

Senior Living





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Autumn Exercise Routine

Cold weather makes people want to stay indoors as much as possible. That doesn't mean you have to be less active.

There are still ways to get fit while staying inside.

TAI CHI AND YOGA

The cold winds of the winter can be tough on your lungs if you enjoy outdoor fitness activities. Slow it down during the fall and winter with yoga or tai chi.

Both of these exercises are low

impact and easy on the lungs and body. They are also great for those seniors who are new to working out and want to spend 30 minutes a day getting in a good sweat.

The great thing about yoga and tai chi is they are easy to do from any place. You can do these activities in your living room, bedroom, backyard or anywhere in your home.

YARD WORK IS HARD WORK

If you aren't the workout type, there are other ways to get your workout safely. Yard work is a great way to get some fresh air and exercise without having to go far from home or very far from your doorstep.

Prepare for the winter and cold fall weather by raking leaves for compost or to be burned in a safe burn pile.

Gardening outside requires a lot of movement and lifting light objects, making for a great workout that will help you burn extra calories.

You'll not only get a good workout in but also make your lawn look beautiful and clean.

HOME WORKOUT ROUTINE

Easy workouts don't require you to purchase equipment or even leave the house. You can use everyday household items to get fit.

Use chairs to do squats, use a table to help stabilize you and practice your balance, and even use household items to lift such as bags of rice or flour.

Winter Home Prep

As the cold air sets in, you will most likely spend more of your time indoors than out.

Prepare your home for the time you will spend indoors, including using technology to help automate as much as possible. Here are some tips to get the ball rolling.

ADD MORE LIGHT

Days are shorter during the fall and winter seasons, meaning seniors will be relying more on artificial lighting once the daylight goes away. That means you will have to carry more light bulbs, batteries and even candles. One option is to consider installing smart technology in your home so you can turn off or on every light with the touch of the smartphone.

INSPECT HEATING APPLIANCES

You want to make sure all the heating appliances in your home are working and ready to be used once the cold sets in. Appliances such as the heater, water heater and stovetop are very important to check and repair if needed.

Inspect each room's heat to see if you will need to purchase space heaters. The home should be between 68 and 72 degrees Fahrenheit during the colder months. That will keep the house moderately warm while also saving you money.



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INSTALL SMART TECH

Inadequate lighting is a big reason for senior falls. That being said, installing smart technology can help prevent falls by allowing seniors to turn off and on all power to

their home with their phones. TV's, lights, thermostats and even kitchen appliances can be turned on or off with the touch of a phone.

To install smart tech in your home, you will need to pur-

chase a virtual assistant such as Amazon's Alexa, Apple Siri, Google Home or any other virtual assistant. Next you will need to purchase smart plugs. These plugs use wifi signal to connect to the virtual assis-

tant allowing you to access them from a phone.

You can also install a door camera and lock you can control from the tip of your fingers reducing the chances of a fall.

Senior Car Care

Chilly weather requires extra precautions to make sure your car is running well.

Cold weather can affect your car if it is not cared for properly year round. Making sure your car is ready to face the elements can help prevent situations where you could end up stranded in the cold.

WHAT TO CHECK

Check essential components of your vehicle before cold weather hits.

One of the first items to check is the battery in the vehicle. Check for any signs of corrosion or damage. If you are unsure how to check your battery, take the vehicle to your local parts store and they can check the charge and status of the battery for free or a small fee.

The next and second most important item to check is the tires of the vehicle. Check for the tread, inflation and condition of the tires. It's important to rotate your tires so that your tires wear evenly. Cold air causes tires to lose air so tire pressure is very important to keep an eye on as the weather starts to get colder.

EMERGENCY CAR KIT

Make sure you or the senior in your life stays warm when the unexpected happens by preparing an emergency car kit. In case the battery dies, a tire blows out while on the road or any other kind of



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emergency happens, it's important to stay warm and safe while waiting for help.

Keep a warm blanket in the car to help keep warm. Other items included should be a

few pairs of gloves, an ice scraper, first aid kit, jumper cables, rain boots and a flashlight. It would be a good idea to also pack an extra pair of dry clothes.

HEAT CHECK

Cold weather can be harsh, so it's important you keep your senior warm this fall and winter by making sure all parts of the vehicle's heating system are

working properly, including the defroster.

If you are unsure of how to check the heat, take it to your local auto repair shop to be checked.

Keeping Your Senior Warm

Cold weather is upon us and it is time to prepare your family for the chilly winds the fall and winter bring.

Here are some tips for keeping yourself for a loved on warm this winter.

WARM YOUR HOME

The first line of defense from the harsh cold weather outside is your home. Keep your home moderately warm this fall and winter seasons by keeping your thermostat anywhere between 68 and 70 degrees Fahrenheit.

If you have curtains or blinds, make sure to keep them closed throughout the seasons to keep the warm air from escaping.

Check the door and window seals around your home to make sure you don't feel warm air escaping. You may have to caulking the windows to make sure there is an airtight seal. Every little measure you take with your doors and windows can save you work and money in the long run.

KEEP WARM CLOTHES

Make sure the senior in your life has plenty of warm clothes to wear throughout the cold weather. It'd be a good idea to have a basket full of light blankets around the home to protect from drafts.

The more warm clothes available, the better and safer it will be when the weather



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gets cold.

Stock up on fuzzy socks, shirts and pants to help keep you or the senior in your life as warm as possible.

EXTRA PRECAUTIONS

If you or the senior in your life stay in a specific room throughout the day and need extra warmth, consider

investing in an electric space heater. This space heater is one you can plug into the wall and place close to a bed, desk or chair to keep warm.

Some space heaters can emit carbon monoxide, so make sure to do your search and be sure you are getting a safe unit.

Sleep for Immune Health

Sleep is not only good for brain health but is also good for immune health.

Good sleeping habits and techniques will help you or a loved one get the best sleep. Here are some tips.

SLEEP AND VACCINES

SleepFoundation.org says studies have shown that sleep improves the effects of vaccines, demonstrating sleep's benefits for adaptive immunity.

Getting good sleep at night helps keep your immune system balanced and performing well. It's important your immune system is able to fight potential threats to the body and your health.

It's especially important in this time as we are still facing COVID-19. Your immune system has to be better than it has ever been to fight the flu, COVID-19 and the common cold.

Your immune system becomes very active while you are asleep because when you sleep, your muscles and breathing are slowed down.

During sleep, your immune system is working hard to learn how to attack and defend your body against any viruses introduced to your body.

IMMUNE SYSTEM AND SLEEP

SleepFoundation.org says people who are sick often spend more time in bed because infections can trigger



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responses from your immune system such as less energy and sleepiness.

Your body enters different stages of sleep when you are sick, specifically, stage three non-rapid eye movement or NREM sleep. In this stage, your body is in a deep sleep where you see the most slowing of bodily processes, such as muscle movement and breathing.

In this stage your immune system has more energy to fight infection.

HOW TO IMPROVE SLEEP

There are various methods and medicines you can take to help you sleep better, but SleepFoundation.org says the best way to begin your path to better sleep is by your habits and routines.

Look at the time you or your senior lay your head down to rest for the night and think about how consistent you are going to bed at that time. Think about how well you sleep when you go to bed at that time. Also consider the amount of time you are sleeping a night. These are all factors to consider to improve your sleep hygiene.

You should be getting at least

six to eight hours of good sleep a night. If you are not getting this amount of sleep, try to change your routine and habits during the day to meet these sleep goals.

Go to bed earlier or get some exercise a few hours before bed to make you feel more tired.

These are all habits you can begin to get your health and sleep hygiene on track.

Have a Healthy Winter

The winter season brings chilly weather and some threats to you or the senior in your life.

There are some things you can do to ensure your senior stays safe, healthy and happy this winter.

PROTECT FROM THE FLU

Flu season begins in fall, and the older you get, the weaker your immune system becomes. It's crucial you take all precautions necessary to ensure you or your senior are healthy during the flu season.

If necessary, go over flu prevention precautions with the senior in your life. It's important they know to wash their hands frequently and the right way.

Talk to your doctor or caretaker to see if vaccines are safe for you.

WASH YOUR HANDS

One of the easiest ways to prevent sickness is to know how to wash your hands properly and to do so frequently throughout the day. Use hot water and plenty of soap to wash your hands for at least 30 seconds. Wash your hands before and after you touch your face, mouth or nose. It's also important to make sure you wash your hands after you use the restroom.

Wash your hands before you eat and after you have touched something outside or



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in your home that may have been touched by other people. It may seem extreme, but washing your hands is the easiest precaution you can take to make sure you stay

healthy this flu season.

SLEEPING FOR YOUR IMMUNE SYSTEM

The next step along with receiving the proper vaccines

and washing your hands better and more frequently is taking care of your immune system. There are a variety of steps you can take to achieve this.

One of the ways you can

keep your immune system in top form is by getting good sleep at night. Getting sufficient hours of high-quality sleep enables a well-balanced immune defense.

Cleaning Up the Yard

Thousands of leaves will fall once the cold winds of fall set in. They are inevitable and will fall whether you're prepared or not.

These leaves, as beautifully colored as they can be, can pose a real threat to you or the senior in your life. Take the time to clean up the leaves by considering these methods.

MULCH LEAVES

If you or the senior in your life have a lot of trees in your yard, the fall season will bring tons of leaves scattered across the ground. Within the leaves can come rodents, snakes and other pest. They can also become a tripping hazard by covering objects under the leaves.

Prevent falls or injury by cleaning up your leaves and mulching them. Raking leaves can be hard work you may not have time for.

Mow those pesky leaves to mulch to add to your garden this fall. Mulched leaves can become the perfect insulation for perennials and can improve soil quality.

BLOW THE LEAVES AROUND

With the advancement of technology, you no longer need to manually rake leaves.

Use a leaf blower to blow the leaves in your yard onto a tarp for easy disposal.

You could even blow mulched leaves onto your perennials or garden to insulate it during the cold.

If your county allows, consider blowing the leaves into a controlled burn pile. Before doing so, make sure there is not a burn ban in your area.

CREATE COMPOST

Mulched or whole leaves can create great compost. Mix leaves with other matter in your lawn to create a nitrogen-rich material for your garden, trees or shrubs. This compost will not only insulate your yard, but also help with soil aeration and moisture retention.

If you don't have the time or garden to create compost for consider asking neighbors in your Facebook community groups to see if they would like the leaves to create compost out of.

There are also may be some local groups in your area that can take the compost off your hands.

