

Community

Could you have sarcopenia?

Have you ever heard of sarcopenia? "Sarco" means flesh, or muscle and "penia" means loss. The fragility we see in the elderly is largely the result of muscle loss known as sarcopenia. Many adults work at preventing chronic diseases associated with aging such as heart disease and diabetes, but sarcopenia is a disease that is often overlooked.

After the age of 45, muscle mass declines at a rate of about one-percent a year. Decreased physical activity levels can explain most of this loss. When muscle mass decreases, so does muscle strength. When you lose muscle strength it becomes more difficult to do chores, take walks, enjoy a day of touring, go grocery shopping, or accomplish other activities.

How can we break this vicious cycle? The answer may be strength training. A recent research study showed that even frail nursing-home residents in their 90s could build muscle and strength.

Many of us find time to do aerobic exercises such as running or swimming, which is

Senior News

By Karen Miller



RO-
M A N -
N A ' s
G A R -
D E N
P A R T Y
will be
here at
the Se-
n i o r

Center from Wednesday through Saturday, June 7, 8, 9, and 10! Come help make this our biggest fundraiser yet! Bird houses, bootjacks, plants, shrubs, trees, flowers, gardening tools and much more. Be here early for the best selection. Starts at 9:00 a.m.

While you're here, purchase your ticket for a sweet RED electric scooter to be given away Jamboree weekend! Ticket price: only \$1.00.

great for strengthening your heart and lungs, but it may not be sufficient to prevent sarcopenia. However, weight lifting can! Two to three weight-training sessions a week for about 20-30 minutes are recommended. Ideally, you should **Please see page 25**

Come in and check out our great selection of clothes; just today I found a leopard print shorts and top ensemble for only \$2.00! Thanks to whoever donated that item! Maybe it was the brand name – as my daughter says, "Mother, why does someone make women's clothes called 'SAG Harbor'!?"

Hearing aid needs? Call your senior center for an appointment with Willoughby Hearing; they are here once a month.

From the Community Action Team's Senior Advocate's office:

- 1) AARP Safe Driving Class coming in July. Call my office to sign up. Only \$10 and no tests.
- 2) Need information on Veteran's services? Community Action Team will be making this service available.
- 3) Preventive Health grant is

now offering swimming through this Vernonia office. Call for sign-ups.

4) Are you interested in some caregiving training through Community Action Team? We have set a date for June 15 for a free caregiving seminar. Call my office for information.

5) Do you know of someone in need of some senior visiting and/or counseling service? We have a volunteer that would be glad to assist someone in that area.

See you Fridays here at the center for Connie's great breakfasts: Only \$2.50 and great company besides! 7:30 to 9:00 a.m. See you there, Rebecca.

Cool Cyber Resource: www.ada.gov. Helps you understand the Americans with

Disabilities Act.

If you know of a senior who would like a visit from the Senior Advocate or has any senior needs and concerns, call our office.

REMEMBER:

- Pastries and bread Wednesday a.m.
- Bingo, Mondays at lunch.
- Music with the Golden Oldies on Wednesdays.
- Games on Thursdays.
- Willoughby Hearing every first Friday at 11:00 a.m.
- Sign language class at 9:00 a.m. on Mondays.
- Breakfast every Friday, 7:30 a.m. to 9:00 a.m., \$2.50.

INFORMATION NUMBERS

Senior Advocate...429-9112
Senior Center.....429-3912
Transportation.....429-4304

Do you know someone that is graduating this year? Come see us about GRAD FUNDS!



We have two options for family and friends of graduating students.

Option #1: Grad Fund Savings

- Open an account in the graduating students name
- We will provide you with small inserts to put into the graduation announcements.
- Family & friends can make deposits to the account. When they make their deposits, they will be given a nice gift receipt that they can present to the graduate.
- Once the account reaches \$500, SHCFCU will deposit \$50.
- After graduation a statement is supplied with a list of all the givers names & deposit amounts to help the graduate with their Thank You cards.
- Funds are issued to the student via a VISA Gift Card.

Option #2: Grad Funds Loan

- Apply for a Grad Fund Loan at any of our locations
- Once your loan is approved we will issue a VISA Gift Card in the amount of the loan.
- If you have a My-Line Line-of-Credit, you can advance your loan and we will issue you a VISA Gift Card in the amount of the advance.
- Once you have your VISA Gift Card you can give the graduate the card that they can use anywhere that VISA is accepted.

We're Here for your "Life's Greatest Moments"



St. Helens Community Federal Credit Union
St. Helens ~ Scappoose ~ Rainier ~ Clatskanie

503-397-2376 or 800-275-6434



Because we know how important your pet Is to you.....



We've added no extra fees for your pet at The Grove Assisted Living



ASSISTED LIVING & ENHANCED CARE COMMUNITY

**2112 Oak Street, Forest Grove, OR 97116
(503) 359-1002**