

Lesson 1: Living Well on a Shoestring

Topics to be Covered

“You know you’re getting old when all the names in your black book have M.D. after them” – Harrison Ford

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Health Concerns

⇒ Improve Your Nutrition and Health on a Budget

Wealth Concerns

⇒ Step Down Your Medical Expenses

Objectives

Learning Objectives

- Participants will learn small steps to improve their health.
- Participants will learn ways to step down their medical expenses.

Behavioral Objectives

- Participants will be able to take small steps towards improving their health.
- Participants will be able to identify small steps to step down their medical expenses.

Background Information

For many Americans, health care expenses represent a large portion of their spending. As we age, our health care expenditures often increase, creating implications for our wallets as well. It is estimated that nearly 1 in 3 adults between the age of 50 – 64 (about 33%) spend at least 10% of their after-tax income on health care (compared with 18% of adults ages 19-49 that spend at least 10% of their after-tax income on health care) (AARP, 2012). This share of 50 – 64 year olds represents a 25% increase from 2001 – 2007 alone (AARP, 2012). More than half of older adults below the federal poverty line spent 10% or more of their after-tax income on health care. Rising premium costs and increased need for services can contribute to this increased spending. In addition, the number of uninsured among older adults is increasing rapidly, which can contribute to greater out of pocket health care spending (AARP, 2012). For example, individuals may retire early, before they are eligible for Medicare (age 65).

Materials Needed

- ◆ PowerPoint Presentation “Living Well on a Shoestring” (Included)
- ◆ Computer and Projector (for *optional* PowerPoint Presentation)



Health Strategies

Although there may be health issues that arise, there are small steps that you can take to improve your overall health in meaningful ways that won't hurt your wallet. Maintaining and promoting positive physical and cognitive health can help prevent against further complications and diseases. Living a healthier lifestyle can save you money, help you live longer, and help you be happier. Always remember to discuss any health changes in your lifestyle with your health care provider. Here are a few strategies and small steps to improve your wellbeing:

How to Build a Frugal Nutritious Pantry and Freezer:

- ✓ Check your local grocery store advertisements to locate items on sale. Stock up when items that you regularly use go on sale. Stores may offer senior discounts certain days of the week as well.
- ✓ Check your local Sunday newspaper for coupons. Keep in mind that just because you have a coupon for an item does not necessarily mean that you need the item or that it is the best buy.
- ✓ Compare brand name items to generic items. Step down from a brand name item to a less expensive generic brand.
- ✓ Consider alternatives. Step down from steak to a less expensive and healthier option such as chicken or pork.
- ✓ Check the unit price, bigger is not always cheaper.
- ✓ Frozen vegetables may cost less, last longer, and have the same nutritional value as fresh vegetables. Freezing your own vegetables that you bought fresh will also help you save money when they are no longer in season. Check out your local farmer's market or consider having your own garden.

Cooking in Your Kitchen: You can save money and improve the quality and nutritional value of your food by cooking more at home. When you are cooking for one or if you don't like to cook often, prepare your food in bulk may save you time and money. Spend one afternoon cooking a full meal, eat your portion and freeze the rest. That way, on a day when you don't have many resources for cooking something new, you have your own microwavable frozen meal – at a lower cost than if you had bought it at the store! Instead of meeting with friends or family members at a restaurant, tell them you will serve them a home-cooked meal or have a pot luck at your home.

Drink Water: Another healthy way to step down your spending while improving your nutrition is to cut out non-water drinks from your diet and your shopping list. Most of us don't think twice about buying sugar-sweetened juices or carbonated soda beverages, but the price really does add up! Besides, cutting out these beverages will be healthier for your body in the long run and can help with improved physical health and weight management.

Brain Power: In regard to your mental health, especially as we age, improving our cognitive function and mental health can provide beneficial lasting results. There are little things we can do every day to improve our brain power, such as doing crossword puzzles and brain teasers, which are often available for free at the local library, in newspapers, or bought inexpensively at many stores. There are also countless websites online for brain strengthening and memory recall games.

Wealth Strategies

STEP DOWN YOUR MEDICAL EXPENSES

In addition to taking preventative measures to promote your health and wellness, you can consider strategies for stepping down your health care spending. For example, trying to avoid prescriptions that are not covered by your insurance and seeing doctors who are out of your network, if possible, can reduce your costs.

Medication: Ask your pharmacist if there is a generic alternative to the brand name medication you are prescribed. Also make sure to talk to your doctor and ask if there is a similar appropriate drug at a lower cost. Do not underestimate the power of your pharmacist and physician in being able to save some money. Check with your local grocery stores to see if they have a free medications program and if your prescriptions qualify.

Insurance and Medicare: Also, feel free to call your insurance or Medicare representative. They will be able to discuss your current health needs and the benefits you are receiving from coverage. It is important you keep your priorities in mind when making such important medical decisions. It may also a good idea to have a trusted family member or loved one help you with this endeavor.

Examine your priorities and discuss key ways to step down your out-of-pocket health care expenses. Weigh the costs and the benefits of a Medicare supplemental insurance plan; are you satisfied with the current coverage of Medicare alone or can you afford a supplemental insurance to cover the gaps?

If you are uninsured, programs may be available to assist you with healthcare expenses. Check with your local health care provider, health department, social worker, or senior center representatives.

Take Home Messages

Small steps can make a big impact on the improvement of your health without making a big impact on your wallet.

Find creative ways to step down your spending and step up your health.

Optional Activities - Brain Exercise

YOU WILL NEED

1. Famous Pairs Crossword Puzzle
2. Fruits Word Search Game

INSTRUCTIONS

1. Distribute handouts to participants
2. Ask participants to take a look at the crossword puzzle. Go over a few of the clues as a group. Participants can complete the remaining clues at home along with the word search game.

References

- AARP Public Policy Institute. (2012). Fact Sheet 247: Health Costs and Coverage for 50 – 64 year olds. Retrieved from: http://www.aarp.org/content/dam/aarp/research/public_policy_institute/health/Health-Insurance-Coverage-for-50-64-year-olds-fact-sheet-AARP-ppi-health.pdf.
- Famous Pairs Crossword Puzzle. Retrieved from <http://www.word-game-world.com/support-files/easy-printable-crossword-famous-pairs.pdf>
- Fruits Word Search Game. Retrieved from <http://www.word-game-world.com/easy-word-search.html>

ENAFS Healthy Living Program

Module 10: Small Steps to Health and Wealth™ for Older Adults

- Lesson 1: Living Well on a Shoestring
- Lesson 2: Understanding Labels
- Lesson 3: Your Frames of Reference
- Lesson 4: Stretching Your Body and Your Mind
- Lesson 5: Avoiding Fraud and Scams
- Lesson 6: Taking the Driver's Seat
- Lesson 7: Staying Awake: Be Active! Be Engaged! Be Aware!

We're on the Web!

<http://fyics.ifas.ufl.edu/enafs>

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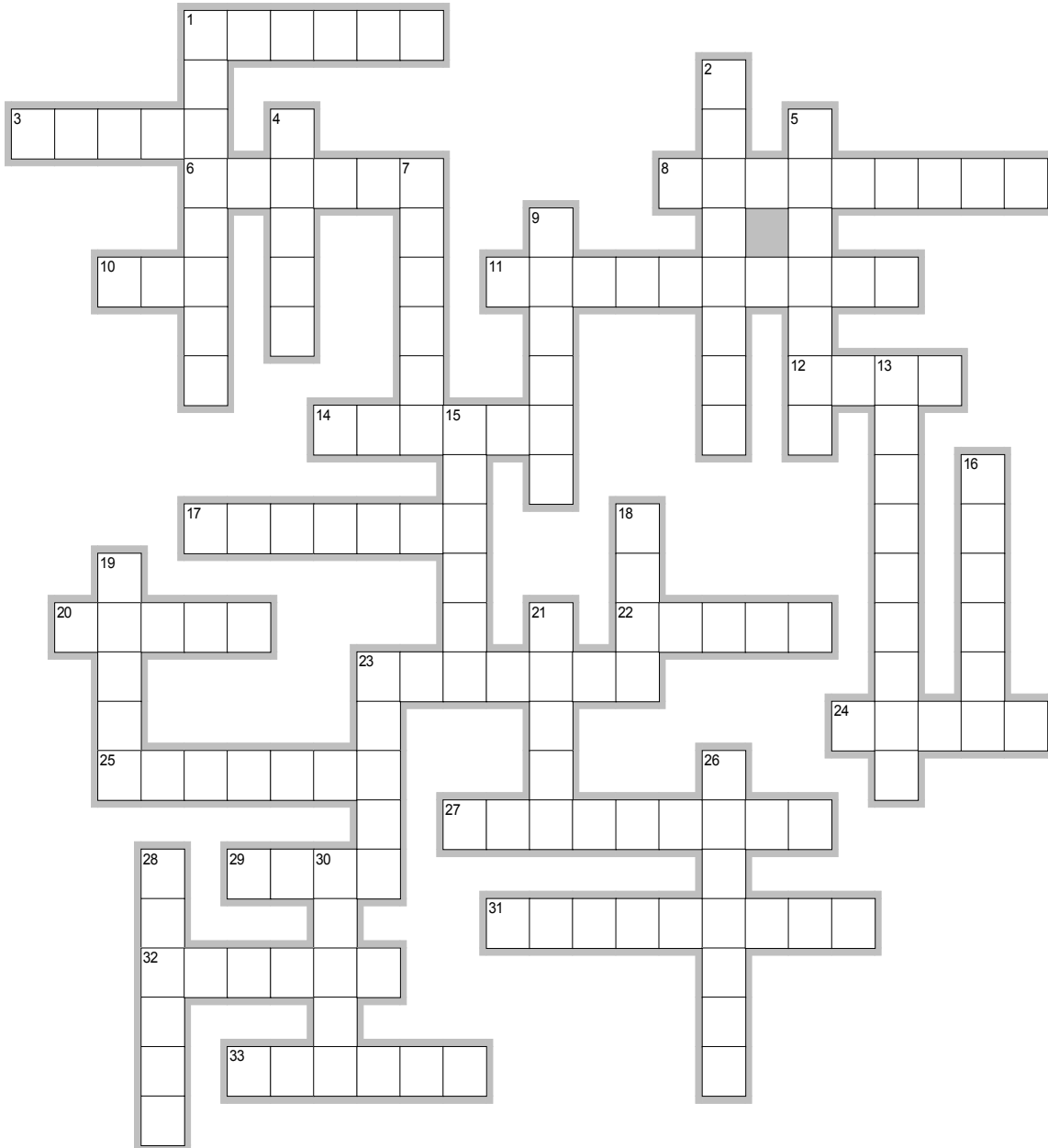
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Famous Pairs Crossword puzzle



EclipseCrossword.com

(Clues on next page)



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Famous Pairs Crossword puzzle - Clues

Across

1. Macaroni & ____
3. Chips & ____
6. Table & ____
8. Anthony & ____
10. Adam & ____
11. Rocky & ____
12. Bacon & ____
14. Ken & ____
17. Ozzie & ____
20. Batman & ____
22. Bert & ____
23. Peas & ____
24. Peanut butter & ____
25. Laverne & ____
27. Snoopy & ____
29. Beans & ____
31. Chicken & ____
32. Paper & ____
33. Hugs & ____

Down

1. Cheese & ____
2. Gilbert & ____
4. Laurel & ____
5. Milk & ____
7. Cup & ____
9. Romeo & ____
13. Simon & ____
15. Bread & ____
16. Hansel & ____
18. Currier & ____
19. Shoes & ____
21. Lone Ranger & ____
23. Bonnie & ____
26. David & ____
28. Salt & ____
30. Fish & ____



Famous Pairs - Answers:



1 C H E E S E
 2 S
 3 S A L S A
 4 H
 5 C
 6 C H A I R S
 7
 8 C L E O P A T R A
 9 J
 10 E V E R S
 11 B U L L W I N K L E
 12 E G G S
 13
 14 B A R B I E
 15
 16 G
 17 H A R R I E T
 18 I
 19 S
 20 R O B I N
 21 E T
 22 E R N I E
 23 C A R R O T S
 24 J E L L Y
 25 S H I R L E Y
 26 G
 27 W O O D S T O C K
 28 P
 29 R I C E
 30
 31 D U M P L I N G S
 32 P E N C I L
 33 K I S S E S
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EclipseCrossword.com

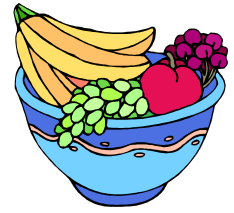


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Easy Word Search - Fruits



Here's an easy word search for beginning puzzlers of all ages. In this puzzle, the names of 25 fruits appear up, down, left-to-right or right-to-left. None of the words run diagonally.



apple
apricot
banana
blueberry
cherry
grape
grapefruit
kumquat

lemon
lime
mango
nectarine
orange
papaya
passionfruit
peach

pear
pineapple
plum
raspberry
raspberry
rhubarb
strawberry
watermelon





Easy Word Search - Fruits

Answers

a	r	r	t	i	r	a	s	p	b	e	r	r	y
p	a	a	i	p	l	u	m	y	r	r	e	h	c
p	s	e	u	e	o	o	g	n	a	m	y	m	x
l	p	p	r	s	t	r	a	w	b	e	r	r	y
e	b	w	f	s	t	p	x	m	w	z	r	e	w
n	e	a	n	j	k	i	n	r	t	e	e	m	r
e	r	t	o	b	j	n	t	t	t	p	b	i	h
c	r	e	i	a	e	e	h	a	o	a	e	u	
t	y	r	s	n	g	a	c	u	c	p	u	e	b
a	e	m	s	a	n	p	a	q	i	a	l	m	a
r	p	e	a	n	a	p	e	m	r	y	b	o	r
i	a	l	p	a	r	l	p	u	p	a	e	n	b
n	r	o	u	o	o	e	u	k	a	a	p	n	b
e	g	n	m	t	i	u	r	f	e	p	a	r	g



Lesson 1 – Living Well on a Shoestring
Leader’s Guide Class Outline – 30 minutes

Time	Activity/Topic	Materials
3 min. 00:00-00:03	Quote: Use the quote as an icebreaker. Read the quote. Introduction: Introduce the topic	Slides 1-2
5 min. 00:03-00:08	Health strategies Build a frugal nutritious pantry and freezer, cooking in your kitchen, drink water, and brain power	Slides 3-7
5 min. 00:08-00:13	Wealth strategies Step down your medical expenses	Slides 8-10
2 min. 00:13-00:15	Take home messages	Slides 11-12
10 min. 00:15-00:25	Activities Brain exercises	Slide 13
5 min 00:25-00:30	Questions: Answer any remaining questions	Slide 14



EVALUATION

Thank you for being a part of this lesson. We hope you enjoyed yourself!
Please help us do a better job of serving you by completing this evaluation.

1. How much did you learn from this lesson? Please check only one:

- Very little
- Some
- A lot

2. Do you plan on making changes as a result of participating in this lesson?

- Yes
- No

3. If you answered “yes,” please tell us what you plan to do. Check all that apply!

- I plan to use one of the strategies from this lesson to change a health-related behavior. I plan to _____
- I plan to use one of the strategies from this lesson to change a personal finance behavior. I plan to _____
- I plan to share information I learned today with a family member or friend.

4. Comments:

Thank you for completing this form! We look forward to seeing you at our other ENAFS programs!