

TO YOUR HEALTH

Carleton-Willard Out-Patient Clinic

100 Old Billerica Road, Bedford MA 01730

Volume 21 Number 1



January 2016

TURNING OVER A NEW LEAF

By Susan Cusson, NP



The beginning of a new year is a time to reflect on the past and think about goals for the year ahead. Many see this time of year as an opportunity to change or “turn over a new leaf”. Approximately half of the US population makes New Year’s resolutions.

How many of us succeed? Statistics on this vary widely with some studies showing as much as 46 percent success rate for at least six months. Change is hard, but for a while we seem to be able to keep it up. At six months, people who make New Year’s resolutions are more than 10 times as likely to keep them as people who don’t follow this annual tradition. Research shows that success is highest when goals are realistic.



Successful resolutions begin long before January 1, during the “contemplation phase.” That’s the period when you develop an attainable goal and the confidence that you can stick with it even if you slip occasionally.

One way to boost motivation along the way is to tell other people about your goal or include others in the effort. That way it’s more difficult to quit because you’ll let people down.

Here, from the American Geriatrics Society Foundation for Health in Aging, are leading experts’ top 10 healthy New Year’s resolutions for older adults.

1) Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats



More information on nutrition for older Adults can be found at choosemyplate.gov/older-adults. We’re also fortunate to have a fantastic resource for nutrition information right here at CWV. Contact the Clinic if you’d like to make an appointment to meet with our dietician Cherie Asgerisson.

2) Take a multivitamin

Check labels and choose a multivitamin that includes 100% of the “daily value” for most vitamins and minerals.

3) Exercise

Often cited as the most common New Year’s resolution, it can be one of the hardest to keep. Try to find something you enjoy, make it fun, do it with a friend.

4) See your doctor regularly

You should have a complete physical yearly to review routine screenings and medications.

5) Toast with a smaller glass

The recommended limit for older men is two drinks per day and for older women, one per day. One drink = 12 ounces of beer, 5 ounces of wine, or one ounce of hard liquor.

6) Guard against falls

One in every three older adults fall each year and falls are a leading cause of injuries and death among older adults. Join a balance class in the Fitness Center, that’s an attainable New Year’s resolution!

7) Give your brain a workout

The more you use your mind, the better it will work. Read, do crossword puzzles, try Sudoku. Socializing also gives your brain a boost, so join a bridge club or a discussion group.

8) Quit smoking

A well known health risk. On average, smokers try about four times before they quit for good.

9) Speak up if you feel down or anxious

About 1 in 5 older adults suffer from depression or anxiety. Lingering sadness, tiredness, a loss of appetite or pleasure in doing things you once enjoyed, difficulty sleeping, worry, irritability, and wanting to be alone can be signs of depression. Talk to your healthcare provider if you have any of these signs for more than two weeks.

10) Get enough sleep

Adequate sleep is essential for your overall health and well being. 7 to 8 hours a night is optimal. Avoid daytime naps if you're having trouble sleeping at night.

What's your goal for the year? Have you shared it with anyone? Is there a way to make it more fun? Remember, make your goals small and attainable. You're more likely to want to keep doing it if it's enjoyable. Keep it up long enough and it becomes a habit. Once it's a habit, it's sustainable long term. That's when the real benefits become noticeable.

Satisfaction survey

The Clinic strives to offer comprehensive, compassionate healthcare. We want to hear from you with your likes and dislikes. Watch for a satisfaction survey in your mailbox later this month. Your feedback and suggestions are always appreciated.



**MAY YOUR NEW YEAR BE FILLED WITH HAPPINESS, HEALTH AND CHEER!
THE CLINIC STAFF: SUSAN, DEBBIE, ANDREA, JUDI AND MICHELLE**

Health Education Lecture

**Dr. Cherie Noe,
Geriatrician and Medical Director at
CWV, is presenting a lecture titled
"Aging Gracefully: How to Stay Healthy".
We hope to see you in the auditorium on
Wednesday, January 20th at 10:30 am
for what promises to be an informative
talk.**

Keeping "Up-to-Date"

This is a reminder to check the list of medications on your Vial of Life. Have you added, changed or stopped any medications? If so, contact the Clinic with any changes. We'll update your medical record in the Clinic but please make a note of the changes on your copy also.

**Protect Your Identity**

In an effort to help protect you from identity theft, the next wallet size version of your Vial of Life will no longer have Medicare or other insurance numbers on it. This information will remain on the larger copy you keep in the refrigerator. While you may need your Medicare card when you first visit a new doctor's office, it's best not to carry it around with you routinely.