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Nutritious Bites
Affordable Fresh Fruits and Vegetables
By Mary Grider, Nutrition Educator

I think you would agree that most of us are on some sort of budget. Food can be an important part of that budget, and we want to spend those dollars wisely. Getting fresh fruits and vegetables can sometimes seem like it's taking up too much of your hard earned money.

One of the best ways to get the most “bang for your buck” is to buy fruits and vegetables when they are in season. You’ll see that produce will often be much cheaper when it’s in abundance.

There are many fruits and vegetables available in each season, but here are a few examples:

**Summer:** beets, strawberries, blueberries, peaches, cantaloupe, tomatoes

Summer seems to be the time when there is an abundance of fresh fruits and vegetables, so buy them while they're fresh. If you have more than you can eat at one time, freezing and canning are great ways to save your bounty. You might also look for Farmer's Markets and roadside stands to get the freshest produce around!

**Fall:** acorn squash, Brussels sprouts, grapes, pumpkin, apples

For more information about produce in season, check out the following web site from Georgia Fruit and Vegetable Growers Association: [http://gfvga.org/georgia-grown/availability-chart-of-ga-grown-produce/](http://gfvga.org/georgia-grown/availability-chart-of-ga-grown-produce/)

**Winter:** collard greens, oranges, pears, turnips

**Spring:** asparagus, butter lettuce, peas, mangoes
Monthly Chair Exercise

Hand Squeeze

As you age, you may find that opening jars and bottles becomes more difficult. This hand squeeze is important for strengthening both your hands (“grip strength”) and pectoral muscles. Strong pectoral muscles are important for upper-body strength, including if you need to pull yourself onto a chair if you’ve fallen on the floor.

Seated in a chair with good posture, hold a ball with both hands in front of your body. Squeeze the ball to activate the finger joints, then slowly press the ball with both hands, as if trying to deflate the ball. Hold for 4 seconds and slowly release.

Repeat the exercise 8 times, rest, then do another set of 8 repetitions.

Recipe of the Month

Skinny Ambrosia Fruit Salad

Servings: 6 cups

This Skinny Ambrosia Fruit Salad combines 5 types of fruit with a sweetened Greek yogurt sauce - the perfect (healthier) way to dress up your ordinary fruit salad!

Ingredients

- 1 (20 oz.) can pineapple chunks, drained
- 2 c. green grapes
- 1 c. strawberries, quartered
- 1 c. blueberries
- 1 (11 oz.) can mandarin oranges, drained
- 1 c. plain Greek yogurt
- 2 Tbsp. Truvia® Sugar Blend
- ⅛ tsp. vanilla

Directions

- Combine fruits in a large bowl and mix gently, being careful not to crush mandarin oranges.
- In a separate bowl, combine Greek yogurt, Truvia® Sugar Blend, and vanilla and mix well.
- Gently fold Greek yogurt sauce into fruit salad.
- Enjoy!

Author: Cathy Trochelman. Photo courtesy of: http://www.lemontreedwelling.com/2016/03/skinny-ambrosia-fruit-salad.html

Keep on Moving

Endurance Exercise

Four types of exercise include endurance, strength, balance, and stretching. Endurance, or aerobic exercise, is important for maintaining (or improving) heart health. But how much do you need?

The goal is to be moderately active for 150 minutes each week, or 30 minutes on most days. For moderate activity, you should be able to talk easily but not sing. However, start slowly if you have not been active for a while. You can start with 5 or 10 minutes of light walking, gardening, or housework each day and then build to your goal. Also, be prepared for bad weather (i.e., too hot, too cold, or rain) with activities you can do indoors. Putting on music and dancing is a great way to increase your heart rate.

For more information about endurance activities, visit the following web site:

http://nihseniorhealth.gov/exerciseandphysicalactivityexercisestotry/enduranceexercises/01.html

Seniors Taking Charge in Northeast Georgia
Life can be filled with many situations that can cause us to have stress or difficult emotions. From family issues to our health to finances there are plenty of things for us to have concerns about. Doctors have said for years that stress can actually be causing some of our physical problems.

So let's look into some ways to help prevent that build-up of negative emotion.

• An excellent way to use up the energy brought on by stress is to do some physical activity or exercise.

• Relaxation techniques, prayer, and meditation have also been used by many to calm the mind and body.

• Some people find it helpful to do something nice for themselves while others enjoy helping others in need as a way to de-stress.

• Petting a dog or cat can also decrease stress and possibly lower blood pressure.

• Spending time outside – either walking in nature if you’re able or simply sitting in the fresh air – may lower stress.

• A journal or daily gratitude list can also help you see on paper the more positive aspects of your life rather than dwelling on those things that aren't going well.

Try any of these techniques or come up with some of your own. However, if the stress is beyond what you feel you can handle, always seek the advice of your doctor or a counselor.

Source: Lorig, Kate et al. Living a Healthy Life with Chronic Conditions (2012).

Medication Manager
Keeping Up with Your Medications

If you take multiple medicines and supplements, it can be overwhelming to keep up with them all. Each time you go to your doctors, they want to have a list of all the medications and supplements you’re taking. Supplements include vitamins, antacids, baby aspirin, and more. It’s important to tell your doctor about these “extras” because even though you buy them over the counter, they can still interfere with your prescription medications.

Some people keep a current list of medications and supplements on their computer so that they can change the list easily and print a copy for their doctor. Others keep a small list in their wallets at all times. Be sure to include the following information: medication or supplement name, why you’re taking it, how often you take it each day, and amount you take each time. You may include the shape and color of the pill so that there will be no confusion when you pick it up at the pharmacy. Some medicines come with warnings about how to take your pills, so be sure to read your labels carefully and ask the pharmacist if you have any questions.

Source: Lorig, Kate et al. Living a Healthy Life with Chronic Conditions (2012).

Upcoming Events
Matter of Balance Classes
More workshops coming Fall 2016!

Living Better Workshops
Cornerstone Church
Athens, Georgia
Saturday’s
9:30 a.m. – 12:00 p.m.
August 27 – October 1, 2016

Senior Farmers’ Market
Morgan County: September 7th
Athens-Clarke County: September 14th
Elbert County: September 21st

Have an event you’d like to include? Want to offer one of our workshops in your community? E-mail Whitney (web1975@uga.edu)
Test Yourself

Examining Your Habits

How am I doing?

1. I currently eat ________ servings of fruits most days of the week (circle one)
   a. Less than 1 serving   b. 1-2 servings   c. 3 or more servings

2. I currently eat ________ servings of vegetables most days of the week (circle one)
   a. Less than 1 serving   b. 1-2 servings   c. 3 or more servings

3. I currently eat _____ servings of whole grain products most days of the week (circle one)
   a. Less than 1 serving   b. 1-2 servings   c. 3 or more servings

4. I currently have _____ servings of milk or other dairy products most days of the week (circle one)
   a. Less than 1 serving   b. 1-2 servings   c. 3 or more servings

5. I am choosing lower sodium foods most days of the week (circle one) Yes No

6. I am avoiding added sugars in my foods most days of the week (circle one) Yes No

7. I am moderately active most days of the week (circle one) Yes No

8. I keep a list of my medications and supplements up-to-date (circle one) Yes No

9. I know 2 – 3 things I can do to manage my stress (circle one) Yes No

What do I want to change?

This month, I want to do the following to improve my health and well-being:

On a scale of 1 to 10 (1 = low confidence, 10 = high confidence), how confident am I that I can make the change I wrote above? (circle one)

1 2 3 4 5 6 7 8 9 10

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Questions or Comments? Contact us!

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