



PEAS AND CARROTS

Indiana FSSA's Division of Aging

April 2024



Contributing to a healthier planet is a *walk in the park!*

Here are simple ways to make every day Earth Day

LOWER YOUR CARBON FOOTPRINT

- Bike or walk
- Carpool or take public transportation
- Choose an energy efficient vehicle
- Make fewer trips by grouping your errands
- Drive smart: go easy on the brakes and gas, use cruise control, and keep your car well-maintained

REDUCE, REUSE, AND RECYCLE

- Reuse or repurpose containers, clothing and cloth grocery bags
- Give clothes a second life by donating or buying used
- Know what items your local recycling program collects, and what items are recyclable

BE H₂O SMART

- Repair leaky faucets and replace old equipment like toilets and dishwashers when possible.
- Turn off the water to brush teeth and shave
- Run full loads of laundry and dishes
- Collect rainwater to use in your garden

FEED PEOPLE, NOT LANDFILLS

- Check your refrigerator, pantry, and freezer before shopping to avoid buying foods you don't need
- Plan your meals for the week before heading to the store
- Properly store fruits and vegetables so they last longer
- Befriend your freezer and leftovers

“Every time you eat is an opportunity to nourish your body.”

-Anonymous

In This Issue

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- ◆ Emotional Benefits of Exercise
- ◆ Word Search
- ◆ Vaccines For Life
- ◆ Recipe

The Emotional Benefits of Exercise

Research shows the benefits of exercise go beyond just physical well-being. Physical activities—like walking, biking, dancing, yoga, or tai chi—can help:



Enhance your mood and overall emotional well-being



Reduce feelings of depression and stress





Increase your energy level



Improve sleep

So, the next time you're feeling down, anxious, or stressed, start moving!

Get exercise ideas, motivational tips, and more from the National Institute on Aging at NIH.



National Institute
on Aging

nia.nih.gov/health/exercise

**WORD SEARCH
BANK**

- ANXIOUS
- DANCING
- EMOTIONAL
- ENERGY
- EXERCISE
- FOOTPRINT
- GARDEN
- LEFTOVERS
- MOTIVATION
- PLANET
- RECYCLE
- REPURPOSE
- VACCINES
- WELL BEING
- YOGA

WORD SEARCH

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

You need vaccines throughout your life!

2024 Recommended Immunizations for Adults Aged 19 Years and Older

Want to learn more?
 Scan this QR code to find out which vaccines you may need. Or visit:
www.cdc.gov/vaccines/tool/adult.html



Staying **up to date** on your vaccines is one of the best things you can do to protect your health.

If you are pregnant or have a medical condition that puts you at higher risk for infections, talk to your health care provider about which vaccines are right for you.

KEY

- ALL adults in age group should get the vaccine.
- SOME adults in age group should get the vaccine.
- Adults should talk to their health care provider to decide if this vaccine is right for them.

VACCINE	19–26 YEARS	27–49 YEARS	50–64 YEARS	65+ YEARS
COVID-19	At least 1 dose of an updated COVID-19 vaccine			
Influenza/Flu	Every Year			
RSV	If pregnant during RSV season		If aged 60 years or older	
Tdap/Td	Tdap every pregnancy. Td/Tdap every 10 years for all adults.			
MMR	If aged 66 years or younger			
Chickenpox	If U.S. born and aged 43 years or younger			
Shingles	[Solid blue bar from 19-26 to 64, hatched bar from 65+]			
HPV	[Solid blue bar from 19-26 to 26, hatched bar from 27-49]			
Pneumococcal	[Solid blue bar from 19-26 to 64, dark blue bar from 65+]			
Hepatitis A	[Solid blue bar from 19-26 to 64, dark blue bar from 65+]			
Hepatitis B	Through 59 years			
Meningococcal	[Solid blue bar from 19-26 to 64, dark blue bar from 65+]			
Hib	[Solid blue bar from 19-26 to 64, dark blue bar from 65+]			
Mpox	[Solid blue bar from 19-26 to 64, dark blue bar from 65+]			

What diseases do these vaccines protect against?

ADULTS AGED 18 YEARS AND OLDER

VACCINE-PREVENTABLE DISEASE	DISEASE COMPLICATIONS	NUMBER OF VACCINE DOSES
COVID-19 Contagious viral infection of the nose, throat, or lungs; may feel like a cold or flu	Pneumonia, blood clots, liver, heart, or kidney damage, long COVID, death	1 or more doses of updated COVID-19 vaccine depending on health status. For more information: www.cdc.gov/covidschedule
Influenza (Flu) Contagious viral infection of the nose, throat, and sometimes lungs	Pneumonia, sinus and ear infections, worsening of underlying health conditions like heart and lung disease, death	1 dose each year
RSV (Respiratory syncytial virus) Contagious viral infection of the nose, throat, and sometimes lungs	Pneumonia, inflammation of the small airways in the lung; especially dangerous for infants, young children, and older adults	1 dose
Tetanus (Lockjaw)* Infection caused by bacterial spores found in soil and dust everywhere; spores enter the body through wounds or broken skin	Sudden, involuntary muscle spasms, jaw cramping, seizures, broken bones, difficulty breathing, death	3 doses if not already vaccinated 1 booster every 10 years 1 dose for dirty wounds
Diphtheria* Contagious viral infection of the nose, throat, and sometimes lungs	Thick, gray, build up in throat or nose makes breathing and swallowing difficult, heart failure, brain injury, coma, death	3 doses if not already vaccinated 1 booster every 10 years
Pertussis (Whooping Cough)* Contagious bacterial infection of the lungs and airway	Severe coughing fits, life-threatening pause in breathing, pneumonia, death; especially dangerous for babies	3 doses if not already vaccinated 1 dose every pregnancy
Measles (Rubeola)† Contagious viral infection that causes high fever, cough, red eyes, runny nose, and rash	Brain swelling, pneumonia, death	1 or 2 doses
Mumps† Contagious viral infection that causes fever, tiredness, swollen cheeks, and tender swollen jaw	Brain swelling, painful and swollen testicles or ovaries, deafness, death	1 or 2 doses
Rubella (German Measles)† Contagious viral infection that causes low-grade fever, sore throat, and rash	Very dangerous in pregnant people; can cause miscarriage or stillbirth, premature delivery, severe birth defects	1 or 2 doses
Chickenpox (Varicella) Contagious viral infection that causes fever, headache, and an itchy, blistering rash	Infected sores, brain swelling, pneumonia, death	2 doses
Shingles (Zoster) Caused by the chickenpox virus, which hides in the body and sometimes reactivates later in life	Severe blistering rash on one side of the face or body; long-term nerve pain, hearing damage, blindness, death	2 doses
HPV (Human papillomavirus) Contagious viral infection spread by sexual contact; sometimes causes genital warts	Many types of cancers including cancers of the cervix, vagina, penis, anus, and throat	2 or 3 doses
Pneumococcal Bacterial infections of ears, sinuses, lungs, or bloodstream	Depends on the part of the body infected, but can include pneumonia, blood poisoning, infection of the lining of the brain and spinal cord, death	1 or 2 doses
Hepatitis A Contagious viral infection of the liver spread by contaminated food or drink or close contact with an infected person	Liver failure, yellow skin or eyes, stomach pain, vomiting, fever, diarrhea, fatigue, death	2, 3, or 4 doses depending on vaccine used
Hepatitis B Contagious viral infection of the liver spread through contact with infected body fluids such as blood or semen	Liver failure, yellow skin or eyes, stomach pain, vomiting, fever, diarrhea, fatigue, death	2, 3, or 4 doses depending on vaccine used
Meningococcal Bacterial infection of the lining of the brain and spinal cord or the bloodstream	Fever, headache, stiff neck, light sensitivity, confusion, loss of arm or leg, deafness, seizures, death	1 or more doses depending on vaccine used, medical condition, where patient lives or works
Hib (Haemophilus influenzae type b) Bacterial infection that can attack the lungs, brain and spinal cord, or bloodstream	Brain damage, hearing loss, loss of arm or leg, death	1 or 3 doses depending on medical condition
Mpox Contagious viral infection spread by sexual contact; causes a painful rash, fever, headache, tiredness, cough, runny nose, sore throat, swollen lymph nodes	Infected sores, brain swelling, pneumonia, eye infection, blindness, death	2 doses

*Tdap protects against tetanus, diphtheria, and pertussis

†Td protects against tetanus and diphtheria

‡MMR protects against measles, mumps, and rubella

White Bean & Veggie Salad

Courtesy: <https://www.eatingwell.com/recipe/259819/white-bean-veggie-salad/>

Servings: 1

Yield: 4 cups

Nutrition Info: 360 calories; 30g Total Carbohydrate; 13g Dietary Fiber; 3g Total Sugars; 10g Protein; 25g total Fat; 4g Saturated Fat; 321mg Sodium; 140mg Calcium; 5mg Iron; 1292mg Potassium

Ingredients:

2 cups mixed salad greens
3/4 cup veggies of choice (i.e. chopped cucumbers, cherry tomatoes)
1/3 cup canned white beans, rinsed & drained
1/2 avocado, diced
1 tablespoon red-wine vinegar
2 teaspoons extra-virgin olive oil
1/4 teaspoon kosher salt
Freshly ground pepper to taste

Directions:

1. Combine greens, veggies, beans, & avocado in a medium bowl. Drizzle with vinegar & oil & season with salt and pepper. Toss to combine and transfer to a large plate.

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

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