Despite the forecast, live like it's spring.”

Lilly Pulitzer

Have you heard that spring will be coming early this year? As I reflected on the beginning of this year, it seemed the winter was particularly drab and rainy. However, with some of the milder temperatures I am seeing, there are small evidences that spring is just around the corner. It has been over 100 years since we’ve had an early spring and March 19th is the official day. The thought of everything that spring brings causes hope to rise as we look forward to one of the most beautiful times of the year.

I searched for a quote about spring and landed on the one above. It encourages us to think positive despite what the forecast (our bodies or our minds) may say, knowing that spring will come as surely as the sun rises and sets over our world. There is something to this positive mindset and there is no quicker way to get there than to count our blessings. Gratitude changes our attitude!

You may be thinking, “How does this relate to SAIL?” I am so glad you asked! When I think about spring and SAIL there are so many sayings that come to mind. “Put a spring in your step” is a particularly cheerful saying and relates so closely to the passion behind this SAIL program and what it can accomplish! Over the years we have heard many testimonials of how lives have been changed. SAIL has brought renewed hope that participants can feel better, look better and have a more positive outlook as they age. I want to encourage you to count the ways you have been blessed and benefitted from participating in the SAIL program. Tell somebody about it but especially your SAIL leader! We are so grateful for all our stellar leaders who are the heart and soul of SAIL.

So, let’s put a spring in our step and count our blessings!

Happy SAIL-ing!

Cynthia, Terri, Rachel, Sidney
Meet the Developer of SAIL

SAIL in 2020

By Sally York RN, MN

Since the SAIL Program was developed as a community-based fall prevention program in 2006, I am thrilled that it has stood the test of time thus far! This program was a labor of love for everyone involved in its research and development, including myself. And I knew that the opportunity to listen to hundreds of adults regarding every aspect of how to prevent falls would also teach me how to stay active and independent for life.

As I reflect on SAIL in 2020, I am now retired, and am focused on living the principles I learned from my work on the SAIL program for the past 20 years. I feel so fortunate to have “learned” how to age well from SAIL! The SAIL principles will give me a great quality of life for many years. Physical activity is my daily priority six days a week, whether it is walking, shopping, using the fitness center or taking the water aerobics class half a block from my home in an active retirement community. I rely on my Fitbit to track my steps and calories, and keep me motivated. Staying mentally and socially active and closely managing my health keeps me busy the rest of the time.

It is wonderful to see how much exercise and fall prevention have been integrated into our culture and health care for older adults compared to twenty years ago. I am especially proud of embedding SAIL into the public domain so that any exercise instructor and/or organization can access it with as few barriers as possible.

SAIL fidelity to the mandatory components seems to be the greatest challenge at each SAIL site. I often think of the specific SAIL exercises as the “recipe” for improving and maintaining strength and balance. We found in our research that consistency in the exercises was expected and highly valued by program participants, just like when one goes to a favorite restaurant or cooks a favorite recipe - we don’t want a favorite dish to be different each time, we want it to be exactly the same. The “difference” in each class that IS expected is in the socialization, small conversation, noticeable improvements, aerobic exercise variety, the music and mastering the exercises.

SAIL instructors touch many lives directly and indirectly. Your work is an important lifeline and source of hope and strength for our older adults and their families. Never forget this!
There are few things in life as comforting and nourishing as food, but it can be controversial and confusing, too. It’s so essential to life one would think common sense is the main ingredient in making food choices, and common sense—along with personal heritage and beliefs—is an important guidepost. Food cultures around the world can look very different from one another, and each can be healthy. Rather than ignoring food customs and preferences, let’s anchor them in the science of nutrition and aging.

Eating for health is often framed in a way that isolates nutrients that are good for your bones, your heart, or your digestive system. The result is a list of foods that will provide those nutrients, but ignores the way nutrients work together. Calcium, for example, is essential for strong bones, but it must partner with magnesium, vitamins D and K, and protein to get the job done. In fact, all these nutrients together are optimized only with weight-bearing exercise.

**Tried and true tips**

So how do we bring research know-how to the dinner table when it’s so complex? Managing a health condition or nutrient deficiency is best done with a registered dietitian, but these tips can ground your food choices in decades of research and simplify eating well:

1. **Balance food group choices throughout the day.** That’s right—good old food groups. Fruits, vegetables, grains, dairy, and protein. Make half your plate fruits and vegetables, about a quarter grains, and a quarter protein. Not eating off of a plate? Think about balancing throughout the day, but don’t get too technical.

2. **Make variety the spice of your life and each food group.** Try a new herb in cooking, reach for a rainbow of produce, add barley or quinoa to the whole wheat bread and oatmeal rotation, and alternate beans, fish, lean meats, and lentils as protein choices.

3. **Enjoy eating.** Share a meal with a friend or family. Seek out foods that you really like that are also good for you and savor each bite.

In addition to eating well, keep exercising. If you don’t exercise already, talk to your doctor about getting started. Doing both is good for your health... and it simply feels good to be good to you.

Source: National Council On Aging; Blog Post Author: Cheryl Toner, MS, RDN
Spinach Stuffed Chicken

4 servings:

Ingredients:
- 8 ounces cream cheese
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1/2 cup crumbled feta cheese
- 2 cloves garlic, chopped
- Fresh grated pepper to taste
- 4 skinless, boneless chicken breasts
- 4 slices bacon

Instructions:
Preheat oven to 375 degrees F.
In a medium bowl, mix mayonnaise, spinach, feta cheese, pepper and garlic until well blended. Set aside.

Carefully butterfly chicken breasts, making sure not to cut all the way through. Spoon spinach mixture into chicken breasts. Wrap each with a piece of bacon, and secure with a toothpick. Place in shallow baking dish. Cover.

Bake in the preheated oven for 45 minutes, or until chicken is no longer pink in the center and the juices run clear. An instant-read thermometer inserted into the center should read at least 165 degrees F.

Terri's Tips:
Use low fat or no fat cream cheese for a healthier version
Add other ingredients for example:
1 finely diced onion
1 finely diced green bell pepper- use red and yellow for additional color and flavor
1/2 cup sliced mushrooms, any of your favorites- button, cremini, shiitake
Change the cheese, any of your favorites will work- cheddar, sharp cheddar, smoked gouda, swiss.

Contributed by SAIL Leader Terri Geiser

For The Funny Bone

The older I get, the earlier it gets late.

A diplomat is a man who always remembers a woman's birthday but never remembers her age.

How do you know your old? People call at 9 p.m. and ask, "Did I wake you?"

Why are frogs so happy? They eat whatever bugs them!

Can February March? No, but April May! Don't spell part backwards. It's a trap.

"Doctor, there's a patient on line 1 that says he's invisible." "Well, tell him I can't see him right now."

I was addicted to the hokey pokey... but thankfully, I turned myself around.

A recent study has found that women who carry a little extra weight live longer than the men who mention it.

I named my dog 6 miles so I can tell people that I walk 6 miles every single day.
Betty Roach joined SAIL as a participant in 2016 and enjoyed the class so much she became an instructor. She attended the Knoxville SAIL training in 2018 and started the Maryville SAIL 2 class in June of that year. She LOVES teaching senior adults! At 71 years old, she proves you never get too old to get in better shape, meet new friends and acquire new skills.

Midge McKelvey joined SAIL in 2018 as a participant then became an instructor after attending the Knoxville SAIL training in 2019. Midge retired from ALCOA/Arconic after 39 years of service. Betty and Midge have been friends since 1978 when Betty and her family moved back to Blount County after living in Peoria, Illinois. Their children grew up together and went to school together. When Midge retired, Betty invited Midge to SAIL classes then recruited her to become an instructor. Both Betty and Midge earned their first certifications with Walk with Ease (“WWE”) and conducted WWE classes before training in SAIL. They are a great team together and their participants are growing strong under their direction. Both demonstrate compassionate hearts to the older population they serve.

Thank you for your service Betty and Midge!!!
Most of us know that strength training (with free weights, weight machines, or resistance bands) can help build and maintain muscle mass and strength. What many of us don’t know is that strong muscles lead to strong bones. And strong bones can help minimize the risk of fracture due to osteoporosis.

A combination of age-related changes, inactivity, and inadequate nutrition conspire to gradually steal bone mass, at the rate of 1% per year after age 40. As bones grow more fragile and susceptible to fracture, they are more likely to break after even a minor fall or a far less obvious stress, such as bending over to tie a shoelace.

Osteoporosis should be a concern for all of us. An estimated eight million women and two million men in the United States have osteoporosis. It is now responsible for more than two million fractures each year, and experts expect that number will rise. Hip fractures are usually the most serious. Six out of ten people who break a hip never fully regain their former level of independence. Even walking across a room without help may become impossible.

Numerous studies have shown that strength training can play a role in slowing bone loss, and several show it can even build bone. This is tremendously useful to help offset age-related declines in bone mass. Activities that put stress on bones can nudge bone-forming cells into action. That stress comes from the tugging and pushing on bone that occur with strength training) as well as weight-bearing aerobics like walking or running). The result is stronger, denser bones.

And strength training, in particular, has bone benefits beyond those offered by aerobic weight-bearing exercise. It targets bones of the hips, spine, and wrists, which are the sites most likely to fracture. What’s more, resistance workouts—particularly those that include moves emphasizing power and balance—enhance strength and stability. That can boost confidence, encourage you to stay active, and reduce fractures another way—by cutting down on falls.

Source: Harvard Medical School “Healthbeat”

**Ask our Fitness Expert....**

**Q. When should I return to SAIL class after being sick?**

**A.** Cold and flu season has been upon us! The best thing to do is to put your exercise routine on hold until your symptoms are gone and your strength has returned. When you come back to class, you may need to ease back into exercise. Listen to your body and exercise at your own pace. If you have had the flu, it may take six to eight weeks to recover. Be patient with yourself. As always, follow your physicians advice in regards to resuming exercise.
SAIL Grant Update

In just a year and a half of funding, SAIL has more than doubled in size! The map below shows all the counties SAIL is currently located in Tennessee. The counties highlighted in yellow are counties that had SAIL classes established before our grant funding. The counties highlighted in green are where new sites have been created since July 1, 2018.

In these 22 counties, 42 passionate and dedicated SAIL leaders are conducting 33 workshops for over 1,900 participants to attend. These workshops are held 2-3 days a week resulting in over 49,000 hours of exercise. We hope through the four SAIL Leader trainings we have available across the state this year, these numbers and locations will continue to grow and even more counties will be highlighted to represent this vitally important program.

Exercise Opportunities for Older Tennesseans

The Tennessee Commission on Aging and Disability has developed an interactive map on their website to show where exercise programs are located across the state. You can search for a specific exercise program such as SAIL or Yoga, you can search for programs in your county or you can find out which areas of the state offer evidence-based programs. Click here to see the map for yourself! The map above shows each county of Tennessee in a different color. If your county is highlighted in blue, that means at least one evidence-based program can be found. If your county is highlighted in gray it means your county does not have an evidence-based program, but other exercise programs are available. If your county is highlighted in white it means we have not had an exercise opportunity submitted for your area yet. Over 500 exercises classes are listed in 85 counties of Tennessee and continues to grow! This map would not have been possibly without the partnerships with your local Area Agency on Aging and Disability and their community partners. Thank you for your assistance to create this map.

Upcoming 2020

SAIL Trainings

**June 4th & 5th**
8:30a-4:30p
Knox County Health Department
140 Dameron Avenue
Knoxville, TN 37917
Applications due June 1, 2020

**August 4th & 5th**
8:30a-4:30p
Upper Cumberland Development District
1104 England Drive
Cookeville, TN 38501
Applications due July 31, 2020

**October 20th & 21st**
Jonesborough Senior Center
307 E. Main Street
Jonesborough, TN 37659