

# Senior LIVING



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## An Arboretum Takes Root: An Intergenerational Effort

The John Bartram Arboretum at Kendal at Oberlin, was accredited by ArbNet as a Level I arboretum through the initiative and work of Kendal residents, support from Kendal at Oberlin's CEO, Barbara Thomas, and the Horticulture Committee. Funding for the arboretum comes from the Kendal at Oberlin Resident Association, Kendal Charitable Funds and Kendal residents.

One of Kendal's values in practice is responsibility and concern for the appropriate use and conservation of the land through good stewardship. The arboretum provides this opportunity along with its use as an educational resource.

Students enrolled in the Environmental Studies Program at neighboring Oberlin College are assisting with the arboretum project. They learned from their professor that an opportunity for hands-on experience was available on the 100+ acre soon to be designated arboretum. A team of three

students spent the 2016 fall semester under the tutelage of arboretum committee members Arlene Dunn, Larry Dunn, Anne Helm and Melissa Reed, who shared their knowledge and mapped out the work to be done. The spring semester brought another team of students.

Larry Dunn explained that the first group of students surveyed the trees on a segment of the campus, captured their GPS coordinates (latitude, longitude), gathered resource information about each tree type, and observed the general condition of each individual specimen.

The second group worked with the same sample of trees and conducted a more detailed tree condition survey. They were doing a proof-of-concept test of a tree assessment protocol being developed for arboretum volunteers to use. They also entered all of their field notes about each tree in the new arboretum catalog/database system that is currently under devel-



opment.

Anne Helm said, "It is fantastic to have the involvement of Oberlin College students in our Arboretum work. They bring energy and dedication to the future of a greener Oberlin as we all grow in understanding of this amazing and complex world of trees." Larry added, "We have enjoyed a kind of natural synergy between The John Bartram Arboretum and students. We are in the formative stages of developing the arboretum and these students are at beginning of their college careers. Their inquisitive enthusiasm and relentless drive to explore and understand the physical world around us makes them ideal partners in help-

ing us develop and refine our detailed plans for assessing and documenting the trees in the arboretum. We plan to continue to cultivate this relationship into the future."

The arboretum is hosting its 2017 Arbor Day education event on Friday, April 28th. Join us at 10:00 am in the Heiser Auditorium at Kendal at Oberlin for a seminar presented by Alan Siewert, an Urban Forester from the Ohio Department of Natural Resources, who will discuss "Five Steps to a Thriving Urban Forest."

**To learn more about the John Bartram Arboretum and Kendal at Oberlin, visit [kao.kendal.org](http://kao.kendal.org).**

# Organizing? Downsizing? Or just Spring Cleaning?



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# How seniors can preserve their brains

Physical activity and proper diet and nutrition can help people age 50 and older maintain their physical health. But there are also ways aging men and women can preserve brain health in an effort to prevent or delay the cognitive decline that affects millions of seniors across the globe.

It's easy to overlook the importance of keeping the brain healthy. However, a decline in brain function can result in poor concentration, memory loss and a host of other issues. Sometimes, by the time symptoms present themselves, it may be too late to reverse any damage.

Research suggests that a combination of nutrition and mental, social and physical activities may have a greater impact with regard to maintaining and improving brain health than any single activity. Harvard Medical School also states that volunteering, caring for others and pursuing hobbies may benefit the brains of older adults.

A study published in the Archives of General Psychiatry found participants who reported higher levels of purpose in life exhibited superior cognitive function despite the accumulation of abnormal protein depositions (amyloid plaques and neurofibrillary tangles) in the brain, a hallmark of Alzheimer's disease. Having a purpose also may help those who do

not have Alzheimer's disease.

In addition to the suggestions mentioned above, those who want to boost brain health can consider these strategies.

- Start exercising the brain early on. A study published in 2012 in the British Medical Journal examined cognitive function in people ages 45 to 70. Researchers found evidence of cognitive decline in the 45-year-old participants as well as the older participants. It's never too early to put a brain health plan into motion.

- Read more books. Reading can open individuals up to new vocabulary and scenarios that promote a stronger brain and recall ability. Enrolling in an education course at a local college, community center or online also may be beneficial.

- Hit the gym. Several studies suggest an association between physical activity and reduced risk of cognitive decline. This could be because exercise elevates heart rate, which pumps more blood to the brain and body.

- Supplement with DHA. DHA is an omega-3 fatty acid that is dominant in the brain. Adhere to a Mediterranean diet, which is generally high in natural sources of omega-3, including fish and mono-unsaturated fats from olives, olive oil, nuts and seeds.



Supplements also may help, but individuals should consult with their doctors about which products to take.

- Challenge the mind. Men and women can engage in challenging activities that stray from their routines. Puzzles, strategic games, jigsaw puzzles, or difficult hobbies can benefit the brain.

- Keep a close-knit group of friends. Regular conversation and social interaction is a key component of any brain health wellness plan.

Slowing cognitive decline and promoting greater brain health should be a priority for adults of all ages.



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New to Martino's is our Soup and Salad bar Monday through Thursday from 11am until 3pm and Fridays from 11am to 8pm. Add this soup and salads bar in place of a side to your sandwich or meal for just \$1.99! Or make it your meal for \$7.99.

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# Stay Young at Heart (and in Body and Mind)

## Family Features

When joints ache and you don't move as fast as you used to, it may seem that growing old is anything but graceful. While you can't stop the hands of time, there are ways you can keep your physical and mental well-being in tip-top shape for years to come.

Even if you've spent a lifetime practicing healthy habits, your senior years are no time to allow those practices to fall to the wayside. On the other hand, if you put off quality self-care for later in life, rely on your experience and maturity to know that taking care of yourself is as important as, well, life itself.

**Eat balanced meals.** It's never too late to begin paying more attention to what you eat. Seniors may be prone to poor eating habits for the sake of convenience or because it's not as much fun cooking for one or two when you once had a full house to feed. Actually, as you age, keeping your weight

in check and continuing to fuel your body with essential nutrients is more important than ever.

**Keep moving.** It's true that aches and pains may keep you from being as spry as you once were, but limiting your movement can actually create a snowball effect that results in even less mobility over time. Muscles that aren't used regularly can weaken and restrict your movement even more, so work with your physician to determine an appropriate amount of activity for your condition.

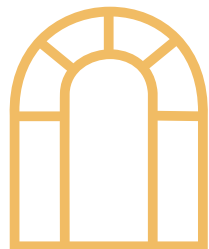
**Mind your mind.** When you're in the workforce, or while you're tending to the needs of a growing family, you rely on your brain to power through, probably without even thinking about it. Yet over time, most people experience some degree of cognitive deterioration, partially from basic biology and partially from lack of "exercising" that vital muscle. Keep your mind sharp by communicating regularly with your family and friends, and seek out activities that put your brain to use, such as crossword puzzles

or word games.

**Be a social butterfly.** A common lament of middle-age is the lack of time to nurture friendships. With an empty nest and an open calendar, there's no time like the present to strengthen long-term bonds or seek out new companions who share life experiences and a desire to age with grace. Close connections with friends and family members will not only boost your emotional well-being, they can ensure there are others watching out for you on a regular basis.

**Do as you're told.** When you're younger, skipping an annual checkup here and there seems like no big deal. As you age, those regular assessments are more important. They serve an important role in identifying potential issues and introducing treatments before big problems arise. Honor your regular medical appointments and heed the advice you're given – including taking any medicines as prescribed.

**Find more tips for living healthy as you age at [livingtoday.com](http://livingtoday.com).**



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