

# Healthy LIVING while aging!



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## Senior Citizen Day Can we update the name?

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On Aug. 19, 1988, President Ronald Reagan signed Proclamation 5847, declaring Aug. 21 as **National Senior Citizens Day**. The day recognizes the many achievements of our nation's more mature individuals. It provides an opportunity to show our appreciation for their dedication, accomplishments, and the services they have shared throughout their lives.

Before we begin, let's get the term "senior citizen" out of the way. A few years back, several national organizations (e.g., AARP, Administration for Community Living, National Council on Older Adults) hosted focus groups and distributed surveys to find out what mature representatives of our nation prefer to be called. The responding answer is older adults or older individuals. In honor of the feedback, I will refer to senior citizens as such throughout the remainder of this article.

The 2020 census shows 55.8 million adults over 65 live in the United States. By 2035, that number will increase to 77 million. And by 2060, adults over 65 will make up 25% of the U.S. population. Their wealth of knowledge, skill and experience is a treasure to future generations.

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As technologies advance, these older individuals have experienced each step of the change. Not only have they contributed to it, but they understand firsthand the benefits and the drawbacks. While they know life without the advancements that exist today, older adults can assist in teaching new or existing concepts and ideas.

Older individuals are pioneers of science, medicine, psychology, business, civil rights and more. Their valuable contributions to our communities create better places to live. They deserve the respect and dignity their achievements earn them. National Senior Citizens Day encourages supporting older adults to live their lives to the fullest and as independently as possible.

At Extension, we value and embrace the older adults who contribute to our community. We have several volunteers, Master Gardeners and staff members who share their expertise, experience and history – showcasing plants and flora native to Nevada, irrigation and landscaping techniques, bee pollination, 4-H activities and our very own Healthy Aging Initiative programs. Below are several older individuals who help make a difference by joining our Extension Team in southern Nevada. We salute them, thank them and all older adults for their contributions.



Mauricio Urias and Mom  
Southern Area Extension



Judith Kafantaris  
Master Gardeners



Annie and Shirley Lindsay  
Health & Nutrition



Susan Place  
Healthy Aging Initiative



Bonnie Muir and Becky Leisle  
Laughlin Extension

Please visit [extension.unr.edu/Healthy Aging](https://extension.unr.edu/HealthyAging) to enjoy our accessible, online newsletter and discover additional Healthy Aging education and resources. Or, email [HealthyAging@unr.edu](mailto:HealthyAging@unr.edu).

# Hydrating Fruit Popsicles to Sweeten Your Summer!

The following recipes will help you stay hydrated and satisfy your sweet tooth with frozen treats made at home using fruit purees instead of popsicles made with added sugar.

## Kiwi Dream Popsicles

### Ingredients

- 4 kiwis, peeled & cut into cubes
- 3 cups of watermelon cubes, seeded (or seedless)
- Coconut or plain water if needed



### Directions

1. Wash the fruit and cut
2. Blend the kiwi cubes until smooth and add a little water if too thick
3. Pour into the popsicle mold and freeze for one hour, rinse the blender
4. Blend watermelon and add it on top of the frozen kiwi mold
5. Freeze for four hours or until thoroughly frozen

## Pineapple Lemonade with Blueberry Popsicles

### Ingredients

- 1 pineapple (or one can of pineapple cubes)
- 2 lemons, juiced
- 1 tablespoon honey
- 1 cup blueberries



### Directions

1. Wash the fruit and cut
2. Place all ingredients except blueberries in a blender
3. Blend until smooth
4. Pour the juice mixture into the popsicle molds and add blueberries
5. Freeze for four hours or until thoroughly frozen

## Strawberry Watermelon Popsicles

### Ingredients

- 2 cups of watermelon cubes, seeded (or seedless)
- 1 lemon, juiced
- 10 large strawberries
- Plain water if needed



### Directions

1. Wash the fruit and cut
2. Place all ingredients in a blender and blend until smooth. Add a little water if it's too thick
3. Pour the juice mixture into the popsicle molds
4. Freeze for four hours or until thoroughly frozen

### Hydration tips for older adults during summer

- Increase fluid intake
- Wear breathable clothes
- Take frequent breaks
- Promptly act on the signs of dehydration



Visit [extension.unr.edu/healthy-aging/recipes](https://extension.unr.edu/healthy-aging/recipes) for more nutritional topics and other tasty summer recipes.

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