

Healthy Habits for a Better You



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Pain is thought to be a natural part of aging. When asked in the physician office or during a hospital stay the question of "Do you have any pain and if so, rate your pain from 0 to 10," a common response is "I always have pain." Pain does not have to be part of the normal aging process, except when it is beyond your control (arthritis, hip pain, knee pain, etc.).

Have you ever thought about how you can decrease the occurrence of daily pain? Many people rely upon medications to manage pain. These include over-the-counter drugs like acetaminophen (Tylenol®) or ibuprofen (Advil®) and/or prescription opioids like hydrocodone (Vicodin®) or oxycodone (OxyContin®, Percocet®). Prescription opioids can be dangerous when misused because they can be addictive and have long term effects on the physical and emotional being of self.

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The optimal solution to less pain is to make some lifestyle changes around healthy diet, exercise, and good sleep habits. The benefits of a healthy diet and managing your weight will also show improvement in physical and emotional well-being.

Here are some tips to get you started. Remember: Consult your physician before starting any physical activity.

1. Try to eat healthy meals throughout the day. A good way to know if you are eating right follow: www.myplate.gov or download the MyPlate app to your Apple or Android phone.
2. Exercise by walking 30 – 45 minutes up to 4 or 5 times a week. A brisk walk is ideal, however move according to your pace.
3. Be active during the day and try to limit napping to 30 minutes so you will have a good night sleep.
4. No heavy meals before bedtime and limit the number of fluids late in the evening for less awakening during the night. Some medications may have you up during the night attending the bathroom.
5. Maintain a routine schedule of going to bed and waking up the same time every day.
6. If you take medications that keep you up during the night, ask your health care provider about changing the time if possible.

Source: <https://www.mayoclinic.org/lifestyle-strategies-for-pain-management/art-20367321>

Focus on Health: Relaxation

Do you know the importance of relaxing? Relaxation has been shown to have positive effects for patients with chronic pain including headache, fibromyalgia, and irritable bowel syndrome.

Relaxation balances our bodies to reduce symptoms often seen in chronic pain including situational stress, muscle tension and shallow breathing. Relaxation techniques include guided imagery (use of words depicting calming images and music to evoke positive imaginative scenarios), hypnosis and suggestion, mindful awareness, diaphragmatic brothing,

progressive muscle relaxation and music therapy (see the music and mindfulness section in this issue!).

Many examples of these techniques have been included in past issues of Celebrating Seniors and can be found at <https://www.tccadr.org/virtual/celebratingseniors/>

Relaxation techniques are safe, with rare adverse reactions. Sometimes adverse reactions occur in psychiatric patients, people with epilepsy or those who have suffered abuse or trauma.

As always, make sure to talk with your doctor!

Activity Center

St. Patrick's Day Activity

N U A H C E R P E L O K
K E T C M R J O Z P C R
G A D R Z J O S W O Y J
F R A A W Y Y H R R H E
A H E U R A C M Q B N H
C I M E O A A M W H E X
Y R E U N H P K I X S E
W I D J S U R V M C C J
J S P A T R I C K V O B
L H P R D O V U Z L C K
G P R M C L O V E R X Y
E L C X S Q O N K K F F

Charm Patrick Leprechaun
Irish Clover Parade
Green

Source: <https://www.aarp.org/politics-society/history/info-2017/st-patricks-day-irish-trivia-quiz.html>

Trivia Time!

What city has the biggest St. Patrick's Day Parade and celebration since 1813?

Answer on back page.



Sharing Circle

What is something that you do to care for yourself?

After enjoying a delicious meal I prepared, I luv to sit in the sun with my favorite sounds in the background, writing cards (birthday, hello, get well, etc.). I also exercise on zoom with the great classes from your Center – Malikah

I like to color and play my radio while I'm coloring. Helps me to focus and relax which at my old age of 90 can be difficult at times. – Clara



We want to hear from you for next month's issue!

If you could travel anywhere, where would you go and why?

Email your answer to Bridget Souza at bsouza@cafnsj.org or call 201-740-7011.

Music for the Soul

There is an old saying, “that music soothes the savage beast.” People listen to music for enjoyment, relaxation, meditation, exercise, and mindfulness. Music brings a serene calmness to the mind, body, and breathe by releasing endorphins. When endorphins are not released the body creates excess abdominal fat and stress levels elevate causing medical conditions such as, (high blood pressure, diabetes, obesity, and sleep disorders).

When using music for mindfulness:

1. Music without lyrics is best or you can use whatever you prefer. Note: Music with words maybe distracting for freeing the mind of unnecessary stress.
2. To the rhythm of the music inhale deeply and slowly through the nose, hold for 1 second and breathe out slowly out through the mouth to empty the lungs.
3. Remember to not stress about things you cannot change.

Source: <https://www.goodtherapy.org>

Contact Us

To learn more, submit a response, or ask a question you can contact us at:

Bridget Souza: bsouza@cafsnj.org

Celebrating Seniors Online

<https://www.tcad.org/virtual/celebratingseniors>

www.tcad.org  @TCADR  @TCADR

TRIVIA ANSWER

Savannah, GA

Resource Spotlight:

New Destiny Family Success Center - The Mobile Senior Success Center

The Mobile Senior Success Center is a program inside of New Destiny Family Success Center that specifically caters to Seniors. It is for residents in six Paterson Housing Authority’s Senior Resident Sites. This program allows them to enjoy different services and activities that give them time to be around other individuals. Due to the pandemic, we have created virtual activities to stay connected and provide services available to meet the need of our seniors. In addition to being connected to resources in the community, our seniors also receive a monthly food box delivery from the Community Food Bank of New Jersey. They also get access to health prevention training, financial literacy, nutrition classes, referrals as well as virtual wellness check meetings. This program focuses on making it easier for them and making their lives more enjoyable. This gives them a chance to be able to learn, be inspired, challenged, and pick-up different hobbies that they can enjoy.

If you or a loved one needs help accessing addiction services and support...

Call or Text: 201-589-2976

Confidential hotline services available 24/7 to serve Bergen County

