

## STONE SOUP GAZETTE

### ALCOHOL AWARENESS MONTH: ALCOHOL HELPS AND HURTS COGNITIVE DECLINE

Submitted by Lynn Mullowney, VP of Development, Alzheimer's Association of OC Chapter

"For he who has health has hope; and he who has hope, has everything."

-Owen Arthur

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Age and family history are known to be the top risk factors for Alzheimer's disease, but there are numerous lifestyle choices we can make that may help – or hurt – our chances of getting Alzheimer's.

Research suggests that diet, exercise, smoking, alcohol intake and other choices can impact our risk. "We can't do anything about aging or family history, but research continues to show us that there are lifestyle decisions we all can make to keep our brains healthier that may lower our risk of memory decline as we age," said William Thies, Ph.D., Chief Medical and Scientific Officer at the Alzheimer's Association.

One study shared at the Alzheimer's Association International Conference indicated that moderate

alcohol intake may actually decrease one's risk of developing dementia significantly. Scientists in this study found that consuming one to two alcoholic beverages per day was associated with a 37% lower risk of dementia in those with normal cognitive function at baseline. This was not the case, however, for those with Mild Cognitive Impairment (MCI). Any amount of alcohol consumption among those with MCI at baseline was associated with *faster* rates of cognitive decline.

Those who have been drinking large amounts of alcohol for long periods of time run the risk of developing serious changes in the brain. The alcohol-linked neurological disorder Wernicke Encephalopathy causes mental confusion, vision changes, and

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difficulty coordinating movements. Approximately 80-90% of alcoholics with Wernicke's Encephalopathy develop Korsakoff's Psychosis, a chronic neuropsychiatric syndrome characterized by changes in behavior and memory impairments.

While there is not yet a cure for Alzheimer's, help is only a phone call away through the Alzheimer's Association's 24/7 Helpline at 800.272.3900 or [www.alz.org](http://www.alz.org).

alzheimer's association

### CENTRAL COUNTY HEALTH EXPO 2012

Saturday, March 24, 2012; 9am-4pm  
12901/12951 Euclid St. Garden Grove, CA 92840

The Expo will feature FREE: Vision Services, Medical Services, Dental Services, Social Services, and Health Screening  
For more information, please contact (949) 544-4625 or visit [expo@ifhomeless.org](mailto:expo@ifhomeless.org).

## HEALTHY EATING CHOICES FOR CHILDREN



Information obtained at [www.choc.com](http://www.choc.com)

In recognizing National Nutrition Month, here are a few helpful tips for you to help improve your child's nutrition.

### **Ages 0-2 years old: breast milk is best**

It is nature's perfect "first" food, supplying all of the important nutrients your baby needs during the first year of life. Let your baby decide when to eat and how much to eat.

### **Ages 3-5 years old: limit the juice!**

Although it sounds healthy, fruit is mostly sugar and packs a lot of empty calories. Limit your child's intake to only 4 oz. per

day. And remember, never put a child down for a nap or bedtime with a bottle of juice.

### **Ages 6-10 years old: choose fiber-rich cereals**

Fiber is important for growing young bodies. Check the nutrition panel located on the side of the box to make sure the cereal you've selected has at least 2g of fiber per serving.

### **Ages 10+ years: Break-The-Fast**

Insist on breakfast every morning, no matter how busy your kids are. Good choices include cereal, non-fat milk, yogurt, fruit, or toast.



## REGISTER NOW FOR 2012 OC GREEN FAIR

Promote and build your brand as a sponsor or exhibitor at the 2012 OC Green Fair, taking place **May 17th in Santa Ana**. More than 3,000 attendees are expected to participate in this **free public event, which features green products and services, doors prizes, delicious food and networking opportunities.**

The OC Green Fair raises awareness regarding environmental concerns and shows consumers how to reduce their impact on the earth by selecting sustainable, eco-friendly products and services, reducing energy consumption, conserving water, and limiting dependence on fossil fuels.

To register as an exhibitor at the event or learn more about sponsorship opportunities, please complete the registration form at <http://www.surveymonkey.com/s/OCGreenFair2012> by Monday, April 2nd.

## SHARE OUR SELVES' 19TH ANNUAL WILD & CRAZY TACO NIGHT

**April 19<sup>th</sup>, 5:30pm-7:30pm**  
**VIP Pre-Party 4:30pm-5:30pm**  
**General Admission Tickets: \$70**  
**VIP Tickets: \$150**





Now in its 19<sup>th</sup> year, Wild & Crazy Taco Night has become one of the most popular events in Orange County! Get ready for a fun and festive evening where 26 of Orange County's finest chefs and restaurants each prepare an unusual and unique taco.

To purchase tickets, please call 949-270-2134. All of the proceeds benefit the SOS Orange Aid Project (SOS Food Pantry), feeding more than 250 Orange County families each day.

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



# MARCH 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
	5-11: National Sleep Awareness Week			World Kidney Day		
11	12	13	14	15	16	17
Daylight Saving Time Begins		Spring 				St. Patrick's Day 
18	19	20	21	22	23	24
						World Tuberculosis Day
25	26	27	28	29	30	31
		American Diabetes Alert Day			National Doctor's Day	

## MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH

Submitted by Mindy Inselberg, Manager, Business Development, Chao Family Comprehensive Cancer Center, UCI Medical Center

The good news is that deaths from colorectal cancer in the United States are dropping about 2% annually. The bad news is that about 57,000 people are expected to die this year from the disease. "This type of malignancy typically begins as a small, benign growth in the lining of the colon," says Dr. Steven Mills, a UC Irvine

Healthcare colorectal surgeon. Over time, these growths, called polyps, can become cancerous. A colonoscopy can help detect these polyps and if detected early enough, these polyps can be simply and painlessly removed during the exam.

For people who aren't tested and colorectal polyps have developed for years until they become malignant, specialized surgical treatment, along with radiation and chemotherapy, is necessary.

Specialists at the H.H. [Chao Comprehensive Digestive Disease Center](#) at the University of California, Irvine Medical Center are nationally recognized for being one of the few centers to perform a minimally invasive rectal cancer surgery

procedure known as total mesorectal excision (TME). "A laparoscopic TME results in less blood loss, decreased pain, a shorter hospitalization, and faster recovery," says Dr. Mills. He and Dr. Michael Stamos are two of the few colorectal surgeons with enough experience to perform this procedure.

The reason why laparoscopic TME is considered one of the most technically challenging operations performed for any type of cancer is because it requires superb surgical skills. Not only must surgeons work within the tight confines of the pelvic bones, but they also must avoid the tiny nerves governing sexual, bladder, and bowel functions that are also located in this cramped space.

At UC Irvine Medical Center, about 40% of cases involving the partial or complete removal of the colon and affected lymph nodes are now performed through a single, small incision hidden deep within the navel, making the procedure virtually scarless.

Radiation and chemotherapy also play a critical role in the care of colorectal patients, and patients have access to nationally renowned experts housed at the Chao Family Comprehensive Cancer Center. For referral to a UC Irvine Healthcare colorectal surgeon, please call 888-717-GIMD.

### Facts about Colorectal Cancer

The symptoms for colorectal cancer may include blood in or on the stool, stomach pain, aches, or cramps that do not go away, and weight loss.

Among cancers affecting both men and women, colorectal cancer is the 2nd leading cause of cancer deaths in the United States.

If everyone 50 years old or older were screened regularly, as many as 60% of deaths from this cancer could be avoided.



## AUTISM: BUILDING YOUR FAMILY SUPPORT TEAM

Submitted by Emily Schmidt

Did you know that autism is the fastest growing serious developmental disability in the United States? In fact, one in 110 children are diagnosed with the disorder. While boys are more likely than girls to be autistic (one in 70 boys), girls also tend to be under diagnosed. Autism is a developmental disorder that is neurologically-based. While a specific gene has not been identified, current research points to a genetic component for inheriting the disorder. The good news is that individuals with autism who have self-awareness can gain the self-understanding and acceptance they need while learning how to adapt and function productively in the world. If you have a child with autism, you can make an important difference in his or her quality of life and your family's by connecting to resources that provide critical training and support. Here are a few things you can do right now:

- **Get an accurate diagnosis.** Ensure your child is screened during "well-child" check-ups by a pediatrician for developmental milestones. If concerns persist, request a comprehensive team evaluation (this usually includes a therapist, neurologist, speech therapist, and other professionals).
- **Get your support team in order.** Parents can benefit from training and support to learn behavioral techniques to use at home. Teachers need to be sensitive to the unique social and learning challenges these individuals face... including the far too frequent occurrence of bullying.
- **Join a support group.** Raising a child or living with someone who has or living with someone who has autism can be exhausting. It may be helpful to talk with those who are going through a similar experience and can connect you with services and resources in your area.
- **Take care of yourself.** If you are a parent, don't let autism rule your life. Get rest. Spend quality time with your children, siblings, your spouse and friends.
- **Find the right therapist.** Effective therapeutic interventions vary widely depending upon the individual's level of impairment and unique needs, ranging from social skills training and medication to physical and cognitive behavioral therapy. Use short telephone interviews with potential therapists to shop for a good fit. Ask about availability, fees, if they accept your health insurance and how much experience they have working with autistic individuals.

To learn more about how your child or other family members may benefit from therapy designed to target the unique needs of autism, please visit [www.CounselingCalifornia.com](http://www.CounselingCalifornia.com).



Submitted by Peg Keely, The Institute of Healthcare Advancement

Health literacy matters. Poor health literacy affects millions of Americans from all walks of life and increases healthcare costs by up to \$236 billion each year. The Institute for Healthcare Advancement (IHA), a non-profit healthcare public charity, invites you to its 11<sup>th</sup> Annual Health Literacy Conference on May 9-11, 2012, at the Hyatt Regency, Irvine, CA. The purpose of the conference is to share the best practices and provide attendees with real-world solutions to the pressing issues of health literacy.


How important is health literacy? Research shows that 88% of American adults do not possess the necessary ability, or health literacy, to effectively navigate our healthcare system. Limited health literacy affects our ability to:

- Follow instructions on a prescription bottle label
- Manage their own chronic illness
- Care for their loved ones
- Access preventive screenings early
- Understand the impact of their lifestyle choices on their health
- Act upon their healthcare provider's directions

For more information, please click [here](#). Register early and save. Please visit IHA's [website](#) or call (800) 434-4633.



# APRIL 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Palm Sunday April Fools Day	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Good Friday	<b>7</b> World Health Day
<b>8</b> Easter 	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b> Tax Day	<b>18</b>	<b>19</b> Holocaust Day	<b>20</b>	<b>21</b>
<b>22</b> Earth Day	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>  Arbor Day	<b>28</b>
<b>29</b>	<b>30</b>					<i>I heard the spring light whisper Above the dancing stream, "The world is made forever In likeness of a dream."</i>



Vocational Visions Proudly Presents:

## AN ENCHANTED EVENING... WITH COUNTRY FLAIR!

Vocational Visions will present its annual Enchanted Evening fundraiser on **Saturday, April 28 at the Irvine Marriott** (18000 Von Karman Ave in Irvine). with the theme "An Enchanted Evening...with Country Flair." All proceeds directly support the programs and services of Vocational Visions which provide vocational, economic and social services to adults with disabilities. For questions and reservations contact Tammy Jensen at 949.837.7280, ext.214, e-mail her at [tjensen@vocationalvisions.org](mailto:tjensen@vocationalvisions.org) or visit [www.vocationalvisions.org](http://www.vocationalvisions.org).

## JOB FAIR!

March 29, 2012; 9am-12pm  
Brea Community Center  
695 East Madison Way  
Brea, CA 92821

Free admission, free parking, free  
resume critique, bring copies of  
resume, dress professionally

714-670-0100 [www.jobsoc.org](http://www.jobsoc.org)

## Mission Statement

To maintain a process in which not-for-profit hospitals and community stakeholders, plan, conduct, and analyze an objective, comprehensive, tri-annual, health assessment, intended to improve the health of all Orange County residents.

Putting information into action for a healthier tomorrow

## Contact Information

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