

Senior Spotlight

Good Nutrition Made Easy For Older Adults

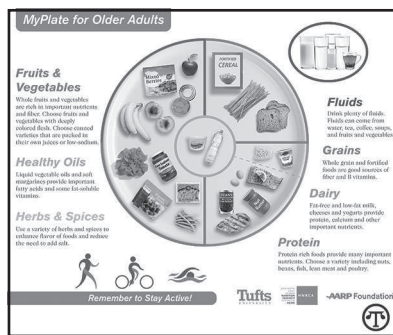
(NAPS)—Roughly 110 million adults in the U.S. are age 50 or older. If you're one of them or know someone who is, there's something you need to know: As you age, your nutrition needs change. You may become less active, your metabolism slows, and your ability to absorb some nutrients becomes less efficient. You need fewer calories to keep you going—which means the amount of nutrients in your food becomes even more important.

To help, the U.S. Department of Health and Human Services and nutrition scientists at the Jean Mayer U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University, with support from AARP Foundation, created MyPlate for Older Adults.

What's on MyPlate for Older Adults?
Based on the federal government's guide to forming healthy dietary habits, MyPlate for Older Adults makes good nutrition easy. Even better, it helps seniors with fixed incomes select healthy foods within their budget. That includes showing how frozen, dried and canned fruits and vegetables can be wise alternatives to fresh produce.

MyPlate for Older Adults encourages eating whole grains, which are high in fiber, as well as plant-based proteins such as beans and tofu, along with fish and lean meat. Vegetables and fruits make up half the plate, reflecting the importance of eating several servings a day in a range of colors. MyPlate for Older Adults also recommends using herbs and spices instead of salt to season food. Cutting back on salt can have big health benefits—especially for older adults, who are at risk of hypertension.

You can use the MyPlate for Older Adults as a tool when you shop to help



Older people can help their own health by watching what they eat.

you decide on types and combinations of foods, and as a reminder that the foods you choose to eat should be rich in vitamins and minerals.

- The rest of the recommendations include:
- Brightly colored vegetables such as carrots and broccoli
 - Deep-colored fruit such as berries and peaches
 - Whole, enriched and fortified grains and cereals such as brown rice and 100 percent whole wheat bread
 - Low-fat and nonfat dairy products such as yogurt and low-lactose milk
 - Dry beans and nuts, fish, poultry and eggs
 - Liquid vegetable oils, soft spreads low in saturated and trans fats
 - Lots of fluids such as water and fat-free milk
 - Physical activity such as walking, resistance training and light cleaning.

Learn More
You can check out MyPlate for Older Adults and find more information about AARP Foundation at www.aarpfoundation.org/myplate.

Health & Well-Being

Keep The Spring In Your Step: Good Reasons To Exercise After Age 50

(NAPS)—For many older adults, growing older seems to involve an inevitable loss of strength, energy and vigor—but that need not be, says the Centers for Disease Control and Prevention (CDC). The frailty and decreased energy associated with aging are largely due to muscle loss due to inactivity. And when it comes to muscle, the old saying is true: "Use it or lose it."

What To Do

One of the best ways to keep muscles healthy and strong, the CDC advises, is through exercises called strength training.

Why To Do It

Done regularly, strength training builds bone and muscle and helps to preserve strength, independence and energy. These exercises are safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—such as arthritis or heart disease—often benefit the most from lifting weights a few times each week.

- Strength training, the CDC adds, can also reduce the signs and symptoms of:
- Arthritis—It reduces pain and stiffness and increases strength and flexibility.
 - Diabetes—It improves glycemic control.
 - Osteoporosis—It builds bone density and reduces risk for falls.

- Heart disease—It reduces cardiovascular risk by improving lipid profile and overall fitness.
- Obesity—It increases metabolism, which helps burn more calories and helps with long-term weight control.
- Back pain—It strengthens back and abdominal muscles to reduce stress on the spine.

What's more, studies have shown that people who exercise regularly sleep better and have less depression, more self-confidence and self-esteem, and a greater sense of well-being.

Fortunately, strength training exercises are easy to learn, and have been proven safe and effective through years of thorough research. What's more, you may be relieved to learn, there are ways to train without undo strain, aches and pains.

Doctor's Advice

To help, Bob Arnot, M.D., an award-winning journalist, author of 12 books on nutrition and health, host of the "Dr. Danger" reality TV series, previously Chief Medical Correspondent for NBC and CBS News, and Chief Foreign Correspondent for MSNBC and NBC, offers this advice:

- Find a few minutes at least two to three times a week to maintain general fitness. Try three or four five-minute bursts of activity such as walking or climbing the stairs at the office.
- Take two or three more



You can enjoy your strength training workout more when you heed a few hints to reduce your risk of injury and relieve muscle pain.

minutes a day for yoga breathing and movements to help your body maintain balance, usable strength, flexibility and muscular restoration.

- Spend another few minutes every day and before any vigorous exercise doing calf stretches and forward bends.
- Stay hydrated before, during and after your workout.
- To reduce your risk of muscle soreness after exercise, consider a massage, an Epsom salts bath or intermittent hot and cold showers, as well as proper stretching and cooldown.
- Muscle strains and muscle pulls are a major health concern for weekend athletes. Signs you should look for alerting you to rest your muscles and avoid over-training are a higher than normal resting heart rate, disrupted sleep due to an elevated heart rate, muscle cramping and muscle

twitching.

- Eat right. In addition to lots of fruits and vegetables and a few lean meats, consume foods with magnesium, which helps fight inflammation, and with vitamin B12—especially if you're over 50—such as fortified cereals. Drink three cups of fat-free or low-fat milk throughout the day or consume the equivalent in yogurt, cheese or other dairy products. Consider an anti-inflammatory diet—cut out sugar, potatoes, tomatoes and eggplant.
- Go topical. Topical pain relievers such as creams, gels and patches work locally. For example, the Salonpas Lidocaine 4% Pain Relieving Gel-Patch provides the maximum strength of lidocaine available without a prescription.

According to the Center for Medicare Advocacy, "[Lidocaine] is a highly effective pain reliever and its unique non-narcotic and nonaddictive properties make it a benign alternative to opioids, without the risks and devastating side effects of opioids."

These unscented patches can desensitize aggravated nerves and provide numbing relief generally within an hour of application.


Learn More

For further health hints from Dr. Arnot and others and information on relieving aches and pains, go to <http://salonpas.us>.

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Wednesday's Graphic

National Mom & Pop Business Owners Day
March 29, 2018

Here is how it works...
We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Gift Certificates must be picked up within 2 weeks of winning
Deadline for today's paper:
Thursday by 2:00 PM

EVELYN CLOYD found the Palm Sunday Graphic on page 5B (in header 360 FUEL / FIREWOOD). She won a gift certificate to Sweet Magnolias Bakery & Cafe.

Saturday's Graphic

999 PUBLIC NOTICES

999 PUBLIC NOTICES

REFEREE'S NOTICE OF SALE

The parties subject to this Notice of Sale of real property to be sold pursuant to Oregon law are as follows:
Sharon Poland, Randall Poland, Cole Coleson

All persons, known and unknown, with an interest in the real property described herein.

This Referee's Notice of Sale covers the real property in the County of Lane and State of Oregon ("the Property") commonly known as 4592 Foulweather Street, Florence, Oregon 97439, which has the following legal description:
Lot 8, Block 13, HECETA BEACH, as platted and recorded in Book 7, Page 25, Lane County Oregon Plat Records, in Lane County, Oregon.

The Referee is William Free individually and Stuart Realty Group, Inc. an Oregon Domestic Corporation (collectively, the "Referee") and the mailing address of the Referee is: William Free, 1525 12th Street, Suite 4, Florence, Oregon 97439.

The date, time, and place of the sale is:
Date: April 14, 2018
Time: 1 P.M. PST
Place: 4592 Foulweather Street, Florence, Oregon 97439

NOTICE: Before bidding at the sale, a prospective bidder should independently investigate:
(a) the Priority of the lien or interest of the judgement creditor;
(b) Land use laws and regulations applicable to the property;
(c) Approval uses for the property;
(d) Limits on farming or Forest practices on the property;
(e) Rights of neighboring property owners; and
(f) Environmental laws and regulations that affect the property.

Access to a notice of this sale is on Stuart Realty Group, Inc.'s website. View our list of current properties and date of sales" [www. StuartRealtyGroupInc.com](http://www.StuartRealtyGroupInc.com)
Dated: 3-13-2018
Publication Dates: March 17, 21, 28, April, 4 & 11, 2018

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