

March/April

2017

## Welcome Spring...

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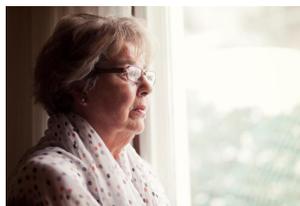
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## 2017 Trillium Annual GAST Conference

**You don't want to miss this! Our Annual GAST conference - The Aging Journey - Make It Positive** will be held on April 13 from 9:00 am -3:30pm at the Pitt County Agricultural Center. There is no cost to attend and this year's event is shaping up to be one of our best. We will have someone from ECU Center for Applied Psychophysiology speaking about Biofeedback with active participation from attendees. Additionally we will have a nutritionist speaking about healthy eating to support healthy aging. If you are interested in attending or being an exhibitor please contact Frankie Glance at [frankie.glance@trilliumnc.org](mailto:frankie.glance@trilliumnc.org) or 866-998-2597.

We look forward to seeing you at the conference.

## Loneliness and the Older Adult



by Kimberly Williams, MSW, LCSW

According to AgingCare.com here are some of the more recent findings regarding loneliness and aging.



by Linda Windley, MS, QP,  
LRT/CTRS

Dear Geri,

While scrolling through the internet I noticed that the first week in April is set aside for National Laugh Week. Wow!! How much fun is that!! Since reading about this week set aside for laughter, I wanted to find out more about the benefits of laughter. Do you have any information Geri??

Thank you,  
Giggles

Americans

- 18 percent of seniors live alone, while 43 percent report feeling lonely on a regular basis, according to a study conducted by researchers from the University of California, San Francisco (UCSF).
- Lonely seniors are more likely to decline and die faster. The aforementioned UCSF study also found that people 60-years-old and older who reported feeling lonely saw a 45 percent increase in their risk for death. Isolated elders also had a 59 percent greater risk of mental and physical decline than their more social counterparts.

# Laugh

Dear Giggles,

You are certainly right; the first week in April is set aside for National Laugh Week!! I am overjoyed to hear that laughter is finally getting national attention, due to its physical, mental, and emotional benefits. Giggles, let me share some information with you that I have read.

First, laughter causes us to deep breath, which expands our diaphragms and lungs. Another great attribute to laughter is its ability to strengthen our heart muscle. Laughter also increases circulation, reduces stress, muscle tension, and connects people socially.

According to Dr. Lee Berk and Dr. Stanley Tan from Loma Linda University in California there are numerous benefits to laughter. They found that the effects of laughter lowered blood pressure, reduced stress hormones, increased muscle flexion and boosted immune function.

Now that we have discussed all the benefits of laughter, how can we get more humor in our lives?

- Find out what tickles your funny bone.
- Laugh with others. Get in a group that loves to laugh.
- Act silly sometimes. Don't be so serious and adult-like all the time.
- Laugh at yourself sometimes. None of us are perfect.
- Reminisce-share funny experiences that may not have been funny at the time.

I hope this information has helped you realize how important laughter is and how the National Week of Laughter can be enjoyed by all. Have fun!!

Sincerely,  
Geri

- 1 in 7 people with Alzheimer's disease live alone, according to a recently released report from the Alzheimer's Association.
- Loneliness is contagious. Older adults who feel lonely are more prone to behave in ways that may cause other people to not want to be around them. Psychologists from the University of Chicago who analyzed data from the Farmingham Heart Study, a long-term, ongoing cardiovascular study, found that solitary seniors have a tendency to further isolate themselves by pushing people away and not making efforts to engage with others.
- According to Psychologist John Cacioppo of the University of Chicago (Psychology Today June 2003) has performed a several studies and reports that loneliness works in some surprising ways to compromise health.
- Perhaps most astonishing, in a survey he conducted, doctors themselves confided that they provide better or more complete medical care to patients who have supportive families and are not socially isolated.
- Living alone increases the risk of suicide for young and old alike.
- Lonely individuals report higher levels of perceived stress even when exposed to the same stressors as non-lonely people, and even when they are relaxing.
- The social interaction lonely people do have are not as positive as those of other people, hence the relationships they have do not buffer them from stress as relationships normally do.
- Loneliness raises levels of circulating stress hormones and levels of blood pressure. It undermines regulation of the circulatory system so that the heart muscle works harder and the blood vessels are subject to damage by blood flow turbulence.
- Loneliness destroys the quality and efficiency of sleep, so that it is less restorative, both physically and psychologically. They wake up more at night and spend less time in bed actually sleeping than do the non-lonely.

So what can we do? Encourage older adults to attend Senior Centers; take an older adult out to eat or bring it to them and share a meal with them; provide transportation to church, community events, or to the grocery store; support caregivers - they need a break; get to know your older adult neighbors and create neighborhood support groups; encourage finding a purpose for the older adult; make use of technology; and most importantly, take time to visit. I think we could all benefit from the lost art of *front porch sitting*.



I am appalled that the term we use to talk about aging is 'anti'. Aging is human evolution in its pure form. Death, taxes and aging... We are ALL going to age and soften and mellow and transition.

— Jamie Lee Curtis —

## Join Our Mailing List

Stay up to date on events, news and information about Trillium Health Resources and how we work to Transform Lives!



Find Community Resources Quickly

There are hundreds of health, human service and other helpful organizations listed for nearly any kind of need. Simply dial 2-1-1 any time of day or visit [www.NC211.org](http://www.NC211.org) to find the help you need.

## Community Happenings

### MARCH

#### NATIONAL HOLIDAYS

**March 17** - St. Patrick's Day

**March 20** - Wellderly Day

#### OBSERVANCES

- **Brain Injury Awareness Month**
- **National Social Work Month**

#### OPPORTUNITIES

**March 16** - Caregiver Education Conference "Helping The Helpers"

For more information call:  
Spring Arbor Assisted Living  
252-449-4455

**March 21** - "Booming into the Future"; Prevention and Wellness Conference; 10:30am-5:00pm;  
Location: Pitt County Community Schools and Recreation Center.  
252-902-1975

To register and for more information visit:

[www.pittcountync.gov/csandreaction](http://www.pittcountync.gov/csandreaction)

## Let's Spring into Shape

by *Frankie Glance,*  
*Administrative Assistant*



With spring in the air, it's time to shake off the winter doldrums, lace up the running shoes and get moving. While many older people tend to slow down in winter, experts at the VA Maryland Health Care System's Geriatric Research, Education and Clinical Center (GRECC) say that keeping active all year is a key to good health, particularly for senior citizens. Marianne Shaughnessy, PhD, CRNP, associate director for Education/Evaluation at the GRECC, says "exercise's proven benefits-lower blood pressure and blood glucose; improved sleep and mood; less fatigue, joint pain and constipation, and better weight control-are good reasons for older Americans to keep moving during colder months." Shaughnessy and other GRECC providers say senior citizens and older adults can reap consistent health benefits and avoid illness by keeping on the move!

Getting started: Check with your doctor before starting any exercise program if you do not exercise regularly, are older than 50, are significantly overweight, or have a chronic health condition such as diabetes, asthma, heart disease, or high blood pressure.

What senior citizens can do to spring into shape?

- Walking at the mall - climate control and even surfaces make mall walking a great way to stay in shape. Many malls have clubs - check yours out!
- Taking the stairs - stair climbing exercises the same muscles necessary for keeping your balance while rising from a chair, so it is important to keep these muscles strong.
- Sign up for aerobics or yoga classes at a senior or community center - these classes emphasize cardiovascular health and flexibility - both important for endurance and safety.
- Get an exercise "buddy" or join a club - the support is helpful for staying on track, even when you don't feel like exercising.
- Making little changes that add up - parking farther away from church, or a store entrance and walking the extra distance - every little bit helps.
- Finding dance classes - ballroom dancing improves flexibility and balance; square dancing and aerobic dancing improves cardiovascular fitness.
- Exercising at home with exercise programs on TV, or with a DVD or home workout video.
- Swimming - check into the local YMCA, community colleges, fitness centers or gyms.

## APRIL

### NATIONAL HOLIDAYS

April 1- April Fool's Day

April - Good Friday

April 16 - Easter

### OBSERVANCES

- Alcohol Awareness Month
- Autism Awareness Month

### OPPORTUNITIES

**Trillium Geriatric Annual Conference "The Aging Journey.. Make It Positive"**

**April 13 - 9:00am - 3:30pm**

Seating is Limited - **RSVP by**

**April 7**

Please complete registration form and email it to

[frankie.glance@trilliumnc.org](mailto:frankie.glance@trilliumnc.org)

[Conference Registration form](#)

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### THE GRANDS GROUP

(Grandparents Raising Grandchildren Support Meetings)

12-1 p.m.

At: Pitt County Council on Aging-  
4551 County Home Road, Greenville

### UPCOMING MEETINGS

March 2, April 6, May 4, June 1, July 6, August 3, September 7, October 5, November 2, December 7

"Senior Center without Walls" is an award-winning program of [Episcopal Senior Communities](#) offering activities, education, friendly conversation, and an assortment of classes, support groups, and presentations to seniors. Each week, seniors can access over 70 groups by phone or online, all from the comfort of home.

A federal grant is helping senior citizens stay safe and avoid falls at home. the Pitt County Council on Aging is giving out home assessments to people over the age of 55. If you are interested in getting a home assessment, contact the Pitt County Council on Aging at 252-752-1717.

### Be Safe:

- Wear shoes with rubber grips to prevent falls in slick weather conditions.
- Wear sunscreen.
- Remember to warm up before and cool down and stretch after any exercise activity to lower risk for injury and to keep you motivated to continue.
- Drink water to stay hydrated.
- Set an exercise goal, aiming for 2.5 hours each week of moderate to vigorous activity for cardiovascular fitness and resistance (strengthening) exercise.
- Make increasing physical activity part of a daily routine.

### Eat better while eating less:

- We need fewer calories as we age, so the quality of the diet is even more important. Make every calorie count by including nutrient-rich foods: whole grains, lean protein, low-fat or non-fat dairy, healthy fats, and plenty of fruits and vegetables.
- Choose fiber rich foods such as whole grain breads and cereals, beans, fruits and vegetables to help control weight, keep you regular, and lower your risk of heart disease and diabetes.
- Aim for three servings of low-fat or non-fat milk or yogurt each day for bone strengthening calcium and vitamin D.
- Prevent overeating by keeping hunger in check. Eat well balanced meals or snacks every 4 hours.
- Balance your plate by filling half your plate with vegetables, and the other half with moderate portions of starch like potatoes, pasta, rice or other grains, and lean protein, such as fish, skinless chicken, or lean cuts of pork or beef.
- Add-in small amounts of healthy fats like nuts, seeds, or avocado to salads, yogurt, or cereal and cut back on unhealthy fats like bacon, butter, cream, and cream cheese.
- Don't eat out of the bag or box. Place one serving in a small bowl or cup to limit how much you have of high fat and high sugar snacks like chips, crackers, candy, ice cream or cookies.
- Eat slowly to avoid overeating. Pace you meal over 20 to 30 minutes by taking small bites , paying attention to the taste and texture of the foods, setting down your fork or spoon, and sipping water between bites. This provides time for your stomach to signal when you are satisfied.
- Rethink your drink. High calorie beverages like juice drinks, gourmet coffee drinks, and soft drinks can add many calories. Choose water, diet, or low calorie beverages instead of sugar-sweetened beverages to save calories for weight loss.



# Over 50? Add These 7 Foods to Your

## Diet Now

by Ruthie Fredrick, BSW, QP



As we get older, it's not just our wardrobe and taste in music that change. According to Johannah Sakimura, RD, after age 30, our metabolism begins to gradually decline, which means we have to be even more selective about the foods we eat. There's less room for empty calories from sugary drinks, desserts, and snacks, and greater demand for foods with a high nutrient-to-calorie ratio. At the same time, many people develop a greater appreciation for healthy eating as they age, and they're on the hunt for multitasking foods that can help lower blood pressure and cholesterol and protect against diseases like type 2 diabetes.

Eating a variety of whole foods really is the key to a healthy diet, but some foods - including those highlighted below - offer more nutritional bang for your buck than others. Powerhouse ingredients like beans and leafy greens supply much-needed vitamins and minerals and help the body stay metabolically fit, making them terrific everyday staples for the 50+ crowd. That's not to say that these foods come with an age limit. Whether you're 4 or 94, these picks provide premium fuel to energize your body. There aren't any big surprises or trendy ingredients on this list, and that's completely intentional. All of these featured foods are relatively affordable and readily available, which means their health benefits are well within reach.

- Beans - I'm a bean fanatic, so if you read my blog regularly, you won't be surprised that these guys made the list. Research shows that eating a daily serving of beans or lentils (3/4 cup) can help to lower LDL ("bad") cholesterol by 5 percent. Another study in people with type 2 diabetes found that eating about a cup of beans or lentils per day as part of a healthy diet lowered hemoglobin A1c, a marker of blood sugar control, by 0.5%, which is a substantial improvement. Need a simple way to introduce more beans into your diet? Toss canned, low-sodium beans with whole-grain pasta and sauteed veggies for a quick weeknight meal, or try some of these other easy ideas.
- Oats - The risk for heart disease increases dramatically in men over 45 and women over 55, so incorporating more cholesterol-lowering foods like oats into your diet is a smart move. Oats are rich in a type of soluble fiber called beta glucan, and consuming at least 3 grams of this fiber a day (equivalent to 1.5 cups cooked oatmeal) has been shown to reduce total and LDL cholesterol levels by 5 to 10 percent. People who eat oats and other whole grains regularly are also at reduced risk of dying an early death. Plain oats are cheaper than boxed cereals and a perfect conduit for other healthy ingredients, like nuts, seeds, and fruit.
- Apples - Sure, they're not as glamorous as acai berries or mangosteen, but apples are every bit as super as exotic fruits, and much, much cheaper. A large apple supplies 5 grams of heart-healthy fiber, and research shows that eating apples daily can lower both total and LDL cholesterol to help keep your ticker in tip-top shape. A 2013 study found that frequent apple eaters are at lower risk for type 2 diabetes. And the good news is, you can find apples almost everywhere, including gas stations and convenience stores. Slice one up and add a smear of peanut butter for a classic snack that never gets old.
- Nuts - Snacking on nuts instead of chips, crackers, and cookies is an easy way to give your diet a major upgrade. A 2013 randomized controlled trial conducted in Spain found that eating an ounce of mixed nuts daily as part of Mediterranean-style diet reduced the risk of heart attack, stroke, and death from heart disease by 28 percent. And don't forget that peanuts count, too - they're equally healthy, but cost about half as much as almonds and other tree nuts. Another easy way to get in a daily serving: Use chopped, toasted nuts as a garnish for roasted vegetables or whole grain sides like brown rice and quinoa.
- Leafy Greens - Piling on the spinach, kale, collards or other leafy greens at meals may help to keep your mind sharp as you age. People who ate one to two servings per day had the same cognitive ability as people 11 years younger who rarely ate greens, according to research presented last month at the American Society for Nutrition annual meeting. Cooking greens doesn't have to be complicated. For a hassle-free side dish, pick up a bag of spinach and saute

the leaves whole in a drizzle of olive oil with optional chopped garlic. Heads up: If you take the blood thinner coumadin, you don't have to give up greens completely; talk to your doctor about adjusting your medication to allow for small portions every day.

- Berries - You also want to get your fill of berries, another potential brain booster. Strawberries, blueberries, and their sister fruits are rich in phytochemicals that may help slow age-related memory decline by increasing blood flow to the brain and reducing harmful inflammation. These findings are still preliminary, but regardless of future research results, berries are a healthful choice given their high fiber and vitamin content. Fresh berries aren't always an affordable option, but you can find large 2- to 3-pound bags of frozen varieties at supermarkets for around \$10 year-round. Add a scoop to plain yogurt, oatmeal, homemade muffins, or even the occasional bowl of ice cream to give your diet a berry boost.
- Yogurt - Eating adequate protein spread throughout the day may help to preserve muscle and slow the gradual decline in lean body mass that occurs as our bodies mature. Yogurt, especially Greek varieties, can provide a generous dose of high-quality protein at breakfast and snack time, the times of day when we tend to eat carbier meals. Cow's milk yogurt and fortified non-dairy versions are also good sources of calcium, a nutrient that women over age 50 and men over age 70 need in larger quantities to maintain bone health. And the beneficial bacteria that give yogurt its tang may help to nourish the gut, too. To keep added sugar to a minimum, buy the plain stuff and doctor it up with healthful mix-ins like fresh or dried fruit, nuts, seeds, whole-grain cereal, or (for a treat) dark chocolate chips.

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## Medication Corner

*by Linda Klund, RN, BSN*

In the 2016 update on medications release put out by PhRMA it was stated that the cost of Alzheimer's and other dementias in the US in 2015 was \$226 Billion. They also stated that if no new medications are found to prevent or halt the progression of the disease the increased population of people 65 and older we will see that cost rise to \$11 trillion by 2050.



Currently biopharmaceutical research companies are studying 77 potential new treatments for Alzheimer's disease and other dementias. Unfortunately, the path for approval is a very long and tedious process. Pharmaceutical Research and Manufacturers of America looked back at the past progress of development of medications for Alzheimer's and found that "between 1998 and 2014, 123 potential medicines for Alzheimer's were halted in clinical trials, while just four medicines were approved".

These medications work on the symptoms but do not work on the disease itself. This has always been an issue with all medications used to treat mental illness. But now with the increase in our ability to understand and study DNA researchers are able to develop medications that will change the DNA of the disease itself, stopping it or preventing it from development. We are seeing the results of this with the treatments for HIV/AIDS, Cancers and Cardiovascular disease. The number of deaths for all these diseases has decreased due to our better understanding of the disease and development of treatments that work against them.

So what is next? As we increase our understanding of diseases and their effect on the body at the DNA level, more medications will become disease specific and possibly even person specific. We may be closer to some of the old science fiction movies that you know.



# Opening Day of Baseball Party

**Size of Group:** Med -Large

**Equipment:** Baseball Decorations, Refreshments (ie. hotdogs, popcorn, ice cream, etc.), Velcro or Beanbag Baseball Game

**Objective:** To encourage and increase peer interaction. To encourage group cohesiveness. To build self-esteem through activity participation.

**Description:** Give a Opening Day of Baseball Party on the actual opening day of MLB (Usually the 1st week of April). If television is available, have a baseball game playing throughout the party. Encourage residents/clients to make their own felt baseball pennants as a party activity(or the day before). Divide group in half and have the two teams play a baseball game (velcro or beanbag game is recommended). Use your imagination and have fun!!!



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## Thought of the Day

"Keep your face always toward the sunshine - and shadows will fall behind you."  
- Walt Whitman

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## Basic Deviled Eggs

The filling for Southern-style basic deviled eggs is nothing more than egg yolks, mayonnaise, mustard and sweet pickle relish. These deviled eggs are perfect for potlucks, tailgates, and summer suppers. Now, if you have trouble peeling hard boiled eggs, here's a trick:

Once cool, crack the eggs and place in cold water for 10 minutes, then try peeling them. The peels almost always come off much easier. You can also place the filling into a piping bag for a pretty, swirled finished look.

**Ingredients:**

6 large eggs  
2 tablespoons mayonnaise  
1 1/2 tablespoons sweet pickle relish  
1 teaspoon prepared mustard  
1/8 teaspoon salt  
Dash of pepper  
Garnish: paprika

**Preparation:**

1. Place eggs in a single layer in a saucepan; add water to depth of 3 inches. Bring to a boil; cover, remove from heat, and let stand 15 minutes.
2. Drain immediately and fill the saucepan with cold water and ice. Tap each egg firmly on the counter until cracks form all over the shell. Peel under cold running water.
3. Slice eggs in half lengthwise, and carefully remove yolks. Mash yolks with mayonnaise. Add relish, mustard, salt, and pepper; stir well. Spoon yolk mixture into egg whites. Garnish, if desired.

