



# In Good Health Newsletter

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## Banishing Boredom

Most everyone has, at some point, felt it. Boredom. Officially described as “the state of being weary and restless through lack of interest,” boredom is an equal opportunity condition, affecting young and old alike. For seniors, it can be an unexpected side effect of retirement. Most everyone looks forward to the day when they have more time on their hands. Yet when that day finally arrives, what do you do? Given that July is “Anti-Boredom” Month, it’s particularly appropriate to address the many ways you can banish boredom, now and in the future.

### Get off that couch

Getting (or staying) physically active is an ideal way to make a positive impact on your physical health as well as mental well-being. Learning a new sport, varying the location of your walks/run, joining a gym, hiring a trainer, becoming involved in a sports league, or getting a work-out “buddy,” are just a few of the things you can do to relieve boredom and do something good for yourself at the same time. There are numerous options to choose

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from. For example, among its many programs and activities, the Pasadena Senior Center offers a multitude of exercise classes including the unique sounding “BOOM,” and “Forever Young at Heart.” According to Ben Green, Executive Director of the Pasadena Senior Center, “Exercise is a passion for a lot of our seniors and we find that it is the largest growing aspect of our programs.” *An important reminder: Seniors should always consult their physicians before starting any exercise program.*

### Exercise your mind

The well-known writer, Dorothy Parker, once said, “The cure for boredom is curiosity. There is no cure for curiosity.” Be intellectually curious. Whether it’s reading a new bestseller or taking a class on an unfamiliar yet interesting subject, “exercise” your mind. Your local library is a great place to do this. For example, in addition to having over 700,000 items in its collection, the Pasadena Public Library offers such programs as computer classes, recitals, book discussion groups, concerts, feature films and lectures, *all of which are free of charge.* As librarian Millicent Sharma notes, “With so many available resources, the Library is the perfect antidote to boredom, no matter what your age.”

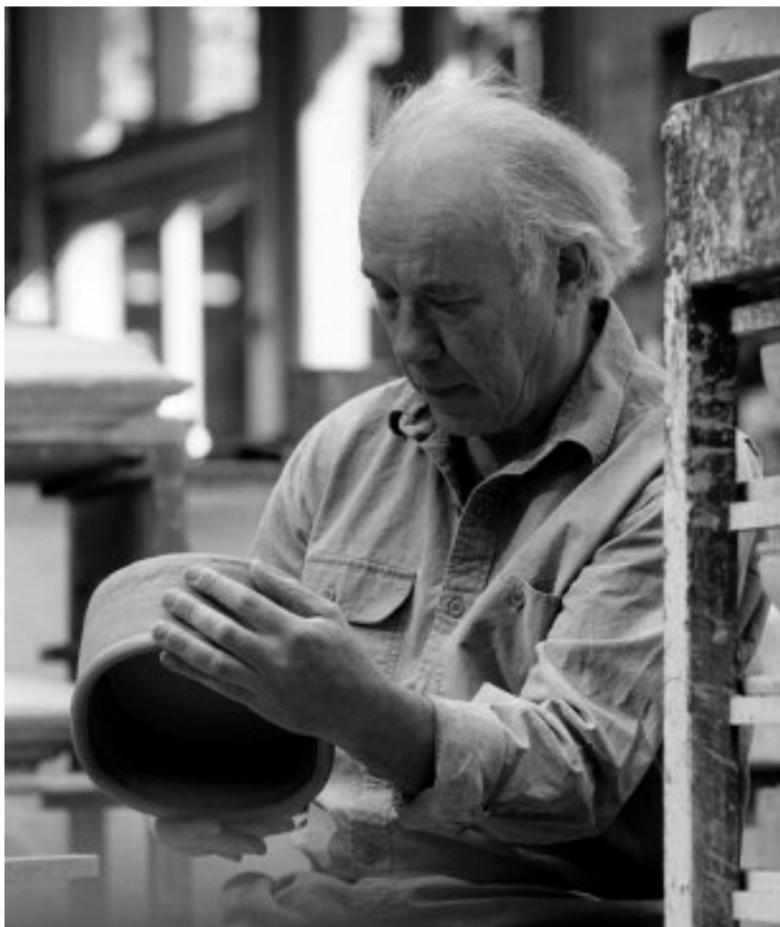
### Do something for someone else

Being involved in a meaningful activity is one of the most rewarding ways to alleviate boredom. As noted in *Helpguide*, a project of the Rotary Club of Santa Monica and Center for Healthy Aging, volunteering “can be a tremendous source of joy, fulfillment, social stimulation, and satisfaction.” There are all kinds of organizations that need volunteers. Before choosing one, consider the causes that interest you as well your talents, skills and experience. The *Helpguide* website is one of many online resources that includes information on senior volunteering and provides links to a wide-variety of organizations. Learn more and make a difference.

### Resources to check out

Check out your local Senior Center or Public Library to learn more about programs, volunteer opportunities, and activities, including fitness classes.

*Helpguide:* To learn about senior volunteer programs, including links to some specific organizations, visit [www.helpguide.org](http://www.helpguide.org). The specific page is: [www.helpguide.org/aging/senior\\_volunteer\\_intergenerational\\_programs.htm](http://www.helpguide.org/aging/senior_volunteer_intergenerational_programs.htm)



## Watch for Upcoming Fall Seminars

During the last week of September and first week of October, Physician Associates will be holding educational seminars in La Canada, Arcadia, Glendora, and Montebello. We will have a physician speaking on a relevant health care topic (to be determined) as well as on issues related to Medicare 2006. Information will be in the mail early in September or call PA at 1.800.303.3133 at the end of August for more details. We hope to see you there!

## How to Join PA

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# Blueberries

## Eating Right Made Easy

When it comes to blueberries, it's not so hard to do the right thing. A favorite of many for its taste and color, blueberries are also rich in antioxidants which makes the fruit good for you as well. According to the National Institutes of Health (NIH) blueberries and other foods containing antioxidants may act to protect the body against damage from oxidative stress, one of several biological processes implicated in aging and in the development of a number of "neurodegenerative diseases." In addition to being very low in fat and sodium, blueberries are a source of Vitamins A and C, potassium and folate. One cup of blueberries contains 16% Daily Value of fiber. In celebration of **National Blueberry Month** (July), why not try the following recipe and enjoy it guilt-free!!

### RAINBOW FRUIT SALAD (from the NIH website)

#### For Fruit Salad

- 1 large mango, peeled, diced
- 2 cups fresh blueberries
- 2 bananas, sliced
- 2 cups fresh strawberries, halved
- 2 cups seedless grapes
- 2 nectarines, unpeeled, sliced
- 1 kiwi fruit, peeled, sliced

#### For Honey-Orange Sauce

- 1/3 cup unsweetened orange juice
- 2 tbsp lemon juice
- 1 tbsp honey
- 1/4 tsp ground ginger
- dash nutmeg

Prepare the fruit. Combine all ingredients for sauce and mix. Just before serving, pour honey-orange sauce over fruit.

Yield: 12 servings  
Serving size: 4oz. cup

#### Each serving provides:

- Calories: 96
- Total fat: 1g
- Saturated fat: less than 1g
- Cholesterol: 0mg
- Sodium: 4mg
- Total fiber: 3g
- Protein: 1g
- Carbohydrates: 24g
- Potassium: 302mg

# Your Sight

## See What You Need to Do

According to EyeCare America, a public service foundation of the American Academy of Ophthalmology, "by age 65, one in three Americans has some form of vision-impairing eye disease. Most do not know it because there are often no warning symptoms or they assume that

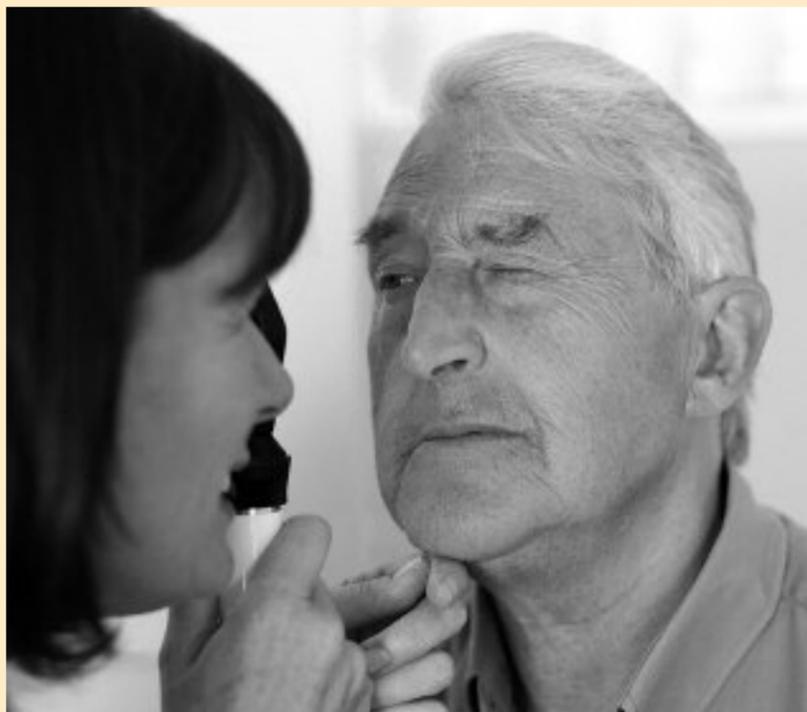
“by age 65, one in three Americans has some form of vision-impairing eye disease.”

poor sight is a natural part of growing older." The foundation also notes that cataracts are a leading cause of vision loss among people 55 years and older and that "more than half the people over age 65 have some degree of cataract development."

#### What is a cataract?

The National Eye Institute (NEI) defines a cataract as "a clouding of the lens in the eye that affects vision." According to the NEI, the most common symptoms of a cataract are:

- Cloudy or blurry vision.
- Colors seem faded.
- Glare. Headlights, lamps, or sunlight may appear too bright. A halo may appear around lights.
- Poor night vision.
- Double vision or multiple images in one eye. (This symptom may clear as the cataract gets larger.)
- Frequent prescription changes in your eyeglasses or contact lenses.



Cataracts are treatable through surgery but, if caught early enough, the symptoms of early cataract may improve with new eyeglasses, brighter lighting, anti-glare sunglasses, or magnifying lenses. In recognition of Family Eye Care Month (August) resolve, if you haven't already, to schedule your annual eye exam. Be proactive and preserve your sight.

The material in this publication is provided for information only and is not meant to provide medical advice on personal health matters. Such advice should be obtained directly from a physician.

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