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published by:

Republic
SERVING PERRY COUNTY SINCE 1889
MONITOR



Five Activities for older adults: WITH LIMITED MOBILITY



For older adults with limited mobility, staying active and engaged can be challenging. However, many activities are tailored to accommodate various physical abilities, ensuring everyone can enjoy a fulfilling and enriching lifestyle. Here are five examples:

1. CHAIR YOGA.

Chair yoga offers a gentle and effective way to improve flexibility, strength and balance while seated

in a sturdy chair. It involves a series of modified yoga poses and breathing exercises designed to promote relaxation and enhance overall well-being.

2. INDOOR GARDENING.

Tending to indoor plants or a small garden can be therapeutic for older adults with limited mobility. Whether growing herbs, flowers or succulents, gardening promotes sensory stimulation, reduces stress and provides a sense of accomplishment when plants thrive under their care.

3. SWIMMING.

Swimming is ideal for elderly individuals with limited mobility as it's low-impact, gentle on joints and supports weightlessness, reducing strain. It enhances cardiovascular health, muscle strength and flexibility without putting excessive stress

on the body.

4. STORYTELLING GROUPS.

Joining a storytelling group allows older adults to intellectually engage in stimulating conversations and share their experiences and memories.

5. CREATIVE ARTS AND CRAFTS.

Creative pursuits such as painting, drawing and crafting can ignite the imagination and provide a creative outlet for self-expression. Older adults can create beautiful artwork or handmade crafts to decorate their living space or share with loved ones.

By incorporating these accessible activities into a daily routine, older adults can stay active, connected and fulfilled, enhancing their overall quality of life.

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SENIOR Living

Printed in association with The Republic-Monitor

Serving Perry County, Mo. since 1889
Office Hours:

Monday - Friday 8 a.m. - 4 p.m.

Perryville Newspapers Inc.
PO Box 367, 11 W. St. Joseph St., Perryville, MO 63775

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USPS 35880. Entered as periodical mail at Post Office in
Perryville, MO 63775. POSTMASTER:
Send change of address to Perryville Newspapers Inc.,
P.O. Box 367, Perryville, MO 63775.

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Everyone should be aware of the risks of the sun's UV rays, but seniors need to be especially vigilant. Older adults, particularly those with sensitive skin or on certain medications, are more

susceptible to the damage that UV rays can cause. Some risks include skin cancer, premature aging, cataracts, a weakened immune system and heat-related illnesses.

Do you have: **PICKLEBALL FEVER?**

Have you heard of pickleball? It's a sport gaining popularity among people of all ages, especially older people.

Here's why pickleball is so popular.



This sport has various physical benefits for older adults. The movements require coordination, flexibility and endurance, contributing to better overall health. The friendly nature of the game encour-

ages strong social bonds, reinforcing the feeling of belonging to an active community.

A GROWING CRAZE

Pickleball has caught the attention of people aged 50 and over, looking for a way to get active and move their bodies in a way that's entertaining and accessible. The rules are simple, and the movements are low impact, making this sport an attractive option for anyone who wants to stay healthy and socialize. Leagues and associations have started springing up like mushrooms!

PHYSICAL AND SOCIAL BENEFITS

GOOD TO KNOW: pickleball isn't just for people living in big cities. The sport is just as popular with older people in urban areas as in rural communities.

Are you looking for a new way to keep fit and meet new people? Find out if there are any pickleball courts in your area, and give this fun-filled activity a try!

Seniors: ENJOY THE SUN SAFELY!

SUN SAFETY TIPS

Follow these sun safety tips when you're outdoors:

- **USE SUNSCREEN.**

Apply a broad-spectrum sunscreen with SPF 30 or higher to all exposed skin, including the face, neck, arms and legs. Reapply every two hours or more frequently if swimming or sweating.

- **COVER UP.**

Wear lightweight, long-sleeved shirts, wide-brimmed hats and UV-blocking sunglasses to protect the skin and eyes.

- **SEEK SHADE.**

Limit outdoor activities during peak sun hours, typically between 10 a.m. and 4 p.m. When outdoors, seek shade under trees, umbrellas or canopies to reduce UV exposure.

- **STAY HYDRATED.**

Drink plenty of water throughout the day, especially in hot weather, to prevent dehydration and heat-related illnesses. Avoid excessive alcohol and caffeine consumption, as they can contribute to dehydration.

- **CHECK MEDICATIONS.**

Some medications, such as antibiotics and diuretics, can increase sensitivity to sunlight. Consult your local pharmacist about potential side effects and take necessary precautions when spending time outdoors.

Look for sunscreens, sunglasses and hats at your local shops and pharmacies to safely enjoy your outdoor activities!

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Six Summer Activities to do with your Grandchildren: FUN AND GREAT MEMORIES ARE GUARANTEED!

Spending time outdoors with your grandchildren is a great way to create memories while promoting an active, healthy lifestyle. Here are six outdoor activities you can try to make the most of your summer:

1. HAVE A BEACH DAY.

Pack beach toys, towels and a picnic for a fun day in the sun. Build sandcastles, play Frisbee and swim to your heart's content!

2. GO HIKING.

Take an age-appropriate hike with your grandchildren. Easy walking trails allow you to observe nature while encouraging an active lifestyle.

3. ARRANGE A TREASURE HUNT.

Organize a treasure hunt in your

yard or a nearby park. Prepare fun clues for the children, encouraging them to explore their surroundings while solving riddles.

4. HOST A PAINTING WORKSHOP.

Get canvases, brushes and paints, and let your creativity flow outdoors.

5. GO ON A BIKE RIDE.

Choose a path suitable for your grandchildren's age, and make sure you wear helmets. Cycling is a great way to get exercise while taking in the sights.

6. DO YOGA.

Choose a peaceful spot, bring some yoga mats and enjoy an energizing session in the great outdoors. Yoga can help improve



your flexibility and concentration while reducing stress.

Doing these activities will give you a unique chance to bond with your grandchildren while

encouraging their physical, emotional and social development. This summer, get a taste of the great outdoors and make some unforgettable memories as you explore nature!

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Managing screen time: A GUIDE FOR OLDER ADULTS

While often associated with younger generations, the risks of excessive screen time also apply to older adults. Too much time spent on phones, laptops and other devices can lead to various health risks in seniors, including obesity and cardiovascular disease, eye strain and vision problems, sleep disturbances, social isolation and cognitive decline.

With these risks in mind, here are some tips to help manage screen time:

1. SET LIMITS.

Establish specific time limits for using electronic devices like smartphones, tablets and computers. Allocate dedicated pe-

riods for screen time and stick to them to prevent excessive use. Avoid screen time right before bed, as the blue light emitted from digital devices has been shown to interrupt sleep patterns.

2. PRIORITIZE ACTIVITIES.

Identify activities that provide meaningful engagement and prioritize them over passive screen time. Allocate time for offline hobbies, exercise and socializing to maintain a well-rounded lifestyle.

3. USE TECHNOLOGY WISELY.

Use technology to enhance productivity and connectivity with family and friends. Be mindful of its pitfalls! Limit distractions by turning off notifications.



4. TAKE BREAKS.

Incorporate regular breaks into screen time sessions to prevent eye strain, fatigue and mental exhaustion. Use breaks to stretch, walk or relax to rejuvenate the mind and body.

By applying these strategies, older adults can effectively manage their screen time and strike a healthy balance between digital engagement and offline activities, leading to improved well-being and overall quality of life.

Osteoporosis: WHAT FOODS HELP BONE HEALTH?



Osteoporosis, a condition characterized by weakened bones, is a growing concern among aging populations. While genetics and physical activity play a significant role in bone health, diet also plays a crucial part in maintaining strong

bones and preventing osteoporosis. Here are some key nutrients to incorporate into your diet:

- **CALCIUM-RICH FOODS** are essential for building and maintaining bone strength. Incorporating

dairy products like milk, cheese and yogurt into your diet provides a significant source of calcium. Non-dairy options include leafy greens like kale and broccoli and fortified foods like tofu and orange juice.

- **VITAMIN D** aids in calcium absorption, making it vital for bone health. Fatty fish such as salmon, tuna and mackerel are excellent sources of vitamin D. Additionally, fortified foods like cereals and dairy products and exposure to sunlight can help meet your vitamin D needs.

- **PROTEIN** is necessary for bone growth and repair. Include lean protein sources such as poultry, fish, beans and lentils in your meals

to support bone health.

- **MAGNESIUM AND VITAMIN K** affect bone metabolism. Incorporate magnesium-rich foods like nuts, seeds, whole grains, leafy greens and vitamin K-rich foods like spinach, kale and Brussels sprouts into your diet.

High sodium and caffeine intake can lead to calcium loss from bones. Limit processed foods, salty snacks and caffeinated beverages to protect bone health.

By eating the right foods, you can support bone health and reduce the risk of osteoporosis. Remember, a balanced diet and regular exercise are crucial to maintaining strong and healthy bones.

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*Then I heard the voice of the Lord saying, "Whom shall I send?
And who will go for us?" And I said, "Here am I. Send Me!" - ISAIAH 6:8*

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