

MARCH

NEWSLETTER

Inside this issue:

*Savvy Senior

*Healthy Foods
for Inflammation

*Legal Documentation

*Trips and Activities





*Send your senior questions to:
Savvy Senior, P.O. Box 5443,
Norman, OK 73070*

Beware of Potential 2020 Census Scams

*Dear Savvy Senior,
Can you offer some tips to help seniors guard against census scams? With the 2020 census gearing up, I've read that there are a lot of potential scammers out there looking to take advantage of older people and I want to protect myself.
Cautious Judy*

Dear Judy,
Unfortunately, scams have become a persistent problem when the U.S. Census Bureau does its once-a-decade count of the U.S. population. Here's what you can expect from the 2020 Census in the coming weeks, and how you can protect yourself from potential scams.

What to Expect
In mid-March, you and nearly every other U.S.

household will receive an invitation in the mail to respond to the 2020 Census. This year, you will have the option of completing the 2020 census questionnaire either online, by mail, or by phone. The invitation will include detailed instructions of what you need to do.

If you don't respond to this invitation letter, you will receive several follow-up postcard reminders from the Census Bureau by mail. If you still don't respond by late April, a census worker will come to your door to collect your response in person.

It only takes a few minutes to complete the census questionnaire.

While census participation is very important and required by law, you also need to be vigilant of census-linked scams. This is especially important for seniors who tend to be prime targets.

The Census Bureau warns against phishing email scams as well as con artist masquerading as census workers who will try to solicit your personal financial information. Here are some tips that can help you protect yourself.

Guard Your Information
Don't give out your personal or financial information. The Census Bureau or a legitimate census worker will never ask for your Social Security number, bank account number, credit card number, money or donations. And

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they will never contact you on behalf of a political party. If you're asked for any of these, whether it be via phone, mail, email or in person, it's a scam and should be reported to rumors@census.gov.

Avoid Online Scams

The Census Bureau will not send you an unsolicited email to request your participation in the 2020 Census. So, ignore any emails you get that may direct you to a census website that looks real but is fake – and may be infected with malware. Also, don't reply to the email or open any attachment because they could contain viruses that could infect your computer. Forward the email or website address to the Census Bureau at rumors@census.gov. Then delete the message.

Be Safe at Home

If someone visits your home to collect a response for the 2020 Census, make sure you verify their identity. A legitimate census taker must present a field badge that includes a photograph of themselves, a Department of Commerce watermark and an expiration date. Census workers will also be carrying a Census Bureau laptop or cellphone, as well as a bag with a Census Bureau logo.

Also, remember that a census worker will



only ask you the questions that appear on the questionnaire – your name, gender, age, race, ethnicity, phone number, type of residence and number of people living with you. They will not ask for sensitive personal information, such as your Social Security or credit card number.

If you have questions about their identity, you can call 800-923-8282 to speak with a local Census Bureau representative. If it is determined that the visitor who came to your door does not work for the Census Bureau, contact your local police department.

For more information on the 2020 Census, visit 2020census.gov.

March

Monday HDM and Huntington Ferron/Emery	Tuesday HDM and Castle Dale	Wednesday No centers HDM only	Thursday No centers HDM only	Friday No centers HDM only
2-Sliced Ham Yummy Potatoes Buttered Beets Roll/Milk Birthday Cake	3-BBQ Beef over- Rice Scandinavian Vegetable Pineapple Slices Roll/Milk HDM Cookie Birthday Cake	4-Cheesey Noodle Bake with Ground Beef Hot Apples Winter mix Roll/Milk Cookie	5-Swiss Steak Baby Bakers Creamed Peas Roll/Milk Peach Crisp	6-Waffles Sausage-Egg Tri-Patty Peas and Carrots Apple Juice/Milk Fruit cup
9-Country Fried Steak Potatoes & Gravy California Vegetables Roll/Milk Rice Pudding	10-Sweet and Sour Meatballs over Rice Egg roll Oriental Vegetables Milk Coconut Cookies	11-Chicken Alfredo Over Noodles Peas and Carrots Muffin Milk Jello with Fruit	12-Pepperoni/ Cheese Pizza Green Beans Pineapple Chunks Milk Poppy Seed Bread	13-Cabbage Rolls Buttered Carrots Applesauce Roll Milk Rice Krispy Treat
16-Beef Roast Potatoes and Gravy Buttered Corn Roll /Milk PeanutButter Fingers	17-Ham and Bean Soup Tropical Fruit Pickled Beets Bread Stick /Milk Banana Pudding	18-Chicken Cordon Bleu Potatoes & Gravy Mixed Vegetables Roll/Milk Fresh Apple	19-Enchilada Pie Chuck-wagon Corn Spiced Pears Milk Trail Mix	20-Tuna Fish Sandwich Fruit Salad Vegetable Salad Milk Applesauce Raisin Bars
23-Pork Chops Peas Yams Roll /Milk Granny Cake	24- Chicken Salad on Brioche Roll Pickles and Olives Peaches Milk Pumpkin Raisin Bar	25- Closed for training	26-Oven Beef Stew Green Beans Pineapple Roll/Milk Oatmeal Cookie	27-Club Sandwich 3 Bean Salad Frog-eye Salad Milk Ice cream Sandwich
30-Chicken Thighs Baby Bakers Buttered Carrots Milk/Roll Brownie	31-Lasagna with Meat sauce Green Salad Winter mix Vegi Garlic Toast/Milk Frozen lemon Desert			

**Melanie
Pierce**

Director
(435) 687-2502
Huntington Hours
Mon-Thurs
10:00 - 2:00
Closed Friday

**Kendall
Gurrera**

Director
(435) 564-8236
Green River
Hours
Tuesday-
Wednesday
8:00 - 3:00

**Laurel
Weaver**

Director
(435) 381-2422
Castle Dale Hours
Mon-Thurs
10:00 - 2:00
Closed Friday

**Janet
Keele**

Director
(435) 286-2219
Emery Hours
Mon-Fri
8:00 - 10:00
Monday lunch
8:00 - 2:00

**Sherry
Herbst**

Director
(435) 384-2243
Ferron Center
Hours
Monday - Friday
7:00 - 3:00

Huntington

Lunch/Bingo noon
Every Monday

Blood Pressure/CNS
2nd Mon-noon
March 9

B/P Sugar – Symbii
3rd Mon -noon
March 16

Toenails – Symbii
4th Mon -noon
March 23

Quilters –March 4
1st Wednesday

DUP-March 10
2nd Tuesday

Photography Club
1st Wed – 6:00
March 4

Country Rovers Band
Every Tuesday
5:30-8:30

Pilates – 8:00 a.m.
Monday &
Wednesday

Exercise – 6:00 a.m.
Monday – Friday

Shopping Bus
Usually 1st Friday
Call

Green River

Lunch – noon
Tuesday/Wednesday

Blood Pressure
Toenails – GRMC
3rd Wed – 10:00
March 18



Game Day
March 11
2nd Wednesday

Grief Sharing
1/2/4 Tuesday
1:15-2:15

Bingo –March 17
3rd Tuesday after
lunch
*white elephant gift

Children Dance
Every Wednesday
2:00-5:00

Shopping Call for
date

Castle Dale

Lunch/Bingo –
noon
Every Tuesday

Blood Pressure
CNS
2nd Tue -noon
March 10

BP/ toenails
Symbii
3rd Tues
11:30 –March 17

Line Dancing
Expert
Mon/Thurs – 9:30
Beginners
Wed – 10:00

Val Jensen Band
Every Wednesday
5:30-8:30

Suicide Prevention
Each Tuesday 5:30

Phase 10 Games
Every Thursday
– 9:30

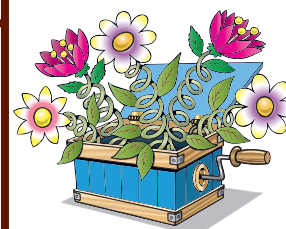
Shopping Bus
Usually 1st Friday
Call

Emery

Lunch – noon
Every Monday

Exercise – 8–9:00
a.m.
Monday–Friday

Blood Pressure
CNS
1st Mon -noon
March 2



Bingo –
March 9
2nd Monday

Single Seniors
4th Mon – 4:30
March 23

- VIP Dates and Events -

March 8, Daylight Savings Time
March 17 Saint Patrick's day
March 19 Spring Begins

Ferron

Lunch/Bingo
noon
Every Monday

BP / Toenails
ECCR
2nd Mon -Noon
March 9

Blood Pressure
3rd Mon -Noon
March 16
DUP – March 10
2nd Tuesday
2:00

Single Seniors
Last Mon
March 30

Crochet Class
12:30 Tuesday



Important Legal Documents All Seniors Should Have

*Dear Savvy Senior,
What kinds of legal documents do I need to prepare to help my family after I'm gone? I would like to get my affairs in order but could use some help.
Almost 75*

Dear Almost,

All adults – especially seniors – should have at least four essential legal documents to protect yourself and your family. These documents will make sure your wishes regarding your estate are legal and clear and will help minimize any conflicts and confusion with your family and your health care providers if you become seriously ill or when you die. Here are the key documents you need, along with some tips to help you create them.

Will:

This document lets you spell out your wishes of how you'd like your property and assets distributed after you die, whether it's to family, friends or a charity. It also allows you to designate an executor to ensure your wishes are carried out and allows you to name guardians if you have dependent children.

In addition to a will, if you own real estate or have considerable assets, another option you may want to consider is a “revocable living trust.” This functions like a will but allows your estate to avoid the time and expense of probate (the public legal process that examines your estate after you die) and helps ensure your estate's privacy.



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Trip and Activities News

POMPEII:

The Exhibition at the Leondardo in Salt Lake City.

The sudden disaster that destroyed the city also preserved a unique record of daily life at the height of the Roman Empire. Artifacts on loan from Italy take visitors through a unique Roman Villa and onto the winding streets of Pompeii. There are over 150 authentic nearly 2000-year old artifacts preserved in ash to enjoy. ie mosaics, gladiator helmets, armor, weapons, lamps, plates, pots, furniture etc. We will go Thursday April 2, 2020. We will leave at 9:00 am and stop

for lunch then go to the museum.

Tickets are as follows:

15 or more people \$19.00

60 - 65 years \$25.00

65 & up \$22.00

There will also be a fuel fee of \$10.00.

Please have the ticket money in by March 17.

Cooking with Barbra

at the Huntington Center

Thurs. March 26, 2020

We will have soup and bread and fun!!

Green River

Tuesday	Wednesday
3- Baked Ham Cheesy Potatoes Vegetables Apple Turnover Roll/Milk	4- Clam Chowder Garden Salad Fruit and Cookie Roll /Milk
10- Meat Loaf Baked Potatoes Vegetables Cake Roll/Milk	11- Beef Enchilada Mexican Rice Vegetables Fruit and Cookie Corn Muffin /Milk
17- Shephards Pie Vegetables Fruit Salad Cookie Roll/Milk	18- Chicken noodle Soup Hot Cheese Sandwich Garden Salad Jello & Fruit bread Roll/Milk
24- Roast Beef Mashed Potatoes & Gravy Vegetables Cherry Turnover Roll/Milk	25- Baked Potato with Chili Tossed Green Salad Cinnamon Rolls Milk
24- Spaghetti with Meat Sauce Greenbean & Side Salad Fruit & Cookie Roll /Milk	

BYU Young Ambassadors 50th Celebration with Marie Osmond

Tickets are going fast

Saturday March 28, at 2:00pm at BYU

Tickets are \$12.00 and the money is due by March 5th so we can hopefully get tickets. Also there will be a \$10.00 fuel fee and you will need money for a meal. Along with the Ambassadors Marie will be performing some of her well known songs!

Important Legal Documents

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Durable Power of Attorney:

This allows you to designate someone you trust to handle your financial matters if you become incapacitated.

Advanced Health Care Directive:

This includes two documents that spell out your wishes regarding your end-of-life medical treatment. The two documents are a “living will” which tells your doctor what kind of care you want to receive if you become incapacitated, and a “health care power of attorney” (or health care proxy), which names a person you authorize to make medical decisions on your behalf if you’re unable.

You should also consider making a do-not-resuscitate order (DNR) as part of your advance directive, since advanced directives do little to protect you from unwanted emergency care like CPR. To create a DNR, ask your doctor to fill out a state appropriate form and sign it.

Do-It-Yourself

If you have a simple estate and an uncomplicated family situation, there are do-it-yourself resources that can help you create all these documents for very little money. Some options to consider include Quicken WillMaker & Trust 2020 software (available at Nolo.com) that costs \$90 and works with Windows and Macs and is valid in every

state except Louisiana. And LegalZoom.com, which offers an estate plan with professional legal guidance with an independent attorney for \$179.

Get Help

If, however, you want or need assistance or if you have a complicated financial situation, blended family or have considerable assets, you should hire an attorney. An experienced lawyer can make sure you cover all your bases – especially when writing a will or living trust – which can help avoid family confusion and squabbles after you’re gone.

Costs will vary depending on where you reside, but you can expect to pay somewhere between \$500 and \$2,000 for a basic estate plan that includes a will, power of attorney and advance directive. If you want your estate plan to include a living trust, that can run anywhere between \$1,500 and \$5,000.

The National Academy of Elder Law Attorneys (NAELA.org) and the National Association of Estate Planners and Councils (NAEPC.org) are two good resources that have directories on their websites to help you find someone in your area.

If money is tight, check with your state’s bar association (see www.FindLegalHelp.org) to find low-cost legal help in your area. Or call the Eldercare Locator at 800-677-1116 for a referral.

Castle Dale Library

Happenings

SCIENCE + SUPPER
Delicious & Informative

UNDEFEATED

JIM THORPE and the CARLISLE INDIAN SCHOOL FOOTBALL TEAM

March 26th
6:30 p.m.
@ the Castle Dale Library

The poster features a stylized illustration of Jim Thorpe's face on the left and a black and white photograph of the Carlisle Indian School football team on the right. The text is in various colors and fonts, including a large yellow 'UNDEFEATED'.

Book Club:
Science and Supper
we will be reading

Undeclared Jim Thorpe and
the Carlisle Football team

March 26 at 6:30 p.m.

STORY AT THE LIBRARY TIME!!!

EACH WEDNESDAY 10:45



4 BENEFITS OF COLORING for GROWN-UPS



RELAXING
unplug from technology

EASY
no skill required -
just pencils or markers!

CREATIVE
coloring activates the
creative side of your brain

ACTIVE MEDITATION
the focus of coloring is an active form
of meditation and decreases stress levels



Adult Coloring every
Tuesday at 11:00 a.m.

Feel your best starting with your stomach

Did you know that the key to personal health may begin in the core of the body? Doctors and researchers are learning more and more about how the immune system and other functions of the body are tied to microscopic players housed in the stomach and intestines. Improving this digestive environment can benefit the body in various ways.

Understanding probiotics

Bodily bacteria outnumber body cells by 10 to one, offers the health and wellness resource Healthline. Most of the bacteria in the body are harmless, and many of them in the gut actually are linked to numerous health benefits, such as weight loss, enhanced immune function, reduced risk of disease, and improved digestion.

Unfortunately, bad bacteria also vie for space in the gut. If the good bacteria and yeasts, or probiotics, are not in abundance to push out the bad bacteria, like salmonella and E. coli, those bad bugs can proliferate, causing problems. It is essential to keep an abundance of probiotics available to stay healthy and maintain the “good vs. bad” balance in the gut.

Getting probiotics

While the body can be healthy without the addition of probiotics, having more can be beneficial. The Cleveland Clinic says that food and supplements containing probiotics assist the good bacteria already present in your gut. When a course of antibiotics wipes out both good and bad bacteria, for example, probiotic-rich foods and supplements can more readily replace what’s lost.

Dietary sources of probiotics include some yogurts, cheeses, kefir, sauerkraut, miso, kimchi, pickles, and beverages like kombucha, a fermented tea.

Getting probiotics from foods is the most natural way to supplement good gut bacteria, as the foods meld with the probiotics in ways that doctors may never un-



Yogurt is a dietary source of probiotics, healthy bacteria and yeasts that may improve overall health.

derstand to deliver the most benefits.

The downside is it’s impossible to measure just how many probiotics can be acquired from foods. That is what makes supplementation so handy. Capsules and tablets are loaded with a variety of different active bacteria and yeast cultures to aid the digestive system in measurable ratios. Some tout anywhere from one to 30 billion active colony-forming units (CFUs) per serving.

Side effects

Probiotics are generally healthy for people to consume in amounts found in foods, advises the Mayo Clinic. Most healthy adults can safely add foods or dietary supplements that contain probiotics to their diets. Introducing probiotics may cause temporary and mild flatulence, discomfort and bloating.

Probiotics can be yet another tool to improve overall health at any age, but especially for adults looking to minimize illness risk.

Extending Seniors Driving Years

Dear Savvy Senior,

What tips or resources can you recommend to help elderly seniors extend their driving years? My dad, who's 82, is still a decent driver, but I worry about his safety going forward.

Inquiring Daughter

Dear Inquiring,

With more than 40 million licensed drivers in the U.S. over the age of 65, there are lots of resources available today to help keep older drivers safe and behind the wheel longer. Here are some simple steps you can take to help keep your dad driving safely.

Get his eyes checked: Because about 90 percent of the information necessary to drive is received through our eyes, getting your dad's eyes checked every year to be sure his vision and eyewear is up to par is an important first step.

Check his meds: Does your dad take any medicine or combination of medicines that make him sleepy, light-headed or loopy? If so, make a list of all his medications (prescription and over-the-counter) and dietary supplements, and take it to his doctor or pharmacist for a review. You can also get help with this online at RoadwiseRX.com.

Evaluate his driving: To stay on top of any potential driving issues, you should take a ride with your dad from time-to-time watching for problem areas, such as: Does he drive at inappropriate speeds, tailgate or drift between lanes? Does he have difficulty seeing, backing up or changing lanes? Does he react slowly, get confused easily or make poor driving decisions? For more tips, see the National Caregivers Library driving assessment checklist at SeniorDriverChecklist.org.

If your dad needs a more thorough evaluation, you can turn to a driver rehabilitation specialist who's trained to evaluate older drivers. This type

of assessment typically costs between \$100 and \$200. To locate a professional in your area, visit AOTA.org/older-driver or ADED.net.

Take a refresher course: AAA and AARP both have older driver refresher courses that can help your dad tune-up his driving skills, and learn how to adjust for slower reflexes, weaker vision and other age-related changes that affect driving. Taking a class may also earn him a discount on his auto insurance. To locate a class, contact your local AAA (AAA.com), or AARP (AARP.org/drive, 888-227-7669). Most courses cost around \$15 to \$30 and can be taken in the classroom or online.

Another good resource to look into is CarFit. This is a free assessment program that will help your dad adjust his vehicle for a better fit, making it easier and safer to drive. CarFit events are held around the country in select locations. See CarFit.org to look for one near you.

Make some adjustments: Recognizing your dad's driving vulnerabilities and making small changes on when and where he drives can go a long way in helping keep him safe and driving longer. Adjustments may include not driving after dark or during rush hour traffic, avoiding major highways or other busy roads, and not driving in poor weather conditions.

You can find more tips at AAA Senior Driving at SeniorDriving.AAA.com.

And finally, when it gets to the point that your dad's driving isn't safe anymore and he needs to quit, The Hartford Financial Services Group and MIT AgeLab offers two helpful resources. Go to TheHartford.com/lifetime – click on “Publications” on the menu bar – and download or order the “At the Crossroads” and/or “We Need to Talk” guides.

March Birthdays

Huntington

Karen Ison – 2
Richard Bissell – 3
Carol Ewell – 5
Ben Johnson – 8
Paulette Kelly – 9
Margo Jones – 9
Judy Rowley – 11
Lucy Curtis – 11
JoAnn Taylor – 12
Brent Gordon – 13
Randall Jones – 15
Rex Jones – 16
Jorma Johnson – 18
FloAnn Wilson – 19
Beverly Elms – 20
Karen Ison – 22
Lorie McElprang – 23
Dale Ungerman – 26
Jack Batt – 27
Patricia Allred – 28
Sally Atwood – 28
Donna Majors – 30
Patsy Grange – 31

Green River

Gladys May – 3
Juan Lovato Sr. – 11
Frankie Anderson – 18
Charlotte Uptain – 30

Ferron Clawson

Sandra Hansen – 1
Bonnie Freeman – 3
Clifford Snow – 4
Irene Williams – 8
Steven Snow – 9
Lynda Nelson – 9
JoAnn Crawford – 13
Tanie Worthen – 16
Marlene Chynoweth – 21
John Niebergall – 23
Lee Rasmussen – 23
Wilbur Fowler – 24
Beth Black – 27

Emery

Craig Anderson – 3
Ronnie Sorensen – 9
Betty Jensen – 10
Doris Mangum – 14
John Sehestedt – 15

Orangeville

Delile Hinkins – 1
Deanna Harris – 7
Claudia Kenney – 10
Judy Morgan – 11
Janice Jordison – 11
Kean Luke – 11
Mervin Miles – 22
Joan Huntington – 23

Cleveland

Marie Oviatt – 6
Clifford Oviatt – 14
Kevin Jensen – 14
Elaine Allred – 29

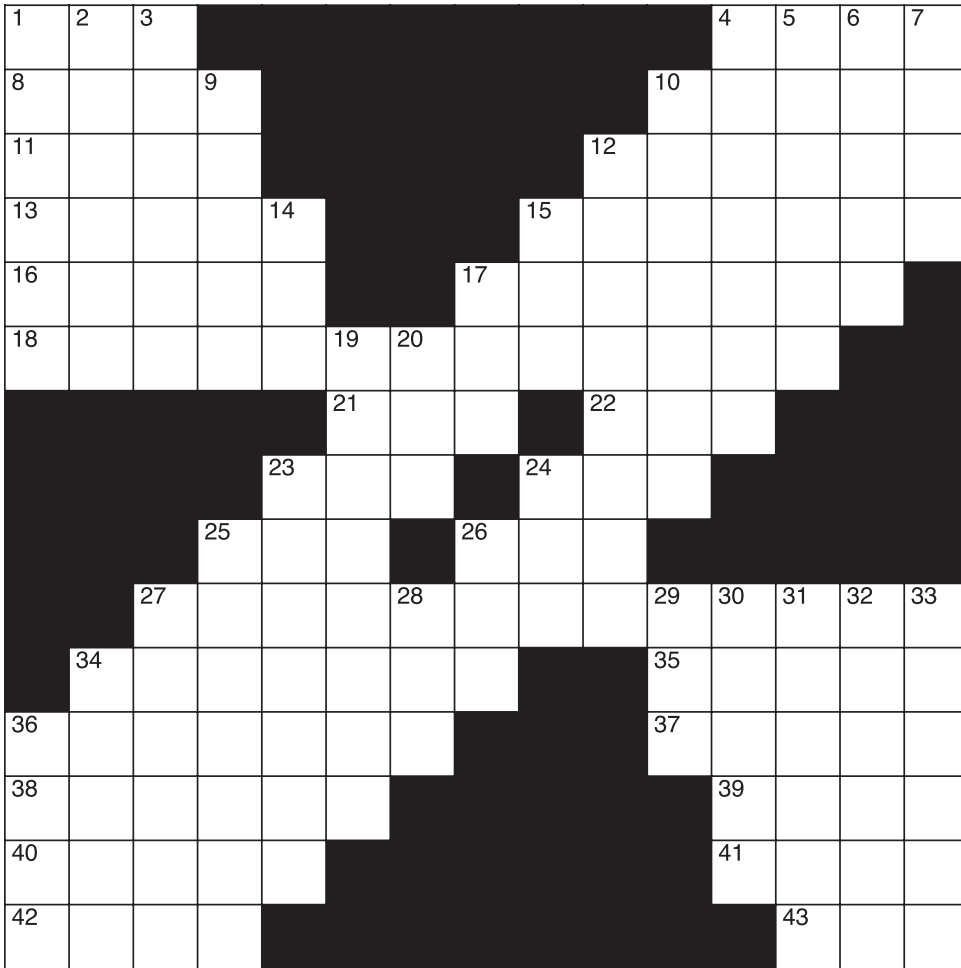
Elmo

Larry Fish – 5
Juanita Willson – 7
Karen Jensen – 10
John Eden – 20
Collette Van Wagoner – 23

Castle Dale

Garth Heineger – 4
Sandra Swasey – 4
Arvella Wilberg – 6
Janet Magnuson – 10
Carol Petersen – 11
Kathryn Seely – 15
Sandra Behling – 15
Estella Caudill – 16
David Bott – 16
Ron Sanders – 17
Forrest Adison – 21
David Bonbrake – 22
Peggy Anderson – 27
Lois Madsen – 28
Elaine Wilberg – 29

Crossword Puzzle



CLUES DOWN

1. Warm climate tree or shrub
2. Silky case spun by larvae
3. Still in existence
4. Light, two-stranded rope
5. Wear away
6. Beginnings
7. Essence
9. American Standard Code for Information Interchange
10. Path
12. Repeated tones
14. Expresses surprise
15. Monetary unit of Burma
17. When you hope to get there
19. Brighten
20. Fifth note of a major scale
23. Dark brown timbers of tropical trees
24. We all do it
25. Scrounges
26. Unit of energy
27. Begin to be
28. Midway between north-east and east
29. Distinctive practice
30. Succulent plants
31. Performer
32. Gas station term
33. Required
34. Soviet monetary unit
36. Eating house

CLUES ACROSS

1. A team's best pitcher
4. Designer Jacobs
8. Hip joint
10. A dialect of English
11. Portrays
12. Panic
13. The head of a team
15. High priest
16. League of Legends locale
17. Protective folds
18. Treats allergies
21. Voodoo spirits
22. Single unit
23. Unit of measurement
24. Brew
25. Burundian franc
26. Self
27. Bengals great
34. Making letters overlap
35. Piece of pizza
36. Illegal drug
37. Card game
38. The highest point in the development
39. Oh, God!
40. Wives (law)
41. Monetary unit of Samoa
42. Supplements with difficulty
43. Valentine's Day color

Answers on Page 16

Horoscope

Fourth week of
March 2020

AQUARIUS Jan 21/Feb 18

Aquarius, no matter how busy your schedule may be, carve out some time to take care of some financial issues that have cropped up in the last few weeks.

PISCES Feb 19/Mar 20

Take a new approach to a similar task and you may come away with something surprising, Pisces. Take that leap of faith.

ARIES Mar 21/Apr 20

Aries, having friends in high places can open doors to some unique places. But you can only keep those doors open through hard work.

TAURUS Apr 21/May 21

Widen your social network to have the best opportunities for success this week, Taurus. New people can provide useful information and approaches you never imagined.

GEMINI May 22/June 21

Gemini, surround yourself with people who can help advance your career. The changing landscape of your job means you need to be open to all possibilities.

CANCER Jun 22/Jul 22

There is no need to keep a calm facade if you are experiencing some anxiety, Cancer. Be honest with those closest to you and you'll benefit from their feedback.

LEO Jul 23/Aug 23

The strong force of your sensitivity may surprise you over the course of the next few days, Leo. Just try not to let emotions cloud your judgment on the professional front.

VIRGO Aug 24/Sept 22

Single Virgos will have plenty of opportunity to be flirty and fun this week. But even those in relationships can get in on the action, putting romance to the forefront.

LIBRA Sept 23/Oct 23

Libra, others may see you as the advice guru this week. That is a role you excel in, but you must balance the extra counseling work with your existing responsibilities.

SCORPIO Oct 24/Nov 22

Someone who lays on the flattery can win you over in an instant, Scorpio. But once you delve deeper, you may grow suspicious. Accept praise but don't let it cloud your vision.

SAGITTARIUS Nov 23/Dec 21

Sagittarius, you tend to give freely without worrying about the bottom line. But today's stars flash warnings that you may need to keep a tight hold on your cash.

CAPRICORN Dec 22/Jan 20

It is never a good idea to enhance the facts, Capricorn. However, you can be enthusiastic about your efforts and what those efforts may lead to. Stand behind your work and opinions.

The right foods can fight inflammation

The human body and its immune system excels at fighting foreign invaders like bacteria and viruses. Signaling chemicals called interleukins tell cells whether they are needed to fight illness or they should wait in the wings. While these immune defenders are doing their jobs, soreness, fatigue and swelling can occur, the natural side effects of an immune system response, but will soon dissipate.

However, many people deal with immune systems that are consistently revved up, even when no invaders are present. This is the problem with many chronic diseases and immune system dysfunction.

Unfortunately, the inflammation that is a hallmark of immune defense becomes a daily problem that may result in chronic pain and other complications. What many people may not realize is that the foods that they are putting into their bodies may exacerbate inflammatory responses, while others may help keep inflammation at bay.

People with rheumatoid arthritis, Crohn's disease, Hashimoto's, and other chronic illnesses may find that turning to the right diet can tame inflammation and other symptoms.

Recently, many health experts, including Dr. Barry Sears, founder of the Inflammation and Research Foundation and author of the "Zone Diet," and Dr. Andrew Weil, who offers the Anti-Inflammatory Food Pyramid, have begun to tout certain foods that are purported to reduce inflammatory response over an extended period of time.

As beneficial as some foods can be, it's important to note that individuals are unique and certain foods may produce a particular response in some but not in others. Systematically isolating certain foods can help paint a picture of foods that can be problematic. But generally speaking, refined carbohydrates, sugar-sweetened beverages, fried foods, and processed meats may increase inflammation, advises Harvard Health Publishing. Conversely, certain



foods and beverages that have been identified as reducing inflammation for many people. These include:

- * **tomatoes**
- * **olive oil**
- * **green leafy vegetables and cruciferous vegetables**
- * **nuts, like almonds and walnuts**
- * **fatty fish**
- * **berries**
- * **avocados**
- * **green tea**
- * **peppers**
- * **grapes**
- * **turmeric**
- * **dark chocolate**

Including these foods in one's daily diet may help to relieve the pain, bloating and fatigue associated with inflammation.

It is important to speak with a doctor before making any dietary changes. Discuss any inflammation issues you have been having and which foods might help. Generally speaking, a diet full of diverse, antioxidant-rich foods can provide relief for those with various levels of inflammation.

Learn how to sleep like a child again

Many adults lament that even if they were solid sleepers in their younger years, by the age of 50, their quality of sleep has unraveled. Some cling to the wisdom that people simply do not need as much sleep as they get older. Even though that is partly true, sufficient sleep is still a vital component of a healthy life.

The National Sleep Foundation recently updated its sleep recommendations per age group to include categories 'may be appropriate' and 'not recommended.' This includes a range of hours that may be adequate for certain adults. Adults between the ages of 26 and 65 are advised to get seven to nine hours of sleep per evening. However, six hours or 10 hours also may be acceptable. People over the age of 65 need roughly seven to eight hours of sleep each night, though between five and six hours also may be fine. Generally speaking, anything under five hours is not recommended based on data reviewed by sleep experts.

Many older adults do not get enough sleep due to insomnia, states Jack Gardner, MD, a neurologist certified in sleep medicine. They're concerned about health issues, may have sleep apnea, can experience pain or frequent urination, or may be taking medication that impedes sleep. Dr. Leila Kheirandish-Gozal, director of clinical sleep research at the University of Chicago, says that, over time, insufficient sleep can impact metabolism, mood, memory, and heart function.

Various strategies can help people get more sleep and enjoy better sleep quality.

* Create a luxury bed environment. Splurge on the largest mattress you can afford and one that is comfortable for both parties (if married/coupled). A roomy bed routinely invites sleep. If you have a restless partner, try two separate beds pushed against each other.

* Consider white noise. The sounds of the house or outdoors may be keeping you up. Many people find that the gentle hum of a



fan or a white-noise machine with a calming sound effect makes it easier for them to dose off than complete quiet. It can also block out extraneous noises.

* Keep electronics out of the bedroom. It can be challenging to disconnect from electronics, but it is essential to falling asleep. Even a back-lit text coming through in the wee hours can be enough illumination to disrupt sleep.

* See your doctor. If medications or illnesses are keeping you up, a change in regimen may provide the relief you need.

Older adults can learn the steps to sleeping more soundly and easily.

