



# Aging Better And Bolder

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## Old? Yes, No, Maybe? It's a word, that's all.

**I** don't know about you but the whole "old" thing doesn't work for me. I may have a few more branches and a few more tree rings than the next gal but I am not old. As a matter of fact, I feel as feisty and relevant as I did 40 or 50 years ago.

There's a lot of hype that old is just a word but if you hear it often

enough it starts to get to you.

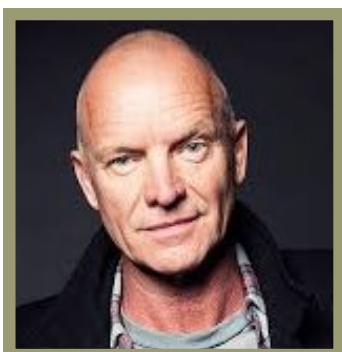
I'm not fighting age. I'm simply doing my best to live well, stay curious and embrace what



comes around the next corner.

Join us as we use this newsletter to collect inspiring thoughts, news and stories to embolden

## Sting on Age



“ My friends are Peter Gabriel, Bruce Springsteen, and we're singing about mortality, getting older. It's an interesting time. ”

*Sting*

### Fascinating facts on aging. [Health24.com](http://Health24.com)

- At birth, we are generally born with 350 bones in our skeleton, as we grow and age, bones fuse together resulting in us only having 206 bones as adults.
- Babies only have about 250 mls or one cup of blood circulating through their bodies. An adult human has about four litres which the heart pumps to all the tissues and to and from the lungs in about one minute while beating 75 times.
- We shed on average 600,000 particles of skin every hour. As we age, that accumulates to to approximately 1.5 pounds each year. The average person will therefore have lost around 105 pounds of skin by 70 years of age.



## Ten Tips for Aging Well from *HealthInAging.org*

**S**imply living longer isn't enough. What we really want is to live longer well, staying healthy enough to continue doing the things we love. While having good genes certainly helps, a growing body of research suggests that how well you age depends largely on you and what you do. Fortunately, research also finds that it's never too late to make changes that can help you live a longer and healthier life. Here, from the American Geriatrics Society's Foundation for Health in Aging, are ten top tips for living longer and better:

**Eat a rainbow.** You need fewer calories when you get older, so choose nutrient-rich foods like brightly colored fruits and vegetables. Eat a range of colors—the more varied, the wider the range of nutrients you're likely to get. Shoot for two servings of salmon, sardines, brook trout, or other fish rich in heart healthy omega-3 fatty acids a week. Limit red



meat and whole-fat dairy products. And choose whole grains over the refined stuff.

**Sidestep falls.** Walking as little as 30 minutes, three times a week can help you stay physically fit and mentally sharp, strengthen your bones, lift your spirits—and lower your risk of falls. That's important because falls are a leading cause of fractures, other serious injuries, and death among older adults. Bicycling, dancing, and jogging are also good weight-bearing exercises that can help strengthen your bones. In addition to exercising, get plenty of bone-healthy calcium and vitamin D daily.



**Toast with a smaller glass.** Drinking a moderate amount of alcohol may lower your risks of heart disease and some other illnesses. But what's "moderate" changes with age. It means just one drink per day for older men and ½ a drink daily for old-



er women. (A "drink" is 1 oz of hard liquor, 6 oz of wine, or 12 oz of beer.) Since alcohol can interact with certain drugs, ask your healthcare professional whether any alcohol is safe for you.

**Know the low-down on sleep in later life.** Contrary to popular belief, older people don't need less sleep than younger adults. New recommendations from the National Sleep Foundation suggest 7 to 8 hours of shut-eye a night. If you're getting that much and are still sleepy during the day, see your healthcare professional. You may have a sleep disorder called sleep apnea. People with sleep apnea stop breathing briefly, but repeatedly, while sleeping. Among other things, untreated sleep apnea can increase your risk of developing heart disease.



**Flatten your (virtual) opponent, sharpen your mind.** Conquering your adversary in a complex computer game, joining a discussion club, learning a new language, and engag-

## Ten Tips from *HealthInAging.org* *continued*

ing in social give-and-take with other people can all help keep your brain sharp, studies suggest.



**Enjoy safe sex.** Older adults are having sex more often and enjoying it more, research finds.



Unfortunately, more older people are also being diagnosed with sexually transmitted diseases. To protect yourself, use a condom and a lubricant every time you have sex until you're in a monogamous relationship with someone whose sexual history you know.

**Get a medications check.** When you visit your healthcare professional, bring either all of the prescription and over-the-



counter medications, vitamins, herbs and supplements you take, or a complete list that notes the names of each, the doses you take, and how often you take them. Ask your healthcare provider to review everything you brought or put on your list. He or she should make sure they're safe for you to take, and that they don't interact in harmful ways. The older you are, and the more medicines you take, the more likely you are to experience medication side effects, even from drugs bought over-the-counter.

### **Speak up when you feel down or anxious.**

Roughly 1 in 5 older adults suffers from depression or anxiety. Lingering sadness, tiredness, loss of appetite or pleasure from things you once enjoyed, difficulty sleeping, worry, irritability, and wanting to be alone much of the time can all be signs that you need help. Tell your healthcare professional right away. There are many good treatments for these problems.



**Get your shots.** They're not just for kids! Must-have vaccines for seniors include those that protect against pneumonia, tetanus / diphtheria, shingles, and the flu, which kills thousands of older adults in the US every year.



**Find the right healthcare professional and make the most of your visits.** See your healthcare professional regularly, answer his or her questions frankly, ask any questions you have, and follow his or her advice. If you have multiple, chronic health problems, your best bet may be to see a geriatrics healthcare professional, someone with advanced training that prepares her to care for the most complex patients.



**D**ISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems.



## MEALS on WHEELS PRESCOTT

### Prescott Meals On Wheels

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We're on the web!

[PrescottMealsOnWheels.com](http://PrescottMealsOnWheels.com)

### Ways to give:

#### Volunteer

- Just a few hours each day once a week makes a huge difference

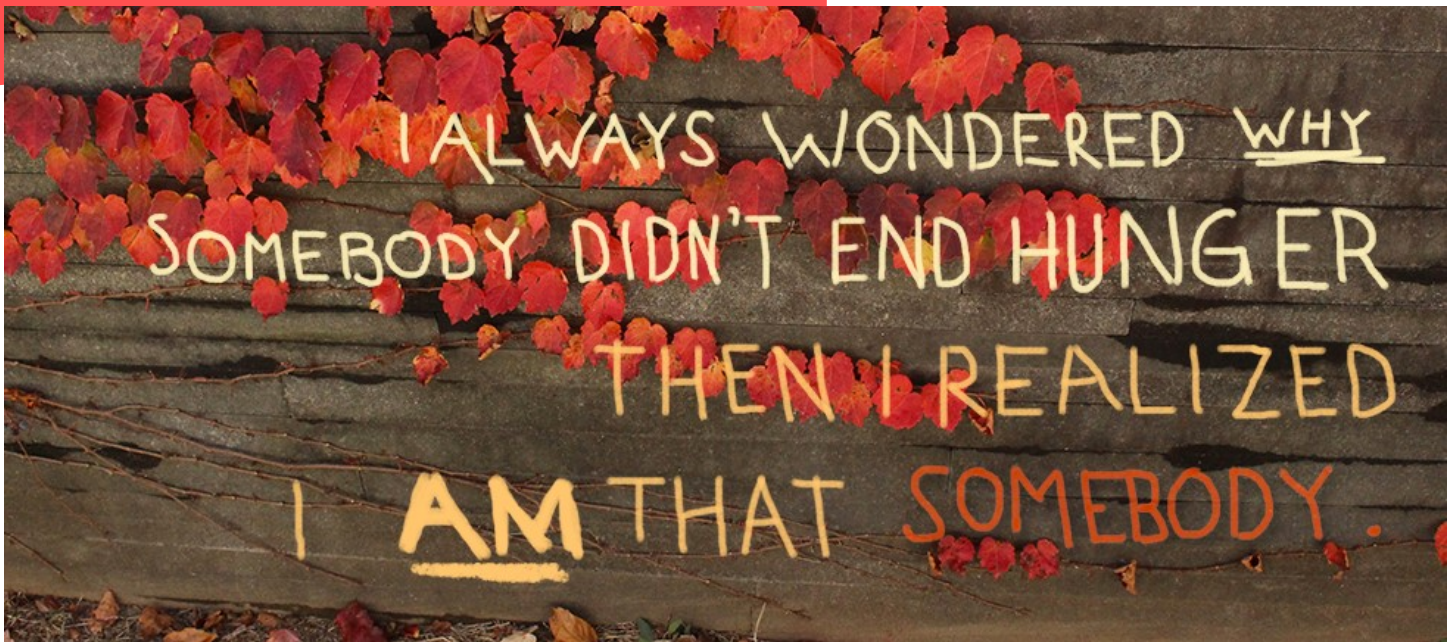
#### Donate

- The Arizona State Tax Credit makes it easy to give and get it back in the form of a credit on your taxes

#### Planned Giving

- Planned giving is, in its simplest form, a sizable donation given over time or as part of a donor's estate

Thank you Arizona Community Foundation for making *Aging Better and Bolder* possible.



## National Foundation to End Senior Hunger

**NFESH.org**

I am somebody. You are somebody. When we work together, we can care about somebody else. Maya Angelou said: "If you find it in your heart to care for somebody else, you will have succeeded." And that's what NFESH all about - working with all the wonderful somebodies throughout this country who care about the health and wellbeing of our seniors and are succeeding - together.