



Summer 2018

Social Interaction Can Boost Mental & Emotional Health

Research has shown that social interaction offers older adults many benefits. Staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function. You have seen them around town. Groups of retired men or women, or a mix of both, who meet regularly for breakfast at the same time and place. These casual gatherings are significant and are no longer happening at work by the water cooler. Seniors still need this source of socialization to stay sharp, healthy, and maybe even ward off dementia.

Benefits of being social :

- ◆ Potentially reduced risk for cardiovascular problems, some cancers, osteoporosis, and rheumatoid arthritis.
- ◆ Potentially reduced risk for Alzheimer’s disease
- ◆ Lower blood pressure
- ◆ Reduced risk for mental health issues such as depression.

Keep connections strong by staying in touch with friends and family. Here are other ways to maintain high levels of social interaction :

- ◆ Volunteer in your community.
- ◆ Visit a senior center and participate in offered activities with other seniors—this is a great way to make new friends
- ◆ Join a group focused on activities you enjoy, book clubs, yoga, cards, cooking, are a few ideas.
- ◆ Although staying in touch in person is important, phone calls, snail mail, and e-mail can keep you connected too.
- ◆ Join a gym or fitness center to stay physically fit and engaged with others. Many gyms offer a reduced rate program called Silver Sneakers for seniors.

Staying socially active and maintaining your relationships are an important part of healthy aging.

National Friendship Day

National Friendship Day is the first Sunday in August,



and no matter how old you are, a friend can be one of life’s greatest gifts. One of the greatest joys in life is making new friends, and you are never too old to enrich your life by bringing new ones into the fray. Here are a few things you can try to create new friendships in your golden years.

Volunteer your time: There is much you can give back to your community in retirement. Volunteering is good for your mental and physical health and it puts you in touch with others who share the same passions as you. Building these connections often leads to lifelong friendships, and there are so many ways to serve.

Consider working part time: Many seniors continue working part-time after retirement, not necessarily because they need the money, but because it helps them to stay active and meet new people. If you thrive when interacting with others, this may be a good opportunity to explore.

Celebrate NFD with new and old friends and create wonderful, new memories on this day.





Blueberry Lemon Trifle

Easy Summer Recipe

A refreshing lemon filling and fresh blueberries give this summer dessert plenty of color and you won't have to worry about heating up your oven.

Ingredients:

- 3 cups fresh blueberries, divided
- 2 cans (15 3/4 ounces each) lemon filling
- 2 cups lemon yogurt
- 1 prepared angel food cake, cut into 1 inch cubes
- 1 carton (8oz) whipped Topping, thawed
- Lemon slices and fresh mint

Directions:

1. Set aside 1/4 cup of blueberries for garnish. In a large bowl, combine pie filling and yogurt.
2. In a 3 1/2 qt serving or trifle bowl, layer a third of the cake cubes, lemon mixture and blueberries. Repeat layers twice. Top with whip topping. Cover and refrigerate for at least 2 hours. Garnish with reserved blueberries and lemon and mint.

Why a Good Night's Sleep is So Important

Everyone feels better after a good night's sleep. According to the National Institute on Aging, seniors should get 7—9 hours every night, but many are slow to fall asleep and up multiple times throughout the night. If you or a loved one are dealing with sleep issues, it is important to understand what is happening and what actions you can take to remedy the situation before it has a negative impact on your health.



How does sleep affect your health? Most experts agree that getting the right amount of sleep is as important to overall health as good nutrition and exercise. Your body repairs damaged tissue, enhances muscle growth, and even regulates hormones and metabolism while sleeping. It can also impact memory including the ability to concentrate.

Sleep patterns can change with age. According to the National Sleep Foundation, seniors tend to have a harder time falling asleep and more trouble staying asleep than when they were younger despite the fact that their sleep needs remain the same. Sometimes this difficulty falling asleep can be attributed to the side effects of certain medications, which is why it is important to tell your doctor if you notice a change in your sleep patterns. Also, as we age, the timing of our bodily functions can change. We may still get 7—8 hours of sleep but find that we go to sleep earlier and wake up earlier than we used to. These kinds of changes to the rhythm of the body can be disruptive to sleep, especially if they are dramatic in nature.

How can I sleep better? Having a dark sleep environment that is not filled with artificial light (such as the television) gives your body the signal that it is time to sleep. Also, make sure you do not eat or drink in excess before going to bed, or you will likely be up in the middle of the night using the bathroom which is disruptive to deep sleep. Regular exercise will also help the body prepare for rest in the evening—as will getting into a nightly routine of reading for a few minutes before bed.

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And Can't Get Up |
| 3) BTW--Bring The Wheelchair | 12) TTYL--Talk To Ya Louder |
| 4) BYOT--Bring Your Own Teeth | |
| 5) FWIW--Forgot Where I Was | |
| 6) GGPBL--Gotta Go Pacemaker Battery Low | |
| 7) GHA--Got Heartburn Again | |
| 8) IMHO--Is My Hearing-aid On | |
| 9) OMMR--On My Massage Recliner | |

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