



PEAS AND CARROTS

Indiana FSSA's Division of Aging

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Taking care of your eyes is important. Presbyopia, floaters, dry eyes, tearing, cataracts, glaucoma, age-related macular degeneration (AMD), retinal detachment, and conjunctivitis are some common eye problems associated with aging.

Since **Glaucoma Awareness Month** is celebrated in January, the focus of this article will be on glaucoma. According to the Cleveland Clinic, glaucoma, is the 2nd leading cause of blindness in the world and the only way to detect its presence is through regular comprehensive dilated eye exams.

Glaucoma can occur without cause; however it is affected by several factors. Intraocular eye pressure is the most important factor. Drainage canals between the iris and cornea of the eyes become clogged with deposits, which do not allow the fluid that your eye produces to flow freely creating a build up of the fluid which then results in increased pressure on the eye. The increased pressure can damage the optic nerve, resulting in glaucoma.

Types of glaucoma include:

Open-angle (the most common) can go undetected for years due to tiny deposits building up in the eye's drainage canals, clogging the canals slowly.

Closed-angle caused by a narrowing of the angle between the iris and cornea causing the drainage canals to become blocked. It occurs suddenly with symptoms of eye pain and headaches, requiring immediate medical attention.

Normal-tension results when eye pressure is normal and more common in those of Asian descent. The cause is not known.

Congenital occurs when drainage canals are not formed properly in the womb.

With any of the above types of glaucoma, you may experience: eye pain or pressure, red eyes, nausea and vomiting, tunnel vision, blurred vision, low vision, headaches, or rainbow-colored halos around lights.

Any race or gender can be affected and the risk increases with age. However, those at higher risk include: African Americans and Latinos, those with a family history of glaucoma, and those with diabetes or high blood pressure.

Treatment to slow down additional vision loss may include laser treatment or surgery, oral medications, or prescription eye drops.

Source: <https://my.clevelandclinic.org/health/diseases/4212-glaucoma>

“Be at war with your vices, at peace with your neighbors, and let every new year find you a better man.”

-Benjamin Franklin

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National Houseplant Appreciation Day

Houseplant Appreciation Day is celebrated on January 10th, marked as a day to appreciate the importance of houseplants. What is a houseplant? Simply, a houseplant is a plant that is grown indoors, grown in cooler temperatures, grown in lower light, and grown in low humidity per [gardenersnet.com](http://www.gardenersnet.com). [Almanac.com](http://www.almanac.com) states that there are 2 varieties of indoor pollutants: particulates (include dust, mold spores, and pollen) and Volatile organic compounds (gases released from paints, fabrics, plastics, wallpaper, carpet, and solvents). Houseplants are known to absorb carbon dioxide from the air while returning oxygen through photosynthesis. Other benefits include reducing stress and fatigue, reducing noise level, improving home décor, and naturally improving air quality. It is recommended to have 1-2 plants per 100 square feet of floor space to reach maximum benefits. Below is a list of some common houseplants.

5 Common Household Plants



Aloe Vera– An easy to maintain member of the succulent that loves sunlight. Reported to filter out formaldehyde. Also reported to release oxygen continuously throughout the night.



Peace Lily (Spathiphyllum sp)– loves humid conditions, tolerates little to no sunlight, cleans the air of alcohols, formaldehyde, acetone, benzene, and trichloroethylene Tip: water with distilled water or rainwater



Snake Plant (Sansevieria trifasciata)– also known as the mother-in-law’s tongue, removes benzene, trichloroethylene, xylene, toluene, and formaldehyde from the air. Reported to be a good bedroom plant as it converts the carbon dioxide to oxygen while you sleep.



Areca Palm (Chrysalidocarpus lutescens) – loves indirect sunlight, removes formaldehyde, helps restore moisture to the air, and is a good daytime oxygen producer



Spider Plant (Chlorophytum comosum)- enjoys moderate sunlight, very forgiving in terms of watering, may reduce psychological and physiological stress in addition to purifying the air.

Resources: <http://www.gardenersnet.com/fun/houseplantappreciation.htm>, <https://www.almanac.com/air-purifying-houseplants>, <https://www.ftd.com/blog/design/air-purifying-plants>, <https://www.goodhousekeeping.com/uk/house-and-home/g32319013/air-purifying-plants/>, (Aloe Vera, & Peace Lily) images courtesy of Pixabay.com, Spider Plant image courtesy of R. McClaren, Snake Plant & Areca Palm images courtesy of K. Garner

Word Search Bank

ALOE VERA

ANTIOXIDANTS

CARBON DIOXIDE

CONGENITAL

DRAINAGE

FATIGUE

FORMALDEHYDE

GLAUCOMA

HOUSEPLANT

OOLONG

OPTIC NERVE

ORGANIC

POLLUTANTS

POLYPHENOLS

VISION

WORD SEARCH

S C Q P A L X M I C S F S K G
L O A R E V E O L A O Y A D L
O N O P T I C N E R V E R C A
N G O Q L J M U M B M A O I U
E E L L Y A G A E O I X A N C
H N O V X I L O P N O T K A O
P I N M T D A G A D I L H G M
Y T G A E J O G H I B Z E R A
L A F H O J E D T O X J J O N
O L Y S T N A D I X O I T N A
P D G O I N A D J I G K Q Z F
E H W W E B Z N G D U Y G O W
C Z V L T N A L P E S U O H C
X P O L L U T A N T S Q R A U
K P V W C X W A Z V I S I O N



Image courtesy of Pixabay

National Hot Tea Day (January 12, 2020)

A great beverage for breakfast, lunch, or dinner; tea is the second most consumed beverage in the United States. The traditional varieties include: black, green, oolong, yellow, yerba mate, and white made from the *Camellia sinensis* plant.

Traditional teas contain caffeine and polyphenols, which act as antioxidants. The polyphenol content can be reduced with the addition of sugar, cream or milk. Consuming plain tea reaps the most health benefits.

Herbal teas do not contain caffeine and do not come from the *Camellia sinensis* plant. They are made from the leaves of other plants, seeds, roots, flowers, fruit, spices, or dried herbs.

Type of Tea	Water Temp	Brewing Time
White	70-80° C or 158-176° F	2-3 minutes
Green	70-80° C or 158-176° F	2-3 minutes
Oolong	80-90° C or 176-194° F	2-3 minutes
Black	95-100° C or 203-212° F	3-5 minutes

The schooloftea.org has the following recommendations for brewing tea:
Use 220 ml of water for 1 tea bag or 1 tsp full of loose leaf tea

Resources: <https://www.hsph.harvard.edu/nutritionsource/food-features/tea/>, <https://www.schooloftea.org/module/how-to-brew-a-perfect-cup-of-tea.html>

Warm Honey Green Tea

Source: Diabetic Living Magazine

<http://www.eatingwell.com/recipe/266309/warm-honey-green-tea/#nutrition>

Servings: 4, Serving Size: 7 oz.

Nutrition Information: 16 calories, 0.2g Protein, 5g Carbohydrates (0.6g dietary fiber), 10.4mg Vitamin C, 8.4mg Calcium, 0.2mg Iron 8.8mg Magnesium, 109.1mg Potassium, 7.7 mg Sodium

Ingredients:

4 Cups Water
4 lemon peel strips (2 1/2 X 1 inch each)
4 orange peel strips (2 1/2 X 1 inch each)
4 green tea bags
2 tsp honey
4 lemon slices

Directions:

1. Stir together the water, lemon peel strips, and orange peel strips in a medium saucepan. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove the lemon and orange strips with a slotted spoon and discard.
2. Place tea bags in a teapot; immediately add the simmering water mixture. Cover and let steep according to the tea package directions (1 to 3 minutes). Remove the tea bags, squeezing gently. Discard the tea bags. Stir in honey. Pour the tea into four heatproof mugs or cups and garnish each with a lemon slice.

Contact Us

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www.in.gov/fssa/2329.htm

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