

The Savvy Senior Journal



November is best known for Thanksgiving and Veterans Day, but it's packed with an abundance of special days of awareness and observances to celebrate.



Did you know that there are actually health benefits to gratitude? Gratitude is something that should be practiced a lot more than for a couple of minutes once a year – more like a couple of minutes every day!

“Gratitude is a powerful catalyst for happiness. It’s the spark that lights a fire of joy in your soul.” – Amy Collette

NOVEMBER IS NATIONAL GRATITUDE MONTH

National Gratitude Month was an initiative started by Stacey Grewal, who believes gratitude to be an essential ingredient of a happy and fulfilling life. When one embraces gratitude, they immediately shift their focus from the negative to the positive things in their lives.

FIND NEW WAYS TO SHOW GRATITUDE

- Get a gratitude journal and start practicing gratitude journaling.
- Give someone a surprise thank you gift. Not because it's a holiday or birthday, but just to say thank-you for being great.
- Reward good customer service experiences. The next time you go out for drinks, tip the bartender a little extra, or put an extra few dollars in your favorite barista's tip jar.
- Pay it forward. If you're headed out to get food from a fast food drive through, pay for the order behind you!
- Get gratitude decor, so you can have a visual reminder to practice gratitude this month, and always!



Featured Articles

Social Environments are Important in Proper Nutrition in Older Adults

by Kathy Beerman, PhD

OLDER INDIVIDUALS ARE MORE VULNERABLE TO NUTRITIONAL RISK AND HEALTH OUTCOMES RELATED TO INADEQUATE NUTRITION DUE TO PHYSIOLOGICAL CHANGES ASSOCIATED WITH THE AGING PROCESS.



According to a new study published in *The Journal of Nutrition*, a supportive social environment may protect against nutritional risk among middle and older adults.

Social circumstances such as eating alone, insufficient help with grocery shopping, and meal preparation may also contribute to nutritional risk in older adults. Evidence from diverse health-related research illustrates the importance of strong social ties.

Furthermore, impaired social support networks are not only associated with increased risk for mortality but also poor nutritional behaviors.



NUMEROUS SOCIAL FACTORS SUCH AS BEING MARRIED, HAVING A SENSE OF TRUST AND SECURITY IN THE COMMUNITY, AND PARTICIPATING IN RELIGIOUS ORGANIZATIONS ARE ALSO ASSOCIATED WITH GOOD NUTRITIONAL STATUS.

While the relationship between individual social factors and nutritional health has been previously evaluated, the simultaneous relationship between multiple social factors and their overall contribution to the strength of the social environment has yet to be considered. As social factors may act synergistically to affect nutritional outcomes, an investigation that assesses multiple social factors in combination is warranted.

Evaluation of the consumption of major food groups (whole grains, protein foods, dairy products, and fruits and vegetables) by social environment profiles and nutritional risk status was also assessed. Analyses were conducted among the total sample and by middle-aged and older-aged subgroups.

The low support social environment profile had the poorest nutritional outcomes, and these outcomes improved as support increased in the social environment.

Featured Articles

Healthy Gut Microbiome Linked to Greater Bone Density in Older Adults

We know that low physical activity is related to bones that are less dense and strong. Also, the bacteria in the intestine can produce other factors that may adversely affect the bone, namely factors that increase general low-level inflammation, which can have deleterious effects on bone cells. These findings may eventually lead to a modifiable factor for improving bone health. This new study supports a prevention approach by using “synbiotics,” which are probiotics combined with prebiotics. Physicians may be able to recommend synbiotics as a dietary approach to the preservation of bone health.



**“TIME AND HEALTH ARE TWO
PRECIOUS ASSETS THAT WE DON’T
RECOGNIZE AND APPRECIATE
UNTIL THEY HAVE BEEN
DEPLETED.” – DENIS WAITLEY**

HOW HEARING LOSS AFFECTS THE MENTAL HEALTH OF OLDER ADULTS

HEALTH & WELLNESS, OVER THE COUNTER

Just under half of those who have experienced hearing difficulty (46%) say that other people don’t understand how much hearing loss has impacted their lives.

“Education continues to be a major barrier in improving widespread hearing health,” says De Wet Swanepoel, professor of audiology and editor-in-chief of the International Journal of Audiology. “Both clinical and non-clinical data show that hearing loss has a significant negative effect on people’s lives, and yet more than half dismiss it as an inevitable part of getting older, resulting in an average of seven years between first experiencing hearing loss to purchasing a hearing aid.”

Despite growing efforts from hearing health advocates to raise consumer awareness about hearing health, a quarter of Americans aged 50 and older don’t recognize that hearing loss can impact one’s overall health, and only 38% say they are worried about hearing loss as they age. Instead, these respondents say they are more concerned about other signs of aging, such as eyesight decline (59%), diagnosis with severe health conditions (53%), cognitive health decline (48%), loss of balance (i.e., falling) (48%), and weight gain (40%).



Guest Author, Hollie Kemp

**CELEBRATING THE
CAREGIVER**

November is National Family Caregivers Month. This is a time to celebrate you and your efforts as a caregiver. The caregiver role can look vastly different for each person. We have all types of caregivers in our midst: caregivers for a spouse, others for a parent, and others for grandchildren or friends. Each caregiving role is equally important, rewarding, and hard. Some of you are active caregivers right now, and some are former caregivers. No matter the stage of caregiving you are in we honor you..

Your work as a caregiver provides immeasurable benefits to your loved one and tremendous value to society. The National Family Caregiver Month presidential proclamation reads:

“Family caregivers are the backbone of our Nations’ long-term care system, doing essential work with devotion, often at great emotional and financial cost. We owe them. It is time to bring their service out of the shadows and celebrate them. It is time to bring their service out to the shadows and celebrate and support them in living their own happy, healthy, and fulfilling lives.

During this month, if you yourself are a caregiver, take time to celebrate all you have accomplished by taking care of YOU. Have a staycation, go for a walk, get a new book, visit an old friend, or ask for help so you can take a day or more to yourself to recharge. If you are a friend or loved one of a caregiver, check in on them this month and offer to help in a specific way, such as by bringing a meal, thanking them, or sending flowers or a letter of encouragement. Take this time to reflect on the value your caregiving role has and all that you have accomplished. You have made a tremendous sacrifice, and this month, we want you to know you are seen, celebrated, and greatly appreciated. Without caregivers, so many individuals who need care, support, and assistance would not have it. Thank you for all you do and have done in your caregiver role.

**CAREGIVING OFTEN
CALLS US TO LEAN INTO
LOVE WE DIDN'T KNOW
POSSIBLE.” -TIA WALKER**



Remember When *Macy's Thanksgiving Day Parade*

HISTORY OF THE MACY'S THANKSGIVING DAY PARADE
THE MACY'S THANKSGIVING DAY PARADE HAS BEEN TAKING OVER THE STREETS OF MANHATTAN EVERY TURKEY DAY SINCE 1924, AND HAS BEEN TELEVISED SINCE 1946. THE PARADE FOLLOWS A 2.5 MILE ROUTE STARTING AT WEST 77TH STREET AND CANAL PARK WEST AND ENDING AT MACY'S HERALD SQUARE.



Food For Thought

HOW MUCH COFFEE SHOULD OLDER ADULTS DRINK? MORE THAN YOU THINK: STUDY

BY BROOKE STEINBERG

**RISE AND GRIND, COFFEE LOVERS, BECAUSE IT'S
TIME TO START BREWING — A LOT.**

Rise and grind, coffee lovers, because it's time to start brewing — a lot.

The average American coffee drinker consumes about three 8-ounce cups every day, per the National Coffee Association, but they'll need to eke out just one more to attain the life-enhancing benefits of bean juice, according to new findings.

A recent study published in the Journal of the American Medical Directors Association reveals that adults with a higher intake of caffeinated drinks were less frail and had significantly better physical function later in life.

"Coffee and tea are mainstay beverages in many societies around the world, including Singapore. Our studies show that consumption of these caffeinated drinks at midlife may be associated with a reduced likelihood of physical frailty in late life," said study leader and National University of Singapore professor Koh Woon Puay in a press release.

Researchers surveyed data from 12,000 participants (based in Singapore and of Chinese descent) between ages 45 and 74 over the course of 20 years, taking note of diet, medical history, sociodemographic characteristics, height, weight, energy levels, physical activities, and sleep duration.



**FURTHERMORE, THOSE WITH FOUR
OR MORE CUPS OF COFFEE DAILY
HAD A SUBSTANTIALLY DECREASED
LIKELIHOOD OF FRAILTY LATER IN
LIFE COMPARED TO THOSE WHO
DIDN'T HAVE A DAILY CUP OF JOE.
THOSE WHO DRANK BLACK OR
GREEN TEA DAILY ALSO SHOWED
REDUCED CHANCES OF FRAILTY
COMPARED TO NON-TEA
DRINKERS.**



**THE BEST COFFEE SHOULD BE LIKE AN
OLD FRIEND: WARM AND COMFORTING,
WITH JUST ENOUGH BITE TO KEEP YOU
ON YOUR TOES.**

**BUT, LIKE ANYTHING ELSE...ALWAYS TALK
TO YOUR DOCTOR!**

Healthy Heart, Mind, & Soul

Understanding the Importance of an Engaged Heart, Mind and Soul – By: Nasir Shaikh

THE LINK BETWEEN MIND, BODY, AND SOUL IS A SCIENTIFIC FACT.

Research reveals that we have three separate neural pathway networks, leading to the head, the gut, and the heart. These are the three brains, all capable of controlling how we feel and react.

We all want to be healthier versions of ourselves and improve our overall well-being. We often tend to concentrate only on the body, focusing on our physical health. While this is important, this alone would not be the only component of well-being that we should improve.

To achieve lasting health, we need to understand the importance of the body, mind, and soul and how they work together to build our overall health. A healthy body keeps you well and active, a healthy mind keeps you focused and engaged, and a healthy soul keeps you fulfilled and content.



WE ALL KNOW WHAT WE SHOULD DO TO LOOK AFTER OUR BODIES – EAT LESS AND MOVE MORE. HOWEVER, – IT IS MUCH EASIER SAID THAN DONE. FOR THE INITIAL PHASE, HERE ARE A FEW SUGGESTIONS FOR LOOKING AFTER YOUR PHYSICAL HEALTH AND NURTURING THE GUT AND ‘BRAIN.’

- 1. MODERATION IS THE KEY. START BY REDUCING THE INTAKE OF UNHEALTHY FOOD, SOFT DRINKS, CAFFEINE, AND ALCOHOL. LEARN TO READ NUTRITION LABELS AND FIND HEALTHIER OPTIONS FOR SNACKS.**
- 2. COMMIT TO REGULAR EXERCISE. YOU CAN FIND WAYS TO INCLUDE PHYSICAL ACTIVITY IN YOUR DAILY ACTIVITY, SUCH AS WALKING UPSTAIRS INSTEAD OF TAKING THE LIFT OR JOINING IN WITH LUNCHTIME SPORTS.**
- 3. BE PROACTIVE. KEEP ON TOP OF YOUR HEALTH BY SCHEDULING REGULAR MEDICAL CHECK-UPS TO MONITOR YOUR HEALTH AND WELL-BEING.**
- 4. CONCENTRATE ON THE BASICS. FOCUS ON YOUR SLEEP, NUTRITION, HYDRATION, AND EXERCISE. SET REALISTIC GOALS, CELEBRATE THE SMALL WINS, AND KEEP GOING!**

Questions From Readers

What are the top things seniors care about?

**GREAT QUESTION! HERE IS POLL WE FOUND THAT
WILL BE HELPFUL TO YOU!**

GOOD HEALTH

For many people, good health equates to freedom, independence, and staying active. Common ailments such as osteoporosis, arthritis, and incontinence can negatively affect one's quality of life. Having consistent, high-quality care to minimize the negative impacts of these and other health conditions associated with aging is essential.

RELATIONSHIPS

Strong connections to family and friends keep seniors from becoming isolated and lonely. Companionship is vital at any age, but especially as we age.

ROUTINE

A regular schedule provides stability and consistency for older adults who may otherwise feel lost as they give up some control of their day-to-day lives. With a routine of meals and activities, seniors know what to expect and avoid the confusion that can come with uncertainty.

FOOD

Food is an important part of self-care and also part of the community in terms of sharing meals and celebrations. Food that looks and tastes appealing, is nutritionally sound and doesn't cause any disagreeable side effects is a necessary part of everyone's overall health and well-being.

FINANCIAL SECURITY

Stress over finances is common at any age but for seniors, managing their money wisely is especially critical.

COMMUNITY

Whether participating in activities or finding companionship, being part of a community gives us a sense of belonging and connection that becomes even more critical as we age.

RESPECT

Seniors can feel marginalized when, even after a lifetime of contributing to society, they are ignored or treated like children. Addressing seniors with respect and common courtesy is especially important.

EXERCISE

Physical activity and movement benefit the body, mind, and spirit at any age. Sports, walking, or simple exercises are beneficial for maintaining balance and coordination, which can prevent falls and other injuries as well as improve mindset.

INDEPENDENCE

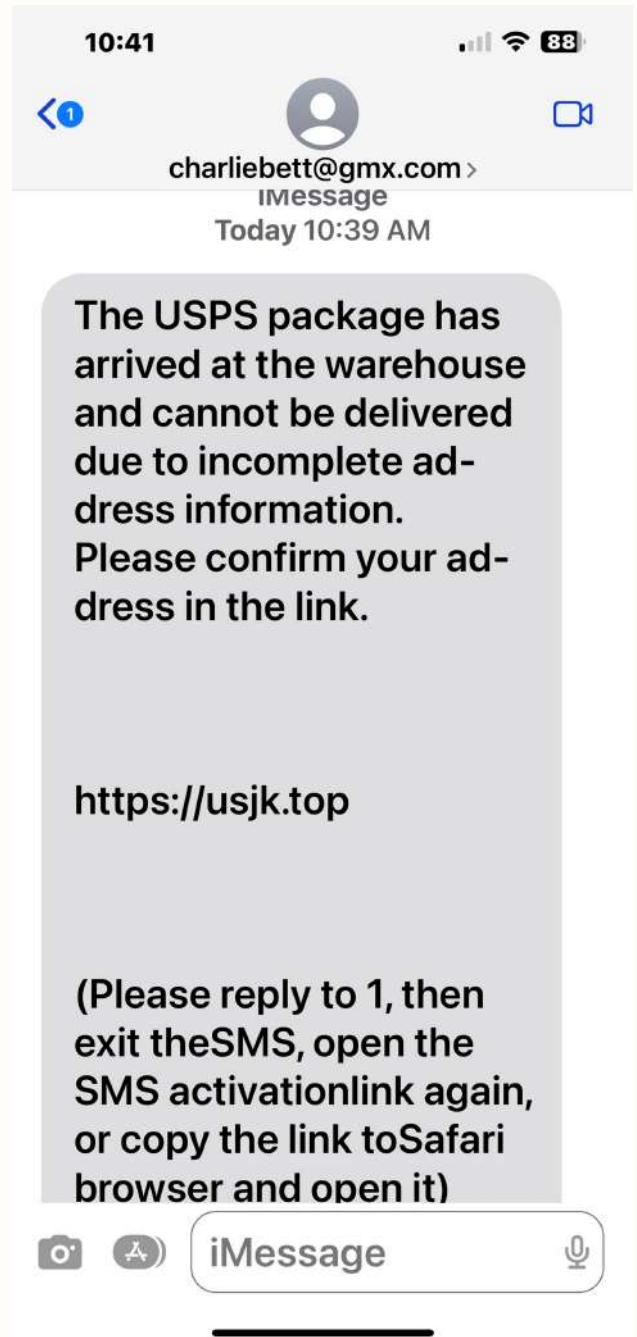
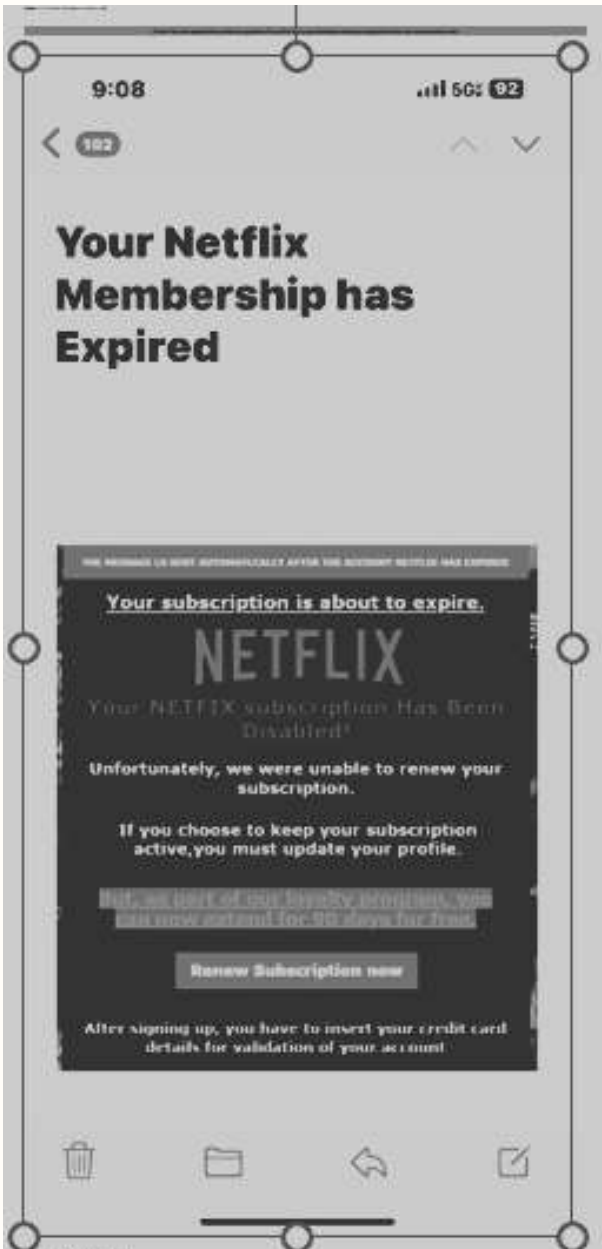
Most of us value our independence and want to maintain self-reliance as long as possible. As we age, we inadvertently need more help with certain tasks. However, seniors who continue to do as much as they can for themselves have elevated self-esteem.



Be on the Alert

Scams Against Seniors

DO NOT CLICK TO OPEN THESE TYPES OF EMAILS OR TEXTS



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The Savvy Senior Journal

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To email The Savvy Senior Journal:
rrinke@northstarsl.com

