

PRACTICE THE ART OF BALANCE AND STRESS MANAGEMENT

You must lay the foundation for the work that lies ahead. One way to accomplish this is to establish more balance in your life by taking stock of strengths and weaknesses in your current lifestyle and developing goals for personal growth and self-improvement.

-David Marks-
NJ-3157

Sources

1. "eating healthy while incarcerated"
by Sarah Bauer, functional medicine health coach (Pittsburgh)
Let's Get Free Magazine, Issue 7, Winter 2022
2. Mayo Clinic Guide to Self-Care, Staying Healthy, Pgs. 221, and Pgs. 235-236.



GREY OWLS Est. 2020 a Subcommittee of the
Lifer's and Long-Termers Committee
Founder: Anthony Brown, Co-Founder David Marks
Co-Founder: William "Cool Pop" Abbott (Deceased)


HOPE FOR CHANGE
Since 2011

APRIL 2023

HFC

1ST EDITION

GREY OWLS COMMITTEE NEWSLETTER

The Lifers and Long Term Committee is introducing a new sub-committee called the Grey Owls. This sub-committee will be composed of individuals age 50 and over interested in having mature conversations on certain issues. Send all request slips to the Attention Anthony Brown, HFC Treasurer and Grey Owls founder.

EATING HEALTHY AT 50 YEARS AND OLDER WHILE INCARCERATED.

Being incarcerated means that you have little control over the foods you eat. Here are some tips to get the most nutritional value out of the options you have.

DRINK WATER

One of the simplest and most effective ways to improve bodily functions is to drink water. Keeping in mind that each person's body is unique, so feel free to drink more than eight (8) oz. if you want to. Not drinking enough water can have major effects on physical and mental performance. Symptoms of just mild dehydration include: inability to focus attention, headaches, muscle weakness, constipation and tiredness. Start your day with drinking many ounces of water upon rising. That's a start of your daily intake already! Plus, drinking water first thing in the morning wakes up your digestive system in preparation for breakfast. For the rest of the day try to time most of your water intake between meals. Drinking a lot of water an hour before, during or just after a meal. (It is OK to take sips of water while your eat.)

LIMIT ADDED SUGAR

You've probably heard about the health effects of sugar. A diet high in sugar contributes to diabetes risk, creating inflammation, mood issues and a whole host of other things. It is suggested that the average adult consumes 60g. of sugar as a maximum. Check out the labels on the foods when you're able and try to keep your daily intake under 60g. If you can, you will be surprised how much sugar is in the foods you eat. If all you do in the realm of "sugar" is replace juice with water, that's an incredible step.

If you are eating preserved fruit, drain the "juice" before eating it. Simple carbohydrates (like pasta) break down as sugar in the body. If you have the choice between rice or pasta, try going with rice. If it's

brown rice, even better. Rice is still a carbohydrate but processed more slowly than pasta by the body so it doesn't cause the blood spike that pasta can.

GENERAL TIPS FOR EATING FROM THE TRAY

If you can, try to eat every vegetable and fruit that's offered! There are essential vitamins and minerals in these foods that your body will love you for eating. They are also high in fiber which will keep your digestive tract running smoothly to support regular bowel movements.

If you eat fish, have it every time it's offered. There are fatty acids only found in fish that are crucial for brain health and function. Human brains love those special fats in fish.

Believe it or not coffee has great antioxidant properties in it. A cup in the morning with breakfast is great. (A cup of water afterwards is good.)

COMMISSARY SUGGESTIONS

There are generally some excellent choices in the commissary that can supplement some of the nutritional content you're not getting in the trays. IMPORTANT: trays tend toward being high in starch which breaks down into sugar.

- Fish: Commissary usually has a variety of fish options; Tuna, Sardines, Yellow fin Tuna, Salmon. Like I said earlier, the brain loves fish. Have it as part of a meal 1-2 days a week if you can, Substituting fish for a red meat based meal on your tray is a heart healthy choice
- Spices: Spices contain phytonutrients. Bring some with you to meals and add to your tray for extra flavor and nutrients. Try things like: Powered Garlic, Onion Powder, Cinnamon, even Mrs. Dash. There's a lot of good stuff in there!
- Pickles: Pickles are cucumbers (which are vegetables). Just be aware of the sodium content if that is a concern for you.
- Dark Chocolate: This is a super food with plenty of antioxidants. Portion it out to have a square a day or however it may be available to you. A little goes a long way.
- Good Grain Snacks: Tortilla chips and Salsa, Check Mix, Pretzels, Wheat Thins, and even wheat bread.
- Green Tea Bags: Another powerful antioxidant. In addition, green tea contains a compound called L-THENANE which helps the body relax if you have trouble sleeping at night.

AGING AND YOUR HEALTH

How age can affect your health. If you're older than age 40, you've undoubtedly confronted some realities of aging. You've probably peeked into a mirror at your face that has developed a few more wrinkles. You may have noticed that aches and pains linger a little longer after you exercise or spend time doing some labor. Until adults reach the age of 50

years of life, aging rarely means much to them-even though it's a lifelong process that begins at birth.

Most adults experience common physical changes as they get older.

Here are a few common examples:

- Your systolic blood pressure—the top number—increases as artery walls thicken and become less flexible.
- Your body redistributes fat, and your muscle mass declines
- Your maximum breathing capacity declines
- Your bladder loses capacity, leading to more frequent urination and sometimes leakage
- Your risk of falls increases.

DISCLAIMER These excerpts are for information purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. The information above is a general guideline that may or may not be appropriate for certain medical conditions. Always seek the advice of your physician or other health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen. Never disregard medical advice or delay in seeking it because of something included in this article.

MAINTAINING YOUR HEALTH AS YOU AGE

Successful aging involves many factors that are within your control. Begin with strategies to maintain your overall health

ADOPT A POSITIVE ATTITUDE

You're old only when you think you are. True, your body will age, yet your mind, for the most part, will stay as young as you feel. Stay focused on what's important and shrug off what isn't. A sense of humor and an ability to adapt to change are golden assets

EAT WELL

Studies indicate that a healthy diet when combined with regular physical and mental activity, can help you live longer and better as you age.

- To allow for the fact that your metabolism slows down, consider limiting serving sizes.
- Also limit the amount of sugar that is added to food and beverages
- Avoid drinking alcohol ("While Incarcerated")
- Avoid tobacco. Smoking has been linked to high blood pressure, heart disease, strokes, lung cancer and a variety of other cancers. If you smoke (or) chew tobacco, make plans to quit.
- Keep physically active.
- Stay mentally sharp.