

HAPPY HEALTHY AGING MONTH



What is Healthy Aging Month

It is the national celebration month created to celebrate the positive side of growing older! There are over 76 million baby boomers today over 50, and the first of the generation x-ers met their milestone year in 2015. One way to celebrate National Aging Month is to use this month to plan out some new goals and bucket list. Who says, it is too late to go on that dream vacation trip, test your physical abilities by joining a dance studio, or do something wildly different from anything you have ever tried before.



HEALTHY AGING TIPS

1. Stay Connected

Go out with friends and family and do activities that you enjoy.

2. Be Positive

Distance yourself from negativity and negative people, be more positive in life and smile more

3. Get More Sleep

Make sure to get the recommended amount of sleep which is 7-8 hours a night. Also, feel free to take naps during the day to get a boost of energy throughout the day.

4. Be Active

Exercise can improve mobility, muscle strength and bone health. Stay motivated by finding a great work-out buddy or fitness club that meets your needs.

5. Volunteer

Volunteer your time and give back to your community by volunteering your talent and time to those most in need



Caregiver Corner

Take some time this week to make a bucket list or take a walk down memory lane

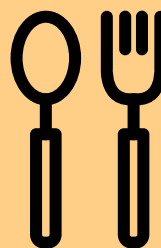
Fall Lentil Soup

Ingredients:

- 1lb bag of lentils (brown or green)
- 1 large onion, chopped into small pieces or as preferred
- 2 tbsp extra virgin olive oil
- 2 tsp Better Than Bouillon Reduced Sodium Chicken or 8 cups of a vegetarian/vegan stock
- 8 cups water or use homemade or all-natural chicken/vegetarian stock
- 1 tsp Kosher or sea salt (more or less to taste)
- Pepper, as desired

Directions:

1. Place the lentils in a large pot, rinse several times, checking for any foreign objects.
2. Add 8 cups of water, and add more later if necessary. Add the chopped onion, celery, olive oil, and the bouillon, if using.
3. Add about 1 1/2 teaspoons of Kosher salt bring to a boil, over medium-high heat, then simmer over med-low heat, (adding more water if it's too thick) stirring occasionally, until lentils are done (about 30 mins.)
4. Add more salt to taste if needed Add pepper and olive oil if desired
5. Enjoy



Volunteering

Getting older can also bring on the blues. A sense of loneliness is a significant problem for aging adults, and it is essential to do things that will boost your mood and get you out of the house. One activity that can increase your wellbeing is volunteering. Give back to the community and help individuals in need. This will also give you the chance to interact with members from the community, and you will find happiness by helping others.

List of Volunteer Opportunities

- Animal Rescue Shelters
- Food Pantries.
- Habitat for Humanity
- Local Libraries
- Museums
- YMCA.
- Red Cross

References:

Healthy Aging Magazine
Cristinas Cucina Online Blog



Promoting Good Health
and Quality of Life

22800 Savi Ranch Pkwy., Ste. 202 Office: 714.602.9910
Yorba Linda, CA 92887 Fax: 714.602.7150