

## Music Lessons for Seniors, Too

A Sharp Music Method Inc., a local music school, was founded 1997 with a vision to create the opportunity for students of all ages, creeds and nationalities to learn an instrument of their choice. Seniors are not exempt from this vision, and since its inception, the school has taught many seniors. Several of its senior students have undertaken projects such as making CDs or film clips,

playing for convalescent hospitals, joining ensembles or just playing for their own pleasure. It's a great way to stay focused and continue learning.

The school offers positive music instruction in popular instruments, for all ages and levels. Studio lessons are available in Tujunga, La Crescenta and Altadena, and the school also offers lessons in the home of stu-

dents or another location if desired. Some group lessons are also offered for hand-held instruments and voice.

The teachers of the school are positive professionals with a desire to help individual students achieve their musical goals.

For more information, contact A Sharp Music Method by calling (818) 951-5077 or visiting musiclessons4al.com.



A Sharp Music Method student Ms. Camille Gembacz of La Cañada who made a CD for her family.



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## Daily Walking Lowers Risk of Dementia

Two studies recently published in the Journal of the American Medical Association (JAMA) reveal that making a daily walk part of your routine may aid in lowering the risk of dementia.

The Honolulu-Asia Aging study, aimed toward men only, analyzed the effect of walking in more than 2,200 participants aged 71 to 93 who were physically able to walk.

Those who walked less than one-quarter mile a day had nearly twice the risk of dementia as those who walked more than two miles each day. Men who walked between one-quarter and one mile had a 71% greater risk of dementia than the men who walked two miles.

It was determined that higher levels of activity were associated with better cognitive performance.

Walking, possibly the best physical activity for seniors because of low risk factor and ease, has a number of benefits.

These include controlling weight, blood sugar and cholesterol levels as well as improved circulation and controlling depression, anxiety and stress by producing endorphins, which relieve pain.

The following are tips for Walking from the American Podiatric Medical Association:

- Warm up and cool down. Stretching improves circulation and decreases build-up of lactic acid, the chemical byproduct that causes muscles to ache.

- Choose proper footwear. Buying shoes is virtually the only necessary expense for walking, so don't cut corners on your shoe budget.

- Walk on soft ground. With age, the natural shock absorbers (or "fat padding") in your feet deteriorate, as does the bone density.

- Exercise smart. Knowing your limits and exercising with caution can help you avoid injuries and frustration.

## Can We Postpone Aging?

As we grow older, there are greater doses of cortisone in our system, especially when we are under stress. That led doctors thinking about aging differently to another path of thought. Maybe we don't just wear out like a car with too many miles on it.

At the University of Miami in the 1960s, Dr. Leonard Hayflick was counting the number of times the human fibroblast cells split. That is how we create new body parts when we split our chromosomes. Hayflick was counting fibroblast cell splits in a chemical dish under a microscope.

At 50 splits, the human fibroblast cells stopped splitting. This is called Hayflick's Limitation. Inside us, there's a time clock, like in human fibroblasts at the 50th split, when we stop.

Later, Hayflick got the fibroblasts to split 51 times and then to immortality. How? He gave it cancer. If we could find the key to what makes cancer cells split to immortality and give it to normal cells, maybe we could prevent the aging process.

Ten years later, doctors in Texas found the key. At the end of a chromosome, there is a cap called a telomere. Every time a chromosome splits, the telomere gets shorter until it doesn't cover the chromosome. Unprotected, the chromosome dies. Our aging time clock is called the telomere.

But what does the cancer cell have that the telomere doesn't have? An ingredient called telomerase, which prevents the telomere from shrinking.

This is not science fiction. Experts predict that within 5 to 10 years, we'll go to doctors to get injections of telomerase to postpone the aging process. They have already done it in mice and rats. They have not tried it on humans yet, but it could happen soon.

Imagine what would happen to the United States economically, socially, etc. The graying of America is big today, but watch what's going to happen in the next 10 years.

—Article by Brian Lottman, courtesy of the Pasadena Senior Center Publication, [www.pasadenaseniorencenter.org](http://www.pasadenaseniorencenter.org).

LA CAÑADA  
FLINTRIDGE



**DIAL-A-RIDE**

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Dial-A-Ride is a door-to-door transportation service made available by the City of La Cañada Flintridge.

#### Service area...

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#### Service hours...

8:00 a.m. to 6:00 p.m., Monday through Sunday, except major holidays

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To make a Dial-A-Ride appointment, call (818) 247-0691