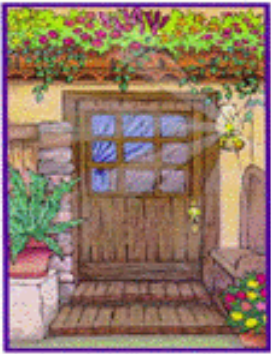


All About Seniors, Inc.

Resource, Referral, and Placement Services

January 2011

Serving our Clients with Compassion and Dignity



**It's All About Quality
It's All About Choices
It's All About Seniors**

**Helping adult clients with
their care and housing
needs.**

Our Dedicated Team:

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Healthy Aging: Tips for Coping with Change

As you age, there will be periods of both joy and stress. It's important to build your resilience and find healthy ways to cope with challenges. This ability will help you make the most of the good times and keep your perspective when times are tough.

- **Focus on the things you're grateful for.** The longer you live, the more you lose. But as you lose people and things, life becomes even more precious. When you stop taking things for granted, you appreciate and enjoy what you have even more.
- **Acknowledge and express your feelings.** You may have a hard time showing strong emotions, perhaps feeling that such a display is inappropriate and weak. But burying your feelings can lead to anger, resentment, and depression. Don't deny what you're going through. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal.
- **Accept the things you can't change.** Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humor.
- **Look for the silver lining.** As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.
- **Take daily action to deal with life's challenges.** When challenges seem too big to handle, sweeping them under the carpet often appears easier. But ignoring the problem doesn't make it go away; it allows both the problem and your anxiety to build. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.

Source: http://www.helpguide.org/life/healthy_aging_seniors_aging_well.htm

The 60-Second Bone Builder

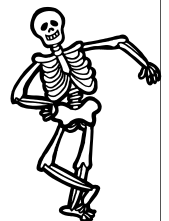
You've probably been told that if you want strong bones, you need to do weight-bearing exercise. That's because weight lifting, running, and other high-impact exercises put strain on your bones, stimulating new bone growth. In contrast, low-impact activities like walking and stationary cycling have very little effect.

But here's the good news: You don't have to abandon your daily stroll for a strenuous jog. According to a study by a doctor at Hebrew University, a simple 60 second run in the middle of your walk is enough to signal your bones to add mass!

"You need to subject your bones to more impact than what they are used to," agrees an MD at Stanford University. So if you're inactive, start walking. And if you are already walking, add a simple 60 second jog.

Hate running? Then try the "zigzag walking" technique. This consists of side-to-side strides, or forward and suddenly backward steps. The surprise change in direction may also help build stronger bones.

Source: Excerpted from the *Prevention* Special Report *Bone-Building Breakthroughs*.



SOLVE THE RIDDLE



Flat as a leaf
Round as a ring
Has two eyes
But can't see a thing

The first two people with the right answer from each County to call us will receive a \$10.00 Starbucks gift card.

Answer to December riddle: Globe

Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man. ~Benjamin Franklin

Seven tips from Dr. Oz to prevent a heart attack

Dr. Mehmet Oz knows all too well what makes people—and their hearts—tick. He's director of the Cardiovascular Institute and Complementary Medicine Program at New York Presbyterian Hospital and professor of surgery at Columbia University in New York City.



As a cardiologist, Dr. Oz suggests that we use these seven tips to find the joy in adopting heart-healthy lifestyle changes – and making them fun. “You absolutely can prevent and virtually reverse heart disease by making these sensible lifestyle changes,” he said in an interview with *Heart Healthy Living* magazine.

- **#1: Get rid of belly fat:** “This type of fat squeezes the kidneys, poisons the liver, raises blood pressure, increases inflammation, and blocks the ability of insulin to work,” says Dr. Oz.
- **#2: Take a deep breath. Repeat.** “Deep breathing helps as a mini meditation that counters the toxic effects of stress. It's like hitting your reset button!” Dr. Oz says.
- **#3: Listen to guided imagery tapes or CDs:** “I've fallen in love with guided imagery,” says Dr. Oz. “It calms my patients, and studies have shown that it can absolutely help the body heal.” He worked with a leading guided imagery expert to create a special CD for people undergoing cardiac rehab.
- **#4: Keep your health numbers low:** Dr. Oz recommends that heart patients get basic lab tests to monitor cholesterol, blood sugar, and blood pressure - and that you work toward keeping your numbers for blood pressure, blood sugar, and LDL (bad) cholesterol a bit lower than the target figures your doctor may recommend.
- **#5: Stop drinking pop:** “One of the easiest and best things you can do for your heart is to simply stop drinking sweetened sodas and other sugary beverages,” says Dr. Oz. “A large glass of soda has around 169 calories. Over the course of a day, you'll take in way more calories than you need and get zero nutrition from them.”
- **#6: Rev up your exercise program:** Aside from those daily walks, “You have to stress your heart with vigorous exercise at least twice a week for 30 minutes each session,” he reminds us. “That means exercising at a revved-up rate 'til you're somewhat out of breath.”
- **#7: Use music therapy and aromatherapy:** In a recent Japanese study, when subjects inhaled the aroma of lavender, it reduced their blood levels of the “stress hormone,” cortisol, and increased blood circulation to the heart.

Techniques to Improve Memory

Do you feel that you have a poor memory? As we age many of us experience minor memory lapses, which are not usually signs of a serious neurological disorder, such as Alzheimer's disease. Instead, we may just have some less-than-effective habits when it comes to taking in and processing information. Barring disease, disorder, or injury, it is possible for you to learn how to improve your memory.

Brain exercises to improve memory

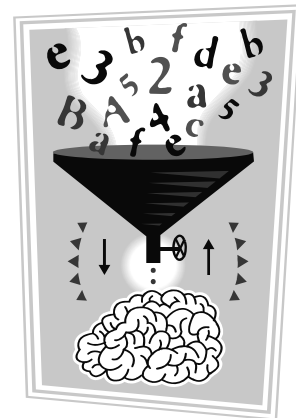
Memory, like muscular strength, requires you to "use it or lose it." The more you work out your brain, the better you'll be able to process and remember information. Brain exercises that will improve memory include:

- **Novelty and sensory stimulation.** If you break your routine in a challenging way, you're using brain pathways you weren't using before. This can involve something as simple as brushing your teeth with your nondominant hand, which activates little-used connections on the nondominant side of your brain.
- **"Neurobic" exercise** is an aerobic exercise for your brain that forces you to use your faculties in unusual ways, like showering and getting dressed with your eyes closed.
- **Learning new skills** can be the most effective way to improve memory. Take a course in a subject you don't know much about, learn a new game of strategy, learn a new language, or cook up some recipes in an unfamiliar cuisine. The key here is to choose something that interests you. The more interested and engaged your brain, the more likely you'll be to continue learning and the greater the benefits you'll experience.

General guidelines to improve memory

In addition to exercising your brain, there are some basic things you can do to improve your memory:

- **Pay attention.** You can't remember something if you never learned it, and you can't learn something — that is, encode it into your brain — if you don't pay enough attention to it. It takes about eight seconds of intense focus to process a piece of information into your memory. If you're easily distracted, try to receive information in a quiet place where you won't be interrupted.
- **Tailor information acquisition to your learning style.** Most people are visual learners; they learn best by reading or otherwise seeing what it is they have to know. But some are auditory learners who learn better by listening. They might benefit by recording information they need and listening to it until they remember it.
- **Involve as many senses as possible.** Even if you're a visual learner, read out loud what you want to remember. If you can recite it rhythmically, even better. Try to relate information to colors, textures, smells and tastes. The physical act of rewriting information can help imprint it onto your brain.
- **Relate information to what you already know.** Connect new data to information you already remember, whether it's new material that builds on previous knowledge, or something as simple as an address of someone who lives on a street where you already know someone.
- **Organize information.** Write things down in address books and datebooks and on calendars; take notes on more complex material and reorganize the notes into categories later. Use both words and pictures in learning information.
- **Understand and be able to interpret complex material.** For more complex material, focus on understanding basic ideas rather than memorizing isolated details. Be able to explain it to someone else in your own words.
- **Rehearse information frequently and "over-learn".** Review what you've learned the same day you learn it, and at intervals thereafter. What researchers call "spaced rehearsal" is more effective than "cramming." If you're able to "over-learn" information so that recalling it becomes second nature, so much the better.
- **Be motivated and keep a positive attitude.** Tell yourself that you *want* to learn what you need to remember, and that you *can* learn and remember it. Telling yourself you have a bad memory actually hampers the ability of your brain to remember, while positive mental feedback sets up an expectation of success.



Control Your Cravings by “Crowding Out”

Why are so many people turned off by nutrition? Perhaps it's because some people associate nutrition with restriction...thinking they'll have to give up their favorite foods in order to be healthy.

The most effective methods to overcome habitual consumption of unhealthy foods is to simply crowd them out. In other words, add more healthy food to your diet rather than cutting out the foods you enjoy.

The crowding out theory says that if you fill your body with healthy, nutrient-dense foods, it is only natural that cravings for unhealthy foods will diminish.

Think about it. It's hard to eat five servings of fruits and vegetables a day and still have room to binge on ice cream later that evening. The body can only consume so much. By eating and drinking nutritious foods earlier in the day, you will naturally leave less room for unhealthy foods later on.

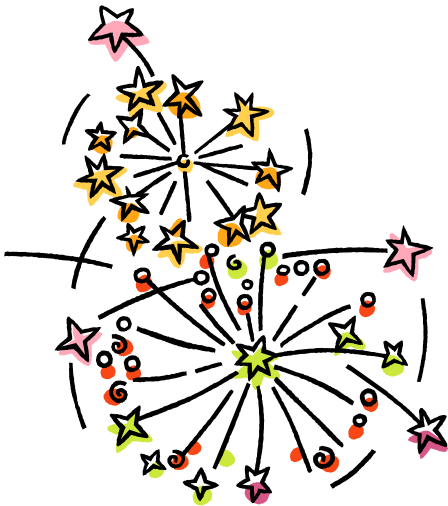
This method is most evident when you increase your intake of water. Fill a water bottle or pitcher with clean, filtered water and sip it steadily throughout the day. As the day progresses, you will have less room for coffee, sugary juices and soft drinks. It's really that simple!

Unlike strict diets, there's no guilt or denial associated with the crowding out method. Start this week by increasing your intake of nutritious foods -- such as dark leafy greens and whole grains -- and you'll begin to notice that your body has less desire for processed, sugary, and nutrient-deficient foods.

Source: www.integrativenutrition.com



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HAPPY NEW YEAR