

Senior Sense

Your Health

Breast & Prostate Cancer in the African American Population

Breast and prostate cancer are especially deadly in the African American population. The National Cancer Institute states that African American women who are diagnosed with breast cancer are less likely than white women to survive five years after diagnosis. This is true even though more white women than African American women get breast cancer each year. Similarly, the National Cancer Institute found that black men diagnosed with prostate cancer are about 2.4 times more likely to die than white men.

The National Cancer Institute and the National Black Church Initiative have partnered with the University of Colorado to conduct a study called the "Healing Choices for Breast Cancer Study" on how to communicate with

black women about their options for treatment of newly diagnosed breast cancer. Similarly, to help black men newly diagnosed with prostate cancer, the National Cancer Institute and the National Black Church Initiative are partnering with Mount Sinai School of Medicine to conduct "A Healing Choices for Prostate Cancer" study on how to best educate men about the choices they have for treatment of their cancer.

To learn more about the breast cancer study go to <http://www.breastcancerhealingchoices.com/> and to learn more about the prostate cancer study, go to <http://www.prostatehealingchoices.com/>.

Then if you are interested in participating in either of the studies, call 1-866-258-7981. A professional interviewer will ask

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a few questions to determine if you are eligible. The call is FREE and all the information is completely confidential. The screening call will take less than 10 minutes to complete.

Spicy and Sweet BBQ Sauce

Most BBQ sauce is very high in sodium and sugar. Here is a version just in time for spring and summer grilling that cuts the sodium and the sugar.

- 1 cup low sodium catsup
- 1 tablespoon water
- 2 tablespoons cider vinegar
- Artificial sweetener equal to 3
tablespoons of sugar
- 2 teaspoons Dijon mustard
- 1 tablespoon minced onion
- 1 teaspoon Worcestershire sauce
- ½ teaspoon Spicy Mrs. DASH (or
to taste)
- 1 teaspoon cumin powder

Mix all ingredients together in a 2 cup plastic storage container. Refrigerate for up to 1 week. Use on chicken, beef or pork.

Approximately 8 servings (about 2 tablespoons each)

Nutrition Analysis per serving:

- Calories: 32**
- Carbohydrate: 9 grams**
- Dietary Fiber: 0.5 grams**
- Fat: Less than 1 gram**

- Protein: 0.5 grams**
- Sodium: 43 milligrams**
- Saturated Fat: 0 grams**

Your Resources

Safety Begins at Home

Adults aged 65 and over are at a high risk of injury from trips and falls. Each year, one in three older adults fall, with the majority of falls occurring in their homes. Falls are dangerous and very costly. Most falls can be prevented by taking a few steps to make your home safer. The three key things to remember are:

- (1) **Light your way**
- (2) **De-clutter your life**
- (3) **Grab onto safety**

Light your way

As you age, your vision declines. Your pupils get smaller and the lens inside your eye becomes thicker and absorbs more light, meaning you need more light to see. You can improve lighting and safety in your home by:

- Increasing light levels throughout your home.
- Balancing lighting throughout the home so your eyes don't have to adjust when you walk from one room to another.



- Adding extra light where you read or do other close work. To read in bed, use an adjustable light mounted over the headboard.
- Using fluorescent lights which help aging eyes see colors better. You also avoid burning yourself from touching a hot incandescent light bulb, plus you save money. Fluorescent lights last up to 10 times longer than incandescent bulbs and use 75% less energy.
- Placing porch lights on both sides of the entry door so they shine on the key hole.
- Adding lighting along sidewalks and stairs. It also helps to paint a vertical stripe on the steps in a contrasting color so they are easier to see at dusk.
- Installing illuminated light switches or even lights activated by motion.
- Plugging in nightlights in the bathrooms and hallways that turn on as the room darkens. Many of the newer nightlights cost less than \$1 a year to operate.
- Keeping a flashlight on the bedside table.

De-clutter your life

Clutter is something that most of us have too much of. Every two years, it is a good idea to take a look at what you have and give away or sell items you no longer use. The things you keep should be stored neatly out of walkways and off

steps. Don't stack magazines or mail on the floor next to your favorite chair. Instead, organize them on a desk or table near your chair. Getting rid of clutter not only makes your home safer, it also reduces places for roaches to hide and dust to collect.

Grab onto safety

It is a good idea to install grab bars around the toilet and in the shower. They need to be anchored onto the wall and able to support you should you fall. To prevent slipping in the bathroom, use a non-skid mat in the shower and tub. It is best to remove throw rugs, but if you do have them, make sure they have a nonslip backing. To prevent falling in the bedroom, add a sturdy armchair you can use when dressing. Stable railings on steps both inside the house and outside are a must.

Making your home safer is one of seven steps to making your home a healthier place for you and your family. Six other ways to help improve the health of your home are:

- (1) Control moisture in your home by keeping humidity below 60% and repairing leaks
- (2) Keep pests out of your home by repairing holes, decreasing clutter and removing sources of food



- (3) Improve indoor ventilation by using bathroom and kitchen fans
- (4) Eliminate indoor contaminants by testing your home for radon
- (5) Clean your home regularly
- (6) Maintain your home by conducting a home inspection in the spring and fall

To learn more ways to make your home safer, contact UGA Cooperative Extension at 1-800-ASK-UGA1 or <http://www.gafamilies.com>.

Your Relationships

One House, Multiple Generations

Do you remember the TV series “The Waltons” from the 1970’s? (“Good night, John-Boy. Good night, Mary Ellen.”) Early in this nation’s history and up through the 1950’s, it was relatively common for multiple generations (like the Waltons) to live under the same roof. Grandparents, adult children, and grandchildren shared living space, household chores, and many opportunities for day-to-day interaction. This was particularly true with recent immigrant families, and remains true for many of today’s recent immigrants and others.

In the latter half of the 20th century, however, households became more “nuclear” – meaning the trend was for households to include just parents and 2-3 children. As seniors began living longer and enjoying better health and financial security, many of them chose to remain in the old family home by themselves or to move off to warmer climates with other seniors. We call this “age segregation,” when people of different ages interact mostly with other people of their same age group.

Today, many families are again combining multiple generations in one household, or perhaps next door. The reasons vary, but include reducing housing expenses, providing family caregiving, and just wanting to have regular interaction. With today’s longer lifespans, it is not uncommon to find four or even five generations living together.

Multiple generations living in one household provides lots of positive opportunities as well as some challenges. Seniors and grandchildren can become close friends as well as family members, sometimes helping to provide care for each other. On the other hand, some



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seniors are uncomfortable around small children (and vice versa), and teenagers sometimes represent how wide the generation gap can be.

How can you try to ensure a happy multigenerational household? Here are some considerations:

- Encourage regular communication among the generations, especially face-to-face communication. Email and texting dominate communication among many teens, but these technologies alienate many seniors. Teens can learn the lost art of storytelling from seniors, and seniors can lean on teens for computer help. Turn off the TV and sit down together over a meal or in the evening with a board game or old family photos.
- Find ways to share the tasks of maintaining the household. Even with the limitations of being very young or very old, almost everyone can contribute to daily tasks in some way. Sometimes seniors and little ones can just sit with one another, the most basic kind of caregiving, and free up some time for adults in the family. Sharing these tasks helps reinforce everyone's sense of belonging and contributing. Of course, the adult parents in these households often feel like the

“sandwich generation,” caught between caregiving responsibilities for senior relatives as well as for children. Especially for women working outside the home, this can be a stressful and demanding position to be in. This stress can lead to short tempers and even physical exhaustion, so dividing chores among everyone is important for maintaining everyone's health and well-being.

One of the disadvantages of age segregation is that many young people have very limited exposure to what growing old is really like. Many young people have a negative view of aging because of some media stereotypes of seniors. Many youngsters have not personally known healthy seniors and all that these seniors have to offer. Multigenerational households can help correct these misunderstandings. Such households can also save money and promote families working and playing together, but these outcomes don't usually happen without planning and regular discussion.



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Dear Friend,

SENIOR SENSE is a quarterly publication provided by your local county Cooperative Extension office. It is prepared by Extension Family & Consumer Sciences specialists at The University of Georgia specifically for the educational needs of older Georgians. Please contact your local Cooperative Extension office for more information on these and related topics.

About Our Organization

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J. Scott Angle, Dean and Director

Anne Sweaney, Interim Dean and Associate Director

UGA FACS Cooperative Extension

Phone: 1-800-ASK-UGA1

Learning *for* **Life**

Contributors to this issue:

Connie Crawley, MS, RD, Extension Nutrition and Health Specialist

Pamela Turner, PhD, Extension Housing Specialist

Don Bower, PhD, CFCS, Extension Human Development Specialist

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<http://www.fcs.uga.edu/ext/pubs/>

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COOPERATIVE EXTENSION
U.S. DEPARTMENT OF AGRICULTURE
THE UNIVERSITY OF GEORGIA
COLLEGES OF AGRICULTURAL AND
ENVIRONMENTAL SCIENCES &
FAMILY & CONSUMER SCIENCES
ATHENS, GEORGIA 30602

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