

SENIORS ON THE MOVE NEWSLETTER

April, May & June 2022



"A flower blossoms for its own joy."

- Oscar Wilde

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Planning to Have FUN as We Age

By: Delia Lloyd | sixtyandme.com

Like many people, I was simultaneously horrified and energized by a recent essay in The New York Times entitled, "How Covid Stole Our Time and How We Can Get it



Back." Its basic point was as follows: Most of us have eaten up hundreds of thousands of hours in our lives we can never get back. (And yes, he actually counts them for you.)

That's the bad news. The good news, according to the article's author, Tim Urban, is that: "The time we have left with family and friends is not a law of nature like the weeks we have left to live. It's a function of priorities and decisions." In other words, **we have it within our own power to fully enjoy whatever time we have.**

As someone who's struggled throughout my life with how to be happy, here's what I've learned during the first quarter of 2022:

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Create a "Not To Do List"

CONT'D FROM PAGE 1

Quite possibly the single best piece of work/life advice I got last year was from author, podcaster and productivity guru Tim Ferriss. In a blog post he ran towards the end of 2021, he explained why he no longer makes a list of New Year's Resolutions; instead, he does a Past Year Review.

A Past Year Review entails sitting down and going through your entire calendar from the previous year, both work and personal. As you examine how you spent your time, you identify all those things that gave you the most joy – and the most displeasure – in a given month. You then insert those items in two columns respectively.

Next, you identify the top 20% of the negatives and the top 20% of the positives. Place the top 20% of negatives into a "Not To Do list," which you literally look at every day for the first few weeks of the year to remind yourself NOT to do them.

Oh my goodness, how the Not To Do List has changed my life! I let go of one client where my effort didn't justify the pay, eliminated all-but-essential business development for my company, and dramatically reduced all social engagements that feel obligatory. Just doing those three things has left me feeling 10 times lighter and less stressed out!

Schedule Fun

So much for the negatives in my life. How about the positives? Here, Ferriss's advice is to **identify those top 20% "fun leaders" and put them into your calendar immediately.** Because if it ain't in the calendar, it ain't real.

I'm one of those people who plans her work way in advance, but always leaves the fun stuff until the last minute. That's because I've always put work first, and life second.

But as soon as I read Ferriss' words, I immediately grabbed the phone and called a friend of mine who, like me, also loves live theatre. We booked in not one, but three dates over the next six months to see shows together. Then I made a list of all of the films I wanted to see from 2021 but hadn't been able to because of the Omicron variant. I started booking tickets to go to the cinema and see them live.

Best of all, I grabbed a complicated but absorbing game called Dialect. I'd purchased it a year earlier for my daughter, but it was still sitting in its box. I promptly wrote to four good friends whom I thought might enjoy playing a game about language. We blocked out an afternoon in February and spent four hours playing this game. It was the most fun I'd had in ages!

Create Memories

Creating memories – like the time I spent four hours playing a new game with a group of friends – takes work. **But when you put energy into scheduling fun, you are literally building your own happiness.** Because those are memories you can return to, day in and day out, and they will bring you joy.

Bright Springtime Salad

loveandlemons.com



1 bunch asparagus

½ cup frozen peas, thawed

A few handfuls of salad greens

2 radishes, thinly sliced

½ cup crumbled feta cheese

½ avocado, pitted and diced

¼ cup chopped pistachios, toasted and chopped

½ cup roasted chickpeas

Fresh basil and mint, for garnish

Salt and pepper

For the dressing

¼ cup fresh basil or a mix of basil and mint

1 small garlic clove

1 tablespoon lemon juice, plus **½ teaspoon zest**

1 tablespoon white wine vinegar

2 tablespoons extra-virgin olive oil

¼ teaspoon sea salt

Bring a large pot of salted water to a boil and set a bowl of ice water nearby. Blanch the asparagus for about 1 minute & transfer to the ice water for 1 minute, then drain. Dry and transfer back to bowl then add the peas.

Dressing: In a food processor, pulse together the herbs, garlic, lemon juice, zest, vinegar, olive oil, and salt. (Or chop herbs and mix the rest of ingredients if you don't have a food processor)

Add half of the dressing to the bowl with the asparagus and toss to coat. Season to taste with salt and pepper.

Assemble: Arrange the salad greens on a platter, then layer the asparagus/pea mixture, the radishes, feta, avocado, pistachios, chickpeas, and herbs. Drizzle with remaining dressing, season to taste with more salt and pepper, and serve.

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Essential Oils and Oral Health Does Natural Mean Safe?



By Seniors on the Move Affiliate,
Delta Dental of Iowa

Some essential oils have properties that support good oral health. These include:

Tea tree, eucalyptus, cinnamon, clove and lemon:



These oils have antibacterial properties, so they may help keep the bacteria that leads to cavities and gum disease at bay. Related to their antibacterial properties, these oils may also help freshen breath. Many are also antifungal.

You may find brands of toothpaste and mouthwash using essential oils in their products to appeal to people who want a more natural alternative. If you have any questions about their safety or effectiveness, your dentist can help clear any confusion.

Lavender: This type of oil might *not* be used in a mouthwash, toothpaste or other dental care products, but lavender oil is helpful at reducing stress and promotes relaxation. If you're anxious about a dental visit, bringing lavender essential oil to smell when anxiety hits may help you feel more at ease.

Side Effects

Just because essential oils are derived from natural sources does not mean they are completely safe.

The side effects below are most common if an essential oil is consumed or applied in your mouth:

Heartburn, vomiting and nausea, fatigue, and headache, dry mouth, & teeth and gum damage. Allergic skin rashes and burns when used on the skin, and, in severe cases, essential oils use can cause abdominal pain, poisoning, seizures and organ damage.

Seeking nature-derived alternatives in your daily living is a great goal for overall health and wellness, but these products are not without side effects. Keeping your doctor and dentist informed of your new choices - and keeping them out of reach of children and pets is a must.

Community Outreach

We had a wonderful time volunteering with Freedom For Youth in Des Moines. What a blessing to play games, read with and hang out with these great kids!

Interested in joining us for our next volunteer opportunity? Give us a call at 515-225-1455!



Find more about Freedom For youth at freedomforyouth.org



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Sally Shaver DuBois



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Vendor Showcase

Visit more than 50 senior-centered businesses and service providers in the Vendor Showcase Hall.

Join us for our Sixth Annual Senior Retreat Day Conference & Expo!

Senior Retreat Day is a chance for you to learn about different techniques and options for living a healthier, more balanced lifestyle!

It's a day filled with fun, fellowship and education on a variety of health and wellness topics. In addition to interactive workshops and presentations, you'll have time to visit with professionals who provide the senior community with high quality products and services.

This year, we've added a special agenda for Pre-Conference Workshops that focus on your Financial Health and How to Keep Your Dreams Alive and Growing.

Register on our website!

seniorsonthemove-ia.com or call 515-225-1455



Seniors on the Move

105 S 11th St.

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