



QUOTE OF THE MONTH Age is an issue of mind over matter. If you don't mind, it doesn't matter. -Mark Twain

HEALTH HUMOR



"The red circles are your red blood cells. The white circles are your white blood cells. The brown circles are your donuts. We need to talk."



Healthy Eating As We Age

by: Carlie Dever

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults. Check out these tips from www.choosemyplate.gov:

Nutrients

Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B12, minerals, and dietary fiber. Lose weight or maintain a healthy weight. Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease. Meet individual calorie and nutrition needs. Help to maintain energy levels.

Special Nutrition Concerns for Older Adults

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink. Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods. Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge. Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat. Drink 3 cups of fat-free or low-fat milk

throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks. Consume foods fortified with vitamin B12, such as fortified cereals.

Be Active Your Way

Focus on maintaining a healthy body weight. Being physically active can help you stay strong and independent as you grow older. If you are overweight or obese, weight loss can improve your quality of life and reduce the risk of disease and disability. Adults at any age need at least 2 ½ hours or 150 minutes of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal. Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible. Include activities that improve balance and reduce your risk of falling such as lifting small weights. Add strength building activities at least 2 times per week. Being active will make it easier to enjoy other activities such as shopping, playing a sport, or gardening. If you are not sure about your level of fitness, check with your doctor before starting an intense exercise program or vigorous physical activity.



Freedom Home Health Care

Newsletter

March 2018

ON THIS DAY IN HISTORY

MARCH
1

Yellowstone becomes the U.S.'s first national park. (1872)

MARCH
3

The Star Spangled Banner becomes the

MARCH
17

The rubber band was invented. (1845)

TRIVIA

What Day in March is Pi Day?

On March 7th, 1876, what did Alexander Graham Bell receive a patent for?

The first recorded St. Patrick's Day was held on March 17th, 1762, in what city?

Answers: 3/14, The Telephone, New York City

MONTHLY OBSERVANCES

National Nutrition Month
American Red Cross Month
National Craft Month

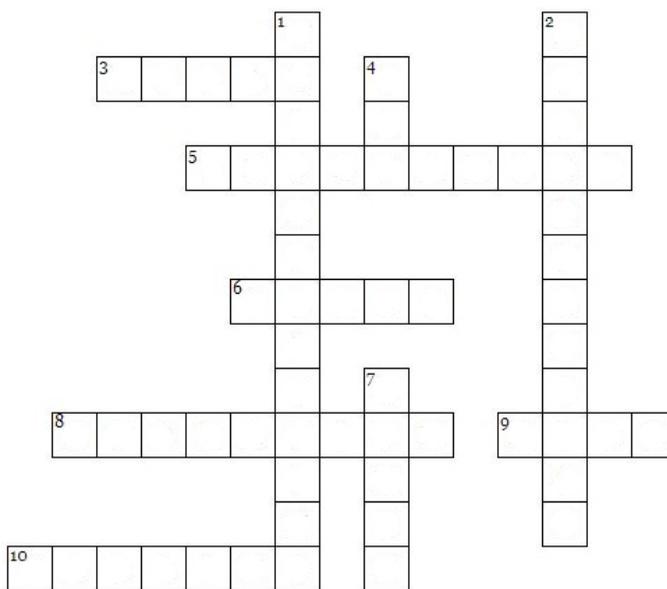
NUTRITION CROSSWORD

ACROSS

- It keeps the doctor away
- A traditional Japanese diet today consists of some 11-15 servings of this
- Lack of it can lead to chronic issues of hypertension, a propensity of diabetes, or obesity, and other health problems
- Proper _____ is important when participating in physical activity
- Best source of calcium
- Every 15 minutes, an older person is admitted into the hospital from this happening.

DOWN

- A muscle strengthening exercise
- 90% of Americans aged 55+ are at risk for _____
- Foods low in _____ help reduce your risk of heart disease
- Group of people more likely to develop heart disease



Answers: 1-weightlifting 2-hypertension 3-apple 4-fat 5-vegetables 6-sleep 7-women 8-hydration 9-milk 10-falling

Why shouldn't you iron a 4 leaf clover?

Because you might press your LUCK!

