



YOUR TECH CONNECT

There are so many ways to use tech to stay in touch. We've pulled together a list of a few things you can do to put your devices to work for your well-being.

AVOCAD-WOAH!

Staying healthy and hydrated these days is of the utmost importance. Use easy to make avocado water to get the job done. We've got the recipe.



STAY STRONG. LITERALLY.

We've got to be strong in all kinds of ways these days. Here are a couple things you can do to keep your body in peak condition.

BOWIE SAID IT BEST...

"Aging is an extraordinary process where you become the person you always should have been." We can't agree more, and are so happy to make this kind of discovery possible with services and amenities that encourage choice, development and freedom.





CONNECTION IS EVERYTHING

HOW CAN WE AVOID FEELINGS OF ISOLATION WHILE STUCK AT HOME?

Find one person with whom you can share your own worries and feelings over the phone. Is there a comforting friend, family member, therapist or chaplain for you to call, to talk openly and privately? In these challenging times, it is perfectly natural to feel afraid, lonely or overwhelmed. If you have no one with whom you can talk, call your local agency on aging and find out how to gain support. If you have previously seen a psychotherapist or faith-based professional, consider reaching out to them.

HOW CAN I CATCH UP AND CHECK IN ON FRIENDS WITHOUT LEAVING MY HOUSE?

Take the initiative to call your fellow older adults to check in with them and practice good listening skills. Make a contact list of people to call and check in daily or every few days. Start with those in your close circle of friends and then move outward. You can go through your old letters, address books, alumni contacts, email addresses and memorabilia to reconnect with “long-lost” friends, classmates or coworkers who you haven’t been in touch with. It might be uplifting and reassuring to reach out to them — and they would likely love to get a call. Provide empathy, understanding and comfort by listening with acceptance and compassion. Try not to judge others or hand out quick advice before you have listened first. You can also share what is on your mind. Believe it or not, we often can find support by offering our support. We can exchange our knowledge with one another about local resources for medicine, medical services, stores, food pantries, supplies and news updates on the coronavirus.

WHAT ARE THE BEST WAYS TO CONNECT WITH FRIENDS AND FAMILY USING TECHNOLOGY?

Many older adults use videoconferencing such as Skype, FaceTime and Zoom. This allows for conversations to happen — and in these times, we need to have good conversations and “think out loud” as we cope with coronavirus issues. It can be helpful for a family member or friend to teach how to use these services and apps. At an assisted living program where I work part-time, I have been teaching seniors how to stay in touch with their family members and loved ones by using their smartphones and iPads. But the most important tool is the phone.

Other suggestions include reaching out the old-fashioned way with greeting cards and letters, and sending text messages or emails with your photos and checking in.

HOW CAN I AVOID FEELING ANXIOUS AND REMAIN ENGAGED WITH OTHERS DESPITE MY AGE MAKING ME VULNERABLE TO THE VIRUS?

Offering your time to volunteer and help others in your community is helpful for handling anxiety and helplessness. Some volunteer programs can be done from home. When we reach out to others who may be even more isolated than we are, it is psychologically healing and calming. Humans generally feel better when they have a sense of purpose and a sense of control by taking action. Contact volunteer coordinators through volunteermatch.com or call your United Way office or senior center to find out about volunteering-from-home opportunities.

Make gifts for people and get creative. Write, paint, knit, make crafts, cards, pillows or puppets. Find projects that are creative and rewarding, especially if it will cheer up someone else you love. Share podcasts, emails, calls and links about your favorite books, radio shows and movies with your loved ones and friends so they have more entertainment. Enjoy music and play all kinds of soothing and cheerful sounds to boost your mood.

Learn more about the community focused lifestyle that residents at Henry Ford Village enjoy every day.

<https://www.aarp.org/health/conditions-treatments/info-2020/staying-connected-during-coronavirus.html>



AVOCADO WATER—WAIT TIL YOU TRY IT

It's so darn easy, and so delicious. Grab a glass—you're in for a wonderful and healthy breakfast or casual-sipping treat.

INGREDIENTS

- 1 small ripe avocado, pit removed
- 5 Tbsp. fresh lime juice
- 3 Tbsp. sugar
- Tiny pinch of kosher salt

RECIPE PREPARATION

Scoop avocado flesh into a blender and add lime juice, sugar, salt, ½ cup ice cubes, and 2 cups cold water. Purée until smooth; blend in another splash of water if mixture is too thick. Pour into glasses, filled with ice if desired.

Learn more about the live-well (and sometimes snack-well) lifestyle that residents at Henry Ford Village enjoy every day.

<https://www.bonappetit.com/recipe/avocado-water>



STRENGTH TODAY. STRONG TOMORROW.

If your workout doesn't include strength training, you're missing out. Strength training helps ward off age-related muscle loss, keep your bones strong, promote mobility, prevent falls, and combat depression and cognitive decline.

But if you didn't perform much strength training in your younger years (and even if you did), hitting the weight room now can be intimidating. Don't sweat it! This guide will help you approach strength training in a safe, effective, and fun way that will keep you strong for life.

STRENGTH TRAINING: MASTER THE BASICS FIRST

If you're new to strength training, which is also referred to as resistance training, don't stress about all the exercise equipment lining your gym floor. Instead, focus on performing exercises using your bodyweight so you can learn proper form and build a base level of strength before adding extra challenges to the mix, recommends Gavin McHale, a certified exercise physiologist based in Winnipeg. Doing so will reduce the risk of exercise injury while also allowing you to get better results from future workouts.

When performing basic bodyweight movements, work up to performing three sets of 10 to 15 reps, McHale says. When that starts feeling easy, it's your cue to progress to weighted workouts.

Start with the smallest amount of weight available at your gym, and increase loads as you feel comfortable. Depending on the exercise you're performing, resistance bands can also be great alternatives to traditional free weights like dumbbells. Try to perform three sets of eight to 12 reps, prioritizing good form above all else.

If you need help perfecting your form, ask your gym about working with a personal trainer, recommends Tiffany Chag, C.S.C.S., a strength coach at the Hospital for Special Surgery in New York City. All exercisers, no matter their age, can benefit from some one-on-one lessons.

Aim to do strength training three to four days per week on nonconsecutive days. Your cardio workouts are great for those alternate days.

Keep in mind that this might take some easing into. "If you've never done resistance training before, keep day one

short and sweet,” Chag says. “Aim for 10 to 15 minutes. Then see how you feel. If you’re sore afterward, wait until the soreness is gone before your next session.”

While muscle soreness isn’t a bad thing, exercise recovery tends to take longer as we get older. Giving your body ample time to recover from each workout will ensure you get the best benefits possible.

THE BEST STRENGTH EXERCISES FOR OLDER ADULTS

By strengthening the body’s largest muscle groups through functional movements, these exercises will translate to improved performance at everyday tasks such as climbing stairs, carrying groceries, and playing with your grandkids. As you become stronger, you’ll be able to increase the difficulty.

You can perform these exercises one of two ways:

- **INDIVIDUALLY:**

Aim for three sets of 10 to 15 reps.

- **AS A CIRCUIT:**

Do 10 to 15 reps of the first exercise, then the second exercise, and so on. Once you’ve completed all five exercises, that’s one round. Do three rounds total.

Ready to get started? Here’s how to perform each movement. As always, safety is key. The exercises here may be different or more advanced than those you’ll experience in a SilverSneakers class. If you have a chronic condition, an injury, or balance issues, talk to your doctor about how you can exercise safely.

EXERCISE #1: SQUAT

Stand tall with your feet shoulder- to hip-width apart. Hold your arms straight out in front of you at shoulder level, and brace your core. This is your starting position.

From here, push your hips back, and bend your knees to slowly lower your body into a squat, not letting your knees cave in as you do so. Pause, then push through your heels to slowly return to starting position. That’s one rep. Aim for 10 to 15 reps.

- **MAKE IT EASIER:**

Stand in front of a chair. Keeping your weight on your heels, bend your knees to slowly lower your body to the chair with control. As soon as your rear touches the seat, push through your heels to return to standing. Still too challenging? Check out more tips in our beginner’s guide to the squat.

- **MAKE IT HARDER:**

Hold a dumbbell or medicine ball at your chest throughout the exercise.

EXERCISE #2: INCLINE PUSHUP

Stand facing a table, dresser, or wall. The taller the object or more upright you are, the easier the move. Place your hands on the surface or edge, slightly wider than shoulder-width apart. Move your feet back until you are at a comfortable angle, keeping your arms straight and perpendicular to your body.

Bend your elbows to slowly lower your chest toward the object, pause, and then press back up to straighten your arms. Keep your body straight throughout the entire movement, making sure to engage your abs and squeeze your rear. That's one rep. Aim for 10 to 15 reps.

• MAKE IT HARDER:

As you get stronger, reduce the incline. So if pushups using a wall start to feel easy, try them using a countertop. When that feels too easy, try them using a bench, and then finally the floor.

EXERCISE #3: SEATED ROW

Sit with your legs extended, and place the center of a resistance band securely behind the arches of your feet. If you're using a long exercise band, you can loop it around your feet twice so that, when you hold the band, it's taut. Grab the ends of the band with both hands, arms extended and palms facing each other.

Sitting tall, pull your shoulder blades down and back, and bend at the elbows to slowly pull the band toward your core. Drive your elbows straight back; do not let them flare to the sides. Slowly reverse the movement to return to starting position. That's one rep. Aim for 10 to 15 reps.

• MAKE IT EASIER:

If you can't easily get down on the floor, try the seated row in a chair or the seated row machine.

• MAKE IT HARDER:

If you want to try bent-over rows with dumbbells, talk to your doctor to make sure your lower back is healthy enough for the movement.

EXERCISE #4: STATIONARY LUNGE

Stand tall with your arms down at your sides. Step back with your right foot, placing your toes on the ground and keeping your heel lifted.

From this staggered stance, bend your front (left) knee to slowly lower your body as far as comfortable. Allow your back knee to bend as well until it hovers a few inches above the floor, but keep your weight pressed into your front heel. Draw your lower belly in, and lift your chest.

**To Learn more about how Henry Ford Village encourages wellness of the mind,
body and spirit and all of its forms give us a call.**

<https://companionsforseniors.com/2019/04/health-benefits-walking-seniors/>

Pause, then press through your front foot to raise your body back to standing. That's one rep. Aim for 10 to 15 reps on each side.

- **MAKE IT EASIER:**

Place your hands on the back of a sturdy chair or a wall for support. Troublesome knees? You can lean forward slightly from the waist to reduce stress on your joints or check out more ways to make lunges easier on your knees.

- **MAKE IT HARDER:**

Bodyweight lunges are plenty taxing for most older adults, but if you need an extra challenge, you can increase resistance by holding a small weight in each hand.

EXERCISE #5: DEAD BUG

Lie on your back with knees bent and feet flat on the floor. Raise your bent legs up so that your knees are stacked over your hips, keeping a 90-degree bend in your knees. Brace your core to press your low back into the floor; make sure to maintain this flat-back position throughout the entire exercise. With your palms facing each other, bring arms up to point toward the ceiling.

Straighten your left leg and bring it toward the floor (try not to let it touch). At the same time, bring your right arm back toward the floor (try not to let it touch). Pause, then bring your arm and leg back to the starting position. Repeat on the opposite side with right leg and left arm extended. That's one rep. Aim for 10 to 15 reps.

- **MAKE IT EASIER:**

Keep your legs bent as you lower them toward the floor.

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<https://www.silversneakers.com/blog/strength-training-for-seniors/>