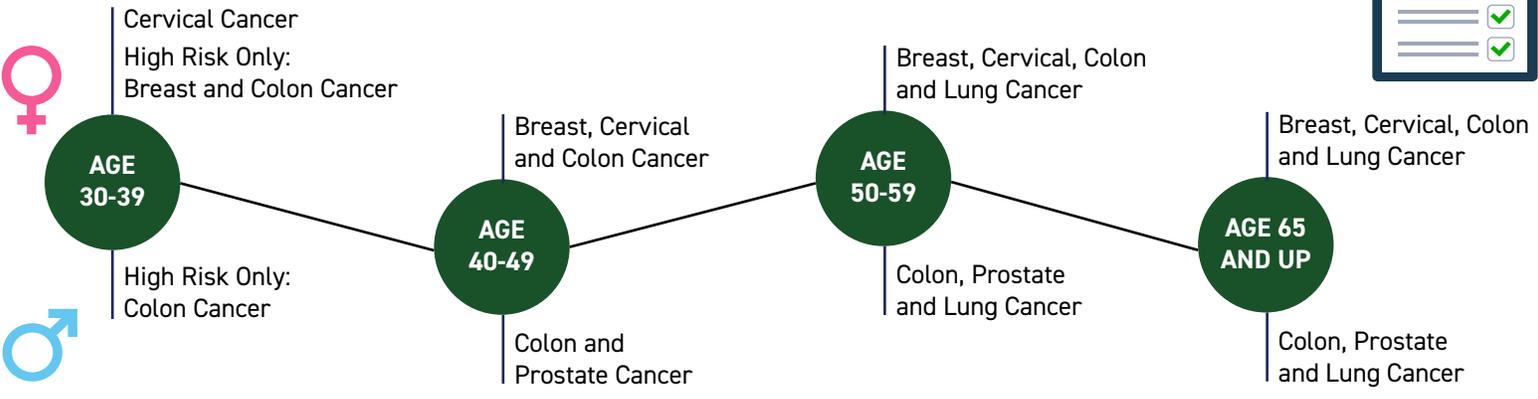




How to Take Care of Yourself As You Age

✓ SCREENINGS

Regular health exams and tests can help find problems before they start. By getting the right health services, screenings, and treatments, you are taking steps that help your chances to live a longer, healthier life.



✓ PHYSICAL ACTIVITY

Exercise can help make you stronger, prevent bone loss, improve balance and coordination, lift your mood, boost your memory, and ease the symptoms of many chronic conditions.

✓ HEALTHY EATING

Eating a variety of foods from all food groups can help supply the nutrients you need as you age. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fat-free dairy.



HEART DISEASE
Pairing a healthy diet with regular exercise is the best way to prevent heart disease and reverse some risk factors. Research shows that any type of exercise that you enjoy and will perform on a regular basis is best!

DIABETES
All forms of exercise are equally good at lowering HbA1c values and can help control your weight and blood sugar. Seniors with diabetes should avoid or limit alcohol intake, cholesterol, fat and salt.

OSTEOPOROSIS
Osteoporosis often results in hip and spine fractures in older women. Talk to your doctor or a physical therapist about exercising to strengthen muscles and bones, improve your balance and help prevent falls.

HYDRATION
With age, you may lose your sense of thirst. Be sure to drink water often. Low-fat or fat free milk or 100% juice also helps you stay hydrated. You should limit beverages that have lots of added sugars or salt.

READ LABELS
When buying food, pay attention to nutrients, as well as calories, fats, and sodium. Ask your doctor if there are ingredients and nutrients you might need to limit or increase.

TEETH & GUMS
Your teeth and gums can change as you age. If you have dental problems, it can be hard to chew fruits, vegetables, or meats, but it's important that you don't miss out on the needed nutrients in these foods.



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SUCCESS STORY

MEMBER

60 Year Old Male

GOALS

To better manage diabetes by reducing A1c and fasting blood sugar levels.

SUCCESS

After Nurse Health Advocate discussed complications of diabetes, member committed to decreasing bread and increasing his exercise.

OUTCOMES

Member reported he has been following guidelines given by his Nurse Health Advocate. He is drinking more water and eating more vegetables. His fasting blood sugars are now averaging 110-140. **He set a personal goal to improve his A1C and be able to decrease his diabetes medications.**

IN HIS OWN WORDS

"My A1C has improved to 7.3. My cholesterol is better and I also noticed a visual improvement too. **I am thankful to the program.**"

WANT TO SHARE YOUR HMC HEALTHWORKS SUCCESS STORY? EMAIL US [HERE](#).



BUTTERNUT SQUASH BOWLS

4 cups chopped butternut squash
2 tbsp. olive oil
1/2 tsp. EACH: dried parsley, dried oregano
Fine sea salt and freshly cracked pepper
1 cup couscous
1 cup vegetable or chicken stock (or broth)
1 tsp. butter
1-2 large ripe avocado(s), thinly sliced or chopped
1/2 cup honey roasted almonds or pecans
Fresh arugula

Dressing

1 clove garlic, minced
1/2 of a small shallot, minced
1 tbsp. grainy dijon mustard
1 tsp. EACH: dried parsley, dried oregano
2 tbsp. red wine vinegar
1/2 cup + 2 tbsp. olive oil

1. Preheat the oven to 400° F. Peel and chop the butternut squash into small, bite-sized pieces. Place on a sheet pan and toss with the olive oil, dried parsley, dried oregano and salt and pepper. Toss ingredients together and place in the oven. Roast for 10 minutes, remove and stir around, and return to the oven for another 7-10 minutes or until crisp tender. Remove the squash tray from the oven and set aside.
2. Prepare the dressing by combining all of the ingredients in a mason jar and shaking well to combine.
3. Meanwhile, add the stock to a small pot. Add in the butter and bring to a boil. Once boiling, remove from heat. Stir in the couscous and cover the pot with a lid. After about 5 minutes the liquid should be absorbed. Fluff with a fork. Stir in 1/3 cup of the prepared dressing.
4. Assemble the bowls: fill up 4 bowls with even amounts of the dressed couscous. On top add the roasted butternut squash. Add fresh avocado and a handful of arugula to each bowl and top with even amounts of the almonds or pecans. Spoon the remaining dressing evenly over the bowls to taste preference. Enjoy immediately.

Click [here](#) for more healthy recipes.



HEALTHY AGING MONTH

Depression in seniors is frequently overlooked, because the symptoms may look like they stem from a different disease. For instance, weight loss and poor appetite may seem like a gastrointestinal problem, and problems with daily functioning could seem like a case of arthritis.

Staying vital and connected can help you ward off the depression that often comes with aging. Here are simple things you can do.



CHALLENGE YOUR BRAIN

The Geriatric Mental Health Foundation recommends that seniors do crossword puzzles, read and write and try new hobbies to stimulate their minds and engage with the world around them. Check with your local Senior Center for resources. Activities often include Lunch and Learn, Technology, Cooking and Cultural Classes, Senior Field Trips and Outings. Activities like these can ward off a decline in mental health.



GET SOME SLEEP

Frequent waking and insomnia in the night are common among seniors. Turn the lights down in the evening to spur drowsiness and make sure the senior's bedroom is comfortable, cool and quiet. New studies reveal that insomnia is also a risk factor for depression onset and recurrence -- particularly in the elderly.



SOCIALIZE

Time spent with your community, friends, family and grandchildren help seniors feel connected, especially if they have mobility issues. Those visits can also make seniors feel more upbeat, which is the best medicine at any age. Social relationships—both quantity and quality—affect mental health, health behavior, physical health, and mortality risk. Social isolation of otherwise healthy, well-functioning individuals eventually results in psychological and physical disintegration, and even death.



JUST KEEP MOVING

Exercise is essential for both the body and mind. Go for a daily walk or join a senior exercise class at a nearby YMCA, gym, or senior center. If you have physical limitations, try chair exercises. If you're physically able, try a Senior dance or Tai Chi class. Just one 60-minute class a week led to significant improvements in depression symptoms.

