Nutritious Bites
Eating Well to Stress Less
By Mary Grider, Nutrition Educator

August 15th is National Relaxation Day, and who wouldn't want to celebrate? Many people, however, find that a stressful life makes it hard to relax or be in a good mood. The good news is that research has found that eating particular foods can help enhance your mood.

- Eating 1.4 oz. of dark chocolate daily for two weeks was shown to reduce stress hormones. Just don't over-indulge if you are watching your calories.
- Eat whole foods. The antioxidants in fruits and vegetables and the omega 3 oils in fish like salmon have been associated with a lower risk of depression.
- Drinking caffeinated tea (black, green or oolong) can cause a more alert state of mind. The amino acid theanine works with caffeine to improve attention and focus.
- Selenium, which is found in whole grain foods like oatmeal, whole grain bread and brown rice, was found to decrease depression symptoms in older adults.
- It's important to keep blood sugar levels from spiking by eating regularly throughout the day. You may find it keeps you from being grumpy!

Use these food tips to help you relax on August 15th and throughout the year.

Sources
7 Foods to Boost Your Mood Naturally (Eating Well Magazine):
http://www.eatingwell.com/nutrition_health/mind_body_spirit_center/7_foods_to_boost_your_mood_naturally

Foods to Help You Feel Better (WebMD):
http://www.webmd.com/depression/features/foods-feel-better
Recipe of the Month
Devil’s Food Ice Cream Pie
Serves 12

This cool dessert will give you a chocolate mood-boost!

**Ingredients**
- 1 package fat-free devil’s food cookie cakes (12 cookies)
- ¼ cup peanut butter
- ¼ cup hot water
- 1 cup sliced bananas
- 4 cups low-fat or light vanilla, chocolate, or desired flavor ice cream, softened
- 3 tablespoons fat-free, sugar-free hot fudge

**Directions**
- Coarsely chop cookies. Place cookie pieces in the bottom of an 8-inch springform pan. Whisk together peanut butter and hot water in small bowl until smooth. Drizzle evenly over cookies.
- Top with banana slices and carefully spoon ice cream evenly over all. Cover with plastic wrap or foil and freeze for 8 hours or until firm.
- Let stand at room temperature for 10 minutes before serving. Remove the sides of the pan; cut into wedges. Drizzle fudge topping over wedges.


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Keep on Moving
Staying Strong

You may think that strength-training is only for young folks who worry about their appearance. Muscle-building exercises are important for older adults, too! Doing strengthening or resistance exercises *twice each week* can help you:

- Maintain bone density
- Improve balance, coordination, and mobility
- Reduce your risk of falling
- Maintain your independence

These exercises are generally safe for everyone, including people with health conditions. In fact, strength training can reduce the signs and symptoms of arthritis, diabetes, heart disease, and more.

Don’t know how to start a strength-training program? Check out this free booklet from the Centers for Disease Control and Prevention and Tufts University: [http://www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf](http://www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf)

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Monthly Chair Exercise
Chair Stands

Strong legs are important for balance. These chair stands increase lower body strength by working your quadriceps, hamstrings, and buttocks (gluteal muscles).

In a seated position with good posture and feet flat on the floor, cross your arms over your chest or hold a ball with both hands at chest level. Keeping your weight on your heels, stand up, using your hands as little as possible or not at all. As you bend slightly forward to stand up, keep your back and shoulders straight. Take at least 3 seconds to sit back down. Repeat 8 to 15 times or as many as you can comfortably do with good form. Rest. Do another set of 8 repetitions.

For more exercises, visit the following link: [http://www.livewellagewell.info/study/2007/12-ChairExercisesUGA113006.pdf](http://www.livewellagewell.info/study/2007/12-ChairExercisesUGA113006.pdf)
Living Better
Keys to Good Communication

The foundation of any good relationship is healthy communication. If we don't say what needs to be said in a way that is clearly understood and received, it can be the root of many problems. Follow these guidelines and you'll be well on your way to better communication and healthier relationships.

- Identify what you REALLY want to say. Don't assume others already know or can read your mind.

- Express yourself in a constructive way. It's not just what you say but how you say it that is important. Placing blame can block finding solutions and puts others on the defensive. Saying “I feel . . .” rather than “You always . . .” is a way to communicate without placing blame.

- Listen attentively. This is the other half of good communication. Make sure you really hear and understand what is being said.

- Clarify what you thought you heard the other person saying by repeating it back to them in your own words. You can then ask them if it's correct or if there needs to be any clarification.

These techniques are helpful with friends, partners, co-workers, and even your healthcare professionals.

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

Medication Manager
Let’s Talk About My Medications

Your ability to communicate well with your doctor can directly affect your health. It’s important for you to tell your doctor if you are having trouble with any of your medications. Often times there are barriers that may keep you from taking your medications, and your doctor needs to know what they are. Perhaps the pill is too big to swallow, or you have to take the pill 3 times a day and it's hard to remember. It could be that the medication is causing an uncomfortable side effect, like constipation or dizziness. Or you may feel as if the medication is just not working.

It’s hard to find a solution if you don’t bring these concerns to your doctor’s attention. If you abruptly stop taking certain medications or don't take them at all, it could be dangerous. Never stop taking a medication without talking to your doctor first. The only exception is if you are having an allergic reaction like a rash, hives or swelling. In this case, stop the medication and call your doctor right away. If you have trouble breathing, discontinue the medication and call 911.

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 include strength-training exercises in my weekly routine (circle one)  Yes  No

6. I choose low sodium foods most days of the week (circle one)  Yes  No

7. I avoid added sugar in foods most days of the week (circle one)  Yes  No

8. I talk with my doctor regularly about my medications and concerns (circle one)  Yes  No

9. I usually communicate well with my family, friends, and healthcare providers (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

Questions or Comments? Contact us!
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Seniors Taking Charge in Northeast Georgia  August 2016