

Health & WELLNESS



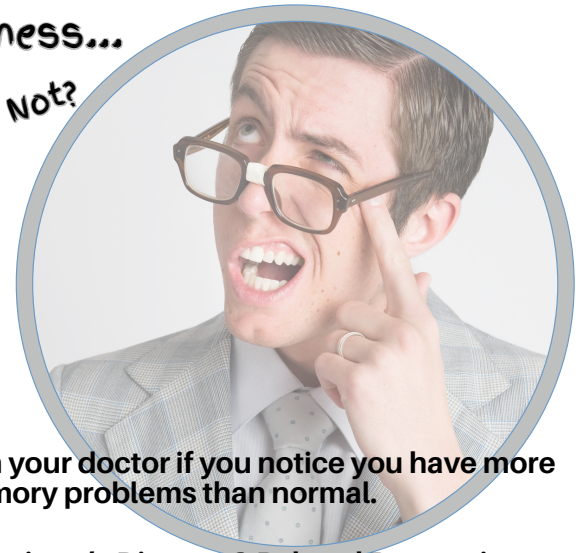
April 2023

What's Typical & What is Not

Normal Aging	Alzheimers Disease
Making a bad decision once in awhile	Making poor judgements & decisions a lot of the time
Missing a monthly payment	Problems taking care of monthly bills
Forgetting which day it is and remember later	Losing track of the date or time of year
Sometimes forgetting which word to use	Trouble having a conversation
Losing things from time to time	Misplacing things often & being unable to find them

Forgetfulness...

Normal or Not?



**** Talk with your doctor if you notice you have more serious memory problems than normal.**

Links to Alzheimer's Disease & Related Dementias

- [National Institute on Aging](https://www.nia.nih.gov/aging)
- [Alzheimers.gov](https://www.alzheimers.gov)

YouTube Video on "What is Normal or Not" - <https://youtu.be/wX68gvahj9Q>



Cyber Security Tip

Scams targeted older adults are on the rise. In 2021, there were 92,371 older victims of fraud resulting in \$1.7 billion in losses.

If you have an EPC Retirement Plan, take an extra step of safety, and add 2-Factor Authentication. Click [here](#) to learn how 2-Factor Authentication works and how to install.

Read "[The Top 5 Financial Scams Targeting Older Adults](#)" - National Council on Aging.



Guard Your **B-A-C-K**

Hurting your back from improper lifting is all too common.

Here are some reminders for safe lifting:

- BEND** your knees, not your waist, and use your legs, not your back, to power the lift.
- ALWAYS** get close to the object or pull the object close before lifting, keeping your back as straight as possible.
- CALL** someone to help if the load is too heavy. Or use a hand truck.
- KEEP** your head up and don't twist your body while lifting or carrying.

Managing Stress and Chronic Pain

Stress is a physical and emotional reaction that people experience as they encounter changes in life. Long-term stress may contribute or worsen to a range of health problems including hypertension, diabetes, asthma and more. Stress is unavoidable, but it is controllable. The key is to learn how to effectively manage it so that it doesn't manage you.

Take steps to lower your stress level:



Prioritize. At the beginning of your day, review what you need to get done and prioritize what has to be done, what could be done and what can wait. Learn to say no if you can't reasonably accomplish an additional task.



Pray. Turn to God when you are stressed. The Lord is our Loving Father and connecting with Him through prayer can bring calmness and restore peace to your mind.



Talk. Bottling things up can add to your stress. Open up and talk to your closest friends or family members. Also consider talking with a therapist, doctor or church member, depending on the nature of the issue.



Exercise. Exercise is a natural stress reliever which releases endorphins into your bloodstream. Endorphins are chemicals that help your body to reduce stress. Also, exercise boosts immunity, among many other health benefits.



Count to 10. This simple task can help you to clear your head. Breathe deeply and close your eyes while you do this.



Try Pilates. Pilates can promote deep breathing and increase body awareness. Find classes at your local gym or on YouTube.



Get enough sleep. Go to bed on time to help you feel refreshed and awake the next day. A lack of sleep in itself can cause you to feel more stressed or add to the stress of your day because it will be harder to concentrate. If your stressors are preventing you from falling asleep, go into another room and do a relaxing activity to help you feel sleepy, such as reading the Word, deep breathing or stretching.

If you have a chronic condition and want help call **1.888.610.0089** to learn how Meritain Health's Nurse Health Coaching program can assist you.

There is \$0 Cost to you if you are enrolled in one of EPC's medical plans.