

Live to 100: Six Simple Steps to Becoming a SuperAger

The average life expectancy in the U.S. is about 78.5 years, yet there are more than 80,000 centenarians (people who are older than 100 years) in our country—the largest number of any country in the world. While genetics clearly play a factor in longevity, more and more medical experts maintain that there are a host of other factors that are more important in determining how long we will live. As respected Canadian nutritionist Leslie Beck says in her book, *Longevity Diet: The Power Of Food To Slow Aging And Maintain Optimal Health*: “What matters most in the aging process is what happens to our genes after we inherit them.” And it’s not just about a long life,

but also about living a more dynamic life—able to stay active and relatively free from pain and illness.

Experts are calling those in their 80s or older, who have cognitive abilities and energy similar to people decades younger—SuperAgers. Researchers who have studied centenarians around the world say you can dramatically increase your odds of joining the ranks of the SuperAgers and collecting those 20+ additional years with lifestyle changes that aren’t all that hard or all that mysterious. Here are six steps to prolonging your life.

Keep close friends. That unhappy people generally don’t live as long as happy ones is hardly startling news. But one of the most damaging forms of unhappiness is loneliness. “Maintaining tight friendships as you get older is associated with better health and greater happiness—both of which are key ingredients for living to 100,” writes Science Journalist Marta Zaraska in her book *Growing Young: How Friendship, Optimism and Kindness Can Help You Live to 100*. Her research revealed that eating a Mediterranean diet—rich in fruit and vegetables; olive oil in place of butter—may reduce your chance of premature death by 21%. Having a large network of friends, though, will cut it by 45%. Having a happy marriage will pretty much halve it.

Cut down on red meat. You don’t have to be a vegetarian to become



In Japan, millions of people have ikigai (pronounced Ick-ee-guy)—a reason to jump out of bed each morning.

a SuperAger, but substituting high quality plant protein (think lentils, almonds, chickpeas, potatoes and, yes, kale) for some servings of red meat will lower your risk of premature death in a meaningful way.

Don’t play hooky from your annual physical. Preventing disease or at least catching illnesses in their early stages will make living longer possible. To do that it’s critically important to see your doctor every year (or on whatever schedule your physician specifies). And don’t skip out on those medical screening tests (like colonoscopies, prostate exams, mammograms, etc.) that your healthcare provider recommends.

Sit less. “You may have heard it before, but sitting is the new smoking,” reports Sally Wadyka writing for the website *thehealthy.com*. “The latest research shows that too much time on your behind can be as deadly as nicotine. So if you want to live to 100, don’t smoke

Live to 100: Six Simple Steps to Becoming a SuperAger



IN THIS Issue

- 1 Live to 100: Six Simple Steps to Becoming a SuperAger
- 2 New Videos Offer Expanded PTSD Help
- 2 Comfort Food: Zesty Bacon Pasta Salad
- 3 Hundreds of Thousands of Disabled Veterans Are Stuck in Limbo Due to COVID-19
- 3 Game Zone Sudoku

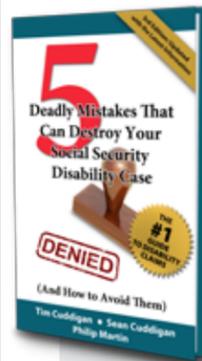
Cuddigan Law
10855 West Dodge Road, Suite #101
Omaha, NE 68154
cuddiganlaw.com
402.933.5318

Live to 100...continued from Page 1

(obviously) and don't fall prey to 'sitting disease.' One study found that leisure time sitting (like watching TV or surfing the web) has a big impact on your risk of dying younger. Those who spent more than six hours of leisure time a day sitting had a 19 percent higher mortality rate than those who spent less than three hours of their leisure time on the couch." So when someone tells you to take a hike, do what they suggest. A University of Washington study found that a walkable neighborhood was a key contributor to living a long life.

Find your "ikigai". In Japan, millions of people have ikigai (pronounced Ick-ee-guy)— a reason to jump out of bed each morning. Dan Buettner, author of *Blue Zones: Lessons on Living Longer from the People Who've Lived the Longest*, believes that ikigai is an important factor in longevity. Ikigai has its origins on the Japanese island of Okinawa, home to a population with what is believed to have the largest percentage of centenarians in the world. Ikigai can be work, or a hobby or volunteer service or any other activity that gives you purpose in life.

Scoop the snow off your neighbor's driveway. Marta Zaraska says that helping others enhances your sense of well being, which in turn improves your health. You can derive the most benefit from helping others if your efforts are local and involve direct personal contact. And if you are combining your help with a bit of exercise, the benefits are multiplied.

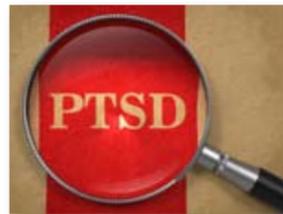


New Videos Offer Expanded PTSD Help

Any person can experience a life-changing, traumatic event that can eventually cause post-traumatic stress disorder. However, veterans are especially at risk for this medical condition. Being deployed into combat, stationed in dangerous locations, exposed to life-threatening incidents, and faced with the hardships of war and personal injury can create mental and emotional stress that may manifest into PTSD.

Because PTSD is a complex subject, Cuddigan Law has produced a new series of videos offering more in-depth insight into the many facets of this mental health condition and how veterans can qualify for disability compensation for PTSD.

These videos are now part of the Cuddigan Law library of more than 100 videos which unlock the secrets of VA and Social Security disability. The library covers a full range of qualifying medical disorders, how-to tips on navigating the system and insider advice on winning your claim. Access to the videos is FREE and they are available to anyone at cuddiganlaw.com/video and on the Cuddigan Law YouTube channel.



"5 Deadly Mistakes That Can Destroy Your Social Security Disability Case" is the #1 guide to improving the odds of winning a disability case.

For a FREE copy for you or someone you care about call Cuddigan Law at 402.933.5318 or email us at lawteam@cuddiganlaw.com



Comfort Food

From the kitchen of Janet Cuddigan

A cool, delicious salad is always a treat for summer meals. And who doesn't like bacon?

Zesty Bacon Pasta Salad

- 1 (12 ounce) package uncooked tri-color rotini pasta
- 10 slices bacon
- 1 cup mayonnaise
- 3 tablespoons dry ranch dressing mix
- ¼ teaspoon garlic powder
- ½ teaspoon garlic pepper
- ½ cup milk, or as needed
- 1 large tomato, chopped
- 1 (4.25 ounce) can sliced black olives
- 1 cup shredded sharp Cheddar cheese

Bring a large pot of lightly salted water to a boil; cook rotini at a boil until tender yet firm to the bite, about 8 minutes; drain. Place bacon in a skillet over medium-high heat and cook until evenly brown. Drain and chop. In a large bowl, mix mayonnaise, ranch dressing mix, garlic powder, and garlic pepper. Stir in milk until smooth. Place rotini, bacon, tomato, black olives and cheese in bowl and toss to coat with dressing. Cover and chill at least 1 hour in the refrigerator. Toss with additional milk if the salad seems a little dry.

Adapted from allrecipes.com

Hundreds of Thousands of Disabled Veterans Are Stuck in Limbo Due to COVID-19



Nearly a quarter of a million veterans are stuck in limbo and cannot get a decision whether or not they will be awarded disability compensation because of the COVID-19 pandemic. The problem stems from paused compensation and pension (C&P) exams. C&P exams are typically conducted in person but the VA suspended the exams on April 2nd over concerns of spreading the virus. The result is that there are over 230,000 exams that have been paused.

Taskandpurpose.com, a military and veteran-focused news website, reports that another pandemic-caused issue has cropped up. Some veterans whose C&P exams were cancelled were marked as "no-shows". Oftentimes the VA will say that a no-show demonstrates a lack of evidence and the agency will deny disability benefits on that basis.

The C&P cancellations have attracted the attention of Congress. "This abrupt pause to the C&P exam process has left some veterans to wonder when and how their claim will move forward," said Rep. Elaine Luria (D-Va.) in a late May virtual forum. The congresswoman also expressed her concern that this will lead to a huge backlog in VA disability cases.

Apparently, the congressional forum did get the VA's attention. The day after the forum, the VA started scheduling some in-person C&P exams in select locations. But it is still unclear how the VA will resolve the sizable backlog.

Sudoku (Easy)



For the Sudoku solution go to cuddiganlaw.com/library/newsletter
Courtesy of printable-puzzles.com © 2020

		9	7	3		1		5
	2					1		
		4		9	5			
	7		8	4				3
1						3		
	9	3				6	5	2
			4			8		5
7		1						4
				5		9		

We're in your corner.

We value the confidence and trust you have placed with us in the past.

If you or a family member or a friend could use our help now or in the future, please pass along our name.

Disability law is all we do.



Sean & Tim Cuddigan

Subscribe to the Cuddigan Law YouTube channel to view our free library of videos about Social Security and VA disability. You will find a full range of information about qualifying medical disorders, how-to tips on navigating the system, and insider advice on winning your claim.



Are you a disabled veteran?

Before you apply for VA disability benefits call Cuddigan Law at 402.933.5318 or email us at lawteam@cuddiganlaw.com for your FREE copy of our book *The Essential Guide to VA Disability Claims*.

