

Healthy Living for a Long Life



A Guide to Maintaining a Healthy & Safe Lifestyle

Dear Residents,

Maintaining a healthy lifestyle is essential for your physical, mental, and social well-being, particularly as you age. Developing healthy habits is crucial for maintaining quality of life and independence, and reducing reliance on others.

The Yehuda and Shomron Regional Cluster is dedicated to promoting optimal aging, guided by the National Aging Index adopted under Government Decision 127. We implement expert recommendations to develop services that enhance aging-related indicators, including health metrics.

This guide offers valuable information and practical tips to help you create a safe and healthy routine, develop positive habits, and navigate the challenges of aging.

The guide is divided into four sections:

- **Safe Home Environment:** How to adapt your living space and minimize risks.
- **Healthy Nutrition:** Dietary guidelines for seniors to prevent nutritional deficiencies.
- **Physical Activity:** Tips for integrating exercise to strengthen the body, improve stability, and enhance balance.
- **Social Engagement:** Practical tools to foster social interaction, build connections, and reduce loneliness.

This booklet was created as part of the Fall Prevention Project, made possible through the support of the National Insurance Institute's Long-Term Care Funds. As part of this initiative, fall prevention and home safety kits are being installed in hundreds of homes across the region. Additionally, awareness campaigns and educational activities are underway to highlight the risks of falls, strategies for prevention, and ways to support independent living while improving quality of life.

We encourage you to read through the guide, apply the recommendations, and share this helpful knowledge with family and friends.

“אורך ימים ושנות חיים יוסיפו לך”

May you blessed with good health and long life!

Carmit Safra
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Safe Home Environment

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Safe Home Environment

Approximately 30% of adults aged 65 and older experience at least one fall a year, with the majority of falls occurring at home. This section focuses on creating a safer home environment to help reduce the risk of falls.

How can you make your home safer?

Minimize obstacles:

- Remove furniture from hallways and corridors.
- Ensure the floor is clear of objects like electrical cords, telephone wires, or misplaced items.
- Avoid using rugs.
- Place frequently used items within easy reach.
- Ensure phones (both mobile and landline) are easily accessible and convenient to use.
- It's recommended to use a cordless phone for greater convenience.
- Use a reaching tool to safely access items that are out of reach.

Improve Lighting:

- Keep your home well-lit, especially in areas like hallways, stairs, and bathrooms.
- Make sure the path from the bedroom to the bathroom is clear and well-lit to prevent nighttime falls.

Bathroom and Toilet:

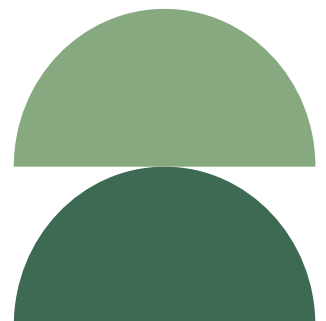
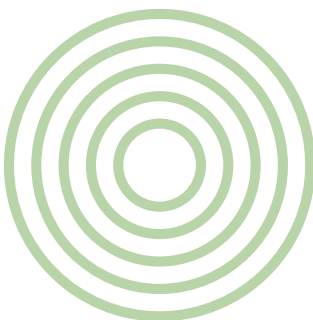
- Do not lock the bathroom or toilet door from the inside to allow for assistance if needed. Ideally, the door should open outward.
- Choose showers over bathtubs, as they are generally safer.
- Use liquid soap instead of bar soap to prevent it from slipping out of your hands.
- Dry yourself thoroughly before stepping out of the shower or bathtub.
- Wipe up any moisture on the floor immediately to prevent slips.
- Wear appropriate footwear: avoid flip-flops and opt for closed-toe shoes with non-slip soles even at home.

Installing Aids:

- Install sturdy handrails on stairs and grab bars in bathrooms and toilets.
 - Place non-slip mats in slippery areas such as bathrooms and near sinks.
 - Keep a chair near the stairs in case you need to rest.
-

Emergency Preparedness:

- Install an emergency button in an easily accessible location.
- Prepare a list of emergency phone numbers and keep it near your home phone.
- Set up emergency contacts in your mobile phone's speed dial.
- Never leave the key in the lock when you are inside the apartment.
- Leave a spare key with a neighbor.





Healthy Nutrition



Healthy Nutrition

As you age, balanced nutrition is not just a recommendation—it's essential for maintaining good health and preventing disease.

Living in the Judean and Samarian mountains offers a unique opportunity to embrace dietary habits that support your well-being. The peaceful rural setting, access to fresh local produce, and close-knit community life can all contribute to a healthier lifestyle and diet.

To stimulate a healthy appetite and enjoy a varied diet, consider taking a walk in the fresh air before meals, inviting friends or family for regular, enjoyable meals, and incorporating locally grown foods into your diet, including olive oil, fruits and vegetables grown in your area, and dairy products from local producers.

Nutrition According to the New Food Pyramid



The updated food pyramid emphasizes home cooking using fresh, whole ingredients. It prioritizes plant-based foods, which should be varied in every meal, both in color and texture, to suit your preferences.

- **Foundation of every meal:** Vegetables, fruits & whole grains.
- **Fresh vegetables:** At least 5 servings a day, ideally in a variety of colors.
- **Fruits:** 2-3 servings a day, unless there are dietary or medical restrictions.
- **Incorporate throughout the day:** olive oil or canola oil, legumes, nuts and seeds, avocado, tahini, and dairy products.
- A few times a week: Fish, chicken, turkey, or eggs.
- **Red meat:** Limit red meat consumption to no more than 300 grams per week.
- **Choose water** over sugary beverages.

These guidelines apply to the general population. However, a dietitian may provide personalized recommendations based on individual health needs, and it's important to follow their advice.

Additional Important Recommendations:

- **Don't skip meals** – hunger can cause weakness and dizziness.
- Limit consumption of processed foods that are high in salt and sugar.
- **Stick to regular meal times:** three main meals a day, and two to three snacks.
- Stay hydrated by **drinking at least 8 cups** of water a day.
- **Share meals** with family or friends to stimulate appetite.
- **Consult a dietitian** if you have chronic conditions like diabetes, high blood pressure, or kidney disease. If experience unintended weight loss, a reduced appetite, or frequently skip meals, seek guidance from a clinical dietitian.



Remember: Proper nutrition in later years is essential for maintaining strength, balance, and bone health, helping to reduce the risk of falls.

Common Nutritional Deficiencies in Older Adults and How to Prevent Them

Several factors can contribute to malnutrition and nutritional deficiencies in older adults, including reduced appetite; chronic illnesses; medication use; changes in taste, chewing, and swallowing, as well as emotionally challenges such as loneliness, depression, and anxiety. Nutritional deficiencies can weaken the body's immune system, increasing the risk of acute and chronic illnesses, weakness, fatigue, and the danger of falls.

Dietary Fiber



Essential for regulating blood sugar and cholesterol levels, as well as preventing constipation.

Dietary sources: **Vegetables and fruits** (especially with skins), **Whole grains** (whole wheat bread, buckwheat, oats, brown rice), **Legumes** (chickpeas, lentils, peas, and dry beans).

Proteins



Help maintain the immune system, muscle mass, and overall daily health and function.

Dietary sources: **Animal-based protein** (chicken, fish, eggs, dairy products, and meat), **Plant-based protein** (tofu, mainly legumes like dry beans, soy, lentils, and chickpeas).

Calcium



A vital mineral that plays a key role in keeping bones strong and preventing osteoporosis (bone density loss), which is common as we age.

Dietary sources: Dairy products, Sardines, Tahini, Kale, Broccoli, Almonds, Tofu

Additional tip: If you don't consume these foods regularly, consider discussing a calcium supplement with your doctor or a registered dietitian.

Vitamin D



Promotes the absorption of calcium and plays a significant role in strengthening bones.

Dietary sources: The primary sources are fatty fish (sardines, trout, salmon, herring, mackerel, and bream), Butter, Cream, Egg yolk, Vitamin D-fortified dairy products

Additional tip: In cases of deficiency, vitamin D supplementation and controlled sun exposure may be recommended by a doctor or certified dietitian.

Vitamin B12



Essential for preventing anemia and for the proper functioning of the brain and nervous system.

Dietary sources: Liver, Meat, Fish, dairy products, Eggs

Additional tip: If you have a vitamin B12 deficiency, your doctor or a registered dietitian may suggest a supplement.

Pink Tahini



- 1 cup whole sesame tahini
- 1/2 cup water
- 1 cooked beet
- 1 tbsp. freshly squeezed lemon juice
- A pinch of salt
- 2 crushed garlic cloves

Instructions: Place all ingredients in a food processor and blend until smooth. Taste and adjust seasoning as needed.

Red Lentil Hummus



Ingredients:

- 2 cups red lentils
- 4 tbsp. fresh lemon juice
- 2 tbsp. whole sesame tahini
- 1 garlic clove
- 2 tbsp. olive oil
- 1 tsp salt
- 1 tsp cumin

Instructions: Cook the lentils until soft, then drain. Place all ingredients in a food processor and blend until smooth and creamy. Taste and adjust seasoning as needed.

Asian Rich Salad

Style Protein



Ingredients:

- ¼ head of cabbage, thinly sliced
- ½ red bell pepper, cut into strips
- 1 grated carrot
- 2 tbsp. corn
- 1 can of tuna
- 1 tbsp. toasted sesame seeds

Dressing: ¼ tsp honey, ½ tsp Dijon mustard, Crushed garlic, Lemon juice, Olive oil, Salt and pepper

Instructions: Toast the sesame seeds in a hot pan for about a minute until lightly browned. Combine all ingredients in a bowl and taste and adjust seasoning as needed.

Tahini Bread

Rich & Easy to Make



Ingredients:

- 6 tbsp. whole sesame tahini
- 4 eggs
- 2 tbsp. honey
- 1 tsp baking powder
- A pinch of salt

Instructions: In a bowl, mix all the ingredients until smooth. Pour the mixture into a loaf pan lined with parchment paper and bake in a preheated oven at 180°C (350°F) for 20 minutes.

Optional Enhancements: Add ½ cup of chopped almonds, walnuts, or pumpkin seeds to the batter. Alternatively, sprinkle some of these toppings on the bread before baking.



Physical Activity



Physical Activity

Engaging in regular physical activity is one of the most effective ways to maintain overall health and reduce the risk of falls. It strengthens muscles and bones, improves balance and mobility, and helps you stay independent.

Aim for at least 30 minutes of physical activity, five days a week.

Recommended Activities: Walking, Strength training, Flexibility and balance exercises

Getting Started:

- If you're new to exercise, begin slowly and gradually increase the intensity and frequency. Any physical activity is beneficial, whether it's walking, strength exercises, or group classes.
- Choose activities you enjoy to help you stay consistent.
- Try incorporating movement into your daily routine by taking the stairs instead of the elevator, going for a walk, or carrying groceries instead of using a cart.
- Stay safe: Wear comfortable shoes, stay hydrated, and consult a professional if needed.

Exercise Videos

The following links provide easy-to-follow workout videos that you can access and do from home:

[Healthy is Possible »](#)

[For Your Health »](#)

[Aerobic Exercise »](#)

[Strength Training »](#)

[Seated Workout »](#)

[Tips for Home Exercise & Breathing Exercises »](#)

[Balance Training & Its Importance »](#)

[Essential Exercises for Maintaining
Physical Function »](#)

For Men:

[Senior Men's Workouts »](#)

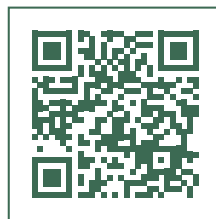
[Balance Exercises for Men »](#)

[Aerobic Workout for Men »](#)

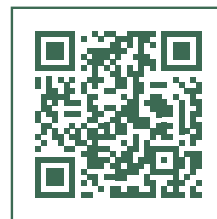
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For Men

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Fostering & a Sense of Belonging



Fostering & a Sense of Belonging

Feeling connected is vital for both physical and mental health, especially as we age. Social isolation and loneliness can lead to depression, reduced physical ability, and even chronic illnesses. Social connections provide emotional support, encourage physical activity, and improve sleep quality. Participating in social activities also fosters a sense of purpose and strengthens a feeling of belonging.

How to Build Stronger Connections:

- **Join community activities:** Senior centers offer a variety of social and cultural activities.
- **Volunteer in the community:** Volunteering creates new connections and adds meaning to life.
- **Engage in group exercise:** Walking groups or exercise classes combine social interaction with health benefits.
- **Initiate conversations:** Schedule regular meetings with friends or neighbors.
- **Reconnect with neighbors:** Reach out to those you haven't seen in a while and refresh the connection.

Tips for Staying Involved:

1. Start small: Even one weekly gathering can make a big difference.
2. Use local resources: Contact community centers or social workers for information about activities in your area.
3. Stay positive: Challenges may arise, but perseverance pays off.

Creating a Supportive Environment: The Community as Family

Beyond social activities, a supportive environment plays a key role in fostering a strong sense of belonging. Forming neighborhood groups for mutual assistance and support can deepen connections with those around you and create a close-knit network. Initiatives like "Neighbors Helping Neighbors" or organizing local community events are great ways to reduce loneliness and strengthen ties to the local community.



Remember: Every small change can make a difference! Adopt healthy habits step by step for a better quality of life.

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Sources:

Ministry of Health, Nutrition Division

The Safe and Accessible Home – JDC Israel

Mediterranean Diet Booklet for Promoting Healthy Nutrition: "How to Cook Delicious Legumes and Whole Grains", Nutrition Department, Ministry of Health, in honor of the "For Health 2016 – Insights and Goals" Conference

