



MENTAL HEALTH

CAUSES AND RISK FACTORS FOR SENIOR MENTAL HEALTH

- Physical disability
- Long-term illness (e.g., heart disease or cancer)
- Dementia-causing illness (e.g. Alzheimer's disease)
- Physical illnesses that can affect thought, memory, and emotion (e.g. thyroid or adrenal disease)
- Change of environment, like moving into assisted living
- Illness or loss of a loved one
- Medication interactions
- Alcohol or substance abuse

-Mental health and emotional well-being are as important in older age as at any other time of life.

-Approximately 15% of adults aged 60 and over suffer from a mental disorder.

-The most common neuropsychiatric disorders in older adults aged 60 and over are dementia and depression.



Look for these signs:

- Sad or depressed mood lasting longer than two weeks.
- Social withdrawal; loss of interest in things that used to be enjoyable.
- Unexplained fatigue, energy loss, or sleep changes.
- Confusion, disorientation, problems with concentration or decision-making.
- Increase or decrease in appetite; changes in weight.
- Memory loss, especially recent or short-term memory problems.
- Feelings of worthlessness, inappropriate guilt, helplessness; thoughts of suicide
- Physical problems that can't otherwise be explained: aches, constipation, etc.



**Helpful
Tips**

EXERCISE ACTIVITY

Side Arm Raise



This exercise will strengthen your shoulders and make lifting groceries easier.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold hand weights straight down at your sides with palms facing inward. Breathe in slowly.
4. Slowly breathe out as you raise both arms to the side, shoulder height.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.

TIP

As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.

RECIPE FOR THE MONTH

SIMPLE SPAGHETTI AND MEAT SAUCE

MAKES ABOUT 4 SERVINGS

Ingredients

- 4 cups cooked spaghetti (about ½ pound dry)
- Nonstick cooking spray
- ½ cup onion, chopped
- 3 cloves garlic, chopped
- 1 ½ cups canned beef, drained
- 1 can (about 15 ounces) low-sodium tomato sauce

Directions

1. Cook spaghetti according to package directions. Drain well.
2. In a medium-size skillet coated with nonstick cooking spray, cook the onion and garlic over medium heat until soft.
3. Stir in beef and tomato sauce, and cook 10 minutes.
4. Spoon beef and sauce mixture over cooked spaghetti.

Nutritional Information for 1 serving (about 1 ½ cup) of Simple Spaghetti and Meat Sauce

Calories	240	Cholesterol	40 mg	Sugar	3 g	Vitamin C	25 mg
Calories from Fat	50	Sodium	250 mg	Protein	18 g	Calcium	23 mg
Total Fat	6 g	Total Carbohydrate	26 g	Vitamin A	43 RAE	Iron	2 mg
Saturated Fat	2 g	Dietary Fiber	3 g				

Recipe adapted from *Commodity Supplemental Food Program Cookbook*,