

Super Seniors News *May 2011 Newsletter*

Dear Friends,

This issue of Super Seniors News will be dedicated to “Older American Month” and National Senior Health & Fitness Day®.” We will focus on the contribution of older persons to this country, and how to become healthy and fit.

Sincerely,

Jacquelyn W. Gibson

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May is Older Americans Month



Older Americans Month was established in 1963. In April of 1963, President John F. Kennedy’s meeting with the National Council of Senior Citizens served as a prelude to designating May as “Senior-Citizens Month.”

In 1980, President Jimmy Carter, designated, what was once called Senior Citizens Month, to what is now called “Older American Month,” and has become a tradition.

For 48 years, our nation has paused to honor and celebrate the enormous contributions of older Americans - borne of wisdom, experience, and the will to realize their dreams and speak their minds, during the month of May. During the month, those ongoing contributions are highlighted with a national proclamation, issued by the President of the United States and activities and events are planned in communities across America.

The theme of this year’s celebration—Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

In fact, older Americans are more active in community life than ever before, thanks in part to advances in health care, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are out and about giving back and making a difference in their community.

Our seniors are mentoring the leaders of tomorrow, taking to heart the need for intergenerational learning to guide and inspire young minds. They offer a take on times gone by not discussed in any history class—a unique perspective that sheds new light on contemporary issues.

Older Americans step up to help one another as well. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.



Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric.

National Senior Health & Fitness Day®

On Wednesday, May 25, 2011, an estimated 100,000 older adults will participate in local fitness activities throughout the country as part of the 18th annual National Senior Health & Fitness Day® (NSAFD), the Nation's largest health promotion event for older adults.

The common goal for this day: to help keep older Americans healthy and fit.

Organized as a public/private good health partnership by the Mature Market Resource Center, Senior Health & Fitness Day will offer fitness activities for older adults at more than 1,000 locations including hospitals, park and recreation departments, senior centers, health clubs, retirement

communities, houses of worship, health departments and other community locations.

Programs will range from small group exercise demonstrations in community senior centers to walking tours and health fairs. Most programs include an exercise or physical activity component, as well as information about senior subjects.

Older adults at all levels of physical fitness are encouraged to participate in National Senior Health and Fitness Day. The goal is to make exercise fun, while increasing the awareness of the benefits of a regular exercise program for older adults.

Why Is Physical Activity Such a Big Deal? from the National Institute on Aging

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term health benefits. That's why health experts say that older adults should be active every day to maintain their health.

In addition, regular exercise and physical activity can reduce the risk of developing some diseases and disabilities that develop as people grow older. In some cases, exercise is an effective treatment for many chronic conditions. For example, studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems, or difficulty walking.

One of the great things about physical activity is that there are so many ways to be active. For example, you can be active in short spurts throughout the day, or you can set aside specific times of the day on specific days of the week to exercise. Many physical activities - such as brisk walking, raking leaves, or taking the stairs whenever you can - are free or low cost and do not require special equipment. You could also check out an exercise video from the library or use the fitness center at a local senior center.

The benefits you gain from physical activity will depend on your starting point and how much effort you put into it. You'll need to match your physical activity with your own needs and abilities. For example, some people can swim a mile without thinking

twice about it. For others a slow walk to the corner and back is a big achievement.

Remember, regardless of your health or physical ability, older adults can gain a lot by staying physically active.



Make Fitness Your Top Priority in 2011

20 words having to do with the benefits of exercise are hidden in this puzzle. Give your brain a workout by finding them all—and then get out and add physical activity to your life.

C	E	B	E	C	N	E	D	N	E	P	E	D	N	I
V	O	L	J	A	S	X	C	D	Z	I	M	M	E	N
N	U	G	B	R	H	T	G	N	E	R	T	S	O	E
H	Z	W	N	D	L	B	R	E	A	T	H	I	N	G
S	I	E	Z	I	K	L	W	E	C	R	T	J	G	Y
S	E	L	S	O	T	K	I	J	T	N	U	Y	S	X
V	M	L	G	V	A	I	J	G	E	C	A	D	H	O
C	E	N	C	A	I	I	O	V	A	A	H	L	N	C
X	M	E	T	S	Y	S	E	N	U	M	M	I	A	E
X	O	S	P	C	U	R	R	L	P	T	E	R	N	B
G	R	S	E	U	P	M	S	T	A	M	I	N	A	G
O	Y	Z	J	L	M	O	O	D	B	O	O	S	T	U
T	H	T	L	A	E	H	E	N	O	B	J	K	N	S
N	O	A	X	R	B	R	A	I	N	I	G	Z	X	Q
E	F	L	E	X	I	B	I	L	I	T	Y	X	I	Z

- BALANCE**
- BONE HEALTH**
- BRAIN**
- BREATHING**
- CARDIOVASCULAR**
- COGNITION**
- ENDURANCE**
- FALL PREVENTION**
- FLEXIBILITY**
- IMMUNE SYSTEM**
- INDEPENDENCE**
- LIGAMENTS**
- MEMORY**
- MOOD BOOST**
- MUSCLES**
- OXYGEN**
- STAMINA**
- STRENGTH**
- STRETCHING**
- WELLNESS**

May is National Strawberry Month



The strawberry is the most popular berry in the United States. According to the California Strawberry Commission, California produces enough strawberries to go around the world side by side 15 times! Florida Strawberries are chiefly grown in central Florida from November through April. Plant City, Florida is known as the Winter Strawberry Capital of the World. Strawberries are the only fruit to have their seeds on the outside, which number about 200 per strawberry.

Botanically speaking, the strawberry belongs to the genus *Fragaria*, a member of the rose family. *Fragaria* is derived from the Latin word, “fragrant.”

Nutritional benefits:

- A 12-ounce container of strawberries contains just **97 calories with no cholesterol, fat or sodium.**
- Eight strawberries provide **4 grams of fiber, 20% of the daily value for folate and 140% of the vitamin C** that our bodies need everyday, more than that found in one orange.
- Strawberries are an **important source of potassium**, one of the minerals featured in the Dietary Approaches to Stop Hypertension (DASH) diet developed to decrease blood pressure.
- In a USDA study, strawberries were found to have the **greatest total antioxidant capacity** of seventeen fruits and juices tested.
- Best of all, strawberries are so delicious they help you get your daily fruits and vegetables quickly - you can **eat them at breakfast, lunch or dinner!**

“Life would be perfect if it was always like a strawberry: vibrant and sweet.” (Author Unknown.)

By Beth Fontenot, excerpted from CFFH Newsletter
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Recipes



Strawberry Salad

4 cups torn salad greens
 1 cup watercress
 1 cup sliced, hulled strawberries
 1/2 half of a small red onion, thinly sliced
 Poppy Seed Dressing (homemade or bought)
 Fresh mint

In a salad bowl, place greens, watercress, strawberries onion. Top with dressing and toss to coat. Garnish with mint.

Source: www.allthingsfrugal.com/strawberry-facts-and-recipes.htm

Florida Strawberry Cheesecake Dip

Yield 4 to 6 Servings

1/2 cup fresh Florida Strawberries, rinsed, dried and chopped fine
 1/4 cup pecans, toasted and chopped fine
 1/4 cup Florida honey
 1/3 cup freshly squeezed Florida orange juice
 1 cup low-fat cream cheese, softened
 1 cup low-fat sour cream
 Assorted cookies, graham crackers and fresh Florida fruit for dipping and spreading



Preparation

Set aside 1 tablespoon each of the strawberries and pecans for garnish. In a small bowl, lightly mix the strawberries, honey and orange juice. In a separate bowl, blend the cream cheese and sour cream until smooth. Add the strawberry mixture and fold together. Fold in the pecans. Cover and chill. Garnish the top of the dip with the reserved strawberries and pecans. Serve with cookies and fruit for dipping.

Source: www.Florida-Agriculture.com