

**SEWARD COUNTY AGING
SERVICES**
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Kathy's October Aging Services Newsletter

As September comes to an end, there's no denying fall is here, which means it's the season for hot cider, Oktoberfest, pumpkin patch hayrack rides and enjoying the colors of the seasons changing.

Medicare Part D, drug plans can make changes each year that can affect the cost, coverage, and which pharmacies and providers are in the plans network. October 15 through December 7, 2022 is Open Enrollment when all people with Medicare can review and make changes to their coverage for the following year. People with Medicare will get important notices through Medicare and/or the Social Security Administration. The Evidence of Coverage is sent by Medicare drug plans each year. You typically receive this notice in September that provides details about what the plan will cover, how much you may pay and more. You should review this information to understand any changes the plan will make. This information allows you to decide if the plan will continue to meet your needs in the next year. If you haven't received this information by the end of September it is best to contact the plan and request a copy. The new drug plans are effective starting January 1st, 2023.

I will be at SHIP Part D update training on October 13 in Lincoln. You can contact me at 402-761-3593 after October 17th to make an appointment to review your plan and enroll you in a plan that provides the coverage you need.



Resistance Train to Prevent Muscle Loss

When it comes to muscle: use it, lose it or build it! Muscle plays a crucial role in human health; it allows us to stand, walk, balance, lift and breathe. Building and maintaining muscle is important for both men and women, because strong muscles help reduce back pain, prevent falls and more. Registered dietitian nutritionists, personal trainers and physicians agree muscle mass is important for optimal calorie burning, dense bones and increased energy.

Consistent resistance training at all ages plays an important role in preventing both sarcopenia and osteoporosis. Sarcopenia is a slow muscle loss that occurs with aging. An individual that is not physically active can lose an estimated 3% to 5% of lean body muscle per decade after the age of 30. Sarcopenia contributes to loss of strength, mobility issues and disability, and falls are a particular concern for older adults with sarcopenia. Resistance training at least twice a week and consuming an adequate amount of high-quality sources of protein may help to slow or partially reverse the effects of natural, gradual sarcopenia.

Resistance training may help prevent osteoporosis, a condition characterized by weak, porous bones, which then become prone to fractures. Similar to sarcopenia, osteoporosis has a gradual onset, with inadequate nutrition and lack of physical activity being some of the risk factors. Adequate calcium and vitamin D consumption paired with sufficient physical activity, specifically resistance training and weight-bearing exercises, can help prevent osteoporosis, reduce severity of the disease or stop its progression.

Although resistance training strengthens and maintains the major muscle groups, it does not always equate to bulking up. Resistance training does not need to happen at the gym; in fact, it is easy to do anywhere. For best outcomes, the *Physical Activity Guidelines for Americans* recommend strength training two to three times a week, to the point at which it would be difficult to do another repetition. While some people may prefer weight machines, free weights are often a preferred method and can be used anywhere. When using weight machines, free weights or resistance bands, selecting the proper weight is crucial to improving strength and preventing injury. Set a target of eight to 12 repetitions and work up gradually to two to three sets.

If you prefer exercises that do not require weights, exercises that use your own body weight also are a good option. Pushups, squats, planks, hip lifts and dips are just some of the numerous equipment-free resistance training options. Yoga can also build muscle using body weight while improving flexibility and reducing stress.

Incorporating resistance training into a regular exercise routine is crucial for maintaining healthy muscles and bones while increased muscle mass can boost energy and metabolism.

Www.eatright.org -Sarene Alsharif, MPH, is a self-employed nutrition educator and writer in Rockford, Ill



Join us for our **Resistance Band Exercise Classes** at the **Milford Senior Center** on **Wednesdays at 10:00 & Seward Lied Senior Center**

THOUGHT FOR THE MONTH:

Attitude is the little thing that makes a difference...Winston Churchill

Medicare open enrollment is
October 15-December 7,
2022

**SAVE
THE DATE**

Join us for our
**Pop Up Center at the
Staplehurst Community
Center**

October 11th 9:30-11:00

come enjoy food, fun and fellowship

Stepping ON classes starting soon at the Milford Senior Center - Register early as class size is limited!

Classes will begin on Tuesday, October 11, from 1-3 pm, and continue every Tuesday through November 22nd.

Registration fee - \$25.00 - covers all seven weeks, including handouts and exercise manuals.

Stepping On is a 7- week program designed for people who are living at home and have experienced a fall or are concerned about falling. It teaches participants different exercises to help with strength and balance, build confidence, and learn more about fall triggers. It also covers many topics related to safety in and around your home and your community. Previous class participants have highly suggested attending these seven weeks that can help to keep you independent and in your own home.

Contact Val Tvrdy, RN, Four Corners Health Department at 877-337-3573 for more information.

***To register, contact Kathy Ruzicka at 402-761-3593 or Four Corners Health Department..