LaneCare

A Division of Lane County Health & Human Services

Use it or Lose it!

Physical Resilience Guide

Physical Activity

Promotes mental and mind health

Restores restful sleep

Increases physical strength

Helps maintain a healthy weight

Maintains or improves heart health

Improves blood sugar control

Reduces arthritic disability

Keeps bones strong

Been watching TV lately? Turn TV viewing into an exercise game!

When You See	Do This	Or This
1. Someone traveling in a car	20 arm circles	15 crunches
2. Someone eating	10 alternating Right and Left (alt) heel raises	10 squats
3. Kissing	20 alt overhead punches	Touch toes 10 times
4. Someone looking at/using a phone	10 alt seated leg extensions	15 wall push-ups
5. An office setting	10 seated leg lifts	10 trunk twists
6. Someone putting on jewelry	10 high-knee walking-in-place	Jog in place 30 seconds
7. Two people arguing	20 bicep curls	30 second wall sit
8. Someone using a computer	10 seconds arms reaching for the sky	20 second plank
9. Someone cooking in a kitchen	10 side-to-side trunk rotation	10 lunges

Use it or Lose it! Brain Games

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

CABBAGE
RADISH
SPNACH
BEET
PARSNIP
PEA
ARUGULA
ZUICCHINI
TURNIP
POTATO
LEEK
GINGER
CARROT
RUTABAGA
SWEDE
CASSAVA
CAULIFLOWER
CELERY
PUMPKIN

How many words can you make from the letters in **ENCYCLOPEDIA**?

In the left column you have a pair of words. Your goal is to find a third word that is connected or associated with both of these two words.

For example, the first pair is PIANO and LOCK. The answer is KEY. The word key is connected with both the word piano and the word lock: there are KEYS on a piano and you use a KEY to lock doors.

1. RIVER — MONEY
2. SHIP — CARD
3. TREE — CAR
4. SCHOOL — EYE
5. PILLOW — COURT
7. BED — PAPER
8. ARMY — WATER
9. TENNIS — NOISE
10. EGYPTIAN — MOTHER
11. SMOKER — PLUMBER

sharpbrains.com

YOGA

According to Johns Hopkins Medicine, there are 9 major benefits from regular yoga practice:

- ✓ Improves strength, balance and flexibility.
- ✓ Helps with back pain relief.
- ✓ Can ease arthritis symptoms.
- ✓ Benefits heart health.
- ✓ Relaxes you, to help you sleep better.
- ✓ Can mean more energy and brighter moods.
- ✓ Helps you manage stress.
- ✓ Connects you with a supportive community.
- ✓ Yoga promotes better self-care.

https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga

Sun Breath Yoga Sequence

© Tummee.com

© tummee.com

Use it or Lose it! Listen! Sing! Dance!

Listening to Music:

- ✓ Improves mood
- ✓ Reduces stress
- ✓ Lessens anxiety
- ✓ Improves exercise
- ✓ Improves memory
- ✓ Eases pain
- ✓ Provides comfort
- ✓ Improves cognition

Singing:

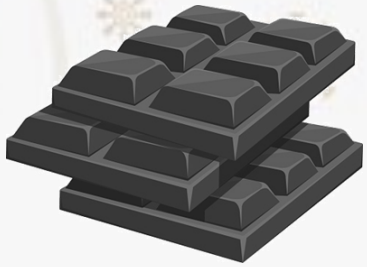
- ✓ Relieves Stress
- ✓ Stimulates the immune response
- ✓ Improves lung function
- ✓ Enhances memory in people with dementia
- ✓ Helps with Grief
- ✓ Improves Mental Health and Mood

https://www.healthline.com/health/benefits-of-singing#benefits; https://www.gethealthystayhealthy.com/articles/10-health-benefits-of-music; https://www.everydayhealth.com/fitness-pictures/health-benefits-of-dance.aspx

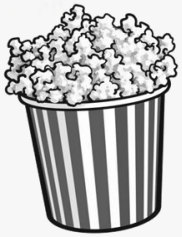
Dancing:

- ✓ Boosts Memory
- ✓ Improves Flexibility
- ✓ Reduces Stress
- ✓ Diminishes Depression
- ✓ Improves Heart Health, Balance, and Energy

Healthy Alternatives to Unhealthy Food



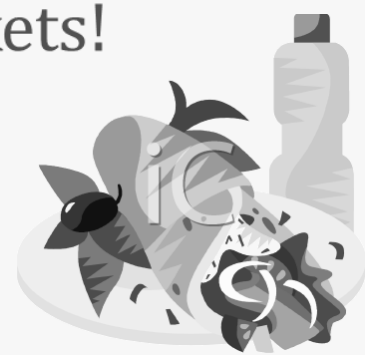
Chocolate? Dark Chocolate!



Chips? Sweet Potato Wedges!
Or Popcorn!

Ice cream? Frozen yogurt!

Pizza? Pita pockets!



Sweets? Dried fruit!

Cake? Banana Bread!

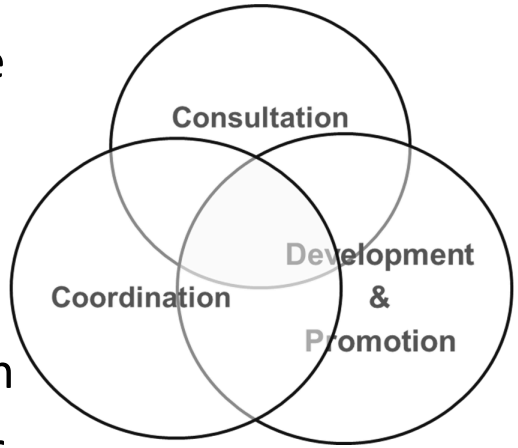
- **Mindfulness** is simply observing and accepting thoughts as they occur without judgment. Instead of worrying about the future or ruminating on the past, mindfulness meditation focuses on the present, blocking out modern-day distractions.
- **Mindful meditation** has many benefits for older adults, including better focus, enhanced calmness, less stress, and improved sleep. Mindfulness and meditation can reduce depression and pain, and boost emotional well-being.
- When you meditate your breath slows down, heart rate slows, blood pressure decreases, stress decreases, and tension in the body decreases.

One Minute Mindfulness Videos

- https://www.youtube.com/watch?v=F7PxEy5IyV4
- https://www.youtube.com/watch?v=smv_HJv4vQY
- https://www.youtube.com/watch?v=NoMFUbTYr_U
- https://www.youtube.com/watch?v=TbzZuGlSe8Y
- https://www.youtube.com/watch?v=2rhOA5fx8N8

Oregon's Older Adult Behavioral Health Initiative

The Older Adult Behavioral Health Initiative was created by the Oregon Health Authority. Specialists work throughout Oregon to support older adults in gaining better access to necessary behavioral health services, conduct community education and workforce development trainings, engage in collaboration with other agencies to improve outcomes for older adults, and offer case consultations.



Your Specialists:

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(541) 214-5608

Get Vaccinated Oregon: getvaccinated.oregon.gov

text ORCOVID to 898211 or call 1-866-698-6155

Important Resources

Aging/Disability Resource Connection 855-ORE-ADRC

Alzheimer's Association 24/7 helpline 800-272-3900

Lane County Senior Companions 541-463-6260

Meals on Wheels 800-441-4038

Racial Equity Support 503-575-3764

Safe+Strong Helpline 800-923-4357

Senior Loneliness Line 503-200-1633

Senior Peer Outreach 833-736-4676