

J-SEI MAY 2017

1285 66th Street, Emeryville, CA 94608 (510) 654-4000 Lunch served Monday-Thursday, 11:30 am at J-Sei Dining Site

. **Contact: (510) 654-4000, ext. 15 for VERA, should your schedule change.**

DONATION: The suggested donation for individuals 60+ is \$4/lunch if receiving a meal more than once per week. The suggested donation for individuals 60+ is \$5/lunch if only receiving a lunch one time per week. Please donate what you can afford towards the cost of your meals. No senior is denied a meal for inability to contribute.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>1 CHICKEN YAKI SOBA Soup Daikon & Carrot Salad+ Steamed Bok Choi* Fruit</p>	<p>2 TOFU PATTY W/ MUSHROOM GRAVY Soup Spinach Spring Mix Salad Baked Kabocha* Fruit</p>	<p>3 BAKED FISH WITH LEMON+ Soup Cucumber Wakame Sunomono* Steamed Broccoli Fruit+</p>	<p>4 BARACHI CHIRASHIZUSHI WITH EGG, FISH, SHRIMP, AGE, AND VEG Soup Tofu Salad Edamame Fruit+</p>
<p>8 ASSORTED SUSHI Soup Spinach Shira-ae*+ Edamame, Fruit+</p> <div style="text-align: center;"></div>	<p>9 GRILLED SALMON Soup Cabbage, Daikon & Carrot Salad* + Baked Yams* Fruit+</p>	<p>10 GRILLED SLICED BEEF Soup Spring Mix Salad+ Baby Bok Choi* Fruit</p>	<p>11 ASIAN DAY CELEBRATION OBENTO LUNCH DESSERT SIGN UP & JOIN THE PARTY <i>RESERVATIONS \$10</i></p>
<p>15 CHICKEN CURRY WITH VEGETABLES Soup Cabbage & Carrot Sunomono*+ Fruit</p>	<p>16 CHICKEN TERIYAKI Soup Potato Salad+ Steamed Baby Bok Choi* Fruit</p>	<p>17 UNAGI & DOFU KABAYAKI Soup Daikon and Carrot Sunomono*+ Steamed Broccoli Fruit+</p>	<p>18 NIKU DANGO Soup Carrot and Cabbage Salad+ Mustard Greens* Fruit</p>
<p>22 SPAGHETTI W/ MEATBALLS AND VEGETABLES Soup Spring Mix Salad* Fruit+</p>	<p>23 SALMON SHIOYAKI Soup Daikon & Carrot Sunomono*+ Baked Kabocha* Fruit</p>	<p>24 BAKED LEMON HERB CHICKEN Soup Romaine & Spinach Salad+ Baked Yams* Fruit</p>	<p>25 TOFU & EGGPLANT DENGAKU Soup Spring Mix Salad+ Fruit+</p>
<div style="text-align: center;">  J-SEI WILL BE CLOSED </div>	<p>30 BEEF, TOFU & SHITAKE Soup Cucumber & Wakame Sunomono Steamed Butternut Squash* Fruit+</p>	<p>31 SWEET & SOUR SNAPPER Soup Spinach Spring Mix Salad Baked Kabocha* Fruit+</p>	<p style="text-align: center;">Vitamin +C source, Vitamin *A source, **>indicates+1000mg sodium Soy milk offered Mixed-grain rice served, unless indicated.</p>

Menu Subject to Change Funding support from Alameda County and Contra Costa County Area Agency on Aging

Bracing for the Falls of an Aging Nation

As the population ages and people live longer in bad shape, the number of older Americans who fall and suffer serious, even fatal, injuries is soaring.

SAN FRANCISCO — As the population ages and people live longer in bad shape, the number of older Americans who fall and suffer serious, even fatal, injuries is soaring. So the retirement communities, assisted living facilities and nursing homes where millions of Americans live are trying to balance safety and their residents' desire to live as they choose.

Those who study and manage retirement facilities and nursing homes say there is heightened attention to preventing falls. Trying to anticipate hazardous conditions, retirement facilities like The Sequoias, retirement facility in San Francisco, hire architects and interior designers, some of whom wear special glasses that show the building as an old person would see it.

Researchers say that there has also been a rise in diseases linked to falls: diabetes, heart disease, stroke, arthritis and Parkinson's disease. In some cases, the medication to treat the disease can increase the risk of falling.

Building Safety Into Their Lives

- ✚ Some facilities have begun to install floor lighting, much like that on airplanes, that automatically turn on when a resident gets out of bed, illuminating a pathway to the bathroom.
- ✚ Others are installing energy-absorbing flooring in bathrooms, to reduce the impact of a fall.
- ✚ Stairs are a particular hazard. Then a wide white accent stripe was installed at the top and bottom so residents could see the line clearly, even with blurry, yellowed vision and limited depth perception. The hue of the stripe was chosen by a committee of residents.
- ✚ At The Sequoias, housekeepers are trained not merely to clean an apartment but to inspect it for quiet hazards – scatter rugs that seem easy to trip on, or furniture that could topple if grabbed for support. Bed height, toilet height and the need for grab bars are measured and evaluated.
- ✚ The lip on the shower edge is black against the white tile because the contrast with the rest of the bathroom makes it more visible.
- ✚ Carpeting is fine, and softer for absorbing a fall if it happens. But it needs to be able to accommodate an elderly person's shuffle., 1/8 inch is the safe threshold.

A Delicate Balance

A rough rule of thumb for nurses and physicians is that for every day an elderly patient spends in bed, 1 percent of muscle mass is lost. "You'd be surprised how quickly it can go below the point where you can safely stand up and move," said Nancy K. Latham, an assistant professor at the Boston University School of Public Health who studies disability.

A Personal Responsibility?

Though the risk of a fall increases significantly once people reach their 80s, researchers have found that people 85 and older in excellent health have no greater risk than someone 20 years younger. For places like The Sequoias, the challenge is to encourage people to work at keeping themselves strong.

The Sequoias offers exercise classes, which help with balance. But they are optional and only a small percentage of residents attend them.

It is not so much laziness that accounts for the limited attendance, but denial. A sluggish foot, eyesight that fails to catch a step down, slowed reflexes – these creep up slowly, often imperceptibly. This helps explain why people tend to pay scant attention to their risk for a fall until it happens.

Excerpts from "Bracing for the Falls of an Aging Nation" - By KATIE HAFNER OCT. 30, 2014, NYTimes.com. Read also: Part 2: A Tiny Stumble and Steps to Avoid an Accident