

# BREAKROOM BUZZ

May 2024

## May is Older Americans Month

The theme is Powered by Connection, which recognizes the impact meaningful relationships and social connections have on our well-being. Studies show that more than 20% of adults in the United States feel lonely, isolated, or both. Take time to explore ways to increase both social and physical connections:

- Go for a brief walk outside and invite a friend or family member to join you.
- Keep warm. Being outside in cold weather can often be tolerable and even enjoyable. Some research suggests that if you are cold, you may be more likely to feel lonely, so bundle up.

- Share a meal with others. Meet up with friends at a coffee shop; join others at a congregational meal.
- Explore video resources or live online classes featuring yoga, tai chi, and other exercises to help you stay active at home.
- Commit to trying something new. Helping others builds social connections and gives us purpose.

Source: Kara Schweitzer

[go.illinois.edu/StaySocialinWinter](https://go.illinois.edu/StaySocialinWinter), adapted by Tessa Hobbs-Curley, family life educator.

## Tips for Storing Strawberries

- Ideal temperature for storage of strawberries is between 32 F-36 F. Use a refrigerator thermometer to see what temperature the refrigerator is at and adjust as needed.
- Ideal humidity for strawberries is 90-95%. Store in a crisper drawer in the refrigerator, in a closed clamshell container, or in a partially opened plastic bag.
- Strawberries can be stored up to 2-3 days from the date of purchase.
- Do not wash berries until ready to use.

Read more at [go.illinois.edu/strawberries](https://go.illinois.edu/strawberries)

## Suggestions for Moving More During the Day

Physical inactivity is the fourth leading risk factor for global mortality, according to the World Health Organization.

### Try one of these tips to help improve movement during the day:

- Stand up when answering phone calls and walk around.
- Set a timer to remind yourself to move.
- Try 10-minute bursts of walking or movement three times a day.
- Get up and walk during commercials or ads when watching TV.

Aim for 150 minutes a week or 30 minutes daily, five days a week of moderate physical activity.

Source: Lisa Peterson, nutrition and wellness Extension educator.

## I Didn't Know That!

About 41.8 million informal caregivers of adults aged 50+ are in the U.S. The demands of caregiving can continue and lead to burnout. Remember that caregivers need care too!

### Here are a few tips for managing burnout:

- Recognize your limits.
- Make a plan.
- Ask for help and find help.
- Seek respite care.
- Take care of yourself.

For more tips, visit: [go.illinois.edu/CaregiverCare](https://go.illinois.edu/CaregiverCare)



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