

# Quarterly Companion

AROUND THE TABLE

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Spring 2023

## Loneliness is Real and Staying Connected Helps

The National Institute on Aging defines LONELINESS as the distressing feeling of being alone or separated. Loneliness is based on a perceived sense of isolation, not objective (actual) social isolation. It is subjective. One may say, "I FEEL lonely."

We all have a different level of needs when it comes to social isolation. Not everyone who lives in social isolation is lonely. There are some people who can live in various levels of social isolation and not report feeling lonely. However, there are also people who can feel disconnected, isolated, and lonely while having many social connections. The key is one's perception of how connected you feel to others.

On a piece of paper, write the groups of people you currently stay connected with; and list those you visit and see often but are not as emotionally close with.

### Use these questions to get started:

- Who listens to you when you need someone to talk to? \_\_\_\_\_
- Who appreciates you and what you do? \_\_\_\_\_

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- Who stands up for you, even if they don't totally agree with you? \_\_\_\_\_
- Who do you talk with when you need help or advice? \_\_\_\_\_

Once you have your names identified, write down the activities you might engage in to stay connected with others. Here are a couple of suggestions: card clubs or fitness classes.

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Questions adapted from: Building social support in rural communities by University of Minnesota Extension.

## Saving Money on Seasonal Produce

Learning when produce is in season may benefit your budget. Learn more here:

[go.illinois.edu/whatsinseason](https://go.illinois.edu/whatsinseason).

Another important money saving tip with seasonal produce is to check out your local farmers markets.

For more information and locations of farmers markets near you, visit: [agr.illinois.gov/consumers/farmersmarkets](http://agr.illinois.gov/consumers/farmersmarkets).

### Unscramble these common spring fruits and vegetables:

#### Fruits

1. WBEEIASRSRTR: \_\_\_\_\_
2. RAPOSTIC: \_\_\_\_\_
3. SRRHIECE: \_\_\_\_\_
4. PSAEIRSBRE: \_\_\_\_\_

#### Vegetables

1. SUARGPAAS: \_\_\_\_\_
2. NSCIHPA: \_\_\_\_\_
3. EAPS: \_\_\_\_\_
4. IBCRLOCO: \_\_\_\_\_

## Prevent Muscle Loss by Staying Active

Many factors contribute to muscle loss: lack of physical activity, poor nutrition, illness or injury, genetics, aging, and various medical conditions. When muscles are not being used, our bodies can break down the tissue to conserve energy. This results in smaller and weaker muscles, reducing mobility and endurance and increasing the risk of injury and falls.

Fill in the blanks to complete the word search and learn the importance of staying active and healthy.

1. Prevent age-related \_\_ S \_\_ loss, called sarcopenia, by staying active as you age.
2. You should get at least 30 minutes of physical activity \_\_ L \_\_, most days of the week.
3. Physical activity helps you sleep better, decreases anxiety, and boosts your \_\_ R \_\_ health.
4. \_\_ A \_\_ is one of the simplest and most popular forms of physical activity.
5. Aerobic physical activity increases your \_\_ T rate and the body's use of oxygen.

## Answer Keys

Confirm answers to this issue's word games:

<b>Seasonal Produce Scramble</b> Fruits 1. Strawberries 2. Apricots 3. Cherries 4. Raspberries	<b>Staying Active Word Find</b> 1. Muscle 2. Spinach 3. Peas 4. Broccoli 5. Heart 3. Brain 4. Walking
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