

SENIORS ON THE MOVE NEWSLETTER

1st Quarter - 2023



"It is the mark of an educated mind to entertain a thought without necessarily accepting it."

- Aristotle



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Can your diary keep you healthy?

excerpt from Kira M. Newman | greatergood.berkeley.edu

Try expressing your thoughts and feelings in writing.

It's not always easy to sit down and do it, but in the long term, journaling can cultivate a greater sense of meaning as well as better health.



Photo by [Jess Bailey](https://www.unsplash.com) on [Unsplash](https://www.unsplash.com)

Various studies have found that people who do a bout of journaling have few doctor visits in the following half year, and reduced symptoms of chronic diseases like asthma and arthritis.

Other research finds that writing specifically boosts our immune system, good news when the source of so much stress today is an infectious virus.

Why journaling works

What's the secret to the humble diary? It turns out journaling works on two different levels, having to do with both our feelings and our thoughts.

First, it's a way of disclosing emotions rather than stuffing them down, which is known to be harmful to our health. So many of us have secret pain or shame that we haven't shared

CONTINUED ON NEXT PAGE

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with others, swarming around our brains in images and emotions. Through writing, our pain gets translated into black-and-white words that exist outside of ourselves.

On the thinking level, writing forces us to organize our experiences into a sequence, giving us a chance to examine cause and effect and form a coherent story. Through this process, we can also gain some distance from our experiences and begin to understand them in new ways, stumbling upon insights about ourselves and the world. While trauma can upset our beliefs about how life works, processing trauma through writing seems to give us a sense of control.

The do's and don'ts of a diary

A 2002 study does suggest that journalers should beware of rehashing the same difficult feelings over and over in writing. The point here is that the most effective journaling moves from emotions to thoughts over time. We start expressing our feelings, allowing ourselves to name them; after all, jumping to thoughts too quickly could mean we are over-analyzing or avoiding. But eventually, we do start to make observations, notice patterns, or set goals for the future.

In addition to writing, you might also consider adding drawings to your journal. And, if writing challenges you, speaking your feelings aloud may work just as well. Researchers suspect that talking - even to a voice recorder in your phone - may feel similar to sharing our feelings with a loved one.

In the past 30 years, hundreds of studies have uncovered the benefits of putting pen to paper with your deepest thoughts and feelings.

So, why not give it a try?

"Dear Diary..."



Photo by [Toa Heftiba](#) on [Unsplash](#)

Creamy Italian Pasta Salad



A four ingredient pasta salad recipe loaded with flavor!

Prep Time 5 minutes

Cook Time 20 minutes

Servings 4

Ingredients

- 1/2 lb your favorite curly pasta
- 1/2 cup Marie's Creamy Italian Garlic Salad Dressing
- 1/4 cup Paul Newman's Classic Oil and Vinegar Dressing
- 1/2 cup grated parmesan
- 1 small head broccolini
- 1 Tbsp chopped Calabrian chiles

Instructions

1. Cook pasta til al dente.
2. In medium bowl, mix dressing ingredients and parmesan.
3. While pasta is cooking, steam broccolini til bright green (7-8 min).
4. Drain pasta and set aside to cool.
5. Toss dressing with pasta.
6. Garnish with broccolini, a generous sprinkling of sunflower seeds and chopped chiles.

Find more great recipes at:

josieandnina.com

Where are we going in 2023?

*Come along for the ride on a
2023 Day Tripper Tour!*



What to Expect

Remember what it's like to feel the rush of a warm breeze in the countryside? Learning new things and enjoying conversation over a good meal? Exploring new places, music, theater, history, local treasures off the beaten path? All while spending this time with special family members or good friends?

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Facebook is a gathering of friends

7 tips to keep it enjoyable

Kay Arthur | sixtyandme.com

If you envision Facebook, or other forms of social media, as a method of 'keeping in touch', then the enjoyment you get far outweighs the negativity and frustration that sometimes come with it.

I know several people who got affected by that negativity. They protest. They block. They deactivate. They leave. They come back. I know. Because I've done it.

There are no official Facebook rules or a handbook designed for online etiquette, but I've made rules for myself that have helped curb my own frustration.

Also, I've figured out ways to keep it a positive part of my day, connecting me to people that I care about. These are just a few of the rules that have helped me stay happy about social media. I've made the good outweigh the bad.

Monitor Your Privacy Settings

Unless you want your photos to be public, make sure your settings reflect your intentions. The privacy factor is huge with me. I even privatize my friends list, limiting it to only myself who can view my list of friends.

Organize Your Groups

Create groups for your posts and default to the one where you wish most of your posts to go to. I have created a group for close friends, one for close friends and family and a separate one for 'all,' which includes acquaintances.

If there is someone who never likes or comments on my posts, then I move them to the acquaintances group, and they don't see my regular posts.

You may want to keep friends posts separate from family posts. Thus - the reason for the family category. Go through your friend list, occasionally, and make sure your posts are going to who you want them to go to. You can also customize at the time of the post.

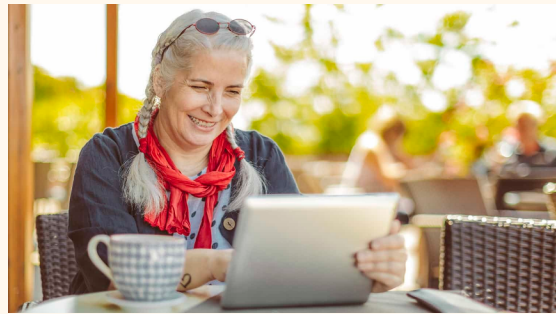
Don't Overdo It

I don't use FB like a diary because I really don't think any of my friends want to know what I'm doing or where I'm at, every part of the day. Don't overuse FB or post excessively.

Accept Marketing Is a Big Component of Social Media

You can reach thousands of people through mass marketing. I get it. It's smart. It makes business sense. But, if you have multiple friends selling the same products, it can get frustrating to scroll through the same ads daily.

It's easy to 'unfollow' those friends and then go to their site, at



will, to look for the personal photos or posts that matter to you.

Be Careful with Friend Requests

I don't accept friendship or request it of people

that I haven't met in person. It's just my own personal rule. If I am going to share my life, in words or photos, then I want to make sure that I know the people who will view my posts. I value and cherish the word 'friend'.

Don't Become an Addict

I give myself an hour on Facebook, and most of the time, it's less. I don't check it routinely during the day. I don't look at it in the presence of others. Facebook, and any social media, can be time-consuming and time-wasting if not controlled.

Don't Play Games with Your Friends On Facebook

Don't count how many 'likes' you get. Don't brag or judge or use it for a political stage. Or try to make someone feel bad. Or post negative comments. That's just not cool.

Be respectful of life circumstances and situations. You are friends with people for a reason. Be their friend. Saying nothing is better than saying something that can ruin a friendship.

I think of Facebook as a large gathering place, where we can sit, in the comfort of our homes, and share our lives in ways that we've never been able to before. It is truly amazing, isn't it, that we can now reach across the country – and continents – and converse with friends, all at the same time?



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Mon, Apr 17th
11:30 AM - 1 PM

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Learn how to be an active part of your healthcare team and build the best doctor-patient partnership for optimal results. Presented by DeAndrea Searight, Humana.

Mon, May 15th
11:30 AM - 1 PM

"Options in Senior Living"

Learn about all the different options in housing and how each of them work. Presented by Carla Ellerman, Meadowview of Johnston.

Members attend FREE, Non-members \$20 (includes lunch and presentation)
Register on our website now seniorsonthemove-ia.com

PADDLES, POURS & PROGRESSIVES - DUBUQUE & GALENA

WED, OCTOBER 4 - THURS, OCT 5



This tour includes a two-hour cruise on the American Lady Yacht, offering some of the best sightseeing in the area, as well as great food. The captain will take the group north to Lock & Dam #11 and then turn south to see the Julien Dubuque Monument high on a bluff in the Mines of Spain State Park.



After cruising on the river, it's only fitting that we tour the National Mississippi River Museum & Aquarium. This

Smithsonian Affiliate uses historical artifacts and animal habitats to tell the story of America's rivers.

A step-on guide will lead us through our Historical Progressive Dinner where we will learn about Dubuque's rich history while enjoying a delicious course at each location.

Our overnight accommodations will be at the historic Hotel Julien. For over 150 years this downtown hotel has served as an icon of hospitality. It features the finest amenities from luxurious furnishings to exquisite architectural elements. You'll experience the grandeur of the past while enjoying the very finest in modern service and accommodations.

Day 2 - Coffee Tour & Tasting

An exclusive behind the scenes tour of this family-owned roasting and packaging facility will teach us how coffee is grown and processed around the world.



Next, it's off to Galena, Illinois for a scatter lunch and some shopping. This charming town is sure to be a delightful experience amid the backdrop of some colorful fall foliage.

The afternoon ends at Stone Cliff Winery for a wine tasting in the Historic Star Brewery, in their taste room, and includes a tour of their bottling area.

RESERVE YOUR SPOT NOW with a \$175 Deposit

All prices include motorcoach transportation, overnight lodging, 1 lunch, 1 Historic Progressive Dinner, all tastings and tours.

Full Payment due by June 9, 2023.

Members (double) - \$490

Members (single) - \$560

Non Members (double) - \$560

Non Members (single) - \$630

DayTrippers Club Members (double) - \$425

DayTrippers Club Members (single) - \$495

(Club Members earn 150 DayTripper Miles)



Seniors on the Move

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9 am - 4 pm

Sheraton West Des Moines



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