



City of Cambridge

66.

IN CITY COUNCIL
April 27, 1998

COUNCILLOR TOOMEY
COUNCILLOR BORN
COUNCILLOR DAVIS
MAYOR DUEHAY
VICE MAYOR GALLUCCIO
COUNCILLOR REEVES
COUNCILLOR RUSSELL
COUNCILLOR SULLIVAN
COUNCILLOR TRIANTAFILLOU

- WHEREAS: The Citywide Senior Center was contacted by the Massachusetts Department of Public Health for seniors to participate in a new Pamphlet on Osteoporosis; and
- WHEREAS: The participants were requested to take part in a photo shoot to represent active seniors and to advertise ways to prevent osteoporosis; and
- WHEREAS: Three of the five participating seniors are active members of the Citywide Senior Center; and
- WHEREAS: Virginia Acher, photographed walking a dog, works at the Citywide Senior Center as a Senior Aide; and
- WHEREAS: Dorothy Green, photographed in a wheelchair, attends the Senior Center where she is an avid Bingo player; and
- WHEREAS: Robert Keys, photographed carrying groceries, attends the Senior Center frequently and is known for his artistic abilities; now therefore be it
- RESOLVED: That the City Council go on record congratulating Virginia Acher, Dorothy Green and Robert Keys for their selection to participate in the pamphlet and for their photogenic display on the Osteoporosis Pamphlet; and be it further
- RESOLVED: That the City Clerk be and hereby is requested to forward a suitably engrossed copy of this resolution to Virginia Acher, Dorothy Green and Robert Keys on behalf of the entire City Council.

In City Council April 27, 1998.

Adopted by the affirmative vote of nine members.

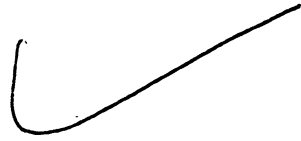
Attest:- D. Margaret Drury, City Clerk.

A true copy;

ATTEST:-

D. Margaret Drury
D. Margaret Drury
City Clerk

66



Councillor Jooney

Whereas:

The City wide Senior Center was contacted by the Massachusetts Department of Public Health for ~~6~~ seniors to participate in a new pamphlet on Osteoporosis; and

Whereas:

The participants were ~~asked~~ ^{requested} to take part in a photo shoot to represent active seniors and to advertise ways to prevent osteoporosis; and

Whereas:

Three of the five participating seniors ~~are regular~~ are active members of the Citywide Senior Center; and

Whereas:

Virginia Acker, ~~was~~ photographed walking a dog, ~~is active~~ works at the Citywide Senior Center as a senior aide; and

Whereas:

Barth Green, photographed in a wheelchair,

attends the Senior Center where she is an
Auld Binge player; and

Whereas:

Robert Keys, photographed carrying
groceries, attends the ~~Sen~~ Senior Center
frequently and is known for his
artistic abilities; now therefore be it

Resolved:

That the CC go on record congratulating
Virginia Aches, Dorothy Green and Robert
Keys for their selection ~~for their photogenic~~^a
to participate
in the ~~the~~ pamphlet and for their
photogenic display on the Osteoporosis
Pamphlet; and be it further

Resolved

S.E.C.

FAX # 4269

FAX FOR DONNA LOPES

To: Donna Lopes
Assistant City Clerk

From: Eileen Ginnetty *E. Ginnetty*
Cambridge Council on Aging

Date: April 23, 1998

Donna-

Re: the pamphlet on Osteoporosis:

The Mass. Department of Public Health contacted the Cambridge Citywide Senior Center last year to request participation from Cambridge seniors in producing a new pamphlet on osteoporosis.

Specifically, they asked for seniors to take part in a photo shoot, to represent that seniors can be active and healthy and take steps to prevent osteoporosis. (They were all paid a stipend of \$100 for their work that day.)

Three of the regular participants of the Citywide Senior Center are pictured in this pamphlet, which was recently distributed statewide. They are:

Woman with the dog- Virginia Acker, who works as a Senior Aide at the Citywide Senior Center. Virgie also worked at the Pearl Street Senior Center before the opening of the new Senior Center.

Woman in wheelchair- Dorothy Green, who attends the Senior Center very frequently, and is an avid Bingo participant.

Black man carrying groceries: Robert Keys, who is here as part of the Senior Center daily. He is a friendly quiet man with great artistic abilities.

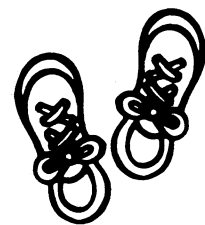
OSTEOPOROSIS

**It's never
too late
to do
something
about it**

For more information about
how to protect yourself,
make a free call to the
Osteoporosis Information Line
1-800-95-BONES
(1-800-952-6637)

Osteoporosis Awareness Program
Massachusetts Department of Public Health
250 Washington Street
Boston, MA 02108

OSTEOPOROSIS



**What do
you need
to know
about it?**

All Older Women And Men Need To Know About Osteoporosis

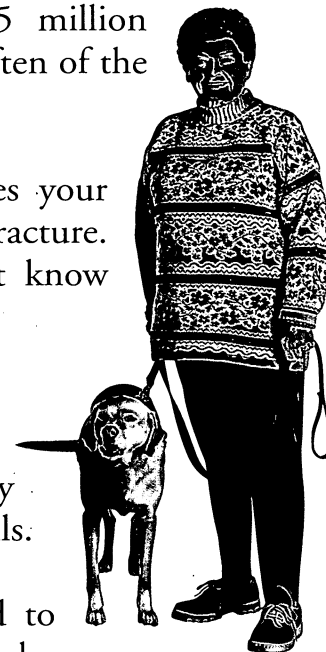


Osteoporosis is a bone-thinning disease affecting over 25 million Americans. Each year 1.5 million bone fractures occur, most often of the hip, wrist and spine. There's a lot you can do to prevent it.

The disease is marked by a progressive loss of bone mass, which causes your bones to become weak and fragile and results in increased risk of bone fracture. Certain medical conditions may increase your risk. Most people do not know they have osteoporosis until a weakened bone has been broken.

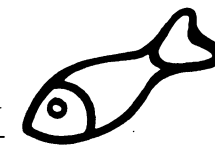
You can prevent or slow down the development of osteoporosis by maintaining a well-balanced diet with needed amounts of calcium, regular physical activity, and, in some cases, hormone or drug therapy prescribed by a physician. Special care should always be taken to avoid falls.

Simple and inexpensive methods have been developed to detect osteoporosis with x-ray testing. For people who already have osteoporosis, there are new treatments available to help stop further bone loss and fractures.



It's Never Too Late To Make A Difference

You're never too old to stop further bone loss, or to be treated if you already have developed osteoporosis. You can slow down bone loss by giving your body the calcium it needs. Vitamin D and hormones can help your body absorb more calcium.



Making changes in your diet, personal habits and lifestyle will put you at lower risk.



Consult your doctor to find out what diet, physical activity program, prevention test or treatment program would be most beneficial to you.

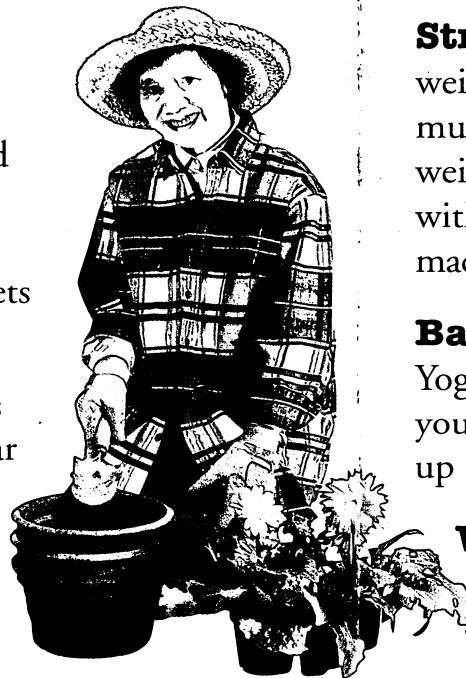


What You Can Do About Osteoporosis

Protect Yourself From Falls

Falls are the leading cause of broken bones. Here are some things you can do to protect yourself from taking a serious fall:

- Wear low-heeled, rubber soled shoes.
- Install railings on **both** sides of stairways.
- Avoid scatter rugs.
- Secure carpets with double-sided carpet tape.
- Remove loose wires and cords.
- Keep hallways, stairs and room entrances well-lighted.
- In your kitchen:
 - use non-skid wax on floors
 - wipe up grease and spills immediately
 - use a sturdy step stool to reach cabinets
- In your bathroom:
 - place no-skid mats and a sturdy grab bar in bathtub and shower



To Keep Moving...Keep Moving!

Physical activity can prevent and slow down the progress of osteoporosis. Even at age 85-95, the more you make your bones and muscles work, the stronger they get.

Weight-bearing exercise

is effective in building stronger bones because when you're on your feet, it causes you to work against gravity as you move your body.

Strength training exercise using weights as resistance, helps strengthen your muscles. By using any kind of weights--hand weights, ankle weights, plastic bottles filled with sand or water, soup cans or weight machines found at a gym--you build yourself up.

Balance and posture exercise like Yoga and Tai Chi help you maintain or regain your sense of balance, keep you straightened up and reduce the possibility of falling.

Water exercises are good for your joints, your mobility, and your heart and lungs.



Think about adding some of these exercises to your daily routine:

- Walking
- Stair Climbing
- Hiking
- Lifting Weights
- Dancing

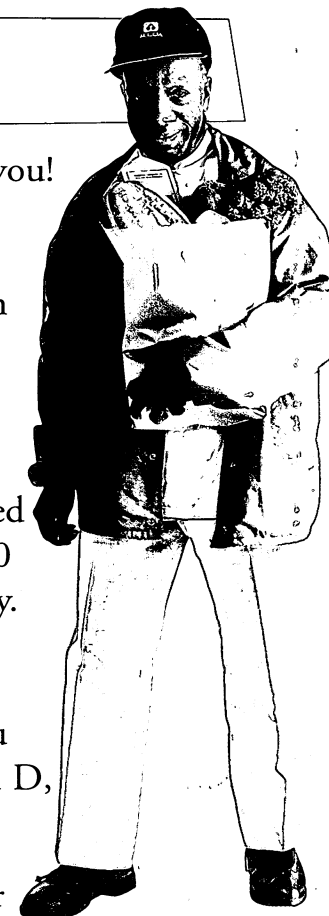
Boost your bones and strengthen your body with exercise!

Bone Up On Calcium And Vitamin D

Your bones are counting on you! Even if you are not in a high risk group, when you're over 65, your diet needs to be rich in calcium and Vitamin D to protect your bones from becoming brittle and weak.

Men and women over 65 need 1,500 mg of calcium and 400 Units of Vitamin D every day. You can get what you need through the foods you eat. If your diet does not give you enough calcium and Vitamin D, supplements are available.

Make sure the grocery list for your household includes foods that are good for your bones!



MAKE YOUR DIET MAKE A DIFFERENCE

A well balanced diet is an important factor in keeping you strong and healthy at any age.

Here are some good examples of calcium rich foods.

		Approx. Calcium in milligrams
Dairy		
Low fat yogurt	1 cup	415 mg
Skim milk	1 cup	302 mg
American cheese	1 oz.	175 mg
Chocolate pudding	1/2 cup	140 mg
Ice milk, ice cream or frozen yogurt	1/2 cup	90 mg
Proteins		
Tofu (made with calcium sulfate)	4 oz.	250-370 mg
Sardines (with bones)	3 oz.	370 mg
Salmon (with bones)	3 oz.	180 mg
Vegetables		
Turnip greens	1 cup	200 mg
Bok Choy	1 cup	160 mg
Broccoli	1 cup	136 mg
Collard greens	1 cup	357 mg
Other Foods		
Vegetable Lasagna	1 piece	450 mg
Cheese enchilada	1	324 mg
Cheese pizza (10")	1 slice	290 mg
Macaroni and cheese	1/2 cup	200 mg
Calcium fortified orange juice	1 cup	300 mg

Here are some good sources of Vitamin D:

Sunshine	Multivitamins	Egg Yolks
Milk with Vit. D	Cod Liver Oil	Liver
Margarine with Vit. D		



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COUNCILLOR TOOMEY

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Consent Order #66

R-517

Councillor Toomey re: congratulations
to Virginia Acher, Dorothy Green and
Robert Keys for participating in
the new pamphlet on Osteoporosis.

In City Council April 27, 1998

ORDER ADOPTED