

# The Savvy Senior Journal

## MAY You See with New Eyes

By: Robin R. Rinke

Happy May! Spring has sprung and all things feel new, and fresh on the earth. This is a great month to start a new habit. Did you know that a habit take 21 days to establish? How about a habit of seeing with new eyes?

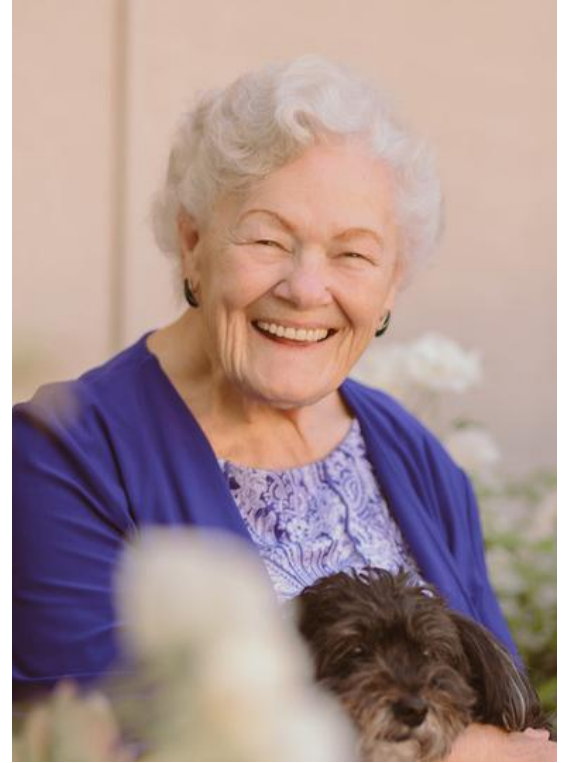
This month try seeing the good! Make it a game!

- When talking with others recall three things about them that are wonderful! Your countenance and attitude change when you look at others and only look for the good. It's easy to see flaws.
- Each day try and look at any given situation and look for the silver lining. It's there, I promise. You just need to look. You may need to shut off the daily news and fill your mind and heart with positive food to balance it out.
- When you go outside look at the world and see the beauty. Stop and smell the roses.
- When you look at yourself in the mirror say, "I love you."

We get to chose how we see things. We get to tell our brain how we want to see something. It's just a mindset change and it all starts with you! It's that simple.

So, why not choose to see with new eyes rather than the eyes of the past. Be the eyes of the future. Be the insight of good things on the horizon. Be the eyes that pull out the gold in others souls.

Getting into the habit of seeing with new eyes will help you feel that everyday is a new gift for you to enjoy.



**"THE REAL VOYAGE OF DISCOVERY  
CONSISTS NOT IN SEEKING NEW  
LANDSCAPES BUT IN HAVING NEW  
EYES."  
MARCEL PROUST**



## Guest Author, Hollie Kemp

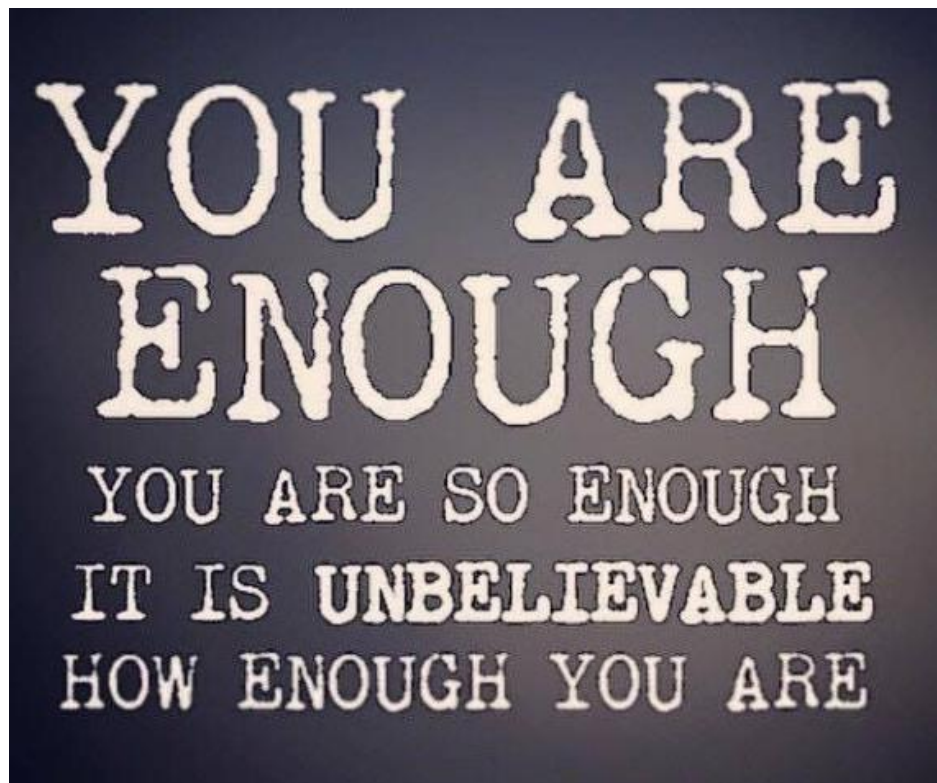
### I See You and You are Good

We all wear so many hats and play so many roles in life that it is easy to question if we are doing enough.

Are we achieving as moms, dads, daughters, sons,  
spouses and friends?

This month, I want you to remind that you do enough, accomplish enough and are enough.

**Remember it, believe it, and hold it close on the hard days!**



## Featured Article

Part 5 of My 12 Realizations of:  
**AS I GET OLDER**

By: Paul Scanlon



### **The Version of Me, You Created in Your Mind, is Not My Responsibility.**

The version of me or the version someone has of you in their mind is not your responsibility.

You are not obligated to play a part in their narrative that they have about you.

You don't need to know what it is, you don't need to pick up your script every day for the lines you're supposed to say in their version of you.

You don't need to pick up the behavior they have chosen for you, the attitude they've chosen for you. You're not part of it.

Because many people's version of you they have in their mind is an old version of you. Often these are people closest to us who liked that version of you, and who are threatened by this new version of you. So they want to keep you trapped in and stuck in their version of you because that version of you gave them a sense of control over you or more a sense of certainty about you.

Now you are unpredictable and you are not safe anymore. So they want to drag you back into that version they have of you, which is where they feel most comfortable about you, but you have no obligation or duty or loyalty to that version of you whatsoever. This is why as you keep growing and reinventing, you have to keep changing your relationships in your world.

Some people can't be with you in this version of you like they were before, unless they can catch up to where you are.

Cont...





## Cont... Featured Article

That's why the *labels are for packages not people*. Some people have labelled you and have settled down into that and it's killing your relationship. So the version they have of you is not the version who you are now. You have had multiple software updates since then that you've downloaded and they didn't download them about you and often about themselves.

So you're doing life with people who you love and they love you, but it continually feels like a complete mismatch and chalk and cheese because they have not let go of an old version of you that they keep expecting you to be interested in.

So they keep talking about stuff you don't care about anymore, mentioning names of people you don't want to hear about anymore. They keep telling you stories you don't want to hear anymore, bringing gossip you don't hear anymore.

You used to want to hear it, but now you've evolved, moved to a higher level of consciousness, and you don't want to be part of it anymore.

It gets exhausting to keep trying to go back and be this old version of you just to keep a relationship sweet.

Just relax and be you...

Be watching for Part 6 of this  
"12 Part Series" in the  
JUNE 2024 issue  
of  
Savvy Senior Journal



## Things You MAY Not Know About the Month MAY

- May is the fifth month of the year in the Gregorian calendar.
- May is named after the Roman goddess Maia, who oversaw the growth of plants.
- May is Asian Pacific American Heritage Month in the United States.
- The zodiac signs for May are Taurus (April 20 – May 20) and Gemini (May 21 – June 20).
- The birthstones for May are emerald and agate.
- May is National Mental Health Month in the United States.
- May is also National Physical Fitness and Sports Month in the United States.
- May is the month of Cinco de Mayo, a holiday celebrated in Mexico and the United States to commemorate Mexico's victory over France at the Battle of Puebla in 1862.
- May is the month of Memorial Day in the United States, a holiday to honor and remember those who have died while serving in the military.





# Healthy Heart, Mind, & Soul

## The Mediterranean Diet is a Winner!



Research supports the use of the Mediterranean diet as a healthy eating pattern for the prevention of cardiovascular diseases, increasing lifespan, and healthy aging. When used in conjunction with caloric restriction, the diet may also support healthy weight loss.

### What is the Mediterranean diet?

The Mediterranean diet is an eating pattern that has been around for a very long time. Actually, it is not so much a “diet” that’s bound by a set of hard-and-fast rules, as it is more of an eating style that incorporates ingredients that are traditionally eaten by people who reside along the banks of the Mediterranean Sea.

Overall, the diet emphasizes whole, minimally-processed foods. It focuses on filling its followers’ plates with mostly plants, rather than red meat, and leans on a variety of flavors that enhance—instead of hurt—your health. (Hello, herbs and spices! Goodbye, salt!)

### Following the Mediterranean Diet:

- Make vegetables the hero of your dish. Fill your plate with less meat and more vegetables.
- Go meatless at least once a week. Eat more meals with beans.
- Enjoy fish and seafood twice a week. Oily fish like salmon, mackerel, and sardines are good for your heart and brain.
- Eat some dairy. Enjoy plain Greek yogurt and small amounts of cheese.
- Switch to whole grains. Skip white, refined grains and choose barley, brown rice, and oats.
- Include fresh fruit. Eat it as a snack and enjoy it for dessert.
- Let extra virgin olive oil become your go-to oil. Use it for cooking and salad dressings.
- Seek out healthy fats. Opt for avocados, nuts, and seeds.
- Flavor your food with herbs and spices. Give up salt (or give it a break).
- Save red meat and sugary desserts for special occasions. Your heart will thank you for it!
- Always consult with your primary doctor with dietary changes.



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## May is National Mental Health Month

One in 4 older adults experiences issues with their mental health. The most common issues are depression, dementia, and anxiety. Depression and dementia are the most common, affecting 5% to 7% of the population over 60.

**According to the National Institute of Mental Health, the following are warning signs that someone is in need of help:**

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain
- A need for alcohol or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Unusual thinking or behaviors that concern other people

### Resources

- **National Suicide Prevention Lifeline:** Dial 988 24 hours a day 7 days a week for help. More information is available at <https://988lifeline.org/>.
- **National Domestic Violence Hotline:** 1-800-799-7233 or text START to 88788. You can find more information at <https://www.thehotline.org/>.
- **National Sexual Assault Hotline:** 1-800-656-HOPE (4673). For more information, visit <https://www.rainn.org/>.
- **Veteran's Crisis Line:** Dial 988, then press 1 or text: 8388255. More information is available at <https://www.veteranscrisisline.net/>.
- **Disaster Distress Helpline:** CALL or TEXT 1-800-985-5990 (press 2 for Spanish). More information can be found at <https://www.samhsa.gov/find-help/disaster-distress-helpline>.
- **The Eldercare Locator:** 1-800-677-1116. For more information, visit: <https://eldercare.acl.gov/Public/Index.aspx>.



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# Food For Thought...

By: Katharine Esty, PHD

**There is stereotypes of older women and men in our culture and the bias that we are unattractive, weak, forgetful, slow, and on and on.**

BUT! There is so much good news! Aging is not like it was with many of our grandparents. Sure, very few people say 'Oh, I can't wait to be eighty or ninety,' but most of the men and women I interviewed are active and pain free. The stereotypes that we are weak, boring, cranky, unhappy, frail, unable to learn new things are just not true.

Yes, but what about the loss—the loss of family members, dear friends, and some of our faculties?

One of the key secrets to aging well is to learn how to manage these inevitable losses. We need to grieve, to mourn, and to move on, no matter how long that takes. 'The paradox of aging is that we see the other side. But that thought makes us grateful to be alive.

Sometimes, older people (and younger people, as well) are uncomfortable with talking about themselves and their challenges. There is a tendency to be stoic and keep our problems to ourselves. "Self-disclosure, to be vulnerable, is a skill," says Katharine. Friendship is another "secret" to aging well. We have lots of time for old and new friends. Some studies show that friends become more important than family. It's key to reach out and make new friends.

Katharine organizes friends into three basic categories. Of course, this is not a hard and fast definition: friends can fall into multiple categories.

- **Helpers** - those friends who can jump in when you need help, like driving you to pick up your car once it's been repaired or helping with packing for a move to a new apartment.
- **Confidants** - During tough times, these friends are there for support, whether it's the death of a loved one or the challenges of loving a new man or woman. They "get" you. And Katharine doesn't hesitate to add: these are friends you can hang out with and have a good time.
- **Forever Friends** - These friends go way back. They've known you for decades and have shared important times that a new friend does not. Katharine shared a friendship with a girl she met in kindergarten!

Surprisingly and happily, there is much to look forward to as we age, even in our 80s and beyond.

Katharine is enthusiastic about turning 90 and hopes that her book and blog will make a small difference in our culture's attitudes and about aging.





## What is Positive Aging?

By: Caregiving Network

### A Look at the Psychology of Aging

Aging can be difficult to accept. Our body might not be able to do the things it did when we were young. Bones break easier. Aches and pains can be a daily occurrence. Our vision becomes impaired. Our hair turns grey or white. Sometimes it falls out. Our noses and ears stretch. We get shorter.

These experiences have a psychological impact on us. This is especially true in cultures that don't revere their elders.

As we age and become less valued in our society, we struggle to find our place.

**We have to redefine who we are and identify our purpose.**

By 2030, it's estimated that 15 million older adults will need mental and behavioral care (APA, n.d.). Coping with one's disease or the disease of a loved one can lead to anxiety and depression. The loss of autonomy and loneliness also contributes to poor mental health.

Older adults might need help managing day-to-day activities that they used to do themselves. This can lead to frustration, anger, and family conflicts. Grieving a life partner is another reality of growing older.

Each of these instances, and others, can cause a person to experience a mental health disorder. Geropsychologists specialize in providing care to older adults. They work in private practice and in health care facilities.

These psychologists research the aging process, and design and test interventions. Their goal is to help the older adult overcome a problem and increase their well-being.



**The Australian Psychological Society defines positive ageing as “the process of maintaining a positive attitude, feeling good about yourself, keeping fit and healthy, and engaging fully in life as you age”. Ageing can bring many rewarding experiences, but it's also associated with significant life changes.**



Be on the Alert!

## *Scams Against Seniors*



### Grandkid and Family Scams

#### Here's how they work:



You get a call: “Grandma, I need money for bail.” Or maybe an email from someone claiming to be your brother or a friend who says they’re in trouble. They need money for a medical bill. Or some other kind of emergency. The caller says it’s urgent — and tells you to keep it a secret.

But is the caller who you think it is? Scammers are good at pretending to be someone they’re not. They can be convincing: sometimes using information from social networking sites, or hacking into your loved one’s email account, all to make it seem more real. And they’ll pressure you to send money before you have time to think.

#### Here's what to do:

- 1. Stop. Check it out.** Look up your family member’s phone number yourself and call another family member to check out the story.
- 2. Pass this information on to a friend.** You may not have gotten one of these calls, but chances are, you know someone who will get one — if they haven’t already.



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**The Savvy Senior Journal**

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