

The Savvy Senior

You're a Classic!



Remember hopping in the car to go get a root beer, burger and fries at the local food joint? Mine was A & W.

Or how about going to the drug store and sitting at the fountain and ordering a milkshake? Ours was called Rolseth Drug.

Sometimes it seems eons ago, and then someday's it's like I can remember it like yesterday.

We certainly are a unique generation. We have seen and been through many changes in this beautiful world.

I think George Burns, who lived to be 100, said it best:

“You can’t help getting older, but you don’t have to get old.”

Welcome to *The Savvy Senior* newsletter that celebrate us; the senior citizen's of America! We have *survived* and have *thrived* for many years, and are hoping to have many more.

We hope you enjoy this issue.

Cheers!

THE SAVVY SENIOR



Featured *Article*

They Say Your GUT Is Your Second Brain

Our gut is often called the body's "second brain."

Although your gut can't write poetry or solve crossword puzzles, this extensive network called, YOUR GUT, uses the same chemicals and cells as the brain to help us digest and to alert the brain when something is amiss!

10 TIPS FOR A HEALTHIER GUT

"GUT HEALTH IS SO IMPORTANT BECAUSE MORE THAN HALF OF YOUR IMMUNE SYSTEM IS IN YOUR GI TRACT," EXPERTS ARE NOW REALIZING THAT DIGESTIVE, OR GUT, HEALTH IS LINKED TO MANY DISEASES, SO KEEPING YOUR DIGESTIVE SYSTEM ON TRACK IS ONE WAY TO PREVENT SERIOUS ILLNESS DOWN THE ROAD.



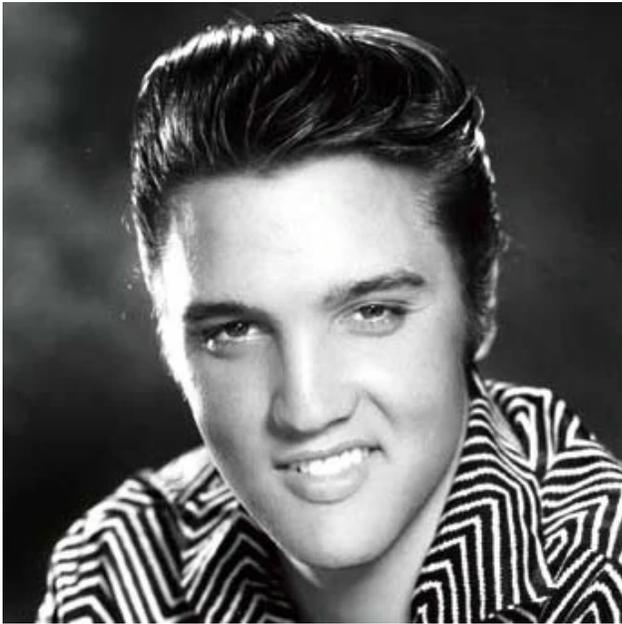
"THE BOTTOM LINE IS TRUST YOUR GUT INSTINCTS," SAYS KOMAR.

"WHAT'S HAPPENING IN YOUR GUT IS DIRECTLY AFFECTING YOUR HEALTH."

- 1. EXERCISE. PHYSICAL ACTIVITY GETS YOUR COLON MOVING, WHICH LEADS TO MORE REGULAR BOWEL MOVEMENTS. EXERCISE CAN ALSO HELP MANAGE IRRITABLE BOWEL SYMPTOMS.**
- 2. EAT A HEALTHY DIET. CONSUME MOSTLY FRESH, UNPROCESSED AND CLEAN FOODS. PROCESSED FOODS ARE BROKEN DOWN MORE EASILY INTO SUGAR, WHICH CAN NEGATIVELY IMPACT YOUR DIGESTIVE HEALTH.**
- 3. EAT SMALLER, MORE FREQUENT MEALS TO AVOID OVERWHELMING THE GI TRACT.**
- 4. CHEW YOUR FOOD THOROUGHLY – IT CAN EASE THE DIGESTIVE PROCESS.**
- 5. MANAGE YOUR STRESS LEVELS. TOO MUCH STRESS CAN IMPACT YOUR GUT HEALTH. YOGA, MEDITATION, THERAPY OR EVEN JOURNALING HAVE BEEN SHOWN TO REDUCE STRESS AND ANXIETY.**
- 6. TAKE OR EAT PROBIOTICS. PROBIOTICS INCREASE THE AMOUNT OF GOOD BACTERIA IN YOUR GUT. YOGURT, KEFIR, FRESH SAUERKRAUT AND SUPPLEMENTS ARE ALL GOOD SOURCES OF PROBIOTICS.**
- 7. EAT MORE FIBER. AIM FOR 25 GRAMS EACH DAY.**
- 8. DRINK PLENTY OF WATER. EIGHT 8-OUNCE GLASSES A DAY IS A GOOD PLACE TO START.**
- 9. LIMIT ALCOHOL AND CAFFEINE. BOTH ARE DIGESTIVE STIMULANTS AND CAN DISRUPT THE DIGESTIVE PROCESS.**
- 10. TALK TO YOUR DOCTOR. IF YOU EXPERIENCE FREQUENT DIARRHEA OR CONSTIPATION, YOU SHOULD CONSULT WITH YOUR PHYSICIAN.**

Retro *Photos and Facts*

He made us laugh, cry and sometimes shake our heads...and hips.



He didn't write any of his songs

Elvis used shoe polish to make his hair black



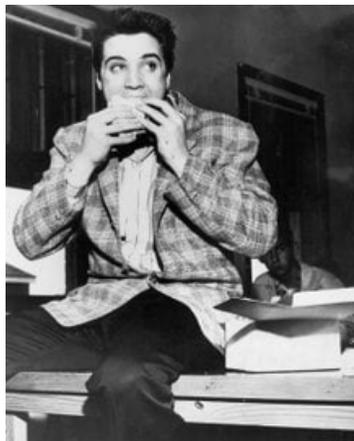
At age 11, his mother bought him a guitar instead of a rifle. She wanted to keep his fingers stringing instruments instead of pulling triggers (though she was only delaying his affinity for guns for the time being).



Elvis starred in over 30 movies



He was fond of the "Fool's Gold Loaf" of bread, which was hollowed out and stuffed with peanut butter, jelly, and a pound of bacon.



Elvis liked to dress up as a police officer and pull people over

Elvis helped eradicate polio

Debunking

Myths

Myth

"Nothing can be done to reduce the risk of dementia or Alzheimer's disease."

According to the Fisher Center for Alzheimer's Research Foundation, one in three dementia cases is preventable.

Several avoidable factors contribute to the risk of developing dementia or Alzheimer's, including inactivity, diabetes, smoking, obesity, hypertension, depression, and social isolation.

Staying mentally and physically active and eating a healthy, balanced diet are positive behaviors that can stave off the not necessarily inevitable.



- One in four 65-year-olds today will live past the age of 90, and one in ten will live past 95.
- The life expectancy for men today is 84.3 years; for women, it is 86.6 years.
- 100 years ago, the average life expectancy was about 50 years old.
- The number of Americans over the age of 85 is rising faster than any other age group.
- The number of Americans 65 and older is projected to double by 2060, totaling 98 million.
- As of this writing, the oldest person alive is 119, a woman named Kane Tanaka who has lived through over a century of history's momentous events, including the Spanish Flu – the last global pandemic before Covid-19.
- Key factors that contribute to increased life expectancy are better health care, improved hygiene, greater emphasis on a healthy lifestyle, adequate nutritious food, better medical care, and reduced child mortality.

Myth

"Seniors can't learn new skills."

While it may take a little longer for seniors to learn a new skill than their younger counterparts, most age-associated cognitive changes are mild and do not affect daily functioning or the ability to acquire new skills.

In fact, many seniors outperform younger people on intelligence tests that draw upon accumulated wisdom and knowledge.

Experts suggest that more than simply maintaining cognitive function, seniors should be growing their bank of knowledge.

One study found that learning new skills in an encouraging environment expands cognitive ability for seniors just as it does for children.



According to the National Institutes of Health, just under 5% of older Americans live in a nursing home and only 2% reside in an assisted living facility.

Yet, as anyone who has ever visited a modern senior living community is aware, these residences are nothing like the sterile, hospital-like settings of yore. In fact, many healthy seniors choose to move into retirement communities for the convenience, luxury accommodations, social stimulation, fine cuisine, continuing levels of care, and more.

The operative word is choose – the vast majority of seniors today determine where and how they live.



"You're not old, you are aged
like fine wine."

Health

Tips



TIRED? DEHYDRATION COULD BE A CULPRIT

DEHYDRATION MAY BE A CAUSE OF
SUDDEN FATIGUE IN ELDERLY.

HORMONAL OR NEUROLOGICAL
CHANGES CAN AFFECT YOUR THIRST
RESPONSE, SO YOU MIGHT FORGET TO
DRINK ENOUGH WATER.

DEHYDRATION IS ALSO A COMMON SIDE
EFFECT FOR MANY MEDICATIONS.

WATER IS ABSOLUTELY VITAL FOR YOUR
BODY, SO DEHYDRATION CAN MAKE YOU
FEEL TIRED, AGITATED, OR CONFUSED.

TIRED? MENTAL HEALTH ISSUES COULD ALSO BE A CULPRIT

STRESS, GRIEF, AND MENTAL HEALTH DISORDERS CAN ALL CAUSE PHYSICAL AND
EMOTIONAL FATIGUE. IN OLDER ADULTS, MENTAL HEALTH ISSUES OFTEN CAUSE
PHYSICAL SYMPTOMS, AND FATIGUE IS ONE OF THE MOST COMMONLY REPORTED
SYMPTOMS OF DEPRESSION.

WHEN YOU'RE STRUGGLING WITH YOUR MENTAL HEALTH, YOU MAY SLEEP EXCESSIVELY
OR FEEL TOO TIRED TO GO ABOUT YOUR USUAL ROUTINE. STRESS AND ANXIETY ARE
ALSO COMMON CAUSES OF FATIGUE BECAUSE THEY BURN YOUR BODY OUT AND LEAVE
YOU FEELING EXHAUSTED.

ADDRESSING FATIGUE THROUGH THERAPY CAN BE VERY HELPFUL FOR OLDER ADULTS.
SENIOR COUNSELING IS AN OPPORTUNITY TO STRENGTHEN YOUR COPING SKILLS AND
LEARN HOW TO VIEW THE WORLD MORE POSITIVELY.

IF MENTAL HEALTH STRUGGLES ARE AT THE ROOT OF YOUR FATIGUE, YOU AND YOUR
THERAPIST CAN EXPLORE YOUR EMOTIONS AND FIND HEALTHIER WAYS TO RESPOND
TO YOUR CHALLENGES. IF YOUR FATIGUE IS MEDICAL IN NATURE, THERAPY CAN HELP
YOU COME TO TERMS WITH THE ISSUE AND STOP IT FROM CONTROLLING YOUR LIFE.



Questions *From Readers*

Q: What is the best type of yoga for seniors?

Find the type of yoga that works best for you: Hatha yoga, restorative yoga, and yoga with chair exercises are usually more suitable for older adults because they're slower paced. They involve holding poses for longer periods of time.

When searching for a retirement senior living home ASK about their programming. They should provide ample amounts of wellness programming including Yoga!

Q: Does the Apple Watch call 911 if your heart stops?

Yes!

Apple Watch® checks your heart rate once every 10 minutes. When your heart rate is too high or too low, RscMe sends a notification and an emergency message.

Q: What is the 2023 Veteran benefits for Vet's and Spouses?

Married Veteran

- **Basic Pension \$1,750**
- **Basic Pension with Aid & Attendance \$2,642**
- **Married Veteran Couple (both veterans needing Aid & Attendance) \$3,536**

Single Veteran

- **Basic Pension \$1,336**
- **Basic Pension with Aid & Attendance \$2,229**

Surviving Spouse

- **Basic Pension \$896**
- **Basic Pension with Aid & Attendance \$1,432**



**Email us a question:
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Scams Against Seniors



Be on the Alert

Seniors lose billions each year to financial scams. Don't be a victim!

1. Online shopping scams

While the internet has become many people's primary means of shopping, it's also become home to scammers posing as online retail stores. Sometimes these websites will appear legitimate, and the domain name may even be a slight modification of a well-known brand. Consumers are often lured into these sites by their low prices, but the products they advertise are drastically different from what's received — if the buyer gets anything at all.

It can be hard to identify these scams, though. Try reading reviews about the company on third-party websites, and be wary if an online merchant asks you to pay in an unconventional way, like with a money order or wire transfer.

2. Computer tech support scams

Tech support scammers tell victims their computers have problems or viruses that they can help resolve. They then make money by asking victims to pay for services that aren't needed. In 2019, tech support scammers stole \$24 million from victims over 60.

3. Imposter scams

Imposter scams can take many forms — fraudsters may pose as officials from government agencies, banks, friends or family members to trick people into revealing bank account numbers, passwords and other personal data.

Family imposter scams

In family imposter scams, fraudsters pose as a loved one either by creating an online profile that looks like them or hacking personal emails or social media accounts. They will often claim an emergency has left them in desperate need of money and request an immediate transfer of funds.

If a family member is asking you to send them money online, it's important to vet the person you're talking to and ask them questions only your loved one would know. It's also important to avoid sending money immediately. Scammers bank on your fear and anxiety, but if you take a moment to call your relative directly, you can confirm if they really need your help.