

"Live your life and forget your age."



WHAT MAKES MY HEART SING

# Aging Better & Bolder

A publication of Prescott Meals On Wheels

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## **Flu Prevention.. Shoo the flu!** Source: [Maricopa County.gov](http://Maricopa County.gov) and [Everydayhealth.com](http://Everydayhealth.com)

### **1. Get a flu shot.**

A flu shot protects against the viruses that are most common. It can reduce the severity and length of the illness, and can also help prevent spreading the flu to those around you who may be at high risk.

### **2. Stop the spread of germs.**

It can be hard to avoid people who are sick, but if you are the one who is sick, please try to avoid contact with others and stay home at least 24 hours after your fever is gone. Cover

your nose and mouth when you sneeze or cough; Wash your hands often with soap and water; Avoid touching your eyes, nose and mouth, and clean surface areas that others come into contact with.

### **3. Symptoms.**

Symptoms of the flu include: fever, cough, sore throat, body aches and fatigue, headache, chills and runny or stuffy nose. If you are concerned about your illness or at high risk for complications, please consider

going to the doctor or urgent care.

### **4. Immune support.**

Keeping your immune system strong will help avoid or lessen the illness. Here are some tips for creating a healthy immune system: Engaging in daily physical activity; getting at least 7-8 hours of sleep every night; eating healthy with a variety of protein, vegetables and fruit; reducing sugar and alcohol intake and managing your stress levels.



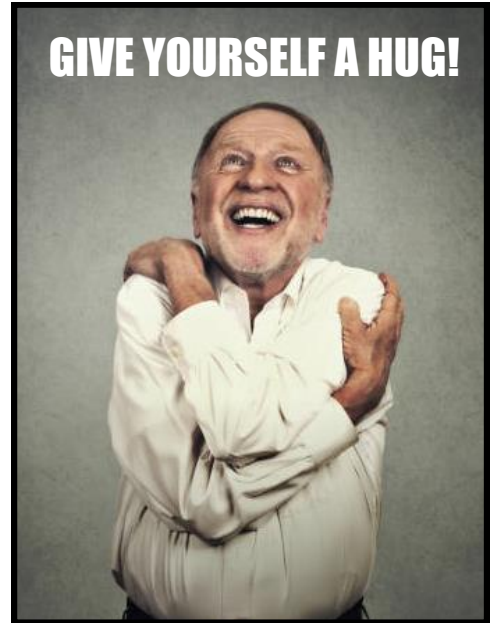
*"When you're older, you do what you want. You acquire freedom. That's one of the great things about old age. And instead of people saying, "You look young or you aged well", I like to hear, "Oh, you look so elegant. You look so sophisticated." That is a real, true compliment. - Isabella Rossellini*

# National Hug Day is January 21!

## 10 reasons why we need hugs each day

By Marcus Julian Felicetti / Mind Body Green

1. Hugs build **trust** and a sense of **safety**
2. Hugs can instantly boost oxytocin levels which **heal** feelings of loneliness, isolation and anger
3. Holding a hug lifts one's serotonin levels, **elevating mood** and **creating happiness**
4. Hugs **strengthen** the immune system
5. Hugging boosts self-esteem and connect us to our ability to **self love**
6. Hugging **relaxes** muscles, **eases** tension and increases circulation to help **soothe** aches
7. Hugs **balance** out the nervous system
8. Hugs teach us how to **give and receive**
9. Hugs **connect** us with our heart and teach us to **let go and be present**
10. Hugs are an **energy exchange** between people.



## Planned Giving

Make a lasting investment in our future!

Your investment in our organization, our mission and those we serve, paves the way for future sustainability and service to the community.

Your gift to the Prescott Meals on Wheels Endowment Fund makes it possible for us to break bread with the most vulnerable members of our community for years to come.

For more information, contact Michelle at 928-445-7630 x605.

We're on the web and Facebook!

[PrescottMealsOnWheels.com](http://PrescottMealsOnWheels.com)



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Thank you Arizona Community Foundation for making *Aging Better and Bolder* possible.