

Healthy Aging Today

Healthy Aging Association

As we take a moment to reflect on all the achievements of the past year, Healthy Aging Association (HAA) would like to take a moment to thank our program participants, volunteers, and community partners for their continued support as we serve older adults throughout Stanislaus County. The Healthy Aging Association has been providing programs and services to the community for over 20 years. It brings us great joy to be able to continue our mission of “*help[ing] older Americans live longer, healthier, more independent lives by promoting increased physical activity, and sound health, and nutrition practices.*” Over the years we have expanded our programs and services to not only assist older adults in remaining physically active and practicing good nutrition, but preventing more falls by keeping older adults in their homes safely through the Dignity At Home Fall Prevention Program; see page 4 for more information. We wish you a healthy and happy New Year!

Source: <https://www.healthyagingassociation.org/>

Ways to Stay Active in the New Year

What better way to start your new year than joining an exercise class right in your community! The National Institute on Aging says, "Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age."

Here are a few things you may want to keep in mind when beginning to exercise.

Start slowly when beginning exercise.

The key to being successful and safe when beginning a physical activity routine is to build slowly from your current fitness level. Over-exercising can cause injury, which may lead to quitting. A steady rate of progress is the best approach.

Play it safe and reduce your risk of injury:

- Begin your exercise program slowly with low-intensity exercises.
- Warm up before exercising and cool down afterward.
- Pay attention to your surroundings when **exercising outdoors**.
- **Drink water** before, during, and after your workout session, even if you don't feel thirsty.
- Wear **appropriate fitness clothes and shoes** for your activity.
- If you have specific health conditions, discuss your exercise and physical activity plan with your **health care provider**.

See Page 2 for a full list of class offerings.





Save the Date

AGE WITH MOVEMENT CELEBRATION 2024

FRIDAY, MAY 3RD 2024

8:00AM-12:00PM

IN-PERSON EVENT AT EAST LA LOMA PARK, MODESTO

RAIN OR SHINE WE WILL BE THERE!

FREE EVENT | FITNESS FUN | OPPORTUNITY DRAWING | BINGO



For more information visit: <https://www.healthyagingassociation.org/age-with-movement-celebration.html>

Healthy Aging Association Fall Prevention Fitness Classes

Young at Heart Strength Training

- Older adults 60 & better improve strength, balance and flexibility.
- Exercise seated or standing.
- Meet 2-3 days a week for 1 (one) hour.
- Use resistance bands for equipment; can be purchased from HAA.
- Run primarily on participant contributions; recommended \$2.00 a week.

Tai Chi & Tai Ji Quan: Moving for Better Balance

- Help improve balance, mobility, walking and physical and mental well-being.
- Focus on fall prevention.
- No equipment required.
- Best for those capable of standing for moderate periods of time.

Line Dancing for Exercise

- Great addition to your weekly fitness routine.
- May improve heart health, memory, and overall balance.
- Fun, social exercise.
- Meets once a week.

S.T.E.P.S. 12-Week Walking Challenge

- Two annual 12-week challenges to increase activity.
- Walk in your neighborhood, local park, utilize the S.T.E.P.S. Safe Walking Routes, or at the Vintage Faire Mall.
- Maintain record and report steps to HAA.
- Brunch social for those who report.
- Next challenge Feb. 26th!



Please call Healthy Aging Association at (209) 525-4670 to find a class near you!

Healthy Eating in the New Year by Roberto Couto, MS, RDN, CDM, CFPP

With the new year upon us, some may set new goals on healthy eating and more physical activity. The MyPlate for Older Adults is an excellent nutrition resource that shows the importance of fresh fruits and vegetables in the senior diet. The MyPlate contains recommendations for bright-colored vegetables such as carrots, zucchini, summer squash, broccoli, and deep-colored fruit such as plums, berries, and melon. Foods with high water content, such as lettuce, fresh garden tomatoes, watermelon, homemade fruit, and vegetable juices, are suitable for seniors to add hydration. Lastly, soups are a great way to get fresh vegetables and fruits in one's diet. Healthy eating benefits for seniors include:

- Increased mental awareness.
- Resistance to illness and disease.
- Higher energy levels.
- Faster recuperation times.
- Better management of chronic health problems.

Eating well can also be the key to a positive outlook and staying emotionally balanced. Seniors can feel better immediately and stay healthy for the future by choosing healthy foods. As always, consult a doctor or a Registered Dietitian (RD) before you make any dietary changes.

Source: <https://www.myplate.gov/eat-healthy/what-is-myplate>

Leah's Food Smarts Class

Interested in creating healthy goals and learning new recipes this New Year? Join Healthy Aging Association's 5-week Food Smarts class! Call our office at (209)525-4670 to find the next available class.



The Food Smarts curriculum focuses on assisting adults in making healthy food choices, learning new recipes, exploring the MyPlate food recommendations, and finding ways to save more at the grocery store. Come join the class and learn some simple ways to be healthier this new year!

****Classes will be held in person at the Stanislaus Veterans Center. Space is limited; please call (209) 525-4670 to be added to the class.***

Source: <https://leahspantry.org/programs/food-smarts/>

Protect Yourself From Pneumonia by Dr. Robert McGrew, MD

This is the season for severe lung infections. Life-threatening pneumonia usually starts with a virulent viral infection. The good news is that we have vaccines to help protect against 3 of the worst viruses—Influenza, Covid and RSV. The immune system protection that these vaccines stimulate has been proven to greatly reduce your risk of hospitalization or death if you are exposed to one of these three viruses. It is important to understand that most of the illnesses that we commonly call 'flu' are caused by cold viruses, such as rhinoviruses. The real influenza virus causes severe symptoms similar to RSV and Covid. Fever up to 103 degrees for several days, combined with muscle aches, headaches, severe fatigue and frequent coughing will make you feel miserable for 3 to 7 days, then the cough can last for several weeks after. Having up-to-date vaccinations against influenza, Covid, RSV—combined with the pneumococcal vaccine for a type of pneumonia-causing bacteria—will help you stay healthy this winter!

Source: [cdc.gov/flu](https://www.cdc.gov/flu), [cdc.gov/RSV](https://www.cdc.gov/rsv), [cdc.gov/covid](https://www.cdc.gov/covid)

Why are Falls so Dangerous with Increased Age?

Falls are serious for all ages, but they can lead to life altering injuries for older adults. Almost 39,000 older adults had fall-related deaths occur in 2021 in addition to the millions of serious injuries obtained each year due to falling. Almost half of fall-related deaths in older adults are related to head injuries. Reasons falls are more common and more dangerous for older adults:

- Bone weakening, as we age our bone minerals weaken leading to an increased risk of fracture.
- Muscle loss leads to instability of the legs and arms and greater fall risk.
- Poor eyesight contributes to and can be affected by a fall.
- Hearing loss & diminished ear health can result.
- Longer recovery time from injuries.



Fall Facts (for older adults):

- Falls are the leading cause of injury and injury-related death.
- Falls are the most common cause of traumatic brain injury.
- Every year, roughly 3 million people over 65 are treated in emergency departments for fall injuries.

Source: <https://www.aarp.org/health/conditions-treatments/info-2023/deadly-falls.html> & CDC

Concerned About Falling in Your Home?

The Dignity At Home - Fall Prevention Program provides home assessments, fall prevention education, and injury prevention accessories to qualifying individuals in Stanislaus County. The assessment takes only 30-45 minutes to complete, and all installations are at no cost for the client! Potential injury prevention accessories that could be installed include: bath bench or shower chair, hand held shower head, non-slip bath mat, bedside pole, toilet rails, grab bars or stair railings.



Program Requirements:

- 60 years of age and/or disabled
- Have had a fall, are at risk for falling, or have a fear of falling

To start the process to determine your fall risk call the Senior Information Line at **(209) 558-8698**.

Source: <https://www.healthyagingassociation.org/dignity-at-home.html>

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For Senior Information and Assistance contact (209) 558-8698

