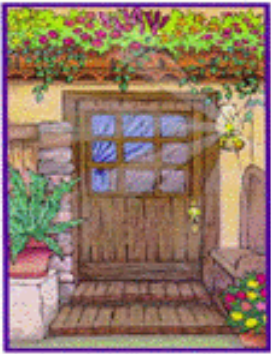


# All About Seniors, Inc.

Resource, Referral, and Placement Services

May 2011

Serving our Clients with Compassion and Dignity



**Helping adult clients with their care and housing needs.**

## Our Dedicated Team:

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If you have any suggestions or comments, please contact us at:

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## Tomatoes Boost Sun Protection



The humble tomato could be the key to more effective sun protection. Tomatoes contain Lycopene - which is a potent antioxidant that could potentially protect the skin whilst in the sun and helps skin that is already suffering substantial sun damage. Lycopene is found in tomatoes and other red fruits (it provides the red color) but its concentration is particularly high in cooked tomato products like tomato sauces and tomato puree/paste, even ketchup!

There is Lycopene in raw tomatoes but not nearly as much as cooked tomatoes. Organic varieties have proven to contain more Lycopene than the quickly grown varieties. In a small, controlled study carried out by Newcastle and Manchester Universities, women were given 55g of tomato paste each day (to eat, no spreading of tomato puree on the skin please!) for 12 weeks. The skin protection against sunburn increased by 30% in the women. When combined with topical UVA and UVB protection it could offer greater benefits for your skin while in the sun. When you're on vacation, boost your skin's protection by indulging in lots of tomato based dishes and sauces, very tasty!

Grow your own! It is so easy, believe me, if I can do it then anyone can! I grow a variety that I can plant in hanging baskets – Tumbling Tom, they require no pinching out or fiddling with and produces loads of sweet juicy cherry tomatoes! Use them for sauces or put them on pizzas. Home grown toms will contain more Lycopene than store bought ones if you let them grow at their natural speed and the Lycopene has time to develop.

Source:<http://www.juliahart.co.uk/nutritional-news/nutritional-news-post/>

## Mastery of Aging Well

### **OSU now offers an online program for healthy living**

In partnership with the AARP, OSU Extended Campus, Lifelong Learning and OSU Extension Service have designed a free online program consisting of five modules for anyone interested in healthy aging.

1. Memory Difficulties: Should I Be Worried?
2. Depression in Later Life
3. Medication Jeopardy
4. Food As Medicine?
5. Physical Activity and Exercise in Later Life

<http://outreach.oregonstate.edu/programs/agingwell/modules/>

## SOLVE THE RIDDLE



I am black of eye and bright of hair. I  
fast into the ground and follow my  
lord as he races around the world.  
What am I?

The first two people with the right answer from each County to call us will receive a \$10.00 Starbucks gift card.

**Answer to April riddle:** They both have bees coming after them.

## *Somerset Lodge*

*Gracious Retirement Living*

*8330 Cason Road.*

*Gladstone, Oregon 97027*

*503-723-7868*

*Please call to schedule a tour*

## Ingenious Uses for White Vinegar



**Kitchen Remedies:** Besides adding zest to salad dressings, white vinegar is handy for many tasks.

- Adding a few tablespoons of white vinegar to the water when poaching eggs helps the whites stay formed. Add a few tablespoons to the water when boiling eggs, and if any shells crack, the whites won't leak out.
- If your leafy veggies are wilted, soaking them in cold water with a little vinegar can perk them right up.
- After chopping an onion, you can eliminate the odor from your hands by rubbing them with a bit of white vinegar.
- When cooking any vegetables from the cabbage family (like broccoli or cauliflower), adding a little vinegar to the water will perk up the taste and reduce the gassiness they can induce. This also works when cooking beans, making Mexican food a far more attractive option.
- Clean and deodorize the garbage disposal by mixing equal parts vinegar and baking soda and putting it down the drain. After letting this fizzing mixture sit for a few minutes, flush out the drain with warm water for a clean and stink-free sink.
- One of my favorite vinegar remedies and my personal weapon against fruit flies is to set out a small dish of white vinegar and some smashed fruit, covered with plastic wrap with some holes in it—the flies crawl into the trap, but can't get out.
- If your stemware is cloudy from the dishwasher, wrap the glasses in paper towels soaked in vinegar, let them sit, and the cloudy deposits will rinse right off.
- There's no need to use bleach on tile grouting when you can let vinegar soak on it and then scrub with a toothbrush.
- If you have water condensation marks on your wood, just rub the piece of furniture with equal parts vinegar and vegetable oil to remove them. Make sure to rub with the grain, and then invest in a set of coasters.
- If your car still sports a bumper sticker from two elections ago, remove it by spraying the decal with white vinegar to saturate the area, and the sticker will peel off in a few hours. (You might need to spray it a few times.)
- Wiping down your car windows and windshield with a three-to-one vinegar-water mixture can keep them frost-free in the wintertime.
- Kill weeds and crabgrass growing in sidewalks and driveways by pouring vinegar onto them. A half-and-half solution of vinegar and water can even kill garden slugs if it's sprayed directly onto them.
- To extend the life of cut flowers, add a few tablespoons of vinegar to the water in their vase, along with a teaspoon of sugar.

### **Advertise your business here**

*Please call Ken or  
Bethany for more  
information about  
advertising*

*503-659-3815*

### ***Pop's Adult Care Home***

*Lidia Pop  
626 NE 155th Ave.  
Portland 97230  
(503)252-8707*

*We care for residents  
with care needs ranging  
from minimal to heavy  
care.*

# May is National Stroke Awareness Month



## Stroke 101 Fact Sheet

- Stroke is an emergency and a **brain attack**, cutting off vital blood flow and oxygen to the brain.
- In the United States, stroke is a leading cause of death, killing over 133,000 people each year, and a leading cause of serious, long-term adult disability.
- There are an estimated **7,000,000 stroke survivors** in the U.S. over age 20.
- Approximately **795,000 strokes** will occur this year, one occurring every 40 seconds, and taking a life approximately every four minutes.
- Stroke can happen to anyone at any time, regardless of race, sex or age.
- From 1997 to 2007, the annual stroke death rate fell approximately 34 percent, and the actual number of deaths fell by 18 percent.
- Approximately **55,000 more women than men** have a stroke each year.
- **African Americans have almost twice the risk** of first-ever stroke compared with whites.

### Types of Stroke:

- **Ischemic stroke** occurs when arteries are blocked by blood clots or by the gradual build-up of plaque and other fatty deposits. About 87 percent of all strokes are ischemic.
- **Hemorrhagic stroke** occurs when a blood vessel in the brain breaks leaking blood into the brain. Hemorrhagic strokes account for thirteen percent of all strokes, yet are responsible for more than thirty percent of all stroke deaths.
- Two million brain cells die every minute during stroke, increasing risk of permanent brain damage, disability or death. Recognizing symptoms and **acting FAST** to get medical attention can save a life and limit disabilities.
- The prevalence of transient ischemic attacks (TIA – “mini strokes”) increases with age. Up to 40 percent of all people who suffer a TIA will go on to experience a stroke.

### **Stroke is an Emergency. Act FAST and Call 9-1-1.**

Few in the U.S. know the warning signs of stroke. Learning them – and acting FAST when they occur – could save your life or the life of a loved one.

Use the FAST test to remember warning signs of stroke.

**F = FACE** Ask the person to smile. Does one side of the face droop?

**A = ARMS** Ask the person to raise both arms. Does one arm drift downward?

**S = SPEECH** Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?

**T = TIME** If you observe any of these signs (independently or together), call 9-1-1 immediately.

Source: [www.stroke.org](http://www.stroke.org)

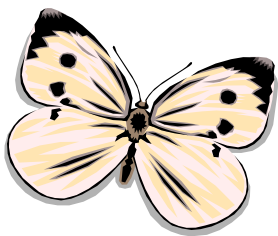
# WHAT A DIFFERENCE ONE CENTURY MAKES!

The year is 1902, over one hundred years ago. . . .What a difference a century makes . . . .

- \* The average life expectancy in the US was forty-seven.
- \* Only 14 percent of the homes in the US had a bathtub.
- \* Only 8 percent of the homes had a telephone. A three-minute call from Denver to New York City cost eleven dollars.
- \* There were only 8,000 cars in the US and only 144 miles of paved roads.
- \* The tallest structure in the world was the Eiffel Tower.
- \* Sugar cost four cents a pound. Eggs were fourteen cents a dozen. Coffee cost fifteen cents a pound.
- \* Most women only washed their hair once a month and used borax or egg yolks for shampoo.
- \* The average wage in the US was 22 cents an hour. The average US worker made between \$200 and \$400 per year.
- \* More the 95 percent of all births in the US took place at home.
- \* Crossword puzzles, canned beer, and iced tea hadn't been invented.
- \* There were no Mother's Day or Father's Day nor "under God" in the Pledge of Allegiance.

Source: <http://www.suddenlysenior.com/whatdifference100yearsmake.html>

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*Hundreds of dewdrops to greet the dawn, Hundreds of bees in the purple clover,  
Hundreds of butterflies on the lawn, But only one mother the wide world over.  
~George Cooper*