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See participating vendor map on page 14

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TABLE OF CONTENTS

6

**Age well with
the Mill Race
Center**

8

**Arugula and
Avocado
Salad with
Jalapeno
Vinaigrette**

10

**Take These 6
Steps to Get
Your Health
Back On Track**

12

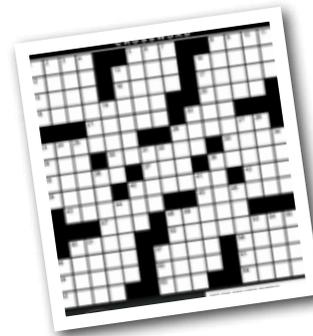
**Is Your Sleep
Apnea Under
Control**

14

Event Map



« **Sudoku
puzzle
PAGE 24**



« **Crossword
puzzle
PAGE 25**

16

**Restoring
Plasticity
Could be the
Secret to
Reversing
Brain Damage**

18

**7 Behavioral
Tips for Older
Adults**

20

**How Technology
Can Help You
Age in Place**

22

**Simple Tips for
Mindful Eating**



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vocational, physical, social, financial, and environmental. In order for us all to age well we must give attention to each of these eight areas. Kick-start your aging well adventure by focusing on the dimension spotlights below!

The annual membership fee is \$80. A system for monthly installments can be arranged, and scholarships are available. This is a GREAT time to become an active member at Mill Race Center!



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Pickled jalapenos and vinegary brine boost avocado salad

BY CHRISTOPHER KIMBALL | CHRISTOPHER KIMBALL'S MILK STREET



One of the best ways to build flavor is layering, or using one ingredient in two ways or at different stages of cooking. Using lemon zest in cake batter, for instance, and the juice in a citrusy glaze. The cooks at Christopher Kimball's Milk Street rely on the technique often, such as when using pickled jalapeños in an arugula and avocado salad. The jalapeños themselves add juicy bursts of bright heat. But the pickling liquid itself also is a potent ingredient. Mixing $\frac{1}{4}$ cup of the liquid into the vinaigrette boosts the flavor and acidity without needing additional vinegar.

Along with the avocado, pumpkin seeds offer enough richness to make the salad a light main course, or pair it with sliced grilled skirt steak or hearty grains such as barley, farro or quinoa.



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ARUGULA AND AVOCADO SALAD WITH JALAPEÑO VINAIGRETTE

Ingredients

- 3 to 4 tablespoons pickled jalapeño slices, chopped, plus ¼ cup pickling liquid
- 2 tablespoons extra-virgin olive oil
- Kosher salt and ground black pepper
- 4 cups lightly packed baby arugula
- 3 radishes, halved and thinly sliced OR ½ English cucumber, halved lengthwise and thinly sliced
- 1 cup lightly packed fresh cilantro OR 4 scallions, thinly sliced on the diagonal
- ¼ cup pumpkin seeds, toasted
- 2 ripe but firm avocados, halved, pitted, peeled and sliced

Directions

In a large bowl, whisk together the jalapeños and their liquid, the oil and ¼ teaspoon pepper. Add the arugula, radishes, cilantro and half of the pumpkin seeds, then toss. Season with salt and pepper. Fold in the avocado. Transfer to a serving bowl, then sprinkle with the remaining pumpkin seeds.

Start to finish: 15 minutes

Servings: 4

EDITOR'S NOTE: For more recipes, go to Christopher Kimball's Milk Street at 177milkstreet.com/ap

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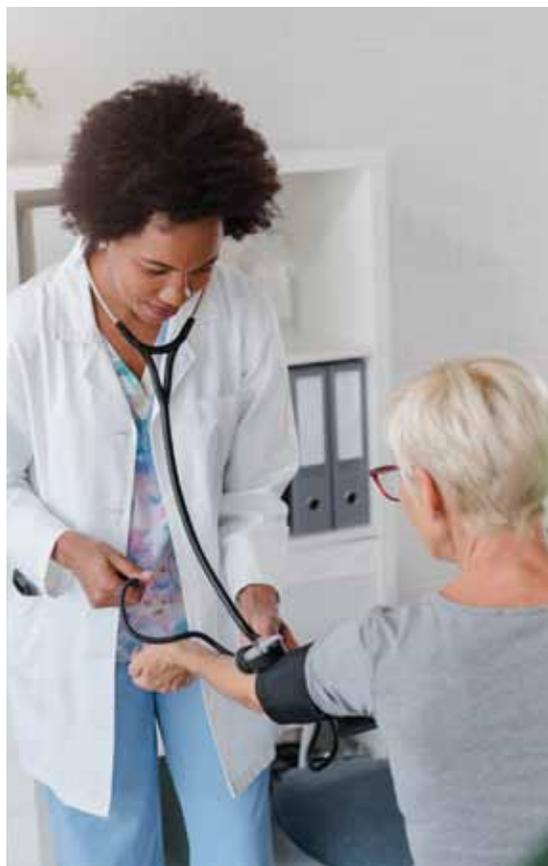
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Take These 6 Steps to Get Your Health Back on Track

STORY BY STATEPOINT | PHOTO BY ADOBESTOCK



Since the start of the pandemic, Americans have been postponing routine care. With more Americans vaccinated against COVID-19, medical experts are urging patients to return to routine health care and get caught up on delayed or foregone preventive health screenings.

“While we know that prevention is the best medicine, the pandemic has caused many Americans to delay important routine health services vital to keeping themselves and their families healthy, particularly critical immunizations and preventive cancer screenings. We urge everyone to get up to date on their routine health care needs,” says Gerald E. Harmon, M.D., president of the American Medical

Association (AMA).

According to the AMA, you and your family should take these six steps to get your health back on track:

1. GET SCREENED: Estimates based on statistical models show that since April 2020, 3.9 million breast cancer, 3.8 million colorectal cancer and 1.6 million prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. Check in with your health care provider. If you’re due for preventive care, tests or screenings, make an appointment.

These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.

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2. DON'T WAIT: An estimated 41% of adults with one or more chronic health conditions reported delaying or forgoing health care since the pandemic started. Additionally, one in three of those adults reported that doing so worsened one or more of their health conditions or limited their abilities to work or perform other daily activities. Whether you have a chronic health condition or not, don't wait until something is wrong before seeing a doctor. If something does feel off, schedule an appointment with your doctor as soon as possible.

3. CONSIDER TELEHEALTH: If you're uncomfortable or unable to go in person to your physician's practice, check on telehealth options, which have greatly increased over the past two years.

4. VISIT YOUR PEDIATRICIAN: During the pandemic, pediatric immunizations decreased. As public health measures are

rolled back, people gather in groups, and traveling resumes, non-COVID-19 infections that decreased during the pandemic are likely to increase again. Well-child visits and recommended vaccinations are essential to helping ensure children stay healthy and protected from serious diseases. If your child is due for a check-up, schedule one immediately.

5. GET VACCINATED: Adolescents and adult immunizations also sharply declined during the pandemic and an estimated 26 million recommended vaccinations were missed in 2020 as compared to 2019. Get up to date on vaccinations, including the COVID-19 vaccine. Everyone who's eligible for the COVID-19 vaccine, including booster doses, should get vaccinated as soon as possible to protect themselves and their loved ones. If you have questions, speak with your physician and review trusted

resources, including getvaccineanswers.org.

6. DON'T NEGLECT MENTAL HEALTH: While mental health screenings via digital health tools are up, routine care for mental health is down. Approximately 52% of adults with mental health conditions delayed or forewent care since the pandemic began. Given the adverse effects the events of the past two years have had on mental health, such as increasing anxiety, depression and loneliness, it's especially important to prioritize this aspect of your health now.

For more resources, visit ama-assn.org. "We encourage everyone to contact their trusted medical professional to schedule their annual physical and other vital care to help prevent serious health repercussions that could potentially last long past the pandemic," says Dr. Harmon.

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Is Your Sleep Apnea Under Control?

STORY BY STATEPOINT | PHOTO BY ADOBESTOCK



High-quality sleep is fundamental to your health and happiness. However, for the 10-30% of U.S. adults living with sleep apnea, a good night's rest is not guaranteed.

Obstructive sleep apnea is a respiratory condition where airways narrow during sleep, causing short periods when you're not breathing. Incredibly common, it's estimated that there are millions of Americans with undiagnosed and untreated sleep apnea. Uncontrolled sleep apnea is associated with a number of challenging symptoms, including Excessive

Daytime Sleepiness (EDS). This symptom, which can linger even after one begins being treated for sleep apnea, is often described as feeling excessively drowsy. If you experience EDS, you might even fall asleep when you shouldn't. For example, sleepiness at work or while you're watching kids, along with drowsy driving, could put you and others at an increased risk of accidents and injury.

Not everyone being treated for sleep apnea experiences complete symptom relief. This is why the American Lung Association, with support from

Jazz Pharmaceuticals, is encouraging the public to recognize their own or a loved one's sleep challenges.

"The first step to better sleep is to share your unresolved symptoms with your healthcare provider. If you are diagnosed with sleep apnea after participating in a sleep study, your doctor will work with you to manage the condition," says Dr. Atul Malhotra, a board-certified pulmonologist, intensivist and research chief of Pulmonary, Critical Care and Sleep Medicine at UC San Diego.

Dr. Malhotra recommends setting

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up a follow-up appointment within three months after you begin treatment — or sooner if problems arise, and then on an annual basis after that.

“Unfortunately, some patients continue to experience lingering symptoms,” says Dr. Malhotra. “It’s important to address these concerns with your doctor.”

You’ll know if your treatment is working based on how you’re feeling. Are you less sleepy during the day? Do you have higher energy levels? Does your bed partner notice less

snoring, gasping or sleep disruptions? To help your doctor understand what you’re experiencing at your appointment, it’s important to distinguish fatigue, which is a lack of energy, from sleepiness, which is an inability to stay awake.

For more information about sleep apnea and EDS visit lung.org



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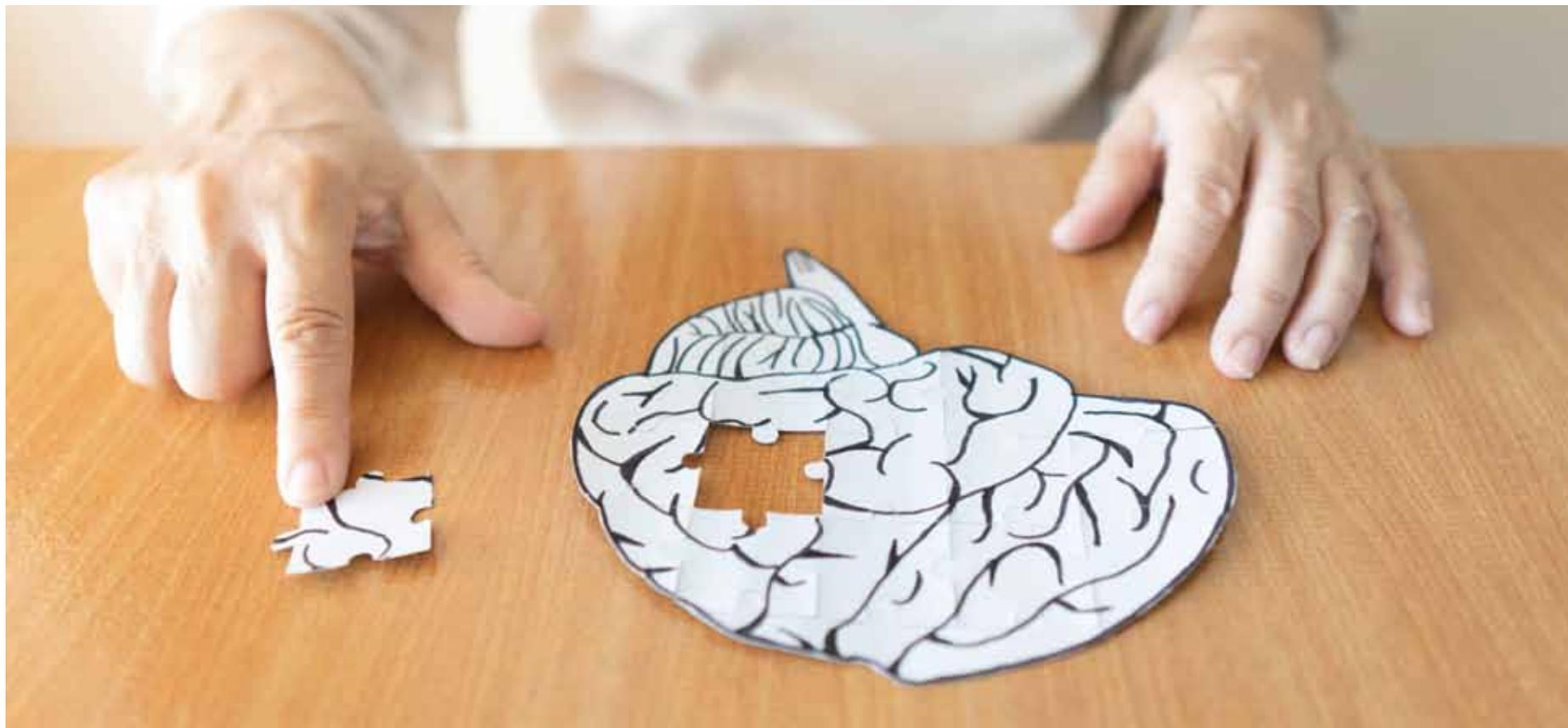
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**SENIOR
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FRIDAY, AUG. 26
10 AM - 2 PM



Restoring Plasticity Could Be The Secret To Reversing Brain Damage

STORY BY NAPS | PHOTO BY ADOBESTOCK

For the world's leading neuroscientists, unlocking the brain's capacity to stimulate neural plasticity has become something of a Holy Grail.

That's because enhancing plasticity is perhaps the most important step towards repairing central nervous system (CNS) damage. In fact, it can have a profound impact across multiple neurological functions, including improving motor, sensory and cognitive abilities such as memory.

People marvel at how children are able to learn things so quickly and easily. This ability is mediated by their

brains' nimble neural plasticity. Neuroscientists once believed that neuroplasticity manifested predominately during childhood. However, research in the mid-20th century demonstrated that many aspects of the brain can be altered, even in adulthood. Still, the developing brain has a significantly higher degree of plasticity than the adult brain.

The human brain consists of enormous networks of neurons. They act as messengers that use electrical impulses and chemical signals to transmit information between different

areas of the brain, and between the brain and the nervous system. Even a very simple task, such as standing or sitting, typically involves millions of interconnected neurons. Damage to these interconnected systems can be catastrophic.

Enhancing plasticity could be a potential treatment option for any condition where there is extensive damage to CNS tissue. Enhancing plasticity results in 'axonal sprouting' – a process where surviving neurons produce fine collateral sprouts from

the intact remaining axons. In other words, healthy surviving neurons become fortified and form new connections in areas of the brain or spinal cord where most neurons are damaged or have died.

“Regeneration of damaged neurons, along with sprouting, together lead to plasticity,” says Dr. Jerry Silver, a professor in the Department of Neurosciences at Case Western Reserve University’s School of Medicine and co-inventor and advisor at NervGen Pharma. “Medical science already knows how to promote axonal regeneration, which involves getting neurons to grow across an injury site. But what’s also needed to ensure significant recovery is sprouting.”

Dr. Silver discovered the novel peptide—NVG-291—which has been shown in animal studies to promote plasticity.

NervGen is developing NVG-291, the novel drug candidate that could revolutionize treatment for conditions associated with central nervous system damage, including Alzheimer’s disease. It promises to be a world’s first—a drug candidate that appears to be able to unlock the central nervous system’s ability to repair itself. Medical science will learn if NVG-291 is a prospective wonder drug by 2023 when Phase 2 clinical trials are expected to be well underway.

Existing drugs can only limit or contain the extent of the damage that is the root cause

of the world’s hardest to treat neurodegenerative diseases. For instance, existing drug therapies that target Alzheimer’s disease – the most pervasive of them all – have only succeeded in marginally decelerating its progression. This offers little comfort to the afflicted or to their loved ones.”

NVG-291 presents a new paradigm for treating Alzheimer’s disease,” said Dr. George Perry, Editor-in-Chief of the Journal of Alzheimer’s Disease and member of NervGen’s Alzheimer’s Clinical Advisory Board. “Nobody else in medical research is taking this same approach. It is essentially enabling the brain to repair itself.”

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7 Behavioral Health Tips for Older Adults

STORY BY STATEPOINT | PHOTO BY ADOBESTOCK

Older adults experiencing a behavioral health issue such as anxiety or depression may be embarrassed and think they simply need to “pull themselves up by their bootstraps,” but helping them seek help can empower them to live their best lives, according to experts.

“Everyone is different, but there are tools for better health, including therapy, medication and self-care,” said Dr. Lindsay Evans-Mitchell, medical director for behavioral health for Cigna Medicare Advantage.

Behavioral health disorders affect one in

five adults over 55. Older men have the highest suicide rate of any age group or gender. Among men who are 75 and older, the suicide rate is 40.2 per 100,000 – almost triple the overall rate.

The most common behavioral health disorder in older adults is dementia, and its incidence is growing as the Baby Boomer generation ages. Experts project that more than 9 million Americans 65 years or older will have dementia by 2030. Anxiety disorders and mood disorders are also common among older people.

Dealing with a behavioral health issue? These self-care tips can help:

1. FIND A PROVIDER. “Cognitive disorders, such as dementia and mood disorders, often look the same,” Dr. Evans-Mitchell said. “Only a trained professional can make an accurate diagnosis.” For help finding a provider, reach out to your primary care physician or health plan, such as Medicare or Medicare Advantage. Also consider virtual therapy. It’s easy to schedule and offers the convenience of seeing a therapist without leaving home.

2. NURTURE YOURSELF. Good nutrition feeds the body and mind. If you have questions about nutrition for older adults, consult your physician or a registered dietitian. Additionally, drink water throughout the day. “Dehydration can worsen cognitive issues,” Dr. Evans-Mitchell said.

3. SLEEP WELL. Like all adults, older people need seven to nine hours of sleep nightly. Dr. Evans-Mitchell noted that older people’s tendency to go to bed early, wake up early, and nap throughout the day can disrupt healthy sleep cycles and limit rapid eye movement (REM) sleep, potentially contributing to behavioral health issues.

4. EXERCISE. Even moderate exercise can improve mental and physical health. The Physical Activity Guidelines for Americans describes benefits such as improvements in

brain health, better cognitive function, and reduced risk of anxiety and mood disorders. People who exercise also tend to sleep better. Having trouble getting started? Some Medicare Advantage plans include a fitness benefit, which can pay for a gym membership or provide at-home fitness tools.

5. HEAD OUTSIDE. Being outside has numerous benefits, including vitamin D absorption needed for cognitive health. Additionally, research has shown that chemicals released from trees can stimulate brain functions. Don’t forget the sunscreen though, as skin cancer is most common in people older than 65.

6. BUDDY UP. Papa, available through some Cigna Medicare Advantage plans, connects older adults and their families with “Papa Pals” for companionship and support.

“Papa Pals” can provide transportation, help with everyday tasks -- or simply be a friend, doing activities like watching movies or playing games.

7. PARENT A PET. Caring for pets generates positive emotions and can reduce anxiety. Just petting a dog has been shown to lower levels of the stress hormone cortisol, and pets provide a bond that can elevate two feel-good brain chemicals: oxytocin and dopamine. Dogs also encourage people to exercise outdoors.

“Behavioral health issues can be complex and confusing to navigate, but taking positive actions can be empowering,” Dr. Evans-Mitchell said. “It’s never too late to make a new start.”



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How Technology Can Help You Age in Place



STORY AND PHOTO BY STATEPOINT

By 2030, almost a quarter of the American population will be over the age of 65, up from 16% in 2020, creating a situation that's going to drive greater demand and greater pressure on the care industry. In addition to a larger workforce and more financial resources, new technologies also have the potential to help solve the problems created by this seismic demographic shift.

According to experts, Artificial Intelligence (AI) and Machine Learning (ML) are already among the key components of new technologies providing improved quality of life for those who want to continue living independently at home.

"While AI and ML have transformed other

industries, adaptation has been slow in the care industry, but we're working to change that," explains Chia-Lin Simmons, chief executive officer of LogicMark, (NASDAQ: LGMK), which manufactures personal emergency response systems (PERS), health communications devices and remote care and activity monitoring technologies to create a Connected Care Platform, and recently incorporated two-way voice communication technology into its medical alert pendant.

To help you live safely and comfortably in your home in the years to come, Simmons offers a few strategies for using the newest technology to your advantage:

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- Automatic pill dispensers can help ensure you never miss a dose or take too much medication. Depending on your needs, you may need to look for a solution offering both visual and audio notifications, or one suited for those with

limited dexterity.

- Motion-sensing lighting can make nocturnal trips to the bathroom – common in one’s golden years – much safer, helping to reduce the risk of dangerous trips and falls. Many lighting options plug directly into outlets, while others are battery-operated and can be installed anywhere. Be sure to include these fixtures in bedrooms, hallways and bathrooms. “True independence must be accompanied by peace of mind for you, your family and your caregivers,” says Simmons. “By adopting new technologies, you can help create a virtual safety net, enabling you to stay at home while living in a safe environment and providing piece of mind to your loved ones.”

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Simple Tips for Mindful Eating

STORY AND PHOTO BY STATEPOINT



Mindful eating doesn't have to be restrictive and you don't have to give up your favorite foods.

"Simply incorporating more foods that are crafted with integrity and align with your values into your day-to-day eating can go a long way toward helping you feel your best," says Kara Lydon, a registered dietitian nutritionist. As an intuitive eating counselor, Lydon advises people to stop looking at food as "good" or "bad" and instead, listen to their bodies and eat what feels best in the moment.

With those principles in mind, here are a few simple choices you can make to nourish your body and enjoy your food.

SNACK SMART

Snacking can keep you satiated between meals and help you regulate your blood sugar and energy levels. It can also be an opportunity to take in essential vitamins and nutrients. Common processed snack foods are often loaded with sodium, added sugars and trans fats. Try these wholesome alternatives: Greek yogurt with raw honey, hummus with carrot and celery sticks, apple slices with peanut butter, edamame, egg and cheese bites, nuts or fruit salad.

CHOOSE GRASS-FED DAIRY

In conversations about healthy eating, dairy products sometimes unfairly get a bad rap. But dairy actually has essential nutrients that can be incorporated into a well-rounded daily diet. Lydon says that it's helpful to be intentional with your choices. The next time you visit the dairy aisle, take a closer look at the

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labels and search for the term “grass-fed.”

“Grass-fed cows produce dairy with significantly higher concentrations of beta-carotene and certain fatty acids, including conjugated linoleic acids and a more optimal omega-3/omega-6 ratio,” says Lydon. “These nutrients play key roles in disease prevention, mood regulation, cognitive function and more.”

Grass-fed dairy not only tastes better and is healthier for you versus grain-fed dairy, it’s often more humanely produced. Check out brands committed to farming practices that are good for people, animals and the planet, like Truly Grass Fed. The premium brand of Irish dairy products makes cheese and butter that is always non-GMO, growth hormone rBST-free, and antibiotic free. Its cows live their best lives outside grazing on green grass maintained using regenerative farming practices. To learn more and find wholesome recipes, visit trulygrassfed.com.

GROW AT HOME

If you have the space, consider starting a small garden in your yard or even indoors on your kitchen counter. Growing your own food is sustainable and can help you connect more deeply to what you feed your family. What’s more, being able to harvest produce at its peak means more nutritional value and flavor per bite. If you’re feeling overwhelmed by the prospect of growing plants from seeds, start by buying a few pots of herbs, such as basil, chives and mint. These can be found at many grocery stores. They’re relatively easy to maintain, and can instantly add zest to salads, soups and other meals.

Better eating should never feel like a sacrifice or leave you feeling hungry. The good news is that wholesome, healthier-for-you choices that nourish the body and soul abound today.

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

SOLUTION ON PAGE 26

If you or a loved one are displaying any of these early warning signs of mobility impairment, let's talk.

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- Has fallen at least once in the past year
- Unstable gait, posture or balance
- Trouble standing from a chair or toilet
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- Inaccessible areas or levels of the home or areas that are avoided due to mobility issues

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Crossword Theme: American History 101

CROSSWORD														
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ACROSS

1. Frill on a blouse
6. Consumed
9. Tooty freshwater fish
13. *Site of famous Texas Revolution battle
14. "Losing My Religion" band
15. Opposite of crazier
16. Marine polyp
17. "____ Te Ching", book
18. Gastric woe
19. *First Catholic President
21. *Underground Railroad conductor
23. Knot-tying vow (2 words)
24. Cold transmitter
25. Definite article
28. Popular fairy tale beginning
30. Woody tissue
35. X-ray units
37. Women in habits
39. It follows eta
40. Quantity of measurement
41. Crosswise, on deck
43. Old flames
44. Carryalls
46. Pavarotti's song
47. European money
48. Hairy, of plants and animals
50. Charitable contribution
52. Wrath, e.g.
53. American Girl, e.g.
55. Life story, for short
57. *Louisiana Territory's previous owner
60. *Infamous 1995 Oklahoma City event
64. Olympic torch, e.g.
65. Toni Morrison's "____ Baby"
67. The press

68. Fake duck, e.g.

69. "Home of the brave"
70. Choose by a vote
71. Stink to high heaven
72. Third degree
73. Hazards

DOWN

1. "Boxed" clown
2. Burn-soothing plant
3. Owl's hangout
4. Saudi neighbor
5. Canadian city on Lake Erie
6. Bohemian
7. *1773 cargo overboard
8. Bring character to life
9. Rodeo Drive tree
10. Machu Picchu builder
11. Hiking sandals manufacturer
12. Make a mistake
15. Hand over
20. Ritchie Valens' 1958 hit
22. Modern address
24. *Grant, Patton or Sheridan
25. **"Ain't I a Woman?" speaker
26. Capital of Vietnam
27. Marks on a manuscript
29. *Bay of Pigs location
31. Clarified butter
32. Connection in a series
33. Wombs
34. *Dixon's partner
36. Dance move
38. Go yachting

SOLUTION ON PAGE 26

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