



Happy Halloween

"HYPE DAYS"

Tuesday, October 2, 2018



10:30am ~ 3pm
Coffee, Tea & Snacks

Sponsored By:
Mrs. Carol Rustigian

(In Memory of her Husband George Rustigian)

Presentation:

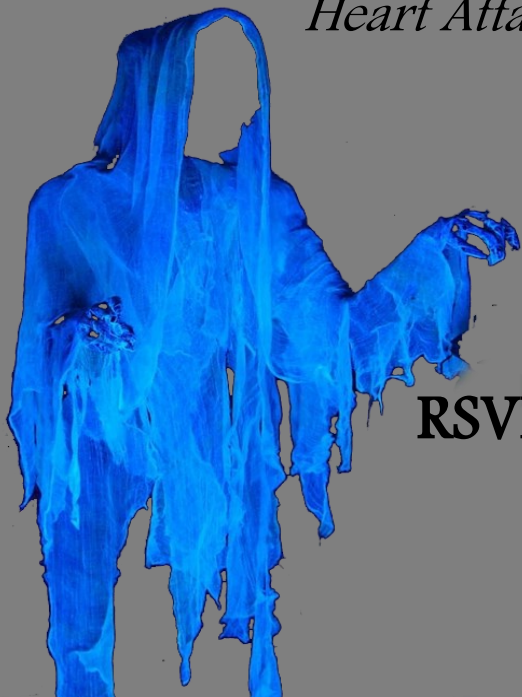
Dr. Stephen Sarafian



Heart Attack, Strokes, Diabetes and Circulation

Lunch ...

Bingo and more fun



RSVP: Please call NorCal office
650-697-7474



Our Appreciation To: Համ Շնորհակալ Ենք

Mirigian and Koujakian families for their generosity in sponsoring Hye Day on August 7th on the occasion of Lucy Mirigian's 112th Birthday at the beautiful home of

Garo and Aida's Mirigian's in Fremont

Everyone enjoyed the delicious food and had a great time and celebrating Lucy's birthday. Thank you to Garo and Aida for their warm hospitality which made it a very memorable event .





HAPPY BIRTHDAY

Vigen Khachooni ~ September 1

Rita Baghdasarian ~ September 1

Nurhan Donikian ~ September 10

Mary Donikian ~ September 11

Adrine Hasinski ~ September 13

Roz Mashoian ~ September 13

Nartuhi Tarver ~ September 14

Hermine Keshishyan ~ September 16

Mirian Meguerditchian ~ September 22

Meline Mekhdjian ~ September 26

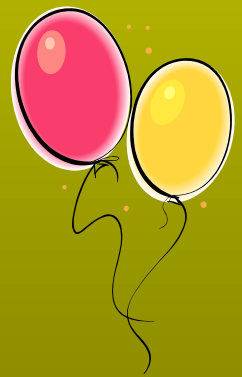
Caline Soghikian ~ September 30

Shavaarsh Hazarabdian ~ October 12

Mardig Chanchanian ~ October 18

Silva Minasian ~ October 24

Yvette Rassam ~ October 27



Հնրհաւոր Տարեդարձ

2018 Membership Dues Reminder

If you are a member and have already paid your 2018 dues, we thank you and appreciate your support, if you have **not** renewed your membership please send your dues as soon as possible.

If you are not a member please consider joining our organization to support our senior programs.



With Heartfelt *Sympathy*



Our deepest sympathies to Ed Minasian on passing his beloved wife, **Mrs Goldie Minasian**



Our deepest sympathies to Raymond Koobatian and Janet Koobatian on passing their beloved Mother , **Mrs. Mary Koobatian**



Our deepest sympathies to Rose Saghatelyan on the passing of her beloved Husband
Mr. Mihran Saghatelyn



FOOD QUIZ

How nutrition savvy are you? Answer the following questions to find out. Some have more than one correct answer.

1. Fish is a good source of (a) vitamin C, (b) protein, (c) beta carotene, (d) omega-3 fats.



2. Nuts are high in (a) calcium, (b) fat, (c) cholesterol, (d) all.



3. **True or false:** “Multigrain” breads are always “whole-grain.”

4. **True or false:** Free-range chicken is more healthful and guaranteed to be produced more humanely than other chicken.



5. **True or false:** Sweet potatoes are no higher in calories than white ones.



6. A label that lists trans fats as “0” means: (a) the food contains no trans fat, (b) it contains no partially hydrogenated oil, (c) it has less than 0.5 grams of trans fats per serving (d) it contains no saturated fat, (e) it is healthy for you.

7. **True or false:** Butter has fewer calories than olive oil.



8. **True or false:** Honey and brown sugar are more nutritious than table sugar.



9. **To lower blood pressure**, you should (a) eat more fruits and vegetables, (b) eat low-fat/nonfat dairy foods, (c) use less salt, (d) take a potassium supplement.



10. **Vitamin D** is found in (a) eggs, (b) chicken, (c) milk, (d) fatty fish, (e) mushrooms.





SENIOR CROSSROADS
 ՏԱՐԵՑՆԵՐՈՒ ՔԱՌՈՒՂԻՆԵՐԸ
 September/October 2016



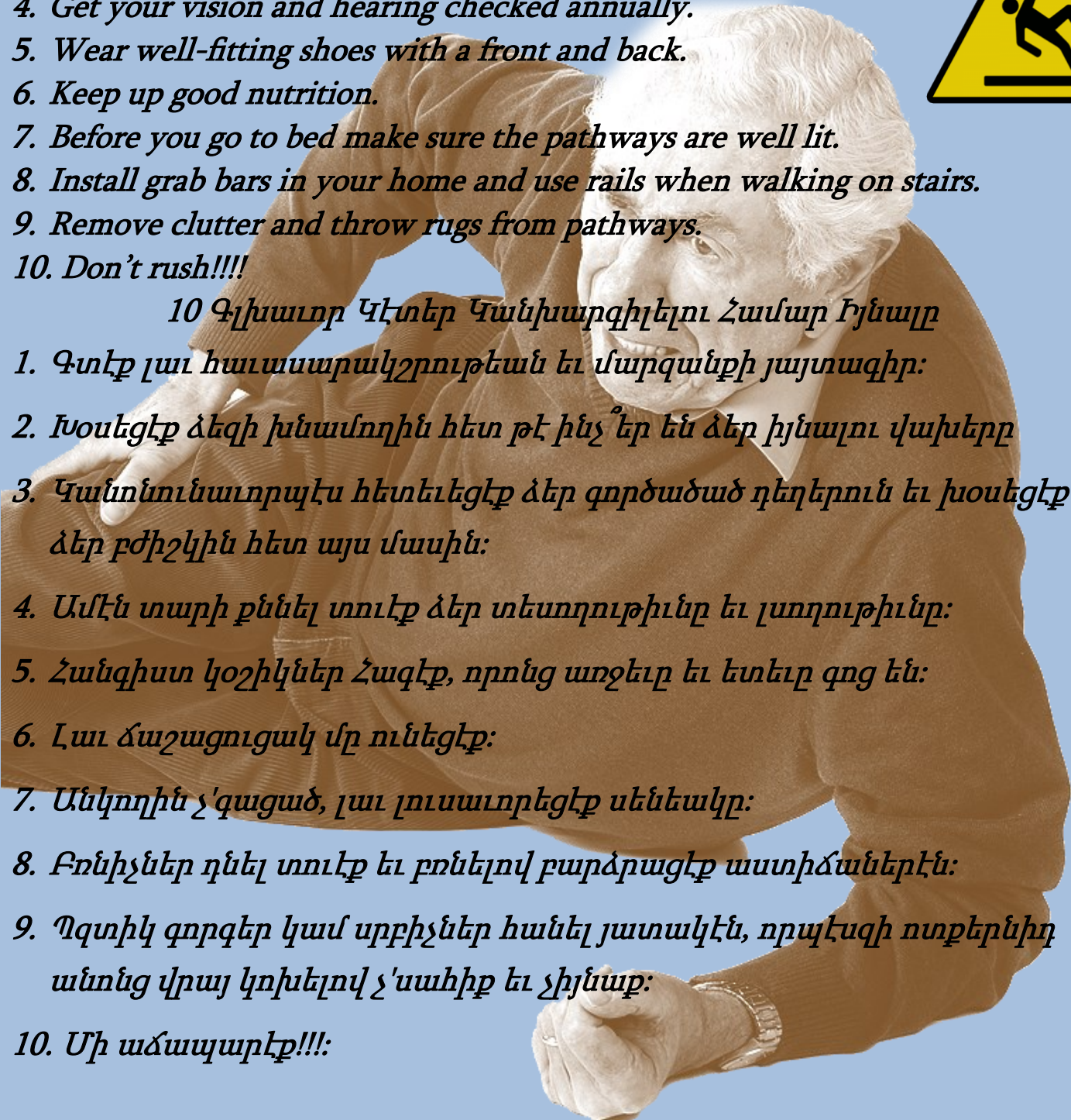
Top 10 Fall Prevention Tips.

1. Find a good balance and exercise program.
2. Talk to your health care provider about your fall risk.
3. Regularly review your medications with the doctor or pharmacist.
4. Get your vision and hearing checked annually.
5. Wear well-fitting shoes with a front and back.
6. Keep up good nutrition.
7. Before you go to bed make sure the pathways are well lit.
8. Install grab bars in your home and use rails when walking on stairs.
9. Remove clutter and throw rugs from pathways.
10. Don't rush!!!!



10 Գլխաւոր Կէտեր Կանխարգիլելու Համար Իյնալը

1. Գտէք լաւ հաւասարակշռութեան եւ մարզանքի յայտագիր:
2. Խօսեցէք ձեզի խնամողին հետ թէ ինչ էր են ձեր իյնալու վախերը
3. Կանոնունաւորապէս հետեւեցէք ձեր գործածած դեղերուն եւ խօսեցէք ձեր բժիշկին հետ այս մասին:
4. Ամէն տարի քննել տուէք ձեր տեսողութիւնը եւ լսողութիւնը:
5. Հանգիստ կօշիկներ Հագէք, որոնց առջերը եւ ետերը գոց են:
6. Լաւ ճաշացուցակ մը ունեցէք:
7. Անկողին չ'գացած, լաւ լուսաւորեցէք սենեակը:
8. Բռնիչներ դնել տուէք եւ բռնելով բարձրացէք աստիճաներէն:
9. Պզտիկ գորգեր կամ սրբիչներ հանել յատակէն, որպէսզի ոտքերնիդ անոնց վրայ կոխելով չ'սահիք եւ չ'իյնաք:
10. Մի աճապարէք!!!:



Getting Up from A Fall

If you have fallen, take several deep breaths before trying to stand up. Assess the situation and determine if you are hurt. If you believe you are injured, don't attempt to get up. Instead, call 911. But if you feel strong enough to get up, follow these steps.

Երբ ինկած էք գետին, քանի մը խոր եւ երկար շունչ առէք, ոտքի ելլել չ'փորձած. Քննեցէք ինքզինքնիդ, տեսնելու համար թէ կը ցաւ ի, վիրաւորու ւած էք. Մի փորձէք ոտքի ելլել, կանչեցէք 911. Բայց եթէ կը վստահիք որ կրնաք առանձին ոտքի ելլել, հետեւեալ ձեւով ըրէք:

1. Try to fall on your side or buttocks. Roll over naturally, turning your head in the direction of the roll.

Փորձեցէք կողի վրայ իյնալ կամ յետոյքի:

2. If you can, crawl to strong, stable furniture like a chair, and pull yourself up. Approach the chair from the front and put both hands on the seat. Of the chair.

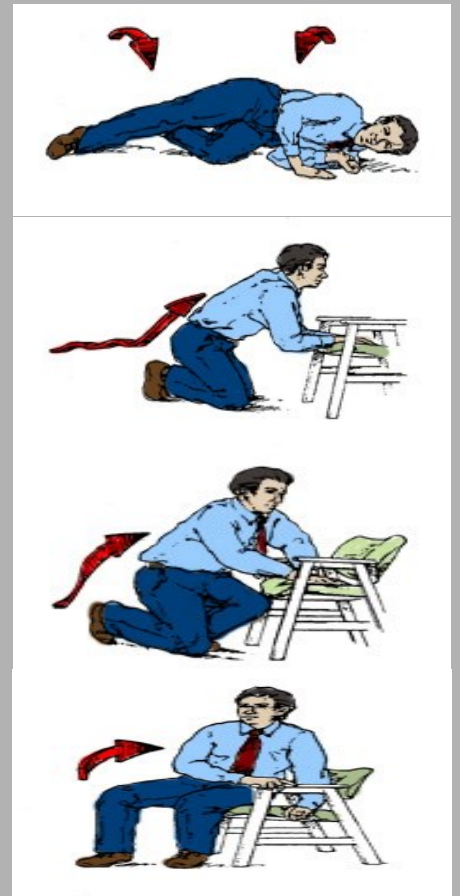
Եթէ կրնաք սողալ եւ զօրաւոր աթոռ կամ արարկայ մը գտնել եւ անոր յենելով ոտքի ելլել:

3. Slowly begin to rise. Bend whichever knee is stronger and keep your other knee on the floor.

Կամաց-կամաց ոտքի ելլել փորձեցէք, որ՝ ծունկը որ զօրաւոր կ'զգաք, անոր ոյժ տալով բարձրացէք միւս ծունկը գետինը դրէք:

4. Slowly twist around and sit in the chair.

Կամաց մը շրջելով նստեցէք աթոռին վրայ:



If you have difficulty getting up from the floor or have had a fall, consider getting an Emergency Alert System. Most have waterproof bracelets/pendants that are meant to be worn at all times—even in the shower and to bed at night. Also, there are alert systems with GPS tracking that can pinpoint your exact location should you need help outside your home.

Մտացէք ունենալ “Emergency Alert System” որը կրնաք ապարանչանի պէս կամ վիզէն կախուած դնել: Կրնաք նոյնիսկ լոզնալու ատեն վրանիդ պահել, կամ քնանալ անոր հետ: Առանձին ապրող ծերերուն համար կարելոր է այսպիսի գործիքներ ունենալ:

Food Quiz Answers

- 1. (b,d)** Fish has about 20 grams of protein in 3 ounces, cooked, as much as meat; fatty fish also provides omega-3 fats, which may reduce the risk of cardiovascular disease and other disorders.
- 2. (a,b)** Nuts supply 160 (cashews, pistachios) to 200 (macadamia) calories per ounce. While they are high in fat (14 to 20 grams per ounce), most of it is healthy monounsaturated fat. Only animal foods contain cholesterol.
- 3. False.** “Multigrain” means only that more than one grain is present. The primary ingredient is often refined wheat flour. Refining wheat removes the bran and the germ and thus nutrients and fiber; even when it’s “enriched,” only some are added back. A true wholegrain bread lists only whole grains, not “wheat” or “enriched wheat.”
- 4. False and false.** Free-range chicken is neither more nutritious nor safer from Salmonella or other bacteria than conventional chicken. “Free range” means only that the birds have access to an outdoor pen, not that they necessarily go outside.
- 5. True.** They have 110 calories per 4-ounce serving, the same as white potatoes. They’re rich in beta carotene, vitamin C, and folate.
- 6. (c)** Because of a labeling loophole, a “trans fat free” food can contain up to 0.5 grams of trans fat per serving. Since standard servings are small, this can add up.
- 7. True.** But the difference is a small. Olive oil has 120 calories and 13.5 grams of fat per tablespoon; butter, 100 calories and 11.5 grams of fat. While butterfat is highly saturated, olive oil is rich in monounsaturated fat and is thus a healthier choice.
- 8. False.** Sugar is sugar, and no form offers significant nutritional advantages. Brown sugar is white sugar with a little molasses for coloring.
- 9.** Any additional nutrients in honey are insignificant.
- 9. (a,b,c)** An eating plan that emphasizes fruits, vegetables, and low-fat/nonfat dairy foods (the DASH diet) has been proven to lower blood pressure—even more so when sodium is also reduced. Don’t take potassium unless advised to by a doctor.
- 10. (a,c,d,e)** Milk is fortified with D and is the major dietary source, with 100 IU per cup. Fatty fish is naturally rich in D; egg yolks and some mushrooms contain small amounts



Bay Area Community Calendar 2018

- ♦ **Tuesday, October 2 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ♦ **October , 20 &21 ~ St. John Annual Food Festival,**
- ♦ **Tuesday, November 6 ~ NorCal Hye Days, RSVP (650) 697-7474**
- ♦ **Saturday , November 10 ~ Calvary Armenian Congregational Church Annual Food Festival**

♦ **Tuesday , December 5 ~**

♦ **Norcal Annual Christmas Party at**

♦ **St. John Armenian Church**



Pickup Locations

East Bay: St. Vartan Church -leave 9:45a.m./apprx. return 4::00 p.m.

Stones Town Shopping Center - Leave 9:45 a.m. - Return 3:2000 p.m./

San Francisco: KZV School (825 Brotherhood Way) -Leave 9:45 am.

Return 3:20 pm

Cupertino/South Bay: Call for transportation

All time are approximated