

Spring 2025

Aging Well

FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

**Words of Wisdom:
Advice to Live a Long Life**

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FOR A HEALTHY, VIBRANT, AND ENGAGED COMMUNITY

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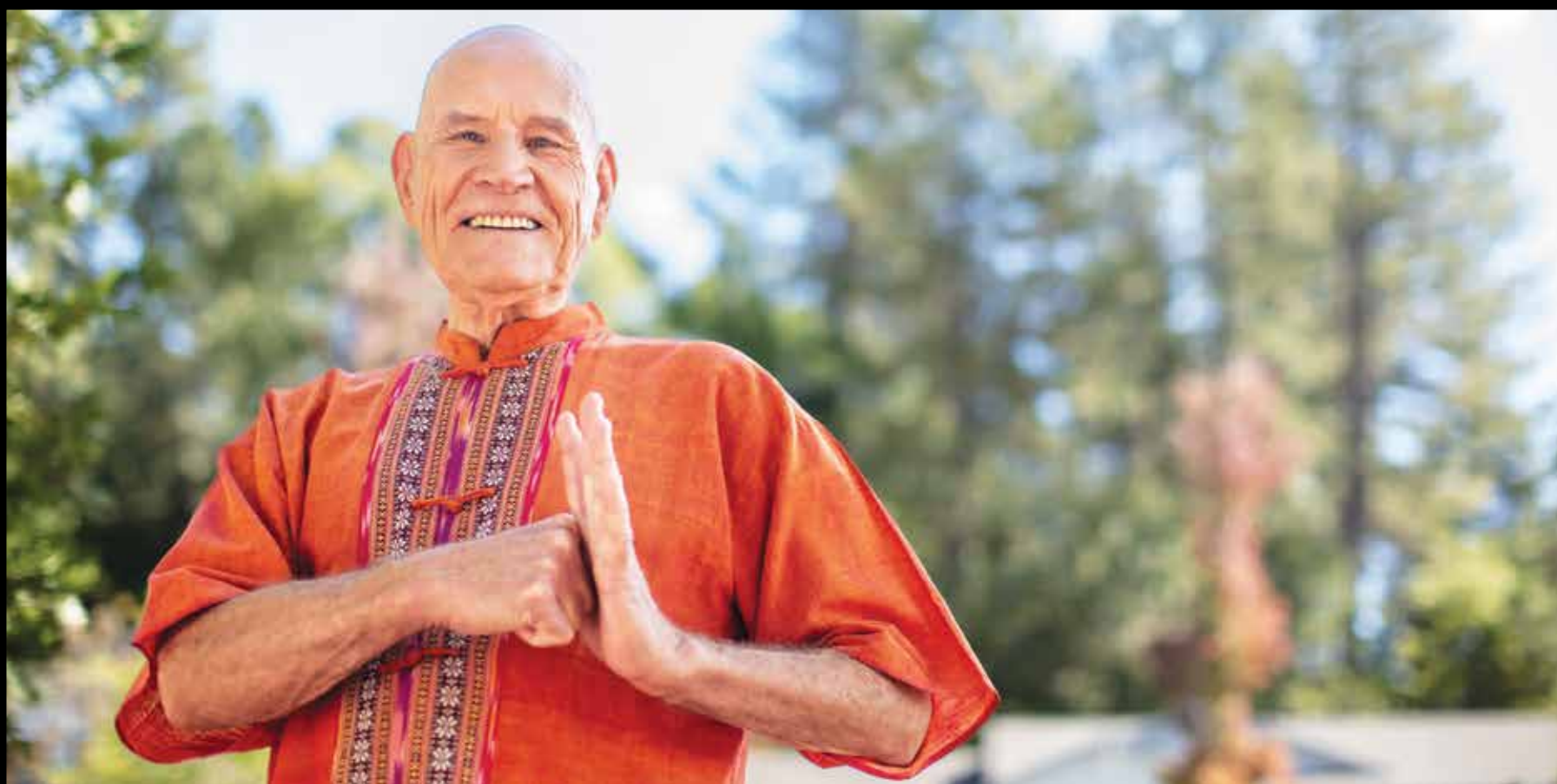
On the cover

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Words of Wisdom: Advice to Live a Long Life

Alice Delite is a delight to know! She is a friend to all who stop to say hello and she has lived many beautiful years. She is an inspiration to, "Think big!"

Photography: Bridget Grant



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At Brunswick Village, our Independent and Assisted Living programs are thoughtfully designed to help seniors maintain their independence while receiving the support they need. We believe in the importance of living a vibrant, active life, and our residents enjoy a wide variety of social activities and community events that foster connections with both new and old friends. We take care of the little things—like housekeeping, meal preparation, and transportation—so you can focus on what matters most: enjoying your life.

For residents living with dementia or Alzheimer's, our Memory Care program provides a safe, compassionate environment where each individual is treated with dignity and respect. Our caring, experienced team works closely with each resident, providing personalized care and fostering meaningful connections to help maintain cognitive function and overall well-being.

We understand that being a caregiver can be rewarding, but also demanding. Our Respite Care program offers family caregivers a temporary break while ensuring their loved one receives top-notch care in a supportive, homelike setting. Whether for a few days or a few weeks, respite care provides peace of mind knowing that your loved one is in good hands.

At Brunswick Village, we pride ourselves on enriching the lives of those we serve—one resident at a time. Our compassionate team is dedicated to creating an environment that feels like home, where each individual is valued, respected, and supported in their unique journey.

We would love to show you around! Call today for a personalized evaluation, to schedule a tour, or to learn about our current specials. Brunswick Village is here to help make your loved one's next chapter as joyful and fulfilling as possible. For more information, please visit brunswickvillageseniorliving.com or call 530-274-1992



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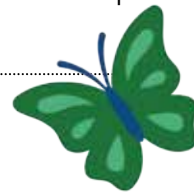
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About Tara Kelly

Founder & Expert Trainer Tara Kelly is a long-time personal trainer with a passion for helping others achieve their best lived life at any age. Her certifications include National Association of Sports Medicine (NASM), Parkinson's WISE MoveSmart, Functional Aging Specialist, TRX Suspension Training, B3 Sciences Coach, plus several others.



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Adult Services

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Tips for Healthy Aging

National Institute on Aging reports many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others such as exercise, a healthy diet, going to the doctor regularly, and taking care of your mental health.

Taking care of your physical health: Taking care of your physical health involves staying active, making healthy food choices, getting enough sleep, limiting your alcohol intake, and proactively managing your health care. Small changes in each of these areas can go a long way to support healthy aging.

Get Moving: According to the National Institute for Aging, taking 8,000 steps or more per day, compared to only taking 4,000 steps, was associated with a 51% lower risk of death from all causes.

Healthy Eating: Much of the research shows that the Mediterranean-style eating pattern, which includes fresh produce, whole grains, and healthy fats, but less dairy and more fish than a traditional American diet, may have a positive impact on health.

Good Night's Sleep: Getting good sleep is associated with lower rates of insulin resistance, heart disease, and obesity. Sleep can also improve your creativity and decision-making skills, and even your blood sugar levels.

Call a friend and get moving!



For senior resources and referrals, please call Nevada County Adult Services @ 530-265-1639.

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Words of Wisdom: Advice to Live a Long Life

By Bridget Grant

Have you ever pondered the secret to a long life? I have, for as long as I can remember. So, I asked seniors to share their best advice from their many years, to unlock their treasure troves of knowledge and to share the wealth of their well-weathered wisdom. Unknowingly, I found gold hidden in soft smiles, knowing eyes, and mischievous little chuckles. I received answers that are funny, reflective, some straightforward, but all of them are deeply rooted in a shared sense of humanity.

These aren't exactly the answers you'd expect to find in a self-help book or inspirational quotes, these are real answers from real people who have lived real lives.

These are the people who understand the human experience is not always easy... Sometimes pain and boredom speckle their daily routine. Even so, they are the people who keep smiling, and keep showing up, and when asked to offer something to the younger generation, they don't hesitate.

What struck me most was the resoluteness in each person, even the folks that are still deciding told me so, confidently, as if their discovery to life's big question is to keep on searching. I hope these words of wisdom find you where you are, and guide you where you're going. So here it is, genuine one liners, from older people who have done life in all it's many seasons.



Benton, always curious, advises, "Think ahead—have something to look forward to."

Susan, persistent through and through, simply says: "Chill."

Vesta describes herself as a patient listener and offers a gentle reminder: "Things will get better."



Benton

Frances, who believes she brings people together, offered this melodic truth: "Play music."



Vesta

Bob, who describes himself as alive, put it simply: "Keep breathing."

Tom, a friendly fellow, offered this classic: "Drink a little beer and make a lot of love."

Gary, who feels lucky, says the key is to "Keep holding on."



Janie

Janie called herself loving and advised: "Trust in the Lord."

Bill, who stays positive, advises, "Keep looking forward to good food."



Tom



Timmy

Timmy, proud of being healthy, suggests, “Eat good food.”

Carol, as colorful on the inside as her art is on the outside, says, “Be happy and be healthy.”

Jim, who calls himself a friend, keeps it timeless: “Be good.”



Kris

Kris, who calls herself silly, knows, “Good Italian food,” is the secret to it all.

Claire, full of tenacity, says: “Get a good education.”

Edward, a thoughtful man, says: “Stay healthy.”

George, curious, had two pieces of advice: “Ask Betty Jane!” and “Stand tall.”

Betty Jane, who calls herself educational, reminds us to “Keep smiling through life.”

Lucy, a proud party girl, insists: “Take care of yourself.”



Lucy

Another George, committed and grounded, shared, “Be grateful for family.”

Lloyd, a grateful soul, says, “Live close to God.”

Barbara, still undecided, says “Clean living” is her secret.



George



Robert

Jack, who describes himself as humorous, echoed that sentiment: “Clean living and good food.”

Alice, the delite, shares her mantra: “Think big.”

Jamey, who is determined, offers a question we should all carry with us: “What’s my project?”

Robert, simply happy, reminds us with a smile: “Life is good.”



From silliness to spirituality, from gratefulness to grub, these gems of wisdom shine a light on the secret to living a long life. The thread that ties it all together is laughter, love, and something delicious on the table!

Their adventures have led them here to the sunny hills of Grass Valley, where we all are now. What makes their words so special is where they have been over the years. They might or might not have lived glamorously, but now they live with grace. Maybe there are some things only time can tell, like the collective agreement that older people have to be both open-hearted and unshakeable.

Nevada County Consolidated Veterans Council



Serving our Veterans and the Community

Aging Well = Enjoying History



A History of Nevada County's Veterans and their efforts to defend and serve our country was recently discovered by our Veterans Service Office.

The documents cover people and wars going back to the late 1800's.

The components of the history stories have now been assembled and you will soon have access to the stories of individuals who you may know and stories you may have no awareness of, maybe like this.....

In 1942 Royal Dutch Navy Lt. Commander Rommel, after being stationed at McClellan Air Field, discovered Nevada County and the American Legion's Post 130. The Post, Elks & Rotary Clubs were big supporters of all those stationed at McClellan and Beale and often hosted dinners and dances for their troops. The Commander made many friends and shared those friends with fellow Dutch Navy flyers. As a sign of friendship the aircraft of the bases, a lot of B25's, often buzzed Grass Valley. You may know our Orlo Steele, retired Marine General, who as a young kid watched these buzzes often.

On June 2nd 1945 the common sound of the B25 became loud. The plane began a dive at Grass Valley to "Say Hello" it's aim was to buzz Main Street. The aircraft came in super low. The B25 was at its' low point over Main and Mill St and attempted to pull up. The aircraft became unstable and as the pilot tried to pull out of the dive clipped a tree. Moments later the B25 crashed at Boundry Mine which existed near Condon Park. The pilot, Lt Basenau, who had visited Post 130 and Grass Valley with Commander Rommel, and his entire crew perished.

Are you a Veteran or
Veteran's Family Member
needing support?
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organizations

The complete story and many others are in the "Nevada County's Veterans Honor Roll" magazine which will be available on Memorial Day. Funds raised will support NCCVC in our support of local Veterans and Veteran Organizations.



**Nevada County
Veterans Services
Office**
988 McCourtney Rd
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(530) 273-3396

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ncvso@nevadacountyca.gov



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

Level: Intermediate

Fun By The Numbers

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square off, so sharpen
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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

ANSWER:

Retired and bored?

Scores of people view retirement as a time in their lives when they aren't beholden to schedules and can finally indulge in hobbies and interests they'd been dreaming about while sitting in meetings or commuting to the office. Although retirement often is billed as a time to enjoy life, research suggests a different scenario plays out all too often. According to a recent study commissioned by The Oddfellows, one of the oldest friendly societies in the United Kingdom, 39 percent of retirees have experienced feelings such as loneliness, boredom and a reduced sense of identity and purpose shortly after the retirement glow wears off.

Staying active and engaged during retirement may take some creative effort, especially for those who were used to the regimented

schedule of work. But the following are some ways to maintain your active engagement with the world after calling it a career.

Take that trip. According to AARP, travel is one of the most popular things to do during retirement. Odds are there are places retirees have always wanted to visit, and the world is just waiting. Taking a tour or being part of a travel group can simplify travel planning by leaving the organizing to someone else. Travelers just enjoy the ride.

Get moving physically. The National Council on Aging says regularly engaging in physical activity a person enjoys can help prevent bone loss, boost immunity, improve mood, and even prevent chronic illnesses. Team sport participation is a top choice for seniors looking to stay active because sports provide

...39 percent of retirees have experienced feelings such as loneliness, boredom and a reduced sense of identity and purpose shortly after the retirement glow wears off.

physical exercise and also an opportunity to socialize with friends or teammates

Maintain a consistent schedule. Some people thrive when they know what is coming next. If you need a routine in order to be happy, establish a consistent schedule that works. For example, people can wake up at the same time each morning and eat lunch during at the same time they did while working. Upon retiring, incorporate a daily plan for exercise if physical activity is not part of your traditional routine.

Try something new. It is never too late to try a new activity, class, sport, or hobby. Challenging yourself can stimulate the mind and provide a pathway to new relationships. Individuals can even consider going back to college. According to Kiplinger, New Jersey residents age 65 and older can take regularly scheduled courses tuition-free at the state's public colleges and universities, provided classroom space permits. There are similar programs in other states across the country.

Pick up a new language. Learning a new language is a beneficial tool for seniors who are looking to maintain cognitive abilities. The National Institutes of Health says bilingualism has been linked to higher cognitive reserve, delay in dementia onset and better performance in executive control.

There are many ways for seniors to keep their brains and bodies active in an effort to overcome boredom and improve overall well-being.



Sourced from Metro Media

Over 60? How to maintain a healthy weight as you age

Age often brings wisdom, experience, and for many people, some body weight changes that might affect their health over time.

Maintaining a healthy weight is important throughout life, but as a person gets older, it can be harder to keep extra pounds off. The Centers for Disease Control and Prevention says obesity prevalence was 44.3 percent among adults between the ages of 40 and 59 in May 2024. Obesity prevalence was 51.5 percent for people age 60 and older. According to a report from the Government of Canada, 40.1 percent of seniors are overweight, and 28.1 percent are obese. Yet some older adults also are underweight and struggle to keep weight on.

It's important to note that a healthy weight for one age group may not be the same for another. Verywell Health says a healthy weight and BMI range for adults over age 65 could translate into carrying extra pounds. The National Institutes of Health says a BMI of 25 to 27, which normally is considered overweight, may offer benefits to adults over the age of 65 by way of bone health side effects that protect against osteoporosis. Some studies also indicate that being underweight can increase risk of disability, dementia and even cancer or heart failure.

Before one binges at the all-you-can-eat buffet, it is important to discuss weight with a doctor and develop a customized plan that takes individual variables, including age, into consideration. In addition, these tips can help people maintain a healthy weight.

Spread out smaller meals. Eat five to six small meals per day to help with digestion and circumvent slower metabolism. Eating smaller meals also may help seniors who find they don't have appetites and push away food.

Vary the foods you eat. Eat more vegetables, whole grains, fish, beans, and low-fat or fat-free dairy. Try to keep meat and poultry lean,



Sourced from Metro Media

...it is important to discuss weight with a doctor and develop a customized plan that takes individual variables, including age, into consideration.

only splurging on fattier cuts once in a while.

Watch empty calories. Empty calories come from sugars, sugary beverages and processed foods with little or no nutritional value, indicates WebMD. Instead, when choosing calories, look for whole, nutritional foods.

Eat more protein. Older adults are at risk of losing muscle mass, so protein is essential. Protein also helps a person feel fuller longer,

which can help with avoiding eating empty calories or overeating in general.

Consume extra fiber. As a person gets older, fiber can help prevent constipation, colorectal cancer and hemorrhoids. Whole-grain fiber also reduces the risk of heart disease. In addition, whole grain fiber is filling, which can help with weight control.

Exercise daily. Weight loss involves a formula in which more calories are burned than consumed. For those who need to shed some pounds, increasing physical activity through low-impact exercise can help. Bike riding, swimming, pickleball, yoga, and other activities can be beneficial.

A registered dietitian can help people develop eating and exercise plans that will help them achieve and maintain a healthy weight.

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