

Healthy LIVING while aging!



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National Senior Citizen Day

By Natalie Mazzullo, M.Ed.

August 21st is National Senior Citizen Day, a day signed into proclamation on August 19, 1988, by President Ronald Reagan. The proclamation reads, “For all that they have achieved throughout their lives and for all they continue to do; we owe our gratitude and sincere greetings to our senior citizens. We can show our gratitude and appreciation better by making sure our communities are good places. Places where older people can participate as much as possible and find the encouragement, acceptance, support and services they need to continue living a life of independence and dignity.”

Raising awareness and supporting you throughout the aging process is what this day is all about. The day is also to recognize your well-being and to appreciate the accomplishments you have had in your lifetime and the current participation you contribute to your community. This newsletter, and the activities offered by UNR Extension’s Healthy Aging team, can help support your well-being. Today, let’s celebrate YOU! Let us thank you and others in our community who have done so much in their lifetime.

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I would like to celebrate Ida Keeling, my husband’s great aunt. Ida took up running in her late 60s after losing her husband to a heart attack. In 2011, at 95, she set the world record in her age group for running 60 meters in 29.86 seconds. She continued setting records in 2012 and 2014, and in 2016, she became the first woman in history to complete a 100-meter run at the age of 100. Ida says she maintains her well-being by eating a healthy diet and exercising routinely to keep herself fit and strong. This year she will celebrate her 106th birthday.

Ida, thank you, you are recognized and appreciated!



For more information about Healthy Aging education or resources, please visit our website: extension.unr.edu and search “Healthy Aging” or contact Macy at 702-257-5592.

The Importance of Immunization for Older Adults

August is National Immunization Awareness Month (NIAM). The observance highlights the importance of vaccination for people of all ages. There has been a lot of discussion during the pandemic about the COVID-19 vaccine. However, this is not the only vaccine that individuals need to consider or know about. In fact, older adults have vaccination needs that do not get much attention or discussed in the media. There is even an Adult Vaccine Assessment Tool ([The Adult Vaccine Quiz | CDC](#)) to determine vaccines suggested for your age group. There are several recommended for adults over 50, including shingles, whooping cough, hepatitis A and B, flu, and pneumococcal disease. For more information visit immunizenevada.org and type 'older adult' in the search box.



Eat Right When Money is Tight

Grocery and food costs are on the rise. Here are a few tips on how to stretch your budget and food dollars by planning ahead, making smart food choices, and preparing low-cost recipes.

Planning: 1) plan weekly meals and snacks – eat what you have at home first; 2) check your mail for store coupons, sales, and store specials; 3) sign up for your local grocery store discount card; 4) know how much money you have to spend before shopping.

Shopping: 1) eat before you go shopping; 2) buy store brands; 3) compare products for best deals; and 4) be sure to check for 'sell by' and 'use by' dates - buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer!

At home: 1) put food away as soon as you get home; 2) portion-size larger packages; and 3) use foods before they expire.

<https://snaped.fns.usda.gov/snap/EatRightWhenMoney'sTight.pdf>

Helpful Tips for Summer Safety

- During times of extreme heat and high temperatures stay indoors as much as possible.
- Visit air-conditioned shopping malls and public libraries to help stay cool.
- The sun is hottest between 10 a.m. and 2 p.m. so schedule indoor activities then.
- Wear lightweight, loose fitting, and light-colored clothing. Do not forget to wear sunglasses and wide-brimmed hats.
- Drink plenty of fluids, avoiding caffeinated and/or alcoholic beverages.
- Wear sunscreen that offers "broad spectrum" protection and at least SPF 30.
- Limit sun exposure and rest in shaded areas.
- Most important, enjoy your summer!

[Summer Safety for Older Adults, University of Nevada, Reno Extension](#)

Summer Squash Salsa

Summer squash is the secret ingredient in this summer salsa. Make it a main meal by adding whole grains.

Ingredients:

- 1 can black beans - rinsed
- 6 medium tomatoes - seeded and diced
- ½ green pepper - seeded and diced
- 1 medium red onion - minced
- 1 medium summer squash - peeled, seeds removed, diced
- 2 Tablespoons red wine vinegar
- 1 teaspoon Adobo seasoning (combination of garlic, coriander, salt, and cumin)
- 2 Tablespoons lemon or lime juice (optional)
- 4 Tablespoons part-skim mozzarella cheese fresh cilantro or dried parsley (optional)

Directions: (12 salsa servings or 4-6 main meal servings)

1. Combine all ingredients except cheese. Let sit for 30 minutes.
2. Spoon over tortilla chips, cooked rice, or noodles.
3. Top with grated, part-skim mozzarella cheese.
4. Serve hot or cold!

For nutrition information, please visit [Squash Salsa](#) at *What's Cooking?* USDA Mixing Bowl.



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