

your ENROLLMENT CONNECTION

Spring 2024 | Edition 2

Keep your mind, body, finances and health in check all year. Here you will find tips and ideas for you to follow for a healthy lifestyle from year to year.

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Control Your Cholesterol

There are two types of cholesterol, low-density lipoproteins (LDL) and high-density lipoproteins (HDL), that travel through our bloodstream. It is important to have healthy levels of both types. However, high levels of LDL can lead to a buildup of cholesterol in your arteries leading to heart disease, which is the primary cause of death for both men and women in the United States. Changing your diet and adding at least 30 minutes of exercise to your daily routine can help lower your LDL. Foods with saturated fats raise your LDL the most. Keep these foods to a minimum: dairy products, egg yolks, red meat, shrimp, lobster, high-fat cheeses, butter and organ meats.

Brains Need Exercise Too!

Not only does a good diet and regular exercise help decrease the risk of Alzheimer's disease and other dementias, but so does providing your brain with mental activity. Mental stimulation is thought to strengthen the connections within your brain, which improves mental function and decreases dementia risk. Mental activity stimulates your brain cells and increases their ability to communicate with each other. Keep your brain strong by pursuing new interests and trying new things. This is a great opportunity to learn a new skill – maybe something you've been wanting to learn for a while now.



Tai Chi Anyone?

Tai chi is a low-impact exercise (even lower than yoga) that provides physical benefits by incorporating gentle movements that put minimal pressure on your muscles and joints. You don't need to go to the gym or need special clothing or exercise equipment. You can do these exercises anywhere! This is a great way to combat the effects of aging as tai chi increases flexibility, balance and muscle strength. What a win-win...win!

Dehydration

As we age, we become more prone to dehydration. It's due to the decline in some of our bodily functions. As we age, we lose muscle mass so our body doesn't hold as much water. Our kidney function also slows down, which means they are slow to remove toxins from the blood and concentrate our urine. Since our taste buds decrease, we may lose the sensation of wanting to drink water. Certain medications can cause an increase in urination or perspiration. Dehydration can cause a lot of complications so it's important to drink plenty of fluids. Standard advice encourages you to drink at least five 8-ounce glasses of water a day.

Celebrate

There is a lot to celebrate this Spring! Here are just a few fun holidays to celebrate:

April 1.....April Fool's Day

April 7.....National Beer Day

April 22.....Earth Day

May 12.....Mother's Day

May 6.....National Nurse's Day

May 27.....Memorial Day

Job Hunting

The good news is many companies do hire seniors. It is important to learn how to conduct a modern job search and properly present yourself to employers. There are books and articles online to help you prepare your own resume for today's job market and to learn how to prepare for the interview. Good luck in your search!

Be Kind To Yourself

Research has shown that if we give ourselves a break and accept our imperfections, it can help us to be healthier. Studies have shown that people that score high on tests of self-compassion tend to be happier and more optimistic. Our culture teaches us that being hard on ourself is the way to be. That's just not true. So be kind to yourself because you are perfect just the way you are!

Improve Your Sleep

The National Sleep Foundation reports at least 80% of seniors between 65 and 84 have sleep problems. Here are 5 healthy habits to follow to get a better night's rest:

- Avoid caffeine at least 3-4 hours before bed. This include coffee, tea and chocolate.
- Plan your exercise in the morning or early afternoon. Not in the evening.
- Maintain a routine - go to bed and wake up at the same time each day.
- Avoid alcohol later in the evening.
- If you nap during the day, keep in mind it can impact your sleep at night.

Sudoku Puzzle

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

				8			1	9
	3				2			4
	8	2				6		
			4	9		1		5
1		4		6	5			
		7				4	2	
3			8				7	
2	9			7				

“ Stay close to anything that makes you glad you are alive. ”

— Hafez



Fresh Corn Salsa

This easy corn salsa made with lime, cilantro and tomatoes are perfect with chips or served over your favorite tacos or burrito bowls! Combine all the ingredients and refrigerate for about an hour. Enjoy! Makes about 3 cups.

- 2 cups cooked sweet yellow corn kernels
- 2 small vine ripe tomatoes, seeded and diced
- 1/2 cup red onion, diced
- 1 scallion, diced
- 1 jalapeño, diced (remove seeds for mild)
- 2 tbsp chopped cilantro
- 1 fresh lime, juice of
- kosher salt and fresh pepper to taste

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Dear Kurt: Medicare Questions

Q: Can Original Medicare deny a claim?

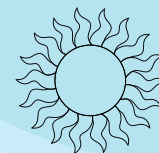
A: Yes! Medicare does not accept all billed services from providers. You may need to have other tests done before Medicare will pay a claim. Some claims Medicare will not cover at all. Then you have claims that you need to have a medical reason. In these cases Medicare uses medical codes to determine if a claim is paid or not.

Spring Word Search

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

APRIL BUTTERFLY GREEN RAIN SUNSHINE
BEES DAFFODILS HATCH ROBINS TULIP
BIRDS EGGS MARCH SPRING
BLOOM FLOWERS MAY SPROUTING

**Keep an eye out
for the next
Summer newsletter!**



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