

Young at Heart

In Santa Cruz County

July 2021 edition

Learn, Grow & Socialize with the Osher Lifelong Learning Institute

By Tara Fatemi Walker

The Osher Lifelong Learning Institute at UC Santa Cruz, known as OLLI for short, is a wonderful organization available to Santa Cruz County seniors. OLLI members can attend monthly meetings at UCSC with intriguing speakers and take advantage of other offerings like courses (taught by a range of experts, including many UCSC faculty) and dozens of interest groups (led by other OLLI members). OLLI was founded in 1984 by a group of five friends, all “older” UCSC students who lived in town, who regularly socialized. As stated in a 2014 online article about OLLI’s history (olli.ucsc.edu/history/index.html), “...they were struck with the need for more opportunities to gather on a regular basis. All were retirees who shared a common interest in further learning experiences but also felt the need for social contact with peers.” They reached out to the university to secure a meeting place, and the organization grew from there. The first name was Lifelong Learn-

ers; this changed in 2009 when it partnered with the Bernard Osher Foundation.

Board member Mark Gordon, who is 81 years old, has been involved with OLLI since 2003. “That’s when I retired,” says Mark. He was selected to be on the Board in 2004 and was elected Vice President in 2006 and President in 2007 and 2008. “As President I facilitated the initial relationship with the Osher Foundation which offered a substantial endowment which would allow us to grow and have more resources to increase our offerings to members,” Mark adds.

He is a current board member and serves as Facilities Coordinator. Mark is very enthusiastic about OLLI. “It is at its heart a Community Organization. It has always been characterized by the feeling of friendship and the pleasure of sharing intellectual and social activities, often at the same time. The volunteer board operates all the programs. People join OLLI and become friends through participation in the courses we offer or through attendance in the range of

interest groups, on wildly diverse topics from book clubs to wine tasting to intensely scholarly subjects like an exploration of the future of capitalism.” He emphasizes that the Interest Groups are a central part of OLLI, and that one distinctive opportunity is that members are in charge of their own groups.

Mark leads one of the interest groups, Current Affairs. Participants met via Zoom during the pandemic, and the plan is to have face to face meetings in the future, as soon as it is deemed safe. “Zoom is a marvel but cannot compare to the pleasure of 15 folks in a room together looking at various perspectives on a current issue,” says Mark. He explains how the group works: “Once a topic is established, I seek articles from all points of view, often conflicting points of view, and share them with the group members. Our goal is to try to understand why people who differ on an issue see it so differently. We are not about trying to persuade anyone of a particular point of view, but to understand the complexity of any issue.” Past



Women’s Basketball Interest Group, photo credit Paul Schraub

topics have included US Presidential prerogatives, local water use, homelessness, and racial issues.

Barry Bowman serves as Board President and Program Coordinator. “OLLI has two major functions,” he says. “One is obviously education, but equally important is social interaction. Perhaps the biggest single reason for poor mental and physical health among seniors is social isolation. OLLI counters

that problem by providing learning opportunities in a very social environment,” says Barry, who is 75. “For example, we have more than 60 Interest Groups that allow members to make new friendships and have regularly scheduled gatherings.” These include Spanish conversation, Art and Architecture, tennis, women’s basketball, and memoir writing. New Interest Groups can be created by OLLI mem-

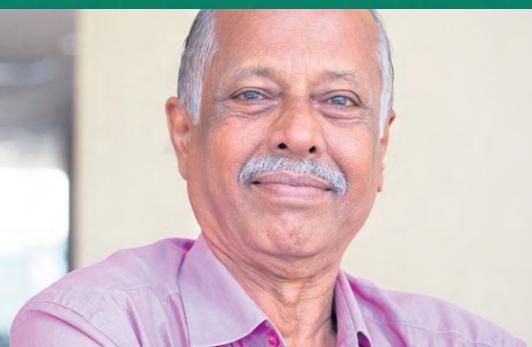
bers with board approval. “After living in Santa Cruz for 35 years, I knew few people outside of UCSC, but that changed for the better after joining OLLI.” He is Professor Emeritus of MCD Biology.

In the past, Barry’s major role was to get speakers for OLLI’s monthly meeting. His background is fitting; during his time as a UCSC professor, he served on the

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Learn, Grow & Socialize...
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committee that reviewed faculty promotions. "This allowed me to see the files of almost every professor on campus. There are so many interesting people doing fascinating research. It has been easy to find great speakers, and the professors enjoy talking to the OLLI group."

OLLI successfully pivoted during the pandemic, helping people feel connected during a time of isolation. "We embraced Zoom during the last 15 months," says Barry. "For the general meetings we took advantage of the fact that our speakers could be anywhere." A Dartmouth Medical School professor gave a talk about biological rhythms. Approximately 130 members participated, and the

recording was posted on OLLI's YouTube channel and received many hits. About half of the Interest Groups continued meeting during the pandemic. Also, about half of OLLI's course instructors chose not to teach via Zoom, but they did offer at least one course every month. "The attendance was about 70 percent of previous in-person courses," says Barry. As OLLI follows the same policies as UCSC, they are waiting to hear when they will start having in-person monthly meetings again.

Barry also leads the Future of Capitalism interest group. Gary Silberstein, who is 79, helped start this group in 2018. "The group consists of thoughtful and articulate people who are open to discussing new ideas," shares Gary. Nancy Mead, a member of this group, joined OLLI upon

moving to Santa Cruz in 2003. "Since my husband and I knew no one here but our daughter and her family, we found it a great way to meet peers," she says. "We were both retired. OLLI has been a key player in my life ever since. I served as president in 2010, and still take classes and belong to interest groups. I've been a member of the Capitalism group since its inception."

Barry encourages those interested in OLLI to join. Membership is \$60 per year; find out more at olli.ucsc.edu/about/joinolli/index.html. The Osher Foundation has given endowments to more than 120 Lifelong Learning groups in the U.S. "However, the Santa Cruz OLLI is unique," says Barry. "We have an important connection



Art & Architecture Interest Group at SF MOMA's Roz Chast exhibit, photo credit Cindy Margolin

to UCSC, and they are our bridge to the Osher Foundation. The Santa Cruz group was started by people in our community and it continues to be a community-led organization. We are eager to get more people from the community involved in OLLI, as members, instructors, and board members."

"OLLI enormously values our opportunity to work together with students at UCSC," adds Mark. "We offer scholarships to re-entry UCSC students and participate with students in shared community projects including Colleges Nine and Ten's Alternative Spring Break."

Lois Widom, who is 92, has been an OLLI member for 27 years and was integral to the formation of OLLI's course offerings. "I joined when I moved across the driveway from Jim Faris, one of the founders of the original Lifelong Learners. I learned what a valuable organization it was," says Lois. After she retired from her position as Cabrillo College Stroke and Disability Center counselor, she began sitting in on UCSC classes. "I enticed one of my favorite professors, John Dizikes, to give a poetry course for OLLI, and that was the beginning of our courses." She has served as Course Coordinator, organizing all the offerings, ever since. There are at least eight each semester, and many courses

have been taught by emeritus faculty from UCSC and other universities. "We have been fortunate to have an incredible diversity of classes, from Astronomy to Shakespeare, from International Affairs to Film Comedy and so much more." Though not compensated monetarily, the teachers are grateful for "interested and interesting students without the burden of exams, papers, and grades," says Lois. Courses scheduled for the near future includes ones on Constitutional Law, Gender, and Molecular Biology.

Looking to volunteer? "Our biggest need is for course teachers," says Barry. "They are unpaid volunteers. A typical course consists of four or five lectures, but we are flexible as to length and style of presentation. You don't have to be a professor to teach an OLLI course. Some people with interesting life experiences have given excellent courses."

Back to the popular interest groups: Lois serves as the Art and Architecture Interest Group leader. "We have car-pooled all over the Bay Area and, of course, Santa Cruz, to visit museums, artists' studios, galleries, interesting buildings and homes etc." Sue Myers, 82, joined OLLI when she relocated to Santa Cruz in 2016 and has been an A&A group member ever since. She also participates in the groups Exploring Santa Cruz, New Yorker, and Adventuring.

"OLLI is a fantastic organization for active senior citizens," says Sue. "Groups are a wonderful way to make friends, to meet people with the same interests, to learn about and see new places, and share the transportation costs. I've enjoyed every trip the A&A group has taken. Lois is a fantastic leader. She gives us great directions, helps us find ride shares, and selects interesting spots. During the pandemic, she sent many emails with sites about interesting art and architecture around the US."

Marjorie Simon, 91, became an OLLI member about six years ago after she moved to Santa Cruz from Oregon. She was a member of an OLLI in Oregon, but "it was smaller and didn't have the wide range of interests and participation that Santa Cruz does," she says. "The OLLI membership keeps me alive. The various classes run by knowledgeable, articulate professors are a joy. If you aren't a member, come join!" She signed up for the Art & Architecture group because she heard from a friend about great trips to museums and other cultural events. "Lois is a remarkable tour guide to artists' exhibits, architects and their work."

Contact information: <https://olli.ucsc.edu/index.html> 831-459-4063



A&A Group visiting SJ museum of Art, photo credit Cindy Margolin



A&A Group visiting SC sculptor Marilyn Kuksh's studio, photo credit Cindy Margolin

"Fast Facts about OLLI" from Board member & Course Coordinator Lois Widom

1. Our OLLI is one of 124 such organizations based at universities all over the country, with some funding by the Bernard Osher Foundation. We are somewhat unique in that we are self-governing in contrast to most OLLIs which are run by paid staff. We also support scholarships for returning students and veterans at UCSC.
2. I would like to encourage people over 50 in Santa Cruz County to join our OLLI. It is especially valuable for people new to Santa Cruz. They will very quickly meet interesting, active, and engaged people who will become their friends because they share interests. They will be able to attend thought-provoking classes, hear stimulating speakers, and indulge their special interests in groups, so that they can keep learning and growing.

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Easy ways to help maintain your independence

By Seniors Council

We have used this space over the past several months to expand on falls prevention and falls risk mitigation strategies to maintain independence, and this month we'll explore two more often overlooked and frequently unaddressed areas of falls concern. The first of these is low vision - - and in particular, uncorrected or inadequately corrected vision. The second is the use of any number of prescribed medications which can result in an increased risk for falls for a number of different reasons.

Falls related to or resulting from low vision can often be prevented by taking certain precautions. Some of these precautions have been discussed earlier in this space and are related to areas of one's home and

surroundings. Enhanced or improved lighting makes a real difference when an individual's vision has diminished. Be open to the idea of timers, or even better, sensor lights which don't have to be reset for Daylight Savings Time, which come on automatically in the evening when natural light begins to fade. Reflective tape on stairs provides surface contrast for those with low vision. And, removing obstacles, securing rugs, and clearing walking paths through the home are also excellent preventative measures, especially for those living with low vision.

The overlooked and unaddressed part of low vision, however, is managing and correcting one's vision. This is particularly the case with many older adults who may not be getting annual eye exams. Original Medi-

care, Part A and Part B, offers only limited vision coverage, and most routine eye care is not covered. Some Medicare Advantage plans may offer additional benefits though, which can include routine vision care. By the time many individuals finally address their low vision, their corrective lenses prescription may have changed dramatically, a situation that can lead to visual distortion, impaired distance awareness, and dizziness - - any one of which increases an individual's risk for falls, especially since older adults can find it challenging to adapt to their new glasses. Professionals recommend getting a dilated eye exam at least once a year to reduce the risk of irreversible vision loss and update glasses as needed.

The second causal area of increased falls risk which

frequently goes unrecognized or unaddressed is the use and effects of a variety of very important and very necessary prescription medications. Many older adults are prescribed just the sort of medications that have been shown to increase the risk of falls. Generally, these medications are one or another of the following types:

• **Medications that affect the brain.** They include medications used to treat insomnia, anxiety, psychoses, depression, bi-polar disorder, seizures, convulsions, pain, and nerve pain to name several. Many tend to cause some sedation or drowsiness.

• **Medications that affect blood pressure.** These medications are typically prescribed to address hypertension, but there are also other classes and types of medications which lower blood pressure or increase postural blood pressure changes in many

older adults. Many geriatricians and other experts recommend re-evaluating blood pressure medications in older adults at high risk for falls.

• **Medications that lower blood sugar.** Many older adults with diabetes take medications to keep their blood sugar from getting too high. Most diabetes medications can cause or worsen hypoglycemia (too low blood sugar), possibly resulting in weakness, lightheadedness, and dizziness which increase the likelihood of falls.

The specific classes of medications and the various brand names and prescribed uses are too numerous to list here, but one's concerns about medications they are taking, or about side effects such as weakness or dizziness, should be promptly directed to their doctor or pharmacist. Never, under any circumstance, should one

suspend the use of a prescribed medication without first consulting their doctor or following specific pharmacological cautions and recommendations provided with the prescription.

Seniors Council Fall Prevention Program staff are interested in helping people maintain their independence and ability to do what they love to do for as long as possible. We know that helping to prevent falls is one of the single best and most important things that we can do to help achieve this result. Addressing low vision by getting an eye exam and updated corrective lenses, as well as reviewing and asking about dosage levels and possible alternatives to any medication causing weakness, lightheadedness, and/or dizziness are two things everyone should do to maintain their independence and help ensure that they can continue to pursue and enjoy the activities most important to them.

Is Your Financial Safety Net A Credit Line From A Bank?

By Donald Dimitruk
RFC ® RMA

The revolving credit line, which typically lets users borrow \$3,000 to \$100,000, were pitched to their banking customers as way to consolidate high-interest credit card debt, pay for home renovations and avoid overdraft fees on

linked checking accounts. Wells Fargo is ending a popular consumer lending product, angering some of its customers. The bank is shutting down all existing personal lines of credit in the coming weeks and has stopped offering the product, according to customer letters reviewed by CNBC. Last year they stopped all Home Equity Lines of

Credit. "Wells Fargo recently reviewed its product offerings and decided to discontinue offering new Personal and Portfolio line of credit accounts and close all existing accounts," the bank said in a six-page letter. "We realize change can be inconvenient, especially when customers credit may be impacted", the bank said, adding that it was "committed to helping each customer find a credit solution that meets their

needs." Customers have been given a 60-day notice that their accounts will be shuttered. Don't let this happen to you! A Home Equity Conversion Mortgage can never be frozen, canceled or reduced and in fact is the only credit line that actually GROWS over time! A HECM, commonly called a Reverse Mortgage, is a true Safety Net for your retirement plan and comes with the added benefit of

No Payments For Life! Qualification is easy and many times social security payments are enough. Minimum age for the program is 62 and the older you are, the higher the loan amount. The "Jumbo" program only has an age requirement of 60 and loan amounts to \$4 million. By far, the greatest benefit of a Reverse Mortgage is the security of knowing that once you acquire one, it will be in place for the

rest of your life or as long as you own that property and available for refinance or purchase. Financially speaking it is True Peace Of Mind. And you can't get that from the bank! Donald Dimitruk is a Registered Financial Consultant ® and a Registered Mortgage Advisor and is available for a FREE consultation about how a Reverse Mortgage may benefit you at 831-464-6464



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By Trilogy

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loss and a life of youthful vitality.

Kick start your weight loss in your initial visit, where you'll receive a weeklong detox plan to get into fat-burning mode. We'll teach you about the importance of proteins and fats vs. carbs. If you are eager to start losing weight and if it's right for your body, we will teach you how to get into "ketosis", the wellness buzzword that we help to demystify. Ketosis improves energy, stamina, and it's simplicity allows you to easily course-correct if you get off track.

Knowledge is the most important tool towards making positive change. When you know exactly what is in your food, you have the confidence to control what is fueling your body.

In our program we teach food label literacy and

empower you to shop confidently. By reading food labels and understanding the carb/sugar relationship, you obtain a secret to cracking the metabolic code.

Strange but true: fat doesn't make you fat! What's more is that fat is nourishing fuel that our body needs to survive and thrive. It gives us stamina and strength, makes our hair shiny and skin dewy, our joints lubricated, our brains robust and hearts healthy. The Lean to Wellness Program teaches you about the power of macro and micro nutrients, optimal hydration levels, and so much more!

Hand-in-hand with nutrition is education about the benefits of aerobic/anaerobic exercise, and the opportunity to train 1:1 with our nutritionist and fitness trainer Joelle Kretschmer. When your muscles get

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For those who have not been successful with weight loss in the past, we suggest a personalized 90 minute investigative session with Dr. Lester to help discover what your personal hidden triggers are and what's driving you to sabotage your good intentions of eating healthy and exercising. When you clear these negative memory signals from the brain, you begin to feel more in control. That is the first step to losing the extra weight and keeping it off!

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Stepping Across the Threshold

By Peggy Pollard www.PeggyDance.weebly.com

I sauntered up to his table, bouncing my step to the twangy music from the band on stage. I offered my right hand to the hefty, grizzled man, sitting under his big cowboy hat, arms crossed. I flashed him a friendly smile and nodded toward the small group of dancers. "Care to dance with me?" He glared at my hand,

stone faced, pointedly NOT moving a muscle. I moved on. Next to him sat a lady in a plaid shirt. She giggled at my extended my hand. "No, but ask her," she pointed at a woman across the table. "She loves to dance." The confidence in my smile dimmed after these two rejections.

But I continued around the table, my white-fringed cowboy boots clicking on the cement floor.

The stocky lady in tight jeans stared blankly at my proffered hand. She blinked. Indecision swirled inside her. She looked up at the band, the dancers, then back down at my hand. She blinked again. The anxiety on her face

melted into a smile. She stood up and placed her hand in my open palm. We stepped across the big, scary threshold of fear into the wonderful world of partner dancing.

This was my first time in 17 months to do in-person social dancing. It felt glorious. The country western band at our "Hoe-Down" event belted out rockin' songs of American freedom on electric guitars. A hundred attendees chowed down on lunch plates heaped with barbecue chicken and baked beans. A dozen dancers bounced to the music in front of the stage. This is as gloriously American as we can be.

I led my skittery partner up to the dancing, turned and faced her. Wide-eyed, she smiled with nervous exhilaration. After 18-months of pent-up COVID stress, our faces glowed with relief at being back in actual human society.

I swiftly evaluated our situation. She didn't know me, I didn't know her. By her timid hand grip, I instantly surmised that, like most of the people in this big white tent, she had no partner dancing skills. No matter. I quickly calculated, ad-

justed my lead temperature down to "Safe and Cool." I offered my left hand to connect in a safe, distant double-handhold. I initiated our dance launch -- big, gentle, generous arm motions and a slow triple-step Swing Basic.

As good leaders do, I gave such super-obvious lead gestures that she couldn't help but either -- follow it intuitively -- or completely ignore my lead to do whatever she wanted

-- in which case, I readjust myself to go with that flow smoothly, thus making it near impossible for her to mess up.

Happily, I'm able to turn whatever renegade dancing she gives me into a harmonious partnership. To turn a sow's ear into a silk purse.

A good lead knows how to do that. (because my goal after all, is for my partner to enjoy the dance not be freaked out by a flashy stranger In white fringe cowboy boots)

All this decision making happened in a half-second flash. Then, with very loose hand pressure, and kindergarten grade moves I commenced bouncing my hands to the rockin'

rhythm . easing us into a synchronized partnership. I swayed and launched into sideways triple-step Swing.

She swayed thusly with me for a few phrases of music. Feeling good, I lifted one hand to initiate her Under Arm Turn to the LEFT. She turned RIGHT.

I quickly recalculate switched my hand direction to match her turn. She slowly stepped around. We rejoined hands. A big grin lit up her face. We repeated this pattern for the rest of the song. At the end, we thanked each other politely, both of us satisfied to have partnered so well.

Phew. I was glad to see my 18-months-dormant lead skills had sprung back to life again so quickly. Anyhooooo . . . I turned to the remaining audience smiling in their seats, watching us.

A few partners later, my last dance ended with another new dance friend. We exchanged sweaty smiles and thanks for sharing the musical joy together.

Likely I will never see those dancers again. But all of us that day shared an important moment--stepping across that lovely threshold back into the wonderful world of human hand-to-hand dancing together. (see full article at www.peggydance.weebly.com/santa-cruz-waltz-blog)

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Moving, it really is not a pleasant experience it is one of the main reasons people don't move. The nightmare of missing items, boxes full of mystery items, the constant nagging of something not done, box not unpacked, forgotten bill not paid, it is just too much. The logistics is a nightmare. I get it. But if you think there is a better place waiting for you, I think you should give moving a shot. I understand selling your house, buying your house, moving out of your rental can be overwhelming.

First and foremost understand **YOU HAVE MORE STUFF THAN YOU THINK YOU DO!** Okay let's start there. Easy, no decisions on where you are moving. If you are buying or selling, just start with the stuff. Do you have a large house full of items you don't use any more, rooms full of stuff saved for family members who no longer live with you? I think to take the stress out of the move, the house needs to be at least 30-40% cleared out, donated, sold, given to family, and cleared out. Hire an estate liquidation company if you have a large house full of items they will check for antiques, collectibles, then sell the rest and dispose of unwanted items. Have a garage sale, and be reasonable, do not have too much attachment. Let the your stuff go to a new home and do not worry about the worth. So many goods can be bought and delivered within 24 hours and it makes used goods less valuable. Be grateful someone is appreciative and kiss it goodbye. Hire a hauling company to have the yard cleared out.

Try to estimate what you have left to work with, do you have papers that need to be shredded, Electronics to be sent to e-waste, make a not sure what to do with this pile, and most importantly try to clear out unused rooms completely. Pack up-needed items, clean, breathe. Now concentrate on where you are going, what area looks good to you, research, visit, and look for honest assessments of the new location.

The comment I hear over and over is "I did not know how much stuff I had."

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This is the new normal

By Raymon Cancino, CEO Community Bridges

Signs of normalcy are beginning to creep back in to our daily lives. Like most of our neighbors, our Community Bridges' family is celebrating the small victories: gatherings with family, more hugs, and more smiling faces. Also like most of our community, we are grappling with what "normal" looks like moving forward. Some of our programs provide healthcare, in those facilities if we don't know the vaccine status of the individuals we are serving we are continuing to ask all our clients to wear masks.

The same rule will apply in our child care facilities – at least for now. For human service organizations, the huge increase in demand for our services is not likely to completely recede as the pandemic comes to an end. In human service organizations, this level of demand is likely to be our new normal. In Santa Cruz County, the percentage of our population living below poverty level is higher than the national average. At 14.3%, the population of those in need is higher in this county than in neighboring

Monterey, San Mateo, or Santa Clara counties. This means more people in our community will need our support to get back on their feet. You might have heard an unusual term when referring to the post-pandemic economic recovery – some people are calling it "k-shaped." What that really means is that people who were just hanging on will have a harder time recovering from the economic impacts of the pandemic. They'll be on the "bottom" leg of the k. While those who were already doing well, will have a much easier time thriving as things restart. They'll be on the

top leg. It's serving those people who find themselves struggling to get back to where they were financially that affect what our "new" normal looks like at Community Bridges. Before the pandemic, Meals on Wheels, Santa Cruz County – a Program of Community Bridges – provided roughly 160,000 meals per year. Since the start of the pandemic, and the addition of a breakfast meal, Meals on Wheels served more than 360,000 meals. It's hard to see that number getting back to where it was in February 2020 for quite some time.

At Community Bridges, we have long said that "Together, Anything is Possible." So we are looking forward to coming back together, again to begin addressing these challenges. In August, we will host our annual Farm to Fork Gala and Auction. The funds this event helps to raise allow us to be nimble. When pop-up vaccination support is needed, Community Bridges is able to be there – in part because of your support for these special events. In the fall, we will be gathering for Mountain Affair in the San Lorenzo Valley where we hope to celebrate the resiliency of a community that faced so many tests in the last year and continues to be

there for one another. We'll close out the year with "Food From the Heart" at Chaminade – our annual Meals on Wheels luncheon. The volunteers and our team did truly heroic work during this past year. These small acts of love ensured that the significant increase in food insecurity among seniors could be addressed. We hope you'll join us in honoring them. The after-effects of the pandemic from economic anxiety to mental health trauma are only now revealing themselves. We know there will be challenges. But at Community Bridges we still believe – Together, Anything is Possible. We hope you'll join us – communitybridges.org.

What this podiatrist wants you to know about toe surgery

By Tea Nguyen, DPM

As a surgically trained foot and ankle specialist, not once have I ever heard patients wanting to have pins sticking out of their toes after hammertoe or toe deformity correction, and yet this is the "standard" of care. Is there something better to correct toe deformities that doesn't sound so intrusive? I had been on a mission to elevate the surgical experience for patients and discovered minimally invasive surgery as a reproducible, reliable treatment for toe

deformity. I've trained with surgeons who have had over 40 years of experience in minimally invasive toe surgery from all over the world. I've completely abandoned the old way of correcting toes with large incisions and pins and adopted the minimally invasive technique almost exclusively now. Here's how I do toe correction surgery differently these days. 1. I do it in my office. I perform minimally invasive toe surgery in my office under sterile conditions under local anesthesia. This is such a convenient option

for patients that 99% of patients are requesting office surgery, rather than doing it at the surgery center or hospital. This helps save patients time and money. 2. I do it without pins, screws or implants. It's true, I do not need to use any metal to maintain the correction. The secret is in the bandaging that acts as an external splint during the healing process. 3. You can walk right away. Say good-bye to months in a cast and hello to walking right after surgery. The benefits of minimally invasive surgery includes

decreased use of narcotics since there is less pain with less dissection. Smaller incisions reduce the risks of infection and scarring. And since there is absolutely no hardware going in, a secondary surgery to remove it doesn't even exist. Plus, no risk of implant rejection. Why aren't more foot and ankle specialists doing it this way? There is a steep learning curve in adopting a new technique through a tiny pin hole incision. The entire health care system would benefit from more surgeons performing surgery in the office so it will only be a matter of time that more surgeons accept this to

be the new standard of care. Reducing postoperative pain, complications and costs should be on everyone's radar. Minimally invasive toe surgery has already been established all over the world including Spain and Canada. I am excited to be the first foot and ankle specialist to introduce office based toe surgery for all of Santa Cruz and Monterey County. What should I expect from my appointment with Dr. Tea Nguyen? I would love to help you get back on your feet. Here is what happens as you become our patient:

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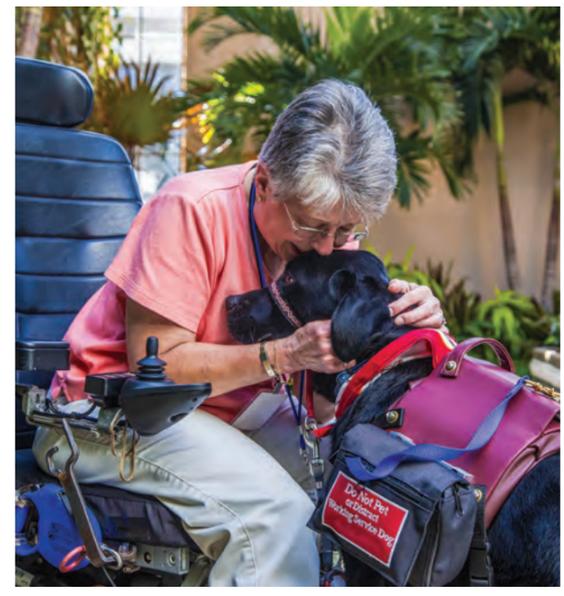
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Services assistance dogs can provide

By Metro Connect



It seems more common than ever to see dogs strolling through stores with their human companions. Many of these pups are family pets that owners seemingly want to have close by at all times, but quite often the dogs people encounter in businesses and around neighborhoods are assistance dogs.

Service dogs assist their owners in various ways. Highly trained, these animals work with people who have psychiatric or physical disabilities, and ensure people can get through each day safely and comfortably. According to the organization Paws With a Cause, assistance dogs can help open doors, pull a wheelchair, alert individuals to sounds, pick up objects, or even detect the onset of seizures or other health effects. Service Dog Central estimates there are anywhere from 100,000 to 200,000 registered service dogs in the United States.

The Americans With Disabilities Act dictates that service dogs have a legal right to enter all public spaces. This differs from emotional support animals, which may not have the same level of free access as service animals because ESAs are not as specially trained as service animals. Here's a look at some different types of assistance dogs and the tasks they can perform.

· **Guide dog:** A guide dog was one of the first service animals on record. Standardized guide dog training can be traced to the 1700s. Guide dogs assist people who are visually impaired. They help their handlers get

around in public. Guide dogs have the unique skills to accept commands but also make choices based on situational assessments.

· **Seizure alert dogs:** Dogs have an amazing ability to tune into changes in human behavior. Seizure alert dogs can recognize often elusive signs that a seizure is imminent, helping their handlers with epilepsy get into safe positions. These dogs also are capable of alerting others that their owners need help.

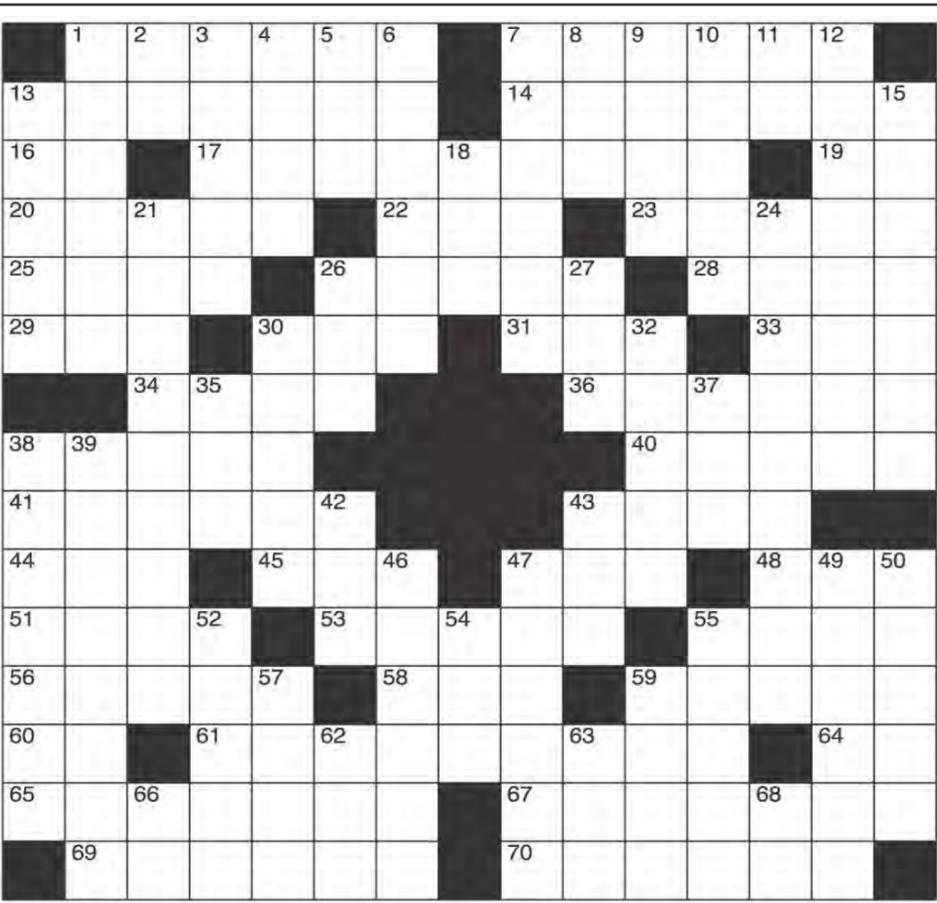
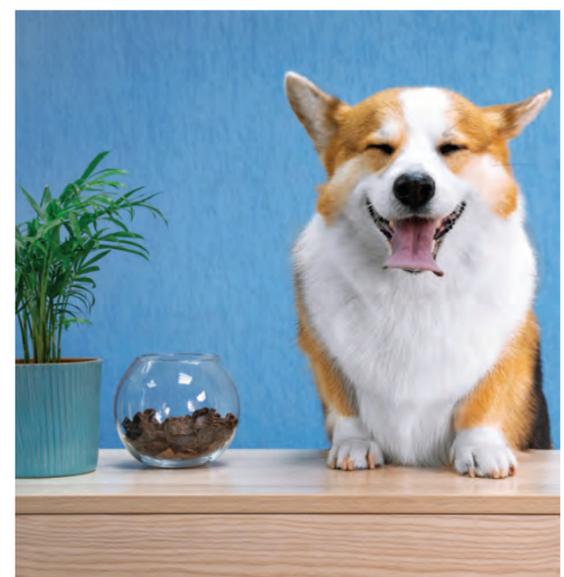
· **Diabetic alert dog:** Dogs' olfactory receptors are more abundant than humans' - roughly 300 million compared to the six million human beings have. Some dogs can smell things like chemical changes in the body, including changes in blood sugar, which helps people with diabetes avoid critical drops.

· **Hearing dogs:** Hearing dogs serve as ears for people who cannot hear. They are trained to alert their handlers to doorbells, knocks, fire alarms, crying babies, and much more.

· **Mobility assistance dogs:** Service dogs can fill the void for individuals who do not walk or have other impairments. They may bring objects to their owner, like phones or utensils. They also may help move wheelchairs or provide support while getting around.

· **Psychiatric support dogs:** Individuals with post-traumatic stress disorder, depression, anxiety, or other psychiatric conditions can benefit from psychiatric support dogs that provide comfort and perform tasks that make handlers feel safe and secure.

Assistance animals play vital roles in their handlers' lives.
TF218184



CLUES ACROSS

- 1. Plant of the mint family
- 7. Hand tool
- 13. Made of the color of gold
- 14. A volume of several novels
- 16. Type of degree
- 17. Good job!
- 19. Seventh tone in major scale
- 20. Fevers
- 22. One's mother
- 23. Fertile desert spots
- 25. Large integers
- 26. Plate for Eucharist
- 28. Tennis matches have them
- 29. Peyton's little brother
- 30. Monetary unit of N. Korea
- 31. Head movement
- 33. Twelve
- 34. Renaissance musical instrument
- 36. Behavior showing high moral standards
- 38. Letter of the Hebrew alphabet
- 40. Notes to be sung
- 41. Women's garment
- 43. Coarsely ground corn
- 44. One point south of due east
- 45. A way to deplete
- 47. Rough, prickly covering of a seed
- 48. LA hoopster, but not a Laker
- 51. Hindquarters
- 53. Franz van __, German diplomat
- 55. Liquid body substances
- 56. Rhythmic patterns
- 58. A beaver might build one
- 59. Police officer's tool
- 60. Indicates who you are
- 61. Pinwheel
- 64. Exist
- 65. Ornamental molding
- 67. Closes again
- 69. Verses
- 70. Come into view

CLUES DOWN

- 1. Short stick used as a weapon
- 2. An alternative
- 3. Laws
- 4. Sense organs
- 5. One from Utah
- 6. Mariner
- 7. People in charge of cattle
- 8. Health insurance organization
- 9. Ornamental box
- 10. Forest-dwelling deer
- 11. One quintillion bytes (abbr.)
- 12. Atomic #71
- 13. Become less intense
- 15. Cowards
- 18. Body ornament (slang)
- 21. Applicable to all cases
- 24. Multiplied by 6
- 26. Afghanistan monetary unit
- 27. Calendar month
- 30. Cena and Lennon are two
- 32. Monetary unit of Serbia
- 35. First time on the market
- 37. Georgia rockers
- 38. Free from contamination
- 39. Coastal region of Canada
- 42. Clothing retailer
- 43. It rises and sets
- 46. Fathers
- 47. Stain with mud
- 49. Suitable for crops
- 50. Feels concern for
- 52. Orange-brown
- 54. Buddy
- 55. Late sportscaster Craig
- 57. Used to align parts
- 59. Wake up
- 62. Solid water
- 63. Semiprecious stone
- 66. Atomic #45
- 68. Top lawyer

PUZZLE SOLUTION



PUZZLE SOLUTION



The link between physical activity and cancer

By Metro Connect

Physical activity has long been known to increase a person's chances of living healthy well past retirement. The benefits of physical activity are numerous and include everything from a lower risk for overweight and obesity to improved mental health. Physical activity also has been linked to a lower risk for various diseases, including an assortment of cancers.

lower for individuals with the highest level of recreational or occupational physical activity than in those with the lowest level. That information may be especially valuable to individuals over 55, as the American Cancer Society notes about nine out of 10 people with bladder cancer are 55 or older.

Cancer in 2016 found that the most physically active women had a 12 to 21 percent lower risk of breast cancer than those who were the least physically active. Similarly, additional studies have linked physical activity after menopause to a lower risk of breast cancer. That's important to know, as the NCI indicates that doctors most often diagnose breast cancer in women between the ages of 55 and 64.

investigate the causes of disease and to establish links between risk factors and health outcomes. A 2014 meta-analysis of nine cohort studies and 15 case-control studies, which compare patients who have a disease or outcome of interest to patients who do not have the disease or outcome, found that the individuals who were the most physically active had a 21 percent lower risk of esophageal adenocarcinoma than those who were the least physically active. Such findings are signifi-

cant, as the Mayo Clinic reports that adenocarcinoma is the most common form of esophageal cancer in the United States, while the NCI notes the condition is not curable.

dancing to gardening. Physical activity benefits the body in myriad ways and has been linked to significantly lower risks for various cancers. AC216993



The National Cancer Institute notes that the evidence linking physical activity to lower cancer risk comes from observational studies. Observational studies are a type of study in which individuals are observed or certain outcomes are measured. In observational studies examining physical activity, participants will report on their levels of physical activity and are then followed for years. During these studies, no attempt, such as treatment, is made to affect the outcome. The NCI notes that observational studies cannot prove a causal relationship, though they still are invaluable to cancer researchers. Such studies also illustrate the important role that physical activity can play in preventing various types of cancer.

Bladder cancer: A 2014 meta-analysis of studies published in the British Journal of Cancer found that the risk of bladder cancer was 15 percent



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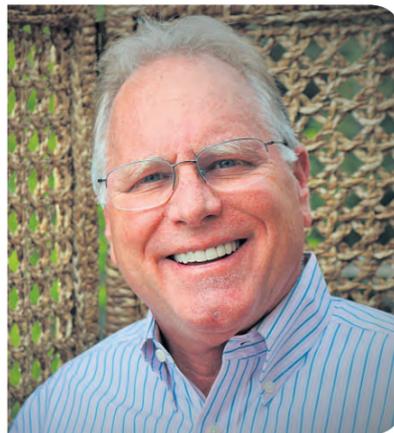


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