

SENIOR NUGGET - AUGUST 2013

ELDER ABUSE can be:

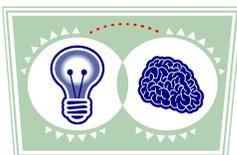
- Physical
- Financial
- Neglect
- Verbal
- Emotional (mental)
- Sexual
- Psychological

Elders who are abused are twice as likely to be hospitalized, four times as likely to go into a nursing facility, and three times as likely to die.

Elder Abuse can be prevented! HOW? If everyone would learn the warning signs and call Adult Protective Services or the police if they suspect it is happening. DID YOU KNOW ... most Elder Abuse is done by a family member?

BOOSTING MEMORY - Things to do ...

- Exercise at least 30 minutes, three times a week. Exercising the body helps the brain grow nerve cells in that part of the brain where working memory resides.
- Get enough sleep - at least seven or eight hours a night. It can help you concentrate and remember better. Poor sleep and sleep apnea may cause memory difficulties.



Mark your calendar, October 26th for another Senior Day

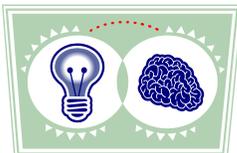
Your comments and suggestions for future Nugget topics are welcome.
Contact Vivian Stevens, Senior Ministries Director.

- Eating a good diet of fruits, vegetables, and Omega-3 fatty acids is essential for both heart and brain.
- Activities such as yoga, meditation, and prayer can take the edge off stress, which can make it harder to learn and recall. Underlying health conditions - such as high blood pressure, diabetes, anxiety, thyroid imbalance, depression, or side effects from medications, can cause thinking problems if left untreated.
- Play board games, do crossword puzzles or word-search puzzles, read, or play an instrument.
- Learn a foreign language.
- Memory loss is part of the natural aging process. Check with a healthcare professional to rule out a medical condition as the cause of memory problems.



Best wishes to all having a birthday in August

Reference past Senior Nuggets at
<http://www.Atholton.org/ministries/index.html>



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