

Neighborhood Newsletter

Spring 2012

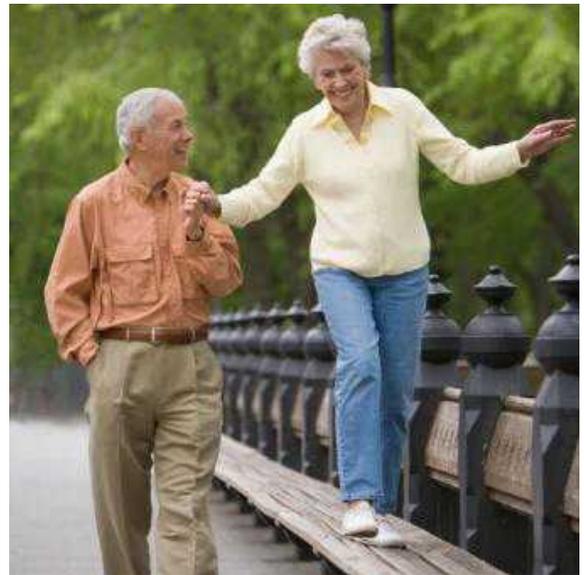
Volume 3, Number 1

Spring into Wellness

Healthy eating and regular physical activity are keys to improved health at any age. Good nutrition and exercise lower your risk for obesity, type 2 diabetes, coronary heart disease, cancer, and other chronic diseases. They may even help ward off depression and keep your mind sharp as you age.

In this issue are tips for healthy eating, strategies for reducing your risk for disease, and suggestions for keeping you physically and mentally fit. Also included are tips from a few of your neighbors who are doing their best to stay healthy and age successfully.

This edition is dedicated to all us "oldsters" looking for ways to stay young at heart. Remember, it is never too late to make positive changes in your life!



Benefits of Exercise and Physical Activity

Regular physical activity and exercise are important to the physical and mental health of almost everyone, including older adults. Staying physically active and exercising regularly can produce long-term health benefits and even improve health for some older people who already have diseases and disabilities. That's why health experts say that older adults should aim to be as active as possible.

Although exercise and physical activity are among the healthiest things you can do for yourself, some older adults are reluctant to exercise. Some are afraid that exercise will be too hard or that physical activity will harm them. Others might think they have to join a gym or have special equipment. Yet, studies show that "taking it easy" is risky. For the most part, when older people lose their ability to do things on their own, it doesn't happen just because they've aged. It's usually because they're not active.

According to the U.S. Surgeon General's Report on Physical Activity and Health, inactive people are nearly twice as likely to develop heart disease

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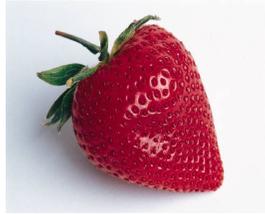
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Send comments and suggestions to Sharon at sdickol@verizon.net
OR
836-8575

Berries May Lower Risk For Parkinson's

People who eat berries and other foods rich in flavonoids may have some protection against Parkinson's disease, a neurodegenerative brain disorder that is most common in people over age 50.



Flavonoids are antioxidants that have been shown to relieve oxidative stress and suppress nerve inflammation in the brain. For the study, Xiang Gao, Ph.D., an assistant professor of medicine at Harvard Medical School and a research scientist at the Harvard School of Public Health, and his colleagues focused on five foods rich in flavonoids: berries, tea, apples, red wine and oranges or orange juice.

The study followed 49,281 men and 80,336 women for 20 to 22 years; during that time, 805 of them developed Parkinson's disease. The men who consumed the most flavonoids were 40 percent less likely to develop Parkinson's disease than the men who consumed the least. However, no difference in risk was found in the women.

But when the researchers looked specifically at intakes of anthocyanins—a kind of flavonoid that is found mostly in berries—both men and women with the highest intakes were at a 23 percent lower risk of developing Parkinson's than those with the lowest intakes. The study was presented at the American Academy of Neurology's annual meeting.



Staying Young at Heart

*"Riding on my boyfriend's motorcycle.
Thinking young ~ but being wise.
Having a large network of friends and social life.
Most importantly, keeping active in the gym
and in the mind."*

-- Ginger Murani

Exercise *(continued from page 1)*

as those who are more active. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

Scientists have found that staying physically active and exercising regularly can help prevent or delay many diseases and disabilities. In some cases, exercise is an effective treatment for many chronic conditions. For example, studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems, or difficulty walking.

Regular, moderate physical activity can help manage stress and improve your mood. And, being active on a regular basis may help reduce feelings of depression. Studies also suggest that exercise can improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Some people may wonder what the difference is between physical activity and exercise. Physical activities are activities that get your body moving such as



gardening, walking the dog and taking the stairs instead of the elevator. Exercise is a form of physical activity that is specifically planned, structured, and repetitive such as weight training, tai chi, or an aerobics class. Including both in your life will provide you with health benefits that can help you feel better and enjoy life more as you age.



Staying Young at Heart

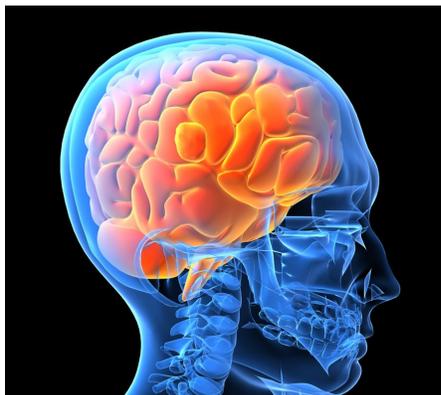
"Chocolate!"

-- Mary Legreid

S-T-R-E-T-C-H Your Brain!

Experts tell us that we can increase our brain's powers and strength by working it out. You can make this part of your everyday routine, and in no time at all, fourth graders will be coming to you for all the answers. Are you up to the challenge?

- ◆ Name all 50 states, alphabetically.
- ◆ Name each state's capital (and I promise Nashville IS the capital of Tennessee – no matter how badly you want it to be Knoxville!)
- ◆ Name the 8 planets. Remember, Pluto was stripped of its planet status. *Eh, don't feel bad, Pluto, I'm not a planet either.*
- ◆ Name the 7 continents.
- ◆ In the grocery store, calculate the cost of your purchase as you put things into the cart – see if you can come within \$2.00. It's harder than you think.
- ◆ When you're reading, write down and look up all unfamiliar words.
- ◆ Whenever you hear a word you aren't 100 percent how to spell, find out how and write the word down 10 times. Test yourself the next day.
- ◆ Read at least 1 classic this year.
- ◆ Read the newspaper more often. When you read about a person or place that's unfamiliar to you, do a little research and soak up the new information. It's sort of like turning each newspaper into a stimulating mental workout.
- ◆ Work a crossword puzzle each day. Think of favorite television shows from your youth – challenge yourself to remember each character's name as well as the actors and actresses who played them. Depending on the length of time (and the size of the cast!), it could take an hour or more for a name to come to you. But here's the thing, even if you have to work for the answer, you're still getting a great mental workout.
- ◆ Pick up a few grade school workbooks if you



need a great refresher's course in math. They're beside the coloring books and you have my permission to grab one of those as well. Express yourself.

- ◆ Pick an animal, bird, or fish that you know absolutely nothing about and spend the next week reading about your new friend. Spiders, sharks, polar bears, penguins, hummingbirds, possums, squirrels, bulldogs, iguanas... the list is endless and the opportunities are priceless. Each week, take on a new animal.
- ◆ Read National Geographic magazine regularly. Collect old issues – ebay, yard sales, and Goodwill stores make it an unexpectedly fun scavenger hunt. The pictures and the information can't be beaten.

- ◆ This one will surely be unexpected, but sign up for Twitter! Find a number of people to "follow" from a wide range of interests. Reading other's opinions and updates will broaden your range.

Finally, read up on the different foods that are great for promoting brain health. You can gain more brain power. It's a fact. The flip side, however, reads like a horror story: You can lose brain power.

Like a coin that's in the air, waiting to land... it's your call.



Staying Young at Heart

"I have 2 sisters and we have adjusted our ages. I am in the middle. For years now my older sister has been 49, I am 46, and our younger sister is 43 – our baby-brother is 40. He will be 58 this April and we are not all 3 years apart (just to let you know the real truth)! 46 is beginning to feel so good and so right since I have been 46 for quite a few years now!"

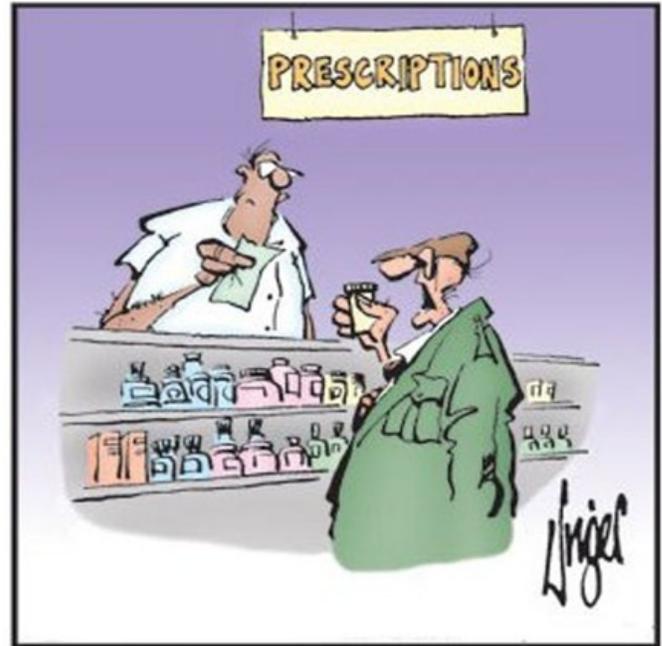
-- Kathleen Karthaeuser

Neighbors Helping Neighbors

Volunteer List

Patti Abernethy	(31)	836-8447
Barb Carter	(49)	836-3023
Sharon & Bob Dickol	(62)	836-8575
Barb & Joe Doto	(37)	836-3362
Nancy Ferrara	(25)	834-3205
Kathy Karthaeuser	(119)	365-6067
Kitty Heston	(73)	595-2902
Don & Grace Hobson	(24)	838-1771
Dennis & Joann Sabato	(43)	365-6713
Peg & Paul Wellborn	(55)	836-8524
Dick & Lois Hallett	(50)	838-0652
Ginny Pelachick	(59)	834-8504
Carol & Donnie Thompson	(58)	595-2717
Lenny & Maria Tricarico	(9)	595-2712
Richard Cutone & Joanne Skidmore	(18)	595-4348

For more information, contact
Barb Carter at 836-3023 or
bcarter19720@aol.com



"Are there any side effects to these pills apart from bankruptcy?"

Welcome!

VOLC Welcomes our newest neighbors, who have settled, or will be settling on their new homes soon:

The Haefners, The Rileys,
Tom Novak & Paula Kendrick



Staying Young at Heart

"Our love for travel and ballroom dancing is what keeps us young at heart!"

-- Barb Doto

April Happy Hour



Come join the fun!!

Sunday, April 22nd
3:00 p.m. - 6:00 p.m.
62 Devalinder

Hosted by Sharon & Bob Dickol

Refreshments & Soft Drinks Provided!!

RSVP to 836-8575 or sdickol@verizon.net



Staying Young at Heart

"Working on my flowers. . . Observing nature. . . Feeding and watching the birds year round. . . Bike riding and walking with our neighbors . . . Enjoying a round of golf . . . Exercising at the YMCA . . . Weekly workouts with a personal trainer . . . Reading a good book outside . . . Day trips with a friend . . . Find something YOU really enjoy doing and do it as often as possible . . . A nice glass of red wine after a day doing any of the above!"

-- Kay Bennett