

Courtesy Patrol



Guardco Security
Updated Phone Number
(209) 421-8795

**For emergencies,
call 911**



***Please remember
CV speed limit is
15 MPH within the
Community Gates**

Maintenance Corner
Pool & Spa 101

What is the best way to enjoy your Summer? The pool here at Castle Vista!

As the weather heats up, more and more residents will be using the pool. We went for two years without getting to use the pool. With that said we ask that you help us keep our pool clean and fresh for all to use.

Please remember when you are using the pool and spa we ask that you rinse off prior to getting into the pool. Our bodies have natural oils, along with uses of tanning oils, sunblock and hairspray that go into the water that we all swim in. Think about swimming in that in a heated pool. The bacteria loves to grow in warm places and we don't want our pool to be that place.

It is a known fact: People pee in the pool. We ask that you take a moment when Mother Nature calls, to get out, dry off, and go to the restroom. It is very important that you dry off and not create a slipping hazard for yourself or others.



We all love a dip in the pool. When bringing your guests up to the pool we ask that you follow the rules and bring **one guest per household resident**. We also ask that you are considerate of the surrounding units located by the pool. **Please keep noise levels to a minimum.** Children must be supervised at all times while in the pool and spa area. Please do not leave pool toys in or around the pool area. Please no glass or alcohol while in the pool area as there are no life guards on duty. Stay safe and enjoy the water. Happy Summer!



Important Numbers and Information

Emergency Maintenance Issues
Castle Vista Maintenance After Hours
(209) 643-9193

If no answer, please leave a message, we will return the call.
Make sure to leave your name and address on the message and the issue at hand.

**Friends Make Good
Neighbors!**

Don't forget our
resident referral fee is
\$250.00



**Received after resident
has completed
30 days of residency*



Castle Vista Times

2300 Cascade Drive Atwater, CA 95301 Phone # 209-357-2924 Fax # 209-357-7914

Our Staff

Jennifer Krumm
Community Administrator

Kiran Prasad
Marketing Director

Connie Torres
Office Assistant

Jon Lukshaw
Maintenance Lead

Anthony Gomez
Maintenance Technician

Roland Rodriguez
Interior / Exterior Painter

Travis Jeffery
Exterior Painter

Anthony Castro
Exterior Painter

Savannah Salas
Janitorial / Housekeeper



**What Do We Know About
Healthy Aging?**

Stay Connected

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach. Research supported by NIA and others has identified actions you can take to help manage your health, live as independently as possible, and maintain your quality of life as you age. Read on to learn more



about the research and the steps you can take to promote healthy aging.

Taking care of your physical health

While scientists continue to actively research how to slow or prevent age-related declines in physical health, they've already discovered multiple ways to improve the chances of maintaining optimal health later in life. Taking care of your physical health involves staying active, making healthy food choices, getting enough sleep, limiting your alcohol intake, and proactively managing your health care. Small changes in each of these areas can go a long way to support healthy aging.

**Get moving:
Exercise and physical activity**

Whether you love it or hate it, physical activity is a cornerstone of healthy aging. Scientific evidence suggests that people who exercise regularly not only live longer, but also may live better — meaning they enjoy more years of life without pain or disability.

A study of adults 40 and older found that taking 8,000 steps or more per day, compared to only taking 4,000 steps, was associated with a 51% lower risk of death from all causes. You can increase the number of steps you get each day by doing activities that keep your body moving, such as gardening, walking the dog, and taking the stairs instead of the elevator.

Although it has many other benefits, exercise is an essential tool for maintaining a healthy weight. Adults with obesity have an increased risk of death, disability, and many diseases such as type 2 diabetes and high blood pressure. However, thinner is not always healthier either. Being or becoming too thin as an older adult can weaken your immune system, increase the risk of bone fracture, and in some cases may be a symptom of disease. Both obesity and underweight conditions can lead to loss of muscle mass, which may cause a person to feel weak and easily worn out.

As people age, muscle function often declines. Older adults may not have the energy to do everyday activities and can lose their independence. However, exercise can help older adults maintain muscle mass as they age. Researchers have found that moderate to vigorous physical activity is strongly associated with muscle function, regardless of age. Exercise helps prevent age-related decline in muscle function.

HELLO -AUTUMN-

Sept. 7th

2pm to 3pm

Sweet Melon Social

Join us for great conversation and sweet melons. What is your favorite melon?

Sept. 19th-23rd

All week long

Active Aging Week

Check your calendar for all the fun in store as we host a Hawaiian themed week.

Sept. 21st

Noon - 1pm

Castle Vista Luau

Wear your tropical attire and enjoy great food, fun and entertainment!

Sept. 28th

2pm - 3pm

CV Craft of the Month

Join us as we create faux 8x10 stained glass.

Please remember to sign up for all events!



What Do We Know About Healthy Aging?

Healthy eating: Make smart food choices

Making smart food choices can help protect you from certain health problems as you age and may even help improve brain function. Eating well is not just about your weight. The 2020-2025 Dietary Guidelines for Americans provide healthy eating recommendations for each stage of life. The Guidelines suggest an eating pattern with lots of fresh fruits and vegetables, whole grains, healthy fats, and lean proteins.



Much of the research shows that the Mediterranean-style eating pattern, which includes fresh produce, whole grains, and healthy fats, but less dairy and more fish than a traditional American diet. A 2021 study analyzing the eating patterns of more than 21,000 participants found that people closely following the Mediterranean-style pattern had a significantly lower risk of sudden cardiac death.

A low-salt diet called Dietary Approaches to Stop Hypertension (DASH) has also been shown to deliver significant health benefits. Studies testing the DASH diet found that it lowers blood pressure, helps people lose weight, and reduces the risk of type 2 diabetes and heart disease.

What can you do?

Try starting with small changes by adopting one or two aspects of the Mediterranean-style eating pattern or MIND diet. Several studies have shown that incorporating even a part of these eating patterns, such as more fish or more leafy greens, into your daily eating habits can improve health outcomes.

Getting a good night's sleep

Getting enough sleep helps you stay healthy and alert. Even though older adults need the same seven to nine

hours of sleep as all adults, they often don't get enough. Feeling sick or being in pain can make it harder to sleep, and some medicines can keep you awake. Not getting enough quality sleep can make a person irritable, depressed, forgetful, and more likely to have falls or other accidents.

Sleep quality matters for memory and mood. Adults older than 65, researchers found that those who had poor sleep quality had a harder time problem-solving and concentrating than those who got good quality sleep. Another study, which looked at data from nearly 8,000 people, showed that those in their 50s and 60s who got six hours of sleep or less a night were at a higher risk of developing dementia later in life. This may be because inadequate sleep is associated with the buildup of beta-amyloid, a protein involved in Alzheimer's disease. Poor sleep may also worsen depression symptoms in older adults. Emerging evidence suggests that older adults who were diagnosed with depression in the past, and do not get quality sleep, may be more likely to experience their depression symptoms again.

More generally, a 2021 study found that older adults who did not sleep well and napped often were at greater risk of dying within the next five years. Conversely, getting good sleep is associated with lower rates of insulin resistance, heart disease, and obesity. Sleep can also improve your creativity and decision-making



skills, and even your blood sugar levels.

What can you do?

There are many things you can do to help you sleep better, such as following a regular sleep schedule. Try to fall asleep and get up at the same time each day. Avoid napping late in the day, as this may keep you awake at night. Exercise can help you sleep better, too, if it isn't too close to bedtime. Research suggests that behavioral interventions, such as mindfulness meditation, can also improve sleep quality.

What Do We Know About Healthy Aging?

Go to the doctor regularly

Going to the doctor for regular health screenings is essential for healthy aging. A 2021 study found that getting regular check-ups helps doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. People who went to the doctor regularly also reported improved quality of life and feelings of wellness.



What can you do?

Visit the doctor at least yearly and possibly more depending on your health. You cannot reap the benefits of medical advancements without regular trips to the doctor for physical exams and other tests. Regular screenings can uncover diseases and conditions you may not yet be aware of, such as diabetes, cancer, and cardiovascular disease. If you only seek medical attention when you're experiencing symptoms, you may lose the chance of having your doctor catch a disease in its earliest stages, when it would be most treatable. Regular check-ups can help ensure you could start treatment months or years earlier than would have been possible otherwise.

Taking care of your mental health

Mental health, or mental wellness, is essential to your overall health and quality of life. It affects how we think, feel, act, make choices, and relate to others. Managing social isolation, loneliness, stress, depression, and mood through medical and self-care is key to healthy aging.

Social isolation and loneliness

As people age, changes such as hearing and vision loss, memory loss, disability, trouble getting around, and the loss of family and friends can make it difficult to maintain social connections. This makes older adults more likely to be socially isolated or to feel lonely. Although they sound similar, social isolation and loneliness are different. Loneliness is the distressing feeling of being alone or separated, while social isolation is the lack of

social contacts and having few people to interact with regularly.

Feeling lonely can also impact memory. A study of more than 8,000 adults older than 65 found that loneliness was linked to faster cognitive decline.



What can you do?

Staying connected with others may help boost your mood and improve your overall well-being. Stay in touch with family and friends in person or over the phone. Scheduling time each day to connect with others can help you maintain connections. Meet new people by taking a class to learn something new or hone a skill you already have.

Stress

Stress is a natural part of life and comes in many forms. Sometimes stress arises from difficult events or circumstances. Positive changes, like the birth of a grandchild or a promotion, can cause stress too. Research shows that constant stress can change the brain, affect memory, and increase the risk of developing Alzheimer's or related dementias.

Older adults are at particular risk for stress and stress-related problems. A recent study examined how levels of the stress hormone cortisol change over time. Researchers have found that cortisol levels in a person's body increase steadily after middle-age, and that this age-related increase in stress may drive changes in the brain. A meta-analysis funded by the National Institute of Mental Health supports the notion that stress and anxiety rewire the brain in ways that can impact memory, decision-making, and mood.

Finding ways to lower stress and increase emotional stability may support healthy aging. A study revealed that individuals who were emotionally stable lived on average three years longer than those who had a tendency toward being in a negative or anxious emotional state. Long-term stress also may contribute to or worsen a range of health problems, including digestive disorders, headaches, and sleep disorders.

Active Aging Week

Week of September 19th

JOIN IN THE FUN!

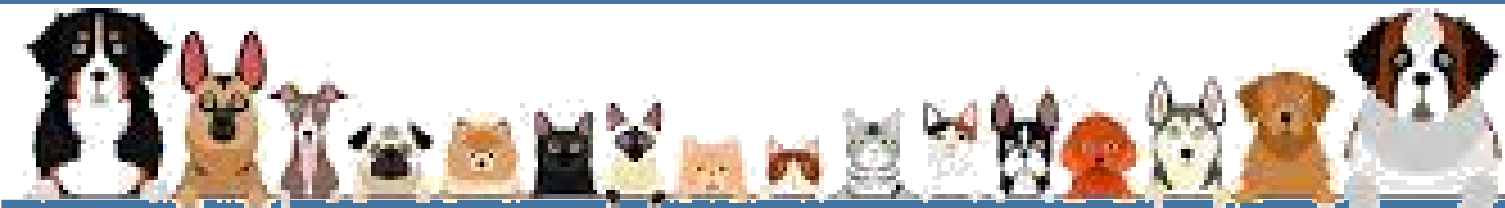


A "Luau" of fun...

Castle Vista Carnival

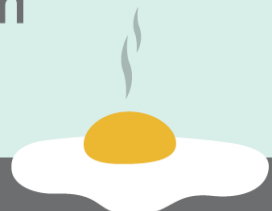
September 23rd

Noon to 4pm



How to Keep Pets Safe When the Temperatures Climb

If it's hot enough
to fry an egg...



it's too hot for your
dog to walk on.



Extreme heat is dangerous for us, as well as for your family pets. The American Red Cross has steps to take to help ensure your pet stays safe during extreme weather conditions.

- Never leave your pet in a hot vehicle, even for a few minutes. The inside temperature of the car can quickly reach 120 degrees even with the windows cracked open.
- Limit exercise on hot day. Exercise in the early morning or evening hours.
- Walk your pet in the grass if possible, to avoid hot surfaces burning their paws.
- If your pet is outside, make sure they have access to shade and plenty of cool water.
- Heat stroke is a common problem for pets in the warmer weather. Dogs with short noses or snouts, like the boxer or bulldog, are especially prone to heat stroke, along with overweight pets, those with extremely thick fur coat or any pet with upper respiratory problems. Some signs of heat stroke in your pet are:
 1. Heavy panting and unable to calm down, even when lying down
 2. Brick red gum color
 3. Fast pulse rate
 4. Unable to get up
- If you suspect your pet has heat stroke, take their temperature rectally.
 1. If their temperature is above 105 degrees, cool the animal down. The easiest way to do this is by using the water hose. Stop cooling the animal when the temperature reaches 103 degrees.
 2. Bring your pet to the veterinarian as soon as possible as heat stroke can lead to severe organ dysfunction and damage.



What Do We Know About Healthy Aging?

Leisure activities and hobbies

Your favorite activities are not only fun — they may also be good for your health. Research shows that people who participate in hobbies and social and leisure activities may be at lower risk for some health problems. For example, one study found that participation in a community choir program for older adults reduced loneliness and increased interest in life. Another study showed that older adults who spent at least an hour reading or engaged in other hobbies had a decreased risk of dementia compared to those who spent less than 30 minutes a day on hobbies.



Music, theater, dance, creative writing, and other participatory arts shows promise for improving older adults' quality of life and well-being, from better cognitive function, memory, and self-esteem to reduced stress and increased social interaction. Even hobbies as simple as taking care of a pet can improve your health. Pet ownership (or regular contact with pets) was associated with better cognitive function, and in some cases, better physical function.

What can you do?

Look for opportunities to participate in activities. Get out and about by going to a sporting event, trying a new restaurant, or visiting a museum. Learn how to cook or play a musical instrument.

Taking care of your cognitive health

Cognition — the ability to clearly think, learn, and remember — often changes as we age. Although some people develop Alzheimer's or other types of dementia, many older adults experience more modest changes in memory and thinking. Research shows that healthy eating, staying active, and learning new skills may help keep older adults cognitively healthy.

How different factors affect cognitive health

Five healthy lifestyle factors, all of which have important health benefits:

- At least 150 minutes per week of physical activity
- Not smoking
- Not drinking heavily
- A high-quality, Mediterranean-style diet
- Engagement in mentally stimulating activities, such as reading, writing letters, and playing games

The findings show that making these small, daily changes can add up to significant health benefits. Those who followed at least four of these healthy lifestyle behaviors had a 60% lower risk of developing Alzheimer's. Even practicing just two or three activities lowered the risk by 37%. While results from observational studies such as this one cannot prove cause and effect, they point to how a combination of modifiable behaviors may mitigate Alzheimer's risk and identify promising avenues to be tested in clinical trials.

New clinical trials are also testing the benefits of tightly controlling blood pressure on healthy aging. These trials are based on a 2019 study, with data supporting the idea that intensive blood pressure control may slow age-related brain damage and even mild cognitive impairment, which can increase the risk for Alzheimer's or a related dementia.

How cognitive training affects health outcomes

Many brain training programs are marketed to the public to improve cognition.



But there is some evidence that exercising your brain by learning a new skill can improve memory function. A study of adults 60 and older showed that sustained engagement in cognitively demanding, novel activity enhanced memory function. In particular, the new skills learned in this study were 1) learning how to use computer software to edit photos and 2) learning how to quilt. Learning a new game, instrument, craft, or other skill can be fun and may have the added benefit of staving off memory loss as you age.