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JANUARY 2023

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Welcome

A warm welcome to the inaugural issue of “Wellness and Healthy Living.” We hope you enjoy it and benefit from reading the articles. The topics can benefit a healthy lifestyle for example, practicing yoga to stay active and limber and ensuring you have the vaccines recommended as you age. In addition, some easy technology fixes are now available to keep your home “smart” and you safer.

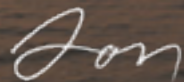
ShareCare’s mission statement, “to promote a physical and emotional healthy lifestyle while aging,” encourages us to be there for our seniors not only when they need something, but also to ensure they remain physically and emotionally strong as they age. Thus, we decided to launch the “Wellness and Healthy Living” magazine to supplement the work we already do to keep our seniors healthy...both physically and emotionally.

We support all seniors in Leelanau County. The people associated with ShareCare are considered “members”; a member being anyone who: (1) signs up for service, (2) volunteers, (3) makes a donation; or, obviously, any combination of these. ShareCare, founded in 1994, has continued serving Leelanau County seniors over the years thanks to the generous support both financially and of the work and time given by our members. Without this commitment, ShareCare would not exist. So, a huge thank you to all our members.

Interested in being a part of ShareCare in some way? If so, give us a call to learn more about all the rewarding ways you can be a part of helping Leelanau County seniors who need and use our services. (There is an article on the benefits of volunteering in this issue too.)

Also, if you have any comments or suggestions about the magazine, we would sure like to hear from you.

Be well,



Donald Frerichs, M.D.

Board Chair



"Youth is a Gift, Age is an Art."



ShareCare

Your Life. Your Home. Our Help.

SHARECARE OF LEELANAU

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Every effort has been made to ensure the accuracy of the information.

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Choosing the Right Protein Foods

By Carol Bell, Registered Dietitian

One of the most common questions about healthy diets is “How much protein do I need to eat?”

Protein products are all the rage right now — protein bars, shakes, powders, veggie protein burgers and protein power bowls at the Asian noodle food truck. Why is this such a big deal?

Why do I need protein?

Protein is an essential part of our diet as it makes up all the parts of our body: skin, muscles, organs, bones, hair, nails, blood cells, and immune cells, etc. If you want a strong, durable house, you use good quality wood, stone, brick windows and doors. If you want a strong body, you'll want to eat good quality proteins. Protein is found in most foods, but is highest in meats, fish, eggs, beans, peas, nuts, seeds and grains. Vegetables have a little protein too!

Body signs of not getting enough protein are thinning hair, brittle nails, skin wounds or injuries that won't heal, lowered immune system, being constantly hungry, or blood sugar imbalance (too much starch or sugar). Persons at risk for not getting enough protein are calorie restrictors/dieters, picky eaters, newly vegetarian or vegan, athletes, persons with an ongoing illness, and folks over age 70.

How much do I need?

Protein needs are determined by age, sex, size, activity level, and health status. A sedentary, petite woman, age 65 will need less protein than an athletic, tall man, age 78. For adults over the age of 65, calculations will vary but are about 1–1.5 grams of protein per kilogram of body weight per day. If a person is healthy, and has average weight and activity level, the lower end will suffice. If someone has chronic illness or is very athletic, then the higher range may apply. For example, a 140 pound (64 kg) woman, age 75 in good health might need about 64–80 grams of protein per day. This would be about 14–18 % of her calories if she ate 1800 calories per day. She could eat the higher amount if she was more active and wanted to build up muscle reserves. If someone has chronic kidney disease (CKD stage 2, 3, or 4,) then protein may need to be restricted. Consult a dietitian for guidance on this.

The other factors that influence protein intake is whether someone prefers to eat animal or plant proteins. A plant-based (vegetarian) diet is usually a little lower in protein intake than a diet with animal proteins.

Plant Proteins

In plant foods, soy, beans, peas, grains, nuts and seeds contain the highest amounts of protein per serving. Vegetables contain smaller amounts but can add up if you are eating the recommended amounts (4–6 cups per day). Eating a variety of each of these food groups will help ensure you are getting all the right nutrients. In the chart below, look at the many types of plant proteins that are inexpensive and widely available in canned, dried, frozen and refrigerated forms. Plant proteins have no cholesterol and have plenty of fiber (which helps lower cholesterol levels).

Animal Proteins

Animal proteins like meats, organ meats, fish, shellfish, eggs, milk, yogurt and cheese are high-quality proteins that are also widely available and range from inexpensive eggs and dairy foods to more expensive meats and fish. These foods all contain cholesterol and may raise cholesterol levels if eaten regularly. Eating lots of leafy green vegetables, beans, nuts, seeds, whole grains and whole fruit helps provide fiber in a diet with animal foods and can help keep cholesterol levels down.

When shopping, look for animal products that have been pasture-raised or grass fed. These varieties will less likely contain high levels of pesticides, flame retardants, PCBs or other environmental chemicals. You will likely get the best quality meats from local farms in your community. Visit the local farmers market or food cooperative for these products and ask your friends and neighbors if there are sharing programs where many families participate. Grocery stores, butcher shops and markets may carry limited supplies of these foods but most will carry conventionally raised meats.

Conventional meats sometimes are labeled “vegetarian fed.” This simply means animals were given a grain-based diet which may not necessarily support the optimal health of an animal. Grains are usually genetically modified and heavily sprayed with pesticides so these chemicals are present in the meat produced.





Plant Protein Foods

(5-6 grams protein per serving)

Beans: (½ cup) soybeans, tofu, soymilk, edamame, red beans, kidney beans, cannellini beans, white beans, navy beans, black beans, chickpeas, broad beans, lima beans, fava beans

Peas: (½ cup) green peas, green lentils, red lentils, black eyed peas, yellow peas, peanut

Seeds: (2 Tbsp) Flax, hemp, chia, sunflower, pumpkin seeds, sesame, tahini, quinoa, amaranth

Nuts: (¼ c) almonds, walnuts, cashew, pistachio, hazelnut, pecans, brazil nut

Other: algae powder (spirulina), pea protein powder, hemp protein powder

Animal Protein Foods

(7 grams protein per ounce)

Meats: beef, bison, elk, venison, goat, lamb, pork, rabbit

Poultry: chicken, turkey, duck, quail

Fish and shellfish: salmon, cod, sardine, trout, tilapia, mahi mahi, snapper, barramundi, shrimp, scallop, crab, lobster

Eggs: chicken, duck, quail

Dairy: milk, cheese, yogurt, whey powder

What do I eat?

Here are a couple examples of a day of nutrient dense meals on a plant-based or omnivore plan. Notice that each day has few or no processed foods, 4 servings of vegetables, 3 servings of fruit, a serving of nuts and seeds, beans, whole grains, and 3 servings of protein foods.

Plant based meals: 1500 calories and 53 grams of protein, 56 grams fiber!

Breakfast: Blueberries and banana; Cooked oats with almond milk, almonds, ground flax seeds, cinnamon

Lunch: Corn tortilla with mashed pinto beans, avocado, bell pepper. Green salad with carrots, cucumber, pumpkin seeds, olive oil and lemon.

Snack: Apple with a schmear of cashew butter, a few radishes

Dinner: Vegetarian white bean chili, steamed broccoli and cauliflower, half a pita bread.

Dessert: Mango or dried figs

Omnivore meals: 1500 calories, 68 grams protein, 37 grams fiber

Breakfast: Yellow pear; 2 eggs with sautéed mushrooms and spinach; Green tea

Lunch: Chickpeas with feta cheese, cucumbers, peppers and tomatoes

Snack: An orange and a handful of pistachios; cup of hibiscus tea

Dinner: Baked (pasture raised) chicken, redskin potatoes with parsley, steamed broccoli and carrots

Dessert: Blueberries or strawberries



Conclusion:

The main take-away here is that you are eating a diverse diet with a VARIETY of foods. If you only eat beans, rice and broccoli — you are limited. If you only eat meat, potatoes and carrots — you are limited. We need to reach out and diversify our foods to include things that are outside our usual grocery list. This ensures not only that we get the right nutrients, but also lessens the impact of any contaminants we unknowingly ingest. Good nutrition can be good tasting too!

Resources

Safe Fish Brochure, State of Michigan

www.michigan.gov/documents/family_fish_166020_7.pdf

Seafood Watch website: www.seafoodwatch.org/seafood-recommendations/groups/salmon/overview

Consumable fish and shellfish: www.epa.gov/report-environment/consumable-fish-and-shellfish#note4

Grass fed vs. Conventional Beef: www.todaysdietitian.com/newarchives/1115p26.shtml

www.theholykale.com/plant-based-protein-chart/

Plant based nutrition guide: www.plantricianproject.org/quickstartguide

Carol Bell is a Registered Dietitian at Table Health — a Primary Care and Functional Medicine clinic in Traverse City. www.tablehealthtc.com

This article gives some general guidelines for eating well, but if you would like guidance on a diet specific to your needs, please reach out to us to see if we can help.
231-333-1331 | inbox@tablehealthtc.com



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Leelanau Physical Therapy

By Torrey Davenport, PT, DPT

As winter approaches it gets increasingly harder for many older adults to remain active. Freezing temperatures and icy roads and sidewalks make it challenging to walk around your neighborhood for exercise and stay motivated to keep moving.

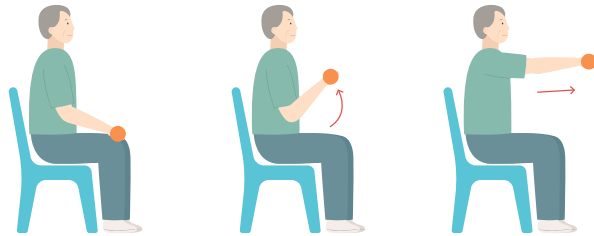
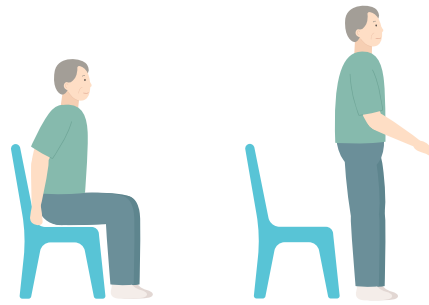
Despite the changes of weather, it is still extremely important to stay physically active to improve your mental and physical health. According to research published by American Family Physician, it's estimated that 28 to 34 percent of older adults ages 65-74 are inactive and are not getting the recommended 150 minutes per week of exercise. Lack of physical activity can lead to several health conditions including increased risk of obesity and high blood pressure. Beyond increasing your risk for disease, inactivity also leads to weakness and increased risk of falls.

If you have access to a gym or indoor walking path this winter, this can be a great safe alternative to decrease risk of fall. If you must walk outdoors consider buying Yak Tracks or other spikes over your shoes to improve traction and stability.

Staying active doesn't have to include an expensive gym membership or fancy equipment though. Here are five exercises to try that you can do from home with household objects as equipment.

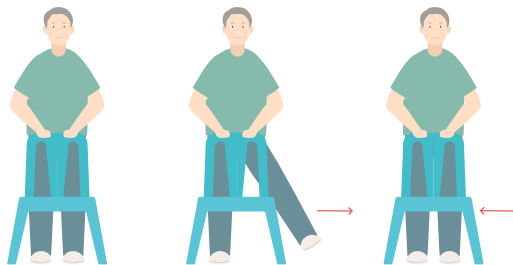
Sit to stands

Find a chair where your feet can be flat on the ground. Stand up without the use of your arms and then slowly sit back down in the chair. If needed use your arms to push off until you're able to do it without arm support.



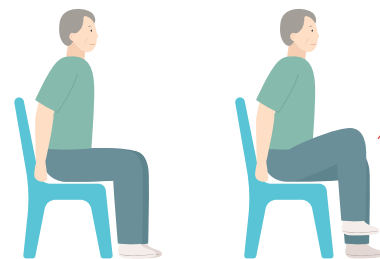
Bicep curls

Bend and straighten your elbows while holding soup cans or bottles of water.



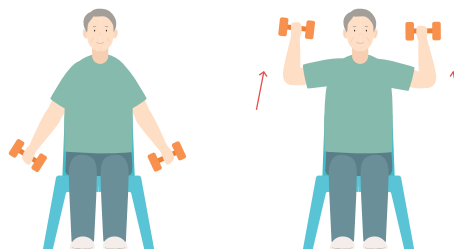
Standing kicks

Standing, keeping your leg straight, kick your leg out to the side. Use a chair or counter top for support.



Seated March

Sitting in a chair march your legs up and down. For an added challenge try adding ankle weights.



Arm lifts

Holding soup cans or water bottles lift your arms up to shoulder height and lower them.

Before beginning a new exercise routine, be sure to have clearance from your physician.



Seniors and Your Leelanau County Public Libraries

By Mark Morton
Director, Leland Township Public Library

When I first started working at the Leland Township Library I was asked to do some seminars covering computers and other technology. While these programs were not specifically targeted at senior citizens, we knew at the time we were not going to get a lot of twenty-year-olds coming in to attend. I still do these classes and we still don't get young people coming in, for the obvious reason younger people seem much more comfortable with new technology, and the twenty-somethings back then are now the thirty-somethings of today.

That is the way it is for so many of the programs and services that are available from your Leelanau County

libraries (Leelanau Township Library in Northport, Leland Township Library in Leland, Suttons Bay Bingham District Library in Suttons Bay, and Glen Lake Community Library in Empire). While these offerings may not be advertised specifically to seniors we know the folks whom we serve, so they are certainly senior friendly. An example would be the home delivery services offered by the Suttons Bay and Leland libraries. There is no certain age that you have to be to have library books delivered to your home, you just have to have a need. That includes no longer being able to drive, a physical impairment or even a temporary disability from recent surgery. The same is true for those

who may be vision impaired, we can help with resources no matter how many trips you have made around the Sun.

Being senior friendly also applies to our in-person programs. We have many programs that are of great interest across the generations. Recent programs at the local libraries have included author talks, an embroidery workshop, and a water safety seminar. We also regularly have musical guests, and a whole cornucopia of kids programs that grandparents and grandkids can enjoy together.

All of your Leelanau County libraries are also staffed by people who love to help. This could be assistance downloading eBooks or audiobooks, help finding something online, or printing out documents. And don't even get me started on how much we love to help people find books to read; because even though libraries are changing with the times, we are still all about books and literature. We can help you find the latest release from your favorite author, the next book in a series, or make suggestions for something that is totally new to you.

2023 promises to have even more opportunities to visit and use the resources at your library. All of our county libraries are working hard to become more accessible and improve our services that we offer to seniors. Whether that is updating our physical space, or working through our collections and programs to make sure that everyone in our communities can find what they want and need from their libraries. Unlike some libraries that struggle to remain relevant in today's ever changing society, our libraries have trouble finding the space and resources to do all the innovative and interesting things that we would love to do that make modern libraries such important and interesting places in our communities.

As we head into a new year remember your library is here to serve you, so get online and search out our websites and social media such as Facebook to find out about our programs and services, or go "old school" and give us a call. We love helping our community members of all ages!

Glen Lake Library

10115 W. Front Street
Empire, Michigan 49630 • 231-326-5361

Monday, Wednesday, Friday: 10:00 am – 5:00 pm
Tuesday, Thursday: 10:00 am – 7:00 pm
Saturday: 10:00 am – 5:00 pm
Sunday: Closed

Leelanau Township Library

119 E. Nagonaba Street • P.O. Box 235
Northport, MI 49670 • 231-386-5131

Tuesday: 9:30 am – 5:00 pm
Wednesday: 3:00 pm – 8:00 pm
Thursday & Friday: 9:30 am – 5:00 pm
Saturday: 9:30 am – 1:00 pm
Sunday & Monday: Closed

Leland Township Library

203 E. Cedar Street • PO Box 736
Leland, MI 49654
Office: 231-256-9152 • Fax: 231-256-8847
Email: director@lelandlibrary.org

Monday: 10:00 am – 5:00 pm
Tuesday: 10:00 am – 5:00 pm
Wednesday: 10:00 am – 6:00 pm
Thursday: 10:00 am – 5:00 pm
Friday: 10:00 am – 5:00 pm
Saturday: 10:00 am – 2:00 pm

Suttons Bay Library

416 Front Street
Suttons Bay, MI 49682 • 231-271-3512

Monday: 10:00 am – 6:00 pm
Tuesday: 10:00 am – 6:00 pm
Wednesday: 10:00 am – 6:00 pm
Thursday: 10:00 am – 7:30 pm
Friday: 10:00 am – 4:00 pm
Saturday: 10:00 am – 2:00 pm
Sunday: Closed



SHARECARE VOLUNTEERS

Mary Ann Borton • Dave Borton • Steve Young • Darlene Doorlag



Health Benefits of Volunteering

In addition to being good for the community, volunteers gain so much when they give. Volunteering has a multitude of benefits. Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health, and volunteers report better physical health than non-volunteers do. Summa Health and the Mayo Clinic have each shared ways volunteering benefits a volunteer's health.

Mental Health

Volunteering is a great way to increase your social interaction and broaden your support network by making new friends. It exposes you to people with common interests and gives you a sense of community and connectedness. Research has shown all of these things lead to lower risks of depression, anxiety and feelings of loneliness.

When you volunteer your time, it gives you a boost of happiness. For example, if animals make you happy, volunteering at an animal shelter will surely bring you joy. If you're contributing to a cause that's meaningful to you and making a difference in the world, you can't help but feel happiness. What's more, studies show your body actually releases endorphins during positive social contact, similar to the physical response after a hard workout.

Volunteering and helping others can give you a sense of purpose and appreciation, which can be a stress reliever. Not to mention, socializing helps you take your mind off worries and escape life's stressors. In addition, physical exercise has been proven to play a key role in

preventing and reducing the effects of stress. If nothing else, understanding the challenges faced by others less fortunate than you could provide some perspective on your own struggles.

Physical Health

Research by Carnegie Mellon University found that older adults who volunteer at least 200 hours each year were 40 percent less likely to develop high blood pressure. These findings aren't surprising because increased physical activity and decreased stress all contribute to a healthy heart.

Prolonged high blood pressure puts you at risk for stroke, heart failure and even premature death.

Studies from the Journal of Gerontology indicate that social service improves elasticity in the brain. As volunteers age, they may be able to maintain the connections in their brains that often break down in Alzheimer's patients. Any social interaction can help delay or prevent Alzheimer's, and volunteering can be a fantastic way to do that.

In addition, a Longitudinal Study of Aging found that individuals who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health.

Volunteering is life changing for volunteers and those that benefit from the volunteer's service. Find volunteer opportunities in your area today!

SOURCE: www.serve.ohio.gov/home/news-and-events/all-news/health-benefits



Behavioral Healthcare

By Jessica Wiemerslage, LMSW

Since its inception in the 19th century with Sigmund Freud, psychology too often focused on what is wrong with our mental and emotional inner workings, creating whole manuals full of diagnostic classifications of “mental illness.”¹ But in more recent decades, there has been a shift from that early focus to an emphasis on wellness including mental health.

This has given rise to a more holistic approach that considers mental health as a part of overall health, integrating behavioral health care into medical and even dental services. The Grand Traverse area is fortunate to have a federally qualified community health center that does just that. At Northwest Michigan Health Services (NMHSI) in Traverse City and Benzonia, medical and dental patients can be screened for depression, anxiety and substance use



problems in addition to their physical and oral health problems. And a qualified mental health professional can see them during that same visit, acting as a behavioral health consultant rather than a traditional therapist.

Jessica Wiemerslage, LMSW, is one of three behavioral health therapists that serve patients at NMHSI’s Traverse City health clinic. “It’s an entirely different approach to see a patient alongside a medical or dental provider. Integrating services with them means we can focus on what’s most important to the person’s overall wellness goals, which might mean just a few visits to get them on the right track. We can help them with specific issues, like getting their blood pressure or diabetes under control, or even improving sleep.”

An example of this integrative approach was work that she did with a patient who was having an extreme anxiety response to the news of a medical

¹ American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)*. <https://doi-org.ezproxy.frederick.edu/10.1176/appi.books.9780890425596>

diagnosis. “The patient had debilitating anxiety in response to being diagnosed, and over just a few sessions, we were able to get them to a point where they could talk about the diagnosis without any overwhelming panic.”

“Behavioral Healthcare” is an umbrella term that encompasses both traditional mental health issues like depression and anxiety, but also broader concerns of how our habits and behaviors and social relationships are impacting our health. Techniques used by behavioral health therapists include applying evidence-based treatment modalities such as motivational interviewing, solution-focused therapy, cognitive-behavioral approaches. At NMHSI, therapists are also trained in EMDR (eye movement desensitization and reprocessing) therapy.² People who might never seek out longer-term traditional counseling can benefit from these brief approaches.

Another tool in the toolbox of evidence-based treatment approaches behavioral health consultants use is acceptance and commitment therapy. Ms. Wiemerslage finds this approach helpful in working with aging adults who have to grieve many losses they experience as they age, especially the loss of independence and physical functioning. “Helping people adjust to realities that can be hard, such as living with chronic pain, requires that they develop psychological flexibility to accept the world as it is. Having a behavioral health therapist can make that difference in a person’s life.”

Behavioral health therapists can do traditional counseling and also provide “curbside consults” as part of regular dental and medical visits. “This integrative approach is especially important as we age,” says Ms. Wiemerslage. “There is increasing research about the relationship between loneliness and poor health outcomes. So one of the things I always assess in our patients is the strength and variety of their social connections.”

People who live alone are at higher risk for health problems, and as we age, our social networks tend to shrink. The impact of loneliness and social isolation on mortality has been found to be similar to smoking 15 cigarettes a day.³ And social isolation brings with it a significantly higher risk of dementia, coronary heart disease and stroke.⁴ U.S. Surgeon General, Vivek Murthy, researched this topic and wrote of this largely invisible pandemic of social isolation (even before COVID) in his compelling book, *Together: The Healing Power of Human Connection in a Sometimes Lonely World*. His book suggests that we can all play a part in increasing community supports and social connections to help isolated people to stay connected and healthy.

Area Agencies on Aging and other human services organizations have taken up the mantle of addressing this issue and have created innovative programs to combat social isolation. One such program is ShareCare of Leelanau’s phone reassurance program for residents of Leelanau County. ShareCare’s trained volunteers conduct weekly calls to those who are isolated and even offer friendly visits. Volunteers have the added benefit of receiving training in community resources and learning to manage their own stress through mindfulness-based stress reduction techniques, and being of service to others is a great way to reduce their own isolation. (See www.sharecareleelanau.org for more information on receiving services or to volunteer.)

Federally qualified health centers such as NMHSI provide patient support services to connect isolated people and those with social needs to area resources like ShareCare. Federally qualified health centers are designed to provide integrated care, which is exactly the kind of healthcare we all deserve: healthcare focused on the whole person with consideration of their unique desires, needs and social conditions.

²EMDR is an evidence-based approach which is especially helpful for individuals who are coping with traumatic life events.

³ Simard J., Volicer L. *Loneliness and isolation in long-term care and the COVID-19 pandemic*. *J Am Med Dir Assoc*. 2020;21(7):966-967. doi:10.1016/j.jamda.2020.05.006

⁴ *National Academies of Sciences, Engineering, and Medicine. Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System*. National Academies Press; 2020.



Vaccines and Aging: What You Need to Know

By Cliff Hale, M.D.

Few of us personally remember smallpox because a vaccine became available in 1931. Vaccines for tetanus, pertussis, and diphtheria were licensed before most of us were born, so we also don't remember when these diseases were among us. Some of us can remember receiving the oral polio vaccination shortly after its discovery in 1957, a joyous event in an America where the risk of being disabled or living in an "iron lung" was very real. Some of us recall suffering from measles, mumps, or chickenpox because these vaccines were not approved until 1971, 1971, and 1995, respectively. The vaccine for pneumonia arrived in 1977, followed by vaccines for hepatitis B in 1981, hepatitis A in 1995, meningitis in 2005, human papillomavirus (HPV) and shingles in 2006, and Covid-19 in 2021. Vaccines and vaccination recommendations for older people have

evolved over the decades, so it might be worthwhile to consider whether our personal vaccination status is in keeping with current recommendations

Controversy and vaccine hesitancy have accompanied the introduction of vaccines going back to the introduction of a smallpox vaccine first vaccination by Edward Jenner in 1796, and they persist to this day. Without knowledge of immunity and vaccination, it is reasonable that some would hesitate to be vaccinated. There is something counterintuitive about being injected with a pathogen, or fragment thereof, to avoid becoming sick from it. Even recommendations from the Centers for Disease Control and Prevention (CDC), our national authority on vaccines, are sometimes challenged by politicians and media outlets, further contributing to confusion and concerns. Yet,

objectively, there can be little doubt vaccines are powerful tools that have dramatically reduced the burden of death and disease from infectious agents during our lifetimes. A better understanding of how vaccinations work might help those who are hesitant make their personal vaccination decisions, so let's take a look.

One can visualize an antigen as a molecule attached to the surface of a disease-causing organism (pathogen), usually a virus or bacterium. Once a pathogen enters the body, it attaches to and invades its target cell, for example, a liver cell in hepatitis. It then kills that cell and uses its raw materials to make many more viruses that go out and repeat the cycle. By the time the immune system has identified the invader and created enough dedicated white blood cells to fight it, the infection is well underway, and symptoms of disease have commenced. In most instances, the immune system eventually overcomes the pathogen, and the person lives, now naturally immunized from that specific infection.

Vaccines deceive the immune system into "thinking" the antigen identified by the immune system is attached to a live pathogenic organism, when in reality the antigen might be attached to a weakened virus that cannot cause illness. The immune response ignited is identical to what would happen if it the antigen were attached to a live pathogen: white blood cell senses an the antigen presented by the vaccine and engulfs it. It then identifies the antigen and, amazingly, shares the identifying information with other specialized white blood cells.

These cells then rapidly multiply and split into three specialized populations dedicated to destroying the antigen and any pathogen to which it is attached. One of the three populations of white blood cells creates antibodies that tie up the invading antigen to be gobbled up by "trash collector" white blood cells. A second group of dedicated immune cells are killer white blood cells that search out, attack, and directly kill the pathogen. A third population of white blood cells, the memory cells, "remember" the antigen's identity, so should the same pathogen return with the same surface antigen, these memory cells immediately recognize it and initiate a rapid mobilization of

the immune system toward that specific antigen pathogen. In doing so, the immune system can attack and exterminate the pathogen quickly before there has been time for it to replicate and cause illness.

Many vaccines are available for older people. Some are recommended for everyone, while others are available for certain circumstances. Here is an annotated review of the standard vaccinations recommended for people over 50, assuming childhood vaccines have already been administered.

Covid-19: Due to recent medical advances, reasonably healthy *vaccinated* people can expect to live through a Covid-19 infection. Two-hundred and twenty-five million Americans have been fully vaccinated for Covid-19 without significant problems, and it appears the newly developed mRNA vaccines are a significant technological advance. There are minor scheduling variations among the different brands of Covid-19 vaccines, but for the mRNA vaccines, which are the most popular, the regimen calls for two primary vaccinations about two months apart followed by a bivalent booster after another two months. Future boosters may be required.



Influenza: The flu virus kills tens of thousands each year with most of the deaths occurring in those over age 50. Vaccinations are adjusted annually to target prevalent flu strains. The standard adult vaccine is an attenuated (weakened) virus adjusted for the prevalent influenza strains. There is an alternative recombinant vaccine for those allergic to eggs that is made without growing the virus in eggs. Those of us over 65 are given a larger dose of the flu vaccine to compensate for an anticipated weaker immune response. Flu vaccines are administered annually, usually from September until the end of flu season and take about two weeks to effect.

Pneumonia: Pneumococcal pneumonia is the most common type of community-acquired bacterial pneumonia. It hospitalizes about 150,000 people in the US each year, killing about one in twenty of those infected. All adults aged 65 and older should have two sequential pneumococcal vaccines: first, either the

PCV15 or the PCV20 vaccine, and then the PPSV23 vaccine one year later. After being fully vaccinated, a booster should be given at intervals of five years or less.

Tetanus, diphtheria, and pertussis: These infections have largely disappeared due to vaccinations, although there has been some resurgence with the recent rise in anti-vaccination sentiment. To keep these organisms at bay in the population, a tetanus, diphtheria, and pertussis (Tdap) vaccine should be received followed by a booster. Then a Tdap booster should be received every ten years.

Shingles: The herpes zoster vaccine (RZV) for shingles is a recombinant vaccine, basically an antigenic protein manufactured from a minuscule fragment of pathogen DNA. The recommendation is for two vaccinations, two to six months apart after age fifty.

Many states provide citizens access to their personal immunization records. In Michigan residents can review their personal vaccination record at www.mdbhsmiimmportal.state.mi.us/. This is a good place to start. There are vaccines not mentioned in this article that can be valuable for some individuals. For example, hepatitis B vaccine is useful for those working in the healthcare field, so it's important to discuss your vaccination status with your physician for a personalized review. Before that visit, it may also be helpful for you to review the CDC's graphic representation of vaccination recommendations by age group at www.cdc.gov/vaccines/schedules/hcp/imz/adult.html



Vaccines Are the Best Way to Protect Yourself and Your Loved Ones from Preventable Disease.

Seniors can protect themselves and others against:

- Zoster (Shingles) vaccine
- Influenza (Flu) vaccines
- Pneumococcal vaccines
- Tdap (Tetanus, Diphtheria, and Pertussis/whooping cough) vaccine
- COVID-19 Vaccine



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Our Mission:

To facilitate connecting the Leelanau County community of seniors with services and activities that promote both a physical and emotional healthy, independent and fulfilled life style while aging.



Patty Nachazel
coaches Anne Harper
in Osteo-Yoga class

Yoga for Bone Health

By Patty Nachazel, RYT 500, NE

Make no bones about it... YOGA can prevent bone loss!

Why Yoga?

From 2010-2021, the number of people practicing yoga in the US shot up more than 60%. It's impossible to read a health magazine without seeing reference to yoga's benefits — increasing strength, flexibility and balance; reducing stress; improving heart health; better sleep; and more. But one thing most articles don't mention is yoga's critical impact on bone health.

How often do we really think about our bone health?

How often during routine doctor appointments in your 20s, 30s or 40s did a doctor discuss your bone density with you? Why isn't it routine to inform patients that they reach peak bone mass by age 30-35 and need to build as much bone as possible by then? When prescribing medications, how many doctors discuss

how those drugs could affect your bone health? Why is it that it takes a fall and subsequent x-ray or a bone density test in our 40s or 50s to alert us that our bones are weak or that we already have osteoporosis?

Over 55% of those older than 50 years old will have low bone density. A woman's risk of hip fracture is equal to the combined risk of breast, uterine, and ovarian cancer. Women are as likely to die after a hip fracture as from breast cancer. Men older than 55 are more likely to contract hip fracture than prostate cancer. Yet a recent "definitive" review of chronic disease in a leading journal does not even mention osteoporosis.¹

Another recent study shows that moderate or severe hearing loss is significantly higher in people with osteoporosis or osteopenia. And worse, the study found that regular intake of osteoporosis drugs (bisphosphonates) does not lower the risk. The structure of the ear is delicate and those tiny bones in the ear lose bone mass, too.

Falls/Fractures

The best determination of a risk of a fracture is whether you have fallen in the past year. More than anything else, this puts you in a higher risk category. The majority of all factors related to falls are not attributed to age. Osteoporosis and age together only accounted for a third of fractures in women and men. It was the act of falling and the propensity to fall that predicted future falls. Practicing yoga, and in particular balancing exercises, can help prevent falls.

What is Bone Mineral Density?

Bone Mineral Density (BMD) is a measure of your bone health and can indicate the presence of or risk of developing osteopenia and osteoporosis. BMD is a test especially important to women, because the loss of estrogen associated with menopause greatly affects their bone density. “Estrogen is the single most important hormone in regulating bone mineral density.”² Men suffer from osteoporosis at less than half the rate of women, but are diagnosed significantly less often. However, men’s rates are increasing faster than women’s rates, so they need to educate themselves as well.

Osteopenia is the pre-cursor to osteoporosis. It’s like being in a car on the ramp of a highway. You are entering the highway, but you’re still on the ramp. You can stall and stay on the ramp for a while, but odds are, you’ll eventually enter the highway. But there’s a chance you can put the car in reverse and exit the highway. A diagnosis of osteopenia or osteoporosis is not necessarily irreversible.

Treatment

It’s important to be your own health advocate and educate yourself about treatment options. Often when a doctor delivers the news that you have osteopenia or osteoporosis, their only advice is to take more calcium and Vitamin D or medication.

But of all the numerous supplements out there, which should you choose? Vitamin K2 paired with D3 is best for bone health. Vitamin D3 ensures that calcium is absorbed easily, and K2 activates the protein, osteocalcin, which integrates calcium into bone. Without D3 and K2, calcium cannot do its job effectively. Adding magnesium is also important for bone health, among other body processes. “The conclusion is that a cause and effect relationship has been established between the dietary intake of magnesium (Mg) and maintenance of

normal bone. There was a benefit both in terms of bone mineral density and fracture risk in those using Magnesium...”³

In addition to supplements, your doctor may offer prescription drugs that increase the amount of bone and lower the chance of fractures. However, the new bone is often not as strong as the old bone. So while the risk of fractures is lower than if you got no treatment at all, it remains higher than if the bone was normal.



Yoga to the rescue!

Yoga is your secret weapon against bone loss. Studies have shown that practicing yoga can stall, and even reverse, bone loss. Dr. Loren Fishman partnered with Ellen Saltonstall to create a series of yoga poses to strengthen bones. Our bodies are built for movement and our organs need activity to thrive. Moderate resistance activities yield gains in BMD. Muscle and bone strengthening exercises are outlined in his book, *Yoga for Osteoporosis*.⁴ It is a great resource for adding yoga into your daily life. There are newer versions of Dr. Fishman’s yoga poses for osteoporosis on the internet by other yoga teachers, but his original video can be found on YouTube. Just enter “Dr. Fishman’s Method” in the search bar.

Yoga is simply attaching the breath to movement. You do not have to already be flexible to start yoga or know the names of the poses. Nor do you need a cute outfit or yoga pants! Yoga is free, portable, ageless, time-tested, spiritual but not religious; and it promotes independence.

It also allows you to learn more about your own body in a non-judgmental way. Giving yourself grace on your mat will begin to extend off your mat and you may feel your mood and outlook begin to change. Get moving and do yoga!

Seeking a yoga teacher or yoga therapist for a private session to create a personalized program for yourself will do wonders. Then if you attend future yoga classes you will know the “safer” version for your bones to do in that class. Changing a yoga pose slightly is simply called a modification and any well-trained yoga instructor should encourage you to modify any pose to fit your body’s needs.

We can’t stop the aging process, but we can make lifestyle changes which can affect bone density and decrease our risks of bone fractures. Make no bones about it — yoga can be the one tool in your toolbox that you’re missing to have all your cards stacked in favor of bone health and possible reversal of the disease.

Feel free to contact me directly to arrange an individual or small group Osteo-Yoga class. I enjoy teaching Gentle Hatha Yoga classes and I hold additional training in myofascial release, restorative yoga, and Osteo-yoga classes
Patty.nachazel@me.com @yogaunitea

Disclaimer: I am not a health professional. I am sharing new research, current information, and facts gathered from multiple resources. This information is not intended to diagnosis or treat any medical condition. The evolving search for new and better options as we manage our bone density issues and our true risk of fracture is my goal. I empower you to determine your best route in managing your bone health, as you are your own best advocate!

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ShareCare is launching a new program initiative called

“Wellness and Healthy Living”

This program will supplement the work we already do to keep our seniors healthy...both physically and emotionally. The following workshops will be offered free of charge. We only ask that you call 231-256-0221 ext. 301 or email info@sharecareleelanau.org to let us know you will be attending.

Technology Tuesdays

The Living and Aging Well Committee, a collaborative effort of organizations serving seniors in Leelanau County, is pleased to announce Technology Tuesdays coming the 2nd Tuesday of the month at your local library.

**The first TECHNOLOGY TUESDAY will launch on
JANUARY 10, 2023 at the
Leland Township Library
203 Cedar St. Leland
4:00 pm - 5:00 pm.**

Students with the Friendship Center's LIFT program will be available to answer your Technology questions. If you can bring in your device that will be helpful, but not required. Assistance with a broken device is not expected. The student volunteers will help with a variety of topics, for example, how to access the web, downloading applications, e-books and audio books, how to schedule an appointment with the Secretary of State, how to use Microsoft programs such as Word or Excel, navigating Google documents and spreadsheets, and learning how to stream movies or TV shows. The program will move to a different library in Leelanau County each month.

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CHAIR YOGA FOR SENIORS

JANUARY 18, 2023 • 10:00 am

at the Friendship Center in Suttons Bay

Dorothy Eisenstein • Leelanau Wellness Collective

Did you ever want to participate in a yoga class and didn't because you worried about having to get down on the floor? Chair yoga may be just what you are looking for! This class will help you relax and stretch those stiff muscles through easy to learn poses.

BALANCE AND CHAIR EXERCISE

FEBRUARY 09, 2023 • 11:30 am

at the Friendship Center in Suttons Bay

Dr. Aubrey Jabour • Physical Therapist

Northbound Physical Therapy and Wellness. Practice balance and chair exercises under the supervision of an expert. This class will help you develop a routine to prevent falls, and teach you basic exercises to increase strength from the comfort of your chair.

COOKING FOR ONE

APRIL 6, 2023 • 11:30 am

at the Friendship Center in Suttons Bay

This hands-on class will provide you with nutritious meals you can enjoy. Taught by nutritionist **Jane Rapin**, it is bound to be informative and delicious.

RESILIENCE

APRIL 20, 2023 • 10:00 am

at the Leland Library in Leland

Dr. Kathy McGuire More, PsyD. will facilitate a discussion on remaining resilient when faced with life's challenges. This is a follow-up workshop to Remaining Positive When Faced with Chronic Illness. (Attendance at the prior workshop not required).





Make Your Home Smart

So You Can Stay There Longer

Nearly 75% of adults ages 50 and older want to remain in their homes for as long as possible as they age, according to the AARP 2021 Home and Community Preferences Survey. “Smart home” devices, appliances and technologies can help older adults accomplish exactly that by connecting to their living spaces via the internet. From smart door locks, cameras and lighting to smart hubs that control all your smart devices, smart home upgrades can help you age in place safely — even with mobility challenges and other health issues.

What Is a Smart Home?

A smart home is a house equipped with “smart” appliances and other devices, such as smart light bulbs and switches, thermostats, security systems and other internet-enabled gadgets. If you have a smart television or smart thermostat, you’re already using smart home technologies.

Smart devices typically connect to the internet via Wi-Fi in your residence. Many can be controlled via a central hub, such as Amazon Echo, Google Nest or Aeotec Smart Home Hub. Smart home devices can also often be controlled remotely via an app on your smartphone or through voice activation using Alexa or another voice assistant.

Different Types of Smart Home Tech and Tools

Smart home upgrades address many important aspects of aging in place, says Alexis Abramson, Ph.D. gerontologist, cybersecurity fraud prevention expert and spokesperson for Comfort Keepers. “As we get older, we need to think about taking extra safety precautions in the home to help with potential decreased mobility, increased risk of falls and reduced vision that can come with age,” says Abramson. With many smart devices, family members can also help monitor your safety and security if you share passwords, security questions and other login data with them.

“Smart technologies are fun and convenient and can help empower mature adults to live safer, more robust lives in their homes despite existing health conditions,” adds Abramson.

Here's a quick rundown of different types of smart home technologies:

- Wi-Fi or a wired internet connection enables you to operate a smart device, security system, appliance or other technology in your home.
- Remote access via an app on your smartphone allows you to control smart devices from virtually anywhere.
- Voice activation technology helps you operate smart home devices and appliances by speaking instructions. Amazon Echo with Alexa is a well-known example of a voice-activated device.
- Smart displays feature touchscreens and/or voice command capabilities to help control smart home devices.
- A Bluetooth connection pairs smart devices with a smartphone app to control and adjust settings.

Smart Home Upgrades to Consider

Ready to add smart home upgrades to your space to help with aging in place? These popular devices and appliances could be a good place to start.

Smart Hub

A smart hub lets you operate multiple smart devices through a command center, such as Amazon Echo, Google Nest or Samsung SmartThings. Smart hubs maintain a connection via Wi-Fi or Bluetooth. With a smart hub, you can turn lights on and off, lock and unlock doors, and control your smart television and other (compatible) smart devices in your home.

Smart hubs may use voice activation through Amazon Alexa or another voice assistant. Many have a display with a touchscreen and/or an accompanying app on your smartphone.

Smart Lighting

Smart light fixtures and light bulbs let you turn the lights in your home on and off remotely with sensors or by using voice activation or other controls through a smart hub.

“With smart lighting options, seniors can turn lights on and off simply by voice command without having to find their way to light or lamp switches,” says Abramson. You can also turn smart lights on and off remotely for better home security while away.

Smart Stoves and Ovens

Unattended cooking was the top cause of cooking-related fires and casualties in 2020, according to a report from the National Fire Protection Association. What's more, roughly 25% of deaths caused by fires that started on the stove occurred while the person was sleeping.

Smart stoves, such as the iGuard Stove, can be adjusted to shut off automatically when not in use for at least 5 minutes. Smart stoves and ovens may also have remote access for turning the appliance on and off, as well as gas sensors, timers and activity monitors to alert family members and caregivers when the stove is left on and unattended.

Doorbells and Smart Locks

Video doorbells, such as Ring, add security to your home and can connect to compatible smart hubs. These doorbells connect to an app on your smartphone and notify you when someone is at your door or enters a specified perimeter on the yard or street. Many video doorbells also record and save video footage.

Meanwhile, smart locks can lock and unlock doors via a smart hub, voice command or remotely using a smartphone. Smart locking systems can help seniors when family members are checking in on them since they don't need a key — just a password, code or the ability to unlock the system from an app.

Security Cameras

Smart home security cameras use your home's Wi-Fi connection to transmit video images to your smartphone and save them to the cloud or a digital storage device. Smart cameras help you keep an eye on your home while you're away. As you age, family members can also access smart cameras (with your permission) to monitor for falls or other emergencies.



Emergency Alert Systems

Many medical alert systems require the user to wear a pendant, watch or other wearable so they can push a button or speak to alert the company's monitoring center if they fall or have a medical emergency.

These systems typically use a landline or cellular network. However, some medical alert systems, such as Aloe Care Health, also work through voice activation in the home, using their own hub. Other emergency alert systems, such as Lively, can connect to Alexa's voice activation software when you need help.

Smart Medication Dispensers

Using a smart medication dispenser can help you avoid dosing errors that may lead to injuries or even death. Many dispensers can hold up to 90 days of multiple medications — loaded by you, your pharmacist or a caregiver — and some work with their own smart hub and smartphone app, too. That way, you or your loved ones can track when you take medications and receive alerts for missed doses.

Smoke and Carbon Monoxide Detectors

Smart smoke and carbon monoxide (CO) detectors sense environmental dangers and send alerts to your smartphone app. For example, Google Nest Protect uses lights, colors, loud beeps and smartphone notifications on an app to alert you to smoke, fire and carbon monoxide leaks.

Smart Home Privacy Considerations and Potential Drawbacks

Smart devices and appliances are connected to the internet, smartphones and tablets, which can put your personal data and privacy at risk — unless you take steps to prevent getting hacked.

The Federal Trade Commission (FTC) recommends the following privacy and data protection measures:

- Change the default username, password and network name that comes with your internet router and each device.
- Enable encryption in your router's wireless security settings.
- Check for and run router and device hardware and software updates.
- Set up two-factor authentication, such as a code sent to your phone, thumbprint scan or other identification necessary to operate the device.
- Adjust smart device privacy settings, and remove apps you don't use that may collect data on your usage and behavior.
- Check security camera access logs for unauthorized access through the device's administrative settings, which could signal digital snooping. Watch for unfamiliar IP addresses or access at odd times as well.
- "If the product has a camera, obviously there are some privacy concerns," says Abramson. "Most adult children and their parents work in tandem to install cameras in common areas like the kitchen, backyard or living room so that both parties are comfortable with the oversight."
- People living in remote or rural areas may have difficulty getting high-speed internet and accessing smart devices, says Abramson. Still, the rewards of smart home upgrades often outweigh the risks for people aging in place, she says.

"Many of these devices are powerful tools that help empower older adults to live, thrive and find purpose in the comfort of their own homes," adds Abramson.


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