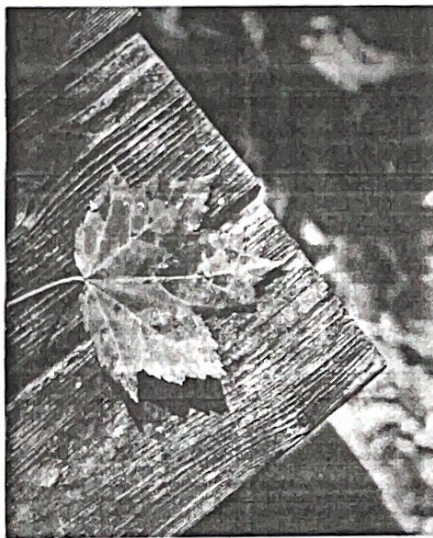


TEAM
KENTUCKY.

CABINET FOR HEALTH
AND FAMILY SERVICES

Senior Health & Wellness Newsletter



HEALTHY AGING MONTH

September is recognized as Healthy Aging Month. There are many areas that can be focused on promoting optimal aging. This month, take the opportunity to evaluate your lifestyle and how you can make improvements on routines, self-care practices, and overall wellness. Committing to improvements will help you feel better as well as encourage a daily routine.

Keeping a daily routine, will help keep you on a schedule and make you feel accomplished throughout the day. If you don't set an alarm to get up at the same time every day, your body does not know how to regulate, and you could get your days and nights mixed up.

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Healthy Aging Month

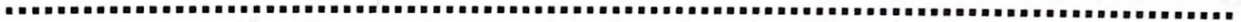
Though there are times where your routine may change (due to an appointment or not feeling well), it is important to try to get back on track as quickly as possible.

Ask yourself, what does self-care mean to you? There are many different answers to this question, and they may be completely different between individuals. Self-care is defined by Oxford Languages as “the practice of taking action to preserve or improve one’s own health.” Some self-care items may be having your hair professionally done, massage, nails done, or trying a new physical activity that you have always been interested in.

Wellness comes in many different forms. It can be increasing your water consumption while decreasing sugary/carbonated beverages or working to improve your overall health by increasing fruits and vegetable consumption throughout your day. You may decide to try meditation or relaxation techniques. It may be something small like completing mind-working challenges (like word searches, sudoku, or color by numbers pictures).

Wellness does not have to be expensive or overwhelming. Self-care can be free! Self-care should be things you enjoy and want to do. However, they may be challenging. When you succeed at a challenge, it feels rewarding that you have accomplished something.

Spend some time thinking about your daily routine and how you would like to make improvements on your self-care. Don’t be afraid to include friends and family on some of these activities!



Happy September

Recipe



Pork and Balsamic Strawberry Salad

Serves 4.

- 1 lb pork tenderloin
- 1/2 c Italian salad dressing
- 1 1/2 c halved fresh strawberries
- 2 tbsp balsamic vinegar
- 2 tsp sugar
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tbsp olive oil
- 1/4 c chicken broth
- 1 package spring mix salad greens
- 1/2 c crumbled goat cheese

1. Place pork in a shallow dish. Add salad dressing; turn to coat. Refrigerate, covered, at least 8 hours. Combine strawberries, vinegar and sugar; cover and refrigerate.
2. Preheat oven to 425 F. Drain and wipe off pork, discarding marinade. Sprinkle with salt and pepper. In a large cast iron or ovenproof skillet, heat oil over medium-high heat. Add pork; brown on all sides.
3. Bake until thermometer reads 145 degrees, 15-20 minutes. Remove from skillet; let stand 5 minutes. Meanwhile add broth to skillet; cook over medium heat, stirring to loosen browned bits from pan. Bring to a boil. Reduce heat; add strawberry mixture. Heat through.
4. Place greens on a serving platter; sprinkle with cheese. Slice pork; arrange over greens. Top with strawberry mixture.

IMPORTANT DATES IN SEPTEMBER

September 2 ... Labor Day

September 15 ... 1st Day of Hispanic Heritage Month

September 23 -28 ... Falls Prevention Week

Can you find it? Somewhere in the newsletter is a tiny Kentucky. Did you spot it?

HAPPY
LABOR
DAY



LAST MONTH'S WAS LOCATED ON PAGE
3 AS A SEED IN THE WATERMELON.

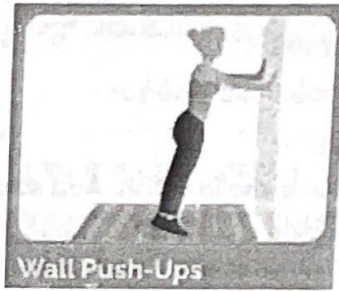
Exercise Series!

Always consult your physician before starting a new exercise program. never perform any exercise that causes pain. never hold your breath while exercising.

Strengthening and Balance Exercises



Stand next to a sturdy chair or countertop. Place right foot in front of left foot. Hold to chair or counter for balance if needed. Hold this position 30 seconds to 1 minute. Repeat on other leg.



Stand with hands on wall in front of you. Bend your elbows, lowering yourself toward the wall. Return to starting position. Repeat 10-15 times.



Sitting in a chair (without arms if possible), scoot to edge of chair. Stand up and slowly sit back down. Repeat 10 times.

Dementia Corner

The Positive Impact on Brain Health of Grandparents Raising Grandchildren

On September 8th we will celebrate the roughly 50,000 grandparents raising grandchildren across the Commonwealth of Kentucky. Many grandparents are now primary caregivers for their grandchildren. While this role has its challenges, it brings numerous brain health benefits for the grandparents. Research indicates that raising grandchildren positively affects older adults' cognitive and emotional well-being.

- **Enhanced Cognitive Function**

- Caring for grandchildren enhances cognitive function. Daily activities like problem-solving, multitasking, and helping with homework keep the brain active. This mental engagement acts as a workout for the brain, promoting neural plasticity and potentially reducing the risk of dementia and other cognitive impairments.

- **Emotional and Social Benefits**

- The bond between grandparents and grandchildren provides a sense of purpose and fulfillment, combating loneliness and depression common in the elderly. Grandchildren offer emotional support and companionship, enriching mental health. Additionally, grandparents stay socially active through community involvement, reducing social isolation and fostering a sense of belonging.

- **Physical Activity and Health**

- Raising grandchildren increases physical activity levels. Daily routines involving play, walks, and activities lead to a more active lifestyle. Physical activity improves brain health by enhancing blood flow, reducing inflammation, and promoting new neural connections. It also helps manage chronic conditions like hypertension and diabetes, which are linked to cognitive decline.

- **Lifelong Learning and Adaptability**

- Caring for grandchildren in today's world requires adaptability and learning new skills. Grandparents must navigate new technologies, modern educational methods, and contemporary social issues, keeping their brains active and fostering a sense of accomplishment and confidence.

Despite its challenges, raising grandchildren significantly benefits grandparents' brain health. Enhanced cognitive function, emotional and social benefits, increased physical activity, and lifelong learning contribute to a healthier, more vibrant brain. Grandparents who embrace this role lead more active, engaged, and fulfilling lives, safeguarding their cognitive and emotional well-being. This intergenerational bond strengthens family ties and showcases the resilience and adaptability of the human spirit.

Get Vaccinated!

We find ourselves in "respiratory season" again. It is called this because this is the time of year that sniffles, coughs, and sore throats are everywhere. What can you do to protect yourself during respiratory season? The best thing you can do for yourself, and for others, is to get vaccinated. You will want to consider becoming vaccinated for influenza (the flu), pneumonia, RSV (Respiratory Syncytial Virus) and COVID-19. This is especially true for those of you who are immunocompromised. This means you have a weakened immune system. Please speak to your healthcare provider, please reach out to your local Aging and Disability Resource Center (ADRC). They are found in your region's Area Agency on Aging and Independent Living (AAAIL).

DAIL Employee Spotlight! – Susan Taylor

Hello! My name is Susan Taylor and my title is Policy and Research Consultant. I have been with DAIL for two years now. Before I came to DAIL, I was the Director of the Lake Cumberland Area Agency on Aging and Independent Living in the Lake Cumberland Area. I have enjoyed 20+ years in the field of aging and love working with our older adults as well as those with disabilities. My work allows me to research policies and programs, collaborate with our public health workforce and administer projects funded by grants such as the Aging and Disability Vaccination Collaborative. We have all been touched by COVID-19 in some way and we are now beginning to learn of the affects the virus can have on a long-term basis. Because of this, we have introduced a new initiative to address long-COVID among our aging friends and friends living with disabilities. When I'm not working, I enjoy reading, baking and being outdoors. You can also find me cheering for my son, Luke, in the stands at our high school football games. It is an honor to serve you! I wish you good health, good fortune and an abundance of laughter!