



### It's About Time!

To begin with, **it's about time** that I got back to working on this Trending Healthy issue. I completely missed June as things here at O3A are busy! And it's a "good" kind of busy. Our staff have been very busy with getting the Senior Information & Assistance offices reopened! We at O3A hope that you all enjoyed some 4th of July festivities, perhaps gathering with vaccinated friends and family. And, how about this milder weather? Yeah for that, right!?!



So, the idea for this issue may not be what you think. It's not rants like; **"it's about time** that we all got to Phase 3, or **it's about time** that Friends had a Reunion show, or **it's about time** we got we got a hockey team, or **it's about time** they finished that paving/road project!

It's about...well, "time". It's about 480 minutes for a good night's rest. It's about 1,800 seconds in the morning to stretch. It's about taking the time to drink and refill our water bottles throughout the day. It about taking the time to prepare healthy meals. It's about taking the time to practice being mindful for our mental health. Physical Health + Mental Health = Total Health.

It's about the importance of taking the the time to care for our aging selves...physically and mentally! So, some of you can go ahead and roll your eyes here and just get it over with. ; ) Because, we here at O3A will continue to remind you that taking care of your aging self--physically and mentally--is important!

### IN THIS ISSUE:

Let's take a look at confirming what good habits we might already have and what new habits we might want to begin practicing! And, how about some interesting & fun stuff and...some recipes! I'm thinking "refreshing summer beverages"!



Hey! Let's welcome our newest Trending Healthy readers who joined our reading group since May:

~\*Welcome\*~ Robert L., Dan S., Jean E., Angelica B., Sue C., Helen D., Ethelyn G., Keith N., Sharon R., Carol N., Tom M., Mary B., Gloria R., Russell G., Sarah R., Roxanna J., Richard N., Debb H., George B., Stephanie G., Karen M., Lawrence W. *Thank you for taking the time to sign up! ; )*

It's About Time...to Read On!

## In this issue :

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give  
yourself  
time.



**Do you wonder what services are available  
for Older Adults and Caregivers?  
You should call us!**



**OUR OFFICES ARE OPEN!**

**Clallam County:** Forks Office(360) 374-9496, Sequim Office (360) 452-3221

**Grays Harbor:** Aberdeen Office (360) 532-0520

**Jefferson County:** Port Townsend Office (360) 385-2552

**Pacific County:** Long Beach (360) 642-3634, Raymond (360) 942-2177

Or visit our website: [www.O3A.org](http://www.O3A.org)

## Why Does Aging Affect Sleep?

Okay, as I get ready to introduce this resource from Sleep Foundation, I can't help but think that reading it might actually *cause* you to fall asleep. But, understanding how aging affects our sleep is important:



"As people get older, their sleep changes due to the effects of an aging suprachiasmatic nucleus (SCN). The SCN receives information from the eyes, and light is one of the most powerful tools for maintaining circadian rhythms..."

YOU: ZZZZZZZZZZZZZZZZZZZZZ

TRENDING HEALTHY: Seriously, [click here](#) to continue reading about this sleep disturbance, as well as more information about **OTHER** common sleep disturbances.

**The resource also offers Sleep Tips and Safe Sleeping for Seniors!**

### SLEEPING TIPS:

1. Ditch the technology two hours before bedtime.
2. Embrace the morning! Open the blinds and/or step outside into the early light!
3. Drink your coffee - but have it early. No caffeine within 7 hours of bedtime.
4. Before you go to bed, dim the lights, play soft music, relax.
5. Set a schedule and stick to it.

### SAFE SLEEPING TIPS:

1. Keep a telephone by the bed.
2. Make sure a light is in reach.
3. Reduce hazards: no smoking in bed and make sure there are no trip hazards if you need to get up and out of bed in the dark.

## A Good Night's Sleep

A good night's sleep is essential for successful aging, no matter how old you are. After all, sleep is a time of rest and rejuvenation, when our minds and bodies can recuperate after a long day.

"According to the National Sleep Foundation, people over age 65 should get at least seven-to-eight hours of sleep every night". [Click here](#) to read more from this resource, which explains:



[Five Sleep Benefits for Seniors:](#)



1. A good night's sleep boosts your mood
2. Quality sleep lowers your risk of diseases
3. Restful sleep maintains your weight and supports metabolism
4. Good sleep improves concentration and memory
5. Bedtime is when your brain clears harmful toxins

## 9 Ways Seniors Can Get a Good Night's Sleep

I can think of one: Air Conditioning. Did anyone have problems sleeping as temperatures soared beyond 100 degrees recently? Good *golly* it was hot.

I **really like** this resource and plan to implement a few of their suggestions that they more fully explain "why" here: ([click here](#)):

1. Follow a regular sleep schedule.
2. Avoid napping late afternoon or evening.
3. Develop a bedtime routine.
4. Avoid t.v., tablets and cell phones in bed.
5. Keep your bedroom at a comfortable temperature, and quiet.
6. Use low lighting as you prepare for bed.
7. Exercise at regular times during the day, but not within 3 hours of bedtime.
8. Avoid eating large meals close to bedtime.
9. Stay away from caffeine and alcohol late in the day.

**Ok - self test:** How many of the above are NOT practices that you currently have?



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## Take the Time... to Avoid Mowing Over Bees!!!

Our precious Bees are so important! I quit using chemicals on my lawn years ago. And, I allow the dandelions and clover to open up and hang out for a while before I mow them all down. I know! I'm not perfect and do like a somewhat manicured looking lawn. But! As I mow (less often), I have begun to carefully watch out for our little pollinating friends and give them time to buzz away.



Did you know that **Bees are Washington's most important insect?** It's hard to imagine, but every time we eat an apple, peach, pear or cherry, **that piece of fruit started with a visit by a bee carrying pollen.**

We can help bees stay strong by increasing their forage and habitat. Pollinator-friendly plants include Oregon grape, Native Aster, and Common Camas. **Did you know that you can contact Washington State for free packets of non-invasive flower seeds mixed especially for bees, butterflies and more?** (While supplies last. If none, try googling wildflower mixes for bees.)

It takes an enormous amount of effort to pollinate all of the fruit grown in Washington State. I know these stats in the website below are a little dated, but, "in 2013, Washington grew 2,975,000 TONS of apples, 434,000 TONS of pears, and 169,000 TONS of cherries.

Here's the website to visit to order your free seeds ([buzz here](#)) AND here's where you can watch "[Washington Grown Season 3...the Bee Episode](#)"! ([buzz here](#)).

### Summer Party Punch (no alcohol)

Wow! This is party punch that splashes together all of the fun colors of Summer! It looks SO delicious! And, look at how many servings of fruit you are getting! There are lots of ingredients--mostly fruit, but only TWO preparation steps...[click here](#).



### Getting Into the Stretch of Things

Give yourself the gift of taking the time to develop this habit!



Stretching allows for greater movement in joints and improves posture. It also helps to release muscle tension and soreness, and REDUCES THE RISK OF INJURY. Lastly, it may also help to increase circulation, muscle control, and improve balance and coordination.

**Of course, some of us may want to consult with our primary care teams before jumping into any new type of exercise!!**

I found that *Healthline.com* does a really nice job of offering easy to read stretching instructions for your neck, shoulder and upper arm, chest, ankle, hamstring, quadriceps, hip and lower back. [C l l i i c c k h e e e e r r e](#). (I stretched this out, get it? tee hee hee.)

### Why Flexibility Is So Significant As We Age

As we age, we lose our skin's elasticity, our muscle tone, and bone density. Also, the water content in our tendons decreases and as a result, our tendons get stiffer. All these factors can contribute to the natural decrease in our flexibility.



Did you know that the most common areas affected with decreased flexibility are often the shoulders and the hips? Of course other body parts can be affected and this can result in chronic aches and pains. To read more about the benefits of flexibility while aging, [click here](#).

Here are some additional tips to keep in mind:

1. Warm up the body by walking in place for five minutes.
2. Never force a stretch and do not bounce or jerk to get deeper into a stretch. Smooth and gentle movements are safer.
3. Don't lock your joints. Your arm and legs can be straight while stretching, but they shouldn't be stiff and locked.
4. Keep breathing, slow and steady.
5. Aim to stretch every day. Try for 10 to 15 minutes a day, at least three days a week.

## It's About Time...For A Word Scramble

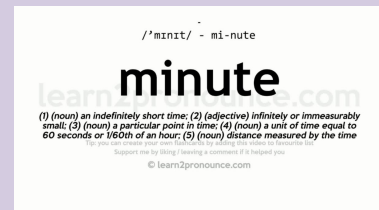
How about a 4th of July Word Scramble! The answers are at the bottom of the newsletter.  
**Have Fun & Good luck!**



KWFORRIES  
PEIEDDEENCNN  
DAREPA  
EFOMEDR  
FGLA  
NPCCII  
URMSEM  
EIBTLR  
ERACMA  
SASTTE  
RTILEVOONU  
PTTOIARCI  
RASTS

## Got a Minute?

A New York minute. I'll be there in just a minute.  
Talking a mile a minute. At the last minute. A  
sucker born every minute. Just give me a minute!  
*Or rather--just give **yourself** a minute!*



## It's About Time to Take a Mindfulness Minute for Yourself

Can you spare 60 seconds to care for yourself, each day? Make this a habit!

**Here's a few mindfulness exercises you can do in a minute or under:**

1. Yawn and stretch for just 10 seconds every hour. Say "ahh" as you exhale. A yawn interrupts your thoughts and feelings. This brings you to the present.
2. Hug someone (or yourself) tight and take 3 big breaths together. This is a "grounding" exercise.
3. Stroke your hands. Close your eyes, take the index finger of your right



hand and slowly move it up and down on the outside of your fingers. Once you have mindfully stroked your left hand, swap and let your left hand stroke the fingers of your right hand.

4. Mindfully take a bite (like a bite of dark, rich chocolate). Before eating it, use all of your senses to see it, touch it, smell it, and sense it. Then gently pop it into your mouth and really savor the taste, texture and let it linger in your mouth then swallow it. Try this with different foods.
5. Mindful breathing. Lower your eyes and place your hand on your stomach. Notice how your hand gently rises and falls with each breath.

### "The Benefits of Mindful Meditation for Older Adults - and How to Get Started" [click here.](#)

As we age, we may worry more about our physical health, but that doesn't mean we can let our mental health go. Mindful meditation promotes many physical and psychological benefits. It's nothing new though, people have been meditating since 5000 BC.

Meditation is all about cultivating presence and awareness. **It's a mental training practice that offers a way to deal with stress by calming the body.** Meditation helps you to be "present". Worrying about past events can contribute to depression; worrying about the future can cause anxiety. **Be Present!**

**MINDFUL MEDITATION HAS MANY POTENTIAL PHYSICAL AND PSYCHOLOGICAL BENEFITS FOR OLDER ADULTS, INCLUDING BETTER FOCUS, ENHANCED CALMNESS, LESS STRESS, AND IMPROVED SLEEP. [Click here](#) to learn why...**

Be mindful of your thoughts,  
for they become your words.

Be mindful of your words,  
for they become your actions.

Be mindful of your actions,  
for they become your habits.

Be mindful of your habits,  
for they become your character.

Be mindful of your character,  
for it becomes your destiny.



### Watering During Hot Days!!

I could be talking about watering your plants and gardens, but I'm talking about "watering" ... you. It's not that I wanted to trick you into reading this, but, well...maybe.



Here are six(6) reasons it's important for older adults to stay hydrated:

1. Of course, to diminish thirst. "As adults age, the sensation of thirst diminishes, which means seniors are less likely to realize when they're thirsty". [click here to read more.](#)
2. Enhance Metabolism
3. Boost Brain Function
4. Maintain Urinary Health
5. Better Digestive Health
6. Manage Kidney Health

## KEEP YOURSELF HYDRATED EVERY DAY!

### How to Make Drinking Water Less of a Chore

Here's some tips!



1. Add flavor to your pitcher! Try steeping fresh fruit (grapefruit, strawberries, lemon), veggie slices (cucumber, ginger, celery), herbs (basil, mint, lavender) in your carafe.
2. Drink a glass after every bathroom break.
3. Sip before every meal!
4. Like APPS? Use an app to track your cups! Check out "Daily Water"
5. Treat yourself to a "high-tech" water bottle. *Impress your teenage grandkids with one of these!* [click here.](#)
6. Dilute sugary drinks with water and ice!
7. Keep a gallon jug nearby
8. Invest in a filter
9. Choose sparkling or mineral water over soda
10. Eat more water-rich foods! (Cucumber 96% water, Zucchini 95% water, watermelon 92% water, grapefruit 91% water)
11. Stick to a one-to-one rule when drinking alcohol or coffee (one glass of wine, one glass of water...)

For more information about this resource, [click here.](#)

### Fresh Ginger Lemonade

If you haven't tried this combination yet, *it's about time* to try it! This is my favorite G/L recipe. Although, I cut back on the sugar and add honey:



Try freezing this into homemade popsicles!

Ingredients:

- 3 cups white sugar
- 4 quarts water



- 14 slices fresh ginger root
- 4 cups fresh lemon juice
- 2 lemons, sliced

Step 1: combine sugar, water, and ginger root in 8-quart saucepan. Heat to boiling, stirring occasionally. Remove from heat.

Step 2: Stir in lemon juice. Cool 15 minutes. Remove ginger, refrigerate at least 1 hour, or until chilled.

Step 3: Serve over ice, garnish with lemon slices (or, try a sprig of rosemary or mint!)

Here's the Allrecipes recipe online: [click here](#).

Tips for Storing Leftover Ginger root, [click here](#).

## July Trending Healthy Issue POP QUIZ!

1. Physical Health + \_\_\_\_\_ = Total Health!
2. Good Sleep improves your \_\_\_\_\_ and memory.
3. Keeping a \_\_\_\_\_ by the bed is a Safe Sleeping Tip.
4. To warm up your body before stretching, walk in place for \_\_\_\_ minutes
5. It's not necessary to follow a regular sleep schedule. True or False?
6. \_\_\_\_\_ are Washington State's most important insect.
7. Stretching can reduce the risk of \_\_\_\_\_
8. Dilute sugary drinks with \_\_\_\_\_ and ice.
9. Watermelon has a higher % of water than Zucchini. True or False?
10. The most common areas of the body affected with decreased flexibility are the shoulders and the \_\_\_\_\_.

FORGET  
CALM  
THERE'S  
A POP  
QUIZ

## 4TH OF JULY TRIVIA

**One(1):** Where was the first celebration of Independence Day held?

- a. Boston, MA
- b. Williamsburg, VA
- c. Philadelphia, PA
- d. Gettysburg, PA

**Two(2):** Every Independence Day, how many times does the Liberty Bell Ring?

- a. 13 times
- b. None, it comprises the crack in the bell
- c. 15 times
- d. 8 times

**Three(3):** Which American President was born on July 4th?

- a. Calvin Coolidge
- b. James Monroe
- c. James Madison

d. Grover Cleveland

**Four(4):** What was the total number of people who signed the Declaration of Independence?

- a. 35
- b. 43
- c. 58
- d. 56

**Five (5):** Every July 4th, what food is most commonly consumed?

- a. potato salad
- b. hot dogs
- c. hamburgers
- d. corn on the cob

**Six (6):** What was The Statue of Liberty's official name?

- a. Liberty Embracing the World
- b. Liberty for All Peoples
- c. Liberty For All Mankind
- d. Liberty Enlightening the World

**Seven(7):** In which year did Congress first declare July 4th to be an unpaid federal holiday?

- a. 1778
- b. 1822
- c. 1870
- d. 1888

**Eight(8):** And in which year did it become a paid federal holiday?

- a. 1901
- b. 1919
- c. 1927
- d. 1938

The answers are at the bottom of the newsletter. Good luck!!

**Editor's Invitation:** Greetings! Thank you for reading *Trending Healthy*.

I invite you to **let me know if there is an important topic about healthy aging that you would like to see us address.** I would love to hear from you!

You can reach me at [janis.housden@dshs.wa.gov](mailto:janis.housden@dshs.wa.gov).  
***Peace, Love, and Aging Hydrated & Flexible: Janis***

Word Scramble: FIREWORKS, INDEPENDENCE, PARADE, FREEDOM, FLAG, PICNIC, SUMMER, LIBERTY, AMERICAN, STATES, REVOLUTION, PATRIOTIC, STARS.

Trivia: 1-c. Philadelphia 2-b. 13 times 3-a. Calvin Coolidge 4-d. 56 5-b. Hot Dogs, like 150 million, enough to stretch from D.C. to L.A, more than five times. Got Mustard? 6-d. Liberty Enlightening the World 7-c. 1870 8-d 1938



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