

Healthy LIVING while aging!



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Living for Independence

By Anne Lindsay, Ph.D.

The Fourth of July is a favorite holiday for many people. Unlike the stress that comes along with other holidays, such as relatives and in-laws visiting, gift shopping and traveling, the Fourth of July is generally a three-day weekend in the middle of summer that screams fun and relaxation. While celebrating the birth of our country, it is known for time off work, barbecues, swimming and gathering with your favorite people, you know ... the one's we *choose* to be with rather than feel obligated to be with. It drives up the happiness scale!

Some research even suggests that patriotism and waving the flag might just be a major link to happiness. A Gallup Poll conducted in 2013 on residents of 128 countries found that the more satisfied people are with their country, the happier they are with their lives. The association was particularly strong for people with low incomes and those living in poorer nations. Another study found that civic pride was most linked to a general feeling of well-being. Maybe it's tied to a sense of belonging, like cheering on our Vegas Golden Knights at a home game or being part of a walking group or bingo club.

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In 2020, civil unrest and COVID-19 likely played a role in the greatest decline in happiness and national pride in American history. American pride reached its lowest point in two decades and, ironically, in the same year Americans said they are the unhappiest they have been in 50 years.

Being happy is part of being healthy. Depression affects the immune system, increases the rate of diabetes and your risk of experiencing a cardiac event by three times. Happiness has been correlated with improved health. So, maybe this Fourth of July, try being just a little more patriotic. If you fly the stars and stripes in your front yard, you just might be a little happier than your neighbor. If not, maybe you should start. Let's show some patriotism this month and wave our flag. It might just improve your overall health! At the very least, barbecuing, swimming and hanging out with good friends will definitely raise the happiness scale up a notch or two.



For more information about Healthy Aging education or resources, please visit our website: extension.unr.edu and search "Healthy Aging" or contact the HA Team at 702-257-5592.

Promoting Well-Being and Independence in Older Adults

Healthy aging is not just the absence of disease or disability, but requires strong physical and mental health and ongoing social engagement. As the average life expectancy increases, we recognize that public health plays a vital role in promoting healthy, successful aging even when faced with chronic diseases, including types of dementia. Actively engaging in prevention and wellness can serve to prevent or delay the onset of physical disabilities and cognitive decline. In 2015, to help address the potential challenges of aging and to promote well-being and independence, the National Prevention Council, chaired by the U.S. Surgeon General, developed the Healthy Aging in Action report. This report identifies recommendations and actions that promote healthy aging, improving health and well-being in later life. Included in this report is the importance of a nutritious diet and physical exercise. For more information, visit <https://www.cdc.gov/aging/pdf/>.

♥ “Hi Grandma, do you know who this is?” ♥

Do not fall for this Grandparent Scam.

The Grandparent Scam is so simple and so devious because it uses one of our most reliable assets, our hearts.

Scammers will place a call to an older person and when they answer the call, the scammer will say something along the lines of: “Hi Grandma, do you know who this is?”

When the unsuspecting grandparent guesses the name of the grandchild, the scammer pretends to be that person and has now established a fake identity.

Once “in,” the scammer, posing as the grandchild they think it might be, will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.).

Funds are usually paid via Western Union or MoneyGram, which do not always require identification to collect. Don't be a victim of scammers. For more information, visit the Nevada Consumer Affairs page highlighting Senior Fraud.

You are invited!

FREE CLASSES SCHEDULED

The Healthy Aging Staff has scheduled free virtual classes for **Bingocize®** and **Seniors Eating Well**.

Stay comfortable, cool and safe enjoying these classes held virtually in your own home.

Contact our Healthy Aging staff for additional information, to get signed-up and for training using your mobile phone, computer or tablet.

Call or email the HA Staff:

Phone: 702-257-5592

Email: healthyaginginfo@unr.edu

Bingocize® - July 27 - Sept. 30, every Tuesday
AND Thursday, 2 p.m. - 3 p.m.

Seniors Eating Well (SEW) -
July 30 - Sept. 24, every Friday, 10 a.m. - 11 a.m.

Watermelon Salsa

The perfect summertime salsa featuring your favorite fruit with an added kick!

Ingredients:

- 2 cups of diced watermelon
- 1/2 jalapeño pepper, minced (deseeded)
- 1/2 cup of chopped chives
- 1 tablespoon chopped cilantro (optional)
- 1 tablespoon of lime juice

Directions (16 servings of 2 tablespoons per serving):

1. Wash fresh watermelon, chives, jalapeño pepper, and cilantro (if using).
2. Prepare and measure all the ingredients.
3. In a medium bowl, combine and mix all the prepared ingredients.
4. Try serving with chips, on top of fish tacos, or grilled meat.
5. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

- ✓ Try substituting 1 mango, diced, or 1 ½ cups of diced strawberries in for the watermelon.
- ✓ Try substituting 1/2 cup of minced onion in for the jalapeño pepper.



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