

www. **Sudoku-Puzzles** .net  
Sudoku, Kakuro & Futoshiki Puzzles

Sudoku 9x9 - Medium (135704071)

3	6			7		4		8
		9						2
8					3		7	
		8	9		5			
1				4				6
			6		8	3		
	3		7					9
2						1		
5		1		6			2	4

Solution:  
www.sudoku-puzzles.net



It is our  
attitude towards  
life that will  
determine life's  
attitude  
towards us.

# SENIOR GLEANER

Stuart C. Gildred Family YMCA  
Active Older Adult Newsletter  
Fall 2009

## Healthy Bites

One thing people look forward to everyday are snacks. Some people think too much snacking can lead to weight gain, but the key is nibbling on the right things in the right amounts. Choose wisely and these daily treats can be beneficial, too.

Creating healthy snacking habits gives structure to your daily eating regimen—plus, these foods can add some important nutrients you might not get from your other meals. Better still, a healthy snack provides extra energy to get you through your busy day and it may curb your appetite, which keeps you from overdoing it at lunch or dinner.

### Here are a few snack ideas—all for under 200 calories

1/4 cup of trail mix

1/4 cup of hummus or white bean dip paired with cut-up raw vegetables, like carrots, cucumbers and peppers.

Piece of fruit and some cheese—Laughing Cow cheese or a light string cheese are a good choice.

Low Fat or Fat Free Greek Yogurt

Kashi Granola bars

Fruit Smoothie—6-8 ounces and mix in low-fat yogurt, tofu and colorful fruits.

8 ounce glass of milk—Sounds simple but one serving provides carbohydrates, protein and calcium for your bones.



Its fall again! With the change of seasons come a renewed time to rethink and restart. These next few months are a great time to exercise outdoors and enjoy the cooler temperatures. Walking and hiking are some great outdoor activities as well as doing fall outdoor yard work.

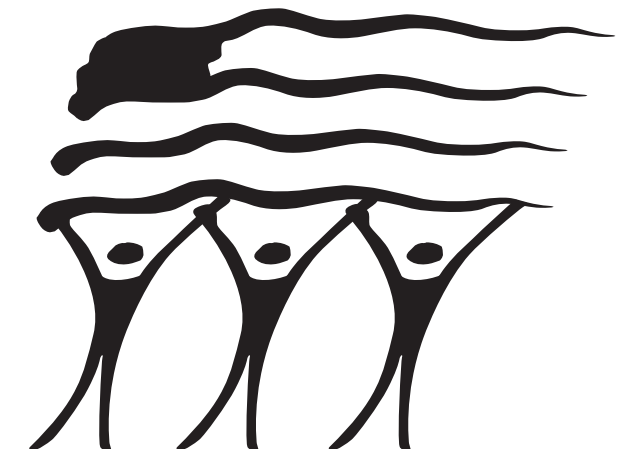
September 20th through the 27th is "America on the Move Week". During this week we will offer a variety of extra outdoor activities to help you achieve your goal of staying active and healthy. We invite you to bring your family and your friends, free to the YMCA this week to enjoy our beautiful facility and participate in the many events we will be having through out the week. Our goal this week is to "Activate America" by encouraging Americans to make small changes in their daily routines to improve and maintain health. Small changes in your daily habits can add up to big benefits in your long-term health.

Thank you for being a part of the Stuart C. Gildred YMCA. It is our commitment to make our Active Older Adult program one that will enrich your life, physically as well as spiritually.

Nicki Marmelzat



**YMCA**  
**ACTIVATE**  
**AMERICA™**



## Understanding Osteoporosis

### What is Osteoporosis?

Osteoporosis literally means “porous bones”. It’s a disease that causes a person’s bones to become weak and brittle. As bone density decreases, the risk of fractures and serious injury from fractures goes up.

### A silent disease

The early signs of osteoporosis aren’t obvious. Fortunately, your doctor or healthcare provider can use a simple, painless bone density test to see how strong your bones are.

### A special concern for women

Ten million Americans suffer from osteoporosis and eighty percent are women. A woman’s risk of hip fracture is equal to her combined risk of breast cancer, cancer of the uterus and ovarian cancer.

### A vicious cycle

Osteoporosis sets up a “vicious cycle” A bone breaks, which leads to pain, immobility, fear of falling, and reduced activity. Inactivity, in turn, causes the person’s bones to become even weaker and more vulnerable.

### How can the YMCA help?

Regular, moderate physical activity increases your muscle strength and balance and helps to increase bone density. Try one of our strength training classes or make an appointment with a Total Health Coach or Personal Trainer to help you with a weight training program.



### Reduce your risk of osteoporosis

#### Try these YMCA classes

Core Conditioning  
Aqua Strength & Stretch  
Aqua Aerobics  
Tai Chi  
Functional Fitness  
Relax & Rejuvenate Yoga  
Smooth Moves & Grooves Spinning

## 10 Ways Seniors Can Stretch Their Dollars

### From “Home Instead” Senior Care

1. **Seek the services of an objective financial planner.**
2. **Get a second opinion on investments and financial purchases.**
3. **Contact your local Area Agency on Aging if you are having trouble paying for food and gas. For more information call the national Association of Area Agencies at (805) 925-9554**
4. **Get back into gardening. The economic downturn is generating a resurgence in gardening. The over 55 crowd traditionally has been among the most avid gardeners. Gardening provides a 1 to 10 savings ratio and with the food costs constantly going up, the savings can be significant.**
5. **Avoid convenience foods, which are more expensive. Watch for sales on fresh or canned fruits, vegetables and meats.**
6. **Look for deals on generic medication. Contact your pharmacist about ways to save money on your prescriptions.**
7. **Walk when you can. If gas prices are cutting into your social life, organize a walking club or walk with friends.**
8. **Carpool when you can’t walk. There’s economy in numbers.**
9. **Close off part of the house you’re not using to cut down on utility costs.**
10. **The ability of seniors to live at home helps cut costs as well. If a loved one needs assistance around the house, contact Home Instead Seniors Care at (805) 560-6995, or visit the company's Web site at [www.homeinstead.com](http://www.homeinstead.com)**

**YOLDER ADULTS**  
We build strong kids, strong families, strong communities.