

Quarterly Companion

AROUND THE TABLE

extension.illinois.edu

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Is Your Glass Half-Full or Half-Empty?

As the saying goes, are you looking at your glass half-full or half-empty? Our outlook may be grim, or it could be positive. If your tendency is to see a less optimistic view, then you might want to explore strategies to build an optimistic future.

Write down your thoughts for each prompt below to help you develop that “half-full” perspective.

- Today, these 3 good things happened:

- A goal I have for the future is:

- Today, I forgive:



- Today, I can care for someone else by:

- Today, I can care for myself by:

- Today, I am grateful for:

Interested in reading more? Find the full “Is your glass half-full or half-empty?” article that this activity is based on at:

extension.illinois.edu/blogs/family-files

Read more about Sonja Lyubomirsky’s research at University of California, Riverside, on happiness in her book *The How of Happiness* and at thehowofhappiness.com.

Warning Signs of Fraud

Financial exploitation can affect anyone, but older adults are more at risk. Many older adults become targets for scams and fraud due to having more assets, becoming lonely and/or socially isolated, and having age-related brain changes. Scams can come from anyone, from phone scammers to ill-willed financial advisors and family members.

Complete each sentence by unscrambling the letters.

You might be financially exploited if...

1. You are asked to send or wire _____ to a prepaid card. (Hint: EYONM)
2. You are being pressured to make a decision _____. (Hint: KQILCUY)
3. You are contacted by the company _____; you didn't call them. (Hint: TIFRS)
4. You are urged to keep your actions a _____. (Hint: ESCETR)
5. You are asked to convert _____ into money. (Hint: RYPRETOP)
6. You are "_____ " to make money. (Hint: AEDTGANURE)

For more information about avoiding financial scams, listen to the Family Financial Feuds podcast episode, "When Grandpa Gets Exploited," at soundcloud.com/familyfinancialfeuds.

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Herb Flavors

Using fresh or dried herbs to replace some or all salt in recipes can reduce sodium and keep food flavorful. Eating less salt can benefit some heart conditions, such as high blood pressure.

Name one food or recipe you enjoy that includes the following herbs:

Basil: _____

Chive: _____

Cilantro: _____

Dill: _____

Mint: _____

Oregano: _____

Parsley: _____

Rosemary: _____

Thyme: _____

Remember that sodium is needed for many body functions, so work with a registered dietitian or medical doctor if you have concerns about sodium being out of balance.

Fraud Signs Answer Key:
1. Money
2. Quickly
3. First
4. Secret
5. Property
6. Guaranteed



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