

Healthy LIVING while aging!



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Aging. Everyone is doing it, but we don't all do it in the same manner.

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How do we know if we are aging “normally?” There are normal natural processes that we experience as we age. Some impact human communication – the act of exchanging information. Some of the common age-related changes impact hearing and vision. Here are a few of those age-related changes that can impact successful communication followed by some tips for improvement.

Hearing Changes – Hearing loss is the third most common chronic condition reported by older adults. Approximately 30% of people 65-75 years of age experience a hearing impairment. Those 75 years and older have a greater increase in hearing loss, between 40-50%. Normal age-related hearing loss results from our lifetime exposure to noise. With this hearing loss, we have a reduced ability to recognize certain types of speech sounds. These are high-frequency speech sounds such as the “s” in *sing* and the “th” in *this*. It also impacts our ability to hear non-speech sounds and environmental sounds, such as birds chirping and phones ringing.

Vision Changes – We also experience vision changes with aging. These changes impact our ability to read small print and see in low light environments. Almost all adults over the age of 55 need glasses at least part of the time due to age-related vision changes. This is where the lens of the eye loses its ability to focus.

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We might need a larger font or better light. There can also be a reduced ability to see to the side while facing forward. This impacts our ability to see people in our environment and around us which can lead to less social engagement and communication.

Age-related changes to hearing and vision can have an impact on successful communication. But there are many ways we can modify our communication styles to be more successful.

Here are some tips for better communication:

- Communicate in an area with reduced background noise.
- Be focused on those speaking to you.
- Face the person you are speaking to.
- Ask others not to yell, but to speak in their usual tone.
- Light should be facing the person speaking to you and not behind them.
- Ask for others to rephrase or speak more clearly if needed.
- Shorter conversations are best in low-hearing environments.
- Communication is a two-way street. It's OK to let others know if you are not understanding what is being said.
- And most importantly, be patient with yourself and with others.

For more information about Healthy Aging education or resources, please visit our website: extension.unr.edu and search “Healthy Aging” or contact healthyaging@unr.edu.

High Blood Pressure Education Month

High blood pressure increases your risk for heart disease and stroke. The good news is that there are steps you can take every day to keep your blood pressure in a healthy range. Start today by visiting:

<https://www.cdc.gov/bloodpressure/>.

Mental Health Awareness Month

You are not alone. Now more than ever, we need to find ways to stay connected with our community.

No one should feel alone or without the information, support and help they need. If you or someone you love is experiencing struggles and behavioral health challenges, visit:

<https://www.nevada211.org/>.

National American Stroke Month

American Stroke Month was created to promote public awareness and reduce the incidence of stroke in the United States. To quickly assess whether a person might be experiencing a stroke, act **FAST**:

- **F** for Face: Is the person's smile lopsided?
- **A** for Arms: If the person extends both arms to their side and raises them to shoulder level, does one arm droop?
- **S** for Speech: Does the person have difficulty speaking a simple sentence like "The sky is blue"?
- **T** for Time: If the answer to any of these questions is "yes," it's time to call 911 immediately.

For more information visit:

https://www.cdc.gov/stroke/signs_symptoms.htm.

MAY 30, 2022



THANK YOU!

A healthy diet and more movement can help support a healthy body and mind.

Below is a heart-healthy, low sodium recipe to nourish your body.

Strawberry Quinoa* Salad

May is National Strawberry and National Salad month. This recipe is a simple and nutritious way to add more fruit to your plate. It is also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Strawberries will be in season this month so enjoy some while they are in abundance and reasonably priced. *Quinoa is an edible seed, eaten like a whole grain, rich in antioxidants and high in protein and fiber.

Ingredients for Salad:

- ½ cup dry quinoa, rinsed well
- 2 cups baby spinach leaves
- ⅔ cup strawberries, sliced
- 2 tablespoons sliced almonds, roasted
- 1 handful fresh basil, chopped finely



Ingredients for Dressing:

- 2 tablespoons balsamic vinegar
- 1 teaspoon olive oil
- 1 teaspoon Dijon mustard
- salt and fresh ground pepper to taste

Directions: 1) Place quinoa in medium saucepan along with 1¾ cups water. Bring to boil, then cover and reduce heat to simmer for 15 minutes or until cooked. 2) Remove lid and cook until all water has evaporated. Remove from heat. 3) Make the dressing by combining all ingredients in a bowl or jar. 4) Place the quinoa, spinach, strawberries, roasted almonds and basil in bowl and combine. 5) Add and toss in dressing just prior to serving. Source: <https://bit.ly/3uzH7ti>.

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