

Outdoor Activities for Seniors & Caregivers

- 1. Catch a sporting event.** The events could be watching a grandchild's soccer game, which are not all-day events, or attending a professional game, like baseball.
- 2. Fish for fun.** For folks who enjoy fishing, you can cast a rod from a pier or other location, even if someone is wheelchair bound.
- 3. Be a tourist.** If you live in a city, take an open-air bus or trolley tour to see the local sights. Another option could be a boat tour, depending on what type of equipment an elder needs to take with them. "It's outside, but you don't have to be walking," Chartrand says.
- 4. Take a dip.** For some folks, it may just be putting a foot in the pool, while others may be able to handle low-impact water aerobics.
- 5. Stroll around.** If a walk is possible, start slow. We suggests trying three or four minutes in one direction, turning around and coming back.
- 6. Be a bird lover.** If you have a birdhouse, bird feeder or bird bath in your yard, checking on the those daily give elderly individuals a reason to go outside.
- 7. Go fly a kite.** Head to a park or beach and get a kite soaring. Let an elderly individual take control, which they can do while sitting down. If children are around, they can get involved by trying to keep the kite in the air.
- 8. Picnic outdoors.** Picnics are another park or playground activity. Elderly individuals can watch children run around or enjoy the buzz of outdoor activity.

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Summer Corn & Tomato Salad

Ingredients:

- ◆ Salt
- ◆ 1 pound bow-tie pasta
- ◆ 2 tablespoons extra-virgin olive oil
- ◆ 2 garlic cloves, smashed
- ◆ 1 pint cherry tomatoes
- ◆ 3 ears fresh corn, kernels cut off
- ◆ 2 tablespoons unsalted butter
- ◆ 1/4 cup fresh basil leaves, torn into pieces

Directions:

Bring a large pot of salted water to a boil.
 Cook the pasta until al dente; drain.
 Meanwhile, in a large skillet, heat the olive oil over medium heat. Add the garlic and tomatoes and cook, stirring occasionally, until the tomatoes are softened, about 5 minutes.
 Stir in the corn, raise the heat slightly and cook until the corn is cooked through and golden, about 5 minutes.
 Season to taste with salt.

“When you are dissatisfied and would like to go back to youth ... think Algebra.” - Will Rogers

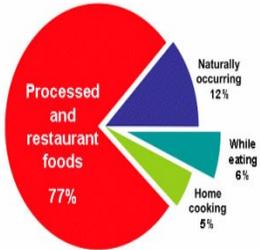


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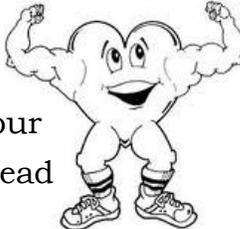
Add the vegetables, butter and basil to the pasta ,toss and enjoy!

Most Sodium Comes from Processed and Restaurant Foods



Just 1 teaspoon of salt contains about 2,325 milligrams of sodium. So if you're following the CDC's recommendation, a senior should have no more than 2/3 teaspoon of salt per day -- which can be a fairly difficult rule to follow. Many seniors rely on processed, pre-made and canned foods to make meal preparation easier and more convenient. Unfortunately, these types of foods tend to be loaded with sodium. To reduce daily sodium intake, limit your intake of deli meats, pasta and rice mixes, frozen meals and spice blends. Drain and rinse all canned beans and veggies before using them. Choose low-sodium soups whenever possible and use spices and herbs to

season your food, instead of salt.



Have a Healthy Summer

The summer months are filled with fun and wonderful things to see and do. Seniors can enjoy all those great activities safely, as long as they take a few simple precautions. Understanding the risks posed by the summer heat is the first step towards having a safe and happy summer season.

- ◆ **Heat**—Seek out cooling areas and air conditioned spaces if you lack air conditioning in your home on hot days. Seniors, especially those with pre-existing respiratory problems like asthma and COPD are at increased risk of heat-related illnesses.
- ◆ **Sun Exposure**—Exposure to the damaging rays of the sun can exacerbate the effects of aging increase the risk of heat stroke and even lead to skin cancer. Use a quality sunscreen and limit exposure during the hottest part of the day.
- ◆ **Lyme Disease**—Being outside means exposing yourself to the bugs of summer. Ticks can carry Lyme disease, which can cause serious health problems. Perform a daily tick check...the risk of infection is much higher after the exposed tick has been attached for 24 hours.
- ◆ **Food Poisoning**—Summertime can mean backyard barbecues and lots of food, but watch out for food poisoning. Always store leftovers properly, including potato salad, deviled eggs and other refrigerating summertime treats.
- ◆ **Eye Damage**—Exposure to ultraviolet rays can make existing eye problems like macular degeneration that much worse. Seniors should protect their eyes by wearing quality sunglasses when working outdoors in the summer heat.

Senior Texting Codes

With more and more Seniors texting, there appears to be a need for an STC (Senior Texting Code) Pass this on to your children and grandchildren so they can understand your text.

ATDO	<i>At The Doctors Office</i>
CGU	<i>Can't Get Up</i>
CUATSC	<i>See You At The Senior Center</i>
GGPBL	<i>Gotta Go Pacemaker Battery Low!</i>
WTP	<i>Where's The Prunes</i>
LMDO	<i>Laughing My Dentures Out</i>
WWNO	<i>Walker Wheels Need Oil</i>
BYOT	<i>Bring Your Own Teeth</i>
LWO	<i>Lawrence Welk's On</i>
IMHO	<i>Is My Hearing-Aid On?</i>
ROFL...CGU	<i>Rolling On The Floor Laughing...Can't Get Up</i>



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