



The Savvy Senior

September is known for Labor Day, the start of the harvest months and the fall equinox, and traditionally, the beginning of a new school year.

September is a month of remembrance.

In addition to Labor Day, September is a month of remembrance for many people. It's a time to honor and remember those who have made sacrifices for their country, their community, or their loved ones.

Some of the observances during this month include Patriot Day on September 11th, POW/MIA Recognition Day on September 18th, and Gold Star Mother's Day on the last Sunday in September, which honors the mothers who have lost a child in military service.

September is also the most common birthday month.

Why? Glad you asked, given that pregnancies last an average of about 38 weeks, this means many people are conceiving in December, around the holidays. Parties and pregnancy apparently go together.

September is a month of transition.

As summer fades away, the leaves start changing color, and the days get shorter. We begin to prepare for the cooler months ahead.

Take time to enjoy the brisk mornings and the warm sunshine on your face.

This world is a beautiful place. Stop and smell the roses...or the orange and red Mums.

"Autumn carries more gold in its pocket than all of the other seasons."





Featured *Articles*

EngAGEMENT is Key for Seniors

Get Rid of Loneliness and Isolation!

Research has shown that for older adults, staying engaged in enjoyable activities is associated with better physical and mental health. Being involved with others is strongly associated with better brain function.

So, it is not only fun, but also good for you! You might not have ever imagined that while you were singing in the church choir, or meeting with your book club, or volunteering at the animal shelter that you were improving your brain health!

Cognitive decline and memory problems can make senior citizens particularly prone to mental health issues.

This is why most people choose to move to one of the assisted living and memory care communities.

The good news is old age doesn't necessarily have to be painful.

In addition to therapy and clinical intervention, several resources and activities can help older adults stay mentally engaged. It can keep them in good spirits and help them stay sharp.

Physically: In the aging population, exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function.

Socially: Being socially active builds a greater sense of belonging and higher self-worth levels. Studies show that when seniors engage with others who are passionate about similar hobbies and activities, they enjoy increased self-esteem out of those social relationships.

Mentally: Just as the physical body needs stimulation and activity to stay fit and healthy; the same way the brain needs stimulation for cognitive health and for staying sharp. To that end, here are a few great common and easily accessible brain activities:

Reading/Writing, Playing games & Puzzles and Learn a New Language are just examples of activities that help you!



Featured *Articles*

**Who is the
'Golden
Bachelor'?**

**He is the 71-year-
old star of ABC's
dating show for
seniors.**

**Meet Gerry
Turner, the first
star of "The
Golden
Bachelor."**



**Ok ladies, grab your besties and a
bottle of wine to watch this Falls
sexy new show!**

**It's been two months since ABC announced that a senior
citizen version of "The Bachelor" was finally coming,
years after it was first announced in 2020.**

**This hunk will be searching for love when the show
premieres this fall.**

**Gerry Turner, 71, is making history as the first star of "The
Golden Bachelor,"**

Here's everything we know about him so far:

- **He is charming and a romantic**
- **Turner wed his high school sweetheart, Toni, in 1974.
The couple was married for 43 years and welcomed
two daughters, Angie and Jenny, and two
granddaughters, Charlee and Payton. Unfortunately,
Toni died of an illness in 2017.**
- **The retiree lives in his dream house on a beautiful
lake.**
- **For fun, he likes to host barbecues, watch his favorite
Chicago sports teams, play pickleball, go four-
wheeling, and relax with family and friends.**

**You won't have to wait long to watch Gerry's quest for
love. The first season of "The Golden Bachelor" will
premiere on ABC this fall, with episodes streaming on
Hulu the day after they air live.**



Retro *Remember When?*

Back to High School 1950





Food *For Thought*



Strawberry Consumption May Help Older Adults WHAT?



Daily strawberry consumption was linked to improved cognitive function, lower blood pressure and higher antioxidant capacity in a randomized clinical trial presented at Nutrition 2023, the annual meeting of the American Society of Nutrition (ASN).

The study, conducted at San Diego State University, builds on previous research demonstrating the cardiovascular, metabolic and cognitive health benefits of strawberries.

The double-blind, placebo-controlled study was conducted in 35 healthy men and women, aged 66 to 78. Participants consumed 26 grams of freeze-dried strawberry powder, equivalent to two servings of strawberries daily, or a control powder for eight weeks each.

Following strawberry consumption, cognitive processing speed increased by 5.2%, systolic blood pressure decreased by 3.6% and total antioxidant capacity significantly increased by 10.2%. Waist circumference decreased by 1.1% during both the control and intervention arms of the trial. While consuming the control powder, participants experienced increased serum triglycerides.

Consuming strawberries may promote cognitive function and improve cardiovascular risk factors like hypertension. A simple dietary change, like adding strawberries to the daily diet, may improve these outcomes in older adults.

The link between strawberry consumption and brain health has also been well explored in both clinical and population-based studies. Strawberries and pelargonidin, a biochemical primarily found in strawberries, were associated with a reduced risk of Alzheimer's dementia in studies conducted at Rush University. Long-term observational studies, including the Health Professionals Study and the Nurses' Health Study, found that strawberry consumers had lower rates of cognitive decline.



Healthy

Mind, Heart and Soul

For Your Mind: Learn To Cope With Change
No matter how old you are, change is inevitable.



As you age, it seems to be more prevalent. Changes – some minor, some major – can cause stress and discomfort. Learning to accept these changes and move on is the best thing you can do.

Here are a few tips for coping with change after 60:

Focus on the things you are grateful for: Aging brings deaths and losses which emphasizes how precious life truly is. Learn to appreciate what is important and enjoy what you have.

Don't be afraid to acknowledge and express your feelings: Talk about how changes make you feel. Let someone know if you are frightened or nervous about moving to a new home, or living alone after losing your partner. Your feelings are valid and important, and your loved ones want to help.

Learn to accept the things you cannot change: Some of the changes you encounter will be big and life-altering and some will be small. If there isn't anything you can do about it, learn to just accept that and move on.

Look for the silver lining: Change doesn't have to be negative. Change is just different. Make it a challenge to find the good or positive in the change instead of looking for the bad or negative. You might be surprised at how much a small change in attitude can make a huge difference in the outcome of a situation.

Your mind is like everything else, use it or lose it! Keep it active so you will know what is going on around you well into your future.





Questions *From Readers*

What are good questions to ask my primary care doctor?

GREAT question!

Some topics are easy to forget in the moment. That's why you should consider bringing this checklist with you on your next visit.

- 1. Is my blood pressure in the healthy range? Elevated blood pressure can be an early indicator of cardiovascular disease, kidney disease and stroke. If your blood pressure is high, your doctor might recommend modifying your diet, physical activity, or medication.**
- 2. What is my body mass index (BMI)? While BMI numbers aren't always perfect, they can be a useful tool in assessing risk for diabetes, hypertension, heart disease, and stroke.**
- 3. Am I getting enough physical activity? Regular exercise can prevent or delay many of the health problems that tend to come with age. Exercises that increase balance, coordination and muscle strength can aging adults continue to complete day to day activities without becoming dependent on others.**
- 4. Should any changes be made to my medications? Almost 1 in 3 U.S. seniors visit at least five doctors per year, and it's up to their primary care providers to coordinate that care. Managing medications is a major part of that coordination. Review the list of medications you are taking with your doctor, as well as dosages, supplements, and any over-the-counter medications you take regularly. Our health can improve, our bodies can change, and sometimes, new symptoms can arise because we take medications we no longer need. That's why these reviews are important.**

- 5. Is there anything concerning in my family health history? Many diseases and chronic conditions are genetic. By exploring family health history with you doctor, you can learn about specific, preventative measures and tests that can help you avoid the same fate as your loved ones. Don't forget to bring up any new illnesses that have been diagnosed recently within the family.**
- 6. What can I do to prevent falls? Good mobility is key to a safe, independent lifestyle. Ask what you can do to prevent falls and whether it's safe to climb stairs. If you've fallen in the past or have had balance issues your doctor may suggest a vision or hearing test, or aids like grab bars, toilet chairs and walkers. Accidents happen but falls can be prevented.**
- 7. Do I have bladder control issues? While urinary incontinence – also known as overactive bladder – can happen to anyone, it is more common in older people, especially women. Often, incontinence can be controlled or even stopped altogether, but it's an issue that's rarely talked about and underdiagnosed. Your doctor needs to know there may be a concern, so they can provide early treatment and options for you. This can be key in avoiding complications down the road.**
- 8. Are the signs or symptoms I'm experiencing normal? Bodies are mysterious. We all develop body issues that can be deemed embarrassing, but that shouldn't stop us from bringing them up with a doctor. In addition to incontinence, erectile issues, bowel movements, and menopause symptoms are among the most common topics that patients have a difficult time discussing.**
- 9. Should I be worried about memory problems? Simple forgetfulness may not be a sign of a deeper issue, but if you've experienced changes in memory, focus or mood, you should bring it up with your doctor. Your provider can determine if you have a medical condition that increases risk for developing Alzheimer's disease or another form of dementia. They can also explain what tests can be performed to rule out those diseases as a diagnosis.**
- 10. What annual screenings do you recommend for my age and gender? Cancer screening test recommendations start to ramp up as we enter our 40s and 50s. Find out if it's time to schedule a pap smear, colonoscopy, mammogram, lung cancer screening or prostate exam.**

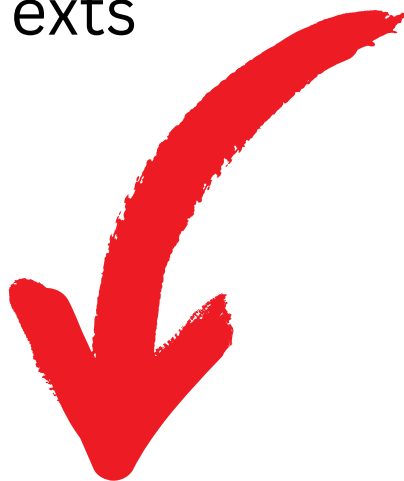


Scams Against Seniors

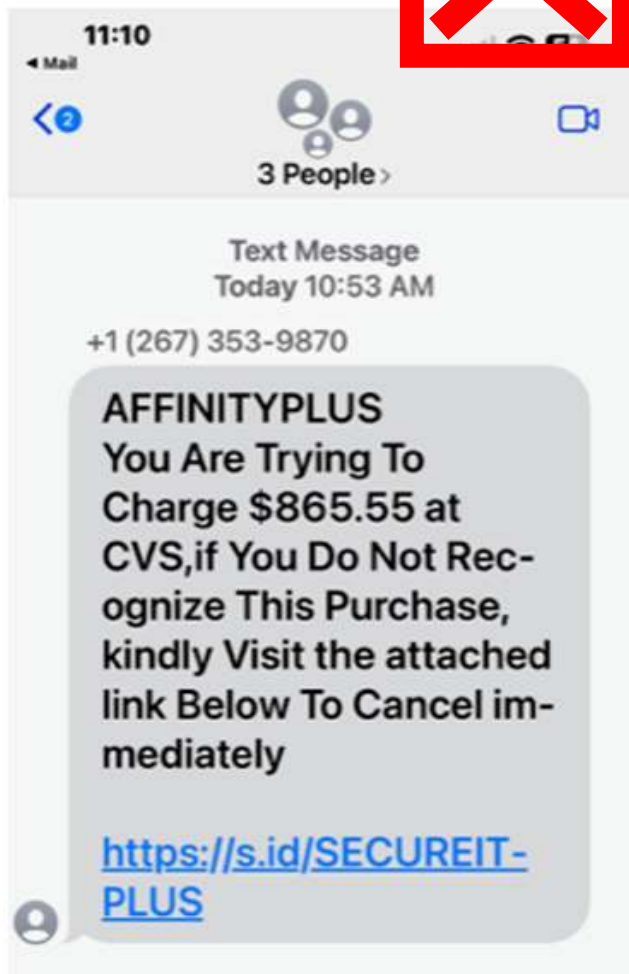
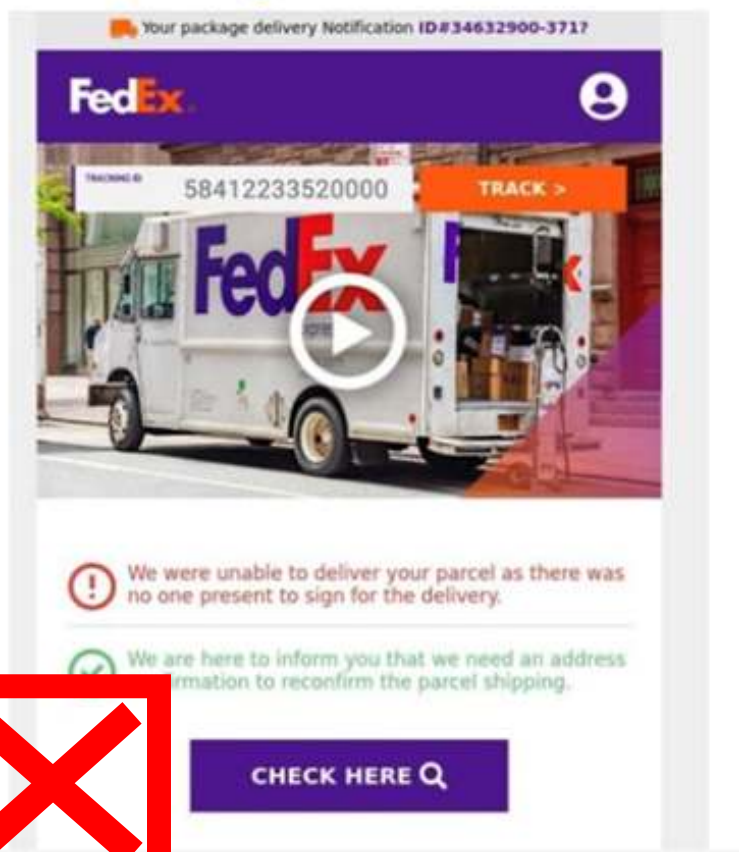
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