



HOUSING & COMMUNITY SERVICES
AGING SERVICES DIVISION

Tri-Center Nugget



SOUTH / WEST / NORTH BERKELEY SENIOR CENTERS

August 2010

Volume 44 No 8

Man jogs at age 66 on Route 66 Jogs Route 69 at Age 69

West Berkeley Senior Center Participant
Via: the Los Angeles Times

Geores Buttner-Clevenger's cross-country trek was prompted, innocently enough, when a friend asked his age. "I'm doing Route 66," Buttner-Clevenger said. He meant he had just turned 66. Then it dawned on him: Why not jog Route 66, from Chicago to Santa Monica, Calif., to celebrate turning 66? Why not take the "66" theme to its extreme?

Thus was born Buttner-Clevenger's plan to run the 2,448-mile "mother road" by jogging six miles in the morning and six miles in the afternoon and finishing the trek in six months and six days. To continue the "66" theme, he planned to run each six-mile stretch in 66 minutes and finish in Santa Monica, at six minutes after 6 p.m. For this fete, he was entered in to Ripley's Believe It or Not.

Buttner-Clevenger said he believes no one else has run the route alone — at age 66. (He turned 67 in June on the road.)

Route 66 is not for the faint of heart. The

road cuts through rugged terrain and rough neighborhoods."The risk factor is tremendous," he said. For the most part, though, he was alone. Buttner-Clevenger usually locked his bicycle along the route, then drove ahead six miles. He then jogged back to the bicycle, turned around and rode the bike back to the van. He repeated this twice a day.

It was easy to keep up the 11-minute-per-mile pace in the beginning, he said. As fatigue set in, Buttner-Clevenger said, it became difficult to stay on schedule. "Every step I took I was hurting," he said.

But he received lots of encouragement. At a Barstow, Calif., truck stop, Buttner-Clevenger said he met a cashier who held his hands and prayed for his safe journey. "It's things like that that have inspired me," he said. His final day saw him appearing on the Ellen DeGeneres Show.

After running Route 66 at Age 66, Geores thought, why not run Route 69 at Age 69. So that's what he did. He started out in Port Arthur, Texas on the Gulf Coast and made his way to



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Albert lee Lake in Minnesota, a 1,136 mile journey. He didn't drive the route in advance as he says that he wanted to keep Route 69 a mystery.

He decided to run the second route as he had gotten such positive feedback from the communities he ran through and wanted to pass along the message that the elderly need to be concerned with staying fit. He encourages people to stay busy during retirement.

Geores kept a daily log of his runs and is in the middle of writing a book on his experience.



Berkeley Adult School Classes

Fall semester classes run from September 1st through January 21st. Students pay a non-refundable \$30 registration fee for each semester class. Classes must have a minimum of 20 students registered. For more information contact the Program Coordinator at 510-644-8973.

EXPLORE ALL THE FUN AND HEALTHY ACTIVITIES IN THE BAY AREA!

Bay Area Older Adults (BAO) is a nonprofit organization whose vision is to promote an active and healthy lifestyle for older adults. BAO was inspired by my two favorite people, my grandparents, Jean Paul and Jacqueline Latil, who were both very active physically and mentally throughout their lives and who taught me how to love and appreciate nature and culture. Therefore, we built an easy to use website www.bayareaolderadults.org that offers free information about outdoors, fitness, social and cultural activities.

You may ask why build a website that offers information about outdoors, fitness, social and cultural activities? There are many good reasons. Most importantly, we want you to have fun exploring the rich natural and cultural resources in the Bay Area. Being physically active increases your quality of life and can help to sustain independent living as well as reduce mortality rates. Having a socially and culturally active life has many positive health benefits that influence both physical health and psychological well-being. Surprisingly, new scientific research from UCLA suggests that moderate, regular use of the internet can stimulate regions of the brain that play a role in decision making and complex reasoning in older adults! So what is so special about this website? It is a wonderful resource for fun and healthy adventures in the Bay Area. All of the information is carefully collected by hand to be comprehensive and have all the details you need to venture out with confidence.

We hope that you try www.bayareaolderadults.org. We designed it to make it easier and more fun for you to be physically and mentally active. Enjoy it!

New Health Festival in Berkeley Features Art Making

This September 18, "ARTSPARK", a new free public festival featuring health information and art making will take place in San Pablo Park in Berkeley from 11 am to 5 pm. Co-sponsored, the City of Berkeley, Lifelong Medical Care, the Berkeley Health Department, and an array of community organizations, ARTSPARK has invited local artists who are skilled in working with community groups to engage the public in making art—graphic and plastic arts, dance, poetry and drama—on the spot. The art will feature health themes, and will take place in a festive atmosphere with food, entertainment and games. Local health care organizations and health-promoting businesses will present information. For more information, go to the ARTSPARK web site at www.artsparkfestival.org or call Chris Kiefer at 510-915-4313. You can also donate by visiting rikki.chipin.com/artspark-festival-fundraiser.

FAREWELL

**After 32 years
Senior Mini Van Driver
VIRGINIA BROWN
is retiring**

There is no point to count the years.
They are not important. Important are
the things you did, things we shall never
forget. One day we'd like to be
remembered like that.

CITY OF BERKELEY HOUSING RETENTION PROGRAM



The City's Housing Department has grants available to help Berkeley residents who have fallen behind on their rent and are facing eviction. Please contact your Senior Center case manager/Senior Service Assistant to find out what documentation is required and see if you may qualify for this assistance.

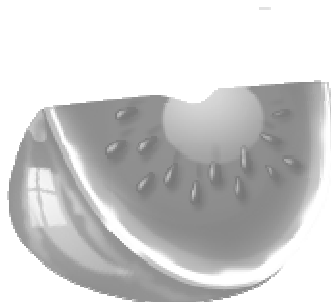


North Berkeley Senior Center under Construction

The North Berkeley Senior Center is scheduled to start construction this month (August) to replace and repaint the exterior siding on the center. In addition, a number of interior ADA improvements and upgrades will be made. We anticipate completion of construction by mid October 2010. Signs and posters will be posted in and around the center with more information in advance of the actual construction start date. So, please pardon our dust while we are under construction.

We apologize for any inconvenience that this may cause for you.

HEALTHFUL COOKING & SHOPPING FOR ONE



Whether we're solo for most of our meals, or just occasionally, many of us can benefit from motivation and tips on preparing healthful food. It's really

easy to grab for a frozen menu item or something canned, and doing this sometimes is fine. However, from a prevention standpoint, our healthiest choice is nutritional, simple homemade meals. Read on for tips on how to shop and cook for one:

- **Shop with convenience in mind.**

Buy frozen foods in bulk — fruits, vegetables, chicken breasts or fish fillets. For meat and poultry, divide into single or double portions and freeze in wrap, zip-lock bags or reusable containers. So that quality is retained, wrap the food items well. Remove and thaw out only the amount you need. Also, keep on hand ready-to-eat, low-fat, reduced-sodium canned soups and low-fat frozen meals or prepackaged single-serving foods. The latter can be pricey, so stock up when you find a sale.

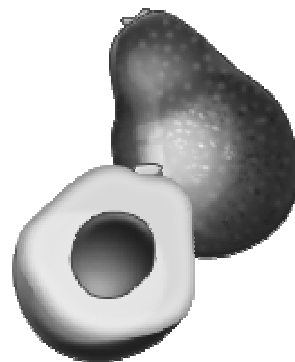
- **Take advantage of your freezer.**

Keep your food fresh longer! Many foods freeze well, including breads, meats, fruits, vegetables, eggs (broken into a single serving container) and nuts and seeds. For best quality, freeze food while it's fresh. Don't wait until it's been refrigerated or left on your counter for several days.

- **Cook a batch and freeze single portions.** For ease, consider one-pot meals that include several food groups. Casseroles, stews, soups and chilis are great for freezing in individual-size servings, as are portions of meatloaf, cooked chicken or meat pieces and cooked vegetables. Be sure to write the date and contents on packages and move older packages forward as you add food to your freezer. So much better than a can or frozen food item from the grocery store.

- **Use extras wisely.** Plan meals so that you can use the extra food in new dishes. For example, cook rice as a side dish for one meal, then use the remainder in a simple stir-fried rice or soup. Bake chicken for a meal and use the leftovers in sandwiches, soup or toss with greens, dried fruit, and nuts for a tasty salad. Or make a large meatloaf mixture and bake some as a meatloaf and freeze the uncooked portion for quick meatballs.

- **Try a snack for a meal.** Mix things up and try a nutritious snack instead of a traditional meal when you're short on time or energy. For example, spread a piece of whole wheat bread with light cream cheese and sliced olives. Or scoop an avocado right out of the peel and enjoy with a handful of whole grain crackers and a piece of fruit. Other snack-turned-meal ideas are corn muffins served with apple and cheese slices, or fat-free refried beans mixed with salsa, a small amount of low-fat sour cream and baked tortilla chips.



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- **Share the wealth.** Treat yourself to company from time to time. Set up a monthly meal swap—invite friends or relatives over to cook and eat with you, and you can each share the leftovers!

For your health! You don't have to settle for peanut butter and jelly sandwiches or a bowl of cereal every night. With a little planning and creativity, you can create a batch of healthy and tasty meals, and eat well for days.

Source: mayoclinic.com

HICAP

Health Insurance Reform has introduced new questions about coverage and benefits. The Health Insurance Counseling and Advocacy Program (HICAP) provides free and quality assistance to people with questions and/or problems relating to Medicare. Senior Center participants are eligible to make an appointment to meet with a HICAP Counselor for a personalized session at their Senior Center.

HICAP can help you answer questions about Medicare Extra Help wherein more Medicare beneficiaries can qualify for Extra Help with their prescription medicines and changes in Medicaid coverage for low income older adults.

HICAP is a non-profit, volunteer-based program that does not charge for its services. Through trained Volunteer Counselors, HICAP provides information, educa-

tion and advocacy in the areas of Medicare, medical billing and claims, Medicare Supplemental Insurance, Medicare Advantage Plans, Part D plans, Long Term Care Insurance and insurance fraud or abuse issues.

HICAP is part of a Legal Assistance program for Seniors in Alameda County that provides legal representation to clients when necessary. HICAP is funded through the Alameda County Department on Aging and Adult Services.

Please call HICAP at 510.839.0393 if you have questions and/or would like to make an appointment at your Senior Center. Be sure to identify yourself as a Berkeley Senior Center participant.



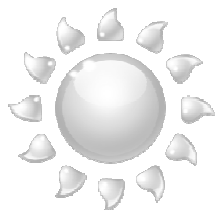
Caregiver Support Group

The City of Berkeley/Aging Services Division is continuously pre registering for a Care Giver Support Group. This group is open to residents of Berkeley and Northern Alameda County. Please contact Judith Izzo, LCSW at 510-981-7700

Commission on Aging Meeting

September 15, 2010
1:30 pm

South Berkeley Sr. Center



Excursions for ALL Seniors

❖ **Trips leaving from WBSC:**

- 8/12 **Jelly Belly Factory &
Larry's Produce**
Cost: \$2.00
Lunch on your own
10:00 am - 5:00 pm
- 8/18 **African American Museum
& Library**
1:00 pm - 5:00 pm
- 8/26 **Trip to the Movies**
1:00 pm - 5:00 pm
Cost: \$8.00
"Lottery Ticket"

SHOPPING SCHEDULE

- 8/4 **Shopping @ Lucky Store**
1:00 pm
- 8/19 **Shopping @ Safeway Store**
1:00 pm
- 8/25 **Gateway Meat Market**
1:00 pm
- Tues. **Personal Errands & Dr. Visits**
& 10 am—12 noon
Thurs

❖ **Trips leaving from SBSC:**

- 8/3 **De Young Museum**
Masterpieces from the Musee
D'Orsay
10:30 am - 4 pm Cost: \$19.00
Transportation/Entrance
Please bring a lunch
- 8/6 **River Rock Casino**
7:30 am - 5:30 pm
Cost \$25.00
(\$20.00 Cash back plus coupons)
- 8/11 **Oakland Zoo "Wild Australia"**
Cost: \$6.00
(additional \$2.50 if you want to
ride the train)
10:00 am - 3:30 pm
Please bring lunch
- 8/18 **Richmond Art Gallery**
1:00 pm - 3:30 pm
- 8/25 **Lafayette Reservoir**
1:00 pm - 3:30 pm
- 9/7 **Legion of Honor**
10:30am - 3:30pm Cost: \$ 9.00
Admission/Transportation
Please bring a lunch

SHOPPING SCHEDULE

- 8/4 **Grocery Outlet in Oakland**
Leave 1:00 pm , return 3:00 pm
- 8/10 **Larry's Produce**
Leave 1:00pm, return 4:00pm
Cost: \$2.00
- 8/17 **LUCKY'S, El Cerrito**
Leave 1:00 pm, return 3:00 pm
- 8/24 **Target in Richmond.**
Leave 1:00 pm, return 3:00 pm.
- 8/31 **LUCKY'S, El Cerrito**
Leave 1:00 pm, return 3:00 pm
- Thurs **Personal Errands & Dr. Visits**
10 am to 12 noon

❖ Trips leaving from NBSC:

Come in to sign up after 9 am, **Monday, August 2nd**. Phone call requests are taken after those who show up to register in person. On trip day come early to sign the legal form. Limit of two long trips per month. Long or out of area trips cost \$1 for transportation/bridge/parking. Also bring money for admission, lunch, etc. Pay on the day of the trip except when noted. **Do not** park in the center's lot. **E permits** are available for \$1 for street parking. Beware of 2nd Tues, & Wed Street Cleaning days, 12:30 am -3:30 pm. All trips, including shopping, leave from NBSC. 510-981-5190.

Limit of 3 trips total per month.

- 03 **De Young Museum**
Masterpieces from Musee D'orsay
Lunch on your own
Leave 10:30 am—Return 3:30 pm
\$2 Transportation
\$17 entry
- 05 **UC Botanical Gardens**
Bring Bag Lunch
Leave 10:00 am
Return 3:30 pm
- 10 **Richmond Art Center**
Tapestry Weavers Show
Lunch Richmond Senior Center
Leave 11 am - Return 3:30 pm
- 11 **Larry's Produce**
Suisun City
Lunch on your own
Leave 11:00 am - Return 2:00 pm

- 24 **Salem Lutheran Home**
Oakland
Leave 10:30 am - Return 2:30 pm
- 25 **Muir Woods**
\$5 + Transportation \$2
Lunch on your own
Leave 10:30 am - Return 4 pm
- 31 **Presidio Visitor Center**
Habitat Show
Bring own lunch
Leave 10:30 am - Return 3:30 pm
- 9/07 **Legion Of Honor**
Lunch on your own
\$2 Transportation
Leave 10:30 Return 3:30

SHOPPING SCHEDULE

- | | Leave
11:00 am | Return
2:00 pm |
|--|-------------------|-------------------|
| 02 Berkeley Bowl | | |
| 09 Safeway | | |
| 16 New West Berkeley Bowl | | |
| 17 Personal Errands | | |
| 19 Costco | | |
| 23 Safeway | | |
| 30 Wal-Mart Store
Hilltop Mall, Richmond | | |

LifeLongMedicalCare NationalHealthCenterWeek

2nd Annual Community Walk and Health Fair

Friday, August 13th, 2010

10:30 am: Registration begins at

Over 60 Health Center

3260 Sacramento Street Berkeley, CA

12:00 pm: Walk begins toward LifeLong's Offices at
2344 Sixth Street, Berkeley (1.9 miles)

1 to 4 pm: Free Health Fair at 2344 Sixth Street, Berkeley, CA

For more information:

Contact: 510.981.4140 or jtaylor@lifelongmedical.org



**LifeLong
Medical
Care**

Health Services For All Ages



National Health Center Week
August 8th - 14th, 2010
www.lifelongmedical.org

MEDITATION CLASSES

A samatha ("calm concentration") practice
based on mindfulness of breathing
to develop calm, clarity, inner strength, and equipoise

Mondays and Fridays at 9:30 to 11:30 am
September 13 through December 16, 2010
(beginners may join at any time)

at South Berkeley Senior Center
2939 Ellis Street (near Ashby BART)

No charge (donations accepted)

All welcome

For information, call 510.859.5441
or email: samatha.meditation@sbcglobal.net



City Of Berkeley
Aging Services Division
2939 Ellis Street
Berkeley, CA 94703
seniors@ci.berkeley.ca.us
www.ci.berkeley.ca.us/aging



City of Berkeley Aging Services Division
welcomes participants regardless of race,
color, religion, ancestry, national origin, sex,
sexual orientation, gender identity, marital
status, political affiliation, veterans' status,
disabilities (physical & mental), and medical
condition (including cancer & HIV status).