Dear SAIL Instructors and participants:

It is hard to believe the first day of fall has arrived! Harvest season is upon us and we are looking forward to seeing a colorful array of gold, orange, brown and crimson in our beautiful state and maybe some good UT football games. We are privileged to live in a place surrounded by the majestic Smoky Mountains and as we look to the hills we are filled with thankfulness for the blessings we enjoy every day. Now that fall is officially here, we know that Thanksgiving and Christmas are not far behind . . . whether we are ready or not!

Talking about being ready….our SAIL program has continued to expand and our hearts are full of gratefulness for the dedication, commitment and passion of our instructors – that’s YOU! We have become a great team and are becoming stronger all the time. The Tennessee Commission on Aging and Disability (TCAD) has received a 3 year capacity building grant through the Administration on Community Living (ACL) to expand the SAIL program across the state. Our first state training will be October 9 – 10 in Whitwell, TN; 2nd in Middle TN; 3rd in Knoxville, TN; 4th in West TN! Please help us spread the word to other potential SAIL Lay Leaders. It is a rare opportunity and the training will be FREE thanks to the ACL grant and support from our respective organizations. More information will be coming soon as details are confirmed.

Finally, we look forward to sharing with you how SAIL is impacting our seniors, our communities and our state in a positive way during the weeks and months ahead. We already know it is making a difference in fall prevention, health and wellness in the classes soundly established through this collective effort. Thanks to all . . . for all you do!

Happy Fall & Happy SAIL-ing!

Rachel, Cynthia and Terri
What if there were a solution to stress that involves nothing more than feeling thankful for the good things in your life? In fact, there is. That solution is called gratitude. According to research, people who regularly practice feeling thankful have a leg up when it comes to their health. Robert Emmons, a psychology professor at the University of California at Davis, has been a leading researcher in this growing field, termed "positive psychology." His research has found that those who adopt an "attitude of gratitude" as a permanent state of mind experience many health benefits. Emmons' findings, along with those from other researchers, such as Lisa Aspinwall, a psychology professor at the University of Utah, suggest that grateful people may be more likely to:

- take better care of themselves physically and mentally
- engage in more protective health behaviors and maintenance
- get more regular exercise
- eat a healthier diet
- have improved mental alertness
- schedule regular physical examinations with their doctors
- cope better with stress and daily challenges
- feel happier and more optimistic
- avoid problematic physical symptoms
- have stronger immune systems
- maintain a brighter view of the future

With that list of benefits, who wouldn't want to try it? To get started giving thanks, consider integrating the following four steps into your daily life:

- Focus attention outward.
- Be mindful of what you have.
- Keep a gratitude journal.
- Reframe situations as positive.

Excerpt from Medically reviewed by Timothy J. Legg, PhD, PsyD, CRNP, ACRN, CPH and written by Robin Madell
GOOD POSTURE

Q. What does good posture look like?

A: Imagine a “plumb line” going down the side of the body. In good posture it goes through these points:

- The line goes down from the middle of the ear to the middle of the shoulder
- The shoulders are stacked over the hips with the plumb line going down through the middle of the lumbar spine and just behind the hip joint
- Through the knee joint
- Slightly in front of the ankle bone

Q. Why is good posture important?

A. Good posture is critical to good balance and reducing stress on the joints. It reduces the forces going through the muscles, joints and internal organs to allow the body to work more efficiently with minimum stress. Good posture also allows the lungs to expand more fully improving the breath.

Q. How can I improve my posture?

A. Improving posture includes strengthening weak muscles (typically abdominal, “back body” muscles) and stretching tight muscles (typically muscles in the front of the body example—chest, hip flexors). Participating in SAIL classes 2 or 3 times per week will help you improve these issues.

Be mindful of how you sit at a desk!
Hello everyone, my name is Sidney Schuttrow and I work for the Tennessee Commission on Aging and Disability (TCAD). On July 1, 2018, TCAD received notice that we were awarded one of the Falls Prevention grants from the Administration for Community Living to expand the Staying Active and Independent for Life (SAIL) program capacity in Tennessee. I accepted the part-time position as the Falls Prevention Grant coordinator in August and am excited to start working with our SAIL Master Trainers and SAIL leaders across the state!

For those of you who may not know, SAIL is a strength, balance and fitness program for adults 65 and older. We will be having our first volunteer SAIL Leader training since we received the grant on October 9th and 10th in Whitwell, TN. We are working on scheduling our 2019 trainings in Middle and West Tennessee as well. If you are interested in becoming a volunteer SAIL Leader, please feel free to contact me at Sidney.Schuttrow@tn.gov or 615-741-1585.

Pumpkin Dip with Ginger Snaps

Makes about 2 1/2 cups

Ingredients:
1 (5.1-ounce) box instant vanilla pudding mix
1 (15-ounce) can pumpkin
1/2 teaspoon ground cinnamon
Dash of freshly grated nutmeg
A pinch of ground cloves
1 (12-ounce) containers frozen whipped topping, thawed
Gingersnaps and apple slices for dipping

Instructions: Stir the pudding mix and the whipped topping into the pumpkin. Add cinnamon, cloves and nutmeg. Stir to combine. Refrigerate for 1 hour or overnight. This can be made with sugar free pudding mix and light whipped topping.

Contributed by SAIL Instructor and Chef Terri Geiser. Find more of Terri’s holiday recipes at www.cookingwiser.com/archives/holiday/index.html
Charity Schemes – Helping those in need is a wonderful way to give back during the holidays, especially when those in need are children. Much like the puppy scam, con artists prey on consumer vulnerability with claims such as donations will go toward Christmas gifts, clothing, shoes, food, and more for the poor, but in one egregious charity scheme, consumers later found that their donation never went toward helping children at all. In fact, those claiming to be the charity administrators kept the money and used it all for persons gain.

TIP: Check with BBB to ensure the charity meets BBB’s 20 Standards for Charitable Accountability. Watch out for copycats using well-known charity names to trick you into giving a donation. Avoid being pressured. Responsible organizations will welcome your gift tomorrow just as much as today. Keep emotions in check. Always take a moment to verify that your selected charity operates ethically.

Gift Card Schemes – Purchasing gift cards is one of the easiest ways to show your loved ones how much you care during the holidays. It’s also one of the easiest ways scammers can steal gift money long before you ever spend it. Handheld scanners give con artists the tools they need to snag the information off the gift card as it hangs on the rack waiting for your purchase. All the scammer has to do is periodically call the 800 number listed on the back of the card to verify it has been purchased and activated. Once activated, the gift card can easily be used to make online purchases without ever having the actual card in hand.

TIP: Only buy gift cards secured behind the customer service desk, and always ask the retailer to provide a receipt showing any pre-paid cards are fully valued.

iPad Scams – iPads are one of the hottest ticket items this holiday season, and many name brand stores have sold a limited supply. Unfortunately this gives scammers the perfect opportunity to take advantage of consumers. Some con artists run ads for cheaply priced iPads, or consumers are told they will receive a free iPad after purchasing additional products. In reality, they never receive any of the items. Other consumers take a quiz to receive a free iPad and then unknowingly provide personal information that signs them up for services they never purchased. This also leads to opportunities for the scammer to commit identity theft.

TIP: Beware of deals that sound too good to be true. Consumers should be extremely cautious of low prices on hard-to-get items and should never provide personal information to unfamiliar.
SAIL Instructor Highlight: Marta Monroe

Marta has been the SAIL instructor in Monroe County since classes started in June 2014. Marta’s career included being a Registered Nurse and Health Educator. Helping individuals achieve better health through exercise and enjoy the fellowship of community was a natural transition after a 50+ year nursing and educator career. SAIL, Tai Chi classes, hiking, bicycle riding, gardening and part-time work in a local skilled Care Facility are activities Marta enjoys. She also serves in other volunteer roles with her community and church. The Tuesday and Thursday SAIL and Tai Chi classes are particularly important to her as they assure her of at least 2 days of exercise each week and a chance to visit with friends on a regular basis.

The SAIL Class in Monroe County meets every Tuesday and Thursday at 10am in the basement of the American Legion Post 149 in Wartburg. Members are quick to invite their friends to join us for exercise and are very welcoming to all newcomers. It is a great venue for meeting new friends in a fun and non-threatening environment.

The class members also enjoy activities outside of class. Some of them meet fairly regularly at local eateries to continue socializing and the class has sometimes gone on healthy hikes in the spring when the mountain laurel is blooming. The picture to the right was from a short hike to the beautiful Obed Wild and Scenic River.