Minimize Inflammation - The amount of certain proteins in our body like C-Reactive Protein (CRP) and Interleukin-6 can increase inflammation and thus reduce our ability to heal. The inflammation can aggravate conditions such as arthritis, joint pains and old injuries. We can reduce the amounts of these proteins by consuming a diet high in Omega 3 fatty acids with 3-4 ounces of cold-water fish like salmon, tuna, sardines or anchovies two times per week. Food is always better than supplements for your body to absorb and use in many good ways. It is important to decrease salt and sodium intake as this can lead to fluid retention. Try to avoid processed foods, added salt and convenience items. Eating More colorful fruits and vegetables provide anti-oxidants to decrease inflammation and potassium to balance fluids— a win, win! The Arthritis Foundation suggests consuming 1 ½ cups of fruit and 2-3 cups of vegetables per day. Stick with mono-unsaturated fats like those in Olive Oil. Incorporate Nuts like walnuts, pine nuts, pistachios and almonds for high protein and fiber. Fill up with high fiber and low-calorie foods like oatmeal, whole grains, beans and vegetables.

Arthritis Awareness – According to the Centers for Disease Control, arthritis is one of the most widespread health conditions in the United States, affecting over 54 million men and women who are working-age adults, older adults, and even children. Arthritis limitations can include difficulties with moving and performing daily tasks, as well as social and work limitations. Walking is a great form of physical activity to help manage chronic diseases like Arthritis. All adults, including adults with arthritis, should get 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) per week and do muscle-strengthening activities two or more days a week. You can meet this activity goal by walking 30 minutes a day, 5 days a week. You can break it up further into 10 minute sessions and spread it out during the day—walk the dog 10 minutes in the morning, take a 10 minute walk to the post office, coffee shop, or grocery store in the afternoon, and then take a 10 minute walk after dinner.

Older Americans Month “Engage at Every Age” - The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!