

An Anthology of
Timely Tidbits, Personal Stories, and Fascinating Factoids for

Savvy Jersey Seniors



Advice, Humor, and Miscellaneous Words of "Wisdom"
For & About Seniors

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Welcome!

In this latest edition of *Savvy Jersey Seniors* for January and February of 2024 we present another installment in our ongoing look at melatonin.

Plus, information about:

- the growing threat of gift card scams,
- exercises to improve your bone health,
- why Internet use may help prevent dementia, and
- a list of 23 organizations that ready and waiting to help you with everything from food and housing to taxes and retirement.



And, of course, we also have our usual potpourri of information that we feel might make a difference to our senior friends across South Jersey. By the way, please don't forget that we always welcome your ideas for any topic that you'd like to see us tackle.

As we've noted previously, we're especially interested in the avocations and hobbies of our readers. In that vein, remember that we really want to hear about the volunteer efforts that seniors across South Jersey are making on behalf of the literally thousands of non-profit organizations that serve our region. Just drop us a note at savvyjerseyseniors.com.

Beware of Gift Card Scams

Gift cards are popular and convenient...and not just as gifts. Con artists have latched onto gift cards as a convenient form of payment in their scams.

How these scams work:

- You are contacted about an urgent financial matter and are told the quickest way to address the issue is to buy one or more gift cards--often referred to as electronic vouchers.
- You are told to share the numbers on the back of the gift cards either by reading them over the phone or taking and sending a photo.

- The scammer is able to quickly convert the card balance into cash and then disappear.
- This tactic is common in imposter scams--a call from Social Security warns of a problem with your account; a utility company call warns of an imminent shutoff; you've won big in a lottery and just need to pay some fees upfront; your grandchild faces a financial emergency.

What you should do:

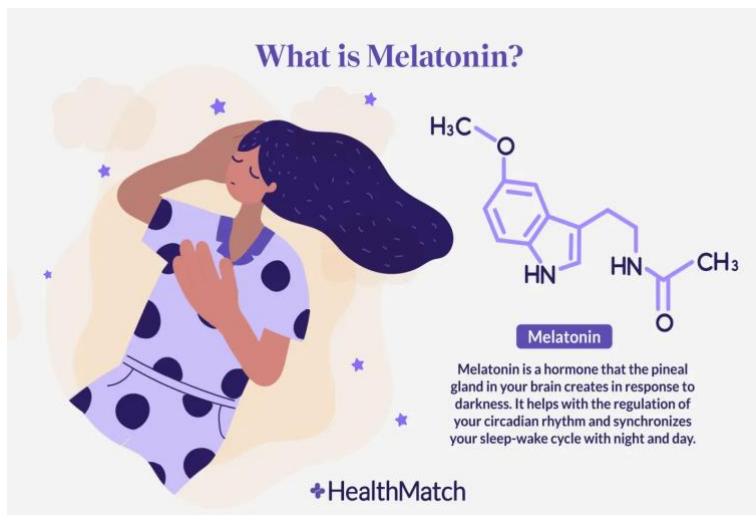
- Anytime you are directed to pay some fee or obligation by purchasing a gift card and sharing the numbers off the back, it is a scam.
- If you are confronted by someone directing you to buy gift cards for some obligation, disconnect immediately.
- Report it to the Federal Trade Commission at reportfraud.ftc.gov. The data are used to identify trends and build cases against criminals.

To learn more about gift card payment scams, visit aarp.org/giftcards. For help determining if something is legitimate, or if you have experienced a scam, call the AARP Fraud Network Helpline at 1-877-908-3360.



Melatonin: Is It Safe...What Are the Side Effects?

Is it safe to take...does it cause weight gain...does it affect your blood pressure...how long does it stay in your system? Here some possible answers to those important questions.



Does melatonin cause weight gain?
There's not any evidence that taking melatonin leads to weight gain. In fact, there's some evidence that it could help prevent weight gain caused by certain mental health medications. And another small study showed that melatonin may help lower body weight in postmenopausal women.

But there's not enough evidence to know if melatonin has any significant effect on body weight.

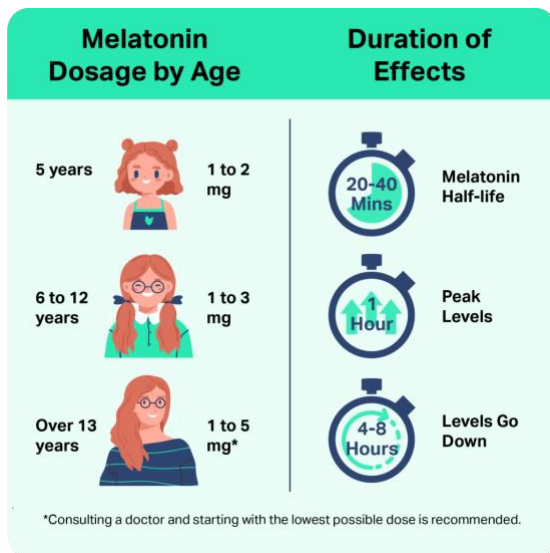
What we do know is that your risk for obesity goes up as the number of hours you sleep goes down. So, if melatonin helps you get a full night's rest, it could be the sleep itself that helps you maintain a healthy weight.

Does melatonin affect your blood pressure?

Most sources find that taking melatonin may lower your blood pressure. If you're taking medication for high blood pressure, adding melatonin could lower your blood pressure too much. This doesn't seem to be a common issue, but it's good to be aware of it.

Symptoms of low blood pressure include feeling weak or dizzy. You should stop taking melatonin and contact your healthcare provider if you notice these symptoms while taking it.

Good to know: If you're taking nifedipine (Procardia, Procardia XL) for high blood pressure, melatonin may make it less effective. So, you shouldn't take melatonin without talking to your provider first. A different sleep medication may be a better option for you.



How long does melatonin stay in your system?

The half-life of melatonin is around 1 to 2 hours. Half-life is how long it takes your body to remove 50% of the dose you took. In general, it's estimated that it takes about five half-lives to remove most of an active drug from your body. So, for many people melatonin should be out of your system about 5 to 10 hours after you take it.

As mentioned, this is why it's best to take melatonin at least 8 hours before you need to wake up. This helps ensure it's out of your system by the time you wake up, which helps you avoid feeling tired or groggy in the morning.

Can certain food or drinks affect melatonin levels?

Certain food and drinks contain high amounts of melatonin. Some, like milk and tart cherry juice, are

often associated with a good night's rest. But there's not a lot of research that the melatonin in them makes much of a difference.

Other foods that contain melatonin include raw nuts, mushrooms, and fish. Again, there's not a lot of information about how well the melatonin in these foods is absorbed. But adding them to your dinner plan may help improve your sleep over time.

One "bottom line" is that melatonin supplements may help signal your body that it's time to relax and go to sleep. It's best to take melatonin an hour or two before bedtime. This gives it time to absorb so it will kick in when you need it. It's also a good idea to make sure you can get at least 8 hours of sleep after taking melatonin. This will help you avoid next-day drowsiness.

Most adults take 3 mg to 5 mg of melatonin. It's fine to take it every day, but if you need it for more than a few weeks, it's time to loop in your healthcare provider. Look for certified melatonin supplements to help protect your safety. And be aware that melatonin has side effects and drug interactions to consider. Your pharmacist and provider can help determine if melatonin is a safe option for you.

Children typically take 1 mg to 2 mg of melatonin. Starting with a smaller dose is also a good idea to help minimize side effects. And it's best to talk to your child's provider first before starting melatonin.





Sleep problems in children could have a number of causes, so it's best not to treat them on your own.

The Big Question: Is melatonin safe to take? Melatonin is considered to be a safe first-line treatment option for sleep issues. But that doesn't mean it's without risks. There are several things to consider about melatonin before taking it:

- Melatonin supplements aren't FDA approved or regulated. OTC supplements don't have the same research and testing requirements that prescription medications do. Studies show that OTC melatonin products often contain different amounts of melatonin than the label indicates. Some

even contain other substances, such as serotonin.

Look for certified supplements to help protect your safety. And don't hesitate to ask your pharmacist for help.

- Melatonin has side effects to be aware of. Common melatonin side effects include headache, nausea, and dizziness. Daytime drowsiness and vivid dreams can also be an issue.
- Melatonin can interact with other medications. It's easy to overlook the fact that OTC supplements can still interact with other medications you take. And melatonin is no exception. Be sure to review your medication list with your provider to make sure melatonin is safe for you to take.
- Long-term melatonin use isn't recommended. There's no information on the safety of taking melatonin for a long period of time. So, it's not recommended unless your provider OK's it.
- Melatonin may affect puberty in children. It's possible that melatonin could delay the start of puberty in children taking it for a long period of time. More research is needed to confirm how much of a concern this side effect is. But it's best to avoid giving children melatonin without talking to their provider first.

Seniors May Benefit from a Medication Review

Joanne Lynn, MD, has lost track of the number of times in her 40 years as a geriatrician she's seen a new patient come to her office carrying a bucket full of prescription—many of which they don't need.

Lynn, who is on the faculty of the George Washington University School of Medicine and Health Sciences in Washington, DC, recalls one woman who unwittingly was taking two blood pressure medications with different names.

"The risks included all the side effects overdosing carries," Lynn says, ranging from blurred vision and crankiness to organ failure and even death.

For doctors with patients who don't know they're taking too much of a medication, "you wonder whether the drug is causing the health problems,



And if it's a symptom of the wrong medication" rather than a symptom of an undiagnosed illness, she says.

Many adults over age 65 with chronic conditions may be on too many medications and could benefit from a medication review with their primary care doctor. Patients often assume their health providers check for drug interactions or assess if a medication is no longer needed, and will catch extra prescriptions. That could be a risky assumption.

"A lot of drugs that people take might have been appropriate at one point, but might have outlived their usefulness for that individual," says Michael Steinman, MD, a professor of medicine and a geriatrician at the University of California, San Francisco. "Having fewer medications can actually be beneficial," he says. "You can take too many medications; you can take too few. The optimal thing is finding what is the right balance for you."

Fostering a Cat Can Ease Loneliness

No one needs science to tell them that dogs make faithful and loving companions. Cats, on the other hand, could use the endorsement.

The University of Georgia and Brenau University have provided just that in a pilot study that proves fostering a cat can ease loneliness among older adults.

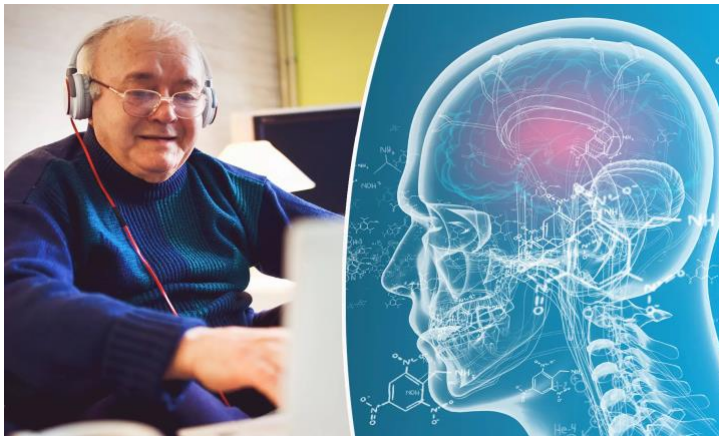
Susan Cannone, one of 29 participants in the study, responded to an advertisement in 2020 seeking human subjects to foster shelter cats. Volunteers had to be 60 or older and living alone with no other pets in the house.

Still have questions?



Daily Internet Use Can Reduce Risk of Dementia

A study published in the Journal of the American Geriatrics Society found that seniors who use the internet regularly can reduce their risk of dementia by as much as 50 percent. Even after allowing for other factors that could affect cognitive ability, the researchers discovered that browsing the web for six minutes to two hours a day appeared to provide the most protection.



This isn't the first study to explore this area. Previous studies have shown that being engaged online can reduce aging's natural tendency to produce cognitive decline. Some studies have also shown that internet users display better verbal command and memory than those who seldom or never use the internet.



Researchers point out that the study was conducted over a 17-year period and involved thousands of participants between the ages of 50 and 65, giving it added credibility. None of the participants displayed any signs of dementia at the start of the study period.

“Regular internet users experienced approximately half the risk of dementia than non-regular users,” the authors conclude.

“Being a regular internet user for longer periods in late adulthood was associated with delayed cognitive impairment, although further evidence is needed on potential adverse effects of excessive usage.”

Need Help with Food...Taxes...Housing...Retirement? Here Are 23 Organizations That Are Ready to Help

Organizing the needs and finances for our loved ones, family members, or our own retirement can be overwhelming. The good news is that there are many helpful organizations specializing in senior issues.

Here is a list of 23 organizations dedicated to the needs of seniors—and it’s just the beginning. Many of these national organizations can refer you to agencies and businesses in your local community:

• General Assistance and Information

American Association of Retired People (AARP)

888-687-2277

www.aarp.org

Vantage Aging

800-554-5335

www.vantageaging.org

National Council on Aging, Inc.

571-527-3900

www.ncoa.org

National Council for Aging Care

877-664-6140

www.aginginplace.org

National Association of Area Agencies on Aging

202-872-0888

www.n4a.org

Social Security Administration

800-772-1213

www.ssa.gov





American Society on Aging
800-537-9728
www.asaging.org
Eldercare Locator
800-677-1116
www.eldercare.gov

• **Employment**

AARP's Senior Community Service Employment Program
888-687-2277
www.aarp.org/money/careers/findingajob
Senior Job Bank
866-562-2627
www.seniorjobbank.org

Experience Works, Inc.
844-219-0060
www.experienceworks.org
National Able Network
312-832-0922
www.operationable.org

Senior Service America, Inc.
301-578-8900
www.seniorserviceamerica.org
SER-Jobs for Progress National, Inc.
469-549-3600
www.ser-national.org

• **Taxes**

Tax Counseling for the Elderly
800-829-1040
www.irs.gov
AARP Tax-Aide
888-687-2277
www.aarp.org/taxaide

Health/Insurance
Medicare
800-633-4227
www.medicare.gov

Centers for Medicare & Medicaid Services
877-267-2323
www.cms.hhs.gov
Family Caregiver Alliance
800-445-8106
www.caregiver.org





● **Housing**

Leading Age
202-783-2242
www.leadingage.org

FannieMae
800-732-6643
www.fanniemae.com

U.S. Department of Housing and Urban
Development
800-955-2232
www.hud.gov

● **Food**

Meals on Wheels Association of America
888-998-6325
www.mealsonwheelsamerica.org

Five Exercises to Maximize Your Bone Health

Beginning in our 30s, we experience a gradual decline in bone mineral density, losing about 1 percent each year. But there's evidence that if you are physically active on a regular basis, you can optimize your bone health throughout your life, says Wendy Kohrt, distinguished professor of medicine in the Division of Geriatric Medicine at the University of Colorado.

Any movement that causes you to fight gravity by standing up and moving is good for your bones. If you want to amp up the protection, these five exercises will help keep you—and your bones—strong for life.

1. Push-ups

You can do these against a wall, on bent knees or on the floor. Extend your arms and put your hands shoulder-width apart on the surface in front of you. Tighten your abs, then bend your arms, lowering your torso toward the surface. Push yourself back up. Perform the exercise three to five times, rest, and repeat for a second set.



2. Squats

You don't have to do a deep squat for this exercise to be effective. Stand with your feet hip-width apart, then bend at the knees to slowly squat down. (Rest your hand on a sturdy object if you need extra balance.) Squat as far as you can, but don't let your butt get below your knees. At the bottom of the movement, tighten your buttocks and use your butt and thigh muscles to return to a standing position. Repeat eight to 12 times.



3. Walk and stomp

Bones are stimulated when they're jolted, something that doesn't happen on your typical stroll.

Running and hiking will fit the bill, but if walking is more your speed, consider a walk-and-stomp routine: While walking, stomp each foot two or three times every 10 steps or so, imagining you are crushing a can. (BTW: Walking on real ground requires you to lift and push off with your legs in a way that's much more beneficial than using a treadmill.)

4. Stair-climbs

Stair-climbing increases bone density, particularly in postmenopausal women,

because it forces your body to resist gravity as you climb while strengthening the leg and hip muscles that support your pelvic bones. Use a handrail as needed — and consider adding an occasional stomp for more bone stimulation.

5. Hip-leg lifts

This exercise strengthens the muscles around your hip bones, which are vulnerable to fracture, and can help to improve balance. To begin, place your hand on a counter or against a wall for balance, and set your feet hip-width apart. Shift your weight onto your left foot, then straighten your right leg and lift it out in front of you until your right foot is about 6 inches off the floor.



Do a set of eight to 12 lifts, then shift your weight to your right foot and repeat the motion with your left leg.

Warning: More Follow-Up Needed for Fall-Related Head Injuries

Only 59 percent of older adults visiting the emergency department for fall-related head injury follow up with their primary care physician, according to a study published in the *American Journal of Emergency Medicine*.

Richard D. Shih, M.D., from Florida Atlantic University in Boca Raton, and colleagues assessed the rate of follow-up by older adults who sustain a fall-related head injury resulting in an emergency department visit.



The researchers found that 905 of 1,527 older adults reported follow-up with their primary care practitioner.

Of those reporting follow-up, 72 percent reported receiving a fall assessment and 56 percent adopted a fall prevention strategy.

A history of cancer or hypertension was significantly more common among participants with follow-up.

"When referred to physical therapy, patients may be more likely to adopt fall prevention interventions and home safety.

Both have been shown to reduce recurrent fall, hospitalization, and mortality," Shih says.

"Given the importance of fall prevention in this high-risk group, we strongly endorse that fall-risk assessment and patient education is performed in the emergency department or by the primary care physician.

The physician follow-up should include fall-risk assessment and initiation of any appropriate interventions to prevent subsequent falls and fall-related injury."



An Interesting Demographic Turning Point Is Coming in the US...Soon!

The start of the 2030s will mark a turning point for demographics in the US, particularly for the elderly population, according to the US Census Bureau's 2017 National Population Projections. By 2030, every Baby Boomer will be age 65 or older, which means that 1 out of every 5 Americans will be of retirement age.



But the impending shift doesn't stop there. According to Census Bureau projections:

- By 2030, all Baby Boomers will be 65 or older and the oldest close to 85. Most will be using some form of Medicare for their health coverage and are planning for or using Social Security as income.
- Younger boomers (sometimes called trailing boomers) ages 57 to 66 accounted for the greatest share of this cohort, almost 60 percent in 2021.
- Nearly 40 million boomers have yet to sign up for Medicare.

So how did we arrive at this impending senior population surge, and all the issues that come along with it? For one, the US wasn't quite prepared to handle the combination of increased life expectancy and a population surge in the last few decades.

Average life expectancy in the US was slightly less than 70 years old in 1968, but has been

steadily rising to reach almost 79 years old in 2016. The population in 1968 was slightly more than 200 million, but reached 323 million by 2016.



This population boom is also putting increased pressure on Social Security and public health services. As of 2020, the program began paying out more than it takes in, thanks to senior citizens and retirees starting to draw more from Social Security rather than contribute to it.

And while this transition was expected, the rate of the draw means that based on current projections, Social Security will have insufficient funds to pay out promised benefits and expenditures by the mid- to late 2030s, according to Forbes.

By 2030, when all boomers will be over 65, the Medicare population is expected to reach 69.7 million and will put Medicare's annual acute care costs around \$259.8 billion, according to the USC Sol Price School of Public Policy.

Finding Post-Retirement Purpose: Some Suggestions

A lot of people get happier as they age because they start to focus more on the meaningful parts of existence, emotional meaning and positive experiences. But it can be difficult to find your footing after retirement when work no longer supplies a sense of identity and accomplishment.

The shift can be startling, especially as companies don't often transition workers to part-time or contract work on their way out.

Finding simple everyday outlets to feel purposeful can make the difference. Here are suggestions:



1. Volunteer and be in a community

In retirement, it can be hard to feel that sense of belonging in a core group again. Finding ways to stay connected is vital, especially as nearly 25 percent of those 65 and older are socially isolated. Connection helps bolster mental and physical health and gives people purpose. Consider joining a community board, garden, or volunteer group. Volunteering puts you into the mix of humanity.

2. Engage in storytelling

Sharing stories regularly with people we care about strengthens our social ties and helps combat feelings of isolation as we age.

Storytelling also helps people pass along family memories and histories, especially if you're connecting with a younger grandchild or relative. It helps to feel like your stories will live on in future generations.

3. *Maintain intergenerational relationships*

Making space for intergenerational relationships is good for the soul—not to mention another way to stay connected and combat the health consequences of loneliness. It allows both parties to learn from each other and gain a broader perspective. It also helps older adults impart their wisdom in a way that gives them purpose.

No Surprise Here: Meaningful, High-Quality Friendships Are Important

One key to a long life, is healthy friendships. Meaningful friendships are one of the common factors in the world's Blue Zones, where people often live to 100 or older. Indeed, friendships become more important than family relationships as we age, so it's important to invest wisely.

As we get older, we naturally tend to focus less on having a large quantity of friends and more on having high-quality connections.

"By quality, I mean relationships where you feel like you matter, you feel authentic and there's reciprocity," explains Dr. Marisa Franco, author of *Platonic: How the Science of Attachment Can Help You Make--and Keep--Friends*.

"Both people are considering their needs and the other person's needs at the same time. As people focus on more quality connections, they end up being happier."



If you want to be happier in your friendships, Franco encourages you to be intentional about who you spend time with and ensure you're bringing out the best in each other.

These will be friendships where you feel most like your true self and there's a mutual investment.

If you've ever quietly quit a friendship, then you may tense up at the thought of sharing your true feelings with a friend. While conflict is unavoidable, it doesn't have to be a death sentence when it comes to your relationships.

"A lot of times in friendship, it ends because we don't make the unsaid said and it tends

to hover over us to where this issue that may have seemed small makes us more disengaged or withdrawn around friends," says Franco.

But before you run down a list of all your friend's wrongs, Franco reminds us that it's not just about bringing up issues, it's about doing so in an intentional way.

"You always need to be kind toward your friend, even when you're in conflict," she says. "So you could frame it as, 'hey, you mean a lot to me and this has been on my mind. I didn't want it to create distance between us, so that's why I'm bringing this up.'"

In an ideal scenario, you're able to give your friend a heads up that there's an important issue you'd like to discuss so they're not caught off guard. It's also important that you're open to any feedback your friend may have to share with you as well. On the flip side, don't hesitate to give and receive affection when it comes to friends, as doing so can help foster a lasting, meaningful bond.

"Sharing with our friends how much we love and value them is actually good for us and when we're affectionate and vulnerable with our friends, that helps us feel closer, too," says Franco. "Friendships can help decrease our blood pressure and cholesterol and there's a study that says having a confidant is the number-one thing that is preventive against depression. So your friends can literally save your life."



Eating Healthy After 50...It's Not Easy, But It Is Important

"We're not going to lie," says Alison Gwim, a contributing writer and health reporter and a longtime editor at such publications as *The New York Times*, *O: The Oprah Magazine*, *Women's Health*, *InStyle*, and *Entertainment Weekly*.

"Eating healthily after 50 requires effort on two fronts: boosting your intake of good-for-you foods, such as berries, leafy greens, whole grains and lean proteins, while cutting out the foods that clog your arteries and oh-so-easily expand your waistline."

When it comes to the latter, focus less on making certain foods verboten (who doesn't suddenly want chocolate when told never to eat it?) and more on how your health is more important than the sugar

spike or instant gratification they offer. When possible, just say no — or at least "Whoa!" — to the following.:

- *Fried foods that triple the calories*

If it helps, pause to imagine the vat of oil that basket of fries or onion rings has been submerged in, and consider how its saturated fat "may have a negative impact on blood cholesterol," says Amy Gorin, CEO of Plant-Based With Amy in Stamford, Connecticut.

The American Heart Association recommends a diet in which only 5 to 6 percent of calories come from saturated fat, meaning that if your daily calorie intake is 2,000 calories, no more than 120 of those calories should come from saturated fat.

Bottom line: Get the side salad instead of restaurant fries. When you look at labels, consider that “a 200-calorie serving of food should have no more than 2 grams of saturated fat,” says Nancy Farrell Allen, a spokesperson for the Academy of Nutrition and Dietetics.



Do this instead: “Break out the air fryer!” advises Christine Rosenbloom, a registered dietitian and nutritionist, coauthor of *Food & Fitness After 50* and author of the blog *A to Z ... Simple, Practical, Science-Based Tips for a Long Healthy Life*. She swears by her fryer: “Air-fried fish (cod, tilapia, even salmon) is great in the air fryer, as are ‘fried’ veggies, like new potatoes, green beans, broccoli and brussels sprouts. Spritz with olive oil and add some herbs.” Kate Zeratsky, registered dietitian and nutritionist at the Mayo Clinic, recommends playing around with other cooking methods. Look at roasting vegetables in the oven with a tablespoon of oil, “playing with the temperature to get the texture — soft or crispy — that’s appealing to you.”

• *Sugary drinks, including most bottled teas*

Soft drinks aren’t your only enemy. Bottled teas, fancy coffee drinks and “fresh” lemonades can all be loaded with the sweet stuff. “For example, the 16-ounce chai latte at Starbucks, one of its most popular drinks, has 42 grams of sugar,” Rosenbloom says.

Beware of misleading labels on bottled drinks. “Just because a drink says ‘pure’ or ‘green tea’ or ‘honey’ doesn’t mean it has less sugar,” Rosenbloom says. What about products touting their organic cane sugar, coconut sugar or raw sugar? “Sugar is sugar,” she says.



A 2022 study led by the University of South Carolina of more than 90,000 women found that those who drank at least one sugary beverage a day had a 78 percent higher risk of developing liver cancer than those who consumed less than three servings per month.

Bottom line: “Aim to keep added sugar intake to 10 percent or less of total daily calories,” Gorin says. “For a 2,000-calorie daily diet, that would be no more than 200 calories, or 50 grams, of added sugar per day.”

Do this instead: Sip a cup of prune juice — yes, prune juice. “I love to recommend Amazon Prune Juice 7.5-ounce cans, which are perfectly portioned,” Gorin says. Each serving offers 4 grams of fiber — a good amount — which aids your digestive health and helps you feel good. And it contains no added sugar.”



Or infuse water with fresh fruit in flavors such as orange, blueberry lemon, and kiwi watermelon, suggests Jordan Hill, lead dietitian with Top Nutrition Coaching (topnutritioncoaching.com). “It will add both flavor and some micronutrients from the fruit.”

Allen’s recommendation: Try herbal teas or reduced-sodium bouillon or bone broths if you crave a savory beverage. Zeratsky suggests either flavored carbonated water or one of the new prebiotic or probiotic, low-sugar sodas.

- *Packaged foods with sneaky sugars*

“Hidden sugars can be found in pasta sauces, yogurt, granola bars, instant oatmeal packets and breakfast cereals,” Allen says.

Why’s that so harmful for older adults? “Excess sugar can put stress on organs such as the pancreas and liver,” Allen says, “which can increase blood sugar and blood triglyceride levels and raise the risk of fatty liver disease.”

“Sugars increase one’s risk of cardiovascular disease and diabetes, the incidence and prevalence of which increase as we age,” says Thomas Loepfe, a geriatrician at the Mayo Clinic. At a time in life when every calorie should be nutrient-dense, “added sugar really contributes to calories we don’t need.”

Added sugars are inflammatory to the body and can lead to unfavorable health problems, Hill says. “The American Heart Association recommends women limit added sugar to 25 grams a day and men to 36 grams a day.”

Studies back up the harmful effects of sugar. A 2023 study out of the University of Missouri found a link between Western diets high in fat and sugar and the development of nonalcoholic fatty liver disease, which can lead to chronic liver disease.

Another 2023 study, this one out of the University of Pittsburgh, found that excess sugar can exacerbate the symptoms of inflammatory disease.



Bottom line: Check labels for added sugars — but don’t fret over natural sugars in fruits or milk. Do this instead: “If you’re looking for something sweet, I recommend upping your fruit intake. Fruit is naturally sweet, offers a great source of fiber and will keep you more satiated than the sugary packaged items,” Hill says.

Allen suggests making your own quick bread mini-muffins—blueberry, zucchini, banana, pumpkin or cranberry orange—using whole-wheat flour. Gorin advises using frozen fruit to make a healthy smoothie. "One of my favorite things in the freezer section: frozen wild blueberries.

Not only do they offer two times the health-helping antioxidants of conventional berries, they're proven to benefit your memory and brain health. Blend them with unsweetened almond milk, peanut butter, Greek yogurt and banana for a delicious, fueling smoothie."

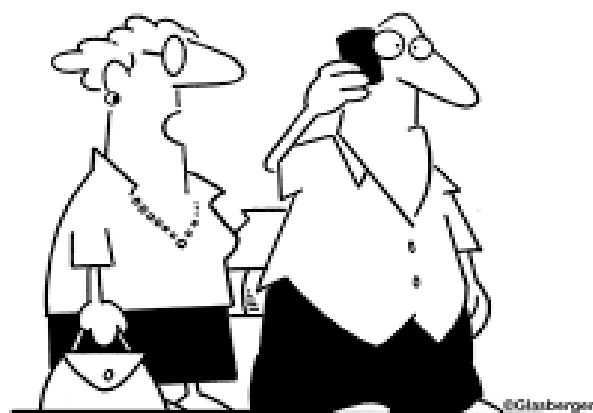
Next time:

- Foods loaded with stealth salt
- Ultra-processed snacks
- Alcohol

Last Minute Food for Thought



"Your doctor can only do so much.
The rest is up to you. Stop getting older."



"You're talking to your wallet again!"

The People Who Have Helped Make SJS Happen:

Our contributors have included (in alphabetical order) Daryl Albury, Karen Berg, Lucille Bondi, Lou Ciavolella, Courtney Colletti, Deanne Farrell, Bev Harting, Churchill Huston, Janis Stuart, Antoinette Maciolek, Nancie Merritt, Vikki Monaghan, Joe Murphy, Mary Ann Oster, Joanne Rafferty, Charlotte Ryan, Arlene Scornavacca, Barry Sparks, Phyllis St.Onge, Phyllis Weber, and Jared Willmann.

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