

Essential Health Tips for Seniors

In the last census baby boomers, those 65+, accounted for 13% of the population. This age group grew at a faster rate than the population under age 45, and it is clear that the US is an aging population. Happily, aging is different now than it was for our parents and grandparents. Today, there are more people living longer than at any other time in history. "We need to become activists in promoting healthful behaviors and try our best to remain active and healthy the rest of our lives," says soon-to-be 65-year-old Arthur Hayward, MD.

How to do it? Dr. Hayward recommends these easy health tips for seniors:

Quit smoking. Take this critical step to improve your health and combat aging. Smoking kills by causing cancer, strokes and heart failure. Smoking leads to erectile dysfunction in men due to atherosclerosis and excessive wrinkling by attacking skin elasticity.

Keep active. Do something to keep you fit each day. Something that you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.

Eat well. Combined with physical activity, eating nutritious food in the right amounts can help keep you healthy. Illnesses such as heart disease, obesity, high blood pressure, type 2 diabetes, and osteoporosis can be prevented or controlled with dietary changes and exercise. Calcium and vitamin D supplements can help women prevent osteoporosis.

Maintain a healthy weight. Extra weight increases your risk for heart disease, diabetes and high blood pressure. Get to your healthy weight and stay there by eating right and keeping active. Replace sugary drinks with water. Water is calorie free!

Prevent skin cancer. As we age skin grows thinner; it becomes drier and less elastic. Wrinkles appear, and cuts and bruises take longer to heal. Be sure to protect your skin from the sun. Too much sun and ultraviolet rays can cause skin cancer.

Prevent falls. We become vulnerable to falls as we age. Prevent falls and injury by removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. Did you know that people who walk barefoot fall more frequently? Wear shoes with good support to reduce the risk of falling.

Stay up-to-date on immunization and other health screenings. By age 50, women should begin mammography screening for breast cancer. Men can be checked for prostate cancer. Many preventive screenings are available. Those who are new to Medicare are entitled to a "Welcome to Medicare" visit and all Medicare members to an annual wellness visit. Use these visits to discuss which preventative screening vaccinations are due.

Get regular dental, vision and hearing check-ups. Your teeth and gums will last a lifetime if you care for them properly, that means daily brushing and flossing and getting regular dental checkups. By age 50, most people notice changes to their vision, including a gradual decline in the ability to see small print or focus on close objects. Common eye problems that can impair vision include cataracts and glaucoma. Hearing loss occurs commonly with aging, often due to exposure to loud noise.

Manage stress. Try exercise or relaxation techniques, perhaps meditation or yoga as a means of coping. Make time for friends and social contacts and fun. Successful coping can affect our health and how we feel. Learn the role of positive thinking.

Consultant of the Month Julie Clifton



Julie has been in the business for over 12 years. "I fell in love with it after fitting my first patient that had a brain disorder that left him stuttering. Once fitted with the hearing aids his stuttering subsided, needless to say it was one of the most gratifying, self rewarding experiences in my life." She has found through the years that you always put your patients first, be willing to listen and be a detective to find out what is really going on in their life and how it affects them, then become a problem solver to help them in any way you can.

PCC of the Month Rachel Cutting



"Love what you do, and when you love what you do, you want to be the best at it." This quote is what best describes Rachel Cutting. Her mother asked her if she wanted the opportunity to make a difference in peoples lives, that was the key phase to get Rachel to work as a PCC. "My favorite part of this job is being able to make a positive impact in my community. Such as when a patient comes in and tells me about how they can talk to their children and grandchildren on the phone that they haven't been able to communicate with for years."

Ultimate Fried Chicken Sandwiches

Ingredients:

- 4 small skinless, boneless chicken thighs (about 1 1/2 lb.)
- 3/4 c. low-fat buttermilk
- 2 tsp. garlic powder
- 1 c. all-purpose flour
- 2 c. vegetable oil or canola oil
- 4 potato rolls
- Shredded romaine, for serving
- Sliced tomatoes, for serving
- Hot sauce, for serving



Directions:

1. In a large bowl, combine chicken, buttermilk, garlic powder and 1/2 teaspoon each salt and pepper. Place flour in large shallow dish. Remove 1 piece chicken from buttermilk, allowing excess to drip off; dip in flour, then buttermilk, then flour. Place on cutting board. Repeat with remaining chicken.
2. In 12" skillet, heat oil on medium-high until hot (325 degrees F on deep fry thermometer). Add chicken to skillet and reduce heat to medium. Fry 15 to 20 minutes or until golden brown and chicken is cooked (165 degrees F), turning over occasionally for even browning and adjusting heat as needed. (If chicken is browning to quickly reduce heat to medium-low for a few minutes.) Transfer to wire rack set over large piece of foil. Sprinkle with 1/4 teaspoon salt. Serve on rolls, topped with romaine, tomato, pickles and hot sauce.

Ranch & Blue Cheese Combo

1/2 c. ranch dressing, for serving

3 tbsp. Hot sauce, for serving

1/4 c. crumbled blue cheese, for serving

Sliced red onion, for serving

Chipotle Combo

1/2 c. chipotle mayo, for serving

Sliced tomato, for serving

Shredded cabbage, for serving

Honey & Cayenne Combo

1/4 c. honey, for serving

1/2 tsp. cayenne, for serving

Sliced pickles, for serving

Pesto & Provolone Combo

1/4 c. pesto, for serving

4 slices provolone, for serving

1/4 c. chopped pepperoncini, for serving

Relish & Sweet Onion Combo

1/4 c. relish, for serving

1/4 c. chopped sweet onion, for serving

Butter lettuce, for serving

<https://www.goodhousekeeping.com/food-recipes/easy/a36261/ultimate-fried-chicken-sandwiches/>

Riddle of Month

What word in the English language does the following: the first two letters signify a male, the first three letters signify a female, the first four letters signify a great person, while the entire word signifies a great woman. What is the word?

Answer: _____

STAY TUNED! Answer will be in our August's Newsletter

Answer to June's Riddle: The letter E

A Little Laughter

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other guy whips out his phone and calls the emergency services. He gasps, "My friend is dead! What can I do?" The operator says "Calm down. I can help. First, let's make sure he's dead." There is a silence, then a shot is heard. Back on the phone, the guy says "OK, now what?"