



HOPE Health Letter

"Life Is a Journey. Have Some Fun."

Volume 36 • Number 9 • September 2016

There is a fountain of youth: It is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.

— Sophia Loren

Active aging

No matter how old you are in years, savor every moment and give it life.



Learn more about how to be active at any age in any area of your life.

OuterAisleFresh:

Keeping foods tasty. Do foods you eat regularly seem like they are getting bland and boring? Learn how to infuse taste again. Pg. 2

GetMoving:

The well-rounded way to lifelong fitness. Any physical activity is better than none, but a well-rounded approach is the best way to go for lifelong physical benefits. Pg. 3

TheWholeYou: Physical Health

Don't fall for 'fountain of youth' fiction. If you're tempted to buy into the idea that a product or treatment can reverse aging, remember the adage, "If it sounds too good to be true, then it probably is." Pg. 4

TheWholeYou: Emotional/Mental Health

Lifting the fog of forgetfulness. As we age, all parts of our bodies change, including our brains. You can use various techniques to help with mild age-related memory problems. Pg. 5

FiscalFitness:

Making sense of Social Security start dates. When can and should you start collecting your Social Security retirement benefit? It all depends. Pg. 6

What'sTrendingNow:

Keep busy throughout the day, keep memory problems at bay. Older individuals who participate in common pastimes may be able to ward off age-related declines in memory and thinking. Pg. 7

Plus...

StockYourToolBox: Don't miss our favorite PDF, "Credible Health Information Checklist" ... plus more resources like this at Sep.HopeHealth.com. Pg. 8

“It is never too late to change the way you eat — once you do, your body will thank you with a longer and healthier life.”

— David H. Murdock

Keep a pulse on what you eat

Eating about one serving daily of beans, chickpeas, peas, and lentils (*often referred to as pulses*) may help with weight loss and weight-management efforts by making you feel full longer and by reducing food cravings, according to one study. Pulses are good sources of fiber, protein, vitamins, and minerals.

Source: *The American Journal of Clinical Nutrition*

Are you an ‘ultra’ eater?

More than half of the average American diet consists of ultra-processed foods, according to one study. What’s more, these foods make up 90% of the excess sugar calories Americans take in. Ultra-processed foods contain flavorings, colorings, sweeteners, and other additives. Ultra-processed foods include mass-produced soft drinks, sweet or savory packaged snacks, confectionery and desserts, packaged baked goods, chicken/fish nuggets and other reconstituted meat products, and instant noodles and soups. For more on healthful eating habits, go to Sep.HopeHealth.com/healthfuleating.

Source: *BMJ Open*

OuterAisleFresh: Active Aging Keeping foods tasty

Do foods you eat regularly seem like they are getting bland and boring?

It could be partially because you’re so used to them and partially because, as you age, your sense of smell and taste can begin to fade.

Try adding some colors, textures, and flavors to what you eat to make it more interesting.

- Regularly serve brightly colored vegetables, such as carrots, sweet potatoes, broccoli, tomatoes, and red, yellow, orange, and green peppers.
- Flavor your food with a little olive oil, low-fat cheese, a few chopped nuts, or fresh herbs, such as sage, thyme, rosemary, dill, or basil.
- Add some zip with hot pepper, onions, garlic, ginger, different spices, or lemon or lime juice. If you like a hint of sweetness, try sprinkling some cinnamon in recipes or on top of foods.

Source: *National Institute on Aging*

CURRIED CARROT AND APPLE SOUP

- 1 Tbsp. extra-virgin olive oil
- 2 cups onion, chopped
- 3 stalks celery, finely chopped
- 1 Tbsp. curry powder
- 3 cups carrots, peeled and thinly sliced
- 3 cups apples, peeled and coarsely chopped
- 4 cups reduced-sodium chicken broth
- Freshly ground pepper, to taste

Heat oil in a large pan over medium heat. Add onion and celery; cook until the onion is softened and translucent, not brown. Stir in curry powder. Add carrots and apples. Stir well over medium heat for 2 minutes. Add broth. Bring mixture to a low boil, then reduce heat to low. Cover and simmer until the carrots and apples are tender.

Using a large slotted spoon, transfer soup solids to a food processor, adding about ½ cup of the broth; process to a smooth puree. Pour the puree back into the soup and stir. Reheat and season with pepper.

Serves 8. Per serving: 86 calories, 2 g fat (0.3 g saturated fat), 0 mg cholesterol, 333 mg sodium, 16 g carbohydrates, 3 g protein



We don't stop playing because we grow old; we grow old because we stop playing.

— George Bernard Shaw

Try tai chi to keep your heart happy and healthy

Tai chi and other traditional Chinese exercises may lessen depression and improve quality of life for heart patients, according to a study. Researchers found that among people with heart disease, these low-risk activities appeared to help lower blood pressure and levels of LDL (“bad”) cholesterol and other unhealthy blood fats. To find a tai chi or other traditional Chinese exercise class near you, go to Sep.HopeHealth.com/taichi.

Source: *Journal of the American Heart Association*, news release, March 9, 2016

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

Figuring out your foot type

Knowing your foot type and arch characteristics are key to buying the right athletic shoe for you. A good way to gauge your foot type is to do a wet-foot test. For how to do a wet-foot test, go to Sep.HopeHealth.com/foot.

GetMoving: Active Aging

The well-rounded way to lifelong fitness

Any physical activity is better than none, but a well-rounded approach is the best way to go for lifelong physical benefits.

What does well-rounded mean? It's focusing on all four types of exercise:

- **Endurance (or aerobic)** — Think activities that increase your breathing and heart rate. Regular endurance/aerobic movement can help to delay or prevent conditions that often become more common as you age.

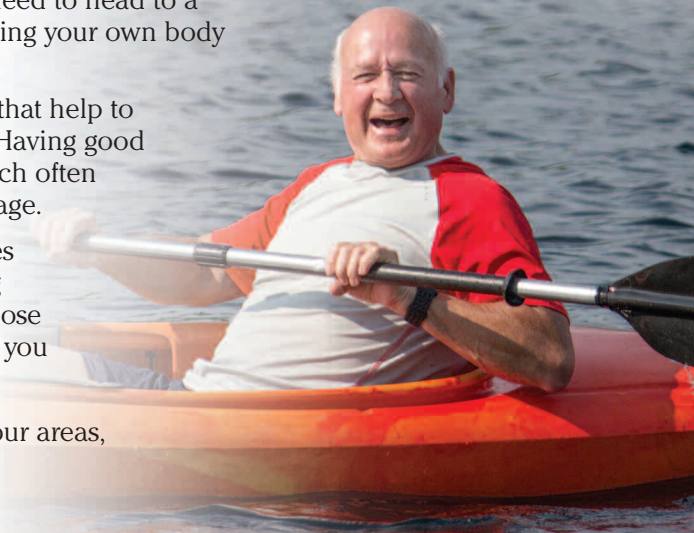
- **Strength** — Think activities that involve lifting or pushing weight. You don't need to head to a gym. Exercises that include using your own body weight can provide benefit.

- **Balance** — Think activities that help to keep you steady and upright. Having good balance can prevent falls, which often become more common with age.

- **Flexibility** — Think activities that focus on stretching. Being flexible keeps your muscles loose and relaxed and helps to give you more freedom of movement.

For specific exercises in the four areas, go to Sep.HopeHealth.com/esbf.

Source: *Go4Life*



Take your dog for a jog? Maybe.

Whether you can turn your four-legged friend into a running partner all depends. Just as running isn't for everyone, it's also not for every dog.

- Ask your dog's veterinarian first.
- If you have a portly pup, running may not be the best way to start. Talk to your dog's veterinarian about an eating and gradual exercise program.
- Make sure your dog has good leash manners.
- Start with shorter distances and gradually build up.
- Watch for problem signs while running, such as lameness, sudden stopping, change in attitude, reddened gums, labored breathing, or excessive panting.
- Take enough water for you and your dog.

Source: *American Veterinary Medical Association*



“Aging is not lost youth but a new stage of opportunity and strength.”

— Betty Friedan

Distracted driving — the four-legged form

Many people take dogs (and sometimes cats) for car rides... without realizing that pets are a potential driving distraction, especially if they are unrestrained. Put pets in crates or sturdy pet carriers. If you don't have room for a crate or carrier, invest in a dog seatbelt harness, available at pet stores or online. Never allow pets to sit on your lap or be in the front seat while you drive. Never allow pets to stick any portion of their bodies out the window.

Set up kids for success with a sound sleep strategy

Make sure children's activities, including homework, can be completed without interfering with bedtimes. Encourage activities such as reading or listening to music before bedtime instead of watching TV, playing video games, or surfing the web. For a chart on the recommended amount of sleep for each age, go to Sep.HopeHealth.com/sleep.

The Whole You: PHYSICAL HEALTH

Active Aging Don't fall for 'fountain of youth' fiction

Have you ever read magazine articles and advertisements or seen television segments or commercials claiming that some hormone treatment or products could make you feel young again or slow, or even prevent, aging?

If you're tempted to buy into these promises, remember the adage, "If it sounds too good to be true, then it probably is."

To date, no research has shown that hormone therapies add years to life or prevent age-related issues. Although some medications provide health benefits for people with clinical hormone deficiencies from a disease or disorder, these medications also can have harmful side effects. Even people with a diagnosed hormone deficiency should only take hormones that their doctors prescribe.

Talk with your doctor if you're considering any hormone therapy or "anti-aging" approaches beyond a healthful diet and physical activity.

Source: *National Institute on Aging*

Keeping your heart fit may help your mind stay sharp

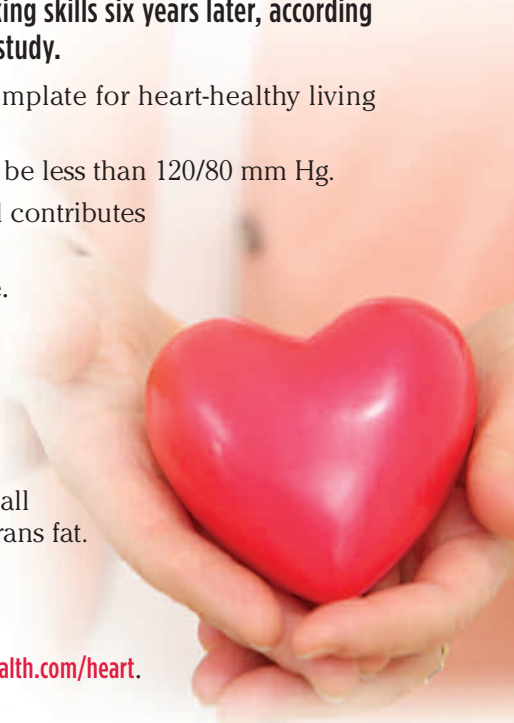
Older individuals who reached more of the American Heart Association's seven goals for heart-healthy living showed quicker thinking speeds and less decline in memory and thinking skills six years later, according to a study.

The study focused on Life's Simple Seven, a template for heart-healthy living created by the American Heart Association.

- 1. Manage blood pressure.** It should normally be less than 120/80 mm Hg.
- 2. Control cholesterol levels.** High cholesterol contributes to plaque, which can block arteries.
- 3. Keep blood sugar levels in a normal range.** High blood sugar levels can damage the heart, kidneys, eyes, and nerves.
- 4. Get moving.** Try for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity weekly.
- 5. Eat right.** Get a mix of nutritious foods from all food groups. Limit salt, sugar, saturated fat, and trans fat.
- 6. Maintain a healthy weight.**
- 7. Don't smoke.**

For more on Life's Simple Seven, go to Sep.HopeHealth.com/heart.

Source: *American Heart Association*



Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.

— Samuel Ullman

Caregiver resources to help with all the responsibilities

It's estimated that 42 million Americans — one in four adults — care for an adult friend or relative. The role of caregiver comes with enormous responsibilities — and pressures. Don't go it alone. Be sure to check out these tools and tips to make it easier. Go to Sep.HopeHealth.com/caregiving for caregiving tools and resources.

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

If you're happy and you know it

Psychological wellbeing (*happiness*) is affected by four main factors: our genes, our environment, our thoughts, and our actions. For a glimpse into your happiness level and ways you might improve it, take a short quiz. Go to Sep.HopeHealth.com/happy.

Source: *Pursuit of Happiness*

The Whole You: Emotional/Mental Health

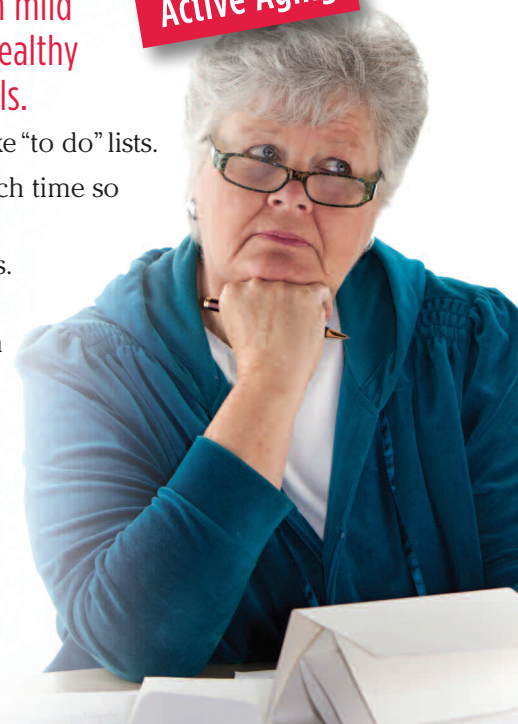
Lifting the fog of forgetfulness

Active Aging

You can use various techniques to help with mild age-related forgetfulness so you can stay healthy and maintain your memory and mental skills.

- **Plan tasks**, use notes and calendars, and make “to do” lists.
- **Put items**, such as keys, in the same place each time so you can find them easily.
- **Take up hobbies** and be involved in activities.
- **Mentally connect things** or people you want to remember with other meaningful things, such as a familiar name, song, book, or TV show.
- **Get regular physical activity** and exercise. Several studies have associated exercise (*such as walking*) with better brain function, although more research is needed to say for sure.
- **Limit alcohol use**. Although some studies suggest that moderate alcohol use has health benefits, heavy or binge drinking can cause memory loss and permanent brain damage over time.

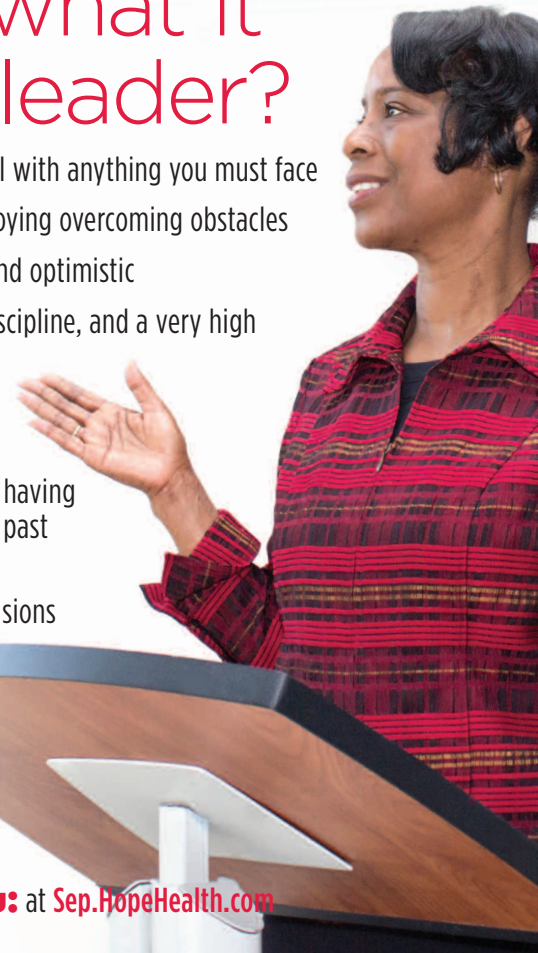
Source: *National Institute on Aging*



Do you have what it takes to be a leader?

- **Emotional stability**: psychological maturity to deal with anything you must face
- **Dominance**: being assertive and decisive, and enjoying overcoming obstacles
- **Enthusiasm**: being active, expressive, energetic, and optimistic
- **Conscientiousness**: having a sense of duty, self-discipline, and a very high standard of excellence and desire to do your best
- **Social boldness**: being thick-skinned, responsive to others, and having high emotional stamina
- **Self-assurance**: being self-confident and resilient, having little or no need for approval, not being affected by past mistakes or failures
- **Intuitiveness**: trusting your gut when making decisions
- **Empathy**: being able to put yourself in the other person's shoes
- **Charisma**: being able to get people excited and united around a common vision or goal

Source: *U.S. Small Business Administration*



Life is like one big blueprint, if you don't make plans then your future will not be built.

— Rea Hayman

How does the Affordable Care Act impact you personally?

Figuring out how the Affordable Care Act may or may not affect you and your family members can be tricky. It depends on various factors. To get a better idea of how the law may benefit your particular situation, use a personalized online tool. Go to Sep.HopeHealth.com/aca.

Make child's play pay

Kids like video games. Parents can use this to their advantage in teaching youngsters how to be financially responsible. Online money management games geared toward kids are plentiful. One is World of Cents, put out by the federal government. The game, created for ages 5 and older, is designed to help teach the value of money through the concepts of earning, saving, and spending money, while incorporating basic math concepts. To access the game go to Sep.HopeHealth.com/game.



FiscalFitness:

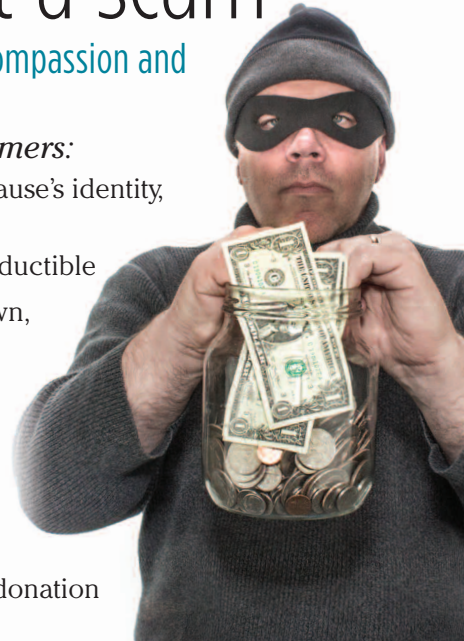
Give to a cause, not a scam

Many fraudsters prey on people's passion for compassion and try to trick individuals to give to phony causes.

Here are some telltale signs of charity scammers:

- Won't provide detailed information about the cause's identity, mission, costs, and how the donation will be used
- Won't provide proof that a contribution is tax deductible
- Uses a name very similar to that of a better-known, reputable organization
- Thanks you for a pledge you don't remember making
- Uses high-pressure tactics, such as trying to get you to donate immediately
- Asks for donations in cash
- Offers to send a delivery service to collect the donation immediately
- Guarantees sweepstakes winnings in exchange for a contribution

Source: Federal Trade Commission



Making sense of Social Security start dates

When can and should you start collecting your Social Security retirement benefit?

Active Aging

It all depends. According to the Social Security Administration, early or late retirement will give you about the same total Social Security benefits over your lifetime.

- If you retire early, the monthly benefit amounts will be smaller to take into account the longer period you will receive them.
- If you retire late, you will get benefits for a shorter period of time, but the monthly amounts will be larger to make up for the months when you did not receive anything.
- The "break-even age" — when you come out ahead by waiting for Social Security at full retirement age (versus taking benefits at age 62) is about age 78. Consider both your health status and financial need when deciding when to start your benefit.

To determine how your retirement age will affect your benefit, go to Sep.HopeHealth.com/retirement to access a benefits calculator.

Source: Social Security Administration



“Today is the oldest you’ve ever been, and the youngest you’ll ever be again.” — Eleanor Roosevelt

Score a touchdown with a smart tailgating strategy

Fall, football, food, and friends — 'Tis the tailgating season. Plan ahead so you don't fumble through your party. For example, bring items in a large plastic tub. When it's time to pack up after the tailgate, line the tub with a garbage bag, and put all dirty dishes inside. Bring a metal bucket for still-glowing coals, and make sure your grill is extinguished properly.

See page 8 — Stock Your Toolbox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

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What's Trending Now: The full power of protein

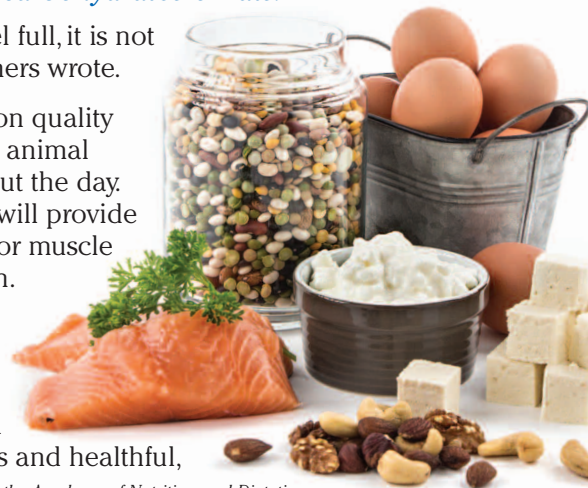
A recent study may confirm what many people have thought for years: Upping the protein you consume may make you feel full sooner than taking in calories composed mainly of carbohydrates or fats.

Although protein may help individuals feel full, it is not a magic bullet for weight loss, the researchers wrote.

Experts suggest that people should focus on quality sources of low-fat proteins, both plant and animal based, and consume the protein throughout the day. This strategy may not only curb hunger, it will provide your body with the amino acids it needs for muscle health, immunity, and hormone production.

Although focusing on getting protein is important, eating mainly or only protein is not a healthful approach. Make sure to get a variety of foods, including those with the other macronutrients — carbohydrates and healthful, unsaturated fats.

Source: *Journal of the Academy of Nutrition and Dietetics*



Active Aging Keep busy throughout the day, keep memory problems at bay

A recent study showed that older individuals who participated in common pastimes were able to ward off age-related declines in memory and thinking.

The study found that:

- Those who used a computer showed a 42% lower risk of developing mild cognitive impairment, a precursor to dementia.
- Reading magazines was associated with a 30% drop in risk of issues with memory and thinking.
- Participating in social activities was associated with a 23% drop in the risk for developing memory impairment.
- Practicing a craft task, such as knitting, was associated with a 16% drop.
- Game playing reduced risk by 14%.

The study did not address the issue of cause and effect.

Source: *Healthfinder.gov (American Academy of Neurology Annual Meeting, Vancouver, Canada, April 15 – 21, 2016)*



Your Health Matters:

Take the Fruits-and-Veggies challenge

September is Fruits and Veggies — More Matters Month

Eating enough produce throughout the day is important. It can keep you full and regular. However, many times people fall short of the daily goal of 1 ½ to 2 cups of fruit and 2 to 3 cups of vegetables. Take this month to focus on eating more produce.



Sep. 1 – 7: Add fruit to your breakfast. Making a smoothie with some plain yogurt, milk, and a mix of frozen fruit can be a yummy treat to get you going first thing.

Sep. 8 – 14: Snack on some vegetables. Baby carrots and celery stalks along with a side of hummus can curb mid-morning and mid-afternoon hunger.

Sep. 15 – 21: Serve up a side salad. In addition to your normal lunch fare, opt for some greens – spinach or kale tossed with a small amount of light dressing can be very satisfying.

Sep. 22 – 30: Try something new. Consider sampling fruits and vegetables that are out of your norm. You likely can uncover many options with a quick trip through the produce section of your local grocer.



Stock Your Toolbox:

Your Source for Cool Tools & Resources

Check out Sep.HopeHealth.com for a ton of useful wellbeing information. In addition to the links included throughout the newsletter, here's what else you can find online:

A Credible Health Information Checklist...

to use when looking up medical-related articles and resources online.

Wet-Foot Test Instructions...

to figure out your foot and arch characteristics so you can make sure to wear the right athletic shoes.

A Crossword Puzzle...

to test how well you know the topics covered in this issue of the newsletter.



Go to Sep.HopeHealth.com to find these resources.

“You know you’re getting older when — well, first off, when you read almost any story that begins, ‘You know you’re getting older when.’ But you also know it when you’ve not only never heard of the musical guest on a given ‘Saturday Night Live’ but never heard of the host, either.”

— Tom Shales

“Your stomach shouldn’t be a waist basket.”

— Author Unknown

“Anyone who thinks the art of conversation is dead ought to tell a child to go to bed.”

— Robert Gallagher

“Why do people say, ‘no offense,’ right before they’re about to offend you?”

— Author Unknown



CREDIBLE HEALTH INFORMATION CHECKLIST

Be sure you're using credible sources when researching health-related issues. The information you're relying on should be medically sound.

There are numerous health and wellness sources out there — not all of them credible. What's more, recommendations can change based on new research. You need to check on facts, figures, and recommendations you find.

How do you know what's good? Here are things to keep in mind when reviewing sources — both online and offline:

Consider the source.



WET-FOOT Test

Materials

- Water
- Cookie sheet or container big enough to hold a thin layer of water and has room to fit a foot
- Two pieces of brown paper bag or paper-like material that can absorb water (one for each foot)
- Hard, level and sturdy surface

Steps

1. Put water into container.
2. Place foot into container.
3. Take wet foot out of container.
4. Gently, but firmly step on brown paper bag.
5. Step off brown paper bag.
6. View results on brown paper bag and repeat with other foot.
7. After completing process, a wet imprint of each foot will remain on brown paper bag. The imprint corresponds to a foot type.

Foot Types

