



December 2008



# NEWSLETTER

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## What Do You Know About Aging?<sup>1</sup>

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Instructions: Answer the following questions  
True or False  
(answers are on next page)

1. T or F The majority of older people (past 65 years) have Alzheimer's disease.
2. T or F It is difficult for older people to learn new things.
3. T or F Memory loss is a normal part of aging.
4. T or F Clinical depression occurs more frequently in older than younger people.
5. T or F High blood pressure increases with age.
6. T or F A person's height tends to decline as they age.
7. T or F Physical strength declines in old age.
8. T or F Retirement is detrimental to health...i.e., people frequently become sick or die soon after retirement.
9. T or F Older people do not adapt as well as younger age groups when they relocate to a new environment.
10. T or F Research has shown that old age truly begins at 65.



<sup>1</sup> Adapted from Center on Aging Studies at the University Of Missouri Kansas City, from <http://cas.umkc.edu/cas/AgingFactsQuiz.htm>



## DEE'S RECIPE CORNER

### Quick Holiday Homemade Treats

Melting chocolate can make for some delicious holiday treats , see some of my favorites

#### **Cashew Clusters**

I like to use Merkens chocolate wafers which can be found in most candy stores.

Melt the chocolate in a plastic container in the microwave or over a double boiler.

Throw some cashews in the chocolate. Spoon out clusters onto wax paper and let harden. This is easy and it makes it look like you purchased them at a fancy candy store.

#### **Candy Cane Bark**



Crush up candy canes. I prefer to use white chocolate for this recipe. Mix crushed up candy cane into the white chocolate and spoon out onto wax paper and let harden. It is pretty and tastes yummy!

#### **Chocolate Covered Pretzels**

Purchase pretzel rods or regular pretzels. Melt chocolate and submerge the pretzels into the chocolate. Remove the pretzels one at a time from the chocolate. Shake excess chocolate off and place on wax paper. Let harden. For extra touch you can melt, green, red, white chocolate and drizzle over the pretzels once they have hardened. You can take a plastic sandwich bag; fill it with the chocolate, snip of the point and drizzle.

Try dipping these other favorite of mine, graham crackers and potato chips.

Sometimes if I dip the pretzels in dark chocolate I drizzle with milk chocolate and vice versa.

These simple chocolate recipes will look like you worked for hours and yet it is quick and simple to do. Have fun!!



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## Answers to TRUE/FALSE

1. False Almost 90% of people who are 65 years old do not have Alzheimer's disease.
2. False All age groups can learn. Research has shown that learning can improve with instructions, practice, extra time to learn new information or skills and relevance of task to one's interest and expertise. So if you are in physical therapy, it's OK to require extra time to learn something new!!!
3. True As one ages there is memory loss, primarily short term (i.e. recent events). This does not mean dementia is setting in.
4. False Depression does not occur more often in older adults compared to younger groups. It is, however, the most frequent mental health problem of older adults. Did you know you can get assistance with getting psychological / emotional counseling? Just call the Department of Aging in your county.
5. True and False  
There is evidence that blood pressure elevates with age. However, it may not constitute high blood pressure. Did you know a well planned exercise program (where heart rate, blood pressure, medical history and other variables may need to be considered) can result in lowering your blood pressure?
6. True Due to osteoporosis, osteoarthritis and other wears and tears of aging, we actually do lose height in our spinal column. Did you know properly guided exercises (weight bearing and strengthening) are part of the puzzle to fighting osteoporosis?
7. True Muscle mass declines with age (and this happens before 65). Did you know properly guided resistance exercises will improve strength?
8. False Decline in one's health is related to the cumulative effect of previous medical problems and not from retiring per se. In some, retirement improves functional health by reducing stress.
9. False Though some older people may require a period of prolonged adjustment, there is no evidence that there is special harmfulness in elderly relocation. The individual's perception and situation should be considered.
10. False Old age is a social construct. Older age may take on different meanings and experiences across cultures and societies. Age 65 is an arbitrary marker in the USA used to establish eligibility for such government programs as social security

## Steve's Sports Trivia Question of the Month

What former Sixers player was know as " The Round Mound of Rebound" during his college basketball days?

Answer will be in the January Newsletter



GREETINGS  
OF THE SEASON  
AND BEST WISHES FOR THE  
NEW YEAR



FROM THE STAFF AT

M & M PHYSICAL  
THERAPY

