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A heartfelt thank you to all our 12th Annual Seniors' Prom 2017, *Rhinestones & Denim!*

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Anonymous

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Important Things to Know about Osteoporosis

What is Osteoporosis?

Osteoporosis is a disease that causes very weak bones that break easily. Women are five times more likely to get this disease than men. There no way to stop or cure it, but there are things you can do to slow it down.

The Cause

- It can run in families.
- Not enough calcium and vitamin D in the diet.
- Women who've gone through menopause are more likely to have it.

Who's at risk for it?

Anyone can get it, but some people have a higher chance than others:

- Thin, small framed people
- Others in your family who have had a lot of broken bones or a stooped posture
- Women who went through menopause before age 45
- Have had an eating disorder
- People over age 50
- People who have used certain medicines for a long time, like: some hormones or medicines for seizure or some medicines for asthma, arthritis, or cancer

How do I know if I have Osteoporosis?

- There are tests that use either X-rays or sound waves to measure bone density.
- Ask your doctor about which test you might need.

How can I lower my chances of getting osteoporosis?

- Get enough calcium. Women under 50 need at least 1,000 mg of calcium each day. Women over 50 need at least 1,200 mg.
- Get exercise every day, like walking.
- Don't Smoke!
- If you drink alcohol, don't drink more than one glass per day

Which foods have calcium?

- Low-fat dairy products like milk, cheese, and yogurt
- Green leafy vegetables like kale and turnip greens
- Tofu
- Canned fish (eaten with bones)
- Orange juice, cereal, and other foods that have calcium added

What else can I do?

- Talk to your doctor, nurse, or pharmacist about medicines you can take to build bones.
- You also might need calcium or vitamin D pills.

Source: Food and Drug Administration (FDA) Office of Women's Health.
<http://www.fda.gov>

New & Renewed Members

Sophie C Britton
 Karen Davis*
 Rosie Foster*
 Linda & Eugene Rotharmel
 Joanne E Wilson*

SALINAS SENIOR CENTER

Celebrates

Older Americans' Month

BBQ Style Dinner

Wednesday, May 17, 2017

Chicken, Beans, Salad,
 Cornbread, Watermelon and
 Dessert

Doors open at 5:30 pm

Dinner service at 6:00 pm

Hartnell Student Center

411 Central Ave. Salinas 93901

Please call 757-6030 or

Email:

ssc@salinasseniorcenter.org

For your reservations to take out
 or to dine in with us!

A SSC "Friendraiser"

**Volunteers Needed for
 Prom Committee**

Call the office or send an email if you're interested in helping with our 13th Annual Seniors' Prom to be held in 2018. We will match your skills with our needs. Join a fun group for a great event.

Do You Have Concerns About Falling?

Many older adults experience concerns about falling and restrict their activities. "A Matter of Balance," an award-winning program designed to manage falls and increase activity levels, will be available in Monterey County in the near future. The program emphasizes practical strategies to manage falls.

You will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Who should attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

Classes are held twice a week for 4 weeks for 2 hours each or once a week for 2 hours for 8 weeks.

A Matter of Balance was developed and formally evaluated by The Roybal Center for Enhancement of Late-Life Function at Boston University with a grant from the National Institute on Aging. In '03 the Administration on Aging awarded 3 evidence-based disease prevention grants to Southern Maine Area Agency on Aging, Maine Health's Partnership for Healthy Aging, Maine Medical Center Division of Geriatrics and Univ. of Southern Maine School of Social Work who have developed *A Matter of Balance* into a program that uses volunteer lay leaders as facilitators instead of health care professionals and to serve as an innovative national model for addressing fall prevention.

For more information, call Salinas Sr. Center, 757-6030.

THANKS

Salinas Senior Center would like to thank Joanne Haag for her generous donation of supplies for our administrative office. A copying machine, file folders, binders, reams of colored paper, and more will help to defray our operating expenses this coming year.

Salinas Senior Center
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We are under Web reconstruction
www.salinasseniorcenter.org

FED ID #77-0428637

*Does your name on the address label have an * after it? Then you're a current member.*

We thank you very much!

*If you don't have an * after your name on the label, please consider joining our cadre of supporters. You'll be helping us with operating expenses. Thank you!*

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Return Service Requested

Our Mission Statement

To serve individuals and their caregivers, ages 50 and over, by developing and delivering innovative services to enhance the independence, health, and well-being of seniors in our community.

In Memory

Jack Briscoe
Perry Flicker
Dr. Thomas E. Gorman
Thomas Joseph
Grainger
Carla Isberg
Ray Martin Harrod

YOU TOO CAN BECOME A CHARTER MEMBER!

by remitting your annual membership dues today.

Members will be issued membership cards each year.

Our membership runs from July 1 through the next June 30.

(Amounts are per person, e.g. single Charter Angel Member = \$100; couple = \$200)

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Can we count on you as a volunteer? Yes No

How would you like to help? _____

Please cut this out and mail to the Salinas Senior Center PO Box 6388, Salinas, CA 93912