

SENIOR CROSSROADS

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January/February 2023





*NorCal Board of Directors
Auxiliary and Staff
Wishes you*

Merry Christmas And A Happy, Healthy New Year

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**MERRY
CHRISTMAS**

and



HAPPY



NEW YEAR!



“HYE DAYS”

JANUARY 2023

Happy New Year

Tuesday, January 10

10:30 am ~ 3 pm

Coffee, Tea & Snacks

Sponsored by:

Badveli Vigen & Marie Galustian

**(In honor of their sixtieth
wedding anniversary)**

Presentation:

Dr. Stephen Sarafian

Lunch.....Fun & Bingo

RSVP: Please call NorCal

office 650-697-7474

Happy Valentine's Day

"HIVE DAYS"

FEBRUARY 2023

Tuesday, February 7

10:30 am ~ 3 pm

Coffee, Tea & Snack

Sponsored by:

Mrs. Caline Soghikian

(In memory of her husband

Dr. Krikor Soghikian)

Presentation:

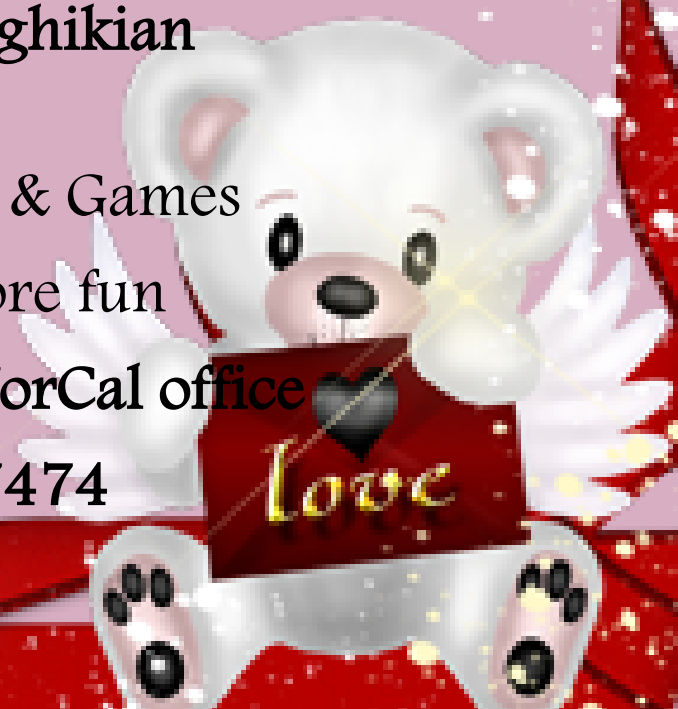
Mrs. Caline Soghikian

Lunch.....Fun & Games

Bingo and more fun

RSVP: Please call NorCal office

650-697-7474



Happy

Birthday

Հնորհաւոր Տարեդարձ

Anayis Assilian ~ January 1
Sonia Koujakian ~ January 5
Johnny Kuftejdian ~ January 9
Sose Balian ~ January 10
Knar Charekian ~ January 14
Ani Amooore ~ January 16
Garo Mirigian ~ January 18
Ruben Kazarian ~ January 20
Anahid Kazanjian ~ January 21
Maro Demirjian ~ January 30




Nazik Tadjarian February ~ 4
Arusha Jangochyan ~ February 8
Nevart Kechichian ~ February 24
George Riley ~ February 28
Seta Yenikomshian ~ February 29

Common symptoms of a cold, the flu, and COVID-19

The chart below shows common symptoms of the three illnesses. Not everyone will have these symptoms. Your symptoms may be more or less severe, or you may only have a few. If you feel sick, stay home and call a health care provider.

Each U.S. household can now order 4 COVID-19 at home tests shipped straight to your home at no cost visit [COVIDtests.gov](https://www.covidtests.gov) and enter your

<p>Common Symptoms of a Cold, the Flu, and COVID-19</p> <p>Learn more at www.nia.nih.gov/flu</p> 	Common Symptoms	Cold	Flu	COVID-19
	Fever and/or chills		✓	✓
	Headache		✓	✓
	Muscle pain or body aches		✓	✓
	Feeling tired or weak		✓	✓
	Sore throat	✓	✓	✓
	Runny or stuffy nose	✓	✓	✓
	Sneezing	✓		
	Cough	✓	✓	✓
	Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓	
Change in or loss of taste or smell			✓	

New Year's Resolution

The new year is a new opportunity to refocus on your goals. From health and wellness to family to-do's, making goals and sticking to them will help support a bright future.

Eat more fruits and vegetables: No matter your age, fruits and vegetables are part of a healthy diet. Choose produce, rich in vitamins and minerals, in a variety of colors to ensure you get plenty of different nutrients. Dark leafy greens, bright citrus and red berries are just a few tasty examples.

Stay physically active: No matter how many years young you are, it's important to stay physically active. Mild to moderate physical activity with minimal impact can do wonders for the body and mind. Walking with a friend is an easy way to get started, but other activities to consider include tai chi or signing up for stretching or water aerobics classes. Why not have fun and try something new in the new year?

Stay mentally active: Your mental health is just as important as your physical health, so make time to give your brain a workout, too. Reading, crossword puzzles and Sudoku are simple activities that can be done virtually anywhere. Join a club to play cards, bridge, or try a new creative skill like painting to learn new things that challenge the brain grow new brain cells. The socialization is wonderful for staying positive and connected.

Stay socially active: Research shows that social connection improves quality of life. This year, make your relationships a priority. Set up a weekly time to chat or have dinner with family members. Get to know your neighbors by exchanging phone numbers in case of emergency. Or consider joining a community organization or church group.

Update legal documents: Whether you've created them years ago or have been putting the entire process off, the new year is a great time to update legal documents. This includes things like wills or advance directives including a living will or power of attorney documents. For assistance you could contact an attorney or consider a low-cost technology solution.

Have important conversations: Have you been putting off having tough conversations with your family? You're not alone. The new year is the perfect time to finally tackle these tasks. Talk with loved ones about your future needs, including things like moving into an assisted-living community. It can be difficult to start the conversation, but you'll feel so much better after you do.

5 foods that fight high cholesterol

How? Some cholesterol-lowering foods deliver a good dose of soluble fiber, which binds cholesterol and its precursors in the digestive system and drags them out of the body before they get into circulation. Others provide polyunsaturated fats, which directly lower LDL, or "bad" cholesterol. And those with plant sterols and stanols keep the body from absorbing cholesterol. Here are 5 of those foods:

1. ***Oats.*** An easy way to start lowering cholesterol is to choose oatmeal or an oat-based cold cereal like Cheerios for breakfast. It gives you 1 to 2 grams of soluble fiber. Add a banana or some strawberries for another half-gram.
2. ***Beans.*** Beans are especially rich in soluble fiber. They also take a while for the body to digest, meaning you feel full for longer after a meal. That's one reason beans are a useful food for folks trying to lose weight. With so many choices — from navy and kidney beans to lentils, garbanzos, black-eyed peas, and beyond — and so many ways to prepare them, beans are a very versatile food.
3. ***Nuts.*** A bushel of studies shows that eating almonds, walnuts, peanuts, and other nuts is good for the heart. Eating 2 ounces of nuts a day can slightly lower LDL, on the order of 5%. Nuts have additional nutrients that protect the heart in other ways.
4. ***Foods fortified with sterols and stanols.*** Sterols and stanols extracted from plants gum up the body's ability to absorb cholesterol from food. Companies are adding them to foods ranging from margarine and granola bars to orange juice and chocolate. They're also available as supplements. Getting 2 grams of plant sterols or stanols a day can lower LDL cholesterol by about 10%.
5. ***Fatty fish.*** Eating fish two or three times a week can lower LDL in two ways: by replacing meat, which has LDL-boosting saturated fats, and by delivering LDL-lowering omega-3 fats. Omega-3s reduce triglycerides in the bloodstream and also protect the heart by helping prevent the onset of abnormal heart rhythms.

Bay Area Community Calendar 2023

- ◆ Tuesday, January 10~ NorCal Hye Days, RSVP (650) 697-7474
- ◆ Tuesday, February 7 ~ NorCal Hye Days, RSVP (650) 697-7474
- ◆ Tuesday, March 7 ~ NorCal Hye Days, RSVP (650) 697-7474
- ◆ Tuesday, April 4 ~ NorCal Hye Days, RSVP (650) 697-7474
- ◆ Sunday, April 9 ~ Easter

Bus transportation available from the following pick up locations: **Please RSVP**

East Bay Seniors: Pick up at St. Vartan Church - leave 9:15 a.m. return 4:00 p.m./apprx.

San Francisco Seniors:

KZV School (825 Brotherhood Way) - **Pick up 9:45 a.m** - Return 3:20 p.m./apprx.

Cupertino/South Bay Call for transportation

* If you wish to be a sponsor or be a speaker for the 2023 “Hye Days” *
* program please call the NorCal Office (650) 697-7474 *

Please check NorCal’s website regularly
For the latest announcements and photos
from our events

www.armenianseniorservices.org



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