, August 26 and ends Thursday, August 28. The theme is "Aging Artistically."

I will create a Summer Bucket List photo journal to share with you at MIMA. Ask me to show it to you and bring your list and share it with me.

I challenge you to enjoy your SUMMER BREEZES and get done some of those things you have been meaning to accomplish! Also, ask me to show you my reservation to visit the Castle in Elmina, Ghana.

The Coordinator - *Yvonne*

## LIME SHRIMP AND AVOCADO SALAD



### Ingredients

- ¼ cup red onion, chopped
- 2 limes, juiced
- 1 teaspoon of olive oil
- Salt and fresh pepper to taste
- 1 pound Jumbo cooked shrimp, peeled, deveined and chopped
- 1 avocado, diced
- 1 medium tomato diced
- 1 Jalapeno, seeds removed, diced fine
- 1 tablespoon cilantro, chopped

Servings: 4

Nutrition information

Calories = 90 (per serving)

Calories from Fat = 8

Protein = 10 g

Carbohydrates = 1g

Fat= 2g

In a small bowl, combine red onion, lime juice, olive oil, and a pinch of salt and pepper. Let them marinate at least five minutes to mellow the flavor of the onion.

In a large bowl combine chopped shrimp, avocado, tomato and jalapeno. Combine with other ingredients. Add cilantro and gently toss. Flavor with salt and pepper to taste.

*Provided by: Veronica Taylor, Lincoln University Cooperative Extension (LUCE), Sprouts and Roots Program*



# SUMMERTIME THOUGHTS FROM THE 2013-14 MIMA QUEEN AND KING



## Delores Carpenter

“I want to learn more so I can share with others,” says Delores Carpenter, Missouri Institute for Minority Aging (MIMA) Queen for 2013-2014. Carpenter says, “My time as MIMA Queen has been a beautiful ride.” She was pleased to attend senior programs, and her title motivated her to work harder. She is glad to be a role model. She says, “I love helping others and being a resource to them.”

As a volunteer, Carpenter puts her words into action. She works with the Girl Scouts and her neighborhood Front Porch Alliance. She volunteers with a new youth group, “Dress for Success.”

Carpenter is also the coordinator of The Breaktime Club, a respite care program where caregivers get a five-hour weekly rest from those they care for, when volunteers donate their time. She would love to start her own respite program.

Her advice to seniors is to not feel guilty for



taking care of themselves. She advises, “Have a listening ear.” With all of her work as a volunteer, Carpenter is very connected to her community. However, she says, “You can’t do it all by yourself.”

## Sehon Williams

Sehon Williams was thrilled to win the title of MIMA King 2013-2014 last August. He said, “I was flabbergasted.” He was especially surprised because he had not been a lay leader for the Paula J. Carter Center on Minority Health and Aging (PJCCMHA) for very long.



During his time as King, Williams attended a number of meetings, both in person and via teleconference. He said, “My favorites are the Lunch and Learn series, because I find that it is possible to learn something at every meeting.” He plans to continue attending the Lunch and Learns after his term as King ends this August.

Williams is a Lincoln alum, on campus in 1940 and 1941. Then, he was drafted during World War II. He still stays in contact with other veterans and recently took part in a breakfast honoring a Tuskegee Airman.

Williams has advice for seniors who can volunteer. “No matter what you choose, participate in something in which you have a genuine interest,” he says.



# DIABETES AND RENAL FAILURE



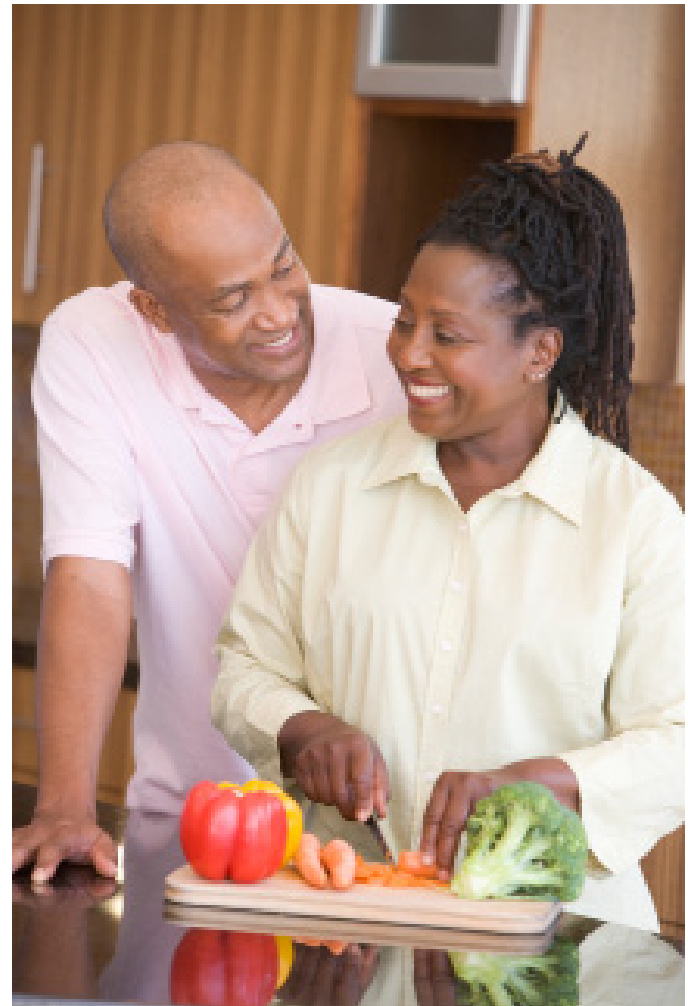
Health Tips by Dr. Alfred Johnson, M.D.

In the US, one of the major causes of renal failure is type 2 diabetes. After years of decline, the rate of renal failure has been increasing over the last few years. This increase is paralleling the increasing rate of type 2 diabetes.

Most people know that diabetics can suffer from blindness, heart disease and amputation of digits and limbs. The same process that affects those organs also affects the kidneys. This is why it is so important to control your diabetes—because once these organs have been damaged, they cannot be repaired. I know lifestyle changes can be difficult, but when you become blind, lose a leg or an arm, have a heart attack or stroke, or have to go on dialysis or get a transplant, you will have even greater lifestyle changes to deal with.

Please, talk with your doctor, dietician and your family. Enlist all their help in keeping you healthy. But remember, the final responsibility always remains with you. Also remember, you're only human. So when you have some setbacks, don't give up. Gather your strength and keep trying. You are unique and special in all the world. You deserve as full and beautiful a life as possible.

(This article is a transcription from the Expert Health Tips segment recorded for LUCE. For more, visit: <http://www.lincolnu.edu/web/programs-and-projects/diabetes-and-renal-failure-audio>.)





LINCOLN UNIVERSITY COOPERATIVE EXTENSION PAULA J. CARTER  
CENTER ON MINORITY HEALTH AND AGING (PJCCMHA)  
2014 Missouri Institute on Minority Aging (MIMA)

**Application Packet Instructions**  
**KING AND QUEEN CANDIDATES**

2014 MIMA Coronation Theme: *“Aging Artistically”*

YOU MUST MEET THE FOLLOWING REQUIREMENTS FOR THE PERIOD OF JUNE 2013 – MAY 2014:

- Be 60 years or older before Saturday, May 31, 2014
- Have a strong commitment to the community
- Have completed 75-100 hours of community service between June 1, 2013- May 31, 2014
- Have taken a leadership role in a LUCE program
- Promote the philosophy of LUCE, which is to improve the quality of life of people in the community

If crowned King or Queen of MIMA 2014, you will do the following:

- Participate in the 2014 Lincoln University Homecoming Parade, Saturday, October 18, 2014.
- Form a relationship with Mr. and Miss Lincoln University 2014-2015 and their Royal Connection.
- Serve as a mentor to the campus, sharing life experiences.
- Attend the PJCCMHA Lunch and Learn Series and recruit participants.
- Participate in the 2015 MIMA conference (all expenses paid) to crown the next King and Queen.

**Please submit the following with your application package:**

1. **A two-to-three minute video essay** on the topic *“Aging Artistically.”* The video essay should include:
  - a. a statement of your personal philosophy
  - b. what you plan to accomplish during your reign, if you are elected as statewide King or Queen
  - c. a discussion of your involvement in LUCE programs.
2. **A photograph of you (preferably a head shot).**

**Note:** *For consistent quality, the video and photograph should be done at your local, regional office. Please contact your local Coordinator for assistance.*

3. **Two letters of recommendation:**
  - a. one letter from your local Coordinator (if you are a Central Missouri participant, you will need one letter from the Paula J. Carter Center on Minority Health and Aging)
  - b. a second letter from a member of the community (not to include LUCE staff) who can speak on your community dedication and accomplishments
4. The **2014 MIMA King and Queen Candidates’ Self-Portrait** (Attach item Part #A)
5. The **Application for 2014 MIMA King and Queen Candidates** (Attach item Part #B)

MIMA, which is sponsored by the Paula J. Carter Center on Minority Aging, is dedicated to improving the delivery of health care services and or the quality of life for Missouri’s 50 and older minorities and the underserved population. MIMA is a joint venture between Lincoln University Cooperative Extension and the Missouri Department of Health and Senior Services, Office of Minority Health.



(Part #A)



2014 MIMA KING AND QUEEN CANDIDATES' SELF-PORTRAIT

Deadline is Thursday, June 19, 2014. Please print or type.

Full Name: \_\_\_\_\_ Age: \_\_\_\_\_

Mother's best advice: \_\_\_\_\_

Father's best advice: \_\_\_\_\_

Teacher's best advice: \_\_\_\_\_

My most valued possession is: \_\_\_\_\_ Why? \_\_\_\_\_

My hobbies are: \_\_\_\_\_

The person who had/has the greatest impact in my life is: \_\_\_\_\_

because \_\_\_\_\_

REMINDER: Your completed application **MUST** include the following (for details, see **Application Packet Instructions**, page 1 of 3):

1. **A two-to-three minute video essay** on the topic *"Aging Artistically."*
2. **A photograph of you (preferably a head shot).**
3. **Two letters of recommendation**
4. **The 2014 MIMA King and Queen Candidates' Self-Portrait** (Attach item Part #A)
5. **The Application for 2014 MIMA King and Queen Candidates** (Attach item Part #B)

I HAVE READ AND UNDERSTAND THE ELIGIBILITY REQUIREMENTS. I CERTIFY THAT I MEET THE REQUIREMENTS.

Candidate's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(To be completed by your local Coordinator or PJCCMHA-Central Missouri only)

I \_\_\_\_\_, certify that candidate, \_\_\_\_\_

is a senior in good standing at \_\_\_\_\_

Name: (Print/Type) \_\_\_\_\_ Title: \_\_\_\_\_

Coordinator Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Return the completed application (postmarked no later than Thursday,  
June 19, 2014, to: Lincoln University Cooperative Extension (LUCE)  
Paula J. Carter Center on Minority Health and Aging (PJCCMHA)  
Lorenzo J. Greene Hall, Suite A 900 Leslie Boulevard.  
Jefferson City, MO 65101**



(Part #B)



# APPLICATION FOR 2014 MIMA KING AND QUEEN CANDIDATES

Deadline is Thursday, June 19, 2014. Please print or type.

First Name: \_\_\_\_\_ Middle: \_\_\_\_\_ Last Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Place of Birth: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Mother's Name: \_\_\_\_\_

High School Attended: \_\_\_\_\_

College/University: \_\_\_\_\_

Degree(s): \_\_\_\_\_ In: \_\_\_\_\_

Employment Experience \_\_\_\_\_

Honors/Awards/Recognitions \_\_\_\_\_

Organizations (Positions Held): \_\_\_\_\_

Other Interest(s) \_\_\_\_\_



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Lincoln University Cooperative Extension  
Paula J. Carter Center on Minority Health and Aging  
Lorenzo J. Greene Hall  
900 Leslie Boulevard  
Jefferson City, MO 65101



# Healthy Aging

NEWSLETTER  
Special Edition, 2014

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Jefferson City, MO 65101

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Visit our website at:  
<http://www.lincolnu.edu/web/programs-and-projects/minority-health-and-aging>

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