



THE FINISH LINE

Arizona's Leader in Senior Fitness



Albuquerque, here we come!

The 2018 Arizona Senior Olympic Games are a qualifier for the National Senior Games that will be held in Albuquerque in June 2019. Athletes who compete in the ASO games this February have the opportunity to qualify for the National Games by winning gold, silver or bronze medals in a national sport.

Albuquerque is famous for its International Balloon Festival. Every year, balloonists gather for nine days to compete.



The festival is said to be the largest gathering of hot air balloons in the world and is known as the most photographed event ever produced. The event draws nearly 750,000 visitors each October.

Throughout the year, several companies offer hot air balloon tours over Albuquerque and the Sandia mountains.

Foods that fight inflammation

It is well known in medical journals that inflammation in the body is the source of many illnesses. Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression and Alzheimer's. Although there is no known way to eliminate all inflammation from the body, there is strong evidence that food can have a powerful influence in controlling

inflammation.

Anti-inflammation foods: tomatoes, fruit (strawberries, blueberries, oranges and cherries), nuts (almonds, walnuts and other nuts), olive oil, leafy greens (spinach, kale, collards and more), fatty fish (salmon, mackerel, tuna and sardines).

Inflammation foods: sodas, refined carbs, lard, processed meats.

Hanging on to your health

You can't turn on the radio or television these days without hearing some mention of health. Entire programs are devoted to making you healthier. Here are suggestions from experts on things you can do to avoid illness and build your health and strength.

EXERCISE. Studies show that employees can reduce sick days by 50 percent with activities like walking briskly for 20 to 45 minutes daily.

MAKE FRIENDS. Don't underestimate your need for social activity and companionship. Dr. William Schnaffner, professor of medicine in infectious diseases at Vanderbilt University, says social connections help to

reduce stress, which helps the body fight off viruses more effectively.

GET A FLU SHOT. December is not too late to get a flu shot. Be sure to ask for the more potent "senior" version for maximum effectiveness.

FIGHT GERMS. Consider buying antibacterial wipes or have a bottle of alcohol around to wipe down areas you use that are germ-catchers such as shopping cart handles, door knobs, computer keyboards, telephones (especially mouth pieces) and light switches. Wash your hands often and long enough to sing the "Happy Birthday" song.

Forgot something?

When Jane was younger and working she was always busy. Between caring for a family, being active in her church and doing all the "mother stuff," she had her hands full.

Jane is not alone. It seems that overly busy lives are the curse of the 21st century. Although technology has given us many work-savers, it has also given us almost as many work-makers.

With all that's going on, our minds are full of things to remember. Jane tried to solve her problem of forgetting things by putting "sticky notes" on her kitchen doorknob so that she would take them with her when she went out.

Her friends kidded her about sticking the little notes to her steering wheel when she was driving as reminders of what she had to do.

The *Harvard Health Letter* has given us four valuable tips that might even be better than sticky notes. Why not give them a try?

1: Repeat what you hear out loud. This reinforces the information in your brain.

Registration for the Arizona Senior Olympics is now open

Registration for the Arizona Senior Olympics is now open at seniorgames.org. The fun begins February 17, 2018. Win medals! Make friends! Have a great time! Competition is divided into 5-year age groups, i.e. 50-54, 55-59. Games take place throughout metro Phoenix. You might qualify to go to the National Senior Games in Albuquerque, New Mexico!

Pick a sport and have some fun: alpine



2: Make notes. Carry a tablet, use a sticky note or whatever works for you, but write it down. Then put the tablet or note in the same place every time.

3: Make associations. Our brains like sequences, so put what you want to remember in a story or even a song!

4: Divide information into chunks. If you're trying to memorize a poem or speech, focus on getting one sentence at a time down pat.

Everyday forgetfulness is not just a problem for older people. Everyone forgets, so don't be self-conscious about forgetting things sometimes. If it gets to be a real problem and is interfering with your life, talk to your doctor.

In the meantime, grab the sticky notes!



The Finish Line
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City of Phoenix

PARKS AND RECREATION DEPARTMENT

in partnership with the cities of Chandler, Glendale, Mesa, Peoria, Scottsdale, Tempe and the communities of Sun City, Sun City West and Sun City Grand

Arizona Senior Olympics

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A time for giving

BY IRENE STILLWELL
ALFF/ASO Director



It's the time of year when all the nonprofit organizations have their end-of-the-year campaigns. Many of us seniors will be deluged with appeals for funds from very worthy organizations. We will open letter after letter asking for us to help.

The Arizona Lifelong Fitness Foundation (ALFF) is the 501c3 name of the Arizona Senior Olympics and we, like other nonprofits, need the help of our constituents if we are to continue the good work of promoting health, fitness and activity among people over the age of 50.

The ALFF/ASO programs are *prevention* programs and all too often, prevention is hard to sell to the public. Although it is well known that the vast majority of American health care dollars go to seniors, there is no groundswell of support for programs that promote and encourage a healthy lifestyle. Millions of seniors continue to live sedentary lives that keep them from fully engaging in the world around them. That is not only a loss to them personally

but to their community, their family, and our country.

Senior athletes, of course, know the value of an active lifestyle. We hear many testimonials about how much our programs have encouraged an active lifestyle and healthy living.

Like all nonprofits, we need help from those who know and understand our mission. To those who have given in the past, we sincerely thank you for your continuing support. For those who have not, we hope that you will consider an "end of the year" gift, which you can deduct from your 2017 taxes. Since we have no paid staff, all of your donation will go directly to this very important program.

Thank you for reading this message. I wish you a healthy and happy holiday season.



Register early and save five dollars

Register for the Arizona Senior Olympics before December 15 and you'll save \$5! You'll also be doing ASO volunteers a great service, giving them more time to work out the many

details for the competitions that require knowing how many athletes there will be at each event.

Thanks in advance for registering early!

MY YEAR END GIFT (Please print)

Name: _____

Address: _____

Email: _____ Phone: _____

Make out check to: Arizona Lifelong Fitness Foundation

Check amount: \$ _____

Credit card type: (circle) VISA MasterCard Discovery Amex

Credit card # _____ Security # _____

Name on card: _____

Send to:

Arizona Senior Olympics
P.O. Box 3328, Phoenix, AZ 85067-3278



ARIZONA'S LARGEST GROWER
DIRECT NURSERY FOR
FOUR GENERATIONS!



Puzzle Answers

FROM PUZZLES ON PAGE 34

King Crossword

answers

	T	O	W			G	S	A				
	S	A	R	I		M	E	A	N	T		
S	U	R	F	S		A	N	G	O	R	A	
P	R	O	F	E	S	S	I	O	N	A	L	S
Y	E	T		M	A	T	E	S		V	I	A
			P	E	N	S			R	E	S	T
	S	K	U	N	K		V	A	U	L	T	
S	O	R	T			T	I	N	E			
A	D	O		L	I	V	I	D		L	I	T
C	O	N	F	E	S	S	I	O	N	A	L	S
	M	O	R	A	L	E		V	O	D	K	A
		R	I	V	E	T		E	V	E	S	
		G	E	T				R	A	N		

SCRAMBLERS

solution

1. Treat; 2. Suffice;
3. Ardent; 4. Garnish

Today's Word
THRIFT

Even Exchange

answers

- | | |
|-------------------|-------------------|
| 1. Clover, Clever | 6. Trades, Grades |
| 2. Borrow, Burrow | 7. Rusty, Dusty |
| 3. Nurse, Norse | 8. Scram, Scrap |
| 4. Shock, Shack | 9. Beauty, Beatty |
| 5. Green, Greet | 10. Peach, Perch |

Go Figure!

answers

3	-	1	x	5	10
x		+		x	
7	x	2	-	4	10
-		x		-	
9	÷	3	+	8	11
12		9		12	

Weekly SUDOKU

Answer

9	4	5	3	8	6	1	2	7
1	2	8	7	9	4	5	6	3
3	6	7	1	2	5	8	4	9
4	8	1	2	5	7	3	9	6
5	9	3	6	4	1	2	7	8
6	7	2	8	3	9	4	5	1
7	5	4	9	1	3	6	8	2
2	3	9	4	6	8	7	1	5
8	1	6	5	7	2	9	3	4