

WHAT TO DO WHEN YOUR SPOUSE RETIRES

**OVERCOMING** ROADBLOCKS TO HEALTHY **EATING** 

**ICEBREAKERS** TO USE WITH **GRANDKIDS** 

WHAT IS COGNITIVE **BEHAVIORAL** THERAPY

A publication of the

Fort Bend & Herald



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Issue 5 / Fall 2019



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Printed in the USA by Fox Print Services, igofox.com

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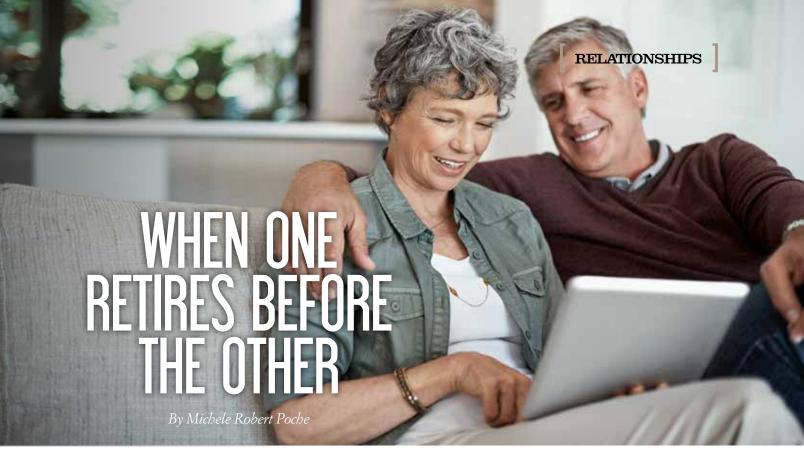
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etirement comes at different ages for everyone. For some, it's planned and anticipated years in advance. For others, it comes on suddenly due to changes in the workplace. In any event, the likelihood that one partner in a relationship will retire before the other is a very real one. Being considerate and open to compromise will help the transition be much smoother for both parties.

Spend time together.
Retired spouses can feel left behind if working spouses don't make time for them. Decide on something to do together then stick to it Try a

weekly movie date, every other Tuesday at your favorite restaurant.

2. Retired spouses should maintain outside relationships with old and new friends, or they will become too dependent on the working spouse. Both partners should connect with others on a regular basis.

Respect each other's schedules. While working spouses are still following the same schedule, retired spouses may now want to sleep in or wake for a daily 5 am yoga class. When possible, go to bed at the same time so you can unwind from the day together.

When possible, go to bed at the same time so you can unwind from the day together.

Negotiate the responsibilities. Just because one spouse is home more frequently doesn't mean he or she should be expected to take on 100% of the household duties. Discuss and agree upon an arrangement where both parties are satisfied.

Adjust to the new budget gradually. When both parties retire simultaneously, the financial shift is drastic. Both partners should be mindful of their spending as the new balance is established.



## Outdoor Activities



you have an experienced friend to guide you through the set up.

**4** Corn Maze. If you like to walk, a corn maze is the perfect outdoor activity for you. If you're not too chicken, there are plenty of haunted corn mazes around Halloween.

**⑤** Pick a pumpkin. It's the perfect time of year to carve pumpkins into jack-o'-lanterns. Even perusing a pumpkin patch for the perfect squash is fun, and your grandkids will especially love this activity. While you're at it, invite the whole family and get some great photos! **②** 

Just because spring and summer are over doesn't mean you have to stay inside! Here are some great outdoor activities to keep you and the family active this fall:

• Hiking. No matter where you live, there are likely some hiking trails close by. Check around your area for a state or national park or a lake to walk around. Getting away from your cell phone and engaging in light cardio will elevate your mood, relieve stress and provide a

number of other health benefits.

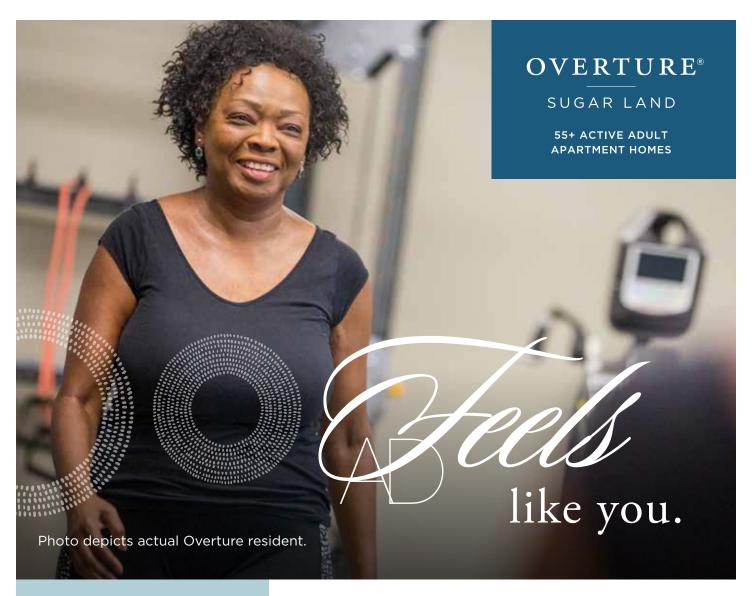
**2** Hayrides. Bring back fond childhood memories with a hayride! This might be a fun one to share with the grandkids or a good friend. Just make sure you dress warm to account for the wind chill.

Tailgating.
Whether it's for your grandchild's high school football game or the nearest NFL team. Plan out what you, your friends and family should bring: chairs, tents, ice chests, grills, food and beverages. It helps if









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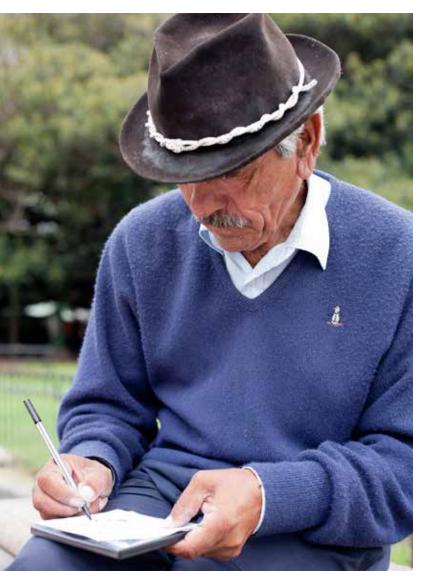
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#### FEATURE



## WRITING PROMPTS TO PASS ON YOUR FAMILY HISTORY

By Liz McGehee

Writing is a relaxing activity that stimulates the mind and helps prevent memory loss. It's also a great way to document and preserve your lineage. If you don't have a computer or just prefer to write by hand, purchase a large, durable journal or tape recorder. Try to write at least once a week.

#### If you're having trouble getting started, these prompts might get your creative juices flowing:

- **1.** What year were you born in and in what city?
- **2.** Describe the personalities of your family members.
- **3.** Of all the things you learned from your parents, what do you valuable most?
- **4.** What do you know about your family surname?
- 5. Is there a naming tradition in your family, such as always giving the firstborn son the name of his paternal grandfather?
- **6.** Are there any physical characteristics that run in your family? Curly hair or big noses?
- **7.** Are there any special heirlooms, photos, bibles or memorabilia that have been passed down?
- **8.** What stories have come down to you about your parents? Grandparents? Distant relatives?
- **9.** Are there any stories about famous or infamous relatives?
- **10.** Did you inherit any physical or personality traits from your parents?
- **11.** What recipes have been passed down to you?
- **12.** Where is our family originally from?
- **13.** How did we get to be located where we are today?
- **14.** What was it like when you were growing up compared to now?

- **15.** What kind of games did you play?
- **16.** What did you want to do when you grew up?
- **17.** What was your profession, and how did you choose it?
- **18.** How did you meet your spouse? How did you know you were in love?
- **19.** List 10-20 facts most people don't know about
- **20.** Did you ever get in trouble as a teenager, and how did your parents react?
- 21. Did you have a pet?
- **22.** Who taught you how to drive?
- **23.** What big world events do you remember from when you were growing up?
- **24.** What was your favorite toy where you were a kid?
- **25.** How has fashion changed?
- **26.** What is your most embarrassing moment?
- **27.** What was your religion growing up?
- **28**. If you could go anywhere in the world right now, where would it be?
- **29.** What accomplishments are you most proud of?
- **30.** What is the one thing you want people to remember about you?



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By Anja Springthorpe

Age-related eye conditions such as dry eye syndrome, macular degeneration or cataracts are leading causes of impaired vison and blindness in older adults. Just as regular check-ups are important to maintain healthy eyes, nutrition also plays a significant role in delaying or preventing eye problems.

• Lutein and zeaxanthin.

These are compounds found in leafy green vegetables. According to studies, lutein and zeaxanthin protect the retina from damage by ultraviolet (UV) light. UV damage is correlated with macular degeneration and premature loss of vision. Foods such as kale, spinach, Swiss chard, mustard greens, turnip greens and collard greens are excellent sources of lutein and zeaxanthin.

• *Omega-3 fats*. Research suggests that omage-3 fats support well-functioning ing risk of dry eye syndrome, high eve pressure or glaucoma. Omega-3 fats also reduce inflammation, supporting eye health in conditions such as diabetes-associated retinopathy. Choose oily fish (mackerel, salmon, sardines) 2-3 times per week. This includes seeds, nuts and seed/ nut oils (walnut, flaxseed, Chia seeds, sesame seeds) daily.

• Antioxidants. Found in abundance in fresh fruit and vegetables, antioxidants protect eyes from damage by free radicals. Free radicals are highly unstable compounds produced in response to pollution, chemicals, ultraviolet light exposure or medical conditions. Free radicals can induce irreparable damage to eve tissue. Antioxidants are

able to combat these damaging compounds, reducing risk of eye problems or loss of vison. Aim for at least 5 servings of fresh fruits or vegetable per day.

• Beta-carotene. This orange pigment is found in fruits and vegetables. It is now well established that beta-carotene is important for eye health. By protecting the structure of the cornea, the outer layer of the eye, beta-carotene reduces risk of dry eye and macular degeneration. Orange fruits and vegetables are good sources of beta-carotene. Eat carrots, squash, sweet potatoes or cantaloupe melon at least twice per week.

Aim for at least 5 servings of fresh fruits drainage of the eye, reducor vegetable per day.



By Liz McGehee

#### CRUST INGREDIENTS

- 2 pounds cauliflower florets, riced
- 1 egg
- 1/3 cup parmesan cheese
- 1 tablespoon oregano
- 2 cloves garlic, minced
- Pinch of salt

#### PIZZA TOPPINGS

- 10 slices of butternut squash, thin
- 3 cloves of garlic, sliced thin
- Olive oil, drizzled
- 1 handful basil, chopped
- 1/3 cup mushrooms, sliced
- 1/3 red onion, chopped
- 1/3 cup of goat cheese
- Additional cheese

#### **DIRECTIONS:**

• If you can't find premade cauliflower

dough or pre-minced florets, you will need a food processor to recreate the texture of rice.

- Next, boil your veggie rice 4-5 minutes. Drain and place on an absorbent towel.
- **3** Preheat oven to 400 F.
- Mix egg, parmesan, minced garlic, spices and cauliflower as much as possible.
- **❸** After laying down parchment paper, press dough onto a baking sheet and place in oven for 35 minutes.
- **6** Once the crust is firm and golden in color, evenly distribute your pizza toppings over the entire crust. Place back in oven and bake for 10 minutes. Make sure not to burn your cheese.
- **3** Serve and enjoy!

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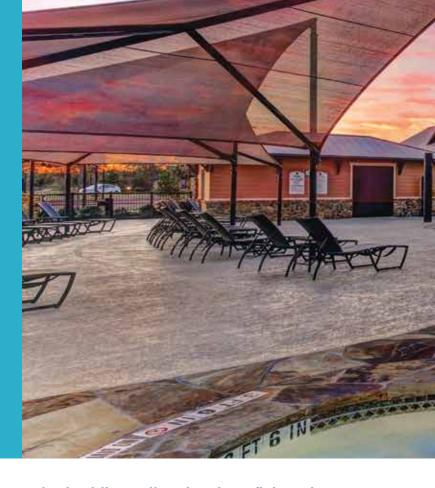
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## BALLROOM Dacing By Liz McGehee

Want an exercise that doesn't feel like exercise? Ballroom dancing is exactly what you're looking for.



"Ballroom dancing" conjures images of extravagant gowns and jewel encrusted tiaras reminiscent of 15th century Europe. While this was a sport for Europe's elite aristocrats, it's since become a favorite American pastime.

Don't believe me? Just turn on the television. By now you've probably seen an episode or two of ABC's enormously successful, "Dancing with the Stars" – a televised dancing competition and proof of ballroom dancing's popularity.

The great thing about taking up this exercise is that it also serves as a creative outlet, and it doesn't feel like work. Plus, you'll constantly meet new people along the way.

Beginner classes typically include the Waltz, Tango, Cha Cha, Rumba, Salsa, Swing, Foxtrot and Merengue. Some of these classes will require you to bring a partner so make sure you look into it before you show up. In any case, you want to find someone to practice with outside of the classroom.

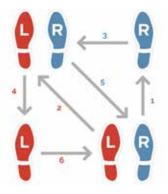
Keep in mind that the most important part of these dances are the steps. Make things easy on yourself and begin with dances that use a simple box step. Individual dances will use different counts and parts of the body to complete the box step, but they all follow the same foot placement.

The Lead moves forward left, side right, close the feet, back right, side left, close the feet. The Follow moves back right, side left, close the feet, forward left, side right, close the feet. Try to focus on nailing these down and then you can move on to body position and improving your technique.

Here are some beginner box steps for the classic Waltz, Foxtrot and Rumba:

#### WALTZ

To do the Waltz you and your partner will need to create a box on the dance floor in two 3-counts – 1-2-3, 1-2-3. To make things easier, place the following box steps on the floor with printouts or chalk beforehand:

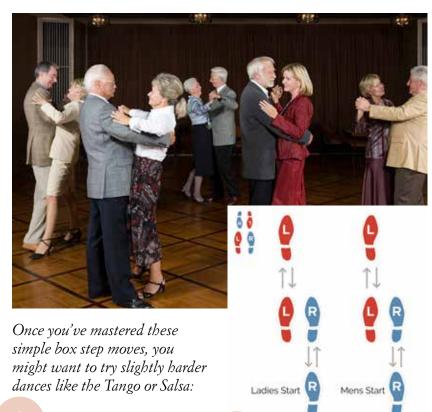


#### FOXTROT

The Foxtrot is a basic tango rhythm from the 1910s. For this dance, you will use 8 beats, brushing or tapping on 2 and 6 – step, brush, side, together, step, brush, side, together. As you can see, the Rumba steps are pretty simple, so this is a great dance for beginners.

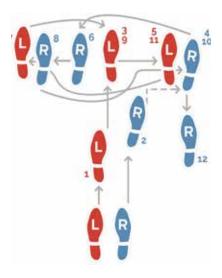
#### **RUMBA**

The Rumba is a Cuban and Latin-style dance that employs the same box step seen in the Waltz and Foxtrot. But in the Rumba, there is a hip action on the 2 and 6, rather than the brushing or tapping of the feet seen in the Foxtrot. And the first step takes 2 beats while the last two steps take one beat each – slow...quick quick...slow...quick quick.



#### **TANGO**

More challenging than the 1-2-3 pace of the Waltz, Tango steps move slow...slow...quick-quick-slow... The lead will start forward using the left foot while the follow steps back with the right foot. Once you master the following steps, you can work your way up to more challenging versions of this dramatic dance.



#### SALSA

A blend of Latin and Afro-Caribbean dances, the Salsa has some of the easiest steps for beginners – 6 steps over 8 counts of music.

Practicing at home will certainly improve your dancing skills, but if you're more of a visual or hands-on learner you should seek out a class in your community. Not sure where to find one? A simple way of finding ballroom dance groups is searching the web. Sites like Meetup.com, Google and local forums are a great place to start. You can even download an app to easily discover local groups on your phone.

Another thing you can do is search Youtube.com for free tutorials or to see how a dance move should be carried out. Dancing is a joyous activity that lets you have fun and improve your health at the same time – so get moving!



### OVERCOMING ROADBLOCKS TO

Healthy Eating

By Anja Springthorpe

Nutrition is important for all ages, including older adults. It is well established that a healthy, balanced diet reduces the risk of health problems and hospitalizations. But changes take place as we age that can make it difficult to make smart food choices.

#### Not hungry?

Loss of appetite can be the result of a slowing metabolism, reduced calorific needs or a side effect of medication. Being active will keep your metabolism fired-up. If medication is the culprit, talk to your doctor about alternatives.



#### Bored of eating alone?

Eating alone can take the joy out of food, making it more of a necessity, rather than a pleasurable activity. Connect with friends and meet for meals. Take turns to cooking new recipes for each other. Community halls and religious centers often offer senior luncheons. You can get a freshly cooked meal and meet new people at the same time.

#### Problems digesting vegetables?

Digestion slows down as we age. Fiber-rich vegetables can take a toll on the gut causing bloating and discomfort. Opt for vegetable soups and stews. These are easier on the stomach but still provide all the nutritional benefits.

#### Favourite meal not so tasty anymore?

Taste buds change throughout our lifetime. This is a great opportunity to explore new foods and seasonings to find out what tickles your taste buds. Rather than relying on salt to make food tasty, choose healthy alternatives, such as garlic, lemon, turmeric or herbs.

#### Difficulty swallowing foods?

Dehydration can lead to inadequate salivation. This can cause foods to get stuck in the throat. Drink at least eight 8-ounce glasses of water a day. Take small sips with a meal to swallow foods more easily.



#### RECIPE



### MINI POT PIES

By Liz McGehee

#### **INGREDIENTS**

- 1-2 boxes of pie crusts
- 1 small onion, chopped
- <sup>3</sup>/<sub>4</sub> cups beef or vegetable broth
- 1 ½ cups of mixed veggies (peas, carrots, corn)
- 1 cup of chicken, ground turkey or ground beef
- 3 cups of refrigerated mashed potatoes
- Salt and pepper
- Cupcake pan
- Round cookie cutter

#### DIRECTIONS:

- Preheat oven to 375 F. Roll crust to 12 inches in diameter. Cut with 4-inch round cookie cutter. Should get 6 from each crust.
- Sprinkle flour in cupcake pan to keep from sticking. Bake for 10 minutes until golden.
- 3 Cook meat and onion in a pan. Then drain and add vegetables, broth and desired spices. Place in piecrust-lined pan. Dab with 1 ½ tablespoons of mashed potatoes.
- **4** Bake for 20 minutes. Let cool then serve.





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## JOB **Opportunities**FOR RETIREES:

Which One Is Right For You?

By Michele Robert Poche

eeting new people, nurturing a personal interest and supplementing your income are just a few of the reasons a parttime job could be a nice addition to your daily lifestyle. Of course, different jobs require different physical and intellectual skill sets. So think about what you're looking for before you accept a position anywhere.

Love to read? Seek work as a librarian's assistant at your local library or university. Responsibilities could include helping customers, shelving books, tracking overdue items, inventory and some computer usage.

Handy with a hammer? Or a needle and thread? Marketing your skills as a handyman or a seamstress allows you to draw from your own talent and work on a flexible schedule.

Want a job and a place to live? Many self-storage facilities employ individuals or couples to live on-site to coordinate their daily operations. Responsibilities could include leasing, collections, banking, cleaning, maintenance and computer usage.

How's your foxtrot?

Thanks to the Gentleman Host Program, many cruise lines now offer older, single, refined men the opportunity to cruise for free in exchange for their company as dance or dinner partners for older single passengers.

Are you an art fan or a sports fan? Or both? There are many ways to immerse yourself in the world you love. Whether serving as a tour guide at a museum, an usher at a theater or a ticket-taker at an arena, you'll be surrounded by likeminded people who share your passion.

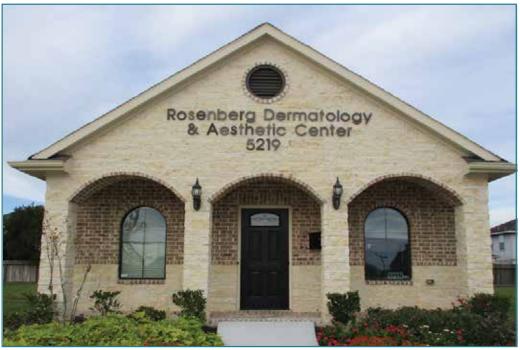
Want to get behind the wheel? Drivers are always needed for limousines, school busses, shuttle services and transportation network companies like Uber and Lyft. A valid driver's license (sometimes commercial) and a good driving record are a must.





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## EASY WAYS TO TALK TO GRANDKIDS

By Liz McGehee

1. Swap jokes.

How do you make a tissue dance? Put a little boogie in it!

Who can resist a good laugh? Not kids, that's for sure – the cheesier the better! So give your grandkids something they can't wait to tell

their friends at school. Consider picking up a child-friendly joke book, or you can find jokes online for free.

2. Play the would-you-rather game.

Would you rather have three

eyes or an extra butt?

These kinds of questions will stimulate their imagination, and it will make the both of you laugh hysterically. If you run out of comparisons, try going the Fear-Factor route: Would you rather be



covered in spiders for 1 minute or eat a cockroach?

3. Write a story together.

You: There once was a little girl...

Them: That had a farm...
You: Where she raised giant...
Them: Birds!

You: But they weren't ordinary birds...

Them: They had gold feathers...

You get the idea. This exercise is fun, creative and a great way to entertain grandkids.

4. Old-fashioned board and card games.

Go fish! Yahtzee! UNO!

There are lots of fun, classic board games and card games that teach your grandkids important analytical thinking, strategy and social skills. Life, Clue, Monopoly, Yahtzee, Checkers, Scrabble, Chess and Sequence are all great choices. Or teach them your favorite card games, like Crazy Eights, UNO, Rummy, Go Fish, Egyptian Ratscrew, Spit (aka Speed) and Spoons (aka Pig).

5. Family stories.

Kids have a hard time imagining Mom and Dad at the same age. So they love to hear tales about Dad misbehaving or that Mom got glasses

at the same age. If you know any interesting family history, pass it on! Or tell them about what things were like when you were a kid. You'd be surprised how much these stories mean to grandkids.







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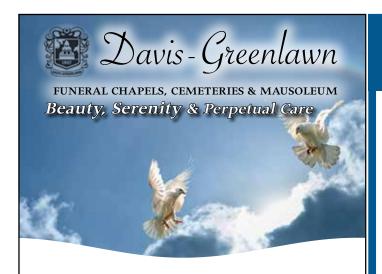
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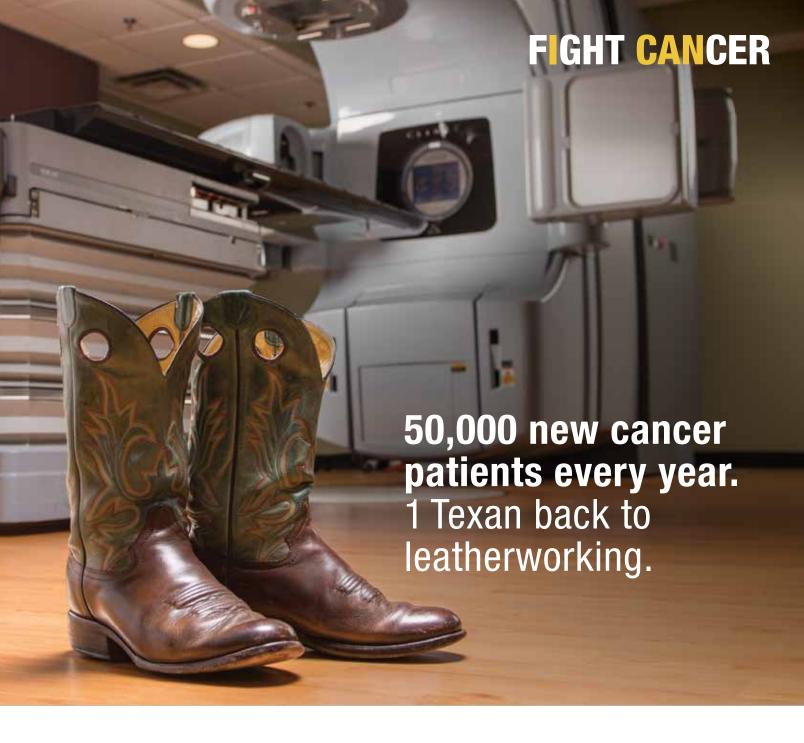
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