

BUZZ, BODY & BITES

A newsletter for actively aging adults

Virginia Cooperative Extension Family
& Consumer Sciences

December, 2020 Newsletter

Buzz



STAYING SOCIALLY CONNECTED WHILE SOCIAL DISTANCING

Social distancing requirements in most countries due to the COVID-19 pandemic have affected people's lives in many ways. Though intended to protect people, social distancing can be a threat to health in some ways. Older adults report that the limits on their getting together with others are the most difficult challenge they face. This isn't surprising given the well-known negative effects of being isolated for a long time. Research shows that social isolation increases the risk of heart and nerve diseases as well as risk of mental decline. As we continue limiting our face-to-face activities with others, it is important to find other ways to stay connected in order to stay healthy.

Contributed by: Cherrie Park, College of Social Work, Ohio State University

Talking regularly with friends and family, and staying involved with faith groups, social clubs, and other organizations by phone and the internet are important. There are also resources for people who want to be connected with others while socially distancing but who have few friends or family able to do so. Here are several options that may be helpful to you or others as you navigate the holidays or gain a healthy perspective on the new year:

- ♦ **Sharing Smiles Notes** was started by *Empowering the Ages* in response to increased social isolation of older adults. It aims to reduce loneliness by connecting people from older and younger generations through email or mail correspondence. (empoweringtheages.org/sharing-smiles/)
- ♦ **AARP Community Connections** is a telephone program that has trained AARP Friendly Voice volunteers who set up regular phone calls to say hello. (aarpcommunityconnections.org/friendly-voices/)
- ♦ **Area Agencies on Aging** provide an array of services for adults 60 years and older, including home delivered meals, counseling, and telephone checking. Innovative social events while social distancing are being offered by many AAAs. Find the the AAA in your area at: vda.virginia.gov/aaamap.htm
- ♦ **Commonwealth Catholic Charities'** call reassurance program has caring volunteers who call seniors and person with disabilities twice a week. (cccovva.org/ifs)

These programs are run by public agencies, nonprofit organizations, and volunteers committed to supporting older adults. They are keeping our communities optimistic and socially connected while socially distancing. If you or someone you know is feeling isolated, consider contacting one of these programs today.

Disclaimer: Programs are named in this publication for informational purposes only. Virginia Cooperative Extension does not endorse these products and does not intend discrimination against other products which also may be suitable.

Holiday Cranberry Sauce

Homemade cranberry sauce adds a special touch to your holiday meal, and is really easy to make. Cranberries are also a good source of fiber, vitamins C, E, and K, and antioxidants.



Ingredients:

- 1 pound fresh cranberries, washed
- 2 cups granulated sugar
- 1 orange, zested and juiced
- 1 cinnamon stick
- 1/2 cup walnuts, chopped (optional)

Instructions:

1. Combine cranberries, sugar, and orange juice in a medium saucepan.
2. Stir to blend and bring to a boil.
3. Lower the heat, add the cinnamon stick and simmer for 5 to 7 minutes. Some of the cranberries will pop.
4. Remove from heat and stir in the zest and nuts (if desired).
5. Place in a bowl and allow to cool before serving.

Body



Biceps Curl

Works the biceps and forearms

1. Stand with your feet shoulder-width apart, or sit in an armless chair with back straight.
2. Hold dumbbells securely straight down at your sides, palms facing forward.
3. Breathe out as you slowly bend your elbows and lift the weights toward your chest. Try to meet your forearm to your bicep. Keep your elbows at your sides.
4. Hold position for one second, then breathe slowly and lower your arms.
5. Repeat 10 - 15 times.
6. Rest for 15 seconds, then complete

Mind Games

1. What has to be broken before you can use it?
2. How do you know carrots are good for your eyes?
3. What do snowmen eat for breakfast?
4. What did the nut say when it sneezed?
5. What day is a potato's least favorite?
6. What starts with "t", ends with "t" and is filled with "t"?
7. What fruit is friendly and likes to meet people?
8. I am a bell yet you can't ring me. I sound hot but am not. What am I?
9. What do birds do before they workout?
10. How does a snowman get to school?
11. What does Mrs. Claus say to Santa when there are clouds in the sky?
12. Why are Christmas trees so bad at knitting?
13. What has many keys but can't open a single lock?
14. If you drop me I'm sure to crack, but give me a smile and I'll always smile back. What am I?
15. It belongs to you, but other people use it more than you do. What is it?

Riddle Answers: 1. An egg 2. You never see rabbits wearing glasses 3. Snowflake 4. Cashew 5. Friday 6. Teapot 7. A date 8. Bell peppers 9. They do their worm-ups 10. By-tickle 11. It looks like rain, deer 12. They drop all their needles 13. A piano 14. A mirror 15. Your name

RESOURCES

Office for Aging Services, Division for Community Living

<https://vda.virginia.gov/aaamap.htm>

Commonwealth Catholic Charities

<https://www.cccofva.org/ifs>

Contact: Diane Hargraves,
diane.hargraves@cccofva.org

Lifelong Improvements through Fitness Together (LIFT) - Contact

your local Extension office for program availability.

Editors: Carlin Rafie, PhD, RD; Vanessa Santiago, MBA; Pegi Wright, MEd

Peer reviewers: Crystal Barber, MNS, RD; Kim Butterfield, MPH; Jane Henderson, MEd; Aisha Salazar, MS

For inquiries or to subscribe, email buzzbodybites-g@vt.edu.