

Healthy Aging

A PUBLICATION OF LINCOLN UNIVERSITY COOPERATIVE EXTENSION – PAULA J. CARTER CENTER ON MINORITY HEALTH AND AGING

UPCOMING EVENTS

Lunch and Learn
Wednesday, December 11, 2019

Lincoln Capitol Day
Wednesday, February 12, 2020

Lunch and Learn
Wednesday, March 25, 2020

Lay Leader Training
Wednesday, April 8, 2020

Lunch and Learn
Wednesday, April 29, 2020

Senior Summer School
Wednesday and Thursday,
May 20-21, 2020

Lunch and Learn
Wednesday, December 9, 2020

Note: Dates are subject to change.



Don't Get the Winter Blues

Compiled by
Glenda Meachum-Cain | Gerontologist

Seasonal Affective Disorder (SAD) is a type of depression that lasts for a season, typically the winter months. It disappears during the rest of the year. About 10 million Americans are affected by SAD.

Another 10 to 20 percent may have mild SAD. Symptoms include fatigue, feeling depressed most of the day (nearly every day) and losing interest in activities you once enjoyed. Those with SAD also experience sleep difficulty or excessive sleeping, changes in appetite or weight, plus feeling sluggish or agitated. Other aspects include difficulty concentrating, feelings of hopelessness or despair and thoughts of death or suicide.

The following may increase your risk of SAD:

- ▶ Being female. Women are four times more likely to be affected than men.
- ▶ Living far from the equator. SAD occurs more often in people who live far north or south of the equator.

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MIMA Royalty



In August, the 22nd Missouri Institute on Minority Aging crowned a new king and queen and also named two ambassadors. Pictured above are MIMA King Gregory Echols of Kansas City, Mo., and MIMA Queen Ola Ellison of St. Louis, Mo. At left are MIMA ambassadors Charlene Nicholson of Kansas City, Mo., and Jacob Gray of Kansas City, Mo.

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Winter Blues

- ▶ Family history. Those with a family history of depression are more likely to develop SAD.
- ▶ Having depression or bipolar disorder. The symptoms of depression may worsen with the seasons if you have one of these conditions. However, SAD is diagnosed only if seasonal depressions are the most common.
- ▶ Age. Younger adults have a higher risk of SAD than older adults, but SAD can even affect children and teens.

The specific cause of seasonal affective disorder is unknown. Below are some factors that may come into play:

- ▶ The reduced level of sunlight in fall and winter may cause winter-onset SAD. One theory is that less exposure to sunlight alters the internal biological clock that regulates mood, sleep and hormones. Exposure to light may reset the biological clock.
- ▶ Another theory is that brain chemicals (neurotransmitters, such as serotonin) that affect mood might play a role in SAD. Reduced sunlight can cause a drop in the serotonin level, which may trigger depression.
- ▶ The change of season can disrupt the body's level of melatonin, which plays a role in sleep patterns and mood. This may cause sluggishness and sleepiness.

EXPERIENCE AS MUCH DAYLIGHT AS POSSIBLE.

Tips to manage seasonal affective disorder

Experience as much daylight as possible. A lack of exposure to sun is a factor in causing SAD. Soaking up sunlight can lessen your symptoms. Sit by a window or walk during daylight hours. You could even take up a winter sport to get outside and keep moving. Increase the amount of natural light in your home and workplace by opening blinds and drapes. Some people find that walls painted in lighter colors or daylight simulation bulbs help to combat winter SAD.

Eat healthily. Comfort foods don't have to be loaded with extra calories and lots of sugar and fat. Get creative and look for hearty, low-calorie recipes that are easy to prepare. Instead of eating cake and cookies, try making a dessert from seasonal fruits, like apples or pears.

Spend time with friends and family. This is a great way to lift your spirits and avoid social isolation. Visit with friends while drinking a hot cup of tea. Or, play board games with your family. Share walking, jogging, running and exercise classes and outings with a buddy. This social time will make exercising less of a chore and can also build relationships. Educate others about SAD so they can better understand your situation.

Stay active. Don't stay cooped up in your house all winter. Get out and enjoy your community this season. Volunteer, join a local club, or walk your dog. Drink coffee outside if you can stay warm enough. Go swimming or dancing. Layer clothes for

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warmth and comfort. Wear fast-drying fabrics, such as polyester blends that draw away moisture and help you stay warm. Be sure your shoes have nonslip soles, fit well and are made for the activity you've chosen.

Find inclement weather alternatives for staying active. These might include using exercise videos and indoor exercise equipment, such as flexibility bands, a stability ball, free weights, a treadmill and a stationary bicycle. Any of these can help maintain your at-home fitness routine when you're snowbound.

Enlist the services of a personal fitness trainer. Many people find that meeting with a personal fitness trainer helps them stick with their exercise

routine. Trainers can also help vary workouts to keep them interesting and effective. Be proactive and plan a schedule in advance of winter so that you can stay active and engaged with others.

Seek professional help. If you continue to struggle with feelings of depression, you may want to seek help from a mental health professional, such as a psychologist. A psychologist can help diagnose SAD and suggest how best to treat it.

Research shows that psychotherapy, such as cognitive behavioral therapy, is an effective treatment for SAD. In fact, it may have more long-term benefits than light therapy (daily use of an artificial bright lamp) or antidepressant medication.

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Strawberry Pie



Ingredients

- ▶ 1 egg white, lightly beaten
- ▶ 2 cups sliced strawberries
- ▶ 1 (6 oz) graham cracker pie crust
- ▶ 1 (4 serving) box package Jell-O sugar free strawberry gelatin
- ▶ 1 (4 serving) box package Jell-O sugar free vanilla cook-and-serve pudding mix
- ▶ 1 1/2 cup water
- ▶ 1/2 cup Cool Whip lite

Directions

1. Brush beaten egg white over pie crust and bake in a pre-heated 350 degree oven for 10 minutes
2. Remove crust from oven and allow to cool
3. In a medium saucepan, combine dry gelatin, pudding mix and water
4. Cook over medium heat, stirring constantly, until mixture thickens and starts to boil
5. Remove from heat and allow to cool slightly, add fruit to mixture and stir to combine
6. Pour mixture into cooled crust
7. Refrigerate until set, about 2 hours
8. Cut into 8 slices, top each piece with 1 Tablespoon Cool Whip Lite

Notes: You can adapt the recipe for peaches when they are in season by substituting 2 cups of peeled and sliced peaches for the strawberries and using Sugar Free Peach Gelatin for the Sugar Free Strawberry Jello in the recipe.

Nutrition Facts Per Serving

(Yields 8 Servings):

SERVING SIZE: 1/8th of the pie

AMOUNT PER SERVING:
Calories 151, Calories from Fat (33%) 17.56, Total Fat 5g, Sodium 222mg, Total Carbohydrate 24g, Fiber 1g, Protein 2g

Adapted from JoAnna Lund's Healthy Exchanges Cookbook

Sam B. Cook Healthplex/Capital Region Health Center Website: Strawberry Pie

<https://sbchealthplex.crmc.org/supportive-services/diabetes/recipe-of-the-month/recipe-archive/diabetes-recipe-of-the-month/2016/05/31/strawberry-pie>



Winter Safety Checklist ❄️

Compiled by

Glenda Meachum-Cain | Gerontologist

Here are some indoor safety tips for inside your home:

- ❑ Dress in warm layers, even indoors. Have plenty of blankets in each room and wear socks with slippers or shoes that have nonskid soles to reduce the risk of falling. Two or three thinner layers of loose-fitting clothing are warmer than one layer of thick clothing. Think about wearing thermal underwear, which are now much improved from those you might remember. Replace a worn cane tip to making walking easier. Also, the temperature in your home should never be lower than 65 degrees Fahrenheit.
- ❑ Place protective screens on fireplaces to keep sparks from flying into the room. Never leave the room when using the fireplace. If using a fireplace, gas heater or lantern, install carbon monoxide detectors in rooms where fuels are burned to prevent carbon monoxide poisoning. Be sure to replace the batteries annually.
- ❑ Make sure space heaters are at least three feet from anything that might burn, such as curtains, furniture or bedding. Newer infrared heaters warm objects and people rather than air, so they are a more efficient solution. To keep your living space warmer, close doors to rooms you don't use. Close the vents and shut the doors in these rooms, and keep

the basement door closed. Place a rolled towel or a door draft stopper in front of all doors.

- ▶ Ensure that your home isn't losing heat through windows. Keep blinds and curtains closed. If there are gaps around windows, weather strip or caulk to keep the cold air out.
- ▶ Add lighting to rooms and hallways so you can see clearly even when the sun doesn't provide enough natural lighting. This is important as winter days are shorter.
- ▶ Eat enough to maintain your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you stay warm.
- ▶ Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- ▶ Use essential winter wear, including hats, gloves (or preferably mittens), a winter coat, boots and a scarf to cover your mouth and nose.
- ▶ Avoid social isolation by creating a buddy system with a family member or nearby neighbor. Even a simple phone call can be helpful. These actions com-

bat the social isolation and loneliness that are quite common during the winter, especially if you feel uncomfortable venturing outside.

Power Outage Tips

Don't be left in the dark! Not only do winter storms bring slippery snow and ice, but they can also cause power outages. Stay safe in your home with these tips:

- ▶ To prevent accidental fires, use flashlights instead of candles for lighting.
- ▶ Keep the refrigerator and freezer doors closed to preserve the food inside. Most food will remain cold for at least four hours in a refrigerator and for 48 hours in a freezer.
- ▶ Dress warmly, both inside and outside. It may seem silly, but wearing a hat indoors will help keep you warm during a power outage. Never burn charcoal indoors for heat or cooking because it can be dangerous or even fatal.
- ▶ Don't be afraid to leave your home, preferably in advance of bad weather. Perhaps you can stay at the home of a loved one or friend. It's best to make these arrangements before a storm hits.

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