TEAM KENTUCKY
CABINET FOR HEALTH AND FAMILY SERVICES

# Senior Health & Wellness Newsletter








## We've Been Trying to Reach You for...Scams!

Older adults are common targets and victims for scams. Scams can come in many different forms and topics. Some may receive phone calls, some receive text messages, and some may be electronic mail (e-mail). No matter which way the scam comes, many older adults experience scams and may fall victim to them. There are multiple ways that scammers use to attract older adults: investments, identity, romance, online purchases, grandparents and tech support; just to name a few. Often, the scammers will tell the individual that they owe money to get out of a "debt" for themselves or loved ones or computer software updates (by phone/email not software prompts).

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# *We've Been Trying to Reach You for...Scams!*

Here are a few tips to avoid scams:

1. Hang up if things sound suspicious. If someone asks for personal information, hang up the phone. If you question if it is a real call, call the number back and see what is said.
2. Avoid telemarketing/scam calls. Register your phone number to the National No Call List at donotcall.gov.
3. Slow down the conversations. Scammers will often tell you have to make quick decisions and put a short time limit on a decision. Take time to verify who you are talking to and researching the business online, their reviews, and company policies.
4. Never pay for services upfront. Even if there are incentives to pre-pay, avoid pre-paying.
5. Do not wire or purchase gift cards for individuals you do not know. It is almost impossible to get your money back when this happens.
6. Sounds almost too perfect. Then it probably it is. If someone is offering something for free or that you won something you never registered for, it is likely a scam.

If you have additional questions or concerns regarding scams, please reach out to the Kentucky Office of the Attorney General at 888-432-9257 or file a scam complaint online at secure.kentucky.gov/formservices/AttorneyGeneral/ScamReport

*Resources: https://www.ag.ky.gov/Resources/Consumer-Resources/Consumers/Pages/Consumer%20Alerts.aspx*



# Exercise Series!

*Always consult your physician before starting a new exercise program. never perform any exercise that causes pain. Never hold your breath while exercising.*

**Modifying Activities for Osteoarthritis!**

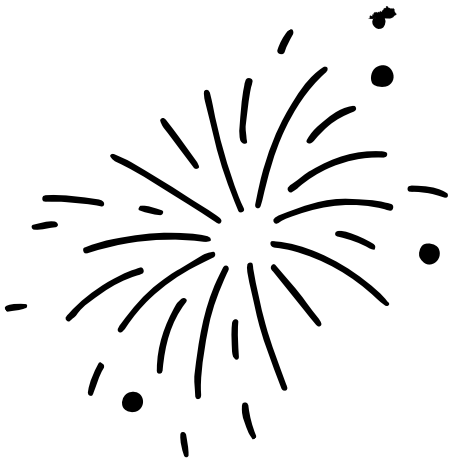
Activities that may increase your pain and how to modify them

| Activities | Examples | Modifications |
|---|---|---|
| High Impact | • Stomping on shovel while digging<br>• Stomping while dancing<br>• Hopping, Jogging, Skipping | • Use your body weight to push down<br>• Tap your foot lightly on floor<br>• Fast walking or a high step march can get your heart rate up |
| Twisting | • Plant & pivot in dancing, ball sports, raking & shoveling<br>• Standing postures in yoga, tai chi & Pilates<br>• Extreme yoga and Pilates postures | • Move your feet, don't twist through your knee or back<br>• Keep your knee over your 2nd toe, no "knock knee" positions<br>• Do go as deep into the position<br>• Chair yoga & Pilates reformer may be easier |
| Forceful end of movement | • Bouncing to stretch<br>• Rowing & kicking vigorously<br>• Sitting on your heels & squatting | • A controlled hold at the point of discomfort is much more effective<br>• Move at a speed that allows you to control your movement, in your comfort zone<br>• Use a towel, yoga block or stool to limit how deep you bend |
| Kneeling | • Cleaning, gardening, yoga, exercise, praying | • Knee pads or rolled up towels to kneel on if kneecaps are sore<br>• Roll up mat/towel & put under shin below kneecaps |

# HAPPY NEW YEAR Word Search

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| J | A | N | U | A | R | Y | N | U | R | D | C |
| H | X | E | P | N | C | L | O | C | K | A | O |
| F | M | W | H | G | R | V | F | E | T | R | U |
| I | I | Y | T | F | A | P | O | L | U | P | N |
| R | D | E | M | I | N | U | T | E | R | A | T |
| E | N | A | T | N | T | B | H | B | K | R | D |
| W | I | R | E | I | H | A | C | R | E | T | O |
| O | G | E | N | G | A | L | D | A | Y | Y | W |
| R | H | R | E | S | O | L | U | T | I | O | N |
| K | T | R | A | E | I | O | O | E | R | I | S |
| S | F | A | M | F | L | O | C | R | A | F | N |
| B | R | I | N | D | A | N | C | E | N | E | L |

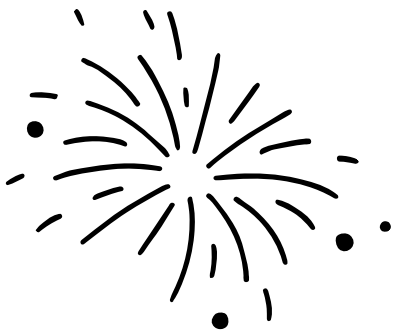
MINUTE
CELEBRATE
COUNTDOWN
DANCE
MIDNIGHT
FIREWORKS
PARTY
NEW YEAR
RESOLUTION
CLOCK
JANUARY
BALLOON



Can you find it? Somewhere in the newsletter is a tiny Kentucky. Did you spot it?



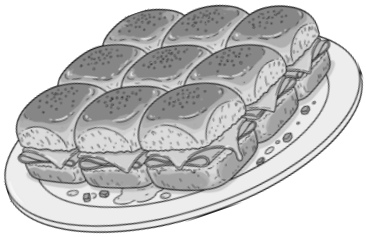
Last month's was located on Page 4 in the tree trunk at the top of the page.



# Recipe

## Small Batch Ham and Cheese Sliders

- ¼ tbsp butter for greasing baking dish
- 2 tsp mayo
- 2 tsp mustard
- ⅛ tsp Worcestershire sauce
- ⅛ tsp garlic powder
- 4 Hawaiian Rolls
- 3 ounces sliced ham
- 2 ounces sliced Swiss cheese
- ½ tbsp butter, melted
- ¼ tsp poppy seeds



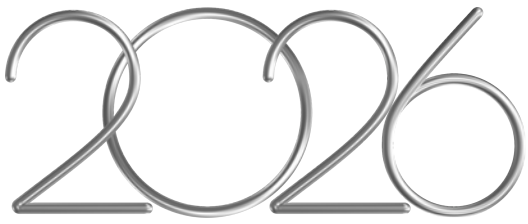
- Heat oven to 375 degrees. Lightly butter a 5x5 baking dish.
- Make the sauce: In a small bowl, whisk together mayo, mustard, Worcestershire sauce and garlic powder.
- Prep the rolls: Slice the Hawaiian rolls in half horizontally. Place the bottom half in the buttered dish.
- Sauce the tops: Spread the sauce evenly on the cut side of the top half of the rolls. Set aside.
- Layer the filling: Add half the ham, then half the cheese. Repeat with remaining ham and cheese.
- Assemble: Place the top half of the rolls over the filling. Brush melted butter and sprinkle with poppy seeds.
- Bake for 10 minutes, until the cheese melts and the tops are lightly browned.
- Let sliders rest for 5 minutes, use a spatula to lift them out, cut into individual sliders, or serve directly from the dish.

Solution to Puzzle




### Important dates in January

January 01 ... New Year's Day
January 19 ... Martin Luther King Jr Day



# *Dementia Corner*

**Start 2026 with a Healthier Brain, Kentucky Seniors from the Office of Dementia Services**

As we start a new year, it's a great time for seniors in Kentucky to think about ways to keep their brains healthy. Even small changes can make a big difference in memory, thinking, and mood.

**Move Your Body**

Exercise helps the brain as much as the body. Seniors can try simple activities like:

- Walking in the mall or at a local park
- Gentle stretching or chair exercises
- Exploring trails at Kentucky state parks

Just 10–20 minutes a day can improve focus and mood.

**Eat Foods That Help Your Brain**

Healthy foods can protect your memory. You can try any of the following:

- Fresh berries, apples, and greens from local farms
- Beans, nuts, and whole grains
- Fish and lean meats

Many senior centers offer meals that follow these guidelines.

**Keep Your Mind Busy**

Doing activities that challenge the brain keeps it strong. Try:

- Puzzles and word searches from your senior center
- Reading books or large-print materials from your local library
- Learning something new through local classes

**Stay Connected**

Talking and spending time with others is great for the brain. Seniors can:

- Join senior center programs or church groups
- Call or visit friends and family
- Participate in telephone check-in programs

**Sleep and Relax**

Good sleep gives your brain time to rest and recover. Aim for 7–9 hours each night. Relax with prayer, quiet reading, or gentle breathing exercises to lower stress.

**Take One Step Today**

Even small habits can help protect your brain in 2026. Move a little more, eat better, or spend a few minutes learning something new.