



**FAITH
IN ACTION**
A program of Broome County
Council of Churches

The Healthier Lifestyle Mentoring Program's **Nurturing Health Newsletter**

Promoting Health and Wellness in Broome County
August/September 2011, Issue 3



It's Not Over 'Til It's Over!

Even though there is now a noticeable chill in the air, that doesn't mean that farmer's market season is over! There is still lots of fall produce available, as well as local honey, maple syrup, baked goods, and dairy. The Downtown Binghamton market is on Tuesdays and Fridays through October, the Vestal Market is on Wednesdays and Saturdays until November 16, and the Otsenigo Park Market meets on Saturdays until November 12. Take a visit to your local market and discover what they have to offer! And don't forget that Mari of *Faith in Action* is still offering free transportation for the farmers market from select senior centers and senior apartments through October! Please call (607) 724-9130 x350 for upcoming dates and times.



Mari of *Faith in Action*, with
produce from First Ward
Senior Center

Free Class: Living a Healthy Life with Diabetes

If you have diabetes or are a caregiver, this is an excellent and informative class to take. Topics covered include symptom management techniques, appropriate exercise, healthy eating, medication management, and working with health care providers. The next 6-week series of classes will be held at the Greenman Senior Center on Thursdays, starting September 13, from 12:30- 3:00 pm. To register or find another upcoming class, please call RSVP at (607) 231-0726, or e-mail dkerins@ccbc.net. (A program of Catholic Charities of Broome County. Sponsored by the Retired & Senior Volunteer Program, RSVP.)

Links Between Sodium and Exercise for Older Adults

A new study has discovered that there are links between sodium intake and levels of exercise for older adults. Published in the journal *Neurobiology of Aging*, this three-year study has found that high-salt diets along with low physical exercise can negatively effect brain health and cognitive functioning (Information from seniorjournal.com). This is yet another piece of evidence that high-salt diets are not good for our health! This also shows that we have some level of control over brain health as we get older, including adopting a healthy, low-sodium diet. Since a huge amount of our sodium typically comes from processed and pre-prepared foods, it is important to examine food labels and cut out these foods first if you're trying to cut back on sodium. Also, don't have any refined table salt in your home. Unrefined, un-iodized sea salt and rock salt will contain many trace minerals, while refined table salt is purely sodium chloride. Even with a 'better' unrefined salt, use it only sparingly!

Written by Mari Pfingston-Bigelow, Healthier Lifestyle Program Coordinator of *Faith in Action* Volunteers at the Broome County Council of Churches. For more information, please call (607) 724-9130 x350, e-mail mpfingston-bigelow@broomecouncil.net, or visit our website: www.broomecouncil.net/FIA/mentoring