



MaroonsRWell Newsletter



Welcome back, Maroon Family!

We have some really great things in store for you this month and can't wait to see you at any or all of the events! Please check out this month's MaroonsRWell activities on Page 2. To save your spot for the Food for Thought workshops, you can email wellness@roanoke.edu. We ask that you RSVP for the happy hour [here](#), no later than Monday Sept. 4th. Fitness classes continue this month! You can find the schedule on Page 2, and a healthy fall recipe to try on Page 3.

September Is Healthy Aging® Month

September is Healthy Aging® Month and the time to get started on better health practices.

Think it's too late to "re-invent" yourself? Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive director of Healthy Aging®, it's never too late to find a new career, a new sport, passion or hobby. And, now is the time to travel more than ever.

Worthington is the creator of [September is Healthy Aging® Month](#), an annual health observance designed to focus national attention on the positive aspects of growing older. Now in its second decade, Worthington says September is Healthy Aging® Month provides inspiration and practical ideas for adults, ages 45-plus, to improve their physical, mental, social and financial well-being.

The numbers of people over 45 is growing every year. The attention used to be just on the baby boomers. The generation x-ers are elbowing their way in and have many of the same interests as the previous generation – stay active and vibrant as long as possible. There are over 76 million baby boomers today over 50 and the first of the 82.1 million generation x-ers reached that milestone in 2015.

"Use September as the motivation to take stock of where you've been, what you really would like to do if money was no object," says Worthington. "And try it! Who says you have to do something related to what you studied in school? Who says, you can't start your own home business later in life, test you're your physical prowess, or do something wildly different from anything you've done before? Only that person you see in the mirror!"

Why Healthy Aging Month?

According to Worthington, "We saw a need to draw attention to the myths of aging, to shout out 'Hey, it's not too late to take control of your health, it's never too late to get started on something new.' Why not think about the positive aspects of aging instead of the stereotypes and the negative aspects?"

September is a perfect time to celebrate Healthy Aging Month since it is time when many people think about getting started on new tasks after the summer. Drawing on the "back to school" urge embedded in everyone from childhood, the observance month's activities are designed to encourage people to rejuvenate and get going on positive measures that can impact the areas of physical, social, financial and mental wellness.



September is Healthy Aging® Month was first introduced when the baby boomers were about to turn 50. "At that time, no one wanted to talk about growing older," Worthington says. "You know, it was that same '60's attitude – 'Don't trust anyone over 30; hell no we won't go.' Today as the boomers turn 60 and 65, it's a different story," Worthington explains. "We recognized early on that careful attention to the combination of physical, social, mental and financial fitness was powerful in the pursuit of a positive lifestyle and have built our Healthy Aging® programs around that concept for the government and private sector through this annual observance as well as TV specials, videos, books, printed material, our website and blogs.

"The interest in positive lifestyle information seems to be insatiable. Our subscriber list for Healthy Aging® Magazine keeps growing so we know we are on the right track. We are not about retirement. Nor are we a 'senior' magazine filled with articles about depression, incontinence or organ recitals. We are about vibrant, active, 45-plus people who are taking charge of their lives, following their passion, and who are happily looking forward to what's next in life."

To get you started on re-inventing yourself, here are some ideas from the editors of Healthy Aging® Magazine (www.healthyaging.net). Maybe you will find some that will help you think outside the box.

(Article and Resources found [here](#).) ...continued on Page 3

ULTRAVIOLET

Join Artist in Residence Simone Paterson for an exhibition tour discussing the energy balancing system of the chakras followed by a chakra meditation.

Using the 7 step system of the chakras, staff and faculty can develop a process for relieving anxiety, boosting confidence and avoiding burn out. Perfect for the beginning of the semester!

ABOUT SIMONE:

Born and educated in Australia and living in the American South, Dr. Simone Paterson is an artist who works at the crossroads of creative technologies and crafts. She is a retired Associate Professor and once Chair of Undergraduate Studies in Creative Technologies and Studio at the School of Visual Arts at Virginia Tech.



"ULTRAVIOLET, A Life of Purpose," an exhibition in Olin Gallery September 8-December 3, 2023, is made possible by the Copenhaver Scholar in Residence Grant of Roanoke College.

Image Credit: S. Paterson
ULTRAVIOLET, 2023, Embroidery on tulle, various dimensions

Tuesday September 12th
12:00 pm
Olin Gallery

Space is limited to 15 people, please email wellness@roanoke.edu to save your spot! Feel free to bring your lunch if you'd like.



Employee Happy Hour

Tuesday September 12th from 4:00-6:00 pm

All faculty and staff are invited to join us for an afternoon of food, fun, and fellowship as we kick off the fall semester!

Hosted by MaroonsRWell, this employee-only event will be held on Tuesday September 12th from 4:00-6:00 pm in the Cregger Center Foyer and outside on the patio.

Refreshments and alcoholic and non-alcoholic beverages will be served.

While we enjoy meeting each other's families, this event is designed to be just for faculty and staff so that we can take time to see old friends and welcome our new Maroons as the semester kicks off.

Kindly RSVP by September 4th so that we can help dining services prepare for the event.



HAPPY
hour

Save Your Spot [Here!](#)



Juggling Career and Care



Monday Sept. 25th at 1:15
Patterson Meeting Room



Join Kimberly Whiter, owner and CEO of Elder Care Solutions to learn how to balance the demands of your caring while caring for your aging family members.

In this workshop you'll find out more about:

- The three major challenges of juggling career and care (emotional well-being, financial well-being, and loss of time)
- Why these challenges exist
- Tips and tricks for tackling each challenge

Space is limited to 15 attendees.

Please email wellness@roanoke.edu to save your spot. Lunch will be provided or you may bring your own.



September Faculty & Staff Fitness Classes

Join us for fun and Fitness! No Experience Required!

All Classes run from 12:00-12:45, and are held in Bast 109 (unless otherwise noted)



Body Pump
with Christine
Tuesdays at 12:00
9/5; 9/12; 9/19; 9/26



RPM ("Spin")
with Christine
Thursdays at 12:00
9/7; 9/21; 9/28
*held in Alumni 211 across from the pool; lasts 35-40 minutes



Yoga
with Laura
Thursday at 12:00
9/21 only



Zumba
with Kathy
Thursday at 12:00
9/28 only



...continued from Page 1

10 Tips for Reinventing Yourself during September Is Healthy Aging Month:

— Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about your-self. (Tip: Don't keep look-ing in the mir-ror, just FEEL IT!)

— Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).

— Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)

— Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)

— Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)

— How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall wellbeing. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)

— Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)

— Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)

— Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

— Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

Recipe of the Month: Cinnamon Sugar Apple Muffins

INGREDIENTS

Paper muffin liners or cooking spray

2 1/2 cups all-purpose flour

1/2 cup plus 4 teaspoons granulated sugar, divided

2 teaspoons baking powder

4 teaspoons ground cinnamon, divided

1/2 teaspoon kosher salt

1 1/4 cups whole or 2% milk

1/2 cup neutral oil, such as canola or grapeseed

1 large egg

1 teaspoon vanilla extract

2 medium tart apples (about 12 ounces total), such as Granny Smith or Honeycrisp



INSTRUCTIONS

Arrange a rack in the middle of the oven and heat the oven to 375°F. Line a standard 12-well muffin pan with paper liners or coat the wells with cooking spray.

Whisk 2 1/2 cups all-purpose flour, 1/2 cup of the granulated sugar, 2 teaspoons baking powder, 2 teaspoons of the ground cinnamon, and 1/2 teaspoon kosher salt together in a large bowl. Stir the remaining 4 teaspoons granulated sugar and 2 teaspoons ground cinnamon together in a small bowl and set aside for the topping.

Place 1 1/4 cups whole or 2% milk, 1/2 cup neutral oil, 1 large egg, and 1 teaspoon vanilla extract together in a medium bowl and whisk until combined. Core and dice 2 medium apples (peel first if desired, about 2 1/2 cups).

Pour the milk mixture into the flour mixture and mix with a wooden spoon or rubber spatula until just combined. Some lumps are fine. Gently fold in the diced apple.

Divide the batter between the muffin wells, about 1/3 cup of batter per well. Sprinkle each muffin with 1/2 teaspoon cinnamon-sugar.

Bake until the muffins are golden-brown and a toothpick inserted into the center of a muffin comes out clean, about 20 minutes. Let cool for 5 minutes before removing the muffins from the pan.

Full recipe and variations found [here](#).



Maroons R Well

wellness@roanoke.edu