

THE RICH YEARS

NEWS OF RICH TOWNSHIP SENIOR CENTER

May/June 2021

All in person programs and activities are temporarily suspended during the pandemic. However, Senior Center staff are on duty every day to answer your questions, and would love to hear from you!

Be Safe, see you soon.

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Questions? Contact our center at 708-748-5454



Paying Attention to Fall Prevention

Recently, a friend and Township resident told me that they had suffered a fall in their home. Though she was feeling better, she informed me that the assessment as to whether she would need surgery was still being made. A few years back, she had to have major surgery to a hip, due to a fall. Someone else I know suffered a fall from activities related to something she was doing with her pet dog. The consequence of a fall as we get older can be very serious. All of us have to be very cognizant of fall risks; an all too often consequence of the natural process of aging. The preponderance of falls occur in the home, according to medical professionals. So, the importance of being in our homes more during the COVID-19 pandemic means that we just have to be a bit more careful during our day-to-day activities.

According to the Centers for Disease Control and Prevention (CDC), more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again. Here are some startling facts about the severity and fiscal impacts of falls:

One out of five falls causes a serious injury such as broken bones or a head injury

- Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture

- More than 95% of hip fractures are caused by falling, usually by falling sideways

In 2015, the total medical costs for falls totaled more than \$50 billion. Medicare and Medicaid shouldered 75% of these costs.

Research has identified many risk factors that can be changed or modified to help prevent falls, including:

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants; even some over-the-counter medicines can affect balance and how steady you are on your feet
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as
 - broken or uneven steps, and
 - throw rugs or clutter that can be tripped over.

Falls can be prevented. These are some simple things you can do to keep yourself from falling:

- Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do.
 - Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the counter medicines.
 - Ask your doctor or healthcare provider about taking vitamin D supplements.
Do exercises that make your legs stronger and improve your balance.
Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.
If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.
Get rid of things you could trip over.
 - Add grab bars inside and outside your tub or shower and next to the toilet.
 - Put railings on both sides of stairs.
- Make sure your home has lots of light by adding more or brighter light bulbs.

While continuing to stay safe by following the COVID-19 protocols; wearing our masks, washing our hands, social distancing, let's make sure we reduce our fall risk factors with these simple steps.

Sincerely,
Al Riley, AICP
Rich Township Supervisor

Beat the Heat: 8 Summer Safety Tips for Seniors

- 1. KEEP HYDRATED.** Seniors are more prone to dehydrations because they are unable to conserve as much water as they could when they were younger.
- 2. STAY COOL.** High temperatures can be life threatening, especially for seniors.
- 3. DRESS APPROPRIATELY.** A senior's wardrobe should be full of light colored, loose fitting clothing. Choose cotton and other natural fabrics.
- 4. WEAR SUNSCREEN.** Apply a sunscreen of SPF 30 or higher 15-30 minutes before sun exposure.
- 5. PRESERVE YOUR VISION.** Sun exposure can cause vision damage. Wear sunglasses.
- 6. AVOID SUN DURING PEAK HOURS.** Plan outdoor activities before 10am or later after 4pm.
- 7. WATCH FOR HEAT STROKE.** Heat stroke is a life threatening condition. Signs of heat stroke include high body temperature, dizziness, headache, confusion, and nausea. Seek help asap.
- 8. USE BUG SPRAY.** The elderly are more susceptible to West Nile virus. Use bug spray as needed.



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Rich Township, Park Forest, IL

A 4C 01-2028

Mediterranean Couscous Salad



- 2 cups Couscous cooked
- 4 oz. Feta cheese
- 1/2 cup Olives
- 1 Cucumber chopped
- 1 cup Cherry tomatoes. Halved
- 1/2 cup Pepperoncinis (optional)
- 1/2 small red onion, thinly sliced
- 1/4 cup Fresh Parsley

Mediterranean Salad Dressing

- 1/4 cup Olive Oil
- 1/4 cup Red Wine Vinegar
- 1 tbsp. Fresh Oregano
- 1 Lemon zest & juice
- 3 Garlic Cloves, minced
- 1/4 tsp Pepper
- 1/2 tsp Salt

Delicious

Toss the couscous in warm water after cooking (drain any water) to separate and toss in a bowl with all the other ingredients. Drizzle with dressing and toss to combine.

Easy Summer Sangria (non-alcoholic)



- Fresh Lemon, Lime, Orange slices
- Pineapple chunks, Grapes, Key Lime
- Cranberries (optional)
- 2 cups Cranberry juice
- 2 cups Grape juice
- 1 cup Orange juice
- 1/2 cup Lemon juice
- 4 cups Sparkling mineral water OR
- Lemon Lime soda

Mix in large pitcher fruit and juices
Stir Well

Refrigerate until ready to use.

Just before serving, add sparkling water or
Lemon Lime soda.

* For a less sweeter drink use Sparkling
Water.



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For more information call (708) 228-5032. Please leave your name and phone number.

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Inspirational Thoughts



THINK HAPPY
THOUGHTS AND
GOOD THINGS
WILL HAPPEN



TODAY
WILL NEVER COME AGAIN.

Be a blessing.

Be a friend.

Encourage someone.

Take Time To Care.

Let your words heal,
and not wound.

**EVERY DAY
MAY NOT BE
GOOD...
BUT THERE IS
SOMETHING
GOOD IN
EVERY DAY.**

SMILE

Make new friends
but keep the old.
One is silver,
the other is **GOLD.**

You can
LEARN,
something new
EVERYDAY
If you
LISTEN

If you *Believe*
In yourself
Anything
Is possible

Robert Bowen has had a 2nd knee surgery and is continuing his therapy. He is doing well. Misses coming to senior center and visiting everyone at lunchtime.

Joyce Ebster is practicing chair yoga thru the Library on line. She has learned how to make Hummingbird nectar. She is tired of being home.

Robert Beck is doing very well. He has stayed in touch with some of the Flexercise people and said he can't wait until the senior center opens up.

Penny Chamberlain has had some major home repairs to take care of. She is working hard on her Jigsaw puzzles. She has been bird watching from her own back yard and likes to feed the birds.

Leo Brant likes to take long walks to places that are open. Appreciates Jolly Trolley when needed.

Roy Dillard would like to get more golf in as soon as the weather is warmer. He said it's been ruff now that his lovely wife Bonita is in a nursing home. He supports our Township.

Cathy Gallus likes to help St. Vincent DePaul deliver groceries to home bound people. She also deliveries hot meals to needy families. Cathy helps her neighbors as much as possible. She is also a Meals on Wheels volunteer at our Senior Center.

Veda Hunt started sewing again and has been busy making hook rugs. She is also staying busy with cleaning like heck in her house. Veda can't wait until the senior center opens again.

Betty Jenkins keeps up her exercising by walking around her house. Betty also does many of the exercises that she learned at the senior center. She is reading and coloring a lot too.

Loralie Swan has been busy watching her grandson to help her daughter while working. She is also busy with delivering hot meals to needy families thru her church. She also helps neighbors with needs.

Sharon LeBeau has been exercising at home to stay in shape. Sharon takes long drives to get out of the house. She also misses everyone at the senior center.

Patricia Gautney has been staying in touch with some of the other patrons at the senior center. They talk on the phone. She misses the activities and lunch program at the senior center.

Barb Mazzuckelli goes out and takes 1 hour walks everyday when weather permits. Barb goes to church every week. She misses the socializing with friends at the senior center.

INDOOR GARDING



The 5 Things Plants Need To Grow

- **Light.** Plants use light as energy to turn water, carbon dioxide and nutrients into the sugar that they can eat, a process known as photosynthesis. When they have low levels of light, they can be starved because there is no energy for them to make their own food.
- **Water.** Needed to perform photosynthesis and enables the plant to draw nutrients from the ground. Water also provides necessary humidity around the plants.
- **Carbon Dioxide.** Plants breathe in the carbon dioxide in the air around them to use for the photosynthesis process.
- **Growing Medium.** Most commonly soil, plants need something to dig their roots into so they can hold themselves upright and draw upon nutrients from the growing medium.
- **Nutrients.** Just like humans need nutrients for good health, plants require nutrients which provide a variety of functions such as aiding photosynthesis or helping them build a strong root system. All plants require different levels of nitrogen, potassium and phosphorus to live.

What foods to grow indoors.

Lettuce is one of the vegetables that will grow with less than 6 hrs. of sunlight daily.

Greens like lettuce can take less sun also. Try arugula, mustard greens, chicory and spinach.

Herbs like cilantro, chives, parsley, dill, oregano, thyme, mint, rosemary, lavender.

Green Onions can be grown indoors from seed, but easy to regrow from root ends.

Microgreens are just baby greens, the tiny leafy, nutrient filled seedlings before the plants grow to full size. Peas, radishes, beets, carrots, broccoli, sunflowers, etc.



Internet programs for Seniors

Google or Bing: type on search line

www.silversneakers.com

www.seniorfitness.com

eldergym.com

7 minute yoga for seniors

free yoga for seniors

10 minute morning stretches for seniors

HASFIT 20 minute workout for seniors

easy stretching exercises for seniors

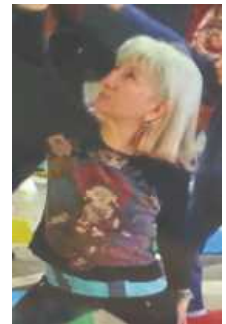


Eileen Olsen, our amazing and popular **Yoga teacher**, offers Zoom classes on Mondays and Wednesdays at 10 am. There are weights and stretch bands used during the session, but cans of soup and a scarf can be substituted.

She also teaches Pilates on Thursdays at Noon, that is a more strenuous class, so don't go outside of your comfort zone.

If you are interested call 708-748-5454 and ask for Diane for the Zoom code and password.

Stay healthy.



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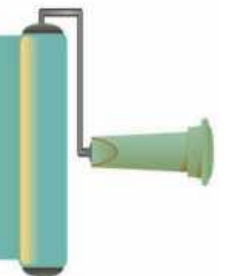
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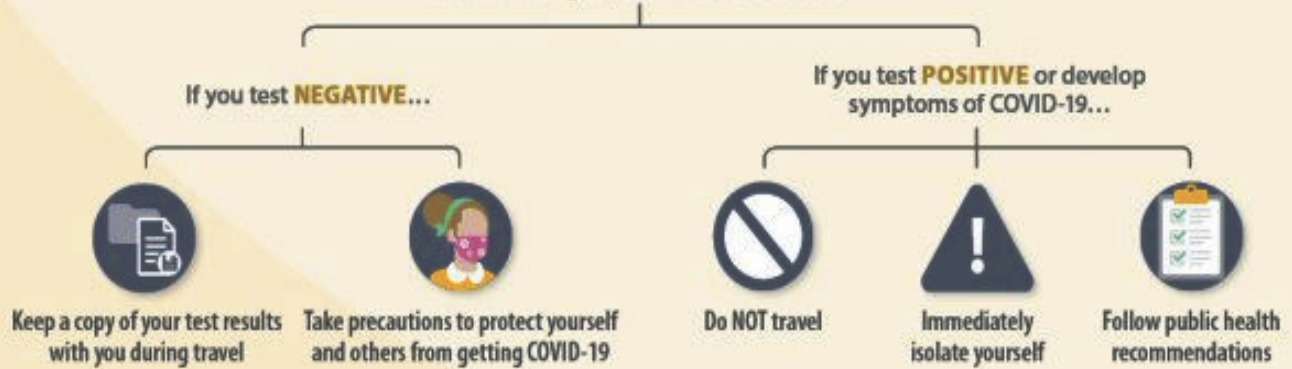
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Get tested **no more than 3 days before** you travel.
Postpone travel if you are waiting for test results.
Watch for symptoms of COVID-19.



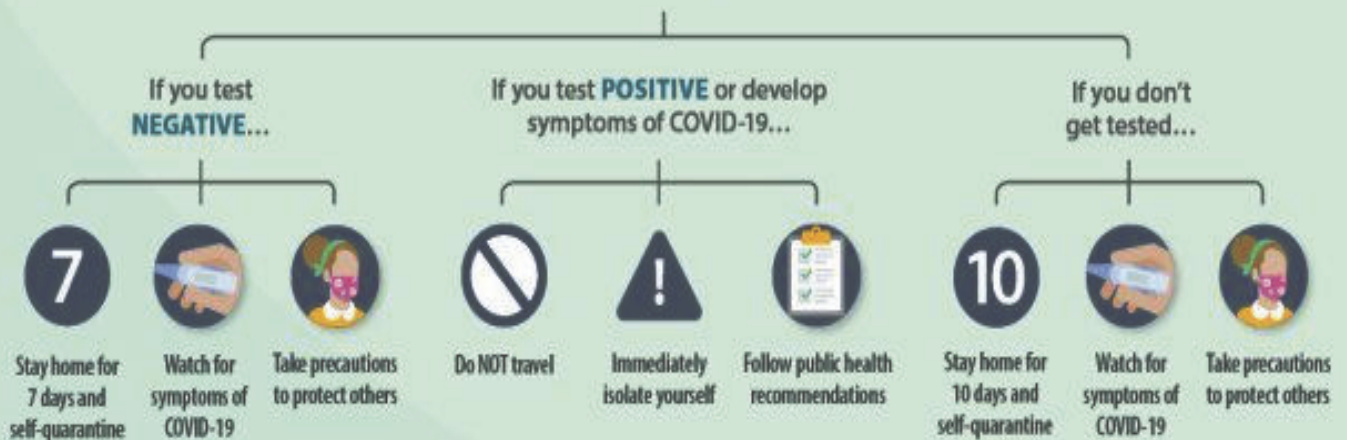
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If you fly to the US from a foreign country, you **must** provide a negative COVID-19 test result or documentation of recovery from COVID-19 before boarding your flight.

www.cdc.gov/covid19travel

COVID-19: TESTING AFTER TRAVEL

Get tested **3-5 days after** you travel.



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If you fly to the US from a foreign country, you **must** provide a negative COVID-19 test result or documentation of recovery from COVID-19 before boarding your flight.

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Walking Benefits

Daily walking increases metabolism by burning extra calories and by preventing muscle loss, which is particularly important as we get older. Walking reduces stress, cheers you up and increases self-esteem. Walking is also one of the best exercises for losing weight.

Regular walking lowers blood pressure, improves sleep and energizes you. Walking also strengthens your heart. Like all forms of exercises, walking encourages your brain to release endorphins—a neurochemical that boosts your mental health, decreases your sensitivity to stress and pain. You can't help but feel proud of yourself when you conquer your daily goal.



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May / June 2021 Issue

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