

Bulletin for Health and Wellbeing

September 2017

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418-368-3212
info@vgpn.ca
visiongaspeperce.ca
facebook.com/visiongaspe

The Importance of Good Sleep Habits

Getting good sleep for seniors means getting at least 7 hours of sleep a night. It's normal to frequently wake during the night, to go to bed and wake up earlier, and to take naps during the day.

Why is getting good sleep important?

Sleep is the time when your brain resets and creates new pathways and when your body heals minor injuries and repairs your heart and blood vessels. Getting good sleep means a better ability for any age group to learn and it improves your mood, reduces depression, and improves your overall wellbeing. Good sleep also helps to fight against heart disease, kidney disease, high blood pressure, diabetes, and stroke.



When do I know I'm not getting good sleep?

You are not getting good sleep if you repeatedly:

- Have trouble falling asleep or back asleep when tired,
- Do not feel refreshed after a full night sleep,
- Have trouble staying awake when sitting, driving, watching television, etc.,
- Have trouble controlling your emotions and/or concentrating during the day
- Rely on medication or alcohol to fall asleep



How do I improve my sleeping habits?

One of the more effective solutions to improve your sleep habits is to train your body by only using your bed for sleeping. Avoid falling asleep in front of the television and make sure no electronic devices (like cell phones) are next to your bed. Follow a regular schedule for sleep, even on weekends, and make sure your bedroom is dark, quiet, and cool at night.

Sources: National Heart, Lung, and Blood Institute - <https://www.nhlbi.nih.gov/health/health-topics/topics/sdd>
Help Guide - <https://www.helpguide.org/articles/sleep/how-to-sleep-well-as-you-age.htm#quality>

This bulletin should never be used as a substitute for seeing a doctor. If you are concerned about a possible medical condition, please consult your physician.

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EASY SUBSTITUTIONS FOR YOUR COMFORT CRAVINGS

Fall begins the season of Comfort Food!

Most of these tend to be high in fat, starch, and meat, but you can still enjoy them without worry if you follow these easy substitutions. Keep your veg-heavy habits and have all your fall favourites!



CAULIFLOWER

Cauliflower is high in nutrients and low in calories. Substitute it for half of your potatoes when you're mashing them!



CHOOSE WILD MEAT

Use wild game in place of beef whenever you can. Can't get it or don't like the taste? Substitute half your beef for some poultry instead.



LENTILS

Be inspired by vegan cooking and substitute lentils for ground meat! Not ready for to take the plunge?

Try half and half!



VEGETABLES

Simply speaking, put extra vegetables in everything! For example, grated zucchini can be added to anything without affecting overall taste.



HAVE SOME SOUP

Soup is a great choice for a fall comfort food! Want to trim a little more from your cream soup? Substitute coconut milk, yogurt, even boiled potato for cream!



SIDE DISHES

Not interested in fiddling with a tried and true recipe? That's okay, just pair it with only vegetable side dishes and salad!

Sources: Cosmopolitan Magazine, "15 ways to make comfort food healthy"

Activity Corner

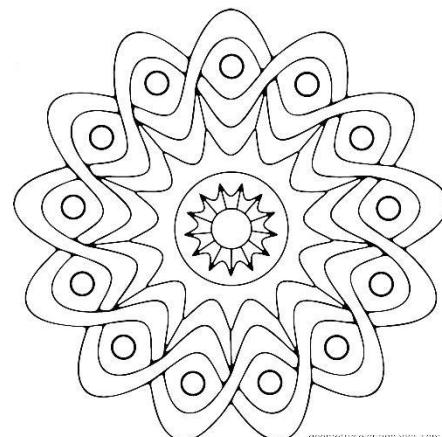
Magic Squares

Fill in the grid so that each row, column, and diagonal add up to the given sum!

The sum is 102.

	42		
36	21	18	
24	33		
39			48

Colour Me! It's a great way to relax...



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June 2017 Solution

CAETKL	TACKLE
OESHR	SHORE
ACST	CAST
CSNELEI	LICENSE
CPAR	CARP
ONDPA	POND
NRKSIE	SINKER
MOWR	WORM

The bulletin for Health and Wellbeing is available at the Vision office, at the Wellness Centres, and on our website. All comments, questions, and suggestions are welcomed!



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