



Health & Wellness Newsletter

July 2020



Eat healthy to stay strong

Eating a well-balanced diet is important to keep you healthy, especially as you age. A diet rich in fruits and vegetables, whole grains, lean meat, poultry, and fish, and low-fat/fat-free dairy is essential to meeting your body's needs. Eating healthy can make a big difference in how you feel and can reduce the risk of developing chronic conditions. If you have a chronic condition, a nutritious diet can help you to manage it.

The *Dietary Guidelines for Americans* and USDA's *ChooseMyPlate* recommend the following tips for healthy eating:

- **Focus on fruits and vegetables.** Choose a variety of fruits and vegetables, including fresh, canned, and/or frozen. Try to make your meals and snacks as colorful as possible.
- **Choose whole grains.** Try to eat at least 3 ounces of whole grain products each day, including whole grain cereal, bread, crackers, and pasta.
- **Vary your protein sources.** Choose a variety of protein sources, including lean meats, poultry, fish, beans, eggs, and nuts.
- **Move to low-fat dairy.** Try to eat/drink 3 servings of dairy each day. To support bone health, choose low-fat or fat-free dairy products that are fortified with vitamin D.
- **Limit salt and added sugars.** Choose foods that are low in salt and added sugars. Limit how much salt or sugar you add to foods. Try fresh herbs and other spices to give foods flavor.

To learn more about healthy eating as you age, visit www.chooseMyPlate.org.

Sleep quality and falls: There is a connection

If you have problems sleeping and are up often during the night, you may be at increased risk for falls. According to doctors, when you do not sleep well, you may be more likely to feel dizzy or have trouble with your balance. Good sleep habits can help you feel better and decrease your risk of falls.

According to doctors, almost all medicines to promote sleep should be used only for a short time. Many medicines that help promote sleep have side effects that include dizziness and daytime drowsiness. It is important to talk with your doctor about the safe use of all medicines and supplements you take, including those that help you sleep.

These tips may help you sleep better each night:

- **Keep a regular sleep schedule.** Try to go to bed and wake up at the same time each day.
- **Limit napping during the day.** If you need to, take only one 20 to 30-minute nap.
- **Do not drink too much fluid before bed.**
- **Take time to relax before bed.** It may help to read, listen to music or take a warm bath.
- **Keep a soothing bedroom environment.** Use your bed for sleeping and not other activities like watching TV or eating.
- **Limit your use of electronic devices or bright lights before bed.**
- **Avoid tobacco, caffeine, and alcohol.** These may make it hard to fall asleep and stay asleep.
- **Exercise regularly during the day.** Do not exercise too close to bedtime.

Visit www.steadyu.gov to find more falls prevention tips and resources.

Easy Exercise

Try this exercise to help strengthen your legs:

- Stand with your back straight and knees slightly bent;
- Hold onto something sturdy;
- Push up on to your tip toes as high as possible and slowly count to 10;
- Slowly lower your heels to the ground.
- Repeat 10-15 times.

As you grow stronger, you also can try:

- Closing your eyes as you rise up on your toes. This will challenge your balance.
- Standing on your toes for a count of 10, then rocking back onto your heels for a count of 10.

Partner Information

Announcements

Staying Connected is a free wellness check-in for Ohioans age 60 and older. The automated phone service calls participants each day, seven days a week, between 7 a.m. and 6 p.m. Participants pick a one-hour time slot in which they receive their call. When they answer, they can confirm they are okay, get transferred to the local area agency on aging for information on services or engage in a friendly chat. To learn more visit: www.aging.ohio.gov/stayingconnected/.

The **2020 Ohio State Fair** has been canceled due to the pandemic. ODA's annual Well Beyond 60! EXPO will not take place this year.

The next **Older Adults Falls Prevention Coalition meeting** will be on Friday, August 7, 2020. If you are not currently a member of the coalition and would like more information about joining, please visit the [Ohio Older Adults Falls Prevention Coalition](#) webpage.

Program Spotlight

Senior Farmers' Market Nutrition Program

The Senior Farmers' Market Nutrition Program (SFMNP) provides participants with benefits they can redeem for Ohio-grown fresh vegetables, fruits, herbs, and honey.

Ohio SFMNP is active in 81 of Ohio's 88 counties.

Participants are eligible for SFMNP if:

- They are age 60 or older;
- They live in one of the 81 counties; and
- They have a household income that falls within certain guidelines.

Call your [area agency on aging](#) at 1-866-243-5678 to determine if the Senior Farmers' Market Nutrition Program is available in your county and how your consumers can participate.