

How to Age with Grace and Vigor

Employee Anniversaries

Derrick B.	07/03/2008
Natalya K.	07/05/2006
Gersel J.	07/10/2009
Talia D.	07/12/2006
Laurie D.	07/21/1994
Gloria S.	07/22/2002
Carlene B.	07/24/2009
Marinette J.B.	07/31/2006
Angeline J.	08/04/2008
Gloria Mc.	08/20/1999
Kathryn B.	08/21/2009
Annette D.	08/28/2009
Rita J.	09/01/2009
Brenda D.	09/02/2009
Claudette D.	09/12/2007
Linda U.	09/15/2008
Youseline P.	09/15/2007
Regina H.	09/18/2009
Senorina P.	09/29/2008

Have you wondered why some people stay healthy and robust as they age, while others become frail? Experts are studying the question and challenging the assumption, that aging results in an inevitable decline. Although the risk of frailty increases with age, don't assume you're going to become frail. There are plenty of very active, robust, highly functional people in their 80s and 90s. These people are still living their lives much as they were when they were younger. So what's their secret? Living an active lifestyle and taking preventive steps.

Who becomes frail?

Frailty involves exhaustion, weight loss, decreased daily activity, muscle weakness, and slow speed. According to a definition of frailty that is becoming standard, three or more of these symptoms, you are at risk for frailty. A national study of more than 5,000 people, found that 9.5 percent of people aged 75-79 were frail; the number increased to 16 percent of those aged 80-84. The causes of frailty can include underlying medical problems, such as cancer, heart attacks, strokes, anemia, chronic inflammation, severe arthritis or osteoporosis, or low levels of hormones. Other factors are side effects of medications; malnutrition, which leads to muscle weakness; and a negative image of aging that can become a self-fulfilling prophecy.

Recently, undetected cardiovascular disease has become recognized as a major reason for frailty, especially in people who seemed healthy. When blood flow to the heart, brain, or muscle becomes impeded, exhaustion or other symptoms can develop.

If you want to avoid frailty, keep moving and stay active. Research has consistently shown that physical activity can prevent cardiovascular disease. It can also keep weight, blood pressure, and cholesterol in check, and maintain strength. Ideally your exercise routine should include aerobic exercise, such as walking, bike riding, or swimming; strength training with dumbbells or resistance machines; stretching; and balance exercises. Physical activity is one of the main strategies to prevent frailty. It's never too late to start.

Other steps you should take to reduce your risk for frailty is don't smoke, eat a balanced heart healthy diet, take a daily multivitamin and maintain a healthy weight. Have regular checkup to monitor your blood pressure, cholesterol, and glucose levels.

A can-do attitude, otherwise known as optimism, is an essential ingredient of successful aging. Growing old doesn't have to mean growing frail, take care of your health and stay active.

Copyright - 2010 Women's Health Advisor

IN THIS ISSUE:

Employee Anniversaries.....	1
How to Age with Grace and Vigor	1
Employee of the Quarter.....	2
Healthy Food Shopping	2
Employee Birthday's.....	2

Employee of the Quarter



Tammy F. is recognized for her outstanding commitment to her client's. She is very detailed orientated when it comes to the care of her client's. Tammy communicates exceptionally well with everyone in the office and she always let's the office staff know of any changes in her client's condition by writing the details on the back of her time slip. She is a compassionate caregiver and always puts her client's needs first. Tammy goes the extra mile to make sure her client's are well taken care of and we are very lucky to have Tammy as a member of the Responsive team.

Healthy Food Shopping Dos and Don'ts

- **DO read nutrition labels:** Any food called "healthy" must contain at least 10% of the Daily Values per serving for several important nutrients (in addition to being low in trans fat, saturated fat, sodium and cholesterol).
- **DON'T forget fiber's finest:** Load up on whole-grain breads, rolls and cereals, as well as brown rice and dried beans. When shopping, look for the word "whole" at the top of the package ingredients list.
- **DO pick the greenest:** When buying salad greens, select those deepest in color—dark greens and reds. The dark color means higher concentrations of antioxidant vitamins A, C and E, folic acid, calcium and other nutrients.
- **DON'T dismiss frozen produce:** Some frozen fruits and vegetables contain as many nutrients as fresh produce—sometimes more. One study found frozen green beans had about twice the vitamin C as fresh beans that sat on display and in a refrigerator for nearly a week.
- **Do select "TV" dinners carefully:** Choose frozen meals that contain less than 10 grams of fat and least amount of sodium and cholesterol.
- **DON'T pass up pasta:** It's high in protein and contains B vitamins and iron.
- **More Do's:** Avoid shopping on an empty stomach; choose fruit "juices" instead of "drinks"; buy skinless poultry; remember that a standard serving of meat or fish should be the size of a deck of cards.

Sign up for our E NEWSLETTER

**RESPONSIVE
HOME HEALTH**
"RESPONDING WITH CARE SINCE 1994"



Employee Birthdays

Donna C.	July 03
Ivanna H.	July 04
Dorothy F.	July 05
Clarissa S.	July 09
Suzette L.	July 30
Thelma P.	Aug. 06
Youseline P.	Aug. 08
Natalya K.	Aug. 27
Brenda D.	Sep. 02
Marie J.S.	Sep. 04
Dieulange M.	Sep. 08
Deborah D.	Sep. 10
Regina H.	Sep. 17
Linda U.	Sep. 17
Roda M.	Sep. 19
Hesper M.	Sep. 21
Joanne P.	Sep. 21
Mavis C.	Sep. 23
Carlos Z.	Sep. 23
Debbie S.	Sep. 24