



Vadnais Heights HI-LITES

Senior Activities Newsletter

May 2020

Vadnais Heights Community Food Program

Saturday, May 16, 9 am - Food Distribution
Please check www.cityvadnaisheights.com or call 651.204.6000 for updates.

Lunch and Table Games Cancelled for May

Senior Hi-Lites meeting is cancelled this month because of coronavirus, but we hope to be together soon.

Six Best Doctors

“The six best doctors in the world are sunlight, rest, exercise, diet, self-confidence and friends. Maintain them in all stages and enjoy a healthy life.”

~Steve Jobs, CEO Co-Founder Apple Inc.

Minnesota Fishing Opener

Saturday, May 9 is Minnesota's Fishing Opener. Minnesota is ranked 3rd most popular inland fishing destination in America. Minnesota actually has 14,444 lakes of 10 acres or more. Minnesota has proudly touted its “10,000 lakes” tag lines since 1950, when it first appeared on state license plates. The earliest reference to the phrase “10,000 lakes” comes from a speech delivered by a professor named Ransom F. Humiston at the Minnesota State Fair on September 11, 1874.

Mother's Day Mom-isms: Things your mom always said!

- What if everyone jumped off a cliff? Would you do it too?
- Always wear clean underwear in case you get in an accident.
- How do you know you don't like it if you haven't tasted it?
- I don't care who started it, I said stop!
- Close the door! You don't live in a barn.

Coronavirus-Related Fraud

Taxpayers should be on the lookout for IRS impersonation calls, texts and email phishing attempts about the coronavirus or COVID-19 Economic Impact Payments. Forward suspicious emails to phishing@irs.gov, then delete. Go to IRS.gov for more details on what you should know.

Happy Birthday Minnesota!

May 11, 1858 Minnesota became the 32nd state of the Union. While the state's official nickname is “The North Star State”, we are also called “The Gopher State.”

You're No Spring Chicken #5

In the hospital, Joe told his long time wife he was feeling much better since the operation except for this bump on the back of his head. “Oh, that,” said his wife. “They ran out of anesthetic.”

Healthy Eating for Seniors

Anti-inflammatory foods: Foods rich in omega-3 fatty acids may help prevent inflammation that can cause cancer and rheumatoid arthritis. Aging.com says foods that are high in omega-3 fatty acids, like salmon, should be consumed at least twice per week.

Fare for All Community of Grace Church

4000 Linden Ave, White Bear Lake

Friday, May 15, 1 – 3 pm

Fare for All is a community supported non-profit program that is open to all. It is also a great way to save on quality nutritious foods during these economic times.

Go Paperless

NEW! Sign up to get the Hi-Lites Newsletter delivered directly to your email!

Go to cityvadnaisheights.com/seniors, then select Senior HiLites to sign up, or call us at 651-204-6000 to add your email to our list!

Happy Mother's Day!

The *Vadnais Heights HI-LITES* is a newsletter for senior citizens sponsored by The City of Vadnais Heights. HI-LITES is published monthly, except for a combined November/December issue. Vadnais Heights Senior Citizens meet at Christ the Servant Lutheran Church located at 3676 Centerville Road, for all events unless otherwise specified.

For more information on any event, please contact Vadnais Heights City Hall, 800 East County Road E, 651-204-6000, or www.cityvadnaisheights.com. You may also call Josephine Christensen at 651-777-0618. Additional senior resources are offered through the White Bear Area Senior Program at 651-653-3121 or www.whitebearseniorprogram.org.

12 BENEFITS OF WALKING

1. Improve Circulation

Walking wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart. Post-menopausal women who walk just one to two miles a day can lower their blood pressure by nearly 11 points in 24 weeks. Women who walk 30 minutes a day can reduce their risk of stroke by 20%, and by 40% when they stepped up the pace, according to researchers at the Harvard School of Public Health in Boston.

2. Shore Up Your Bones

Walking can stop the loss of bone mass for those with osteoporosis, according to Michael A. Schwartz, MD, of Plancher Orthopedics & Sports Medicine in New York. In fact, one study of post-menopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40%.

3. Enjoy a Longer Life

Research finds that people who exercise regularly in their fifties and sixties are 35% less likely to die over the next eight years than their non-walking counterparts. That number shoots up to 45% less likely for those who have underlying health conditions.

4. Lighten Your Mood

Walking releases natural painkilling endorphins to the body – one of the emotional benefits of exercise. A California State University, Long Beach, study showed that the more steps people took during the day, the better their moods were.

5. Lose Weight

A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.

6. Strengthen Muscles

Walking tones your leg and abdominal muscles – and even arm muscles if you pump them as you walk. This increases your range of motion, shifting the pressure and weight from your joints to your muscles.

7. Improve Sleep

Studies found that women, ages 50 to 75, who took one-hour morning walks, were more likely to relieve insomnia than women who didn't walk.

8. Support Your Joints

The majority of joint cartilage has no direct blood supply. It gets its nutrition from joint fluid that circulates as we move. Movement and compression from walking “squishes” the cartilage, bringing oxygen and nutrients into the area.

9. Improve Your Breath

When walking, your breathing rate increases, causing oxygen to travel faster through your bloodstream, helping to eliminate waste products and improve your energy level and the ability to heal.

10. Slow Down Mental Decline

A study of 6,000 women, ages 65 and older, performed by researchers at the University of California, San Francisco, found that age-related memory decline was lower in those who walked more. The women walking 2.5 miles per day had a 17% decline in memory, as opposed to a 25% decline in women who walked less than a half-mile per week.

11. Lower Alzheimer's Risk

A study from the University of Virginia Health System in Charlottesville found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease than those who walked less.

12. Do More for Longer

Aerobic walking and resistance exercise programs may reduce the incidence of disability in the activities of daily living for people who are older than 65 and have symptomatic OA, a study published in the Journal of Clinical Outcomes Management found.