

# Healthy Aging

NEWSLETTER  
SPRING/SUMMER 2013



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## GREAT EXPECTATIONS: WHAT TO EXPECT AS YOU AGE

By Donald Peoples, Jr., Former Social Worker, LUCE/PJCCMHA

Knowing what to expect and taking steps to counterbalance the effects of aging can help you maintain a healthy spirit and an independent life. Aging happens minute to minute. We create our future selves by each small choice, by how we think and by what we expect. So let's expect the best, and age strong!

Here are some expectations of aging:



### Loss of Taste

*"...smell and taste are in fact but a single composite sense, whose laboratory is the mouth and its chimney the nose."* - Jean Anthelme Brillat-Savarin

Loss of taste and smell can have a significant impact on quality of life, often leading to decreased appetite and poor nutrition. Sometimes loss of taste and smell contributes to depression. Loss of taste and smell also might tempt you to use excess salt or sugar on your food to enhance the taste – which could be a problem if you have high blood pressure or diabetes. Although you can't reverse age-related loss of taste and smell, some causes of impaired taste and smell are treatable. For example, your doctor might adjust your medications if they're contributing to the problem. Many nasal and sinus conditions can be treated with medication or outpatient procedures. Likewise, dental problems are often treatable as well. If you smoke, quitting can help restore your sense of taste and smell.

(The section on "Loss of Taste" is an excerpt used with permission from <http://www.mayoclinic.com/health/loss-of-taste-and-smell/AN01198>.)

### Hearing Loss

*"The thing about hearing loss is that no one can see it. Most people are so impatient; they just assume that the person with hearing loss is being rude or slow-witted."* - Marion Ross

According to the National Institutes of Health, an estimated one-third of



steps to improve what you hear.

(The section on “Hearing Loss” is an excerpt used with permission from <http://www.mayoclinic.com/health/hearing-loss/DS00172>.)

## How Age Affects Sleep

*“The only thing that comes to a sleeping man is dreams.” - Tupac Shakur*

As we age we often experience normal changes in our sleeping patterns. We may become sleepier earlier in the evening, wake up earlier in the morning, or enjoy less deep sleep. However, disturbed sleep, waking up tired every day, and other symptoms of insomnia are not a normal part of aging. Sleep is just as important to our physical and emotional health in our senior years as it was when we were younger. Poor sleep habits, lack of exercise, unhealthy diet, untreated sleep disorders, and other medical problems can all contribute to sleeplessness in older adults. To improve your quality of sleep it’s important to understand the causes of your sleep problems and make the necessary lifestyle changes.

(The section on “How Age Affects Sleep” is an excerpt used with permission from [http://helpguide.org/life/sleep\\_aging.htm](http://helpguide.org/life/sleep_aging.htm).)

people in the United States between the ages of 65 and 75 and close to one-half of those older than 75 have some degree of hearing loss. Hearing loss that occurs gradually as you age is common. Doctors believe that heredity and chronic exposure to loud noises are the main factors that contribute to hearing loss over time. Other factors, such as earwax blockage, can prevent your ears from conducting sounds as well as they should. You can’t reverse hearing loss. However, you don’t have to live in a world of muted, less distinct sounds. You and your doctor or hearing specialist can take

## PLAN TO ATTEND MIMA!



By Rance Austin, Community Outreach Worker

I am very excited to share some great news with you. The 2013 Missouri Institute on Minority Aging Conference (MIMA) is coming soon! The conference theme this year is **“Unleashing the Power of Aging.”** I know that you will find encouragement and inspiration while you also learn a great deal. We are working very hard to make this a meaningful and memorable time for you. The 2013 MIMA Conference dates are Tuesday, August 20 – Thursday, August 22. It will be held at the Holiday Inn Executive Center, Columbia, Missouri. Come prepared to enjoy yourself.



# I PLANTED MY GRIEF AND IT HELPED ME TO GROW



By **Ilester McRoberts**, Sprouts and Roots Participant

In February 2005, I lost a son, Kelvin, to cancer. He was diagnosed with lymphoma at 17. But, after a three-year struggle with medical treatments, he passed away at the young age of 20. It was very hard for my family to cope with our loss. Then a friend told me about Lincoln University Cooperative Extension's (LUCE) Sprouts and Roots program, and I am so glad I checked into it!

Planting and growing vegetables was something new and challenging for me. For my first garden, I used a raised plot. I had to dig in the soil, which was an absolute release from inward pressure. Pulling weeds freed me from the stronghold of depression. Clearing away debris helped me disregard negative past views and memories. Planting seeds brought gentle comfort to my mind. Watering my garden was a refreshing feeling of the peace of God.

I planted tomatoes, zucchini, spinach and okra. I had a good turnout with the tomatoes and zucchini. Even though the other vegetables did not do so well, this work gave me assurance that my son was resting in the presence of the Lord.

During the program, I met other participants who also enjoy gardening. We spent time learning and sharing ideas, complimenting each other's gardens, laughing and just having fun. Each of us had the opportunity to sell our vegetables at the LUCE Farmers' Market, which is another reason I will plant again when the program restarts.

The Sprouts and Roots program is about improving one's lifestyle by learning about gardening and nutrition in an intergenerational setting. In class, we were shown how to make greeting cards and flower wreaths with Missouri native plant materials. Everyone was so amazed at how creative we became! Instructors also taught us how to get and stay nutritionally and physically fit. Discussions ranged over a variety of topics, including carbohydrates, proteins, fats, sexual health and exercise. We also focused on health-related problems such as type 1 and type 2 diabetes, cardiovascular disease, blood pressure, depression and sadness. At Lincoln's Jason Gym, we did line dancing. Everybody lined up and let loose, trying to keep in step. We had a great time.

Personally, the information I received has been beneficial in my choice to always eat healthy foods. I have incorporated more exercise into my daily routine. The staff was wonderful. They made themselves available to assist in every way possible. Healthy snacks and drinks were provided. Transportation was offered when needed. It was a proud moment just to be there with them.

"In Touch with Nature" at Lincoln University's Alan T. Busby Farm was an exciting field trip. The event drew a nice crowd of friendly people. Booths were set up with native edibles, native plant crafts, children's activities, face painting, a petting zoo, storytelling and lots more.

Attending the program has been a blessing to me. I thank God for the experience. It has served as a type of therapy to console and lift up my spirit. Through it all, I am a renewed person, feeling good about myself. I appreciate and give much thanks to the entire staff of Lincoln University Cooperative Extension's Sprouts and Roots program.

It has been helpful in my life to ease the pain of grief.

## About LUCE's Sprouts and Roots Program

The Sprouts and Roots program works to improve the lifestyle of youth and adults. The program offers training in gardening, nutrition and wellness. Participants work in a community garden, at a farmers' market and in a commercial kitchen. One measure of success is the fact that retention and the number of attendees has increased over the years.

Participants gave positive feedback as they shared what they liked most about the program. One said, "I enjoyed meeting old friends, finding new ones and being outdoors. I liked the activities, especially the native plant crafts. I shared these activities with my sisters and my granddaughter." Other highlights were learning about how specific foods affect the body and being taught how to grow plants. "Participants noted that the classes were well organized. They also liked the feeling of togetherness that the program fostered. "The Sprouts and Roots Program is building community, and I plan to continue being part of it," said one attendee.





# LEARNING AND FUN AT THE PAULA J. CARTER CENTER



## Lunch and Learn Series

By Deborah D. Jenkins, Research Assistant 1

The Paula J. Carter Center on Minority Health and Aging (PJCCMHA) aids in the making of healthy decisions. The Center describes best practices communities can use as their residents age. The Center also informs seniors about federal, state and other resources available to them. One way the Center informs seniors is through the Lunch and Learn series. The series has presentations on topics such as healthcare, nutrition fitness, transportation, public safety, emergency services, taxes and finance. Seniors benefit in many ways, such as becoming better prepared to enter the workforce. With the information they gain learning about human services that relate to aging, they may even become a volunteer in their community.



*"Attending Lunch and Learns at the Center has been great for me. We receive answers to many common health questions and problems that we might need help with, so we can remain active. It has been very help-*

*ful to be reminded of easy things that we can do as we age that are best for our health."*

- Janett Flowers, Participant

You can attend by videoconference from the location nearest you:

- LUCE Kansas City Urban Impact Center: (816) 841-3958
- LUCE St. Louis Urban Impact Center: (314) 867-4915
- LUCE Southeast Missouri Centers: Sikeston (573) 471-3059 and Caruthersville (573) 333-5567
- LUCE Central Missouri (573) 681-5543

For more information about the Paula J. Carter Center's programs, please call (573) 681-5530, or email us at PJCCMHA@LincolnU.edu. This program is funded in part by the Missouri Department of Health and Senior Services, Office of Minority Health.

## Senior Summer School

By Yvonne Matthews, LUCE Interim Associate Administrator and PJCCMHA Coordinator



Senior Summer School (S<sup>3</sup>) is an opportunity for older participants to learn about health, wellness and mindfulness. If you have questions on these topics but never knew how to find answers, these classes are for you. Classes are taught by experienced practitioners in a relaxed atmosphere.

### A Little Temptation:

Health, Wealth and Having a Good Time  
The following classes will be offered:

Monday, June 24, 2013

#### **"The Way You Do the Things You Do"**

*"If you do what you've always done, you'll get what you always got."* - Mark Twain

This class, presented by a health practitioner, will examine how to make simple changes for better health outcomes.

Tuesday, June 25, 2013

#### **"Ball of Confusion"**

No matter how large or small, we all have an estate. This class will help you plan so that you can direct others to carry out your wishes regarding your estate. Wills, medical proxy and organ donation are some of the issues that will be addressed.

Wednesday, June 26, 2013

#### **"Just My Imagination (Running Away with Me)"**

*"What the mind of man can conceive and believe, it can achieve."* - Napoleon Hill

What is on your "bucket list"? What do you still hope to accomplish in your lifetime? This class on mindfulness is designed to help participants create a more fulfilling life.

Thursday, June 27, 2013

#### **"Beauty Is Only Skin Deep": Taking Care of Our Skin as We Age**

The skin is the largest organ of the body. This class focuses on how to care for and protect your skin at ages 50, 60, 70 and beyond.



# EXPECT EMERGENCIES... ARE YOU PREPARED?



Emergencies happen. They can be tornados, house fires, floods, or terrorist attacks. But being prepared for an emergency can help protect you and your family.

The whole point of emergency preparation is to do as much as possible before an emergency happens. The most important thing to remember in an emergency is to stay calm. Many of us rely on TV, the radio or the Internet for news. But, some emergencies might knock out the electricity; that is why it is important to have a battery-powered radio nearby.

Local, state and federal agencies have plans to protect the public. But YOU are responsible for your own safety, even in an emergency. The Missouri Department of Health and Senior Services developed a program called Ready in 3. It is an easy way to learn how to prepare for an emergency.

## READY IN 3 INCLUDES THREE STEPS:

- Create a plan for you, your family and your business.
- Prepare a kit for home, car and work.
- Listen for information about what to do and where to go during an actual emergency.



## FAMILY PLAN

Develop an emergency plan for you and your family. The entire family should know and understand the plan. Planning for a tornado can be different than planning for a terrorist attack that involves poisonous chemicals. Plan for two situations — staying home or leaving. Prepare a shelter at home. Know where to go if you have to leave.

## EMERGENCY KIT CHECKLIST

If an emergency happens, you might not be able to get food or water for days or weeks, and your electricity may not be working. Try to have three days' worth of food and fresh water for each person in your plan. (See family plan and checklist on subsequent pages.)

## LISTEN FOR INFORMATION

Listen for information about what to do and where to go during an emergency. City, county and state officials have developed emergency plans. During an emergency, it is important to follow their instructions and advice.

(This article is reprinted from Ready in 3 with permission from the Office of Public Information, Missouri Department of Health and Senior Services.)



# Family Plan

## Main Family Residence

Address \_\_\_\_\_

Fire/Emergency Medical Service No. \_\_\_\_\_ Telephone \_\_\_\_\_

## Family Information

Name						
Date of Birth						
Social Security No.						
Usual Weekday Location						
Doctor						
Special Medical Info.						
Medical Insurance Info.						

\_\_\_\_\_ **'s Workplace**      \_\_\_\_\_ **'s Workplace**      \_\_\_\_\_ **'s Workplace**

Address \_\_\_\_\_ Address \_\_\_\_\_ Address \_\_\_\_\_

Telephone \_\_\_\_\_ Telephone \_\_\_\_\_ Telephone \_\_\_\_\_

\_\_\_\_\_ **'s School**      \_\_\_\_\_ **'s School**      \_\_\_\_\_ **'s School**

Address \_\_\_\_\_ Address \_\_\_\_\_ Address \_\_\_\_\_

Telephone \_\_\_\_\_ Telephone \_\_\_\_\_ Telephone \_\_\_\_\_

## Nearest Relative

Name \_\_\_\_\_

Address \_\_\_\_\_ Telephone \_\_\_\_\_

## Plan how your family will stay in contact if separated by disaster.

### Choose two meeting places:

**Reunion Location** (a safe distance from your home)      **Alternative Location** (a place outside your neighborhood)

Location Name \_\_\_\_\_ Location Name \_\_\_\_\_

Address \_\_\_\_\_ Address \_\_\_\_\_

Telephone \_\_\_\_\_ Telephone \_\_\_\_\_

### Choose an out-of-town friend or family member, as a contact for everyone to call.

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Telephone \_\_\_\_\_ Work Telephone \_\_\_\_\_

Cellular Number \_\_\_\_\_

### Designate a room in your home if you have to stay for several days.

Room \_\_\_\_\_ (Keep your emergency kit stored in this room.)

### Designate a place where your family will be able to stay for a few days in case of evacuation.

Location Name \_\_\_\_\_

Address \_\_\_\_\_ Telephone \_\_\_\_\_



# Emergency Kit Checklist

**The following items should be part of your emergency kit and kept in a container that can be easily carried.**

- Bottled water (One gallon of water per person per day, to last three days.)
- Canned or dried food (A three-day supply of non-perishable food items for each person. Remember a manual can opener.)
- Battery-powered radio
- Flashlight
- Extra batteries for radio and flashlight
- First-aid kit
- Prescription medicine
- Clean clothes and sturdy shoes
- Extra credit card
- Extra money
- Sturdy trash bags
- Formula and baby food if there is an infant in your home

## Listen for Information

**Listen for information about what to do and where to go during an emergency. City, county, and state officials have developed emergency plans. During an emergency, it is important to follow their instructions and advice.**

### Other things to consider:

- Know the emergency and evacuation plans for your workplace. (Keep a supply of water and canned food, a flashlight, battery-powered radio, change of clothes, and a pair of shoes at your desk or in your locker.)
- Review the building's emergency and evacuation plans if you are a senior citizen or a disabled person living in a special care facility.
- Identify people who can help you during an emergency if you are disabled living at home or have special medical needs.
- Learn about emergency plans at your child's school or day care center. (Make sure they have up-to-date contact information for you and another member of your family.)
- Keep a small, portable emergency supply kit in your car at all times. (Include a gallon of water, several cans of food, and a manual can opener, a sleeping bag or extra blanket, extra money, and first-aid supplies.)
- Consider your pet when preparing for an emergency.

## Discuss this information with your entire family.

To learn more about preparing for an emergency, visit [health.mo.gov](http://health.mo.gov) or contact your local public health department.

Missouri Department of Health and Senior Services  
Center for Emergency Response and Terrorism  
P.O. Box 570  
Jefferson City, MO 65102-0570  
573.526.4768



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# Healthy Aging

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