



NEWS

*Nutrition Education
with Seniors!*

Summer 2024 | HealthierLiving.HHSA@sdcounty.ca.gov | www.HealthierLivingSD.org | 858-495-5500

Skin Care for Healthy and Radiant Aging

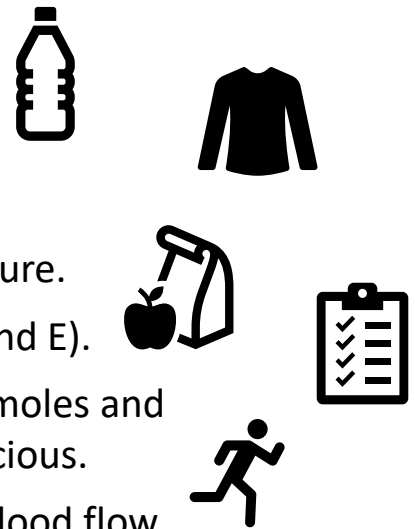
Summer is here, and with it comes the promise of long, sunny days, especially here in San Diego! It is important to remember that our skin needs extra care during this time of the year – especially as we age. Maintaining healthy skin isn't just about looking good; it's about feeling good and protecting yourself from potential skin issues that can arise with age. As we age, our skin becomes thinner, less elastic, and more prone to dryness and damage. The sun's ultraviolet (UV) rays, can accelerate these changes, leading to age spots, and an increased risk of skin cancer. Overall, healthy skin helps regulate body temperature, serves as a protective barrier against infections and environmental stressors, and plays a role in synthesizing vitamin D, an essential nutrient we get from the sun. For these reasons, read on to learn how you can protect your skin while going out and enjoying the summer sun!



My Commitment to Skin Health

To protect my skin, I will:

- Drink plenty of water and use moisturizers regularly.
- Use sunscreen with an SPF of at least 30.
- Wear protective clothing and avoid excessive sun exposure.
- Eat a balanced diet rich in vitamins (especially A, B, C, and E).
- Regularly check my skin for unusual spots, growths, or moles and consult my healthcare provider if anything seems suspicious.
- Exercise regularly to improve circulation and enhance blood flow.





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Eat Healthfully This Summer

San Diego offers a wide variety of fresh produce! In-season produce is often cheaper and at its peak of nutrition. Here's what's in-season this Summer:



Tomatoes



Cucumber



Grapes



Corn



Eggplant



Basil

What are the facts behind sunscreen?

According to the Center for Disease Control, using sunscreen can help to reduce your risk of skin cancer. Use the True/False activity below to learn some facts about sunscreen!

1. Increased sun exposure has been linked to a higher risk of skin cancer. **True/False**
2. Sunscreen helps prevent sunburns and age spots. **True/False**
3. Sunscreen should be applied once every 2 hours when you are outside. **True/False**
4. SPF means Sun Protection Factor. The higher the SPF, the stronger the sunscreen. **True/False**
5. You do not need sunscreen on cloudy days because UV rays cannot penetrate clouds. **True/False**



Chef Tip: Aloe Vera

Packed with vitamins like A, C, E, and B12, Aloe Vera is renowned for its benefits to skin health! Consume orally by adding the clear gel from the aloe vera leaf to smoothies or diluted with water! Applied on skin, the aloe vera gel can help soothe sunburns, minor cuts, and skin irritations. It cools and calms the skin, reducing redness and discomfort. Moreover, its moisturizing qualities can keep your skin hydrated!



ANSWERS: 1) True 2) True 3) True 4) True 5) False



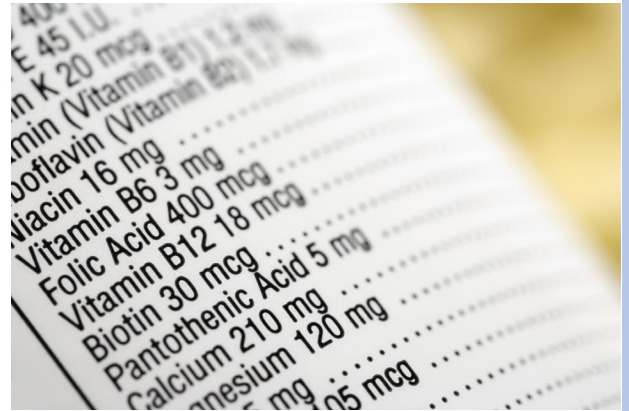
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Know Your Label: Vitamins for Skin Health

Healthy skin requires several vitamins to stay strong and look good. Vitamin A, found in leafy greens and orange vegetables, supports skin cell regeneration, helping skin repair itself more effectively! Vitamin C, found in citrus fruits, berries, kiwi, bell peppers, and leafy greens, is important for making collagen, which gives skin its elasticity and protects it from aging and damage caused by the sun. Vitamin E, found in many nuts, seeds, green leafy vegetables, and fruits, moisturizes skin and works as an antioxidant, shielding skin cells from harm caused by things like pollution and UV rays. B vitamins, especially B3 and B5, that are found in meats, whole grains, eggs, avocado, and sweet potato, help maintain the skin's barrier and hold onto moisture, which keeps skin hydrated and healthy. Foods can be fortified with these vitamins, but our body absorbs them best when we get them from whole foods. Vitamins such as these are key to healthy skin!



From Exercise to Healthy Skin

Use this matching activity to learn about how different kinds of exercises can lead to healthier skin!



1. This activity stretches our muscles, enhancing blood circulation and reducing stress, contributing to improved complexion.
2. This activity builds muscle mass under our skin, improving the appearance of loose skin.
3. Improving blood circulation, this activity helps deliver nutrients to our skin's surface to repair damage.
4. Hydrating and exfoliating our skin, this activity improves circulation, making our skin feel soft and smooth.
5. Increasing oxygen supply to skin cells, reducing stress, and promoting detoxification, this slows our skin's aging process.

Word Bank

- A. Cardio exercises
- B. Swimming
- C. Breathing Exercises
- D. Strength Training
- E. Yoga

ANSWERS: 1) E 2) D 3) A 4) B 5) C



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Food Smarts Class Spotlight!

After finishing the *Food Smarts* series, a lively group of older adults at the **Mira Mesa Senior Center** eagerly sought new ways to enhance their wellbeing. They collaborated to make a local transportation and food distribution guide! Not stopping there, they plan to start a virtual travel club, where they can travel the world with AARP's *Discover Live – Senior Planet!* They are also seeking a partner organization to provide 1:1 tech support for older adults at the center. Clearly, their efforts are a testament to the power of community!



Resource Spotlight: The Skin Cancer Foundation

If you are looking for resources to keep your skin healthy for life, check out the Skin Cancer Foundation! By visiting www.skincancer.org, learn more about preventing and treating skin cancer. By clicking on ***Treatment and Resources***, you can find resources such as financial assistance in paying for treatment, as well as support groups for people with skin cancer.



Bruschetta

Serves 4 | 10 minutes | *Source: The Recipe Critic*

Ingredients:

- 1 baguette
- 5 Roma Tomatoes, diced
- ¼ cup mozzarella shredded cheese
- 1 tbsp balsamic vinegarettte
- 1 tbsp olive oil
- 2 garlic cloves
- ¼ cup of basil, ribboned
- Salt and pepper to taste
- Balsamic glaze, drizzle



Directions:

- Slice a baguette and line it on a baking sheet. Brush the top with olive oil and broil it 2-3 minutes until brown. Remove from the oven
- In a medium sized bowl, mix balsamic, olive oil, garlic, salt, and pepper. Toss in the tomatoes, mozzarella, and basil. Top the bread with the mixture and drizzle with balsamic glaze.