

See attached materials for more Healthy Aging tips!



SENIOR HOMECARE BY ANGELS
SERVING ALL OF MERCER
& BURLINGTON COUNTIES



COMMUNITY RESOURCE BULLETIN

September is Healthy Aging Month

Promoting Personal Responsibility for Your Health

"Age is a question of mind over matter. If you don't mind, it doesn't matter." ~Leroy "Satchel" Paige

Healthy Aging

Month is designed to give inspiration and encouragement to adults over 50 to improve their **physical, mental, social, and financial health**. It's never too late to make the most of your older years!

PHYSICAL WELLNESS TIPS

- * Choose an exercise that you like and stick with it. Do 30 minutes of aerobic exercise and weight-bearing exercise every day.
- * Eat a well-planned, balanced mix of healthy foods every day—it may help prevent heart disease, stroke, Type 2 diabetes, bone loss, some kinds of cancer, and anemia.

MENTAL WELLNESS TIPS

- * Keep your mind exercised by reading, learning a new skill, and researching something that interests you.
- * Develop a hobby—it's never too late to learn how to play the piano, for example.

SOCIAL WELLNESS TIPS

- * Contribute time to your community through local volunteer groups, religious organizations or civic groups.



- * Stay in close contact with friends and family—write, email, or call someone daily.

FINANCIAL WELLNESS TIPS

- * Consider public transportation. Many public transportation providers offer senior citizen discounts or special senior door-to-door transportation (TRADE in Mercer County; Burlington County Paratransit)
- * Carpool with other seniors. Check with a senior center about carpooling or van transport opportunities to events, shopping or other venues.
- * Order home-delivered groceries, which saves on gas and minimizes shopping hassles.

LOCAL RESOURCES:

- * Mercer County/Burlington County Office on Aging, 1-877-222-3737
- * Mercer County TRADE (Transportation Resources to Aid the Disadvantaged and Elderly), 609-530-1971
- * Burlington Co. Paratransit Service, 1-800-836-0580

Physical, Mental, Social, Financial

Phone: (609) 883-8188

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Stay Healthy — Stay Independent!

For a frail person, the main goal is to be as independent as possible. The way to do this is to increase strength, maintain balance, focus on flexibility, and increase endurance.

Did you know?

Habit is the single best predictor of inactivity. Often a lifetime of ingrained behavior must be overcome. Incorporating exercise as part of a previously established routine will make it easier to remember to exercise. Include simple exercises in a daily routine to meet goals!

- For a frail person, just working on getting up and down out of a chair unassisted is using muscles that need to be exercised.
- Focus first on individual goals for each person, his or her concerns, and any barriers that prevent the exercise.

Note: If exercise results in chest pain, dizziness, cold sweats, extreme breathlessness, or very rapid heart rate that lasts longer than 5 to 10 minutes after stopping activity, consult a physician.

Tips for incorporating exercise into daily activities:

- Exercise in short, 10-minute bouts.
- Set a schedule. The key is to set aside specific days and times for exercise, making it just as much a regular part of a daily schedule as everything else.
- Wear comfortable clothes that don't restrict movement.
- Wear leg warmers or over-the-knee socks that can help prevent sore muscles in the lower leg.
- If a movement causes pain, stop! The old adage "No pain, no gain," is not true.

Remember...

The goals are to increase strength, maintain balance, focus on flexibility, and increase endurance:

Strength Training

- Include a single set of 10 to 15 repetitions using 8 to 10 different exercises, performed 2 to 3 times per week.
- Each repetition should be performed slowly, through a full range of motion while avoiding holding one's breath.
- The exercise program should involve all major muscle groups.

Balance and Flexibility

- Stretch major muscle groups once per day after exercise when muscles are more compliant.
- Incorporate a balance training and weight transfer program twice per week.



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Endurance

- Engage in moderate aerobic activity for a combined total of at least 30 minutes, most days of the week.
- Individual bouts of activity may be as brief as 10 minutes.

Common Barriers to Exercise: How to Approach

Barrier	Approach
Self-efficacy	Begin slowly with exercises that are easily accomplished; advance gradually; provide frequent encouragement.
Attitude	Promote positive personal benefits of exercise; identify enjoyable activities.
Discomfort	Vary intensity and range of exercise; employ cross-training; start slowly; avoid overdoing.
Disability	Specialized exercises; consider personal trainer or physical therapist.
Poor balance / ataxia	Assistive devices can increase safety as well as increase exercise intensity.
Fear of injury	Balance and strength training initially; use of appropriate clothing, equipment, and supervision; start slowly.
Habit	Incorporate into daily routine; repeat encouragement; promote active lifestyle.*
Subjective norms	Identify and recruit influential others; education of patient and influential family/friends.
Fixed income	Walking and other simple exercises; use of household items; promote active lifestyle.*
Inclement weather	Walk in the mall; use senior centers; promote active lifestyle.*
Cognitive decline	Incorporate into daily routine; keep exercises simple.
Illness / fatigue	Use a range of exercises/intensities that patients can match to their varying energy level.

* Examples of an active lifestyle include using a golf pull cart while golfing, using a push mower, participating in activities such as stand and cast fishing or gardening, and taking the stairs.

When should a doctor be consulted?

If muscles or joints are sore the day after exercising, too much exercise may have been done. Next time, exercise at a lower intensity. If the pain or discomfort persists, talk to the doctor. Also talk to the doctor if any of the following symptoms are experienced while exercising:

- chest pain or pressure
- trouble breathing or excessive shortness of breath
- light-headedness or dizziness
- difficulty with balance
- nausea

Resource Sheet Sources:

<http://www.aafp.org/afp/20020201/419.html>

http://www.acsm.org/AM/Template.cfm?Section=Home_Page&TEMPLATE=/CM/HTMLDisplay.cfm&CONTENTID=7764

<http://www.uihealthcare.com/topics/medicaldepartments/familymedicine/elderlyexercise/index.html>

Tips for Keeping Your Memory Sharp

Do you feel you have a poor memory? You may just have some less-than-effective habits when it comes to taking in and processing information. Barring disease, disorder, or injury, you can improve your ability to learn and retain information.

Brain exercises

Memory, like muscular strength, is a “use it or lose it” proposition. The more you work out your brain, the better you’ll be able to process and remember information.

Novelty and sensory stimulation are the foundation of brain exercise. 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. Or try a “neurobic” exercise—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. Take a course in a subject you don’t know much about, learn a new game of strategy, or cook up some recipes in an unfamiliar cuisine. That’s the most effective way to keep your synapses firing.



General guidelines to improve memory

In addition to exercising your brain, there are some basic things you can do to improve your ability to retain and retrieve memories:

- 1. 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 intent focus to process a piece of information through your hippocampus and into the appropriate memory center. So, no multitasking when you need to concentrate! If you distract easily, try to receive information in a quiet place where you won’t be interrupted.
- 2. 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.
- 3. 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.

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- 4. 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.
- 5. 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.
- 6. 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.
- 7. 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.
- 8. 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.

Mnemonic devices to improve memory

Mnemonics (the initial "m" is silent) are clues of any kind that help us remember something, usually by causing us to associate the information we want to remember with a visual image, a sentence, or a word.

Common types of mnemonic devices include:

- 1. Visual images** - a microphone to remember the name "Mike," a rose for "Rosie." Use positive, pleasant images, because the brain often blocks out unpleasant ones, and make them vivid, colorful, and three-dimensional — they'll be easier to remember.
- 2. Sentences in which the first letter of each word is part of or represents the initial of what you want to remember.** Millions of musicians, for example, first memorized the lines of the treble staff with the sentence "Every good boy does fine" (or "deserves favor"), representing the notes E, G, B, D, and F. Medical students often learn groups of nerves, bones, and other anatomical features using nonsense sentences.
- 3. Acronyms, which are initials that creates pronounceable words.** The spaces between the lines on the treble staff, for example, are F, A, C, and E: FACE.
- 4. Rhymes and alliteration:** remember learning "30 days hath September, April, June, and November"? A hefty guy named Robert can be remembered as "Big Bob" and a smiley co-worker as "Perky Pat" (though it might be best to keep such names to yourself).
- 5. Jokes or even off-color associations using facts, figures, and names** you need to recall, because funny or peculiar things are easier to remember than mundane images.
- 6. "Chunking" information;** that is, arranging a long list in smaller units or categories that are easier to remember. If you can reel off your Social Security number without looking at it, that's probably because it's arranged in groups of 3, 2, and 4 digits, not a string of 9.
- 7. "Method of loci":** This is an ancient and effective way of remembering a lot of material, such as a speech. You associate each part of what you have to remember with a landmark in a route you know well, such as your commute to work.

The Importance of Keeping Mentally, Physically, and Socially Active



As we age, it's especially important to maintain our interests and activities...and even develop new ones. Being involved helps in three specific ways:

1) It encourages our mental well-being and happiness. Activities such as reading, writing letters to friends and relatives, being part of group conversations/discussions (book clubs, for example), going on

trips or short outings, and playing games (board games, cards, bingo, etc...) can all help ease the loss of our physical abilities and keep them motivated.

2) It stimulates our physical well-being. Doing some form of physical activity is crucial for our overall health, as long as the activity is appropriate for the age and physical condition of each person. Activities like gardening, walking, dancing—or even of structured exercise programs such as water exercises or tai chi—can not only build a healthier body, but also prop up a person's self-esteem and contentment.

3) It enhances our emotional well-being. By socializing through shared interests or participating in group activities, we're establishing contact with others, and consequently fulfilling our social and emotional needs (and having fun at the same time!).





Double Your Dollar

**In order to save more, you need to spend less.
Below is a list of common sense ways to save.**

Plan a budget: Record your expenses and plan in advance of how much money is available to spend on a weekly basis. If possible, keep cash on hand and avoid compulsive spending. Deposit the cash you saved (from not overspending during the week) into your savings account.

Shop wisely: Make a list of items you need (and plan how much it will cost) so you know exactly how much money to bring to the store, reducing the chances for impulse buys.

Take time to research: Compare prices of items you need at various locations. Review newspaper flyers, store ads and the internet for the best deals. Consider the price per item, pound or ounce to determine whether the cheaper price is the better deal.

Buy generic brands: Often they come from the same manufacturing plant as the name brand, and cost less.

Senior Discounts: Take advantage of senior citizen discounts. They are available at restaurants, movie theatres, transportation centers, and many other locations. Unfortunately, not all places automatically give them. Be sure to ask for a discount before you pay.

Early Bird Dinner: If you tend to eat out often, consider eating dinner earlier in the day and take advantage of restaurants that offer an early bird special.

Take Advantage of your local Senior Citizens Center: These locations offer free or discounted events, meals, transportation, plus health and fitness programs.

Look for free entertainment: Check the newspaper, watch the news, and review church bulletins for free (or low cost) local events. Consider going to a high school play instead of the theater or a college concert for free. Browse the local library's collection of books, movies and music. While you're at the library, check their monthly calendar of events.

Get a smart card: If you live in an area that has good public transportation, invest in it. A person over 65 can get a convenience transportation pass that allows them access to any service provided. A person can save hundreds of dollars a year compared to money spent on a car.

Free transportation? Check your local area to see if they have a free curb-to-curb transportation system in place to take seniors to medical appointments, social activities, grocery shopping, etc.

Benefit by local senior services: Your local Area on Aging may offer legal advice and representation to seniors. Many times, they can also provide notary services and special assistance with property tax bills or rent rates as well as helping prepare state and federal taxes.

Contact Visiting Angels today for more information about our non-medical home care services:

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SENIOR HOMECARE BY ANGELS

SERVING ALL OF MERCER & BURLINGTON COUNTIES

Local List of Senior Discounts

SENIOR DISCOUNTS FOR RESTAURANT DINING

Applebee's: 10-15% off (varies by location) MAY require Golden Apple Card (60+)
Arby's: 10% off (55+) varies by location
A&W All American Food: 10% Senior discount varies by location
Ben & Jerry's: 10% off for seniors (60+) varies by location
Bonefish Grill: AARP members 15% off
Boston Market: discount varies by location (65+)
Burger King: 10% off (60+) plus additional discounts on coffee and soft drinks
Bubba Gump Shrimp Co: 10% off for AARP Members
Carrabba's Italian Grill: 15% off entire meal for AARP Members
Chart House: 10% off for AARP members only
Dairy Queen: 10% off for seniors varies by location (free small drink at some locations)
Denny's: Senior discount varies by location, 15% off for AARP members (55+)
Dunkin' Donuts: AARP members receive a free donut with the purchase of a large or XL coffee (at participating restaurants)
Einstein's Bagels: 10% off (60+)
Friendly's Restaurants: 10% off meal
Golden Corral: Senior discount varies by location
Hardee's: 33¢ beverages everyday
IHOP: Great discounts on senior menu items (55+)
KFC: Free small drink with any meal (55+)
Long John Silver's: Various discounts at locations (55+)
McDonald's: discounts on coffee everyday (55+)
Mrs. Fields: 10% off at participating locations (60+)
Outback Steakhouse: 15% off AARP members for meals (alcohol excluded)
Old Country Buffet: Daily discounts for seniors (55+)
Papa John's: 25% off (55+) for online orders. Enter the code "AARP25"
Perkins Restaurants: Fifty-Five Plus menu offers special deals (55+)
Sizzler: Offers "Honored Guest Menu" (60+) varies by location

Sonic: 10% off or free beverage (60+) varies by location
Steak 'n Shake: 10% off every Monday & Tuesday (50+)
Subway: 10% off (60+) varies by location
Taco Bell: 5% off; free beverages for seniors (65+)
TCBY: 10% off (55+)
Uno Pizzeria & Grill: "Double Nickel Club" 25% off on Wednesday (55+)
Waffle House: 10% off every Monday (60+)
Wendy's: Senior age and special offer will vary depending on the restaurant location
White Castle: 10% off (62+)

SENIOR DISCOUNTS ON RETAIL & APPAREL

Banana Republic: 10% off (62+)
Clarks Shoes: 10% off (62+)
Dress Barn: 10% off Tues and/or Wed (varies by location 62+)
Goodwill: 10% off one day a week (date varies by location)
Kohl's: 15% off on Wednesdays (55+)
Modell's Sporting Goods: 10% off
Office Depot: AMAC members 10% office products
Rite Aid: 20% off the first Wednesday of the month (must have Rite Aid shopping card – 65+)
Ross Stores: 10% off every Tuesday (55+)
The Salvation Army Thrift Stores: Up to 50% off (55+)
UPS: AARP members 15% off products and services, 5% off shipping
Walgreens: "Senior Day" is the first Tuesday of the month. 20% off (55+ and AARP)

SENIOR DISCOUNTS ON TRAVEL

AIRLINES

American, Southwest, and United: Various discounts for 65 and up (call before booking for discount)

CAR RENTAL

Alamo Car Rental: Up to 25% off for AARP members
Avis: Up to 25% off for AARP members
Budget Rental Cars: 10% off; up to 20% off for AARP members (50+)

Dollar Rent-A-Car: 10% off (50+)
Enterprise Rent-A-Car: 5% off for AARP members
Hertz: Up to 25% off for AARP members
National Rent-A-Car: Up to 30% off for AARP members

OTHER TRAVEL DISCOUNTS

National Parks Senior Lifetime Pass: A \$10 lifetime pass provides access to more than 2,000 recreation sites
Greyhound: 5% discount (52+)
Amtrak: 15% off (62+)

HOTELS

Best Western: 10% or more for AARP or senior guests (55+)
Cambria Suites: 10% off (60+)
Candlewood Suites: Discounts vary (62+)
Crown Plaza: Discounts vary (62+)
Days Inn: Discounts vary (60+)
Hampton Inn & Suites: AARP members save 10%
Holiday Inn: Discounts vary (62+)
Hyatt: Up to 50% off (62+)
Knights Inn: Up to 10% off (60+)
La Quinta Inns: Discounts vary (65+)
Marriott: 15% off (62+)
Motel 6: 10% off (60+)
Super 8: Seniors save 10% off (AARP up to 20%)
Travelodge: Discounts vary (60+)
Wyndham Hotels: Up to 20% with AARP card

CRUISE DISCOUNTS

The cruise lines are always offering discounted fares. Call your cruise line to make sure you're getting the best deal for the month in which you're cruising. In most cases, the big cruise lines like Carnival Cruises, Norwegian, Celebrity Cruises, and Royal Caribbean may offer discounts to travelers who are 55 and older.

List provided as a guide only. All discounts subject to participating locations and are subject to change; list adapted from TheSeniorList.com

Healthy Aging Word Puzzle



ACTIVE
BALANCE TRAINING
BOOMERS
DENTIST
EXERCISE
FALL PREVENTION

FAMILY
FRIENDS
GEN-XERS
HEALTHY
HOBBIES
IMMUNIZATIONS

LIFELONG LEARNING
NUTRITION
PASSION
POSITIVE
SCREENINGS
SMILE

SOCIALIZATION
VIBRANT
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