

# AGEWISE



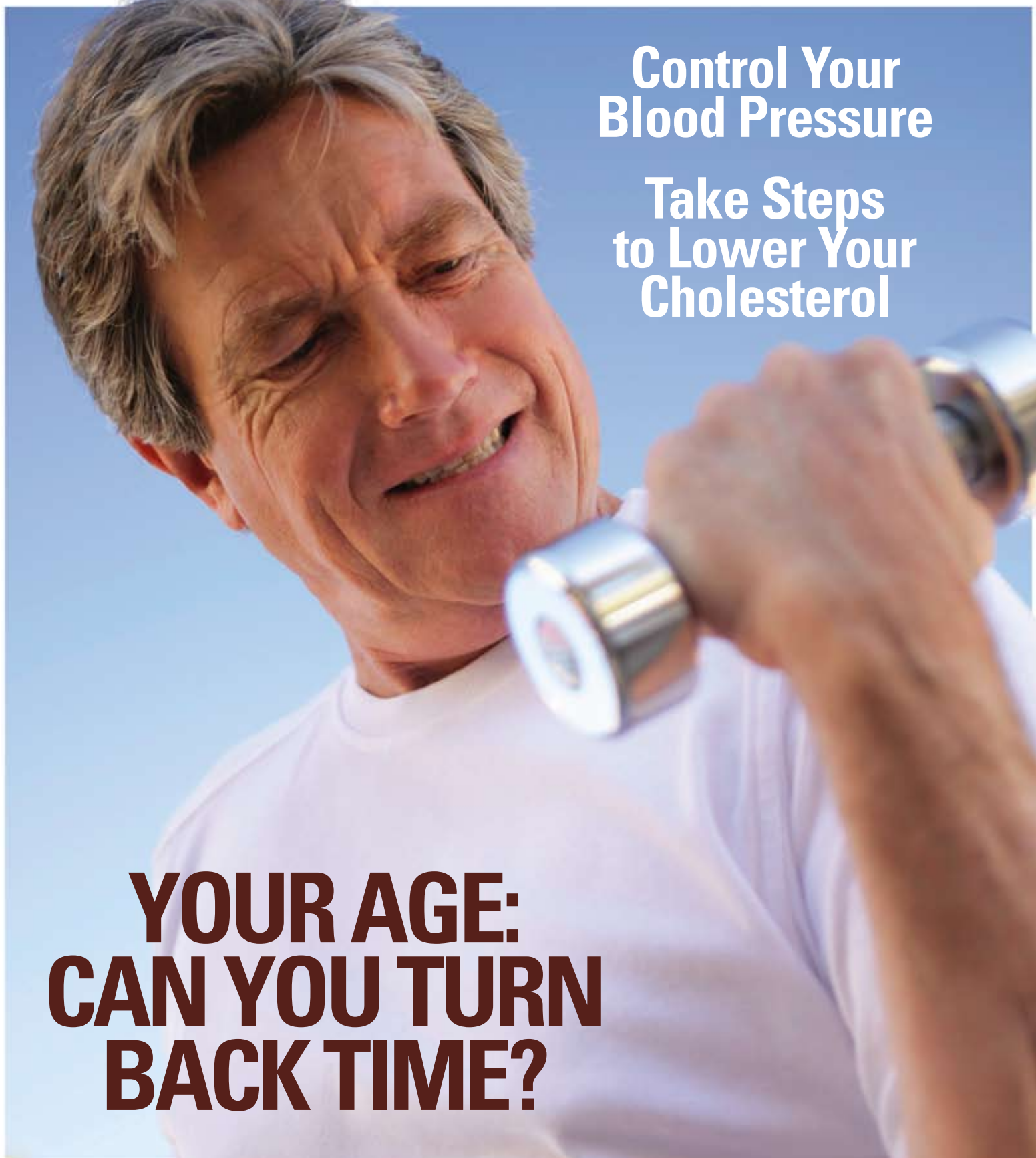
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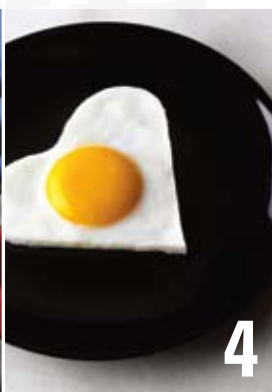
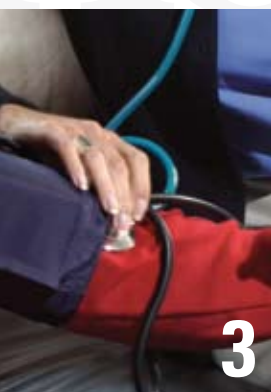
SPRING 2008

**Control Your  
Blood Pressure**

**Take Steps  
to Lower Your  
Cholesterol**

**YOUR AGE:  
CAN YOU TURN  
BACK TIME?**





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## A Message from the CEO

### Dear Friends,

Welcome to the inaugural edition of *AgeWise*! This quarterly publication is one of the many resources that Hebrew SeniorLife provides to promote good health and well-being among seniors.

The mission of Hebrew SeniorLife is to maximize independence for adults as they age through care, community and innovation. We have the most extensive housing and healthcare continuum for seniors in the Commonwealth. Our research and teaching initiatives have improved the lives of countless individuals around the world.

We are fortunate at Hebrew SeniorLife to have some of the leading experts in senior care and aging research among our staff. *AgeWise* allows us to share their knowledge and experience with the greater community beyond the walls of our clinics and housing communities.

Recently our Institute for Aging Research made headlines with news of a study that discovered yet another reason to keep high blood pressure in check. You can read more about this study on the following pages. This type of research, known as clinical research, has an immediate

impact on the care that doctors provide to their patients, and all of us can use this information to make informed decisions concerning lifestyle choices that will keep us healthy and independent as we age. Research, however, is only half of the story. As a Harvard teaching affiliate, Hebrew SeniorLife trains young scientists, physicians, nurses and other health-care providers who are committed to better understanding how to keep adults healthy and vigorous well into old age.

I hope that you find the information included in this edition of *AgeWise* useful and that you will continue to turn to us as a source for information on health and wellness. Please share your thoughts and comments or let us know about topics that you would like us to include in future editions by writing to the Corporate Communications Department or by visiting us online at [www.hebrewseniorlife.org/agewise](http://www.hebrewseniorlife.org/agewise).

Here's to your health!  
**Len Fishman**  
President and CEO  
Hebrew SeniorLife

# Another Reason to Control Your Blood Pressure

Researchers at Hebrew SeniorLife's Institute for Aging Research (IFAR) have given us another reason to control our blood pressure.

In addition to stroke, heart attack and congestive heart failure, IFAR scientists have found that high blood pressure left untreated in a young adult may make it difficult later in life to manage everyday activities like lifting objects, walking up or down the stairs, or bathing.

Led by Ihab Hajjar, M.D., associate director of IFAR's Cardiovascular Research Program, the researchers found that people with high blood pressure (140mm Hg/90 mm Hg) experienced greater loss of lower body strength, which affects

walking, climbing stairs, and getting up and down from a chair. It also appears to impact the motor skills necessary to perform daily activities like cooking and grooming, and women with high blood pressure have a significantly greater risk than men of developing disabilities.

"We always think of it as a risk factor for stroke, heart failure, kidney failure and coronary artery disease, but this study shows elevated blood pressure also tends to affect our independence and functional abilities," says

To find out more about the Institute for Aging Research at Hebrew SeniorLife, visit [www.hebrewseniorlife.org](http://www.hebrewseniorlife.org) and click on Research.



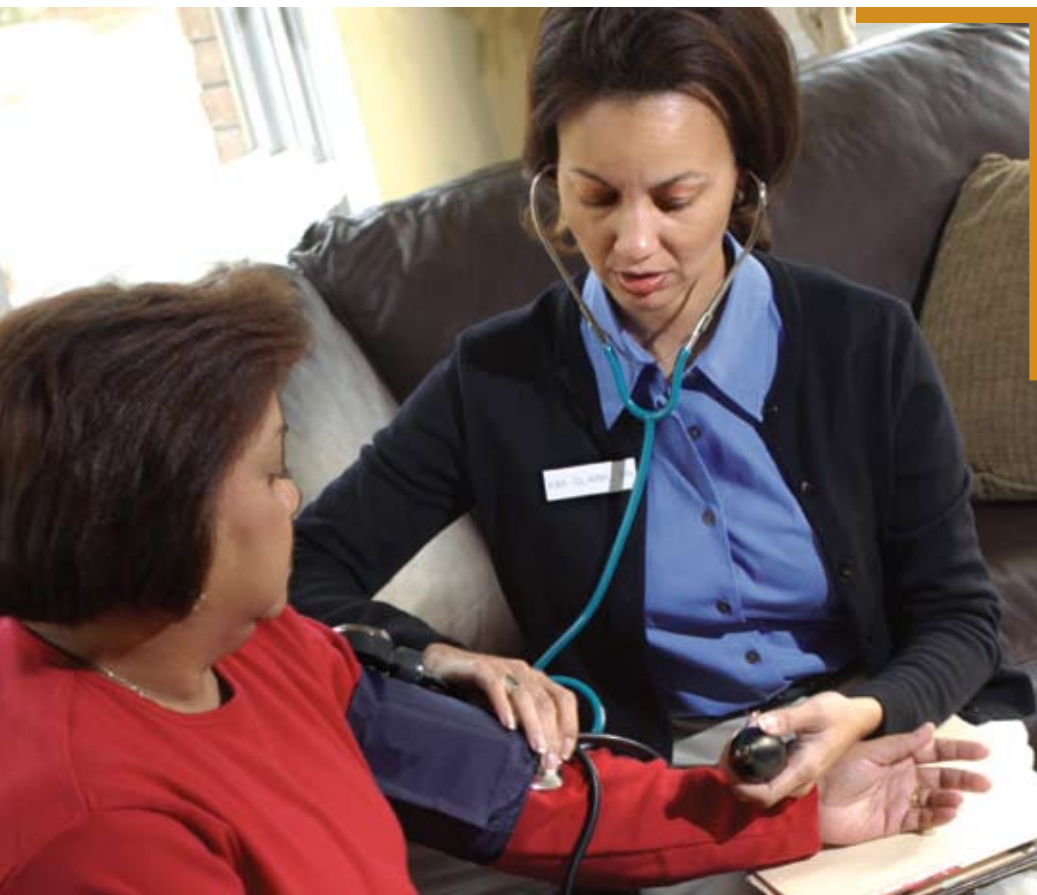
Dr. Hajjar. "It is very important for doctors and nurses who are managing young and old patients with hypertension to counsel them about their risks of disability if their blood pressure is high."

Nearly 1 in 3 American adults have high blood pressure, including 65 percent of older adults. The incidence of high blood pressure is increasing in women. But the news is not all bad. There are lifestyle choices, including exercise and proper nutrition, as well as drug therapies that can help keep high blood pressure in check.

Regular checkups with your doctor to monitor your blood pressure will ensure that high blood pressure is detected and treated early.

An article on Dr. Hajjar's research titled, "Association Between Concurrent and Remote Blood Pressure and Disability in Older Adults," appeared in the December 2007 journal *Hypertension*.

To find out more about the Institute for Aging Research at Hebrew SeniorLife, visit [www.hebrewseniorlife.org](http://www.hebrewseniorlife.org) and click on Research.



# Have Your Blood Pressure Checked Regularly

High blood pressure affects approximately 65 million Americans, nearly one-third of whom are unaware they have high blood pressure. It is a major risk factor for heart disease, kidney disease and stroke.

Blood pressure is a measurement of the forward thrust of blood against artery walls produced when the heart pumps blood to the rest of the body. When you have your blood pressure checked, the upper number is called systolic blood pressure and the lower number is called diastolic blood pressure. High blood pressure can be caused by excess body weight, age, inactivity, tobacco use, sodium intake and genetic factors, among others.

The Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure (JNC 7), supported by the National Institute of Health, divides blood pressure into these categories:

CLASS	SYSTOLIC BLOOD PRESSURE		DIASTOLIC BLOOD PRESSURE
<b>Normal</b>	< 120 mm Hg	AND	< 80 mm Hg
<b>Pre-Hypertension</b>	120-139 mm Hg	OR	80-89 mm Hg
<b>Hypertension</b>			
Stage 1	140-159 mm Hg	OR	90-99 mm Hg
Stage 2	> 160 mm Hg	OR	> 100 mm Hg

**Ihab Hajjar, M.D., associate director of the Cardiovascular Research Program at Hebrew SeniorLife's Institute for Aging Research**, offers the following tips for keeping your blood pressure in check:

- Take blood pressure medication as prescribed by your doctor.
- Quit smoking.
- Reduce sodium intake.
- Read nutrition labels for sodium and fat content.
- Exercise regularly.
- Maintain an appropriate body weight.
- If you drink alcohol, do so in moderation.
- Manage stress, which can elevate blood pressure.

Keeping blood pressure under control is important to maintaining overall good health.

## Take Steps to Lower Your Cholesterol



Cholesterol plays a key role in bodily functions such as building new cells. It is common for cholesterol production to become excessive as we age. Once absorbed in the bloodstream, cholesterol is broken down into LDL (bad cholesterol) and HDL (good cholesterol), both of which circulate in your bloodstream. While LDL can cause plaque buildup on the artery wall, HDL helps reduce plaque in artery walls.

The National Cholesterol Education Program recommends LDL cholesterol levels below 70 mg/dL for people with heart or blood vessel disease; below 100 mg/dL for high-risk individuals, including those with diabetes or multiple heart disease risk factors; and less than 130 mg/dL otherwise. HDL cholesterol levels should be above 45 mg/DL (the higher the better).

You should have your cholesterol checked at least every five years,

starting at age 20, and more often as you get older if you have high cholesterol or other cardiovascular risks (especially diabetes).

If you are taking a cholesterol lowering medication that belongs to the class "statins," then it is important to have your liver checked regularly by a simple blood test and to report to your doctor if you start feeling weak or have muscle aches.



## Don't Sit, Get Fit

Hebrew SeniorLife offers its Get Up & Go exercise program to adults age 50 and older at Hebrew Rehabilitation Center in Roslindale and at Center Communities of Brookline (100 Centre Street, Brookline, MA). To find out more about Get Up & Go, go to [www.hebrewseniorlife.org](http://www.hebrewseniorlife.org) or call **617-363-8539**.

Designed to meet the special needs of older adults, the Get Up & Go program provides:

- Research-based, supervised exercise programs conducted in a senior-friendly environment.
- Individualized, gym-based training sessions designed to meet the needs of each participant.
- Comprehensive evaluation of strength, balance and mobility before and after training.
- Nine different group exercise classes, including tai chi, yoga, strength and balance training, and meditation.

Enroll today! For more information and to get a schedule of classes, times and locations call **617-363-8046** or visit [www.hebrewseniorlife.org](http://www.hebrewseniorlife.org).



For more tips, call **617-363-8384** or visit [www.hebrewseniorlife.org](http://www.hebrewseniorlife.org) to receive your **FREE** booklet, *50 Tips for Healthy Aging* – filled with practical ideas for seniors to live healthier lives.

### Here are some tips for keeping your cholesterol in check:

- Take your cholesterol medication as directed by your physician.
- Watch your weight. Being overweight and sedentary compounds the risks of heart disease.
- Cut saturated fat (red meat, butter, rich cheese and hydrogenated oils), replacing it with fish, poultry, low-fat dairy products and polyunsaturated oils.
- Eat foods high in monounsaturated fats, including olive, canola, peanut and avocado oils, which help to lower cholesterol.
- Exercise. Regular, moderate exercise that increases your heart and breathing rate has been shown to increase HDL and reduce cholesterol buildup in arteries.
- Don't smoke: smoking increases LDL, lowers HDL and directly injures vascular walls.




# Your Age: Can You Turn Back Time?


Time can take its toll on the body, but by exercising, eating right, not smoking and caring for your emotional well-being, it is possible to live a longer, stronger, healthier and younger-than-your-years life. It's never too late to treat your body to good nutrition, fitness and stress relief. This brief guide can help you get on the path to feeling your best. Discuss more ideas with your doctor at your regular checkups.





## 10 Power Foods for Your Health


Help your body stay young by eating foods packed with fiber, vitamins, minerals and other nutrients. Eating natural, low-calorie foods can help keep your heart healthy and your immune system strong to fight off health conditions that can cause premature aging. The following list offers options to look for in your local supermarket.


 **Apples.** “An apple a day keeps the doctor away...” An excellent source of vitamin C and soluble fiber, apples can help lower blood cholesterol and glucose levels, plus keep blood vessels healthy.


 **Blueberries.** They may be small in size, but they're big in phytonutrients – plant compounds that can help prevent chronic diseases such as diabetes and some cancers. Blueberries can also help prevent urinary tract infections and may improve short-term memory.


 **Broccoli.** You may have pushed it aside as a child, but now's the time to benefit from its calcium, potassium, folate, fiber and vitamins A and C. It can help protect your body's cells from damage.


 **Spinach.** This leafy green machine helps boost your immune system and can help keep hair and skin healthy. It's a great source of folate, riboflavin, vitamin B-6, calcium, iron, magnesium and vitamins A and C.


 **Sweet potatoes.** They're “beta” than regular potatoes – the deep orange-yellow color comes from beta carotene, which the body converts to vitamin A to help slow the aging process. Sweet potatoes are also a good source of fiber, vitamins B-6, C and E, folate and potassium.

 **Vegetable juice.** Select a low-sodium variety made with tomatoes to get lycopene, an antioxidant that may reduce risk of heart attack and protect against prostate cancer. Vegetable juice contains vitamins and minerals found in the vegetables that go into it, so it's an easy way to drink to your health.

 **Salmon.** Its omega-3 fatty acids can help protect against heart attack and stroke, making salmon a great catch for your body. Salmon is a good source of protein and low in cholesterol and saturated fat.

 **Red beans.** Iron, magnesium, phosphorus, potassium, thiamin and copper – oh my! What's more, red beans and dark red kidney beans have protein, fiber and phytonutrients. Add them to meals to help guard against cardiovascular disease and cancer.

 **Wheat germ.** This tiny center of a grain of wheat contains a highly concentrated source of nutrients, including vitamin E, folate, iron and zinc. Jars of wheat germ can usually be found in the cereal aisle. Add it to breads, smoothies, yogurt, eggs or meat dishes to help boost your immune system and cardiovascular health.

 **Almonds.** If you feel like a nut, reach for a handful of almonds. You'll treat your body to calcium, vitamin E, magnesium and iron. A good source of fiber and protein and good for the heart, almonds can also help lower blood cholesterol levels.

## How to Stress Less

Stress can accelerate aging when it makes you irritable, tired, depressed, achy and prone to destructive behaviors, such as emotional eating or drinking. Listen to your body and get professional help for stress if it's decreasing your quality of life. Along with the right foods and regular exercise, try lessening the effects of stress with:

- Sleep.** Eight hours a night helps your body rest and builds a strong immune system.
- Relaxation.** Unwind with deep breathing, yoga, meditation or massage.
- Setting limits.** Know when to say "no" to events that strain your time and energy.
- Talking and laughing with others.** Having a strong network of friends and family who help lift your spirits is good for emotional well-being and staying young-at-heart.



## Shape Up Your Fitness Routine

The best exercise is something you will do on a regular basis. According to the Centers for Disease Control and Prevention, more than 50 percent of American adults do not get enough physical activity to provide health benefits. Exercise experts at Hebrew SeniorLife recommend exercising four to six times a week for at least 30 minutes to help reduce the risk of diabetes, osteoporosis, high blood pressure, stroke, heart disease and obesity. Discuss exercise options with your doctor before you begin a fitness program – you don't want to overdo it, especially if you've been inactive.



### STICKING WITH IT

Try these techniques to make exercise something you'll want to do often, and prepare to enjoy greater strength and flexibility when you celebrate another birthday.

- **Make sure you like it.** Exercise should make you feel good and suit your lifestyle. You may enjoy reading while riding a stationary bicycle, or swimming may be easier on arthritic joints.
- **Choose the right time of day.** Don't work out right after eating or when it's too hot or cold outside. Find a time that fits your schedule, perhaps first thing in the morning or on your way home after work.
- **Keep a record.** Write "I exercised!" on a calendar. This visual sense of accomplishment can help you make exercise a regular event.
- **Try something new.** If you get bored with one exercise, try a new way of moving your body. The key is to stay active.

Exercise should not be painful, so if something hurts, stop and consult your doctor.

All seniors can take advantage of Hebrew SeniorLife's expert care. Here is some important information to keep on hand.

### Short-Term, Post-Acute Care

Hebrew Rehabilitation Center offers access to outstanding rehabilitation options through the Medical Acute Care Unit (MACU) and Recuperative Services Unit (RSU). These services are available to patients who require extended medical care and rehabilitation because of complex medical conditions or multiple and/or chronic illnesses. For more information, call **1-877-822-4722**.

### Outpatient Services

Hebrew Rehabilitation Center's Outpatient Services offer a wide range of health services, including audiology, memory disorders and osteoporosis screenings, plus rehabilitation and exercise programs. For more information or to schedule an appointment to any of our outpatient clinics, call us at **617-363-8539**.

### Home Health Care Continuum

Hebrew SeniorLife offers community-based seniors a comprehensive range of services to assist them with their recovery following surgery, illness or hospital stay. To find out more about this service, call **781-821-3213**.

### Adult Day Health Programs

Hebrew Rehabilitation Center has more than 13 years of experience caring for seniors in an adult day health setting. We offer two programs at Hebrew Rehabilitation Center in Roslindale and Jewish Community Housing for the Elderly at 30 Wallingford Road in Brighton. For more information, call **617-363-8515**.

All of Hebrew SeniorLife's housing options and services are open to seniors of all backgrounds and faiths.

### Hebrew SeniorLife Housing and Service Listing

Hebrew Rehabilitation Center  
Long-Term Care  
Short-Term, Post-Acute Care  
Medical Acute Care  
Adult Day Health Program  
Outpatient Specialty Services  
Home Care Continuum  
Institute for Aging Research  
Center Communities of Brookline  
Senior Housing  
1550 Beacon Street  
Mark and Diane Goldman Family Residences  
112 Centre Street  
Julian and Carol Feinberg Cohen Residences  
100 Centre Street

Simon C. Fireman Community, Randolph  
Senior Housing  
Jack Satter House, Revere  
Senior Housing  
Orchard Cove, Canton  
Continuing Care Retirement Community  
Short-Term, Post-Acute Care  
Long-Term Care  
NewBridge on the Charles, Dedham  
A multigenerational community to be built on the Dr. Miriam and Sheldon G. Adelson Campus

*AgeWise* is a publication of the  
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# AgeWise Events

## SPRING 2008

» March 13, 2008 «

**Age Well 2008** – A panel of aging experts discuss services and trends to aging well.  
7 - 9 p.m.  
Brookline High School  
115 Greenough Street, Brookline, MA

Sponsored by the Brookline Aging Collaborative:  
HSL Center Communities of Brookline, Brookline  
Council on Aging, Goddard House and Brookline  
Adult Education.

For more information, contact BA&CE at  
**617-730-2700**, or register online at  
[www.brooklineadulted.org](http://www.brooklineadulted.org)

» March 18, 2008 «

**Elder Care Professionals Networking Meeting, Hebrew SeniorLife**  
8:30 - 9:30 a.m.  
Hebrew SeniorLife, Borkum Auditorium  
1200 Centre Street, Roslindale, MA

For more information, contact Dana Kern  
at **617-363-8013**.

» April 1, 2008 «

**New Aging: A Guide to Living and Aging Well through Mind/Body Medicine with Dr. Ann Webster**  
7:00 p.m. - 9:30 p.m.  
Brookline Public Library, Main Branch  
361 Washington Street, Brookline, MA

Sponsored by the Brookline Aging Collaborative:  
HSL Center Communities of Brookline, Brookline  
Council on Aging, Goddard House and Brookline  
Adult Education.

For more information, contact BA&CE at  
**617-730-2700**, or register online at  
[www.brooklineadulted.org](http://www.brooklineadulted.org).

» April 7, 2008 «

**Symposium on Pastoral Care and Elders**  
8:30 a.m. - 12:30 p.m.  
Hebrew Rehabilitation Center  
1200 Centre Street, Roslindale, MA

For more information contact Dana Kern  
at **617-363-8013**, or register online at  
[www.hebrewseniorlife.org](http://www.hebrewseniorlife.org).

» April 8, 2008 «

**Spring Community Education Workshop: "Practical Questions Answered – Taking Medications, Understanding Sleep Disorders and Depression".**  
10:30 a.m. - 3 p.m.  
1550 Beacon Street, Brookline, MA

Presented by Hebrew SeniorLife Speakers: Robert Schriber, M.D., Kevin Domingos, Ph.D., and Erwin Metzger, M.D.

For more information or to register, please  
call **617-363-8384** or register online at  
[www.hebrewseniorlife.org](http://www.hebrewseniorlife.org).

» April 15, 2008 «

**How Do You Start The Conversation: Moving Through Denial – A Caregiver Dilemma**  
Noon - 2 p.m.  
Hebrew Rehabilitation Center, 1200 Centre Street,  
Roslindale, MA

Co-sponsored by Hebrew SeniorLife and  
Houseworks, Inc.

For more information, contact Caitlin Hoey  
at **617-928-1010**, or register online via e-mail  
at [choey@sb-ventures.com](mailto:choey@sb-ventures.com).

» May 14, 2008 «

**Alzheimer's Association "Map Through the Maze" Conference**  
8 a.m. - 4:30 p.m.  
Royal Plaza Hotel, Marlborough, MA

» May 17, 2008 «

**Hospital Case Manager Cabaret Dinner**  
6 p.m. - 9 p.m.  
Hebrew Rehabilitation Center, Borkum Auditorium  
1200 Centre Street, Roslindale, MA  
Sponsored by Hebrew SeniorLife

For more information, contact Dana Kern  
at **617-363-8013**, or register online at  
[www.hebrewseniorlife.org](http://www.hebrewseniorlife.org).

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