



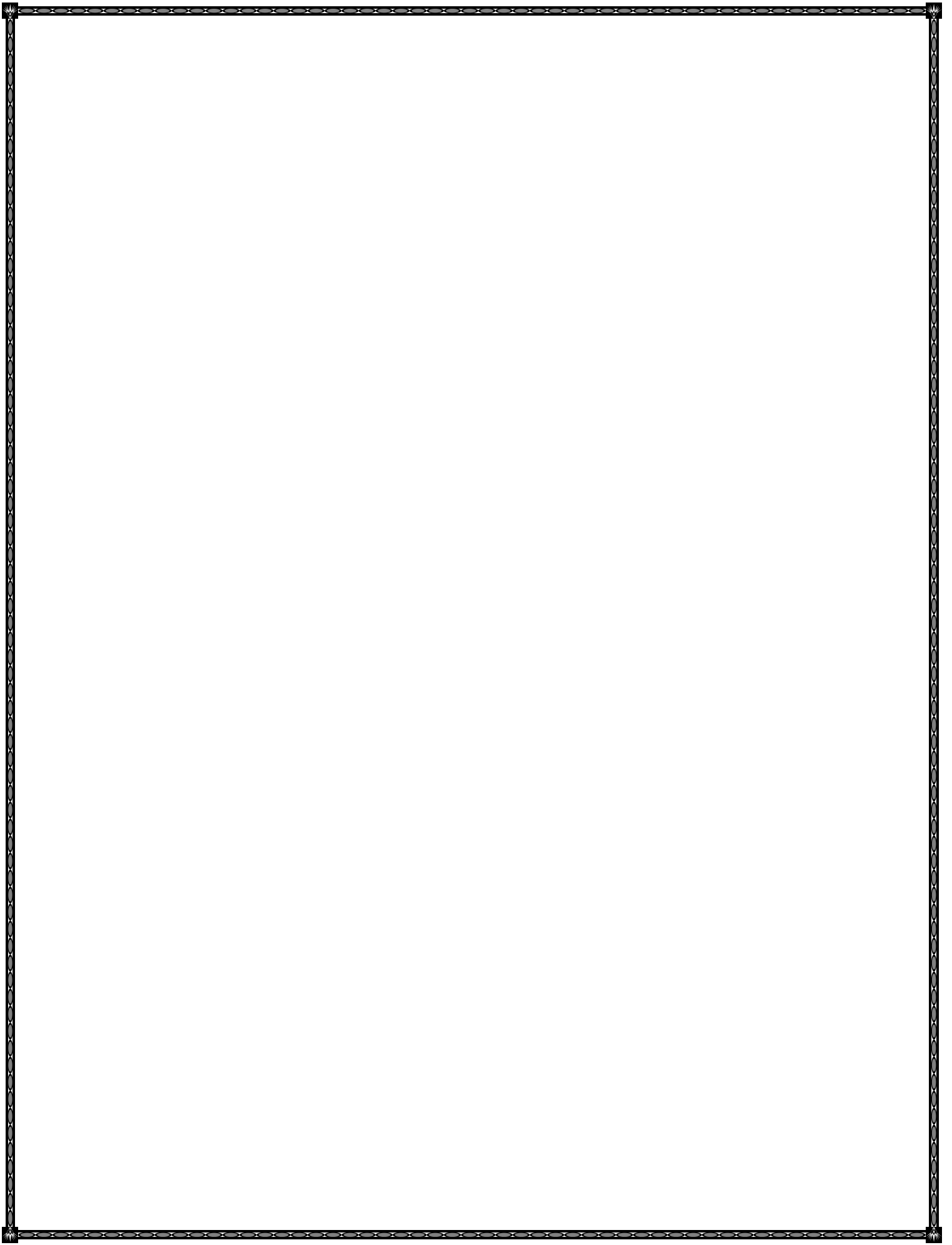
**HEALTH CARE
COMMITTEE**

RESOURCE GUIDE

2017-2018



All forms in this guide are available online www.trta.org.





Teamwork is Key 2017 Health Care Committee

Guidelines for Healthy Meetings

Provide water; encourage stretch breaks
Serve healthy refreshments

Get Your Creative Energy Flowing

Turn on upbeat music
Present ways to promote healthy living
Share local health related information
Set up a health related program
View the Health Care Committee link at TRTA.org

Health Care Tips

The State Health Care Committee sends an email to District Health Care Chairmen that highlights health related information. District Health Care Chairmen then share this information with their local unit Health Care Chairmen to share with their local units. If you are not receiving monthly tips, contact your district or state HC rep.

Resource Guide

The Health Care Resource Guide can be downloaded at www.TRTA.org under the Health Care Committee link. Wellness is promoted through articles and links that include physical, psychological, and social areas. A variety of resources is provided for free materials and programs.

Health Care Annual Report Deadline

Local Unit Reports due to District HC Chair by Feb 15
District Unit Reports due to State HC Chair by March 1
Forms online at TRTA.org under Health Care Committee

Achievement Certificates

Local units are recognized for participating in a "Health Care Check: How Healthy is Your Local Unit?" Certificates are awarded at the District Spring Leadership Training Conference.

Health Care Committee

Policy: The TRTA Health Care Committee shall collaborate with state and national organizations concerned with retirees' health issues to develop and implement programs for the maintenance and improvement of retirees' physical, mental and emotional health. The committee shall collaborate with other standing and special committees as appropriate to further the mission of TRTA.

Suggested Activities

The TRTA State Health Care Committee Chairman:

1. Establish working contacts with persons, organizations, and agencies in the community that have information and expertise in the health field;
2. Attend and urge committee members to attend community forums, health fairs, or special training events relative to health care;
3. Serve as presenter to train district and local unit counterparts at the TRTA Convention;
4. Gather and disseminate resource materials to district health care committee chairmen to be used at the local unit level; and
5. Coordinate the TRTA "Project: Healthy Living" program and collect from each district the "Health Care Check: How Healthy is Your Local Unit?" report forms along with the district annual report form.

The TRTA District Health Care Committee Chairmen:

1. Send information received from the state health care committee chairman to the local unit health care committee chairmen in the district;
2. Gather health-related information of interest to retired school and higher education personnel and send it to the local unit health care committee chairmen;
3. Establish working contacts with persons, organizations, and agencies in the district that have information and expertise in the health care field;
4. Compile TRTA "Health Care Check: How Healthy is Your Local Unit?" report forms from each local unit, tally information and submit the district annual report form to the state health care committee representative by due date;
5. Serve as presenter of the health care training for local unit health care committee chairmen at the district spring leadership training conference; and
6. Attend the TRTA Convention health care leadership training session.

The TRTA Local Unit Health Care Committee Chairmen:

1. Relate information received from the state and district health care chairmen to the members;
2. Gather information of local interest to retired school and higher education personnel and notify the members;
3. Establish working contacts with persons, organizations, and agencies in the community that have information and expertise in the health care field;
4. Attend and urge members to attend community forums, health fairs, or special training events relative to health care;
5. Report at each meeting something of significant interest to the membership even if only a tidbit from the newspaper, radio or television; resource guide, or a reputable online source;
6. Plan at least one (1) Health Care Program for the local unit each year;
7. Encourage participation in the TRTA "Project: Healthy Living" program;
8. Become knowledgeable about community resources;
9. Complete the TRTA "Health Care Check: How Healthy is Your Local Unit?" report form for your unit. Submit the local unit annual report to your district health care committee chairman by due date; and
10. Attend the health care training session at the district spring leadership training conference and if possible attend the health care training session at the TRTA Convention.

National Health Observances

Source: National Health Observance www.healthfinder.gov
Free materials available upon request

JANUARY

Cervical Health Awareness Month

National Cervical Cancer Coalition

(800) 685-5531 www.nccc-online.org

National Glaucoma Awareness Month

Prevent Blindness

(800) 331-2020 www.preventblindness.org

FEBRUARY

American Heart Month

American Heart Association

(800) 242-8721 www.heart.org

MARCH

Brain Awareness Week: 16-22

Dana Alliance for Brain Initiatives

(212) 401-1689 www.dana.org/brainweek

National Colorectal Cancer Awareness Month

Prevent Cancer Foundation

(800) 227-2732 www.preventcancer.org

National Nutrition Month

Academy of Nutrition and Dietetics

www.eatright.org/nnm

APRIL

Alcohol Awareness Month

Natl Council on Alcoholism/Drug Dependence, Inc.

(800) NCA-CALL (622-2255) (24-Hour Helpline)

(212) 269-7797 www.ncadd.org

MAY

Arthritis Awareness Month

Arthritis Foundation

(800) 283-7800 www.arthritis.org

Melanoma/SkinCancer Detection/Prevention Month

American Academy of Dermatology

(888) 462-DERM (462-3376) www.spotskincancer.org

National Stroke Awareness Month

Centers for Disease Control and Prevention

800-CDC-INFO (800-232-4636)

www.cdc.gov/stroke/stroke_awareness_month.htm

National Senior Health & Fitness Day: May 28th

Health Information Resource Center

(800) 828-8225 www.fitnessday.com

JUNE

Cataract Awareness Month

Prevent Blindness

(800) 331-2020 www.preventblindness.org

National Safety Month

National Safety Council

(800) 621-7615 www.nsc.org/nsm

JULY

Juvenile Arthritis Awareness Month

Arthritis Foundation (800) 283-7800

www.arthritis.org/arthritis-facts/disease-center/juvenile-arthritis.php

AUGUST

National Immunization Awareness Month

Nat'l Center for Immunization/ Respiratory Diseases

(800) CDC-INFO (232-4636) English/Spanish

(877) 394-8747 International Travel Information

www.cdc.gov/vaccines/events/niam/default.htm

SEPTEMBER

National Preparedness Month

Ready Campaign: FEMA/DHS

(800) 462-3362 www.ready.gov

National Food Safety Education Month

Partnership for Food Safety Education

(202) 220-0651 www.fightbac.org

OCTOBER

Bone & Joint Health Nat'l Awareness Week: 12-20

U.S. Bone and Joint Initiative

(847) 430-5054 www.usbji.org

NOVEMBER

American Diabetes Month

American Diabetes Association

(800) DIABETES (342-2383)

www.diabetes.org/in-my-community/american-diabetes-month.html

National Alzheimer's Disease Awareness Month

Alzheimer's Association

(800) 272-3900 www.alz.org

DECEMBER

National Influenza Vaccination Week: 7-13

National Center for Immunization and Respiratory Diseases (800) CDC-INFO (232-4636)

www.cdc.gov/flu/nivw/

TIP: Plan ahead and order materials for the coming year. Make them available at meetings. Share the websites and brief summaries in newsletters. Go to www.healthfinder.gov for more national observances.

Additional Health Care Websites Related to National Health Observances

January	Cervical Health Awareness Month www.activebeat.com/your-health/women/the-10-warning-signs-of-cervical-cancer/ Glaucoma Awareness Month: http://www.glaucoma.org/
February	American Heart Month WebMD- Stress and Heart Diseases: What's the Link? www.webmd.com/ / Heart Disease Guide; http://millionhearts.hhs.gov/
March	Colorectal Cancer Awareness month www.mayoclinic.org/diseases-conditions/colon-cancer/home/ovc-20188216
April	Alcohol Awareness Month Fact Sheets Alcohol Use and Your Health www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm National Donate Life Month ask@hrsa.gov; www.organdonor.gov ; (888) 275-4772
May	Arthritis Awareness Month: www.arthritis.org/ Arthritis pain: Do's and Don'ts - Mayo Clinic www.mayoclinic.org/diseases-conditions/arthritis/in Melanoma/Skin Cancer Detection/Prevention Month Melanoma Treatment; Source: NIH-National Cancer Institute www.cancer.gov/types/skin/patient/melanoma-treatment-pdq National Osteoporosis Awareness and Prevention Month National Osteoporosis Foundation; www.nof.org ; (800) 231-4222
June	National Safety Month— National Safety Council How can older driver deaths and injuries be prevented? www.rightathome.net/.../older-adult-drivers-get-the-facts
August	National Immunization Awareness Month Vaccine-Preventable Adult Diseases; www.cdc.gov/vaccines/adult/vpd.html Psoriasis Awareness Month; National Psoriasis Foundation www.psoriasis.org ; (800) 723-9166
September	National Preparedness Month Tornado Preparedness - www.disastercenter.com/guide/tornado.html National Hurricane Center- www.nhc.noaa.gov/prepare/ Emergency Preparedness- http://www.cdc.gov/features/beready/
October	National Dental Hygiene Month; American Dental Association 800) 621-8099; www.ada.org
November	National Alzheimer's Disease Awareness Month Alzheimer's Disease Symptoms- Mayo Clinic www.mayoclinic.org/diseases-conditions/alzheimers
December	National Influenza Vaccination Week Reducing Your Risk of Viral Upper Respiratory Infections: www.lifescrypt.com/health/ Pandemic Flu Information: www.flu.gov

Guidelines for Healthy Meetings



The connection between food, physical activity and health are well documented. Offering healthy choices at meetings and other events can make it easier for people to eat healthy foods and be physically active. Making simple changes to foods, drinks and breaks offered at group and community events gives members disease-fighting foods and an energy boost without worries about too many calories, too much unhealthy fat, or too much sedentary time.

- **Serve low-calorie and low-fat foods.**
- Serve fresh fruits and vegetables whenever possible.
- Serve small portions (e.g., cut bagels in halves or quarters, etc.).
- **Serve milk (fat-free or 1%), 100% fruit or vegetable juice, water or iced tea (unsweetened) instead of soft drinks.**
- Lunch and dinner don't have to include a heavy dessert - fresh fruit, a fruit crisp or cobbler, small cookies, etc. are fine options.
- Include a vegetarian option at all meals.
- Provide reduced-fat or low-fat milk for coffee rather than cream or half and half (evaporated skim milk also works well for coffee - make sure it's not sweetened condensed milk).
- **Provide pitchers of water.**
- **Organize physical activity breaks that can be modified or adapted for people of all abilities, such as stretching exercises that can be performed in a seated position.**

Light Refreshments

- Fresh sliced fruit and vegetable tray - offered with low-fat dips;
- Whole grain crackers or granola bars (5g fat or less per serving);
- An assortment of low-fat cheeses and whole grain crackers;
- Pita chips served with hummus;
- Whole grain muffins (halved if not serving mini muffins), whole grain breads;
- Low-fat yogurt; dried fruit mix; almonds;
- Sandwich platters - cut sandwiches in half so people can take smaller portions. Offer mustard and low-fat mayonnaise as condiments on the side. Use whole grain breads.
- Pretzels, popcorn, baked chips, and trail mixes;
- Bagels with low-fat cream cheese or jams - cut bagels in halves or quarters.
- Desserts: frozen yogurt or sorbet, small cookies, small individually wrapped chocolates, fruit crisp.



Developed by the New York State Department of Health Center for Community Health
<http://www.health.ny.gov/community/disability/guidelines.htm>



BRAIN GAMES

National Geographic BRAIN GAMES

Test the bounds of your brain's inner GPS; go to this website for online games, tv episodes, and articles.
<http://natgeotv.com.au/tv/brain-games/inside-the-brain.aspx>

Increase Your Attention/Concentration

<http://www.memory-improvement-tips.com/brain-games.html>

Training your brain with free online brain games is a fun way to improve your memory, concentration, and other brain skills. There are over 200 free brain training games on this site.

Preventing Memory Loss

<http://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/memory-loss/art-20046518>

We all find ourselves forgetting people's names, our grocery list, where we put the car keys, what we had for lunch two days ago, etc. We are not alone. Everyone forgets things from time to time. Although there is no magic treatment for preventing memory loss, there are some tricks that can be helpful.

1. **Stay Mentally Active** - Work crossword puzzles, Sudoku puzzles, read sections of the newspaper you normally would skip. Take alternate routes when driving, learn to play a musical instrument. Volunteer as a mentor, tutor, or helper in a school organization.
2. **Socialize** - Staying at home alone can bring on depression and stress. Both can contribute to memory loss. Become active in organizations and when you are invited, GO!
3. **Get Organized** - Get rid of clutter and disarray. Being organized helps us to remember and jotting down appointments and events on a calendar or electronic planner keeps us current. Keep to-do lists handy and current. Do not let them become overcrowded. Focus on the information you truly need to remember.
4. **Sleep Well** - Regulate your sleep habits so that you can get 7 -8 hours a night. Sleep helps consolidate your memories.
5. **Eat Healthy** - Avoid between meal snacks. Eat balanced meals three times a day. Go easy on the sweets and increase fish, lean meat and skinless poultry. Drink plenty of water.
6. **Include Daily Physical Activity** - Keep those muscles in shape and good working order. Exercise increases blood flow to your whole body, including your brain. This will help to keep your memory sharp. Try to get at least 150 minutes a week of moderate activity such as brisk walking. If you can't get this amount in equal segments, a 10-minute walk will make you feel much better throughout the day.
7. **Manage Chronic Conditions** - Follow your doctor's treatment recommendations. The better you take care of yourself, the better your memory is likely to be. Review your medications with your doctor regularly and report any memory loss problems. Keep healthy, keep strong, and remember to be kind to yourself.

BINGO for Health

Create bingo cards at www.print-bingo.com to use at meetings. Using the free space in the middle and typing in twenty-four (24) words, the words will be rearranged automatically.

Use as a game or a teaching tool. Great game for a family reunion using family names & trivia!



You have the power to donate life. By joining the Donate Life Texas Registry, you give hope to thousands of people awaiting the transplant they need to survive. Donate Life Texas is the only, official organ and tissue donor registry of the State of Texas. Registering takes only moments but can be the gift of a lifetime for those in need of a transplant. <http://www.donatelifetexas.org/#sthash.v2JHJ0J9.dpuf>

Texas

Registering to become an organ, eye and tissue donor records your decision to be a donor. Your generosity can save as many as eight lives through organ donation, bring sight to others with cornea donations and improve yet another 50 lives or more through tissue donation. It takes only moments, yet means a second chance of a lifetime.

Donation Process

Lots of people are curious about how the donation process works and what steps to take when a loved one passes away. You'll be glad to know that, for those on the registry, neither you nor your family members need to do anything else or keep track of donor cards or other documentation. Registering records your decision to be a donor and makes it known to the right people at the right time, automatically. It's important to remember that emergency medical personnel, doctors and hospital staff will always work to save lives first. Only after all life-saving efforts have been exhausted do hospitals notify organ and tissue recovery agencies to begin evaluating whether the person might be a candidate for donation.

Sign up today; go to: <http://www.donatelifetexas.org/register/>



HEALTHY COOKING SUBSTITUTIONS

Source: MD Anderson Cancer Center

Want to maintain a healthy weight—and make your body more fit to fight cancer?
Trimming calories and fat from the foods you eat can help.

INSTEAD OF:

SUBSTITUTE:

Bread crumbs	Whole wheat bread crumbs or Toasted wheat germ
Butter, margarine, or oil (1 cup)	½ cup apple butter or applesauce
Butter, margarine, veg. oil for sautéing	Cooking spray, chicken or veg. broth, or olive oil
Canned cream soups	Canned broth-based soups (low salt if possible)
Cheese (cheddar, Swiss, jack)	Reduced-fat/part-skim cheese
Cream	Evaporated fat-free milk
Cream (for soup thickening)	Pureed potatoes or vegetables
Cream cheese (1 cup)	½ cup ricotta cheese pureed w/ ½ cup fat-free cream cheese
Eggs (1 egg)	2 egg whites or ¼ cup egg substitute
Flour (all-purpose, 1 cup)	1 cup whole wheat flour or ½ cup whole wheat + 1/2 cup all-purpose flour
Ground beef	Extra-lean ground beef or ground turkey breast
Mayonnaise	Reduced-fat or fat-free mayonnaise
Meat/poultry for stir-fry	Extra-firm tofu, cubed
Oil and vinegar dressing (3 parts oil to 1 part vinegar)	1 part olive oil+1 part flavored vinegar+1 part orange juice
Sour cream	Fat-free sour cream or unflavored non-fat Greek yogurt
Tuna (oil-packed)	Water-packed tuna (rinse to reduce sodium)
White rice	Brown rice, bulgur, kasha, quinoa or whole wheat couscous
Whole milk	Fat-free milk

HEALTHY BAKING SUBSTITUTIONS

Source: MD Anderson Cancer Center

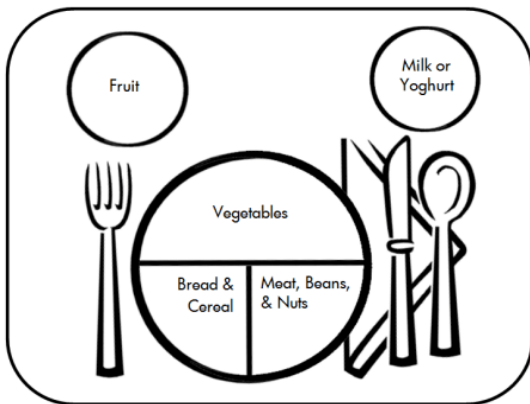
INSTEAD OF:

SUBSTITUTE:

Buttermilk (full fat)	Low-fat or fat-free buttermilk
Chocolate (milk or white)	Dark chocolate
Frosting	Pureed fruit or “sprinkle” with powdered sugar
Fruit canned in heavy syrup	Fresh fruit or fruit canned in water or its own juice
Fudge sauce	Chocolate syrup
Evaporated milk	Evaporated skim milk
Pastry dough	Graham cracker crumb crust
Sweetened condensed milk (full fat)	Low-fat or nonfat sweetened condensed milk
Syrup	Applesauce, honey or reduced calorie, sugar-free syrup
Unsweetened baking chocolate (1 oz)	3 tbsp. unsweetened cocoa powder + 1 tbsp. veg. oil or margarine

Note: Unless otherwise noted, substitute the same amount as the original recipe calls for.

HEALTHY RECIPE Websites



www.allrecipes.com/recipes/84/healthy-recipes/

www.cookinglight.com/food/quick-healthy-recipes

www.foodnetwork.com/healthy.htm

www.goodhousekeeping.com/foodrecipes/healthy/

www.health.com

www.mayoclinic.org/healthy-lifestyle/recipes

www.shape.com/healthy-eating/healthy-recipes

New Healthy Eating Plate Diagram



HUMOR: The Best Medicine

<http://www.seniorcitizenjournal.com/seniorcitizenjournal/keeping-your-sense-of-humor/>

www.seniorhomes.com/p/humor-and-laughter-health-benefits

Humor and Mental Wellness: The ability to laugh is closely tied to having a positive outlook on life, an important protective factor against numerous mental health issues such as depression and anxiety. Researchers at the College of William and Mary have found that "a wave of electricity sweeps through" the entire cerebral cortex (the whole brain) just before we laugh - this supports the theory that humor can actually help improve cognitive functioning by activating all parts of the brain simultaneously .

An elderly gentleman... Had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100% The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect.. Your family must be really pleased that you can hear again.' The gentleman replied, 'Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!'

Since more seniors are texting and tweeting there appears to be a need for a STC (Senior Texting Code):

- ATD: At The Doctor's • BFF: Best Friend Fainted • BTW: Bring The Wheelchair • FYI: Found Your Insulin
- BYOT: Bring Your Own Teeth • CBM: Covered By Medicare • CUATSC: See You At The Senior Center
- DWI: Driving While Incontinent • FWB: Friend With Beta Blockers • FWIW: Forgot Where I Was

I told my doctor I broke my leg in two places. He told me to quit going to those places. - *Henny Youngman*

I'm not feeling very well - I need a doctor immediately. Ring the nearest golf course. - *Groucho Marx*

A hospital bed is a parked taxi with the meter running. - *Groucho Marx*

The Marshes were shown into the dentist's surgery, where Mr Marsh makes it absolutely clear that he is in a big hurry. 'No expensive extras, Doctor', Marsh demands, 'No gas or needles or any of that fancy stuff. Just pull the tooth and get it over with.' 'I wish more of my patients were as strong minded and as brave as you, Mr Marsh,' said the dentist admiringly. 'Now, which tooth is it?' Mr. Marsh turns to his wife and says: 'Show him your tooth, honey.'

Asked by a reporter how he had managed to live to the age of 100, an old man explained: 'Well, son, I got married when I was 21. The wife and I decided that if ever we argued the loser should take a long walk to cool off. So I guess I've benefited from 79 years of fresh air.' - "Unforgettable Senior Moments"

"My memory is gone Mildred, so I changed my password to "Incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect."

Patient: It's been one month since my last visit and I still feel miserable. **Doctor:** Did you follow the instructions on the medicine I gave you? **Patient:** I sure did - the bottle said 'keep tightly closed.'

'Doctor Mayo,' John says, 'Whenever I get up after a sleep, I feel dizzy for half an hour, then I'm all right.' 'Then wait for half an hour before getting up,' replies Doctor Mayo conclusively.

An elderly lady was telling her friend that she had recently joined an aerobics class for seniors at the local fitness center. 'How did it go?' asked the friend. 'Well, I bent, I twisted, I turned, I jumped up and down, and I perspired for half an hour, but by the time I'd finally got my leotard on, the class had ended.'" - "Unforgettable Senior Moments"

Two women met for the first time since graduating from high school. One asked the other, "You were always so organized in school, did you manage to live a well- planned life?" "Yes," said her friend. "My first marriage was to a millionaire; my second marriage was to an actor; my third marriage was to a preacher; and now I'm married to an undertaker." Her friend asked, "What do those marriages have to do with a well-planned life?" "One for the money, two for the show, three to get ready, and four to go." -Ira Lerner

A Joke A Day:Users can sign up to have a free, clean joke sent to their email daily. Go to www.ajokeaday.com

<http://www.101inspirationalideas.com/retirement-teacher-humor.html#ixzz3leSnMLwE> eese."

Humor and Laughter: www.seniorhomes.com/p/humor-and-laughter-health-benefits

- "Unforgettable Senior Moments"

"Two elderly women were in a beauty [parlor] getting their hair done when in walked a 21-year-old girl with a low-cut blouse that revealed the tattoo of a rose on one breast. One woman leaned over to the other and whispered: 'Poor thing. She doesn't know it, but in 50 years she'll have a long-stemmed rose in a hanging basket!'"

A man in his eighties went to the doctor for his annual health check-up. He told the doctor: "I'm getting really forgetful. I forget where I live, I forget where I've parked my car, and I go into shops and I can't remember what it is that I want. And when I do get to the checkout, I find I've forgotten my wallet. It's getting pretty bad, doc. What can I do?" The doctor thought for a moment and said: 'Pay me in advance."

The Specialist - Short Doctor Joke "What kind of work do you do?" a woman passenger enquired of the man travelling in her train compartment. "I'm a Naval surgeon," he replies, "My word!" spluttered the woman, "How you doctors specialize these days!"

Doctor: Are you on HRT? Patient: No, income support.

Overheard in Sunnyside Clinic: As a receptionist spoke to an obviously hard-of-hearing client, "No Mrs. Jones, not the HEARSE, I'm sending the NURSE."

Some Funny Doctors' Notes...Sentences exactly as typed by medical secretaries in NHS

1. On the second day the knee was better and on the third day it disappeared.
2. The patient has been depressed since she began seeing me in 1993.
3. Discharge status: Alive, but without my permission.
4. While in ER, Eva was examined, X-rated and sent home.
5. Skin: somewhat pale, but present.
6. Patient has two teenage children, but no other abnormalities.
7. The patient was in his usual state of good health until his airplane ran out of fuel and crashed.
8. Mrs. Evans slipped on the ice and apparently her legs went in separate directions in early December.
9. Patient was seen in consultation by Dr. Jones, who felt we should sit on the abdomen and I agree.

A Good Dentist??? When a new dentist set up in town he quickly acquired a reputation of being the 'Painless' dentist. However a local little girl called Gemima disputed his claim.

'He's a fake!' Gemima told her friends. 'He's not painless at all. When he stuck his finger in my mouth I bit him - and he screamed like anyone else.'



Hard of Hearing

Morris, an 82-year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm. A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doctor, 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said you got a heart mummer and be careful."



I was thinking, people sure do read the Bible a whole lot more as they get older. Then it dawned on me.....they are cramming for their final exam.

Revision of 60s and 70s songs...They just don't make the songs like they used to anymore!!!!!!
Some of the artists of the 60's and 70's are revising their hits with new lyrics to accommodate aging baby boomers who can remember doing the "Limbo" as if it were yesterday. They include:

Bobby Darin - Splish, Splash, I Was Having A Flash, all on a Saturday night

Herman's Hermits - Mrs. Brown, You've Got A Lovely Walker

Ringo Starr - I Get By With A Little Help From Depends

The Bee Gees - How Can You Mend A Broken Hip, be more careful and don't slip

Roberta Flack - The First Time Ever I Forgot Your Face

Marvin Gaye "I Heard It through the Grape Nuts"

Johnny Nash - I Can't See Clearly Now, nor can I hear

Procol Harem - Cause it's A Whiter Shade Of Hair

Tony Orlando - Knock 3 Times On The Ceiling If You Hear Me Fall

Leslie Gore - It's My Procedure, And I'll Cry If I Want To X3 You would cry too if it happened to you

Helen Reddy - I Am Woman, Hear Me Snore

Abba - Denture Queen

Credence Clearwater Revival "There's Bad Prune Rising"

Willie Nelson - On the Commode Again

And Last but NOT least... Ringo Starr- I get by with a little help from Depends, yea, X3

MENTAL HEALTH TIP SHEETS

The tip sheets linked below are PDF files, suitable for viewing on screen, sharing, or printing. If you need PDF software for your computer, you can download on this website. www.ourhealthyminds.com

Facts about Butting Out

Here's a timeline of health improvements you can expect when you quit smoking.

For Good Mental Health

Sometimes we forget the simple things we can do to keep ourselves in good mental health.

Healthy Eating

This tip sheet can help you eat healthy for mental health.

Quick Tips for Healthy Living

These 11 tips will help keep you on the track to a healthy lifestyle.

Planning Meals

Eating well is much easier if you can plan your meals ahead of time.

Preparing Food

These basic tips can help you prepare your own healthy food.

Managing Stress

Reducing stress is an important part of good mental health. Use these tips to keep calm.

How to Create a Well-Stocked Cupboard

There are certain essential nonperishable ingredients you should always have in your cupboard.

Being Happy

There are things you can do to encourage a happy state of mind.

For Friends and Family of A Person With An Eating Disorder

This list of do's and don'ts will help you help someone you care about who's struggling with an eating disorder.

Everyday Things That Make You Feel Better

Keeping simple lists can help keep you grounded when the going gets tough.

From Hospital to Community

These tips will help give you a voice in your care and recovery.

Going Back to Work

Returning to work after you've been ill can be a challenge. This tip sheet can help you meet it.

What To Do If You Are Concerned About A Family Member

Some basic information on what to do if you're worried about a loved one's mental health.

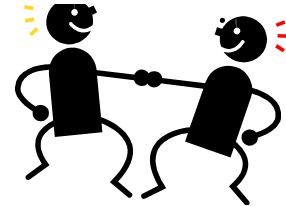
Starting a Writing Group

In a writing group, the focus is on sharing experiences. Use these tips to start a group of your own, or use them in a group you're already in.

How to Start a Support Group

If you can't find a support group that meets your needs, consider starting one of your own. It's not a difficult thing to do.

Supporting Recovery Here are 6 ways you can support a loved one's recovery from mental illness. www.ourhealthyminds.c



Vaccines for Adults By Kristina Duda, R.N. Cold & Flu Expert



Tetanus (Td or Tdap)- After the initial series of tetanus shots as a child (included in the Dtap), all adults need a booster every 10 years. It is recommended that one of those be replaced with a Tdap to protect against whooping cough (pertussis) at some point between the ages of 19 and 64.

Pneumonia- All persons over the age of 65 should have a pneumonia vaccine one time. If you have risk factors putting you at higher risk for the disease, you may need this vaccination before you turn 65. People with chronic illnesses and suppressed immune systems will need this vaccine every 5 years.

Influenza- The current recommendations for flu shots are that all children under 18 and all adults over the age of 50 receive the vaccination yearly. It is also recommended as a yearly vaccination for anyone between the ages of 19 and 49 who meets at-risk criteria.

MMR - If you have not had an MMR vaccine and have never had measles, mumps or rubella (German measles), you may need the vaccine. One or two doses are recommended if you are between the ages of 19 and 49 and one dose is recommended for those over the age of 50 who are at high risk for these diseases.

HPV- The HPV vaccine is a relatively new vaccine to prevent certain types of cervical cancer. It is recommended for girls between the ages of 11 and 24 and needs to be given in three doses.

Varicella (Chickenpox)- The varicella vaccine is recommended for all adults who have never had the vaccine and have never had the chickenpox disease. This vaccine is given in two separate doses.

Hepatitis A-The hepatitis A vaccine is recommended for all adults who are at high risk for the disease. It is given in two doses.

Hepatitis B-The hepatitis B vaccine is recommended for all adults who meet high-risk criteria for the disease. It is given in three doses.

Meningococcal-The meningococcal vaccine is recommended for all adults who are at high risk. It protects against certain types of meningitis and pneumonia. One or more doses may be necessary depending on your risk factors and your doctor's recommendations.

Zoster (Shingles)-One dose of herpes zoster vaccine is recommended for all adults over the age of 60. It protects against shingles, regardless of whether the person has had the disease before or not.

- o Starting at age 65, if you've had three or more negative Pap tests, and no positive Pap test in the last 10 years, speak with your doctor about whether you should continue screening.

- **Colonoscopy** every 10 years to check for colorectal cancer

- o MD Anderson does not recommend colorectal cancer screening for men and women age 85 and older. If you're age 76 to 85, your doctor can help you decide if you should continue screening.

Regardless of your age, practice breast awareness. This means you should be familiar with your breasts so that they will notice any changes and report them to your doctor without delay.

OTHER HELPFUL WEBSITES

Area Agency on Aging (Several offices located across state)

[cms.gov/Medicare/Medicare.html](https://www.cms.gov/Medicare/Medicare.html) (for Medicare general info [Medicinenet.com](https://www.medicinenet.com))

[Webmd.com](https://www.webmd.com)

[Manderson.org](https://www.mdanderson.org)

<http://3harmfulfoods.com>

[medicinenet.com](https://www.medicinenet.com)

[onhealth.com](https://www.onhealth.com)

city-data.com/forum/Texas

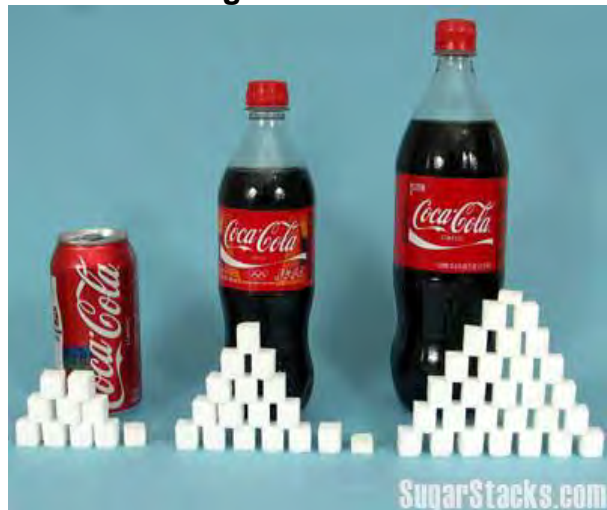
www.silversneakers.com

The SilverSneakers Fitness program is available to anyone who enrolls in the Humana Medicare Advantage plan. Eligibility for SilverSneakers is effective January 1, 2017.

SUGAR in BEVERAGES

www.sugarstacks.com

Everyone knows that soda is packed with sugar. We stacked up the sugar in some average sized bottles.



1 Sugar Cube = 1 Tsp Sugar

Coca Cola

12 oz (355 ml) Can

Sugars, total: 39g
Calories, total: 140
Calories from sugar: 140*

20 oz (590 ml) Bottle

Sugars, total: 65g
Calories, total: 240
Calories from sugar: 240

1 Liter (34 oz) Bottle

Sugars, total: 108g
Calories, total: 400
Calories from sugar: 400

LIMIT SUGAR

WOMEN- 6 tsp/day

MEN- 9 tsp/day

Orange Juice

8 oz (240 ml) Serving

Sugars, total: 24g
Calories, total: 110
Calories from sugar: 96

16 oz Bottle

Sugars, total: 48g
Calories, total: 220
Calories from sugar: 192

Additional links:

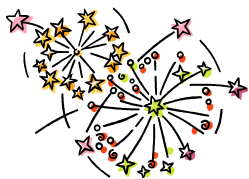
Your Body on Diet Soda

www.prevention.com/health/your-body-diet-soda-infographic

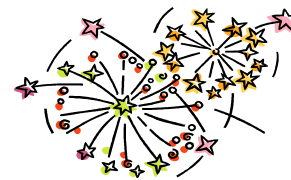
A Sip of Soda: How Soft Drinks Impact Your Health

<http://infographiclist.com/2011/11/02/a-sip-of-soda-how-soft-drinks-impact-your-health-infographic/>

The American Heart Association recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calorie allowance. For most American women, this is no more than 100 calories per day and no more than 150 calories per day for men (or about 6 teaspoons per day for women and 9 teaspoons per day for men.) www.heart.org



RESOURCES FOR SENIORS



America's Natural and Cultural Resources Volunteer Portal www.volunteer.gov/gov

A Federal Government website to help people find volunteer opportunities in State parks and other areas with natural and cultural resources. You can search by location and type of activity such as "tour guide" or "botany."

Senior Corps www.getinvolved.gov

1-800-942-2677 (toll-free); 1-800-833-3722 (TTY/toll-free)

A Federal group that works with thousands of nonprofit organizations and local agencies—both secular and faith-based—to promote service opportunities for older Americans. Learn how to get involved in a variety of volunteer activities near you.

Senior Resource Guide www.srgserv.com

Sign up for E-newsletters regarding caregiving and healthy living.

Volunteer Match www.volunteermatch.org 1-415-241-6868

A nonprofit organization that helps people find volunteer opportunities that fit their interests and needs. You can learn how to get started and register on their website for email alerts.

Texas Seniors' Guide: Resources and valuable information for seniors and their families. www.seniorsguide.net/

TEXAS DAY TRIPS: www.allacrosstexas.com/texas-day-trips

TEXAS SENIOR GAMES The purpose of the Texas Senior Games Association (TSGA) is to promote physical and mental health and fitness among Texas Senior Citizens by encouraging them to maintain healthy lifestyles and social relationships, to participate in sports and recreational activities with other seniors, and to provide an environment for athletic competition. Contact: Texas Senior Games Association, 2306 Bristol, Bryan, TX 77802-2405; www.tsga.org/

Fun senior activity ideas:

www.elderoptionsoftexas.com/article_texas_senior_activity_centers.htm

www.elder-one-stop.com/senior-activity-ideas.html

www.seniors.lovetoknow.com/Category:Activities_for_Seniors

www.dailycaring.com/free-large-print-crossword-puzzles-for-seniors

www.greatcleanjokes.com/jokes/senior-jokes/

www.notjustbingo.com

www.elderlyactivities.co.uk/

CRAFTS FOR SENIORS: www.crazyforcrafts.com

Find inspiration for all types of craft projects. Sewing. Embroidery. Quilting. Crocheting. Mosaics. Beading. Knitting. Plus many more! Discover 1000s of crafting ideas. Locate cheap supplies in your area. Get crafting news, video tutorials, expert blogs and creative guidance.

Resource Links for Caregivers

Aging

American Society on Aging
www.asaging.org

National Council on Aging
www.ncoa.org

National Resource Center on Nutrition, Physical Activity and Aging
nutritionandaging.fiu.edu

National Association of Area Agencies on Aging
www.n4a.org

National Association of Professional Geriatric Care Managers
www.caremanager.org

Government

Administration on Aging
www.aoa.gov

Centers for Medicare and Medicaid Services
www.cms.gov

U.S. Government/Senior Citizens' Resources
www.seniors.gov

United We Ride
www.unitedweride.gov

Caregiving

Right at Home Newsletter
www.caringnews.com

Direct Care Alliance, Inc.
www.directcarealliance.org

Family Caregiver Alliance
www.caregiver.org

National Clearinghouse on the Direct Care Workforce
www.directcareclearinghouse.org



National Family Caregivers Association
www.nfcacares.org

National Guardianship Association, Inc.
www.guardianship.org

National Private Duty Association
www.privatedutyhomecare.org

Senior Care
www.caring.com

Third Age
www.thirdage.com

Health/Medical

Alzheimer's Association
www.alz.org

American Association for Respiratory Care
www.aarc.org

American Cancer Society
www.cancer.org

American Diabetes Association
www.diabetes.org

American Heart Association
www.americanheart.org

American Lung Association
www.lungusa.org

American Stroke Association
www.strokeassociation.org

National Parkinson Foundation
www.parkinson.org

National Alliance for Hispanic Health
www.hispanichealth.org

National Organization on Disability
www.nod.org

American Hospice Foundation
www.americanhospice.org



LOCAL UNIT REPORT: How Healthy is Your Local Unit?

Local Unit Annual Report Form



Return to District Health Care Committee Chairman by February 15

(Information to be gathered from January to December)

Local Unit _____ District _____

Local Unit Health Care Committee Chairman _____

Phone _____ Email _____

Approximate Number of Members in your Local Unit _____ Date _____

Complete the following items about your local unit:

____ 1. Does your unit include a program on health care?

List program and title of presenter: _____g



____ 2. Does your unit follow "Guidelines for Healthy Meetings?"

____ A. Are low-calorie and low-fat foods available?

____ B. Is water available?

____ C. Are stretch breaks encouraged?



BrainFood

____ 3. Does your unit publicize health tips at every meeting/newsletter?

How: (Ex: healthy eating, exercise, medical checkups)

____ 4. Was the Health Care Committee Resource Guide helpful?

____ Do you find the Health Care Committee webpage helpful?

Suggested Topics: _____



Comments: _____

Your feedback is appreciated!

District Health Care Chairman, please include this form with your district report.

TRTA Health Care Committee
DISTRICT ANNUAL REPORT FORM due March 1

Please include information from the Local Unit Annual Reports on this form.

Attach Local Unit Reports to this District Report and submit to your State Health Care Committee Member

District # _____ District Health Care Committee Chairman _____

Phone # _____ Email _____

Name of Local Unit	# Members	# 1	# 2	# 3	# 4	
Ex: Geezer County Retired Educators	63	Yes	Yes	Yes	No	
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						