



Senior Health & Wellness Newsletter



ELEVATING YOUR SALAD

Summer is a great time to enjoy a fresh salad with your meal or as your meal. Making sure it includes a variety of vegetables and or fruits, a rainbow full of colors offering an array of nutrients. Incorporating different types of ingredients may be packed by valuable vitamins and minerals. Salad may provide an opportunity to try new vegetables and fruits that you may have never tried or tried in a salad. Salads offer an opportunity to prepare vegetables in a raw form or even a different cooked form. Salads can completely change by a single ingredient. Even salad dressings can change the dynamic of a salad. Whether you are at home creating a salad or at a salad bar offering a variety of possibilities, take the opportunity to try a new combination as opposed to the regular salad you are used to. Not only does the flavor changes with different ingredients, but the textures change as well.

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Elevating Your Salad

Start with building your salad with a nutritious base. Look for green leafy vegetables that are dark green in color or a variety of colors. Some examples are: spinach, Romaine, bibb lettuce, arugula, etc... Next it is important to build the body of the salad. Take this opportunity to be creative, add color, and texture. Some ideas are corn, water chestnuts, mushrooms, peas, celery, dried fruits, apples, fresh berries, and mandarin oranges. To make this salad balanced, it is important to include a protein source to the salad, especially if it will be your main course of the meal. Protein sources can include, boiled egg, ham, chicken, and steak. But to consider non-animal sources, include beans, tofu and nuts. Most salads come with a dressing. Be mindful of dressings as many can be loaded with calories, fat, sodium or sugar. Some non-traditional salad dressings may include: lemon/lime juice, salsa, yogurt (with added herbs and spices), and cottage cheese.

Sources: <https://www.eatrightpro.org/-/media/files/eatrightpro/career/client-education/tip-sheets/english-tip-sheets/smart-tips-for-building-a-healthy-salad.pdf?rev=3d358ba86bad49979108ae3889990f26&hash=A7B238CD263A254FCE45C8D7DF70012F>

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Grandparents Raising Grandchildren

In Kentucky there are over 40,000 grandparents raising grandchildren. More and more grandparents are stepping in, offering love, stability, and a sense of family when it is needed most. While this journey can be incredibly rewarding, it also comes with unique challenges, emotionally, physically and financially. As summer winds down and back to school season begins many grandparents are busy with grandchildren preparing for a new school year by shopping for supplies, organizing schedules and providing the encouragement every child needs to succeed. While this role is filled with joy, it can also bring unique challenges, especially when navigating school systems, homework and extracurricular activities.

If you or someone you know is a grandparent caring for a grandchild, you do not have to navigate it alone. There are resources and services that offer information, support groups, counseling and financial assistance for needs of the child(ren). For more information please contact your local Area Agency on Aging.

Exercise Series!

Always consult your physician before starting a new exercise program. never perform any exercise that causes pain. Never hold your breath while exercising.

Only do exercises you are comfortable doing.





SUMMER WORD SEARCH

FIND WORDS ASSOCIATE WITH SUMMER MAY BE IN ANY DIRECTION AND OVERLAP



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

SEASONEDTIMES.COM

AUGUST

HOT

POOL

TRAVEL

BEACH

JULY

RELAX

VACATION

CAMP

JUNE

SWIM

WATERMELON

FIREWORKS

PICNIC

SWIMSUIT



Recipe



Peach Crisp for One

For the Filling

- 1 (medium or large) peach, pitted and chopped
- 1 tbsp sugar
- 1 tsp all-purpose flour
- ⅓ tsp ground ginger
- ¼ tsp vanilla extract

For the Topping

- 3 tbsp all-purpose flour
- 3 tbsp old fashioned oats
- 2 tbsp sugar
- 2 tbsp salted butter, softened

- Heat oven to 350 degrees F.
- In small bowl, mix chopped peach, sugar, flour, ginger and vanilla extract.
- Transfer to a 10 ounce ramekin.
- In small bowl, mix flour, oats, and sugar. Cut the butter into small pieces and blend with a fork until mixture is well combined.
- Evenly scatter the topping over the peaches. Place the ramekin on a small rimmed baking sheet.
- Bake for 30-35 minutes until topping is golden and the peaches are bubbly.

IMPORTANT DATES IN AUGUST

August 1 ... World Lung Cancer Day

August 19 - Senior Day (Admission is FREE for anyone over age 55)

August is National Immunization Awareness month - talk to your Doctor about shingles/pneumonia vaccine.

Can you find it? Somewhere in the newsletter is a tiny Kentucky. Did you spot it?



LAST MONTH'S WAS LOCATED ON PAGE
I NEXT TO THE WORD "INSIDE".

Puzzle Solution

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

Dementia Corner

Back to School Isn't Just for Kids: Unlocking Brain Power in August

August brings that familiar "back to school" buzz and it's not just for students! Lifelong learning is one of the best things you can do to keep your brain sharp, your memory strong, and your curiosity alive. Our brains are remarkable organs capable of adapting, growing, and forming new connections throughout our lives. While we often focus on physical health, maintaining and improving brain health is equally vital, especially as we age. One powerful and accessible way to boost brain health is through learning new skills.

Just like your body benefits from regular exercise, your brain thrives when challenged with something new. Whether it's trying a new recipe, learning a few words in another language, or exploring a hobby like painting or puzzles—these new skills help build fresh brain connections and keep your mind active.

Research shows that staying mentally engaged can boost memory, mood, and focus, and may even help delay cognitive decline. The best part? Learning something new is fun—and it's never too late to start.

What Is Brain Health?

Brain health refers to the ability to remember, learn, plan, concentrate, and maintain a clear mind. It encompasses emotional balance, cognitive function, and motor control. Good brain health supports independence, productivity, and overall well-being across the lifespan. As we grow older, maintaining cognitive function becomes especially important for reducing the risk of dementia and other neurodegenerative conditions.

Why Learning Matters for the Brain

Research consistently shows that engaging in mentally stimulating activities such as picking up a new hobby, learning a new language, or even trying a different route to work can strengthen the brain and enhance its ability to adapt to changes. This adaptability is known as "neuroplasticity," the brain's ability to reorganize itself by forming new neural connections.

This "back to school" season, consider signing up for a community class, trying a new activity at your local library or senior center, or tackling a book on a topic you've always wanted to explore. Even small steps make a big difference.

The school bell may not be ringing for you—but your brain is always ready for a new adventure!