Dear SAIL Friends,

Summer is upon us and we hope you have some fun activities planned for the weeks ahead. Do you have Independence Day plans? Perhaps you’re planning to gather with family for a picnic or attend a local fireworks display in the evening? Maybe you have opportunity to enjoy an outdoor concert. Whatever your plans, we trust it is a pleasurable day for you as our nation reflects on the freedoms we enjoy.

The word “independence” is especially important as we age in place. SAIL is designed to help older adults remain physically strong and healthy in order to complete the many daily activities required to stay independent in addition to lowering the risk of falls. Connecting with others also helps us stay emotionally strong and healthy. SAIL is a great place to meet with friends and make new friends. There are so many benefits to this program we want everyone to know about it!

We hope you will share information about SAIL classes with your friends and family. Sharing this newsletter could be a great resource for highlighting the benefits of SAIL with others. It would be especially helpful if you know of someone interested in becoming an instructor. We would welcome the opportunity to talk with them.

Have a blessed summer and happy SAIL-ing!

Rachel, Cynthia,
Sidney & Terri
**Tennessee State Parks**

Tennessee State Parks offer many recreational opportunities for people across the state. All 56 state parks offer hiking and picnicking as activities, but many also have fishing, boating, biking and camping as well as educational programs. There are six Tennessee State Parks with inns and conference centers. Many of the parks also have restaurants that can also provide on-site catering. Eight parks feature golf course, three of which are signature Jack Nicklaus designed Bear Trace golf courses. Check out their website for activities and events.

www.tnstateparks.gov

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**How to Set Your Fitness Goals**

Many people find that having a firm goal in mind motivates them to move ahead on a project. Goals are most useful when they are specific, realistic, and important to you. Be sure to review your goals regularly as you make progress or your priorities change.

**STEP 1: Write Down Your Short-Term Goals**

Write down at least two of your personal short-term goals. What will you do over the next week or two that will help you make physical activity a regular part of your life? Think about the things you need to get or do to be physically active. For example, you may need to buy appropriate fitness clothes or walking shoes. Make sure your short-term goals will really help you be more active. If you’re already active, think of short-term goals to increase your level of physical activity. For example, over the next week or two, increase the amount of weight you lift or try a new kind of physical activity. No matter what your starting point, reaching your short-term goals will give you confidence to progress toward your long-term goals.

**STEP 2: Write Down Your Long-Term Goals**

Write down at least two long-term goals. Focus on where you want to be in 6 months, a year, or 2 years from now. Remember, setting goals will help you make physical activity part of your everyday life, monitor your progress, and celebrate your success.

**STEP 3: Revisit Your Goals**

A few weeks after you start regular physical activity, you may start to see progress toward your goals. You may feel stronger and more energetic. You may notice that you can do things faster, longer, and more easily. As you increase your fitness level, you also might find that you need to revisit your goals and make your activities more challenging to see additional results.  

*Source: www.go4life.nia.nih.gov*
Muscle Cramps

Q. I have been getting leg cramps when I exercise. Is there anything I can do to help them?

A. Overuse of a muscle, dehydration, muscle strain or simply holding a position for a prolonged period can cause a muscle cramp. In many cases, however, the cause isn't known. Factors that might increase your risk of muscle cramps include:

- **Age.** Older people lose muscle mass, so the remaining muscle can get overstressed more easily.

- **Dehydration.** Athletes who become fatigued and dehydrated while participating in warm-weather sports frequently develop muscle cramps.

- **Medical conditions.** You might be at higher risk of muscle cramps if you have diabetes, or nerve, liver or thyroid disorders. Certain medications may have side effects of muscle cramps.

If muscle cramps occur during class, stop the exercise and stretch the affected muscle. If cramps are occurring regularly decrease intensity of your exercise to prevent overuse. Be sure to stay hydrated by sipping water during class. And talk to your doctor to see if there is an underlying cause related to mineral depletion, medicines, etc.

**Dehydration Symptoms**

Thirst isn't always a reliable early indicator of the body's need for water. Many people, particularly older adults, don't feel thirsty until they're already dehydrated. That's why it's important to increase water intake during hot weather or when you're ill.

**Adult**

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion

**When to see a doctor**

Call your family doctor if you or a loved one:

- Has had diarrhea for 24 hours or more
- Is irritable or disoriented and much sleepier or less active than usual
- Can't keep down fluids
- Has bloody or black stool

*Source: www.mayoclinic.org*

**Strang SAIL Class “Red Nose Day”**

*Adapted from www.mayoclinic.com*
Pasta Salad with Fresh Summer Vegetables

Serves 8 to 10

- 12 ounces rotini (corkscrew) pasta – or pasta of your choice
- 1/4 cup white-wine vinegar
- 1 tablespoon water
- 1 teaspoon Lime pepper
- 1/2 teaspoon honey
- ½ tablespoon minced fresh herb leaves (basil, thyme or dill etc. or combination of your favorites)
- 1/3 cup olive oil
- 2 pints halved cherry tomatoes (red or yellow)
- 3/4 cup shredded carrots
- ¼ cup diced zucchini
- ¼ cup diced squash
- ½ cup black and green olives (optional)
- 3/4 cup diced Fontina, Edam, or Swiss cheese
- Lime slices to garnish

In a large pot of salted boiling water, cook the pasta until tender, about 8 minutes. Drain it in a colander. Cool.

Meanwhile, in a large bowl, whisk together the vinegar, water, salt, honey, lime pepper, and herbs. Add the oil in a stream, whisking until well blended.

Add the pasta and the remaining ingredients to the bowl and toss well. Serve the salad at room temperature.

Contributed by SAIL instructor and cooking instructor Terri Geiser. Check out other recipes on her blog site: www.cookingwiser.com
Use separate cutting boards and plates for produce and for meat, poultry, seafood, and eggs.

Placing ready-to-eat food on a surface that held raw meat, poultry, seafood, or eggs can spread bacteria and make you sick. But stopping cross-contamination is simple.

- Use one cutting board for fresh produce, and one for raw meat, poultry, or seafood.
- Use separate plates and utensils for cooked and raw foods.
- Before using them again, thoroughly wash plates, utensils, and cutting boards that held raw meat, poultry, seafood, or eggs.

Once a cutting board gets excessively worn or develops hard-to-clean grooves, consider replacing it.

Keep meat, poultry, seafood, and eggs separate from all other foods at the grocery.
Make sure you aren’t contaminating foods in your grocery bag by:

- Separating raw meat, poultry, seafood, and eggs from other foods in your shopping cart.
- At the checkout, place raw meat, poultry, and seafood in plastic bags to keep their juices from dripping on other foods.

Keep meat, poultry, seafood, and eggs separate from all other foods in the fridge.
Bacteria can spread inside your fridge if the juices of raw meat, poultry, seafood, and eggs drip onto ready-to-eat foods. But stopping this contamination is simple...

- Place raw meat, poultry, and seafood in containers or sealed plastic bags to prevent their juices from dripping or leaking onto other foods. If you’re not planning to use these foods within a few days, freeze them instead.
- Keep eggs in their original carton and store them in the main compartment of the refrigerator—not in the door.

Source: www.foodsafety.gov

LOOKING GOOD

My face in the mirror isn’t wrinkled or drawn.
My house isn’t dirty. The cobwebs are gone.
My garden looks lovely and so does my lawn.
I think I might never put my glasses back on.

A DAY ON THE LINKS

Four men were out golfing.
“These hills are getting steeper as the years go by,” one complained. “These fairways seem to be getting longer too,” said one of the others. “The sand traps seem to be bigger than I remember them too,” said the third senior. After hearing enough from his senior buddies, the oldest and the wisest of the four of them at 87 years old, piped up and said, “Just be thankful we’re still on the right side of the grass!”
SAIL Grant Update

We are excited to welcome the newest class of SAIL leaders! 16 new leaders were certified April 10th and 11th at the St. Clair Street Senior Center in Murfreesboro, TN. This class will bring 7 new SAIL classes to Bedford, Cheatham, Hamilton, Lauderdale, Rutherford, Shelby and Warren counties. Many classes have already started and the rest will be available in the coming months.

Our number of individual participants continues to grow with the support of our wonderful SAIL leaders across the state. 826 participants have attended 15,992 hours of SAIL classes since July 1, 2018 representing 14 SAIL classes. More classes are reporting data every week and we are excited to see the participation continue to increase.

Sidney Schuttrow and Cynthia Rockey will be traveling to Washington D.C. June 17-20 to represent SAIL at the National Age+Action Conference. Tennessee will be on a panel with Northern Virginia to discuss how SAIL is implemented in hopes to expand the program across the country.

If you are interested in becoming a SAIL leader, have ideas about expanding the program or have any questions, please do not hesitate to contact me at Sidney.Schuttrow@tn.gov or 615-741-1585.

Upcoming SAIL Trainings

SAIL Leader Orientation Webinar
June 13th – 10:00a – 11:00a CST
Please contact Sidney.Schuttrow@tn.gov to register

SAIL Leader Training
June 26th and 27th
Knox County Health Department
140 Dameron Avenue
Knoxville, TN 37917
8:30a – 4:00p EST

SAIL Leader Orientation Webinar
September 17th – 10:00a – 11:00a CST
Please contact Sidney.Schuttrow@tn.gov to register

SAIL Leader Training
October 8th and 9th
Henderson County Senior Center
145 S Main Street
Lexington, TN 38351
8:30a – 4:00p CST

National Council on Aging Photo Contest

Watch for details on the NCOA Falls Prevention photo and video contest on their website. Your SAIL class might win! The date for entries has not been posted yet. You may get ideas by viewing previous entry winners. There has been monetary awards for winners in previous years.

National Falls Prevention Awareness Day is September 23, 2019.
www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/