



# SIX STONES WELLNESS CENTER

Six Stones Wellness Center Newsletter

March 2020

Welcoming you to join Six Stones Wellness Center in Honoring Individuals who reach out to obtain support . Six Stones Wellness Center is working toward reducing stigma and provide education to our community residents. Providing a positive environment to engage in and/or to encourage someone you care about to benefit from a group, activity or personal support, from our Six Stones Wellness Center's Staff and Peers. We are here to support you as you begin making changes in the life areas you desire..

Mental and emotional wellness is a major component of one's overall wellness. Being mindful of how are emotions, feelings and perceptions effects wellness efforts tin living the life desired. The Substance Abuse and Mental Health Services Administration (SAMHSA), has identified factors that influence wellness and recovery efforts by focusing on the desire to optimize personal health.

**SAMHSA's eight dimensions include: emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social.**

Your journey of recovery and wellness is worth it. Recovering with supportive individuals who understand and begin connecting. Accepting the diversity of attendees through honoring life's experiences. Remember that anyone can be effected by a mental health challenge. You are not alone. With supportive people surrounding you, it makes coping a little easier



## In This Issue

- Welcome
- Preventing Malnutrition in Older Adults
- Broccoli Salad Recipe
- Cal-Fresh
- Community Resources
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- Cal Fresh: March 26th, 2020 at Noon. Visitors welcome.
- Contact Six Stones Wellness Center with any questions at 841-0810.



# Preventing Malnutrition in Older Adults

 [familydoctor.org/preventing-malnutrition-in-older-adults](https://familydoctor.org/preventing-malnutrition-in-older-adults)

Malnutrition is when your body doesn't get enough nutrients from the foods you eat to work properly. Nutrients include fats, carbohydrates, protein, vitamins, and minerals. These substances give your body energy. They help your body grow and repair tissues. They also regulate bodily functions such as breathing and the beating of your heart.

As the U.S. population ages, malnourishment is a growing concern. Good nutrition is very important for all older adults. It is especially important for older adults who are ill or have been diagnosed with a chronic disease or dementia.

Malnutrition in older adults can lead to a number of health problems, including the following:

- Unintentional weight loss.
- Tiredness and fatigue (feeling out of energy).
- Muscle weakness or loss of strength. This could lead to falls, which could cause broken bones or fractures.
- Depression.
- Problems with memory.
- A weak immune system. This makes it hard for your body to fight off infections.
- Anemia.

***Because of these health problems, malnourished adults tend to make more visits to their doctor, the hospital, and even the emergency room. They don't recover from surgery or other procedures as quickly as adults who are well nourished.***

## What causes malnutrition in older adults?

Malnutrition occurs when a person doesn't have enough food or doesn't eat enough healthy foods. A number of things may affect the amount and type of food that older adults eat. These include:

- **Health problems.** Older adults may have health problems that cause a loss of appetite or make it hard to eat. This could include conditions such as dementia and other chronic illnesses. They may be on restricted diets that make foods taste bland. They may also have dental problems that make it hard to chew or swallow foods.
- **Medicines.** Certain medicines can decrease appetite or affect the taste and smell of food.
- **Low income.** Older adults may be on a fixed income. They may be paying for expensive medicines to help manage health conditions. They may have trouble paying for groceries, especially the healthy foods they need.
- **Disability.** Older adults who have dementia or physical disabilities may not be able to shop for groceries or cook for themselves.
- **Social issues.** Mealtimes can be social occasions. As we age, we may start to lose friends and family members. Older adults who usually eat alone may lose interest in cooking and eating.
- **Alcoholism** can decrease appetite and affect how the body absorbs nutrients from food.
- **Depression** in older adults can lead to loss of appetite.

It can be hard to tell if an older adult is malnourished. Check the refrigerator and pantry to find out the amount and type of food your loved one has on hand. Be sure to visit during mealtimes so you can observe their eating habits. Watch for signs of weight loss, such as clothing that is looser than normal. Easy bruising and slow wound healing are also signs of malnutrition.

Know which medicines your loved one takes, and ask a doctor or pharmacist if any of the medicines may cause loss of appetite. If your loved one is depressed or is an alcoholic, help him or her seek treatment.

Keep their doctor informed about what you observe. Ask the doctor about their risk of nutrition problems. Watch out for signs of the health problems listed above. If you suspect that your loved one has a medical condition that is causing malnutrition, help him or her seek treatment.

## Path to improved wellness

To improve your loved one's nutrition, try some of the following:

- **Encourage healthier food choices.** The best foods are those that are full of nutrients, such as fruits, vegetables, whole grains, and lean meats. Help your loved one limit his or her intake of solid fats, sugars, alcoholic beverages, and salt. Suggest ways to replace less healthy foods with healthier choices.
- **Snacking** on healthy foods is a good way to get extra nutrients and calories between meals. It may be especially helpful for older adults who quickly get full at mealtimes.
- **Make food taste good again.** If your loved one is on a restricted diet, herbs and spices can help restore flavor to bland foods. Just remember to avoid herb or spice blends that are heavy in salt.
- **Consider adding supplements to your loved one's diet.** He or she may benefit from a supplement shake or other nutritional supplements. Talk to their doctor about these options.
- **Encourage exercise.** Even a little bit of exercise can help improve your loved one's appetite and keep his or her bones and muscles strong.

## Things to Consider

Managing your health and nutrition as you age can seem like a difficult task. If you are helping your loved one, talk to their family doctor and ask for help when you need it. The doctor can talk to you about their risk for malnutrition, health conditions, and medicines.

You may need help making sure your loved one is eating right. Home health aides can help shop for groceries and prepare meals. Check with your local Council on Aging and other senior community resources and community programs, such as Meals on Wheels. They may be able to help you care for your loved one.



## Broccoli Salad Budget-friendly recipe

Serves: 8

Ready in: 15 minutes.

*Even if you think you don't like broccoli, you'll love this salad!*

### Ingredients:

**½ cup Low-fat mayonnaise**

**⅓ cup vinegar (rice or cider)**

**3 tablespoons Sugar**

**4 cups chopped broccoli**

**¼ cup chopped onion (1/4 onion)**

**¾ cup Raisins**

**¾ cup sunflower seeds (or any nut or seed of your choice)**



<https://eatfresh.org/>

What You'll Need: Measuring spoons Measuring cups Cutting board Chef knife Large bowl Large spoon

Directions 1. Mix mayonnaise, vinegar and sugar in a large bowl. 2. Add broccoli, onion, raisins and sunflower seeds. Stir to combine. 3. Refrigerate for at least 1 hour, then enjoy.

## Cal-Fresh

Cal-Fresh represents the Supplemental Nutrition Assistance Program Education. This program focuses on bettering the lives of others through nutrition and physical education. Cal-Fresh is a program of NVCSS and is coming to Six Stones Wellness Center.

Come join Nutrition Educator Nick, who will share nutrition information & activities while promoting a healthy life style.



[www.gnservices.org](http://www.gnservices.org)

### Join us for lunch:

**Mt. Shasta Community Café** Tuesday - Thursday at noon  
City Park Upper Lodge 1315 Nixon Road, Mt. Shasta, CA 96067  
please arrive by 11:45 to allow staff to prepare your plate

**Dunsmuir Community Café** Wednesday at noon  
Dunsmuir Community Center Building 4835 Dunsmuir Avenue, Dunsmuir, CA 96025  
please call (530) 926-4611 in advance to reserve a spot

### Siskiyou Senior Nutrition & Community Cafés

All community members are invited to join us at both Community Cafés; the meal price for non-seniors is \$10.



Senior participants are given the opportunity to support their program with a suggested meal donation of \$3.00 at the Community Cafés.

No senior is denied a meal due to the inability to contribute.  
**Contact Siskiyou Senior Nutrition at (530) 926-4611**

# Need Food?

Emergency food is supplied to those in need and to Food Banks around Siskiyou County.

*See income chart to see if you qualify.*

Several other programs are in place to get food to people who need it!

**Contact Heather Solus:**  
**(530) 938-4115 ext. 128**

# Maximum Persons	Monthly Income	Annual Income
1	...\$1,561.25	.....\$18,735
2	...\$2,113.75	.....\$25,365
3	...\$2,666.25	.....\$31,995
4	...\$3,218.75	.....\$38,625
5	...\$3,771.25	.....\$45,255
6	...\$4,323.75	.....\$51,885

• 310 Boles St., Weed, CA 96094 •  
• 530-938-4115 •

• Fax 530-938-1040 •  
www.gnservices.org



## Other ways Great Northern Services can help

### Get help with your energy bills & weatherization

Since 1981, Home Energy Assistance Program (HEAP), a federally funded program, helps low-income households pay their energy bill by providing a direct grant payment to an eligible client's utility or heating provider to help offset the cost of heating their home.

**Request both Energy Assistance & Weatherization using the same application packet!**

Call to find out if you qualify.

**Contact Energy Assistance: (530) 938-4115 ext. 120**

### Siskiyou Senior Nutrition

Meals are served to seniors of South Siskiyou County at two community cafés, Mt. Shasta and Dunsmuir.

**Contact Senior Nutrition: (530) 926-4611**

### Tailgate Produce Party series

Free fresh produce is distributed to income-qualifying households at four locations around Siskiyou County, May through October.

### FREE Summer Lunches for Children & Teens

Healthy lunches are served free to all kids 18 and under at multiple locations around Siskiyou County from June to August.

**Contact Heather Solus: (530) 938-4115 ext. 128**

**and there is more... www.gnservices.org**

by: THOUGHTSICANTCONTROL.TUMBLR.COM



March 1st  
**SELF INJURY AWARENESS DAY**

judge **less**, understand **more**.  
don't be ashamed of your scars (if you have any), they are signs of **strength**, you **survived!**  
**speak up**, wear something **orange** today,  
draw a **butterfly** or a **heart** on your **wrist**.  
help us to **raise awareness** :)

As many as 1 in 10 young people harm themselves

But people of all ages self-harm

It is NOT attention seeking  
It is NOT a suicide attempt  
It is NOT crazy

It IS a way of coping with intense emotions

For more information go to:  
www.recoveryourlife.com  
www.nshn.co.uk  
www.selfharmalliance.org



**Red flag feelings and behaviors that may require immediate attention.**

- Inability to sleep
- Feeling down, hopeless, or helpless most of the time
- Concentration problems that interfere with work or home life
- Using nicotine, food, drugs, or alcohol to cope with difficult emotions
- Negative or self-destructive thoughts or fears that you can't control
- Thoughts of death or suicide

If you identify with any of these red flag symptoms, make an appointment with a mental health professional.

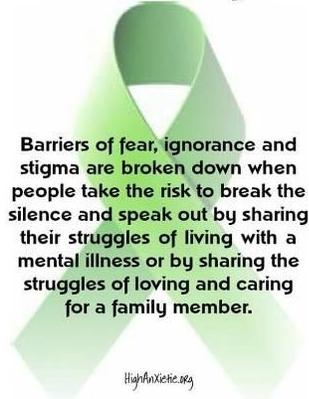
**Who should use the Lifeline Crisis Chat program?**

Anyone who is depressed, despairing, going through a hard time, or just needs to talk, including people who are thinking about suicide.

Any life issues may be discussed on the Chat program. The chat specialists are there to listen and support you through whatever difficult times you may be facing.

**1-800-273-8255**

**Break The Silence & Break Down The Stigma**



Barriers of fear, ignorance and stigma are broken down when people take the risk to break the silence and speak out by sharing their struggles of living with a mental illness or by sharing the struggles of loving and caring for a family member.

HighAnxiety.org

**STAGES OF RECOVERY**



**Seek professional help if you need it.**

**Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.**

***You are worth it!***



**Text HELLO to 741741**  
Free, 24/7, Confidential



Join us for  
Veterans Social on  
Friday, March 13th at 10 am



No matter when, where, or how you served, or what you've experienced in military or civilian life, you may be facing challenges that affect your health, relationships, and life. Whether your military role ended two decades ago or two days ago, you share with Veterans everywhere the common bonds of duty, honor, and service to our nation.

Every day, Veterans connect with resources and support to manage and confront the issues they may have and find solutions for improving their lives.

<http://maketheconnection.net>

The Veteran Clinic, located at 101 E. Oberlin Drive, Yreka, is open from 7:30 a.m. to 5:00 p.m., Monday through Friday.

To contact the Clinic, call (530) 841-8500.



White City VA Rehabilitation Center & Clinics (541) 826-2111



### Veterans' Services

Office Hours: 8:00am - noon, 1:00 - 5:00 pm, Monday - Thursday

Phone: 530-842-8010

Fax: 530-841-4314

Department Head: Victor Magdangal, CVSO

## Veterans Today

The military men and women who serve and protect the U.S. come from all walks of life; they are parents, children, grandparents, friends, neighbors and coworkers, and are an important part of their communities. Here are some facts about the veteran population of the United States:

- 18.2 million living veterans served during at least one war as of 2018.
- 9 percent of veterans are women.
- 7 million veterans served during the Vietnam War.
- 3 million veterans have served in support of the War on Terrorism.
- Of the 16 million Americans who served during World War II, about 496,777 were still alive as of 2018.
- Connecticut was home to the highest percentage of World War II veterans as of 2018 at 7.1 percent.
- 2 million veterans served during the Korean War.
- As of 2017, the top three states with the highest percentage of Veterans were Alaska, Maine and Montana,



<https://www.history.com/topics/holidays/veterans-day-facts>

# Cal-Fresh

Cal-Fresh represents the Supplemental Nutrition Assistance Program Education. This program focuses on bettering the lives of others through nutrition and physical education. Cal-Fresh is a program of NVCSS and is coming to Six Stones Wellness Center.

Come join NVCSS' Cal Fresh Program and gain knowledge of nutrition information & activities while promoting a healthy life style.



## South County

### Peer Support Group

At South County BHS Office

1107 Ream Avenue in Mt. Shasta, CA

on Friday at 9:30 am to 11:30 am



## Contact Us

Give us a call for more information about our program.

**Northern Valley Catholic Social Service**

**Six Stones Wellness Center**  
525 North Main Street  
Yreka, CA 96097

(530) 841-0810 Phone

Six Stones Wellness Center is a program of Northern Valley Catholic Social Service. Program is funded by Siskiyou County Health and Human Services Department with Mental Health Services Act Funds, Prop 63.

