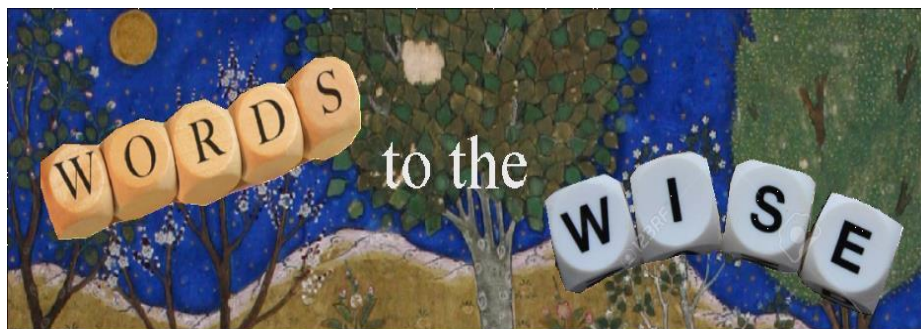




Cardiovascular Wellness Program Newsletter

Issue 37
June 2026

Comments from Linda

Summer “break” is upon us and you should have noticed that our schedule is essentially unchanged. Two Friday holidays -- June 19th (Juneteenth) and also July 3rd. Otherwise, no breaks are anticipated. We have taken one or two weeks off in past summers, and I’m not ruling that out – be sure to check the calendar/emails for schedule notices. At present, though, nothing is scheduled.

Projects are always ongoing, and new ones brewing (described later).

Parking note: I have been trying to remind folks about renewing CWP parking permits, which expire June 30th. If you want to have a car in the lot while attending, you should get a “CWP permit” (even if you have a disabled placard). Slight price increase: \$45 annual fee, with an extra \$1.19 charged when you purchase online. You can go into the UTAPS office (at the Welcome Center, J Street entrance) to take care of this in-person and save that fee. The link to renew your permit online is

<https://sacstate.atlassian.net/wiki/spaces/PUB/pages/2247884846/Cardiovascular+Wellness+Center>

Please talk to me about this if you are new to the process, if it is financially difficult, and/or if you need help.

BTW—I appreciate when you share info about your summer travels; less wondering what happened to you.

Linda

Included in this issue:

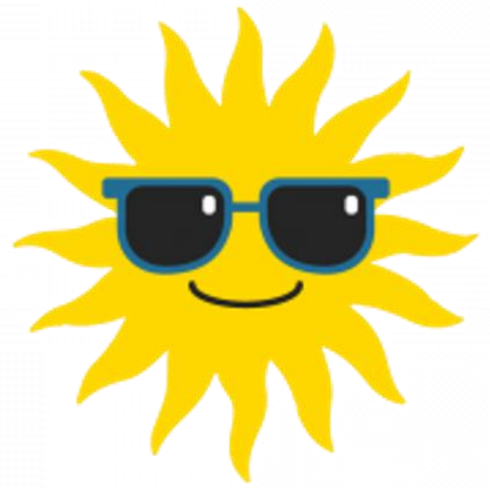
Program Coordinator Notes, CWP Projects,
Outside Resources: Linda Paumer, MA
Administrative Notes: Dianne Hyson, PhD
Nutrition Notes: Debbie Lucas, RD
Exercise Reminders: Linda Paumer, MA
Recipe Corner
Psychosocial Wellness: Linda Goode, LCSW
Puzzle fun



CWP Summer Projects

List compiled by Linda Paumer

Of course there are things going on this summer, and very likely you might be asked a few things if you are around. Thanks so much for helping students and the program by joining when you can. A recap of some of our projects:



Physical Abilities of our Group. I have a never-ending quest to collect functional assessment data on our group. If you missed that this past spring, there is a good chance you are going to be asked to participate this summer. The tests are easy, and include a short survey about your activity. Students will be involved but it is really a project I am wishing to do to demonstrate the value of the things we are all doing.

High School Student Interns. We usually have a crew of high school students join us in the summer and this summer is no exception. This summer we have eight. Kind of fun – several of them are younger siblings of students who were here in prior summers. They mostly have a pre-med mentality and any insights we can impart to help their thought process is greatly appreciated. They are here to help while they learn things about taking vitals, interacting with others, and general program management. Please do try to get them to talk! They are currently all thinking of projects.

Youth Sports Participation/Adult Health Status. This was a survey started last spring that one of our high school students (Ritham) initiated. He has actually submitted an abstract with preliminary data – he really would like to collect more. You will hear more about this soon.

Fall Prevention Training. The PT students have become very dedicated to this session, and we are blessed to have these students continue to come in on their summer break. The PT-initiated balance activities class is on Fridays at 2:30 pm.

Aural Rehab. Last summer we had some interaction with audiology students paired with clients from our program to focus on aural rehabilitation skills (things to help people function around hearing issues). I hope that comes back this summer.

Cooking. Our kitchen activities aren't really projects, but our goal of trying something new regularly is ongoing. Leanne comes up with new ideas weekly and luckily Debbie, our dietitian, and John, our resident chef and plant-based guru, set the tone with their monthly cooking demos. Please feel free to offer suggestions for things you'd like to try, keeping in mind our whole-food, plant-based goals.

Monthly Potlucks. We continue to have a whole-food, plant-based potluck the last Friday of every month. These are great opportunities to share some healthy food and also have fun social interaction. Bringing a dish is definitely not a requirement! Please do try to attend; June 26th this month.

Outside Resource—Agency on Aging, area 4

Attached here is a link to the [Agency on Aging monthly newsletter](#). They have an extensive collection of information, focusing on the fact that June is all of these things:

- Elder abuse awareness month
- Pride Month—honoring the LGBTQ+ older adult community
- Men's Health Month
- Cataract Awareness Month
- Juneteenth Celebration
- Alzheimer's & Brain Awareness Month
- Immigrant Heritage Month
- National Safety Month

They even have recipes posted in the newsletter.

They also host an impressive collection of classes through [GetSetUp](#), a service that provides hundreds of live online classes to keep you mentally, physically, and socially active. Classes are interactive, easy to join, offered day and night and free for our community.



All those 60+ are welcome and workshops are free when using passcode "area4-ca".

Types of Sessions. Our standard sessions are led by our GetSetUp vetted instructors called "Guides" with a moderated chat for real-time Q&A while you learn. There are in-person video sessions led by volunteers who are passionate about the topics they cover and you can ask questions directly to the Guide. There is also an extensive collection of recorded sessions you can watch at any time. If you bother to peruse their collection, guaranteed you will find something you'd like to see.

Obviously, you are encourage to check it out. It never hurt to be mindful of the many resources that are available to us.

City of Sacramento, Youth, Parks and Community Enrichment

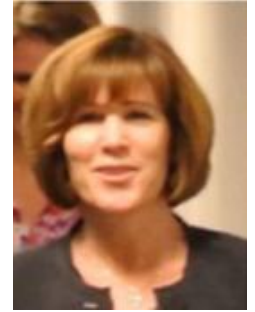
The city Parks & Rec department (big name above) also has a newsletter, but it is hard to share as a link. They have many great offerings, including volunteer opportunities and programs specifically for older adults. Many of you have attended Camp Sacramento, which is a city program. I have listed a few links here.

<https://www.cityofsacramento.gov/ypce>

[https://www.cityofsacramento.gov/ypce/Older_Adult_Services/Older-Adult-Services-Programs gardening workshops](https://www.cityofsacramento.gov/ypce/Older_Adult_Services/Older-Adult-Services-Programs_gardening_workshops)

From Dianne Hyson, Ph.D.

Former Dean, Social Sciences & Interdisciplinary Studies



The Cardiovascular Wellness Program (CWP) at Sac State is a shining star and an example of what can happen when the right ideas, people, and support come together. Just consider the following statistics for the program, to highlight a few:

- 500+ students served across multiple disciplines by the end of AY 25-26
- 17,000+ student hours of applied learning in internships, practicums, field placements
- 300+ community members served as patients with 60–80 active participants weekly
- 3000+ annual pro bono hours by professionals
- 5800+ student and community volunteer hours to date

I had the good fortune of working closely with our esteemed program founder, Dr. Tissa Kappagoda for over three decades, including when he brought the idea of such a program to our campus, in the early days (2012) when I was a nutrition faculty member and researcher. In subsequent years, as I moved into administrative leadership roles at Sac State, and most recently as Dean of the College that hosts the program, I learned the details and challenges of running unique programs, like ours, that don't always fit the mold of academia. But showcasing how the CWP does such good things to benefit the community participants while also providing opportunities for students to learn in a “real world” setting is important and was always easy to advocate for as a campus leader.

Now, I have come full circle as I move into semi-retirement and resume faculty duties and continued advocacy for the program at the grassroots level but also armed with administrative “know how” :). One of my favorite things is to watch the reactions of people as we introduce them to the program and share all the amazing things that are happening in our space in Folsom Hall. Two recent Deans, including one of my successors, (who recently visited the program - welcome, Dean David Lang!) have expressed how impressed they are with the enthusiastic participants, the range of activities, the involvement of students from different disciplines, and how we have continued to succeed through ups and downs over the years.

On that note, we recognize how important you all are to that success. When you show up with your commitment to your health, your willingness to learn and grow, and interact with the students, staff, and each other, it helps to create the special community environment that makes the Cardiovascular Wellness Program unique.

And also, importantly, many of you chose to support the program beyond attending but also with your input and financial contributions this year. Your investment in the program helps us move toward building a sustainable future that will weather budget cuts, changes in campus decision makers and priorities, and personnel transitions. I am committed to continued work toward “institutional permanence” for the program, including funds for ongoing staffing, and stipends for volunteer and student support. Please know that every gift we have received is going straight back in the program and we are very grateful! Stay tuned as we continue to share more ideas and our ongoing work on grants, partnerships, philanthropy, and growing community support. Thank you all for being an essential part of our CWP family!

Summer Fun Checklist

By Debbie Lucas, MS, RD, CDCES

Summer is upon us already and the time usually goes so quickly that I like to make a list of things I want to make sure I accomplish before the season is over. The list encompasses fun activities, foods, drinks, and of course my summer reading ideas. Today I'll focus on my must-have summer foods.



Stone fruits: These include peaches, nectarines, plums and cherries. They are low calories (about 60 calories for medium fruit, 100 calories for a cup of cherries), and full of phytochemicals that fight inflammation, fiber to help the gut microbiome, potassium to aid blood pressure and vitamins A & C. Farmers' Markets and fruit stands sell them at their peak. Cherries have a limited summer run, so get them while you can. If you don't think you can eat that many cherries, then pit them and freeze them to eat throughout the year. I use my handy-dandy cherry pitter (not essential but helpful). Here's a link to the pitter I use: <https://a.co/d/0dEpyoEq>

Besides just eating cherries, I like to put them into a crisp or cobbler, in smoothies and they are great in grain-based salads. One favorite is Cherry Garcia 'Nice Cream'. In a food processor or blender blend frozen bananas and pitted cherries until smooth and creamy, add a little plant milk if it seems too thick. Then fold in some vegan dark chocolate chips (I find the ones at Trader Joe's are the least expensive). Then enjoy!

Peaches, nectarines and plums also lend themselves to crisps/cobblers. The question is to crisp? Or to cobbler? I lean toward crisps because they are usually made with healthier grains (like oats) and are easier to modify to leave out the butters or oils. Here is a fun recipe that uses berries too (another summer favorite) and doesn't dirty any dishes!

<https://www.forksoverknives.com/recipes/vegan-desserts/foil-roasted-blackberry-peach-crisp/>

Summer Corn. Who doesn't love fresh, summer corn?? A lot of people actually drive out to Sloughhouse for the extra special stuff. With gas at \$6/gallon, I won't be doing that. I like to load up on corn when it's on sale for 10 for \$10. We can't eat all that corn, but I am happy to cut it off the cob and freeze the kernels for future use. Note that corn is on the Clean 15 list, so it doesn't need to be purchased organic, however, if not organic, there may be some GMOs involved. I was raised on boiled corn on the cob, slathered in butter and topped with salt. I have changed that up, and usually grill my corn--just shuck it and lay it on the grill. Roll it around to prevent too much blackening and when you start to hear popping or you have brown kernels – you know it's time! Nowadays I don't need butter or salt, but admittedly, that took some time to get used to. Other lower salt toppings are lemon or lime, Tajin (chili lime powder), a combo of smoked paprika and garlic powder, or Sriracha. And do you know you can just eat the corn raw? One of my go-to summer potluck recipes is Corn Zucchini Salad – cut off the kernels and add raw diced zucchini and some cherry tomatoes and basil. Make an easy 3-2-1 dressing with 3 tablespoons white vinegar, 2 tablespoons Dijon and 1 tablespoon honey or maple syrup. Squeeze in a lime and you are good to go!

Tomatoes. There is nothing like an in-season tomato. These are easy to grow, too, so a lot of people have an overabundance in the summer. Tomatoes are full of vitamin A , potassium and lycopene (a phytochemical which is associated with lower risk of prostate cancer). I eat them raw, add them to sandwiches, dehydrate them, roast them, add them to soups and stews and make sauces. John did a great demo on roasting tomatoes a few years ago, which I now do regularly and then freeze them for the winter. I love John's pasta sauce recipe using cherry tomatoes, too!! Here's a fun Tomato Panzanella salad (basically bread and tomatoes)

<https://minimalistbaker.com/heirloom-tomato-panzanella-salad/#wprm-recipe-container-82165>.

Zucchini. Low in calories, full of fiber, water, vitamin C and potassium, you've got a versatile summer powerhouse here. What to do with the zucchini? Roast it, sauté it, grill it, stuff it, spiralize it or add it to baked goods, pasta, salads or casseroles, just to name a few. Here's a pasta salad recipe for your summer potlucks: <https://www.loveandlemons.com/vegan-pasta-salad/#wprm-recipe-container-55253>

Of course, summer isn't just about food! Other activities on my list include:

Take me out to the ball game: we've got the A's, the Rivercats or out my way we have the Lincoln Potters wooden bat team (economical and very small-town feel in Lincoln)

Let's listen to some live music: I love the free music at the Old Town Folsom amphitheater on Thursday nights. There are a number of other opportunities to get your groove on.

Get your paddle on: Love to take our kayaks out to Lake Natomas or Folsom Lake or one of the many waterways we have around. Kayaks are available for rent also.

Mural tour: I plan to take a walking or TukTuk tour to see the many murals in Sacramento.

Cruise Night: The second Friday night every month in Auburn is cruise night. There actually isn't any cruising, but you'll see hundreds of old, beautiful cars.

California State Fair: Call me crazy, but I always love going to the fair. I usually pick the day I go based on the free bands playing there. There are even some healthy food choices.

I also want to work on my golf and pickle ball games, get some camping in and bike early in the day when it is cool.

So make your list and make sure that you've had all your summer fun and enjoy the taste treats only summer provides!!



Mindful Practices

By Linda M, Larsen, RN-BC, RYT

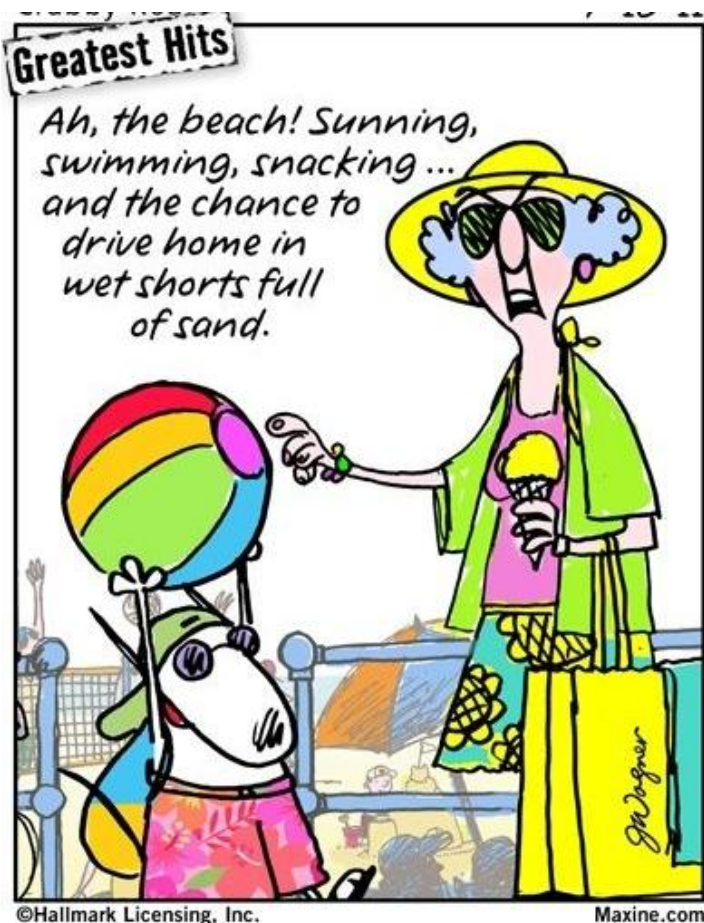
<https://cardiovascularwellnessprogram.org/linda-larsen-rn-bc%2C-ryt>

Linda gets a bye this edition. She is currently embroiled in relocating to Santa Rosa. We are not giving up on expecting her to join us occasionally once settled!

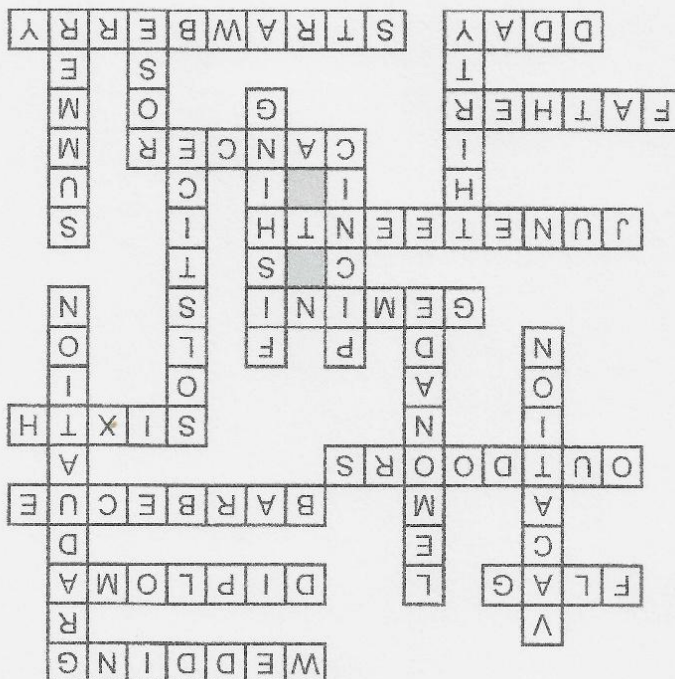


June Birthdays

Lots of special birthdays in June, (and I don't mean me!) We have scheduled a dance party for midday Tuesday, June 23rd in honor of Leoni, our ranking eldest client, who has a 99th birthday on June 22nd. Leanne is also entering the ranks of "older adults" on the 23rd and we are happy to celebrate her too, and enjoy all the work she will be doing to make this a special occasion for everyone. Do join in! We have a dance floor, music and food planned, and we'll just take it all as it comes. Fun, fun! (Sharon has a June birthday too, and I know Edie just passed a big round number too.) If you have a June birthday, apologies for not knowing that, but do join the party please!



Solution to puzzle on back page



Exercise Reminders *from Linda Paumer*



As I stay indoors mindful of looming triple digit temperatures, I thought it might be good to repeat information on strategies for exercising in the heat. We've only had a couple of really warm days so far but the forecast is for a hot summer. Most of us wouldn't live here if we couldn't take the heat, but it is wise to pay attention to things and know how temperature affects you.

A few tips to help you to safely work out on even the hottest of summer days:

Stay hydrated with the RIGHT fluids. Water is your best friend on a hot day for staying hydrated, so be sure to drink some. If you're planning to exercise for more than 60 minutes, you may want to consider a sports drinks, but please check with your doctor first. These drinks contain sodium, potassium and other electrolytes that can rehydrate and replenish your body but you need to know if they are okay for you to use. As with everything, moderation is key.



Wear light clothing. Bright colors are good; they reflect the sun and also help to make you more visible to oncoming traffic. Cotton is a light-weight and affordable material that can help you to stay dry. If desired, opt for sweat-wicking shirts and shorts that help keep sweat at bay.

Don't forget the sunscreen. Nothing is worse than trying to complete a summer workout with a sun burn. Stop the burn before it occurs by using a sunscreen with an SPF of at least 30 & one that is water-proof so that it doesn't sweat off.

Timing is everything. 10 a.m. to 4 p.m. is the hottest time of the day in the summer. If you're planning an outdoor workout, try to do it either before or after this time slot. Many athletes prefer to work out earlier in the morning as it can help them to stay energized throughout the day and to sleep better at night.



Don't fear the water. Summer is a great time to make water your friend. On hot days, try adding a water activity to your workout such as swimming, water aerobics, or boating. These activities could be a fun new way to stay fit while also staying cool.

Take it indoors. There's nothing wrong with working out indoors as we have learned from Zoom. On days when there is an excessive heat warning, this can be your best decision to stay cool and avoid a heat-related injury while still getting in your workout. Of course, your indoors needs to be climate-controlled and a fan might be in order.



Know your limits. Listen to your body and if you begin to feel dizzy, nauseous, or tired, give yourself a break. Taking some time off for rest is better than overdoing your workout and getting sick or injured and having to stop working out altogether.

If the summer heat proves to be too much of a challenge for your standard high-intensity workout, break it up into multiple smaller workouts throughout the day. This will allow your body time to rest and refuel without jeopardizing your fitness and workout goals.

Pineapple Peel Tea Recipe

This pineapple tea recipe turns pineapple peels into an herbal tea with ginger, cinnamon, and turmeric. This no-waste drink is delicious hot or iced.



Ingredients

- 1 pineapple, skin and core only, thoroughly washed
- 1-2 inches fresh ginger, sliced
- 1 cinnamon stick, or ¼ teaspoon ground cinnamon
- ¼ teaspoon ground turmeric, or a small knob of fresh turmeric
- 6-8 cups water, enough to cover ingredients
- Maple syrup or other sweetener, to taste (optional)
- 1 splash oat milk, optional

Directions

Add the **pineapple skin and core, ginger, cinnamon, turmeric,** and any optional add-ins (see Notes) to a large pot. Pour in enough water to cover, about 6–8 cups. Bring to a boil, then reduce heat and

simmer partially covered for **45–60 minutes**, stirring now and then to let the flavors infuse.

Strain & Serve: Pour the tea through a fine-mesh strainer or nut milk bag to strain. If you'd like, sweeten with **maple syrup or sweetener of choice**. Sip it hot or with ice. Finish with a splash of oat milk for a creamy twist. Enjoy!

Notes

- **Scrub the pineapple** well under running water with a clean produce brush before cutting. I sometimes soak mine in a solution of 1 part vinegar to 3 parts water for 10–15 minutes, then rinse well. Use a sharp knife to cut the peel and core. Set aside the fruit itself to enjoy fresh (or freeze for a smoothie).
- For a **creamier pineapple iced tea**, serve chilled over ice with oat milk or homemade cashew milk and a little maple syrup.
- **Optional add-ins:** Try star anise, cloves, fresh orange, hibiscus flowers, lemon, or lime slices.
- **Let the tea cool** completely, then store it in an airtight jar or bottle in the refrigerator. For best freshness, enjoy within 3–4 days.

<https://becomingyouwithjulie.com/pineapple-skin-tea/>

Beating Summer Blues

By Linda Goode, LCSW

With the summer sunshine on full display in June, it's easy to overlook the fact that sometimes summer is not fun for everyone. Summer can be difficult for many older adults, because higher temperatures can make it harder to leave home when many families are planning outdoor picnics and vacations. This can lead to feelings of isolation and loneliness, especially for those with cardiovascular issues and heat sensitivity. Higher electric bills can also add increased stress on anyone living with a limited income.



Here are some tips to beat back summer blues:

- Connect with at least one person a day either by phone, in person, or by text.
- Communicate with friends and family that you would like to be included in activities but may need to find ways to stay out of the sun.
- Plan indoor activities with friends and family such as going to movie theaters, church, community centers, the mall, bowling or indoor mini golf.
- Limit time spent on social media and try not to compare yourself to others, especially if seeing other people's pictures of vacations feels difficult.
- Stay active by going to the gym, the Cardiovascular Wellness Program, and simply stretching at home to help your circulation and also elevate your mood.
- Know your local community resources such as cooling centers in the area, especially if your home AC is not reliable in the higher heat.
- Low cost electric programs can also help with the cost of increased electricity for those with health issues who need more air conditioning.
- Check with professionals such as your doctor, or a therapist if you are feeling down for a week or two. The sooner you get help, the quicker you can feel better.

Sacramento Area Cooling Spaces:

<https://www.211sacramento.org/211/severe-weather-spaces/>

Sacramento Area Resources for Utility Assistance:

<https://www.sacagingresources.org/resources-directory/utilities-assistance>

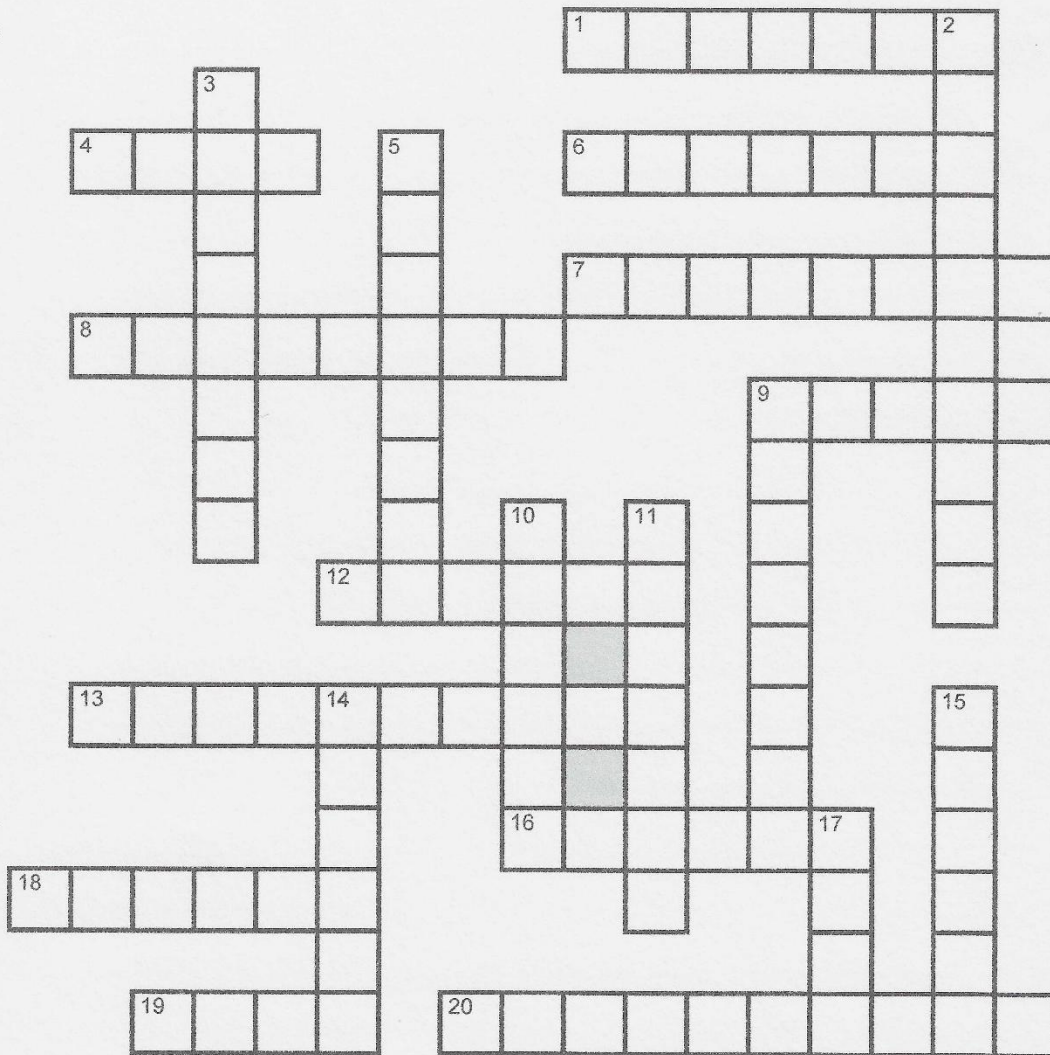
ACROSS

1. Marriage ceremony.
4. Celebrated on June 14th in the US:
___ Day.
6. Certificate presented at a graduation ceremony.
7. Cook outdoors on a grill.
8. Opposite of indoors.
9. June is the ___ month of the year.
12. Astrological sign for the start of June (twins).
13. Celebrated on June 19th to commemorate the ending of slavery.
16. Astrological sign for the end of June (crab).
18. He is celebrated on the third Sunday in June.
19. June 6th, 1944.
20. Red berry that is in season in June.



DOWN

2. Ceremony marking the end of the school year.
3. Time off from school.
5. Drink made from a yellow citrus fruit and sugar.
9. Longest day of the year: Summer ___.
10. Meal eaten outdoors.
11. Sport using a rod and a reel.
14. Number of days in June.
15. Season that begins in June in the Northern Hemisphere.
17. Birth month flower for June.



Barbecue

Cancer

D-Day

Diploma

Father

Fishing

Flag

Gemini

Graduation

Juneteenth

Lemonade

Outdoors

Picnic

Rose

Sixth

Solstice

Strawberry

Summer

Thirty

Vacation

Wedding