

BUZZ, BODY & BITES

A newsletter for actively aging adults

Virginia Cooperative Extension
January 2024 Newsletter

BUZZ

PROGRAMS THAT SUPPORT THE DIMENSIONS OF WELLNESS

Virginia Cooperative Extension and other organizations offer programs that may be of interest to actively aging adults.

- *Life Improvement through Fitness Together (L.I.F.T.) - a strength, flexibility, balance, and nutrition program for a 65+ audience.*
- *Balanced Living with Diabetes- a fourteen-week lifestyle management program for people with diabetes*
- *Chronic Disease Self-Management Program- a six-week program that teaches participants tools to use to help manage their chronic conditions.*
- *Diabetes Prevention Program- a 22-session program taught by a trained lifestyle coach for people at risk of developing diabetes.*

Call your local Extension Office to see if a program is being offered in your area.

<https://ext.vt.edu/offices.html>



Introduction to the 8 Dimensions of Wellness

Wellness is a personal balance that supports a healthy lifestyle in all areas of life. The World Health Organization defines wellness as “physical, mental and social wellbeing, not merely the absence of disease”. The Substance Abuse and Mental Health Services Administration goes further and identifies 8 dimensions of wellness. These include physical, emotional, social, occupational, intellectual, spiritual, environmental, and financial. Being aware of these dimensions and how they interrelate can greatly contribute to overall wellness.

Taking small steps toward wellness in each dimension will make them more achievable. Here are ideas for each wellness dimension:

Physical wellness - Recognize the need for physical activity, quality sleep, and a nutrient-dense diet. Set small goals get more physical activity, add nutritious food to your diet, and improve your quality of your sleep.

Emotional wellness - This needs to be cultivated both when things are not quite right and when things are going well. Recognize your personal strengths and nurture them with positive reinforcements.

Social wellness - Social interaction is crucial to overall wellness and resilience. Intentionally keep in touch with supportive family, and friends. Join a club, social group, or volunteer to feel connected with your community.

Occupational wellness - Occupational satisfaction and enrichment from work, volunteerism or hobbies creates a sense of fulfillment. Find something you love to do that provides you with self-satisfaction.

Intellectual wellness - You are never too young or too old to expand your intellectual abilities. Stay mentally active, exercise your mind!

Spiritual wellness - Take time for spiritual practices. This may be religion, meditation, yoga, or other activity that supports a spiritual connection.

Environmental wellness - Our living environment can promote a sense of serenity and well-being. Be conscious of your personal surroundings. Organize your spaces to include beauty and reduce clutter.

Financial wellness - Well managed finances create a sense of security in the present and for the future. Set financial goals, create and stick to a budget, and seek expert advice as needed.

The 8 dimensions of wellness are a framework for achieving personal satisfaction and overall wellness. Being aware of them can set you on a path to being well!

Contributed by: Christine Zellers, Assistant Professor/Educator Rutgers Cooperative Extension

Bites

Body

Collards with Pineapple & Ginger

Adapted from Appetite for Reduction by Isa Chandra Moskowitz



Instructions:

1. Heat 1 Tbsp oil over medium heat in a large skillet with tight-fitting lid. Add collards and salt. Toss to coat with oil. Cook stirring until greens begin to wilt, about 4 minutes.
2. Clear a space in the center of the pan. Add 1 tsp oil and let it heat for 30 seconds. Add the ginger, garlic, and red pepper. Cook the spices in the oil for 30 seconds to 1 minute.
3. Add pineapple with juice. Stir to combine. Cover. Bring to a simmer and reduce heat to medium-low. Cook 15 minutes or until tender, stirring occasionally. Add water a few tablespoons at a time if the pan becomes dry.
4. Serve immediately. Place leftovers in an air-tight container. Refrigerate and use within 3 days.

Basic Ingredients:

- 1 tablespoon vegetable oil
- 1 bunch (about 10 ounces or 6 cups) collard greens, thick stems removed, leaves sliced in thin, 1/8-inch strips
- ¼ tsp salt
- Tbsp minced garlic
- 1 Tbsp minced ginger
- ¼ tsp crushed red pepper flakes (optional)
- ½ cup pineapple tidbits in 100% juice

Wide Let Squat



1. Sit toward the front of a sturdy, armless chair, knees bent and feet flat on floor, shoulder-width apart.
2. With your hands crossed over your chest, keep your back and shoulders straight throughout the exercise. Breathe in.
3. Breathe out and bring your upper body forward. Extend your crossed arms so they are parallel to the floor and slowly stand up while you breathe in.
5. Breathe out as you slowly sit down. Repeat 10 times.
6. Rest for 15 seconds, and repeat.

Mind Games

Wellness Word Search

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

- Exercise
- Financial
- Fitness
- Flexibility
- Gratitude
- Healthy
- Hydration
- Kindness
- Laughter
- Lifestyle
- Meditation
- Mental
- Mindfulness
- Nutrition
- Physical
- Positivity
- Prevention
- Social
- Strength
- Wellbeing

RESOURCES

SAMSHA 8 Dimensions of Wellness Video:

www.youtube.com/watch?v=tDzQdRvLAFM

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