



City of El Cerrito Committee on Aging Senior Snippets November 2018

NEXT MEETING:

El Cerrito Committee on Aging Meeting (Every 3rd Wednesday of the Month)

Date/Time: Wednesday, November 21, 2018, 3:00pm

Location: El Cerrito City Hall, Council Chamber (10890 San Pablo Avenue)

MEDICAL:

- Avoid these three types of over-the-counter dietary supplements found by FDA data (2006-2017) to be contaminated with unapproved and unlabeled prescription drugs:
 - Sexual enhancement supplements that contain Sildenafil, which are commonly found in Viagra.
 - Weight loss supplements that contain Meridia, a weight loss drug that was taken off the market because it caused heart problems or stroke.
 - Body building supplements that may be contaminated with synthetic steroids. Taking these supplements must be avoided since they can cause great harm
- **IMPORTANT!!!** Everyone who is 6 months or older should get the influenza vaccine – preferably by the end of October. It can be provided for as long as influenza is in the community. Those ages 65 or older have weaker immune systems, so a high dose, recombinant adjuvant vaccine is recommended to improve effectiveness. The influenza vaccine is the best way for us to protect ourselves from this potentially deadly virus. Please encourage everyone in your family and your friends to get the vaccine. Meanwhile, wash your hands frequently whenever touching anything used publicly. If you need to sneeze or cough, please use a tissue or cough or sneeze into your elbow so that you do not spread germs.

HEALTH & WELLNESS:

- According to the National Institute of Health, exposure to nature can improve mood, reduce anxiety, and even improve cognitive function. Take that walk in the park you've been thinking about!
- Fall has arrived! Here's a reminder about some of the fall chores you should not do when you get older, especially when the chore involves use of step stools or ladders:
 1. Cleaning gutters
 2. Repairing steps inside and out
 3. Trimming of trees
 4. Painting
 5. Changing light bulbs
 6. Changing batteries in smoke alarms
 7. Cleaning out the fireplace
 8. Storing summer items up high in a garage
 9. Cleaning out bird feeders hung high up



10. Cleaning windows
- 11. Also, remind yourself and your loved ones not to go down bare-wood stairs with socks on.

TECHNOLOGY:

ElderTech Sessions in Your Native Language-

This semester, Eldertech is offering one-on-one tutoring sessions with tech savvy El Cerrito high school students so you can learn about mobile technologies like smart phones and tablets. Besides sessions in English, ElderTech is now providing mobile technology tutoring in Spanish, Hindi, and Cantonese. Call the Midtown Activity Center for more information (510)559-7677.

BECOME A MEMBER:

The committee on Aging has openings for energetic residents of El Cerrito who want to make a difference in our community. Attend the next Committee on Aging Meeting and explore the opportunity. The committee meets every 3rd Wednesday of the month, at 3pm, located at the El Cerrito City Hall Council Chamber (10890 San Pablo Avenue).

HOW CAN WE BETTER SERVE YOU?:

If you have observed something in El Cerrito that is not senior-friendly or needs to be altered to better serve our aging community, please come to one of our meetings. We ask for public comments at the beginning of each meeting, which one can present matters to the Committee.