

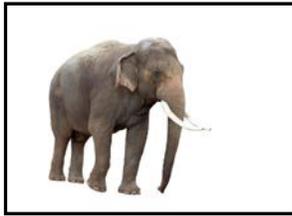


Healthy Aging Information

From moving out of your home to money management, we have all your aging needs covered.



The Skinny on Healthy Skin



The blast of arctic air that comes with the winter months and the dry heat of summer makes us want to avoid the outdoors. When our skin becomes rough and dry, we must learn the tricks that experts recommend to rejuvenate and rehydrate.

At least 81 million Americans experience dry, itchy or scaly skin. For some, it is not only uncomfortable, but excruciatingly painful. The National Institutes of Health's National Library of Medicine states that dry skin, called xerosis is "common in older adults, but it is not a normal part of aging." Some chronic diseases affect the skin, and dryness can be brought on by "intrinsic changes in keratinization and lipid content, use of diuretics and similar medications."



Just a few short moments of exposure to sun, heat, cold air, humidity and strong winds can also chafe the skin and draw out essential moisture that helps keep our skin's protective barrier intact. Even for people with normal and healthy skin, moisturizing is essential during winter and summer months.



- To keep the lips luscious and healthy, use lip balms
- Drink eight small glasses of water each day
- Avoid caffeine and alcohol, which ages the skin and dehydrates the body
- To replenish the moisture, avoid extremely hot showers; instead take warm showers lasting no longer than five

minutes

- When you step out of the shower, pat yourself dry and apply a moisturizer within three minutes



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- Remember, many soaps can strip the skin of moisture. Use soaps with a lower PH, which are gentler and offer more moisturizing elements. Some examples are Ivory, Dove and Oil of Olay
- When possible, use fragrance and dye-free products
- Protection against the sun is also important during the winter months, use sunscreen with an SPF of at least 15

Studies by the Harvard School of Health state that nutrition is also a key factor in taking care of our skin. Eating fresh fruits and vegetables gives us the nourishment we need from the inside out.

Health benefits of a diet rich in vegetables and fruits can lower blood pressure, and reduce risk of heart disease, stroke and some cancers, and promote good eye health.

EAT YOUR VEGGIES!

One should eat at least nine servings (at least 4½ cups) of vegetables and fruits per day, and unfortunately, potatoes do not count. Instead, eat dark leafy greens, cooked tomatoes, and any fruit or vegetable that is a rich yellow, orange or red in color. As we age, we must continually work to keep our bodies in peaceful balance with the elements, avoiding excessive exposure to the elements, and being mindful of what we eat and drink.

According to Richard Farkas, Chef at Menorah Park Campus, a variety of healthy foods can help replenish and restore. For a visual and ideas to create your own dishes, check the new Signature menu on the Menorah Park website at www.menorahpark.org.