



AGING with grace

*Simple things you can do to stay
healthy, happy and connected to care.*

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IMPORTANT PHONE NUMBERS

My Primary Care Physician:

Name _____

Phone _____

Additional Doctors:

Name _____

Phone _____

Name _____

Phone _____

Name _____

Phone _____

Moanalua Medical Center: **808-432-0000**

After-Hours Care Oahu:.....**808-432-7700**

After-Hours Care Neighbor Islands: **800-467-3011**

24 hour nurse line.....808-432-7700

In case of physical or psychiatric emergency, call **911**.

Learn more at kp.org/seniorhealth



Four Steps to Better Health

As we age, there are four steps we can take to improve and maintain our well-being. They are:

- 1) Getting the right amount of exercise**
- 2) Minimizing the risk of falling**
- 3) Strengthening our bladder to eliminate or manage incontinence**
- 4) Appreciating life in a way that helps us maintain a healthy attitude**

These four simple things make it easier to age with grace and to enjoy our years with greater happiness and dignity.

Get more get-up-and-go

Exercise is the best gift we can give our bodies. It helps keep bones and muscles strong and joints flexible. Exercise reduces the risk of disease, lowers the chance of falling, reduces incontinence, and increases energy levels.

Before and after

Get started with deep breaths, shoulder rolls, and gentle stretches. After your workout, cool down with a slower walk and more stretches. Always drink lots of water. Remember to keep your doctor informed of changes in your activities.

Enjoy the outdoors

Exercise can be any kind of movement such as walking, waltzing, or doing the hula. Go for a swim. Work in the garden. Take the stairs instead of the elevator. Join friends for yoga or tai chi. The more you move now, the longer you'll be moving later.

Lifestyle Coaching

A personal coach can take an active role in your health and help create a plan for reaching your goals. To schedule a convenient telephone appointment, call **808-432-2260**.

Step it up

Check out everybodywalk.org, an online resource to start on a walking program, or call us for classes and programs on Oahu: **808-432-2260**, or on Maui and Hawaii Island: **808-243-6484**. Classes can also be found at kp.org/healthyliving.

Get Silver & Fit

If you're a Senior Advantage member, activate your Silver&Fit® exercise and healthy aging program. Reshape your life with membership in a local participating Silver&Fit® fitness facility without having to pay the initiation fee or monthly dues. If you prefer working out at home, order a home fitness program at no additional cost. Call **1-877-427-4788** (TTY/TDD **1-877-710-2746**), Monday to Friday, 5 a.m. to 6 p.m.

The Silver&Fit® Program is provided by American Specialty Health Fitness, Inc., (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas.



30 minutes a day keeps more than the doctor away.

Learn to prevent falls

Get rid of clutter

The first step is to remove cords, crowded furniture, slippery rugs, and anything you can trip over. Good lighting is essential. Consider night lights for your bedroom, hallways, and bathroom.

Wear it wisely

Replace slippers with non-skid, comfortable closed toe shoes. Avoid long clothing such as muu muus or jackets and blankets that could get caught under your feet.

Adjust your glasses

If your glasses (e.g., bifocals) make it difficult to perceive changes in elevation such as stairs, curbs, and driveways, talk to your doctor.

Do you ever feel faint or lose your balance? Do your legs ever feel unsteady or like they will give way? Would you feel safer using a walker or a cane? If you answered yes to any of these questions, please talk to your doctor.

Check your medications

Some medications can also cause side effects, including falls. If you are having the symptoms above, review your medications with your doctor and be sure to include all over-the-counter medicines, supplements, and herbal medications.

Plan ahead

If possible, sign up for a medical alert system or keep a portable phone close by. It's also a good idea to give a spare key to family or a friend, and to program their phone numbers in your phone.

If you fall and cannot get up

If you need help, make noise, shout, bang on something, call 911, or press your medical alert button. Move your legs, arms, and lift your hips slightly to prevent pressure sores from starting.

Improve balance with leg bends

Bend one knee so your foot comes up behind you and is level with your knee. Lower your foot to the floor. Repeat using the other leg. Hold on to a sturdy chair or wall.

Add strength to your core

Sit in a sturdy chair with the chair against a wall. Stand up without using your hands. If this is too hard, start by using a pillow on the chair until you get stronger. Repeat 10-15 times if possible.



Practice fall prevention and keep your independence.

Gain control over your bladder

As we get older, our bladder capacity can get smaller and we may need to urinate (or go “shi shi”) more frequently. The good news is that in most cases, a leaky bladder can be controlled—or even cured—with bladder training, exercises, medication, or surgery. Ask your doctor if you could benefit from any of them.

There are three types of bladder problems, also called incontinence:

Leaking when sneezing or laughing

Stress incontinence is more common in women.

Unable to get to the bathroom in time

Urge incontinence can be the result of a bladder infection, enlarged prostate, tumors, Parkinson’s disease, and nerve-related disorders.

Dribbling

Overflow incontinence occurs when the bladder cannot completely empty itself.

Improve bladder health

Take your time

Don’t rush, strain, or push when urinating. Make sure you empty your bladder completely.

Urinate on a schedule

Resist the urge to go too frequently. Instead, wait to go to the bathroom when your bladder is full, perhaps every three or four hours.

Don’t hold it for too long

Although you don’t want to go too frequently, it’s also unhealthy to wait longer than 4 to 5 waking hours.

Develop healthier habits

If you’re overweight, smoke, or drink a lot of caffeinated drinks such as coffee or tea, talk to your doctor about how to cut down or quit.

Strengthen bladder muscles with Kegel exercises

Squeeze the same muscles you would use to stop your urine. Your belly and buttocks should not move. Hold for three seconds, then relax for three seconds. Repeat 15 times a session, three times a day.



Have an attitude of gratitude

Something powerful happens when we practice gratitude. Research shows that having an attitude of gratitude can help lower stress and improve health and vitality. Grateful people often take better care of themselves and participate in more healthy activities such as regular exercise, eating better, and getting regular physical exams. Healthy behaviors can help us accomplish our regular daily activities with more ease and energy.

Just breathe

Take a deep breath and say, "I'm grateful for _____." This simple act may start the ball rolling toward gratitude.

Keep a gratitude journal

A journal or diary can serve as a cherished collection of life's little wonders—from a beautiful sunrise to a phone call from a grandchild. Simply choose a time each day to write down the things that brought you joy.

Connect with people

Surround yourself with positive people who share your interests. Take a class. Join a senior center. Meet friends for morning walks. Enjoying the company of others can keep your spirits high and your mind engaged.

Find your purpose

Express your gratitude in ways that make a difference. For example, if you love animals, volunteer at a local animal shelter. By improving the lives of others, you can often bring greater fulfillment to your own.

Savor something beautiful

Appreciate simple beauty, whether it's sunlight on a flower, a happy conversation, or a child laughing outside.

Recognize signs of depression

The first step in staying mentally fit is knowing when to get help. Grief, stress, abuse, physical challenges, pain, and loneliness can cause depression and other emotional health problems. If you are concerned, talk to our behavioral health experts. They can help you adjust to changing life circumstances and improve your outlook. For more information, go to kp.org/seniorhealth and look for Emotional Wellness under the Healthy Living sidebar.

Sleep well, live well

While most people need between 7 and 8 hours of sleep, your needs may vary. Do you feel refreshed when you wake up? If you feel tired or groggy, you may need a few more hours. For more information, go to kp.org/seniorhealth and click on Your Everyday Health.

Gratitude can help us better manage stress and remain calm and peaceful.

Make every calorie count

Healthy foods provide fuel for your body as well as your mind. As you get older, you may find that you need less food, so choose well by adding lots of leafy greens and fresh fruits to your diet. Many illnesses — such as heart disease, high blood pressure, diabetes, and osteoporosis — can be prevented or controlled with dietary changes and exercise. Water and fiber are also helpful in preventing dehydration and constipation. For more information, go to kp.org/seniorhealth and click on Your Everyday Health.

