

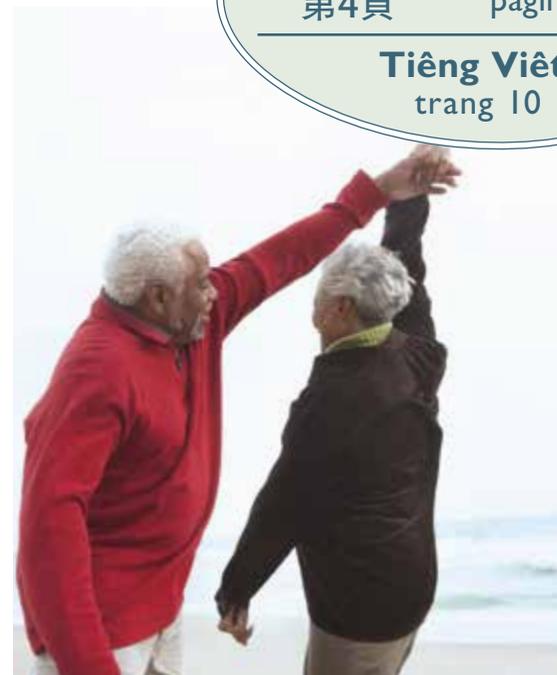
CONNECTIONS

PARTICIPANT NEWS ~ SPRING 2016

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INTRODUCING ALCARA

Expanding the Footprint of Senior Services

ON LOK recently launched a new venture/program, Alcara, to expand the footprint of the On Lok family of senior services and to redefine old notions of how we age in place. Leveraging On Lok's experience in the senior care space, Alcara provides a comprehensive program of services that allows an individual to live independently and remain at home. Unlike On Lok Lifeways, Alcara is not a center-based program—it delivers these services in the customer's home and is targeted to the private pay market.

A NOTCH ABOVE. In the spirit of On Lok, what makes Alcara unique from other providers is the caring staff who are credentialed experts in the fields of gerontology and nursing and are advocates for the well-being of each client. Our service provides peace of mind to family members through a dedicated care coordinator who creates an individualized care plan for each client, providing a range of services from home health care to home care.

In addition, Alcara care coordinators work with local service providers to assist with tasks like bill paying

and home safety modification. Our staff uses a point-of-care technology that provides caregivers frequent updates about the delivery of scheduled services and can be accessed any time online. Our goal is to become a community resource for all services and products that assist seniors with independent living.

Alcara is located in Los Altos and currently serves participants in Santa Clara and San Mateo counties, with long-range plans to eventually serve the entire Bay Area. Visit our website at www.alcara.org, or give us a call at 650-581-2070.

2 SIX FOODS THAT BRING BIG HEALTH BENEFITS

3 ON LOK LIFEWAYS PROTECTS YOUR PRIVACY

MORE THAN GOOD NUTRITION

These Foods Pack a Punch!



THE FOODS WE EAT give us energy to move, grow and heal. And making nutritious choices helps us stay even healthier. But some foods go much further. Those are what experts call functional foods.

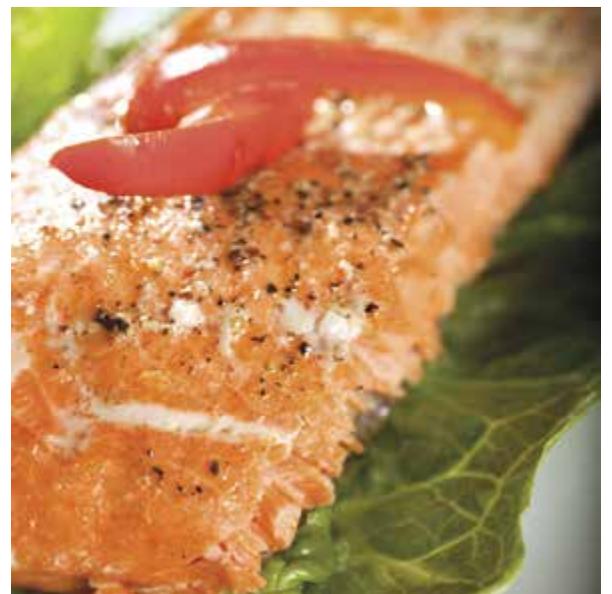
The term refers to foods or food components that may have health benefits beyond basic nutrition, says the International Food Information Council (IFIC).

Functional foods can boost health in many ways. For example:

- Soy products may reduce the risk of heart disease.
- Probiotics in some yogurts may promote digestive and immune system health.
- Plant sterols and stanols added to some margarines may lower heart disease risk.
- Soluble fiber—in legumes and apples, for example—may help reduce the risk of heart disease.
- Whole grains may lower heart disease risk and promote healthy blood sugar levels.
- Omega-3 fatty acids found in tuna, salmon and other oily fish may help protect heart health and mental function.

These foods offer a bounty of health benefits. Just be sure to eat a wide variety as part of a balanced diet, says the IFIC.

Looking for a healthy snack? Reach for an apple. One apple has at least 10 percent of the vitamin C and fiber you need every day. And a small apple has a mere 75 calories.





Did You Know?

WE PROTECT your privacy. On Lok Lifeways is committed to protecting your health information. All participants receive a Notice of Privacy Practices, which explains your rights and our obligations under state and federal laws, such as the Health Insurance Portability and Accountability Act.

If you have questions or believe that we have not protected your privacy, call Eileen Kunz, On Lok Privacy Officer, at 415-292-8722, or write to:

**On Lok Lifeways
Attention: Privacy Officer
1333 Bush St.**

San Francisco, CA 94109-5611

If you have a hearing impairment, all On Lok Lifeways locations are equipped with TTY lines in order to serve you better. The main TTY number, located at our 1333 Bush St. location, is 415-292-8898. To obtain the TTY number for your center, contact your program manager or social worker.

SAVE THE DATES!

Mark your calendars TODAY and call us about sponsorship opportunities!

ON LOK'S 45TH ANNIVERSARY GALA CELEBRATION

FRIDAY, MAY 20, 2016
INTERCONTINENTAL HOTEL
SAN FRANCISCO

18TH ANNUAL GOLF CLASSIC

MONDAY, JUNE 27, 2016
TPC HARDING PARK
SAN FRANCISCO

28TH ANNUAL FRIENDS OF ON LOK GENERATIONS FASHION SHOW

SATURDAY, OCTOBER 29, 2016
FAR EAST CAFE
SAN FRANCISCO

FOR MORE INFO, PLEASE VISIT
www.onlok.org/OnLokInc/Events.aspx

OR CONTACT US:
tel: (415) 292-8768
email: events@onlok.org

For more information about how ON LOK LIFEWAYS can help you or a loved one, call 1-888-886-6565 or visit our website, www.onlok.org.

This information comes from a wide range of experts. For questions about your own health, contact your doctor. Models may be used in photos and illustrations. ♦ To stop receiving this newsletter, please call 415-292-8752.

HOW TO REACH US

ON LOK LIFEWAYS PACE CENTERS

San Francisco locations:

- 225 30th St.
- 1333 Bush St.
- 3575 Geary Blvd.
- 1441 Powell St.

East Bay locations:

- 159 Washington Blvd., Fremont
- 3683 Peralta Blvd., Fremont

South Bay location:

- 299 Stockton Ave., San Jose

ALTERNATIVE CARE SETTINGS

South Bay locations:

- On Lok East San Jose Center
130 N. Jackson Ave., San Jose
- Avenidas Rose Kleiner Center
270 Escuela Ave., Mountain View
- Respite & Research for Alzheimer's Disease
2380 Enborg Lane, San Jose

Enrollment

1-888-886-6565

For people with hearing impairments

TTY: **415-292-8898**

Email: info@onlok.org

Website: www.onlok.org