



May 19, 2020  
Volume 1, Issue 1

# IGOT 2 STAY CONNECTED

*“Independently Growing Older Together”*

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*Mission*

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Everything we do through IGOT Communities is about connecting and thriving. We believe in challenging anything that makes life feel difficult for senior adults. The way we challenge these difficulties is by connecting, listening, educating, and empowering. Our mission is to create better, healthier, and happier places where senior adults thrive.

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*Health*

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### Connecting Food and Brain Health

One of the most important elements in maintaining a healthy mind is to eat well. Our brains shrink in volume as we age. We lose neurons as we age and the neurons that we do have can be impaired by a poor diet. Fat deposits can pile up in the brain, causing blood flow to slow down. That is one reason we become more forgetful and may be at greater risk for dementia, Alzheimer’s and strokes.

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*The wise man should consider that health is the greatest of human blessings. Let food be your medicine.*

*Hippocrates*

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7 Easy Tips For Eating Your Way to a Healthy Brain

## Mushroom Spinach Omelet

Serving for 2

Prep Time 15 minutes

Cook Time 15 minutes

### Ingredients

4 eggs

1 T Sharp Cheddar  
(shredded)

1 T Parmesan (shredded)

¼ t White Pepper

¼ t Garlic Powder

¼ t Sundried Tomato  
(chopped)

¼ c finely chopped Vidalia  
Onion

½ c sliced mushrooms

½ to 1 cup baby spinach

1 t olive oil

### Directions

In a bowl, whisk eggs, cheeses, pepper, garlic powder, and sun-dried tomatoes together.

Using a nonstick skillet over medium heat, add olive oil, mushrooms and onions and cook until tender (about 4 to 5 minutes). Add spinach and cook until spinach is limp and wilted. Next, pour egg mixture evenly over veggies and fully cook until center is set (usually 7 to 8 minutes depending on your stove). Remove from heat, cut in half and fold each half over on to two plates. Serve with a side of your favorite salsa. If you prefer a sweet taste, skip the salsa and add a teaspoon of your favorite jam.

## Tip #1 Relax & Breathe

When you begin thinking about food, the first thing you need to do is relax and breathe. Whether you are standing, sitting or lying down, breathe in through your nose slowly and steadily to the count of 4 and hold for about 3 seconds, then exhale through your mouth. Pretend you are slowly and steadily blowing through a straw for about 8 seconds. Another technique is to softly say "ahhhhhhh" as you are exhaling, feeling your vocal chords gently vibrating. Even thinking about food can sometimes cause too much anxiety or stress, and that is not beneficial to the brain. So, slow down, breathe deeply 5 to 7 times and feel the calm.

## Tip #2 Shop the Perimeter of the Store

Instead of spending time going up and down the aisles of the grocery store, commit to sticking to the perimeter where you will find whole grains, chicken, fish, eggs, nuts and fresh fruits and veggies. Planning meals that are 85% plant-based can really boost your brain power, as well as heart power. If you like omelets, be sure to pick up a few onions, mushrooms, and some spinach when shopping.

## Tip #3 Just 20 Minutes

Once home with the groceries, take 20 minutes to wash and chop veggies and fruits. Place servings in containers that can be easily grabbed throughout the week. Chop the onions, slice mushrooms, and wash spinach to have ready for omelets anytime of the day.

## Tip #4 Stop Hiding the Veggies and Fruits

Imagine your refrigerator being a kaleidoscope of color. Now that you're shopping differently and taking the time to prep your veggies and fruits for the week, place them in the refrigerator so they grab your attention the minute you open the door. No more hiding them in the drawers below. If you have been hoarding unhealthy foods, take the time to get rid of them now.

## Tip #5 Try Things You Have Never Tried

Try your luck at grilling veggies you have never grilled, like broccoli. Take a chance on black bean burgers. Cook up some cauliflower similar to cooking mashed potatoes. Make some brownies using a raw food recipe. Great places to find some of these recipes are [www.drmedougall.com](http://www.drmedougall.com) or [www.amenclinics.com](http://www.amenclinics.com)

## Tip #6 Drink Water

Dehydration is a big problem for senior adult health and is detrimental to good brain health. Water is the main source of life. Water is essential to maintain body temperature, waste elimination, joint lubrication, delivery of nutrients to all cells, blood oxygen circulation, skin hydration and cognitive function. As senior adults, we can't afford the risks that come along with dehydration. So drink up, keep a water bottle nearby, and choose water to drink before and after meals.

## Tip #7 Eat Raw Veggies, Fruits, and Nuts for Snacks

Fruits and veggies are low in calories, supply many natural vitamins, and are loaded with the fiber needed, while walnuts are high in Omega 3, ALA, magnesium and protein. Both can satisfy the "crunch" that we often crave in crackers and chips. Fruits can satisfy the longing for sweets. Fruits, veggies and nuts can provide so many nutrients needed for healthy brain activity. Remember, raw is good – salt is not.

sD	M	A	T	T	A	E	G	A	A	G
U	L	N	W	B	N	H	S	E	D	R
A	A	T	I	R	G	U	Q	T	V	A
L	C	H	S	A	I	M	W	N	A	N
E	M	E	D	I	C	A	R	E	N	D
L	V	M	O	N	T	N	U	Y	T	C
I	E	L	M	E	O	A	H	T	A	H
G	G	Z	R	E	T	T	E	B	G	I
I	G	T	F	I	L	P	U	P	E	L
B	I	S	T	A	B	L	E	E	P	D
L	E	X	E	R	C	I	S	E	L	R
E	S	H	A	P	P	Y	Z	L	A	E
X	M	E	M	O	R	I	E	S	N	N
Q	E	C	I	O	H	C	E	U	R	T
T	R	A	V	E	L	A	N	T	E	A

## IGOT WORD SEARCH

MEDICARE

TRAVEL

BRAIN

EXERCISE

ANTHEM

CIGNA

AETNA

GRANDCHILDREN

ADVANTAGE PLAN

VEGGIES

SLEEP

WATER

TRUECHOICE

UPLIFT

HUMANA

MEMORIES

WISDOM

HAPPY

STABLE

AGE

CALM

BETTER

DUAL ELIGIBLE

## WHY GAMES?

Many fun activities, such as playing games, crocheting, creating art, involve creativity, imagination and critical thinking skills. Play can help seniors develop and maintain their cognitive abilities by keeping their brains active and engaged. Most importantly, research has revealed that keeping the brain active also helps reduce memory loss.



## JOIN US FOR BINGO AND BE A WINNER

Every weekday, Monday through Friday, join us for Bingo. It's FREE to play and we love giving away prizes. You may request your bingo card by going to [www.igotcommunities.com/join](http://www.igotcommunities.com/join) Joining IGOT is free. When you complete the registration form, simply type in the Message Box – Please send me a bingo card. It's that simple. Then, go to [www.igotcommunities.com](http://www.igotcommunities.com) and click on the **Calendar** tab. Scroll until you see IGOT 2 Play Bingo and click on the Zoom link provided. The first time you play, you may have to download Zoom which is also FREE. **GIFT CARDS ARE GIVEN AWAY WEEKLY! CHROMEBOOKS ARE GIVEN AWAY MONTHLY!**

# 64 going on



First of all....Happy Birthday this year! You have made it and we are here for you. It is who we are! It is what we do! Now it's time to sign up for Medicare, which can be confusing because there are several options. IGOT Communities is about educating and empowering senior adults so they can make the best decisions for their needs without feeling intimidated or pressured. Also, you may qualify for extra help with your prescription drugs. We can show you how to apply. You can learn more about what we do by watching videos on our website at [www.igotcommunities.com](http://www.igotcommunities.com) Just click on the MORE tab to view videos, review vlogs, and read blogs. But the best way to find answers to your questions is to simply call us at 866-904-0114. We would love to talk with you and accompany you on this part of your journey. We are all in this together!



## IGOT Communities Volunteer Opportunities

The aging population is the fastest growing demographic in the world. Starting in 2030, when all boomers will be older than 65, older Americans will make up 21 percent of the population, up from 15 percent today according to the 2018 Census. By 2060, nearly one in four Americans will be 65 years and older, the number of 85-plus will triple, and the country will add a half million centenarians. Seniors continue to be one of the most underserved groups in our population. With aging comes isolation, anxiety and depression. The question is – Who will calm the fears of the aging? Our vision is for IGOT Communities to experience a world full of thriving senior adults as we move toward 2030. If you love people and have a heart for senior adults, we would love to meet you. We are looking for compassionate volunteers in every state. Come volunteer and partner with us! Visit [www.igotcommunities.com/partner](http://www.igotcommunities.com/partner)

## IGOT Bible Study

As important as physical and mental health is, so is spiritual well-being. Each Monday at 11:00 AM, Diane Jamison leads a class: *Prayer Based on the Promises Found in Scripture*. During COVID 19 she has focused on praying for others and praying for our country. To join this group, simply go to [www.igotcommunities.com/calendar](http://www.igotcommunities.com/calendar) scroll to the date and time listed as IGOT Communities Bible Study With Diane Jamison and click on the ZOOM link. We would love to meet you there. If you have not downloaded Zoom, you may be prompted to do so. It is easy and it's free.



## IGOT 2 Win the NINJA FOODIE 5 in 1

That's right! We love giving prizes to our senior adult members. We will be creating an [IGOT Communities Online Cookbook](#). All of the recipes will come from our members. So here is how you can be in the drawing. Send your favorite recipes in a word document. You will be guaranteed one entry for each recipe you send. You must include your name, address, and phone number. If you have a story behind the recipe, and you write at least a paragraph about the recipe, for example, "This dumpling recipe was my great grandmother's.....(and the story), you will receive 5 additional chances to win with every story you send. Send the recipes to [Debbie@igotcommunities.com](mailto:Debbie@igotcommunities.com). The drawing will take place at 10:00 AM on July 4, 2020 via Zoom. So don't delay and send us all of the great recipes you have. Recipes will be received until midnight, June 30<sup>th</sup>.

## IGOT 2 Navigate Safely Back Into Society Following COVID 19

Our nation is now beginning to open back up from the worldwide pandemic COVID 19. For senior adults who may have severe chronic medical conditions like heart, lung, or kidney disease, this process should be done with thought, care and prevention. The CDC has emphasized that the best way to prevent illness is to avoid exposure. Some actions for senior adults to take are: continue to stay stocked up on supplies; take everyday precautions to keep space between yourself and others; when you go out in public stay away from others who are sick, limit close contact, and wash your hands often; avoid crowds, and avoid cruise travel and non-essential air travel. Simply put, do not put yourself in a situation, whatever that might be, that might increase the risk given your situation. Just because you can go out, does not mean that it is in your best interest. Additionally, and unfortunately, scammers are taking advantage of senior adults during this time. Scammers are emailing senior adults claiming to be from the CDC saying they have information about the virus and are promoting false information regarding vaccinations. According to the CDC, there currently are no vaccines, pills, potions, lotions, lozenges, prescriptions or over-the-counter products available to treat or cure COVID-19. There are also individuals asking for donations for bogus nonprofits making claims that they are fighting the coronavirus. If you want to give to an organization, do research to make sure the organization is one that can be trusted. Local nonprofits that you know and trust is a good place to begin. Finally, beware of scammers who call saying you have won major prizes. Never, ever, send money, give your bank account information, or buy gift cards thinking you are going to receive a prize. That is not how legitimate organizations work.

## COMING NEXT MONTH –

Next month we will begin spot-lighting an IGOT member, volunteer, and premiere partner. We believe that our members, volunteers, and partners are some of the best across the globe and it will be our pleasure to recognize them as the reason our organization is being successful.

**IGOT Communities Resources Inc is a non-profit organization committed to helping senior adults thrive!**

## IGOT Communities Resources Inc

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