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LET'S TALK ABOUT IT:

Enhancing Flavor and Elevating Your Health at the Same Time: **Cilantro**



Cilantro is a versatile herb whose look at quick glance may lead you to parsley, but the unique aroma registers its international credentials. Cilantro's versatility takes you around the globe: from guacamole and salsa to a wide range of Middle Eastern delicacies that include curry, garam marsala and much more.

(Continued on page 2: Cilantro)

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DON'T FORGET TO...



Tuesday, Nov. 5: 7 a.m. to 8 p.m.

Contact Villages of San Mateo County at: 650-260-4569 or info@villagesofsmc.org

Sequoia Village and Mid Peninsula Village are two local villages under the umbrella 501(c)(3) nonprofit called Villages of San Mateo County

As impressive as its culinary prowess is, cilantro's health benefits soar even higher. Exceptional health benefits include ridding the body of heavy metals, which can lead to heart disease and neurological conditions, and protecting against oxidative stress. Cilantro can help relieve anxiety and calm the nerves thereby improving the quality of sleep. Other studies show that cilantro reduces the risk factors for heart disease and urinary tract infections.

Cilantro's health benefits loom so large that its coriander seeds are soaked in water over night by some to add to their morning smoothie. At this point you're likely wondering, is there a down side? The answer is that cilantro has no middle ground. It is a bold flavor that you either embrace with giddy enthusiasm or you grimace and think "soapy." So if you are fortunate to have taste buds that smile with cilantro, go forth and seek new ways to utilize this versatile herb and add it to your planter box.

Keys to Growing Cilantro in a Pot

- Choose a flower pot or container that's at least 18 inches (45.7 cm) wide and 8 to 10 inches (20.3 to 25.4 cm) deep. Cilantro does not take kindly to being moved, so the pot needs to be big enough to contain the full grown plant.
- Fill the pot with some fast-draining soil. You can mix in some fertilizer too, if you like. Moisten the soil with a little water until it's just damp, not soggy. Sprinkle the seeds lightly over the soil to disperse evenly. Cover with another $\frac{1}{4}$ inch (0.6 cm) of soil.
- Cilantro needs full sun to grow, so place it in a sunny window-sill or conservatory. South-facing windows offer the most light and best growing conditions for cilantro. The seeds should germinate within 7 to 10 days.
- Keep the soil moist using a spray bottle to lightly mist the soil. Once the stems of the cilantro reach 4 to 6 inches in length, it is ready to be harvested. Cut up to $\frac{2}{3}$ of the leaves each week, to encourage the plant to keep growing. You may enjoy four crops of cilantro from a single pot.



~ Sources: <https://draxe.com/> and <http://www.almanac.com/plant/cilantro>

COFFEE CONNECTION

Chair Yoga. Learn about the benefits of Yoga and, if you wish, take part in some seated beginning Yoga exercises. This event is open to all Sequoia Village and Mid Peninsula Village members, volunteers and guests. Light refreshments will be provided. **Save the date!**

DATE: Wednesday, November 13, 2019
TIME: 10:00—11:30 am
LOCATION: Veteran's Memorial Senior Center, Sunset Room
1455 Madison Avenue, Redwood City



PRESENTER: **Christine Salah**, a Registered Yoga Teacher, has been practicing yoga for over ten years. She completed her 200-hour teacher training at the College of San Mateo in 2015 and teaches Chair Yoga to seniors in San Carlos and San Mateo. Christine believes yoga is not about perfection; it's about learning patience, self-care and building strength. Christine's classes specialize in creating a path to natural self-healing by increasing flexibility and strength throughout the spine. She loves bringing the benefits of centering the mind to all levels of students and will demonstrate how Chair Yoga can benefit seniors of various mobility level. You can visit her website at www.christinesmobileyoga.com.



RSVP: If you wish to attend, please contact the Villages Office **no later than Nov. 8** at info@villagesofsmc.org or by calling 650-260-4569. Please indicate if you are bringing a guest and if you do or do not need a ride.

MEDITATION MAY DECREASE THE RISK OF HEART DISEASE

Meditation may decrease the risk of heart disease, according to a first-ever statement on the practice issued by the American Heart Association. But the key word to remember is “may.” “The research is suggestive, but not definitive,” said Dr. Glenn N. Levine, chairman of the group of cardiovascular disease experts who reviewed recent science to determine whether meditation could help reduce heart disease risks.



Credit: Adobe Stock

An Ancient Practice

Meditation itself has been around for centuries — at least as early as 5000 B.C. It is associated with Eastern philosophies and religion, including Buddhism and Hinduism, although references or inferences regarding meditation and the meditative process also can be found in Christianity, Judaism and Islam.

In recent decades, meditation started becoming increasingly secular and a therapeutic activity, used by practitioners to help with focus, self-awareness and stress relief. Jeff Breece of Columbus, Ohio, has been meditating about 20 to 30 minutes each day. He uses it as an adjunct therapy to help calm the panic attacks he suffered after having a heart attack in 2015. He said he finds it helps him feel calmer and allows him to observe his anxiety without reacting to it. “After my heart attack, I felt like it defined me,” Breece said. “Meditating helped me to get my life back. It helps me observe the moments.”

Patients Interested in Meditation

Eight percent of U.S. adults practice some form of meditation, according to a National Health Interview Survey, conducted by the National Center for Health Statistics in 2012. In addition, 17 percent of all cardiovascular disease patients surveyed expressed interest in participating in a clinical trial of meditation. But until more research does come, patients should adhere to proven cardiovascular disease therapies and use meditation only as an additional boost toward cardiovascular health.

NOTE: “Meditation should be considered as a potential lifestyle modification, but should not be used to replace standard and proven treatments such as smoking cessation, blood pressure control and treatment of high cholesterol levels,” Levine said.

THE BENEFITS OF MINDFULNESS MEDITATION FOR OLDER ADULTS

Why People in Their 70s, 80s and Beyond Might Want to Meditate



Credit: Adobe Stock

Bob Linscott is an instructor from the Center for Mindfulness at the University of Massachusetts Medical School where he teaches mindfulness-based stress reduction (MBSR) classes. He believes that mindfulness and meditation, often referred to as “mindfulness meditation” (being in-the-moment), can help adults in their 70’s, 80’s and beyond come to terms with the challenges of aging. Supporting research shows the profound psychological and physiological [benefits of meditation](#) for reducing stress, depression, pain, and boosting emotional well-being.

Questions and Answers About Meditation

Q: What are some of the issues around “mindful aging” that meditation helps?

A: EVERYTHING! When people get older, they tend to ruminate: Am I going to run out of money? What will happen to me when I can’t stay in my home? Am I going to die alone? There’s worrying about how they will cope if their spouse dies first, going over and over a strained family relationship, or perhaps anxiety about burdening their kids with their care. Meditation is like a pause button that breaks the cycle of worry. It can help older adults better accept their changing bodies or chronic pain. It puts them more in control of their lives.

(Continued on page 6: Mindfulness Meditation)

Q: When people meditate, the focus is on the present. Why is that significant?

A: Older adults often live in the future with their fears or get caught up in the past. With mindfulness, you can catch yourself and think, “In *this* moment, I am okay.” Meditation quiets the mind and is very calming. That’s especially important because we live in a world that is so frantic and fractured by stimulus and technology, like smartphones. But there’s nothing that supports us to be quiet and still.

Q: So meditation is a different way of dealing with stress?

A: Yes! We used to think of stress as a life-threatening incident when the body has to prepare for fight or flight. But as we age, stress can also be ruminating and worrying. For younger people, day-to-day life is broken up by work, a spouse or commuting. When you have all this extra time alone, it’s easy to ruminate. Meditation teaches us to let go of that and work with negative thoughts and how we react to stress. We learn new patterns of responding and that’s where we begin to see transformation. It’s harder for older people because they’ve spent their entire lives with these patterns. Meditation helps them slow down and take a minute to react. But along with that, it also teaches us to be kinder to, and less critical of, ourselves. What I’m hoping is that when people start rehashing some of their worries and criticisms, they will catch themselves and remember to be less judgmental.

Q: How are you seeing meditation’s impact in your classes?

A: There have been several situations where people have had significant health crises, like a brain tumor or prostate cancer. When I told them not to worry about attending class, they’ve said, “No, I need this right now” or “When I was in the ER, I wouldn’t let my mind think that I was dying but instead I stayed with my breath.” One woman in my class used to be impatient when she drove. She said, “I used to be the 87-year-old woman who would honk at everyone. Now I’m the 87-year-old woman who breathes and smiles!”

Q: How does meditation work when you have mobility issues?

A: The reality is that as we age, we may have issues with balance, strength and agility. But with mindfulness meditation, you can do it all sitting in a chair regardless of mobility or ability. You can also do it anytime and anywhere — walking, standing in line with a walker or cane, lying down or sitting.

~ Excerpt from article by Sally Abrahms, an award-winning writer specializing in aging, caregiving, boomers, housing and aging in place. She has written for Next Avenue, The New York Times, The Wall Street Journal, Time, AARP, Kiplinger's and other media outlets. Her website is [@sallyabrahms](http://sallyabrahms.com)

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**ARE YOU RAISING A CHILD
THAT IS NOT YOUR OWN?**



If you are raising a child that is not your own, congratulations and thank you. Thank you for being selfless and choosing to step up and create an environment for a child where they feel they belong and will be more likely to develop a strong sense of identity, security, stability and confidence to reach their full potential. Edgewood Center for Children and Families' Kinship Program supports families like yours.

What is Kinship? "Kin," meaning relative, is a term used when a relative "caregiver" (i.e. a grandparent, aunt, uncle, etc.) is raising a relative child (i.e. grandchild, niece, nephew, etc.) because the biological parents are unable to do so. Edgewood Center Kinship Program's services are designed specifically to help these Kinship families.

Our Kinship Program services include:

- Counseling both for the caregiver(s) and the child(ren);
- Health education and support;
- Support groups for the caregiver(s); and
- Resources and referrals to other services.

In order to qualify for our Kinship Program, you must:

- Be a caregiver raising relative child(ren) or transitional age youth, 0 to 25 years of age;
- The child(ren) must not be in the foster care system; and
- The child(ren) must live with you within San Mateo County.

If you are a Kinship caregiver or know of someone who could benefit from our services, please call Meg at (650) 832-6711.

Edgewood Center for Children and Families
Kinship Support Network, San Mateo County
Meg Gale - Kinship Resource Specialist
170 S. Spruce Ave., Ste 200, South San Francisco, CA 94080
(650) 832-6711 or megg@edgewood.org

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- *San Mateo Rotary*
- *Sequoia Healthcare District*
- *Touchpoint Foundation*
- *Trinity Presbyterian Church of San Carlos*
- *Wells Fargo*
- *West Valley Federated Women's Club*

VOLUNTEER SPOTLIGHT

Dianne Weitzel is an energetic volunteer who joined the Village volunteer force in 2016 as a driver and a Special Events Committee member. Being a natural social animal, the Special Events Committee was a perfect place for Dianne to meet other Village volunteers and members and to share her natural gift of hospitality. She also frequently hosts various group meetings, Including mahjonn and cribbage games, at her home in the Highlands neighborhood of San Mateo.



A self-starter and a bionic doer, Dianne has been a caregiver for close family members and has leveraged that experience to help others in her neighborhood. This led to her participation in the creation of the Highlands Senior Neighborhood Group. She also continues to be an active volunteer in her Lewy Body Dementia Caregiver support group.

Dianne has a feisty Chihuahua named “Pepper” that she inherited from her Dad. She acquired her coffee elitist credentials from having owned a coffee bean farm in Kona, Hawaii. She is an active member of Crystal Springs United Methodist Church choir and plays in a ukulele group that performs at senior care facilities across the county. In her down time, she serves a very strategic counterclockwise spinning serve on the tennis court. Dianne is yet another exceptional jewel among the committed and compassionate volunteers of the Villages of San Mateo County.

~ article by Linda Burroughs, Executive Director