



How to avoid growing bored in retirement

From the moment young men and women first walk into the office for their first day as a working professional until the day they officially retire, the notion of planning for retirement is never far from their minds. But when the day to hang up the briefcase and donate all those business suits arrives, some retirees wonder what to do next. Some retirees know exactly how they will spend their days when they no longer have to work, while others who decide to play it by ear may find themselves battling boredom. For those among the latter group, it's important to understand that many retirees find themselves bored once they no longer have to focus on a career. Jobs keep men and women busy and provide a sense of purpose in their lives, so it's understandable that retirees feel bored once those jobs are no longer a part of their lives. But just because you no longer have an office to go to every day does not mean life cannot be as fulfilling or even more fulfilling than it was when

you were still working. You just need to find something to avoid succumbing to retirement boredom.

- **Work part-time.** Though it might seem odd to start working right after you retire, a part-time job can provide the type of structure you have grown accustomed to without all of the responsibility that comes with a full-time career. Part-time jobs can range from consultancy work that makes use of your professional experience to something entirely different like landscape maintenance at a nearby golf course that gets you out of the house and enjoying the warmer seasons. Whichever you choose, make sure it's something you find fun and interesting.

- **Embrace a new hobby.** Working professionals often say they wish they had time to pursue a hobby. Now that you are retired, you have all the time in the world to do just that. Whether it's perfecting your golf game, writing that novel, learning to cook like a gourmet chef or whatever

else you might have always wanted to do, retirement is a great time to do it.

- **Get in shape.** If retirement boredom has started to negatively affect your mood, one great way to conquer your boredom and improve your mood at the same time is to start exercising. Exercise is a natural mood enhancer. When the body exercises, it releases chemicals known as endorphins, which trigger positive feelings in the body. In addition, regular exercise has been shown to reduce stress, boost self-esteem and improve sleep. Working out at a gym also is a great way to meet fellow retirees in your community, and the energy you have after exercising may give you the boost you need to pursue other hobbies.
- **Volunteer.** If a part-time job is not up your alley, then consider volunteering in your community. Volunteers are always in demand, and volunteering with a local charity can provide a sense of purpose and provide opportunities to meet like-minded fellow retirees, all while helping to

quell your boredom. Retirees who love to travel can combine their passion for volunteering with their love of travel by signing up to work with an international relief organization that travels abroad to help the less fortunate.

Upon retiring, many retirees initially find themselves coping with boredom. But there are many ways to avoid the restlessness of retirement.



How to eat after 50

As people age, their dietary needs begin to change. Foods that were once staples of your diet as a youth may be restricted once you hit a certain age, while other foods you may have always avoided may now be necessary to fuel and support a healthy body.

Eating healthy foods and exercising may not be enough to sustain health, as hormonal changes and other health effects as a person reaches age 50 can have a profound impact on his or her nutritional requirements. The following are a few things men and women over 50 may want to consider as they look to eat a healthy diet for years to come.

Vitamin D

Both men and women age 50 and up have a reduced ability to produce vitamin D through ex-

posure to the sun. Extra vitamin D will be

needed from foods and supplements. Everyone over the age of 50 should take a daily vitamin D supplement of 400 IU (10 µg), according to Canada's Food Guide. Without adequate vitamin D, bone strength and health can deteriorate because vitamin D promotes calcium absorption. Vitamin D also has other roles, including helping neuromuscular and immune function and reducing inflammation.

Friendly fats

People over age 50 should increase their intake of unsaturated fats and reduce consumption of saturated fats. Nutrient-rich unsaturated fats can guard against heart conditions, protect against stroke, keep skin supple, and even help men and women maintain good neurological health.

Omega-3 fatty acids can be found in nuts, olives, seeds, and fatty fishes.

Increase protein

According to Christine Gerbstadt, MD, RD, a spokesperson for the Academy of Nutrition and Dietetics, as they age, men and women need more protein in their diets to maintain their muscle mass. The amount of protein needed at a younger age no longer may be adequate. Look for lean sources of protein from fish and poultry. Beans are also a low-fat source of protein that can help fulfill daily protein requirements.

More fiber

Eating more fiber can help with digestive and intestinal problems, such as constipation. Constipation can occur when fiber intake is not enough, coupled with a more sedentary lifestyle. The best way to get fiber is through diet. Leave the skins on fruit and vegetables and choose whole fruits over juices. Whole-grain breads and cereals also

are good sources of fiber. Dry beans and lentils can add a fiber boost. Always increase fiber slowly to determine your tolerance.

Fewer calories

The National Institute on Aging says women over the age of 50 need between 1,600 and 2,000 calories, depending on how physically active they are. Men need between 2,000 and 2,400 calories per day. With each passing year there is a decrease in the energy required to maintain body weight, so caloric intake should be adjusted accordingly.

More water

As a person ages, his or her body may not signal it is thirsty as well as it once did, so it's possible that you may not recognize when you are thirsty or dehydrated. The Mayo Clinic recommends around nine to 10 cups of beverages per day to remain hydrated.

Eating healthy and changing one's diet is important as a person ages, as dietary needs at age 50 may be quite different from what they were at age 30.

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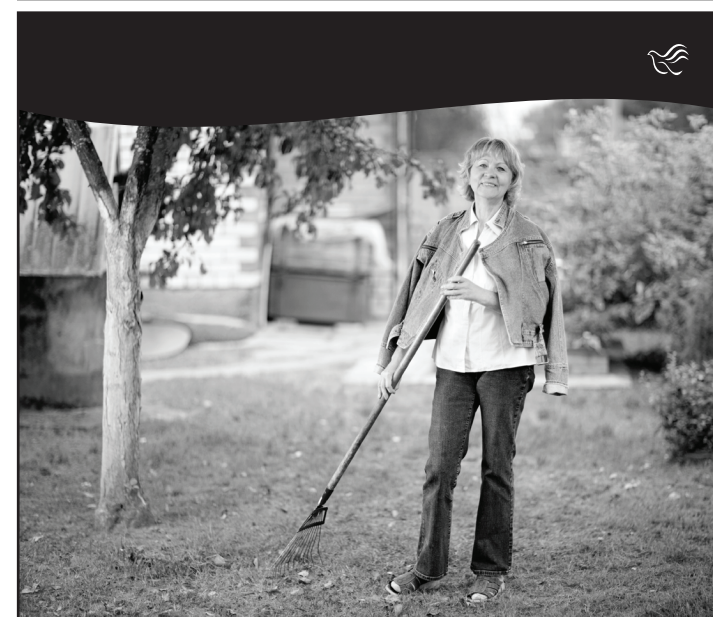
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Popular sports for seniors

Age doesn't have to stop older men and women from enjoying their favorite sports. In fact, remaining active can improve physical and mental health.

If a doctor has confirmed that it is okay to participate in sports, these activities can help men and women 50 and older enjoy friendly competition and physical activity.

Fishing is more than just a leisurely day at the lake. Casting and reeling in your catch provides a good workout for the arms, legs and core muscles of the body. If you fish on the water, rowing out to your lucky spot provides additional cardiovascular exercise.

Golf is enjoyed by people of all ages. Requiring a combination of strategy and skill, golf also pays several physical dividends. Play at your own pace, taking your time walking from hole to hole so you can enjoy the sunshine and soak in the beauty of the course.

Swimming—A few laps around a pool works your whole body. Swimming is attractive to seniors because it works the muscles and provides a cardiovascular jolt without putting any strain on the joints.

Cycling—Many seniors are avid cyclists. You can ride a bicycle in competition or for pleasure. You can even vary your route depending on how physically intense you want the ride to be. Seniors need not abandon their love of sport just because Father Time is catching up with them. Many sports can be enjoyed by athletes of all ages.