

Danville Today News

February 2013

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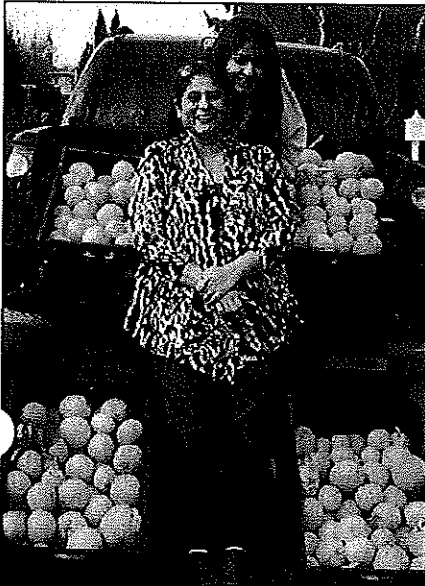
Hope Remains for Local Hunger Relief Agencies

By Ashley Hagin

It's the season for rain and snow, and while parts of the country are seeing some drought relief thanks to recent rain, the majority of the country remains in a drought Reuters is calling "the worst in over 50 years." The drought has primarily affected corn and soybean crops which were in the poorest conditions the USDA has ever recorded.

While a potential global food crisis may be looming, hope remains for local hunger relief agencies.

The Urban Farmers, a volunteer-based grassroots East Bay organization, rallies together fruit tree owners and volunteer gleaners to gather fruit for the needy – specifically for local hunger relief agencies.



Shalini and her daughter collect crates of oranges.

The organization could not sustain its mission without the generosity of local fruit tree owners. Homeowners with backyard trees register with the organization, inviting volunteers to come pick excess fruit from the trees after the homeowners have taken what they need. And while the homeowners' donations are essential, so too is the power of community.

Last summer, Danville resident Shalini Kumar began exploring programs to engage her children's

minds when she came across an event organized by Sustainable Danville being held at Peace Lutheran Church. Through Sustainable Danville, Kumar found The Urban Farmers.

Kumar attended a speech given by Siamack Sioshansi, co-founder of The Urban Farmers. Sioshansi's talk touched Kumar. "It broke my heart that up to 125,000 people eat [food from the Food Bank] every day, and 25 % of them are children," she said. "It bothers me that so many children have to suffer from a basic need to be fed in this beautiful country."

Eager to help, Kumar quickly mobilized her neighbors, and within 48 hours, The Urban Farmers had received 14 new tree registrations – six locations, all within less than a three-mile radius. With such little driving to be done, The Urban Farmers were able to harvest upwards of 740 pounds of fruit in a four-hour time frame. "On a typical day we can harvest four backyards," says Sioshansi, "but in her neighborhood, since travel time is minimal, we have gone to five and six homes in a day."

How did Kumar round up so many tree owners? "I simply wrote up a flyer and sent it to all my friends and neighbors," Kumar says. "What can I say? People are just plain generous!" In addition to sending out emails reminding friends and family to register their fruit trees, Kumar's daughter brought flyers door to door with a friend, and each girl in her Girl Scout troop pledged

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The Wheelchair Foundation: Giving Hope - Gaining Purpose

By Jody Morgan

The Wheelchair Foundation has delivered nearly 920,000 wheelchairs in over 150 countries since its inception in 2000. As founder Kenneth Behring's original goal of giving one million wheelchairs to disabled individuals around the world nears fulfillment, global need continues to grow. An estimated 100 million people unable to afford a wheelchair are waiting in hidden corners of the earth for the chance to experience the empowerment of mobility.

Wheelchairs were not among the donations Behring was packing in his private plane in 1999 when LSD Charities (the humanitarian outreach branch of the Church of the Latter Day Saints) asked him to drop off their aid packages en route to his African destination. He readily agreed. Included in that cargo were six wheelchairs bound for a hospital in Romania. "Little did I know," he writes, "that those six wheelchairs would change the direction of my life."

Behring, a successful Danville developer, defines the joy generated by setting a wheelchair recipient's dreams in motion as the achievement of purpose. In his 2004 autobiography *Road to Purpose*, he recounts, "I lifted a small Vietnamese girl from the ground and placed her in a wheelchair. In that instant, she found hope... Her face opened into a smile, her eyes as bright as the noontime sky. And I knew for all she had changed in that moment, I had changed even more."

See Wheelchairs continued on page 23



Josh and Don Routh with Augusto in Peru. Photo courtesy of Don Routh.

Danville Rotary's Gives Pete Villa Award

Danville Rotary recently held its 15th annual Pete Villa awards luncheon. The winner was Karris Johnson from California High School. The award, named after Pete Villa, founder of the Thunderbirds youth football program, recognizes the



Cal High football coach Eric Billeci and Karris Johnson

most outstanding high school football players in the San Ramon Valley. Each year, three student athletes from the four high schools in our area are nominated by their coaches. This year's nominees were Austin Terry, Karris Johnson and Kevin Leathley from California High School, Austin Larkin and Afolabi Adeoti from Dougherty Valley High School, Zack

Change, Mason Melin and Jalen Avery from Monte Vista High School, and Cameron Birse, Ryan Dunn and Marcus de la Pena from San Ramon Valley High School.

For more information on the Pete Villa awards or about Danville Rotary, contact Valerie Vicente at valerie.vicente@cbnorcal.com.

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Your Personal Nutritionist

By Linda Michaelis, RD, MS.

Healthy Eating: Recognizing Your Hunger Signals

Do you remember a time when you were famished and kept eating until, oops, you ended up feeling uncomfortably full? One reason that many of us are not at a healthy weight level is because, somewhere along the line, we stopped listening to our body signals that naturally tell us when we're hungry and when we're full. Learning to recognize those signals again can help you get to a healthy weight and stay there.

The signals are still there, but we're out of practice when it comes to paying attention to them. As babies we ate intuitively - we fussed when we were hungry and stopped eating when we were full. As we grow up, the world "teaches" us when to eat via things such as advertising, imposed meal times, holiday meals, and grandma's comfort foods. We confuse cravings with hunger and end up overeating.

The hypothalamus is a portion of the brain that is responsible for controlling feelings of hunger, appetite, and the satisfaction one feels after eating a meal. Did you know that it takes 20 minutes for the hypothalamus to send signals that you are full? This explains why we keep eating and then 20 minutes later feel uncomfortably full. The objective is to reset your hypothalamus, and control it by eating more slowly. This is indeed the painless way to begin your journey to weight loss this new year.

Do you know how to distinguish between real hunger and cravings? Hunger is a painful sensation caused by the need for food. There is a signal from the brain and stomach that food is needed for energy. Signals from your stomach may include growling, an empty hollow feeling, and/or hunger pangs. Your brain may send signals such as headache, trouble concentrating, irritability, or fogginess. Hunger does not go away over time, it only gets worse.

Unlike hunger, craving signals do not serve a life-sustaining need. They often last over a period of 10 minutes and are usually triggered by emotions such as stress, boredom, sadness, etc. With hunger, any food will quell the sensation; only one specific food like chocolate will satisfy the craving.

In my practice I teach my clients to distinguish their hunger from craving by keeping a journal to track their hunger and satiety before and after eating. Interestingly, it initially sometimes takes them a day or two or more to feel real

Wheelchairs *continued from front page*

Initially, Behring explored recycling used wheelchairs. The process proved the reverse of cost-effective. Packaging for shipment added to the expense of parts and labor for repairs. Then Behring asked manufacturers to design a durable wheelchair priced according to the high volume of orders he anticipated. One product seemed perfect, but it required two hours to piece together when uncrated. Today's model comes in five sizes, ordered with regular or all-terrain tires, and can be assembled in 15 minutes. Averaging shipping costs to all destinations, the Foundation can deliver each wheelchair for just \$150. In Bolivia a comparable product costs \$1,700. In many countries, the price of a wheelchair exceeds an average laborer's annual income.

The Wheelchair Foundation runs an administratively lean operation, funneling virtually every dollar into providing wheelchairs. Volunteers and service organizations across America do much of the fundraising. Unanimously declaring the positive return on their investment inestimable, donors traveling on distribution trips pay their own expenses. On the receiving end, similar groups arrange local logistics including identification of recipients and appropriate configuration of the wheelchairs they require. They also fund and coordinate transportation to remote locations where wheelchairs are most needed. Rotary International, with clubs in over 200 countries, is frequently involved in all aspects of the process.

Since Bill Wheeler, founder of Blacktie Transportation, invited them on their first journey, Josh Routh and his father Don have made 20 distribution trips to 11 countries. In the remote town of Juigalpa, Nicaragua, they met a 26 year-old woman who had been waiting eight years to acquire the wheelchair she needed to utilize the scholarship to Managua University she earned as a high school honors graduate. Finally enabled to pursue her studies, she chose psychology so she could help families coping with disabilities. In poorer places, when one family member is disabled, another often has to stay home from school or work to act as caregiver.

Josh tears up as he describes a recipient brought to a wheelchair distribution in a wheelbarrow and another crawling through the dust to get there. Born with

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hunger. In the past they were eating all their meals before they received hunger signals. They soon learn that food truly tastes better when they are hungry.

I often work with a hunger scale (see below) and have my clients keep track of how they are feeling before and after they eat. I tell them that it is best to eat when their hunger level is at a 3 or 4, and not to wait until they are at a 1-2 and feeling very, very hungry. At that point they will most likely overeat and choose unhealthy foods. The 3-4 level allows them to make conscious decisions to eat the right amount of healthy and tasty foods

Next time you have a meal, make it a point to pace yourself. Take a bite of food, lay your fork down, take a drink of water, and partake in conversation. Continue this practice throughout the meal, and check in with your body. This method will help you to slow down and get to the feeling of satisfaction and away from that ugly fullness.

Hunger Level	Sensations and Symptoms
1	Starving, weak, dizzy
2	Very hungry, cranky, low energy, a lot of stomach growling
3	Pretty hungry, stomach is growling a little
4	Starting to feel a little hungry
5	Satisfied, neither hungry nor full
6	A little full, pleasantly full
7	A little uncomfortable
8	Feeling stuffed
9	Very uncomfortable, stomach hurts
10	So full you feel sick

I always stress that food is a celebration of life. You can still lose weight if your food is tasty and even when it has some fat. Cravings, which are often for fat, sugar, and salt, are normal and can have a place in a healthy balanced diet. I teach my clients how to enjoy the treats, and then bring the day back into balance. When they are succeeding they know that they do not have to feel guilty.

Weight loss to me is a program that teaches you how to lose weight and keep it off forever while still eating your favorite foods.

I am glad to inform you that your health insurance may pay for nutritional counseling. Please call me at (925) 855-0150 or e-mail me at lifeweight1@yahoo.com and tell me about your nutritional concerns. Refer to my website www.LindaRD.com for past articles, recipes, and nutrition tips in my blog section.

Advertorial

cerebral palsy, Josh has never walked. Although doctors predicted he would remain a quadriplegic, never uttering an intelligible word, the 33-year old San Ramon resident drives his own car and lives independently. A cashier at Nob Hill, Josh dedicates much of his time to aiding others.

"When you give someone the gift of mobility, you are giving them freedom and dignity...and when someone has freedom and dignity then they have hope for the future," explains Don Routh. Now retired, Don spreads awareness of the worldwide need for the means of mobility and the elation engendered by improving the life of each wheelchair recipient. One of his initiatives at a Hayward elementary school gave low-income Latino students the opportunity to celebrate joy in their joint accomplishment: raising enough money to send six wheelchairs to less fortunate peers in El Salvador.

Don Routh plans to introduce the program the "Three Amigos" (Don, Josh and Bill) are currently piloting with the Pleasanton Unified School District to additional area school districts this spring. They provide live and video presentations, posters, collection containers, and fundraising ideas. Wheeler offers Blacktie's community bus free for one field trip per school to either the Blackhawk Museum/Wheelchair Foundation exhibits or a wheelchair sports event. Ten wheelchairs are available



A woman in Nicaragua waited 8 years for the wheelchair she needed to attend Managua University - with Jerry Pentin of Pleasanton.

See Wheelchairs continued on page 26



A Day to do Something Special

Cz!Cbscbsb!Qf st pot -IN E-!
Qf st pot !Qbt yd!Tvshf sz-!Jod/

Saint Valentine was a third century Roman saint who has long been associated with the tradition of courtly love. Every February 14th gifts and letters (an estimated one billion Valentine's Day cards each year) are exchanged between loved ones, all in the name of Saint Valentine. The oldest known valentine was a poem written in 1415 by Charles, Duke of Orleans

(Go forth, my heart, with my lady...with grace and mercy.) By the middle of the 18th century, it was common for both friends and lovers to exchange small tokens of affection.

I like to think of Valentine's Day as a day to do something special. Some of my fondest memories are of writing cards for elementary school classmates. In some years, however, it was the preparation for Valentine's Day that was special.

Valentine's Day is a time to feel and look your best. Whether you are preparing for a romantic evening, warming up the winter blues, or want to give a gift to someone, here are eight ideas that might help you on your way.

1. **A consultation** - I find this to be one of the most important interactions I have with my patients. I enjoy answering questions and offering both personal and professional advice. I'm often surprised at how many people ask if surgery is right for them.

2. **Botox or Dysport injection** - Most commonly used around the eyes and forehead, it can be used both to prevent and treat wrinkles.

3. **Volumizing filler injection** - This is an excellent way to refresh your appearance, address moderate to severe facial wrinkles, and give youthful

contour to the skin.

4. **Fraxel laser treatment** - Certainly not what King Henry V had in mind when he hired a writer to compose a valentine note to Catherine of Valois - we've come a long way since then. For Valentine's Day preparation, I recommend a first treatment one week before the big day. A series of treatments (generally 3-4) address texture problems, fine lines and wrinkles, and pigmentation issues such as brown spots, but results are noticeable after just one treatment.

5. **Laser genesis** is a great no-downtime, painless procedure for acne prone skin. While there's never a simple cure-all for problem skin issues, laser genesis is a good place to start as the laser has enough heat to kill the bacteria in the active breakouts.

6. While not exactly the vestige of Christian and ancient Roman Valentine's tradition, **laser hair removal** is a real windfall of living in the 21st century. Several treatments are generally needed, and it works best for darker hair types.

7. **Longer lashes!** - Latisse is a treatment used to grow lashes, making them longer, thicker, and darker. More voluptuous lashes in just six weeks, are "romantic"!

8. **Skin care products** - There's a pleasure in taking time to care for your own skin, and a cream or lotion can also make a nice gift - something to be wrapped up and enjoyed.

Sometimes just the process of sharing wisdom (and taking away some of the mystery of youth and beauty) is the most rewarding part of my day. Happy Valentine's Day!

Dr. Barbara Persons is a Plastic Surgeon and owns Persons Plastic Surgery, Inc. located at 911 Moraga Rd, Suite 205 in Lafayette. She may be reached at 925.283.4012 or drharb@personsplasticsurgery.com.



PERSONS PLASTIC SURGERY
BARBARA L. PERSONS, MD

Advertorial

Wheelchairs *continued from page 23*

for schools to borrow in rotation for students to test drive or use in fundraising races or sports competitions. For information, e-mail donrouth@comcast.net.

Eva Carleton, Regional Director of Operations of Latin America and the Caribbean, travels on 3-4 distribution trips a year while coordinating the delivery of 40-50 projects. Every working day she helps provide someone with what she considers a basic human right: a wheelchair. "Without a wheelchair," Carleton notes, "you have to ask for everything you need." Eva's mother's quality of life improved dramatically once she accepted how enabling the device could be. She no longer has to ring for a nurse every time she wants a simple object like a tissue.

In a Columbian community several hours from Bogota, Carleton met a woman who had been unable to work for five years due to a spinal injury. Thanks to her Foundation wheelchair, she was back at her job. Minutes later, Eva encountered another wheelchair recipient happily earning money keeping parked cars safe.

"It is always a joy to give someone a wheelchair and it is an even greater joy

to personally watch and hear how that wheelchair improved their life," explains David Behring, President of the Wheelchair Foundation. David met Tran Nghia in 2003. Born with a neurological disorder, the Vietnamese high school student depended on family and friends to carry her everywhere. She needed a wheelchair to attend university to study English and become a doctor. The following year David visited her family and they kept in touch. In November 2012 they met again in Hanoi. "Nghia unfortunately could not become a doctor due to her disability but she did learn English and translates documents for a Vietnamese company. ... Her smile was as radiant as I remembered it back in 2003."

Kenneth Behring makes a point of shaking the hand of every wheelchair recipient. "All we ask in return is a smile." Partnering with non-governmental agencies permits the Wheelchair Foundation to give the gift of mobility with no strings attached. Creating global friendship and promoting the joy of giving are additional aspects of this non-profit organization's mission "to deliver a wheelchair to every child, teen, and adult in the world who needs one, but cannot afford one."

The Wheelchair Foundation's annual Charity Ball at the Blackhawk Museum February 23rd is open to the public as are all Foundation fundraisers. Jeff Behring, Director of Special Benefits, offers a Wine for Wheels private party plan getting rave reviews nationwide as a means for finding personal purpose while sharing fun with friends. To register for the Charity Ball, plan a Wine for Wheels event, learn more about Foundation activities or to make a donation, visit www.wheelchairfoundation.org. *Road to Purpose* is available at the Danville Library.

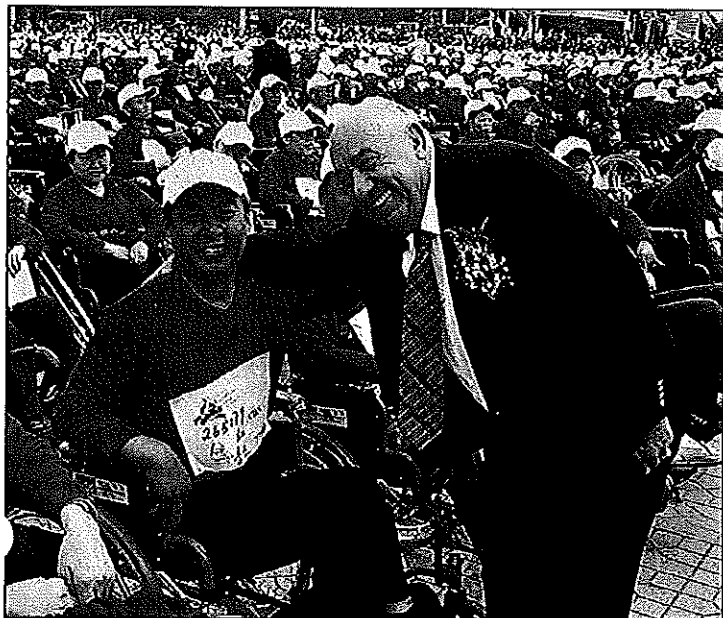
Mended Hearts

The John Muir Chapter of Mended Hearts will hold its monthly meeting on Saturday, February 9th at 1^{pm} in the Martinez Room (near the cafeteria) at John Muir Medical Center-Concord Campus, 2540 East Street, Concord. Suzanne Clements, RN, BSN, CCRC - John Muir Clinical Research Center will be the speaker.

Mended Hearts is a national organization providing support for cardiac patients, their families, and caregivers. For further information about Mended Hearts, contact Bill Schramer at 925-817-9265.

Hearing Loss Association

Come to meetings of the Diablo Valley Chapter of Hearing Loss Association of America at 7^{pm} on the 1st Wednesday of the month at the Walnut Creek United Methodist Church located at 1543 Sunnyvale Ave., Walnut Creek Education Bldg., Wesley Room. Meeting room and parking are at back of church. All are welcome. Assistive listening system is available for T-coils, and most meetings are captioned. Contact HLAADV@hearinglossdv.org or 925-264-1199 or www.hearinglossdv.org.



A wheelchair recipient with Kenneth Behring (right). Photo courtesy of the Wheelchair Foundation