



**GROWING
YOUNGER[®]**
Healthier at Any Age



CommonHealth Statewide Wellness Programs
Department of Human Resource Management
Commonwealth of Virginia

Growing Younger[©]

No matter where we live, what type of work we do, and how well we take care of ourselves, we are all getting older.

The purpose of the “Growing Younger” program is to identify those areas where we as individuals and families can take

action to slow down our physical and mental aging while our chronological age continues to climb.



This booklet will help you plan for the future, no matter how old you are today. We will narrow our focus to nine subject areas:

1. Exercising to grow younger
2. Staying mentally sharp
3. Making your health a priority (and the importance of regular medical care from your twenties and through your sixties)
4. Eating right – Try healthy foods and lose extra pounds.
5. Quitting tobacco and aging - Quit for Life™
6. Expanding your personal community
7. Finding meaning and joy
8. Changing roles for caregivers
9. Exercising your mind

Remember, you must take care of yourself in order to take care of others. We're all given 24 hours in each day. It's up to you to determine how to spend those hours.

The average age of state workers in Virginia is 47 years.

1. Exercising to Grow Younger

There *is* a fountain of youth. Millions have discovered it. It's the secret to feeling better and living longer. It's called *staying active*. Finding a program that works for you and sticking with it can pay big dividends. Regular exercise can prevent or delay diabetes and heart trouble. It can also reduce arthritis pain, anxiety and depression. It can help older people stay independent.



There are four main types of exercise and we all need some of each.

Endurance activities like walking, swimming, or riding a bike - which build "staying power" and improve the health of the heart and circulatory system.

Strengthening exercises that build muscle tissue and reduce age-related muscle loss.

Stretching exercises to keep the body limber and flexible.

Balance exercises to reduce the chances of a fall. No matter your health and physical abilities, you can gain a lot by staying active. In fact, in most cases you have more to lose by not being active.

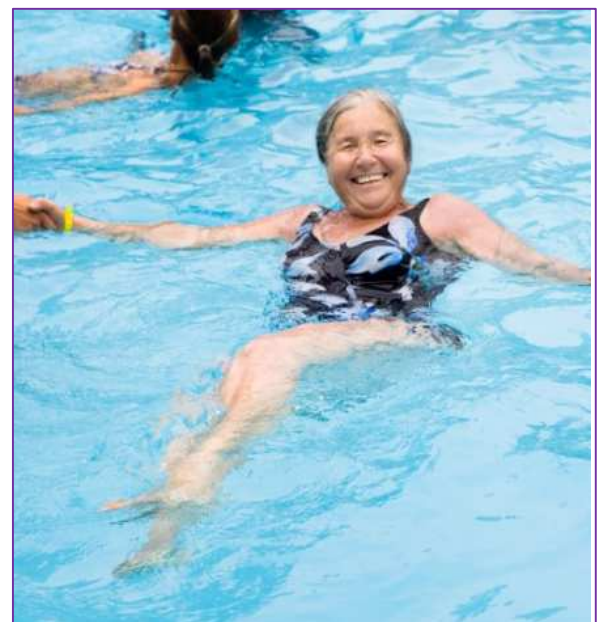


Exercise and physical activity can help:

- Improve your ability to do the things you want to do.
- Maintain and improve your physical strength and fitness.
- Develop better balance.
- Manage and improve diseases like diabetes, heart disease, and osteoporosis.
- Reduce feelings of depression and improve mood.
- Increase your ability to shift quickly between tasks and plan an activity.

Start “Growing Younger” Today!

- Choose activities you enjoy.
- Make being fit part of your everyday life. Playing with children, gardening, walking, dancing, and housecleaning are great.
- Combine a range of activities that include aerobic, strengthening, flexibility, and balance exercises.
- Aim for a minimum of at least 30 minutes of activity each day. Activities can be broken up throughout the day.
- Keep safety in mind. Always wear comfortable, well-fitting shoes and use appropriate safety gear. Avoid outdoor activities in extreme cold or heat.



After thirty, a body has a mind of its own.

—Bette Midler

- Drink plenty of fluids while engaging in physical activity. Check with your physician before starting a fitness program.



Aerobic activities (exercises that increase oxygen use to improve heart and lung function) can help strengthen your heart and lower your blood pressure and cholesterol. They can also improve your mood and sleep. Some good choices are walking, swimming, biking, water aerobics, and dancing.

Strengthening activities can improve your muscle and bone health. Strengthening leg and hip muscles can help reduce your risk of falls. Try light to moderate weight lifting, wrist curls, and wall push-ups.

Flexibility and balancing exercises can help prevent injuries and stiff joints: try tai chi, yoga, standing on one foot, heel-to-toe walks, or stretching.



Almost 29% of the State Workforce is 55 or older and many of those employees are eligible for some form of retirement benefits.

2. Staying Mentally Sharp



Contrary to popular opinion, the brain doesn't die as we age, but it does get “rusty” from lack of exercise and activity. You can help prevent loss of memory and other brain functions with regular exercises and activities that keep your brain engaged. Exercising the brain is as important as exercising any other area of the body.

Consider your brain a muscle, and find opportunities to flex it. Read, do crossword puzzles, play Scrabble, start a new hobby, learn to speak another language or learn something new. Anything that stimulates the brain to think is helpful. Also, watch less TV, which tends to shift your brain in to neutral.

Try exercises that encourage you to shake up your everyday routine to help strengthen, preserve, and grow brain cells. These fun exercises can be done anywhere, anytime and help you achieve a fit and flexible mind.

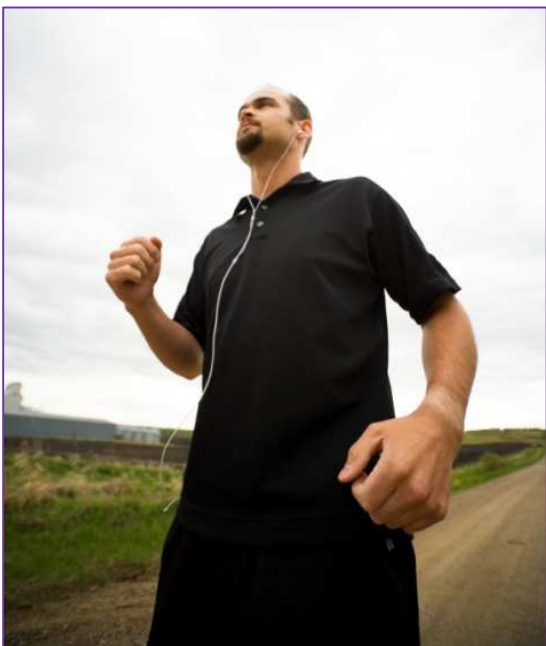
Break routines:

- Go to work using a new route
- Eat with your opposite hand
- Shop at a new grocery store
- Have breakfast at dinner



Anyone who stops learning is old, whether at twenty or eighty.
Anyone who keeps learning stays young. The greatest thing in life is to
keep your mind young.

- Henry Ford



Combine two senses:

- Listen to music and smell flowers
- Listen to the rain and tap your fingers
- Sing while you walk

Try to include one or more of your senses in an everyday task:

- Get dressed with your eyes closed
- Stand on one foot with your eyes closed
- Wash your hair with your eyes closed
- Pat your stomach with one hand and brush your hair with the other

What's Normal Aging?

				8			4
	8	4		1	6		
			5			1	
1	3	8				9	
6	8					4	3
		2			9	5	1
		7			2		
			7	8		2	6
2		3					

While engaging in simple brain exercises does not guarantee that a senior will never get Alzheimer's disease or other brain dysfunctions, simple brain exercises *do* appear to strengthen the brain's functioning.

Warning signs of dysfunctional aging are shown on the next page.

Get started now with some fun brain exercises that are included in this booklet beginning on page 29.



Warning Signs

At any age, we may worry that we aren't quite as "sharp" as we used to be; discover that which is normal forgetfulness and what might signal signs of dementia that should be investigated by the doctor.

Normal Aging	Warning Signs
Forget why you came into a room or what you were going to say.	It's hard to plan or complete everyday tasks like cooking meals or placing a call.
Sometimes have trouble finding the right word.	You forget simple words or use unusual words (that thing on the road instead of "car").
Occasionally lose track of what day of the week it is or where you are going.	You get lost in your neighborhood or forget where you are or how you got there.
Sometimes make questionable decisions.	You make inappropriate decisions like giving away large sums of money to strangers or wearing inappropriate clothing like a wool hat & scarf in summer.
Find it difficult to balance bank account or bills.	You forget what numbers are and how they are used.
Once in a while forget where you put your keys or important papers.	You put things away in strange places (the iron in the freezer).
Some days you feel moody or sad or not quite yourself.	Notice dramatic personality changes. Become overly dependent, suspicious, or easily confused.



See your physician if you or a loved one is experiencing any of these warning signs.

*Age is not a particularly interesting subject. Anyone can get old.
All you have to do is live long enough.*

—Groucho Marx

3. Making your Health a Priority

Managing Your Medicines – Taking Charge

Keeping track of your medicines is very important. You should make sure that they are stored properly, that they have not expired when you take them, and that prescriptions are refilled, all of which requires time and attention.

Also, taking many different medications at the same time is difficult. It can be hard to remember what each drug is for, when you should take it, and how you should take it. This is especially true for people with memory problems.

However, there are simple strategies you can use to help you manage your medicines wisely.



Keep a checklist of all the prescription and over-the-counter medications you take. For each medicine, mark the amount you take, the time of day you take it, and whether it should be taken with food. Store two copies of the list: one on the refrigerator door or where your medications are stored, and one in your wallet or purse.

Review your medicine record at every visit to the doctor and whenever your doctor prescribes new medicine. Your doctor may have new information about your medicines that might be important to you. Whenever possible, have your health care provider write

down advice and instructions for taking the medication. Keep this information handy.

Ask your pharmacist to provide your medicine in large, easy-to open containers with large-print labels. Keep medicines in their original containers, and never put more than one kind of medicine in the same container.

Ask your doctor or pharmacist and read the label to determine how a medication should be stored. Some medications must be stored in the refrigerator. Contrary to what you may think, your bathroom medicine cabinet is *not* a good place to store most medications due to the moist, warm conditions that can cause drugs to break down more quickly.

Don't stop taking a prescription drug unless your doctor says it is okay -- even if you are feeling better.

Get prescriptions refilled early enough so you won't run out of medicines. Running out could cause problems with your medicine dosage schedule. Check expiration dates frequently and discard any medicines that are out-of-date.

Keep all medicines out of the sight and reach of children and away from pets. If children are present, be extra cautious and write down the phone number of the nearest poison control center.



Your Pharmacist as a Resource

Finally, the pharmacist is a good source of information about your medicines. In addition to answering questions and helping you select non-prescription medications, your pharmacist keeps records of all the prescriptions you get filled at that drug store.



Because the pharmacist keeps these records, it is a smart idea to use the same drug store to fill all your prescriptions whenever possible.

Regular Health Screenings are Important -

Make an appointment for you *and* your loved ones for these recommended health screenings for your age group.

CommonHealth presents free health screenings periodically in your work place. It's a good place to start.

Immunizations – Many doctors recommend a flu shot each year for adults, especially those over 40 or with suppressed immune systems. Pneumonia vaccines may also be recommended for those over 50. Ask your doctor at each check up if she recommends any shots.

Remember that recommended health screenings may continue as you grow through the decades and new ones may be added. A handy checklist for these tests is shown below.

Aging seems to be the only available way to live a long life.

- Kitty O'Neill Collins

If you are in the 20-29 Age Group -

- Height and weight: every 3 years
- Blood pressure: at all appointments
- Cholesterol screening: at least every 5 years, more frequently if it is high
- Diabetes screening: every 3 years for those with risk factors or family history
- Chlamydia, STDs, HIV, and HPV screening: once a year for those sexually active up to age 26, and after for those at risk
- Pap test (cervical cancer screening) for women every 3 years.
- Glaucoma screening: every 3 - 5 years for those at high risk, at least once for those with no risk
- Melanoma screening: at least every 5 years, no more often than once a year for those at high risk



If you are in the 30-39 Age Group -

- Height and weight: every 3 years
- Blood pressure: at all appointments
- Cholesterol screening: every 3 years for those with risk factors
- Diabetes screening: every 3 years for those with risk factors or more often with family history
- Glaucoma screening: every 2 - 4 years
- Melanoma screening: at least every 5 years, no more often than once a year for those at high risk

If you are in the 40-49 Age Group -

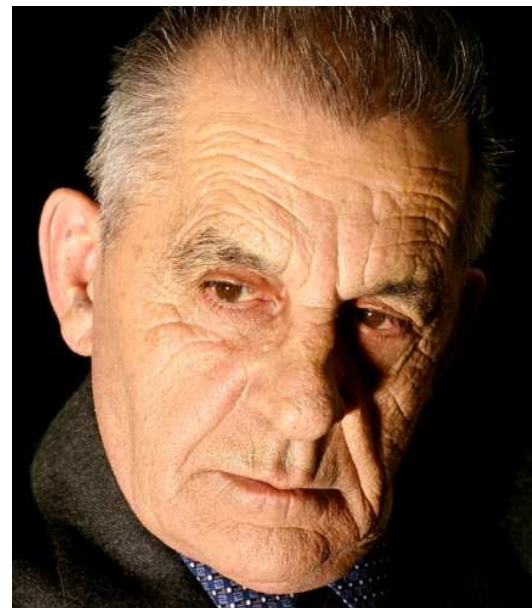
- Height and weight: every 3 years
- Blood pressure: at all appointments; at least once every 3 years, more frequently if higher than normal

If you are in the 40-49 Age Group (continued)

- Melanoma screening: at least every 5 years, no more often than once a year for those at high risk
- Cholesterol screening: every 3 years for those with risk factors
- Diabetes screening: every 3 years for all with risk factors over 45 years
- Colorectal cancer screening for those at high risk — colonoscopy every 10 years or fecal occult blood test (FOBT) every year and sigmoidoscopy every 5 years
- Prostate cancer screening: counseling for men at high risk
- Pap test (cervical cancer screening) every 3 years for women with a cervix.
- Women over age 40 should have a mammogram done every 1-2 years, depending on their risk factors, to check for breast cancer.

If you are in the 50-59 Age Group -

- Height and weight: every 3 years
- Blood pressure: at all appointments; at least once every 3 years, more frequently if high
- Melanoma screening: at least every 5 years, no more often than once a year for all at high risk
- Cholesterol screening: every 3 years for those with risk factors
- Diabetes screening: every 3 years
- Colorectal cancer screening: Colonoscopy every 10 years or fecal occult blood test (FOBT) every year and sigmoidoscopy every 5 years
- Men 50 and over - prostate cancer screening: counseling and possible prostate-specific antigen (PSA) and digital rectal exam
- Women over 50 should have a mammogram done every 1-2 years, depending on their risk factors, to check for breast cancer.
- Women over 50 should discuss with doctor about osteoporosis and bone density testing. If risk factors exist, it may be suggested every 2 years.



If you are in the 60 and older Age Group -

- Height and weight: every 3 years
- Blood pressure: at all appointments; at least once every 3 years, more frequently if high
- Melanoma screening: at least every 5 years, no more often than once a year if a high risk
- Cholesterol screening: every 3 years for those with risk factors
- Diabetes screening: every 3 years
- Colorectal cancer screening: Colonoscopy every 10 years or fecal occult blood test (FOBT) every year and sigmoidoscopy every 5 years
- Prostate cancer screening: counseling and possible prostate-specific antigen (PSA) and digital rectal exam
- Glaucoma screening: every 2-4 years up until age 65, then every 1-2 years
- Women age 60-74 should have a mammogram done every 2 years, depending on their risk factors, to check for breast cancer.
- Women over 60 should discuss with doctor about osteoporosis and bone density testing. If risk factors exist, it may be suggested every 2 years.
- Women 65 and older should ask their doctor about the frequency recommended for Pap tests.



COVACare and COVAConnect provide a free annual physical for plan members (no co-pay required). It may not cover all the tests ordered by your doctor but covers most commonly prescribed tests.

4. Eating Right

As we age, the benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times, and better management of chronic health problems. Eating well can also be the key to a positive outlook and staying emotionally balanced.

Foods to include in your daily diet



Fruits – Focus on whole fruits rather than juices for more fiber and vitamins. Break the apple and banana habit and go for color-rich pickings like berries or melons.

Veggies – Color is your credo in this category. Choose anti-oxidant rich dark leafy greens, such as kale, spinach, and broccoli as well as oranges and yellows, such as carrots, squash, and yams.

Calcium – Aging bone health depends on adequate calcium intake to prevent osteoporosis and bone fractures. Adults need at least 1,200 mg of calcium a day from low-fat milk, yogurt, or cheese.

Grains – Be smart with your carbohydrates and choose whole grains over processed white flour for more nutrients and a higher fiber count.

Protein – Aging adults need about 0.5 grams per pound of bodyweight. Simply divide your bodyweight in half to estimate how many grams you need. Vary your sources with more fish, beans, peas, nuts, seeds, and low-fat milk and cheese.

Forty is the old age of youth; fifty is the youth of old age. - Victor Hugo

Breakfast – Select high fiber breads and cereals, colorful fruit, and protein to fill you with energy for the day. Try an omelet with lean meat, peanut-butter on whole grain toast with a citrus salad, or old-fashioned



oatmeal.



Lunch – Eat a variety of whole-grain breads, lean protein, and fiber. Try a veggie quesadilla on a whole-wheat tortilla, veggie stew with whole-wheat noodles, or a salad with roasted peppers and mozzarella cheese.

Dinner – Try roasted veggies and a side of crusty brown bread and cheese, grilled salmon, or whole-wheat pasta with shrimp. Choose sweet potatoes over white potatoes and grilled meat instead of fried.



The aging process has you firmly in its grasp if you never get the urge to throw a snowball.

– Doug Larson

Snacks – Choose high-fiber snacks like almonds and raisins instead of chips, and fruit instead of sweets. Include yogurt, cottage cheese, apples with peanut butter, or veggies with hummus.



A diplomat is a man who always remembers a woman's birthday
but never remembers her age.

–Robert Frost

5. Tobacco and Aging - Quit for Life™

The use of tobacco products can have not only a negative impact on your overall health; it can dramatically speed up the aging process of your skin. So if you need another reason to motivate you to quit, add premature wrinkles to the list.

Smoking and smokeless tobacco can harm nearly every organ of your body and cause a long list of diseases including cancer, heart diseases and lung diseases.

Fortunately, people who stop smoking and dipping greatly reduce their risk for disease and premature death.

Although the health benefits are greater for people who stop at earlier ages, **tobacco cessation is beneficial at all ages.**



Call 1-866-QUIT-4-LIFE (1-866-784-8454) today for more details or visit www.commonhealth.virginia.gov/quitforlife.htm

Some people feel that they have used tobacco for too long to benefit from quitting. Others feel they haven't used long enough to be at risk. No matter how long you have smoked or dipped, *you will be healthier, starting from the minute you quit.*

The secret of genius is to carry the spirit of the child into old age,
which means never losing your enthusiasm. —Aldous Huxley

Positive Changes from Tobacco Cessation

If your last cigarette was:	These are some of the changes you may experience:
20 minutes ago	Heart rate drops to normal
12 hours ago	Carbon monoxide level in bloodstream drops to normal
2 weeks to 3 months ago	Heart attack risk begins to drop and lung function begins to improve
1 to 9 months ago	Coughing and shortness of breath decrease
1 year ago	Added risk of coronary heart disease is half that of a smoker
5 to 15 years ago	Stroke risk is reduced to that of a non-smoker
10 years ago	Lung cancer death rate is about half that of a smoker's; risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
15 years ago	Risk of coronary heart disease is now as low as that of a non-smoker

6. Expanding Your Personal Community

Did you know that you can reduce your mental age from 2 to 8 years just by having weekly contact with family and old or new friends?

Perhaps one of the greatest challenges of aging is how your support network changes. Staying connected can be very difficult as you grow older—even for those who have always had an active social life.

Retirement, illness, death, and moves can take away close friends and family members. And the older you get, the more people you lose. To make matters worse, getting around may become increasingly difficult.



Loneliness and isolation are major threats to aging well. Having people you can turn to for company and support is a buffer against depression, disability, hardship, and loss. As a mature adult, the two things that may have brought the greatest joy—children and/or career—are no longer as prevalent in your everyday life. So it's important to find ways to reach out and connect to others.

The need for intimacy is ageless. Personal relationships with your spouse or a new life partner often take on a greater significance, and intimacy can be an important way of connecting as you age. The power of touch is a basic need of us all. But it becomes more important as we age. We can share this power daily with hug from a friend, a pat on a shoulder from a neighbor or cuddling with a pet.

The good news is that there are lots of ways to be with other people. It doesn't matter what you do, so long as you get out of the house (if possible) and socialize.



Later life can be a time of exciting new friends and connections if you let it. Having a network of close friends and/or family members can help prevent aging and help you become more resilient from the excessive stresses in life. After all, it doesn't matter what you do, as long as you stay active, you get out of the house regularly (if possible), be with others face to face and socialize.

Connect weekly with friends and family. Spend time with people you enjoy and who make you feel upbeat. It may be a neighbor who you like to walk with, a lunch date with a friend, or shopping with your children. Even if you are not close by, call or email frequently.

Make an effort to make new friends. As you lose people in your circle, it is vital to make new connections so your circle doesn't dwindle. Make it a point to befriend people who are younger than you.

Spend time with at least one person every day. You shouldn't be alone day after day. Phone or email contact is not a replacement for face-to-face contact, which helps you ward off depression and keep a positive attitude. **Find support groups in times of change.** If you or a loved one is coping with a chronic illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges.

Consider moving to an adult (55+) community that can help you as you age.

These communities have amenities and activities geared toward active adults and can help you still feel independent while staying connected.



Keep in touch – literally. Keep up the intimacy if you are still in a long term relationship with a spouse/partner or just hug a friend, cuddle with a pet or grandbaby.

Become a lifelong learner. Taking classes at a local college, technical school or community center keeps you connected and socially and intellectually engaged.

Find a way to share a good laugh once a day. Laughing is a whole body stress reducer and immune system booster. It can reduce your chronological age by up to 8 years.

Comics anyone?



*catcher's mitt on
back.*

- Maya Angelou

7. Finding Meaning and Joy

Healthy aging means finding activities that you enjoy

Everyone has different ways of experiencing meaning and joy, and the activities you enjoy may change over time. If you're not sure where to get started, try some of the following suggestions:

- Pick up a long-neglected hobby
- Play with your grandchildren or a favorite pet
- Learn something new (an instrument, a foreign language, a new game)
- Get involved in your community (volunteer or attend a local event)
- Take a class or join a club (art class, book club, exercise class)
- Spend time in nature (take a walk, go fishing, enjoy a scenic view)
- Enjoy the arts (visit a museum, go to a concert or a play)
- Go to the theater or a sporting event
- Travel with a group
- Go dancing
- Get a part-time job
- Watch a comedy video



Live and Laugh!

Try to do whatever you can to enjoy life and laugh. Laughter is strong medicine for both the body and the mind. It helps you stay balanced, energetic, joyful, and healthy. A sense of humor helps you get through tough times, look outside yourself, laugh at the absurdities of life, and transcend difficulties.

8. Changing Roles of Caregivers

Many of the Commonwealth's employees are caring for an aging parent or find themselves squeezed between their own young children and the needs of their elders. Some may be the primary caregivers for their grandchildren or people with disabilities. Whatever the situation, the role of caregiver can be a challenging one.

The demands of caregiving can be overwhelming, especially if you feel



you have little control over the situation or that you're in over your head financially. Fatigue, frustration, and stress from care giving can cause health problems, a strain on your other relationships, and eventually lead to the physical, emotional, and mental exhaustion that defines burnout.

If you're caring for a family member, it's essential that you get the support you need before burnout occurs. The good news is that you're not alone. There is help for caregivers available and ways for you to regain balance in your life.

Be aware of these common signs of caregiver burnout and take steps to improve the circumstances. You are just as valuable as the person for whom you are providing care.

Warning signs of caregiver burnout:

- You have much less energy than before
- It seems like you catch every cold or flu that's going around
- You're constantly exhausted, even after sleeping or taking a break
- You neglect your own needs, either because you're too busy or you don't care anymore
- Your life revolves around care giving, but it gives you little satisfaction

- You have trouble relaxing, even when help is available
- You're increasingly impatient and irritable with the person you're caring for
- You feel overwhelmed, helpless, and hopeless



The onset of symptoms of dementia can begin as early as in one's forties. Handling the frustration that often goes with being the caregiver for a loved one with dementia or Alzheimer's can be very difficult. Remember that there will be good days as well as those that are not so good. People with Alzheimer's can be very happy watching an old video or singing along with songs from when they were in their twenties and thirties. It is unrealistic to

expect a person with dementia to want to do the things they used to love doing.

Spend time with your loved one when dementia is in the early stages – you can make new memories for yourself even when the older person is having trouble remembering events.

Looking at a scrapbook or photo album with family members' pictures can be a great activity – even if it is “new” each time for your elder relative.

Many of the habits and activities that help you to be your best that we have discussed in this booklet lend themselves



directly to improving the care giving experience. Taking care of yourself is always top priority as it will allow you to give more to the family and friends who value you and for you to gain more enjoyment from your life. Bring your life into balance and reap the rewards!

Caregiver's Bill of Rights

I have the right...

1. To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my relative.
2. To seek help from others even though my relatives may object. I recognize the limits of my own endurance and strength.
3. To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.
4. To get angry, be depressed, and express other difficult feelings occasionally.
5. To reject any attempts by my relative (either conscious or unconscious) to manipulate me through guilt, and/or depression.
6. To receive consideration, affection, forgiveness, and acceptance for what I do from my loved one for as long as I offer these quality in return.
7. To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.
8. To protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.
9. To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

If you are a caregiver, post this where you can read it every day--- *From Care giving: Helping an Aging Loved One by Jo Horne, AARP Books, 1985*

9. Exercising Your Brain

Try these Riddles and Brainteasers - Answers begin on page 34

#1

I have no voice, yet I speak to you;

I tell of all things in the world that people do.

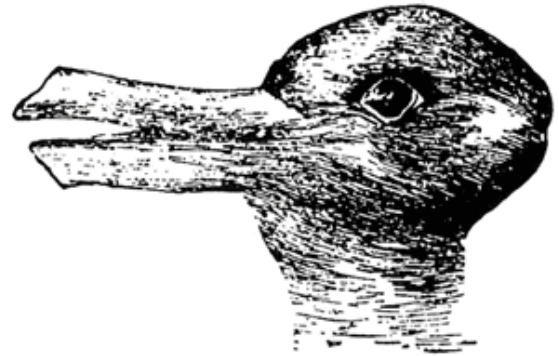
I have leaves, but I am not a tree.

I have a spine and hinges, but I am not a man or a door; I have told you all,
I cannot tell you more.

What am I?

#2

Can you see both the duck and the bunny in this ambiguous drawing?



#3

Unscramble the words below, then take the letters from each word as instructed to form another word that is the answer to this teaser:

LIUQA Take letters 1 & 2

PDIET Take letters 1, 2 & 4

ETRSO Take letters 1 & 4

DONU Take letters 1 & 4

Unscramble the letters you collected... what do you get?

#4

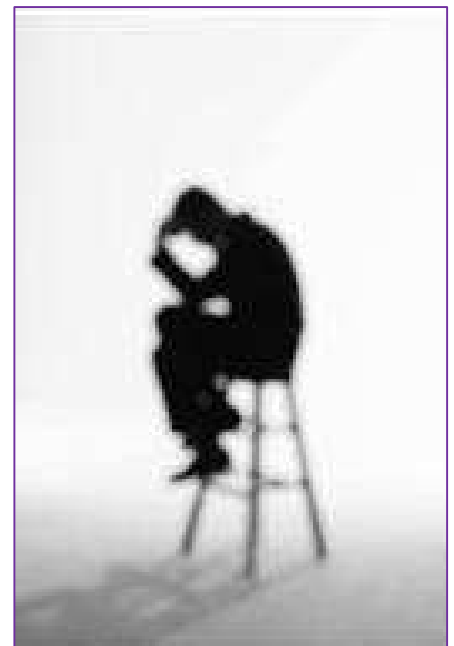
Is it a man or is it a woman?



#5

There are so many words. If you take the letters found in the word **VALENTINES**, using the clues below, can you figure out the words that can be made?

1. A number between 8 and 10
2. Falls from trees
3. An indigenous person
4. To express anger, or a heating duct opening
5. A person who stands watch and/or is watching
6. Necessary to existence or well-being of something
7. A type of beverage served in a pub
8. Agreeably tolerant or permissive
9. Lacking noise
10. Foreign language
11. Goes away, or items that fall from trees and need raking
12. Opposite of odd



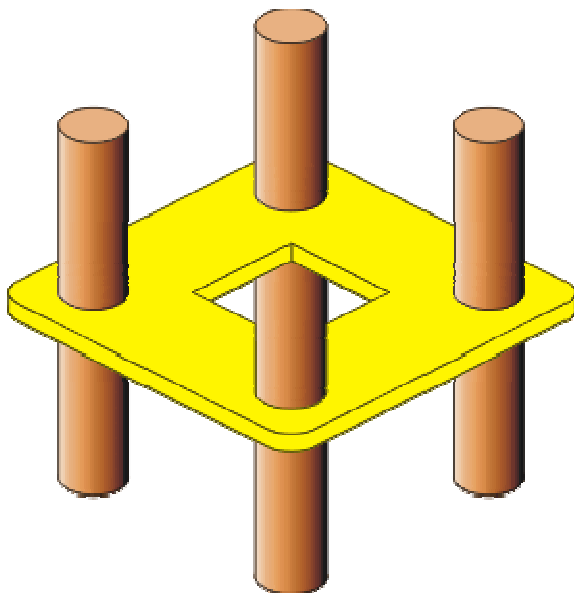
12x12 Sudoku

Instructions: Solve the 12x12 Sudoku so the letters A to L appear once in each row, column and each 4x3 box.

	D	G		H	L	C	K		J		
H				F	J		A	G			D
						G	I				L
	L							J		H	
	E			G		A	D	L	F		B
		B			K				D		I
J		H				I			A		
E		A	I	D	H		F			G	
	G		F							K	
G				C	A						
A			K	I		D	G				C
		C		J	B	E	H		G	I	

Puzzle by websudoku.com

The solution is available on the CommonHealth website.
www.CommonHealth.Virginia.gov



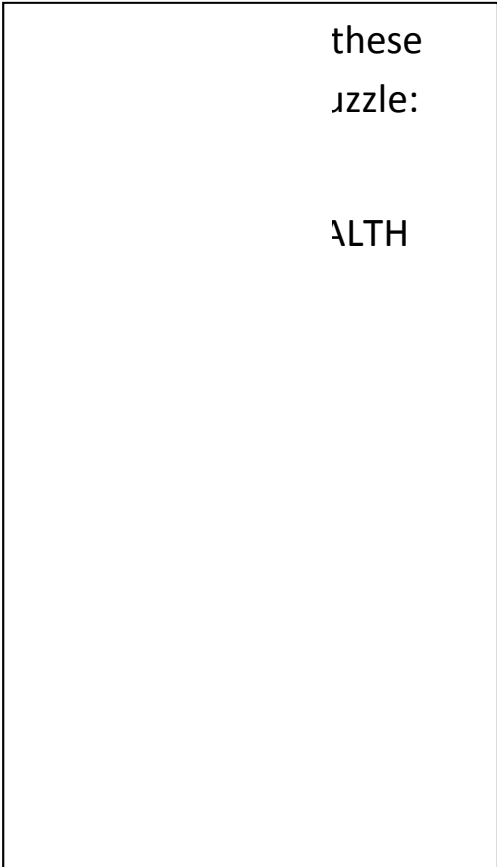
The Eye versus the Brain

This object looks to be assembled of three rods and one frame.

Try to figure out how to make it.

Do you think you will be successful?

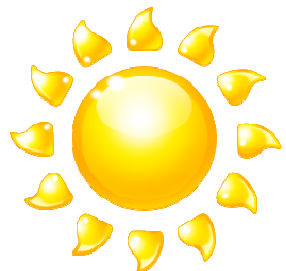
W H X K E V O M C N
 C E Y L E E C N A D
 O A G R A Y X Q T R
 M L G A P U Q V O H
 M T J M T T G R B A
 O H J R F R Q H A P
 N Z Y D V O U M C P
 M E M O R Y I D C Y
 Z P G I N G T P O I
 W A L K I N G S I B



these
 jzzle:
 ALTH

After that time,
 ☺

Good luck!



Additional Resources for Growing Younger

Excerpts from “The Art of Aging Gracefully”

Experts say the keys to successful aging include accepting changes and finding meaningful activities.

By Katherine Kam - Reviewed by Louise Chang, MD

In Nora Ephron's best-selling book, *I Feel Bad About My Neck*, she laments the sorry state of her 60-something neck: "Our faces are lies and our necks are the truth. You have to cut open a redwood tree to see how old it is, but you wouldn't have to if it had a neck," she writes.

"Every so often I read a book about age, and whoever's writing it says it's great to be old. It's great to be wise and sage and mellow; it's great to be at the point where you understand just what matters in life. I can't stand people who say things like this. What can they be thinking? Don't they have necks?"

With rueful humor, she writes about smoothing her face with Restylane and Botox, reading in large type, and grieving the deaths of beloved friends. Ultimately, Ephron concludes, "The honest truth is that it's sad to be over sixty."

Yes, getting older is rife with emotional landmines, gerontologists say, including fears of losing one's independence or getting a serious illness. Aging gracefully isn't always easy, but attitude matters a lot, experts say.

The Old Are Survivors

It's true that aging brings hardships, but remember that the old are survivors -- a select group.

Wisdom, resilience and a mature perspective are often cited as the hard-won prizes of aging. But growing old in itself is an accomplishment.

Answers to Some of the Riddles and Brainteasers

- (1) A book
- (2) The duck's bill is the bunny's ears. This was first used by a psychologist named Joseph Jastrow in the early 1900s.

- (3) LIUQA Take letters 1 & 2 - QUAIL, take Q,U
PDIET Take letters 1,2 & 4 - TEPID, take T,E,I
ETRSO Take letters 1 & 4 - STORE, take S,R
DONU Take letters 1 & 4 - UNDO, take U,O
Unscramble the above to get 'Turquoise'.

Turquoise is a beautiful blue gemstone known since ancient times for its beauty. Through today, it is believed to bring wealth to one who wears it. In some cultures, it is known to act as a talisman to avoid any untoward accidents or dangers in life.

- (4) Depending on how you look at this image, you may see a portrait of a woman, or a silhouette of a man playing a saxophone.

(5)

1. NINE

2. LEAVES

3. NATIVE

4. VENT

5. SENTINEL

6. VITAL

7. ALE

8. LENIENT

9. SILENT

10. LATIN

11. LEAVES

12. EVEN

Want to know more? Check the resources on the next few pages.

Resources used in this booklet

CommonHealth Website: www.commonhealth.virginia.gov

State Employee Health Benefits:

<http://www.dhrm.virginia.gov/hbenefits/employeestoc.html>

Value Options Employee Assistance Program:

<http://www.dhrm.virginia.gov/genlbenefits/employeeassistance.html>

Healthy Aging:

http://www.helpguide.org/life/healthy_aging_seniors_aging_well.htm

<http://www.seniornavigator.org/virgininavigator/DetailSN.aspx?contentId=30199&.f=1>

NIH: National Institute on Aging:

<http://www.fitbrains.com> <http://www.lumosity.com>

<http://games.aarp.org>

Centers for Disease Control and Prevention:

http://www.helpguide.org/life/healthy_aging_seniors_aging_well.htm

<http://www.seniornavigator.org/virgininavigator/Detail>

Aging Gracefully (an excerpt is included): Katherine Kam was a journalist in California who wrote for WebMD, the *New York Times*, *Washington Post*, *Los Angeles Times*, *San Francisco Chronicle*, and Time Inc. publications. Ms. Kam died in July 2011.

Tips for Healthy Aging Seniors:

<http://EzineArticles.com/6458541> http://www.helpguide.org/life/healthy_aging_seniors_aging_well.htm

From AARP:

http://pubs.aarp.org/aarpbulletin/201205_DC?folio=16#pg20

Aging and Sexuality:

http://www.helpguide.org/elder/sexuality_aging.htm

Health Check-ups by the decades:

Women age 18-39:

<http://www.nlm.nih.gov/medlineplus/ency/article/007462.htm>

Women age 40-64:

<http://www.nlm.nih.gov/medlineplus/ency/article/007467.htm>

Women over 65:

<http://www.nlm.nih.gov/medlineplus/ency/article/007463.htm>

Men age 18-39:

<http://www.nlm.nih.gov/medlineplus/ency/article/007464.htm>

Men age 40-64:

<http://www.nlm.nih.gov/medlineplus/ency/article/007465.htm>

Men over 65:

<http://www.nlm.nih.gov/medlineplus/ency/article/007466.htm>

Seniors' health:

<http://www.nlm.nih.gov/medlineplus/seniorshealth.html#cat11>

Women's Health ages 20 – 65: <http://www.womenshealth.gov>

Aging – What to expect as you get older:

<http://www.mayoclinic.com/print/aging/HA00040/METHOD=print>

The medicine cabinet: Medicines – use them safely:

<http://www.nia.nih.gov/health/publication/medicines-use-them-safely>

<http://www.healthfinder.gov/prevention/PrintTopic.aspx?topicId=69>

A guide to aging, medicines and alcohol:

<http://store.samhsa.gov/shin/content//SMA04-3940/SMA04-3940.pdf>

Drugs and supplements:

<http://www.nlm.nih.gov/medlineplus/druginformation.html>

<http://www.nlm.nih.gov/medlineplus/medicines.html>

How to create a medicine list:

<http://www.ahrq.gov/qual/pillcard/pillcard.htm>

Your medicine; be smart, be safe (includes blank medicine list):

<http://www.ahrq.gov/consumer/safemeds/yourmeds.pdf>

http://nihseniorhealth.gov/taking_medicines/managing_your_medicines/01.html

Talking to your pharmacist:

<http://www.drweil.com/drw/u/PAG00083/Aging-Gracefully-with-Dr-Weil.html>

On being a caregiver:

<http://www.easyaccess.virginia.gov/caregiversupport.shtml>

<http://www.virgini navigator.org/sn/DetailSN.aspx?.m=g&.f=90>

http://www.caregiving.org/pdf/coalitions/VA_Grandparents.pdf

http://www.helpguide.org/elder/caring_for_caregivers.htm

<http://www.dshs.wa.gov/pdf/Publications/22-277.pdf>

<http://www.aarp.org/>

http://www.caregiving.org/pdf/coalitions/VA_Grandparents.pdf

Dr. Andrew Weil, an expert on aging gracefully, has an extensive website with all of these topics.

Alzheimer's Disease Prevention - To help prevent the form of dementia known as Alzheimer's Disease, this article will help you.

Anti-Inflammatory Diet Tips - The Anti-Inflammatory Diet isn't complicated and can be simple to stick with - use these guidelines to get started.

Dementia - Dementia is a progressive decline in mental ability, affecting memory, thinking, judgment, attention span and learning. Although dementia usually develops after the age of 60, it is not a natural part of aging.

Four Healthy Behaviors Add 14 Years - Adding four healthy habits can add 14 years to the average lifespan, according to a new British study.

How To Live To Be 100 - Senior Health - Americans who reach 100 years of age share certain habits that we would probably all do well to emulate - including some that may surprise you.

The Eyes of Dr. Weil - Check in with Dr. Weil on some eye-health tips, including his own regimen.

<http://www.drweil.com/drw/u/PAG00083/Aging-Gracefully-with-Dr-Weil.html>

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