Senior Resources is YOUR Area Agency on Aging serving 56 towns and 2 tribal nations of Eastern Connecticut and managing state and federally funded programs related to Aging and Disability. We would love to hear how these programs have an impact on your life!

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Our Registered Dietitian, Alison, is at Extension 115

Making and Keeping Memory...While ringing in the new year, it is a great time to put some healthy habits in place to help you remember all the years past and continue to keep your brain strong for the years ahead! Our brains are very susceptible to what the rest of our body is doing. Lack of good blood flow and oxidative assaults leads to lost brain function. A heart healthy diet, including lots of fruits and vegetables, can help. Blueberries and Pomegranates are particularly high in antioxidant effect but all fruits and vegetables are good. Omega 3 fatty acids in fish and vitamin E in nuts and seeds help to decrease inflammation which can help the brain and body heal from injury. Brewed Tea and small amounts of dark chocolate can provide anti-oxidant benefits along with a small amount of caffeine to increase alertness. High fiber foods and a varied diet eaten in regular meal intervals helps to maintain normal blood sugar levels. Exercise is also a key component to keeping the brain healthy since it promotes good oxygenation and blood flow to the brain. As with everything a healthy meal plan with all things in moderation works to keep our whole body healthy. Keep moving, keep thinking, keep going, keep eating a healthy variety of simple foods!

January is National Glaucoma Awareness Month. Currently, more than 3 million people in the United States have glaucoma. Glaucoma is an eye disease caused by high pressure in the eye. It can develop gradually without warning and often without symptoms. Some people lose as much as 40% of vision before noticing a problem. Glaucoma is the leading cause of irreversible blindness and is 6 to 8 times more common in African Americans than Caucasians. Over 3 million Americans, and over 60 million people worldwide, have glaucoma but experts estimate that half of them don’t know they have it. To prevent an epidemic of blindness, eye examinations are needed to diagnose problems, implement treatment and preserve vision. Did you know that Medicare will cover Glaucoma tests once every 12 months for people at high risk (diabetes, family history, African Americans who are 50 years and older, Hispanics who are 65 years and older)? Glaucoma tests are a Preventive Service within the Medicare Part B Plan. Call us with your CHOICES questions.

“Make new friends but keep the old, one is silver and the other gold.” – Girl Scout Song