



## PROTECT YOUR IDENTITY

Impersonation fraud occurs when someone assumes your identity to perform a fraud or other criminal act. Criminals can get the information they need to assume your identity from a variety of sources, such as the theft of your wallet, your trash, or from credit or bank information. They may approach you in person, by telephone, or on the Internet and ask you for the information.

You can minimize your risk of loss by following a few simple hints.

- Never throw away ATM receipts, credit statements, credit cards, or bank statements in a usable form. **These documents should be shredded.**
- Never give your credit card number over the telephone unless you make the call.
- Reconcile your bank account monthly and notify your bank of discrepancies immediately.
- Keep a list of telephone numbers to call to report the loss or theft of your wallet, credit cards, etc.
- Report unauthorized financial transactions to your bank, Credit Card Company and police as soon as you detect them.

- If your identity has been assumed, ask the credit bureau to print a statement to that effect in your credit report.
- Review a copy of your credit report at least once each year. Notify the credit bureau in writing of any questionable entries and follow through until they are explained or removed.

There are many different ways dishonest people use to take advantage of others. Common sense or that *ōgutō feeling is important to listen to. If something doesn't sound right or is too good to be true, it probably is.*

*Please read about the newest fraud involving jury duty that will be posted on the August Bulletin Board.*

### Pool Reminder

Please remember that those with open wounds are not allowed to use the pool during the healing process. If you have any questions about when to return to the water, please contact wellness staff.

### Green Exercise Leads to Improved Mental Health

Researchers from the University of Essex, United Kingdom, analyzed the results of 10 studies totaling 1,252 people of different ages, genders and mental health status (i.e. different degrees of impairment) and found that activity in the presence of nature (ōgreen exerciseö) led to improvements in mental and physical health.

People of all ages and social groups, but especially younger cohorts and people with mental impairments, benefited to some extent from green exercise. All natural environments were beneficial, including parks in urban settings. Green areas with water, a *ōblue and green environmentö*, seemed to be especially healthful. *ōThe results show acute short-term exposures to facilitated green exercise improves both self-esteem and mood irrespective of duration, intensity, location, gender, age, and health status,ö the authors conclude.*



Postprandial hypotension, or low blood pressure after eating a meal, affects one third of older adults. Do you sometimes feel dizzy or lightheaded after a meal? Postprandial hypotension could be the cause.

Digestion involves rerouting extra blood to the stomach and intestine. The heart beats faster and harder while blood vessels in other parts of the body narrow to maintain blood flow to the brain and other body parts while increasing flow to the stomach. In some, the heart and blood vessels do not respond properly, causing blood pressure to decrease everywhere except the digestive system. This may result in dizziness, lightheadedness, falling or fainting. It may also trigger chest pain, nausea or vision problems.

The major reason for postprandial hypotension is high blood pressure (hypertension). Hypertension causes arteries to stiffen, making it harder for them to relax or narrow. Blood pressure sensors in the arteries or stretch receptors in the stomach may fail with age, affecting the message that is normally sent to the body that eating is taking place. Diabetes, Parkinson's disease and other nerve-damaging conditions can also cause postprandial hypotension. Prevention is the key to keeping this condition under control as there is no medical treatment for it.

- Drink 12-18 ounces of water 15 minutes before eating to blunt the fall in blood pressure
- Eat smaller meals. Larger meals are more likely to cause postprandial hypotension
- Cut back on white bread and other foods that are made with refined flour or a lot of sugar. These foods pass quickly from the stomach into the small intestine, causing postprandial hypotension. Replace these foods with whole grains, beans and protein for slow digestion.
- Take it easy after eating. Blood pressure will be at its lowest 30-60 minutes after a meal. Sitting down for the same amount of time after eating is one way of coping with postprandial hypotension.

Medications and supplements have been tested against postprandial hypotension, but none have been successful. If you feel odd after eating, tell your doctor. He can determine if your feelings are due to postprandial hypotension and help you find ways to take care of it.

*July 2010 Harvard Heart Letter*

### **Are You Chasing Happiness?**

Many of us have had moments when we've said, "I'll be happy *when*..." That "*when*" can include "*when* I lose 10 pounds," or "*when* my child gets out of diapers," or "*when* I get a new car (or job or house)." And what usually happens when that "*when*" finally takes place? We replace it with a new "*when*." By waiting on our circumstances to change, we find ourselves constantly chasing a happiness that is always just beyond our reach.

Are you chasing happiness? Replace "I will be happy *when*" with "I choose to be happy now." Dr. Lee Jampolsky sums it up best by saying, "Nothing needs to change in your life situation or the world in order for you to have peace of mind. Knowing your peace of mind is up to you, and not the world, is the most powerful and secure state of mind you can achieve."

### **New Blinds in the Wellness Center**

You may already be aware that blinds have been installed in the Wellness Center in the cardio and strength area and the aerobics room. The blinds are cordless and should be pulled down by the center tab on the bottom of the blind. To open the blind, gently push it up from the bottom center.

**NO Exercise Classes**

**Friday, August 6th**