

Living 50 Plus



Some benefits of growing older

Many people are quick to think of growing older in a negative light. Although there certainly are some side effects of aging that one may wish to avoid, people may find that the benefits of growing older outweigh the negatives.

Seniors are a rapidly growing segment of the population. In the United States, the Administration on Aging states that the older population — persons 65 years or older — numbered 46.2 million in 2014 (the latest year for which data is available). Statistics Canada reports that, in July 2015, estimates indicated that there were more persons aged 65 years and older in Canada than children aged 0 to 14 years for the first time in the country's history. Nearly one in six Canadians (16.1%) was at

least 65 years old.

With so many people living longer, it's time to celebrate the perks of getting older rather than the drawbacks. Here are some great benefits to growing old.

- **Higher self-esteem:** The insecurities of youth give way as one ages, and older people have less negativity and higher self-esteem. A University of Basel study of people ranging in ages from 18 to 89 found that regardless of demographic and social status, the older one gets the higher self-esteem climbs. Qualities like self-control and altruism can contribute to happiness.

- **Financial perks:** Seniors are entitled to discounts on meals, museum entry fees, movies, and other entertainment if they're

willing to disclose their ages. Discounts are available through an array of venues if one speaks up. Seniors also can enjoy travel perks, with slashed prices on resorts, plane tickets and more. The U.S. National Park Service offers citizens age 62 and older lifetime passes to more than 2,000 federal recreation sites for just \$10 in person (\$20 online or via mail).

- **Reasoning and problem-solving skills:** Brain scans reveal that older adults are more likely to use both hemispheres of their brains simultaneously — something called lateralization. This can sharpen reasoning skills. For example, in a University of Illinois study, older air traffic controllers excelled at their cognitively taxing jobs, despite some losses in

short-term memory and visual spatial processing. Older controllers proved to be experts at navigating, juggling multiple aircrafts simultaneously and avoiding collisions.

- **Less stress:** As people grow older, they are able to differentiate their needs from wants and focus on more important goals. This can alleviate worry over things that are beyond one's control. Seniors may realize how little the opinions of others truly mean in the larger picture, thereby feeling less stress about what others think of them.

Growing older may involve gray hair or wrinkling skin, but there are many positive things associated with aging.

Eating healthy beyond 50

A balanced diet is an integral element of a healthy lifestyle for men, women and children alike. But while kids and young adults might be able to get away with an extra cheeseburger here or there, men and women approaching 50 have less leeway.

According to the National Institute on Aging, simply counting calories without regard for the foods being consumed is not enough for men and women 50 and older to maintain their long-term health. Rather, the NIA emphasizes the importance of choosing low-calorie foods that have a lot of the nutrients the body needs.

But counting calories can be an effective and simple way to maintain a healthy weight, provided those calories are coming from nutrient-rich foods. The NIA advises men and women over 50 adhere to the following

daily calorie intake recommendations as they attempt to stay healthy into their golden years.

Women

- Not physically active: 1,600 calories
- Somewhat active: 1,800 calories
- Active lifestyle: between 2,000 and 2,200 calories

Men

- Not physically active: 2,000 calories
- Somewhat active: between 2,200 and 2,400 calories
- Active lifestyle: between 2,400 and 2,800 calories

When choosing foods to eat, the NIA recommends eating many different colors and types of vegetables and fruits. Phytochemicals are substances that occur naturally in plants, and

there are thousands of these substances offering various benefits. The Produce for Better Health Foundation notes that a varied, colorful diet incorporates lots of different types of phytochemicals, which the PBH says have disease-preventing properties.

The NIA also advises that men and women over 50 make sure at least half the grains in their diets are whole grains. Numerous studies have discovered the various benefits of whole grains, which are loaded with protein, fiber, antioxidants and other nutrients. Whole grains have been shown to reduce the risk for diseases such as type 2 diabetes, heart disease and some types of cancer.

Another potential hurdle men and women over 50 encounter is a change in their sense of smell and taste. A per-

son's sense of smell may fade with age, and because smell and taste are so closely related, foods enjoyed for years may no longer tantalize the taste buds. That can be problematic, as many people instinctually add more salt to foods they find bland. According to the U.S. Office of Disease Prevention and Health Promotion, older adults should consume no more than 1,500 milligrams of sodium per

day. That equates to roughly 3/4 teaspoon of salt. Older men and women should resist the temptation to use salt to add flavor to foods, instead opting for healthy foods that they can still smell and taste. In addition, men and women should mention any loss of their sense of smell to their physicians, as such a loss may indicate the presence of Parkinson's disease or Alzheimer's disease.

Maintaining a healthy diet after 50 may require some hard work and discipline. But the long-term benefits of a healthy diet make the extra effort well worth it.

South Lane County Fire & Rescue: Creswell Fire Station Advisory Committee.

South Lane County Fire & Rescue services a 132 square mile area for Fire/Rescue/EMS services based on voter approved taxing rates, levies, and bonds equaling \$1.80/\$1000, beginning with fiscal year 2016-2017.

The current voter approved permanent and levied rate is \$1.50/\$1000 of assessed property value, including a house and five acres within the District's boundaries. The District further provides advanced life support ambulance service to an area totaling 850 square miles. The area outside the District's 132 square mile area does not provide tax revenue. The District operates from four fire stations and staffs the Cottage Grove and Creswell stations 24/7, with a combination of career/resident and community volunteer personnel. The Saginaw station is staffed 24/7 with off duty residents and the Camas Swale station with community volunteers.

The District is managed by the Fire Chief who reports directly to the five member Board of Directors. All other District personnel report to the Fire Chief utilizing a chain of command.

The district is seeking individuals who have the desire to contribute to ongoing efforts aimed at enhancing and improving fire and EMS services in the South Lane County community by serving as an advisory committee member for replacing the District's Creswell fire station. Interested applicants must be at least 18 years of age, be an elector, or a property owner within the district. While any person meeting the requirements may submit a letter of interest to the Board of Directors, preference for appointment to the advisory committee may be given to those within the Creswell area.

Interested persons should submit a letter of interest to the SLCFR Board of Directors by close of business

Thursday March 9, 2017.

Letters of interest may be hand delivered, mailed, or faxed to:

**South Lane County Fire & Rescue
Attn: Advisory Committee
233 E. Harrison Ave, Cottage Grove, OR 97424
Fax: 541-942-3367
Office: 541-942-4493**

Deadline for submitting a letter of interest is Thursday March 9, 2017 by 5PM

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