

Health & Wellness Guide

Staying Connected — A Healthy Choice!

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***Your Key Information Seen
Every Time Seniors Use Their
Wellness Guides!***

Booklet Meets All Medicare/CMS Guidelines!

Your Personal Health Record™

**New ACP
Health &
Wellness Guide—
“SDOH” edition:
Size—6" x 9" and
32 total pages.**

Health & Wellness Connections

Taking care of your health is made up of more than doctor visits, eating well, and regular physical activity. Our social connections with other people are important too!

This booklet provides useful information to help you stay healthy, keep relationships with family and friends strong, and prevent feelings of loneliness and isolation.

The booklet is divided into three color-coded sections for easy reference:

Section One Reference Pages

These pages feature information on staying healthy and staying engaged with family and friends.

Section Two Recording Pages

Pages in this section include space to record personal health information, along with useful checklists.

Section Three Activity Pages

These pages provide a selection of games, puzzles, and activities to help keep your brain healthy.

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Booklet graphics/icons, and puzzles on pp. 24-27 © iStockphoto.

Section One — Reference Pages

This section of the booklet features pages with important health and wellness reference information for you.

Getting the Most from an In-Person or Telehealth Visit with Your Doctor	2
Questions About Medications.....	3
Staying Connected with Friends and Family	4
Staying Physically Connected.....	5
Staying Mentally Connected.....	6
Connecting with Technology	7
Healthy Eating Tips.....	8
Tips to Avoid Scammers & Fraud	9
Helpful Phone Numbers & Websites.....	10

Prolonged social isolation can be as bad for your health as smoking **15 cigarettes** a day.

Source: EngAGED: The National Resource Center for Engaging Older Adults

Getting the Most From an In-Person or Telehealth Visit with Your Doctor

These tips can help you make the best use of the time with your doctor:

Getting Ready for Your Visit

- Write down a list of your concerns.
- Have a friend or family member join you.
- Have important health information and records on hand.

Making Good Use of Your Time

- Be honest about health habits.
- Discuss your most important health concern first.
- Share any symptoms you're having.
- Ask your doctor to explain anything you don't understand.

Helping You Remember

- Take notes.
- Ask for written materials.

Have you heard the terms **“telehealth,” “telemedicine,”** or **“virtual visits?”**

Medicare has recently expanded coverage for these new online services. You can see and speak with a doctor or other health professional from your home using a smartphone, tablet, or computer.

Tips adapted from the National Institute on Aging's booklet: *Talking with Your Doctor—A Guide for Older People*

Questions to Ask About Your Medications

Use these tips when you are given a new medicine, or when you are reviewing your current medications with your doctor or other healthcare professional. Also, on page 13 you will find a chart where you can list current medications you are taking—both prescription and over-the-counter.

- What is the name of the medication?
- What is it for?
- How and when do I take the medication?
- What should I do if I miss a dose?
- Are there any other special instructions to follow?
- What foods, drinks (including alcohol), other medicines, dietary supplements, or activities should I avoid while taking this medication?
- What should I do about refills?
- What are the common side effects, and what should I do if I have them?
- When will the medication start working? How will I know it's working?
- Will this new prescription work safely with everything else I'm taking?
- What if I have an allergic reaction?
- Are there any tests I need while on this new medication?
- How and where should I store this medicine?



Use a pill organizer to help keep track of daily medications.

Checklist adapted from the National Institute on Aging

Staying Connected with Friends and Family

Social connections help us feel good. Isolation and loneliness can actually be bad for your health. Stay in touch with friends and family by:

Scheduling regular phone calls with friends

Reading to grandchildren over the phone

Holding a monthly card or board game night with friends

Having a potluck family dinner

Learning how to do video calls on the computer

Expanding Your Circle

Staying connected with friends and family is great, but meeting new people can be fun as well. You can widen your social circle and make new friends by:

- Volunteering.
- Getting to know your neighbors.
- Taking up a new hobby.
- Signing up for a class.
- Becoming a pen pal with someone.
- Attending events at a local senior center.
- Joining a book discussion group at the library.

Staying Physically Connected

Keeping Physically Active

Physical activity can make your daily life better. When you're active and strong, it's easier to:



Do everyday tasks, like chores and shopping.



Stay independent as you get older.



Keep up with the grandkids.

And being physically active has big health benefits that can include:

- ✓ less pain
- ✓ better mood
- ✓ lower risk of many diseases

How Much Activity Do You Need?

Moderate-intensity aerobic activity — anything that gets your heart beating faster counts.

At least 150 minutes a week



AND

Muscle-strengthening activity — do activities that make your muscles work harder than usual.

At least 2 days a week



Staying Mentally Connected



Make a list of friends and family to connect with. Include someone you haven't heard from in some time.

Make regular phone calls, or better yet, write a letter to someone who would appreciate it.



Take a trip down memory lane. Enjoy reviewing photographs or old letters.



Check out your bookshelf. Re-read an old favorite.

Try out an old board game or puzzle.



Try meditating for 10 minutes a day.



Connecting with Technology

Technology is another tool that can help you stay connected and healthy. If you have a computer, tablet, or smartphone, try one of the following to help improve your wellbeing:

- Try video calling using **FaceTime®**, **Facebook Messenger®**, **Skype®**, or similar services.
- Join an online exercise group or class.
- Join a virtual book club.
- Try a virtual museum tour or theatre performance.

Not sure how to get started? Ask your children, grandchildren, or neighbors for help.

53 Percent of **adults 65+** own a smartphone. A smartphone with Internet access will help keep you up-to-date with health information. If you don't have a smartphone, look for special senior discounts available.

Source: Pew Research Center

If you don't have Internet access at home or don't own a smartphone—don't worry! There are options out there that don't require technology. Besides calling friends and family, the following resources can help you stay connected to others without leaving the house.

Call the Institute of Aging's Friendship Line at **1-800-971-0016** (TTY: 711).

Reach out to AARP's "Friendly Voices" at: **1-888-281-0145** (English), or **1-888-497-4108** (Spanish).

Healthy Eating Tips

Use these simple tips to help you make smart food choices for years to come.

Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or states.

Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.

Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley add flavor without the salt.

Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.

Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

Be mindful of your nutrient needs

You need higher levels of calcium and vitamin D to keep bones strong. Nonfat and low-fat dairy provide calcium, and so does non-dairy sources like calcium-fortified orange juice and soy milk.

Information adapted from MyPlate.gov

Don't Be the Next Victim for Scammers

Follow these tips from the U.S. Federal Trade Commission (FTC):

- Don't respond to texts, e-mails, or calls about checks from the government.
- Ignore online health offers for unproven remedies.
- Hang up on robocalls. Scammers are using illegal robocalls to pitch a variety of health products and services.
- Never give out personal information to strangers who call you. These include bank account, credit card, social security, and Medicare numbers.
- Don't click on links from e-mails you don't recognize.
- Never make donations in cash, by gift card, or by wiring money.

Visit these FTC websites:

[ftc.gov/coronavirus](https://www.ftc.gov/coronavirus) for the latest information on scams.

[ftc.gov/charity](https://www.ftc.gov/charity) for tips on donating wisely.

\$3 Billion: Estimated amount each year that scammers **steal** from U.S. older adults.

Source: U.S. Senate Special Committee on Aging

Useful Phone Numbers and Websites

There are community groups that can find help for you. Start with your local town or city officials. Also, contact the *Eldercare Locator* to find local services available for older adults. The *Eldercare Locator* will put you in touch with your local Area Agency on Aging (AAA). These AAAs can find help for transportation, meals, housing, and many other local senior services in your area.

Eldercare.acl.gov

Phone: **1-800-677-1116** (TTY: 711),
weekdays 9 a.m. to 8 p.m. Eastern time
E-mail: eldercarelocator@n4a.org

American Heart Association

1-800-242-8721 (TTY: 711)
heart.org

American Cancer Society

1-800-227-2345 (TTY: 711)
cancer.org

American Diabetes Association

1-800-342-2383 (TTY: 711)
diabetes.org

BenefitsCheckup.org

(provides help in identifying benefits available to you)

Centers for Disease Control and Prevention (CDC)

(coronavirus updates)
1- 800-232-4636
(TTY: 888-232-6348)
coronavirus.gov

Federal Trade Commission ftc.gov

(to report scams and fraud)

MyPlate.gov

(nutrition help)

National Institute on Aging nia.nih.gov/health/exercise-physical-activity

(fitness and exercise tips)

No Internet access at home?
Visit your library or ask a family member or friend for help.

Section Two — Recording Pages

This section of the booklet features pages to record your personal health information, along with several quizzes and checklists to complete.

My Health Care Team & Recent Tests and Screenings	12
My Medication List.....	13
Physical Activity Checklist	14
Family & Community Help.....	15
Fall Prevention Checklist.....	16
Nutrition Review	17
Self-Assessment Quiz	18-19
Notes.....	20

25

Percent of adults 65+ are considered socially isolated.

Source: National Academies of Sciences, Engineering, and Medicine (NASEM)

My Health Care Team & Recent Tests and Screenings

My Health Care Team

List the names and phone numbers of your doctors and other healthcare professionals.

Doctor _____ Other Provider _____

Phone _____ Phone _____

Specialty _____ Specialty _____

Doctor _____ Other Provider _____

Phone _____ Phone _____

Specialty _____ Specialty _____

Doctor _____ Other Provider _____

Phone _____ Phone _____

Specialty _____ Specialty _____

Recent Tests, Screenings, and Immunizations

List recent tests and screenings here.

Test/Screening _____ Test/Screening _____

Date _____ Date _____

Reason _____ Reason _____

Result _____ Result _____

Test/Screening _____ Test/Screening _____

Date _____ Date _____

Reason _____ Reason _____

Result _____ Result _____

My Medication List

List Your Prescription Medicines.

Use a pencil so it's easier to update your list.

Name/ Strength	What It's For	How Much I Take/When	When to Start/Stop

List Your Non-Prescription Medications and Vitamins/ Herbal Supplements

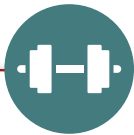
Include: pain relievers, allergy medicines, cough and cold medicines, antacids, sleeping pills, etc.

Chart adapted from the U.S. Food and Drug Administration and National Institute on Aging

Physical Activity Checklist

Regular physical activity can help you stay healthy. It can lower your chance of stroke and heart disease. It can also help your mental health. Being active can even help prevent some diseases.

Talk to your doctor about getting an exercise prescription that includes the following 4 types of activity. Write down your exercises on the lines provided.



Strength

This means exercises for your muscles. Lifting weights is an example.

My Exercises:



Balance

This is very important for older adults. It helps to prevent falls. Try tai chi.

My Exercises:



Endurance

These are exercises to get your heart rate up. Examples include swimming and walking.

My Exercises:



Flexibility

These are stretching exercises. They keep your body moving freely.

My Exercises:

Family & Community Help

Use this page to list family, friends, and community groups who can help you with the following:

Help with Grocery Shopping:

Name _____

Contact Information _____

Other Help I May Need

(list other items and people to contact):

Name _____

Activity _____

Contact Information _____

Help with Rides:

Name _____

Contact Information _____

Name _____

Activity _____

Contact Information _____

Help with Household Maintenance and/or Car Repairs:

Name _____

Contact Information _____

Don't Know Where to Find Help?

The *Eldercare Locator* will put you in touch with local groups that can help:

1-800-677-1116 (TTY: 711)

Weekdays: 9 a.m. to 8 p.m. Eastern time

Website: eldercare.acl.gov

Help with My Pet(s):

Name _____

Contact Information _____

Fall Prevention Checklist

Check Your Risk for Falling

Circle “Yes” or “No” for each statement below:

Yes (2) No (0) I have fallen in the past year.

Yes (2) No (0) I use or have been advised to use a cane or walker to get around safely.

Yes (1) No (0) Sometimes I feel unsteady when I am walking.

Yes (1) No (0) I steady myself by holding onto furniture when walking at home.

Yes (1) No (0) I am worried about falling.

Yes (1) No (0) I need to push with my hands to stand up from a chair.

Yes (1) No (0) I have some trouble stepping up onto a curb.

Yes (1) No (0) I often have to rush to the toilet.

Yes (1) No (0) I have lost some feeling in my feet.

Yes (1) No (0) I take medicine that sometimes makes me feel light-headed or more tired than usual.

Yes (1) No (0) I take medicine to help me sleep or improve my mood.

Yes (1) No (0) I often feel sad or depressed.

Add up the number of points for each “yes” answer. If you scored 4 points or more, you may be at risk for falling.

TOTAL

Checklist developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center

Nutrition Review

Paying attention to what you eat can help you make healthy food choices. Find healthy foods to add to your list at myplate.gov or talk to your health provider for personalized suggestions.



Fruits – berries, apples, and oranges are a few of the many fruits available.

Fruits I like: _____

Tip: fresh fruits are best, but canned, dried, or frozen are also good.



Vegetables – raw or cooked, veggies are a healthy part of a good diet. They include potatoes, broccoli, peppers, and more.

Vegetables I like: _____

Tip: choose a variety of different colors when picking your vegetables.



Grains – this group includes bread, pasta, and other foods made from grains.

Grains I like: _____

Tip: make half your grains whole grains, like whole wheat and brown rice.



Proteins – poultry, eggs, nuts, and soy are all examples.

Proteins I like: _____

Tip: select a variety of lean or low-fat proteins to maximize health benefits.



Dairy – includes milk, yogurt, and cheese.

Dairy I like: _____

Tip: try to pick low-fat or fat-free dairy products.

Adapted from MyPlate.gov

Self-Assessment Quiz

Circle Yes or No for each statement.

I live alone.	YES	NO
I see or talk to my family members one or more times per week.	NO	YES
I see or talk to my friends one or more times per week.	NO	YES
I provide daily care or support to a family member or friend who needs assistance with everyday tasks (such as preparing meals, providing transportation, and grocery shopping).	YES	NO
I generally have a ride or the transportation that I need to get where I want to go.	NO	YES
It is difficult or impossible to leave my home without assistance.	YES	NO
I feel that I make a meaningful contribution to the world or people around me.	NO	YES
On a weekly basis, I participate in social activities with family/friends or attend organized group activities, such as church, cultural performances, group meals, exercise classes, support groups, etc.	NO	YES



I often feel that I lack companionship.	YES	NO
---	-----	----

I often feel left out.	YES	NO
------------------------	-----	----

If I had a problem and needed help or advice, I know someone I could rely on.	NO	YES
---	----	-----

If I had good news or an interesting story to tell, I know someone I could tell.	NO	YES
--	----	-----

Within the past year I have suffered a major loss or change, like death of a loved one or retirement.	YES	NO
---	-----	----

Total answers circled in left column:

Scoring:

2

You are at risk for isolation, but by becoming aware of the risk factors, you can take steps to avoid becoming isolated.

3 or more

You may already be experiencing the negative consequences of isolation and would benefit from taking steps to reconnect and address the barriers that may be causing your isolation.

Self-assessment courtesy of the National Association of Area Agencies on Aging's *Eldercare Locator*. Reprinted with permission.

Notes

If You Are Feeling Isolated and Lonely Now, What Can You Do?

If you feel you are currently socially isolated and dealing with chronic loneliness, reach out to your family, friends, and neighbors. Explore the resources included in this booklet to connect with others.

There are lots of opportunities for you to get engaged in activities you will like, and with people you will enjoy. In addition, you may want to visit your primary physician and explain how you feel. Recognizing that you feel isolated or that you're having trouble maintaining a social network that meets your needs is the first step to improving your quality of life.

Adapted from engAGED, Expand Your Circles: Prevent Isolation and Loneliness As You Age

Section Three — Activity Pages

This booklet section features pages with brain games, word searches, and other activities to help keep your brain healthy and fit. Interested in more challenges? On page 23, you will find a list of websites where you can find more puzzles and activities.

Brain Games	22-23
Word Searches.....	24-25
Sudoku Puzzle	26
Crossword Puzzle.....	27
Answers.....	28

“Researchers have found that regular social contacts and friendships have benefits for your brain health. Consider volunteering, participating in religious activities, or joining a bridge or book club.”

Source:
CDC: *Healthy Brain Initiative*

Brain Games

Here are some puzzles and challenges to help exercise your brain. You'll find the answers in the back.

Brain Game #1

Each box below represents a common word or phrase. Can you guess what they are?

THEREADLINES

SLICE
3,14159

Brain Game #2

Identify the letter that begins and ends each of the words listed below.

__EALT__ __XERCIS__ __ERIE__ __REA__

Brain Game #3

See if you can answer these riddles.

1. What's full of holes but still holds water?
2. How many seconds are there in a year?
3. What is half of $2 + 2$?
4. Some months have 31 days; how many have 28?

Brain Game #4

The box below represents a common word or phrase. Can you guess what it is?

7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7

Brain Game #5

Unscramble the health-related words below.

1. csrieex
2. rnittoniu
3. slpee
4. aigrnlne
5. ufirt

Brain Game #6

Each box below represents a common word or phrase. Can you guess what they are?

TAKE TAKE

MILONELION

KIND KIND KIND KIND

Brain Game #7

active, balance, candy, dark, elegant, find, gravy, hand, inside, jump, kindness, lamp, memory, nutrition, orange, pine, quiet, rise, shine, _____

Which word comes next: eat, play or turn?

Interested in More Activities?

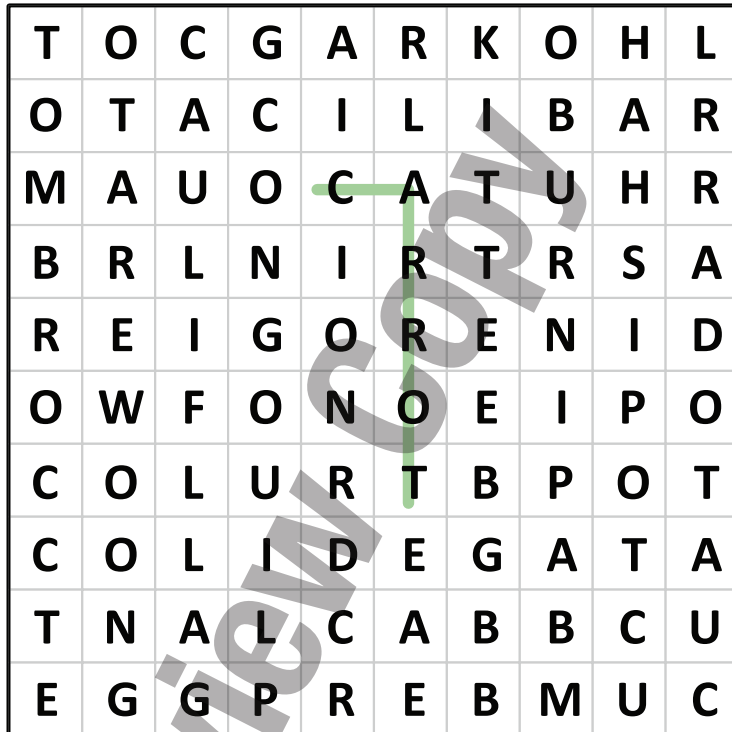
Here are some websites with more puzzles, games, and challenges to help keep your brain healthy and fit:

Stayingsharp.aarp.org — A brain health program from AARP featuring brain fitness exercises, games, and more.

Sharpbrains.com — This website includes the latest updates on brain health, together with challenging games and activities.

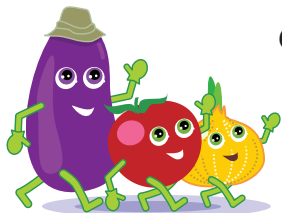
Lumosity.com — Lumosity's website offers free games along with brain health programs.

Word Search — Vegetable Garden



Find all the words from the word list.

BEET	GOURD
BROCCOLI	KOHLRABI
CABBAGE	ONION
CARROT	POTATO
CAULIFLOWER	RADISH
CUCUMBER	TOMATO
EGGPLANT	TURNIP
GARLIC	



Word Search — Jobs



Find all the words from the word list.

ARCHITECT	FARMER	RECEPTIONIST
BAKER	LIBRARIAN	SURGEON
CARPENTER	MUSICIAN	TEACHER
DRIVER	NURSE	WELDER
EDITOR	PILOT	

Sudoku Puzzle

Sudoku isn't a math puzzle, it's a logic puzzle. There are 9 squares to each box, 9 columns across, and 9 rows down. The goal is to fill each of these with numbers (1-9), without repeating those numbers. Some numbers are filled in already, and you can only use the numbers one time in a box/row/column.

Use a pencil so you can erase if needed, and use logic and reason to figure out the number placement. See the answer in back. Have fun!

1			8				9
	5		6	1		2	
			5	3			
	9	6	1	4	8	3	
3			6				5
	1	5	9	8	4	6	
			7	5			
	8		3	9		7	
5			1				3

Crossword Puzzle

1	2		3		4		5
			6				
7							
			8	9	10		
11		12					
				13			
14							
				15			

Across

- 1 Detect
- 6 Prize
- 7 Yeanling
- 8 The "L" of XXL
- 11 Principal
- 13 Crew
- 14 "Home _____"
- 15 New York's state flower

Down

- 2 Juicy fruit
- 3 Spreadsheet
- 4 Au _____
- 5 Doing nothing
- 9 Behind
- 10 Ground cover
- 11 Jacket
- 12 Clothes presser

Answers

Brain Game #1

- Read between the lines
- Slice of pie

Brain Game #2

- Health
- exercise
- series
- treat

Brain Game #3

1. Sponge
2. 12 (January 2nd, February 2nd, etc.)
3. 3 (Half of 2 is 1, and then $1 + 2 = 3$)
4. All of them (12) have AT LEAST 28 days.

Brain Game #4

24/7

Brain Game #5

1. exercise
2. nutrition
3. sleep
4. learning
5. fruit

Brain Game #6

- Double take
- One in a million
- Four of a kind

Brain Game #7

Turn. The first letter in each word is in alphabetical order.

Word Searches

Vegetable Garden



Jobs



Sudoku Puzzle

1	3	7	4	8	2	6	5	9
8	5	9	6	7	1	3	2	4
6	2	4	5	9	3	7	8	1
2	9	6	1	5	4	8	3	7
3	4	8	2	6	7	1	9	5
7	1	5	9	3	8	4	6	2
9	6	3	7	4	5	2	1	8
4	8	1	3	2	9	5	7	6
5	7	2	8	1	6	9	4	3

Crossword Puzzle

S	P	O	T	P	I		
E		A	W	A	R	D	
L	A	M	B	I		L	
C		L	A	R	G	E	
C	H	I	E	F		R	
O		R		T	E	A	M
A	L	O	N	E		S	
T		N		R	O	S	E

Personalize the Back Cover with Your Key Program Information

Optional Back Cover Pocket Here to Insert Local SDOH-Related Reference Cards

Insert card options:
one card printed 2-sides,
a folded 4-page card,
or even a 6-panel
reference card. Free card
templates available.

For Custom Options & Prices:
Gary W. Ford, publisher,
American Custom Publishing (ACP)
gford@acpinc.com • 1-800-828-8225
SeniorWellnessGuides.com