

# Senior Circle News

A publication of the SoHum Healthy Living Club • Fall 2022

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## Contact Us

(707) 923-3921 • [sohumhealth.org](http://sohumhealth.org)

Clinic • ext. 221 • M-F 8:30–5:00

SoHum Healthy Living Club • ext. 246

Radiology • ext. 249 • M-F 8:00–5:00

Laboratory • ext. 239 • M-F 8:00–5:00, S-S 8:00–3:30

Garberville Pharmacy • (707) 921-7078 • M-F 9:30–6:00



## SOHUM PROFILES: Jim Quast

Jim Quast was born in Huntington Park, California, in 1938. At 8, his father decided to get into farming and moved the family from Maywood to San Jacinto, California. They started their farm on 40 acres of land with three old army barracks on the property. His father built an adobe house next to one of the barracks where Jim and his sibling had their rooms. He spent his childhood farming grains, alfalfa, cattle, and watermelon. Jim recalls many early morning wake-ups to ensure there was still dew on the fresh-cut alfalfa so it could be bailed with the leaves on the stalks.

Jim spent his high school career playing football, basketball, and baseball and spent a brief time on the track team. "The coach asked me to do the one-mile run, four laps around the track. The race began, and I had such a good pace the first lap that halfway through the second lap, I ran right off the track and into the locker room. When the coach came to check on me, I told him I was just too tired to run three more laps." Jim always knew his limits and his strengths. He graduated high school in 1956 as Valedictorian, Student Body President, a 3-Letterman athlete, and a member of the 4-H Club. He got to meet Sugar Ray Robinson his senior year and was one of the first students to receive a scholarship toward college.

He attended the University of Redlands, where he earned a degree in Geology. From there, he went to Washington State University, where he worked as a Teacher's Assistant and discovered his love of teaching. He continued his sports career at WSU and won the Intramural Basketball Championship. In 1961 he was drafted into the Army's engineering program and stationed in Georgia. He gained many friends in the military, many of whom were from the military's basketball team, which allowed him to travel to different bases and get out of many Saturday inspections. The most extraordinary friendship he made while in Georgia was in 1963 when he met his wife Sue at the beach. Jim returned to California, and the two continued to write letters and talk on the phone. Later that year, Sue came to visit him in California, and the two took a ride on the Palm Springs Aerial Tramway. As they descended back down, Jim knew it was now or never. He got down on one knee and proposed. When they returned to Jim's mother's house, she lent him the money to buy a ring. In June 1964, they were married and started their lifelong journey together.

In 1975 Jim enrolled at Cal State Los Angeles to get his Master's in Administration. His first Administration job was as Principal at Oroville High School. Sue, who had been working as an X-Ray Technologist, got her real-estate certificate, and they raised three children together. In 1989, Jim and Sue moved to Southern Humboldt, where Jim became Principal of South Fork High School and a member of the Rotary Club and the Presbyterian Church. Jim and Sue quickly fell in love with the redwoods, fog-shrouded mountains, streams, rivers, and of course, the people and community of Southern Humboldt. He looks back fondly at the award ceremonies, sports events, concerts, and graduations, in which he was a part of so many student and community members' achievements. In 1998 he retired, ending his 34-year-long career in education.

Jim spent his retirement traveling across the country by train and air, visiting family and friends with his late wife, Sue. Jim and Sue became well acquainted with SoHum Health when his wife suffered a stroke in 2001. One long-term resident recalls how much of a joy it was to have Sue and Jim around the Hospital, as they both loved laughing and each other. Sue passed away in February 2020 after 55 years of marriage. Jim continues to share their love of community and the outdoors. He remains a member of the Garberville Rotary Club, Healy Senior Center, and has become an Elder at the Garberville Community Presbyterian Church. Besides his many volunteer hours, he enjoys spending time with his children, and grandchildren. Jim can still be found adventuring in the redwoods, breathing in the clean air, and watching the beautiful sunsets of Southern Humboldt.



*Jim and Sue were married for 55 years.*

*On Healthy Aging and Living Your Best in Southern Humboldt!*

**SoHum Health**  
733 Cedar Street  
Garberville, CA 95542  
[sohumhealth.org](http://sohumhealth.org)





## GETTING SCREENED

Like going to the dentist or changing the oil in your car, cancer screening should be a regular part of your life. Screening tests are used before a person has any symptoms to help find cancer early, when it may be easier to treat.



Dr. Emily can discuss and answer your questions about which cancer screenings may be recommended for you.

### Cancer Screening recommendations

#### Breast cancer screening • Age 40+

- Mammograms - SoHum Health offers digital mammograms with 3D mammography coming soon!

#### Colorectal cancer screening • Age 45-75

- The FIT DNA test can be completed at home and mailed back to the clinic at no cost to you.

#### People who currently smoke or formerly smoked should discuss lung cancer screening with your doctor • Age 50-80

- Low dose CT scans for lung cancer are available at SoHum Health.

#### Discuss prostate cancer screening with your doctor • Age 45+

- This screening is done with a simple blood test.

These recommendations are for people with average risk for certain cancers. Talk to your doctor about which tests you might need and the screening schedule that's right for you. It's a good idea to also talk about risk factors, such as lifestyle behaviors and family history that may put you or your loved one at higher risk.

## COMMUNITY RESOURCES

### Fitness Zone at Southern Humboldt Community Park

The newly installed SoHum Health Fitness Zone features seven socially distanced Greenfield's Outdoor Fitness units that are free and open for anyone to use. It's located near the newly paved Kimtu parking lot at the Community Park and up to eighteen individuals can exercise the various muscle groups in the Fitness Zone at one time. Take advantage of this free resource to increase your fitness level!



### Free Computer Skill Classes

Wednesdays 6:00-7:30 PM  
Garberville Library  
715 Cedar Street

Bring computers, tablets, phones, or whatever is causing trouble and Galen Latsko of Emerald Technologies will help you troubleshoot and learn how to use it.

### Restorative Movement Class (online)

Restorative movement is for all ages and is helpful for balance, bone strength, and stress management. Modifications are offered for most limitations.

Tues • 10:30-11:30am

Tues • 2:00-3:00pm

Thurs • 10:30-11:30am

Thurs • 2:00-3:00pm

Contact instructor Ann Constantino at (707) 923-7227 or [annconstantino@gmail.com](mailto:annconstantino@gmail.com) for more information.

## HEALY SENIOR CENTER

... REDWAY • CALIFORNIA ...

Healy Senior Center is open once again for social lunches and to-go lunches on MWF at 12:30pm! They're also starting Bingo on Wednesdays, quarterly movie afternoons, and more! Their Meals on Wheels program offers home delivery of hot and frozen meals 3 days a week. To learn more call (707) 923-2399 or visit [healyseniorcenter.org](http://healyseniorcenter.org)

## TASTE OF THE SEASON Chicken Sesame Salad

No refined sugar or dairy

### Ingredients

- Two chicken breasts, sliced or shredded
- 4 cups shredded red cabbage
- 4 cups shredded green cabbage
- 1½ cup snap or snow peas
- 1 cup shredded carrots
- (cheese grater recommended)
- ½ cup fresh cilantro (optional)
- 3 green onions (optional)
- 1½ cup salted cashews (optional, but recommended!)
- 2 Tbs sesame seeds (optional)



### Vinaigrette

- ¼ cup aminos or low sodium soy sauce
- ½ cup fresh orange juice
- 2 Tbs extra-virgin olive oil
- 2 Tbs toasted sesame oil
- 1 Tbs garlic, minced
- 1½ tsp fresh ginger, minced
- Dash of salt

### Instructions

- In a frying pan with coconut oil, cook the chicken. Set aside to cool.
- In a large salad bowl combine salad ingredients and cooled chicken.
- In a separate bowl whisk together vinaigrette ingredients and pour over the salad.
- Stir together and enjoy! The salad can also be used in a wrap.

Recipe by Heidi Holtermann Henning, Outreach Coordinator at SoHum Health

## COVID-19 Bivalent Vaccines now available!

The new bivalent vaccine protects against two strains of the Omicron COVID-19 variant, providing better protection against new variants to come. Public Health recommends the bivalent Omicron vaccine for everyone 12+ if it's been at least 2 months since any previous COVID vaccine or booster. Bivalent vaccines are available at SoHum Community Clinic and appointments can be scheduled at [myturn.ca.gov](http://myturn.ca.gov)

## MENTAL HEALTH MATTERS

Mental health is a critical part of your overall wellbeing and SoHum Health now offers Behavioral Health services! Licensed Clinical Social Worker, Katy McDonough, provides individual therapy to help navigate difficult situations such as depression, isolation, anxiety, and many other ailments that impact our daily lives. In addition, if you are struggling with chronic pain management with medication and/or substance use, Scott Sullivan is available as a Substance Use Disorder Certified Counselor. Substance use can impact us all, even with prescribed medications.

SoHum Behavioral Health is located in the Clinic, and partners with your Primary Care Provider to ensure you receive whole person care. The Behavioral Health team is committed to helping you achieve your goals and live a more meaningful life in this beautiful community.

To begin therapy or find out more, talk with your clinic provider for a referral or call 707-923-3921 and ask to speak with Katy.



## Advance Directives



### Need an Advance Directive or End of Life paperwork notarized?

SoHum Health has you covered at no cost to you. Visit our website [sohumhealth.org](http://sohumhealth.org) or call our Patient Navigator, Jessica Gardner Marino at (707) 923-3925 x246, to schedule an appointment today. Jessica is also available to answer any questions you may have regarding your End of Life Planning, and what options are available to you in California.