

• **COMMUNITY Service** •

We are pleased to make space available whenever possible for some of Lamorinda's dedicated community service organizations to submit news and information about their activities. Submissions can be sent to storydesk@lamorindaweekly.com, with the subject header In Service to the Community.

MCC Promotes Water Safety with Rescue One Foundation and MOFD

Summer is well under way and it's time to be safe around water
Submitted by
MOFD Fire Prevention Officer Kathy Leonard



Firefighters explain their rescue equipment

Photo provided

Water safety was the lesson of the day for the children and adults of the Moraga Country Club (MCC) on July 6th. Rescue One and the Moraga Orinda Fire District (MOFD) gave a presentation on water safety basics to children and parents of the Moraga Country Club. MOFD firefighters showed the children the specialized equipment that they use to rescue people involved in water related emergencies. Each year, over 3500 water related fatalities occur in the U.S. Children under the age of 14 accounts for over 25% of water related deaths. Lack of sufficient barriers and no supervision are the main contributors.

MOFD also showed off one of their two new ambulances. Two paramedics are assigned to an ambulance full time. The new ambulances are like rolling "emergency rooms". Specialized equipment sends updated patient information directly to the receiving hospital.

Rescue One is a non-profit organization that supports the mission of the Fire District through fund raising. Thanks to Rescue One's efforts, the District is equipped with state of the art automatic defibrillators and other specialized rescue equipment. For more information on Rescue One, visit MOFD.org and click on Rescue One.

Furry Fundraiser



Officer McDevitt and Doc in front of Pet Food Express, Lafayette

Photo Andy Scheck

Officers McDevitt and Doc, of the Lafayette Police Department, made a guest appearance at Pet Food Express last Saturday to help raise funds to purchase protective vests for K9 officers in the Bay Area who have been serving their communities without the appropriate attire. Pet Food Express will do-

nate proceeds to the Western States Police Canine Association's "Cover Your K9" fund. Community Services Officer Cathy Surges-Moscato says that Doc's fundraising efforts are expected to pay off in the form of a bullet-proof vest to call his own.
L.Borrowman

• **Living Longer & Loving It** •

Decision Spawns Five Years of Service to Gravely III

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"The house is an honor to Mr. Bruns' son," Hatton said. "Everyone here tells his story."

The house is not a sad place. Often times, it's joyful, Hatton said. "Kids are always running around, or we might have a large group of people here. We've held weddings, anniversaries, and even a naturalization ceremony where one patient became a citizen."

And patient's pets are welcome. "One woman even had her horse in the backyard during her stay," she said.

All the rooms open to the backyard garden, which was designed by Lafayette resident, retired hospice physician and Hospice of the East Bay board member Anne Steinmann. The garden includes a large labyrinth that patients and families walk for peaceful meditation. Bruns House is also home to Toby, a poodle who can regularly be seen sitting on the laps of doctors or nurses as they fill out charts, or panting happily in the arms of one of the doctors as he talks to families.

Patients range from young adults to elderly and typically stay only a short time. When patients

come from a hospital, it's a transition to their home and the family is given time to learn how to care for their family member in a home environment, with the supervision of medical staff on site. Others who come from a home care setting to Bruns House do so because they need medical care beyond what can be provided at home.

"This is a needed level of care," Hatton said.

For Bruns, who will celebrate his 91st birthday in September and who has been involved in philanthropic efforts throughout his life, his involvement with Bruns House has been more personal. "I feel part of the family," said Bruns, who regularly visits the facility, although not as frequently lately. Then joking, he adds, "It's my house. It has my name on it. I can go down there anytime."

As for the people who have benefited from Bruns House, Mr. Bruns struck a more serious tone. "Fifteen-hundred people have been to the facility over five years? I didn't realize that," he said. "I think it's great; I think it's working."

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• **Life in LAMORINDA** •
Fun Food Shopping – Is It Possible?

By Dr. Theresa Tsingis, D.C., M.S.

Having honed the skills of tearing through a store, slipping between customers (miraculously not knocking them over) while crossing items off a list, answering the cell phone and calculating the shortest line in which to tap my feet, I decided it was time to find at least an occasional alternative to harried food shopping. Sometimes it's necessary, but – enough already. Where's the enjoyment of selecting food to nourish the body? Many food choices are made from stress and lack of time these days. After reflecting on the issue, I have a few suggestions.

Interview your culinary audience beforehand, while making a shopping list.

It's tempting to quote Fran Lebowitz, "Ask your child what he wants for dinner only when he's buying." However, the development of good attitudes towards food is naturally related to enjoying it, and kids appreciate having some input about likes and dislikes. I ask my kids for dinner and snack ideas, and then shop without them. Sometimes it's the closest thing to R&R for the day.

Designate at least 1 fixed shopping day.

Select a day when, to the nth degree possible, food can be purchased for the next few days' meals. This gives the opportunity to think ahead, reflect on what's in season, and plan for some treats. Food cravings can be satisfied with regular shopping excursions when planning a rational approach.

Eat before you go.

Grocery stores that offer samples know that sales of the demo items increase dramatically. By eating a snack before shopping, one can cut down on impulse buys and junk food "gotta haves". That little snack can save a lot of money and excess calories over the course of 52 weekly shopping trips in the year.

Bring only willing assistants.

Have a family member or friend watch the kids and avoid having to save them from falling out of the cart, whining over the loud-speaker, or filling a diaper. Grocery shopping can feel like a mini-vacation without those occurrences. If your child likes to shop and would love nothing more than to cram a basket with Lunchables and the dis-

play candy near the checkstand, it may help to issue a couple of guidelines in a lighthearted way. For example, "We're going in for broccoli and tofu; whoever doesn't ask for anything else gets ice cream later!"

Go seasonal.

Even with the abundant availability of produce from all over the world, it seems more irresistible during our local season. Tomatoes, corn and cherries practically glow in summer, sweet potatoes seduce in autumn, carrots and fennel beckon in winter – you've got the idea. Seasonal ripeness influences nutrient content, and just seems better on an intuitive level. It's also usually less expensive.

Go local.

Put on a hat, grab a bag and visit a farmer's market. Neighbors, musicians, kids and dogs can make food shopping a pleasurable social experience. Use the imagination to capture a sense of ancient market-places where humans exchanged wares since the beginning of time. Aromas wafting through the market tempt the tasting of new foods. Mounds of fresh, healthy fruits and vegetables inspire better eating and delightful recipes. In addition, farmers and entrepreneurs from the region are kept solidly in business. Everyone wins at a good farmers market.

I guess the overall theme is to enjoy the moment, including everyday tasks. Perhaps we are what we eat, but what if we are also how we shop... see you in the aisles.



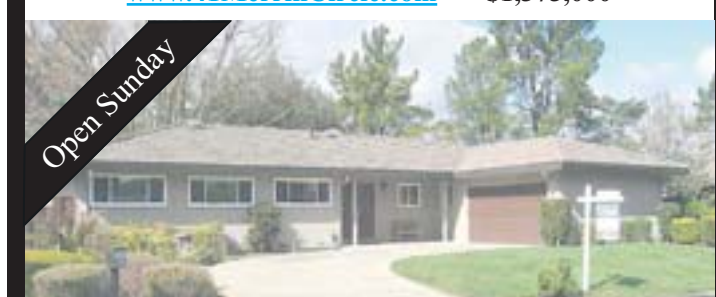
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