

Are YOU Chronically Cluttered?

The most important part of getting organized is not doing the sorting and cleaning – it’s finding the motivation to do the clearing and sorting. Without motivation, organizing seems to be a pointless and unpleasant chore.

Before you start organizing think about how it will help you achieve something that matters deeply to you. Will living in an organized home make you feel better and happier? Will it make you more efficient by eliminating time wasted looking for something? If the answers are yes then you are ready to begin.

You say, “I don’t have time, I’m too busy.” Try these:

- Target a specific task for each day.
- Set a timer and work only for that time.
- Play music. This can give you a boost.
- Talk to yourself. Say “I hate doing this, but I know that if I do this, I’ll be clutter-free.”
- Get a buddy to help.



Even taking 15 minutes each day can help you get rid of that clutter and you will have a much more efficient home or apartment.

Muscle and Bone Strength

Strength training is essential to muscle and bone strength. It improves just about every measure of health including the ability to stay active and independent. People that have weak muscles don’t have enough strength to work the cardiovascular system.



With strength training you need to spend only about 20 minutes twice a week. Using barbells brings additional muscle groups into play. Weight machines allow you to lift in a more controlled manner. There is less stress on the joints and are better for older or less fit adults.

When you start strength training it will make your muscles more efficient. While walking and aerobic exercise is important, strength training is the key to good muscle and bone strength.

2010-11 MRSPA CONSUMER EDUCATION COMMITTEE

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Brain Boosters

Chewing Gum - If you chew gum it increases the blood flow to the brain. Chew it when you are stressed or have challenging mental work to do. Remember sugarless is best.

Frozen Berries - Raspberries, blueberries and strawberries are among the best sources of brain-protecting antioxidants. Frozen berries contain more antioxidants than fresh berries because they are picked and processed at the peak of ripeness. Eat one and a half cup of berries two to three times a week. Darker berries contain more antioxidants.



Turmeric - This is one of the most potent anti-inflammatory spices. It can cause significant drop in *C-reactive protein* a substance that indicates inflammation in the brain and other tissues. Add one-quarter teaspoon to recipes several times a week.

Hazelnuts - They contain the highest concentration of folate of all the tree nuts. Low levels of folate have been associated with poor cognition and depression. Eat a handful of hazelnuts several times a week.

Cilantro - This is also known as coriander. It has been shown to reduce stress. Stress has been linked to a speeding up of the aging process of the brain. One tablespoon several times a week can be used in salsa, guacamole, chili, stews and soups.

Don't Forget Fish - A study of 3660 adults age 65 and older found that those who ate omega 3-rich fish three times a week or more were 25% less likely to have *infarcts*, blockages in blood vessels that can cause dementia.

Visiting a Dying Friend

It is most difficult to visit a dying friend, but the friend needs you more than ever during this time. What do you talk about? For the most part the friend wants to hear what's happening in your life and the community. They sometimes like to tell you about the things they should have done or wish that they could have done. As a visitor one of the best things that you can do is to be a listener. Let the friend tell his/her stories and react normally. It's all right to laugh a bit. Never dwell on the friend's illness and don't tell them they will be fine. They know what's coming. Don't make long visits. Short frequent ones are better, many become tired quickly and easily. Save your tears for a time when you are away from your friend.

Believe IT or Not!

Getting divorced makes you look older. It adds 1.7 years to your face.

Smoking tacks on 2.5 years for every decade you smoke.

30 extra hours of sun exposure per week can make you appear two years older by age 40.

A widow or widower appears about two years younger,

This is according to Barbara Guyuron, MD, chair, department of plastic surgery, University Hospitals, Case Western University, Cleveland.