

# hapitimes



## Senior Health *Could That Dizziness Be Caused by BPPV?*

Have you ever felt dizzy or as if the room was spinning around you? These can be troublesome sensations. If the feeling happens often, it could be a sign of a balance problem. Balance problems are among the most common reasons that older adults seek help from a doctor.

There are many types of balance disorders. One of the most common is benign paroxysmal positional vertigo, or BPPV. In BPPV, you experience a brief, intense feeling of vertigo when you change the position of your head, such as when rolling over to the left or right, upon getting out of bed or when looking for an object on a high or low shelf. BPPV is more likely to occur in adults ages

60 and older, but can occur in younger people.

In BPPV, small calcium particles in the inner ear become displaced and disrupt the inner-ear balance sensors. The reason they become displaced is not known. The cause may be an inner-ear infection, head injury or aging.

Talk with your doctor about your symptoms. She may refer you to a specialist who deals with vertigo and who can diagnose and treat (or rule out) BPPV. Special exercises have been shown to be helpful to many people with BPPV.

— Sources: *National Institutes of Health*

## Vaccine Update *Is It Time for the Shingles Vaccine?*

Shingles (herpes zoster) is a painful skin rash that develops on one side of the face or body. It can also cause damage to hearing or vision. The shingles vaccine reduces the risk of developing shingles and the long-term pain that can follow. Your risk of shingles increases as you age.

The shingles vaccine is recommended for people age 60 and older, according to the U.S. Department of Health and Human Services. (Always check with your doctor about the right immunizations for you, and about the right age for you to receive a particular vaccine.) This is a one-time vaccination. There is no maximum age for getting the shingles vaccine.

The vaccine is important regardless of whether someone has had chickenpox, which is caused by the same virus as shingles. Studies show that more than 99 percent of Americans ages 40 and older have had chickenpox, even if they don't remember getting the disease. And even if you have had shingles, you can still receive the shingles vaccine to help prevent future occurrences of the disease.

— Source: *U.S. Department of Health and Human Services*

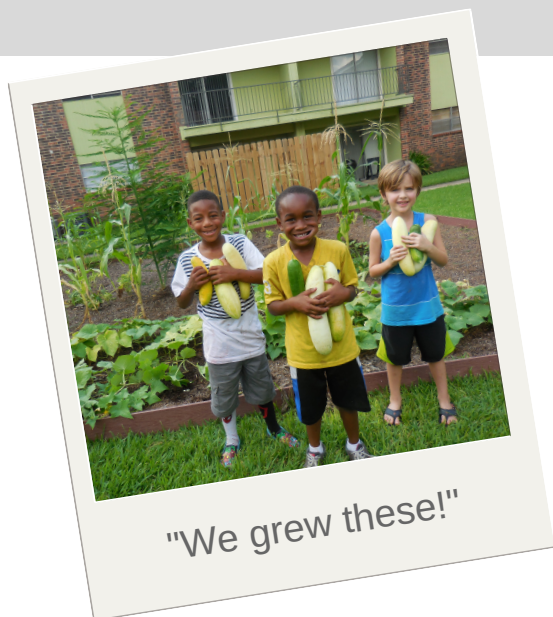
## Inside the Landmark



### Cooking Class

One of the best ways to get kids to eat right? Welcome them to join you in the kitchen and teach them to cook, starting with simple tasks that make them feel part of the process.

The kids in our after-school program were recently joined by local chefs (pictured, Jason Steward) for cooking classes to make turkey bolognese with whole wheat pasta, and chicken lettuce wraps. Best of all: we used cucumbers for the salad from the community garden!



"We grew these!"

## Hapi Meals

### Corn and Summer Squash Chowder



#### INGREDIENTS

- 1 tbsp. olive oil
- 1 cup green onions, chopped
- 1/4 cup celery, diced
- 1 small potato, peeled and diced
- 1/2 pound yellow summer squash, diced
- 1/2 pound zucchini, diced
- 4 large ears of fresh corn, husk and silk removed (or 1-2 cups frozen corn)
- 1 tsp. fresh thyme, chopped (or 1/3 tsp. dried)
- 1/2 cup vinegar
- 4 cup vegetable broth
- 1/2 tsp. kosher or sea salt
- 1/2 tsp. freshly ground pepper

#### INSTRUCTIONS

Heat oil in a large, heavy bottom pot on medium-high.

Add chopped green onion, celery and potato.

Cook several minutes stirring constantly until potato begins to soften.

Add squash, zucchini and corn. Cook 4 to 5 additional minutes, stirring occasionally.

Stir in thyme and vinegar. Let cook several minutes until liquid is almost evaporated, then add vegetable stock.

Bring soup to rapid simmer, then reduce heat. Cook approximately 10 minutes or until all vegetables are tender.

Season with salt and pepper and serve.

Recipe adapted from H-E-B; more recipes at [www.heb.com/recipes](http://www.heb.com/recipes)