

The Savvy Senior Journal

HAPPY
New Year



Welcome to 2024, and a new year of the Savvy Senior Journal. We are excited to share with you many things to help you feel purposeful about life, share health tips, and hopefully make you smile!

Each issue this year we will be sharing with you excerpts from, "The 12 Realisations As I Get Older," by Paul Scanlon.

Enjoy part one!

New Year, New Word

By Robin R. Rinke

I don't know about you, but I love January. After the mad rush of the holiday season, January feels quiet, and peaceful. The older I get, it's like music to my ears.

Another thing I like about January is each year, instead of setting resolutions, I choose a word and adapt it into my life. For example, this year I choose the word, "expansion". Hopefully that is not foreshadowing of my waistline!

Why expansion? Because I want to see it in many areas of my life.

- Expand in loving myself more
- Expand my mind with new ideas and experiences
- Expand my inner peace



WHAT WORD
WOULD YOU
CHOOSE?
WHAT DO
YOU WANT
TO SEE IN
2024?
WRITE IT
DOWN!



Guest Author, Hollie Kemp

The New Year. New Goals.

How to successfully tackle your goals.

I don't know about you, but I often see a new year as a fresh start and a time to set goals. I have found that New Year's resolutions never seem to work for me, but I love to set goals. Have you ever thought about what makes you successful at achieving your goals? Let's take a look at that today.

Goals are a vision for something you want to do, achieve, or even become at a future date. The most effective types are time-bound; some are small, while others are big! Goals are not resolutions. Resolutions are typically short-term and focus on doing or not doing something versus achievement.

So, how do we take something from a goal to an achievement? Here are some simple tips.

1. Write it down! This one may sound simple or even silly, but believe it or not, science tells us that we are far more likely to achieve a goal if we write it down.
2. Set a date! Deciding on a realistic time frame to achieve your goal is a motivator. Don't try to go too fast or slow because that can have the opposite effect.
3. Put it where you can see it! Take that list and post it in plain sight. Seeing our goals helps us to be more accountable. The visual is a constant reminder of what you want and are committed to for your future self.

4. Have a plan! What steps are you taking toward reaching your goal? Do you need to take action at certain intervals? If so, what are those? Be very specific, as this will also help you be more successful.

5. Have an accountability partner! Sometimes, when we can't motivate ourselves, having a friend or family member encouraging us to work on our goals is a big help, so pick an accountability partner you can count on.

Setting goals can seem like a daunting task, but really, it is just your dreams with legs. We all have dreams, and goals help us realize our dreams. Cheers to big goals and massive success in 2024.

IF THE PLAN DOESN'T WORK, CHANGE THE PLAN, NOT THE GOAL



Featured Articles

MY 12 REALISATIONS OF: AS I GET OLDER.

BY PAUL SCANLON

PART ONE

The two most important and valuable things in your life are these nonrenewable fossil fuels of *time and attention*.

Once you burn them, they've gone.

Ageing well is not our default mode.

We do not age well unless we do it intentionally.

I got that message at the age of forty, when my body said to me, the free ride of youth is over now you have to start paying.

So it was then that I became more intentional than ever about ageing well.

Now, for the last 26 years, I have had these ageing well intentional commitments in the areas of physical, mental, emotional, relational and generational.

I didn't want to just age well and look good physically, but not be good internally and not have good emotional and mental health.

#1 - THE PURSUIT OF HAPPINESS IS A BAD IDEA.

Happiness as a goal is bound to be a disappointment because happiness is a by product, I believe, of a life well lived, of being your authentic self.

So when you make something primary that is really supplementary and secondary, it is a fool's pursuit.

I think happiness is a byproduct of getting on with your life, being a great person, living the best life you can, loving people, being kind, helpful, getting the best out of you that you can.

I think out of that comes happiness.



To pursue happiness is a bad idea because happiness comes to you via other things and you don't need to chase it, is what I've discovered.

There's a movie with Simon Pegg called, "Hector And The Search For Happiness," which speaks to what we're talking about here.

If you want to have a movie version of my response to happiness, then that's a good movie to watch to see their take on that idea.

Have you ever watched the Pharrell video music video on his song, "Happiness called Happy"?

It depicts people dancing and singing at church and running and doing sports and swimming and cooking and sleeping and driving in the convertible. That's my point.

What is happiness? It is so subjective, but what is true is...Whatever makes you happy and lights you up! You should do more of THAT in life!

I think that is a good thing to do because if you find out what makes you happy and do more of it, then you'll have more happiness in your life.

That's designed and intentional because you find out what makes you happy, not what makes someone else happy when you do it.



Cont...

I've come to believe that happiness is much more, to do with our ego and joy is much more to do with our soul.

And if we live from the ego, happiness becomes a false construct.

And you need this, this and this to be happy. I'll be happy when...So happiness becomes a state.

You transfer to a future you don't have yet, which is why happiness is a bad idea to pursue it.

But if you will live much more from your soul and live in the state of joy, that's much more to do with creation, much more to do with the big picture and living beyond yourself and serving something bigger than yourself.

Joy and happiness are used interchangeably.

Joy is much more of a state to do with living from the essence of your soul.

Happiness is much more to do with living from your ego and this identity that tells you, keep up with the Joneses.

You'll be happy when you have this much money or that house,

or that job, or that partner, or that lifestyle.

I think that is the difference between this effortless joy that doesn't need anything, and happiness that seems to be fueled

by the achievement and attainment of things.

Knowing the difference between the two is really helpful, and I've come to be aware of that difference in me.

PART TWO to be continued in February issue!

**HAPPINESS CANNOT BE
TRAVELED TO, OWNED,
EARNED, WORN OR
CONSUMED. HAPPINESS IS
THE SPIRITUAL EXPERIENCE
OF LIVING EVERY MINUTE
WITH LOVE, GRACE, AND
GRATITUDE**



January 2024

WHAT DOES THE NUMBER 24 MEAN?

The number 24 is about aligning your heart with your actions, finding a sense of balance and peace, and enjoying the beauty of life. It's a hugely spiritual number and one that encourages high vibrations, awareness, and trust in the beautiful journey ahead.

January was named for the Roman god Janus, known as the protector of gates and doorways, who symbolize beginnings and endings.

- **January 1** is New Year's Day. While you're still recuperating from the prior night's parties, read about some other New Year's traditions you might not know about and celebrate with some Hoppin' John for good luck.
- **January 5** brings Twelfth Night, an English folk custom that marked the end of Christmas merrymaking and, in ancient Celtic tradition, the end of the 12-day winter solstice celebration. On Twelfth Night, it was customary for the assembled company to toast each other from the wassail bowl.
- **January 6** is Epiphany. According to the New Testament's Gospels, on this date, the Magi—the three wise men or kings—venerated and brought gifts to the infant Jesus. Bake a beautiful Epiphany Tart or a King Cake with a lucky bean inside!
- **January 15** is Martin Luther King Jr. Day (observed). This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence.
- **January 17** is Benjamin Franklin's birthday. He was not only a world-renowned statesman, inventor, and scientist but was also fascinated by agriculture.

“Just for Fun” Days

- **January 1:** Z Day (On this day, those whose last name begins with “Z” get to go first instead of last.)
- **January 3:** National Chocolate-Covered Cherry Day
- **January 6:** National Bean Day
- **January 8:** Elvis Presley's Birthday
- **January 10:** National Houseplant Appreciation Day
- **January 14:** National Dress Up Your Pet Day
- **January 20:** National Penguin Day
- **January 22:** National Answer Your Cat's Questions Day
- **January 29:** National Puzzle Day



Food For Thought...

A RECIPE FOR SUCCESS

'LOOKING FOR INSPIRATION TO START COOKING AND EATING HEALTHIER? HERE ARE SOME INSPIRED TIPS FOR OLDER ADULTS:



- **Make eating a social event.** Enjoy meals with friends or family members as often as possible. Take advantage of technology like Zoom to enjoy meals virtually with loved ones in different cities or states.
- **Drink plenty of liquids.** You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy water, coffee and tea, milk, or 100% juice.
- **Add a touch of spice!** Limiting salt is important as you get older. Fresh and dried herbs and spices — such as basil, oregano, and parsley — add flavor without the salt.
- **Make the most of your food choices.** Older adults need plenty of nutrients, but generally fewer calories. It's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



- **Be mindful of your nutrient needs and speak with your healthcare provider about possible supplements.** You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and protein.
- **Read the Nutrition Facts label on packaged foods.** Sugar, salt, and extra fat are often hidden in food, so it is best to check the quantity of each on the label. Read every label before you put something in your shopping cart!
- **Keep food safe.** Discard food if it has an “off” odor, flavor, or texture. Refer to the “use by” dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.



Healthy Heart, Mind, & Soul

The Benefits of Geriatric Massage

BY NATALIE SILVER



Geriatric massage is used in older adults. It takes into account the many factors that influence an aging body, including one's overall health status, medical conditions, and medication use.

What is geriatric massage?

Massages are a type of complementary or alternative therapy. They're not considered part of conventional medicine, but they may be an additional type of intervention that helps manage your health symptoms.

Geriatric massage is specifically geared toward a person of advanced age. Older people have special considerations to keep in mind when getting a massage. A massage therapist will consider all the factors of aging along with a person's specific health conditions when tailoring the massage.

Keep in mind that there's not a one-size-fits-all approach to geriatric massage. Everyone is different with unique health conditions and overall fitness.

Benefits of a geriatric massage

There are many reasons geriatric massage may

There are many reasons geriatric massage may be beneficial for you or a loved one.

Many older adults lack positive physical contact with others on a regular basis. A massage therapist can fulfill this need for you or a loved one with the touch a massage provides.

Other overall benefits to geriatric massage can include:

- stress reduction
- improved mental outlook
- pain management
- increased blood circulation
- better sleep

There's been a lot of research studying the benefits of geriatric massage. Here are a few notable studies:

- The International Journal of Older People Nursing looked at 14 studies related to aging adults living in residential care who received massages. The study concluded that massage can enhance the health and well-being of adults in residential care.
- Another study investigated the benefits of hand and foot massage in 12 older adults requiring long-term care. The study found that they experienced positive feelings after both types of massage.
- A Japanese study included 36 participants who lived in geriatric facilities. The participants experienced relaxed feelings from 15-minute hand massages. Their skin temperature also increased.
- A 6-week period of massage helped reduce stress and aggressive behavior in a clinical study of those with dementia.

Geriatric massage can help improve your mood, stress levels, pain, and more. As you age, your body requires different care, and a massage therapist will factor in your health needs prior to your massage.

A geriatric massage may be shorter than a typical massage and use special manipulations specific to your health history and current needs.

Massage therapy is not covered by Medicare parts A and B, so you'll likely need to pay out of pocket for these services.

Healthy Heart, Mind, & Soul

BY NEWSWEEK



Scientists Reveal the Hobbies That Improve Older Adults' Health

This study investigated the association between art and mental health among 2,843 adults born between 1946 and 1964. The data showed that the adults who had performed any recreational art activities during the year-long study saw significantly better mental health and physical health afterward than those who didn't do any art.

After adjustment for 12 demographic and lifestyle factors, it was found that older adults who engaged in any recreational arts in the last 12 months had significantly better mental well-being and physical health than those who did not engage in the arts at all.

The type of art experienced by the participants varied from creating art to watching or experiencing the art of others.

Study participants took part in the arts in a variety of ways. This includes attending arts events (e.g., concerts, theatre, movies, art exhibitions), participating/making art (e.g., painting, drawing, craft, creative writing, photography, singing, dancing), and learning about the arts (e.g., workshops, courses). Some study participants also volunteered or were a member of an arts organization.

The type of art that each person finds most beneficial to their health will vary between individuals.

"We know from the literature that individual differences are important. This means that people should take part in the art form that makes them feel good. For one person, this may be listening to music; for another person, it could be singing or dancing or painting or photography," she said.

The study found that the participants didn't necessarily have to be good at the art and experienced better mental well-being regardless of skill level. You don't have to be good at art for the arts to be good for you. It's about having a go and taking part in the arts activities and events that make you feel good. According to the literature, arts engagement outcomes include happiness, joy, enjoyment, relaxation, connection to others and the creation of good memories.

This study suggests that activities, events and programs that encourage engagement in recreational arts may be a useful approach for healthy aging for older adults living in the community and in aged care.

Interesting Articles...

Americans Over 70 Hold More Than 30 Percent of the Country's Wealth

By Alex Tanzy

Yahoo! Finance is reporting that Americans age 70 and older have seen their share of collective wealth surge during the pandemic. Based on Federal Reserve data, these older Baby Boomers as a group have accumulated over \$14 trillion in additional net worth since the close of 2019, and their share of the nation's wealth has soared to a record 30 percent. This, despite the fact that they account for just 11 percent of the U.S. population. One major driver has been the surge in home values and stocks during the COVID-19 crisis.

Also, while a majority of people who are over 70 are typically retired, an increasing portion of this age group is still working. The share of adults age 65 and more in the workforce reached an historic low of 10 percent in the mid-1980s. It has nearly doubled since, notes the Bureau of Labor Statistics. "The Fed data also show that Americans between 40 and 70, decades when people usually reach their earnings peak, are holding a smaller share of household wealth than in 2019," according to the article's author.



Gratitude is an Antidepressant

Gratitude is an antidepressant.

If we could bottle gratitude and sell it - we'd all be buying it because grateful people feel well and are treated well.

There's so much about gratitude that is good for our physical and mental health and wellbeing.

It is a God given antidepressant, if you like.

2. Gratitude softens our internal life.

Grateful people are kinder, gentler, softer people.

Gratitude is a mental and emotional anti-inflammatory in its effect on us.

3. Gratitude defangs suffering and weakens our suffering.

It takes the sting and the pain out of our suffering.

4. Gratitude is a way of taking our power back from things in life that stole it from us.

You lose something of your power when you stop being grateful, and so gratitude takes your power back from people and things that stole it.

5. Gratitude is a free, God given factory setting.

We all should use this power of gratitude far more liberally than we do.

Gratitude is a party...And we are all invited!

Be on the Alert
Scams Against Seniors

Phony Bank Fraud Warnings

Today 2:16 PM

(Citibank) We detected unusual activity in your account. please follow this link to verify your identity.
<https://fc4c.com>

Today 6:46 PM

WellsFargo: A purchase of \$457.46 is on hold. Reply YES if you made this. Not you? Action required at:
<http://bankwellsfargo.com/fill.pho?i5zh> Reply STOP to opt out.

[JP Morgan Chase]: Your debit card has been blocked. Verify your details via link <http://jpchase321.com/activate-fill-form/h34rz> to unlock your card.



Be on the Alert

Scams Against Seniors

Bogus Free Gifts & Prizes

If it sounds too good to be true, then it usually is. Be wary of free gifts, prizes, and reward texts from unknown senders. These texts often come from individuals impersonating your phone company or well-known retailers. They would ask you to click on a link to claim your reward, and sometimes, they might even ask you to pay a small fee for the shipping of the prize.

ATT Free Mag: December bill is paid. Thanks, Here's a little gift for you: <http://tinyurl.com/xyz123>
Happy New Year

Congratulations! You've won a \$1,000 Walmart gift card. Go to <http://bit.Lu/4321> to claim now.



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