

# SENIOR LIVING



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## Seniors Feeling Younger

Seniors may be getting old, but they still feel about 13 years younger than their actual age, according to a new study.

Seniors involved in the six-year project, which assessed 516 men and women aged 70 and older, revealed that they felt on average 13 years younger than their chronological age, with women perceiving they were closer to their actual age than men.

"People generally felt quite a bit

younger than they actually were, and they also showed relatively high levels of satisfaction with aging over the time period studied," said Jacqui Smith, a psychologist who co-authored the study.

Participants initially said they felt an average of 10 years younger than they were, a number that fell to seven years by the end of the study.

In separate research, Smith and others found links between feel-

ing youthful and improved health and longevity.

"Feeling positive about getting older may well be associated with remaining active and experiencing better health in old age," she said. "Perhaps feeling about 13 years younger is an optimal illusion in old age."

Some of the oldest participants said they felt even younger over time. But those in poor health said they felt closer to their actual age.

## Avoid Over-eating this Season

Health adviser offers tips

BY MAKEISHA LEE

The cold of winter alone is enough to cause some people to overeat. Combine this with the stress of the economy, the holidays, and an abundance of seasonal foods - and the temptation can become very overwhelming.

So how can you short-circuit that temptation and still enjoy yourself? Here are 5 easy, practical and realistic tips to use:

### Don't Starve Yourself

This is not the time to start restricting calories to the point where you're so hungry...even the foods you "hate to eat" starts to look good. The key is to eat small meals or snacks frequently throughout the day. This way, you won't ever really feel hungry, and you'll be able to resist all those grains and high-sugar foods that will sabotage your healthy diet. Fill up on all the nutritious foods, like healthy meats, vegetables, coconut or

some berries that you want so that you won't feel that you're missing out.

### 2Buy a New Outfit

Whether you decide to indulge in a new blouse, dress or a special shirt and tie, the point is to purchase something that you are really looking forward to wearing and that you feel good about. When you feel good about yourself, you'll be less inclined to keep reaching for the "better than sex" cake.

### Get Some Fresh Air

A simple, quick walk outside will not only give you a quick burst of energy, it will also take your mind off of food. You'll feel refreshed and your food cravings will likely be diminished. Taking a walk after dinner is especially helpful because moving around will help your meal to digest and reduce your chance of becoming sluggish or tired.

Makeisha Lee is the author of "Why Black People Can't Lose Weight."

## Christmas has a different meaning to everyone, and that meaning can change from year to year, depending on what fate has brought your way. For some, it has been a year of prosperity... for others, it has been a year of loss. Fortunately, time has a way of healing, and letting us go forward—to celebrate again. Whatever the year has brought your way, we want you to know our family's thoughts are with you.

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## Food Bank Reaches Out to Poor

With drug prescription information

The Oregon Food Bank has volunteered to distribute flyers to seniors about resources for prescription drug benefits through its statewide network of more than 900 hunger-relief agencies.

In partnership with the State of Oregon's Senior Health Insurance Benefits Assistance program, the Oregon Food Bank will provide information about Medicare Part D drug benefits when it distributes emergency food boxes.

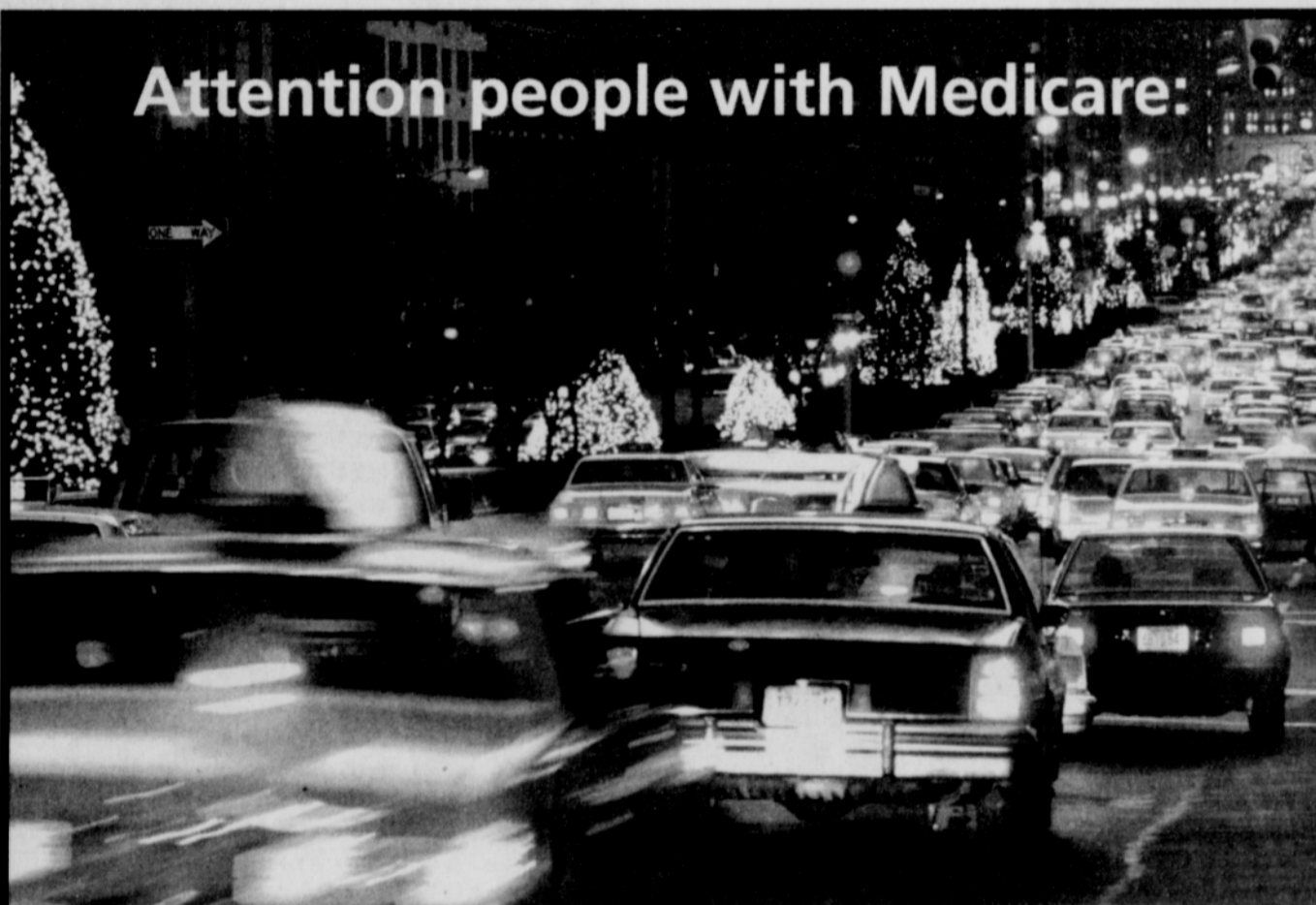
"Health-care costs are a key reason why many Oregonians sometimes need emergency food assistance. Hunger is an income issue," said Jon Stubenvoll, di-

rector of advocacy for Oregon Food Bank.

Oregon SHIBA is a volunteer network providing people with Medicare free, unbiased help. It also provides anyone interested in Medicare, like a person's loved ones, friends, or caretakers, with that same free information.

For more information or assistance, call SHIBA's Hotline at 1-800-722-4134.

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