



# **TEXAS RETIRED TEACHERS ASSOCIATION**

*TRTA: The Voice For All Public Education Retirees*

## **HEALTHY LIVING COMMITTEE**

### **RESOURCE GUIDE 2019-2020**

Documents and forms are available online at [www.trta.org/healthyliving](http://www.trta.org/healthyliving)



Connecting the Dots to TRTA's Success  
HEALTHY LIVING COMMITTEE 2019

- Healthy Living Matters
  - For Meetings
    - Practice deep breathing, stretching or other exercises
    - Provide refreshments such as dried fruit, nuts, water, and other healthy foods
    - Allow members to walk and talk in pairs for three minutes after the local unit meeting has been in progress for 30 minutes or longer
    - Share health related topics via email or texts with all local unit members
    - Invite dietary experts, American Heart Association speakers, yoga instructors, etc. to meetings.
- Healthy Living Messages
  - The State Healthy Living Committee sends a monthly email to the District Healthy Living Chairs that highlights health related information.
  - The District Healthy Living Chairs then share this information with their local units.
- Resource Guide
  - The Healthy Living Resource Guide can be downloaded at [www.trta.org](http://www.trta.org) under the Healthy Living Committee link. Wellness is promoted through articles and links that include physical, psychological and social areas. Many of the resources are free.
- Healthy Living Annual Report Deadlines:
  - Local Unit Reports are due to District HL Chairs by February 15
  - District Reports are due to State HL Chairs by March 1
  - Forms are online at [www.trta.org](http://www.trta.org) under Healthy Living Committee or [www.trta.org/healthyliving](http://www.trta.org/healthyliving)
- Local Unit Recognition
  - Local Units will be recognized for participating in the “How Healthy is Your Local Unit” questionnaire.
  - Recognitions will be made at the District Spring Leadership Training Conference.

## Healthy Living Committee

Policy: The TRTA Healthy Living 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 Healthy Living Committee Chair:

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 healthy living committee chairs 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 Healthy Living Committee Chair:

1. Send information received from the state healthy living committee chair to the local unit healthy living committee chairs in the district;
2. Gather health-related information of interest to retired school and higher education personnel and send it to the local unit healthy living committee chairs;
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 healthy living committee representative by due date;
5. Serve as presenter of the healthy living training for local unit healthy living committee chairs at the Spring Leadership Development Conference; and
6. Attend the TRTA Convention healthy living leadership training session.

### The TRTA Local Unit Healthy Living Committee Chair:

1. Relate information received from the state and district healthy living chairs 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) Healthy Living 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 healthy living committee chair by due date; and
10. Attend the healthy living training session at the Spring Leadership Development Conference and if possible attend the healthy living training session at the TRTA Convention.

# TRTA Healthy Living Resource Guide

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# National Health Observances

Source: National Health Observance [www.healthfinder.gov](http://www.healthfinder.gov)

*Free materials available upon request*

## JANUARY

Cervical Health Awareness Month

National Cervical Cancer Coalition

(800) 685-5531 [www.nccc-online.org](http://www.nccc-online.org)

National Glaucoma Awareness Month

Prevent Blindness

(800) 331-2020 [www.preventblindness.org](http://www.preventblindness.org)

## FEBRUARY

American Heart Month

American Heart Association

(800) 242-8721 [www.heart.org](http://www.heart.org)

## MARCH

Brain Awareness Week: 16-22

Dana Alliance for Brain Initiatives

(212) 401-1689 [www.dana.org/brainweek](http://www.dana.org/brainweek)

National Colorectal Cancer Awareness Month

**Prevent Cancer Foundation**

**(800) 227-2732 [www.preventcancer.org](http://www.preventcancer.org)**

National Nutrition Month

Academy of Nutrition and Dietetics

[www.eatright.org/nnm](http://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](http://www.ncadd.org)

## MAY

Arthritis Awareness Month

Arthritis Foundation

(800) 283-7800 [www.arthritis.org](http://www.arthritis.org)

Melanoma/SkinCancer Detection/Prevention Month

American Academy of Dermatology

(888) 462-DERM (462-3376) [www.spotskincancer.org](http://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](http://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](http://www.fitnessday.com)

## JUNE

Cataract Awareness Month

Prevent Blindness

(800) 331-2020 [www.preventblindness.org](http://www.preventblindness.org)

National Safety Month

National Safety Council

(800) 621-7615 [www.nsc.org/nsm](http://www.nsc.org/nsm)

## JULY

Juvenile Arthritis Awareness Month

Arthritis Foundation (800) 283-7800

[www.arthritis.org/arthritis-facts/disease-center/juvenile-arthritis.php](http://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](http://www.cdc.gov/vaccines/events/niam/default.htm)

## SEPTEMBER

National Preparedness Month

Ready Campaign: FEMA/DHS

(800) 462-3362 [www.ready.gov](http://www.ready.gov)

National Food Safety Education Month

Partnership for Food Safety Education

(202) 220-0651 [www.fightbac.org](http://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](http://www.usbji.org)

## NOVEMBER

American Diabetes Month

American Diabetes Association

(800) DIABETES (342-2383)

[www.diabetes.org/in-my-community/american-diabetes-month.html](http://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](http://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/](http://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](http://www.healthfinder.gov) for more national observances.**

## **Additional Healthy Living Websites Related to National Health Observances**

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

# 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>



# Harvard Health Publishing

HARVARD MEDICAL SCHOOL

*Trusted advice for a healthier life*

## 5 of the best exercises you can ever do

If you're not an athlete or serious exerciser - and you just want to work out for your health or to fit in your clothes better - the gym scene can be intimidating. Just having to walk by treadmills, stationary bikes, and weight machines can be enough to make you head straight back home to the couch.

Yet some of the best physical activities for your body don't require the gym or ask you to get fit enough to run a marathon. These "workouts" can do wonders for your health. They'll help keep your weight under control, improve your balance and range of motion, strengthen your bones, protect your joints, prevent bladder control problems, and even ward off memory loss.

No matter your age or fitness level, these activities can help you get in shape and lower your risk for disease:

### 1. Swimming

You might call swimming the perfect workout. The buoyancy of the water supports your body and takes the strain off painful joints, so you can move them more fluidly.

"Swimming is good for individuals with arthritis because it's less weight-bearing," explains Dr. I-Min Lee, professor of medicine at Harvard Medical School.

Research has found that swimming can also improve your mental state and put you in a better mood. Water aerobics is another option. These classes help you burn calories and tone up.

### 2. Tai chi

This Chinese martial art that combines movement and relaxation is good for both body and mind. In fact, it's been called "meditation in motion." Tai chi is made up of a series of graceful movements, one transitioning smoothly into the next. Because the classes are offered at various levels, tai chi is accessible - and valuable - for people of all ages and fitness levels. "It's particularly good for older people because balance is an important component of fitness, and balance is something we lose as we get older," Dr. Lee says.

Take a class to help you get started and learn the proper form. You can find tai chi programs at your local YMCA, health club, community center, or senior center.

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### 3. Strength training

If you believe that strength training is a macho, brawny activity, think again. Lifting light weights won't bulk up your muscles, but it will keep them strong. "If you don't use muscles, they will lose their strength over time," Dr. Lee says.

Muscle also helps burn calories. "The more muscle you have, the more calories you burn, so it's easier to maintain your weight," says Dr. Lee. Similar to other exercise, strength training may also help preserve brain function in later years.

Before starting a weight training program, be sure to learn the proper form. Start light, with just one or two pounds. You should be able to lift the weights 10 times with ease. After a couple of weeks, increase that by a pound or two. If you can easily lift the weights through the entire range of motion more than 12 times, move up to slightly heavier weight.

### 4. Walking

Walking is simple, yet powerful. It can help you stay trim, improve cholesterol levels, strengthen bones, keep blood pressure in check, lift your mood, and lower your risk for a number of diseases (diabetes and heart disease, for example). A number of studies have shown that walking and other physical activities can even improve memory and resist age-related memory loss.

All you need is a well-fitting and supportive pair of shoes. Start with walking for about 10 to 15 minutes at a time. Over time, you can start to walk farther and faster, until you're walking for 30 to 60 minutes on most days of the week.

### 5. Kegel exercises

These exercises won't help you look better, but they do something just as important - strengthen the pelvic floor muscles that support the bladder. Strong pelvic floor muscles can go a long way toward preventing incontinence. While many women are familiar with Kegels, these exercises can benefit men too.

To do a Kegel exercise correctly, squeeze the muscles you would use to prevent yourself from passing urine or gas. Hold the contraction for two or three seconds, then release. Make sure to completely relax your pelvic floor muscles after the contraction. Repeat 10 times. Try to do four to five sets a day.

Many of the things we do for fun (and work) count as exercise. Raking the yard counts as physical activity. So does ballroom dancing and playing with your kids or grandkids. As long as you're doing some form of aerobic exercise for at least 30 minutes a day, and you include two days of strength training a week, you can consider yourself an "active" person.

*For additional information on this and other questions about getting started on a healthy exercise program, buy Starting to Exercise, a Special Health Report from Harvard Medical School.*

## 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](http://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!

## Humana Medicare Advantage offers Go365

### A personalized wellness and Rewards program

To register for Go365, go to <https://www.humana.com/go365/>. TRS Retirees enrolled in Humana Medicare Advantage are issued a card with a member I.D. You will be asked for your member I.D. number or your social security number, along with your date of birth and zip code.

At the beginning, you will complete a Health Assessment survey consisting of a short series of questions that reveal your Go365 Age—a measure of whether your body is living younger or older than your actual age and you will unlock activities recommended just for you. You will earn 500 bucks from this activity. Bucks have no cash value and can only be spent in the Go365 Mall.

Earn awesome rewards bucks for prevention activities such as shots for flu, Shingles, and pneumonia. Also, listed are mammograms, colonoscopies, bone density tests, vision and dental exams. These activities are verified by your physicians. Also earn bucks, not money for walking, which can be verified by an app.

**SilverSneakers® Fitness**-Staying in shape and feeling good are important at any age. That's why most Humana's Medicare plans include the SilverSneakers Fitness program - at no extra cost\*. Humana purchases a local membership from a participating fitness center (gym) to get you into shape. You swipe your gym card as proof of your attendance and it is reported to Go365.

As you complete healthy activities and get more engaged, you can rack up the rewards<sup>3</sup>. The more you earn, the more options you have in the Go365 Mall!

For options outside the traditional fitness location, try SilverSneakers FLEX™ with classes including tai chi, yoga, and walking groups offered at local parks and recreation centers.

**Use the Humana Medicare member Provider Service telephone number on the back of your Humana card to call 1800-320-9566 and ask to be transferred to Go365.** <https://www.humana.com/go365/>

**SilverSneakers**-Call 1-888-423-4632 (TTY:711), Monday through Friday, 8 am to 8 pm. <https://www.humana.com/medicare-support/benefits/health-programs/silversneakers> or to register go to [www.silversneakers.com](http://www.silversneakers.com)

\*Go 365 offers more than what is listed on this page, explore the many possibilities.

## Healthy Living Questionnaire 2019

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Program: \_\_\_\_\_

Are you working on health goals in any of the following areas?  Mental Health  Check-ups  Exercise  
 Healthy Foods  Sex  Medications  ER  COPD  Teeth

I participate in the Healthy Living Program: (Check all that apply)  In Groups  
 Through discussions with my clinician

- Overall, how would you rate your health during the **past 4 weeks**?  
 Excellent  Very Good  Good  Fair  Poor  Very Poor
- During the **past 4 weeks**, how much did physical health problems limit your usual physical activities (such as walking or climbing stairs)?  
 Not at all  Very Little  Somewhat  Quite a lot  Could not do physical activities
- During the **past 4 weeks**, how much difficulty did you have doing your daily work, both at home and away from home, because of your physical health?  
 None at all  A little bit  Some  Quite a lot  Could not do daily work
- How much bodily pain have you had during the **past 4 weeks**?  
 None  Very mild  Mild  Moderate  Severe  Very Severe
- During the **past 4 weeks**, how much energy did you have?  
 Very much  Quite a lot  Some  A little  None
- During the **past 4 weeks**, how much did your physical health or emotional problems limit your usual social activities with family or friends?  
 Not at all  Very Little  Somewhat  Quite a lot  Could not do social activities
- During the **past 4 weeks**, how much have you been bothered by emotional problems (such as feeling anxious, depressed or irritable)?  
 Not at all  Slightly  Moderately  Quite a lot  Extremely
- During the **past 4 weeks**, how much did personal or emotional problems keep you from doing your usual work, school or other daily activities?  
 Not at all  Very Little  Somewhat  Quite a lot  Could not do daily activities
- During the past 4 weeks, how often did your dinner include at least one vegetable per day?  
 Not at all  Very Little  Sometimes  Quite a lot  All the time

10. During the **past 4 weeks**, how often did you engage in some form of exercise?  
 **Not at all**    **Very Little**    **Sometimes**    **Quite a lot**    **Very frequently**
11. During the **past 4 weeks**, how often did you take all of your medications as prescribed?  
 **Not at all**    **Very Little**    **Sometimes**    **Quite a lot**    **All the time**
12. During the **past 4 weeks**, how often did you brush your teeth twice a day?  
 **Not at all**    **Rarely**    **Usually**    **All the time**    **Not applicable**
13. During the **past 4 weeks**, when having sex, how often did you use a condom?  
 **Not at all**    **Rarely**    **Usually**    **All the time**    **Not applicable**
14. During the **past 4 weeks**, how often did you smoke?  
 **Not at all**    **Very Little**    **Sometimes**    **Quite a lot**    **Very frequently**
15. I believe that I can make changes that will improve my physical health.  
 **Totally agree**    **Agree a little**    **Disagree**
16. I believe that I can make changes that will improve my mental health.  
 **Totally agree**    **Agree a little**    **Disagree**

**Please note that the following questions refer to different time frames than the previous questions.**

17. During the **past year**, how often did you visit your primary care provider?  
 **0 times**    **1 time**    **2 times**    **3 times**    **4 or more times**
18. During the **past 3 months**, how many times did you visit the Emergency Room?  
 **0 times**    **1 time**    **2 times**    **3 times**    **4 or more times**  
The reason was (check all that apply):  **My mental health**    **My physical health**
19. During the **past 3 months**, how many times were you admitted to a hospital?  
 **0 times**    **1 time**    **2 times**    **3 times**    **4 or more times**  
The reason was (check all that apply):  **My mental health**    **My physical health**

**Thank you for completing these questions!**



# HANDS- ONLY™ CPR FACT SHEET

## Why Learn Hands-Only CPR?

Cardiac arrest - an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs - is a leading cause of death. Each year, over 326,000 out-of-hospital cardiac arrests occur in the United States.

- When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby.
- According to the American Heart Association, 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.
- Most Americans (70 percent) feel helpless to act during a cardiac emergency because they don't know how to administer CPR or they're afraid of hurting the victim.

## Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.

- 70 percent of out-of-hospital cardiac arrests happen in homes and residential settings.
- Unfortunately, only about 39% of people who experience an out-of-hospital cardiac arrest get the immediate help that they need before professional help arrives.
- Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public. It can double or even triple a victim's chance of survival.

## Music Can Save Lives

- Hands-Only CPR has just two easy steps: If you see a teen or adult suddenly collapse, (1) Call 9-1-1; and (2) Push hard and fast in the center of the chest to the beat of the disco song "Stayin' Alive."
- People feel more confident performing Hands-Only CPR and are more likely to remember the correct rate when trained to the beat of a familiar song.
- During CPR, you should push on the chest at a rate of at least 100 compressions per minute. The beat of "Stayin' Alive" is a perfect match for this.

## Take 60 Seconds to Learn How to Save a Life

- Watch the 60-second demo video. Visit [www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr) to watch the Hands-Only CPR instructional video and share it with the important people in your life. You can also find a CPR class near you.

NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.



## TIP: 100 CALORIE SNACKS

Another way to think about the idea of nutrient-dense and calorie-dense foods is to look at a variety of foods that all provide the same calories. Let's say that you wanted to have a snack that contained about 100 calories. You might choose one of these:

- 7- or 8-inch banana
- two ounces baked chicken breast with no skin
- three cups low-fat popcorn
- two regular chocolate-sandwich cookies
- half cup low-fat ice cream
- one scrambled large egg cooked with fat
- 20 peanuts
- half of the average-size candy bar

Which would make a better snack for you? Although these examples all have about 100 calories, there are some big differences:

- banana, chicken, peanuts, or egg are more nutrient dense
- popcorn or chicken are likely to help you feel more satisfied
- chicken, peanuts, or egg have more protein
- cookies, candy, and ice cream have more added sugars



# TEXAS JOKES



## HERE IS WHAT JEFF FOXWORTHY HAS TO SAY ABOUT FOLKS FROM TEXAS:

If someone in a Lowe's store offers you assistance and they don't work there, you may live in Texas

If you've worn shorts and a parka at the same time, you may live in Texas

If you've had a lengthy telephone conversation with someone who dialed a wrong number, you may live in Texas

If 'vacation' means going anywhere south of Dallas for the weekend, you may live in Texas

If you measure distance in hours, you may live in Texas

If you know several people who have hit a deer more than once, you may live in Texas

If you install security lights on your house and garage, but leave both unlocked, you may live in Texas

If you carry jumper cables in your car and your wife knows how to use them, you may live in Texas

If the speed limit on the highway is 55 mph & you're going 80, and everybody's passing you, you may live in Houston, Texas

If you find 60 degrees 'a little chilly,' you may live in Texas

If you actually understand these jokes, and cannot wait to tell all your Texas friends, you definitely have lived in Texas.

## JOKES - TRTA

\*BOB LEFT WORK ON FRIDAY, WHICH HAPPENED TO BE PAYDAY. INSTEAD OF GOING HOME, HE PARTIED ALL WEEKEND WITH HIS FRIENDS AND SPENT HIS ENTIRE WAGES. WHEN HE FINALLY WENT HOME SUNDAY EVENING, HIS VERY ANGRY WIFE FUSSED FOR A COUPLE OF HOURS. FINALLY SHE STOPPED NAGGING AND ASKED HIM HOW HE WOULD LIKE IT IF HE DIDN'T SEE HER FOR 2 OR 3 DAYS. HE REPLIED, "THAT WOULD BE FINE WITH ME." SO, MONDAY WENT BY AND HE DIDN'T SEE HIS WIFE. TUESDAY AND WEDNESDAY WENT BY WITH THE SAME RESULTS. BUT BY THURSDAY THE SWELLING HAD GONE DOWN JUST ENOUGH FOR HIM TO SEE HER A LITTLE OUT OF THE CORNER OF HIS LEFT EYE.

A MAN ASKED A FARMER NEAR A FIELD IF IT WAS OKAY TO CROSS HIS PROPERTY INSTEAD OF GOING AROUND IT BECAUSE HE HAD TO CATCH THE 4:23 TRAIN. THE FARMER SAID, "SURE, GO RIGHT AHEAD. IF MY BULL SEES YOU, YOU WILL EVEN CATCH THE 4:11 TRAIN.

MAX DIES AND LEAVES MARY WITH \$20,000. AFTER EVERYTHING IS DONE AT THE FUNERAL HOME AND CEMETERY, MARY TELLS HER CLOSEST FRIEND THAT SHE IS BROKE. HOW COULD YOU BE BROKE, HER FRIEND INQUIRES. MARY SAYS, "WELL THE FUNERAL COST ME \$5,000. I MADE A DONATION TO CHARITY, SO THAT WAS ANOTHER \$5,000, AND THE REST WENT FOR THE MEMORIAL STONE. THE FRIEND SAYS, \$10,000 FOR THE MEMORIAL STONE. HOW BIG IS IT?" MARY REPLIED, THREE CARATS

A RANCHER'S BARN BURNS DOWN, SO HE CALLS HIS INSURANCE AGENT. HE TELLS THE INSURANCE AGENT THAT THE BARN IS A TOTAL LOSS, BUT IT IS INSURED FOR \$45,000, AND ASKS WHEN HE WILL RECEIVE HIS CHECK. THAT'S NOT HOW INSURANCE WORKS, WAS THE REPLY. WE WILL SEND OVER AN ADJUSTER TO REVIEW THE DAMAGE, THEN HAVE IT REBUILT FOR YOU EXACTLY THE WAY IT WAS. THE RANCHER WAS SHOCKED. HE SAID, "SAME OL' BARN LIKE I HAD? THAT'S THE WAY INSURANCE WORKS?" "YEP," SAID THE AGENT, "THAT'S HOW INSURANCE WORKS." "WELL, OK," THE RANCHER SAID, "BUT CANCEL THAT LIFE INSURANCE POLICY ON MY WIFE."

TWO FLIES FOUND SOME BOLOGNA CLINGING TO THE HANDLE OF A BUTCHER KNIFE. AFTER EATING ALL THEY COULD HOLD, THEY TOOK OFF, ONLY TO FALL ON THE GROUND WITH A THUD. THE MORAL OF THIS STORY IS: DON'T FLY OFF THE HANDLE WHEN YOU'RE FULL OF BOLOGNA.

# 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](http://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.com](http://www.ourhealthyminds.com)



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## 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.

- 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
  - 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.

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***Check annually with your doctor***

*What resources can I use to prepare for my trip?*

Here are some resources that may come in handy as you're planning your trip:

- [Visit CDC's travel website to find out which vaccines you may need](#) based on where you plan to travel, what you'll be doing, and any health conditions you have.
- [Download CDC's TravWell app](#) to get recommended vaccines, a checklist to help prepare for travel, and a personalized packing list. You can also use it to store travel documents and keep a record of your medicines and vaccinations.
- [Read the current travel notices](#) to learn about any new disease outbreaks in or vaccine recommendations for the areas where you plan to travel.
- [Visit the State Department's website](#) to learn about vaccinations, insurance, and medical emergencies while traveling.

# 7 Reasons to Drink More Water

## 1. It boosts your mood.

When researchers asked study participants to increase their water intake from 5 to 10 cups a day, they reported feeling calmer and more satisfied with their life.

**2. You may heal faster.** If you cut yourself, treat the wound then sip 16 ounces of water.



**3. It can lower your odds of a stroke.** Dehydration may cause your blood to thicken and have a harder time passing through blood vessels.

**4. You won't ruin your workout.** Having water before, during, and after exercise can prevent problems like heat stroke and muscle cramps.

## 5. It can quiet a headache.

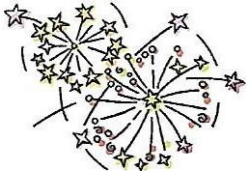
Slowly drink from 1 to 6 cups of water. If the headache is triggered by water deprivation, you could be pain-free in half an hour.

## 6. You'll be a better driver.

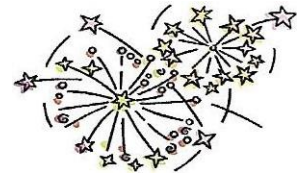
Dehydration may cause you to make more mistakes behind the wheel. Sip 16 ounces before departing and have 7 ounces every hour you are on the road.

## 7. It increases your

**brainpower.** Mild dehydration causes short-term memory problems, poor attention, and slow reaction times.



## RESOURCES FOR SENIORS



### **America's Natural and Cultural Resources Volunteer Portal** [www.volunteer.gov/gov](http://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](http://www.getinvolved.gov)

1-800-942-2677 (toll-free); 1-800-833-3722 (TIIY/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](http://www.srgserv.com)

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

### **Volunteer Match** [www.volunteermatch.org](http://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 DAY TRIPS:** [www.allacrosstexas.com/texasdly-trips](http://www.allacrosstexas.com/texasdly-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/](http://www.tsga.org/)

### **Fun senior activity ideas:**

[www.elderoptionsoftexas.com/article\\_texas\\_senior\\_activity\\_centers.htm](http://www.elderoptionsoftexas.com/article_texas_senior_activity_centers.htm)

[www.elder-one-stop.com/senior-activity-ideas.html](http://www.elder-one-stop.com/senior-activity-ideas.html)

[www.seniors.lovetoknow.com/Category:Activities\\_for\\_Seniors](http://www.seniors.lovetoknow.com/Category:Activities_for_Seniors)

[www.dailycaring.com/free-large-print-crossword-puzzles-for-seniors](http://www.dailycaring.com/free-large-print-crossword-puzzles-for-seniors)

[www.greatcleanjokes.com/jokes/senior-jokes/](http://www.greatcleanjokes.com/jokes/senior-jokes/)

[www.notjustbingo.com](http://www.notjustbingo.com)

[www.elderlyactivities.eo.uk/](http://www.elderlyactivities.eo.uk/)

[www.growyoungfitness.com/challenge](http://www.growyoungfitness.com/challenge)

[www.getthehealthystayhealthy.com](http://www.getthehealthystayhealthy.com)

### **CRAFTS FOR SENIORS:** [www.crazyforcrafts.com](http://www.crazyforcrafts.com)

# HEALTHY LIVING TOPICS-SLIDE SHOWS

Click to access the following links below as additional resources.

- ✓ [http://www.medicinenet.com/script/main/hp.asp?ecd=mnl\\_spc\\_071117](http://www.medicinenet.com/script/main/hp.asp?ecd=mnl_spc_071117)
- ✓ <http://www.webmd.com/>
- ✓ <http://www.mayoclinic.org/departments-centers/integrative-medicine-health>
- ✓ <https://hms.harvard.edu/>

**To access the links below on your computer hold the Ctrl key and click on the link attached.**

## **Secrets for a Longer Life**

[http://www.medicinenet.com/longer\\_life\\_secrets\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/longer_life_secrets_pictures_slideshow/article.htm)

**The Best Diet Tips Ever** [http://www.medicinenet.com/diet\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/diet_pictures_slideshow/article.htm)

## **Diabetes Diet: Healthy Meal Plans for Type 1 and Type 2**

[http://www.medicinenet.com/diabetes\\_savvy\\_dining\\_pictures\\_slideshow/article.htm?ecd=mnl\\_spc\\_062817](http://www.medicinenet.com/diabetes_savvy_dining_pictures_slideshow/article.htm?ecd=mnl_spc_062817)

## **Fat-Fighting Foods**

[http://www.medicinenet.com/fat-fighting\\_foods\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/fat-fighting_foods_pictures_slideshow/article.htm)

## **Discover Your Allergy Triggers (Slide Show)**

[http://www.medicinenet.com/10\\_common\\_allergy\\_triggers\\_slideshow/article.htm?ecd=mnl\\_spc\\_062617](http://www.medicinenet.com/10_common_allergy_triggers_slideshow/article.htm?ecd=mnl_spc_062617)

## **Travel Tips for Better Diabetes Control**

[http://www.medicinenet.com/diabetic\\_traveler\\_12\\_tips\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/diabetic_traveler_12_tips_pictures_slideshow/article.htm)

## **Fish Eaters Report Less Rheumatoid Arthritis Pain (Slide Show)**

[http://www.medicinenet.com/script/main/art.asp?articlekey=204906&ecd=mnl\\_day\\_062617](http://www.medicinenet.com/script/main/art.asp?articlekey=204906&ecd=mnl_day_062617)

## **Deep Vein Thrombosis Symptoms, Treatment and Prevention (Slide Show)**

[http://www.medicinenet.com/deep\\_vein\\_thrombosis\\_dvt\\_pictures\\_slideshow/article.htm?ecd=mnl\\_day\\_062617](http://www.medicinenet.com/deep_vein_thrombosis_dvt_pictures_slideshow/article.htm?ecd=mnl_day_062617)

## **Effects of Secondhand Smoke: Facts**

[http://www.medicinenet.com/secondhand\\_smoke\\_pictures\\_slideshow/article.htm?ecd=mnl\\_spc\\_070317](http://www.medicinenet.com/secondhand_smoke_pictures_slideshow/article.htm?ecd=mnl_spc_070317)

## **Dealing Effectively with Depression**

[http://www.medicinenet.com/depression\\_overview\\_pictures\\_slideshow/article.htm?ecd=mnl\\_day\\_070317](http://www.medicinenet.com/depression_overview_pictures_slideshow/article.htm?ecd=mnl_day_070317)

## **Pain Quiz: Test Your Back Pain IQ**

[http://www.medicinenet.com/back\\_pain\\_quiz/quiz.htm?ecd=mnl\\_day\\_063017](http://www.medicinenet.com/back_pain_quiz/quiz.htm?ecd=mnl_day_063017)

## **Myths and Facts About Back Pain**

[http://www.medicinenet.com/back\\_pain\\_pictures\\_myths\\_and\\_facts\\_slideshow/article.htm?ecd=mnl\\_day\\_062017](http://www.medicinenet.com/back_pain_pictures_myths_and_facts_slideshow/article.htm?ecd=mnl_day_062017)

## **Surprising Reasons You're Gaining Weight**

[http://www.medicinenet.com/weight\\_gain\\_shockers\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/weight_gain_shockers_pictures_slideshow/article.htm)

## **Core Training for Active Adults and Seniors by Curtis Adams**

<https://www.youtube.com/watch?v=CuVxlVjXgNE>

## **The Truth About Teeth Whitening**

[http://www.medicinenet.com/teeth\\_whitening\\_fads\\_pictures\\_slideshow/article.htm?ecd=mnl\\_spc\\_070617](http://www.medicinenet.com/teeth_whitening_fads_pictures_slideshow/article.htm?ecd=mnl_spc_070617)

## **Spot the Early Warning Signs of Skin Cancer**

[http://www.medicinenet.com/skin\\_cancer\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/skin_cancer_pictures_slideshow/article.htm)

## **Is This Rash Psoriasis?**

[http://www.medicinenet.com/psoriasis\\_symptoms\\_treatment\\_pictures\\_slideshow/article.htm?ecd=mnl\\_spc\\_062717](http://www.medicinenet.com/psoriasis_symptoms_treatment_pictures_slideshow/article.htm?ecd=mnl_spc_062717)

## **How to Reduce Wrinkles**

[http://www.emedicinehealth.com/slideshow\\_wrinkles\\_pictures/article\\_em.htm?ecd=mnl\\_spc\\_062717](http://www.emedicinehealth.com/slideshow_wrinkles_pictures/article_em.htm?ecd=mnl_spc_062717)

## **Constipation Myths and Facts**

[http://www.medicinenet.com/constipation\\_myths\\_facts\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/constipation_myths_facts_pictures_slideshow/article.htm)

## **How to Make Your Home a Healthy One**

[http://www.medicinenet.com/home\\_health\\_pictures\\_slideshow/article.htm?ecd=mnl\\_day\\_071117](http://www.medicinenet.com/home_health_pictures_slideshow/article.htm?ecd=mnl_day_071117)

## **Food Frauds That Can Wreck Your**

[http://www.medicinenet.com/diet\\_food\\_frauds\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/diet_food_frauds_pictures_slideshow/article.htm)

## **Feet Facts Quiz: Test Your Medical IQ**

[http://www.medicinenet.com/feet\\_facts\\_quiz/quiz.htm?ecd=mnl\\_day\\_071117](http://www.medicinenet.com/feet_facts_quiz/quiz.htm?ecd=mnl_day_071117)

## **Presents In Their Own Words: Moving Beyond Migraine with Robin Roberts (video)**

<http://www.webmd.com/migraines-headaches/inside-migraines-17/video-migraine-genetics-robin-roberts>

**6 Breast Cancer Risk Factors You CAN Control** <http://www.breastcancer.org/risk/factors/slideshows/can-control?slide=1>

## **Appendicitis Quiz: Test Your Medical IQ**

[http://www.medicinenet.com/appendicitis\\_quiz/quiz.htm?ecd=mnl\\_spc\\_071317](http://www.medicinenet.com/appendicitis_quiz/quiz.htm?ecd=mnl_spc_071317)

## **Anti-Aging Skincare Essentials**

[http://www.medicinenet.com/anti-aging\\_skincare\\_essentials\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/anti-aging_skincare_essentials_pictures_slideshow/article.htm)

## **Foods That Help or Harm Your Sleep**

[http://www.medicinenet.com/foods\\_that\\_help\\_harm\\_sleep\\_slideshow/article.htm](http://www.medicinenet.com/foods_that_help_harm_sleep_slideshow/article.htm)

## **Do I Have Pneumonia? Symptoms & Signs**

[http://www.medicinenet.com/pneumonia\\_quiz/quiz.htm?ecd=mnl\\_spc\\_072417](http://www.medicinenet.com/pneumonia_quiz/quiz.htm?ecd=mnl_spc_072417)

## **Joint-Friendly Exercises for Arthritis**

[http://www.medicinenet.com/rheumatoid\\_arthritis\\_exercises\\_slideshow/article.htm](http://www.medicinenet.com/rheumatoid_arthritis_exercises_slideshow/article.htm) **Nasal Allergy Relief: Products That Work** [http://www.medicinenet.com/nasal\\_allergy\\_relief\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/nasal_allergy_relief_pictures_slideshow/article.htm)



## **Resource Links for Caregivers**

### **Aging**

American Society on Aging  
[www.asaging.org](http://www.asaging.org)

National Council on Aging  
[www.ncoa.org](http://www.ncoa.org)

National Association of Area Agencies on  
Aging  
[www.n4a.org](http://www.n4a.org)

Aging Life Care Association  
[www.aginglifecare.org](http://www.aginglifecare.org)

### **Government**

Administration on Aging  
[www.hhs.gov/aging/index.html](http://www.hhs.gov/aging/index.html)

Centers for Medicare and Medicaid Services  
[www.cms.gov](http://www.cms.gov)

### **Caregiving**

Right at Home Newsletter  
[www.caringnews.com](http://www.caringnews.com)

Family Caregiver Alliance  
[www.caregiver.org](http://www.caregiver.org)

National Clearinghouse on the Direct Care  
Workforce  
[www.directcareclearinghouse.org](http://www.directcareclearinghouse.org)

National Family Caregivers Association  
<https://caregiveraction.org>

National Guardianship Association, Inc.  
[www.guardianship.org](http://www.guardianship.org)

Homecare Association of America  
[www.hcaoa.org](http://www.hcaoa.org)

Senior Care  
[www.caring.com](http://www.caring.com)

Third Age  
[www.thirdage.com](http://www.thirdage.com)

### **Health/Medical**

Alzheimer's Association  
[www.alz.org](http://www.alz.org)

American Association for Respiratory Care  
[www.aarc.org](http://www.aarc.org)

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

American Heart Association  
[www.heart.org](http://www.heart.org)

American Lung Association  
[www.lung.org](http://www.lung.org)

American Stroke Association  
[www.strokeassociation.org](http://www.strokeassociation.org)

National Parkinson Foundation  
[www.parkinson.org](http://www.parkinson.org)

National Organization on Disability  
[www.nod.org](http://www.nod.org)

American Hospice Foundation  
[www.americanhospice.org](http://www.americanhospice.org)

# LOCAL UNIT REPORT: How Healthy is Your Local Unit?

## Local Unit Annual Report Form



**Return to District Healthy Living Committee Chair by February 15**

(Information to be gathered from January to December)

Local Unit \_\_\_\_\_

District \_\_\_\_\_

Local Unit Healthy Living Committee Chair \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Approximate Number of Members in your Local Unit \_\_\_\_\_ Date \_\_\_\_\_

Complete the following items about your local unit:



\_\_\_\_\_ 1) Does your unit publicize health tips at every meeting/newsletter?

\_\_\_\_\_ 2) Does your unit include a program on healthy living?

List program/speaker:

\_\_\_\_\_

\_\_\_\_\_ 3) Does your unit provide healthy living materials/resources to members?



\_\_\_\_\_ 4) Does your unit follow "Guidelines for Healthy Meetings" such as, having low-calorie and low-fat foods available, having water available, and are stretch breaks encouraged?



\_\_\_\_\_ 5) Does your local unit encourage its members to exercise regularly?

\_\_\_\_\_ 6) Do you find the Healthy Living Committee Resource Guide helpful?



Comments: \_\_\_\_\_

Your feedback is appreciated!

**District Healthy Living Chair, please include this form with your district report.**

**TRTA Healthy Living 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 Healthy Living Committee Member

District # \_\_\_\_\_ District Healthy Living Committee Chair \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Name of Local Unit	# Members	# 1	# 2	# 3	# 4	# 5	# 6
Ex: Geezer County Retired Educators	63	Yes	Yes	Yes	No	No	No
1							
2							
3							
4							
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# POWER UP TO

# MOVE MORE

Do you have trouble staying energized for your post-workday workout? We feel you! Try these tips to keep your energy going strong so you can Move More.



**HYDRATE:** Drink water throughout the day and especially before, during and after physical activity.



**FUEL UP:** When your energy is starting to lag, snack on healthy carbs, like vegetables, fruits and whole grains.

**FIGHT FATIGUE:** Alternate sitting and standing during the day. Wear comfy shoes you can easily walk in or use insoles to keep your legs and feet feeling line.

**REFRESH:** Try stress relieving activity breaks, like lunchtime walks, meditation and yoga to rejuvenate and refresh anytime.



**BREATHE:** Practice breathing deeply by inhaling through your nose and exhaling through your mouth slowly to deliberately send more oxygen to your brain and body.



**EAT FOR ENERGY:** Avoid eating saturated fats or too much protein throughout the day. They digest more slowly and can take away oxygen and energy-delivering blood from your muscles.



**DON'T WAIT:** Make it a habit to go right from work or school to your workout or activity. If you stop at home, you may be tempted to skip it.



**REFUEL:** Refuel after your sweat-sesh with lean protein, healthy carbs and plenty of water so your body can recover more quickly.



MORE JOKES-TRTA

\*WHAT IS ALWAYS RUNNING, BUT NEVER MOVES, HAS NO MOUTH, BUT HAS A POWERFUL ROAR?  
ANSWER: A WATERFALL

\*I REALLY CAN'T STAND IT WHEN HOMELESS GUYS SHAKE THEIR CUPS OF MONEY AT ME. DO THEY REALLY HAVE TO RUB IN THE FACT THAT THEY HAVE MORE CASH THAN I DO?

\*WHEN MY WIFE STARTS TO SING, I ALWAYS GO OUTSIDE TO DO GARDEN WORK, SO OUR NEIGHBORS CAN SEE THERE IS NO DOMESTIC VIOLENCE GOING ON.

\*HONEY, WHAT WILL YOU GIVE ME FOR OUR 25TH WEDDING ANNIVERSARY? RESPONSE: A TRIP TO THAILAND. "WOW THAT'S AWESOME, SHE SAID. AND FOR OUR 30TH ANNIVERSARY?" HIS RESPONSE, "I'LL PICK YOU UP."

\*AN EDLERLY MAN WAS STOPPED BY THE POLICE AROUND 2 A.M. THE POLICEMAN ASKED HIM WHERE HE WAS GOING THAT TIME OF NIGHT. THE MAN REPLIED, "I'M ON MY WAY TO A LECTURE ABOUT ALCOHOL ABUSE AND THE EFFECTS IT HAS ON THE HUMAN BODY, AS WELL AS SMOKING AND STAYING OUT LATE." THE OFFICER THEN ASKED, "REALLY? WHO'S GIVING THAT LECTURE AT THIS TIME OF NIGHT?" THE MAN REPLIED, "THAT WOULD BE MY WIFE."

\*A SENIOR CITIZEN DROVE HIS BRAND-NEW CORVETTE DOWN THE ROAD AND FLOORED IT TO 80 MPH. LOOKING IN HIS REARVIEW MIRROR, HE SAW A STATE TROOPER BEING HIM HIS LIGHTS FLASHING. THE GENTLEMAN FLOORED IT TO 100, THEN 110, THEN 120. SUDDENLY HE THOUGHT, "WHAT AM I DOING? I'M TOO OLD FOR THIS," AND PULLED OVER. THE TROOPER WALKED UP TO HIS WINDOW, LOOKED AT HIS WATCH AND SAID, "SIR, MY SHIFT ENDS IN 30 MINUTES. TODAY IS FRIDAY, AND IF YOU CAN GIVE ME A REASON FOR SPEEDING I'VE NEVER HEARD BEFORE, I'LL LET YOU GO." THE OLD GENTLEMAN PAUSED, THEN SAID, "YEARS AGO, MY WIFE RAN OFF WITH A STATE TROOPER, AND I THOUGHT YOU WERE BRINGING HER BACK." "HAVE A GOOD WEEKEND, SIR," REPLIED THE TROOPER.

\*AN IRISHMAN GOES INTO THE CONFESSIONAL BOX AFTER YEARS OF BEING AWAY FROM THE CHURCH. HE IS AMAZED TO FIND A FULLY EQUIPPED BAR WITH GUINNESS ON TAP. ON THE OTHER WALL IS A DAZZLING ARRAY OF THE FINEST CIGARS AND CHOCOLATES. THEN THE PRIEST COMES IN. EXCITEDLY, THE MAN BEGINS, "FATHER, FORGIVE ME, FOR IT'S BEEN A VERY LONG TIME SINCE I'VE BEEN TO CONFESSION, BUT I MUST ADMIT THAT THE CONFESSIONAL BOX IS MUCH MORE INVITING THAN IT USED TO BE." THE PRIEST REPLIES, "GET OUT. YOU'RE ON MY SIDE."

THE  
**SALTY**  
SIX

# DID YOU KNOW?



## THESE SIX POPULAR FOODS CAN ADD TO YOUR DIET<sup>1</sup>

The American Heart Association recommends no more than 2,300 milligrams (mgs) a day and an ideal limit of no more than 1,500 mg per day for most adults.



When you see the Heart-Check mark on a product, you know the food has been certified to meet nutritional criteria for heart-healthy foods, including sodium.



### BREADS & ROLLS

Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

1



### PIZZA

A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

2



### SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half asandwich with a side salad (with low-sodium dressing) instead.

3



### COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.

4



### SOUP

Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

5



### BURRITOS & TACOS

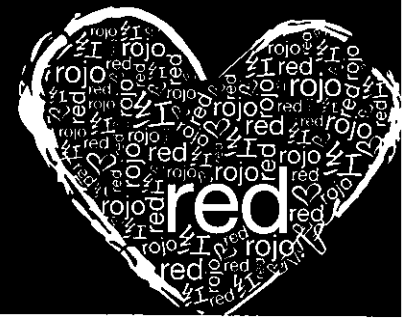
Taco toppings and burrito fillings can pack a big sodium punch. Choose burritos and tacos that are full of veggies and have less meat and cheese.

6

<sup>1</sup>Quader ZS, Zhao L, Gillespie C, et al. Sodium Intake Among Persons Aged ≥2 Years — United States, 2013–2014. *MMWR Morb Mortal Wkly Rep* 2017;66:224–238. DOI: <http://dx.doi.org/10.15585/mmwr.mm6612a3>.

# #GoRedGetFit

## 2018-2019 Challenges



#GoRedGetFit is a healthy lifestyle campaign designed by Go Red for Women® and Macy's to engage fitness and media influencers who resonate with women of color to attract them to fitness and wellness with an actionable, measurable and visible social/digital campaign.

With over 17,500 members, #GoRedGetFit has built a groundswell of women engaged in changing social norms and behaviors as it relates to healthy eating, reducing sodium consumption, increasing intake of fruits and vegetables, decreasing consumption of sugar and sugar-sweetened beverages, reducing tobacco use and increasing physical activity.

The campaign is supported by four quarterly fitness challenges developed by the American Heart Association's Go Red for Women and Macy's, with an accompanying dietary goal. This year started strong with *"Shake it Off"* in April, and members were encouraged to move more with dance or cycling and replace one meal a day with a health shake or smoothie.

2018-2019 challenges include:

- **"Shake it Off"** (April - June): Enjoy a healthy shake, smoothie or icy full of fresh fruits and veggies once a day and move more; shake that booty and get cycling! Take a bike ride or join a spin class, you can even lay down and do the cycle motion at home... just get 10,000 steps a day and move!
- **"Fit & Fresh"** (July- September): Eat at least 8 serving of fruits and vegetables servings every day. Average adults consuming 2,000 calories daily should aim for 4.5 cups of fruits and vegetables a day. Also, variety matters, so try a wide range of fruits and veggies! Freshen up your fitness with something new, throw in some martial arts, yoga or kick-boxing, all can be done at home or even at your local community center.
- **"Don't Stress It, Be Well"** (October-December): Take 20 minutes a day to get in tune with yourself (meditate, pray, yoga, walk) and focus on minimizing stress with foods that reduce stress and help reduce blood pressure
- **"Reboot, Recharge, Reset"** (January 2019-March 2019): Set realistic workout goals and aim to move for at least 5 minutes every hour you are awake. Also, calories count-monitor and track your caloric intake with a food journal or app and research your family history to learn more about your health history!



Join #GoRedGetFit at [facebook.com/groups/GoRedGetFit](https://www.facebook.com/groups/GoRedGetFit) and begin a healthy lifestyle journey!

# Choking: First aid

Choking occurs when a foreign object lodges in the throat or windpipe, blocking the flow of air. In adults, a piece of food often is the culprit. Young children often swallow small objects. Because choking cuts off oxygen to the brain, give first aid as quickly as possible.

The universal sign for choking is hands clutched to the throat. If the person doesn't give the signal, look for these indications:

- Inability to talk
- Difficulty breathing or noisy breathing
- Squeaky sounds when trying to breathe
- Cough, which may either be weak or forceful
- Skin, lips and nails turning blue or dusky
- Skin that is flushed, then turns pale or bluish in color
- Loss of consciousness

If the person is able to cough forcefully, the person should keep coughing. If the person is choking and can't talk, cry or laugh forcefully, the American Red Cross recommends a "five-and-five" approach to delivering first aid:

- **Give 5 back blows.** Stand to the side and just behind a choking adult. For a child, kneel down behind. Place one arm across the person's chest for support. Bend the person over at the waist so that the upper body is parallel with the ground. Deliver five separate back blows between the person's shoulder blades with the heel of your hand.
- **Give 5 abdominal thrusts.** Perform five abdominal thrusts (also known as the Heimlich maneuver).
- **Alternate between 5 blows and 5 thrusts** until the blockage is dislodged.

The American Heart Association doesn't teach the back blow technique, only the abdominal thrust procedures. It's OK not to use back blows if you haven't learned the technique. Both approaches are acceptable.

To perform abdominal thrusts (Heimlich maneuver) on someone else:

- **Stand behind the person.** Place one foot slightly in front of the other for balance. Wrap your arms around the waist. Tip the person forward slightly. If a child is choking, kneel down behind the child.
- **Make a fist with one hand.** Position it slightly above the person's navel.
- **Grasp the fist with the other hand.** Press hard into the abdomen with a quick, upward thrust — as if trying to lift the person up.
- **Perform between six and 10 abdominal thrusts** until the blockage is dislodged.

If you're the only rescuer, perform back blows and abdominal thrusts before calling 911 or your local emergency number for help. If another person is available, have that person call for help while you perform first aid.

If the person becomes unconscious, perform standard cardiopulmonary resuscitation (CPR) with chest compressions and rescue breaths.

To perform abdominal thrusts (Heimlich maneuver) on yourself:



First, if you're alone and choking, call 911 or your local emergency number immediately. Then, although you'll be unable to effectively deliver back blows to yourself, you can still perform abdominal thrusts to dislodge the item.

- **Place a fist** slightly above your navel.
- **Grasp your fist** with the other hand and bend over a hard surface — a countertop or chair will do.
- **Shove your fist** inward and upward.

To clear the airway of a pregnant woman or obese person:

- **Position your hands a little bit higher** than with a normal Heimlich maneuver, at the base of the breastbone, just above the joining of the lowest ribs.
- **Proceed as with the Heimlich maneuver**, pressing hard into the chest, with a quick thrust.
- **Repeat** until the food or other blockage is dislodged. If the person becomes unconscious, follow the next steps.

To clear the airway of an unconscious person:

- **Lower the person** on his or her back onto the floor, arms to the side.
- **Clear the airway.** If a blockage is visible at the back of the throat or high in the throat, reach a finger into the mouth and sweep out the cause of the blockage. Don't try a finger sweep if you can't see the object. Be careful not to push the food or object deeper into the airway, which can happen easily in young children.
- **Begin CPR** if the object remains lodged and the person doesn't respond after you take the above measures. The chest compressions used in CPR may dislodge the object. Remember to recheck the mouth periodically.

To clear the airway of a choking infant younger than age 1:

- **Assume a seated position and hold the infant face down** on your forearm, which is resting on your thigh. Support the infant's head and neck with your hand and place the head lower than the trunk.
- **Thump the infant gently but firmly** five times on the middle of the back using the heel of your hand. The combination of gravity and the back blows should release the blocking object. Keep your fingers pointed up to avoid hitting the infant in the back of the head.
- **Turn the infant faceup on your forearm**, resting on your thigh with the head lower than the trunk if the infant still isn't breathing. Using two fingers placed at the center of the infant's breastbone, give five quick chest compressions. Press down about 1 1/2 inches, and let the chest rise again in between each compression.
- **Repeat the back blows and chest thrusts** if breathing doesn't resume. Call for emergency medical help.
- **Begin infant CPR** if one of these techniques opens the airway but the infant doesn't resume breathing.

If the child is older than age 1 and conscious, give abdominal thrusts only. Be careful not to use too much force to avoid damaging ribs or internal organs.

To prepare yourself for these situations, learn the Heimlich maneuver and CPR in a certified first-aid training course.