

SPRING 2021

# SENIOR Living

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While it's easy to adopt a negative attitude about aging, consider that not everyone gets the opportunity to live to a ripe old age. If you still struggle with the idea of getting older, here's some advice that may help put your mind at ease.

### **EMBRACE A POSITIVE OUTLOOK**

Rather than dwell on the things you may lose as you get older, focus on what you'll gain. For example, your retirement years present an ideal opportunity to explore new interests and dive into passion projects that you didn't previously have time for.

### **ACKNOWLEDGE YOUR ACCOMPLISHMENTS**

One way to calm anxieties you may have about aging is to reflect on everything you've achieved during your lifetime and take pride

# How to come to terms with getting older

in the legacy you'll one day leave behind. Reflect on your life, and be proud of your successes.

### **ATTEND TO CONCERNS ABOUT DYING**

For some people, writing a will or pre-planning a funeral can be reassuring. If it puts your mind at ease, speak with a lawyer about writing or updating your will. You can also make your own funeral arrangements, thereby ensuring your family won't have to shoulder the responsibility after you're gone.

### **DEFINE YOUR PURPOSE**

A key component to feeling vital as you get older is to engage in activities that are fulfilling. One rewarding option is to volunteer. Among other things, supporting a cause that you care about can reduce stress and improve your self-confidence, both of which contribute to health and happiness as you age.

Ultimately, getting older is an inevitable part of living. Make the best of it by adjusting your attitude, engaging in activities you enjoy and spending time with the people you love.

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Rebecca Mills, Agent

# Can eating berries improve your memory?

Berries are a great source of antioxidants, fiber, vitamin C and several other nutrients. But did you know they may also support memory function? Here's a look at how berries can give your brain a boost.

## THE ROLE OF POLYPHENOLS

For years, researchers around the world have been exploring whether the consumption of certain fruits can help prevent memory loss and other types of cognitive decline associated with aging. Several studies indicate that polyphenols, a micronutrient found in plant-based foods such as blueberries and grapes, might be the key. While more research is needed, it seems that polyphenols may improve long-term memory function and help delay age-related cognitive decline.



## WHICH FRUITS TO FAVOR

In addition to being present in blueberries and grapes, polyphenols can be found in black currants, elderberries, strawberries, cranberries, blackberries and more. To reap the benefits of berries, enjoy them fresh, frozen or dried. Eat them as a snack, add them to a meal or drink them in a smoothie. Alternatively, you can opt to take a berry extract supplement, but be sure to consult your doctor beforehand.

To learn more about the health benefits of berries and other foods, book an appointment with a dietitian in your area.



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Do you get enough protein? In addition to preserving muscle mass (which can help prevent falls and injuries), protein is crucial for maintaining strong bones, good vision and a robust immune system. Here are a few ways to incorporate more protein into your diet.

#### AT BREAKFAST

While eggs are a top choice, you can also add protein to your morning meal by mixing pumpkin, sunflower or ground flax seeds into your cereal. Better yet, swap the milk for Greek yogurt to create a protein-packed breakfast parfait. If you prefer toast, opt for whole grain bread topped with almond or peanut butter.

#### AT LUNCH

Add a side of cottage cheese or top your salad with high-protein ingredients such as chopped nuts, canned tuna, grilled chicken or a hard-boiled egg. Use hummus as a sandwich spread or, better yet, replace the bread with sliced turkey to create a tasty protein wrap. If you want a hot meal, consider beef stew, lentil soup or three-bean chili.

#### AT SUPPER

Lean beef, chicken breast and fish are all great options, but why stop there? Choose a high-protein side such as quinoa, wild rice or millet, and round out your meal with peas, broccoli, brussels sprouts or another vegetable that's high in protein. You can also use beans and tofu to create a variety of plant-based protein dishes.

To find out if you should be eating more protein, speak with your family doctor or consult a nutritionist.

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# 3 tips to improve your circulation

Do your extremities often tingle or feel numb? Do your hands and feet frequently get cold? If so, these and other symptoms could indicate you have poor circulation. Here are three tips to improve blood flow throughout your body.

## 1. EAT HEALTHY

Opt for food and beverages that are rich in flavonoids, omega-3 and vitamins C and E. These nutrients help strengthen blood vessels, improve circulation and prevent clots. Some top picks include salmon, watermelon, garlic, green tea, turmeric, dark chocolate and goji berries. In addition, make sure to drink plenty of water.

## 2. STAY ACTIVE

Exercises that get your leg muscles moving improve your circulation. Aim to spend at least 30 minutes a day walking, cycling, swimming or doing yoga. Additionally, if you work all day sitting down, be sure to walk around for a few minutes every hour. Conversely, if you spend a lot of time standing, remember to sit down during your breaks and, ideally, put your feet up.



## 3. LAUGH OFTEN

In addition to relieving stress, research shows that laughter can improve circulation and increase blood oxygenation. Look for opportunities to laugh throughout the day, whether it's by watching comedies, spending time with friends or playing silly games with your grandchildren.

In addition to adopting these healthy habits, it's a good idea to consult your family doctor if you have symptoms of poor circulation. A medical professional can assess your overall health and recommend personalized solutions, such as wearing compression socks or doing specific exercises.

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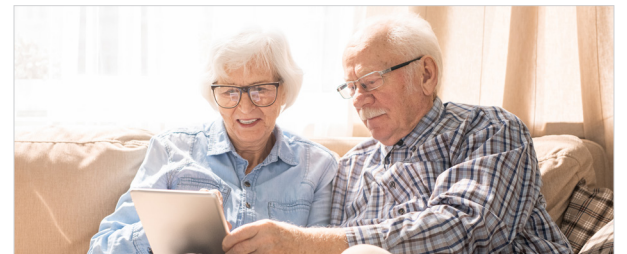


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# 4 fantastic outdoor activities for seniors



Spending time in nature has benefits for your mind and body. Here are four outdoor activities that can help you make the most of sunny days.

## 1. HIKING

Depending on where you live, you can explore trails that wind through forests, wetlands or wide-open meadows. Just make sure the terrain and length of the trail correspond to your capabilities. Confirm if it's a one-way or round trip before you start.

## 2. PICNICKING

Whether you choose to dine in a park or at the beach, this ac-

tivity allows you to make the most of nice weather and enjoy a delicious meal in good company. Put together an assortment of salads and sandwiches or get takeout from a local restaurant.

## 3. CAMPING

Are you getting too old to sleep on the hard ground? With an RV, you can escape to the great outdoors without leaving behind the comforts of home. Spend your days fishing, hiking or sitting on the beach, and relax by the fire in the evening.

## 4. BIRDWATCHING

It's easy to take up birding, as it requires very little equipment and can be done almost anywhere. All you need is patience and a keen eye. To make the most of your next excursion, determine where the best birdwatching spots are in your area.

From gardening and golfing to cycling and playing tennis, there's no shortage of ways to be active outdoors in summer.

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# 12 practices for safe gardening

Many people take up gardening after they retire, and with good reason. In addition to being an enjoyable hobby, it provides a number of physical and mental health benefits. Here are a few tips to help you safely garden.



1. Warm up before you get started by stretching your neck, back, shoulders and other muscles.
2. Adopt a comfortable posture. Keep your back straight, work within arm's reach and use knee pads.
3. Alternate between tasks to avoid tendinitis and other injuries caused by repetitive movements.
4. Use the right tools. Move around dirt and cumbersome equipment in a wheelbarrow.
5. Make sure to keep a water bottle nearby so you remember to stay hydrated.
6. Take breaks whenever you feel tired. On hot summer days, sit in the shade or retreat to an air-conditioned space.
7. Handle pesticides with care and follow the directions. Or, better yet, learn how to control pests without using these dangerous products.
8. Avoid gardening between 11 a.m. and 3 p.m. when the sun is strongest.
9. Wear a light-colored, long-sleeve shirt and pants and a breathable, wide-brimmed hat.
10. Apply sunscreen to any exposed skin, and wear sunglasses that protect against UVA and UVB rays.
11. Keep the rows of your garden clear and put tools away when you're done with them to avoid tripping and falling.
12. Opt for telescopic gardening tools rather than using a step-ladder. Only climb a ladder if someone else holds it steady.

Pick up the tools and plants you need at a garden center near you.

**“Aging is not lost youth, but a new stage of opportunity & growth.” – Betty Friedan**

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