



PEAS AND CARROTS

Indiana FSSA's Division of Aging

May 2020

OLDER AMERICANS MONTH



MAKE YOUR MARK: MAY 2020

The month of May is set aside to observe Older Americans. The Administration for Community Living leads the nation in celebrating and has chosen this year's theme to celebrate older adults' contributions to their communities and "to highlight the difference everyone can make in the lives of older adults, in support of caregivers, and to strengthen communities".

Take this time to tell your story. You can write a letter, create a scrapbook/journal, audio-tape your self, or video yourself. Here are some questions to get you started in telling your story:

What are you most proud of?

What do you wish the world knew about you?

Was there a time when an older adult helped you feel strong in a tough time?

What's your hidden talent?

Whatever you decide to do— "Make your Mark"!

Resource: <https://acl.gov/oam/2020/oam-2020-activity-ideas>

"Aging has a wonderful beauty and we should have respect for that"

- Eartha Kitt

In This Issue

- ◆ Older Americans Month
- ◆ Mental Health Month
- ◆ Word Search & Crossword
- ◆ Arthritis Awareness Month



Mental Health Month

The Indiana Division of Mental Health and Addiction (DMHA) has launched a website titled “**Be Well Indiana**” to provide Hoosiers with resources and information to help maintain their well-being and to stay connected.

Information about COVID-19, tools to help deal with stress, and resources for support are available on the website as well as the availability to take a **Mental Health Self-Assessment**.

The website can be reached at the following link: **BeWellIndiana.org**.

If you do not have access to a computer below are some resources that can be reached by phone or by texting:

Indiana State Department of Health COVID-19 Call Center—for COVID-19 medical questions or concerns, opened 8am-midnight ET **877-826-0011**

Call **2-1-1** for free and confidential service to connect you to local resources. You can also chat by text by texting your zip code to **898-211**. Hours of availability: M-F, 8am-5pm

Crisis Text line offers 24 hr / 7days a week support from a trained crisis counselor and can be reached through chat by texting **HOME** to **741741**.

The Disaster Distress Helpline offers 24 hr / 7days a week immediate crisis counseling for stress, anxiety, depression, and more.

English: call **800-985-5990**, TTY: **800-846-8517** or to chat: text **TalkWithUs** to **66746**

Spanish: Llama: **800-985-5990**(Llama y prensa “2”) or to Charla: **texto hablanos** to **66746**.

Veteran’s Crisis Line offers confidential 24 hr / 7 days a week support for veterans experiencing emotional distress or considering hurting themselves.

Call: **800-273-TALK(8255)**, TTY: **800-799-4889**

The CDC recommends that one of the ways to cope with stress is to take care of your body by exercising, relaxation activities like meditation, and trying to eat healthy well-balanced meals.

Last month we focused on foods that were good to boost your immunity. This month we are focusing on physical activity benefits. Some of the benefits of physical activity include: better sleep, less anxiety, improved health, and reduced risk of depression and falls.

It is best to speak with your doctor before starting an exercise regimen.

Below are some resources for information on physical activity for older adults:

National Council on Aging
1-571-527-3900
www.benefitscheckup.org

American College of Sports Medicine
1-317-637-9200
publicinfo@acsm.org
www.acsm.org

American Council on Exercise
1-888-825-3636 (toll-free)
receptionist@acefitness.org

Word Search Bank

ARTHRITIS

CONNECT

CONTRIBUTION

EXERCISE

HOOSIERS

IMMUNITY

INFLAMMATION

MEDITATION

POMEGRANATE

REGIMEN

RELAXTION

RHEUMATOID

SCRAPBOOK

STIFFNESS

TUMERIC

WORD SEARCH

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

Roasted Soy-Ginger Salmon and Broccoli

Serves: 2

Ingredients

3/4-pound salmon (about 1-inch to 1 1/2-inch thick, cut into 2 roughly equal pieces)
2 cups big broccoli florets (the bagged kind works well)
2 Tbsp. low-sodium soy sauce
1 tsp. sesame oil
1 tsp. freshly grated ginger

Directions

1. Preheat the oven to 425 F.
2. Place the salmon (skin side down) and broccoli in a small, heavy baking pan or pie dish, snuggling all the pieces close together but not quite touching.
3. Whisk the remaining ingredients to blend in a small bowl and drizzle evenly over the broccoli and salmon.
4. Bake for 10 to 15 minutes, or until the broccoli is tinged with brown and small white beads of fat (that's the good stuff!) begin to appear on the surface of the fish. Serve immediately.

Nutrition information (per serving)*: Calories 301; Total Fat (13.4g); Carbohydrates (7g); Sodium (616mg); Sugar (2g); Fiber (3g); Cholesterol (94mg); Protein (38g)

Recipe Courtesy of Arthritis Foundation and can be found at: <https://www.arthritis.org/health-wellness/healthy-living/recipes/meat-seafood/roasted-soy-ginger-salmon-and-broccoli>

Arthritis Awareness Month

Arthritis

- *Characterized by joint pain, swelling, & stiffness
- *Most common forms are osteoarthritis, rheumatoid arthritis, gout, & fibromyalgia
- * Increases the likelihood of falls & fall related injuries

Managing Symptoms

- *Low impact joint friendly physical activity
- *Eating and drinking foods that are beneficial in reducing inflammation such as: green tea, salmon, tuna, sardines, mackerel, blueberries, blackberries, pomegranates, broccoli, canola oil, olive oil, ginger, and turmeric. See <https://health.clevelandclinic.org/top-10-foods-power-ease-arthritis-pain/> for additional helpful foods.
- * Maintaining a healthy weight

Additional source of data: <https://health.gov/news-archive/blog-bayw/2018/05/national-arthritis-awareness-month-arthritis-management-through-parks-and-recreation/index.html>

Contact Us

Contact the Division of Aging at

1-888-673-0002

Monday through Friday
8 a.m. to 4:30 p.m. EST

or visit us online:
www.in.gov/fssa/2329.htm

Division of Aging
402 W. Washington St.,
P.O. Box 7083, MS21
Room W-454
Indianapolis, IN 46204

PLACE
STAMP
HERE