Tips for Healthy Aging: Winter

At the UC Irvine Program in Geriatrics, we are committed to your health all year round. Every season presents an opportunity to focus on an important aspect of your well-being. Remember: It’s not how old you are, it’s how you are old.

JANUARY-MARCH: Fitness

In the winter when the couch tempts us into inactivity, take time to keep your heart strong. Have your cholesterol tested and your blood pressure checked. Why not learn CPR or how to detect the signs of stroke? Heart disease is the number one killer of older women, but did you know that symptoms are often different from those of men? Talk to your doctor about what kinds of fitness activities make sense for you.

New Clinical Services Designed to Meet the Needs of Our Patient Population

The UC Irvine SeniorHealth Center in Orange has created two new “specialty” services to further improve the quality of care for patients: Memory Disorders and Falls Assessment.

Dr. Steven Tam is working with Mina Oak, PhD, and Dr. Claudia Kawas, UC Irvine neurologist, to provide specific evaluation of adults with memory concerns. Many people who are otherwise healthy find that they have had changes in memory which can cause anxiety for patients and family members. This new service will include a neuropsychology screening assessment as well as a comprehensive physical exam and medication review. The primary care physician will receive a report with treatment recommendations. Adults aged 40 and over who have concerns about changes in memory can call our social worker Geraldine Date at 714.456.5523.

“An assessment is the first step in preventing falls.”

Another new service is to assess patients who have fallen or who are at risk of falling. Office hours are on the last Friday of the month. The evaluation, done by Valerie George, P.A., includes a vision test, blood pressure measurements, and evaluation of medications that may cause imbalance. It also involves taking a history to find out where difficulties exist, any fall history and what the patient’s goals and needs are. A physical exam to assess strength, balance, gait and function is also conducted. A specific plan for each patient will be written. The goal of this practice is to have patients keep their independence and remain mobile as long as possible. For more information or to schedule an evaluation, call the SeniorHealth Center at 714.456.7007.
Letter from the Director

Dear Friends:

As we make our way into 2011, I find myself reflecting on the many accomplishments of UC Irvine’s Program in Geriatrics in the year that just ended. I’m proud to work with each and every one of our dedicated faculty and staff. There are many things that bind us together as a team, but the overarching one is our devotion to the seniors and families we serve. We remain committed to helping them achieve and maintain their best health.

Here are a few highlights from the past year. In 2010, the staff of the Program in Geriatrics:

• Made educational presentations to over 5,000 professionals and seniors.
• Published seven articles in peer-reviewed journals, including the Journal of the American Geriatrics Society and the Journal of Elder Abuse and Neglect.
• Won five prestigious awards from community, professional and academic groups.
• Received over $500,000 in grant funding for medical education, research and elder abuse prevention activities.
• Cared for more than 3,000 patients and their families through our SeniorHealth Center.

While these numbers are impressive, what is even more meaningful to me is:

• The extra time our physicians take to conduct family meetings.
• The additional effort our social worker makes to find appropriate services for our patients.
• The cutting-edge discoveries our researchers are making about causes and signs of elder abuse.
• The innovative ways that our Medical Education team is teaching the next generation of physicians to care for seniors.

Everything we do at the Program in Geriatrics is rooted in our personal and professional commitment to seniors in our community, our state and our nation. We hope that you will support our work so that we may continue to be of service.

May you enjoy a happy and a healthy 2011.

Thank you!
Sincerely,
Laura Mosqueda, MD

Our 2011 Wish List

The work of the Program in Geriatrics is supported by your contributions. In addition, in-kind donations (that is, donations of goods or services) are also gratefully accepted. We asked staff what some of their wish list items are, and here is what we learned.

• A fast, working color printer
• Free or low-cost space for holding trainings
• Macintosh software for graphic design and video editing
• Sponsorship of free “Pocket Doc” (easy reference guide to geriatric medicine for non-physicians) giveaway for front-line social workers and others (IHSS, Senior Center staff, Meal Delivery)
• Giveaways for elderly or disabled clients of Adult Protective Services and/or the Long-term Care Ombudsman (for example, gift bags of toiletries, gift cards)
• Free TV/radio air time for Public Service Announcements on elder abuse, stroke, and heart attack prevention
• Free advertisements in newspapers on elder abuse, stroke, and heart attack prevention
• Airline miles for presenters and staff to travel to conferences, trainings
• Sponsors or underwriters for our fundraiser Silent Auction

New grants support Center of Excellence on Elder Abuse

The University of California, Irvine Center of Excellence on Elder Abuse and Neglect is proud to announce that it has been awarded two generous grants to continue its innovative work in elder abuse prevention. The first grant for $350,000 for two years is from the prestigious Archstone Foundation and will fund efforts to provide much-needed direct clinical services to elder abuse victims in Orange County and offer convening and technical assistance to the elder abuse and neglect community in California. The second grant for $480,000 over two years is from the UniHealth Foundation and will fund increased access to medical and psychological evaluations for elder abuse victims, provide training on elder abuse detection and intervention, create a public awareness campaign on elder abuse prevention, and enhance coordination among the several agencies that serve elder abuse victims in Orange County.
An Appetite for Gratitude

When Debra Moore’s father-in-law passed away in October of 2010, Debra wanted to show her appreciation to the staff at the UC Irvine SeniorHealth Center for the attention he had received over the past five years as a patient. “My father-in-law received the best possible care from everyone at the SeniorHealth Center. I just wanted to thank them and give something back to the staff. I know how much they cared for my father-in-law, mother-in-law, my husband and me.” Perhaps knowing of the staff’s love of food, Debra personally cooked and hosted a lovely “thank you” luncheon on Wednesday, October 20. Now it is our turn to thank Debra for her thoughtfulness. We will miss her father-in-law.

Did you know?

We start out the new year with a commitment to eating better. One way is by increasing our intake of antioxidants. Cranberries have been shown to contain more antioxidant phenols than 19 commonly eaten fruits, according to a study published in the *Journal of Agriculture and Food Chemistry*. “These antioxidants may play a role in helping to prevent heart disease and certain cancers,” according to the study’s author, Dr. Joe Vinson at the University of Scranton, Pennsylvania. (Source: http://healing.about.com). Here’s one of our favorite heart-healthy recipes.

Cranberry Nut Bread

**Prep Time:** 25 Minutes  
**Makes:** 2 large or 4 small loaves

**Ingredients**
- 2 cups all-purpose flour  
- 1 cup whole wheat flour  
- 1-1/4 cups sugar  
- 1 Tbsp baking powder  
- 1 tsp baking powder  
- 1 tsp baking soda  
- 2 cups fresh cranberries, chopped  
- 1 cup walnuts, coarsely chopped  
- 2 Tbsp orange peel, grated  
- 1/2 cup frozen egg substitute, thawed or 4 large egg whites  
- 1-1/4 cups skim milk  
- 1/3 cup vegetable oil  
- Wax paper

**Directions**
1. Preheat oven to 350F degrees.
2. Mix flours, sugar, baking powder and baking soda in a large bowl with a fork. Stir in cranberries, walnuts and orange peel. Set aside.
3. Beat egg substitute, milk and oil in a small bowl with fork. Stir egg mixture into flour mixture just until flour is moistened. Spoon batter into 2 wax paper-lined loaf pans (9x5x3-inches) or 4 small, wax paper-lined loaf pans. Bake 60 to 65 minutes for large loaves and 45-50 minutes for small loaves, or until toothpick inserted in center comes out clean. Cool bread in pans on wire racks for 10 minutes; remove bread from pans and cool completely.

Source: Cinnamon Hearts (www.cinnamonhearts.com)
SeniorHealth Center Providers

Geriatricians
Laura Mosqueda, MD
Medical Director
Family Medicine
Lisa Gibbs, MD
Co-Medical Director
Family Medicine
Chinh Duy Le, MD
Internal Medicine
Sonia Sehgal, MD
Internal Medicine
Steven Tam, MD
Internal Medicine

Psychologists
Mina Oak, PhD
Bonnie Olsen, PhD
Kristin Kleppe, PsyD

Specialty Physicians
Sheetal Desai, MD
Rheumatology
Claudia Kawas, MD
Neurology
Shahira Khoury, MD
Physical Medicine & Rehabilitation

Physician Assistant
Valerie George, PA-C

To schedule appointments with all SeniorHealth Center staff, please call 714.456.7007.

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Inside:
• Tips for Healthy Aging
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• Heart-healthy recipe

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