

# Health & Wellness



**The Calaveras County Public Health Department is observing the Great American Smokeout** this month by working with preschool children and current smokers. "The Tobacco Prevention Program is working with young children to help them avoid tobacco use by learning about tobacco at an early age," said Dr. Dean Kelaita, County Health Officer.

A story book was written by students at Bret Harte High School and Public Health staff about secondhand smoke and cigarette butt litter. The book is being read and distributed by Calaveras High School students and Public Health staff at local preschools. "The story encourages parents to ask smokers to keep smoke and butt litter out of children's play areas in our local parks," continued Dr. Kelaita. "The story teaches young children that tobacco and butt litter are not good for them," added Kelaita.

To support the quit efforts of smokers, the Program offers no-cost Quit Kits and referrals to the California Smokers' Helpline. The Smokers' Helpline, 1.800.NO BUTTS, offers no-cost 1-1 cessation counseling by telephone. For a limited time, the Helpline is also offering a two week nicotine patch starter kit that is available by mail to adults living in Calaveras County. Celebrate the Great American Smokeout this month and move Calaveras County closer to being a smoke-free community environment for all.

Notable progress has been made in decreasing smoking rates and protecting non-smokers from harmful exposure to secondhand smoke. Yet smoking related diseases, such as lung and other cancers, remain the leading causes of death and result in medical costs of \$96 billion in the U.S. annually.

In Calaveras County, the adult smoking rate [18.1%] remains significantly higher than the California state rate [11%].

## Add years to your life

Sugar & protein create compounds which cause abnormal bridging that results in rigid skin with no flexibility. Sugar is detrimental to skin, and destroys collagen. Replace sugar in a few ways: Eliminate yogurts with fruit; replace ketchup with hot sauce, bonus: it revs up your metabolism.

Gtf chromium helps insulin do its job; it brings sugar into the cells to be used for energy, \$4. Cellular exhaustion ages us; Telemar cannot reproduce when our bodies are older. Astragalus helps cells live longer. Stand up for 10 minutes a day; it rebuilds your genes. Dementia: decrease inflammation, and nitrates in Bologna, salami, hot dogs.



Jason Granger (center) and Jaina (R) enjoy Saturday fun at Boston Alley Fitness Center. Photo by Tim Dunn

## Dad & Me Little Tumblers!

By Tim Dunn  
Staff Writer

On Saturday, November 5, my granddaughter Jaina and I joined the other dads, grandfathers and uncles at Boston Alley Fitness Center in Sutter Creek for fun, tumbling, and lots of bouncing! From 10am to almost noon, Jaina was an energetic little girl having a blast on the horse, the rings, and in the bounce house full of large, plastic balls, while I watched, exhilarated. *Jaina (R) in photo below.*

Jason Granger, a facilitator with First 5 Amador, and Ryan who works at the Boston Fitness Center, were both on hand to assist the children, and provided healthy snacks. Sometimes free books are provided for the children to take home. On this playday, Jaina was happy to get a colorful book to take home.

Jason told me that these events are held every other Saturday from 10 to 12 noon at various locations. This fun

Saturday was a free event. Our newspaper, the *Gold Country Times*, had always been pleased to publish their events but I had never attended an event before this one. I was very pleased at not only how well it was handled, but also enjoyed seeing the little ones having such a good time on Saturday morning with their dads and grandpa's, me included!

The kids tumbled, jumped, rolled, bounced, hung upside down, and laughed a lot. As Jaina was just 5 days away from her 6th birthday, it was nice that we could enjoy this time together, just she and I, for a special morning. Thank you, First 5 Amador!

For more info, call Director Nina Machado at 209-257-1092, [www.first5amador.com](http://www.first5amador.com). First 5 Amador, Margaret Dalton Children's Center, 975 Broadway, Jackson, designs programs for children 0-5 years old and their families.



**Senior Helpers**, a leading in-home care senior care company with a local office serving this area, has created a revolutionary program called Senior Gems. It's a step-by-step guide that teaches caregivers and families how to care for their beloved seniors through each stage of dementia and Alzheimer's. It aims to improve the lives of families scarred by these debilitating diseases. Senior Helpers connects professional caregivers with seniors who wish to live at home as opposed to a nursing or assisted living facility.

Alzheimer's is a brain disorder that's the sixth leading cause of death in the U.S. While Alzheimer's is not considered a normal part of aging, the risk for seniors developing this devastating disease rises as they get older. The prevalence of Alzheimer's disease doubles every five years, starting at age 65. And for each person with Alzheimer's disease and related dementias, there can be as many as four individuals providing their daily care. That's why Senior Helpers, one of the largest in-home care companies for seniors, has created a revolutionary program to help local caregivers and families properly care for their elderly loved ones battling these devastating diseases.

The Senior Gems Program is the first of its kind in the in-home care industry. It's a step-by-step guide that teaches local caregivers and families how to care for their beloved seniors through each stage of dementia and Alzheimer's. It aims to improve the lives of families touched by these debilitating diseases, both locally and nationally. For more information, visit [www.seniorhelpers.com](http://www.seniorhelpers.com)

**Sutter's Heart Failure Clinic** monthly treats hundreds of patients from throughout Northern California, southern Oregon and western Nevada. It is the only center outside the Bay Area that offers heart transplants and other advanced heart-failure treatments and care.

The Sutter Heart & Vascular Institute Heart Failure Clinic became the first program in the nation to be certified under new Joint Commission standards that are focused on providing safe, successful transitions of care as heart-failure patients move from the inpatient setting to the outpatient setting.

In collaboration with the American Heart Association, The Joint Commission launched the Advanced Certification in Heart Failure program on July 1 by using criteria outlined in the AHA's Get With The Guidelines. These clinical practice guidelines include recommendations related to assessment, monitoring, management and performance improvement of heart failure care across health-care settings.

After a thorough review of the Sutter Heart & Vascular Institute's program, the Heart Failure Clinic at Sutter Medical Center, Sacramento, was found to meet all of the guidelines to

promote successful efforts in heart failure management. "Our Heart Failure Clinic has produced some of the best outcomes in the nation, not only for successful heart-failure treatments, but for excellence in continued care," said John Chin, M.D., medical director of the Sutter Heart & Vascular Institute Transplant and Advanced Heart Therapy Department. "Most heart-failure patients need to be seen for the rest of their lives, and our goal is to improve both their longevity and the quality of their lives."

Sutter Heart & Vascular Institute is the only heart program in Northern California outside the Bay Area to offer advanced heart-failure treatments, including heart transplants, rescue devices and heart pumps known as ventricular assist devices.

Its Heart Failure Clinic is located on the SMCS campus of Sutter Memorial Hospital in East Sacramento and sees hundreds of patients a month. The goal of the Heart Failure Clinic is to prevent unnecessary emergency department visits and hospital admissions, promote consistency in the use of medications, and promote better self-management through patient education and lifestyle changes.

For more information, call 1-800-556-8133 or go to [www.checksutterfirst.org/heartandvascular/departments/chf.cfm](http://www.checksutterfirst.org/heartandvascular/departments/chf.cfm).

## The BEST Banana Bread

1/2 cup margarine  
1 1/2 cups sugar  
2 beaten eggs  
1/2 cup buttermilk  
add 1 tsp baking soda  
Stir in:  
sift 2 cups flour  
2 tsp baking powder  
1/4 tsp salt  
Add 1 cup mashed bananas  
1 cup chopped nuts fine  
1 tsp vanilla  
Bake in greased pans at 350° for 45-60 minutes or til a toothpick comes out clean. Yay Bananas!

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Acupressure Practitioner

[AWellnessHaven.net](http://AWellnessHaven.net)

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