

Health.0312

By JANE GLENN
HAAS

I made a New Year's resolution – didn't you? – to lose weight and exercise.

That's what I promised myself.

And here it is, almost spring, and I'm just getting off my duff, so to speak.

I need more than motivation. I need accountability.

Lot's of us do.

So for the next 12 months – until mid-March 2009 – I'll write a weekly blog on my successes – and failures (if any) – as I strive to lose 25 pounds and gain more mobility.

You can read the blog on the Orange County Register website each Wednesday. Just go to Health and Fitness under the Life section.

Or you can read the blog at www.womansage.org.

There's more.

You can join The Losers' Club at www.womansage.org. We'll have meetings – possibly talks by chefs, nutritionists, counselors – and we'll notify you by e-mail when these events occur.

There's a Losers' Club message board where you can ask advice, tell your achievements, share

recipes, just plain gripe.

Every week there will be a nutrition or exercise tip from an expert.

Plus, if you want to be a Super Loser, send me your "before" photo now and we'll talk in 12 months about what "after" looks like. Send the photo to Jane Haas,



The Orange County Register, 625 N. Grand Ave., Santa Ana, 92701.

Those are the details on how you can join me.

Now let me tell you what I have to overcome and what motivated me to become a Loser.

It was Sen. John McCain.

No, I am not suggesting he's a loser nor am I endorsing his candidacy.

But he made me take a second look at myself and I didn't like what I saw.

I was in New Hampshire visiting my son and his family for Christmas when I decided to go to a couple of pre-primary events in the area. I met Mitt

Romney at a 150-year-old general store. I went to a town hall meeting in Concord, N.H. to meet McCain.

"How do you feel about stem cell research?" I asked him during the general questioning.

He gave a long, thoughtful answer about being pro-life but feeling it is necessary for scientists to pursue stem cell research.

I went up to thank him for his position at the end. "It's important to me because I have

Parkinson's," I said.

"Oh, my dear," said McCain, hugging me and telling me his best friend, the late Rep. Mo Udall (D-AZ), died of the disease.

As he hugged, the cameras snapped. The AP photographer asked my name. And two days later, there I was, in all my chunkiness, in the Concord Monitor.

"This is going to change," I told myself.

It takes a defining moment.

This is yours. Join me.



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Eleanor Baldwin

Photo by Julie Diebolt Price

Transition Makeover

Ellie's Story

Transition Makeover© candidate Eleanor Baldwin is a music teacher and a performer.

She also has a great sense of humor that's helped her get through serious issues, such as not being clear about her family's

financial picture and finding tools to encourage her 40-year-old daughter – who still lives at home – to take on more responsibility.

A financial review by Delia Fernandez has given Eleanor a clearer understanding of her

retirement future. Dr. Anne Seifert has provided guidance on weight management and life lessons on ways to improve her personal outlook. She says she feels “less stuck” and she is anxious to share what she has learned.

Success Kitchen Table kick-off meeting

Tuesday, March 4th thirty-plus WomanSage women gathered for the purpose of identifying small groups of women to meet on a monthly basis. Currently, we have six small groups of women who will meet monthly with the objective of sharing and supporting each other.

Each woman had individual criteria for what they were looking for in a small group. Some were interested in getting in a group of women who lived logistically close to their living area, some were interested in having a day time meeting, some wanted a night meeting, while, others were

interested in a particular focus in common. Within fifteen minutes of the social time the women had divided into six small groups. We will provide an update in a few months, after the groups have had some experience in meeting.

Events You May Be Interested In

Saturday, March 29

9 am - Noon

Cordelia Knott Center for Wellness (www.ckwellnesscenter.org)

ACTIONS COME FROM ATTITUDES

Your attitudes create action in every minute of your day. Learn what true wellness really is and how to make the best personal choices for YOU. In this workshop you will learn how to re-direct your thinking, connect to and control your attitudes. Learn ways to feel your best at all four levels - physical, mental, emotional and spiritual.

Laurie Seligman, M.A, Motivational speaker, educator and fitness expert
\$15 suggested donation
Call (714) 541-9355 to register

Loose Women

Lets visit the Flower Fields in Carlsbad ...Sunday April 13th.
I suggest getting there about 10 or 10:30 a.m. and then having lunch on the way back.
The tickets \$9.00 regular or \$8.00 for 60+.
We could just carpool down and back.
Please RSVP to me by the 6th of April
See you then.

Sylvia Bays
sjbays@sbcglobal.net



Early Breast Cancer Screening and Education April 2008 Clinic Schedule

The YWCA North Orange County coordinates free breast cancer screening for multicultural, uninsured women 40 years and older through the Detection Programs: Every Woman Counts. Clinical breast exams and mammograms are paid for by the California Department of Public Health Detection Section.

Please contact the YWCA at (714) 871-4488 to schedule an appointment.

(All screenings are scheduled from 8:30 am to 1:00 pm unless otherwise noted)

Dates	Locations	Addresses
April 2 nd Wednesday	St. Boniface Catholic Church (Rose, x202)	120 N. Janns St Anaheim
April 3 rd Thursday	Santa Ana Sr. Center (Rose, x202)	424 W. 3 rd St Santa Ana
April 5 th Saturday	Cordelia Knott Wellness Center (Rose, x202)	230 S. Main St. #100 Orange
April 5 th Saturday	1 st Presbyterian Korean Church (Grace, x205)	8500 Bolsa Ave Westminster
April 10 th Thursday	St. Anne's Church (Rose, x202)	1415 S. Sycamore St Santa Ana
April 12 th Saturday	St. Polycarp Catholic Church (Nancy, x204)	8100 Chapman Ave Stanton
April 12 th Saturday	Southern California Deaf Korean Church (Grace, x205)	1747 W. Commonwealth Ave Fullerton
April 16 th Wednesday	Golden West College (Nancy, x204)	15744 Golden West St Huntington Beach
April 18 th Friday	The Gary Center (Rose, x202)	341 Hillcrest St La Habra
April 19 th Saturday	Magnolia Park Family Resource Center (Nancy, x204)	11402 Magnolia Ave Garden Grove
April 19 th Saturday	New Life Senior Center (Grace, x205)	8100 Garden Grove Blvd Garden Grove
April 26 th Saturday	Inmaculado Corazon Catholic Church (Rose, x202)	1100 S. Center St Santa Ana
April 26 th Saturday	Blessed Sacrament (Nancy, x204)	14072 S. Olive St Westminster
April 26 th Saturday	Dr. Pai's Office (Grace, x205)	11160 Warner Ave #107 Fountain Valley

Free mammograms and clinical breast exams are made possible through Cancer Detection Programs: "Every Woman Counts"



Support for this program is provided by:



WomanSage Links

WomanSage Links to selected non-profits that provide services to women in Orange County, California. Here is a list of some of our WomanSage Links:

www.ckwellnesscenter.org

At the **Cordelia Knott Center for**

Wellness our focus is on healing and health. We believe the whole person -- *Body, Mind and Spirit* are equally important when making choices to restore or improve health. Our commitment is to broaden the meaning of healing and preventive health care offering community education, workshops and holistic services that promote emotional and spiritual healing for all people, living with cancer or another illness, their families as well as the healthy community

www.wise-investors.org

The Mission of **WISE, Women Investing In Security and Education®**, is to provide opportunities and expertise for the financial education of women in a friendly and non-intimidating environment. WISE provides varying venues to accomplish financial education from basic finances and thrift concepts to more sophisticated money management.

www.mariposacenter.org

Mariposa Women and Family Center provides high quality, caring, affordable mental health and recovery counseling, life skills education, and supportive services to women and families. Our mission is to help them make positive changes in their lives and empower them to become healthier, happier, and more productive. A center for healing and hope, Mariposa treats those it serves with dignity and respect and helps them create a better future for themselves and the community.

www.whw.org

The mission of **Women Helping Women** is to provide professional business apparel, image consulting and employment search support to aid low-income women in attaining and sustaining employment. Through our donors, volunteers and staff, we provide a positive and supportive environment for Orange County women in transition.

www.workingwardrobes.org

Working Wardrobes, an independent, nonprofit organization, helps men and women in crises re-enter the workforce through wardrobe and career development.

www.alzoc.org

The **Alzheimer's Association of Orange County** - Making progress toward Alzheimer's cure, prevention and care.

www.caregiveroc.org

The **Caregiver Resource Center of Orange County** - Helping family caregivers and community master the challenges of caregiving.

www.AFSCenter.org

The **Alzheimer's Family Services Center** is committed to transforming dementia care from a 'nothing can be done' to a proactive approach. Whether it is through community and family education, caregiver support groups, or day services for participants, our priority is to provide families with the knowledge and support they need.

www.rebuildingtogetheroc.org

Rebuilding Together is the nation's largest volunteer home repair organization in the country. Across Orange County, Rebuilding Together is dramatically changing neighborhoods and lives by helping deserving homeowners live independently in comfort and safety. Rebuilding Together provides home repair and modification services to low-income homeowner-residents throughout Orange County.

www.alz.uci.edu

Institute for Brain Aging and Dementia, UC Irvine

Medical advances over the last century have added additional years to our lives. Our mission is "to put life back into those years". We will achieve this objective by fostering inter-disciplinary research into the causes of dementia and Alzheimer's disease. We operate a full diagnostic and treatment clinic for dementia patients. To facilitate research, the Institute supports investigators by providing well-characterized patients who

have volunteered for additional clinical or drug studies. The Institute also provides coded clinical data and autopsy tissues for research on the causes of neurodegeneration. We believe in nurturing and supporting the innovative power of individual investigators by providing resources and training to basic scientists and clinicians specializing in geriatrics.

www.officeonaging.ocgov.com/downwithfalls.asp

The **Down with Falls Coalition's** mission is to raise community awareness in Orange County by promoting comprehensive strategies to reduce the risk of falling. Funded by a grant from the Archstone Foundation.

www.officeonaging.ocgov.com

The **Orange County Office on Aging** is the official government resource for services for seniors in Orange County.

www.coaoc.org

The **Orange County Council on Aging** provides free programs to Orange County vulnerable and disabled adults and their caregivers regardless of income or ethnicity

www.acacia-services.org

Acacia Adult Day Services is a non-profit organization in Orange County, California, established in 1979 to enable frail older adults, persons with Alzheimer's disease, and persons with disabilities to remain living more independently in the community through the use of supportive services.

www.southcountyseniors.org

The mission of **South County Senior Services, Inc.** is "to provide resources for seniors to maintain their independence and quality of life." SCSS is a non profit, public benefit 501 (C)(3) organization located in Laguna Woods, California. Since 1975 we have been providing critical services, resources, and programs to the low income senior of South Orange County.

WomanSage Special Interest Group

Group Name	Date of Meeting and Location	Leader Name & Contact Information
Book Clubs (South/Central OC and West OC)	Full	If you are interested in starting a book club, contact Mary Holloway 714-220-0484 or
Caregiving Support	Second Tuesday of Month Pre-salon meeting at Restaurant	Maryann Goodman 949-794-9470ext 8768 mgoodman@livhome.com
Hiking Group Orange County	Mostly Saturdays Orange County Specific Dates in SIN*	Sue Porter 949-683-2745 sporter@cox.net
Loose Women	Find other members eager to share your fun activities/events	Sign up to get the roster: Linda Panitz LWReports@earthlink.net
Money Matters	First Wednesday of Month	Lisa Tatman, CFP 949 300-1215 or L_Tatman@earthlink.net
Rebuilding Together	One Day Volunteer Events in OC, Several Saturdays Each year See SIN*	Sign up to get timely email notices: Linda Panitz 714 514-1885 or Panitz.L@earthlink.net
Reminiscence/Life Story	First Sunday of Month Costa Mesa	Dr. Nancy Anderson 714 435-0139 drmanderson@yahoo.com
Singing at Charity Functions	Meet Anytime See SIN*	Sharon Lea Boyd 714-974-9121 ex t 103 or 714 502-0019 sharon@rosegaterealty.com
Singles	Listing in SIN*	
Transitions	2nd Saturday of Month Cordelia Knott Center 230 South Main Street Suite 100 Orange, CA 92868	Liz Barbour 714 840-9382 or ecbarbour@earthlink.net

* SIN - Special Interest Newsletter

WOMANSAGE

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**We're on the
web!**

www.womansage.org

WOMANSAGE:
CREATING A NEW
AGENDA

*WomanSage is a non-profit,
membership organization
dedicated to educating,
empowering and fostering
mentoring relationships among
women at midlife.*

*WomanSage focuses on financial
literacy; women's health; the self,
inner and outer beauty; careers
and transitions; caregiving; and
relationships. WomanSage
offers a news-based Website, a
quarterly journal, annual
conferences, monthly salon
meetings and a network of
special interest groups on topics
of interest such as book clubs,
dining, theater, civic engagement
and travel.*

CALENDAR IT!

April 8 – Salon meeting topic is “Traveling On” with Gary Warner, Orange County Register Travel Editor. Hear about all the places to go, people to see, ways to get there. Special exhibits and presentations by Suzanne Bigelow on safari travel in Africa; Dee Muir on cruises; Charlene Folcarelli on weekend excursions; Worldwide Travel in Santa Ana and the California Automobile Club travel suggestions.

May – Be sure to attend our May 17 luncheon and hear Joan Anderson on “The Second Journey.” No regular salon meeting this month.

June 10 – Human Options director Vivian Cleclak will lead us in an exercise that helps us understand our motivations, goals and ambitions.

Oct. 25 – Annual conference. More later.