



NUTRITION

Small changes can make positive impact on nutrition

By Courtney Diener-Stokes
For MediaNews Group

The new year will soon be upon us, which can serve as an ideal time for reflection in all areas of our lives, including nutrition.

But when it comes to you feeling your best, Stefanie Williams, a registered dietitian nutritionist based in Spring City, Chester County, said it's best to approach this time by not judging yourself and instead think about changes you can make through practicing

them. "These are small, sustainable changes you can do at any time — you don't have to wait for the New Year," Williams said. "It's about what is doable for you today and making a change that works for you."

Williams, who has given talks to seniors on supportive nutrition, highlighted three areas of focus to get you on a path to feeling your optimal self at any age.

Each of the areas she emphasized impacts our nutrition in terms of choices, hunger and satiety.

Getting proper sleep is challenging for older adults, but Williams discussed tips that ensure proper sleep hygiene.

"Disconnecting from screen, tablets and the phone within 45 minutes prior to bedtime is ideal," she said. "The lights can stimulate our brains and disrupt our production of melatonin which affects our sleep."

She further discussed how a lack of sleep affects our stress levels, which then affects one's drive to eat.

"It impacts hunger and the hormones that regulate hunger and satiety," Williams said.

Whether taking a walk, doing chair yoga or gardening, include activities in your daily life that make your body feel good.

"Movement impacts sleep and our mental health and then that impacts nutrition," she said. "All of those things are looped together."

Williams said it's important to design a daily menu for yourself that takes into consideration what you can add to it that will give you positive health benefits.

"I talk about this all the time with my clients," she said. "It's asking the questions to yourself: 'Can I include whole grains in my diet?', 'Can I include some fish in there?', 'Can I include some sources of calcium?'"



You don't have to wait until the New Year to make small changes to enhance your nutrition.

She pinpointed three areas to explore to enhance your nutrition.

The first is looking for sources of omega 3s, such as salmon, tuna and walnuts.

The second is including whole grains from sources such as oatmeal, quinoa and brown rice.

Lastly, including sources of calcium, such as dairy foods and chia seeds.

"You can support your heart health with the omega 3s and the whole grains," Williams said. "Calcium is for maintaining bone health."

If you feel overwhelmed in mak-

ing changes in your nutrition at this stage in your life, Williams said it's never too late to do things that can positively impact your overall health and wellness.

"Any small addition is beneficial," she said. "You don't have to do everything, but any small things you can do can benefit your mental health, your physical health and your overall wellness."

Williams suggests starting with one change at a time.

"Pick the one thing that's most doable for you," she said. "All of these things are things we are practicing — there is no right or

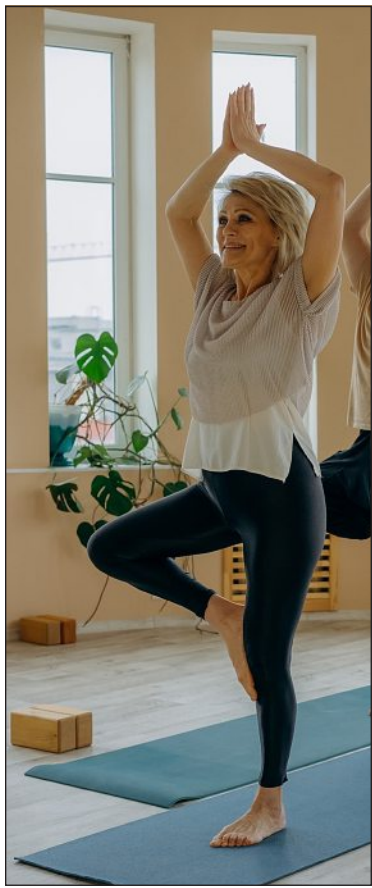
ABOUT STEFANIE WILLIAMS NUTRITION

Stephanie Williams is a registered dietitian nutritionist based in Spring City, Chester County, who offers individual nutritional counseling.

Website: www.stefaniewilliams-nutrition.com

Phone: 484-854-1251

wrong, good or bad, pass or fail — it's just about making small changes over time that can positively impact your life."



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ALZHEIMER'S DISEASE

Can music help someone with Alzheimer's disease?

By Laurel Kelly
Tribune News Service

Alzheimer's disease is a progressive disorder that causes brain cells to waste away and die.

Alzheimer's disease is the most common cause of dementia, which is a term used to describe a group of symptoms that affect memory, thinking and social abilities severely enough to interfere with daily function.

As many as 5.8 million people in the U.S. were living with Alzheimer's disease in 2020, according to the Centers for Disease Control and Prevention. And this number is projected to nearly triple to 14 million people by 2060.

Memory loss is the key symptom of Alzheimer's disease. An early sign of the disease is difficulty remembering recent events or conversations.

As the disease progresses, memory impairment persists and worsens, affecting the ability to function at work or at home.

Musical memories often are preserved in Alzheimer's disease, though, because key brain areas linked to musical memory are relatively undamaged by the disease.

Research suggests that listening to or singing songs can provide emotional and behavioral benefits for people with Alzheimer's disease and other types of dementia.

Music also can benefit caregivers by reducing anxiety and distress, lightening the mood, and providing a way to connect with loved ones who have Alzheimer's disease — especially those who have difficulty communicating.

If you'd like to use music to help a loved one who has Alzheimer's disease, consider these tips:



TRIBUNE NEWS SERVICE

Research suggests that listening to or singing songs can provide emotional and behavioral benefits for people with Alzheimer's disease and other types of dementia.

• **THINK ABOUT YOUR LOVED ONE'S PREFERENCES**» What kind of music does your loved one enjoy? What music evokes memories of happy times in his or her life? Involve family and friends by asking them to suggest songs or make playlists.

• **SET THE MOOD**» To calm

your loved one during mealtime or a morning hygiene routine, play music or sing a song that's soothing. When you'd like to boost your loved one's mood, use more upbeat or faster-paced music.

• **AVOID OVERSTIMULATION**» When playing music, eliminate competing noises.

Turn off the TV. Shut the door. Set the volume based on your loved one's hearing ability. Choose music that isn't interrupted by commercials, which can cause confusion.

• **ENCOURAGE MOVEMENT**» Help your loved one to clap along or tap his or her feet to the beat. If possible, con-

sider dancing with your loved one.

• **SING ALONG**» Singing along to music together with your loved one can boost the mood and enhance your relationship. Some early studies also suggest musical memory functions differently than other types of memory, and singing

can help stimulate unique memories.

• **PAY ATTENTION TO YOUR LOVED ONE'S RESPONSE**» If your loved one seems to enjoy particular songs, play them often. If your loved one reacts negatively to a particular song or type of music, choose something else.



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SPOT OF T

Best-laid plans for holidays stolen by time bandits

By Terry Alburger

There is an interesting occurrence in my life every year around this time. There is a thief that steals time.

I mean, what other reason could there possibly be for my current state? Back in August, I swore that this year would be different. I'd do my decorating early, and do my Christmas shopping little by little, in a leisurely fashion starting in the summer.

What a wonderful plan, eh? That is indeed the fairy tale. And now for the reality. It surely must be time bandits!

Case in point: Though we purchased new outdoor Christmas lights this year with the greatest of intentions, they remain in the boxes, on a table.

Those outdoor decorations? They have become indoor decorations — waiting for me to find the time to place them with care in the yard.

We are at the mercy of Mother Nature to give us nice weekends to get these things done since I work a lot of hours during the week.

To put it bluntly, Mother Nature has not complied with our plans. Rain or frigid temperatures have deterred us. Well, at least the Christmas trees and decorations are up indoors.

And what of those plans for shopping? Well, let me just say, thank goodness for grocery stores and drug stores that carry a nice variety of gifts.

Of course, I did order a few things online, but even shopping online requires time. So, I once again state for the record — there must be time bandits at work in my life. I never seem to have enough hours in each day to accomplish all I set out to do.

Mercifully, I have made a conscious effort to scale down the gift giving and spend more of the aforementioned time with those closest to me.

Long gone are the days of leisure, the days of laying around with nothing particular to do. And of course, around the holidays, this is magnified.

And yet, if I really think about it, I realize that this is not a bad thing. Most of my responsibilities and time are spent with family members, and in particular, grandkids. How can I complain? What could be more important than that?

I won't even get started on the whole chore of wrapping presents. I cannot remember a year that saw me have that done early.

But happily, it has become a ritual — my husband and I wrap presents while watching the Christmas movie of our choice (usually "It's A Wonderful Life"). Usually, this ritual is left to Christmas Eve ... and I'm sure you know why. Those darn bandits stole all our spare time.

If you find yourself in a similar situation, fear not. We have found that every-



WIKIMEDIA COMMONS

The true meaning of Christmas brings love and serenity.

thing gets done, even if it was not by the deadlines we may have set for ourselves.

And if for some reason something does not get done, well... did it really need to be done? Clearly, those time bandits know best. I have learned not to argue with them but to go

with the flow.

Don't stress, you're doing the very best you can do. If you're like me, many of the goals you set for yourself were probably unrealistic anyway. So, just enjoy this wonderful season, this beautiful time of year.

It's not about the gifts, it's not about the trim-

mings or the things that glitter. It's really all about the true meaning of Christmas and about the love and serenity that brings.

And that is what I wish for you, peace, inside and out.

Have a wonderful Christmas and a happy new year!

WELLNESS

Make proper nutrition a priority in the new year

By Jennifer Singley

As we turn our attention to January and the obligatory New Year's resolutions we love to make (and break), about 23% of Americans will commit to bettering their health in some way. And though most resolutions are ditched within weeks, the need for continued attention to health is important for seniors — and it looks a little different than it did in their younger years.

The nutritional needs of older adults aren't much different from their younger counterparts, but because their metabolism is slower, seniors have lower caloric needs. Eat more nutrient-dense foods — packing as many nutrients as possible into fewer daily calories. An easy way to do this is to ensure that your plate looks like a rainbow; choose brightly colored fruits and vegetables partnered with lean sources of protein, whole grains and dairy. The following nutrients are particularly important for those over age 65:

- **PROTEIN**» It helps prevent the loss of lean muscle mass. Besides meat and poultry, plant-based foods like tofu, lentils, peas and beans are great options for increasing protein intake.
- **VITAMIN D**» Too little of it can contribute to bone loss, and seniors tend to have less as they spend less time outdoors in the sunshine. Foods that have Vitamin D



PIXABAY

Your diet should include plenty of fruits and vegetables.

include salmon, tuna, beef, egg yolks and fortified cereals.

• **VITAMIN B12**» The body's ability to absorb B12 decreases with age; a deficiency in B12 often causes fatigue, tingling sensations, and problems with balance. Vitamin B12 is found in foods like meat and dairy or in fortified cereals.

So, forget those resolutions you never keep anyway. If you're a senior, it's never too late to start focusing on your health — and there's no better time than now to commit to consuming a nutrient-rich diet that

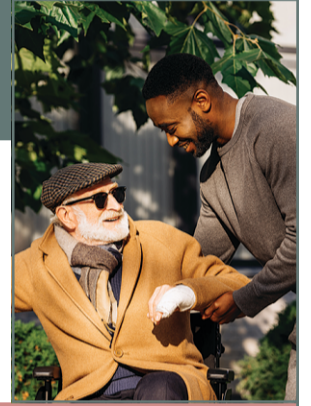
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FITNESS

MUSCLE MASS AND CORE STABILITY GROW MORE IMPORTANT AS WE AGE

Core stability helps reduce back pain and maintain good posture

By Courtney Diener-Stokes
For MediaNews Group

The holiday season is typically a time to attend festive parties, spend extra time with grandchildren or take a flight to visit distant family members. Not only do we want to look good for these occasions, but we want to feel good in doing the activities that have become tradition.

As you age, there are some important things to focus on when it comes to physical fitness that will enable you to continue the normal activities you love to partake in, whether during the holidays or in your everyday life.

“The big thing that is important as you age is strength training, because as you get older, the one thing you lose is muscle,” said Adam Lieb, owner of Chester County Training, South Coventry Township, which specializes in fitness programs for seniors.

He stressed that muscle is the biggest predictor of longevity and that a lack of strength training for those age 55 and older can lead to unfavorable consequences.

“It will be a continuous loss of muscle mass that will have you end up falling and breaking a hip,” he said. “That is how people end up in nursing homes and are not able to continue their normal activity.”

In such instances as breaking a hip, you risk your overall quality of life.

“You risk not being able to enjoy what you do — you risk not being able to enjoy your retirement or playing with your grandchildren or being able to travel,” he said. “One of the biggest



COURTESY OF LYDIA LIEB

Steve Ditlo improves his core stability through the use of a TRX Suspension Trainer under the guidance of Adam Lieb, owner of Chester County Training.

and most important things is increasing your muscle mass so you can continue to enjoy and improve your everyday life. Muscle mass is gold.”

One of the first things Lieb does with new clients during an assessment is to take a look at how they pick up a kettlebell off the floor.

“I do an assessment of their movement patterns and from there, you can start to add weight and build the muscle and your muscle is what drives everything,” he said. “It’s an opportunity to see if somebody picks something off the ground without being mindful about proper back

positioning and engaging their core to keep their back stable.

He said that in order to have good posture you have to be able to hit each part of your body, not just your core or the things you can visually see.

“People have things, like glutes, that they can’t see

that support what they can see,” he said. “It’s being mindful of incorporating every part of their body — the body works as a system and it’s understanding you have to target every part of that system. If you only pick and choose, it won’t work properly.”

If you are dealing with back pain, he discussed the importance of core stability and the importance of maintaining it over an extended period of time to avoid injury.

“It’s being conscious of your movements throughout your day and making sure it’s done in an efficient and proper way,” he said. “If you are conscious about your posture throughout your day you are going to create a stronger back.”

Steve Ditlo, 71, from South Coventry, only began taking exercise seriously after recently retiring.

Ditlo’s wife, Sally, has trained with Lieb for eight years, but he always found reasons to avoid exercise when he was working as a vice president in sales and marketing and found he was typically sedentary or traveling.

Today, Ditlo trains with Lieb twice a week for one-hour sessions at his studio, which is within walking distance from his home. Ditlo exercises another two days per week at his home, which is equipped with exercise equipment in the basement.

Each morning he starts off the day with stretches and his workouts focus on strength training, core and cardio. Despite having a pacemaker, he has no exercise restrictions.

“It’s probably one of the best decisions I have ever made,” Ditlo said. “I don’t

SUGGESTED READING

Chester County Training, located in South Coventry Township, is a personal training service that offers one-on-one, partner, group, Zoom, or Facetime training sessions designed to meet specific exercise, strength, yoga and nutritional goals. They will meet with clients in one of their two private training studios, at your work site or in the comfort of your home. For in-home training, all exercise equipment is provided. Their focus is to help clients achieve their health and fitness goals. Over their 15 years in offering personal training they have developed a specialization in working with senior citizens. For more information, visit www.chestercountytraining.com or call 484-269-3220.

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know why I didn’t start earlier. I feel so much better and I feel good about myself. I feel so much better overall.”

Prior to working out with Lieb, when he would do things around the house that required physical activity he wasn’t able to last very long.

“Now I feel more agile and I have gained a lot of

CORE » PAGE 5

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



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ASK RUSTY

How do I get my Social Security as soon as possible?

By Russell Gloor

DEAR RUSTY» I am a few weeks away from my 61st birthday in November 2022. I was wondering how far in advance of my 62nd birthday next year should I file my Social Security benefits paperwork in order to get my first check the same month I turn 62?

I usually work a part time job during the winter months, but that job fell through this fall 2022. So, I do not want to waste any time getting that first check arriving the minute I turn 62 in November 2023.

I don't want to take any chances of delays in starting my Social Security retirement benefits since I am currently not working.
— Ready To Retire Soon

Dear Ready to Retire>> Unless you were born on Nov. 1 or 2, you will first become eligible for Social Security in December of 2023. That's because you must be 62 for the entire month before you can get Social Security for that month.

If you were born on either the Nov. 1 or 2, then November 2023 will be your first month of eligibility, and your first payment will be received in December. But if you turn 62 after Nov. 2 your first month of eligibility will be December 2023 and your first payment will be received in January 2024 (Social Security pays benefits in the month following the month they are earned).

Social Security recommends you apply for your retirement benefit about

3 months before you wish your payments to begin, but you can apply as much as four months prior.

When you complete the application there will be a question asking when you wish your benefits to start, and you should select the one that says, "I want benefits beginning with the earliest possible month and will accept an age-related reduction."

Be aware that your age 62 benefit amount will be permanently reduced (your age 62 benefit will be 70% of the amount you would get at your full retirement age (FRA) of 67.

By applying as suggested above, you will get your first Social Security payment as early as possible, but you should also know that the exact date of your payment depends on the day of the month

you were born.

If you were born between the 1st and 10th of the month, you'll get your payment in your bank account on the 2nd Wednesday of every month; if you were born between the 11th and 20th of the month, your payment will be received on the 3rd Wednesday of every month; and if your birthday is after the 20th of the month, the payment will be in your account on the 4th Wednesday of every month.

You can apply for benefits by making an appointment to do so at 800-772-1213 or by calling your local SS office, but the most efficient way to apply is online at www.ssa.gov/retire. To apply online, you'll need to first create your personal "my Social Security" online



Russell Gloor

account, which is easy to do at www.ssa.gov/myaccount.

Russell Gloor is a certified

Social Security adviser by the Association of Mature American Citizens: <https://amac.us/social-security-advisor>.

Core

FROM PAGE 4

strength," Ditlo said. "I'm hauling the wheelbarrow all of the time and I'll be out all day. Before, I was starting to feel it after a couple of hours and now I go all day and I feel great."

Ditlo said that in addition to Lieb helping him attain his personal goals, he emphasizes the importance of balance for seniors. Attaining and maintaining core stability helps maintain balance and good posture, among other things.

Lieb often works with his clients on the "McGill Big 3" for core stability, which is a series of exercises centered on the back based on research by Dr. Stuart McGill, a distinguished professor emeritus at Waterloo University.

He determined three exercises — curl ups (also known as crunches), side planks and bird-dogs — are ones that efficiently address all of the muscles associated



COURTESY OF LYDIA LEIB

Steve Ditlo, 71, performs a BOSU ball squat to increase his balance and lower body strength.

with the spine without placing stresses on the parts of the back that might be aggravated or irritated due to injury.

Lieb stressed that what makes these particular exercises ideal is that they require you to engage your

core for the full length of each exercise.

"It gets your core stable, so that when you are in a situation, you have the ability to maintain core stability when needed to avoid an injury," he said. "It's not always about

stretching; it's about the core stability exercises over an extended period of time."

Lieb said that in this day and age the importance of maintaining your physical health, in addition to your mental well-being, is paramount.

"One of the easiest things you can do is get yourself in a better spot through exercise," he said. "Some things you can't control, but you can control your exercise and what food you put in your body."

Half of Levine's clients come to his studio, like Ditlo, and the other half receive in-home training. Sixty percent of his client base is made up of seniors.

"I have been doing this for 15 years and senior citizens have become one of our specialties," Lieb said. "The focus is on functional fitness and how to improve your quality of life as you age."



COURTESY OF LYDIA LEIB

Adam Lieb spots Steve Ditlo during an incline bench press which targets his chest, shoulders and triceps.



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