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6 MEMORY BOOSTING FOODS

THAT SUPPORT BRAIN HEALTH & THE IMMUNE SYSTEM

Do you ever wish it was easier to simply remember a person’s name? Maybe you just wish you could recall where you left your keys. Good news, healthy foods and supplements can help improve your memory. In addition to being a function of your mind, memory is also a function of your body. According to a recent MIT study, it’s possible that memories are stored in brain cells themselves. Memories might also be stored outside of the brain in cells located throughout the rest of your bodies. So, your mind and body are constantly working to keep your memory primed to help you remember where you left your keys, as well as how to stay healthy. Here are a few foods that improve memory. And, the good news is that they taste great!



VITAMIN E

Vitamin E is an antioxidant found in olive oil, avocados, sunflower seeds, peanuts, & almonds. Vitamin E seems to be more effective in food form rather than as a supplement, and it may help protect the neurons in the brain.¹ It also boosts the immune system to fight off viruses & is vital to communication between cells.



FISH

Omega-3 fatty acids found in fish support the healthy functioning of the neurons in the brain.



LEAFY GREENS

Broccoli, spinach, and kale help to break down an amino acid called homocysteine. High levels of homocysteine are thought to trigger the death of nerve cells in the brain.² Spinach is “loaded with Lutein, Folate, and Beta-Carotene...nutrients [that] have been linked with preventing dementia.”³



GARLIC

Garlic not only helps fight infections, but it also lowers blood pressure. Bonus: Garlic can combat the common cold!⁴



BERRIES

Blueberries, strawberries, and acai berries, “help get rid of toxic proteins that are associated with age-related memory loss.”⁵ Blueberries are also thought to be a memory booster.



WHOLE GRAINS

High blood pressure reduces blood flow to the brain. Oatmeal, along with other whole grains and seeds, is connected to a heart-healthy diet and lower blood pressure.

Your mind & body work hard to keep your memory sharp. Making these healthy foods staples in your diet can help you remember things & help fight off infection.

THE DREADED “S” WORD

As one ages and it is time to retire, one assumes that **STRESS** magically vanishes but to everyone’s dismay, this **STRESS** holds on to your dear life. Emotional stress associated with loss of health, loved ones and independence can impact your life. These tips might provide a hiatus in dealing with difficult changes:



- ◆ Focus on being thankful. Appreciate and enjoy your life and don’t take people or things for granted.
- ◆ Acknowledge your feelings and express them. Talk to a friend, family or health care professional.
- ◆ Embrace your spirituality.
- ◆ Accept that some things are out of your control.
- ◆ Try to keep a sense of humor.

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LEAVES AT PLAY

Scamper, little leaves, about,
In the autumn sun.
I can hear the old Wind shout,
Laughing, as you run,
And I haven't any doubt,
That he likes the fun.
So run on and have your play,
Romp with all your might.
Dance across the autumn day,
When the sun is bright.
Soon you'll hear the old Wind say,
"Little leaves, good night."

CAUSES THAT CAN LEAD TO FALLS

Did you know that one in four older Americans falls every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+. Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active. Reducing your risk of falling is a great way to help stay healthy and independent as long as possible. The good news about falls is that most of them can be prevented. The key is to know where to look. Here are some common factors that can lead to a fall.

- ➔ **Balance and Gait:** As we age, most of us lose some coordination, flexibility, and balance—primarily through inactivity, making it easier to fall.
- ➔ **Vision:** In the aging eye, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see.
- ➔ **Medications:** Some prescriptions and over-the-counter medications can cause dizziness, dehydration, or interactions with each other that can lead to a fall.
- ➔ **Environment:** Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age.
- ➔ **Chronic Conditions:** More than 80% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications.

10 GREAT ASPECTS OF AGING

- ◆ **A Happier Outlook :** Older people tend to deal better with hardship or negative circumstances.
- ◆ **Grandchildren :** The grandparent/grandchild relationship is 2nd in emotional importance only to the parent/child relationship.
- ◆ **More Time for Loved Ones :** One of the best parts of retirement is spending time with family, friends and other loved ones.
- ◆ **Opportunity to Pursue Your Dreams :** Learn a new language, take that trip you've always dreamed of.
- ◆ **Participation in Civics and Volunteering :** Better society and create a better world for future generations.
- ◆ **Wisdom :** Seniors have better control over their emotions than other age groups and don't agonize over losing.
- ◆ **Better Social Skills and More Empathy :** A study found that "subjects in their 60's were better than younger ones at imagining different points of view, thinking of multiple resolutions, and suggesting compromises."
- ◆ **Guaranteed Minimum Income, Medicare and Social Security :** Safety net programs such as Medicare and Social Security mean that American seniors have guaranteed income.
- ◆ **Senior Discounts :** These discounts can help you stay engaged and active, such as dining, medication, entertainment, and transportation.
- ◆ **Sense of Accomplishment :** Seniors often have a healthy sense of pride that comes from their accomplishments such as raising a healthy, happy child, being happily married, or serving our country.



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