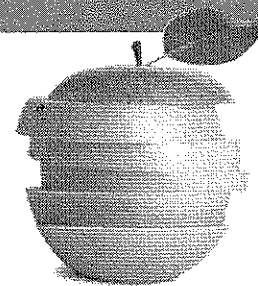


# Living Healthy News

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American Red  
Cross and the  
P<sup>2</sup> Collaborative  
of WNY, Inc.

## Master Trainer Training

We are very excited to announce that the Center for Excellence and Aging, P<sup>2</sup> Collaborative of WNY, Inc. and the American Red Cross, Buffalo chapter are sponsoring a CDSMP Master Trainer training this Fall. The training will be held at the American Red Cross, Greater Buffalo Chapter, Blood Building, 786 Delaware Avenue, Buffalo, NY 14209 on the following dates: Monday, September 26<sup>th</sup> through Friday, September 30<sup>th</sup>. In addition, a cross-training for the Diabetes Self Management Program will be held Friday, September 30<sup>th</sup> and Saturday, October 1<sup>st</sup>.

As you know, master trainers are certified by Stanford Patient Education Research Center to teach CDSMP workshops and teach peer leaders. To become a master trainer, a person must complete a 4 1/2 day training and co-facilitate at least two community workshops within one year of completing the training. Once these requirements are met, master trainers can peer leaders. Master trainers must facilitate at least one peer leader training every two years in order to maintain certification.

Master Trainers must demonstrate skills and activities according to the Stanford model including the following:

- Possesses good listening skills, is non-judgmental
- Understands the importance and purpose of fidelity (following the curriculum)
- Possesses good communication and interpersonal skills
- Exhibits enthusiasm
- Is dependable and consistent
- Possesses life experience resulting in empathy to the needs and abilities of older adults

If you are interested in becoming a master trainer or if you know anyone who is interested in becoming a master trainer, please contact Melanie Keem at 716-878-2351 or at [KeemM@usa.redcross.org](mailto:KeemM@usa.redcross.org) with any questions.

Living Healthy News  
April & May 2011

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## Spring Activities for Healthier Living

It's been a long and stormy winter and snow has found its way to almost all of the 50 states. But, finally, spring is on its way. Daylight lasts longer, temperatures are getting warmer, and there's more energy in the air. The start of a new season is a great time to renew weight-loss and fitness resolutions.

### Clean House

Housework, especially if done to fast music, gets the body moving and the home ship-shape, too. Undertake an old-fashioned spring-cleaning routine from top to bottom, and do it with intensity.

Stretch high and bend low, extend your arms, and move as much and as fast as possible. Wash the windows, scour the grout, clean the oven, declutter the closets, sweep out the garage, and more. You'll not only feel a sense of accomplishment, but you'll have burned some calories, stretched and toned muscles, as well as brightened up your indoor environment.

### Walk It Off

From the inside, move outside. Springtime is a great time to get fit through a walking program. Even gym regulars find that engaging in a walk through the neighborhood or park in fresh air is invigorating. For those who have been sedentary, start slow and walk only as far as it feels comfortable. Build up walking time gradually.

Don't forget to warm up before and cool down after to reduce stress on muscles. Wear walking shoes and dress in loose-fitting, comfortable clothing, appropriate for the weather. When walking after dark, wear bright colors or use reflective tape for motorists to see you.

### Plant A Seed

As winter winds down, plan for a homegrown vegetable garden. Order seed catalogs and visit the local garden center to get inspired. Nothing tastes as good, or is better for you, as when it is fresh from the garden

Continued on pg. 4

## Anti-Inflammatory Drugs Reduce Effectiveness of SSRIs

Scientists at the Fisher Center for Alzheimer's Disease Research at The Rockefeller University, led by Paul Greengard, PhD, and Jennifer Warner-Schmidt, PhD, have shown that anti-inflammatory drugs, which include ibuprofen, aspirin, and naproxen, reduce the effectiveness of the most widely used class of antidepressant medications, the selective serotonin reuptake inhibitors, or SSRIs, taken for depression and obsessive-compulsive disorder and anxiety disorders. This surprising discovery, published online in the *Proceedings of the National Academy of Sciences*, may explain why so many depressed patients taking SSRIs do not respond to antidepressant treatment and suggests that this lack of effectiveness may be preventable. The study may be especially significant in the case of Alzheimer's disease. Such patients commonly suffer from depression and unless this can be treated successfully, the course of the illness is likely to be more severe. Depression in elders is also a risk factor for developing Alzheimer's disease and researchers have suggested that treating depression in the elderly might reduce the risk of developing the disease.

In the recent study, investigators treated mice with antidepressants in the presence or absence of anti-inflammatory drugs. They then examined how the mice behaved in tasks that are sensitive to antidepressant treatment. The behavioral responses to antidepressants were inhibited by anti-inflammatory/analgesic treatments. They then confirmed these effects in a human population. Depressed individuals who reported anti-inflammatory drug use were much less likely to have their symptoms relieved by an antidepressant than depressed patients who reported no anti-inflammatory drug use. The effect was rather dramatic since, in the absence of any anti-inflammatory or analgesic use, 54% of patients responded to the antidepressant, whereas success rates dropped to approximately 40 percent for those who reported using anti-inflammatory agents. "The mechanism underlying these effects is not yet clear. Nevertheless, our results may have profound implications for patients, given the very high treatment resistance rates for depressed individuals taking SSRIs," notes Warner-Schmidt.

Greengard adds, "Many elderly individuals suffering from depression also have arthritic or related diseases and as a consequence are taking both antidepressant and anti-inflammatory medications. Our results suggest that physicians should carefully balance the advantages and disadvantages of continuing anti-inflammatory therapy in patients being treated with antidepressant medications."

Source: Rockefeller University

## Right Amounts and Types of Fats

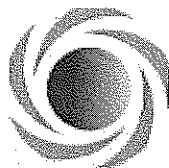
The 2005 Dietary Guidelines for Americans recommends a total dietary fat intake between 20% and 35% of total calories, with saturated fat consumption of less than 10% of total calories, cholesterol intake of less than 300 mg/day, and trans fatty acid consumption as low as possible.

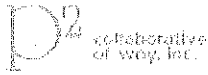
How does this translate into guidelines for reading food labels? The first step is calculating calorie requirements. Calorie intake depends on an individual's height, weight, age, and level of physical activity. However, the Institute of Medicine calculates the estimated energy requirement of moderately active women aged 51 and older at 2,000 kcal/day and 2,200 to 2,400 kcal/day for men of similar activity and age.

This suggests that women should limit total fat intake to between 45 and 78 g/day and men should limit fat intake to between 50 and 93 g/day. Fats and oils, protein foods such as meats and poultry, and dairy foods provide the greatest amounts of fat in the diet.

Trans fats or unsaturated fats have a chemical configuration in which the hydrogen atoms around the carbon backbone are of either a cis or trans shape. The problem with trans fats is that they can raise the "bad," or LDL, portion of total cholesterol in the blood while lowering the "good," or HDL, portion. Trans fatty acids are found naturally in foods such as beef, pork, lamb, full-fat milk, cheese, and butter. Trans fatty acids are also formed in foods such as margarine and shortening when these foods undergo a process called hydrogenation. Foods made with these fats, such as cakes, cookies, crackers, pastries, muffins, doughnuts, pies, and French fries, contain trans fats. Like total fat, saturated fat, and cholesterol, the trans fat content of foods is listed on food labels.

Source: *Eating Well*





## Put Life Back in Your Life



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### LIVING HEALTHY

## Spring Activities for Healthier Living Cont.

Large parcels of land aren't needed. Utilize small containers to grow almost any vegetable or herb on a balcony or patio. Even a windowsill can accommodate a vegetable that is frequently harvested, such as herbs and lettuce, and tomatoes can be grown from the bottom of a hanging planter.

If natural sunlight is at a minimum, use grow lights, available from a garden center, which also is a great place to get advice on starting a garden.

If flowers are your thing, plan out new beds or recultivate old ones.

You'll be getting exercise and enhancing the aesthetics of your yard at the same time.

**Here are common springtime activities and the amount of calories each burns if done for 30 minutes:**

Watering lawn or garden = 63 calories  
Fertilizing yard = 104 calories  
Mopping = 146 calories  
Scrubbing floors = 159 calories  
Sweeping = 167 calories  
Weeding = 167 calories  
Planting seedlings = 188 calories  
Trimming shrubs by hand = 188 calories  
Laying sod = 209 calories  
Cleaning gutters = 209 calories  
Painting = 209 calories  
Mowing lawn (walk behind power mower) = 230 calories  
Gardening = 134 calories

Getting a fresh start with these springtime activities, coupled with a healthy eating plan, is a positive way to move weight-loss goals forward.

Source: *USA Today*