

A LIFELONG GUIDE TO WELLNESS AND PREVENTION



LOUISIANA STATE UNIVERSITY HEALTH SCIENCES CENTER—NEW ORLEANS, LOUISIANA
SCHOOL OF ALLIED HEALTH PROFESSIONS, DEPARTMENT OF OCCUPATIONAL THERAPY

OUR MISSION

To empower the people of Louisiana to live healthy, productive lives by providing wellness and prevention resources based on current research.

OUR VISION

We strive to inspire people to take Action in making healthy and informed decisions regarding physical, emotional, mental, and social well-being throughout each decade of life.

WHO WE ARE

As occupational therapy students at Louisiana State University Health Sciences Center in New Orleans, we are committed to promoting health and wellness in the community through service, advocacy, education, research, and collaborative efforts.



HOW TO USE THIS BOOKLET

This booklet is intended to be used by individuals or families to discuss and make healthcare plans and learn healthy strategies for living. Use this tool to become more informed and active in your healthcare. The information in the booklet addresses health from a physical, mental, spiritual, cognitive, vocational and financial point of view. It is divided into decades of life, and is for both males and females. The information provided is based upon current research and information provided by multiple professions



School of Allied Health Professions
Department of Occupational Therapy
Master of Occupational Therapy, Class of 2013
Phone: (504) 568-4302
<http://alliedhealth.lsuhsu.edu/ot/default.aspx>
05/2013

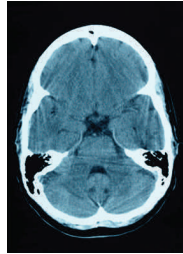
We appreciate all of the stakeholders who contributed to the development of this booklet. We would also like to acknowledge Southeast Area Louisiana AHEC for their sponsorship of professional photographs.



GENERAL WELLNESS TIPS

SUPPORTING MEMORY THROUGH LIFE

What you do every day matters to your brain. The choices you make, levels of physical & mental activity, your social life, diet, & sleep habits can affect how well you perform in all areas of life.



TIPS TO SUPPORT A HEALTHY BRAIN:

- ◆ Write it down—put goals in writing to make them meaningful. Be sure to add what motivates you to achieve them.
- ◆ Give yourself a timeframe — you need enough time to work & master your goals.
- ◆ Physical activity — ask yourself: How did I work exercise into my day? Did I maximize my moving potential today?
- ◆ Cognitive stimulation — What did I learn today? What routine task did I approach differently today? Did I challenge my mind?
- ◆ Stress management—What caused me the greatest stress today? What triggered my stress? How did I relax?

*For the complete Action Plan for Brain Health go to:

http://www.dana.org/uploadedFiles/The_Dana_Alliances/Documents/Your%20Brain%20at%20Work%20PDF.pdf

SOCIAL & EMOTIONAL WELL-BEING

Spiritual health can be defined as a connection of mind, body & spirit that requires an interconnectedness to a greater power, to all living creatures, & to our surroundings. It can provide a sense of meaning & purpose in our lives.

◆ Research has found that spiritual practices are important to overall health as they help to improve coping skills & social support. In addition, they can foster feelings of optimism & hope, promote healthy behaviors, reduce feelings of depression & anxiety, as well as support a sense of relaxation. These things positively influence immune, cardiovascular, hormonal, & nervous systems.

Mental health is defined by the World Health Organization as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, & is able to make a contribution to his or her community.”

◆ **Prevention of mental illness focuses on:** the avoidance of risk factors.

◆ **Promotion of mental health targets:** the enhancement of an individual’s ability to achieve positive self-esteem, mastery, well-being; the utilization of relaxation methods & mindfulness; participation in healthy social activities & developing a strong support system. For more information check out: <http://www.healthypeople.gov/2020/LHI/mentalHealth.aspx>

FINANCIAL HEALTH

Did you know? Scientific evidence has proven that stress can lead to health problems such as weight gain & high blood pressure.

A new study suggests that financial stress can be more harmful than other types of stress. In the study, financial & work stress were more likely to increase the risk for conditions that lead to metabolic syndrome, potentially leading to type 2 diabetes and/or heart disease.¹⁵³

Basic budgeting tips to help keep your financial stress low:¹¹⁷

- * Save more & spend less
- * Pay your credit card balance in full each month (only charge the amount you will be able to pay)
- * Limit or avoid ATM surcharges
- * Prepare for the unexpected
- * Simplify your financial life (have checks directly deposited into accounts)
- * Protect against fraud (watch for suspicious activity in bank accounts or suspicious signatures on checks and documents)

MyMoney.gov is a U.S. government website that provides basic financial education to all Americans. Visit the website for information on how to balance your checkbook, invest in your 401k, budget your money, & much more!¹⁰⁷

HEALTHY EATING GUIDELINES

- Eat more vegetables, fruits, whole grains, fat-free or 1% milk & dairy items.¹⁴⁹
- Add lean protein to meals: lean beef, beans, chicken, turkey, seafood, tofu.¹⁴⁹
- Do not exceed more than 2,300 mg of sodium per day (about 1 teaspoon)¹⁴⁹
Adults age 51+, African Americans of any age, & individuals with high blood pressure, diabetes, or chronic kidney disease: do not exceed 1,500 mg/day.
- Increase water intake & decrease soda and/or sugary drinks.¹⁴⁹
- Use smaller plates & eat slowly to feel satisfied without over-eating!¹⁴⁹
- Satisfy your sweet tooth in a healthy way (fruits, yogurt, sugar-free jello).¹⁴⁹

*Visit <http://www.choosemyplate.gov/> to learn YOUR calorie level, use a personalized calorie & physical activity tracker



EXERCISE & PHYSICAL FITNESS

Daily exercise is critical to support bodily functioning, strength, balance, flexibility, & emotional health.

The minimum recommended guideline:

3, 10-minute exercise intervals per day (30 total minutes/day)¹⁵⁰
At least **5 days per week**.¹⁵⁰

Use the link below to find more specific information for your age and types of physical activity & exercise that are appropriate for YOU!

<http://www.choosemyplate.gov/physical-activity/amount.html>

DENTAL HEALTH

Proper brushing techniques are key to long term dental health and prevention.

- ◆ **Every individual should visit the dentist 2x/year for checkups**¹⁴
- ◆ **Brush teeth for 2 minutes at least 2x/day**¹⁴
- ◆ **Floss daily**¹⁴
- ◆ **Avoid sugary & starchy snacks**¹⁴
- ◆ **Don't smoke & don't pierce any part of mouth**¹⁴

* Visit <http://www.mouthhealthy.org/> to learn more

** Replace your toothbrush every 3-4 months! Germs that grow on your brush can cause cold & flu viruses and the viruses that cause cold sores.¹⁴

BLOOD PRESSURE (BP) RANGES

Did you know? Managing BP can help prevent heart attack, stroke, heart failure, & kidney disease.¹⁶

Use this website from the American Heart Association to determine & learn about YOUR specific risk factors for the diseases mentioned above based on age, gender, & BP.

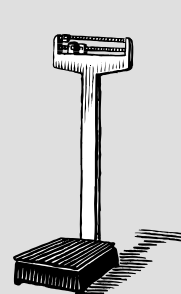
http://www.heart.org/beatyourrisk/en_US/main.html

Top number (mm Hg)		Bottom number (mm Hg)	Your category*
Below 120	and	Below 80	**Normal BP**
120-139	or	80-89	Pre - Hypertension
140-159	or	90-99	Stage 1 hypertension
160 or more	or	100 or more	Stage 2 hypertension

Everyone, regardless of their BP reading, should adopt or maintain a healthy lifestyle. If your BP places you in either stage of hypertension, talk to a doctor about possible medications to help regulate your BP.¹⁶

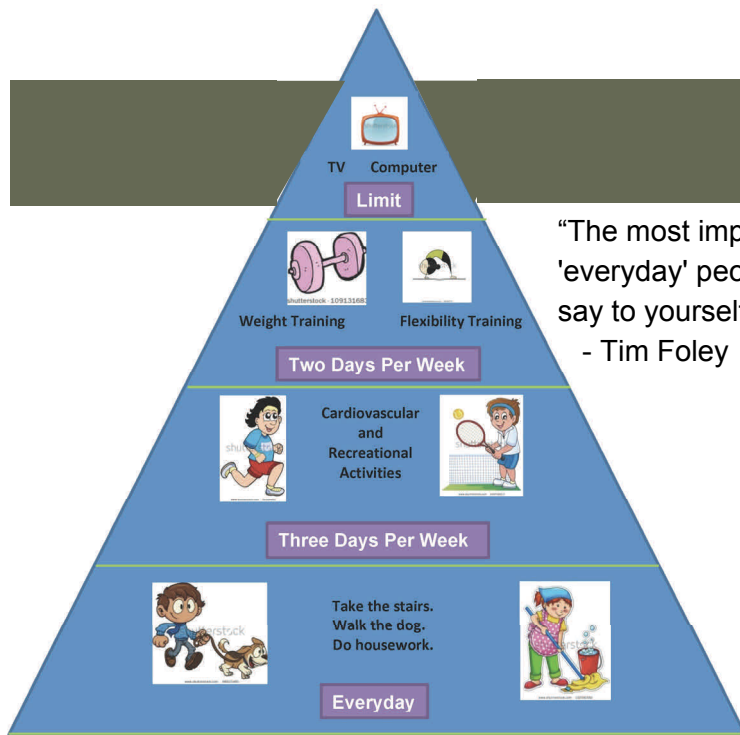
BODY MASS INDEX (BMI) is a number determined from a person's height & weight. It can serve as a screening tool for weight categories associated with health problems.⁴⁹ A high BMI puts you at a greater risk for developing: high BP, heart disease, type 2 diabetes, osteoarthritis, female infertility, high cholesterol & more.⁵¹

Each individual's BMI can be calculated using the following equation:
BMI= (weight (lb) / [height (in)]² x 703) or (weight (kg) / [height (m)]²)³¹



BMI	Weight category
Less than 18.5	Underweight
18.6 - 25	**Healthy**
25.1 - 30	Overweight
30.1 and above	Obese

TEENS



“The most important role models in people's lives, it seems, aren't superstars or household names. They're 'everyday' people who quietly set examples for you — coaches, teachers, parents. People about whom you say to yourself, perhaps not even consciously, 'I want to be like that..’”

- Tim Foley

\$\$ MONEY \$\$

Did you know?

- ◆ The higher the credit card balance, the higher the anxiety.¹¹⁷

Budgeting Tips:

- ◆ Determine personal NEEDS vs. WANTS & live within your means!¹⁰⁷
- ◆ Do not charge items you do not have money to pay off.

How do I pay for college?

- ◆ Fill out a FAFSA form at www.fafsa.ed.gov to see if you qualify for free-aid.¹⁵²
- ◆ Be familiar with TOPS requirements to earn free tuition for state schools in LA.⁸⁹
- ◆ Visit mappingyourfuture.org for specific information on preparing for college, paying for college, & managing your money!⁹⁵

KEEP SMILING!

Braces

Should you get them?

Crooked teeth can interfere with proper chewing & lead to tooth decay, cavities, & gum disease.¹¹⁸

How do you get them?

Ask your dentist to refer you to an orthodontist or visit <http://www.mouthhealthy.org/en/find-a-dentist.aspx> for a list of dentists & orthodontists in your area.⁸⁴

Wisdom Teeth

It is important to have your wisdom teeth evaluated to prevent possible overcrowding later in life & to promote optimal oral care.²⁵ If surgery is needed, it tends to be easier & less painful when performed on teens.²⁵

DRIVING SAFETY

5 seconds is the average time your eyes are off the road while texting. When driving 55 mph that's the length of a football field!¹⁵⁹

Silence is golden: turn off phone notifications. The less you hear your phone, the less you'll be tempted to respond.¹⁵⁹

Designate a texter: borrow thumbs from a friend.

Passengers can safely text or make calls for you.¹⁵⁹

Find an app: apps are available to help you stop texting while driving.¹⁵⁹



GET VACCINATED:

Tdap — every 10 years; for Tetanus, diphtheria, pertussis
Menactra — age 11; for conjugate meningococcal vaccine
Gardasil — age 11; for HPV
Meningitis — may be required by high schools & universities

BE YOURSELF!

Peer Pressure

Be assertive:

- ◆ Pay attention to what you think & want.
- ◆ Practice making choices & limit saying “I don't know.”
- ◆ Choose friends who will speak up for you, & practice speaking up for your friends.¹¹⁹

Relationship with Yourself

Improve self esteem:

- ◆ Stop thinking negative thought & be proud.
- ◆ Aim for accomplishments, not perfection.
- ◆ Have fun, relax, exercise, have a good time!¹¹⁹

Relationships

If you witness abuse and/or are abused: leave the situation or relationship & ask for help. Do not be afraid, this shows courage strength!⁹¹

HEALTH CHECK

Tracking your health:

Date: ____|____|____

BMI: ____|____|____

Calculate BMI (body mass index) with the equation listed on page 5.

LET'S GET PHYSICAL



Studies show that physical activity improves focus, gives you more energy, & releases hormones that make you happy.¹⁵⁸

*For more tips on living a healthy, active lifestyle visit <http://www.letsmove.gov/>

Sexual Health. The facts:

- ◆ STDs often show no symptoms, so many people that have them are not aware of it.⁷⁰
- ◆ 15-24 year olds are the most affected by STD's in Louisiana.¹⁵⁴
- ◆ All STDs are treatable, & many are curable. Putting off getting care for an STD can lead to lasting negative health effects for both women & men.⁷⁰

Find a testing center near you

Enter your zip code in the testing center locator at www.GYTNOW.org or text your zip code to GYTNOW (498669) on your cell phone. You will get a text message back with information about testing centers nearest to you.

If you do have an STD, take control & get it treated. Find someone you trust to talk to.

Substance Abuse

Staying drug & alcohol free will give you more energy, more money, & more life.¹¹⁹

How to say no

Hold a bottle of water or a soda so you're less likely to be offered a drink.

Make an excuse; blame your parents or coach.¹¹⁹

Find a treatment center near you at:

<http://www.theagapecenter.com/>

IT GETS BETTER

Bullying

- ◆ Victims of bullying are prone to sleep difficulties, phobias, anxiety, depression, & low self-esteem.⁷⁵
- ◆ What can you do about it? Don't be an innocent bystander. Witnessing a bullying situation without reporting it is just as bad as the bullying itself!¹²⁴

Suicide Awareness

Did you know?

- ◆ Teens more prone to suicide, are those that are bullied, antisocial, or abuse substances?⁷⁵
- ◆ You can help prevent suicide by learning the signs & reporting any suspicious behavior to a trusted adult.¹⁴⁶
- ◆ The signs are: hopelessness, anger, recklessness, mood changes, withdrawal, & substance abuse.¹⁴⁶
- ◆ Don't be afraid to talk about suicide! It can only help.¹⁴⁶ Visit <http://www.ulifeline.org> for information about what to do if you or a friend is in a suicidal situation or call 1-800-273-TALK.¹⁴⁶

Promoting Positive Mental Health

Positive mental health can help you pursue & reach goals, make healthy lifestyle choices, make decisions based on your personal beliefs.^{47,119}

Ways to promote positive mental health: believe in yourself, develop coping strategies that reduce stress, get involved in fun & meaningful activities, & surround yourself with friend & family support.^{47,119}

BRAIN POWER

Why should I earn a high school diploma?

People with high school diplomas earn an average of \$143/week more than dropouts (that's \$7,436 more per year!)¹¹²

82% of prisoners in US are high school dropouts¹¹²

Tips to help STAY IN SCHOOL:

Get involved in school-based activities & sports. Utilize after school enrichment programs.

Find a trustworthy mentor/tutor to encourage & support your academics.¹¹¹

For more tips: www.dropoutprevention.org

Become familiar with local resources

- ◆ Jobs for America's Graduates (JAG): This program is for individuals considering dropping out & for those who already have. They can help you finish school or earn your GED.⁷³ : <http://www.jag.org>
- ◆ Louisiana Youth Works Offers information to guide career decisions, prepare for jobs, explore educational options & offers helpful resources. Visit: http://www.laworks.net/Youth_Portal/YP_Menu.asp⁸⁵

SLEEP and LEARNING

Sleep is **vital** to overall well-being!

Teens need about **9.2 hours** of sleep/night for best functioning (8.5 hours are enough for some).¹⁶

Sleep in a dark, cool, & quiet environment.¹¹⁶

When fatigued, the overwhelming drive to sleep replaces any chance of alertness or understanding.⁴

Sleep deprivation can lead to lower grades.⁴

Lack of sleep can also lead to acne & weight gain.¹⁶

TWENTIES



“For the most part, "naturals" are myths. People who are especially good at something may have some innate inclination, or some particular talent, but they have also spent about ten thousand hours practicing or doing that thing.”

~Meg Jay, *The Defining Decade: Why Your Twenties Matter*

PHYSICAL HEALTH

- ◆ Among individuals age 20-24, unintentional injury is the top leading cause of death, causing almost *three* times as many deaths as the next leading cause of death (homicide).²⁶

Prevention tips

- ◆ Always wear your seatbelt when driving, and refrain from mixing driving with drinking, substance use (including some prescription drugs), & use of technology, such as phone calls or texting.¹⁵⁹
- ◆ Follow safety procedures & always wear a helmet while operating a motorcycle or all-terrain vehicle.
- ◆ Avoid risky behavior that may lead to falls or drowning, two of the highest causes of death by unintentional injury for adults in their twenties.²⁶

EMOTIONAL & SPIRITUAL HEALTH

- ◆ Protecting your mind and attitude are important for your health and happiness. If you are feeling overwhelmed by economic worries, relationship problems, depression, or loneliness, there is help available to you.⁴²
 - ◆ Learning the signs of suicide is important in identifying when to seek help for yourself or someone you know. Signs may include hopelessness, increased alcohol or drug use, dramatic mood changes, withdrawal from friends & family, or expressing no purpose in life.⁴²
 - ◆ If you feel you are in a crisis, whether or not you are thinking about killing yourself, call the National Suicide Hotline at 1-800-273-8255 to speak with a trained crisis worker who can tell you about mental health services in your area. The hotline is open 24/7, & all calls are confidential & free.⁴²
- ◆ Self actualization can be defined as recognizing and reaching your potential & experiencing self-fulfillment & is reached through feelings of connection, meaning & purpose, all leading to greater sense of health.¹⁰⁰

Tips for reaching self-fulfillment

- ◆ Make sure to pay attention to your biological needs & safety needs (sleep, shelter, food, etc.).¹⁰⁰
- ◆ Find a sense of belonging & love through family, work groups, & relationships.¹⁰⁰
- ◆ Work to maintain good self-esteem through achievement & independence.¹⁰⁰

COGNITIVE

Did you know? The brain at 20 is efficient, creative & growth is supported by major life events that are an interaction of nature & nurture. Provide healthy experiences for your brain.

Alzheimer's Disease:

- ◆ People who have good language skills early in life may be less likely to develop Alzheimer's disease decades later in life.⁶
- ◆ Language scores have been shown to be higher in individuals **without** memory problems compared to those with memory problems.⁶
- ◆ An intellectual ability test in the early twenties may predict the likelihood of remaining cognitively sound decades later, even in the presence of Alzheimer's disease symptoms.⁶
- ◆ Harmful use of alcohol and/or other drugs can result in disturbances in level of consciousness, cognition, perception, behavior, or other brain functions. This can have long-term effects on mental function later in life.⁶⁹

FINANCIAL

Student Loan Tips:

- ◆ Apply for grants & scholarships first they do not have to be repaid.¹⁵³
- ◆ Finding employment on or off campus contributes money to your budget.¹⁵³
- ◆ Borrow only the amount needed to pay for your tuition, school essentials, & living expenses.¹⁵³
- ◆ Accept loans with the lowest interest rate.¹⁵³
- ◆ For example paying \$50 per month on a loan of \$1000 with a 6.8% interest rate will result in paying about \$1064 in 22 months.¹⁵³

For more information about student loans, repaying student loans, & creating a budget visit: <https://studentloans.gov/myDirectLoan/financialAwarenessCounseling.action?execution=e1s1>

Building Credit Using Credit Cards:

- ◆ Look for a credit card with the lowest annual **interest** rate & fees.^{106,153}
- ◆ Read the fine print before getting a credit card^{106,153}
- ◆ Limit the number of credit cards you have to decrease overspending & increasing debt^{106,153}
- ◆ Pay your balance in full each month to avoid interest & fees. Use your credit card only when you can pay the balance immediately.^{106,153}

Savings Accounts:

- ◆ If someone puts \$4,000 per year in a retirement account at age 22, by the age of 62 they will have about \$1 million saved depending on interest rates.^{46,166}
- ◆ Be sure that you have enough money in savings to live for up to 6 months if you lose your job.¹⁰⁶

For more information about building credit, loans for large purchases, & savings visit: <http://www.mymoney.gov/>

RELATIONSHIPS

Domestic Abuse:

Abuse can be emotional, physical, psychological, or sexual⁴⁵

What are the signs/actions of an abusive partner?

- ◆ Extreme jealousy/insecurity⁴⁵
- ◆ Constant “put-downs”⁴⁵
- ◆ Telling you what you can or cannot do & constantly checking in on you.
- ◆ Explosive temper⁴⁵
- ◆ Isolating you from your friends & family⁴⁵

Resource: Louisiana Coalition Against Domestic Violence: <http://lcadv.org/>

*Abusing someone is a choice, & there is nothing you can do or say to deserve being abused.*⁴⁵

Abuse and Physical/Mental Health:

Did you Know? Women exposed to domestic abuse have poorer physical health & experience more depressive symptoms than woman who are not exposed to abuse.²⁰

The Key to a Healthy Relationship:

Communication! This is the first step in making sure you & your partner are on the same page. It is also important to maintain healthy boundaries, including going out with your own friends, participating in individual hobbies, & not sharing passwords to email, phones, or other social media.⁹¹

VOCATIONAL

Many 20 year olds are beginning their first full-time job & are often competing with older more experienced applicants.²³

Tips for Interviewing include: 1). Mirror your interviewers body language⁶³ 2). Find common interests with the interviewer⁶³ 3). When sharing an experience with your interviewer, follow this format: 1. Explain the problem you faced⁶³
2. Outline how you solved the problem⁶³
3. Explain what improved/changed from your involvement in solving the problem⁶³

•Visit <http://www.resume-help.org/> for tips on resume and cover letter writing!

HEALTH CHECK

Tracking your health:

Date: _____ | _____ | _____

Blood pressure: _____ | _____ | _____

Cholesterol: _____ | _____ | _____

Body Mass Index: _____ | _____ | _____

TWENTIES



THIRTIES

“In my thirties, I felt I had hold of one of the reins some of the time.” ~Chaka Khan

EMOTIONAL

- ◆ **Depression in the Workplace:** 7% of full time workers (ages 18-64) had experienced a major depressive episode in the past year.¹⁴¹ 3% of disability days are due to depression (76% are women). It is important to realize that more than 80% of people with clinical depression can be treated.¹⁰² <http://www.nimh.nih.gov/index.shtml>
- ◆ **Anxiety:** It is the most common mental illness in the U.S and can be due to genetics, brain chemistry, personality, & life events. Although, anxiety is highly treatable, only 1/3 receive treatment.¹⁷
- ◆ **Physical Activity:** Although staying fit is good for the body & mind, over 80% of adults are not meeting their aerobic & muscle strengthening needs.¹⁵⁵

COGNITIVE

Decline in attention, memory, & information processing speed can begin in the mid thirties. Remain aware of the following cognitive health awareness tips.⁵⁸

- ◆ **Risk factors:** lack of physical activity, family history, hypertension, aging, lack of social engagement, diabetes, stroke, vitamin deficiency, dehydration, alcoholism
- ◆ **Prevention:** creating checklists, eliminating distractions, remaining physically active, cognitive testing (i.e. Neurological exams, lab work, mental status, brain imaging)⁹⁹

Cognitive decline could lead to problems at work. You may even begin caring for a parent with cognitive decline. Stay proactive!

VOCATIONAL

- ◆ **Work ergonomics** focuses on maintaining proper posture when sitting for long periods of time so that future physical complications can be prevented.
 - The following worksheet is a simple check list showing proper positioning and comfort tips for your workstation: <http://www.unomaha.edu/humanresources/DocumentsergonomicWorksheet.pdf>¹⁴⁸
- ◆ **Occupational safety** on the job is important in preventing work-related injuries. The National Institute for Occupational Safety and Health enables you to search various jobs for prevention techniques⁴⁰
- ◆ **Vocational rehabilitation** may be sought in cases of physical or mental disability to help you return to work⁹⁰

SCREENINGS

- ◆ **Cholesterol Test:** Once every 5 years, and more frequently if your levels are abnormal.
- ◆ **Blood Pressure:** At least every 2 years if have a history of high blood pressure
- ◆ **Eye Exam:** With dilation once a year
- ◆ **Breast Exam:** Clinical every year, Self-exam every month
- ◆ **Pap Test:** Once a year
- ◆ **Testicular Exam:** Clinical every year, Self-exam every month
- ◆ **Skin Exam:** Clinical every 3 years, self-exam every month
- ◆ **Flu Shot:** Every year^{168.170}

HEALTH CHECK

Tracking your health:

Date: ____ | ____ | ____

- Blood pressure: ____ | ____ | ____
- Cholesterol: ____ | ____ | ____
- Body Mass Index: ____ | ____ | ____

FINANCIAL

- ◆ The average age of a home buyer as of 2011, is 31 years. The average purchase is around \$155,00 with 54% of financing done through FHA (Federal Housing Administration), with a low down payment.
- ◆ 39% of home buyers in 2011 were first-time buyers!⁸⁷

Tips for buying a home:

- Look at payment history (bills, loans, etc.) and find out credit score.
- Keep credit balances low
- Avoid taking on new debt
- Maintain a good credit score
- Pay more than minimum on credit balances
- Make credit card payments on time
- ◆ Choose a realtor to help with buying process
- ◆ Meet with a loan officer & get loan pre-approval (reviewing credit & finances & receiving pre-approval letter)
- ◆ Think about: What kind of loan? How much of down payment?⁸⁷
- ◆ For more info on buying house, visit: <http://www.usa.gov/Citizen/Topics/Family-Homes.shtml>

Student Loan Information: see page 9 of this booklet

In your 30's, things to think about:

- Starting a family
- Raising children
- Increasing Career goals
- Managing credit
- Creating a will
- Starting child's education fund
- Looking at Insurance needs (health insurance, life insurance, short-term/long-term disability)
- Starting retirement planning
- More career/job training¹⁴²

PHYSICAL HEALTH

- ◆ **Did you know** that 20% of women are having their 1st child at age 35 or older?
 - 1/3 of the couples that have children with the woman being older than 30 have fertility issues.
 - Aging decreases a woman's chances of having a baby because of the ovaries being less able to release eggs, the reduced number & diminished health of the eggs, other possible new health conditions, & being more likely to miscarry.
- ◆ What increases a woman's risk for infertility?
 - Smoking, excess alcohol use, stress, poor diet, being overweight or underweight, & STDs
- ◆ What increases a man's infertility rate?
 - Heavy alcohol use, drugs, smoking, environmental toxins, medicines, radiation treatment & chemotherapy, & kidney disease³⁹
- ◆ **Diabetes** is the 5th leading cause of death in Louisiana!⁸⁶
 - People with diabetes have 5x greater risk for having a heart attack & 4x greater risk for coronary heart disease & stroke.
 - **Pre-diabetes:** Only 7% of people are aware that they have it, yet 35% of adults over 20 years old have pre-diabetes.¹⁵
 - **5 Healthy Keys to Preventing Diabetes & Pre-diabetes:**
 1. Healthy diet
 2. Physical Activity
 3. Not smoking
 4. Limited alcohol consumption
 5. Healthy weight for your height & weight.⁹⁴ (See pg. 5 to calculate your healthy weight)

MANAGING STRESS

Stressed about money? Job? Kids?
Ready to make a change?

Steps to manage stress

- ◆ Make decision to change how you manage it
- ◆ Identify stress triggers (positive or negative)
- ◆ Think of strategies for dealing with triggers:
 - Seek help and support from family & friends
 - Mindfulness (awareness)
 - Tai chi/yoga
 - Medication
 - Spending time outside
 - Exercise

To take a stress test, visit:

<http://www.mayoclinic.com/health/stress-assessment/SR00029>⁹⁶



FORTIES

“Age is opportunity no less than youth itself.”
~Henry Longfellow

FINANCIAL

- ◆ During the early part of your 40s, it is important to focus on establishing retirement goals if you have not already done so.^{55,56}
 - If your retirement goals are already in place, it is important to update them at least every ten years to ensure you are on track or to make adjustments when necessary.
 - Everyone should regularly review their long-term investments such as IRAs or 401(k)s to determine if they are meeting their goals.
- ◆ Those who are approaching the age of 50 may want to consider long term care insurance. Long-term health care costs can be overwhelming & devastating to some families. Insurance can help alleviate these costs & protect your savings.

EMOTIONAL

- ◆ At this point in life, many people’s focus is on work & parenthood, but it is important to take time to focus on yourself as well. Maintaining a healthy lifestyle, finding fulfilling volunteer opportunities, & making time for leisure activities is important for your overall wellbeing.
 - These are also good ways to spend meaningful family time together.
 - Civic & community activities or spiritual activities are also good ways to feel connected or to become involved in your community.
- ◆ Research suggests that there is a peak risk in middle age for depression. The following are ways to fight off depression: exercise, eat right, get out serve others, talk to someone you trust, join a depression support group, & take time to relax.^{22,133}

SPIRITUALITY

During middle age, it is important for an individual to **make his/her mark** on the world. Each person will make different contributions to the world based on what is most important to him/her.¹⁰¹

Ways to make your mark:

- Caring for others
- Creating things
- Doing things that bring you meaning & purpose
- Raising children or establishing meaningful relationships.¹⁰¹

If someone does not find a way to contribute to the world, he/she may feel disconnected from their community and dissatisfaction with their lack of productivity.¹⁰¹

VOCATIONAL

- ◆ Increasing job skills leads to a better retirement. As a worker, it is important to plan for retirement through job security.¹²⁰
- ◆ There are many sources for job retraining for a change in career or to stay competitive in the workplace. Many of these sources are free through employers or the government.¹⁴⁵
- ◆ A certification or an educational degree can make you a more valuable employee. Many programs are designed for the working student.¹⁴⁵

COGNITIVE

- ◆ Engage in cognitive exercises on a daily basis (crossword puzzles, reading the newspaper, etc.)⁹³
- ◆ Eat more “brain food”. A 50 item list is provided at this link: <http://4mind4life.com/blog/2008/07/18/brain-foods-list-of-50-good-brain-foods/>
- ◆ Exercise on a regular basis promotes increased cerebral blood flow.⁹³

DENTAL

Most **gum diseases** are diagnosed in middle age. Half of the cases of severe gum disease in the US are the result of cigarette smoking.³⁵

The severity of disease can range from a mild inflammation of gums, called **gingivitis**, to the loss of teeth.³⁵

Symptoms in the early stages include: bleeding gums, bad mouth odor, loosening teeth, sensitive teeth, and difficulty chewing. See your dentist if you are having these symptoms.³⁵

The risk of developing **oral or pharyngeal cancers** increases after the age of 35, & the risk is twice as high in men.²¹

According to some studies, people who drink or smoke heavily may be as much as **100 times** more likely to develop one of these cancers than people who don't drink or smoke.²¹

- You can lower your chances of getting oral cancer by eating a healthy diet, using sunscreen on lips, visiting dentist for oral cancer screening, & by avoiding the following: tobacco use, prolonged sun exposure, & frequent alcohol drinking.²¹
- Self-examination for these cancers can be performed by using a mirror to check for the following signs in your mouth and/or throat: white or red patches on gums, tongue, or lining of mouth, sores on lip or in mouth that will not heal, bleeding in the mouth, loss of teeth, pain with swallowing, lump in mouth, tongue, or neck, earache, or chronic hoarseness.²¹

PHYSICAL

Coronary Heart Disease (CHD) is among the top two causes of death in your 40s.³⁰ At this age CHD is more common in males but as you age it is more common in women.¹⁶⁰ In Louisiana, approximately 12,000 people die every year from some form of CHD.⁸⁶ Family history is the only risk factor for CHD that isn't under your control. These are things you can do to reduce your risk of getting heart disease:²⁹

1. Know your blood pressure and keep it under control
2. Exercise regularly
3. Don't smoke
4. Get tested for diabetes and if you have it, control it
5. Know your cholesterol levels & keep them under control
6. Eat a lot of fruits and vegetables
7. Maintain a healthy weight

To figure out your risk for heart attack, visit the Heart Attack Risk Calculator:

https://www.heart.org/gglRisk/locale/en_US/index.html?gtype=health

Breast Cancer

Did you know? Louisiana has the highest rate of death from breast cancer in the nation African American females have a slightly higher rate of death from breast cancer.⁸⁶ It is important to get regular screenings so that if cancer does occur it is caught at an early stage.

To reduce your risk of breast cancer:¹⁰

1. Be physically active regularly;
2. Eat a healthy & balanced diet;
3. Avoid drinking alcohol in excess;
4. Breastfeeding for several months may reduce your risk.

Cancer

Did you know? Louisiana has the third highest cancer deaths in the nation.⁸⁶ All men & women above the age of 20 should have regular examinations for cancers of the thyroid, testicles, ovaries, lymph nodes, oral cavity, and skin.¹¹

HEALTH CHECK

Tracking your health:

Date: _____ | _____ | _____

- Blood pressure: _____ | _____ | _____
- Cholesterol: _____ | _____ | _____
- Body Mass Index: _____ | _____ | _____

Screenings:

- **Mammogram** with or without clinical breast exams every 1-2 years for women 40 & older.¹⁶⁰
- **Aspirin** regimen for men age 45-79 to prevent heart disease. 75 mg /day is effective as higher doses, but check with your doctor before beginning.¹⁶⁰
- **Blood pressure** screening for men & women 18 and older, every two years for those with a pressure of less than 120/80 and every year for those with pressures being higher.¹⁶⁰
- **Cholesterol** screening for women 45 & older and men 35 years & older every 5 years.^{169,171}
- **Baseline vision exam** every year. If you have a chronic disease, check with your doctor for frequency.^{169,171}
- **Cervical Cancer:** women 30-65 should have a Pap test every year & an HPV test every 5 years.¹⁷¹
- **Tetanus** shot every 10 years.^{169,171}
- **Flu** shot every year.^{169,171}

FORTIES



FIFTIES

“By the age of fifty, you have made yourself what you are, and if it is good, it is better than your youth.”
~Marya Mannes

PHYSICAL

Menopause:

- ◆ *What is Menopause and how will it affect me?* Menopause is when a woman stops having menstrual periods, marking the end of her reproductive years. *Symptoms:* hot flashes, lack of sleep, mood swings, bone loss, vaginal dryness.^{13,41}
- ◆ *Treatment options to help menopausal symptoms:*
 - Hormone Replacement Therapy (HRT)*
 - Natural treatment:* soy, sources of phytoestrogens
 - Lifestyle changes:* eating healthy, quit smoking, exercise regularly stress reduction techniques.¹³

Osteoporosis:

- ◆ **Did you know?** All women age 50 are at risk for Osteoporosis (bone loss). Bone loss can lead to many bone breaks & other health conditions.
- ◆ *Tips for keeping your bones strong and preventing further bone loss:*
 - Eat a diet rich in calcium
 - Engage in regular weight-bearing exercises (walking and dancing)
 - Strength-training (lifting weights)
 - Get your annual bone-density screenings.¹¹⁵

Colorectal Cancer:

- ◆ Men and women need to get a colonoscopy or some other type of colorectal screening at age 50.
- ◆ **Did you know?** Colorectal cancer is the second leading cancer killer in the U.S. 90% of colorectal cancers begin in people over the age of 50. A colonoscopy can find precancerous polyps before they develop into cancer. Therefore, the cancer can be stopped before it ever starts!²⁷

SCREENINGS

Men and women age 50 and Up:

- ◆ *Colorectal screening:* beginning at age 50, then follow doctor recommendations for further screenings.²⁷
- ◆ *Cholesterol test and blood pressure:* should be done regularly but will depend on your current levels.
- ◆ *Flu shot:* once a year^{169,171}

Women only age 50 and Up:

- ◆ *Mammogram:* once a year
- ◆ *Bone Density screenings:* once a year
- ◆ *Pap test:* every 2-3 years¹³

Men only age 50 and Up:

- ◆ *Prostate screening—* once a year³⁸

DENTAL

- ◆ **Gum disease**, also known as periodontal disease or gingivitis, is one of the main dental concerns for someone in their 50s. Gingivitis is reversible & can be corrected with proper home care & dental visits.
- ◆ **Symptoms:** red or swollen gums, bad breath, bleeding of the gums, loose teeth, & the gums can start disappearing along the tooth line.
- ◆ **Prevention for gum disease:** have good oral hygiene, which includes daily teeth brushing, mouth washing, & flossing. Also, reduce the amount of sugar that is consumed & quit smoking.
- ◆ **Did you know?** Gum disease may not show any signs or may not have any pain. Attending a yearly update with your dentist is important because an exam can be done to check for gum disease.¹⁴⁷

SPIRITUAL

- ◆ According to Erikson's stages of development, most men and women in their 50s are at the stage in their life where they either need to produce or nurture something or someone that will last longer than them to achieve a high quality of life.
- ◆ Usually people at this age have children or make changes in their life or in the lives of other that affect them for the better.
- ◆ Participating in the community can help men & women in their 50s feel accomplished & successful.¹⁰¹

EMOTIONAL

Stress can be a part of any individual's life, whether you are a caregiver, have empty nest syndrome, or going through a major life change in your 50's. However, some of this stress can be managed with simple techniques or lifestyle changes.¹⁶⁵

Tip for managing stress:

- ◆ Exercise regularly and eat healthy
- ◆ Progressive muscle relaxation by tensing then relaxing muscles throughout the body
- ◆ Practice deep breathing
- ◆ Picture yourself relaxed
- ◆ Meditate
- ◆ Write out your feelings
- ◆ Do something you enjoy
- ◆ Seek out social support
- ◆ Visit www.webmd.com

VOCATIONAL

- ◆ Many people over the traditional retirement age are still in the labor force.
- ◆ Making yourself invaluable at work is a way to prepare to stay in the labor force past the traditional retirement age.⁶⁷
- ◆ **Tips from AARP include:**
 - * Embrace technology such as social media.
 - * Volunteer to take on more responsibilities
 - * Be the expert on what you do and show you are excited about it.
 - * Know the company's budget and make sure your boss knows you are helping control cost.
 - * Keep a positive and energetic attitude
 - * Get unbiased advice from a professional career coach on remaining marketable.⁶⁷
 - * Find ways to connect with younger coworkers.
 - * Keep a positive and energetic attitude.
 - * Get unbiased advice from a professional career coach on remaining marketable.⁶⁷

FINANCIAL

Long Term Care Insurance

- ◆ As people age or become ill, they may need help doing activities like dressing & bathing.⁸
- ◆ Long term care insurance is a type of insurance that provides monetary assistance for services to help individuals perform these tasks.
- ◆ Most health & disability insurances will not cover these services, but long term insurance will.
- ◆ Visit www.aarp.org.

COGNITIVE

- ◆ Starting healthy exercise & eating habits in your 50s can help improve cognitive function & decrease risk of dementia in later years.⁵³
- ◆ Walking for two-and-a-half hours a week or 30 minutes, 5 days a week has been shown to improve memory & could possibly delay the onset of dementia.¹³²
- ◆ Woman who engage in a once-a-week endurance & strength training program are more likely to maintain the program long-term & also show sustained improvement in cognitive abilities.¹²⁹
- ◆ **Did you know?** People with higher blood levels of vitamins B, C, D, E & omega-3 fatty acids perform better on cognitive tests & have less of the brain shrinkage typical of Alzheimer's disease. Certain foods such as leafy greens, nuts, & legumes can help improve your health & cognitive functioning by increasing blood levels of vitamins and omega-3 fatty acids.⁶²

HEALTH CHECK

Tracking your health:

- Date:** ____ | ____ | ____
- Blood pressure: ____ | ____ | ____
- Cholesterol: ____ | ____ | ____
- Body Mass Index: ____ | ____ | ____



SIXTIES

"You can only perceive real beauty in a person as they get older."

~ Anouk Aimee

FINANCIAL

Did you know? 1/3 of parents have to remortgage their home to support their adult child.¹¹⁴

- ◆ Nearly 2/3 of Louisiana residents over the age of 50 are eligible for SNAP (Supplemental Nutrition Assistance Program). You can access eligibility information online.¹¹⁴
- ◆ To protect yourself financially when it comes to driving, certain insurance agencies will reduce costs for seniors to take a defensive Driving Course.^{114, 115}
- ◆ If able to, individuals in their 60's should also increase limits of liability on car insurance to protect assets if involved in a lawsuit concerning a vehicular accident.¹¹⁵

COGNITIVE

Dementia and Alzheimer's

- ◆ Alzheimer's is the 6th leading cause of death in LA.⁵
- ◆ Half of all Alzheimer's cases could be eliminated if risk factors such as obesity, depression, & smoking were eliminated.⁵
- ◆ Adopt a brain healthy diet including:
 - Foods low in cholesterol, saturated fats, sugar, and salt (nuts and beans)⁴
 - Foods high in dietary fiber (oats)⁴
 - Fruits, vegetables, whole grains
 - Potassium, calcium, magnesium, & vitamin B12 (spinach and bananas)⁴
- ◆ Exercise for 30 minutes a day. For example:
 - Cardiovascular training like walking, running, or cycling³
 - Resistance training using weights or doing sit-ups
 - Mental activities such as learning something new, visiting museums, reading, doing puzzles, & debating and discussing topics³
- ◆ Always remember to stay in touch with friends & family!

SPIRITUAL/RELATIONSHIPS

- ◆ Stay connected to others
- ◆ Find humor in everyday life⁶

Relationships

When adult children move home:

- ◆ Set a time limit for how long they can stay, have them pay rent, set goals for them, have them do chores, make a contract of what is to be expected, & lend a helping hand but don't do everything for them.⁶
- ◆ Keep YOUR financial future first.⁶

Caregiving for elderly family member

- ◆ Seek outside help. Do NOT try to do it all.⁶
- ◆ Look into community based services that provide meal plans, nurses, aides & helps with chores around the house.⁶

Marriage and Dating

- ◆ Maintain open communication & be honest about how you feel, try something new, keep fun in the relationship, and don't do EVERYTHING together.⁶

PHYSICAL

- ◆ **Heart Disease and Stroke Prevention:** Eat a healthy diet, maintain a healthy weight, know your Body Mass Index, exercise, do not smoke, limit alcohol use, manage medical conditions such as blood pressure and diabetes, take prescribed medications, and talk to health care professionals. Also, limit salt (sodium) intake to 4 grams per day.^{27&110}

Important Screenings and Tests For Your Age:

- ◆ *Cholesterol test and blood pressure:* should be done regularly but will depend on your current levels— ask your doctor.
- ◆ *Yearly:* Continue mammograms, pelvic exams, colon exams, eye exams and flu vaccinations yearly.¹⁵⁶
- ◆ *Every 3 Years:* Skin and hearing exams¹⁵⁶
- ◆ *By Age 60:* Shingles Vaccine¹⁵⁶
- ◆ *By Age 65:* Bone Density Scan¹⁵⁶

VOCATIONAL

- ◆ **Did you know?** 52% of seniors are physically active 4 days a week.
- ◆ Get out there and exercise!⁶
- ◆ 30% of the “Baby Boomer” generation is supporting both their parents and children, leading to what's called “Caregiver Burnout.”
- ◆ To prevent burnout, join a support group, continue to make time to participate in activities you enjoy, and stay in touch.⁶
- ◆ Many senior-friendly companies have joined the AARP National Employer Team.
- ◆ These companies recognize the contributions older workers provide to their workforce.

HEALTH CHECK

Tracking your health:

Date: _____ | _____ | _____

Blood pressure: _____ | _____ | _____

Cholesterol: _____ | _____ | _____

Body Mass Index: _____ | _____ | _____

EMOTIONAL

- ◆ The risk for sexual dysfunction increases greatly in the 60-69 age group, with 40% of men first reporting it during this time. Often, sexual dysfunction can be attributed to mental or emotional stress, and at the same time, these areas can be negatively affected by sexual dysfunction caused by another factor. It is important to talk to your physician if you are experiencing these problems.²⁶
- ◆ Depression can increase during the 60's due to life changes such as retirement, losing a spouse, or multiple illness. Signs and symptoms of elderly depression include confusion, forgetfulness, lack of hygiene, eating less, and not taking medicines correctly. Depression *is treatable* and you should see your primary care physician if you are experiencing these issues.²⁶

DENTAL

- ◆ 25% of people over the age of 65 have lost all of their teeth.⁷⁹
- ◆ Deterioration of dental health as you age can be caused by medications that cause dry mouth, hormonal changes, and other health problems such as diabetes or dementia.⁷⁹

Prevention

- ◆ Continue semi-annual dental office visits and get x-rays and cleaning.⁷⁹
- ◆ At check-ups, ask the dentist if head and neck exams should be performed to check for cancer.⁷⁹
- ◆ Brush teeth twice a day and floss daily.⁷⁹
- ◆ Eat nutritious foods that contain antioxidants that can help your body's ability to fight infection.⁷⁹

SIXTIES

SEVENTIES



“No man loves life like him that’s growing old.” ~ Sophocles, Acrisius

DENTAL

Did you know? It is important to maintain good oral health as a way to protect your overall health.

- ◆ Oral infectious diseases, such as periodontitis, are linked to risk for cardiovascular, cerebrovascular, & lung diseases. Periodontitis may be an early indicator for osteoporosis & may cause flare-ups of diabetes.^{113,35}
- Individuals retain their own teeth for a longer period of time. Good oral health care can prevent cavities & gum disease.
- ◆ Screenings for oral & throat cancers are essential during this period & should be done every 6 months.
- ◆ Check for oral side effects caused by medications, such as dry mouth, gum sores, taste changes, burning oral sensations, increased cavities, & involuntary oral movements.^{113,35}

SPIRITUAL

Spirituality is not just religion.

- ◆ Spirituality includes personal growth, personal relationships, relationship with a higher being, sense of purpose, inspiration, connection with people & nature, & feelings of love, faith, hope, and trust.^{103,105}

Being socially engaged & maintaining supportive relationships is important for your mental & physical health.⁷⁸

- ◆ Take care of your body by exercising & staying active.⁷⁷
- ◆ Laugh, play, look back at memories, make friends, maintain family relations, & develop new purpose.¹⁰³
- ◆ Pray, meditate, & forgive others.¹⁰³
- ◆ Address feelings of pain & loneliness. Instead of withdrawing, seek new friends, try new things, & reach out to others.⁷⁶

Health benefits associated with good spiritual practice:

- ◆ Longer life expectancy.
- ◆ Better immune system.
- ◆ Greater well-being.
- ◆ Lower rates of cancer, alcoholism, hypertension, & heart disease.
- ◆ Shorter hospital stays.

FINANCIAL

At this stage of life, you are adjusting the way you spend money & are planning to give it away upon your death.¹⁴²

Important financial actions:

- ◆ Re-evaluate & adjust living conditions/ spending, based on health & income.
- ◆ Adjust insurance coverage as needed.
- ◆ Finalize will, estate plans, & letter of last instruction.¹⁴²

Tips for safe money management:

- ◆ Watch for unusual activity in bank accounts or suspicious signatures on checks/documents.
- ◆ Keep accurate documents about financial matters.
- ◆ Sign a legal power of attorney with a person you trust to help you manage your money.¹⁰⁹
- ◆ Use the [Louisiana Power of Attorney and Healthcare Forms](#)

COGNITIVE

Polypharmacy is the use of several different drugs by a patient who has 1 or more health problems. Older adults are at risk for high costs & harmful drug interactions due to polypharmacy.^{54,71}

Tips for reducing your risk:

- ◆ Learn the reasons for taking each medicine, & buy only the specific medications you need for your symptoms.
- ◆ Make a list of every medicine you are taking, including supplements, vitamins, & over-the-counter drugs & keep it with you.
- ◆ Read all labels for possible drug interactions, & avoid using combination products like cold remedies.
- ◆ Get prescriptions filled at same pharmacy, & ask your doctor or pharmacist to check your medicines for any harmful drug interactions.^{54,71}

RESOURCES

- ◆ **Area Agencies on Aging:** 1-800-677-1116
- ◆ **CarFit—Helping Mature Drivers Find Their Safest Fit:** <http://www.car-fit.org/>
- ◆ **Healthy Aging Help Center:** http://www.helpguide.org/topics/healthy_aging.htm
- ◆ **Home Falls Prevention Checklist:** <http://www.cdc.gov/ncipc/pub-res/toolkit/checklistforsafety.htm>
- ◆ **Louisiana Power of Attorney and Healthcare Forms:** <http://www.uslegalforms.com/powerofattorney/louisianapoa.htm>
- ◆ **Louisiana Transit Resource Guide:** <http://www.dotd.louisiana.gov/intermodal/transit/resource/resource.asp>
- ◆ **Senior Resource Guide:** www.SeniorDirectory.com

PHYSICAL

Did you know? Falling in older adulthood can lead to long-term disability & early death. Falling is preventable & does not have to occur with older age.³⁷

Tips to prevent falls:

- ◆ Exercise regularly. Leg-strengthening & balance exercises help reduce falling.
- ◆ Get regular eye exams to check vision. Update prescription lenses, if needed.
- ◆ Wear good-fitting shoes & avoid walking barefoot or in slippers.
- ◆ Modify your home: add grab bars & nonslip mats to bathroom, add railings to stairs, & remove tripping hazards. Increase lighting.³⁷
- ◆ Use a [home falls prevention checklist](#) to help make your home a safer place to live.¹⁰⁸

Frailty is a common condition in older adulthood. It consists of weight loss, muscle loss, general weakness, slow walking speeds, & tiredness. Frailty is often caused by a combination of diseases, aging, lifestyle choices, & the environment.^{18,66}

Frailty can be prevented or reversed with the right lifestyle choices:

- ◆ Get plenty of physical activity /exercise. Walking, balance training, & strengthening exercises should be the focus of activity.
- ◆ Get proper nutrition to help increase energy & prevent weight loss. Eat fresh fruits, vegetables, calcium, whole grains, & protein.
- ◆ Drink plenty of water to avoid dehydration.
- ◆ Consume plenty of vitamins B and D. The body produces less of these in older age.
- ◆ Supplements can help with maintaining proper nutrition & muscle mass.⁶⁶

EMOTIONAL

Depression affects relationships, mood, sleep, energy, appetite, & overall health. Major life changes & losses that occur in older adulthood may lead to depression.¹³⁶ Symptoms of depression:

- ◆ Thoughts of suicide.
- ◆ Deep sense of guilt.
- ◆ Slow speech and body movements.
- ◆ Feelings of hopelessness.
- ◆ Constant feelings of hopelessness, emptiness, & despair, with no moments of happiness.¹³⁶

Tips for preventing or managing depression:

- ◆ Keep yourself surrounded by support
- ◆ Recognize the physical symptoms, such as poor sleep, loss of appetite, pain, and/or illness.
- ◆ Talk about your feelings & ask for help.¹³⁶

Grief may be experienced when coping with losses, such as loss of a loved one or loss of independence.¹³⁶

- ◆ Depression is often confused with grief. A major difference is that depression continues if it is not treated, but grief will ease over time.¹³⁶
- ◆ To cope with grief, find a good support system such as family, friends, faith, support groups, therapists, or grief counselors.¹³⁷

VOCATIONAL

Retirement is a major life adjustment.⁵²

Tips for a healthy retirement transition:

- ◆ Find a part-time “bridge” job. This is a job after a career ends but before full retirement.⁷⁸
- ◆ Participate in volunteer work
- ◆ Join a fitness center/gym for exercise & social
- ◆ Spend time doing enjoyable hobbies.
- ◆ Join an adult day program in your community.
- ◆ Plan to spend time with family and friends.
- ◆ Seek professional help if you start feeling anxiety, stress, and/or depression.¹⁹
- ◆ Have your car fitted through AARP programs like [Car-Fit](#) to make driving safer.
- ◆ For public transportation, see [Louisiana Transit Resource Guide](#).

VACCINATIONS & SCREENINGS

Important Vaccinations

- ◆ Shingles: Once in lifetime for adults over age 60.
- ◆ Seasonal flu: Yearly.
- ◆ Tetanus: Once every 10 years, but a lifetime dose is available after age 64.
- ◆ Pneumonia: Twice in lifetime if the 1st dose is given before age 65. Doses must be 5 years apart. But, received once in lifetime if the first dose is given after age 65.

[Recommended Vaccinations for Older Adults](#)

Important Health Screenings

- ◆ Blood pressure check: Yearly
- ◆ Cholesterol check: Yearly
- ◆ Bone density scan to check osteoporosis: Yearly
- ◆ Eye examinations: Yearly
- ◆ Fasting blood sugar test to check for diabetes or pre-diabetes: Yearly
- ◆ Weight and height check: Yearly
- ◆ Colon screenings: Once every 5 years
- ◆ Dental check-ups: Once every 6-12 months
- ◆ Pap test and breast examination (women): As recommended by physician
- ◆ Prostate test (men): As recommended by doctor
- ◆ Ask your doctor about an abdominal aortic aneurysm ultrasound if you have smoked more than 100 cigarettes in your lifetime.

[Health Screening Guidelines for Older Adults](#)

HEALTH CHECK

Tracking your health (see page 4):

- Date: _____ | _____ | _____
- Blood pressure: _____ | _____ | _____
 - Cholesterol: _____ | _____ | _____
 - Body Mass Index: _____ | _____ | _____

SEVENTIES

"Birthdays are great. Statistically, the people that have the most are the ones that live the longest." ~Father Larry Lorenzoni



DENTAL

There are important actions you should take regarding your dental care and oral health including:^{50, 82, 135}

- ◆ Ask your doctor about your medications' side effects that could result in dry mouth & further your risk of tooth decay.
- ◆ Take adequate care and maintenance of your dental implants & dentures to prevent gum breakdown. The increase of good oral self-care will help reduce your chances of periodontal disease.
- ◆ Improve your dental health to increase your quality of life & overall health.
- ◆ If you have a current or past history of periodontal disease, dental check-ups may be required more than twice a year.

VOCATIONAL

Participating in productive activities can slow down your aging process.

- ◆ Stimulating & engaging tasks will preserve your cognitive & physical abilities, as well as delay or reverse declining brain function.⁹²
- ◆ Recreation can play a key role by reducing stress & increasing happiness, while volunteer work has social, emotional, & physical benefits.¹³⁴
- ◆ There is an infinite number of activities you can engage in with others, such as attending a community event, exercising, completing puzzles, & visiting with family & friends.²

Transportation is a necessary part of participation in activities.

- ◆ You must renew your driver's license every 4 years, in person, & a vision test is required.
- ◆ If you do not drive, use the [Louisiana Transit Resource Guide](#) for public transportation information.

FINANCIAL

You should be adjusting the way you spend your money & planning for giving away your money to loved ones when you pass.¹⁴²

Important actions:

- ◆ Re-evaluate & adjust living conditions and spending, based on health and income.
- ◆ Adjust insurance coverage as needed.
- ◆ Assign a legal & health Power of Attorney.
- ◆ Finalize your will, letter of last instruction, & estate plans.

Tips for safe money management:

- ◆ Watch for suspicious activity in back accounts or suspicious signatures on checks & documents.
- ◆ Keep accurate documents about financial matters.¹⁰⁹

Use the [Louisiana Power of Attorney & Health care forms](#).

SPIRITUAL

Addressing spirituality is just as vital to your well-being as medication & comfort.⁵⁹

You are in what Erikson called the "integrity vs. despair" stage of your life.⁶⁹

To connect spiritually:

- ◆ Take time to meditate daily.
- ◆ Create a legacy by writing down, scrapbooking, teaching special skills, or talking about the following questions: What qualities do you hope to pass on? What stories do you want others to know?⁶¹
- ◆ Turn to a spiritual or religious representative for guidance. This may be a pastor, priest, or clergyman.
- ◆ Enhance your existing relationships.⁹

Being open & honest about spiritual needs will allow for greater ability to cope with illness and disability, give you a positive & hopeful attitude, and bring a sense of meaning & purpose into your life.¹³⁸

PHYSICAL

As you age, you might get less sleep each night. You may notice that daytime sleepiness & napping are happening more frequently. Sleep problems can lead to many other issues such as fatigue, depression, & injury.^{64, 68}

Preventing sleep loss:

- ◆ Eliminate daytime napping
- ◆ Exercise and go outside everyday
- ◆ Avoid caffeine and alcohol
- ◆ Relax before laying down in bed
- ◆ Follow a regular routine
- ◆ Only use your bed for sleeping and sexual activity
- ◆ Do not try over-the-counter sleep medications

Many older adults have trouble controlling their bladder, feel like they cannot make it to the toilet in time, or leak urine.^{1, 65}

Preventing urinary incontinence:

- ◆ Do NOT reduce daily water intake
- ◆ Do reduce caffeine intake
- ◆ Perform daily [kegel exercises](#) to strengthen your pelvic muscles
- ◆ Keep a daily [bladder diary](#) of your bladder functions in order to recognize any problems
- ◆ Use nightlights to light up the pathway to the toilet from your bed

COGNITIVE

Having healthy habits in the 80's can help maintain proper cognitive function.^{44, 104}

Important tips:

- Eat a healthy diet
- Take vitamin supplements
- Replace tea/sodas with water
- Make a daily schedule for drinking water

Urinary tract infections (UTI) are common in the older population and can affect your ability to think.^{43, 127}

Signs that you might have a UTI:

- Painful/frequent urination
- Confusion or mental fogginess
- Reddish/Rust color urine

EMOTIONAL

It is important to maintain a positive mental outlook to prevent depression & preserve one's happiness.

Prevent depression by staying active in the community through:^{61, 80, 81}

- Volunteering
- Hobbies
- Time with family & friends

Guard against negative thinking by:⁶¹

- ◆ Keeping a journal
- ◆ Staying positive. Look at the good things in your life.
- ◆ Seeking professional help if you have suicidal thoughts
- ◆ Staying active

VACCINATIONS

- ◆ Pneumonia: Twice in your life if the first dose is given before 65. (Doses must be 5 years apart.)
- ◆ Seasonal flu: Yearly
- ◆ Shingles: Once for adults over age 60.
- ◆ Tetanus: Once every 10 years, but a lifetime dose is available after age of 64

[Recommended Vaccinations for Older Adults](#)

SCREENINGS

- ◆ Blood pressure check: Yearly
- ◆ Bone density scan for osteoporosis: Yearly
- ◆ Cholesterol check: Yearly
- ◆ Colon Screenings: Once every 5 years
- ◆ Dental checkups: Once every 6-12 months
- ◆ Eye and ear examinations: Yearly
- ◆ Fasting blood sugar to check for diabetes: Yearly
- ◆ Pap smear & breast examination for women: As recommended by doctor
- ◆ Prostate test for men: As recommended by doctor
- ◆ Weight and height: Yearly
- ◆ Ask your doctor about an abdominal aortic aneurysm ultrasound if you have smoked more than 100 cigarettes in your lifetime

[Health Screening Guidelines for Older Adults](#)

HEALTH CHECK

Tracking your health (see page 4):

- Date: ____ | ____ | ____
- Blood pressure: ____ | ____ | ____
 - Cholesterol: ____ | ____ | ____
 - Body Mass Index: ____ | ____ | ____

EIGHTIES

REFERENCES

1. Agency for Healthcare Research and Quality. (2012). Non-surgical treatments for urinary incontinence in adult women: Diagnosis and comparative effectiveness. [PDF document]. Retrieved from http://effectivehealthcare.ahrq.gov/ehc/products/169/1021/CER36_Urinary-Incontinence_execsumm.pdf
2. Aleem, A. (2012). Volunteering and psychological health. Retrieved from <http://www.kaplanuniversity.edu/public-service/articles/volunteering-and-psychological-health.aspx>
3. Alzheimer's Association. (2012a). 2012 Alzheimer's disease facts and figures [Web Graphic]. Retrieved from http://www.alz.org/documents_custom/2012_facts_figures_fact_sheet.pdf
4. Alzheimer's Association. (2012b). Prevention. Retrieved from <http://www.alz.org/louisiana/>
5. Alzheimer's Foundation of America. (2012). About Alzheimer's: Statistics. Retrieved from <http://www.alzfdn.org/AboutAlzheimers/statistics.html>
6. American Academy of Neurology. (2012). Language skills in your twenties may predict risk of dementia decades later. Retrieved from <http://www.aan.com/press/index.cfm?fuseaction=release.view&release=744>
7. American Association of Retired Persons. (2012a). AARP home page. Retrieved from <http://www.aarp.org/>
8. American Association of Retired Persons. (2012b). Understanding long-term care insurance: The basis of what you need to know. Retrieved from <http://citationmachine.net/index2.php?reqstyleid=2&mode=form&rsid=5&reqsrcid=APAWebPage&more=yes&nameCnt=1>
9. American Association of Retired Persons. (2012c). Understanding the needs of the dying: At the end of life, faith and spirituality often become very important. Retrieved from <http://www.aarp.org/home-family/caregiving/info-04-2012/caregiving-resource-center-spiritual-needs-dying.html>
10. American Cancer Society. (2012a). Breast cancer overview: Can breast cancer be prevented? Retrieved from <http://www.cancer.org/cancer/breastcancer/overviewguide/breastcancer-overview-prevention>
11. American Cancer Society. (2012b). Cancer prevention and early detection: Facts and figures. Retrieved from <http://www.cancer.org/acs/groups/content/@epidemiologysurveillance/documents/document/acspc-033423.pdf>
12. American Cancer Society. (2012c). Prostate cancer: Early detection. Retrieved from <http://www.cancer.org/Cancer/ProstateCancer/MoreInformation/ProstateCancerEarlyDetection/prostate-cancer-early-detection-acspc-recommendations>
13. American College of Obstetricians and Gynecologists. (2011). Menopause. Retrieved from <http://www.acog.org/~media/For%20Patients/faq047.pdf?dmc=1&ts=20120919T1445069556>
14. American Dental Association. (2012). Brushing your teeth. Retrieved from <http://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth.aspx>
15. American Diabetes Association (2011). Diabetes basics. Retrieved from <http://www.diabetes.org/diabetes-basics/diabetes-statistics/>
16. American Heart Association. (2012). About high blood pressure. Retrieved from http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/About-High-Blood-Pressure_UCM_002050_Article.jsp
17. Anxiety and Depression Association of America. (2012). Facts and statistics. Retrieved from <http://www.adaa.org/about-adaa/press-room/facts-statistics>
18. Benefield, L. E., & Higbee, R. L. (2007). Frailty and its implications for care. Retrieved from http://consultgerirn.org/topics/frailty_and_its_implications_for_care_new/want_to_know_more
19. Better Health Channel. (2012). Retirement: Issues to consider. Retrieved from http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Retirement_issues_to_consider
20. Bonomi, A. E., Anderson, M. L., & Thompson, R. S. (2007). Health outcomes in women with physical and sexual intimate partner violence exposure. *Journal of Women's Health, 16*(7), 987-997.
21. Brigham and Women's Hospital. (2012). Oral cancer checkups protect lives. Retrieved from: <http://healthlibrary.brighamandwomens.org/RelatedItems/1,20470>
22. British Broadcasting Corporation. (2008). Depression risk 'highest in 40s'. Retrieved from <http://news.bbc.co.uk/2/hi/health/7213387.stm>
23. Bureau of Labor Statistics. (2012). Local area unemployment statistics. Retrieved from <http://www.bls.gov/lau/>
24. Carpenter, S. (2001). Sleep deprivation may be undermining teen health. *Monitor on Psychology, 32* (9).
25. Carr, A. (2011). Impacted wisdom teeth. Retrieved from <http://www.mayoclinic.com/health/wisdom-teeth-removal/AN01961>
26. Centers for Disease Control and Prevention. (2007). Five leading causes of deaths among persons ages 20-24, United States. Retrieved from http://www.cdc.gov/violenceprevention/youthviolence/stats_at-a_glance/lcd_20-24.html
27. Centers for Disease Control and Prevention. (2008a). Colorectal (colon) cancer. Retrieved from <http://www.cdc.gov/cancer/colorectal/>
28. Centers for Disease Control and Prevention. (2008b). Louisiana: Burden of chronic diseases [PDF document]. Retrieved from website: <http://www.cdc.gov/chronicdisease/states/pdf/louisiana.pdf>
29. Centers for Disease Control and Prevention. (2009). Heart disease prevention: What you can do. Retrieved from: http://www.cdc.gov/heartdisease/what_you_can_do.htm
30. Centers for Disease Control and Prevention. (2010). 10 Leading Causes of Death by Age Group, United States. Retrieved from http://www.cdc.gov/injury/wisqars/pdf/10LCID_All_Deaths_By_Age_Group_2010-a.pdf
31. Centers for Disease Control and Prevention. (2011a). About BMI for adults. Retrieved from http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html

REFERENCES

32. Centers for Disease Control and Prevention. (2011b). CDC national heart disease and stroke prevention program. Retrieved from http://www.cdc.gov/dhdspp/programs/nhdsp_program
33. Centers for Disease Control and Prevention. (2011c). Division of Oral Health: CDC-Funded states. Retrieved from http://www.cdc.gov/OralHealth/state_programs/cooperative_agreements/index.htm
34. Centers for Disease Control and Prevention. (2011d). Health, United States, 2011: With special feature on socioeconomic status and health. Retrieved from <http://www.cdc.gov/nchs/data/hs/hs11.pdf#fig15>
35. Centers for Disease Control and Prevention. (2011e). Oral health: Preventing cavities, gum disease, tooth loss, and oral cancers at a glance, 2011. Retrieved from <http://www.cdc.gov/chronicdisease/resources/publications/AAG/doh.htm#links>.
36. Centers for Disease Control and Prevention. (2012a). Breast cancer. Retrieved from <http://www.cdc.gov/cancer/breast/>
37. Centers for Disease Control and Prevention. (2012b). Falls among older adults: An overview. Retrieved from <http://www.cdc.gov/homeandrecationalsafety/Falls/adultfalls.html>
38. Centers for Disease Control and Prevention. (2012c). Prostate cancer. Retrieved from <http://www.cdc.gov/cancer/prostate/index.htm>
39. Centers for Disease Control and Prevention. (2012d). Reproductive Health. Retrieved from <http://www.cdc.gov/reproductivehealth/Infertility/index.htm>
40. Centers for Disease Control and Prevention. (2012e). The National Institute for Occupational Safety and Health. Retrieved from <http://www.cdc.gov/niosh/>
41. Centers for Disease Control and Prevention. (2012f). Women's reproductive health: menopause. Retrieved from <http://www.cdc.gov/reproductivehealth/WomensRH/Menopause.htm>
42. Center for Mental Health Services, Substance Abuse, and Mental Health Services Administration. (2010). Building bridges: Suicide prevention dialogue with consumers and survivors [PDF document]. Retrieved from <http://store.samhsa.gov/shin/content/SMA10-4589/SMA10-4589.pdf>
43. Crossley, K., & Peterson, P. K. (1998). Infections in the elderly: New developments. In J. S. Remington & M. N. Swartz (Ed.). *Current Clinical Topics in Infectious Diseases*, 75-100. Malden, MA: Blackwell Science.
44. Culp, K., & Cacchione, P. (2008). Nutritional status and delirium in long-term care elders. *Applied Nursing Research*, 21(2), 66-74.
45. Day One: Building Safe Futures for Youth. (n.d.). About domestic violence. Retrieved from http://www.dayoney.org/dayone/get_informed/about_domestic_violence/
46. Debt.org: America's Debt Help Organization. (2012). What age should I start saving money? Retrieved from <http://www.debt.org/retirement/what-age-should-i-start-saving-money/>
47. Deci, E.L., & Ryan, R.M. (2007). Facilitating optimal motivation and psychological well-being across life's domains. *Canadian Psychology*, 49(1), 14-23.
48. Demyttenaere, K., Bruffaerts, R., Posada-Villa, J., Gasquet, I., Kovess, V., Lepine, J. P., ... WHO World Mental Health Survey Consortium. (2004). Prevalence, severity, and unmet need for treatment of mental disorders in the World Health Organization World Mental Health Surveys. *Journal of the American Medical Association*, 291(21), 2581-2590.
49. DeVault, N. (2010). What is the importance of knowing the BMI? Retrieved from <http://www.livestrong.com/article/258888-what-is-the-importance-of-knowing-the-bmi/>
50. Dolan, T. A., Atchison K., & Huynh, T. N. (2005) Access to dental care among older adults in the United States. *Journal of Dental Education*, 69(9), 961-974.
51. East Carolina Family Practice Center. (2004). What is BMI and why is BMI important? [PDF document]. Retrieved from http://www.ecu.edu/cs-dhs/fammed/customcf/resources/nutrition/what_is_BMI.pdf
52. European Centre for the Development of Vocational Training. (2010). Working and ageing: Emerging theories and empirical perspectives. Luxembourg: Publications Office of the European Union. doi:10.2801/2277
53. Felix, H. C., Adams, B., Fausett, J. K., Krukowski, R. A., Prewitt, E., & West, D. S., (2011). Calculating reach of evidence-based weight loss and memory improvement interventions among older adults attending Arkansas senior centers, 2008-2011. Centers for Disease Control and Prevention. Retrieved from http://www.cdc.gov/pcd/issues/2012/11_0141.htm
54. Frazier, S. C. (2005). Health outcomes and polypharmacy in elderly individuals: An integrated literature review. *Journal of Gerontological Nursing*, 31(9), 4-11.
55. Four stages of financial planning. (2009). Retrieved from <http://eoinlin.hubpages.com/hub/FourStagesFinancialPlanning>
56. Free Money Finance. (2006). Financial planning tips for each stage of life. Retrieved from http://www.freemoneyfinance.com/2006/02/financial_plann.html
57. Fuller, R. C. (2001). Spiritual, but not religious. Retrieved from <http://www.beliefnet.com/>
58. Gerberding, J. L. (2007). Mapping out a brighter future for our nation's older adults: Promoting brain health and preventing cognitive decline. Retrieved from <http://www.cdc.gov/washington/testimony/2007/t20070717.htm>
59. Grant, E. (2004). Spiritual issues and needs: Perspectives from patients with advanced cancer and nonmalignant disease. A qualitative study. *Palliative & Supportive Care*, 2(4), 371-378. Retrieved from <http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=315548>
60. Greenstein, B. (2012). Department of Health and Hospitals: State of Louisiana. Retrieved from <http://www.dhh.louisiana.gov/>
61. Haber, D. (2006). Life review: Implementation, theory, research, and therapy. *International Journal of Aging and Human Development*, 63(2), 153-71.
62. Haederle, M., (2012). Eat to lower your risk of dementia. Retrieved from <http://www.aarp.org/health/healthy-living/info-03-2012/foods-may-lower-dementia-risk-slideshow.4.html>
63. Harvard Business Review. (2010) The management tip: Tips on interviews. Retrieved from <http://hbr.org/web/management-tip/tips-on-interviews>

REFERENCES

64. Health in Aging. (2012a). Aging & health A to Z: Sleep problems. Retrieved from <http://www.healthinaging.org/aging-and-health-a-to-z/topic:sleep-problems/>
65. Health in Aging. (2012b). Aging & health A to Z: Urinary incontinence. Retrieved from <http://www.healthinaging.org/aging-and-health-a-to-z/topic:urinary-incontinence/>
66. Heuberger, R. A. (2011). The frailty syndrome: A comprehensive review. *Journal of Nutrition in Gerontology and Geriatrics*, 30(4), 315-368.
67. Holder, K. A., & Clark, S. L. (2008). Working beyond retirement-age. Retrieved from <http://www.census.gov/hhes/www/laborfor/Working-Beyond-Retirement-Age.pdf>
68. Huang, Y. L., Liu, R. Y., Wang, Q. S., Van Someren, E. J. W., Xu, H., & Zhou, J. N. (2002). Age-associated difference in circadian sleep-wake and rest-activity rhythms. *Physiology and Behavior*, 76, 597-603. Retrieved from <http://www.sciencedirect.com/science/article/pii/S0031938402007333#>
69. International Statistical Classification of Diseases and Related Health Problems. (2010). Mental and behavioral disorders due to psychoactive substance use. Retrieved from <http://www.nihfasthealth.com/goto.php?url=www.mentalhealth.com/p20-grp.html>
70. It's Your (Sex) Life. (2012). The real deal: STD's and Testing. Retrieved from <http://www.itsyoursexlife.com/gyt/stds-testing-the-real-deal/>
71. Jacobi, T. (2005). Keeping track of multiple medications: Polypharmacy in elderly patients. *General Practitioner*, 55-58.
72. Jay, M. (2012). *The defining decade: Why your twenties matter and how to make the most of the now*. New York, NY: Hachette Book Group.
73. Jobs for America's Graduates. (2011). JAG National Network. Retrieved from <http://jag.org/node/19>
74. Julien, S. (2012). How to make yourself indispensable at work. Retrieved from <http://www.aarp.org/work/on-the-job/info-03-2012/make-yourself-indispensable-at-work.html>
75. Kim, Y. S., & Leventhal, B. (2008). Bullying and suicide: A review. *International Journal of Adolescent Medicine and Health*, 20(2), 133-154. Retrieved from http://www.equalitytexas.org/app_themes/images/site/10/pages/10/bullying-suicide.pdf
76. Koepke, D. (2006). Engaging loneliness in older adults. *The Journal on Active Aging*, 54-56. Retrieved from http://www.spiritualityandaging.org/c/document_library/get_file?uuid=333438dd-8066-4c7a-98c3-0c6ec07c27d9&groupId=286195
77. Koepke, D. (n.d.). Physical health and spirituality: A connection. Retrieved from http://www.spiritualityandaging.org/c/document_library/get_file?uuid=e56705b3-1ac3-42f5-a224-065c4b4956c3&groupId=286195
78. Krantz-Kent, R. & Stewart, J. (2007). How do older Americans spend their time? *Monthly Labor Review*, 8-26. Retrieved from <http://www.bls.gov/opub/mlr/2007/05/art2full.pdf>
79. Kutelic, L. (2002). A systems approach: Maximizing individual career potential and organizational success. *Journal of Extension*, 40(2). Retrieved from <http://www.joe.org/joe/2002april/a1.php>
80. Kvamme, J., Gronli, O., Florhomlmen, J., & Jacobsen, B. (2011). Risk of malnutrition is associated with mental health symptoms in community living elderly men and women: The Tromsø study. *BMC Psychiatry*, 11(112), 1471. Retrieved from <http://www.biomedcentral.com/1471-244X/11/112>
81. Lachner, C., Steinle, N., & Regenold, W. (2012). The neuropsychiatry of vitamin b12 deficiency in elderly patients. *The Journal of Neuropsychiatry and Clinical Neuroscience*, 24(1), 5-15. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/22450609>
82. Lamster, I. B. (2004). Oral health care services for older adults: A looming crisis. *American Journal of Public Health*, 94(5), 699-702.
83. Louisiana Dental Association. (2012a). LDA home page. Retrieved from <http://www.ladental.org/lda/index.php>
84. Louisiana Dental Association. (2012b). Public resources. Retrieved from <http://www.ladental.org>
85. Louisiana Youth Works. Offers information to guide career decisions, prepare for jobs, explore educational options. Retrieved from http://www.ednexthorizon.org/assets/pdf/2011_Key_Issues_Long_Report.pdf
86. Louisiana Department of Health and Hospitals. (2010). Louisiana health report card. Retrieved from <http://new.dhh.louisiana.gov/assets/oph/Center-RS/healthstats/HlthRprtCrd2010.pdf>
87. Louisiana Homeowners Resource Center. (2012). Information, education, and advocacy for Louisiana's homeowners. Retrieved from www.lahomeowners.org
88. Louisiana Life Expectancy: Live Longer, Live Better. (2009). Louisiana heart disease. Retrieved from <http://www.worldlifeexpectancy.com/usa/louisiana-heart-disease>
89. Louisiana Office of Student Financial Assistance. (2011). START saving for college: Student tuition assistance and revenue trust program. Retrieved from <http://www.startsaving.la.gov/savings/index.jsp>
90. Louisiana Workforce Commission. (2012). Vocational Rehabilitation. Retrieved from http://www.prd.doa.louisiana.gov/laservices/publicpages/ServiceDetail.cfm?service_id=2857
91. Loveisrespect.org. (2011). Healthy Relationships. Retrieved from <http://www.loveisrespect.org/>
92. Loving Touch Transportation. (n.d.). Loving touch transportation news. [PDF document]. Retrieved from <http://lovingtouchtransportation.com/wp-content/uploads/2012/04/Winter-2012.pdf>
93. Lustig, C., Shah, P., Seidler, R., & Reuter-Lorenz, P. (2009). Aging, training, and the brain: A review and future directions. *Neuropsychology Review*, 19, 504-522. doi: DOI 10.1007/s11065-009-9119-9
94. MacMillan, A. (2011) Study highlights five keys to diabetes prevention. CNN Health. Retrieved from <http://www.cnn.com/2011/09/05/health/five-keys-diabetes-prevention/index.html>
95. Mapping Your Future (2011). Middle and high school students. Retrieved from <http://mappingyourfuture.org/MiddleHighSchool/>
96. Mayo Clinic. (2010). Stress Assessment: Rate your stress level. Retrieved from <http://www.mayoclinic.com/health/stress-assessment/SR00029>

REFERENCES

97. Mayo Clinic. (2011). Relaxation techniques: Try these steps to reduce stress. Retrieved from <http://www.mayoclinic.com/health/relaxation-technique/SR00007>
98. Mayo Clinic. (2012). Sexual dysfunction. Retrieved from <http://www.mayoclinic.com/>
99. Mayo Foundation for Medical Education and Research. (2012). Mild cognitive impairment. Retrieved from <http://www.mayoclinic.com/health/mild-cognitive-impairment/DS00553/DSECTION=tests-and-diagnosis>
100. McLeod, S. (2007). Maslow's hierarchy of needs. Retrieved from <http://www.simplypsychology.org/maslow.html>
101. McLeod, S. (2008). Erik Erikson: Psychosocial stages. Retrieved from <http://www.simplypsychology.org/Erik-Erikson.html>
102. Mental Health America. (2012). Depression in the workplace. National Mental Health Association. Retrieved from <http://www.nmha.org/index.cfm?objectid=C7DF951E-1372-4D20-C88B7DC5A2AE586D>
103. Miller, C. A. (2009). *Nursing for wellness in older adults*. Philadelphia, PA.
104. Molaschi, M., Ponzetto, M., Massaia, M., Villa, L., Scarafioti, C., & Ferrario, E. (1997). Hypernatremic dehydration in the elderly on admission to hospital. *The Journal of Nutrient, Health and Aging*, 1(3), 156-60. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/10995084>
105. Mowat, H. (2005). Ageing, spirituality and health. *Scottish Journal of Healthcare Chaplaincy*, 8, 7-12.
106. MyMoney.gov. (2012a). Life events. Retrieved from <http://www.mymoney.gov/life-events.html>
107. MyMoney.gov. (2012b). Welcome to mymoney.gov. Retrieved from <http://www.mymoney.gov/>
108. National Center for Injury Prevention and Control. (n.d.). Check for safety: A home fall prevention checklist for older adults. Retrieved from <http://www.cdc.gov/ncipc/pub-res/toolkit/checklistforsafety.htm>
109. National Committee for the Prevention of Elder Abuse. (2008). Financial abuse. Retrieved from http://www.preventelderabuse.org/elderabuse/fin_abuse.html
110. National Council on Aging. (2012). United States of aging. Retrieved from www.ncoa.org/UnitedStatesofAging
111. National Dropout Prevention Center/Network. (2012a). Effective strategies. Retrieved from <http://www.dropoutprevention.org/effective-strategies/mentoring/tutoring>
112. National Dropout Prevention Center/Network. (2012b). Top 5 reasons to stay in school. Retrieved from <http://www.dropoutprevention.org/family-student-resources/top-5-reasons-stay-school>
113. National Institute of Dental and Craniofacial Research. (2000). Oral health in America: A report of the Surgeon General, Chapter 10. Retrieved from <http://www.nidcr.nih.gov/DataStatistics/SurgeonGeneral/sgr/chap10.htm>
114. National Institutes of Health. (2007). Eight areas of age-related change. Retrieved from <http://www.nlm.nih.gov/medlineplus/magazine/issues/winter07/articles/winter07pg10-13.html>
115. National Osteoporosis Foundation. (2012). Get the facts on osteoporosis. Retrieved from <http://www.nof.org/node/40>
116. National Sleep Foundation (2011). Teens and Sleep. Retrieved from <http://www.sleepfoundation.org/article/sleep-topics/teens-and-sleep>
117. Nellie Mae. (2005). Undergraduate students and credit cards in 2004: An analysis of usage rates and trends. Retrieved from http://www.nassgap.org/library/docs/ccstudy_2005.pdf
118. Nemours Foundation. (2012). All about orthodontia. Retrieved from http://kidshealth.org/teen/your_body/medical_care/braces.html
119. Nemours Foundation. (2012). TeensHealth from Nemours. Retrieved from <http://kidshealth.org/teen/>
120. Newman, B. (1995). Career change for those over 40: Critical issues and insights. *The Career Development Quarterly*, 44(1), 64-66. doi: DOI: 10.1002/j.2161-0045.1995.tb00529.x
121. Parker, K. (2012). The boomerang generation: Feeling OK about living with mom and dad. Retrieved from <http://www.pewsocialtrends.org/2012/03/15/the-boomerang-generation>
122. Peters, G. (2009). Parents are lifeline for 'boomerang' generation. Retrieved from <http://www.thenational.ae/news/world/americas/parents-are-lifeline-for-boomerang-generation>
123. Peterson, E. A. (2008). Aging gracefully: Reducing the risks of polypharmacy. Retrieved from <http://www.beliefnet.com/healthandhealing/getcontent.aspx?cid=45329>
124. Polanin, J. R., Espelage, D. L., & Pigott, T. D. (2012). A meta-analysis of school-based bullying prevention programs' effects on bystander intervention behavior. *School Psychology Review*, 41(1), 47-65. Retrieved from http://www.eric.ed.gov/ERICWebPortal/search/detailmini.jsp?_nfpb=true&_ERICExtSearch_SearchValue_0=EJ977426&ERICExtSearch_SearchType_0=no&accno=EJ977426
125. Power, A. (2010). Transforming the nation's health: Next steps in mental health promotion. *American Journal of Public Health*, 100(12), 2343-2346.
126. Remedy Health Media. (2010). Your aging brain: What's normal, what's not. Retrieved from <http://www.johnshopkinshealthalerts.com/reports/memory/3435-1.html>
127. Rhoads, J., Clayman, A., & Nelson, S. (2007). The relationship of urinary tract infections and falls in a nursing home. *Director*, 15(1), 22-26. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/19348053>
128. Richards, K. C., Campana, C., & Muse-Burke J. L. (2010). Self-care and well-being in mental health professionals: The mediating effects of self-awareness and mindfulness. *Journal of Mental Health Counseling*, 32(3), 247.
129. Sagon, C., (2011). Stronger muscles, stronger brains. Retrieved from http://www.aarp.org/health/fitness/info-01-2011/stronger_muscles_stronger_brains.html
130. Science Daily. (2009). Language skills in your twenties may predict risk of dementia decades later. Retrieved from <http://www.sciencedaily.com/releases/2009/07/090708181153.htm>
131. Segal, J., & Kemp, G. (2012). Senior nutrition & diet tips: Eating right as you get older. Retrieved from http://www.helpguide.org/life/senior_nutrition.htm

REFERENCES

132. Simon, N., (2008). Walk away from memory loss. Retrieved from http://www.aarp.org/health/brain-health/info-02-2009/walk_away_from_memory_loss.html
133. Six ways to combat depression. (2008). Retrieved from <http://artofbalancedliving.net/2008/10/03/six-ways-to-combat-depression/>
134. Slater, S. (2011). Top 10 senior activities. Retrieved from <http://life.gaiam.com/article/top-10-senior-activities>
135. Slaughter, A. (2006). Providing dental care for older adults in long term care [PDF document]. Retrieved from http://www.nursing.upenn.edu/cisageroTIPS/tlcltc/Documents/10_oral-health-notes-07.pdf
136. Smith, M., Robinson, L., & Segal, J. (2012). Depression in older adults: Recognize the signs and find treatment that works. Retrieved from http://www.helpguide.org/mental/depression_elderly.htm
137. Smith, M., & Segal, J. (2012). Coping with grief and loss: Understanding the grieving process. Retrieved from http://www.helpguide.org/mental/grief_loss.htm
138. Spirituality and aging: How to talk to elderly parents about what's most important. (2012). Retrieved from <http://www.talk-early-talk-often.com/spirituality-and-aging.html>
139. Stevens, J. A., Ryan, G., & Kresnow, M. (2006) Fatalities and injuries from falls among older adults – United States, 1993-2003 and 2001-2005. *CDC Morbidity and Mortality Weekly Report*, 55(45), 1221-1224.
140. Storrie, K., Ahern, K., & Tuckett, A. (2010). A systematic review: Students with mental health problems: A growing problem. *International Journal of Nursing Practice*, 16(1), 1-6.
141. Substance Abuse and Mental Health Services Administration. (2009). Depression among adults employed full-time by occupational category. Retrieved from <http://www.oas.samhsa.gov/2k7/depression/occupation.cfm>
142. Take Charge America, & The University of Arizona. (2010). Life cycle of financial planning: Family economics and financial education. [PDF document]. Retrieved from http://www.thedaleyjournal.com/coursefiles/pftt/Life_Cycle_of_Financial_Planning_info_sheet.pdf
143. The Conference Board, & The Dana Alliance for Brain Initiatives. (2008). Your brain at work: Making the science of cognitive fitness work for you [PDF document]. Retrieved from http://www.dana.org/uploadedFiles/The_Dana_Alliances/Documents/Your%20Brain%20at%20Work%20PDF.pdf
144. The Official Foundation of the American Urological Association. (2011). Pelvic floor muscle (“Kegel”) exercises. Retrieved from <http://www.urologyhealth.org/urology/index.cfm?article=119>
145. Toumi, K., & Nykyri, E. (2001). Promotion of work ability, the quality of work and retirement. *Occupational Medicine*, 51(5), 318-324. Retrieved from <http://occmed.oxfordjournals.org/content/51/5/318.full.pdf.html>
146. ULifeline. (2012). Suicide. Retrieved from <http://www.ulifeline.org/>
147. University of Maryland Medical Center. (2011). Periodontal disease: Prevention. Retrieved from http://www.umm.edu/patiented/articles/how_can_periodontal_disease_be_prevented_000024_6.htm
148. University of Nebraska at Omaha. (2012). Office ergonomics: Self-assessment worksheet. Retrieved from <http://www.unomaha.edu/humanresources/Documents/ergonomicWorksheet.pdf>
149. United States Department of Agriculture. (2012a). Healthy eating tips. Retrieved from <http://www.choosemyplate.gov/healthy-eating-tips.html>
150. United States Department of Agriculture. (2012b). What is physical activity? Retrieved from <http://www.choosemyplate.gov/physical-activity/what.html>
151. United States Department of Agriculture, & United States Department of Health and Human Services. (2010). Dietary guidelines for Americans, 2010. Retrieved from <http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>
152. United States Department of Education. (2012a). FAFSA: Free application for federal student financial aid. Retrieved from <http://www.fafsa.ed.gov/>
153. United States Department of Education. (2012b). Financial awareness counseling. Retrieved from <https://studentloans.gov/myDirectLoan/financialAwarenessCounseling.action?execution=e1s1>
154. United States Department of Health and Human Services. (2011a). Facts about adolescent health in Louisiana [PDF document]. Retrieved from <http://www.hhs.gov/ash/oah/adolescent-health-topics/pdfs/la.pdf>
155. United States Department of Health and Human Services. (2011b). Physical activity. Healthy People 2020. Retrieved from <http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=33>
156. United States Department of Health and Human Services. (2012a). Dementias, including Alzheimer’s disease. Healthy People 2020. Retrieved from <http://healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=7>
157. United States Department of Health and Human Services. (2012b). Oral health. Retrieved from <http://www.healthypeople.gov/2020/LHI/oralHealth.aspx?tab=determinants>
158. United States Department of Health and Human Services. (2012c). Take charge of your health: A guide for teenagers. Retrieved from http://win.niddk.nih.gov/publications/take_charge.htm#f
159. United States Department of Transportation. (2009). Driver distraction in commercial vehicle operations. Retrieved from <http://www.distraction.gov/research/PDF-Files/Driver-Distraction-Commercial-Vehicle-Operations.pdf>
160. United States Preventive Services Task Force. (2010). The guide to clinical preventive services. Retrieved from <http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/guide/guide-clinical-preventive-services.pdf>
161. Screening for impaired visual acuity in older adults: Recommendation statement. *American Family Physician*, 83(2), 185-186. Retrieved from <http://www.aafp.org/afp/2011/0115/p185.html>

162. University of Maryland Medical Center. (2011). Spirituality. Retrieved from <http://www.umm.edu/altmed/articles/spirituality-000360.htm>
163. WebMD. (2012a). Medical tests for your 60s and up. Retrieved from <http://www.webmd.com/healthy-aging/guide/milestone-medical-tests-60-up>
164. WebMD. (2012b). Sexual conditions health center. Retrieved from <http://www.webmd.com/sexual-conditions/default.htm>
165. WebMD. (2012c). Stress management. Retrieved from <http://www.webmd.com/balance/stress-management/stress-management>
166. Weston, L. (2011). Your 20s: Planning pays off richly. Retrieved from <http://money.msn.com/retirement-plan/your-20s-planning-pays-off-richly-weston.aspx>
167. World Health Organization. (2004). Promoting mental health: Concepts, emerging evidence, practice [PDF document]. Retrieved from http://www.who.int/mental_health/evidence/en/promoting_mhh.pdf
168. Yale School of Medicine (2012a). Prevention guidelines for men 18-39. Retrieved from <http://www.yalemedicalgroup.org/stw/Page.asp?PageID=STW022>
169. Yale School of Medicine (2012b). Prevention guidelines for men 40-49. Retrieved from <http://www.yalemedicalgroup.org/stw/Page.asp?PageID=STW022478>
170. Yale School of Medicine (2012c). Prevention guidelines for women 18-39. Retrieved from <http://www.yalemedicalgroup.org/stw/Page.asp?PageID=STW022481>
171. Yale School of Medicine (2012d). Prevention guidelines for women 40-49. Retrieved from <http://www.yalemedicalgroup.org/stw/Page.asp?PageID=STW022482>

This booklet was made for you to use and refer to as often as you need. You may also record questions, resources that you find out about, medical information, and health check information .

NOTES

NOTES

NOTES
